

## **Practice To Meditate & Control Breath**

[Prior to 1936 Sh. Mahaaraaj ji through his discourses used to ask devotees to practice meditation and try to control the breath regularly. For the benefit of human beings these discourses are being re-produced here.]

(1) Practice to see the golden light of effulgent-self and light-self in the area where two of your eye-brows are separated (called Dasham-dvaar or Trikuti) with your eyes closed forcefully. You should also try to bring that one supreme Lord in your thoughts. It is only that one Lord existing every where and nothing else is there. One should think like this. This thinking, even for a while, leads to the path of liberation.

(2) Arrange to sit with your folded legs (called Padmaasana) or the way you feel like, keep your body straight and breathe out very slowly and peacefully. Imagine surrendering your life to the holy feet of that one almighty Lord while holding your breath out. After a while when you begin to feel uneasy in holding your breath out for long, take a long deep breath in and chant the syllable 'Om Allaahu, Om Allaahu' mentally while holding your breath within. Now again when you feel uneasy in holding your breath for long, breathe it out very slowly and peacefully. Repeat it for minimum of three, seven to maximum of twenty one times.

(3) Practice to fill different parts of your body while breathing in. Meditate upon heart while filling it in breast, meditate upon navel while filling it in stomach and meditate upon God while doing it for other parts of the body. You energize all the parts of your body by doing this. You won't even feel cold while doing this.

(4) Chant syllable 'Om Soham' in your mind along with your breath while sitting in a forest or in any similar lonely place. Follow the procedure higher to highest and lower to lowest while doing this. Chant 'Om' while breathing in and chant 'Soham' while breathing out. Thus your breath seems chanting the syllable 'om soham'.

A mother provides her child with a small mango to play. The child, as most of the children do, takes it to mouth and sucks it repeatedly. The repeated sucking of mango brings the mango-juice out and the juice spreads all over the child. The child deeply enjoys it and forgets her mother and every other thing. Same way mother Shrutu (Veda) provides Jiva (Individual soul) with a fruit in the form of syllable 'Om-Soham'. The Jiva plays with this fruit by chanting it repeatedly in a lonely place. The repeated chanting produces the juice in the form of permanent bliss. The Jiva deeply enjoys this permanent bliss and forgets about other worldly pleasures.

Out of 8.4 million births the best is human life. So it is really a big loss if one does not acquire the true knowledge even after being blessed with this human body. This human body itself is Devalaya (temple). It is actually your purified-self which is lord Shiva and to remove the darkness of ignorance is Shiv-worship. That is

why 21620 breaths in a day should be used to meditate upon Lord-Shiva by chanting the syllable 'Om-Soham' considering our own self as Lord-Shiva. This is what makes the Individual soul liberated. This is also what makes the human body filled with the light of true knowledge to clear the darkness of ignorance. That is the time when Jiva (Individual Soul) gets liberated and enjoys being in the purified-self.

(5) In human body there is a formation of thin nerves at the centre-point between the root of penis and anus. These thin nerves collectively form a lotus-flower shape known as Kundalini (formation having special powers). The yogis have described it to have an equivalent light of many suns and moons. This is also known as the place of deity Ganesha.

This place should be pressed with heel of left foot while sitting in the meditation posture by keeping both the legs crossed. The body along with the neck should be kept straight. Now one should meditate upon Agya-Chakra (the place between the eye brows). The fire of knowledge is produced by this and as a result the nectar starts falling from Brahma-Randhra (the upper part of the human-head). This makes the impure cough to flow out through the eyes and the nose of human body.

The long and repeated sittings of this meditation help the seekers to purify their minds and activate Kundalini to realize these hidden powers. This is also known as Kundalini-Jagaran (enables human beings to realize some extra ordinary qualities).

(6) To achieve the state of supreme bliss, first of all you need to select a permanent neat & clean place to sit & meditate daily. Now you should meditate upon the picture of your Guru at least for half an hour before start meditating upon mid point between two of your eye brows (Dasham-Dwar) with forcefully closed eyes, followed by closed ears with the help of your fingers to meditate upon your right ear. This meditation enables you to listen different sort of sounds in your right ear which are otherwise produced by large bee, by different birds, by Jhingur (a sort of insect) and chaikula (a sort of bird). Sound of temple bell is also there if all the sounds are given careful attention.

This is the state of Shabd-Naad (word-sound). In this state, those waves of mind which collectively reside in Brahmrاندhra (upper portion of human-head) when directed by heart, are eliminated with the effect of Shabd-Naad when blessed by mother Bhavani also known as intelligent. This meditation changes human-desire to God-desire. This is also what removes the clouds of ignorance from the minds of all the human beings to make them able to attain self-realization.

In the second state, tiny atoms of red, blue and yellow colours along with some other colours can be seen acquiring different beautiful shapes. This is followed by the light of stars, and by this time the Shabd-Naad is no more experienced. This

state makes Jiva tempted to speak only truth. Again there seems spreading a foggy & white effulgent, followed by a very light and thin sound of flute and Veena (an instrument played with the help of strings), hearing which the Jiva leaves this fort of seven layers in the form of this human-body and attains the form of God.

[Apart from this, once Sh. Maharaj ji composed one poem on meditation. Sh. Maharaj ji was at a place namely Shahkalandar in Panipat at that time. He was forced by some Saanees to recite some thing. Accepting the request Sh. Maharaaj ji composed the poem. When the people there got the high state of meditation described in this poem, they started honouring Sh. Maharaj ji much more than what they used to do earlier. We are trying to incorporate the poem here for the devotees.]

Hail Satchidanand Sanatan Brahman With Love