

Practice Universal Meditation (Instant-General)

What is Meditation?

The definition of meditation is “To think deeply and constantly by focusing the attention of the mind on a chosen object, concept or a specific THOUGHT”.

Meditation is essentially a spiritual practice, practiced by sages and saints of India since time immemorial for attaining peace of mind (spiritual goal). However, modern science, through its numerous scientific researches all over the world for the last three decades, has established the tremendous therapeutic value of meditation.

Therefore, at present meditation has become a scientific practice immensely popular all over the world and it can be practiced by one and all without exception.

How to Practice Universal Meditation ?

1. Sit comfortably on the floor on a Mat or on a Chair having a perpendicular back, as you prefer. Be relaxed and comfortable.
2. Now, take deep breaths 10 times.
3. Now, gently and comfortably close your eyes, easily focus the attention of your mind at the spot between the eye brows and REPEAT the word “ SHAANTHI ” *again and again only mentally, without moving tongue and lips, with simple and easy concentration, for about half an hour (because all scientific studies have been made on half an hour basis).*

Throughout meditation do not open your eyes, and also be easy, comfortable and natural. The word “SHAANTHI” in the orient means peace and bliss which is the Nature of Universal or Cosmic Consciousness. So meditation on this word “SHAANTHI” produces tremendous positive and beneficial effects on the mind, body and behaviour of a person.

During meditation, the conscious mind moves *inward* through repetition of the word “SHAANTHI”. When there is this inward movement of the conscious mind, what is hidden in the subconscious layers of mind i.e. tensions, pressures, stresses, sorrow, anguish, despair and karmic forces move *outward* in the form of innumerable thoughts. Therefore, thoughts are an integral and inevitable part of meditation indicating purification of the subconscious layers of mind.

In every meditation thoughts rise without fail. But understand clearly that they are not at all a disturbance but *just a part of meditation*. Therefore, don't worry about thoughts in

meditation. Easily bring back the attention of your mind on to the word of meditation "SHAANTHI" and continue repetition of the word till the end of half an hour.

Note: Translating the word "SHAANTHI" into any other language MAY not produce the same effect.

Outside noise is also not a disturbance because meditation is purely an inward process. Remember, causes are released and flushed out in meditation. When the cause is gone, the effect is also gone.

Meditate following the above guidelines, morning and evening at your convenient time or at any time as you prefer. There are no do's and don'ts for this meditation as it is purely an inward process and not an outward process.

Sometimes, for any reason if the going becomes difficult in meditation because of thoughts, do not open the eyes, take deep breaths 10 to 15 times and then continue meditation. Meditation produces a very deep relaxation which is termed *Yoganidra*. This deep rest repairs the wear and tear of the body, improving all-round physical health by eliminating various ailments.

Meditation is not a substitute for medication. But meditation definitely enhances the efficacy of medicine and also eliminates the side effects of medication. Therefore meditation is complementary to medication. Meditation is also not a substitute for sleep.

Meditation eliminates various mental ailments by neutralizing accumulated tensions, pressures and stresses in the nervous system, thus improving various mental faculties.

Therefore, begin to meditate with grit and determination to enjoy better quality of life in all spheres. Let meditation be the guiding light of your life.