



Why meditation?

Meditation is a practice to relax and calm the mind and body. It uses the connection between a person's physical health and her/his mind or spirit. Meditation can be done in many different ways. All of these ways focus a person's awareness on the silence and stillness of the present moment to relax and calm the body and mind. By Royal Shri MahaRudraji, the quick Meditation is a practice of concentration upon a sound, object, visualization, the breath, movement, or attention itself in order to increase the awareness of the present moment which reduce stress, promote relaxation, and enhance personal and spiritual growth.

What happens during meditation?

In meditation a person directs her/his attention toward a word, sound, image, prayer, or the breath, allowing the mind to settle into the present moment. The person becomes still and open to peace from within. It can be compared to a radio dial. Countless thoughts and feelings that preoccupy the mind each day are like static on a radio. Practicing meditation is like fine-tuning the radio dial. It can bring balance and harmony in the midst of continual change.

How meditation helps increasing health & wealth?

Meditation can be an important part of your health & wealth. Practicing meditation regularly can help calm your mind and body, which promotes healing. It can help a person meet challenges resulting from illness and long-term disease.

Procurement on meditation

In Royal Shri MahaRudraji's meditation center, you will get to know the how the meditation training reduces anxiety and increases positive emotions. Meditation (mindfulness) prevents recurrences of depression. Meditation has proven helpful for the treatment of tension headaches, a skin condition called psoriasis, several cardiac (heart) conditions (high blood pressure, coronary artery disease, and carotid atherosclerosis), high cholesterol, quitting smoking, and mental health disorders. It has also been found to be associated with an increased lifespan and improved thinking abilities of older individuals, less use of medical care, and reduced medical costs in the treatment of long-term pain. Meditation is also known as Mindfulness Based Stress Reduction (MBSR) which is useful for many long-term conditions such as depression, anxiety, fibromyalgia, cancer, coronary artery disease, chronic pain, obesity, and eating disorders. Meditation can lead to increase happiness, which in turn results in a stronger immune system and less illness; and that happiness can be learned, like any other skill, using meditation.



What is the connection between meditation and spirituality?

In addition to physical health benefits, meditation leads people to deeper levels of spiritual connection. These benefits can be healing and useful for any condition.

Procedures/ Get Started

- Find a quiet place to sit where you won't be disturbed.
- Set aside a certain amount of time to use only for meditation. A good intention to keep in mind before you start is, "I have nowhere to go and nothing to do. For this time now, I am nobody going nowhere."
- Choose a way to signal the end of your meditation session. Some options to consider include: a timed cell phone vibration setting, an automated chime timer, a gentle knock on the door by someone who knows your meditation stop time, or a soothing grandfather clock or chime.

- Sit in a comfortable position that you can keep for up to 20 minutes. Your back and neck should be straight. (COMFORT being emphasized). Keep your chin parallel with the floor. Rest your hands in any comfortable position. For most people, sitting in a chair with feet flat on the floor is ideal. Other positions can include crossed legs, kneeling on a bench, or straddling a cushion. Most importantly, avoid straining and be comfortable yet alert!
- With eyes open or closed, allow your gaze to settle easily. In some traditions, such as Self-Realization Fellowship, one may also direct the gaze upward, concentrating on the point between the eyebrows.

What is mindfulness meditation?

- Mindfulness meditation (MM) is moment-by-moment focused awareness of the breath, body, mind, and environment.
- After settling comfortably allow the breath to flow in and out easily, at a natural rate. Avoid forcing either a slower or faster rate. Just let your body breathe. Focus on the natural flow of the breath. Simply feel the body breathing, concentrating on the nostrils or the rising and falling belly. You will also note pauses between breaths, changes between breathing in and breathing out, and changes in how deep you breathe and the speed of the breaths. MM is moment-by-moment non-judgmental experience of being present with whatever is happening here and now.
- When your mind wanders into thoughts, memories, daydreams, images, ideas, worries, tasks, stories, body sensations, passions, or sounds, gently return to the breath. On recognizing your mind wandering, just note, “oh well” or “that’s interesting” and then go back to the breath. Be aware that this process has no beginning or end. Make NO judgment on whether you are “doing it right.” Let everything go. Returning over and over again to the breath is the process itself.
- When pain and discomfort arise, notice especially how the mind quickly reacts with restless thoughts and judgments. Simply note these and all other sensations but gently return to the breath. Let go of mental stories and expectations, whether painful or pleasurable, that come to your awareness.
- At the end of the formal MM period, sit comfortably for a minute or two. Stand up slowly when ready. Non-judgmentally make note of the experience.
- MM also includes moment-by-moment awareness of what is going on inside and outside of yourself throughout the day and is not limited to formal periods of sitting meditation.

What other suggestions can help my meditation practice?

- Create a quiet, private space for daily meditation.
- Meditate on an empty stomach. A full belly speeds up the digestive system drawing blood flow, energy, and focus away from the mind. This can make you feel sleepy.

- Do not meditate too long in the beginning. It's best if a beginner meditates more often for short periods of time. Emphasize quality over quantity.
- Stay with it and practice meditation on a regular basis. Progress comes through constant daily practice. In time try to meditate for 20 minutes in the morning just after rising and again before going to bed.
- Try to approach every daily task and activity with the same degree of attention and presence as in meditation.
- Meditate with others regularly. Being in a group is enjoyable and may help you continue to practice. You may also notice greater energy when meditating with others.
- Choose a form of meditation that fits with your intuition, needs, beliefs, and faith.
- Royal Shri MahaRudraji will give you the complete training.



What Can I expect?

- Keep in mind that having a goal to reach contradicts the intention and purpose of meditation, which is a continuous process of release and opening.
- The cultivation of inner resources and development is a daily life-long process. It is best supported with an attitude of honesty, patience, determination, and compassion. It is not “fast food” or immediate reward.

- In the beginning, it may be difficult to sit still for even five minutes. Gradually your mind will become more stable and clearer.
- Some may experience an increased sense of freedom and the ability to make choices that are right for them, instead of feeling like passive victims.
- Some may come to focus less on their own desires and needs, and instead feel more love and compassion for others.
- There may be a deepening of spiritual life and religious experience.
- Through time and steady practice, you can release negative habits that involve grasping, desire, dislike, anger, and fear.
- Over time you can develop more peaceful experiences of oneness and connection for longer periods of time.

MEDITATION