

Meditation: Live All Your Dimensions

Time: 10 minutes

1 Visualize all your senses are completely shut; visualize your eyes are completely closed; your eyes are shut. Don't allow any visualization to happen inside your Being; not only closing the eyelids; close the eyes. Visualize your eyeballs have become completely dark; you are seeing only darkness in front of you. Visualize your ears are shut. Visualize your sense of touch is shut. Visualize your smelling capacity is shut. Visualize your face to shut. Feel deeply all the five senses are shut.

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2 Inhale and exhale as slowly as possible. Let your muladhara be relaxed. Root of the spine, let the root of your spine be relaxed. Let your swadishtana be relaxed. Let your whole consciousness come up to the ajna chakra which is between the eyebrows. Let you concentrate in the space between the eyebrows. Let you relax in ajna chakra, between the eyebrows.

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3 Visualize cool, soothing light in the ajna chakra, in the space between the eyebrows. Relax in the same ajna chakra between your two eyebrows; forget about the world; forget all other parts of your body; forget about your mind; forget about the body, mind and the world; remember only the ajna chakra, the space between the two eyebrows. Relax in the same state in your ajna chakra.

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3Let you relax in the same space of eternal consciousness. Let you be beyond the body, mind. Let your intelligence be awakened; let you work your eternal consciousness.

4Relax; slowly, very slowly, you can open your eyes.

5Let you start staying in this same mood at least for next 10 days.

Krishna is one of the most beautiful, powerful, best incarnation of the life. The whole message of Krishna, the happening called Krishna is only one word "celebration." The more and more celebration, more and more life will be elongated. If you want to postpone Black Hole happening in your life - start celebrating more. Celebration makes you live long. Celebration increases longevity. From Big Bang to Black Hole, if you want to increase the time - celebration is the way. In everything, celebration is the dharma of longevity. Anything you celebrate whether it's your health - your health is nothing but you celebrating your body. Your wealth is nothing but you celebrating your ability to contribute. Your relationships are nothing but you celebrating beings, people in your life. Your enlightenment is nothing but you celebrating the Cosmos.

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