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Discourses delivered to Swamis and Ananda Samajis  
of the Nithyananda Order all over the world.

# Meditation is for You

Nithyananda



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An enlightened old Zen master,  
lived by himself in a small hut in a forest.

One hot summer day, a man passing by saw the  
master busy chopping wood outside his hut. He  
was sweating under the scorching sun.

Master, why are you out under this hot sun?  
asked the man.

Because it is there, answered the master simply.

Yes master, the sun is there. But why do you work  
in this heat? asked the man.

Because I am here, answered the master.

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QUESTIONS AT THE THRESHOLD

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BELOVED MASTER,

WHY MEDITATION?

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The right question to start with!

*Why meditation?*

Is there really a need for meditation in our lives?

Let me ask, *Why are you reading this book?*

Of all the books you could be reading at this moment, you have chosen to read *this* book.

Your action itself shows that there is a deep-seated need for meditation inside you - and inside every one of us.

What is your ultimate aim in life?

To earn more?

To stay forever young, healthy, beautiful?

To have better, longer-lasting relationships?

To improve your personality?

The list is endless – for each individual, there will be a specific goal.

But every single goal - without exception, every single goal - points to the same thing: a yearning for the state of *ananda* or bliss.

Can anyone disagree with that? Can anyone say, *I am not interested in ananda? I don't care about being happy, being blissful?* No!

Each of us is searching for nothing but *ananda*. How much ever intellectual, how much ever sophisticated may be the terms in which we express it, we are all seeking *ananda*.

Only the ways in which we are searching are different.

Through money, through power, through relationships – through all the comic and tragic dramas of our daily lives, we are searching for *ananda*. It is the single motivating force of our lives.

BELOVED MASTER,

IF WE HAVE BEEN SEARCHING FOR ANANDA ALL OUR LIVES, WHY  
HAVEN'T WE STILL FOUND IT?

---

We have not found it because we have been searching unconsciously. 99% of us are not even aware that *ananda* is our true goal!

The majority of us are only aware that there is something lacking in our lives, some vacuum that we cannot fill with money or relationships or possessions.

Tell me, what have you collected so far in the outer world that is of any lasting value? I mean 'really lasting value'. Nothing really!

Still, we continue to search.

And because we are unaware, we search outside ourselves. We search everywhere in the world for something which is within us!

Whether you believe it or not, *ananda* is our birthright! *ananda* is our true nature.

**A small story:**

One evening, Kunwar Kuljeet was searching hard for something in the courtyard, in his house. His wife asked him what it was and he replied that he had dropped a coin. His wife joined the search. Soon, others gathered and practically the whole neighbourhood was searching for the lost coin.

Suddenly one young man asked Kuljeet, '*Where exactly did you drop the coin? How come we still haven't found it?*

Oh, said Kuljeet, I lost the coin inside the house.

Then why are we searching here? screamed the man.

The problem is, replied Kuljeet, I have no lights inside my house. Out here at least there's the street lamp. We can search by its light!

This is exactly what we do in our own lives! We are all experts in searching for the answers in the wrong places! We seek to find ourselves everywhere - in money, power, relationships, ideologies - but we don't move in the one obvious direction - inwards!

The first step towards awareness is realizing that the coin you have lost is inside your own house. Then you will automatically stop searching for it in the streets!

Meditation is nothing but a preparation to rediscover the state of *ananda* that is already within you.

The moment you realize the futility of searching for *ananda* in the streets, you are naturally ripe for meditation.

BELOVED MASTER,

WHAT EXACTLY DO YOU MEAN BY THE STATE OF *ANANDA*? IS IT POSSIBLE TO EXPERIENCE IT ONLY THROUGH MEDITATION?

---

There are hundreds of ways I can explain *ananda*, but only one way you can understand it – by experiencing it!

Anyway, I will try and give you an explanation.

In life, we have all experienced some moments of great happiness - but it has always been for a reason.

Isn't that true?

You are happy because you got a promotion; you are happy because you were cured of some disease; you are happy because you bought a new car (or because your neighbour's new car is giving trouble!).

At the time when you are happy, you feel that nothing can touch your happiness. But the same day, you have a fight with your husband or wife, and start feeling that your life is nothing but misery! This is the happiness or pleasure that you experience normally. In fact, you experience pleasure as periods of happiness between pain. The state of pleasure cannot remain forever - and when it changes or ceases, you feel pain. Only that happiness which you experience for no reason at all and that which does not die for any reason is permanent. This happiness doesn't depend on anything.

The word 'ananda' itself means, 'that which cannot be reduced, which cannot be lost'. *Ananda* does not translate into 'happiness'. You will be surprised to know, it simply means 'that which cannot be reduced or lost'.

*Ananda (bliss) is not pleasure. Ananda is that tranquil, silent state which you experience when you have gone beyond both pain and pleasure. It is the state in which both pain and pleasure have ceased to affect you. You could say, ananda is the state of 'permanent and causeless tranquility'.*

It is not that you can experience *ananda* only through meditation - but meditation is a sure path. Meditation takes you beyond the push and pull of daily living. When you meditate, you expand beyond the narrow limits of your body, of your ego. Once you experience the sense of oneness with all, you will naturally drop your attachment to the daily pleasures and pains. It is a difficult concept to understand intellectually. But with sincere meditation, you will have the experience; you will have a glimpse of *ananda*. Then you will understand.

BELOVED MASTER,

IN OUR NORMAL LIFE, WE HAVE NEVER EXPERIENCED *ANANDA*. WE DON'T EVEN KNOW THAT 'CAUSELESS HAPPINESS' IS POSSIBLE! THEN HOW COME WE ALL HAVE THIS YEARNING FOR ANANDA?

---

You have the yearning, because it is your true nature, your real nature!

Let me explain:

In the *Taittreya Upanishad*<sup>1</sup> there is a beautiful verse which goes thus,

*Ethas aatmanaba aakashasya sambhootah  
Akaashaat vaayubu, vayor agnihi  
Agnor aapaha aapah prithvivi  
Prithviyor oushadah...*

This verse talks about how the whole universe was created from the five major elements - Earth, Water, Fire, Air and Ether (or Space). Man was also created from these five elements. That is why he always has a deep longing to tune himself to these five elements, to return to his source. In various ways, he tries to tune himself to these five major energies. Through idol worship, he tries to tune himself to the energy of the Earth. As you know, idols are made up of the earth element (mud, brass, copper, silver etc). By taking dips in holy rivers, he tries to tune himself to the energy of Water. By performing *homas* and *yagas* (fire rituals), he communicates with the energy of fire and by chanting *mantras*, he plays with the energy of air. In all these ways, through all these methods, he attunes himself to the elements. But all these are external methods for attunement. The fifth element and most subtle and highly refined energy of *aakasha* (ether) cannot be accessed by external means; it has to be

1. Ancient Hindu scriptures

experienced internally. *Dhyana* or meditation is the method by which we can attune ourselves to the *aakasha* energy.

When we enter into meditation, we close the circuit. We discover the only missing link between ourselves and our Source. We return to our Source. We feel complete, we feel secure. That is why meditation takes you into the dimension of *Ananda* or Bliss.

So the longing for Ananda is nothing but the yearning to return to our natural state. And that is why, whether you are aware of it or not, each of us carries this longing for meditation inside ourselves.

BELOVED MASTER,

WHAT EXACTLY IS MEDITATION?

---

There are so many definitions for meditation.

Different masters have interpreted it according to their own experience, or according to the specific needs of the people they were speaking to.

Meditation is prayer.

Meditation is the process that helps us discover the treasure trove of potential we have locked up within ourselves.

*Meditation is the technique that helps you to connect to the energy of the cosmos.*

All of them are right.

And I tell you - Meditation is just *being blissful in the moment!* When you are at peace in the present moment, you are already in a state of meditation. You don't need to do anything else.

BELOVED MASTER,

CAN EVERYBODY LEARN MEDITATION?

---

You don't have to *learn* meditation.

You are already a meditator!

Just recall any moment in your life when you have experienced extreme beauty: the sun rising suddenly from behind a mountain, or the first time you hear a lovely piece of music.

At such a moment, suddenly, you become totally still, wordless.

Haven't we all experienced such moments?

During such a moment, in the presence of that beauty, you can't think any more. You are just silent, aware of that beauty, that's all.

That moment is meditation!

After a few moments, your inner chatter starts again. Your mind says, *That's a beautiful sunrise.*

Your mind starts comparing the music to other music that you have heard.

The moment your mind starts to say these things, you have fallen out of meditation. Meditation is nothing but remaining in that silent, blissful state.

You cannot *learn* this state. You can only experience it.

Be clear: meditation is not something you do.

You cannot 'do' meditation.

Meditation is the state that flowers when you drop all doing, all action.



Not just physical action. Even thinking is an action. Even contemplation is an action!

Meditation is what remains when you have stripped away all doing, all thinking, all working, all feeling.

Meditation is *just being*.

Like the Zen master in the story, meditation is *experiencing the present moment without resistance*.

In the same way, *ananda* is not the result you achieve through hard work. You cannot *attain ananda*! You can only relax into *ananda*.

BELOVED MASTER,

THEN WHY DO WE NEED MEDITATION TECHNIQUES?

---

Meditation techniques are NOT to help you *achieve*. They are to help you *remember*.

If I suddenly tell you, *Slip into ananda!* – is it possible?

You are not even aware that *ananda* is your natural state.

And when you are not aware, the process of meditation can be confusing and frightening.

To enter into meditation is like entering a shoreless ocean.

When you are just learning to swim, will you directly enter the ocean on your own?

NO!

You need a lifebuoy to keep you afloat and you need a lighthouse to show you the way.

In the same way, when you enter into meditation, you will need a method to show you what to do, to show you the path of meditation that is most natural for you.

Meditation techniques are nothing but lifebuoys.

Once meditation becomes your way of life, you will automatically drop the formal techniques!

BELOVED MASTER,

HOW MANY HOURS SHOULD I MEDITATE EVERYDAY?

---

There is no question of *how many hours!*

As I said, meditation is not something that can be added to your life. It is like asking, *How often should I breathe every day?*

You cannot say, *This many hours every day I will be meditative, and the rest of the day I will continue doing whatever I am doing now!*

Meditation requires a tremendous change inside you.

Meditation is a complete transformation of your entire way of life.

The seed is already there within you, but for the tree to grow and blossom, the seed has to rupture! You have to allow yourself to rupture! When you start practicing meditation sincerely, this will happen on its own. But the willingness to rupture and be completely transformed, has to be there in you.

Meditation is nothing short of rebirth! You have to possess the courage to face death – your own death! – and to be reborn as someone entirely new.

BELOVED MASTER,

WHAT ARE THE BENEFITS OF MEDITATION?

---

Meditation has the power to transform you – physically, mentally, emotionally, and spiritually!

On the physical level, the benefits of meditation are well-known.

Through meditation, you can regulate your blood pressure and blood sugar. You can enhance your body's resistance to disease. Through meditation, it is possible to heal even chronic problems like skin allergies, asthma and arthritis. No disease can escape the power of meditation. Of course, meditation is a complement to medication, not a substitute for it. But here again, pure faith can cause meditation to wholly help as well.

On the mental level, meditation enhances clarity of thought. It reduces unwanted verbalization. The gap between thoughts becomes longer, meaning there is more silence in the system. Meditation is also a sure way to improve concentration and memory power. Above all, meditation leads you from intellect to intelligence. Intelligence is nothing but the ability to respond to a situation in the most creative and constructive manner. You cannot learn this art. But with meditation, it flowers naturally.

The spiritual benefits of meditation are too many to list! Meditation puts you in direct touch with the infinite energy of the cosmos. It opens you to the discovery of the Divine that lies latent within each of us. Meditation is truly beyond words. Its benefits are to be experienced, not explained!

BELOVED MASTER,

IF MEDITATION IS A 24-HOUR PROCESS, HOW CAN LIFE GO ON? IF I AM ALWAYS FOCUSED ON 'JUST BEING', HOW CAN I GET ANY WORK DONE?

---

Meditation is not against action!

Once you learn the knack of remaining undisturbed in your being, you can perform any number of tasks while remaining in the same state. Whether you perform action or remain inactive is irrelevant.

This is a two-step process.

First, you need to get in touch with your inner being. For that, you have to first realize that such a thing exists! Learn to enjoy the state of *just being*. Initially, you will do this only for half an hour or one hour everyday – when you sit down to meditate. Once this state happens in you comfortably, you will automatically extend it to periods outside of the formal meditation period.

You can start with small tasks like trying to remain centered, even as you are eating, walking, washing dishes etc. Once you do this, you can move to more complicated tasks.

Externally, your life goes on in a normal manner. In fact, you can carry your life in a much better way – because now you have greater clarity, greater intensity. You will be more aware, more creative.

Yet internally, you will experience a deep and undisturbed silence.

Because you are no longer doing – you are watching.

***This is the secret of meditation – to become the watcher, to become the witness of your own actions and emotions.***

As you start witnessing your own actions, you will realize that there is someone inside you who does not change, who does not get angry or feel sad, who does not care about money or security or fame.

That is the real *you!* The real you can never be touched.

The rest is just a personality you have formed around yourself.

Once you become aware that the real *you* is not the one who works, that the real *you* is not the one who feels angry or hurt or depressed – you experience a tremendous sense of freedom.

This will happen through meditation.

Meditation offers you the ultimate freedom – freedom from yourself, freedom from the bounds of ‘personality’ that you have created for yourself.

BELOVED MASTER,

WHAT IS THE RIGHT WAY TO APPROACH MEDITATION?

---

Good question.

First of all, approach it with *sincerity*.

I am not asking you to believe or disbelieve in meditation.

I don't ask you to have faith.

I ask you to have trust.

Faith is a readymade belief in something. Trust is simply the openness to experiment.

So give meditation a chance. Keep an open mind.

Be enthusiastic; be prepared for something mind-blowing to happen!

Secondly, approach with *optimism*.

The state of bliss is not something reserved for yogis and *sannyasis*.

Bliss is a perfectly realizable goal for you - even if you are completely unfamiliar with meditation.

I tell you, there is no such thing as being qualified for meditation.

### **A small story**

*Once a man approached the great spiritual master Ramana Maharishi and asked him, Bhagavan, am I qualified for the spiritual life?*

*Ramana answered him with a question, Are you alive?*

*The man was startled. He said, Yes, of course!*

That is enough, *Ramana replied*. You already have the necessary qualification for spirituality.

Simply being alive qualifies you for spirituality!

When the Divine does not impose any restrictions on you, why are you imposing restrictions on yourself? Be clear about this before you start: you have a definite goal, and you are definitely going to get there.

Thirdly, *be playful!*

Meditation is a big adventure. It is a great gamble. It is the biggest experiment of your life. To become serious about meditation is to miss the whole point. Spirituality is not serious business. It is all about realizing that life is nothing but *leela*, Divine play. So what is there to be serious about?

Celebrate meditation.

Simply enjoy!

Fourthly, have *patience*.

The Divine is not going to jump on you during your very first meditation session!

Don't start worrying about results the moment you start meditation.

**A small story:**

Three monkeys once found a ripe, juicy mango.

Like all monkeys, they fought over the mango for a while.

Then somehow, they had a moment of clarity, a moment of intelligence.

Instead of eating the mango right away, they decided to sow the mango. Once the mango seed sprouted and grew into a tree, they decided there would be enough and more mangoes for all three of them.

Each one decided to take up a part of the task of caring for the plant.

The first monkey said, *"I will water the plant everyday! "*

The second monkey said, *"I will keep the soil healthy and rich, add fertilizers and ensure that the plant grows well."*

The third monkey said, *"I will guard the plant carefully and protect it from harsh weather and animals."*

One month passed; then two, then three. There was no sign of any plant growing from the seed.

The three monkeys called for an urgent meeting to discuss the issue.

The first monkey declared, *"As promised, I have been watering the seed every single day."*

The second monkey cried, *"As promised, I have been adding fertilizer and making the soil rich."*

The third monkey said, *"As promised, I have been guarding the seed very carefully. Not only that, I have been taking the seed out every single day to check whether it has sprouted or not!"*

So just understand what will happen if you check for results everyday! Don't start expecting miracles in the very first session! Give the process of meditation some time to grow in you. If you are greedy for instant results, you are actually preventing the process from settling down in your system; you are blocking the whole process. So have patience.

Fifthly, *enjoy solitude.*

Maintain an inward-turning state as far as possible. Remain alone, remain in silence for some time every day. Give yourself a chance to experience your inner environment. When meditation becomes a part of you, this state will flower naturally. But for beginners, you will need to consciously maintain this state.

BELOVED MASTER,

THERE ARE SO MANY MEDITATION TECHNIQUES. HOW DO I KNOW WHICH ONE IS RIGHT FOR ME?

---

Go by the results!

If a technique appeals to you, simply try it out.

Put your whole energy behind the effort. Do it with greatest sincerity, believing fully that it will work for you. In a few days' time, you will know whether it is the right technique for you.

In the beginning, I suggest you practice 'action' techniques rather than 'sitting' techniques, because initially, there might be too much disturbance inside you. If you sit still and try to meditate, all you



will be witnessing will be the tremendous disturbance inside.

So when you are just getting into meditation, choose ‘action’ techniques. These are cathartic meaning liberating, cleansing techniques. They facilitate expelling all the words, thoughts and confusions in us. These techniques are outwardly active, but inwardly, they can lead you to an experience of peace, of silence.

Once you have settled into meditation, once you have cleansed all your unwanted thoughts and confusions, you can try out any technique you want.

*Now, how do you measure the correctness of a technique?*

If a technique is helping you feel more relaxed, more centered, more sensitive – it is working. If it is making you more joyful, helping you expand, feel more energetic – it is working.

If you find none of these things happening, it is not working. Simply put it aside and start working with another technique.

But have patience! Don’t be greedy for results and throw away perfectly workable methods.

Usually, among the first five or eight techniques you choose, there will be one that is right for you.

Locate it.

Pursue it.



## ENTERING INTO MEDITATION

---

Meditation is the path that takes you inwards. But to move inwards, you must start with the outside. Right now, you are at the periphery. You are still testing the waters, dipping one toe in to see if it is too cold!

Many people come to me and say, *Master, I know nothing about spirituality. I have never tried meditation before. Am I ready? Where do I begin?*

I tell you: the best place to begin is where you are right now!

Right now, everything you understand about yourself is related to your body, your emotions and thoughts. Whatever you think is *you* is nothing but your body, your emotions, your thoughts.

So start from there! Simple.

Step I : Work on your body

---

How do you feel about your body?

We all carry impressions, ideas about our own bodies. These impressions are not our own. Almost always, we have picked up these impressions from other people's opinions of us. We carry a lot of negative feelings about our bodies. You may not even be aware, but in your unconscious mind you will be carrying deep negative impressions about your body.

Very, very rarely have I come across someone who is completely comfortable with his body. To be comfortable with one's body does not mean assuming everything about your body is good. It is just being at ease with your body the way it is.

All your life you hear, *Your body is prone to fall sick! Your body is your limitation in enjoying! Your body cannot take stress beyond a certain point! But for your body, you can fly!* Especially on the spiritual path, the body is projected as the greatest obstacle to achievement.

So you develop an unnatural hatred towards your body. This gets rooted deeply in your unconscious mind. You begin to think that your body is working against you. But the truth is, this body is the boat to carry you across the river of *sansar* (worldliness)! Can you move about in this world without your body? Can you work towards meditation or spirituality without your body? Can you even read and understand this book without the help of your eyes, your brain?

It is true that one must ultimately go beyond the body. But you don't do it by fighting with your body. You do it by understanding and accepting your body, and working on your body to make it fit for meditation.

Remember, the body is a powerful instrument, both in the material sense and in the spiritual sense. It is your best and unfailing friend. Through the body you can move about in the material world; through the same body you can move towards the Divine. It is a wonderful tool in your hands. This might be difficult to accept because all your life you have identified so completely with the body. But unless you break this identification, you can never move beyond the body.

So the first step is to start paying attention to your body. Unless your body is functioning well, be sure you can never enter into meditation. Whatever negative feelings (or even positive feelings) you have about your body, simply drop them! Simply drop them.

*The first step is to cleanse the body.*

What is meant by cleansing the body?

We all have disturbances, energy blockages, complexes – all these things are part of our physical system. Removing these blockages and disturbances is to cleanse the body.

How are energy blockages and disturbances created in our body?

Right from childhood, we learn to suppress our natural emotions. Because in society, we cannot always express ourselves as we wish.

For example, when you get angry, the body immediately produces the chemicals necessary for fight. The body produces enough energy to attack a man! Because anger is an essential survival tool for all animals, the body prepares you for fighting the other. But in our civilized society, we can't always express our anger. The other person might be someone you are afraid of - your boss, or your wife! So whatever energy is generated, remains unused. This excess energy stagnates in your body and creates a block in the energy flow.

The same thing happens with all emotions – desire, fear, grief etc.

Most of the time, you are afraid to let your body express itself. You live in deep fear and mistrust of your body. You think that your body doesn't know the language of civilization; that it doesn't recognize the rules of society. If you set your body free, you are afraid about what might happen? Who knows what your body might do? So you think you have to control; you have to repress.

When you continuously suppress your emotions, not only do they create blocks in your physical body, they eventually lead to mental illness as well. For instance, continuously repressing anger can lead to hysteria.

In the same way, mental disturbances can manifest as physical diseases. Not only cardiac disease or migraines, even skin allergies and peptic ulcers are caused by stress. Recent research has shown that over 80% of our diseases are psychosomatic in nature – that is, our physical and mental states are both responsible for these diseases.

There are many meditation techniques to dissolve all the blocks and repressions in your body.

Once you are free of these blocks, you will see for yourself how your body blooms naturally. Your body begins to look more beautiful, more divine. Your body is not you, but your body is here to support you. You will enjoy a beautiful and friendly relationship with your body.

Not only suppressed emotions, but our poor habits also cause disturbances in our body. The body is a purely physical mechanism. Naturally, it will be affected by how you eat, sleep, exercise and rest. As I always say, all your diseases are your guests! You invite them upon yourself with your careless treatment of your body.

For example, when you eat something spicy, your eyes begin to water; your body starts protesting, *I can't handle this!* But do you listen? NO! And then, you complain about your eyes watering.

When you watch television till midnight, your whole system is screaming, *I need rest!* But as usual, you ignore it and then complain about tiredness the next day; you talk as if it is a disease of the body.

Be very dear: your body has its own wisdom. You are completely out of tune with your 'body intelligence'. Your body is continuously giving you signals, but you don't have the intelligence to understand these signals.

Why do we eat?

The simplest explanation would be, *To get energy.*

But does your food actually energize you? After a meal, do you feel energetic or sleepy? Most of us feel sleepy!

Because our choice of food is poor, and because we continue to eat long after our stomach is full, we feel sleepy after eating. We throw anything and everything into our stomach. We throw food into it as if it were a garbage bin! We treat our stomach like a garbage bins. With every meal, we are taxing our digestive system. No wonder we don't feel energetic after eating.

When you eat excessively and don't exercise enough – you become lethargic. A lethargic body is completely unfit for meditation. Not only that, diseases attack the body easily when your energy levels are low.

Exercise can help you expand. When you exercise, every cell of your body expands. Your lungs get filled with oxygen and the impurities are thrown out along with the carbon-dioxide that is expelled.

In our lifestyle, we don't have time for either exercise or rest.

What we call as rest is not restful. How many of us wake up feeling refreshed and joyful? If you have rested properly, you should dance your way to the bathroom every morning! Instead, when the alarm goes off in the morning, what do you do? Switch it off and go back to sleep!

Real sleep is when the body is totally at rest; when all its stress has been released; when your systems can take care of all repair and maintenance work. How often do we enjoy deep, undisturbed, dreamless sleep? Very rarely! But be very clear: only on those days have you actually slept!

You may be wondering, what does all this have to do with meditation? There are two reasons why we are discussing this subject. The first thing is, a physically fit body helps you enter deeply into meditation. But more importantly, practicing meditation itself can



help you rest better. We will be working with techniques which will enhance the quality of your sleep. When the quality of your sleep improves, the quality and productivity of your waking hours increases naturally.

### Step 2: Work on your thoughts

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Thoughts are the most fanciful things in our life!

Most of the time, we have no control over our thoughts. Our thoughts lead us wherever they wish to. If you start speaking all your random thoughts aloud, you will be ashamed to hear your own words! Our thoughts have no connection with other, no relevance to the present; they don't even make any sense. Yet we entrust our very life to these thoughts. We live by these thoughts!

#### **A small story:**

In a kingdom there was a wise man who could foretell the future. One day, the king of the land heard about the wise man's powers and decided to test him. He took him to the country's busiest harbour, where hundreds of ships sailed in and out every day.

*"Can you tell me how many ships are going to sail into this harbour today?"* the king demanded.

*"Only three, my lord!"* answered the wise man. And not just today, but every day only three ships enter and leave this harbour!

*"What do you mean?"* asked the startled king. *"Which are those three ships?"*

*"The ships of Money, Power and Sex, my lord! All men including you, spend our lives sailing on these three ships! Even if there are a hundred ships sailing out today, only those three will actually be sailing out my Lord."*

This is true. Most of the time we think about money, power or sex. We may give our thoughts different names – but finally it boils down to one of these three things. Here sex is not just sex, but indulgence of any kind.

If you are working at the office, you are ultimately doing it for money, for power.

If you are taking a holiday, your thoughts are focused on indulgence.

Just consider: what do you think about all the time?

It is sure to be one of these three things!

How often do you reflect on truth, on beauty, on goodness?

*What is the need? you may think. Does my life depend on truth or beauty? My life depends on how much money I can make, how much power I can acquire!*

But thoughts have the power to alter your life. When you reflect on something constantly, it can alter not only your state of mind, but also your state of life. When you constantly think about beauty, your life becomes more beautiful.

Be aware of what thoughts enter and leave your mind. Right now your mind is a 'free-for-all zone'. Any thought is free to enter, fight with other thoughts to occupy maximum space, stay as long as it pleases, and leave whenever it feels like. You have no control over the thoughts that enter your mind and influence your life.

Just watch your thoughts.

Watch what is happening within you when certain thoughts enter.

You will notice that whenever thoughts related to anger, lust or greed enter your mind, they create a certain discomfort in your

system. Whenever your ego is awakened, you feel uncomfortable. See what thoughts make you feel joyful and peaceful. Retain those thoughts and throw out the rest!

Become the watchman of your mind. Become aware of the flow of thoughts. See how deeply you identify yourself with your thoughts! You will find that your thoughts arise from your deepest unconscious mind. If you can alter the thoughts in your unconscious mind, you can alter the flow of your conscious life!

Try this: if you want to transform some aspect of your conscious life – for example, if you want to get rid of your anger or your prejudice – simply give instructions to your mind to make the change, just before you go to sleep.

You will be amazed to see, with repeated instructions to the unconscious, your conscious life too changes in the same direction!

### Step 3 : Work on your emotions

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Your emotions create your world.

Whether you believe it or not, whether you accept it or not – you *are* God!

You create your world out of your own feelings and emotions.

Be very clear: whatever is the state of your consciousness, your life will have the same quality.

When your feelings are clear and positive, the whole world becomes a beautiful place. Existence showers blessings upon you. When you are full of love, you will see love everywhere. When you are filled with hatred, you will receive only hatred.

This is not a moral story. This is the Truth. We are unable to perceive this because of our limited understanding. We begin to

search for reasons. The truth is, each of us is 100% responsible for the quality of our lives. When you begin to work on your emotions, you will see for yourself how true this is!

We don't realize how deeply our emotions influence us. In fact, we may think that all our actions are controlled by our mind, that we are using our intelligence to make decisions – but the truth is, most of your life is a result of your emotions.

There are three steps to work with your emotions:

### ***I. Recognize your strongest emotions***

What is it that moves you?

Which emotions control your actions?

Does your life revolve around hostility, aggression, and anger?

Are you frequently depressed for no reason?

Is it more important for you to love, or fight?

Be honest with yourself!

You must first acknowledge your emotions – otherwise how are you going to transform them?

Very often, people who live in a hostile environment develop a strong affinity for the negative emotions. They need it; it is a survival technique for them. They get all their energy from their negative emotions.

Research has proved that in the times of war, the crime and suicide rate in society goes down drastically. Because people have an open platform to express their negative emotions, they need not commit their crimes privately!

Even Hitler has said, *If you want to make a country powerful, create enemies!* The enemies need not even be real; they can even be

imaginary enemies. As long as people are in a hostile situation, they feel strong. When they are rebelling, they feel powerful. All our energy gets very easily channeled into negativity.

Even depression is nothing but anger turned upon oneself. When you express the emotion, it is anger. When you repress it, it becomes depression. But both are the same negative energy.

When we focus on our negative emotions, when we nurture our sense of separateness, when we create an experience of ‘me versus them’, the ego feels very powerful. That’s why many of us enjoy situations where we can be in a fighting position.

The positive, softer emotions always make us vulnerable. Love, joy, compassion – these are very fragile states of mind. When we experience these emotions, the boundary between ourselves and the world becomes weaker. The ego feels less powerful. That’s why we all are afraid of these emotions. In a deeply unconscious way, we are afraid of love – because in love we have to surrender the ego.

But spirituality is nothing but the process of losing one’s ego. If you are afraid even to love, because it makes you feel vulnerable – how will you move inward into meditation?

## ***2. Focus on your positive emotions***

What is your normal day like? Just think.

Throughout the day, you are flooded with different emotions. When you wake up, you are feeling joyful – or at least normal. Then your wife comes in with your coffee, and while putting it down on the table she spills some of it – and immediately, you are angry.

After a good breakfast, you are back in a good mood. Then you

get caught in traffic on the way to work – and you are ready to kill someone! At the office you have a project that's not going well – again, you experience stress. And so on.

Every minute, you are being bombarded by emotions. You are living your life on a rollercoaster of emotions. How long can you cope?

Fortunately, all our emotional experiences are not bad. For most of us, there will be some moments during the day when we are silent, joyful and meditative.

It could be a simple, everyday thing.

Sipping a cup of tea in your garden.

Taking a shower.

Listening to music.

*Playing with your children.*

There are moments like this in each day, for each of us. But how many of us focus on these moments?

When someone asks us, *How did your day go?* we only remember the traffic, the spilt coffee, the incomplete project.

For a change, why not focus on the positive experiences, the positive feelings in each day?

Try this experiment.

For 24 hours, continuously recollect ONLY the good things that happened that day. Be grateful for even little things: that it wasn't raining when you had to leave for work, that the marigolds in the garden are in bloom. Be thankful to your housemaid for not taking the day off. See, these are the things we forget! On the day

when the maid doesn't turn up, we never forget her – but when she does come, do we notice? Do we remember to thank her in our minds?

So when I say *remember every positive thing*, actually do it. Do it with complete sincerity. Just for 24 hours! You will see how your life feels transformed. Once you have tasted the joy of staying with positive feelings, you would never allow yourself to fall into depression again.

This exercise is not for fun. It is a survival technique! When you throw stones at life, life is going to throw stones back at you. If you greet life with flowers, you will get flowers in return. Later, you will receive a meditation technique that focuses on welcoming life with gratitude.

### **3. *Learn to transform those negative emotions***

You may ask me, what happens to all the negative emotions you experience during the day? Even if you focus on remembering the positive feelings, the negative emotions are still there in your system! And they are accumulating all the time.

Through meditation, you can dissolve the old blockages in your system – but you have to be careful that new blocks don't develop. Every moment, you are facing new circumstances. For example, there are people who are going to make you angry, again and again. What are you going to do with all that excess energy circulating in your system?

Learn to transform the negative energy that is created into positive energy.

Remember, energy is neutral. Anger is neither good nor bad. Sexuality is neither good nor bad. These are just forms of energy.

It is up to you to use them creatively or destructively. Just as a knife can turn destructive in the hands of a child, but can be a life-giving instrument in the hands of a surgeon, you can use the same energy to produce radically different results.

If you learn to channelise your energy correctly, you can replace anger with creativity; turn your energy towards art, towards music, towards sports.

Learn to paint.

Take up a sport.

Cultivate a hobby.

*Go dancing!*

These are all pathways for energy, just as anger is!

The only difference is, these are creative pathways. Redirect your life, give your ordinary life a creative dimension. In this way, all your destructive energy is transformed into creative energy, with positive results.

When you start focusing on your positive emotions, you will find that your life automatically changes for the better. When you feel love, you give love, and you receive love. It is a beautiful cycle. Unless you have experienced this, it is impossible to believe. But it actually happens.

And don't think you have to be born with this attitude. Don't say, *Oh, that man is so lucky, he is always walking around with a smile on his face. I'm the only one who is under so much stress!*

A positive attitude is something that is cultivated. When you become filled with joy, misery will be afraid of you! Anger cannot touch you. Only when you cultivate a state of bliss inside can you make any progress in meditation.



Transform your life with love, laughter and gratitude.

Turn life into a celebration.

Only then can life become meditation.



TOWARDS MEDITATIVE LIVING

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## People ask me, ‘What is tapas (penance)? Is tapas essential in meditation?’

What I am telling you is nothing but *tapas*!

Working on your body, your thoughts, your emotions – what is it if not *tapas*?

*Tapas* does not mean going up into the mountains and undertaking all kinds of spiritual practices, and performing all kinds of rituals!

*Tapas* does not mean going without food or clothes or living in a dark cave or torturing the body in any way. When you deprive your body in any way, there is always the danger of focusing more on the deprivation than on meditation. If I make you go without food even for twenty-four hours, you may stop eating food, but you will start meditating on food because of the hunger! You will be able to think of nothing but food. Real fasting does not mean meditating about the food that you haven’t eaten, it means forgetting about food altogether. But not many people can see this difference. That’s why the path of deprivation is not for everyone.

Of course, these are all different routes, just different ways of handling the body. Some meditators take the path of disciplining the body through austerities. But it is not necessary that everyone should follow that path.

### **A small story:**

A *yogi* spent many years in the mountains perfecting the rites of austerity. He mastered complicated rituals and mantras, studied holy books and spent countless hours in contemplation. After fifteen years, when he felt his *tapas* to be complete, he came down into the plains to educate other people on the importance of spirituality in their lives. As soon as he arrived in

a town, the news spread and he was invited to a spiritual gathering. One of the other invitees was a modern young master who didn't believe in the traditional rites of *tapas*.

As the *yogi* entered, the man turned in his direction and spoke some harsh words.

The *yogi* was amazed to find that a wave of anger was rising inside him, on hearing the man's words; after all these years, after all these efforts! A few words from a stranger, and anger was raising its ugly head again.

Without replying, the *yogi* turned and walked out of the hall silently. When someone ran to apologize and ask him to return, the *yogi* replied, "I see that my *tapas* is not yet perfect! I am still a beginner. I must leave now, to start my work. I will return when I am truly ready."

The toughest *tapas* is working on oneself, understanding and transforming oneself.

There is no greater *tapas* than cleansing your body, thoughts and emotions. And this *tapas* you can do right now, right where you are. This is all about preparing the ground, about creating the right foundation for meditation.

### **Awareness is the key**

I have told you, *Watch your body, watch your thoughts, watch your emotions.*

In other words, *become aware.*

Awareness is the basis, the focus and the goal of meditation.

Awareness is your key-word.

No matter what the technique, no matter which religion or which spiritual discipline – the focus is on becoming more aware. This is the common thread that runs through every single technique you will find in this book.

When you start watching something, you become the witness, you become an outsider. You drop your identification with the thing that are observing. By and by, you come to see that it is something outside of yourself.

By becoming aware of your body, your mind, your emotions, you become free of them.

Awaken your intelligence, your consciousness.

Watch the actions of your body as if you were an outsider, and you will drop your body.

Watch your insane, racing thoughts – and you will drop your identification with your thoughts.

Watch your fickle, changing emotions – and you will realize that you are not your emotions.

Just with deep awareness, you can become free.

### **From ‘Meditation in Life’ to ‘Life in Meditation’**

Right now you are at the initial stage. Right now you are still exploring meditation.

That’s why you ask, *How can I include meditation in my lifestyle? How many hours should I practice? Which technique will be right for me?*

These questions are perfectly alright at this stage.

In the beginning you will practice *meditation in life*.

You have to consciously introduce meditation into your lifestyle. Choose a technique, practice for half an hour or one hour a day. See how you feel. If you enjoy a technique, stick to it for at least ten days without expecting results. If a technique has touched you, there is no way it cannot transform you in some way. Sometimes

the transformation will be subtle, and sometimes others may see it better than you do.

Very often, people come to me and say, *Swamiji, after I started practicing this meditation, people are telling me there is a glow on my face, that I have become more positive, more cheerful!*

So there is definitely a transformation happening at some level. Just because you don't get results directly, don't be impatient.

By and by, you will stop chasing new techniques. You will find one, or a few techniques you are comfortable with, and settle into a routine with those. Right now these techniques are still new and exciting for you, and your mind will tell you to try out this and that. It is just like going into a pastry shop; there are so many varieties, you simply can't decide what you actually want to eat!

So don't restrain yourself. Try whatever your mind asks you to try. And whatever you try, do it with full sincerity. Put your whole strength, your complete motivation into the trial. Work out each technique as if that is the only available one. Don't be greedy, don't be impatient. Otherwise you will simply be flirting with the idea of meditation; you will never experience the soul of meditation.

And just one experience is enough!

Just one glimpse of the joy of meditation is enough to make you fall in love with meditation.

Then you will no longer ask me how many hours you must practice! When you wake up, your very first thought will be of meditation. When you take a shower, when you dress, when you eat – you will do everything with such complete mindfulness, that every act, every moment will become alive with meditation. Meditativeness will become the natural state of your life. You will begin to live *life in meditation*.

This is the state I want you to achieve ultimately.

But of course it is not easy. First, you will have to get used to the idea of meditation. You need to practice for a little while every day; then extend that feeling into the rest of the day.

There are two types of meditation techniques:

*Sit-down techniques*, which you practice for a fixed period of time, a fixed number of times a day.

*Anytime-anywhere techniques*, which you can practice, just like that – anytime, anywhere! When you are driving to work, ironing your clothes, even walking from your bedroom to the kitchen – you can practice these techniques.

If you like, you can choose a couple of sit-down techniques and one anytime-anywhere technique for every ten days. Don't try out too many techniques simultaneously; you won't be doing justice to any of them. Anytime-anywhere techniques are the first step towards turning all of life into meditation.

### **A word of caution**

When you first start practice meditation, you will find a lot of unusual changes in your body and mental state. Be prepared for the unexpected. Remember, meditation is a cleansing process. You are throwing out the suppressions and blockages of not just one lifetime but many lifetimes; you are flooding your body with energy that it isn't used to. In some of the meditations, you will be jumping around, whirling, screaming, doing things which you haven't done in a long long time! Your system needs time to cope.

Initially, you may experience a lot of heat in the body, headaches, a tingling feeling in your fingers and toes. All this is caused by the



sudden onrush on energy. Some of you may also suffer from pain, sleeplessness, even depression. These things are temporary. Continue with the meditation and they will disappear.

If you are suffering from a serious medical condition, or if a technique is persistently giving you trouble, consult your doctor or drop the technique.

But don't let these anxieties stop you from trying out any technique!

Simply go ahead and immerse yourself in meditation.

You will see that your life is transformed before your own eyes.

### **Transformations you will see**

*What else will you notice with meditation?*

When the first physical symptoms have quietened down, you will begin to see deeper and radical transformations for yourself. These are chemical changes; they are irreversible. Once you have touched the core of meditation, your life can never be the same again.

How would you know if you have really touched meditation?

Look out for these changes yourself!

### *Just freedom*

*A significant change that you will experience is a certain sense of freedom.*

Why freedom? What has freedom got to do with it?

All our life, we are searching for freedom. Whether we realize it or not, each one of us is searching for freedom.

Even meditation is nothing but a desperate search for freedom.

We have heard that meditation gives freedom, so we turn to meditation in order to be free.

But we misunderstand the word 'freedom'. What we search for in our ordinary lives is either 'freedom for' or 'freedom from'.

Freedom for doing, having and being all that we wish – freedom to live as we imagine right.

Freedom from all the things that we dread and hate – disease, worry, anger, stress, low self esteem, pain.

In all our actions, we are prompted by one of these things – *freedom for* or *freedom from*. The greed for something good, or the fear of something bad.

Our whole life is controlled by these two ropes of greed and fear. But when you are being controlled by these two ropes, where is the freedom that you are craving for?

A few weeks back a casual visitor, an artist, was speaking to me. He was telling my why he hated meditation.

He said, *I hate all these rules and discipline. I like to be free to lead my life the way I want. See, I get up at 10 o'clock, first thing I have my coffee, then I go for a swim whenever I feel like. . .*

He described his whole day to me.

Then I asked him, *What if someone woke you up at 6 o'clock? Or what if your coffee doesn't reach your bedside one morning?*

*Oh, that would make me really mad!* he said, laughing.

*And what if it is raining and you miss your swim?* I asked.

*Yeah, that's a lousy thing. If I can't go for my swim, I feel really lousy the whole day.*

Then I asked him, *If your freedom is dependent on so many conditions, are you really free?*

*To be really free, is to be free no matter what.*

That's what I call *just freedom*. Not *freedom for* or *freedom from*. *Just freedom* comes out of living completely in the present moment. *Just freedom* frees you. *Freedom for* or *freedom from* enslaves you to things - like your coffee, swim etc. You experience *just freedom* when you are not bound by greed or fear, by hopes for the future or regrets from the past. Freedom that doesn't depend on any external circumstances is the only true freedom. This is the freedom that you will experience with meditation.

*Love for no reason*

With meditation, one strange thing you will start experiencing is Love!

People are prepared for all kinds of miracles. They are ready to receive visions to have the *darshan* of their favourite deities and what not. But they are least prepared for the miracle of love!

You will be amazed to find how much love arises and floods your being when you enter into meditation. Through meditation, you will experience some awakening, some level of your being that you haven't touched before. You will want to share your joy with everyone you meet! This joy will overflow from you as love.

And just like freedom, this love is different from any love you have ever experienced before.

All our lives, we have been giving and taking our selfish little love. All our life, we have loved and been loved for a reason. Either consciously or unconsciously, you love for a reason. Even in the most intimate relationships, even between husband and wife, between

parents and children, there are hidden reasons for loving. All our love is tainted, destroyed by jealousy and possessiveness.

With meditation, for the first time you will understand what it means to love for no reason. For the first time, you will not be giving in order to receive. You give love simply because you have so much to give! You shower love upon the world in the same way that a rain cloud showers upon the earth, or a flower spreads its fragrance all around.

You love because you can't help it!

*Joy unlimited*

With meditation, life becomes a joy that you cannot find a reason for.

When joy happens for a reason, it is sure to bring pain sooner or later.

If you are happy because you have just had a good meal, you are going to become miserable when you get hungry again – that's all! If you are happy because you have fallen in love, you are going to be sad when the first fight happens. And don't think it won't happen to you! It happens to everybody. That is the rule of life.

All happiness leads to pain when it ceases. That is why, in ancient India, they had only one word to denote both happiness and pain: the word *Pain!*

But the joy you experience with meditation is undisturbed, undisturbable. You may be healthy, you may be ill – the joy will remain the same. It may be cold, warm, raining, snowing – the joy remains. Neither your own condition nor external circumstances can make a difference. When you experience lasting joy that no external circumstance can alter, it means that you are moving deeply inwards.

*Intelligence awakening*

Life is changing all the time. Intelligence is nothing but the ability to respond to life moment to moment, to be awake to the challenges that life throws at us. Intelligence is to be aware of the situation, to alter your answers according to the demands of the moment. When you don't have confidence in yourself, you have to depend on the rules and regulations put down by society, by law, by religion. The intelligent person lives without a script. He doesn't need one. He depends on himself, on his inner guidance. Intelligence is taking your responsibility upon yourself.

We are all born intelligent – but society is cleverer than we are! Right from our childhood, when we are unprepared, society sets up its rules. It manages to build walls around our intelligence. It prevents our energy from flowing naturally. The ultimate intelligence is nothing but the ability to break free of these chains.

Meditation is the surest way to awaken intelligence – because the chains which are binding it are all in your mind. With meditation, you go beyond the mind, into the being. In the being, no rules exist. You become free to explore your full potential. That's why, with meditation, you will suddenly find yourself at ease with your surroundings. You will find yourself easily able to cope with new situations. You rediscover spontaneity.

*The flowering of intuition*

When I say *Intuition*, I don't mean it in the sense we normally use.

Although some of you will develop greater physical sensitivity, receive visions and so on, these are not important. These are just by-products of the growth process. The real growth is the clarity to understand and fulfill yourself.

We all go through life wearing a variety of masks. For every role, for every occasion, we have a mask. *Mother, Father, Husband, Wife, Doctor, Housewife, Boss, Socialite*. . . the list is endless! We live and think according to the roles that society has imposed upon us. These roles ultimately become our personality.

With meditation, we move inwards. We start living out of our own being. We become integrated. We move towards individuality.

Your personality can change, but your individuality is unchangeable. Every individual is unique. With meditation, you touch your own individuality. You naturally start moving in the direction which expresses you, which fulfils you in the ultimate sense. This is intuition at work.

#### *Problems you may face*

There is only one real obstacle on the path of meditation: the Ego. Whatever other issues come up, whatever problems you face, be clear: they are just the different voices of the ego.

#### *What is the ego?*

The ego is nothing but your sense of 'self', the collection of ideas and concepts that you have about yourself. Be very clear: the ego is nothing but a collection of ideas! It is an imaginary thing. The ego doesn't even have a real existence. Yet it is this ego which is controlling your life!

It is the ego which creates a sense of separateness in you.

At birth, it separates you from your mother. Until the moment of birth there is no ego, no boundary. You are simply a part of your mother. At the moment of birth, when the umbilical cord is cut, you sense your own boundary for the first time.

In the very first year after birth, the ego builds your picture of yourself and the world.

The ego is responsible for your sense of ‘me’ and ‘mine’.

Throughout your life, the ego puts you into the position of ‘me versus them’. It separates you from your parents, from friends and strangers, from nature, from all of Existence.

Whenever you utter the word ‘I’, you are breaking away from Existence. You cannot really break away, because you are an intrinsic part of Existence – but in your mind you break away. You create for yourself a world in which you are separate from all. This world exists only in your mind – it is just a mental concept - but you allow this concept to rule all your actions.

You have always heard people say, *The ego is the root of all our misery.*

Why?

Because the ego thrives on hostility, on conflict. Any environment which creates a sense of isolation is the survival ground for the ego.

The ego may be a product of your own imagination, but it is a cunning animal!

To stay alive, the ego creates a distorted version of reality in which all things are in a state of disharmony.

Look at your own life.

Whenever you experience pain, anger, jealousy, it is always the result of feeling separate from someone else, of feeling alone, of feeling cheated. In times of misery, you always experience yourself as being all alone. In times of joy, you feel naturally connected with everyone and everything around you. When you are joyful, happy, laughing – these are the times when your ego is at its weakest.

In your present life, you may experience these moments temporarily. But meditation is going to take you to a permanent state of bliss. Meditation is the process of falling in tune with the whole of Existence. In meditation, there is simply no place for separateness, no place for the ego.

Once you sense the lasting harmony of everything, once you sense the deep interconnectedness of all of Existence, what will be the need for maintaining the ego? The ego is your armour against the world. The ego is your shield in times of war. If everything is peaceful, if everything is harmonious – then where is the need for armour, a shield?

That's why you find it so difficult to meditate. Meditation is such a simple thing! It is just a matter of sitting silently and watching your breath. Actually there is no need to teach or learn meditation. Meditation should simply happen.

To sit still even for a few minutes is to get a glimpse of reality. Just for a few seconds, if you can sit silently, calm your racing thoughts, just *be* – that will be enough to convince you of the truth. And once the truth is known, where is the place for your ego? The ego will have to be dropped. You will drop it naturally.

That's why the ego fights meditation so hard. Meditation is nothing short of the death of ego!

So the biggest problem to watch out for is the strong resistance by ego. When you are meditating, the ego will raise a thousand questions.

Doubt is the most deadly weapon that the ego has!



The ego will continuously create doubts and questions in your mind.

In the beginning it will make you worry,

Can I really meditate?

Can I sit for so many hours with my bad back?

Is this path really for me?

What if I get drawn too deeply in?

What will happen to my family?

Will my friends call me crazy?

*Am I really crazy?*

If you are working with a master, it will raise doubts against the master!

Is the master really authentic?

Does he know which technique is right for me?

What is his purpose in teaching me meditation?

*Is this some kind of hypnosis?*

So if you find these kinds of questions arising, don't bother. Simply drop the questions and continue with the meditation. Don't feel guilty about having these questions! These questions arise naturally in everyone's mind.

And don't try to struggle with these questions. Don't make the mistake of struggling with the ego! Ego is just something imaginary; it is nothing but the lack of awareness; it has no positive existence. Just like darkness is a state of no-light, ego is a state of no-awareness.

If you are in a dark room, can you fight the darkness and push it out to make the room bright? Does it make sense to struggle against the darkness? In fact, your solution has nothing to do with the darkness. You have to simply bring in a lamp and the darkness will disappear on its own! In the same way, don't waste your energy fighting with the ego. Focus on bringing awareness into your meditation. By and by, the questions will drop naturally.

The biggest spokesperson of the ego is the *mind*.

Just like the body, the mind too should be an instrument in your hands.

The mind is a wonderful instrument, tremendously powerful. It is a marvel of creativity. It is a masterpiece of design. It is also a social necessity. Without the mind, we would not survive in this world.

But we forget that the mind is only an instrument. Instead, we ourselves become an instrument of the mind! We are totally controlled by our mind.

The great trick that the mind plays on us to separate us from reality is the use of *language*, of words.

Words are what separate us from reality. The moment we perceive something we try to verbalize it. When you see a flower, you tell yourself, *This is a flower*. We absorb all of life through words, through abstract concepts. But remember: words are not the experience!

The word *flower* is not the flower, the word *love* is not love, the word *enlightenment* is not enlightenment. Words form a barrier between you and reality.

Meditation has no need for words. Meditation is the direct experience of reality.

But the mind continues on this constant chatter of words. The mind doesn't let you relax for a single moment. The mind is constantly creating ideas, concepts, opinions for you. It uses words to distort reality.

How do you handle the mind?

Just like I said about the ego – don't fight with the mind also. You cannot achieve anything by struggling against your mind. In fact, you cannot even struggle – because even struggling is a function of the mind! So it will be one part of your mind struggling against the other. Instead, simply become a witness to the functioning of your mind.

This is not going to be easy. Especially on this path, the mind is a very dangerous companion! Initially, it will create all sorts of fears and doubts in your mind. When you start trying to witness your thoughts, it will convince you that you are actually witnessing. But if the mind tells you that, it means the mind is at work. If you are actually witnessing, there will be no opinions, no judgment, not even the idea, *These are thoughts. I am witnessing them.*

But be very clear: the mind is not your enemy. There is nothing wrong with thinking. It is just a process like any other. Don't put yourself into a fighting position. Just be an observer of the mind, an observer of your thoughts. Enjoy the play of your mind!

As you start watching your thoughts, you will see that they start flowing more and more slowly. As your awareness becomes deeper, you become aware of gaps in the flow. A gap that you experience like a flash – you glimpse it, then it vanishes; a gap in which you experience a beautiful silence. By and by, the gaps start happening more frequently. Don't become attached even to this

experience! Don't wait for the gaps. When the gaps become wider, you will be able to see with intense clarity – not just the outer world, but the inner world as well.

*This is the experience of no-mind.*

Don't think that all this is too much for you!

When you practice with sincerity, with totality, it will happen.

### **How to enjoy meditation!**

#### *Make time*

Every day, make sure you keep aside at least half an hour for meditation. Even if you plan on practicing anytime-anywhere meditations, always include a half-hour of sit-down meditation. In the beginning, you need to cultivate discipline in your meditation. Also, you need to practice consciously, in an environment set aside for the practice of meditation.

During this time, ensure that you are undisturbed. Don't accept any engagements. Let your family and friends know that during this time, it is important for you to be alone. It is preferable to keep the timings the same every day. The body and mind get accustomed to routines very fast. If you practice at the same time every day, you will find that you can slip into the meditative state more easily at that particular time.

#### *Make space*

Choose a clean, uncluttered, silent space for meditation. If you can, set aside a room in your home as the Meditation Room. If you already have a prayer-room in your home, that would be the ideal place. A space that has already been used for worship or

meditation will have high energy level, which will help you meditate better. It is better to meditate in the same place everyday. If the space is indoors, ensure that there is sufficient sunlight and plenty of ventilation. If you are meditating outdoors, say in the garden, make sure that it is a private space where you won't be disturbed by 'garden noises'.

### *Be comfortable*

Unless you are physically comfortable, there is no way you can meditate! Meditation requires you to forget the body. If the body is in pain, how are you going to forget it and move beyond? So ensure that you are comfortable.

Many techniques require you to squat on the floor. If you are not accustomed to this, use a chair – but keep trying. Use a cushion as a seat if you wish to. For lie-down techniques, don't lie on the bare floor. Use a carpet or a straw mat.

Ensure that some time has passed since your last meal - at least two hours.

Initially, you may feel sleepy during meditation. This is the *tamas* (lethargy) that is weighing down your system. Don't try to fight the sleep – ultimately, you will be able to neither sleep nor meditate! And don't feel guilty about feeling sleepy. If you are sleepy, just go to sleep. When you finish sleeping, you can get up and meditate, that's all!

### **Q. Isn't meditation also a 'doing'?**

**A.** In the beginning, yes. Even to sit silently is to do something. Even to watch your breath is to do something. In fact, in the beginning, meditation may seem more like a *doing* than anything else – because you are doing something that is not natural to you.

Even when you are doing something perfectly natural – like just sitting, it can seem like an effort when it is formally imposed upon you.

Do you know, there is a Zen meditation technique called *just sitting*? But even there, participants struggle to achieve!

Yes, at the start, it is definitely going to be an effort. But in a deeper sense, meditation is not a *doing* – because when you do it the right way, when you really succeed in meditation, all efforts disappear.

When you become totally relaxed, when you stop trying to achieve results, when you simply enjoy the meditation, you will gradually stop even being aware that you are meditating. Then it will no longer be a *doing*!

## MEDITATION TECHNIQUES

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## The meditation techniques

in the following pages have been drawn from the ancient scriptures, from the teachings of great spiritual teachers and masters, who have themselves turned to ancient spiritual traditions across the world for inspiration.

Many techniques I have modified on the strength of my own experience. Some have been created by me, and some have been borrowed and presented exactly as they are.

Since the roots of many techniques have been lost in obscurity, they belong to no one; no one has monopoly over them.

The truth is, no true master is concerned about the name of the technique. He is concerned about whether it helps you or not. So simply enjoy the technique, and be sure to pass it on to anyone who might enjoy it.

*Spread the fragrance of meditation!*



## ANANDA NATANA - ECSTATIC DANCE

### ABOUT THE TECHNIQUE

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Dancing is a powerful form of meditation!

Both formal dance and free dance can be meditation techniques. Free dancing is also a great cathartic technique. Here, the idea is to lose yourself in the dance. A seasoned dancer will be able to do this even in formal dancing, because he or she is no longer conscious of the rules. Just like we speak correctly without feeling grammar as a hindrance, the seasoned dancer will dance naturally, even when the dance form is formal. But if you are an amateur, then it is better to enjoy 'free dance', or you will feel restricted by the rules.

### INSTRUCTIONS

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Free dancing means that there are no steps, no rules, nothing. Just let your body move as it pleases. Let the dance flow freely. Be playful, enjoy yourself. Become part of the tremendous energy of dancing.

There are two stages to free dancing: dancing and resting.

#### *Dancing (21 minutes)*

Close your eyes and begin to dance. Don't bother about steps. Let your body loose.

Let your unconscious mind dictate the dance! Don't be concerned about how you look, how your clothes are looking. No one is watching you; this is not a performance.

When you keep dancing, you will not feel tired. More and more energy will surge up inside you and you will keep going. The more you dance, the more energetic you will be!

Unlike in other meditations, don't be aware of the dance, or the dancer. Enter deeply into the dance. Dance as fast as possible, as freely as possible. Forget yourself totally. Become the dance! Let the dance become you.

*Stillness (10 minutes)*

At the end of 45 minutes, wherever you are, in whatever position you are, just drop down on the floor. Just fall! Lie down. Be silent and still.

In the abrupt change from frantic motion to sudden stillness, you will experience a moment of blankness. You will have no thoughts in your mind; just a silence. In a few moments, the thoughts will start coming back. Watch the thoughts calmly. Don't fight them, don't get lost in them. Just remain aware. You will become aware of a lasting peace inside you, a great silence which remains even after the thoughts return. Carry this peace, this silence with you throughout the day, carry it into your sleep. You will wake up feeling new, refreshed.



## AHAM BRAHMASMI

### ABOUT THIS MEDITATION

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This is a difficult, but beautiful meditation. It is the meditation of all-inclusiveness. Normally all our meditation techniques are based on negating something – *I am not the body, I am not the mind*. Here, we do just the opposite – include everything, and come to the conclusion, *I am All*.

### INSTRUCTIONS

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Sit in meditation with eyes closed. Be aware of all that is in you and outside you.

Start with yourself. Be aware of your body, your mind, your thoughts, your breathing, your feelings. Include them all in yourself. Remain unfocused, flowing. Be aware of your breath. Be aware of the fluid form of your body. Your body is not as rigid as you think!

When your eyes are closed, you will become aware that your body subtly changes shape, changes form, becomes heavy, becomes light, expands, shrinks. Only your idea of it remains constant. That's why we don't notice these changes.

Often, we notice this in an unconscious way. When you are in a hostile environment, when you are afraid, feeling separate and isolated, you get a shrinking feeling. When you are joyful, loving, flowing, you feel as if you are filling the whole room. When you are inclusive, you can feel yourself expanding.

Include everything in your Being. Don't say, *I am Not*. Instead, say, *I am*. Slowly, you will start to feel that there is no center in you. With no center, where can the ego stay fixed? The ego needs the sense of separateness. In all-inclusiveness, where is the place for the ego?

With the ego gone, only consciousness remains. Consciousness that extends to include the sky, which becomes part of you. It includes the sunrise, which is happening in you. The smell of the morning, which is also you. You find that the breeze is blowing within you. The trees and the rocks, even the stars that you cannot see, are all within you!

It is a tremendous experience. Unless you experience it, how will you understand the interconnectedness of everything? Your boundary has always been so small – now it expands to include the whole of Existence!

## ANTARA DHYANA

### ABOUT THE TECHNIQUE

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From time immemorial it has been said, *Close your eyes, and see your true nature within*. This is exactly the instruction that Shiva gave Devi, in the Vijnana Bhairava Tantra <sup>2</sup>, that ancient treasure-house of meditation techniques.

The eyes play a dual role. When they are open, they are the messengers who bring all the news of the world to you. When you close them, they give you the vision of your inner world.

But closing your eyes doesn't mean simply closing your eyelids! When asked to close our eyes, we normally close only our eyelids.

<sup>2</sup> Enlightenment techniques in scripture form

Behind our closed eyelids, we continue to see images of the outer world. We switch off the TV outside, and switch on the TV inside! Our eyes are never really closed.

There is one very effective way to still the movements of the eyes. Just imagine that your eyeballs have turned to stone! In its place, you now have two small lumps of smooth round stone! Visualize it. The moment you do, you will find that not only have your eye-movements stilled, but your thoughts have stilled too. When your eye movements are stopped, your thoughts slow down tremendously.

#### INSTRUCTIONS

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Close your eyes and imagine that your eyeballs have turned to stone.

Don't do anything else, just try and remain in that state. It's not going to be easy. It is going to take you weeks of practice before you are able to remain in that state for even a few seconds. But it is well worth the effort – because you will be looking within for the first time.

You have never seen your body from the inside.

Now, try to see every limb from the inside. When you move your arm, you have been aware of it only from the outside - now, become aware of it from the inside. Travel through your body from the inside.

Start with one fingertip. Become intensely aware of it. Be aware of nothing but that fingertip! Then slowly move upward, up the arm. Go to each limb. Become aware of each limb. Go totally into each limb. You will experience tremendous sensitivity in each part of your body.

When you experience your body from within, you will automatically become aware that you are not the body. You are witnessing the body, then how can you be the body? You become free of the illusion that you are the body. You break your identification with the body.

Now you are free to move deeper, into the abyss of your mind. Begin to see your mind from the within. This is not easy. Initially, all you will be seeing is the inside of your head. But that is not your mind. Your mind is separate from your brain. Think of what you normally imagine as your mind. See it from the outside. Now, reverse the process. Enter the mind and try to see it from within.

With practice, it will happen. Just like your body, you will see that you are separate from your mind. You are the witness.

If you are not your body, you are not your mind – then *who are you?*

You are the one who is witnessing both. That is your true self. You cannot witness your true self, because you are not outside of it. That which you cannot witness is You.

Have patience with these techniques, don't expect instant results. Miracles are not going to jump on you on the very first day! Don't get disheartened. When the experience happens, it will be worth the effort. It will create a permanent change in you.

Be prepared!

## ATMA SPURANA

### ABOUT THE TECHNIQUE

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This is a technique to be aware of ourselves every moment, in every action. Originally from the Vijnana Bhairava Tantra, this was the technique made popular by the great master Gurdjieff in the West.

### INSTRUCTIONS

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All you have to do is remember yourself, remember *I am* - when you are eating, drinking, walking, talking. Be aware that *you are*, discover within yourself an ever-living current.

Don't imagine it is simple. We cannot maintain our awareness on ourselves for more than a few seconds. Then we forget. You think you are remembering, but your mind has already jumped to a new thought!

Self-remembering is NOT thinking; it is simply awareness. If you think, *I am*, you have missed the point. That is what we usually end up doing – repeating the words, *I am, I am*. The words are not the experience. Don't verbalize. Just feel, *I am*. Don't think about it.

When you are walking, stop for a moment and be aware that *you are*. Carry this awareness. Be aware that you are experiencing the sun on your face, the wind in your hair. Be aware of the one who is experiencing. Just feel, *I am*. For a moment, you will be thrown

back into yourself! You get a glimpse of deep silence, of reality. This simply cannot be explained in words, you have to experience it.

When you touch something, just feel the touch. When someone touches you, feel the touch, feel the one who is being touched. Your consciousness becomes still sharper.

Retain this awareness at all times. This is an anytime-anywhere meditation. In fact, make it an all-the-time meditation!

## CHITAAKAASHA DHYANA

### ABOUT THE MEDITATION

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Meditation on the sky is meditation on emptiness. The clear blue sky is intensely empty. To meditate on it is to enter into clarity.

### INSTRUCTIONS

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Choose a day when the sky is clear blue, cloudless and vast. In a quiet place, simply lie on your back and start looking at the sky.



Don't blink – even if your eyes begin to water. Just keep staring. Your eyes will begin to hurt; ignore the pain. Once the tears have cleansed your eyes, it will become easier to stare.

Don't start thinking about the sky! Don't start thinking about how wonderful and blue the sky is looking. The moment you start



thinking about it, you separate yourself from the sky. Your job is not to think about the sky, but simply to enter into the sky.

Just by looking, feel the clarity of the sky. Be aware of the purity of the blue sky. Enter into that clarity. Move deep into the sky. Go on looking deeper and deeper into the sky, as if you are looking for something further and further in its depth.

Keep on staring till you become one with it. Not till you *think* you have become one with it! When you have become one with it, you will know for yourself. It may take an hour or more. Don't stop, don't let your attention wander. Don't take your eyes off the sky.

Now close your eyes. If the union has really happened, you will feel the sky inside yourself. You will feel that the sky has entered you! Your mind would drop, your thoughts would drop away. Remain in that sky.

In the beginning, it will be only for a few moments. But with practice, you will experience this state for longer and longer periods. With the clear sky within you, you will experience no-mind.

## HRIDAYA KAMALA

### ABOUT THE TECHNIQUE

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This meditation is one of the ways to open your heart center. The heart is the portal through which you can enter reality. This meditation is especially useful if you are a head-oriented person, if you are more based in the intellect than in the emotions.

Actually, almost all of us are head-oriented. Heart-oriented people can't survive very long in today's world. So we have all made

our minds strong. Our heart center is weak, because we don't give it enough exercise. We don't operate from the heart, we don't act from the heart.

Try looking at the world from your heart, and you will discover a unity in the world. The mind sets up barriers, the heart dissolves barriers. Activating the heart center naturally creates a gushing of love in your life.

#### INSTRUCTIONS

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Simple, though strange!

The only thing you have to do is: imagine yourself as *headless!*

It is not funny; this is a tough technique.

Walk, sit down, feel as if you are headless.

Feel that your head has disappeared.

All your focus is now on your heart.

In the beginning it will be just a pretence; you will feel weird and disoriented.

*What happens to all my sense-organs? How will I see, hear, speak?,* you will ask.

Your sense-organs have not disappeared – they have simply slipped into your heart region!

Just like how blind men use their hands to 'see', you will be using your heart. You will be seeing with your heart, from your heart.

Try it.

You can do it.



Stand before a mirror and look deeply into your eyes. Feel as if you are looking from your heart.

Allow every act to be controlled by the heart. Feel the love in your actions.

By and by, you will feel the heart center flowering, actually flowering. You will feel a blossoming inside.

And then you will feel the onrush of love.

You will find your every act becoming more loving. That is why, when someone is in love, we say – he has lost his head! When you are flowing with love, when your heart center is overflowing, you actually lose your head. Your actions are no longer controlled by the head.

There is no specific duration for this meditation. Just do it whenever you feel compelled to. And you will keep feeling compelled. As you keep practising this meditation, you will find yourself growing more and more loving. Your relationships will improve dramatically. You start perceiving the harmony in the world. You move a step closer to God.

## JYOTI STAMBHA

### ABOUT THE MEDITATION

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The technique is from Vijnana Bhairava Tantra. It says: *Consider your essence rising from center to center, up your spine, and so rises 'livingness' in you.*

The spine is the base of both your body and mind. Your body and mind are both rooted in the spine. Your age rests in your spine. If your spine is supple, you are young; if your spine is rigid, you are old!

The seven major chakras, or energy centers, are located along the length of the body. At the base of the spine is the *muladbara dhakra*, the sex center. On the crown of the head is the *sabasrara chakra*, the center that opens us to God.

The spinal column is the passage for energy. In this meditation, you will move your energy upwards from the *muladbara*, right up to the *sabasrara*.

This movement doesn't happen easily. Because it is against gravity! It is very easy for your energy to move downwards. In fact, 80% of our energy is locked in the muladhara. It is like a weight pulling you down to the earth. Haven't you noticed how heavy your lower back always feels?

When this energy is drawn upwards, and released through the *sabasrara*, you will feel a tremendous weightlessness, a freedom. You will get a taste of bliss.

#### INSTRUCTIONS

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Sit in a comfortable position with your eyes closed and your spine erect.

Now imagine yourself as if you are a Being of Light. This is not just imagination. You *are* light, all is light. You are just not used to thinking of yourself as energy. You have got so used to seeing yourself as just matter.



Imagine that you are a column of light.

Now move your attention to your sex

center. Feel that this center has become bright and alive, like a ball of light. Now imagine the light moving upwards, up to your navel center. You will feel a warmth rising inside. This is real warmth! When the navel also becomes a bright ball of light, a source of light, start moving upwards.

Feel the light moving upwards to your heart center. Feel the light and warmth in your heart. Feel your breathing become deeper, feel your heartbeat become more relaxed.

Picture the energy move up to your brow chakra, the space between your brows. Feel the whole region engulfed in light. Gradually, move up into the crown chakra, the energy zone at the very top of your head.

You may have many strange experiences when the energy reaches your crown. You may feel dizzy or nauseous. Your head is not used to handling this much energy. Sometimes, if there is too much energy moving into the head, it may be felt as an explosion in the head. Don't be afraid. If you are feeling dizzy, if you are falling, allow yourself to fall. Even if you feel you are going to faint, don't worry. This is the state of deepest sleep, known as *yoga tandra*. Many meditators experience this state, and it is nothing to be scared of. You will come back to normal in half an hour.

When the energy reaches your head, your whole head becomes warm. Your head becomes a ball of light.

Now, release the energy into the cosmos. Feel as if your head has become a flower, a beautiful lotus flower. Let the flower blossom gently, and release its energy into the cosmos.

A word of caution: NEVER leave this meditation incomplete. Before you start, ensure that you are going to be undisturbed for at least two hours. During the meditation, ignore every other

disturbance. If you leave the meditation halfway, the energy will get dogged in that particular center, and cause physical or mental problems.

This meditation is a beautiful way to transform your sex energy into spiritual energy. When you practise this regularly, you will notice that your sexual desires are gradually stilled. You will feel more and more prayerful throughout the day. With so much energy going to your head, you will feel more alive, you will work more efficiently. And most importantly, you will be in a perpetual state of joy.

## STOP THAT ACTION!

### ABOUT THE MEDITATION

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Our life swings between the polarities of *doing*, *having* and *being*. In life, we are forever focusing on 'doing'. We move restlessly from one activity to the next. Our whole life, we are just doing and doing and doing. We are working, we are talking, we are getting involved in relationships, we are moving, we are planning. Physically and mentally, we are constantly doing something.

Why are we *doing*? Because we are caught up with *having*. We are always trying to possess more and more. Having makes us feel very powerful. So we try to acquire more money, more prestige, more friends, more girlfriends, more certificates, more health, more beauty, more knowledge.

In the middle of doing and having, we don't even realize that we have forgotten how to *be*. The truth is, *being* precedes both *doing* and *having*. But it is a long time since we have touched that core.

*Stop!* is another technique drawn from Vijnana Bhairava Tantra, and made popular by Gurdjieff.

This technique is simple: all it involves is *stopping suddenly* - in the middle of whatever you are doing! You must not be aware that you are going to stop. So it is better to let someone else watch you through the day and simply scream *Stop!*, as he or she pleases. It is something like playing *Statue*

When you suddenly stop an action which you are totally involved in, you are shocked into silence. In that instant, you are thrown back upon your Being.

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#### INSTRUCTIONS

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This meditation can be done individually, or in a group. One person can be chosen to give the *Stop!* command. But the command should not be given too often, or you will constantly be prepared for it. Whether you are walking, talking, working, dancing – when you hear the command, just freeze. Simply drop the action and become a statue. Even if

you have one arm up or your mouth open – it doesn't matter. Do it with utter sincerity. Don't try to get into a more comfortable position. Even a moment late is already too late.

You can even play this game by yourself. When you are running, taking a



shower, drinking your tea – just order yourself, *Stop!* And don't *try* to stop, just stop.

When you are completely absorbed in an activity, and suddenly you stop, the very stopping can throw you off-balance. You are thrown into your center, you experience a moment of silence, a moment of meditation.

## STOP THAT IMPULSE!

### MEDITATION AND INSTRUCTIONS

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Stopping is not concerned with physical activity alone. You can just as easily stop an impulse, a desire, an involuntary action or feeling.

Just as you have the impulse to do something, stop. When you are miserable, if you are crying – then in the middle of that crying, command yourself – *Stop!* you will be surprised to see how easily you can stop! You just stop, that's all.



Even a sneeze that is coming up, uncontrollable, irresistible, can be simply stopped halfway.

When you are angry, so angry that you want to hit the other person or break something, *just stop*.

If you suddenly see your child, your wife, your friend, if you feel a sudden impulse to give them a hug - *just stop*.

What happens when you just stop? There is an energy flowing outward from



you, towards the object of your attention. Even when you are talking, walking, your attention, your energy, is always flowing outwards to other objects, other people. *Your attention is your energy.* When you suddenly stop the outflow of the energy, what happens to it? It flows back into you. Your energy, your attention, moves suddenly inward. Once again, you are thrown back into your silent center.



Once you have glimpsed this center, you will never lose yourself in activity again. Even as you are *doing*, you will be constantly aware of *being*. You will touch your inner silence, you will become aware that all activities are simply ripples on the surface. This is the mood of perpetual meditation.

## KAMA HARANA

### MEDITATION AND INSTRUCTIONS

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This is also a *Stop!* technique. But the difference here is, you will not be stopping suddenly, stopping in the middle of the action or the impulse. Here you will practise a slow, controlled stopping of impulses or desires.

When a desire arises, consider the desire well. Be deliberate. Face the desire in its full force.

Be aware that you are feeling this impulse, this desire. Then, suddenly, drop it. Just drop it.



Suppose you see a beautiful woman and desire arises in you. Examine your desire. Be attentive to what is happening to you at that moment. Be aware of how your body is feeling feverish, trembling. Be aware that your pulse is racing, that you cannot think clearly. Notice how the desire seems to have taken control over you.

Do not judge yourself or the desire; don't tell yourself, this is a bad desire. Don't have any opinion, simply witness it.

Then suddenly, drop the desire.

It is possible!

You can simply drop it.

Be very dear: you are not suppressing the desire! Do not suppress the desire. Suppression is the root cause of most of our psychological problems.

Don't think, *How can I quit?*

It is only when you fight with an impulse, suppress an impulse, that it becomes stronger.

When you have considered something fully, it becomes easy to quit.

The moment you say, *I quit*, you become separate, you become the watcher. You are watching your body filled with desire, your mind filled with desire – but they are not you. At that moment, you become aware



that none of these is you. Once again, you are thrown back upon your Being.

This meditation is excellent to rid yourself of addictions. We all hear about chain smokers, alcoholics, womanizers, who one day simply quit their addictions and never returned to them. They didn't try to quit – they simply quit, that's all!

With this meditation, not only the action, but the urge itself will drop. You don't have to struggle with your addiction because the desire itself will be no more.

## KRISHNAVENU

### MEDITATION AND INSTRUCTIONS

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This is a beautiful 'emptiness meditation'. It is a technique to empty out whatever is inside you, so that you can receive the energy of the cosmos into yourself.

Sit still in a calm, silent place. Just become aware of your body. Feel completely at ease with your body.



Now, imagine that your body has become a bamboo! Become a hollow bamboo. Be perfectly at rest. Your whole body, your skin, your flesh, your bones, are all part of the bamboo. Inside this space, there is nothing but emptiness, hollowness, silence.

Let even your mind be passive. Don't wait for any experience; *just be*.

Suddenly, you will find energy pouring into you. These are not esoteric ideas! They are perfectly practical techniques. They may seem odd to you because you haven't explored this dimension earlier. Just try out and see for yourself. When you make yourself hollow, when you no longer resist, Divine energy starts flowing into you. You become a flute for the music of the Divine.

You need not do anything, you simply have to become hollow. This is not easy. You are always used to being someone, something. To become hollow requires great love, great trust. If you are working with a master, become a hollow flute upon which your master can play. It is easier to give yourself up in love, than to a mysterious Divine energy.

At first you will be a hollow bamboo, but then the time will come when the bamboo itself disappears. There will be no more You.

This process can take time, but the results are amazing. Even as you lose yourself, you feel yourself to be one with the spirit that pervades all.

## PRANA STAMBHANA

### ABOUT THE TECHNIQUE

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This technique is from Vipassana.

Watching the breath continuously is the very essence of this meditation. It has led more people to enlightenment than any other technique.

Vipassana works with the simplest and toughest of techniques: increasing awareness.

## INSTRUCTIONS

There are three ways in which you can do vipassana:

a) Deep awareness of your body, your actions, your mind, your heart.

When you walk, when you move your hand, when you smile, do it with awareness. Know perfectly well that it is you who is doing that action. Be alert. Not a single moment should pass in an unconscious state. Not a single action should happen unnoticed by you.

Just like your body, watch your heart and mind. Be aware of every emotion that rises in your heart. Be aware of every thought that passes in and out of your mind. Don't have opinions, don't evaluate anything – just be a witness.

b) The second way is to watch your breathing. Feel your belly rise and fall with every inhalation and exhalation. The navel, the source of your life-energy, is in the region of the belly. So when you pay attention to the navel, you become aware of the flow of life-energy in your body. As you become more aware of the belly, you will see that your heart and mind fall silent.

This is the natural and relaxed way of breathing – from the belly. We have forgotten how to breathe like this. Babies breathe from the belly. Sometimes in deep sleep, we also go back to belly breathing.

c) The third form of vipassana is to watch the breath as it enters your body – at the nostrils. Be aware of the cool air in the nostrils. Feel the ease with which the breath enters and leaves the nostrils.

You can combine two forms, or even all three forms. But do only whatever happens effortlessly for you.



*Vipassana can be practised both sitting and walking.*

*Sitting*

*(Duration: 45 minutes + 15 minutes rest)*

Sit in a comfortable position, spine erect, facing straight ahead. Keep your eyes closed and breathe normally. Stay still without shifting positions.

Watch the rise and fall of the belly when breathing in and out.

Don't concentrate on the breath, just watch it. If you find other thoughts, feelings or physical sensations coming up, allow them. Witness those also and then return to watching the breath.

It is the process of watching that is important, not what you are watching. Witness everything!

(After 45 minutes, drop even the watching. Simply drop everything. Relax and let go.)

*Walking*

*(Duration: 20 minutes + 10 minutes rest)*

Here your awareness is totally on your feet, as they touch the ground.

You can walk in a circle, or in a straight line of about 15 steps, going back or forth. You can practise this meditation simply going from room to room in your house, or out in your garden.

Eyes should be lowered, and focused on the ground a few steps ahead. Just as you watch the belly in sitting meditation, watch and

be aware of the contact of each foot with the ground. If other thoughts and sensations come up, allow them. Nothing is to be seen as a distraction. When you have finished witnessing the sensation or the thought, go back to watching your feet.

## PRANA SHUDDHI

### ABOUT THE MEDITATION

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This technique focuses on exhaling – deeply, completely. All our life, we focus on inhaling. Inhalation is life, exhalation is death. Life is tension, effort. Death is relaxation.

Because of our fear of death, we are afraid even to exhale! The emphasis is always on inhaling; exhaling happens because we can't help it.

Research shows that we simply don't exhale enough. Of the six thousand sacs in your lungs, only two thousand are emptied when you exhale. The other four thousand remain filled with stale air. That poisonous air stays in your chest, causing diseases, causing anxiety.

In this meditation, you stop inhaling and turn your focus on exhaling. You experience the opposite dimension. You experience the total emptiness of exhalation.

### INSTRUCTIONS

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In this technique, you silently intone a word ending with the syllable *Ah*. It could be any word. Do it silently, and focus on the ending, on the *Ah*. With the *Ah*, you become completely empty. Your breath moves out entirely. For just a moment, you are not breathing. You experience a moment of death!



Since the moment of birth, we have been inhaling and exhaling – but we have never been aware of this moment, this gap. When you become aware of it, you become a witness to your own death. You realize that you can go beyond your breath.

We hear about death all the time, we see death – but we never imagine that death can happen to us. Yet every time you breathe out, your system is silently preparing for death! Your system is accepting the state of death.

When you empty yourself of breath, you empty yourself of life – with all its tensions, misery, ideas, desires. It is a moment of supreme relaxation. Sometimes we do it unknowingly. When we are tense or upset, when we want to relax, we heave a great sigh. After such a sigh, there is a moment when you don't inhale, you just stay empty. In that moment there is a feeling of great peace.

For just that moment, when you are not involved with life, with *doing* and *having*, the *being* behind it all is revealed. You get a glimpse. Once you have seen it, you cannot forget it.

Such a simple practice, but with such lasting effects! When you continue with this meditation, you will become more relaxed, more peaceful. Anxiety can't touch you easily. Whatever the external circumstances, you will find yourself able to cope more easily. Once you have glimpsed a moment of death, with deep awareness, how can the issues of life overpower you?



## PRATIBIMBA DHYANA

### ABOUT THE TECHNIQUE

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You are always flowing outward. Your energies are always focused on the outside world. When you look at something, your consciousness flows towards it. Your focus is never on yourself, it is always on the object of your attention. At all moments we are aware of something outside of ourselves. Whenever we become intensely aware of something – a beautiful sunset, beautiful music – we lose ourselves completely in it. This is a tremendous experience – but this is unawareness. In awareness, one is aware not only of the object, but also of the subject. You become aware not only of what you are looking at, but of the one who is looking – You.

Ordinarily, your energy is always flowing outwards, into the external event. According to the Taoist experience, you could turn this energy back upon yourself, instead of squandering it in the outside world.

This is *concentration*.

### INSTRUCTIONS

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Stand before a full-length mirror and look at yourself. Take a good look at yourself from the outside. You are the subject, and the reflection in the mirror is the object of your attention. You will feel your energy flowing towards the object. Look at your eyes from the outside. *You* are looking, and the reflection is being looked at.

Now imagine a reversal of roles! Try to imagine that the reflection is looking at you. This can be frightening at first. You are not used to thinking of your reflection in that way, as something that can observe you.



Even if the feeling is strange and frightening, keep at it. In just a few moments, you will feel a great change. You will feel the energy start to flow from your reflection, towards you! This can be really frightening, really disconcerting. All your life you have been used to extroversion, to the outward direction of energy flow. To suddenly experience this can be a shock. But you will definitely feel the flow- because you have now closed the circuit. By closing the energy circuit, you have ensured that

the energy is not wasted, it is flowing back towards you. You are conserving your own energy for yourself.

Practise this technique for a few days, and you will feel a definite change. You will be more energetic, more vital. You will feel more centred, more at peace.

You can practise this throughout the day – not just with yourself, but with anything you focus on. When you have passed your energy to something, imagine it as returning the energy to you. It could even be an inanimate object, it does not matter. You will feel the energy flowing back towards you, rejuvenating you, revitalizing you!

## SHAKTI DHAARANA

### ABOUT THE MEDITATION

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An unspeakably beautiful meditation. It is more like a prayer than meditation.

This meditation is a direct way of putting you in touch with the energy of all of Existence. It is best practised at night, just before you go to sleep. If you do it during the day, be sure to rest for fifteen minutes afterwards to assimilate the energy, or you will be in a daze for hours afterwards!

### INSTRUCTIONS

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Choose a cool, dark room with enough ventilation.

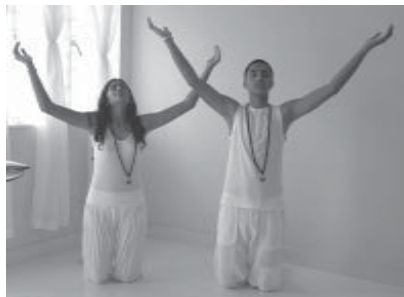
If you choose, you can practise in a private space outdoors.

Kneel on the ground. Use a mat if it helps you feel more comfortable. Raise yourself up on your knees, and raise both your arms towards the sky. Turn your face skyward and wait.

In a moment, you will feel the energy of Existence flowing into you. Be unresisting. Let the energy enter into you.

You will feel a trembling in your arms; then slowly your whole body will begin to tremble and sway with the energy. Allow the movements.

As you drink in the energy, you become the point where earth and heaven merge. You begin to feel floaty, as if your body is no more.



When you feel completely saturated, bend down and kiss the earth. Place your hands, palms downward, on the earth. Give all your love to the earth. Feel it flow out from your lips and your palms. Simply



become an instrument carrying the divine energy into the earth.

Repeat this seven times. Each time, each of the seven major chakras is energized. If you repeat it more than seven times, you may feel over-energized and restless.

When you have finished your prayer, go to sleep in that prayerful state. Fall into the energy, sleep in it. When you wake up, you will feel refreshed and revitalized.

## SHAKTI STAMBHA

### ABOUT THE TECHNIQUE

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An ancient and powerful technique, drawn from Sufism, a branch of Islam.

This is as simple as a technique can get. All you have to do is *whirl*, turn round and round and round – the way you used to do as a child.

Whirling is a powerful centering technique.

The beautiful thing about this technique is that your body will be whirling, going round and round – but your inner Being is right

at the center, unmoving – like the unmoving center of a moving wheel.

## INSTRUCTIONS

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No food and drink, at least three hours before the meditation

The meditation has 2 phases: whirling and resting



### *Whirling*

Whirling is usually done in an anti-clockwise direction, with the right arm held higher, palm facing upwards, and the left arm lower, palm facing downwards.

If you are uncomfortable whirling anti-clockwise, switch to clockwise.

Whirling can be practiced for hours – for as long as you feel comfortable. But you will need to whirl for at least one hour to experience the ‘energy whirlpool’

Start with whirling slowly, let your whole body be soft and unresisting.

As you whirl, the passing images will become blurred. Let them flow past. Don’t try to focus on anything – it will make you dizzy or nauseous.

For the first 15 minutes, go really slow. Then build up speed over the next 30 minutes. After 45 minutes or so, you will feel as if the whirling has taken you completely over.

There will be action and movement on the periphery of the circle, but at the center will be a certain stillness. You will feel as if you are a *witness* to all this action, not a participant in it.

### *Resting*

When you are whirling so fast that you can't stay upright, your body will fall by itself. Don't plan the fall. If your body is soft and pliable, you will not get hurt.



As soon as you fall, turn over onto your stomach so that your navel is in contact with the earth. Feel your body become one with the earth.

Keep your eyes closed. Remain in the same position, passive and silent, for at least 15 minutes.

After this meditation, remain silent and meditative for a few hours.

Some people may experience a sense of nausea during this meditation. This will disappear in a few days. If it persists, discontinue the meditation.

## SUKSHMA SHAREERA DHYANA

### ABOUT THE MEDITATION

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This method is a way of becoming aware of your own etheric presence. It will be easier for you to practise this meditation if you are used to Palming.

We all have seven bodies, and every body can be used as a door into the Divine. After the physical body, the etheric body is the easiest to realize because it is closest to the physical body, it is just outside the physical body.

The etheric body interpenetrates your physical body and extends beyond it like a shell.

### INSTRUCTIONS

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When you have practised palming, you will sometimes feel as if you are weightless, as if you are ready to fly. This feeling may come to you at other times as well, when you are practising some other meditation.

When you are feeling this way, just close your eyes and become aware of your body.

Become aware of your form. With closed eyes, feel the form of every part of your body, moving from part to part. Feel the form of your fingers, of your hand, of your arm. Feel your legs, your trunk, your head. Become aware of the form of your whole body.

When you try to feel your form, it will appear before you. Gradually, you will notice that around your body is a bluish light. This light will go on spreading, an increasing aura around your physical form.

Initially, practise this with your eyes closed. When you are able to see your aura well, you can try it with your eyes open.



Choose a totally dark room. Preferably, practise at night. When you start seeing the aura with your eyes closed, slowly open your eyes.

You will see the same bluish aura around your physical form! For the first time, you will be able to see your etheric body.

We experience this body many times in our life, but we are unaware of it. When you enter a room full of strangers or a room full of friends, you can easily tell the difference, even if you are blindfolded. When a person is feeling hostile towards you, his etheric body shrinks away from yours. When you are feeling angry, anxious or sad, you get a shrinking feeling. This is your etheric body shrinking. When you meet a beloved person, both of you may feel as if you are flowing towards each other. This is your etheric body expanding. Without being aware of it, we use the signals of our etheric body to evaluate a situation or to communicate with each other.

When you see your aura, don't do anything. Just sit and watch. Even as you watch, the aura will begin to spread. It will become bigger and bigger. When you are not doing anything, your energy does not move outward. It accumulates in your etheric body.

As your aura grows stronger, you will begin to feel a deep sense of peace. You will experience a silence. When you practise this meditation frequently, this sense of peace becomes a permanent experience.



## SURYA DHYANA

### ABOUT THE MEDITATION

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Meditating on light can bring you some of the most beautiful meditation experiences. When you meditate on light, you fall in tune with an all-pervading, powerful energy. You become part of the current that sustains life.

### INSTRUCTIONS

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*Duration: 21 minutes*

Practise this meditation in the morning. With sunrise, all living things turn to the sun for energy. Become a part of this great tide.

As soon as you wake up in the morning, you can practise this. Just lying in bed, close your eyes and inhale. As you inhale, imagine golden light pouring into you through your head. The light is pouring into you, right down to your toes. It is flowing out through your toes! Don't think that this is just something you are just imagining. As you imagine, so it happens. The energy actually flows into you.

When you exhale, imagine the opposite. Imagine a great darkness climbing into you from your toes, and traveling up to your head. The darkness escapes through your head.

The golden light is male energy – strengthening and sustaining. The darkness is female energy – calming.

You can also practise this at night, just before going to bed. If you fall asleep doing it, it can be a beautiful experience.

Continue this for two or three months, and you will see great changes in yourself. This technique is great for moving your sex energy (*muladhara* energy) upwards. Your lower back will feel free of the heaviness that is always there. Your energy moves up to the higher centers.

## YANTRA DHYANA

### ABOUT THE MEDITATION

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When you meditate on any object, an energy cycle is gradually built up between you and that object.

*Yantras* or energy maps are essentially geometric diagrams that have been etched on metal, wood or paper. The earliest *yantras* were spontaneously created by spiritual masters at the peak moments of meditation. In the early books on meditation, *yantras* have been referred to as the diagrammatical representations of the structure of the universe. Just as pyramidal structures are known to absorb and retain energy, *yantras* also have a specific geometric structure that allows them to store energy for long periods.

When a spiritually evolved person meditates upon the *yantra*, he transfers healing energy to the *yantra*. The *yantra* then acts as a battery that stores this healing energy. When an ailing person meditates upon the same *yantra*, the energy is transferred to him, and he experiences a glimpse of the spiritual ecstasy that first gave birth to that geometric form.

### INSTRUCTIONS

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*Duration: 21 minutes*

Since the chakras are the energy portals of the body, we absorb energy most effectively through the chakras. This meditation uses

the healing yantra to facilitate chakra healing.

Focus on the chakra where you are experiencing a problem. Keeping your eyes continuously on the healing yantra, try to imagine that you are 'seeing' the yantra from that chakra. Focus your attention towards the yantra from that chakra. Imagine energy flowing to you from the yantra.

Create a cycle of energy between you and the yantra.

Feel the flow.

Do this for 10 minutes.

Next, close your eyes and imagine that the yantra has entered your body at the point of that chakra.

Hold the yantra at that point. Allow its energy to diffuse throughout your body. Feel the healing energy flowing through the ailing organ or limb.

Do this for 10 minutes.

If you wish, you can repeat the cycle.

Continue this meditation for 21 days.





NITHYA DHYAAN - LIFE BLISS MEDITATION

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## Relax... rejuvenate... radiate

My mission is to create a new cycle of individual consciousness in planet Earth, causing Collective Consciousness to enter into the Superconscious zone. To achieve this, the Mission aims to initiate one billion people into the unique meditation - Nithya Dhyaan, and one hundred thousand people into 'living enlightenment'.

Man by his very nature is an *un-clutched* and blissful Being. What do I mean by the term *un-clutched*?

Let me explain:

Every thought that arises in us is like a bubble that forms, rises and dies. Every thought independently rises and dies before the next thought comes up. For example, if you are sitting in a chair and suddenly get up, the moment you have decided to get up, *that* moment the thought of sitting has left you. If you are working on your computer and decide to shut down the machine, *that* moment, the thought that you want to *work* has died. So every thought is unconnected and happens in series, one after the other. One thought *has* to die before the next one comes up. This is our true nature.

Our true nature is to *renounce* thoughts every passing moment. By the word *renounce*, I mean simply allowing each thought to rise like a bubble and burst and allowing the next thought to rise. Our thoughts have only a vertical existence, like rising bubbles.

This process of allowing thoughts to rise and die without trying to connect them is what we mean by being *un-clutched*. As long as this natural process is allowed to happen, things are alright.

But what we do is, we start connecting these thoughts randomly and forming a shaft. By doing this, we convert the vertical and un-clutched process into a horizontal one with linear connectivity. Here

starts the whole problem. As long as each thought is allowed to rise and die, we can take any amount of load at the physical and mental planes and our Consciousness will remain light and blissful. Once we start connecting the thoughts, our Consciousness suffers and we start feeling burdened. It damages our Being.

All emotions like worry, lust, discontentment, jealousy, fear, ego and attention-need are purely because we find a connection between independent incidents, between independent thoughts and create a concept for ourselves and start relating with that concept. We create an imaginary shaft with our thoughts and we suffer because of this.

It is these emotions that create all forms of violence be it religious wars, social conflicts or political unrest. The basis or the root of all forms of violence is our emotions and the basis of our emotions is our habit of creating imaginary shafts of our thoughts and empowering them to work on us.

The key thing we do while creating these shafts is, we choose the thoughts depending on whether we want pain or pleasure. We pick pleasant thoughts at random and connect them to form a shaft of pleasure or pick negative thoughts and connect them to form a shaft of pain. We create shafts of pain and pleasure alternately for ourselves and keep oscillating between these two emotions. To *unclutch* from this shaft is the master key to a blissful life.

If you deeply analyse how we connect our thoughts instead of renouncing them, you will understand how we create suffering for ourselves. It is the mind that finds the connection. As such, there is no connection between our thoughts.

We have been trained to all the time feed on words and thoughts. That is why we create these shafts. We feed on words because we

operate out of fear or greed all the time. Out of fear or greed, we create connectivity in our thoughts. We are afraid to let go of this process because if we let go, there is nothing else to hold on to. We have never experienced an *un-clutched* state of mind where there is no shaft, there are only bubble-like thoughts.

In the *un-clutched* state, there is no scope for fear or greed. You will simply BE, that's all. But it becomes difficult to understand that we can exist without this shaft of thoughts.

**A small story:**

*An eye specialist was treating a blind man.*

*He assured him, "Once I operate on your eye, you will have your vision back and you can throw your stick away."*

*The blind man became afraid when he heard this. He asked the doctor, "I understand that I will get my vision, but how can I walk without my stick?"*

*The man was so used to walking with the stick that he could not understand that by getting his vision he can throw away the stick! In the same way, when the truth is that we can live in an un-clutched fashion blissfully, we wonder how we can be without clutching into the shaft of thoughts. We see it as something inevitable!*

We fail to see how mythical the whole thing is. Our mind is a myth. We have empowered it and become a slave to it, that's all. It is nothing but mental slavery.

**Another small story:**

*There was an old man in a family who could not be pleased at any cost.*



*He remained stubborn and grumpy, no matter how much his family tried to keep him in good spirits.*

*His children and grandchildren would visit him and try to cheer him up, but he would remain the same way.*

*Suddenly one day, he became very gentle and cheerful.*

*His family was shocked at the sudden transformation.*

*One of his grand daughters was courageous enough and asked him, "Grandpa, how come you have changed so suddenly?"*

*The old man replied, "All my life, I tried my best to get a contented mind, but never succeeded in getting it. So I have decided to be contented with it now."*

Just see the play of the mind! Your mind can make you or break you. That is why we need to be free from it.

Just watch the thoughts rising in you. Clearly see how each thought rises and dies and the next thought comes up. Observe how you effortlessly connect these thoughts and create ideas and concepts. Watch the play of these concepts upon yourself; you will understand how you create the whole myth. I tell you: Connecting thoughts is the Original Sin.

Living in an *un-clutched* fashion is the only way to a blissful living. Just decide that you will not connect any two thoughts, that you will not pass any judgment on any thought or any incident. The moment you find yourself connecting, simply *un-clutch* from it. Keep *un-clutching* every time you remember this technique; your mental setup will automatically be transformed.

When you work in an *un-clutched* fashion, you will find your capacity expanding; you will take on a lot more responsibility without getting stressed; you will not experience mood swings between pain and pleasure; you will be blissful all the time. We are so used to happiness that comes in with a *reason*. This *reason* is again a shaft that we create with our thoughts. Once you stop creating these shafts, you will be blissful all the time.

By the term *un-clutched*, I do not mean that you should be aloof and cold to people and situations around you. Try to understand: Just don't connect your thoughts and start the process of creating shafts, that's all.

Remember that you are a beautiful and *un-clutched* Being by nature; that is enough. You will stop creating misery for yourself and for others.

## INSTRUCTIONS

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### Step 1

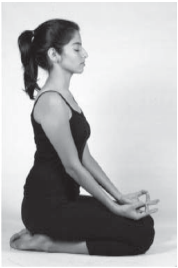
Sit in *Vajrasana* with hands on your hips. Sit on your mat on the floor with both your legs stretched out. Next fold both the legs, one after the other at the knees and rest your posterior on your heels with your toes turned outward. Let your hands rest on your lap. You can use a cushion or a rolled turkey towel under your ankles. Sit comfortably with your head, neck and spine in a straight line. Now close your eyes and breathe chaotically for 7 minutes.



### Step 2

Continue to sit in *Vajrasana*. Form '*chin mudra*' with your fingers. This is how we form the *chin mudra*:

Place your hands on your knees. Your hands with open palms should be facing upward. Let the tip of the index finger touch the tip of the thumb, as if forming a circle. The three other fingers, arms and the hands remain relaxed. You will now hum intensely for 7 minutes.



### Step 3

You may now sit cross-legged on the floor if you wish to or continue to sit in *vajrasana* and for 7 minutes you will take your awareness from the *muladbara chakra* to the *sabasrara chakra*.

*Muladbara chakra* – base of the spine

*Swadhishtana chakra* – 2 inches above the *muladbara*

*Manipuraka chakra* – at the navel center

*Anabata chakra* – at the heart center

*Vishuddhi chakra* – at the throat center

*Ajna chakra* – between the eyebrows

*Sabasrara chakra* – top of the head

Dwell on each *chakra* for a minute with the awareness that – the *chakra* is pure; the *chakra* is filled with energy the *chakra* is overflowing with bliss; the *chakra* is radiating Nithyananda.



### Step 4

For 7 minutes just be un-clutched in silence. Sit without connecting thoughts to each other.

### Step 5

For the last 7 minutes you may sit and chant the *Guru Puja Mantra* or just sway with the flow of the *mantra* on the cassette, and

MEDIATION IS FOR YOU

offer your gratitude to Existence and to the Master who is the embodiment of the Existential Energy. Offer your gratitude with your whole being.



ANYTIME - ANYWHERE MEDITATIONS

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Eating, sleeping, walking, working - every moment, you have a chance to transform your daily living into a spiritual practice.

Even driving, listening to music, playing and gardening can be powerful meditation techniques, if you practise them with awareness. The simplest of daily acts, performed by every single one of us, are presented here, along with tips for transforming them into easy and fulfilling everyday meditations.

## ACHALA DHYANA

### ABOUT THE MEDITATION

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This meditation is drawn from Zen. The Zen word *Zazen*, meaning *just sitting*, is a tough meditation. The most difficult thing is to *just sit*, doing nothing. To sit simply is to allow your mind free play. Your mind is going to come up with all kinds of arguments, reasons, excuses against this technique. It will try to convince you that this is a sheer waste of time. If you persist, the mind will become sleepy, it will daydream, it may even start hallucinating.

The whole purpose of this meditation is to let the mind play all the tricks it wants. Because one day the mind is simply going to get fed up of playing with you. One day the mind is going to realize that it can no longer control you with its games.

Then the mind drops of its own accord.

### INSTRUCTIONS

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You can sit anywhere, but make sure that there is no disturbance. If there is too much movement, it might disturb or distract you.



Watching nature is a good thing. Even indoors, you can watch the sky through the window. You could sit facing a plain white wall. Or you could simply face a corner of the room and watch that corner.

Don't focus your attention on anything. Let your eyes be half-open and unfocussed, your attention diffused. Let your gaze rest softly in the distance. This will relax you.

Let your breathing be relaxed and natural.

Find a comfortable posture in which you feel sure you can stay without moving for at least half an hour. Use a mat or cushions if required. When the body is unmoving, the mind also falls still.

Keep your spine straight. Use support if required, but try to do without it.

Rest one palm in the other, with the thumbs touching to form a circle.

Remain alert and aware, be receptive without allowing your attention to focus on any particular thing. Be present in the moment, moment to moment.

In the beginning it will be difficult to just sit, doing nothing. But in a few days you will start enjoying this tremendously. Layer by layer, you can actually begin to feel the mind drop. And finally, one day the moment will come when the mind drops altogether. You will glimpse the state of no-mind.

## ANANDA DHYANA

### ABOUT THE TECHNIQUE

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The meditation takes its name from the Sufi mystic Abdullah. Abdullah was famous for his ever-smiling face. It is said that even on his deathbed, Abdullah was laughing. Finally some of his disciples couldn't help it; they asked him, what was so funny about dying!

Then Abdullah gave them the secret that his own master had taught him. He said, *Remember that your happiness is always in your hands. Your happiness is 100% your own choice. Every day, life gives you a chance to be happy or miserable. What you choose is up to you!*

### INSTRUCTIONS

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There can't be a simpler meditation technique than this! But don't be deceived by its simplicity; it is the most simple, basic techniques that really work.

Every morning, as soon as you get up, even before you open your eyes, sit up in bed.

Call yourself by name.

Ask yourself, *What are you going to choose today? Do you want to be happy, or do you want to be miserable?*

Naturally, first thing in the morning, you are not going to choose misery! So your mind will say, *I choose happiness.*

Then reply, *Then be happy, that's all!*



It's as simple as that! When you are faced every day with the truth that your happiness and your misery are entirely in your hands, you will stop blaming the external circumstances. You will develop an attitude of being happy - not *because* of external circumstances, not *despite* them – but *irrespective* of them. You are happy because you are happy, that's all.

## ANIMA DHYANA

### ABOUT THE MEDITATION

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Have you noticed how you feel heavier on some days than on others? Actually, the weight you feel is the weight of your body, not of You. You are weightless. From constant identification with the body, we tend to think of ourselves as possessing weight.

Your body is just matter, naturally it will have weight.

If you notice, a person when sleeping or unconscious is always heavier than when he is awake. When your consciousness is alive, you are lighter. You don't just feel lighter, you become lighter.

To experience the true lightness of your Being, you have to go not only beyond your body, but beyond your mind as well. Because the mind also has a certain weight. When you are unhappy, you feel physically heavier. You feel as if something is dragging you down. When you are happy, you feel light, you feel as if you are 'walking on air'! Because when you are happy, you forget the body, you forget the mind. Even without effort, you feel yourself weightless. But in normal life, you are controlled by external circumstances. In this meditation, we learn to create the feeling of weightlessness at will.

## INSTRUCTIONS

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Just sitting anywhere, start thinking of yourself as weightless.

Keep your spine straight and your eyes closed. When your spine is straight, you will already start feeling a sense of weightlessness.

How do you make sure your spine is perfectly straight?

Sit straight, and slowly start moving your whole spine backwards and forwards. Sway gently, just a little. At one point, you will find that you are more at ease. Keeping this point as the center, start moving your spine sideways. Suddenly you will experience a position where you feel light, almost weightless. This point is where the center of gravity is least. At this point, your spine is perfectly straight.

Now, start imagining yourself as weightless.

In the beginning it won't be easy. You will keep feeling your weight. But tell yourself that you are weightless; feel the weightlessness. Suddenly, a moment comes when you realize that you are weightless. And that is the truth!

This is not a way of hypnotizing yourself. In fact, all your life you live under the illusion that you have weight. You feel the weight of the body, and imagine it to be your weight. This is the process of de-hypnotizing yourself.

Keep feeling the weightlessness, keep feeling it.

When you are deep in meditation, you break the identification with the body completely. You break the boundary of the body. You have infinite power. You can occupy infinite space. But you have squeezed yourself into the volume of a body! This is the root cause of your pain, your misery, your heaviness. When you recognize this, you automatically feel your own weightlessness.

When you go very deeply into meditation, you can even carry your body with you. Your body is lifted up by the sheer force of your consciousness. It defies gravity and starts rising in the air. This is what is known as levitation. There are many yogis and yoginis who can perform levitation.

To feel weightless is to become free of body and mind. To feel weightless is to become pure consciousness, even for a few moments. This technique is complete relaxation, total rejuvenation.

## HAASYA DHYANA

### ABOUT THE TECHNIQUE

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How often do you laugh?

When we laugh, we are completely unaware that we are performing a great spiritual practice!

Laughter is the most intimate way of connecting with your source. So easy, and so powerful. This is one meditation that every single person has already practised, sometime in life. Laughter is a tremendous source of energy. Just laugh, and you can feel the energy surge from the source and flood you.

When you laugh, you lose your boundary. You lose your sense of self. You become possessed by the laughter.

And have you noticed? It is impossible to think and laugh at the same time! When you are laughing – suddenly, you experience a moment when thought is no longer possible. You experience no-mind!

The laughter I am talking about is not giggling. It is not a sarcastic half-smile, half-laugh. It is a beautiful, expansive laughter, laughter that fills your being and overflows from you. It is laughter for no reason. Actually you always *start* laughing for some reason – but once you start, the laughter takes hold of you! Then you laugh simply because you are laughing, that's all. Just the joy of laughing keeps you laughing. You are not even aware of that.

The Japanese monk Hotei was known as the Laughing Buddha. His whole spiritual message could be condensed into a single act – laughing! He would wander from place to place, stand in public places and simply begin to laugh – a roaring, belly laugh. His whole body would be shaking with laughter. The laughter would rise from him and spread all around in a great wave of energy. And his laughter was so infectious that the whole town would be laughing with him. The whole town would be blessed with laughter. Without techniques, without effort, without even being aware of it, an entire town would glimpse the state of no-mind.

What a supreme meditation technique laughter is!

#### INSTRUCTIONS

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Every morning, first thing upon waking, stretch yourself like a baby. Have you noticed babies stretching when they wake up after





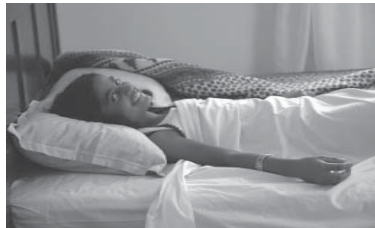
sleep? Stretch this way and that, bend and twist your body. Feel every muscle being stretched!

Then, without opening your eyes, begin to laugh.

At first it will require some effort. But soon real laughter will begin to bubble up within you. If nothing else, just your comic attempts at laughter will be enough to make you really laugh!

Once the laughter takes you over, just let go. There is no duration. Laugh till you are tired of laughing. As you progress, you will find that you are able to sustain the laughter longer and longer.

The Buddha has said that if one can laugh continuously for just forty-five minutes, one can become enlightened! Just forty-five minutes of laughing!



So laugh as long as you can. You will find the energy to keep laughing surge within you.

Long after you finish laughing, the waves of laughter will still be there in you, just beneath the surface. Just a few minutes of morning laughter can transform your whole day!

## MOUNA BINDU

### ABOUT THE TECHNIQUE

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This is a 'listening meditation'.

Listening meditations are passive meditations. You don't have

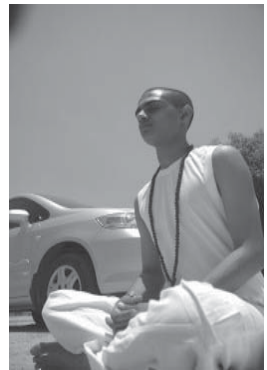
to do anything – just listen. But a lot can happen through just listening!

We always live in a storm of sound. Sounds are always moving towards us, crashing upon us, engulfing us. We are lost in the storm. But at the center of the storm, there is a silence we haven't heard. This meditation makes us aware of the silence in the center of the storm of sound.

### INSTRUCTIONS

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Sit down somewhere, anywhere. The noisier the place, the better! Look for a place with continuous sound. It could be a natural sound, like the gushing of a river or a waterfall. Or it could be a railway station, a marketplace.



Sit silently. Feel the sounds coming towards you from every direction in waves. With sounds flowing at you from all directions, feel yourself at the center of this storm of sound.

You are at the center, and sounds are flowing towards you.

Feel: at the center, where you are, there is no sound! At the center is total silence. If there was sound at the center, you would not be able to hear the sounds outside. The sounds are entering you, penetrating you, but they stop at the center.

Inside you, there is a point where all sounds stop. It is from that point that every sound is being heard. Try to locate that center.

Suddenly, you will locate it.

Suddenly, your awareness will turn inward.

Your awareness will shift from the outer world of sound. You will be at the center, where there is silence. There is a point where no sound can enter. That point is You.

Once you have heard that silence, you will never again be disturbed by sound, never touched by sound.

We always think that we are hearing sounds with our ears. With this technique, you discover that sounds are not heard in the ears, or even in the head. The sound is always heard at the navel point! That is the center of sound.

Why the emphasis on noise? Because excessive noise has the same effect as plugging your ears! When the sound is unintelligible, continuous, when you can no longer distinguish separate sounds, then the sound itself becomes a barrier. You cannot try this technique with songs – because the language will be intelligible to you, you will focus on the meaning, you will immediately use your head. It has to be plain noise.

In the middle of the noise, just try plugging your ears with your fingers. Suddenly, you will hear a new sound – the soundless sound. This new sound is the absence of sound. There *is* such a sound, and you can easily hear it!

With sound, we begin to flow towards the source of sound; with soundlessness, we begin to flow inward, into our own center.

Learn to listen to both, the world of sound outside, and the soundless sound at the center. Move from one to the other. Move from the outer to the inner, and back again. Each time, your sharpness of perception will increase. Learn to move easily between the inner and the outer world, and you will see the play that all is!

## PRATYAAHARA DHYANA

### ABOUT THE MEDITATION

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This technique shuts out the signals that come to you from the outside world. Whatever you perceive of the world is through the information that comes to you from your five senses: through sight, sound, taste, smell and touch.

This meditation negates all the experiences that come through the senses. When you close yourself to the world, you also close yourself to your body. Your energy returns inward.

### INSTRUCTIONS

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This meditation can be done anywhere, anytime.

Wherever you are at the moment, note the signals that are coming to you through your senses. You can see the flowers in the garden. You can hear the birds sing. You can feel an ant creep up your leg.

What do you do?

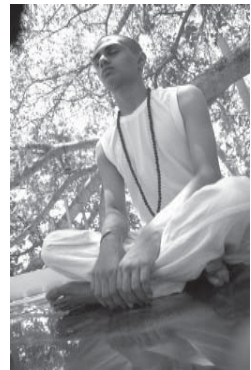
Simply close your senses.

Just imagine that you have become blind. Imagine that you cannot hear the birds, cannot feel the creeping of the ant.

Imagine that you have turned into a statue, that you have frozen. Imagine that you can no longer move.

Go deeply into this feeling.

You can do it!





How?

Just stop breathing for a single moment, and your senses will close on their own.

When breath stops, sensation also stops. Hold your breath and see. Can you feel the irritation on your skin? Even the sounds recede into the distance. Your body actually feels frozen. You cannot lift your arm!

This is an excellent technique for relaxation.

When you can no longer flow outward, when you can no longer receive information through the senses, you become thrown back upon yourself. You become an island of silence. In that silence, you will find your own center.

Now, even when you look out, even when you listen, you will be doing it from that point of silence at your center. And once you discover this point, you will never again get lost in the uproar of the senses. At will, you can shut out your senses, you can become the witness of your senses.

## SPHOORTI BAANA

### ABOUT THE TECHNIQUE

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Meditations where you are doing something are the best ones for beginners. It is easier to maintain awareness when you are doing an action, rather than sitting still.

This is a dynamic meditation, a 'running meditation'. *Why running?*

When you are running, you are naturally alert, aware. When you are running, you experience a beautiful unity of body, mind

and spirit. It is as if everything inside you is functioning as one, with only one goal. When you sit still, only your body is sitting still, your mind is still racing! Your body and mind are divided. Your body is sitting, but your mind is on its own trip!

When your body is running, the opposite happens. When you are running, your mind sits still. Your mind stops talking. And when you continue to run, after a while, the running takes you over. Then neither body or mind is yours. You belong to your running. You become the running!

#### INSTRUCTIONS

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Choose a time to start your run. Early morning is the best, next is late evening. Sunrise and sunset are the times when your body is most open, most receptive to the energies of nature.

Choose a path which is fairly straight and easy, not too tough, with a fair amount of silence and solitude. A path where you can focus on your running, without worrying about falling off the edge or being run over by traffic!

If you are not used to running, start off with short distances – say half a mile. Then you can gradually increase the distance.

After that, just run!

Breathe deeply, from the stomach. Run with every limb. When you grow tired, don't push yourself. Rest and enjoy the rest period. Take off your shoes and feel the earth beneath your bare feet. One energy source we have lost touch with is earth



energy - because of artificial flooring everywhere, and because we no longer enjoy walking barefoot.

In India, it is considered a sacred exercise to walk barefoot. That's also why you are not allowed to use footwear inside many places of worship. The energy level in these places is high, and it is best to keep all your senses open to receive the energy.

If the path is good, running barefoot can be a tremendous experience. Try it on grass, or on the beach. Just being in touch with the earth is being connected with the source of life.



It is a beautiful way of staying centered.

Don't get caught up in the extras of running. Don't time yourself, don't try to improve your performance. Don't run to lose weight! Of course, if you also lose weight, that's good – but don't run for a reason. Simply run.

If, after running for many days, you find that the act is becoming monotonous, drop it and switch to another meditation. Try swimming, try dancing. Come back to running when you feel like it.

Apart from the basic instructions you will need to follow, don't make rules for yourself. Rules destroy the joy of the meditation.



## FIVE-MINUTE REFRESHERS

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What do you normally  
do when you're feeling stressed out at  
work?

Or when you're tired at the end of a  
long day?

Please don't reach out for a cigarette,  
or turn on the TV!

A short meditation session can refresh  
you in a few minutes.

Here are a few easy five-minute  
refreshers

you can try out at work or home.

## EXTREME EXHALATION

### MEDITATION AND INSTRUCTIONS

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This meditation works wonders when you are stressed.



Start by exhaling deeply.

Always start by exhaling. Focus on exhaling, deeply, powerfully. When you have exhaled totally, pull in your stomach and wait for three seconds before inhaling again.

Then inhale as deeply as you can. Hold your breath for three seconds. Then start to exhale.

Then inhale, exhale again. Create a rhythm in your breathing. Go slow, let the breath enter and leave your body totally.

When you exhale deeply, you also throw out the toxins from your body. You throw out the stress. After 10-12 cycles of breathing, you will find that the stress is gone, the tension is released!!

## PALMING

### ABOUT THE MEDITATION

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This technique energizes the brow chakra, located on your forehead between the two eyebrows. This chakra is known as the *ajna*, which literally translates as *Command*.

This is the master chakra. This chakra is the seat of will. When it is activated, you will experience intense clarity of understanding. Your reasoning and decision-making capabilities are enhanced.

Above all, the third eye is the eye with which you look inward. You begin to see within for the first time.

### INSTRUCTIONS

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Sit in a comfortable position with your eyes closed.

Bring both your palms up to your eyes, and place them very gently on the eyeballs. Your touch should be like a feather; apply no pressure on them. In the beginning, you may be pressing without realizing. Slowly, put lesser and lesser pressure on the eyeballs.



There is energy flowing outward through the eyes. It is a very subtle energy. You are touching your eyeballs to turn the flow of the energy back in, into yourself. If you press into the eyeballs, the eye will begin to resist. Touch as if you are not touching!

When you touch gently, your thoughts also still. When your eye-movements increase, your thoughts are also racing. When the eyes are still, your thoughts also freeze. Have you noticed?

With the gentlest of touches, you will soon start to feel the energy moving back inwards. When the energy falls back, you will immediately feel a freshness, a lightness, moving all over your face, your head. The energy hits your ajna chakra. In a few minutes, you feel clear and refreshed.

When you continue the meditation for upto half an hour, the energy moves downward into your heart. Your heart beat slows down. Your whole body will feel relaxed.

This is an excellent technique for instant relaxation. You don't even have to enter into meditation. Simply by placing your palms



gently upon your eyeballs, you can rest your eyes. Whenever your eyes are feeling tired, if you have spent too many hours before the TV or the computer, try this technique.

When you continue to practise this meditation for months, you will start feeling a permanent energy in your ajna and heart areas. In the beginning it will be just a trickle of energy, but in a year's time you will feel a flood of energy inside you at all times.

With the awakening of the ajna, you will experience a clarity of purpose. You begin to see your own reality. And with the activation of the heart chakra, you will feel immense love flowing from you. You will feel connected with Existence.

## LIMB RELAXATION

### INSTRUCTIONS AND MEDITATION

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This is among the fastest and most popular techniques for instant relaxation. If a private space is available, practise this technique lying down.

Close your eyes.

Take a really deep breath right from your stomach. You are going to be holding your breath, so breathe in as deeply as possible.

Holding the breath inside you, start clenching your limbs one by one.

Start with the toes.

Tense your toes as much as possible. Do not relax them. Move on to your feet and ankles, then upwards to your calves, your knees, your buttocks. Move upwards quickly, because you won't be able to hold your breath for longer than a minute at most.

Now move up to your waist, to your stomach. Tense your stomach muscles as tightly as possible. Automatically, your groin muscles will also get tensed.

Move upwards to your chest and back. Tense all the vertebrae along your back. Tense your arms - starting from your fingers and moving up to your biceps. Tense your shoulder blades, your neck and throat muscles. Try and hold the tension in your neck muscles especially.

Move to your face.



Your face has more muscles than you are aware of.

Tense the muscles in your mouth, nostrils, eyes, eyebrows, forehead and cheeks. Squeeze your eyelids shut. Clench your teeth.

Screw your face into a tight ball. Remember not to relax the rest of your body during this time.

Stay in this state of tension for as long as you can. When you can't hold your breath any more, expel it in one big gush, simultaneously relaxing your limbs and face utterly. Stay in this state of physical and mental relaxation for a minute.

This technique relaxes both body and mind, and refreshes you in just two minutes. If you have the time, repeat the process thrice.

## THE SEVEN-DAY CHAKRA WORKOUT

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## What are *chakras*?

*Chakras* are the subtle energy hubs of our body. The seven major *dhakras* are *Muladhara*, *Swadishthana*, *Manipuraka*, *Anabata*, *Vishuddhi*, *Ajna* and *Sahasrama*. Though they have no physical location, these energy centers are present along the length of the body. They roughly correspond to, and influence the activity of, the important glands of the body. The *chakras* deeply impact our physical and mental health. They are, in turn, affected by our thoughts and emotions.

The *chakras* are direct channels to the boundless energy of the Cosmos. But immoderate lifestyles, stress and negative emotions can 'lock' the *chakras*, or cause them to malfunction. Without even being aware of it, we are continuously blocking off these important sources of energy.

Energy is health. That's why almost all physical and mental ailments can be partly or wholly cured, simply by cleansing and energising the corresponding *chakra*.

## What happens in Ananda Spurana Program (ASP)?

The Ananda Spurana Program (ASP) is a two-day intensive camp for *chakra* healing through meditation. At the camp, you learn about the nature and role of each *dhakra*, and are given seven powerful and practical meditation techniques for cleansing and recharging the seven chakras.

All these meditations (except *Nirbhaya Dhyana* for *Swadishthana Chakra*) can be practised freely once a week. Or you could choose one technique which best appeals to you (*Mahamantra*, *Dukkha Harana* and *Manipuraka Shuddhi Kriya* are the most helpful for beginners) and continue it for 21 days. Then you could switch to a new technique. When practised sincerely, these techniques can work miracles on the physical, mental and spiritual level.

*Instruction tapes are available for all seven techniques.*

## DAY I

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### Dukkha Harana Dhyana (Destroyer of Misery)

Heals the chakra : *Muladhara*

Location of chakra : Base of the spine

Chakra locked by : Fantasy & expectation

Chakra unlocked by : Acceptance of reality

*Meditation technique from : Shiva Tantra*

*Duration : 30 minutes*

### Instructions for Dukkha Harana

Dukkha Harana is a 30-minute meditation, with 3 parts of 10 minutes each. Use the ASP instruction tape if you have one, else use an alarm clock, or have someone monitor the timings.

For the first 10 minutes, work with your breath.

Begin to breathe deeply, chaotically.

What is chaotic breathing?



In chaotic breathing, there is no definite rhythm. Just breathe as deeply as you can. Forget everything else, just breathe, breathe deeply. *Become the breathing!*

During chaotic breathing, when the body intelligence is allowed to take over, the body will take in however much oxygen is needed. There is no need to control your breath - this is not *pranayama*.

If you have a heart problem, do it as much as you can without discomfort. Otherwise, put your whole energy into it!

The heat generated in these 10 minutes will melt all your solidified negative energies. The subconscious will be thrown open.

There are no particular breathing exercises. Let your body behave as it wants. You have to be standing, that's all.

The next 10 minutes is called *catharsis*.

Catharsis is the process of opening the 'seed body' which is inside your being. During catharsis, you throw out all your suppressed emotions in a controlled environment, without harming others, and without internalizing it as disease.

Make your body as tense as possible. Throw your limbs around. Clench your teeth. Rotate your head. Whatever the body wants to do, allow it to do. But keep every limb tense, taut. Just throw out all your *dukkha*. If you feel like crying, screaming, laughing – just do it. For these ten minutes, don't control your body. Just go crazy.

Don't worry, this technique is not going to make you mad – in truth, it is only going to bring out all the madness already inside!

Don't be afraid of the violence that is bubbling up inside you. Once all the violence is spent, a peace will start blooming inside

your Being. Without your knowledge, from deep inside your consciousness, you will experience a stillness, a silence arising.

At the end of ten minutes (if you are using the tape), you will hear the word, STOP!

At that point, *just stop* – in whichever position you are. Just become a frozen statue.

When you switch suddenly from frantic action to total silence, your mind is totally stopped, arrested for a moment. In that moment, you may even experience *samadhi*. This is especially possible in the master's presence. The moment your mind stops working, you will feel a tremendous energy rushing into you.

After a few seconds, you will see that thoughts are again rising in you. Then just sit down, in a pleasant mood, and slowly start witnessing those thoughts. Breathe normally. Don't concentrate on anything. Meditation is not concentration. Meditation is awareness.

So just be aware of your thoughts, witness what happens inside your body *and* outside your body.

If you want to test the efficiency of this technique, go and have your picture taken today.

After 15 days of practising this technique, have another picture taken and compare the two. I assure you, your face will look completely different! Your eyes will have become more pleasing. You will have blossomed.

DAY 2

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### Nirbhaya Dhyana (Path of Fearlessness)

Heals the chakra : *Swadishthana*

Location of chakra : 2 inches below the navel

Chakra locked by : Fear, especially the fear of Death

Chakra unlocked by : Acceptance of Death

*Meditation technique from : Vedanta*

*Duration : 40 minutes*

**CAUTION:** This meditation is very powerful. It is best practised in the presence of the master. If you are unable to attend the ASP, make sure you purchase and strictly follow the ASP instruction tape for this meditation. Also ensure that a close friend or relative is present while you are doing this meditation. In case you fail to come out of your sleep within the stipulated time, instruct them to wake you by calling your name, gently but firmly.

#### Initial instructions for Nirbhaya Dhyana



In this meditation, you visualize your own death, your leaving the body.

Before you start, some instructions:

*What will be required from your side?*

You will need to call up all your powers of visualization. You are going to visualize the whole process of your own death!



From the master's side, tremendous energy will be given to you to support you through the process.

First, let go of fear. Don't be afraid that you will really die – even if it seems like that for some time during the meditation. You are not going to die. Nothing is going to happen to you. You have the master's word and support. Just place your trust in the master.

Second, let go of greed. Don't ask yourself – what can imagining all this do for me? Your whole life is an imagination anyway – so you don't lose anything by spending some more time in imagination!

Actually, this meditation is more real than what you imagine to be reality! Most of the things you imagine don't ever happen, but death is certain!

Don't worry about whether you will be able to imagine death accurately. Of course, no one can visualize death correctly, but you can at least try and visualize it according to your understanding.

When you lie down, make sure there's some space between you and your neighbours – at least one foot on each side. Your etheric body is going to expand, and you'll feel uneasy if you are too close to someone else. But do it calmly – dead people don't fight for space!

So, are you ready to die?

*(more instructions in the ASP tape)*

## DAY 3

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### Manipuraka Shuddhi Kriya (Releasing Stress)

Heals the chakra : *Manipuraka*

Location of chakra : In the navel region

Chakra locked by : Worry

Chakra unlocked by : Positivity

*Meditation technique from : Sufism & Christianity*

*Duration : 30 minutes*

Manipuraka Shuddhi Kriya is a cathartic technique that bypasses mental processes and roots out worries in their most elemental form - which is just negative energy.

### Instructions for Manipuraka Shuddhi Kriya

All your worries are nothing but words! Nothing but the sum total of all the languages you know. All your life, you have put your worries into words, spoken about them in some language which you know.



Now, you are going to speak in a language which you don't know!

You are holding all your worries, negativity and suppressions like a weight in your navel area. Can you see how heavy that area feels? Now you are going to act out all those suppressions - in noises and actions. Remember, no words! When you start using words, your inner chatter begins to come up. During this meditation, don't allow your inner chatter. Simply get to the core of your deepest suppressions and pluck them



out of your system! Just vomit them out in sounds.

First, for a minute, concentrate on the *Manipuraka* area. All your worries and suppressed negativity will start rising up into your conscious mind.

Now, imagine yourself in some situation of conflict. Imagine that you are fighting hard with someone. Talk to him - in a language that you don't know! Just use nonsense sounds, like how babies talk. Try to convey your problem, your pain, to the other person.

But the other person simply doesn't agree with you! How do you feel? Angry? Throw out your anger on him! If tears come, let them! Don't stop yourself. Scream, wail, cry, throw your limbs about. Create as much violence as possible! Do this sincerely - this is your chance to get rid of a lifetime's suppressions! Enter completely into the meditation.

After 20 minutes, stop.

For the next 10 minutes, simply sit in silence. Focus on your *Manipuraka chakra*. You will feel a tremendous lightness in that area! It is as if you have taken a mental bath!

Repeat this meditation every day for 21 days, or until you feel as if you have nothing left inside to throw out during the meditation.

Right from the very first day onwards, you will find a change, a great peace blossoming in your Being. Enjoy the peace!



DAY 4

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## Mahamantra Dhyana (Chanting the Primordial Sound)

Heals the chakra : *Anahata*

Location of chakra : In the heart region

Chakra locked by : Asking for attention

Chakra unlocked by : Selfless love

*Meditation technique from : Tibetan Tantra*

*Duration : 40 minutes*

Mahamantra (The Great Mantra) meditation is a technique to make your mind centred, solid: *Manasasya sthiraab iti mantrab.*

By doing this meditation, your entire energy becomes centered on yourself. This technique is designed to make your whole body *mantramayaa* (vibrate with the mantra). It elevates you into the state of *ajapa* – where you don't even have to do the *japa* (chanting), the *japa* happens on its own. Your whole Being becomes *japa*. You don't have to repeat the mantra, the mantra will repeat you.

### Instructions for Mahamantra Dhyana

Sit in a relaxed way, cross-legged, with your hands on your knees, palms facing upwards. Remove your watch and jewellery, as they block the energy flow.

Keep your spine erect. Your head, neck and back should be in a straight line.

Close your eyes. *Really* close your eyes. Usually, when you close your eyes, it is just like putting off the TV outside and switching on the inner TV.



So don't just close your eyelids – close your eyes! There is a good way to do this: for a moment, just imagine that your eyeballs have turned to stone. Immediately, your thoughts will also stop, or become slow.

Now, with your mouth closed, start humming.

Just create the vibration *Mmmm*. Don't chant any other mantra, don't chant *Om*.

Chant as lengthily as possible. Allow the body to sway. The sound has to come from your *naabhi kamala* – from your loins.

Imagine your body as an empty vessel. If you put your mouth to it and hum, what sound do you hear? Create that same vibration inside yourself.

Hum as loudly as possible, as deeply as possible, as lengthily as possible. Put your whole effort into your humming.

Do this for 40 minutes. If you are using the ASP tape, there will be music accompanying your humming. Else, you can simply hum in silence.

Don't attempt any kind of breath control. Your breathing will automatically take care of itself.

This is known as the *mabamantra udchaadana* – uttering the mantra which is beyond utterance, beyond speech or writing, beyond expression. It is the *anabata dbwani* (*the unheard sound*). The Mahamantra is the essential vibration which is resonating not only in your Being, but in all of Existence. When you experience the energy of this meditation, you will understand that you are based in this *anabata dbwani*.

Allow whatever happens to happen. If tears roll, let them roll. Laughter, coughing, shivering – let it happen. Let it out. Don't hold back anything.

Whatever thoughts arise, throw them also into the humming. Gradually, they will disappear.

At the end of twenty minutes, the music stops and a gong sounds.

Instantly stop your humming.

A great silence floods your Being.

For a moment, time stands still.

Witness this silence.

Experience the tremendous calm in and around you.

After a short while, thoughts will slowly start entering into this silence. Don't *stop* them; don't *enter into* them. Simply witness these thoughts.

Become a centre of awareness. Remain in your *Anahata chakra*. You will feel completely centered, calm.

It is best to practise this meditation in the early morning. It generates a tremendous amount of energy in your body. If you practise it at night, it may interfere with your sleep.

## DAY 5

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### Shakti Sagar Dhyana (Ocean of Energy)

Heals the chakra : *Visuddhi*

Location of chakra : In the throat region

Chakra locked by : Comparison & jealousy

Chakra unlocked by : Realizing your uniqueness

*Meditation technique from : Zen Buddhism*

*Duration : 40 minutes*

Most of us are unaware that we have three layers of energy - the normal layer, the emergency layer, and what we call Intelligence.

In our normal life, we utilize only the first layer of energy. We are happy with just that much energy! Very rarely, when we have to push ourselves, the second layer of energy opens up. But the third layer, we have never used. We are not even aware of it. Intelligence is nothing but functioning at the highest level of energy available to us.

During Shakti Sagar meditation, you unlock the resources of Intelligence.

### Instructions for Shakti Sagar Dhyana

All your life, you have been running a race against others. Now, you will run against yourself! You will compete with, and win against, the negative aspects of your own self.



This is a 40-minute meditation, with two parts of 30 minutes and 10 minutes.

First, stand in silence with your eyes closed. Concentrate your entire awareness upon the *Vishuddhi chakra*, located in your throat region.

Now, standing in place, slowly begin to jog. Start very slowly, then increase your pace. Increase it gradually - because once you start jogging fast you won't be allowed to slow down! So keep going faster, faster. Your mind may tell you that it is too tiring - don't listen! Push your limits. Your body has tremendous potential that you have never used.

When you enter totally into this meditation, you will find that the higher level of energy opens up.

So keep jogging. Let the energy rise!

At the end of 30 minutes, stop.

For the next 10 minutes, just sit down quietly wherever you are.

Keep your eyes closed. Focus all your attention on the *Vishuddhi chakra*. In this phase, you will absorb the energy you have released during the jogging.

Materials like silk, gold and diamonds are excellent storehouses for energy. During the meditation, if you wear these around your neck, they will absorb and retain the released energy for a longer time.





## DAY 6

**Divya Netra Dhyana (The Divine Eye)**

Heals the chakra : *Ajna*

Location of chakra : Between the eyebrows

Chakra locked by : Seriousness

Chakra unlocked by : Innocence and simplicity

*Meditation technique from : Christianity*

*Duration : 40 minutes*

The *Ajna chakra* is known as the *Chakra Raj*—the Master *chakra*. It is such a significant *chakra* that there is no religion that hasn't worked on activating it. When the *Ajna* is awakened, the whole Being enters into a different realm. A whole layer of faculties opens up.

Divya Netra Dhyana is an extremely powerful technique where you come in direct contact with the master's energy. This meditation is most effective when practised in the master's presence. Alternatively, you could practise with the picture of Swamiji's eyes that is available for use in this meditation. (Don't use just any picture of Swamiji as it won't have the desired effect. The recommended picture was taken when an actual *Ajna* meditation session was in progress.)

**Instructions for Divya Netra Meditation**

This meditation involves two separate techniques: one for *cleansing* the *Ajna*, and the other for *energizing* it.

Our lower *chakras* need only cleansing and channeling. The higher *chakras* need



energizing also – pumping up the energy to the *chakra*.

In the two phases, you will need to alternately close and open your eyes.

When your eyes are closed, focus on your ‘third eye’ - on the area of your *Ajna chakra*.

In the next phase, you will open your eyes - but you are not supposed to see! Don’t look through your two eyes as you normally do. Instead, try seeing with your third eye. With your third eye, look intensely at Swamiji’s third eye. Alternatively, you may use look at the flame of a lamp lit with ghee or sesame oil.

Try not to blink. Initially, you may feel some discomfort. You may experience a burning sensation in the eyes, or tears may come. Let it happen. This is all part of the deansing process.

Be prepared to have unusual experiences during this meditation. Your *Ajna* has never been activated before. Opening the *Ajna* will open you to a whole new realm of experience. You may see visions of your favourite deities, or find that Swamiji’s form disappears and is replaced by a point or beam of light. Sometimes you may see total emptiness where his form or picture was.

Don’t be alarmed or lose your clarity at these moments. You are not being hypnotized! In fact, only now are you finally being dehypnotized. Only now is your superconscious awakened. If you see only light or emptiness, it is a sign that you have done the meditation with deep sincerity. Because that is the truth of our nature. We are all nothing but energy. The physical body that we perceive as our own, and the physical existence of everything around us, is nothing but an illusion.

That’s why the *Ajna chakra* is known as *Maya Hanana* – destroyer of illusion.



## DAY 7

**Sahasrara Dhyana (Gratitude as Prayer)**

Heals the chakra : *Sahasrara*

Location of chakra : On the crown of the head

Chakra locked by : Discontentment

Chakra unlocked by : Gratitude & Bliss

*Meditation technique from : Sufism (Islam)*

*Duration : 30 minutes*

*Sahasrara Dhyana* is the simplest possible meditation technique. It involves the effortless process of paying our gratitude to Existence for everything we have in life, and which we have taken for granted till now. Although the meditation is deceptively simple, it has profound effects on our conscious and subconscious minds.

**Instructions for Sahasrara Dhyana**

If you are using the ASP tape, listen to the *Sahasrara* music. Else, play any soothing music which appeals to you. Allow the music to flow through you, to enrich you.



If you feel like standing, swaying to the music, dancing – do it. If you prefer to sit still, do that. But let the music become part of you. Experience it as if it arises from your own Being.

Think of whomsoever you want - God, your favourite saint or your chosen deity. The form is not important. But pay your gratitude to Existence for this gift of Life.

Life itself is a great gift from Existence.

Have we worked very hard to deserve life? No!

So living itself is enough reason to be grateful.

When you give your thanks to Existence, remember all the people who have made your life what it is today.

Start with your parents - the people who gave you life. Pay your deepest gratitude to them.

Ask their forgiveness for any wrong that you may have done them. In the same way, forgive them for any way in which they may have hurt you.

Forgive completely, feel only gratitude!

Now remember each person who has helped you in life - the doctors in the hospital where you were born, your teachers in school and college, your friends and relatives. Pay your gratitude to them all.

Think of the strangers who have helped you - the farmers who grow your food, the weavers who weave your clothes. Thank them all.

Even your enemies have played a role in your life, they have taught you something.

Drop the anger. Drop the hatred. Forgive them and ask forgiveness. Do it with all your heart, with total sincerity!

Have you thanked Existence for the beauties of nature?

Have you thanked the sun for warming you every morning?  
Have you paid thanks for the water you drink?

How many things we have forgotten to pay our gratitude for!  
Now you can do it.

Give each and every one your thanks.

When you pay your thanks to all of Existence, also remember the enlightened masters who have made us aware of the joy of gratitude.

The purpose of all enlightened masters, through the ages, has always been the same: they want to lift you into bliss, into Ananda.

So the best way to thank them is – simply to be blissful!

Pay your gratitude to the *Sadguru*, the master.

When the music stops, remain in silence for a while.

Remain in the attitude of gratitude and bliss.

For as long as possible, stay in silence. Turn your awareness inward and enjoy the peace and contentment within.

*Sahasrara Dhyana* can be modified to an ‘anytime-anywhere’ meditation. Cultivating a permanent attitude of gratitude and positivity can work wonders for your physical and emotional health.

MEDITATION IS FOR YOU

## APPENDIX

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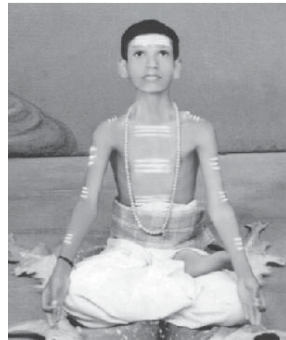
## About Nithyananda



It was under the glow of the spiritual magnet Arunachala in the energy center of Tiruvannamalai in South India, that Nithyananda was born - as Rajasekharan, to Arunachalam and Lokanayaki on 1 January, 1978. The family astrologer predicted that he would be a king amongst holy men.

At the age of 3, Nithyananda was associated with Yogiraj Raghupati Maharaj, a yoga guru who took him through rigorous training and prepared his body, with apparent foresight into the energy explosion that was going to happen in the young body. From the age of 5, Nithyananda took to deity worship with great passion. He showed profound commitment to the rituals he practiced with the deities. Just a few years later, he came in touch with Mataji Kuppammal, a deeply pious lady who initiated him into *Vedanta* and *Tantra* and started his scriptural learning at that young age. Encountering many mystics from the town of Tiruvannamalai, he received esoteric teachings from them.

At the age of 12, he had his first deep spiritual experience: while sitting on a rock on the Arunachala hillock, he suddenly had a 360 degree panoramic vision, and experienced becoming one with everything around



*The earliest picture of Nithyananda in meditation taken when he was 10 years old*

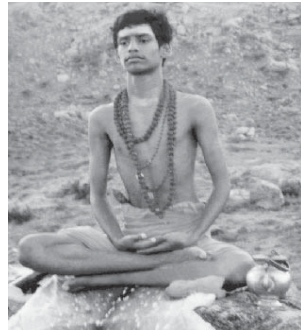
him. This experience further inspired him to forge ahead in his journey inwards.

Academics at school and polytechnic came naturally for Nithyananda. With only the attention he gave in classes, he passed all his grades with distinction. He obtained a diploma degree in Mechanical Engineering from a leading private Polytechnic in Tamilnadu.



intense meditation and other austerities, he attained eternal inner bliss...the state of *nithyananda*. At the age of 22, Rajasekharan became Paramahansa Nithyananda.

Guided by Divine Vision, on Jan. 2003, Parahamamsa set up his



*Nithyananda meditating in Arunachala*

At the age of 17, he left home driven by the irresistible urge to jump into the real life that he was seeking. He wandered through the length and breadth of India studying Eastern metaphysical sciences and meeting many masters and mystics. He visited many great shrines, ranging from the Himalayas in the North, to Kanyakumari in the South, from Dwaraka in the West to Ganga Sagar in the East. After enduring



*Flagging off construction at the mission site, Bangalore*





mission headquarters in Bangalore, India, in the land of mystical and sacred banyan tree.

Today, Nithyananda is an inspiring personality for millions of people worldwide. From his experience of the Truth he has formulated and makes available the

Technology of Bliss to every individual. His methods empower us to be physically and mentally fit, with sound spiritual strength in both the inner and outer worlds. Millions of people around the world have experienced radical transformation through his techniques in short periods of time.

Nithyananda gives the tools to live a creative and productive life, guided by intuition and intelligence, rather than by intellect or instinct. He shows the way to excellence in the outer world and radiance in the inner world at the same time. His programs guide one to fall into the natural space known as meditation.

He says, 'Meditation is the master key that can bring success in the material world, and deep fulfillment in your space within.' His powerful techniques and processes that comprise the meditative programs help the flowering and expansive explosion of the individual consciousness.

Nithyananda cooperates with scientists and researchers the world over, to record mystic phenomena through scientific data. He intrigues the world of medical science with results from his own neurological system. From the astounding observations, scientists feel that the potential for altering the rates and progression of diseases like heart ailments, cancer, arthritis, alcoholism, etc. are beginning to look achievable.

## About Nithyananda Mission



*Sacred banyan tree, Bidadi ashram, India*

**Nithyananda Mission ashrams and centers** worldwide serve as spiritual laboratories where inner growth is profound and outer growth is a natural consequence. These academies are envisioned to be a place and space to explore and explode, through a host of activities, from meditation to science. They offer Quantum Spirituality, where material and spiritual worlds merge and create blissful living; where creative

**Nithyananda Mission** is Nithyananda's worldwide movement for meditation and transformation. Established in the year 2003, the Mission continues to transform humanity through transformation of the individual.



*Hyderabad ashram, India*



*Los Angeles Temple, USA*

intelligence stems from deep consciousness. **Nithyananda Dhyanapectam** is the spiritual wing that takes care of the spiritual activities of the mission.



*Seattle Temple, USA*

Many projects are in development at the various academies worldwide; and new academies are being established to provide services in varied fields to humanity at large.

A diverse range of meditation programs and social services are offered

worldwide through the Foundation. Free energy healing through the Nithya Spiritual Healing system, free education to youth, encouragement to art and culture, satsangs (spiritual circles), personality development programs, corporate programs, free medical camps and eye surgeries, free meals at all



*Salem ashram, India*



*Columbus ashram, Ohio, USA*

ashrams worldwide, a one-year free residential spiritual training program in India called the Life Bliss Technology, an in-house *Gurukul* system of learning for children, and many more services are offered around the world.

Ananda Sevaks of the Nithya Dheera Seva Sena (NDSS) volunteer force comprising growing numbers of dedicated volunteers around the world, support the mission with great enthusiasm.

## **Offerings from Life Bliss Foundation (LBF)**

Life Bliss Foundation is the teachings wing of Nithyananda Mission that offers specialized meditation programs worldwide, to benefit millions of people at the levels of body, mind and spirit. A few of them are listed below:

### **Life Bliss Program Level 1 - Ananda Spurana Program (LBP Level 1 - ASP)**

*- Energize yourself*

A *chakra* workout program that relaxes and energizes the seven major *chakras* in your system. It gives clear intellectual and experiential understanding of your various emotions - greed, fear, worry, attention need, stress, jealousy, ego, discontentment etc. It is designed to create a spiritual effect at the physical level. It is a guaranteed life solution to experience the reality of your own bliss. It is a highly effective workshop, testified by millions of people around the globe.

### **Life Bliss Program Level 2 - Nithyananda Spurana Program (LBP Level 2 - NSP)**

*- Death demystified!*

A program that unleashes the art of living by demystifying the concept of death. If you know the process and purpose of death, you will live your life in an entirely different way! It creates the space to detach from ingrained and unconscious emotions like guilt, pleasure and pain, all of which stem from the ultimate fear of death. It is a gateway to a new life driven by natural intelligence and spontaneous enthusiasm.

### **Life Bliss Program Level 3 - Atma Spurana Program (LBP Level 3 - ATSP)**

*- Connect with your Self!*

This is a breakthrough program that analyzes clearly the workings of the mind and shows you experientially how to be the master of the mind rather than let it rule over you. It involves the whole tremendous intellectual understanding coupled with novel meditations to produce instant experiential understanding.

### **Life Bliss Technology (LBT)**

Life Bliss Technology (LBT) is a one-year residential program for youth aged between 18 and 30 years of age, on practical life skills. With its roots in the Eastern system of Vedic education, this program is designed to empower modern youth with good physical, mental and emotional health. By nurturing creative intelligence and spontaneity, and imparting vocational skills, it creates economically and spiritually self-sufficient youth.

Above all, it offers a lifetime opportunity to live and learn under the tutelage of an enlightened Master!

### **Nithya Spiritual Healing**

*- Healing through Cosmic energy*

A unique and powerful means of healing through the Cosmic energy, this is a meditation for the healer and a means to get healed for the recipient of the healing. Nithyananda continues to initiate thousands of Nithya Spiritual Healers worldwide into this scientific and time-tested healing technique which has healed millions of people of ailments ranging from migraine to cancer.

## Nithya Dhyaan

- *Life Bliss Meditation*



Become one among the millions who walk on planet Earth – Un-clutched! Register online and get initiated.

Nithya Dhyaan is a powerful everyday meditation prescribed by Nithyananda to humanity at large. It is a formula or a technique, which is holistic and complete. It works on the entire being to transform it and make it ready for the ultimate experience of enlightenment

to dawn. Each segment of this technique complements the remaining segments to help raise the individual consciousness. It trains you to un-clutch from your mind and live a blissful life. It is the meditation for Eternal Bliss.

If you wish to be initiated into Nithya Dhyaan, you may visit <http://www.dhyanapeetam.org> and register online. You will receive through mail, a *mala*, bracelet, a spiritual name given by Nithyananda for your own spiritual growth (optional), Nithya Dhyaan Meditation CD and Nithya Dhyaan booklet in a language of your choice, personally signed by Nithyananda (mention your choice in the comment column).

Nithyananda says, ‘My advent on planet Earth is to create a new cycle of individual consciousness causing Collective Consciousness to enter the Superconscious zone.’

To achieve this,

Hundred thousand people will be initiated to live as *Jeevan Muktas* – liberated beings experiencing ‘living enlightenment’, and 1 billion people will be initiated into Nithya Dhyaan – Life Bliss Meditation – designed to cause a shift in the individual consciousness on planet Earth.

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For a list of centres worldwide, visit [www.nithyananda.org](http://www.nithyananda.org)

## Suggested for further reading

- Guaranteed Solutions for lust, fear, worry ....
- Nithyananda Vol. 1 (The first volume of a biographical account of Nithyananda)
- Life Bliss Program Level 2 - Nithyananda Spurana Program
- Follow me IN! (Life Bliss Program Level 3 - Atma Spurana Program)
- You can Heal (Nithya Spiritual Healing)
- Meditation is for you
- Bliss is the path and the goal
- The only way out is IN
- Rising in love with the Master
- Bhagavad Gita series
- Uncommon answers to common questions
- Open the door...Let the breeze in!
- Nithya Yoga - The Ultimate Practice for Body, Mind & Being

To purchase books and other items, visit [www.lifeblissgalleria.com](http://www.lifeblissgalleria.com) or contact us.

Visit <http://www.youtube.com/lifeblissfoundation> to view over 400 FREE video discourses of Nithyananda.