



Deep Meditation into Thoughtlessness

1 exercise 11 min - 31 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

The real value of a meditation is not just to have an experience of energy or to be able to say you have done it, instead, meditation is to experience a continual flow of light from your inner self that transforms your behavior patterns in your day to day life. It is easy to know Truth, it is difficult to live it. One of the blocks to living what truths we already know is the constant flow of thoughts the intellect feeds us. We get distracted by them and forget who we are and what we are doing. The essential beauty of this meditation is that the constant flow of the intellect stops, and the mind becomes empty. It is a very quick way of achieving a state of thoughtlessness, and the moment you achieve it the only thought may be the place and sounds you are concentrating on. The secret of the mantra is in its merging of totality: light and darkness, the infinite in the finite. It establishes a vibration between Self- consciousness and Supreme consciousness that has the effect of breaking the subconscious barrier.

When the self is not clear in its contact with the Supreme, it dreams and imagines continuously. A poor man often dreams to be a king. This is the subconscious dream state. Mystically we say, from this self to the supreme self we'll cross with the power of the Creator through the cosmic flow of consciousness. Technically we say, at the individual frequency of electro-magnetic field of the psyche, we'll create a field in harmony with the surrounding to break through individual hang-ups which are in the subconscious mind. Both mean the same thing. In medical terms, your concentration at the Brow Point stimulates the pineal to secrete.

1. Deep Meditation into Thoughtlessness

Comments: Practice this meditation for 11 minutes, but with practice you can work up to 31.

Deep Meditation into Thoughtlessness (11 minutes to 31 minutes)

1. Sit in Easy Pose. Pull your spine up straight; apply Neck Lock.
2. Place the hands in the lap palm up, with the right hand resting in the left. Thumbs may or may not touch.
3. Eyes are closed. Totally pull the energy to the root of the nose between the two eyebrows; concentrate at the Brow Point.
4. Do not worry about the breath.
5. Chant Wahe Guru. Mentally vibrate the mantra, which means "ecstasy in the light of the Lord which takes you away from the darkness." The chant is broken into four atomic dimensions: Whaa Hay Gu Roo. Whaa—Infinity, Hay—The presence of the finite in infinity, Gu—Darkness, Roo—Light.
6. For the effect to really happen now, there can be no tension in any other part of the body. Absolutely no tension. Let it go. Imagine seeing yourself and watching all the tension in every part of the body leave. Let your body go. If you relax and keep up, you will enter a new dimension of consciousness. However, the gate is guarded by the lower self, so you may have to battle for entry. The body may itch or pain; call on your higher will and let everything that hinders you go.



To End

1. Inhale, exhale. Make fists of your hands, open and close them several times. Then massage them to readjust the circulation.

Eye Focus Brow Point

Mudra Hands in Lap

Mantra

Wahe Guru



