



# Dukkha Harana Meditation *From Kulārnavā Tantra*



The SPH Nithyānanda Paramashivam

Invoke the presence of our Guru the SPH Nithyānanda Paramashivam nityānandaṁ paramasukhadaṁ kevalaṁ jñānamūrṭiṁ dvandvātītaṁ gaganasadr̥ṣaṁ tattvamasyādi-lakṣyam | ekaṁ nityaṁ vimalam acalaṁ sarvadhī-  
sākṣi-bhūtaṁ bhāvātītaṁ triguṇa-rahitaṁ sadguruṁ tam namāmi || I surrender to that Sadguru who is the eternal bliss, the bestower of supreme happiness, the One, who is the embodiment of wisdom, who is beyond  
duality, who is omnipresent, to whom the Supreme goal is giving the Enlightenment experience, who is eternal, pure and unshakable, who is the silent spectator of all thought processes, who is beyond emotions, who is  
without the three qualities called Sattva, Rajas and Tamas.

Stand with your eyes closed. Breathe deeply and rhythmically from the depths of your body, always through your nose with your mouth closed. Move your hands, flex your knees and bend to a semi-squatting position and then rise up. Move as if you are a bird in flight, up and down, knees moving up and down, arms moving up and down, all rhythmic, in line with your breathing. Do the movements gently and synchronize your inhalation with upward movement and exhalation with downward movement.

If you have a heart problem, do only as much as you can. Similarly, pregnant women and others with physical ailments do only as much as you can.

Do this for 10 minutes.

For the next 10 minutes, keep your eyes closed and tense each part of your body, part by part, limb by limb, then let it relax; tense and relax one limb and then move to the next.

Start with your feet; move to legs; then to thighs; next to the hips; then to stomach and lower back; then to chest and upper back then to your arms from finger tips to shoulder; next to the neck and shoulders; next to your face, and finally to the top of the head.

Relax each part of your entire body before you move to the next part. This is like an isometric exercise with each part of your Body.

At the end of these 10 minutes, you will become vacant inside.

You will become cool, calm and composed.

For the next 10 minutes, sit down keeping your eyes closed and chant the 'hoo' kara sound, just the word 'hoo'. There is no need to chant it deeply and loudly. Just chant it in a relaxed manner. As you chant, simply witness whatever happens inside or outside your being.

The first two parts of this technique are actually a preparation for this third part that is the actual meditation. When you come to the third part, you will see that the mind becomes silent effortlessly, by itself. Silence cannot be forced upon you; it can only happen by itself.

Remain in this relaxed state with a smiling face and blissful mood. During this time, there may be many experiences; just watch them as you would watch the television. Watch your mind thought by thought. Don't focus on the Mūladhāra at any time during the meditation, as this will create fantasies, which you are trying to remove. Close with Purna Mantra.

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DISCLAIMER: This technique is not intended to be a substitute for professional medical diagnosis or treatment. Individuals with any type of medical condition, the elderly, children below 14, women who are pregnant or suspect they may be pregnant are advised to seek professional medical advice before practicing this technique. Viewers who are not on two-way video conferencing are cautioned that they are practicing these techniques at their own risk.

Individual Results Not Guaranteed.

