

MEDITATION TECHNIQUE

1. Try to control your senses and mind. Sit properly. Put your left leg down on the ground and right on top of it. Keep your spinal cord straight. Bend your neck forward a little; bring you chest ahead and create a straight line from tail bone to top of your head. Close your eyes and mouth; close your external doors and open your internal. That means: be conscious inward and collect your thoughts and impulses from outside. Be calm, quiet and serene.
2. Visualize the endless space filled with Divine Energy. Also visualize the globe in the space and your body on the globe in the space. The globe is nothing but a bundle of energy, a manifested form of energy and your body has the same material. Both the body and the globe are in the space and are correlated. Surrounding your body, there is Divine Energy flooding in the form of oxygen. The same energy is entering your body through your nostrils and giving you life in the form of breath.
3. If you pay your attention to this source of life, you will realise the Infinity. You will also realise that not only you, but all beings are receiving life energy from the same source. Automatically, you will realise unity in diversity. You will also understand the truth that diversity is the effect of unity and that unity is the cause of all. So, be alert about the unity. Pay your attention on the unity.
4. Take a deep breath now – inhale and exhale. Do it rhythmically. First exhale totally and then inhale fully. Do it attentively and deeply. If you have any Mantra (holy sound) try to relate it with the breath. That will help you in your concentration. Watch your breath where it is entering your nostrils. At that very point watch your breath, observe your breath. Take a deep breath. Your body should be relaxed, your mind should be relaxed and tensionless. Be at ease as much as you can. Meditate on your breath, watch it. Internally, be alert, and take deep breaths. First exhale totally and then inhale fully. When you inhale,

visualize that you are receiving life energy from an Infinite Source, when you exhale, visualize that you are throwing out all malices, all undesirable dirty things whatsoever, from your body.

5. Watch your breath. Take deep breath. Breath is really a projection of your Real Self. It is very hard to realise the Self, but you can realise your breath. Watch your breath; take it deeply, slowly, gently, rhythmically and recite your mantra with it. When you inhale, visualize that your breath is touching your Muladhar, the lowest part of your body inside. When you exhale, see that you are exhaling totally creating vacuum in the lowest part of your body. In this process, your stomach should be going in the coming out.
6. Lord Krishna has stated in the Srimad Bhagawad Gita –

Apane juhvati pranam prane' panam tathapare. Gita 4.29

Take (offer) your breath to the lowest part of your body (stomach), Know that your breath is working in five forms in your body. (See Diagram attached).

1. Prana - From nostrils to heart.
2. Samana - From heart to navel.
3. Apana - From navel to toes.
4. Udana - From thyroid to top of head.
5. Vyana - Prevailing the entire body.

Be aware of these five forms of your breath. Open your Prana into your Apana. It means – inhale fully, completely fill your stomach, then exhale totally and create a vacuum inside. It is offering Prana into Apana. It is called breath sacrifice. It is a great process for achieving the highest level of consciousness. In this process, you will be able to control your mind and senses. It is a powerful process. You must mentally chant your Mantra with your breath, then you will be able to maintain full awareness. This is called Maha Yoga - a great process. Be alert always, watch your breath and take deep breath –

inhale and exhale and meditate on the breath. Keep the tip of your tongue touching your palate. It will help in your concentration.

Silence silencesilence.....

7. You should pay attention to your eight vital centers (Chakras) in your body. (See diagram attached).

These centers are projection of the Eightfold Nature (Prakriti). Nature appears in eight forms :-

1. Intellect
2. Ego
3. Mind
4. Ether
5. Air
6. Fire
7. Water
8. Earth

The eight fold nature appears in the form of your body. Pay attention to these eight vital centers. The first centre is situated on the top of the head, it is called Brahma Chakra. The second Centre is in the middle of your eyebrows and is called Agya Chakra. The third Centre is at the palate and the called Lalna Chakra. The fourth Centre is situated in your thyroid and is called Vishudha Chakra. The fifth Centre is near your heart and is called Anahat Chakra. The sixth Centre is in your navel and is called Manipur Chakra. The seventh Centre is at the root of your genitals and is called Swadhishtan Chakra. The eighth Centre is near the tail bone and is called Muladhar Chakra.

8. Your Real self is identified with this eightfold nature in physical, subtle and causal form. You should try to elevate your consciousness from these eight vital centers

(Chakras). Pay your attention on the lowest Chakra first and create the holy sound – Pranava (OM). Create this holy sound eight times, one for each Chakra. Try to elevate your consciousness one by one from these eight Chakras and in the end try to focus and stabilize it in the Brahma Chakra at the top of the head. Then you will be a stithpragya – a person with stable wisdom. Then you will really be a Yogi. You will be able to lead a divine life and achieve highest good and place. So be alert about this fact and pay your attention on the lowest Chakra (Muladhar) first, and try to create long rhythmic holy sound (OM. Then from the second, then third till you reach Brahma Chakra on the top of head, Stabilise your consciousness here.

OM! OM! OM! OM! OM! OM! OM! OM!

