

Practice Universal Meditation (Instant-Traditional)

" **Yagnanaam Japayagnosmi** ", meaning, " Among all the spiritual practicses, Japa (Meditation) is MYSELF " - Lord Krishna at stanza 25 of chapter 10 of Bhagavadhgeetha.

JAPA is nothing but repetition of a pure divine name or a trait or a mantra associated with UNIVERSAL CONSCIOUSNESS.

Vedas describe JAPA as of three types.

विधीयज्ञा ज्जपयज्ञो विशिष्टो दशभिर्गुणै । उपांशुः स्याच्छतगुणः । सहस्रो मानसः स्मृतः ॥

1. **Vaikhari Japa :-** In this form of Japa, a divine name or a trait or a mantra pertaining to Universal Consciousness (God) is repeated loudly moving tongue and lips in an audible way. Spiritual benefits of this Japa are ten times more than those of homa, yagna and yaga (a kind of Vedic ritual).
2. **Upamshu Japa :-** In this form of Japa, a divine name or a trait or a mantra is repeated moving tongue and lips, but inaudible to others. Spiritual benefits of this Japa are a hundred times more than those of homa, yagna and yaga.
3. **Manasika Japa (Meditation):-** In this form of Japa , a divine name or a trait or a mantra is repeated only mentally without moving tongue and lips, closing the eyes. It is inaudible to others. Spiritual benefits in this Japa or meditation are a THOUSAND TIMES more than those of homa, yagna and yaga. Manasika Japa or Meditation is the BEST and HIGHEST form of spiritual practice, because in this form of Japa, the mind is turned INWARD i.e. towards one's own Self which is the connector to the Universal Self.

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 (mantra)".

How to practice 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 ONE of the mantras given below which is of your choice *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).

Select your favorite mantra from the below.

1. Namō Paramaguruvē Namaha	11. Namō Ganapathayae Namaha
2. Namō Naaraayanaaya Namaha	12. Namō Vighneshwaraaya Namaha
3. Namō Mahaa Vishnave Namaha	13. Namō Subrahmanyaya Namaha
4. Namō Shivaaya Namaha	14. Namō Saraswathyai Namaha
5. Namō Someswaraaya Namaha	15. Namō Gowrideviyai Namaha
6. Namō Vaasudevaaya Namaha	16. Namō MahaLakshmiyai Namaha
7. Namō Venkateshaaya Namaha	17. Namō Hanumathe Namaha
8. Namō Krishnaaya Namaha	18. Namō Sooryaya Namaha
9. Namō Naarasimhaaya Namaha	19. Jai Shree Raam, Jai Hunuman. etc...
10. Namō Brahma Devaaya Namaha	Only Absolute divine mantras are to be used.

Throughout meditation do not open your eyes, and also be easy, comfortable and natural. During meditation, the conscious mind moves *inward* through repetition of the mantra. 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 mantra and continue repetition of the mantra till the end of half an hour.

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.