

DEDICATED WITH LOVE TO
BELOVED BHAGWAN SATYA SAI BABA



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PRAYER...

DIVINE One, I AM THY humble INSTRUMENT.

Where there is anger, fear and sadness
I ask for Love.

Where there is injury, **I ask for Healing.**

Where there is Doubt, **I ask for Faith**

Where there is Darkness, **I ask for Light.**

I ask for THY Protection, Wisdom,
Love and Healing.

I Surrender, Knowing that **YOU** are
the only doer. **THY WILL BE DONE**

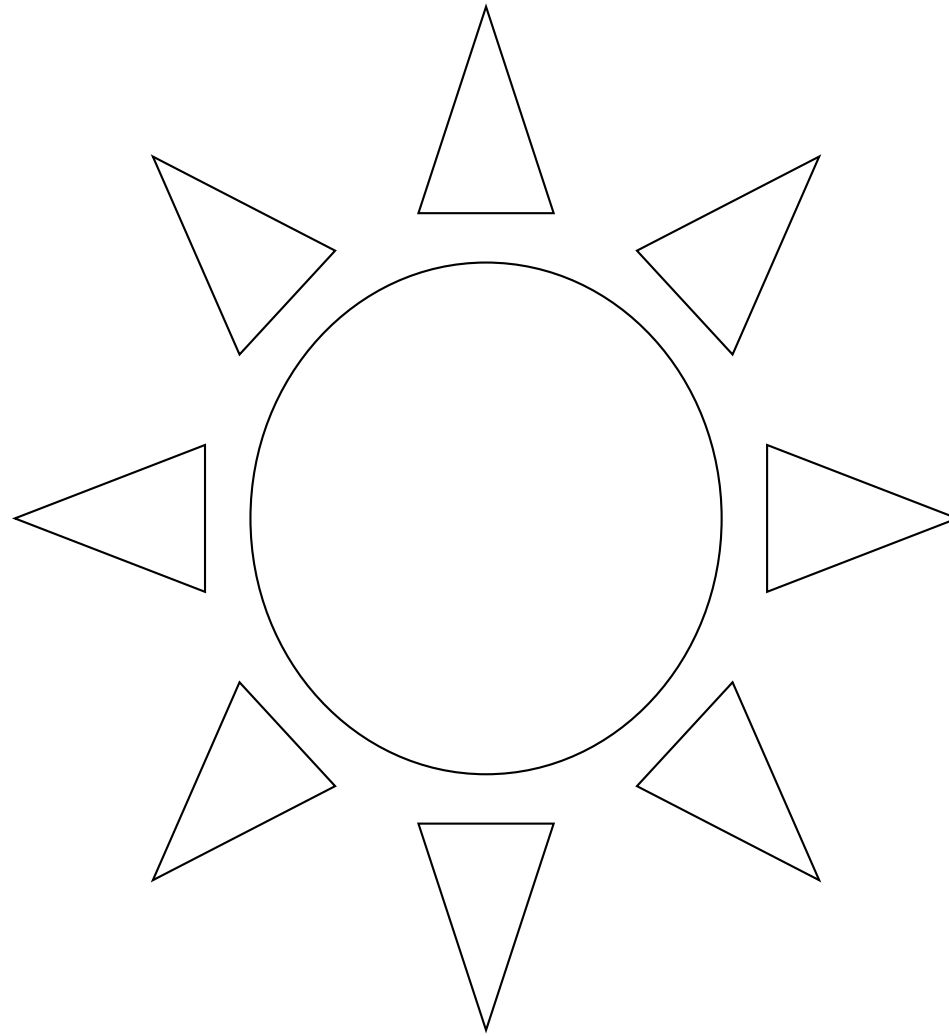
Amen



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Watching Our Minds at Work



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What is Dhyana/meditation?

- **SILENCE** – going within to know our true SELF
- Going beyond **mind** and body consciousness
- **Connecting** to the Real Self/ divine/Atma
- **Listening** to the voice of Conscience
- **Introspection**-self reflection
- **Training the mind-managing emotions**
- Curb the **vasnas**
- **Healing**- cleansing clearing



Purpose of life

Fully experiencing
the nature of THE
REAL SELF:

Sat-chit-ananda.

Existence – we are
eternal

Consciousness –
absolute knowledge

Bliss- absolute joy,
happiness, LOVE.

Here is Your Assignment ...

- 1 You Will Receive A Body.**
You may like it or not, but it will be yours for the entire period this time around.
- 2 You Will Learn Lessons.**
You are enrolled in a full-time, informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
- 3 There Are No Mistakes, Only Lessons.**
Growth is a process of trial and error, experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".
- 4 A Lesson Is Repeated Until It Is Learned.**
A lesson will be presented to you in various forms until you have learned it, then you can go on to the next lesson.
- 5 Learning Lessons Does Not End.**
There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
- 6 "There" Is No Better Than "Here".**
When your "there" has become "here", you will simply obtain another "there" that will, again, look better than "here".
- 7 Others Are Merely Mirrors Of You.**
You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
- 8 What You Make Of Your Life Is Up To You.**
You have all the tools and resources you need, what you do with them is up to you. The choice is yours.
- 9 The Answers Lie Inside You.**
The answers to life's questions lie inside you. All you need to do is look, listen, and trust.
- 10 Whether You Think You Can Or Can't,
In Either Case You'll Be Right.**

Think about it.

Author Unknown.

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Real meditation is getting absorbed in God, think God, breathe God, love God and live God. ..The knowledge of the eternal Absolute is the Real knowledge. That is acquired by Meditation (*Dhyana*). Baba

Meditation is BEING divine at every integrated moment

PASSIVE MEDITATION---→ACTIVE MEDITATION



Meditation is Silence

(October 1, 2006 Prof. Anil Kumar. Significance of Omkara)

Silence is the language, sound of Divinity. From silence arouse OM sound from that creation began. The Universe is a bundle of divine thoughts. Silence helps us to self-evaluate/review

Ramana Maharishi, *“all our goals on the spiritual path are related to withdrawing the mind.”*

When the mind is withdrawn there is no individual just Divinity.

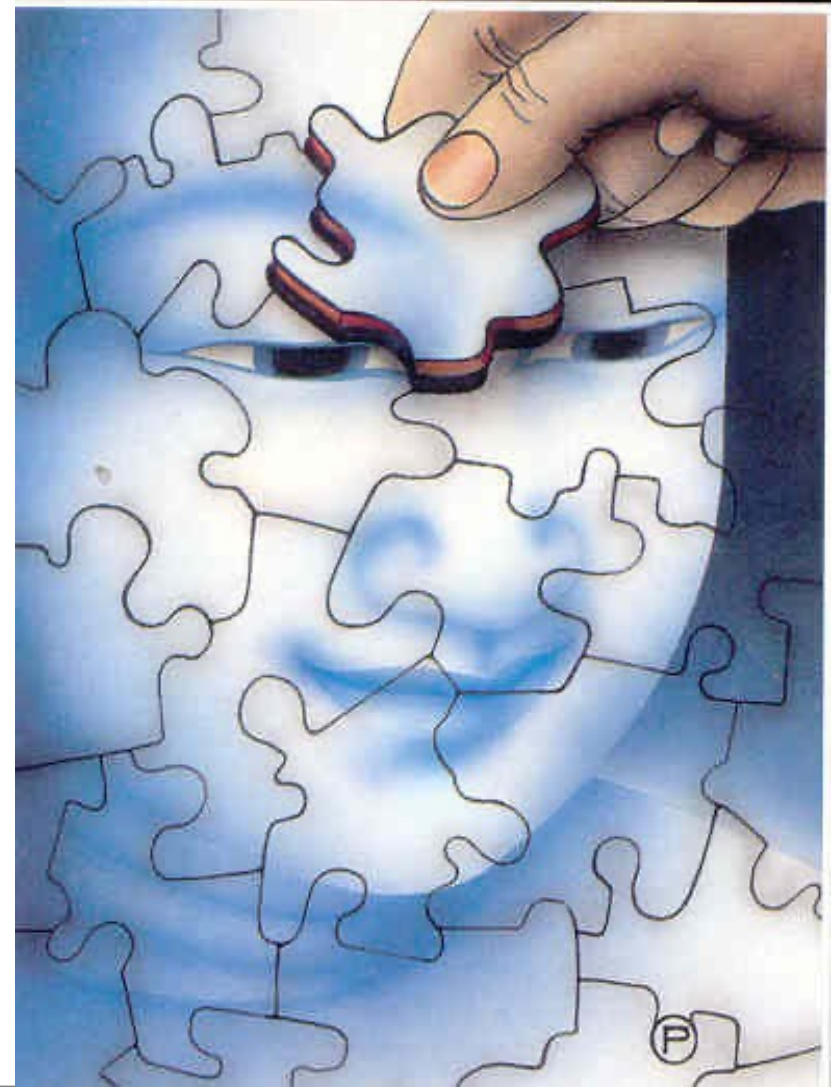
The intentional withdrawal of the mind in the waking state is called meditation.

Purpose of meditation- **TRAINING THE MIND**

The mind can be used as a bridge to lead one from the manifest to the unmanifest, from the individual to the universal. Cleanse the mind and mould it into an instrument for loving thoughts and expansive ideas...This is the highest *sadhana* (spiritual discipline)

- **BABA**

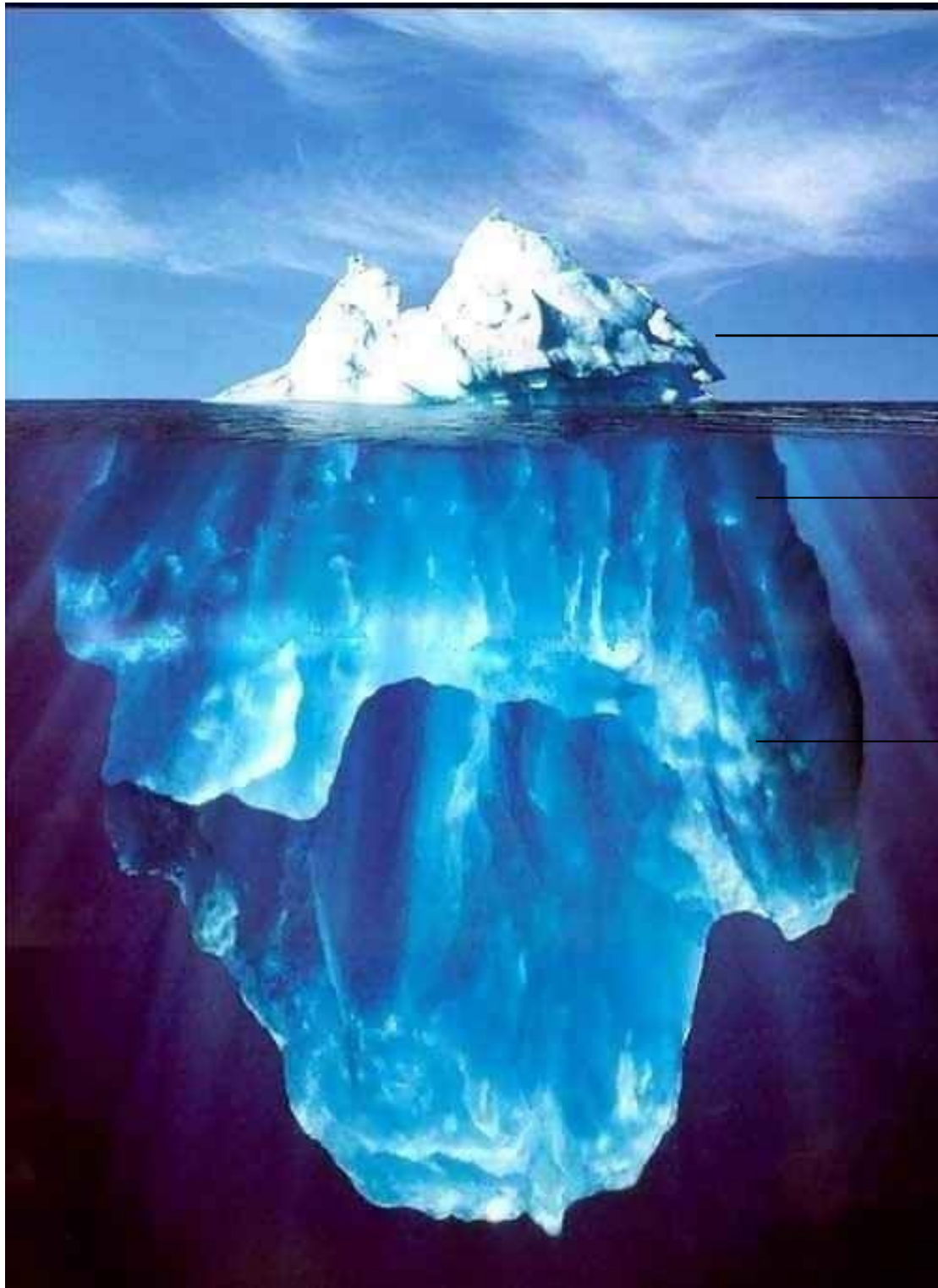
**How do we cleanse the
mind? Training through
MEDITATION**



The Human Mind

- Intricate
- Complex
- Mysterious
- Erratic
- **Powerful**





→ **Conscious Mind**

→ **Sub-Conscious
Mind**

→ **Super-Conscious
Mind**



WHAT IS THE MIND?

When the mind is engaged in wavering thought processes it is called ***manas***. When it is busy in the process of enquiry and discrimination between right and wrong it is called ***Buddhi***-intellect. When it functions as a repository of memories it is known as ***Chitta***. When it identifies itself with the physical body assuming the doership for various activities, it goes by the name of ***Ahamkara***- ego. The mind although one assumes different roles... the whole cosmos is nothing but a projection of the mind.

Baba, Summer Showers in Brindavan, 1990



States of mind – Vedanta

Tattva-Bodhah Sri Adi Sankaracarya

- **Autism** – no patience nor intelligence for contemplation
- **Stupefaction** –obsession with a matter connected to senses
- **Restlessness**- calm and disturbed (many agitated thoughts)
- **Suppression** – devoid of thought but bottling of emotions
- **One-pointedness** – many to one thought, this leads to true yogic bliss

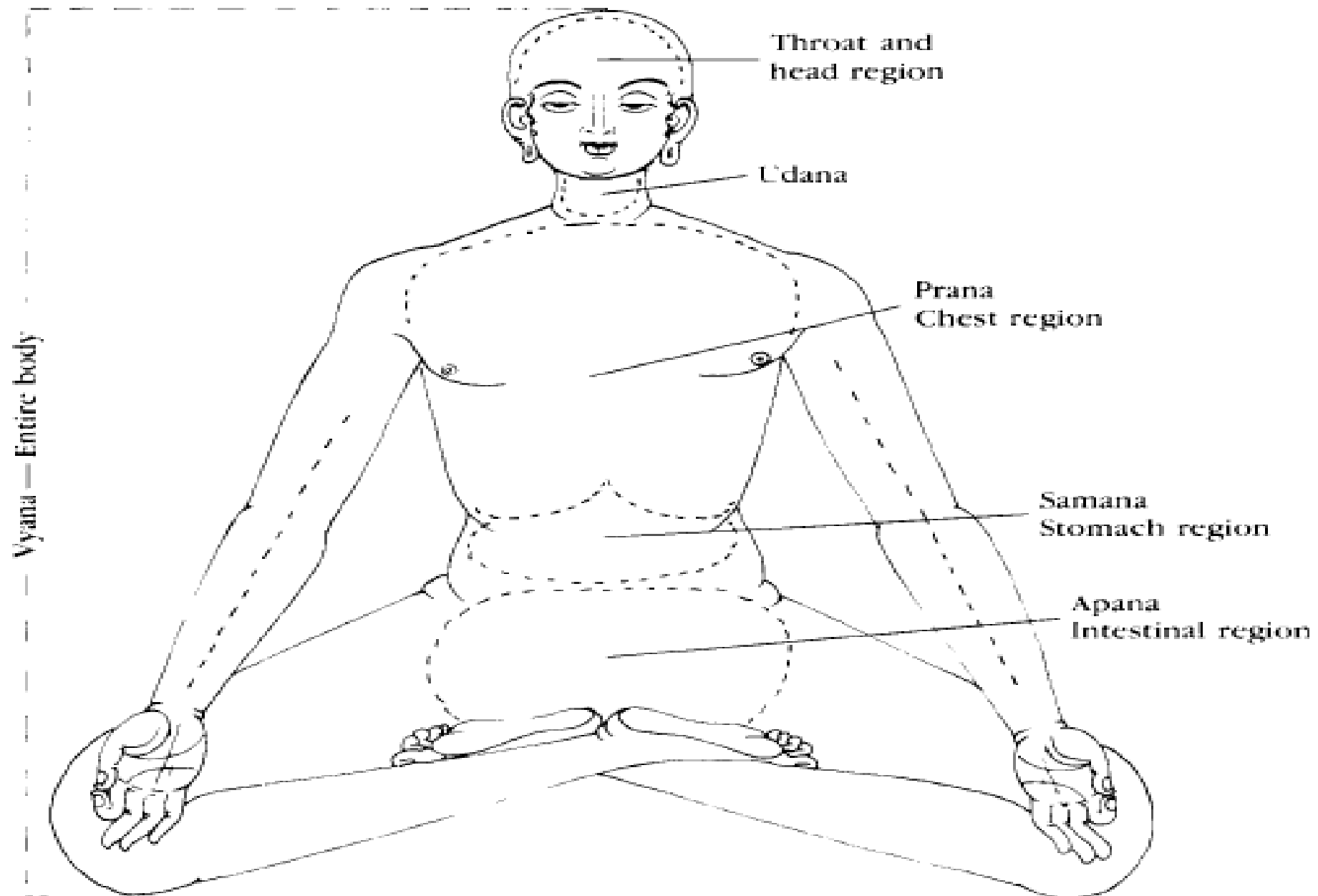


Mind functions in 3 states of consciousness:

- Waking consciousness –we work in co-ordination of the upper and lower brain and twin hemispheres.
- Dream- dominated by subconscious mind, lower brain
- Deep sleep –mental fluctuations suppressed.
- Unconscious consciousness or meditation: no mind but still alert and complete consciousness



Vehicle of mind – Prana– regulate breath to stop mind



Pranas in the body

THOUGHTS

What?

Bundle of energy, survive
after physical death

Create with thoughts

Language of pictures

**Types: Past, present,
future**

Sensory, associated,
Divine (spiritual)

Positive and negative

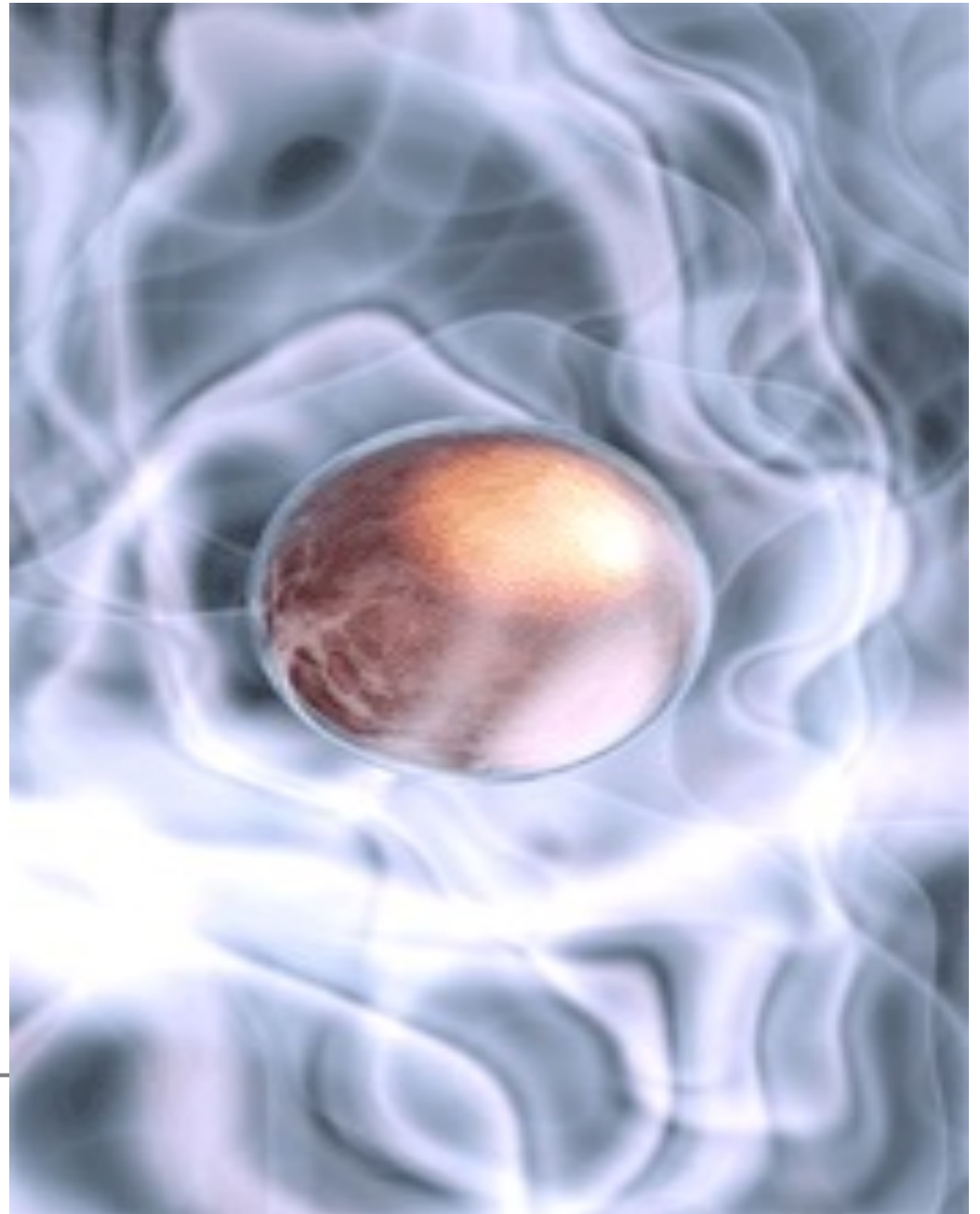


THOUGHTS ARE VIBRATIONS

Our entire universe is a vibrating mass of atoms and subatomic particles.

Thoughts, WORDS, LIGHT AND SOUND are vibrations.

By learning to become consciously aware and controlling thoughts and emotions we become Creators attracting only that which is good for ourselves and others.



Power of thoughts/words on water

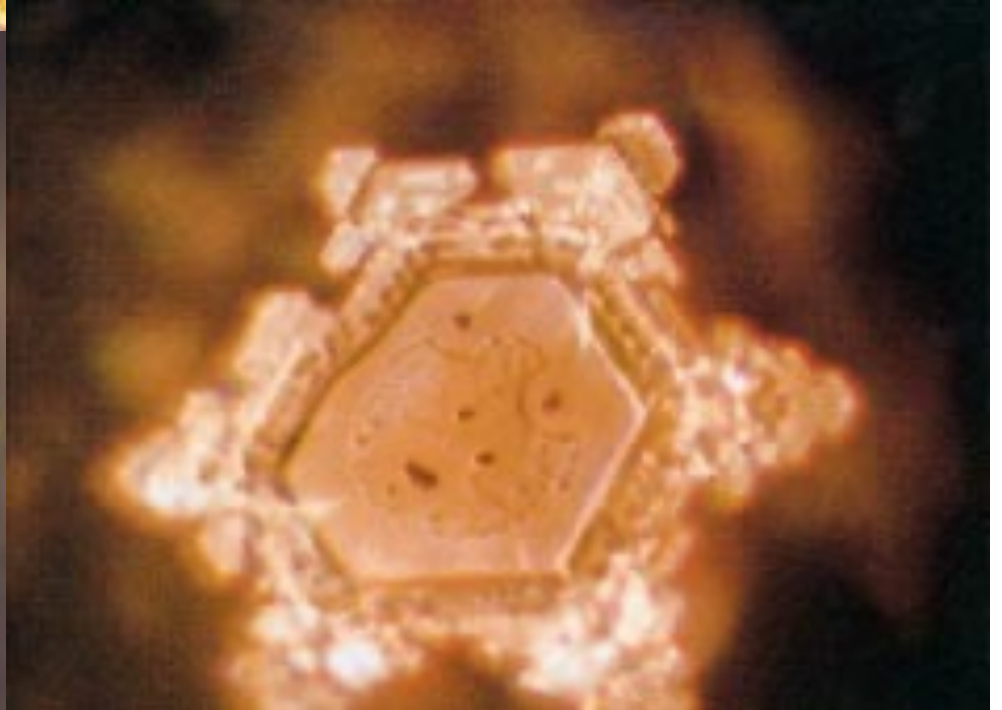
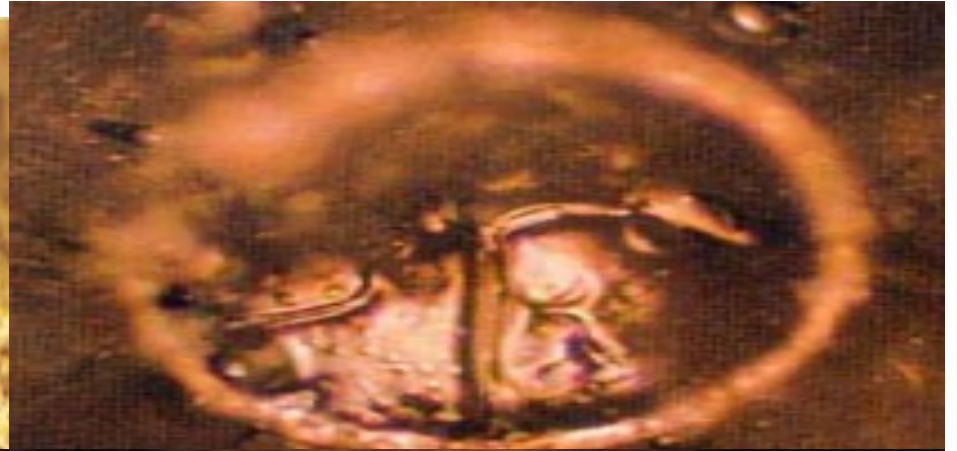
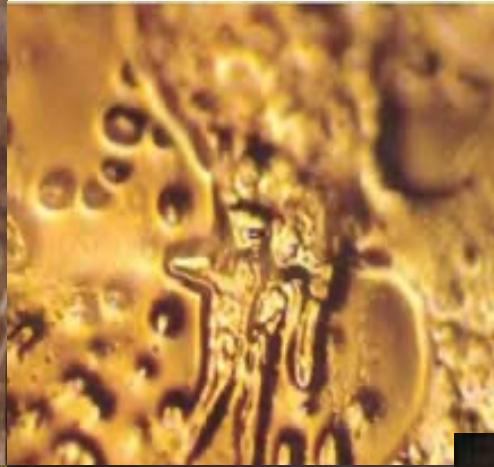
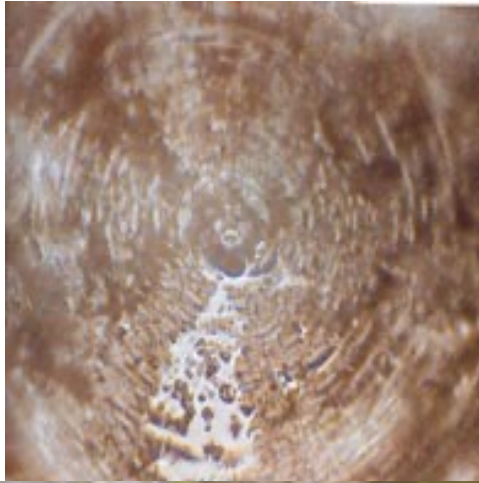


Masaru Emoto experiments using water from various locations and by speaking to the water samples, and then freezing it, and then examining the water crystals. He is proving that there is power in our words and in our thoughts, which are all composed of various human vibrations.



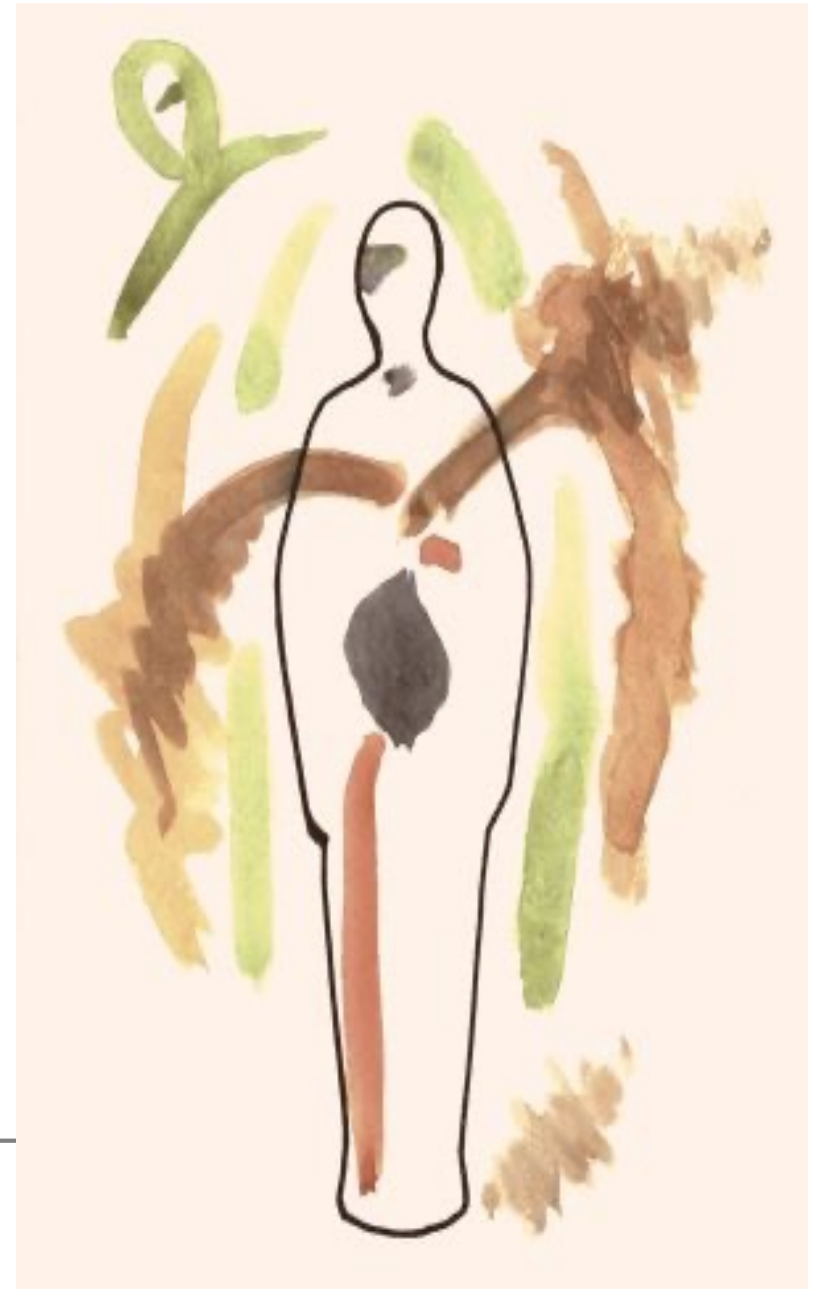
Thought vibrations on water

- 1) Heavy mental
- 2) You make me sick
- 3) Hitler
- 4) Thank you
- 5) love and appreciation
- 6) Mother Teresa



All thoughts **reflect, react, resound...**

Every atom, every molecule, tells the story of itself, its pattern, it's purpose, through the **vibrations** which emanate from it. As the souls of individuals travel through the realms of being they shift and change their patterns as they use or abuse the opportunities presented to them. Thus at any time, in any world, a soul will give off through vibrations the story of itself and the condition in which it now exists. EDGAR CASEY



THOUGHTS ARE VIBRATIONS

The sounds that we produce, with good intent or bad, spread throughout the air around us. The pollution in the atmosphere is imbibed by the plants, the plants supply the grain, the grain is the basis of the meal. When the environment is clean and free from evil vibrations, the food too is pure.... It is to ensure such an atmosphere that this *sadhana* (spiritual effort) initiated the world over." (Excerpts from: Sathya Sai Baba. SSS. Vol. 13, Chapter 37).

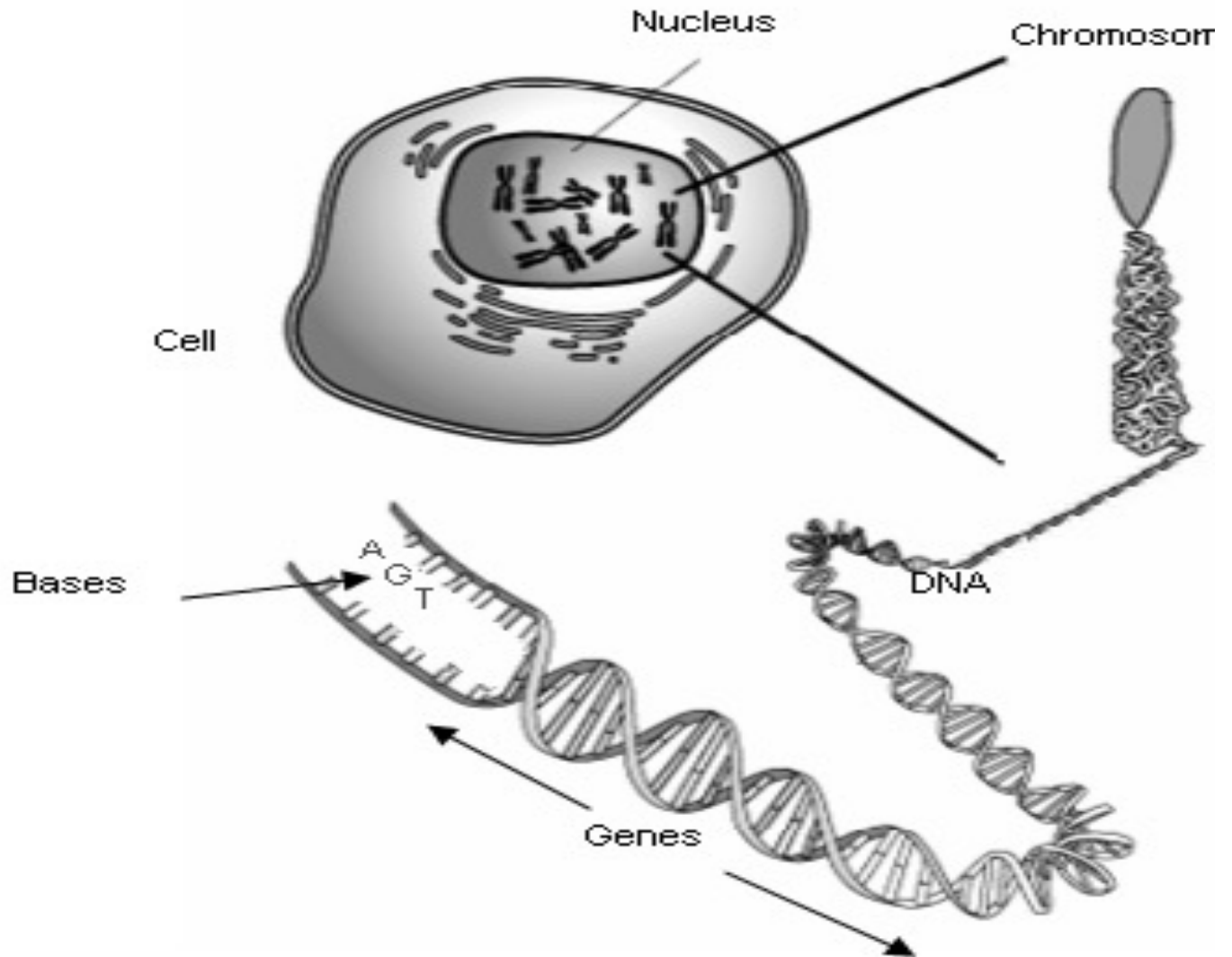


THOUGHTS CREATE BELIEFS

BELIEF CREATES BIOLOGY

Negative thoughts including self criticism is a vibration that comes back to our cells in a stronger form. Thoughts travel 10000 times faster than light.

***Therefore
think before
you think
Baba***



WHY SHOULD THE MIND BE MANAGED?

Anil Kumar Kamaraju 2004 -

MIND

Centre of desire

Dual- separate, diversified

Creates negative emotions

Always impulsive and for the
convenience of the body

Full of vagaries, choices,
preferences

Always in haste, hurry

The mind is
conditioned/programmed.

The mind is prejudiced, biased
selfish.



TYPES OF THOUGHTS

Past:

associated thoughts, tapping
subconscious mind (memory)

Future:

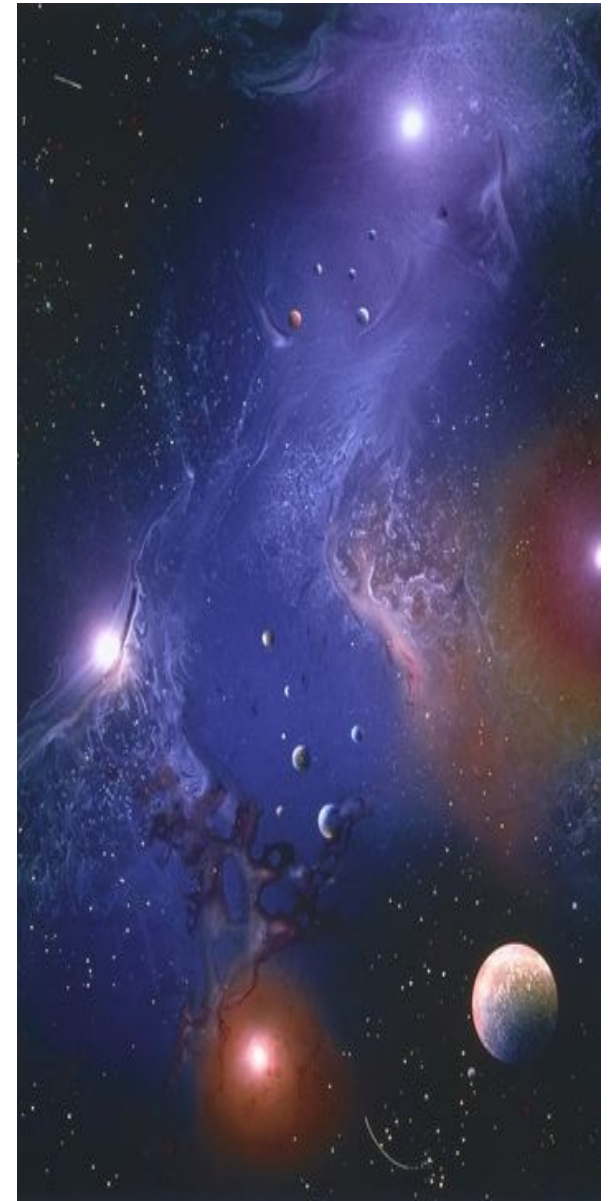
associated thoughts
(planning involves past experience)

Present (NOW):

- 1) Sensory thoughts (subjective, perception, experience),
- 2) Divine Thoughts (realization of the TRUTH, experience of soul/ *atma*)

BEING BEYOND THE MIND AND BODY
(NO THOUGHTS – NO MIND, NO BODY
CONSCIOUSNESS)

MERGING WITH DIVINITY IS MEDITATION



MANTRAS AND JAPAM

We need to undertake *saadhanas* (spiritual practices) to overcome worldly distractions. The *saadhanas* include **meditation**, concentration and performance of good deeds for achieving **purity of mind**.

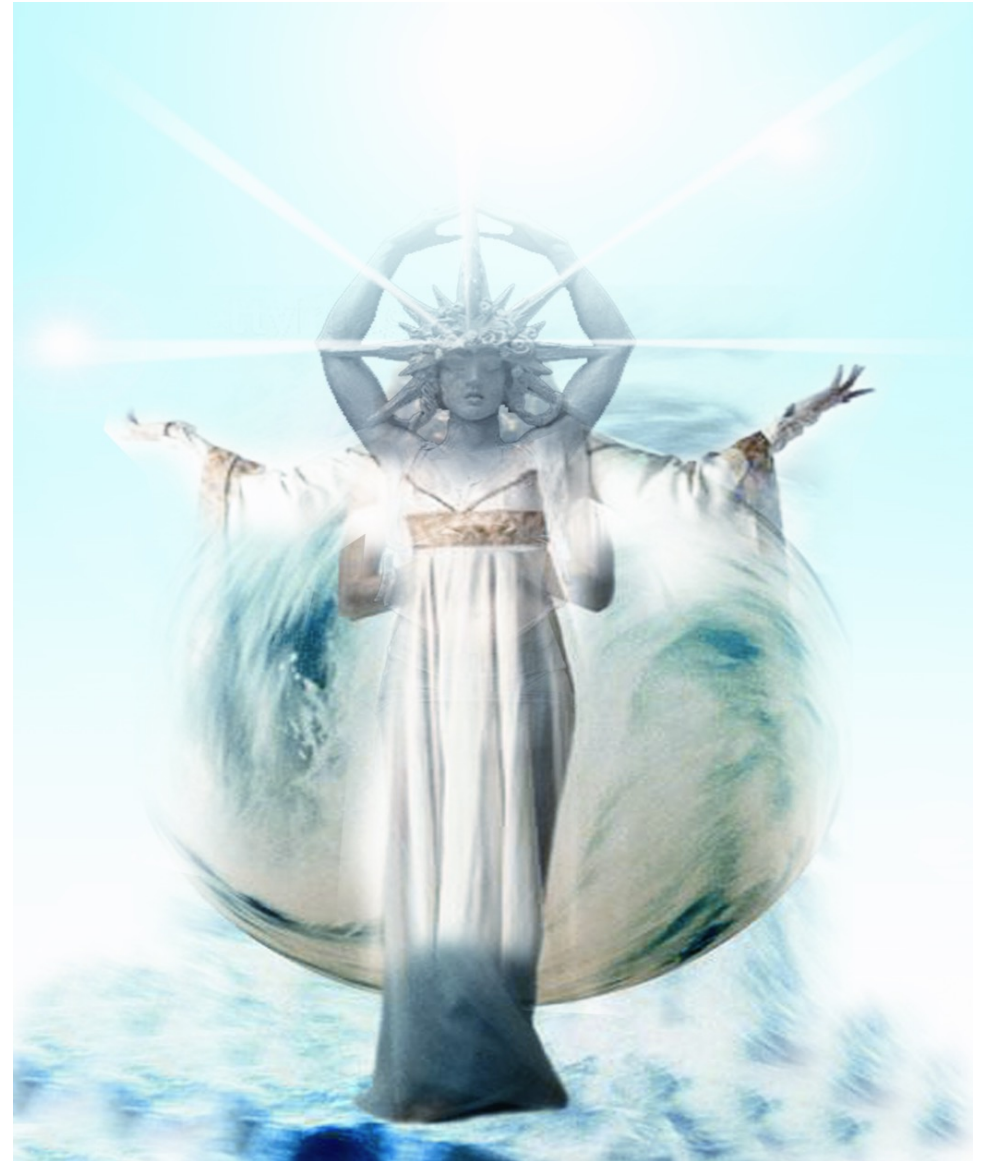
Ma means *manana* (ruminating) *Shra* means saving so *manthra* will save you if you meditate on it... When the sadhaka with a purified consciousness dwells on the manthra and its meaning and resolves its significance in his mind without break he shares in the splendour of divinity.



How can we master the mind?

- By systematic practice (powerful intention, discipline and **consistent** and **persistently** investing energy)
- By relentless inquiry developing a process/ plan
- Putting constant energy into meditation
- By detachment to the *maya of the physical*

There is no task that cannot be accomplished by steady practice.
Baba, GV pg.101



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ENERGY

- **LIGHT** travels faster than sound.. 1,86,284 miles per second
- **THOUGHT** travels faster than light...
- **DIVINE ENERGY** travels even faster than thought

OM is the bow, the Atma (individual divine essence) is the arrow;

Brahman (divinity), they say, is the target, to be pierced by concentration; thus one becomes united with Brahman as an arrow with the target.

(Mund Upanishad II, 2, 3)."

Divinity (Brahman) does not have form – He is in the atoms, five elements

It is because of the coming together of the atoms that we find the five elements, human beings, various objects and activities in this world. The atoms are all pervasive. The world is composed of atoms and nothing else. Brahman does not have a specific form. Brahman is subtler than the subtlest, vaster than the vastest. He is the eternal witness and pervades the entire universe in the form of atoms.

Excerpts from: Sri Bhagawan Sathya Sai Baba. The Divine Discourse: "Atom - The Subtlest Form Of Divinity" 23 October 2001, Prasanthi Nilayam).

Barriers to meditation

- Emotional disturbances-
- Physical discomforts
- illness
- Irregularities in *prana*
- Outside distractions

:

The inextricable connection between the phenomenal world outside and the world of consciousness inside eludes the understanding of ordinary people. Immersed in the desires of enjoying worldly pleasures, they do not attempt to discover the boundless joy that can be derived from the inner spirit. This is because all the sense organs are open only to the experiences from the outside. Only a few develop the inner vision and enjoy the spiritual bliss within.

Baba

STAGES TO MEDITATION

There are 3 stages related to the mind in meditation

1. Multiple thought processes (*anekgratha*)
2. Emptiness (*shoonyathwa*)
3. Concentration to One pointedness (*ekagratha*) and merging with God.

The three states arise from the 3 *gunas*

1. *Rajoguna* – provokes the mind to wander
2. *Tamoguna* – induces passivity
3. *Satwaguna* – stills the mind into onepointed contemplation to become Divine.

Only those who cultivate satwaguna can undertake meditation at ease.



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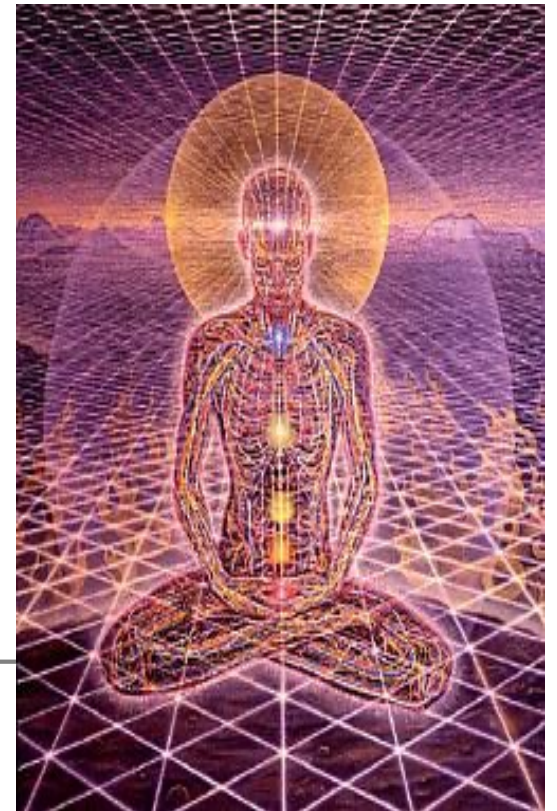
Baba



STAGES – BROKEN INTO STEPS

- Intention (divine will)
- Preparation- *pranayama*
- Connection to the divine form/word (*japa*)
- Letting go body consciousness/thoughts
- Focus and concentrate
- Move to one pointed ness
- No thoughts, no feelings, no body consciousness, complete

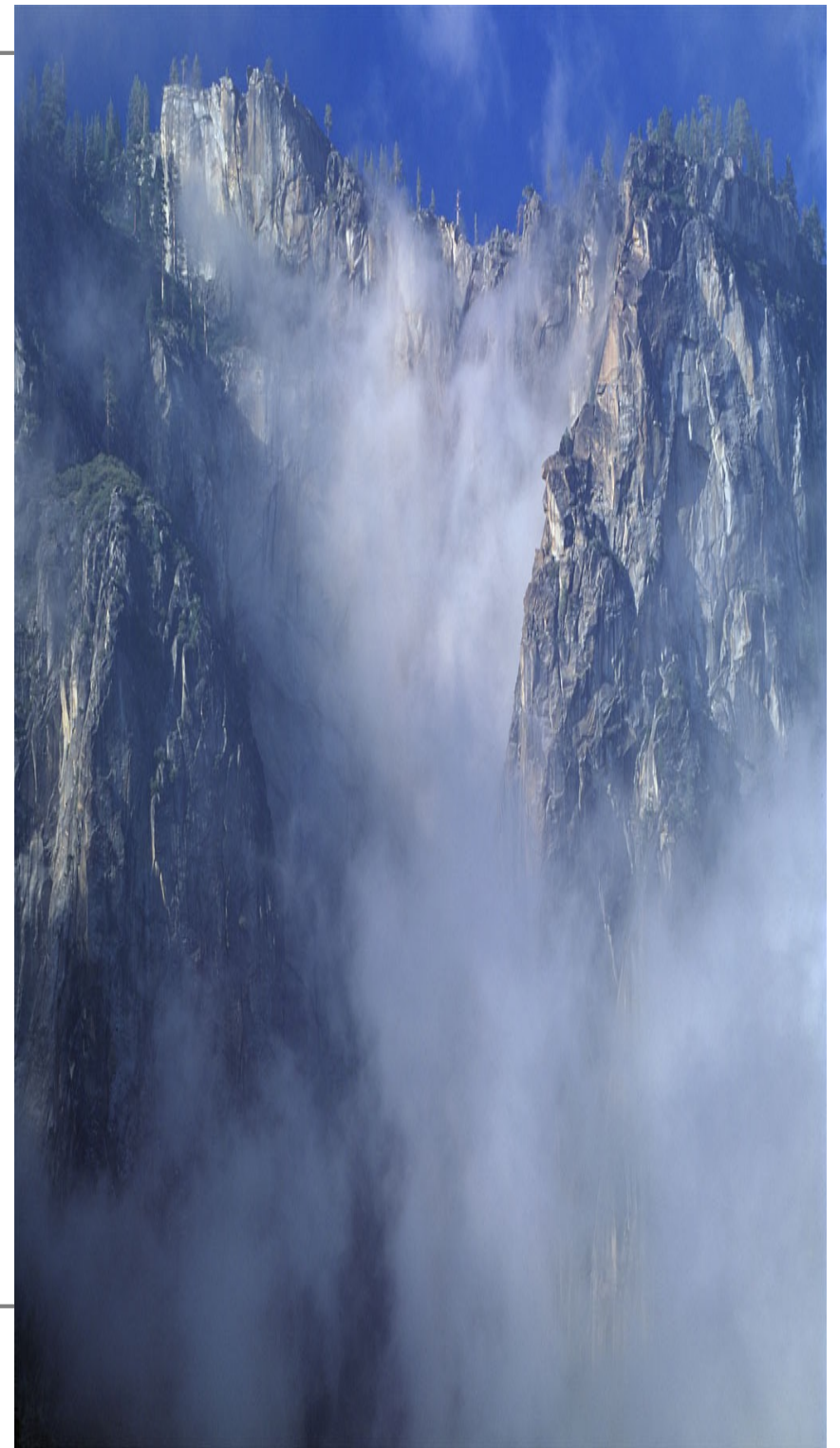
MERGER



Who are YOU?

Energy/Atma/Divine

- We are more than just our body, our minds and our emotions. We are energy: that is, we are part of Universal Energy.
- Energy is in everything.
- *Atma* is energy.
ATMA=VIBRATION,
SOUND, LIGHT, LIFE
FORCE, MIND,
CONSCIOUSNESS.



CREATION

- Divinity is, We are **Light/energy/silence**.
- The Universe began with the primal sound of the **OM: vibration**.



**God slept in the mineral kingdom,
He dreamed in the plant kingdom,
He awoke in the animal kingdom
and He realized Himself in the
human.** Sufi poet

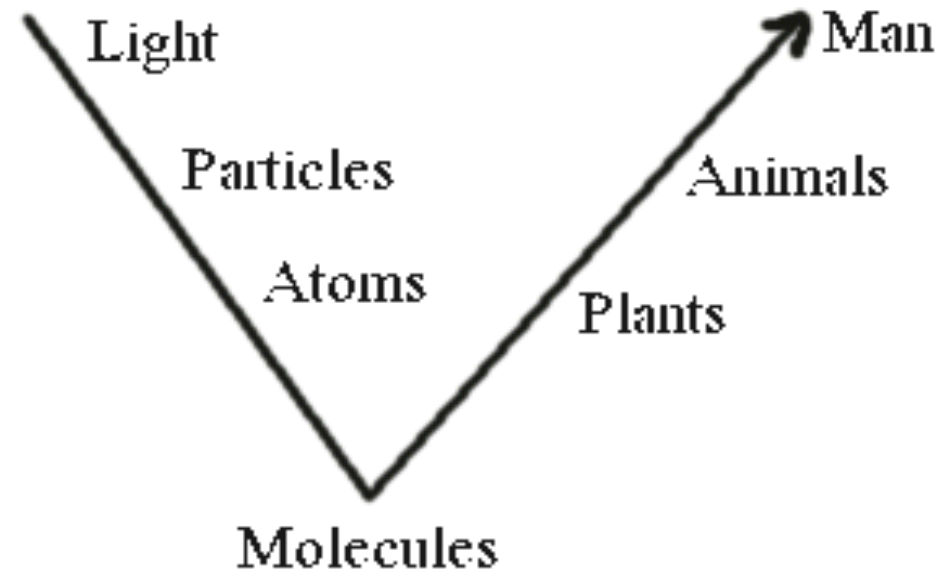


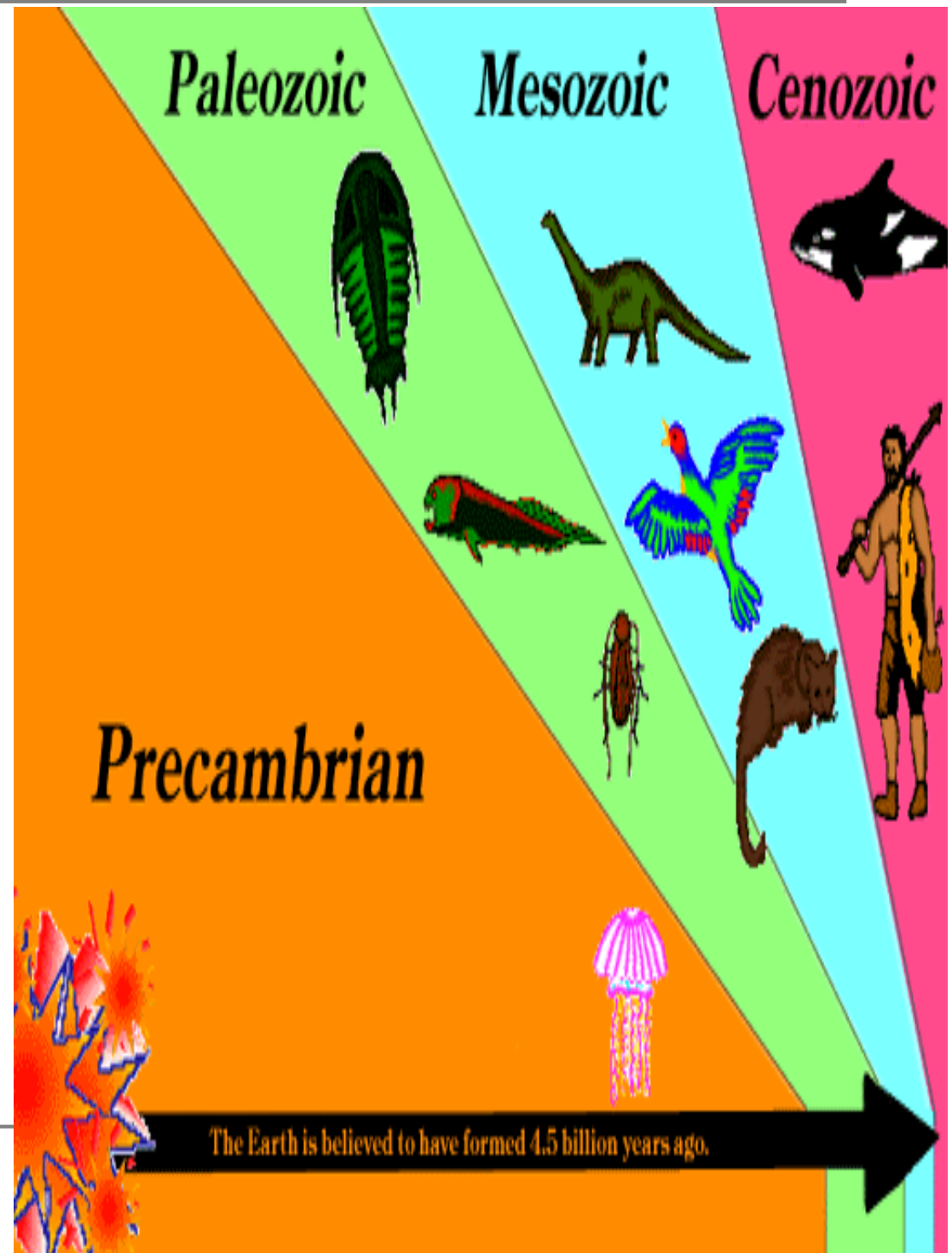
Figure 9. Process of Evolution

STAGES

All existence is
consciousness.

Matter is but the
condensation of
consciousness
into the particle
universe.

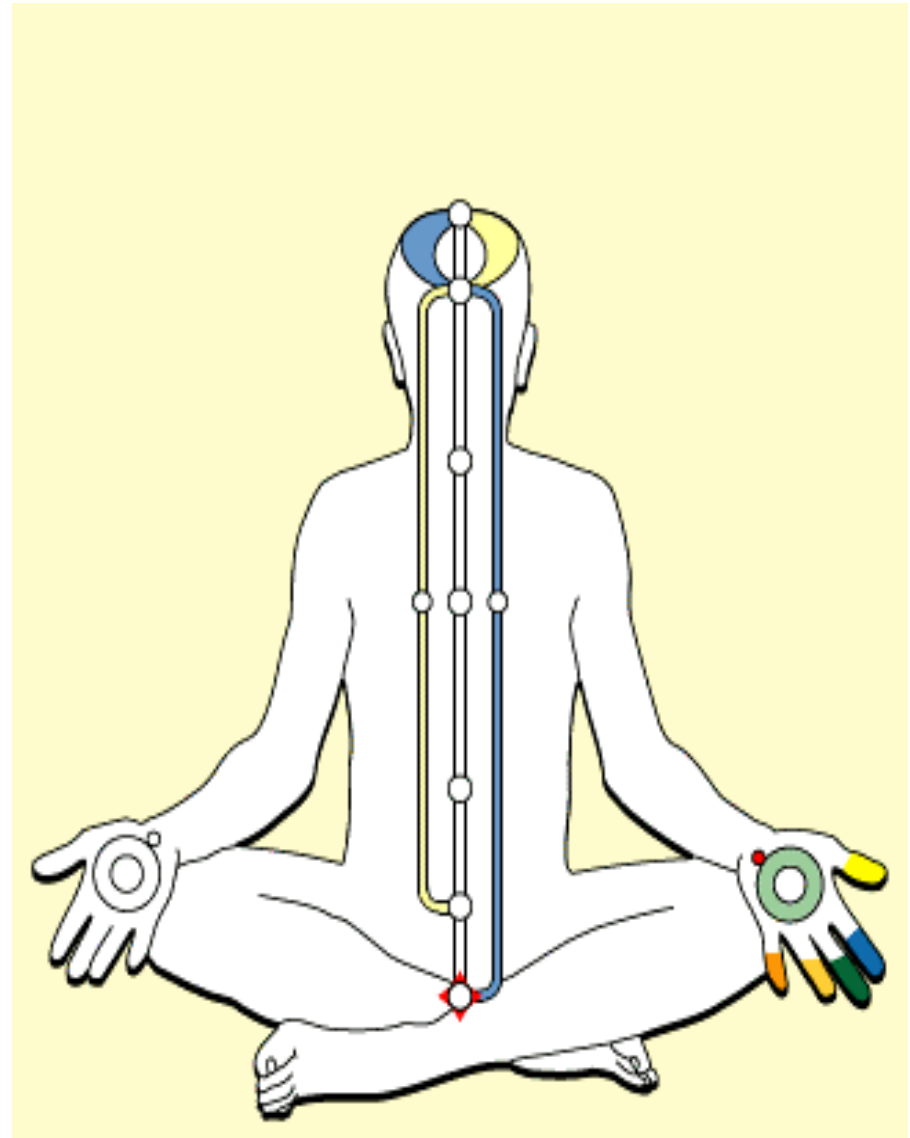
Evolution is not
simply individual;
it is collective.



We are consciousness of ALL THAT IS

If you will think of ourselves as coming out of the earth, rather than have been thrown in here from somewhere else, you see that we are the earth, we are the consciousness of the earth, (animals and **all creation**).

~Joseph Campbell



What is The Self?

Beyond the

- Gross body 5 elements 6 modifications
- Subtle body -5 senses, 5 pranas, mind, emotions, intellect, 17 constituents
- Casual body – it is the subtlest, no matter, seat of *vasanas*

Beyond 5 sheaths

Witness of 3 states of
Consciousness



5 elements prevailing in all

Elements undergo the process of grossification to form the gross world we perceive. A permutation and combination of these elements constitute the entire gross world that we perceive.

(Pruthvi) **Earth** –touch, vision, taste, (nose) smell, sound,

(Jala) **Water** – touch, vision, (tongue) taste, sound

(Agni) **Fire** –touch, (eyes) vision, sound,

(Vayu) **Air** – (skin) touch, sound,

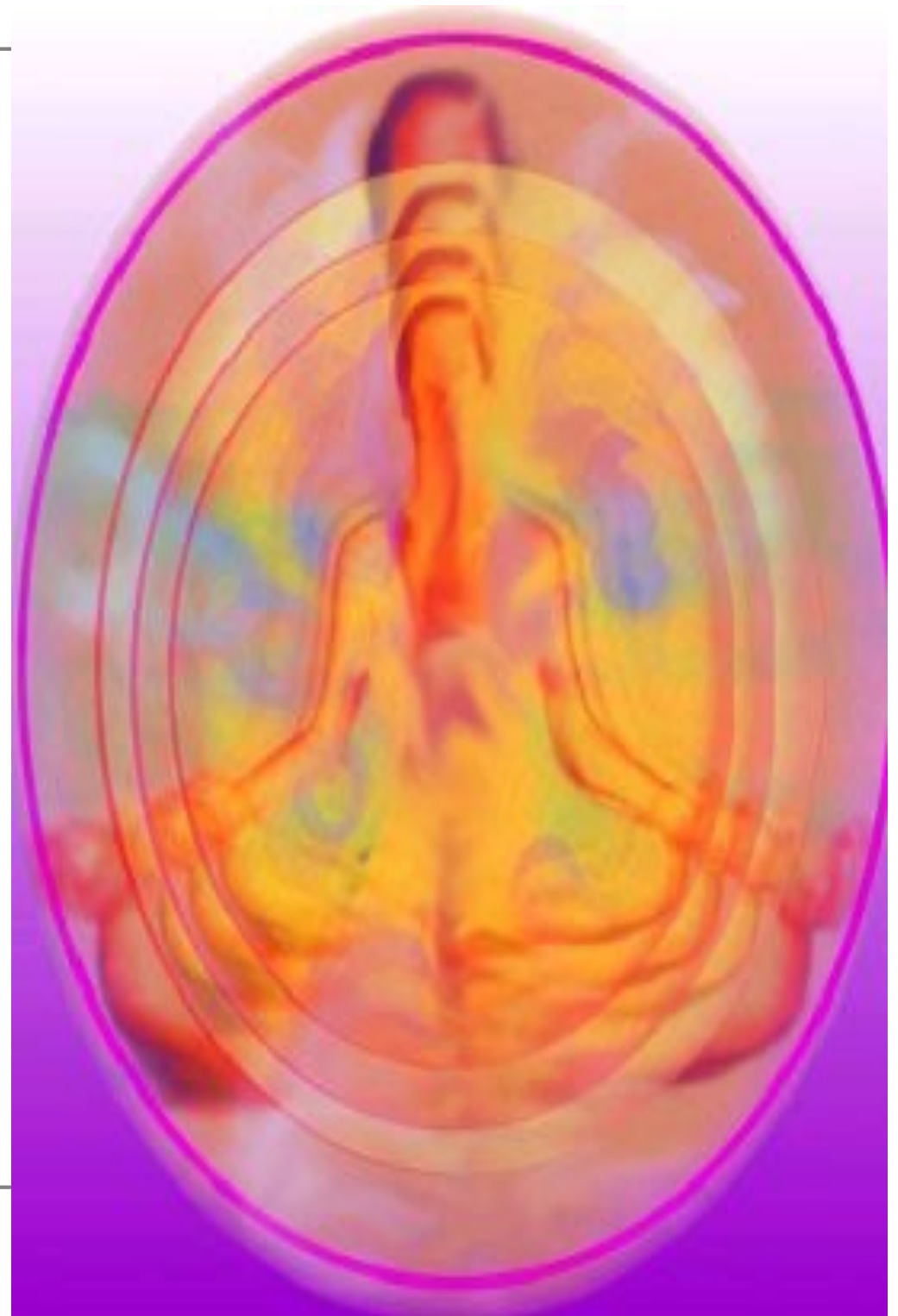
(Akash) **Ether** – (hearing) sound

Sound/vibration is common in all elements. Hence it is most important we focus on this – we can do this in **meditation**.



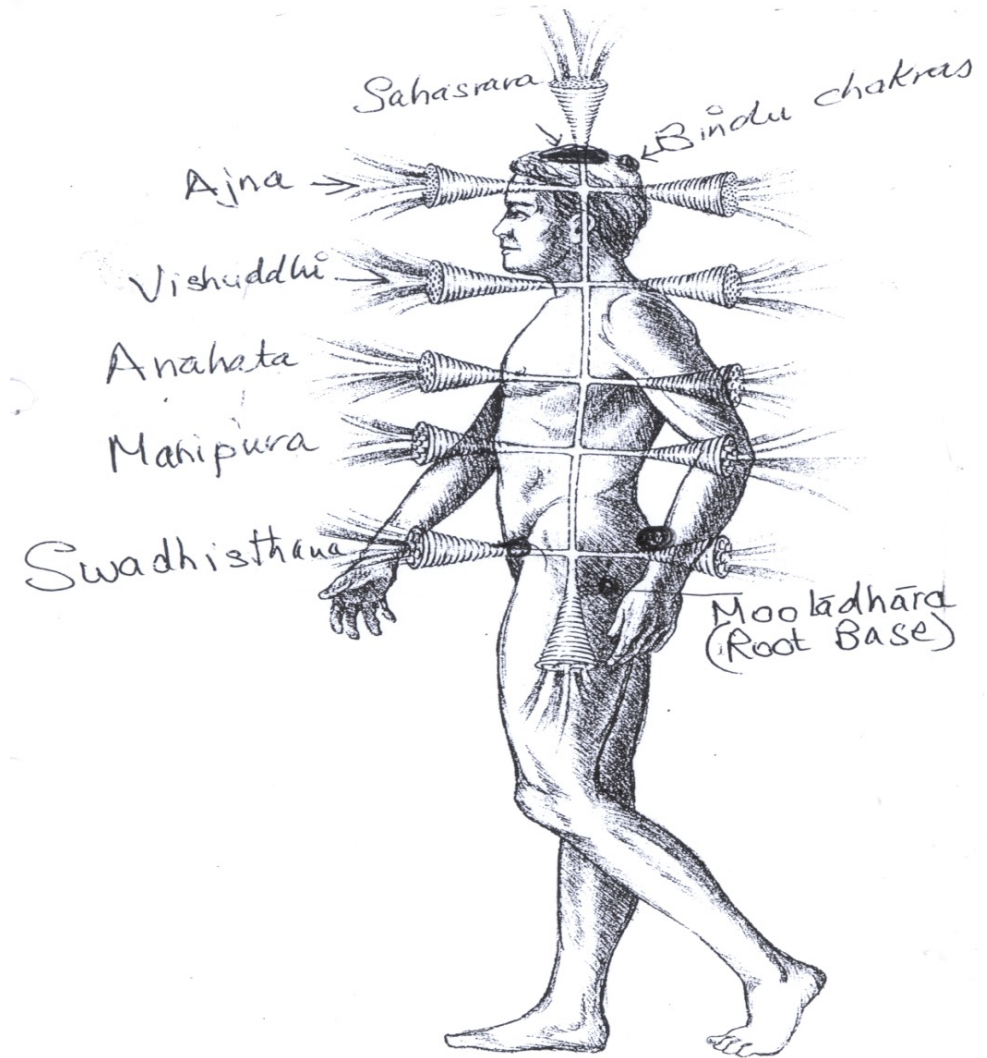
5 Sheaths (Kosas)

- **Food** : annamaya kosa
gross body
- **Vital air** : pranamaya
kosa subtle body
- **Mental**: manomaya
kosa, subtle body
- **Intellectual**: vijnamayah
Subtle body
- **Bliss**: anandamayah
kosa causal body

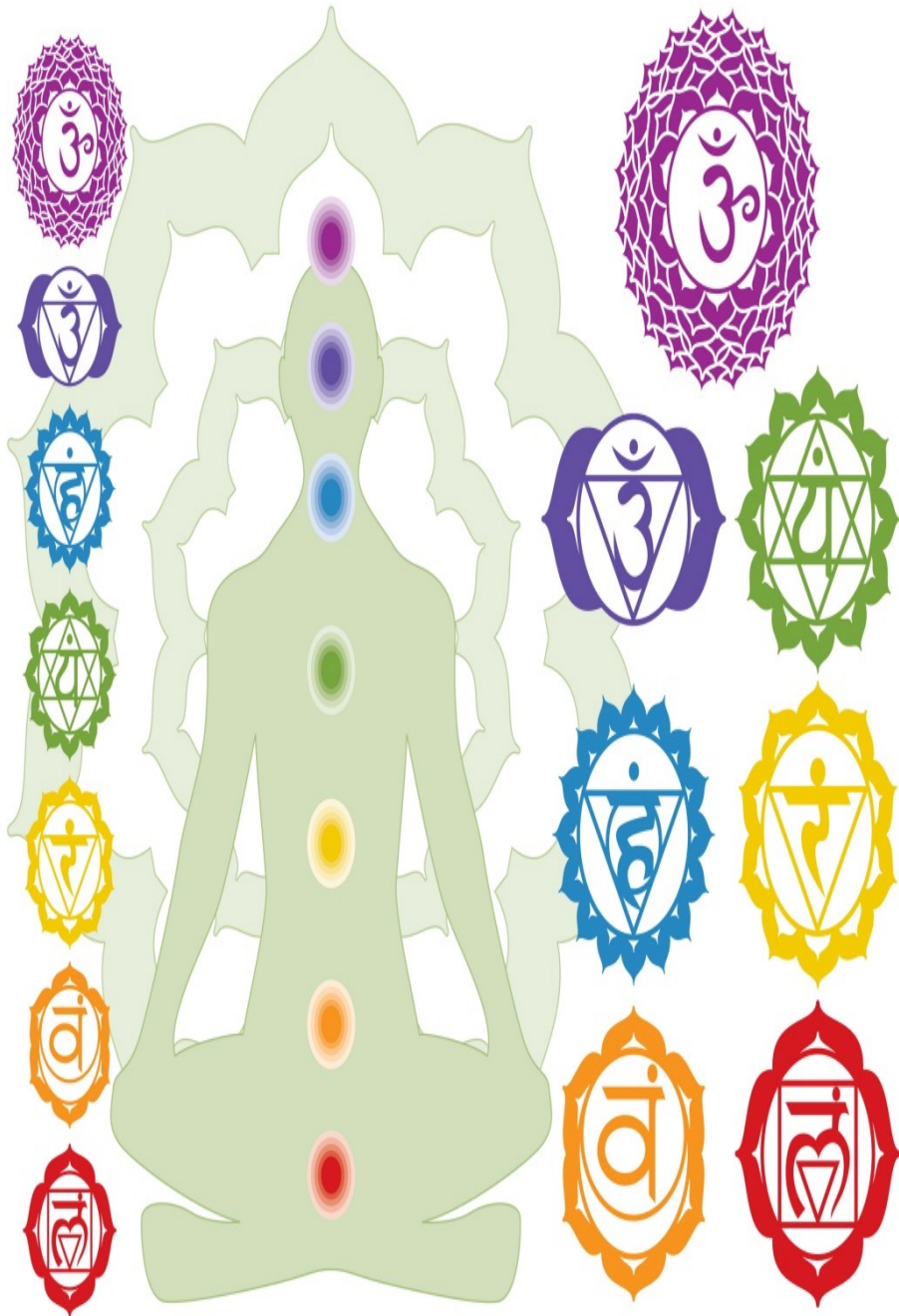


The energy system - chakras

- *Chakras* are wheels of energy that spin and produce electromagnetic fields.
- Our human auric or electromagnetic field is generated by the spinning of the *chakras*.
- We have seven main chakras.



Chakras



Crown Chakra(Sahasrara)

Third Eye(Ajna)

Throat(Vishuddha)

Heart Plexus(Anahata)

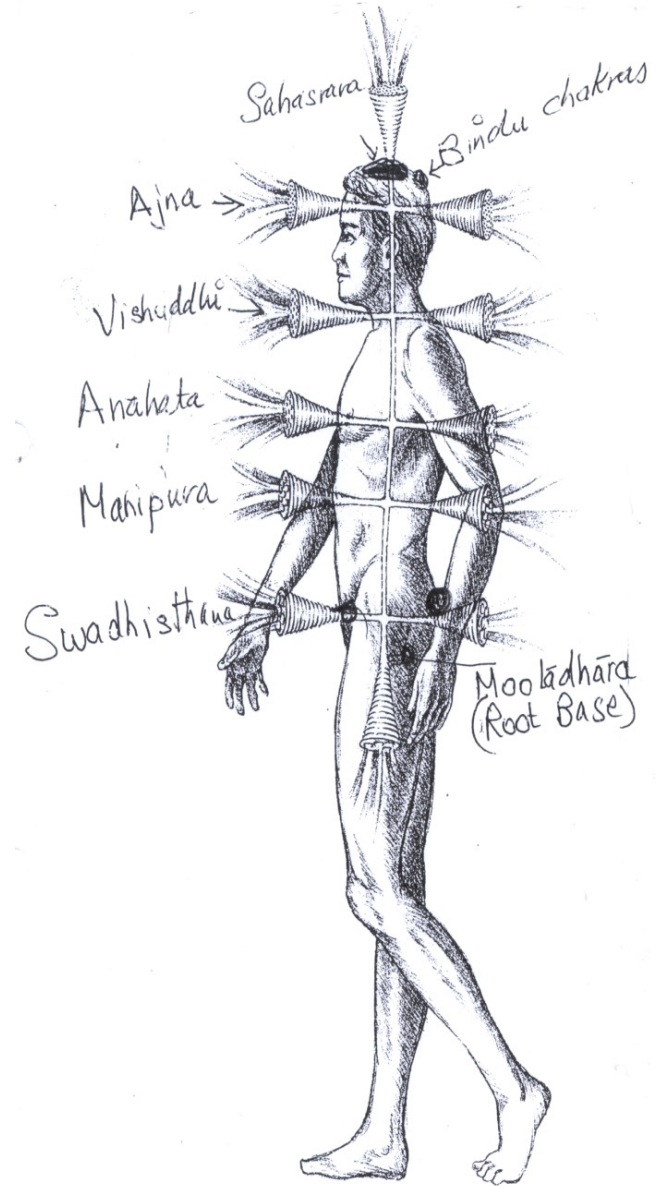
Solar Plexus(Manipura)

Sacral or Spleenic(Hara)

Root(Muladhara)

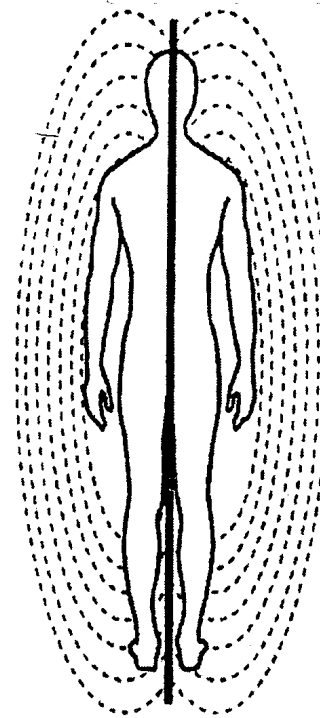
The Chakras...

- Our unique energy systems are affected by our thoughts and emotions.
- They are also affected by our spiritual practises and levels of awareness as well as by nutritional and environmental factors.



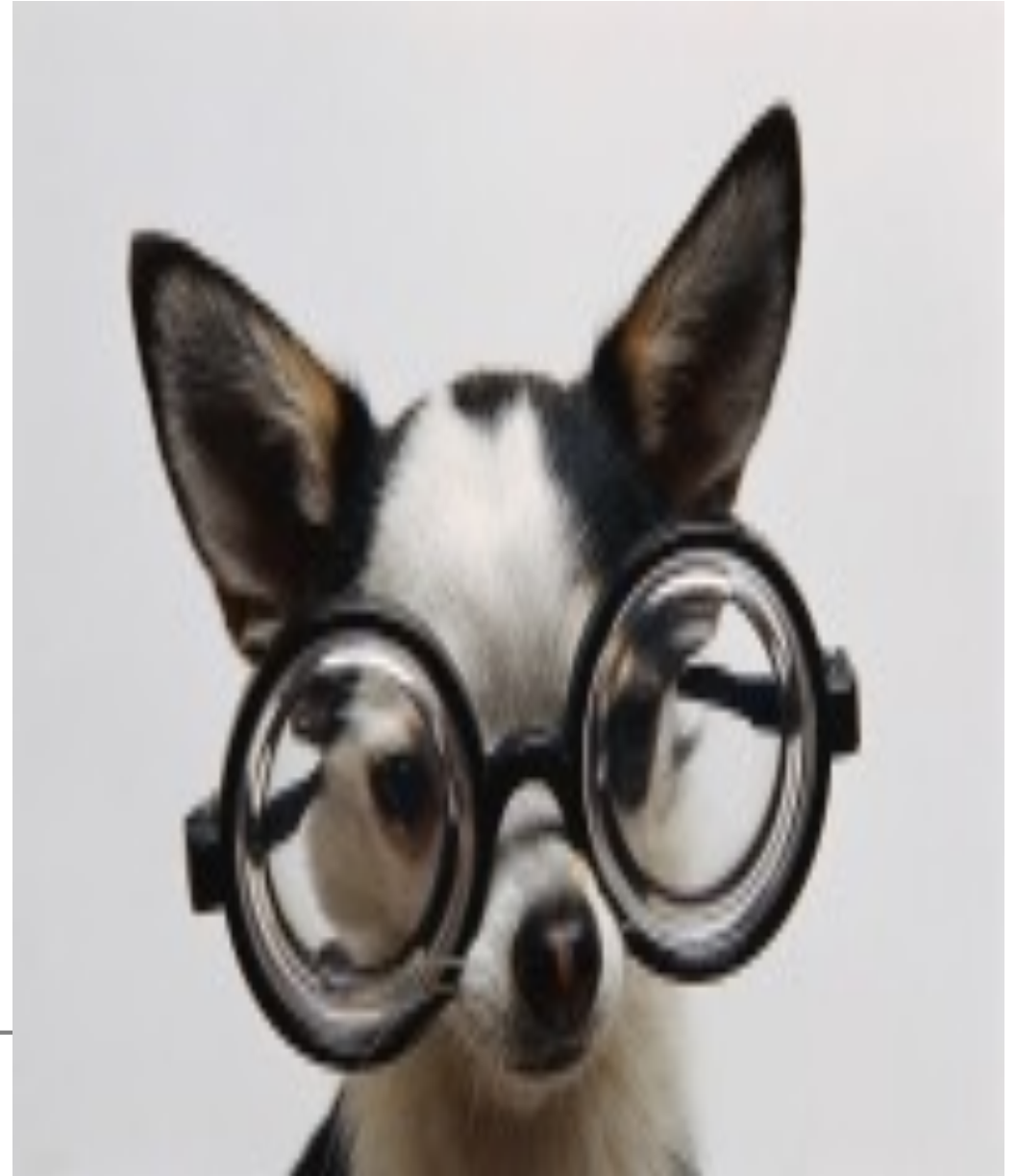
What is the function of the chakras?

- To vitalize and nourish our spiritual bodies and therefore our physical bodies.
- Illness in the physical body is caused by an imbalance of energy or a blocking of the flow of Universal energy through the *chakras*.
- Through our *chakras* we connect to our different layers of spiritual bodies and more importantly to the energy fields of all of God's creations.



ROADBLOCKS IN OUR ENERGY FIELDS...

**Judgment, criticizing,
ANGER, SADNESS
AND FEAR ordering,
moralizing,
threatening, avoiding
the other's concern,
excessive or
inappropriate
questioning, advising,
diverting, diminish
other's self esteem....**



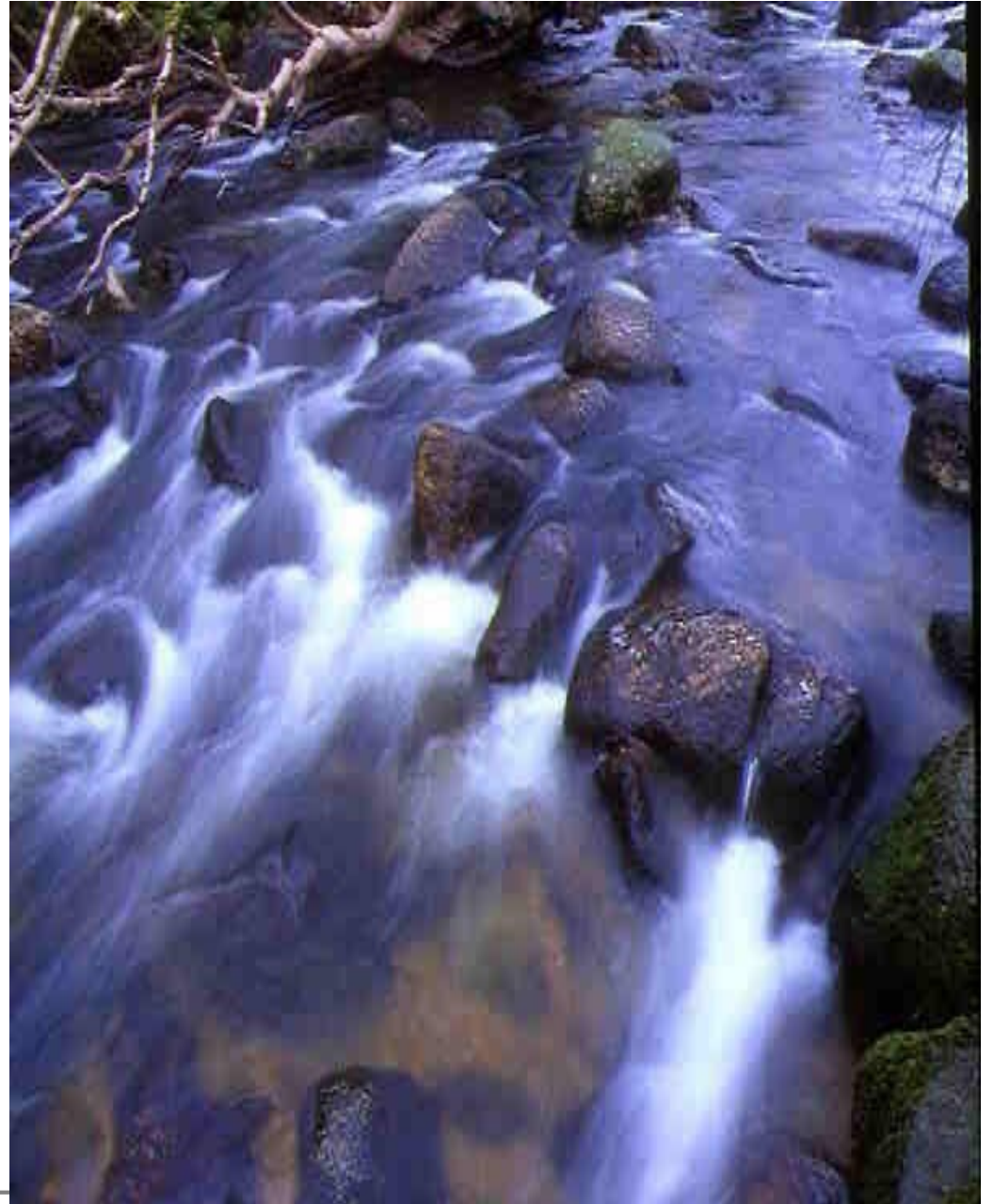
Vasnas

What?

One's desires arise from **tendencies (energy vibrations) accumulated from previous lives** termed as "*Vasnas*" in Sanskrit. Animal tendencies arise from our animal lives.

Types of Vasanas?

Connected with the body, the mind e.g. wealth and sex; though there are others, all are ultimately based on these.



Vasanas (Past life conditioning /tendencies) explained...

Our key desires and motivations are fixed by our evolutionary past. We continue to pursue chasing the positive feelings produced by popularity, self-esteem, sex, feelings of uniqueness, power, food, and social status. And we strive to avoid the negative feelings that go with experiences such as stress, guilt, depression, loneliness, hunger, and shame.

How do we destroy negative *vasnas*?

- 1) Divine grace:
learning lessons
- 2) Spiritual sadhana
- 3) Meditation

Meditation involves chanting (changing vibration of *vasnas*) and introspection which develops *buddhi* to curb the *vasnas* with divine **WILL.**



Meditation is a core practice that weakens the influence of *vasanas*...

Importantly, **meditation** **does not repress** or deny feelings and emotions. But the key is that they no longer ***dictate*** what we do and what our goals are. **They are still experienced, but they have no more command over our actions than do other sensations.**

John Stewart

Evolution's Arrow: the direction of evolution and the future of humanity

Sates of Consciousness

- **Wakeful state**: state of experience where self identifies with the gross body.
 - **Dream state**: impressions born of what is seen and heard in the waking state (present or past life) is projected in sleep.
 - **Deep sleep**: when one gives up identification with gross and subtle and identifies with the causal body. Absence of objects, emotions and thoughts.
 - **Meditation**: unconscious consciousness, no mind but still alert and complete consciousness
-

HOW DO WE GROW IN CONSCIOUSNESS THROUGH MEDITATION?

- In meditation you peel off the layers of the outer aspects of your Self (physical, mental, emotional) to expose your **true essence (*atma*)**.
- Meditation **stills the conscious** chattering mind (the *manas*).
- Attain purity of thoughts in life by training the mind to only **think positively**.
- Through meditation you learn to **manage the senses** and **limit desires and ego**.
- In silence you will contact the **super conscious mind**, which is your *Atma* by moving from the conscious through the sub-conscious.
- Turning inward, you will find that there is only one real energy – **LOVE/DIVINITY/UNIVERSAL CONSCIOUSNESS/GOD**



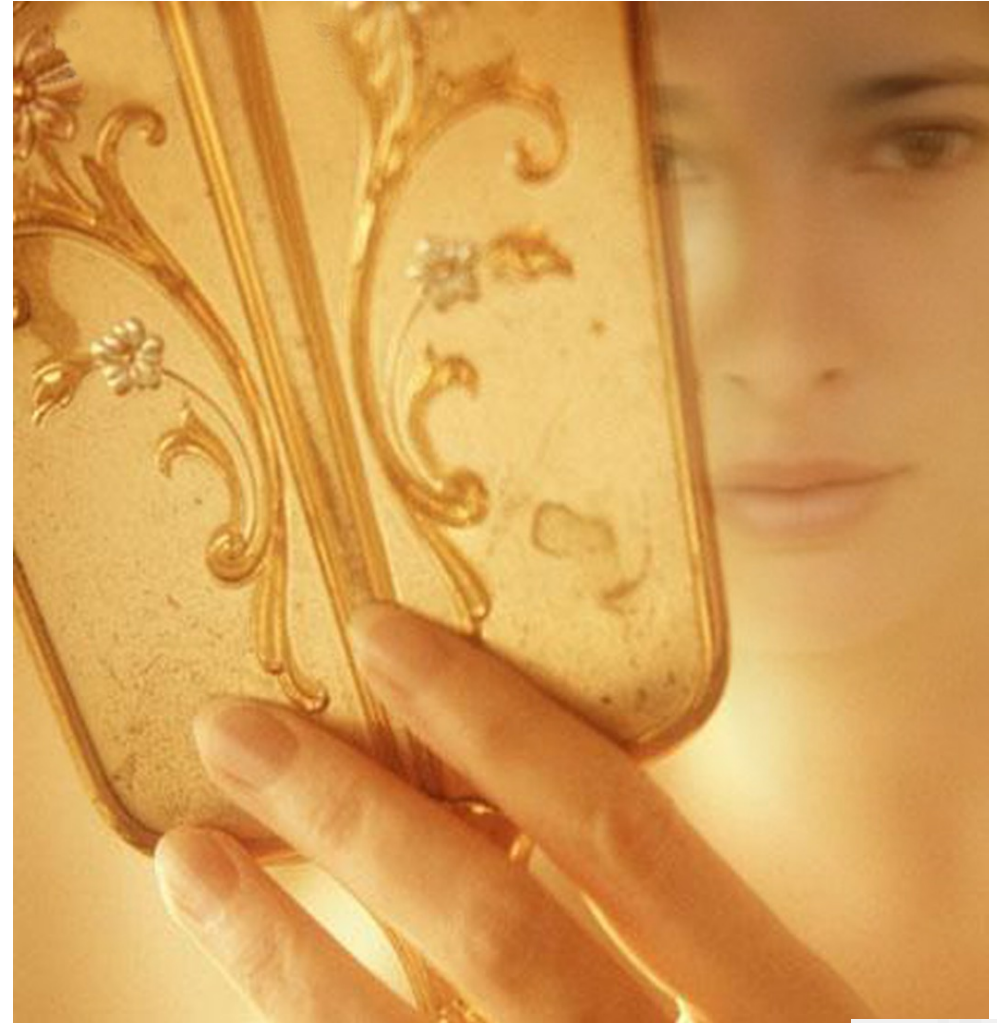
MEDITATION PRACTISES CURBS NEGATIVE EMOTIONS

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Steps in generating an emotion

- 1) **Senses picks up information**
- 2) **The mind interprets information depending on past experience**
- 3) **If the interpretation is positive you generate positive emotion - joy**
- 4) **If the interpretation is negative you generate anger, sadness and fear.**



EMOTIONS

- **Anger** – thoughts of dissatisfaction, unfulfillment.
- **Sadness** – thoughts of loss and grief, lack of love.
- **Fear** – future worrying thoughts: gloom and doom.
- **Joy and happiness**— thoughts of satisfaction, fulfillment.

BLISS – Being Love,
Divinity, final goal of
meditation



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Meditation exercise *Jyoti* meditation



Questions/Answers (please write down on paper)

