

MEDITATION GUIDANCE

Group meditation is a castle that protects the new spiritual aspirants as well as the veteran meditators. Meditating together increases the degree of Self-realisation of each member of the group by the law of invisible exchange of group magnetism.

POSTURE

During meditation remember to keep the spine erect, the body relaxed and still, the mind calm, the heart full of love and devotion.

Feet flat on the floor, chin parallel to the floor, hands with palms upturned resting on the thighs at the junction with the body.

Concentrate your attention at the point between the eyebrows, the Christ Consciousness centre, the centre of will and spiritual perception.

By daily meditation you will realise the eternal truth of Jesus' words, "The kingdom of God is within you."

The important thing to remember about posture is to keep the spine erect and the eyes raised to the spiritual eye.

The various techniques (Hong Sau and Kriya Yoga) mentioned in this document are all available in the SRF lessons but basics are given here.

Practice of 'tense and relax' exercise and 20-20-20 breathing

(From SRF Lessons)

Before starting meditation, practise the following tense and relax exercise six times: Inhale, tense the entire body, throw the breath out (i.e., expel the breath in a double exhalation, 'huh, huh') and relax.

20-20-20 Breathing Exercise

Inhale to a count of 20; hold the breath to a count of 20; exhale to a count of 20.

If 20 is too long a count for you, then inhale, hold, and exhale the breath to a lesser count. Whatever the count, it should be the same for inhalation, for holding the breath and for exhalation. It is important not to strain or make yourself breathless.

Repeat this exercise six times. It is a wonderful preparation for the practice of the Hong-Sau Concentration Technique.

Hong-Sau Technique Readings

(The full technique is explained in the SRF lessons)

Breath is the cord that ties my soul to the body. In breathlessness I find my soul free to unite with Thine Omnipresence within and beyond my body. The storm of breath causes ripples of sensations and thoughts. I will stop the storm of breath that the lake of my mind may reflect the perfect image of Thy face.

The Hong-Sau Technique of Concentration will help you to achieve the one-pointed concentration necessary for real meditation.

The purpose of Hong-Sau practice is to gain conscious passivity and to free the attention from sense entanglements.When man learns to rise above the need for breath, he ascends into the celestial realms of angels.

Watching the breath is the preliminary step in controlling it; then the consciousness gradually realises itself as distinct from the involuntary bodily function of breathing, and separates itself from the breathing function. The yogi who has gained breath-control is then able to recognize that consciousness is the only thing that is real about his existence.

I exhale and stop the storm of breath, and the ripples of thought melt away. The grip of the senses is loosened. The cords of flesh are broken.

(Excerpts from the SRF Lessons)

Keep the mind calm. This is important for successful practice.

With the eyelids still closed (or half open). Keep looking upward throughout the practice of the technique. It is necessary to check yourself on this because the eyes have a tendency to lower their gaze after a time.

Throw the breath out before beginning the concentration technique.

Be keenly attentive to what you are doing.

Watch the breath and mentally say, "I am He."

(the right way to end the Hong Sau Practice)

At the end of the practice, expel all breath from the lungs and enjoy the breathless state for as long as you can without discomfort. Repeat three times.

The following practice is the chanting of Om at the spinal centres, the chakras

Concentrate at the point between the eyebrows, and go up the spine mentally chanting Om at each of the centres: coccyx, sacral, lumbar, dorsal, cervical, medulla, Christ centre.

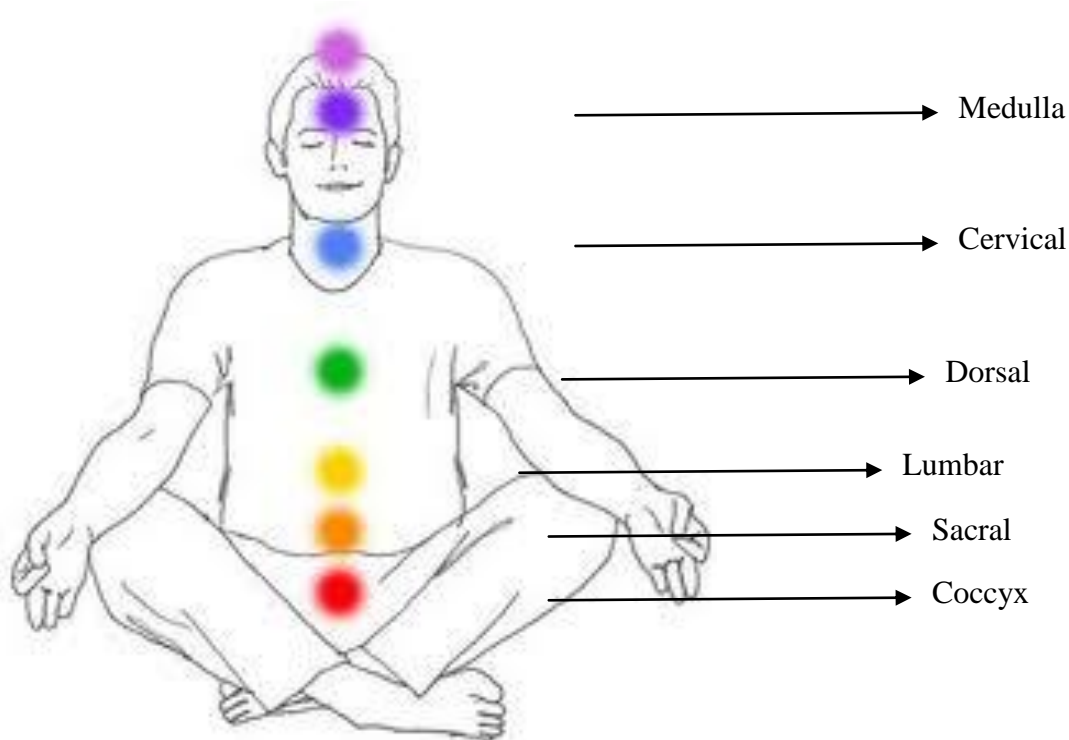
Now mentally go down the spine chanting Om at each of these centres.

Go deeper and deeper in concentration, up and down the spine, mentally feeling the centres and mentally chanting "Om."

As you do this, you see that your consciousness is no longer locked in the external awareness of the body, but becomes centred in higher spiritual perceptions in the spine.

Relax in God. Don't be tied to the consciousness of the body.

Let your mind go deeper and deeper in the thought of God.



Kriya Yoga Technique Reading:

From Autobiography of a Yogi, Chapter 26th:

In men under maya or natural law, the flow of life energy is toward the outward world; the currents are wasted and abused in the senses.

The practice of Kriya reverses the flow; life force is mentally guided to the inner cosmos and becomes reunited with subtle spinal energies. By such reinforcement of life force, the yogi's body and brain cells are renewed by a spiritual elixir.

Kriya Yoga is the real "fire rite" oft extolled in the Gita. The yogi casts his human longings into a monotheistic bonfire consecrated to the unparalleled God. This is indeed the true yogic fire ceremony, in which all past and present desires are fuel consumed by love divine.

Technique for those not initiated into Kriya

From God Talks With Arjuna, p 606

The uninitiated can begin by sitting in a straight position and drawing in the breath, with deep concentration, imagining it and the life current and mind to be flowing through the three lower centres up into the heart centre.

The yogi should expel breath and remain breathless as long as comfortably possible when his mind reaches the heart centre. By performing this technique with deep concentration, the devotee can feel his breath, life force and mind flowing into the heart centre, and from there on to the higher centres.

Please also visit the main SRF website

www.yogananda.org