

MEDITATION



Dr. G.K

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FOREWORD

Mankind's 'Complete Health' starts with spirituality. As hunger is the same for all so is the way of meditation. The same has been explained in different angles so that we may understand the same and practice it. Out of the 350 Spiritual Tablets in meditational health science system, Meditation is the first concept. This book aims at driving the same point home to all.

My sincere thanks to the readers for giving me an opportunity to let you know about these spiritual snippets through Meditational Health Science System.

My obeisances to Sri Paul Vijay Kumar, who made me what I am today by feeding the spiritual morsels and also to Brahmarshi Patriji, who has been turning stones into gems and giving me invaluable suggestions in this project.

Dr. GK
Founder President



MEDITATION

Money is an essential thing in the worldly life for our basic needs. In the same manner, Life Force or Universal Energy is essential in the spiritual journey. The Universal Life Force, which is All pervading, is present in our body as bodily Life Force. It is through meditation alone one can take this energy in. Meditation is a wonderful means which enables us to absorb this energy in abundance.

Meditation can be done at any time, any place. Those who are suffering from an ailment can also do meditation in a lying posture. Those who are suffering from a backache and knee pains can practise meditation sitting in a chair. Learners are advised to practise it initially in a dark room.



The Means Of Meditation

"Attention To Breathing - Anapanasati"

Sitting in a comfortable and stable posture, joining hands and with eyes closed, one should continuously pay attention on the process of inhaling and exhaling, taking place naturally within oneself. In spite of the recurring thoughts, we can reach the thoughtless state, if we don't let the thoughts affect us. This is the state of meditation.

One should meditate twice a day as many minutes as one's age. In this way, one should cultivate the habit of meditating. Those who are suffering from chronic diseases, can lessen their health complications by meditating for long hours, as it helps them accumulate more vital force through breathing. Such people, if meditate from four to six hours, putting together the time spent by them in the morning, afternoon and evening, can get rid of their health complications in around six months, and also have better understanding of spirituality. When we tread the path of spirituality, what needs to be done is meditation alone. Excepting a few essential domestic choices, we need to devote the rest of the day for meditation. While travelling, while at work place, and whenever we are free we should close our

eyes and pay attention to our breathing for at least ten minutes. This is called 'personal meditation.' We should witness our physical, neurological and spiritual experiences we get by meditating thus. In such a state, the universal vital force, external to our bodies, enters us abundantly and cleanses our neurological system.



Meditation Is Like Our Water Motor

Meditation is like a motored water pump. Instead of depending on different medical treatments, if and when we reach the thoughtless state, by devoting our time to meditation, we can get a lot of vital force. By arresting the five senses, we need to concentrate on our breath to have our thoughts under control. There is a lot of scope for obtaining the universal energy, when we go to a state where we no longer feel our breath.

As we maintain the stock of water required for our daily chores at home, with the help of a motor, as we use the same motor to fill our tank with water in the same manner, the vital force we get by meditating for an hour is enough for our daily activities.



UNIQUE METHOD

There are many methods to meditate. In other methods like chanting a hymn or a name, meditating upon a form looking concentratedly at the flame of a candle, there is an every possibility of losing some energy. The only method, where there is no loss of energy is Anapanasati - prescribed by Buddha. Instead of losing energy, we can arrest our senses as well as thoughts by 'concentrating on our breath.' Every patient must meditate for hours together and experience extensively the power of meditation. Meditation alone can give us the required vital force, there by cleansing our neurological system. Such vital force can be obtained while sleeping as well but it gets utilized for our daily chores itself. That is why one who has not slept for two consecutive days and nights cannot move about on the third day. But there is a scope for obtaining full vital force through meditation.



FOR VITAL FORCE

What needs to be understood in personal meditation is that meditation is nothing but 'concentration on breath and it is a process to evacuate our thoughts from our mind. Obtaining vital force is the main aspect of meditation. Those who don't fall asleep easily can do so by paying attention to their breath. In the same manner, by having supper before 7 p.m. and sitting in meditation as long as possible helps us resolve our health issues at the earliest.

Why to observe breath alone ? ?

Thus spoke Sri Veera Brahmendra Swami.....

"The Divine Glory present in our body is breath - i.e., our inhale and exhale. We should sip that charged-water. We should get there. The way that gets us deliverance is there.

The best of the best inhale and exhale are within us. We need to get there. There itself is our way to deliverance. That itself is the charged water. Let's sip that. Let's close our eyes and concentrate on our breath. The Buddha called it Anapanasati and Sri

Veera Brahmendra Swami called it the way to deliverance through inhale and exhale.

When we concentrate on breath, our thoughts get arrested and mind gets evacuated and reaches super evacuated state and we experience that we are not matter but soul and then that the soul is Alpervading and that we are that. That itself is Aham Brahmasmi. Shiva is in this Mudra called breath. If we are with the breath and when the veil is removed, we realize that Jiva and Siva are one. We realize that we are verily Brahman (Ahambrahmasmi) and we are Siva Himself (Sivoham). Siva is nothing but the third eye. The third eye is under the veil of breath.

The best of the best breath is not the best but the best of the best. It must be unveiled. None will do it but we ourselves should exert ourselves to remove that veil or curtain.

With eyes closed and hands held together we should observe our inhale and exhale. The best of the best inhale and exhale. The truth is one everywhere "Ekam Sat" Annamacharya said "The Yogis have Lord in their hearts in the form of breath. Veera Brahmendra Swami explained it as easily as peeling

the skin of a banana by saying that we realize our Brahmanhood through inhale and exhale the best of the best.

- Brahmarshi Patriji.

As told by Yogi Vemana.....

"People though born and brought up in the air, cannot know the secret of air that the air passing through their nostrils is the highway to deliverance"

To see the boundaries of other worlds

We should meditate chiefly for two reasons:

1. To get the vital force abundantly.
2. To enable ourselves go around the worlds belonging to different realms and frequencies. Till now, we have learn about accumulating the vital force. "Vipassana" starts with the blooming of Third Eye and accumulation of abundant amount of meditative power.

Vipassana is nothing but being able to see extensively other worlds. We can understand the concept of creation better. When we look at other worlds, besides our planet. We get out of the

delusion that earth itself is the planet and we are able to understand better that earth just a planet among trillions and trillions of other heavenly bodies and that we are just a speck in this universe and that our existence on the earth is just a stopover for the soul's journey through trillions of heavenly bodies.

In the same manner, to envisage our previous births is also possible through meditation alone. When we see through our past and future we can live better in our present.



Excerpts from Brahmarshi Patriji's Tulasi Dalam-2

- Meditation is a technique that makes man blessed and makes him divine hearted.
- Meditation enhances your spiritual growth. Meditation gets you happiness, joy and divine bliss.
- He who has nothing but meditation has everything. A meditator is ever joyful. Meditation is a comprehensive way to attaining deliverance. Meditation means to be in the Absolute soul, to be with the Absolute soul and to be the Absolute soul.
- We are all the manifestations of that Universal power. Meditation activates that power present in us vigorously.

It is no exaggeration to say that Meditation is a great boon!

Meditation alone is beauty and the like!

Meditation alone is victory and success!

- **Adi Sankaracharya said:** This body verily is a temple. It means Siva himself is the old and revered God. There is no body that is not a temple. But this body is meant for meditation. Without body, where is the question of meditation when the body perishes. The Jiva has to go to the upper worlds and remain in a convulsive state as it can no more meditate. All it can do in that state is to wait to be born again. So let's keep it in our minds that our body is the best means to meditation.

Meditation alone makes Jiva the God.



Benefits of Meditation

- Meditation enhances bodily fitness, memory, concentration and mental acumen.
- Meditation get us mental strength and knowledge of the spirit.
- Meditation activates our third eye and we can also travel with our astral body.
- We can realize that the energy we get through meditation is much greater than the energy we get through our food.
- Meditation enables us to listen to the precepts of our conscience.
- We can expend our awareness through meditation.
- We can realize our latent potentials through meditation.
- Meditation alone get us comprehensive and complete health.



SOUL SCANNING

- Vegetarian diet and meditation are compulsory in the beginning. As we take a bath to keep our body clean, in the same way meditation is required to keep our hearts clean.
- All the experiences related to water in and out side our houses, like water tank brass pots, tumblers and all, should be taken as symbolical representations of meditation and the vital force.
- Initially in the process of cleansing our neurological system and getting rid of illnesses, by meditating for hours together, we don't need the guidance of any preceptor or expert. To keep meditating itself is the key.
- Those who have resorted to other techniques should switch to Anapanasati, if they desire immediate and effective results. Even if they don't in the course of time they will surely come to know which the best way is.
- Those who are on medication (Allopathy, homeopathy etc.) should keep taking medicines while meditating for hours. When they get relieved from their illnesses should alter taking medicines only under the supervision of their

qualified doctors.

- In the early days of meditation some may get the feeling that their disease got aggravated. They should realize that it's part of their neurological system getting cleansed and hence they should keep meditating without fear.
- When you get experiences related to river waters, water reservoirs and water, you should switch from meditation to self study and the company of holymen.
- While continuing personal meditation, you should also try to participate in pyramid meditation, full-moon day meditation and group meditation.
- You shouldn't stop meditation saying that nothing has happened in spite of the recurring thoughts. You can get a lot of energy by arresting your senses for a while and also the thoughtless state which stays for only few seconds is also important.
- Meditation has got nothing to do with auspicious days, time or purificatory rites. It can be practised anywhere and at any time. It's a scientifically proven thing.



EXPERIENCES

- My name is B. Ramani, a beauty therapist by profession. I have been in to meditation for the last six years. I was able to free myself from my health issues, when I was meditating for hours together. I would mostly have the experience of water streaming down my head while in meditation. When I consulted the meditational health experts, they advised me to reduce meditation, read books and teach meditation to my clients. One day, while I was reading the book ‘From Sex to Super Consciousness’ my entire house was filled with Universal Energy. Likewise, water would be over when I went to have a bath. As the same got repeated 4 to 5 times, I realized that energy was diminishing and so I decided to increase my meditation time. As we experience incidents related to water we can understand the increasing or decreasing levels of energy as part of publicizing meditation, music etc.
- My name is P. Radha. I was into meditation in the year 2012 through my brother. I wouldn't

practice much in the beginning. I had back pain in 2013. I found it difficult to sit and stand. Doctors suggested surgery. On consulting the Meditational Health expert Sridevi madam, I was advised to meditate for 40 days- three hours a day. In the beginning, I would experience excruciating pains and I was able to concentrate better after a week. Feeling light, seeing colours was experienced. After a fortnight, when I went to doctor, I was X-rayed and the doctor examined and said that no surgery was needed and I would be alright within fifteen days with tablets. Then my faith in meditation got consolidated. I have been practising meditation since then and I am fit now physically as well as mentally.

- My name is Rajeswari and I am from Hyderabad. I have been doing meditation for three years. Meditation has shown me the right way. Not only self-realisation but I would know what to do and when to do it. It helped me develop positive attitude. My first experience was that I would get the feeling that I was telling my hardships to someone and they were listening to me and I was relieved of my burden. I would occasionally weep while explaining my hardships and would

feel better after pouring my heart out to them. I also would get the feeling that I was being called by someone and Lord Krishna was being seen. Whenever I sit for meditation Krishna would appear and give me a message and so would senior masters.



YOGA DAY

Yoga means union. There is sorrow in separation. In union (Yoga) there is bliss. Yoga is nothing but union with oneself.

There are different modes of Yoga according to the various levels of Soul. The important among them are

Hatha Yoga - Yoga done with body

Nada Yoga- Yoga through music

Raja Yoga (Dhyana Yoga) - Yoga through breath

Like the cranium of an elephant, Raja Yoga is the crest jewel of all the modes of Yoga. As all the rivers merge in an ocean, all the modes of Yoga finally lead to Raja Yoga.

June 21 was declared as the International Yoga Day, in the year 2015, with an intention of publicizing the prominence of Yoga internationally and making everyone reap the rich benefits of doing Yoga. If it is realized that Yoga is essential for laymen as well as scholars, a lot can be gained from Yoga.

Meditational Health Science System

Definition: According to the definition of the World Health Organisation, the prime motto of Meditational Health Science is to make people free from all affliction viz. physical, mental, social, psychological and spiritual through vegetarianism, meditation, meditative knowledge in the light of Spiritual knowledge.

VERSE

- 1) Jnaanagni Karma dagdha karmaanaam!
- The Gita
- 2) The word will heal you
- The Bible
- 3) Jnaana is only through meditation and Salvation
is only through meditation
- Brahmarshi Patriji
- 4) Our sins are our diseases
-Brahmarshi Patriji



Meditational Health System

In the Meditational Health System, the person with ill health is treated as God camouflaged by ignorance. Firstly, a demo video is shown to the patients who come to Meditational Health Centre (rural) or Real Relief Centre (urban). After noting down all the details of the patient, Meditation through concentrating on the breath is taught. The significance of vegetarianism is explained and the patient is made to meditate and take only vegetarian diet for 40 days. His progress is analysed through phone, letters or at times by visiting his home.

Conducting spiritual health counselling once every fortnight or once a month, making them to be in the company of Gurus, group meditation, undivided meditation, participating in Pyramid Meditation is also a part of the treatment.

Giving information of the nearby pyramid centres to those who live far away from the prime centres, giving them audio-visual aids, necessary books, to make sure that they follow the instruction given to them in writing as part of counselling.

Likewise, those who have completed their 40-day training are given an opportunity to share their experiences with others in the meditation classes. They are continually monitored by Allopathic, Homeopathic and Ayurvedic doctors to assess the intensity of their disease and medicine is prescribed accordingly.

A music and dance learning academy is set up for the benefit of some patients who need to learn music and dance.

Patients' problems and organisation's services

1. The first foremost thing is to make patients realize that their problems are created by themselves.
2. To drive the point home that their problems can be solved by themselves and depending on others will only aggravates the problem.
3. To offer our complete help and cooperation to the patients in their attempt to get rid of their diseases.
4. To take into consideration all the aspects prescribed by the Medical Council of India, while

introducing Meditational Health Science System.

5. To explain elaborately the role of vegetarianism in burning away the ill karmas. (evil deeds)

6. To bring awareness among people the importance of Pyramid Meditation and the wonderful power of Pyramid in attaining comprehensive health.

Amenities at Meditational Health Centres

- Special and powerful Pyramid Meditation Temple
- Group Pyramid Meditation centre
- Spiritual Counselling Chamber
- Health Science class room
- Music and Dance learning Centre
- Pyramid Book House and Library
- Supervision under qualified doctors

Meditational Health Medical shop – 350 Spiritual Tablets

As different medicines are prescribed in different treatment methods, here also 350 spiritual tablets have been prepared for patients. These can be termed as the heart of the whole Meditational Health System. It's not only that they can be understood easily by the patients but also some pamphlets, audio and video CDs have been made so that the patient is reminded of them at every stage of his life and make him undergo a great transformation.

To give these to the patients as per their needs and requirement is the prime task in Life Health Counselling.

It has been proved in thousands of cases that patients who suffer from lack of spiritual intellect and are prey to many diseases get well with the help of the knowledge that vegetarianism and meditation help them get rid of any disease permanently and completely. This faith has been deep rooted in the hearts of those who got well under this training.

Note: Those who want to be healed of all their ailments through Meditational Health Science System are advised to contact their nearby Meditational Health Centres directly or through phone, email, website in the following address.

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