

Natural Meditation – I (Maanasika Japa)



Natural Meditation – I (Maanasika Japa) is the HIGHEST and the BEST form of Meditation among all Meditations.

” 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 (a Sanskrit divine word or a phrase, repeated again and again is called MANTRA) associated with UNIVERSAL CONSCIOUSNESS.

Vedas describe JAPA as of three types.

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

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).

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.

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.

How to Practice Natural Meditation - I (Maanasika Japa)?

Sit comfortably either on a chair having a perpendicular back or sit on the floor on a mat, as you prefer. Make sure that you are sitting comfortably in order to avoid unnecessary movements during Meditation.

Keep your head and back straight but be easy, relaxed and comfortable.

Lock your tongue and lips i.e., do not move your tongue and lips because Meditation is purely a mental process.

Now, inhale and exhale deeply about 10-15 times. (Refer to Sahaja Pranayama).

Now, close your eyes gently and comfortably (do not open your eyes till you complete the process of Meditation).

Now, easily focus the attention of your mind at the spot between the eyebrows (i.e., at the junction point of nose and eyebrows) and REPEAT the mantra “ SHAANTIHI ” or any one of the mantras given below which is of your choice or the name of your family deity, only mentally, without moving tongue and lips, with simple and easy concentration, for about THIRTY minutes.

Select Your Favorite Mantra From Below	Select Your Favorite Mantra From Below
1. Namo Paramaguruve Namaha	11. Namo Ganapathaye Namaha
2. Namo Naaraayanaaya Namaha	12. Namo Vighneshwaraaya Namaha

3. Namoh Mahaa Vishnave Namaha	13. Namoh Karthikeyaaya Namaha
4. Namoh Shivaaya Namaha	14. Namoh Subrahmanyaya Namaha
5. Namoh Someswaraaya Namaha	15. Namoh Saraswathyi Namaha
6. Namoh Vasudevaaya Namaha	16. Namoh Hanumathe Namaha
7. Namoh Venkateshaaya Namaha	17. Namoh Suryaya Namaha
8. Namoh Krishnaaya Namaha	18. Jai Shree Raam
9. Namoh Naarasimhaaya Namaha	19. Jai Hunuman
10. Namoh Brahma Devaaya Namaha	etc...

Only Absolute divine mantras are to be used for Meditation, either from the list given above or from vedic tradition.

Do not use the mantras pertaining to lower or darker forces of nature (non divine).

(Throughout Meditation, while repeating the mantra of Meditation, do not move your tongue and lips and at the same time keep the eyes closed all the time and also be easy, comfortable and natural).

7. Come out of Meditation after 30 minutes and slowly get into your activities.

Note:

Meditation is nothing but mental repetition of a chosen word, with closed eyes, without moving tongue and lips, with simple and easy concentration.

The mantra "SHAANTIHI" in the language of the orient has a very deep meaning. The rough translation of this mantra into English is "PEACE". But in the orient it depicts the very nature of the UNIVERSAL BEING which is essentially Peace and Absolute Bliss.

Meditation on any of the pure divine mantras given in the list above gradually quells the disturbances and obstacles at physical, mental and spiritual levels and unfolds the experience of the nature of UNIVERSAL BEING.

Therefore, substituting this pure divine mantras with any other mantras pertaining to any baba, swamy, prophet or any of the dark forces of nature will lead you to darker realms of creations, **BEWARE.**

Further, the use of pure divine mantra in Meditation very gradually erases or quietens the six fold negative traits in man when meditated upon. The six fundamental negative traits in man are, desire, anger, selfishness, arrogance (egoism), infatuation (attachment) and jealousy.

In Meditation, as you focus the attention of your mind at the spot between the eyebrows and repeat the mantra only mentally, innumerable thoughts relating to day-to-day life or otherwise may arise, not only shifting the attention of your mind from the mantra of Meditation but also disturbing your concentration. Don't worry, it is a natural phenomenon. Just bring back the mind, focus it again at the spot between the eyebrows and continue your repetition of the mantra. Again, there may be shifting of your attention by thoughts. It does not matter. Again bring back your mind on to the mantra of Meditation and continue your repetition. This may happen several times in each Meditation but don't get perturbed. In course of time, not only will the intensity of thoughts come down but there will also be an increase of concentration in Meditation.

Remember, thoughts in Meditation are **NOT AT ALL** a disturbance in Meditation but only an integral part of it indicating the purification of different layers of the mind that is going on in Meditation.