

The Divine Power of

Meditation

Shibendu Ghosh



PUNASCHA

INTRODUCTION

Meditation is a source of joy because it awakens awareness of one's own being. Everyone says "meditate," but few answer the essential questions: (1) How to meditate? (2) Who should meditate? (3) When to meditate? (4) How long to meditate? This book aims to enlighten you on all these points.

God is the source of infinite energy, and this book is written to help you connect your energy with this infinite source. However, this connection is not complicated or secretive; it is a simple, joyful process. Through meditation, not only can you connect with or realize God, but you can also achieve proper well-being of both body and mind. This book provides valuable information that will enrich your knowledge. While some of this information may already be familiar to you, its usefulness is immense. All quests begin with doubt.

Please note, this book is not a novel or a story. If you take the time to read it carefully, you can resolve many of your problems. Health encompasses both physical and

mental aspects. We spend a lot of time in the gym or on the field to improve our physical health, but improving mental health requires deep meditation. This book addresses that need.

If you encounter any difficulties in meditating as described in this book, you can contact me on WhatsApp at 8240800211 between 10 am to 11 am. Those who wish to learn meditation from me can also contact the same number. Please ensure all communications are within the specified time.

Every spiritual journey begins with a single step. Think of this book as the starting point of your journey.

This book will revolutionize your meditation practice. You've never read such an influential book before. Its sole purpose is to link you to the source of infinite power. Remember, even great personalities like Alexander left the world empty-handed. Simply express your will, and the Almighty will take care of the rest.

In this book, you will find some meditation techniques from the time of Buddha, dating back to the 6th century BC. You can also visit my YouTube channel, "Spirituality in One Minute." This book will help you experience samadhi (complete surrender to The Divine) through non-egoism and timelessness. We also have CDs that can aid your meditation, available upon request. We are opening a meditation centre with enthusiastic people, and your support would be greatly appreciated. Your support

helps build a worry-free, peaceful life. May your journey be smooth, and may you know that every person can play the Divine melody on their flute.

The key is a change in vision. Life is full of joy, yet many people fail to feel it. Embrace every moment of life fully. A true guru can revolutionize your life if you have deep faith. Instead of trying to change others, focus on changing yourself. This world is like a rainbow emerging from your mind. Light is one, but the mind breaks it into seven rainbow colors. Life is simple; complexity is an illusion. Meditation is the straightforward path that leads directly to the Divine. Finding the Supreme Soul is easy—just sit quietly and look within yourself. Choose and practice one of the meditation methods described in this book and you will improve spiritually.



CONTENT

Yoga theory in a Nutshell	11
"OM"	14
Meditation on Chakras	18
Chakra at a Glance	19
Method- 1	20
Your understanding	22
Method- 2	23
Method- 3	25
Method- 4	27
Method- 5	31
Method- 6	33
Method- 7	35
Method - 8	38
Method - 9	40
Method- 10	42
Method- 11	45
Method- 12	51
Method- 13	57
Method- 14	58
Method- 15	60

Method- 16	62
Method- 17	64
Method- 18	65
Method- 19	66
Method- 20	68
Method- 21	70
Method- 22	71
Method- 23	72
Method- 24	73
Method- 25	75
Method- 26	76
Method- 27	77
Method- 28	78
Method- 29	79
Method- 30	81
Method- 31	83
Method- 32	85
Method- 33	87

YOGA THEORY IN A NUTSHELL

The 8 Limbs of Yoga-

1. YAMA (abstinence)- Non-violence (Ahimsa), Truthfulness (Satya), Self-restraint (Asteya), Chastity (Brahmacharya), Non-avarice (Aparigraha). These fall under Yama.

2. NIYAMA (observances)- Shaucha, Santosha, Tapas, Svadhyaya, Ishvarapranidhana, these five virtuous habits and observances comprises of Niyama.

3. ASANA (posture)- Asana is the posture that one can hold for a period of time, staying relaxed, steady and motionless.

4. PRANAYAMA (breathing)- Pranayama is the practice of conscious regulation of normal breathing.

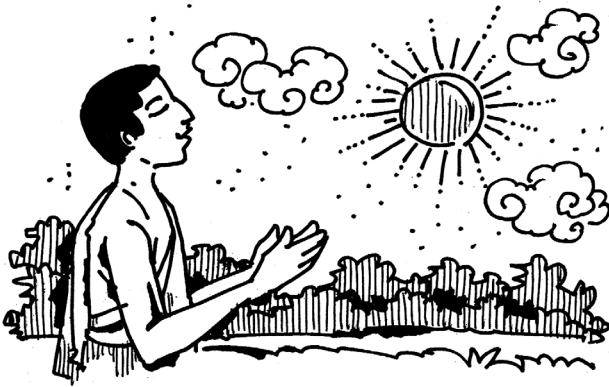
5. PRATYAHARA (withdrawal)-Pratyahara is the process of drawing within one's awareness through retracting sensory experience from external objects.

6. DHARANA (concentration)- Introspective focus and one-pointedness of the mind towards the idols of deities is known as Dharana.

7. DHYANA (meditation)- Dhyana is the contemplation as well as reflection of whatever Dharana has focused on. It beholds the concept of self-introspection through the use of mind. Meditation dedicated to The Almighty is known as Nirguna Dhyana. Meditation of the Sun-God, Lord Shiva, Lord Ganesha and others from the Hindu mythology is called Swaguna dhyana.



8. SAMADHI (absorption)- When the awareness that one is meditating, disappears and only the object of awareness is present, then that state of self is known as Samadhi.



THE 4 TYPES OF YOGA

1. MANTRA YOGA- the meditation practice that focuses on the chanting of sacred syllables is known as Mantra Yoga.
2. HATHA YOGA- 'HA' depicting The Sun and 'THA' depicting The Moon, 'HATHA' depicts the connection between The Moon and The Sun. Cold wind is known as the Moon while Hot wind is known as the Sun. Hot and Cold winds together form Hatha Yoga.
3. RAJA YOGA- difficult to achieve for a family person.
4. LAYA YOGA- dissolution of the self and merging with the Supreme Consciousness is known as Laya Yoga.