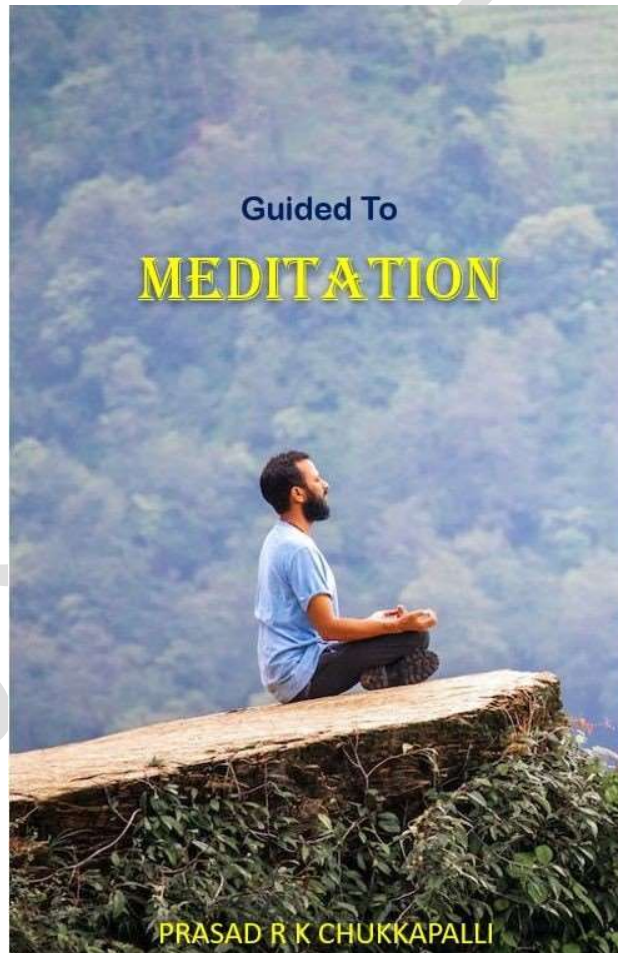


# Meditation Part I



Prasad RK Chukkapalli  
GOD'S SOFTWARE

## CHAPTER 13 -MEDITATION - PART 1

### Why we want to do meditation?

Whenever we are in a happy, peaceful and relaxed mood, the thoughts pass through the mind in a slow, easy pace; and, the breath is also calm, slow and steady. However, when we are frightened, agitated or angry, the thoughts flow rapidly and the breath too, is fast, agitated, irregular and unsteady. Their speed is directly proportionate to each other.

People whose mind is agitated and trying to find peace of mind look at 'Meditation'.

Actually, what they want is to stop their disturbance in mind, which has been caused by some external factors. So, what they need to do is 'focus' on the problem and by analysing the cause, find a solution for that problem.

If the problem is not solved, then mind will be continuously worrying about it. Such people cannot relax their mind to find peace. They just sit for meditation, but mind keeps wandering behind the external problem.

'Meditation' is done by people, for different reasons. It has become a fashion, since many successful celebrities are declaring that they do meditation and it is helpful in their career.

Let us see the reasons given by certain people for doing Meditation.

1. Develops concentration and memory
2. Reduces stress, anxiety, depression
3. Removes negative thoughts
4. Can overcome bad habits
5. Can cure diseases and improve physical health
6. Can increase peace of mind
7. Can improve work performance
8. Can sleep better
9. Regulates anger and sadness and lot more.....

There is no dispute that meditation can help to solve the above problems, but it should not be treated like one single tablet which cures all diseases.

'Meditation' should be done along with 'Medication' and 'effort'.

Concentration is the power by which one can withdraw the attention from objects of distraction and then focusing the attention upon one thing at a time. Thereby, the mind instead of focusing on multiple thoughts, it is made to focus on one. This concentration process is called Meditation.

### **Is it easy to do meditation ?**

Just try it. You can stop reading this article now and close your eyes and try not to think on any subject for about a minute. Seriously, just try it. I am sure in few seconds there will be thoughts.

We are unable to stop thoughts because our minds are jumbled and bursting with ideas, fears, worries, memories. From the time we get up from sleep and go back to sleep, our mind is busy on some thoughts and forces us to do actions.

Even when you go to sleep, it is busy in doing actions in the subtle dream world. Only when you are in deep sleep, when the mind is absent, you are in a thoughtless state.

If you can try and achieve this thoughtless state consciously, then you are successful in achieving the objective of Meditation.

*'So, meditation is known as conscious sleep.  
And deep sleep is unconscious meditation.'*

### **What is Brain and Mind?**

So, to control thoughts, we have to transcend mind.  
'Mind' is software operating through hardware 'Brain'

So let us understand first, Human Brain and Mind:

The human brain is made up of a large mass of nerve tissue and is the central organ of the human nervous system. It controls most of the activities of the body, processing, integrating, and coordinating the information received from the sense organs, and makes decisions and sends instructions to the rest of the body.

This processing(software) inside the brain(hardware) is called Mind.

The speed of the Mind is measured by its frequency. They are categorised as Alpha, Beta, Theta and Delta.

1. When we are in wakeful state, it is called 'Beta' and Mind operates at 14-40Hz — The Waking Consciousness.
2. When we are in semi conscious state like either just getting up or going to sleep, it is called 'Alpha' and Mind operates at 7.5-14Hz — The Relaxation Consciousness.
3. When we are in light sleeping state with dreams, it is called 'Theta' and Mind operates at 4-7.5Hz — The Light Sleep Consciousness.
4. When we are in deep sleep state, we are totally unconscious, it is called 'Delta' and Mind operates at 0.5-4Hz — The Deep Sleep Consciousness.

We shall now understand the procedure to reach meditative levels.

Meditation is 7 th step of Eight steps in Raja yoga.

It is not possible to climb a ladder directly to the 7 th step, without climbing the first six steps.

Let us understand the eight steps first. Because without following the first six limbs, it is impossible to reach desired Meditative level.

### **Why can't I go directly to Meditation step?**

Because in Meditation, there should not be thoughts. So, unless we understand why we get thoughts and prevent them, we will not be successful. That's the reason it is said that you should balance your lifestyle, through the following guidelines.

### **Raja Yoga or Ashtanga Yoga – The Path of Eight Limbs:**

This Yoga is a non-religious practice and fits in with enquirers of all classes with or without belief in God and religion.

Raja yoga, Raja means "King" 'the highest', is the royal path of meditation. As a king maintains control over his kingdom, so one can maintain control over his own "kingdom"-the vast territory of the mind.

This path involves eight steps, which provides social guidelines and practical methods, to maintain one's health and develop concentration. They serve as a prescription for moral, ethical conduct and self-discipline as defined by all religions

The first five steps are physical and last three steps are mental practices.

The eight limbs are:

1. Yamas
2. Niyamas
3. Asanas
4. Pranayama
5. Pratyahara
6. Dharana
7. Dhyana
8. Samadhi

The first two limbs are called Yamas and Niyamas. These are practices are common and *must* to all spiritual paths. Though these rules are defined elaborately in other books, we shall understand in simple language briefly.

**1. First limb-Yamas** are five commandments (moralities) which deal with social ethical standards and sense of integrity, focusing on the rules to be followed so that one can do good for himself as well as for the society. "Do unto others as you would have them do unto you."

The five commandments are:

A) Ahimsa (Non violence): Ahimsa means refraining from injuring any living being in thoughts, words or deeds. To practice 'Love thy neighbour as thyself'. Not to go against the laws of society and Nature. Or else, mind keeps bothering.

B) Satya (Speak truth): Ideally, to speak truth and have integrity in thought, word and deed under any circumstances. A person who lies, will find no peace and will be in a state of agitation.

C) Asteya (non stealing): To earn money righteously and not to hoard more than need. Not to steal others property physically or mentally, which invites trouble.

D)Brahmacharya (continence):celibacy implies discipline of the senses and moderation in diet and other sensual activities before marriage. Married people to be loyal and faithful to one's spouse.

E)Aparigraha (non covetousness):to abstain from greed whether it be food, wealth or space. Not make undue profit from any transaction. Not to be obliged to others; for any gift- a return gift to be given back.

**2. Second limb-Niyamas**, are another five commandments(rules) to do with self-discipline and spiritual observances. Niyamas are the rules to be followed by an individual to remove one's personal obstacles.

The five commandments of Niyamas are:

A)Saucha (cleanliness)- Keeping internal and external body clean. Having a healthy body ensures healthy mind. You can observe mental cleanliness by keeping pure thoughts and dispassionate behaviour. Also, eliminating all distracting thoughts and avoiding useless conversations.

B).Santosha (contentment)-To have complete contentment, one must earn as much as one needs and be satisfied living with that. What one is predestined will come to the person with efforts; not more than that. We may not receive what we want, but we always receive what we deserve.

C)Tapas (spiritual austerities)- to control senses and not going to extremes to satisfy them. To develop tolerance and patience.

D)Svadhya (Self study)- study of the sacred scriptures, read about the lives of Saints.

E)Isvara pranidhana (surrender to God) -Always put your best efforts for any task and surrender the result to God.

Practising Yama, Niyamas will help to purify the mind and promote tolerance, compassion towards others. These commandments yield self-control and mental peace.

The third and fourth limbs are Asana and Pranayama are important to keep a body healthy, and bring physical calmness and control on life force respectively.

### **3. The Third Limb is Asana**

For a body to be in good health, we should ensure blood circulates to all parts of the body well. In Asanas, we practice different postures which ensures this. It is now scientifically proved that Yoga asanas help to cure lot of diseases as complementary and alternative to conventional medicine.

In Meditation, one should be able to sit steadily and avoid distraction to the mind. Asanas will create ability to sit comfortably in a steady, erect posture for long without any back pain.

To make the mind calm, we need a healthy body; or else our mind will always be reminding the pain or creates fear about the health.

### **4. The fourth limb is pranayama**

With Pranayama, Yogis believe that it not only rejuvenates the body, but actually extends life itself. This practice aims at controlling prana through control of the breath.

Prana and mind are intimately related. Gaining control of prana through breathing exercises leads to control of the mind.

If you notice we usually do shallow breathing, i.e., we breathe only up to the lungs or above. Which means, all the cells in our body, are not getting adequate oxygen to purify the blood. So, with Pranayama, we ensure more oxygen is taken inside and also increase the lungs capacity to hold more oxygen.

So, Asanas and Pranayama are complementary to keep a body healthy and to tame the mind. With Asanas, we ensure blood is circulated to all parts of the body and Pranayama purifies the blood better.

Through the practice of asanas and pranayama-we develop the habit of discipline and the ability to concentrate, both of which are necessary for meditation.

### **5. The Fifth Limb is Pratyahara (concentration)**

Pratyahara is the practice of withdrawal of the mind from the senses. We make the conscious effort to draw our attention away from the external stimuli and divert internally.

By focusing on an object or image develops concentration and with this we discipline the mind to cultivate a detachment from our senses, and we direct our attention internally.

Till now, we have seen the first five limbs of Raja yoga- which are 'physical' practices.

The balance three limbs are 'mental' practices.

## **6. Dharana**

The sixth limb is Dharana or deep inner concentration. Having mastered from outside distractions, we can now deal with the distractions of the mind itself.

*Let us pause and see the six limbs:*

The mind gains in purity through the observances of 'Yama' and 'Niyamas'. The body becomes steady through 'Asana' practice; and the breath comes under control through 'Pranayama'.

In 'Pratyahara' we focus our attention on a single point to develop our powers of concentration; now, in Dharana, we become self-observant of the Power.

## **7. Dhyana or meditation :**

A fine line of distinction exists between Dharana and meditation. In Dharana, a person practices one-pointed attention on any object or energetic centre. Dhyana or meditation is a state where that smooth flow of concentration continues uninterrupted for a long period of time.

At this stage, the mind has been quietened, and in the stillness, it produces few or no thoughts at all. Knowing the nature of the mind, this may appear to be difficult; but not an impossible task.

## **8. Samadhi:**



This is final step of the three stages of meditation. In first two stages, there are three things-

1. Subject (experiencer)
2. Object (experienced)
3. Awareness of the act (experience)

Later when the mind reaches the highest point of meditation, there will no more focus on any object or energetic centre. The 'mental object' which is in the mind during meditation, will melt away in deep meditation, leaving only the subject with just awareness. This state is called Samadhi.

### **Step by step will bring you to successful Meditative level**

Hope it is clear, why it is said that a person can't jump directly to the seventh step of Raja yoga ladder. If one doesn't climb step by step, the person will not achieve the goal of meditation ie., reaching 'No thought level'.

It is because, if a person doesn't follow the 'Ten Commandments' mentioned in Yamas and Niyamas, the mind gets disturbed and will always be in agitated situation. Such persons will neither think of meditation nor can stop thoughts for few seconds.

Let us watch Sri Dandapani video on Mind operation. This will be helpful for meditation as well as your life and profession.

<https://youtu.be/iapX9xiDAFY> -Speech by Monk Dandapani

'Mind' is a very subtle and sensitive object to comprehend. I have devoted a full chapter in my book, 'God's software' available in website [www.godssoftware.org](http://www.godssoftware.org)

It is like before operating any gadget, we should read the operating manual. Before starting Meditation, it's good to familiarise yourself with how the mind operates and what to expect of it when you sit down to meditate.

Before we start meditation, we should make some preparations to achieve the desired result.

Ex: If you want become a car driver, it is necessary to learn about car operation, road traffic rules and go to a training school for practice. Many people just sit down for meditation without preparation and give up stating it is not working out.

### **Meditation preparatory exercises:**

#### **Visualisation practice:**

This practice is very important for Meditation and also for curing health problems.

What is visualisation ?

Visualisation is formation of a mental image of something which is already seen.

People confuse visualisation with 'imagination'- which means forming new ideas or concepts of external objects not present to the senses.

#### **1. Visualisation Example:**

Ex 1: when some asks 'Have you been to Agra'? We visualise 'Tajmahal' immediately which is either seen physically or in a photo.

Ex 2: If you recall your favourite sweet mentally, your mouth becomes watery visualising its form as well as its taste.

#### **2. Imagination example:**

Ex 1: A friend explains his experience of a holiday visit. Since you have not seen that place, you keep imagining the descriptions your friend says in your mind.

Ex 2: A teacher tells a story and kids imagine the background of it.

So, Visualisation is remembering what you have already seen and Imagination is creating or projecting in your mind, that which is yet to be seen.

The human brain has capacity to think logically as well as it creates fantasies in dreams(day and night). So, the brain not only depends on existing logical rules, but it can be creative and innovative. So, if you have to be successful, you have to develop this faculty of the brain.

For this practice of Visualisation and imagination techniques will help.

Before starting this practice, we have to do some preparatory work.

Exercise 1: View numbers from a Kindergarten book or calendar, which are at least 2 inches big. Start seeing the numbers, close your eyes and visualise in

the mind. With practice, you should be able to recall any number mentally immediately.

Once you have mastered it, take A 4 size- different colour sheets like black, red, blue, black, orange, pink etc and practice recalling the colour mentally as soon as you think of a colour. Practice this, asking your friend to name a colour and recall.

Next mix both numbers and colours. Select a number and visualise it with different colours of your choice. Master it for some days.

#### Exercise 2:

Once you are confident of recalling numbers and colours, then move on to see different colour flowers, different shaped leaves of trees, the trunk size, shape and colour. Since you have to recall mentally very clearly, it is suggested to observe very keenly the intricacy in plants, arrangement inside flowers, aroma of flowers, shape and lines on the leaves and try to practice to recall them clearly.

Master this practice 2, while reviewing the practice 1 daily.

#### Exercise 3:

Next select some fruits of your choice, observe them clearly their shape, colour, smell and taste. Practice for some days until you are able to recollect the smell and taste mentally, as soon as a name of fruit is said.

You can continue to do this practice with metals (without taste), towels, sweets, liquids etc

Later, it should become a habit. Whenever you see something; eat something; it should be keenly observed and should be able to recollect the smell, shape, colour, taste etc.

#### Exercise 4:

Take a human body chart which shows all parts of the body and learn about each part on its function and how it looks like.

This exercise will help in visualising any specific part for curing when affected due to illness. Later in your meditation, you can take the energy power, generated at the forehead, to any particular part and help it recover from any problem.

Now after these preparations are over, then start practising to recollect for example the following:

1. please watch keenly from the time you started from your home to office, what are all available on the way like shops, name boards, circles, statues, banners, cars, people etc and try to recollect the same scenes in the evening during your practice time, as accurately as possible with shape, colour, sounds etc.

2. Watch keenly your house surroundings for houses, trees, dogs, house name board, your house entrance. While walking inside, watch door mats, windows, curtains, living room, kitchen, bedroom and bathroom. Now visualise what you have seen with clarity in shape, size, colour, sounds etc.

3. You can benchmark this to any place in your city or outside and keep building the accuracy of visualisation.

This practice of visualisation helps to strengthen your attention with a visual and form the image in your mind strongly, thus making the mind one- pointed; thus, sharpening the mind and making it very creative and effective.

### **Practice of feeling energy:**

We feel all parts of our body in general. But we should practice feeling a particular part of the body. This practice is to divert energy to any part when required. In course of practice of Pratyahara and Dharana, we are going to feel the energy in the body in the form of sensation at Agna chakra. This energy should be felt in different chakras and parts when it is required to heal our body from pains and diseases.

Practice:

In standing position keeping hands at your hips, try to experience all your parts from head to toe by tensioning and relaxing each part.

You can start with head, fore head, eyes, nose, cheeks, teeth, neck, hand biceps, forehands, wrist, palms, fingers, chest, stomach, abdomen, buttocks, thighs, forelegs, feet and end with feet fingers.

This tension practice can be repeated making with medium to strong tension, at all parts from top to bottom, tensioning and relaxing simultaneously. With practice, you should be able to tension to any degree of any part at will. When

any part is feeling pain, divert the energy to that part, tension it strongly and feel the energy there. Then mentally feel that energy as a glowing light and healing that particular part.

### **Pratyahara or concentration practice:**

Since we have to silence our Mind, whose nature has been described by Scholars as a “Monkey, which is mad and drunk, which has stamped on a red-hot charcoal”. However, the mind can be tamed like wild horse with practice over a period.

Usually, the mind shifts between several different thoughts and ideas. Generally, we forget from where the thought started. One good thing is, it may move from point to another point very fast, but it can focus on only one point at a time.

One must learn to concentrate on one thing at a time and force Mind to concentrate on that single thought. That is the reason we have to do preparatory practices beforehand.

We shall move to pratyahara – and see simple ways to learn concentration. This is called ‘Trataka’ practice in Yoga.

One may select looking at nose tip, point between eyebrows, a candle light, a dot drawn on a paper chart hanging to a wall about two feet away, early morning sun( sun rise only-not later) for one minute etc. Once you select the object of concentration, better not to change.

The reason we start with this type of concentration practice is for the first-time meditators, they feel it odd or strange to sit in silence closing the eyes and do nothing. The minds start to resist and says that ‘you are making fool of yourself’ and suggests to use this valuable time to sleep, read book or watch TV.

How to start concentration practice?

Let us select ‘candle’ for concentration practice.

This practice may be done for 2 minutes in the beginning and slowly increase the duration as you feel comfortable upto one hour.

Sit in a comfortable position and place a lighted candle, at eye level and stare at the flame for two minutes without moving your eye balls and lids. In the beginning your eyes become moist and lids will keep closing. With practice one will stare at the candle without winking.

During this time if the mind starts wandering, the attention is to be brought back to the candle.

After staring for 2 or 3 minutes, close the eyes and stare the flame internally visualising it.

Again, opening your eyes stare at the candle for 2 minutes and again view internally closing your eyes. Repeat this few times daily.

This practice while making eyes pleasant, it also makes mind single pointed- develops concentration, improves memory and activates Agna chakra (energetic centre between eyebrows)

Precautions to be taken:

1. Do not strain your eyes.
2. Increase the duration slowly with practice.
3. The candle light should not flicker.

Along with this candle practice, I suggest you to watch early morning sun, when it is not intense, for a minute and closing the eyes try to visualise the Sun at the Agna chakra centre. This will be very helpful to recollect the sun glow and visualise it as Cosmic energy. Even when you are on tour, always watch red sun during sunrise or sunset.

### **Being in the 'present':**

It is generally said that people most of their time will be either digging old graves of the past or building castles in the air for the future.

Many a times, we keep thinking of something else while doing a work. While brushing in the mornings, we keep thinking of what to do today. While at home, we keep thinking of some office work and while at work we think of family or friends and their experiences. While driving some people shave, others think of some subject or keep talking on phone.

Most of the time while eating, we do not give great attention to the dishes and their taste. We just hog, so that our body engine will work.

From today, please start practicing to be in present. Focus on your teeth while brushing. While eating, focus on the food and taste, and do not even read a book or news paper or watch TV. Keep your phone and laptop away once you reach home and devote full time for your family. Be attentive while they are talking and ensure the eye contact is maintained.

Go into your garden, touch the plants and feel the smell of flowers. See their beauty and understand the greatness of nature.

There might be sudden striking ideas which may crop in between about office or anything else, for which you may keep a small note pad to jot down the theme, which can be worked on it later. You may provide a 'thinking time' in the morning or evening for focusing and be prepared for any office work.

Some people try to do two things at a time, stating lack of time. To make time, you have to sacrifice little TV entertainment in the night to get up early to do all other works leisurely. Please remember that the practice of Meditation helps in being active even with reduced sleep.

These preparatory practices are suggested to be done before you start Meditation and as well as continue during practice of Meditation to get more effective results.

Before we proceed further, let us see what a Monk turned entrepreneur Sri Dandapani says about Meditation in this U tube video.

<https://youtu.be/aMzBjtTsGd0>-Dandapani speech on Meditation.

### **Basics of Meditation:**

It is deemed that one has started sincerely following the 'Ten Commandments' under Yama and Niyamas; and practicing exercises to keep body healthy by way of Yoga or otherwise.

Many people think meditation is just sitting in silence. Until one makes successful practice in the first four limbs to control disturbing thoughts, moods, habits and senses, one will not be successful in reaching the 'Meditation' level.

To start Meditation practice, we need to know some basics, like when to do, how to do, where to do etc.

**1. When to do:** For the beginners it is suggested to select a time which is most convenient every day. This brings the first discipline of doing every day and at the same time. It is suggested to select time early in the morning convenient so that there are no outside sounds to divert our attention. Sunrise and sunset timings are suggested to be auspicious.

**2. How much time:** one may start with just 10 minutes, preferably during sunrise and sunset.

**3. Where to sit:** You may dedicate a room if possible and make it devotional room. If not available select a clean and calm place which is not bright, where you will not be disturbed during your daily meditation time. You have to treat that place as 'Sacred'.

Before you sit, it is suggested to sprinkle some drops of water on the head and make it moist, as meditation induces heat in the head. If you are in a cold place, you may ignore this.

**4. How to sit:** One may sit in any comfortable position with a comfortable dress, which enables a person to sit still, keeping the spine erect. Unless one can sit still and erect, the desired results of meditation will not yield.

One may use a cushion, chair, or sit on the ground. It is suggested to keep a silk cloth on the seat(woollen mat under the feet also, if sitting on a chair). The reason said is the Cosmic power received in meditation should be retained in the body and not to be earthed to the ground.

It is necessary to sit straight keeping the spine erect, to ensure all the subtle psychic centres(chakras) will be in straight line, also to ensure the Kundalini power (cosmic energy) to move up to the crown smoothly.

To help to keep the spine erect, one may sit toward the front of chair. Alternatively, meditation seats are available where the thickness at the back is 2 inches and front one inch, as shown in the photograph. If such seats are not available, use a pillow.



**5.Chin Mudra:** After ensuring the spine is erect, relax your hands on your thighs or knees keeping the palms open and making 'ChinMudra' with your fingers. This is done with keeping second finger folded and touching the thumb; while keeping the other three fingers straight.

**6.Relaxing body:** Generally, without our notice, some parts of our body get tensed, so it is suggested to relax the body after sitting in a comfortable position. With your eyes closed, mentally scan down your body starting from head to toe. As you scan, feel and relax each part like in the preparatory exercises. Also, you should keep observing the body once in a while during meditation, and relax the tensed parts. Generally, we bend our spine from erect position; hands and legs get tensed -So observe and relax them

**7.Head and eyes:** To raise your head little above and keeping your eyes closed, let your eyeballs look upwards in 45 degrees angle. This has been proved that it will help to reduce the thoughts in mind.

**8.Chanting AUM or OM:** Chant in a medium voice three times - Om or AUM for at least 10 seconds and be still.

\*When you are staring meditation, give more time to M, like  
OOOOOOOOOMMMMMMMMMMMMMMMMMMMMM.  
This takes you to meditative mode.

\*when you are coming out of meditation, give more time to O, like  
OOOOOOOOOOOOOOOOOOOOOOOOOOOMMMMMMMMM  
This brings you to active mode.

**Let us start with different Meditation techniques:**

**First Technique:**

Just listen to the sounds you hear like from the house, fan, from the surroundings etc and just observe them. Do not get carried away with the meaning or thought related to those sounds.

Like example, you hear rail siren - you should not get carried to the thought that you have to book a train ticket or pick up your friend. You can just mentally feel that 'I am aware of this sound'

Or

If you hear an Ambulance siren, do not think of the visit you have to make to the hospital etc.

You just feel that 'I am aware of this sound'

Or

A thought comes- which may be viewed as a passing cloud or bird.

Sit like this for 10 minutes on first day and increasing 5 min every day -upto maximum 30 minutes.

This is very simple technique, but very powerful. You have stopped the activities of mind, by becoming an observer of sounds or thoughts. Initially you keep feeling 'I am aware of this sound/thought', after some days of practice, you can just become an observer.

If you master this, you can meditate at any place, at any time. Also, during day time, you keep practicing this on the streets, at office etc., and keep observing sounds, objects and yourself and say 'I heard that sound, I have become aware of it'; 'I am seeing the bus coming, I am aware of it'; 'I am getting angry, and I have become aware of it'.

This will improve your awareness and will be able to control your thoughts.

### **Second Technique:**

Start this technique after practicing first technique for at least 15 days.

After chanting Om -just observe the breath - Going in and coming out.

If you wish, you can chant your favourite God's name, while breathing in and out.

Let that breath be normal and not by force going into stomach.

The breath 'should not' be based on chanting, but let the chanting be based on normal breathing.

Just observe and keep your mind attention on breath wherever it is.

After some days of regular practice, the breath slows down, then you can feel it going only upto Heart region.

Next going upto Throat region.

Next going upto Nose top only.

Slowly you will forget about breathing and mind becomes still.

After some days of practice, the mind attention should be kept at 'Agha chakra' and continue to focus on breath.

When you become 'aware' that your breath is slowing down or stopped- then it may again go upto Navel. But keep continuing the exercise and over a period you be able to master and you will go into a blissful state.

This is another nice technique, which can be practiced at any time of the day, particularly when you are waiting for someone or sitting idle.

Please do this upto 30 minutes

Watch this video

<https://youtu.be/-TQU8j-xeR4>

### **Third Technique:**

Now you can merge above 2 techniques into your 30 minutes meditation to avoid thoughts. When thoughts arise, use any of the three techniques and bring back the mind to the point of focus 'Agha chakra' (between the eyebrows) by just chanting 'Om' or your favourite God's name.

In meditation, if anytime you are getting disturbed by any sound, for example if a construction is going near your house, you can convert that sound as mantra and meditate on it.

### **How to deal with thoughts:**

#### **1. Make it a game:**

When your mind is still during meditation practice- suddenly a thought arises. A thought will become thought waves once we get associated with it. That one thought is like a stone thrown into a pond of water, and ripples start. To avoid ripples, we have to catch that stone before it falls into the pond.

I am suggesting here to make it fun dealing with thoughts, select any of your favourite game like cricket for example, as you catch a ball, try to catch the

thought before it falls into the pond of 'Mind'. You can extend this example to any game like (table) tennis, hockey, football, baseball or even think of using a mosquito bat.

If you have successfully caught or thrashed the thought before falling into pond of mind, you win a point and if mind carries you away with thought waves, it wins a point.

## **2. Treat as uninvited guest:**

When we are having a private family party, if some uninvited guest knocks on the door, we just ask them to leave and meet some other time. Similarly, when a sudden thought arises which looks extremely important subject to deal in office, we have to say to the thought that it will be taken care of later and brush it aside. Just let it go.

## **3. Ignore the thought:**

You may just observe it as witness without getting involved into that thought. It lingers there for some time and it disappears, like a bird flying across, when you have not given any value for it. It looks difficult in the beginning but over time, you will master it.

To explain better, from the thought if you remove yourself as the owner and involve in it, then you become a witness.

Like a passer-by in an accident, you are just a witness.

## **4. You become invisible:**

As a complementary to the above point, you imagine that you are invisible. The thought when it arises, starts searching for you to make you involve. Since you are invisible, you can just watch the thought which is trying to find you. The thought searches for some time and leaves.

## **5. Agitating mind:**

At times, we might have involved in an argument at office or home, which disturbs the mind and is continuously thinking about that incident. It looks like you are unable to stop the thoughts and fighting with mind. Then stop

meditation. Just calmly focus on the problem which needs immediate attention and conclude what to do and then your mind will be relaxed.

Any incident, if taken seriously, will deeply impregnate in the mind, and keeps disturbing throughout and also affects meditation. Remember it is always better to diffuse a situation by apologising or forgiving others, than thinking of taking revenge, as this disturbance will continue non-stop. Peace leads to good meditation. Remember the Ten Commandments.

#### **6. Mind can't think without a language:**

Good technique to control thoughts is to note that thoughts are generated using a language known to you. You cannot think without language.

Try to think with any language unknown to you (say German or Chinese)-Mind comes to a grinding halt. So, when the mind is restless, try this to gain control on it.

#### **Taming Mind:**

To slowly master your mind- you should be able to resist the urges the mind demands during waking time. Like example-

Ex 1: you have a habit of drinking coffee in the morning-you generally get the strong urge to drink coffee when you get up. Then you should decide that I shall drink tea today- next day you can have coffee.

Third day change to another drink like Lemon and honey. Next day, you drink coffee but without sugar, so as to detach from the habit and become boss of the mind.

Ex 2: Supposing you have gone to visit a friend and you start chatting with him. If someone is watching TV in their house, it is common that our attention gets diverted to TV. You should become aware that your attention is diverted and bring the eyes back to your friend.

Ex 3: Similarly, when you are going in a car, you will find some advertisement or a shop or an attractive person. You should immediately become aware that the attention is being pulled by mind without your permission and decide that you will not look at that.

Ex 4: If you have a habit of alcohol, You can say 'I shall drink only after completing my exercise and burn some calories'. When you have no time for exercise, you may think 'I don't deserve today, as I have not earned my drinks'. Best way to divert the urge, is by just having 'Hot' dinner, and go for a walk.

With these practices, you will slowly become master of mind, like you can have what and when you want, than yielding to what mind wants and continue to be its slave.

### **Thoughts related to past or future:**

On deeper analysis on why thoughts are bothering us- we notice that we are always thinking about past or future.

We worry mostly on what has happened and what to do about it.  
Or what should be done for fulfilling our desires.

You have to keep suggesting to mind, that past cannot be undone- so let us forget about it.

On the future, it has not come yet- so need not worry.

If there is a pressing problem, then first attend to that and start meditating or you can say to mind, that you shall think about that after the meditation and remove that subject.

These are simple ideas to control thoughts and focus our mind on the single object which has been selected in the meditation techniques.

### **Getting sleep:**

The mind wants to be always active. In day time it is busy planning and taking decisions. During sleep, it becomes busy again working in the dream world. So, it wants always to be busy.

When you try to control thoughts during meditation, mind doesn't want to sit idle. If there are no thoughts, it thinks it is time to sleep. So, it makes you sleep and takes you into dream world, to keep itself busy. So, you have to be careful and consciously avoid sleep.

- You can keep half eyes open to avoid sleep.
- you can sit in little uncomfortable posture to keep you alert.
- Do some simple exercise and sit down again.
- wipe your face with water.

-Yoga technique is to – close your left nostril, and breathe from right for about few minutes.

**Simple recap on Meditation:**

1. It is advisable to meditate every day, possibly at the same time to be able to create a discipline.
2. Do not drink coffee before you meditate.
3. Do not meditate after meals.
4. Do not meditate when you are tired.
5. Prepare the place where you want to meditate and treat it as sacred.
6. Ensure the room or place is well ventilated and allow fresh air to circulate during the day.
7. Wear comfortable clothes
8. Remove all chances of distraction.

Please note it takes time to learn to meditate, but the more you practice the more you want to do and start seeing the benefits.

Over a period of time, you will be master of the mind and become self-aware. You will start becoming aware when you are getting angry, emotional, being praised. You will be watchful of others moods and attitudes and start dealing with them accordingly, reducing the friction. You will be surprised to note the change and find that you are not being affected from any gain or loss.

Buddha was asked what have you gained from Meditation?

He replied “Gained Nothing- However I lost ‘Anger’, ‘Anxiety’, ‘Depression’, ‘Fear of death’.

Wish you all have successful and peaceful life.

Hari Hi Om-Tat Sat.

-----



To know more about yourself,  
Please visit

[www.Godssoftware.org](http://www.Godssoftware.org)

**If you need any further guidance, please mail to**  
[\*\*admin@godssoftware.org\*\*](mailto:admin@godssoftware.org)