

# CONCENTRATION

A GUIDE TO MENTAL MASTERY



**MOUNI SADHU**

FOREWORD BY JOHN MICHAEL GREER

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**BY MOUNI SADHU**

*In Days of Great Peace*

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A GUIDE TO MENTAL MASTERY

*By*  
MOUNI SADHU

**AEON**

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*This book is dedicated to my unforgettable  
Guru and his true disciples.*



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## *Foreword*

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### THE WAY OF INNER POWER

**W**e live in an age of weakness masquerading as power. The mass media never tires of talking about how this or that technology gives humanity unprecedented mastery over nature, but the power of that kind always belongs to the technology, never to the people who make use of it. One by one, human capacities are replaced by machines. Instead of walking somewhere, climb in an automobile! Instead of making something, buy it from a store! Instead of thinking for yourself, turn on the television! This is all very convenient for business interests, which are happy to take our money, but our human capacities shrivel. Accepting this, we become dependent on our technological crutches. We turn into cogs in a machine that fulfills only those hopes and dreams the industrial system is willing to allow us.

There is another option. Each of us has extraordinary powers hidden away in the ordinary human body and mind, waiting to be awakened by the use of the proper keys. The most important of those keys is the power of concentration—and the book in your hands is a classic guide to the art of taking up the key of concentration and putting it to work.

## CONCENTRATION

Mouni Sadhu was the pen name of the Polish-born Australian occultist Mieczyslaw Demetriusz Sudowski. Born in Warsaw in 1897, he fought in the First World War and took up the study of occultism afterward, first in the Theosophical Society and then as a member of a circle of students of the Hermetic tradition. He served in the Polish Army in the first campaigns of the Second World War, spent most of the war years in prison camps after Poland's defeat, and worked for the US Army in France after the fighting ended. While living in Paris immediately after the war his interest in occult subjects was rekindled by an encounter with Paul Brunton's book *A Search in Secret India*. In 1946 he moved to Brazil, where he spent two years, and in 1948 went by way of Australia to India, where he studied with the great Hindu spiritual master Sri Ramana Maharshi. On his return to Australia he settled in Melbourne, where he spent the rest of his life, supporting himself as an electrician while teaching and writing in his spare time.

Like most of the great twentieth-century occultists, he was very widely read in the classics of mysticism and magic, drawing from Western and Eastern sources with equal facility. His teachings were strongly influenced by the writings of the American occultist William Walker Atkinson and by the French school of Christian Hermeticism, especially as taught by Paul Sédir. Central to his work was the conviction that the great mystics of East and West, though they used different techniques and worked within the theologies of their own religious traditions, sought the same goal: the state of higher consciousness the Hindu tradition calls Samadhi. "The outer forms of the Eastern and Western traditions may differ," he wrote in the preface to this book, "but not their innermost initiatory contents."

## FOREWORD

*Concentration* is founded on that same breadth of vision, combining Eastern and Western perspectives into an effective system of philosophy and practice that can be practiced alongside any religious, spiritual, or occult tradition. In its pages, Mouni Sadhu first sets out the importance of concentration as the key to inner power, then explains how to learn to focus the mind, and finishes up with a detailed set of exercises designed to teach the student step by step how to set aside the usual state of vague mental wandering, and replace it at will with the power of perfect concentration.

These exercises require only a short time every day, and a few simple objects which anyone can obtain. It is only fair to warn the reader that this doesn't mean they are easy! As with anything else worth doing, learning concentration requires sustained effort and patient practice. Even if your only interest in concentration is learning how to take charge of your own life, the investment of time and energy is well worth making. If you seek the goal that Mouni Sadhu sought—the state of Samadhi, which he called “the superconsciousness of the future”—the benefits to be gained are quite literally beyond your imagination. In either case, *Concentration* is a classic guide to the first vital steps on that path.

—John Michael Greer



## *Preface*

THIS book has been written to bridge the gap between the many existing theoretical works on mental concentration and meditation, and the general application of the mind's powers to everyday life.

The extensive literature on these subjects provides plenty of "commandments" as to what should and should not be done and when to develop control of the mind. But it is not easy to find the most essential advice which concerns the practical answers to the unavoidable questions "How?" and "Why?"

More than half a century ago a gifted and experienced American—William Walker Atkinson, writing under the pen name of "Yogi Ramacharaka," published a series of very useful books on Eastern philosophy and Yoga, which were wisely and purposefully based on his "Eclectic Method."

His main works are *Hatha Yoga*, *Raja Yoga*, *Gnani Yoga*, *Fourteen Lessons in Yogi Philosophy and Oriental Occultism*, and his "final message" under the title of *Philosophies and Religions of India*. These are perhaps the best of their kind and unique, filled with practical advice.

He selected the best material he could find from the various known scriptures of his day, without any corresponding effort on the part of other contemporary occultists.

## CONCENTRATION

In the second half of this century, great advances have already been made in psychology in general as well as in occult psychology, and today we know far more about the human mind and its workings than did our forefathers.

Today, details may alter in the methods of dealing with man's main motive power—his mind; but the fulcrum of this present study remains unchanged.

The writer has impartially tried to collect in this book, the best and most tested methods and exercises, plus all necessary explanations, which later may give the student a basis for his own deliberations, by revealing previously unperceived horizons. In particular, it is hoped that the exercises in Part III will serve for this purpose.

This work may prove useful for two types of men:

- (1) For the near agnostic who wants to rule his mental powers for the improvement of his status and conditions. For him, only portions of the book will be of interest, namely the practical exercises in Part III together with the explanatory chapters of Parts I and II. He has no need to go beyond the seven double exercises—Nos. 1 to 7A.
- (2) For the seeker of things deeper than his own temporary physical appearance, who will find it necessary to study the book as a whole with special attention to the explanatory chapters in Parts I and II, and the culminating ones in Part IV treating of the final conclusions of the supermental achievement. This is *guided* intuitional knowledge also called the wisdom of the Self, which is the ultimate aim.

## PREFACE

In the beginning, no particular creed is required of either type of student. The ability to reason soundly is the foremost condition for success. Such an ability will be developed into a higher power of cognition by using, as a base, its sharpened tool—the perfectly controlled mind, which then begins to reflect the reality of man's ultimate essence, the immortal and illimitable spirit.

This book is not limited to any particular system of philosophy and its techniques, and material has been freely drawn from both our Western and Eastern inheritance, being selected according to its value.

The author, throughout his lifetime of searching, has found that there are few things known to the highest circle of advanced Easterners, which are not known to their Western counterparts, and vice versa, providing these men are earnest enough and endowed with the requisite abilities and qualities. The outer forms of the Eastern and Western traditions may differ, but not their innermost initiatory contents.





PART I  
INTRODUCTION



## CHAPTER 1

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# FOREWORD AND DEFINITIONS

THE Latin term from which originates the English word “concentration” has a clear and definite meaning. The principal idea of which refers to something which has a common center, or is moving toward a center, and is best expressed as “one-pointedness,” which of course, etymologically, is not so far from the literal sense of that word.

In this study I will try to show, in a purely practical way, how the human mind can be concentrated in order to gain the ability of one-pointedness. The necessary psychological and technical explanations will be kept to the minimum essential for the student to enable him to start his exercises with a reasonably clear understanding of what and why he is doing it.

The unavoidable and quite justifiable questions which he will ask are *Why, When and How* should a study of concentration be undertaken?, and also, *What is to be attained if the study proves to be successful?*

Imagine that you have an unsharpened pencil or a small stick. If you have to use either of them to pierce a piece of cardboard, you will find it difficult until the ends of your simple implements have been properly sharpened. Even considerable pressure exerted on an unsharpened pencil will not produce a

## CONCENTRATION

neat hole. Why? Because a simple physical law is at work. Your power has been dissipated over the whole, comparatively large surface of the blunt instrument, thus providing insufficient force to separate and remove the particles of cardboard and form a clean hole.

Similarly, a blunt knife or a saw does not cut well and the result is unsatisfactory since the effort is wasted by being spread over too large an area and too many points. It is not concentrated.

But sharpen your tools and there will be no difficulty in piercing a hole or cutting a straight line. Where then lies the secret, if any? Merely in the fact that force applied through a single point acts more effectively, and seems far greater than when the same force is simultaneously exerted on many points. This elementary law should be clearly and strongly established in the mind of anyone studying concentration. It is the justification for all the exercises that follow in Part III of this book.

Here we are not seeking to perfect any physical tool. The proper employment of the mind is our first aim. And then—the mysterious power and attainment which can be gained only by use of a well-sharpened, one-pointed tool, which is the same human mind or “thinking principle.”

At this point I would like to quote from the sayings of the most recent of the great Indian Rishis (or sages)—Sri Ramana Maharshi, who was a contemporary authority on occult psychology and all questions pertaining to the human mind:

An average man's mind is filled with countless thoughts, and therefore each individual one is extremely weak. When, instead of these many useless thoughts, there appears only one, it is a power in itself and has a wide influence.

## FOREWORD AND DEFINITIONS

We know that many great scientists and inventors, whose ideas are now serving humanity, often ascribed their unique discoveries to just their ability of strong, concentrated thinking. This was the case with Isaac Newton, Thomas Alva Edison, Louis Pasteur, and many others, all of whom were conscious of and able to use their extraordinary powers of concentration, that is, thinking solely about the object of their investigation to the exclusion of all else.

In Latin America, people who are unable to control their minds and for ever wander from one thought to another are jokingly, but very appropriately referred to as having “quinientos pensamientos,” meaning “five hundred thoughts” at the one time.

The idea of sharpening or concentrating our minds is neither new nor illogical, but rather it is scientific, since it has definite means and aims which can be thoroughly investigated, applied, and reached.

## An accessible guide to controlling the mind

Each of us has extraordinary powers hidden away in the ordinary human body and mind, waiting to be opened with the use of the proper keys. The most important of those keys is the power of concentration, and this book is the ultimate guide to the art of taking up the key of concentration and unlocking its potential.

Written in an easily understandable style, *Concentration* is a classic among books on the art of meditation. Without the ability to concentrate, our efforts at meditation will result in no progression, our wheels spinning in an unending rut. However, through the practical steps offered in this book, Mouni Sadhu provides the framework of achieving the state of Samadhi. *Concentration* encourages readers to actively walk the path of spirituality and achieve a state of super consciousness, rather than just passively read about it.

“Even if your only interest in concentration is learning how to take charge of your own life, the investment of time and energy is well worth making. If you seek the goal that Mouni Sadhu sought - the state of Samadhi, which he called ‘the superconsciousness of the future’ - the benefits to be gained are quite literally beyond your imagination. In either case, *Concentration* is a classic guide to the first vital steps on that path.”

**John Michael Greer**, author of *The Occult Philosophy Workbook* and *The Sacred Geometry Oracle*

**Mouni Sadhu** (1897–1971) was the pen name taken by Dymitr Sudowski, an occultist, spiritual teacher and author. The word ‘mouni’ means silent and ‘sadhu’ refers to a wandering holy man. Sadhu studied many paths on the route to self-realisation, from Western Magic and Hermeticism to the bhakti yoga teachings of Ramana Maharshi. His writings are a wealth of practical and useful information and advice, and his books cover subjects such as concentration, meditation, spiritual growth, the higher consciousness Theurgy, and the Tarot.

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