

Steps to Meditation exercises:

Remember:

- a) To do psychic breathing (Ujjayi pranayama)
- b) To invert your tongue touching the upper palate. (Khechari)
- c) "Aum" (ॐ) (Nada Sanchalan)
- d) The psychic passage is from navel to throat as your consciousness ascends, and from throat to navel as your consciousness descends. (i.e. with inhalation and exhalation ascending and descending consciousness. This is 'Pavan Sanchalan').
- e) So-Ham ('Sahabda-Sanchalan')
- f) Center of eyebrow of third eye. ('Chittaksh Dharna').

PROCEDURE

1. Nada-sanchalan (Aum consciousness) 13 times:

Sit in the meditation posture keeping the spine erect, and the back, neck and head straight. Do not tense your back. Now with your exhalation repeat 'Aum', (ॐ) descending your awareness down from the throat the navel.

2. Pavan-Sanchalan (Breathing-consciousness) 49 times:

Apply Khechari, and inhale in Ujjayi from the navel to the throat and exhale from the throat to the navel. descending your consciousness.

3. Shabda-Sanchalan ('So-Ham' consciousness) 59 times:

Apply Khechari, and inhale in Ujjayi from the navel to the throat, but now feel the vibration of 'So' ascending with it, and with exhalation descend your conscious with the vibration of 'Ham' from the throat to the navel.

4. Chittaksh-Dharan 5 to 15 Minutes:

Relax your tongue and your breathing. Keep your eyes closed and meditate in between the center of the eyebrows. Watch the passage of breathing from the tip of the nose to the top of the nose, and vice versa. With inhalation, expand the consciousness in the center of the eyebrow (or open the third eye), and with exhalation contract the third eye. Continue this until you get complete introversion and one-pointed. Continue until your consciousness is coupled with the third eye. Then you will be able to concentrate over that point. After some time, you will be able to meditate and finally you will be in Samadhi or Super Consciousness. Increase the practice of this exercise. To come out of meditation follow the reverse process.

5. Shabda-Sanchalan 5 times:

Inhale from the navel to the third eye with the vibration of 'So' and exhale from the third eye to the navel with the vibration of 'Ham'.

6. Pavan-Sanchalan 5 times:

Simply inhale taking the consciousness from the navel to the third eye, and exhale with descending consciousness.

7. Nada-Sanchalan 3 times:

Inhale from the navel to the third eye and exhale chanting "OM" from the third eye to the navel. This is only an infrastructure of meditation, a blue print only. Yet after Sushumna flow one can tune within, by any individual method, traditional method, or taught by any spiritual adept. The method is only a marg (the path) but the goal is only One eternal.

"Complete Morning Meditation Scheme" (45-60 Minutes)

Meditation becomes very successful early in the morning between 4 and 6 A.M. when the natural vibration and solar ultraviolet rays brings tranquility, peace, introversion and a healing effect on your psychic personality.

Get up 5 A.M. and answer your morning calls. Wear loose clothing. Fresh air should be circulating through your meditation room. Spread a blanket on the ground. Do the following exercise :

a. Soorya Namaskar (five times)

b. Sabasan

c. Paschimottasan (Spinal stretch) 5 rounds

d. Supta Vajrasana

e. Shashankasan (Rabbit pose) 3 minutes

f. Do the following breathing exercises :

Charging breathing exercises,

Psychic breathing 15 times

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Neck Exercises:

i) Move your head towards the right and then towards left shoulder. Also move your head up and down.

jj) Rotate your head clockwise and anti-clockwise. The breathing will be deep and corrected, thus the blood will be purified. The pranic flow will be free and stream like. Finally it will control and effect the mind. From all these, you will receive peace, tranquility, beauty, strength and mental equilibrium.

After each Meditation practice, do not forget to perform Pschimottanasana (spinal stretching) for a few times to stimulate the body and the make the joints stable and healthy.

Rush Meditation:

Some days if you have very little time do a short Meditation:

Soorya Namaskar	1 minute
Sabasan	1 minute
Supta Vajrasana	1 minute
Charging Breathing	1 minute
Psychic Breathing 7 times	2 minutes

Also the Meditation Exercises:

a) Nada-Sanchalan (om consciousness)
13 times for 3 minutes.

b) Pavan-Sanchalan (breathing consciousness)
15 times for 4 minutes.

c) Sabda-Sanchalan (So- Ham Consciousness)
21 times for 5 minutes.

d) Meditation itself 5 minutes.

The total of this short meditation is 23 minutes. From this short meditation charge your body for a whole day. However, you must sincerely do it and reduce your sleep by a half-hour.

Sitting Position for Meditation:

Use a blanket folded four times over it spread a clean cotton piece. You can also use a wooden plank and above it place the blanket and the cotton piece. In short, the seat should be a bad conductor of electricity and 1 or 2 inches from the ground.

If you sit cross legs and if your knees are above the ground then put a pillow below your buttocks, in such a manner that the knees touch the ground easily to prevent cramps in the legs due to the improper blood circulation.

Do the following Meditation exercises:

1. Nada-Sanchalan (Om consciousness) 13 times
2. Pavan-Sanchalan (breathing consciousness) 50 times .
3. Sa bda Sanchalan (So-Ham Consciousness) 59 times
4. Chittakash-Dharana 5-15 times
5. Sabada-Sanchalan 5 times
6. Pavan-Sanchalan 5 times
7. Nada-Sanchalan 3 times.

In Meditation exercise (4) Chittakash Dharna one is free to choose his own method of Meditation. In short, every individual should concentrate on his own "psychic symbol" and thus perfect

his Meditation. Some psychic symbols are Mantras, sounds, Divine Mother, Love, purity, sleep, dreams, God ,Universe, Truth etc. In general, choose any spiritual subject of choice for you to go deep. Others can witness their self and do self analysis. The ultimate purpose of this is to "Realize God within your Self". However, those who do not have any guidance, should concentrate on the third eye and expand the third eye with inhalation and contract it with exhalation. From this alone they will get deep insight and self guidance.

This short formulated scheme contains complete information in its beginning stage. It can culminate into Bhakti Yoga (Yoga of devotion) or Gyana Yoga (Yoga of knowledge and discrimination) according to the individuals psychic nature.

Thus it satisfies people of all faiths. Even Christians , Buddhas, Hindus all can continue their own practice. Exercise 4 of Meditation, as per their religious liking.

Om tat sat

M H T H A K E R