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Vivekananda. He was
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meditation from his
childhood. His master
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him a dhyana-siddha.
On 24 December
1892, Vivekananda
reached Kanyakumari
and meditated for
three days on a large

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rock and took the resolution to dedicate his life to serve humanity. The event is known as the Kanyakumari resolve of 1892. He reportedly also meditated for a long time on the day of his death. Vivekananda is consider

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every day, allowing this to become a habit. Learn to ignore shakes, perspiration, numbness, or twitching.

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a.m., Hot lemon
water, chai. 6:45,
Joints & glands
exercises/systematic r
elaxation/meditation.
8-9:00, Breakfast.
9:30-10:00, Walking &
breathing (weather
permitting) 10-12
noon, Half-hour
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