**How do I learn meditation, and what are the methods to do meditation?**

I know there are many meditation techniques Some fake (Interested in your money), some dangerous (Against nature or Natural laws) and Some very real. I have experienced both dangerous as well as something very real. So to answer your question I will share the method that worked on me and is the most real and divine thing on earth.

This method is kind of reverse engineering. Where you first experience the ‘state of bliss’, then you practice to establish yourself into that state of bliss.

As mentioned above **Step 1 is to experience “State of bliss”** also called as ‘Nirvicharita’ in Sanskrit or ‘Thoughtless awareness’ in English.

To experience this state of bliss you can do one of the two things listed below.

1. There are many online videos on internet where you will find H.H. Shri Mataji Nirmala devi initiating this process. You are requested to follow steps mentioned in those video with a humble and honest desire to feel it in your heart. It will not take more than **10-20 minutes**. (I will post link of some videos at the end of my answer.)
2. You can search for sahaja yoga center in your locality. You can visit those centers. Members over their will help you gain your self-realization. It does not take more than 10-20 minutes to feel this state of thoughtless awareness. (I will post link for you to find Sahaja Yoga center near you at the end of answer)

Very few people get established in state of thoughtless awareness immediately after this experience but for layman you need daily meditation practice to maintain and retain this experience.

**Step 2 – Practice daily meditation to build up and maintain state of thoughtless awareness.**

Wow… now you are not searching unknown in the dark. But you know exactly what you are up to. Your goal is to establish the state of mind that you experienced in step 1.

This state can be achieved by meditating daily (10 minutes a day is good to start with). **How will you meditate?** It’s simple you close your eyes relax and **just observe** your mental state ***do not*** *react to any thought, do not entertain any thought just relax. You will observe your thoughts slowing down. Gradually you will realize you are in thoughtless awareness state*. Maintain and establish that state as long as you can. You goal is to establish yourself in this state of thoughtless awareness.

In this state you accent spiritually. You gain self-knowledge (Know thyself!)

**Step 2.1. Introspection and self-correction/Self transformation.**

While you are practicing meditation in order to build up and establish thoughtless awareness.

The first progress you make is you gain **power of introspection/Power to correct yourself**.

In this state you do not address your problems Physically or Mentally/emotionally but you address it Spiritually.

For e.g. say someone is addicted to smoking and wants to get rid of it. Physical way of addressing this problem will be to take some anti-smoking drugs or some other solution that are physical in nature. To address this emotionally you can suppress your desire to smoke, or you can divert your desire to smoke. Now the Third way i.e. Spiritual way to address this is to go into thoughtless awareness and dissolve your desire to smoke into it. Ones you have done that no more desire to smoke. You are no more a slave of your desire. I have seen people giving up drugs instantly after step 1. Yes, there are many cases where people lose all such desire that are harmful to their body instantly after step 1.

Well I don’t want you to believe my words but I want you to experience and investigate this for yourself and on yourself.

May god bless you.

Link to initiate yourself. English:- <https://www.youtube.com/watch?v=mZ6G9gwsWFY>

Hindi :- <https://www.youtube.com/watch?v=3395oxkxrxg>

Link to find Sahaja yoga centers:-

<http://www.sahajayoga.org/worldwidecontacts/>

<https://www.sahajayoga.org.in/meditation-centers>