

Doi: [HTTPS://DOI.ORG/10.23910/IJBSM/2017.8.2.1806d](https://doi.org/10.23910/IJBSM/2017.8.2.1806d)

Meditation, A Highly Powerful Tool to Enhance the Productivity and Happiness of Life in Modern World

Ratikanta Maiti*

Universidad Autonoma de Nuevo Leon, Facultad de Ciencias Forestales, Carr. Nac. No. 85 Km. 45, Linares, Nuevo Leon (67 700), Mexico

Corresponding Author

Ratikanta Maiti
e-mail: ratikanta.maiti@gmail.com

Article History

Manuscript No. AR1806d
Received in 31st March, 2017
Received in revised form 29th March, 2017
Accepted in final form 7th April, 2017

Abstract

In the present day world, everybody is quite busy for their own work and running behind it to achieve the desired goal. However, the process is complex and does not always lead to smooth success. Topsy-turvy of life creates pain, agony, sorrow and stress. Deep stress brings about so many health problems which had strong negative impact on one's generative capacity. It has detrimental effect both on mental and physique. Meditation, the so called process for connecting people with spirit through cosmic forces; practiced often by the monks, become skillful technique for relieving stress in contemporary time. Meditation centers are providing in-house meditational training. Virtual training is also available on-net. This unique article focused on the different available techniques of meditation and a lucid description how to practice that. Further, it reflected its influence on quality life and well being. Article described about meditation for beginners while also for expert on 'Transitional Meditation' and Chakra Meditation. Moreover, influence of nature, sound of rippling water, chirping of covey of birds, warmth of morning sun and in tune with traditional instrumental music has well described. Further, it was stated that this practice could connect us with our spirit, soul and universe. Therefore it concluded as meditation is a highly powerful technology to enhance the productivity, and happiness in mankind.

Keywords: Stress, meditation, chakras, third eye, spirit

1. Introduction

In modern competitive world we are working very hard and moving very fast to achieve our goal in our personal and professional life. In this process we face various obstacles and problems which block our growth. In this situation, the person who have strong determination can achieve success but during this process; stress, anxiety, anger, jealousy affects their growth substantially. In that condition they visit churches, temples to pray to God to give them strength. Meditation is a highly powerful tool designed by Meditation Gurus to relieve stress and give mental and spiritual bliss and enhance productivity of dedicated meditators in having strength. They designed various meditation techniques using animation technology for the mental, spiritual upliftment of meditator. Significant research advances have been achieved in designing creative meditation technology with great success. It has been confirmed that practising meditation regularly enhances eternal energy, peace and the productivity of the meditators. At present meditation is not only practised by yogis, maharishis, but many professionals are utilizing these tools to relive stress, thereby achieving mental peace, spiritual

upliftment and success. It is reported that even in extremely busy New York city, many professionals find time to come to a particular meditation center for practicing meditation even for few minutes (5–10 minutes) and get relief of stress, anxiety and get invigorated.

Being born in an extreme poor family and losing father at an early age, I struggled hard to overcome many obstacles in my personal and professional life, but for my strong determination, dedication, honesty and faith in God, I achieved great success in my professional life as world known plant scientist. This gives me great pleasure.

At present at this age of 86, I am motivated to learn and practise meditation to gain eternal peace of inner world and universe. I started listening and watching videos on meditation and highly impressed with the outcome of highly designed meditation techniques designed by meditation Gurus. I want to narrate here my own experiences as far as I learnt till now, I am also listening powerful talks of spiritual gurus with great admiration. In the universe in dark sky at night, the vast arrays of cosmic energy are exhibited by millions of twinkling stars and planets emitting lights of beautiful colors as if painted



beautifully by an expert painter painting the galaxy of universe and creator of living beings, plants, animals and organisms. Meditation changes life, bring peace and spiritual enlightenment.

I want to narrate my preliminary experiences only

2. Methodology

Thanks to <https://www.youtube.com> transmitted through Google Chrome I got the opportunity to listen and tried to practise of more than 20 video programs devised by meditation maharishi-gurus as powerful technology for the benefit of meditators. Most of these technologies use the beauty of nature (plants and animals, the bioresource) exhibited in video programs. All these video programs are associated with sweet melodious instrumental music to awaken spiritual thrill in the mind of a meditator. The beauty of nature and natural sounds such as landscape, waves of ocean, water fall, instrumental melody and animation scenes serve as backdrop of video programs of meditation techniques. They adopt highly sophisticated animation technology to demonstrate the galaxy of glowing stars, planets emitting light of different color and flow of cosmic light energy in cosmos reaching down to earth to create miracle in the life of a dedicated meditator.

Different meditators can perceive different senses of their experiences depending on their stage of mind and capacity of reception where mindful concentration is urgently required. In order to understand different phases of meditation, I divided this article in following section 1) selecting of place, time and posture, 2) principles of meditation, 3) classification of techniques of meditation; 4) synthesis and 5) conclusions.

I want to explain my own preliminary personal experience which may vary in different individuals.

2. General Review of video programs

For effective meditation we need to follow different principles mentioned below.

2.1. Place, time and posture

The ideal place for meditation should be isolated in a room, open place under the tree or park, sea beach, on the top of a hill, free of artificial noise, clatter and disturbance required for full concentration of the meditator. The ideal time for meditation is preferably in early morning before or at sunrise, or evening/dusk at sunset. It can be practised in definite time in a religious place like temple/church. Posture for meditation is very important. Different postures are recommended depending on the wish of meditator such sitting straight with legs crossed, with arms resting on both of sides of folded legs touching little finger with thumb of both hands; folded palms, or palms placed one above other. It could be practised while sitting in chair comfortably with hands on the handle of the chair and legs crossed. It is advised that crossed hands and legs can tap more cosmic energy. Meditation can be

practised during walking forward step by step, playing guitar with melodious song as “Thais” in front of bouquets of flower. During these postures, the meditator should close his eyes practicing “Breath in and breath out” which will be explained in the following section.

2.2. Main principles of meditation

The main principle of all meditation techniques is “Breath in and breath out” or in other words “Inhale and exhale”. During this process the meditator with closed eyes should inhale cool oxygenated air through nose slowly and deeply and exhale the warm toxic air filled with carbon dioxide out. It can be explained both scientifically and spiritually. Without feeling sensation of air, one cannot reach meditated stage. From the view point of scientific explanation during inhalation, the air oxygenated air enter through nose, then reach lungs from where the oxygenated air is circulated through blood vessels, supplying oxygen, purifying blood, and then carry carbon dioxide which is breathed out. From view points of meditation the meditator should feel the sensation pathway of oxygenated air and feel the ball of light energy carrying cosmic energy from universe mixed with oxygen entering through nose, and lungs, then is transmitted through circulatory systems, thereby supplying electromagnetic energy in cells, DNA of the meditator. The meditator is energized with cosmic energy coming through light from source, universe. With more meditation the abundance of cosmic energy through ball of light accumulates in the body of meditator, making him strong and spiritually uplifted and thereby connect him with spirit and the universe, creator. This helps to connect body, mind, spirit and consciousness. All video programs are associated with melodious instrumental songs, natural views such as sound waves of ocean, water fall, view of glow of light energy flowing around the body or in front of meditator, thereby leading to complete relaxation and calmness of his body. The frequent practice of meditation and listening of melodious instrumental music alternately will lead to complete relaxation of body and mind, thereby connecting him with his source, spirit in the universe. The meditator should follow instruction of his instructor depending on particular meditation technique which will be explained in the following section. This finally will connect him with his spirit who guides and protect him from all evils and make him strong, healthy and spiritually uplifted. In fact, all our activities are controlled by cosmic light energy of universe, the source which protect us and guide us in our life.

2.3. Classification of techniques of meditation

Different types of meditation techniques are devised to perform different functions which are summarised below.

2.3.1. Meditation for stress relief and relaxation

There are several types of meditation for stress relief, few are only instrumental and other messages of meditation teachers associated music and video scenes

• **Relaxing music for stress relief, healing music, with various**



instruments

This is run for 3 hours. This music relaxes mind, inspires and carry heavenly message to listeners. I listen with great attention which gives me mental peace and spiritual upliftment to learn the presence of eternal energy in our inner world and universe.

• Relaxing Music for Stress Relief, Meditation music for yoga

This is also a highly power full music for stress relief of a person thereby forgetting the problems of external world. The sweet melody with rhythmic musical instruments brings thrill, happiness, peace in mind and spiritual feelings, keeping body highly relaxed after concentrated practice. It uplifts our minds traveling from earth to vast universe with galaxy of dazzling stars, planets, moving in circles.

• Relaxing music with nature sounds-waterfalls, Relaxing rainforest music with birds

This meditation is developed with rhythmic sounds of water fall with stream of white foamy water, flowing down hill and then find their way in lower valley associated with chirping of small and loud voices of distant birds all around the rain forests and this is associated with sweet instrumental music. We can watch deep green rainforest all around giving us thrill. This brings thrill in the mind and creates heavenly joy. This relax our mind completely, free of all anxiety and sorrow of outside world. I remember and hear sounds of water fall early morning while I am in bed.

• Relaxing music with sounds of ocean waves, relief sound therapy.

The sounds of ocean water associated with romantic piano act as sound therapy, which enters mind filled eternal energy and spiritual enlightenment. I watch keenly and hear sound waves which removes all worries, anxiety and give heavenly joys.

• Guided Quay mind for anxiety and negative thought

Waves of ocean relax my mouth and jaws. This helps me to relax. The sounds of radiant waves enter our minds, body relieving all anxieties, reach stomach area, downwards, giving peaceful tranquility to our legs against gravity. We look at the horizon watching the galaxy of universe with millions of stars, glowing planets. We will be completely relaxed with meditation practices listening to the sounds of ocean waves and will be free of anxiety, negative thoughts.

• Guided Meditation, Blissful Relaxation

This is a beautiful scenery of waves in a sea beach preferably in early morning or at the time of sunset listening to the rhythmic sounds of waves dashing against sea beaches and then going back to distant sea. We need to watch keenly and listen to the rhythmic sounds to come to our mind. We need to practise breath in deeply and exhale fully, practise various times. We need to close our eyes or watch whatever we prefer. Allow the rhythmic sounds of waves to come to our mind, bring immense joys, gradually relax our body and finally to make

our mind calm. I Feel wonderful sense of deep relaxation. Regularly I concentrate deeply on this wonderful sense for some time. This keeps our body fully relaxed, peaceful with heavenly joys and making us energetic. Keep on listening these sounds for some time to give you thrill and happiness and energetic. The sounds of waves bring message from universe in the sky with millions of stars dazzling, moving in circles.

• Guided meditation stress relief

Stress is not always negative but it could be negative when it is part of our body it becomes exhaustive. It is desirable to lie down and close our eyes. We need to practise breath in through nose and release slowly, move our arms apart from our body. This should be continued 4 times and breath until we relax. We need to hold tensions tight and try to remove the tensions of our bodies until our bodies relax completely. We should take deep breath allowing stomach to receive fresh air, hold it for moments and exhale slowly in a long exhalation process. We may notice cushions of energy falling on our body. This will allow our body to lift, imaginary. We may feel glistening clouds below the body, looking at a beautiful sky above. We are moving away from anything of our feel tension. We cannot feel the shadows of worries in our mind. Cloud lift us away removing all tensions, agitation, fear. We feel perfectly relaxed and secured. Sun sucks into our skin. There is vast sense of peace, freedom of all worries. Wind swings around and around. Then clouds bring us back to our body. Notice changing landscape below, watching from above. There is no hurry. We are flying in the sky. Finally clouds bring us to our arms. Now we feel weight of your body. We can enjoy this imaginary world which brings eternal peace in mind.

• Guided meditation to ease anxiety, worry, overthinking and urgency

In our lives we are confronted with worry, anxiety and overthinking which hamper our speed of our duties. Meditation teacher advises that breath in and breath out are efficient technology to ease our body. We are being regenerated. Breath in slowly and then exhale fully. The air around me regenerate me with energy. I should keep on breath in to ease anxiety, negative thoughts in my mind. Continuous breath in brings energy in my body and mind. Breath out relaxes my body. I need to practise several times: Breath in and breath out. Then, I turn my face to sun. I am regenerating energy within myself "Breath in slowly and exhale fully". At this moment air around me embrace us. Everything is ok when I breathe in and breathe out. Therefore, continuous breath in and breath out will remove all my anxiety, worries and over thinking and keep my body relaxed with joys and eternal bliss.

• Relaxing Reiki Music, Positive energy music

Melodious music associated with beautiful sceneries of galaxy of universe, twinkling stars, planets, sun, moon, carry the flow of cosmic energy with rays of color entering the third eye supplying healing energy. It gives meditator thrilling,



heavenly love, supply electro-magnetic energy, lift meditator far way from earth as if flying in the universe, enjoying the great universe. Meditator can use this medium to concentrate to attract beam of light with cosmic energy down to the earth, which enter through third eye and the beams of light migrate throughout the body to give magnetic energy and do healing work.

I listen and practise few of these techniques which bring my body relaxed, calm and peaceful.

2.3.2. *Healing energy*

Few meditations are designed acting as healing energy in repairing deficiencies in our body. I want to mention I practised these and got excellent results.

• **Healing light energy, Full body scan**

During this meditation I practise breath in deeply, hold for time and then exhale it fully. During this practice, the healing white light enter my body through my feet, it passes in different parts of body, disperse in deeper levels of body starting from lower part of body to different upper parts of my body, during this process light enters in deeper levels of cells and heal necessary deficiencies with this powerful healing energy. It acts like our whole body scan. The powerful healing light travels up to upper parts of body and reach brains. It can remove senses of dreams. It works like torches in darkness and remove all bad thoughts gradually. All negative thoughts or sufferings in the past are removed by this healing light. I can sense increasing sense of relief with this white healing energy. It brings heavenly joy and energy in my mind with great satisfaction. The beautiful light talk with my soul. I am are part of universe. I may feel emotional at this stage. Light does its function, entering deepest part of cell, and DNA, healing deficiencies where necessary. I enjoy peace. I am loved and protected by universe. Light works like stars in my body. I may feel this sensation. Finally light leave my body and relax my body fully. I may sleep at this moment. I should practise this meditation preferably in early morning or evening.

• **Guided meditation for healing with colorful light**

This is also a powerful meditation for healing similar to that of light energy. In this case, a beam of colorful light enters the head as comic energy. This migrates down wards to all parts of body, neck, throat, skeletal structures, shoulders, arms, and all parts downwards to feet and toes. The whole body is full of beams of light which does healing where needed. We need to practise several breath in and breath out and the sensations of air all ways through nose, lungs, blood circulatory systems and finally reach out the air with carbon dioxide. We need to be aware of sensations only, nothing else but gain some experiences. The practice of meditations bring all parts of body completely relaxed. Finally the beam of light comes out of body leaving the body completely relaxed.

• **Guided meditation for Healing the body, mind and spirit**

This is a highly powerful meditation for healing energy

in my opinion and my own experience. High frequency of energy prevails around us. Healing could be physical, mental, psychological. We should close our eyes and raise our hands to accept energy. Breath in and breath out. Inhale and exhale. We need to keep on awareness of sensation of air; inhale and exhale. Be aware of your third eye present between your two eye brows. We watch beautiful vibrant light, of different colors entering to flow throughout our body, and concentrate. Please concentrate on this mantra repeating several times "I am healthy, I am healing". Beautiful light enters through our third eye. Concentrate your mind, light on the place you want to heal. Exercise mantra. Then inhale and exhale. You can move your fingers to accept positive energy, flowing through you. Healing may be physical, mental or psychological. Everything in life is energy. Positive high energy prevails around us. Let us welcome vibrant energy entering our body. We should continue breathing in and out. Keep awareness to breath, exhale slowly from your lungs with oxygen, expanding your ribs. The energy flows to our face, punching our jaws, down to the shoulder, moving downwards to the lower part of our body. Concentrate to focus on the body where vibrant light energy heals the deficiency required. We feel, vibrant light energy of desired color enter through our third eye and travel and disperse to do healing where needed.

Afterwards the beam of light enter in our nervous system, skeletal system, subconscious mind, bringing complete relaxation, mental awareness. The vibrant light going through all systems making our body stronger, deeper relaxation further and further below leading to the relaxation of all parts. The beam of light move through your entire body, heal all organs. Now light come out connecting you with external source of energy to peacefulness, calmness that move from our top of head to down. This removes all negative energy removed by electromagnetic energy. This beam of light enter endocrine system, immune system, hormone, remove all toxins from your body bring to perfection. Wave of ball of light energy, move through our throat, speaking with love and compassion. The ball of energy, rebalance the whole system, moves down to the heart, pumps our heart, traveling through every cell of your body. The ball of energy enter through third eye, connecting with nervous, digestive system. This ball of energy moves down to emotional source, creating balance in hormones, balancing our internal and external world. This generates peacefulness, joyous thoughts are in fore font. Anger, humiliation are releasing. Teacher states; our inner world and external world are connected with this radiant energy. We may notice our body is lifted out. We may notice few black spots which are obstructing the flow of radiant energy. Then focus the energy on the this points which gradually fade away. Focussed energy brings harmony, optimum health and function. It is activating our inner body, enhance the body function, with wonderful organic food, exercise, enjoy. Our body glow readily and our smile, sparkles. It is now deep in your soul, protecting your



inner world. Electro-magnetic energy is moving through feet, moving through you. All toxins are removed from our body, miracle begin to happen. Energy is cascading around our body protecting you and helping you in all your activities. Energy is strengthening our body, mind, enhancing our body to a new world. Our soul has become strong and healthy now, and have complete control of our physical emotions.

All the energy will connect us with higher self, source energy. The ball of energy coming down from universe, moves through nervous system, all parts, every area is holding this ball of energy, replacing negative energy and release every tension. This wonderful light is in front of your face, enter through circulatory system, miraculous healing, making you healthy in all aspects of health. The molecules moving through each cell, igniting miraculous healing in glands, relax energy and any tension in hormonal system. The sparkling energy, coloured light emerging out of your body, bringing all perfection in our body. I am regularly adopting few of these techniques which giving me excellent results.

2.3.3. Meditation for sleep

Working hard whole days we face various problems for which we may not have sound sleep. Several meditation techniques are devised for obtaining good sleep. Setting of intended meditation leading into deep peaceful sleep.

• Guided meditation

Watch keenly the beautiful galaxy of universe with millions of dazzling stars, light emanated, moving in circle, which bring peace, heavenly joy in your mind and listen to melodious songs bringing thrill in your mind. Finally this leads you to deep sleep. I am using this technique.

• Guided meditation for deepest sleep

Watching beautiful stars in the universe allow us to deepest sleep. Release all muscle tensions, resting head on your pillow, feel sleeping surface and observe. Continue to relax. Imagine beautiful grasses, trees all around blooming, spring time breeze enter your nose and lungs, walking slowly over the grassy field, walking effortlessly. We are aware of afternoon sun setting in the horizons, enjoying golden rays touching your eyes and body throwing all worries. Our muscles start relaxation. We become aware of slight warming of cheeks. Relaxation soothes us throughout our body. You imagine as if, walking along enjoying environments, animals moving around, gentle stream, rustling winds touching your body. Relax the toes of your feet, feel every blade of soft grass. You are feeling so intent, positive memory of your event of your mind, incidents of your life, release any tension. Your each rib expands and entire physical body relaxes completely. Warm sunlight of setting sun touches your skin, peaceful sensation across your arms and of legs. You can remove clothes, removing restriction. Gravity itself start to release. You are feeling lighter, lighter, because you are returning to your natural state. Every moment you feel lighter with the soothing

sensation of the sunrays. Every moment all earthly sensations are releasing. Your physical body is resting, ascending, higher and higher. Continue deep breath. You are flying in the sky far above the green field below. As you look down you can see colourful visions, forest far away from your vision, below you can see water streams, snow capped mountains, oceans far away from your view. The earth itself floats around you. You feel so comfortable, peaceful, the stars around you embrace you, dazzling stars, enlighten you. The universe is welcoming you in deepest sense, you remain beyond your desires, habit, motions, reaching out effortlessly being. You can watch sparks of distant stars, purple, green, yellow light, panoramic view of the universe in front of your eyes, releasing you from earthly senses, offering you spectacular vision of galaxies before eyes, you pass by them, watching them their glows, lights and sounds of unfolding space entering your mind. New understanding is coming to you. You are in the beauty of all creations, enlightening your inner spirit, your inner being now knowing, realizing your eternal soul. All imaginations come in your vision. Deep healing energy takes away all your deficiencies. Deeply healing energy is vibrating in your body. You are to be strong in the vast space. Renew your thoughts, choices in your life. Universal laws, energy clear all negativity from your minds, earthly beings, dissolve earthly needs, you no longer need. Watch, all energy, negative energy clearing away from your mind, flow out from your mind. Allow them to go out through the fires of healing sun. Previous problem you had, worries, everything which hold you, now you are choosing to throw out with healing flames of light. You are drifting higher and higher to release all previous hurts, claims, discard all wrong doings. It is easy to heal them, throwing out with the healing energy of sun. You are feeling soothing experience, enjoying the universe. You will have positive dreams. You are in the arms of universe, never having this amazing experience. Sleep now welcoming you to deepest sleep.

2.3.4. Meditation for different purposes

• Meditation for beginners

This is simple technique for beginners to practise meditation. Be aware of the inhale and exhale sensing the path way of oxygenated air entering through your nose, then to lungs, which circulates through blood vessels and exhaling air carrying carbon dioxide scientifically. In the beginning your attention will be distracted, but gradually you will concentrate as the teacher mentions during her discourse. Gradually you will concentrate sensation only. Stay with your breath, inhale and exhale. Feel coolness of air while entering through nose, enter, feel heart beat in your heart, lungs expanding, focus, take full breath and exhale out. With each inhalation you feel relaxed. Continue practice "Inhale and exhale". Stay with breath. Continue this practice for ten minutes. Stay with breath, for 10 minutes, begin to see colors, just accept what it is. Focus simply in breathing in and out. Continue to breath,



frustration should not overtake you. Inhale and exhale. Slowly open your eyes, inhale and exhale. Align your body with spirit. Continue to practise and stay.

• **Mindfulness bell 5 minutes**

This is also simple technique showing a bell coming in front of you again and again which you need to watch with deep concentration

• **Mindful meditation 20 minutes**

You should follow the instruction of your teacher. Allow your eyes closed. Become aware of your breathing and noticing out breadth. Continue to do that. You body allowing your mind settling gradually. Continue to be aware of your breath, rhythms of breath, flow of breath, acceptance of sensation, and gently return to the awareness of your breath, watching keenly. Accept thoughts liking, or disliking, Continue to witness, observes, then guide your attention to breath away. Feeling the sensation through noses, stomach as you breadth in and out. There is no need to control your breathing, allowing to come and go out. Notice small sensation through nose, throat, lungs. In each individual you can notice any sensation in tongue, any thought could be linked to your thought. Release and relax physical tension with breadth. You can notice other sensation, tensions across teeth, cheeks, and always returning to flow of breathing. Acknowledge the sensation if you want to allow the sensation whatever your body. Always return back to breath. Allow to accept and acknowledge every new message or thoughts. Watch your sensations and allow any destruction if occurs but always return to breath, breathing in and breathing out. There is no one to wait for your results. Notice sensation down the throat, lungs, notice any changes of temperature as the air passes through nose, always return to awareness of breath, breath in and breath out. Accept each moment all without any judgment and evaluation. Notice coolness or warmth of breadth, experience of each moment. Realize your thoughts, experiences, bring your awareness of all paths of breadth.

• **Guided Meditation for detachment from overthinking**

Overthinking and anxiety worry our mind. Be aware of incoming breath reaching your lungs, watch the movement of your breadth, each breath entering and coming out. Be aware of sensation of breath, some parts warming. Just be aware of sensation of warmth in your feet, toes, any part of body, arms or legs, center of your body. Become aware of these sensations. Become aware of your resting body, legs relaxed, any part of your body free of tension. Donot force for relaxation. You are allowing your mind to accept whatever thoughts arise in your mind. There is no need to rush. This is the time for you. You are gaining your understanding, learning, sensing your reactions. Understand your behavior, you are growing ability at the present moment. Understand you are thinking positively. You continue to breath. You can choose to slow down breath. Next breadth being longer. Allow your mind to sense the rhythm of breadth. You are simply thinking

naturally, asking your body to slow down your breadth. You are extending awareness of your body, awareness of every new breath you take. Any thought may arise, without an internal judgement. Whatever comes in your mind, you wish to create. Be aware of your temporary nature of thinking, coming of thoughts and going out. You are evaluating your thoughts, judging yourself. There is no need to control your thought. Allow to enter thoughts. Acknowledge the thoughts accepting and allowing to enter which later dissipate and fade away. Understand, these are your thoughts. You can witness the thoughts coming in and going out. Thoughts create energy, give attention to positive thoughts. Some thoughts are much more quiet. Relax observing all thoughts. Be aware of breathing in and breathing out. Try to return to this sense of each breath. Warmer air enter your lungs. There is no need to hold. Observe full cycle of natural breath in your body. You are observing and sensing each breath, as observer. This is the basic tool of awareness of individual breath, every moment, be aware of your breadth. Simply allow thoughts to come in and fade way gradually. You are observing only. You are calm always at the recent moment, understanding each thought coming in and fading away, witnessing these phenomenon calmly. You can return to our awareness to coming back to your breadth, breath in and breathing out at present moment. You may drift to sleep at this moment, relax and detach everything from your mind. You sense new spirit, higher self. Trust the spirit within you. Recognise it. This is operating in your body every moment. You should have patience and compassion, new experiment of life. Physical, emotional, spiritual levels. Trust your mind to awaken your own intuition and enjoy higher self. After getting these wonderful experiences, take a deep breath and go to rest.

• **Connect with your spirit**

I am quoting the version of a teacher. You will have wonderful sensation. It brings sensation, surprise, message. Drift into dreams. You can see energy of light. There is nothing to fear. Think deep your experience. You may feel experiences, enjoy all messages. Close your eyes. Put your head on soft pillow, feel whole body. The back muscles shrink in your bed, shoulders, arms rest on bed. Think deeper, stage of relaxation completely. Relax your belly. Let your head becomes weightless, thigh, knees, down to toes. Release the gravity. Think deeper and deeper. Breathing in and breathing out. It is time for you to relax. Feel your breadth, expanding your chest, lungs, as you breath out throw all bad things. Think positive plan for your future, recognize you are being supported by energy. Right now enjoy your beautiful experience breathing in and out, allowing your mind and body to relax. It is time for you. Release your leg, back of body. Let your fore head, tumbles, relax, ease. Receive any information, new inspiration, dreams. Keep clearing all thoughts. Look up at dark sky. Take a few breaths with powerful borders of your body, membranes and DNA, effortless connection, experiences. Look at sky, dark, beautiful universe, enchanting



like feeling at home, stars shining. Focus on your third eye between your eye brows. Imagine your breath coming in through third eye thereby soothing your mind and body. As you breathe through, at your third eye, a beam of light coming out from your third eyes and connect you with space, universe. Choose the colour of light you like which will heal your body. Let the color of light penetrate your body to any area which it needs healing. Play with the beam of light you need. Test the amazing experiences. You may add more colors, ray of light, electricity, as communication link between you and your spirit. Direct your intentions to the far end of beam of light that covers. Allow your mind completely relaxed and allow your connection with spirit. Take another breath in and experience healing energy around you. Listen to the voices, relax, relax, allow the healing, healing energy, allow spirit to help you and guide you. Keep on listening all messages if any. Take a beautiful breadth in and breath out. Be aware of energy you have created. You are really loved, accepted and supported.

• Luis Haye's Morning Meditation

The encouraging words of Luis Hay motivate you when you begin your daily activities with energy, optimism and enthusiasm; she mentions that we should be thankful for all modern facilities, transportation facilities, to sun to give you light, vegetation that brings food, brings oxygen, and all modern facilities, miracles of the world. Bless all your relations and love them. Experiences, bad or good are teachers in your life. Someone is guiding us from above and allow it to work for you. Feel natural rhythm of your body, take natural food to give you more energy and nutrition. We should think positive thought. Let the intelligence of universe can work for you. We must realise the power of universe. We must think positive thoughts, and throw out all negative thought. Divine thoughts should flow through your mind. Feel I am divinely protected and guided. Anger, resentments, blames, jealousy should be thrown out. Send love to everyone in your front. This should be creative day for you. Bless all with love, whatever help you give to others, it will come to you multiplied. I approve of myself. Repeat several time. I am willing to change. I want to accept what I am. Let this day be peaceful, day of joys, it is a new day, best day. Take few breaths, fill your body with energy, get up with full enthusiasm and energy.

• Transitional meditation (TM) 20 minutes

This is a complete and simple meditation. Very simple technique. You can try any time you want. It fulfills your natural desire and motivate inner inspiration. What is the inner inspiration? Certain level of mind is already there. Transitional meditation is very simple thinking, involving transitional stage of mind. Mind and body is one. Transitional meditation brings you to deep rest and cortisol secretions of cortisol and stress hormone. Cortisol levels drop. Anxiety, anger increase production of cortisol, hormone, blood pressure, body disorder. This is confirmed by researches. About 300 articles are published. Different journals have published results of

TM. Effects of TM on brain, medulla, front lobe are confirmed. Research shows TM control frontal lobe. Stress affects front lobe. During TM, all parts of brains are improved. They solve problems. TM brings rest. How to get excited level of mind to quite stage? How to get there? Music brings happiness in life and natural tendency of mind. Source of thoughts give joys. Quietness greatly improve your brain activity, level of mind is satisfying, relieving profound stress of mind. Mantra is used. It is positive. Sounds of mantra is given by certified teacher. It dates thousand years of back. Maharishi Yogi who gives proper mantra for each one of his disciples. Research shows every effects changes brain function and control of mind. This does not require concentration. Sit up in chair and utter mantras given by your guru which bring joys and energy.

• Guided meditation for trusting your intuition (Higher self) Hypnotic

This is a hypnotic meditation which your teacher guides you to higher level of yourself. Take deep breath in and out. Trust your spirit. Close your eyes. Your body is becoming relaxed, very comfortable. Concentrate on your breath, this removes tensions. Feel relaxation deeply. Feel relaxation back, your whole body parts, fore arms, feel relation spreading across the bones, fingers, all way to finger tips. You may feel enjoying sensation. Relax in neck, shoulder. Relaxing more and more, more each cell, outside of cell. Relaxation spread across the back, muscles of the body. Concentrate on relaxation spreading across deep into stomach, legs relaxed, feel relaxation to thigh, knees all way down to feet, toes, peaceful every moment. Continuous practice brings your whole body to complete relaxation, realize your higher self, and intrusion.

• Opening third eye

Every one of us has a third powerful eye present in between two eye brows which may be opened by dedication and meditation. A highly powerful technology which is told by expert, depicted through video. It involves sequential processes, 1) a bunch of white twisted thread swinging away as if by winds from central point for some time, 2) these threads are later fixed from a rod like structure, with projected moving threads, 3) assume a flat surface with bright shining spots, 4) a round eye like structure containing several moving circles inside, 5) an round eye is fixed by chords on both side assuming third eye. This is amazing scene to my wonder. This is my personal experience. I practised and hope I am successful to open my third eye. I applaud the creative devise by meditation expert.

• Guided meditation -Spiritual reality power of meditation

Spiritual journey is unique travel. Take deep breath and stay with it. Each one is just a peak. Each person tries to achieve this. All is possible by understanding cosmic energy present. It is the bond which keeps whole cosmos in order. Cosmic energy is the base of all our action. We receive cosmic energy in deep sleep. All activities are functions of cosmic energy. It is necessary to get more and more cosmic energy. It is



necessary for abundant cosmic energy to be obtained through meditation. All our activities are functions of meditation. With more meditation accumulate more energy in body of a meditator. The energy is the design of our, our existence. Our energy body receives cosmic energy. All functions are guided by cosmic energies.

Practicing more meditations we receive higher knowledge. Third eye is a power full eye. By practicing meditation more energy flows through eyes. At the time of activating third eye, we feel itching sensation on fore head. We feel we are travelling in a beach. When body get more cosmic energy, our third eye become energized. We feel so many things which we cannot express. We can hear the messages of master, finally from third eye emerge light. There are 72,000 energy tubes in our body. We understand new dimensions of life. By practicing we receive cosmic energy. Astral bodies travel. After receiving sufficient energy our consciousness increases. We feel lightness of body. The whole body is rotating called as astral movement. Astral body is a consciousness and stores cosmic energy. We receive sufficient, energy, consciousness which move through astral body. Astral body travels beyond space and time. After receiving abundant energy astral body travels through body. We feel our body is floating, light, showing the astral movement. Conscious accumulate in astral body. We get higher knowledge of self. Astral body can travel. It can go in all frequencies without limit.

Meditator understands his stage. By doing meditation we understand our perceptions, knowledge, expand our consciousness. We are eternal beings. All pains will vanish by doing meditation. By intake of more cosmic energy we are relieved of disease.

• Positive thinking meditation

Sit, relax, inhale and exhale as mentioned earlier. Allow the space to open up for you. Stay and lean back. I am enough. I am more than enough. I am greatly loved. I am supported. Sense the natural scenes in front of you. Sky, around you, showing your innate capacity. You are child of universe made of same. Appreciate the beauty of universe and thank it.

• Chakras meditation/balancing/healing

There exist seven chakras-crown centers located at different sites of our body; such as, basal chakra, pelvic center, chest, heart, throat, third eye and finally head crown. Each of these chakras possess different colors and performs different functions. During meditation cosmic energy accumulates in these centers and is transmitted in different parts of body imparting kinetic energy in the body of a meditator.

• Stillness Guided Meditation

This is a guided meditation designed by Meditation expert which helps us to connect with God. Breath in and breath out sensing the path of air is the main principle to be followed as in the case of other meditations mentioned. This consists of 5 steps.

Step 1. Physical relaxation. You need to practise breath in and breath out until your complete body attains relaxation

Step 2. Mental relaxation. Remove all negative thought, worries, bad experiences, wrong deeds in your life bring you to a completely calmness, and happiness.

Step 3. Talk with God. You start talking with God and try to receive his messages. One has to concentrate deeply to attain this stage depending on his spiritual ability.

Step 4. Pray to God. You pray to God your desires and listen any message.

Step 5. Worship. Thank God for all good deeds and achievements in your life.

Step 6. Concentration. Give full concentrations for all your achievements during your life thanking God for all these.

Step 7. Enjoy your life. One has to dedicate and concentrate to reach God and get his blessings.

• Evidences about beneficial effects of meditation

The beneficial effects of meditation on few persons are discussed. They explained that before starting meditation, they suffered a lot in their life for their bad habits and bad deeds but after continues meditation their life styles were completely changed, brought happiness, peace and prosperity in their life.

4. Synthesis

The main principle of meditation is to practise, breath in pure oxygenated air (inhale) and then breathe out (exhale) it slowly. During the process of inhaling the meditator should concentrate the sensation of cool air entering through nose, entering lungs and expanding breath muscle, this is the eternal master, the cosmic energy exhibiting miracles in the body function while during exhaling the warm toxic air carrying carbon dioxide. The awareness of the meditator of the sensation of the pathway of air coming in and out generate the accumulation of cosmic energy, the eternal power in the body of a meditator. The meditation gurus-teachers advises the meditator to close eyes which is the pathway of entry of thoughts which block the passage of cosmic energy. During meditation he will sense that the time required for inhaling decreases with decrease of thoughts by cosmic energy and finally coming to zero causing thoughtless representing highly meditated state. At this stage the abundance of cosmic energy migrating throughout energy tubes. This brings the connection of body, mind and self, consciousness and complete relaxation and eternal peace, heavenly joy. The awareness of the sensation of eternal energy through air is the main guiding force exercising all activities of a meditator. Frequent practice of inhalation and exhalation leads to increase of knowledge, consciousness, connection with body, mind, self and finally with the universe who is the master guiding all activities of mankind. There is a great necessity of combining the scientific process of inhaling and exhaling with spiritual energy (cosmic)



in the body of a meditator to enhance his productivity, complete relaxation of the body and eternal peace. Frequent practice of inhaling and exhaling will accumulate abundance of cosmic energy in the body of a dedicated meditator. In the context of revision of meditation program we come to know that the cosmic energy prevalent in the galaxy of universe control all activities of mankind and living beings in the earth and other possible planets. At night one can bring in his mind the silent sky accompanying millions of stars emitting beam of light, planets, earth, moon and sun amidst galaxy of light. There is existence of electromagnetic energy connecting each other as miracle of creator thereby, establishing a harmony. All these glowing cosmic light circulate in their orbit establishing a harmony with glow of lights of different colors forming a beautiful landscape of the universe. The glow of cosmic energy move downwards with velocity down the horizon, finally reach earth. This glow of cosmic energy encircles the body of human beings and controls all their activities. The momentum of activities of one individual depends on his ability to grasp this amount of cosmic energy entering his body. One can imagine and may observe the glows of light energy of various colors circulating around his body, then enter through head crown, then migrate and pass through seven crowns along the vertebral columns, emitting sparkles of cosmic energy, distributed in all parts of body, perform healing functions. Cluster of thought entering in mind block the passage of cosmic energy forming dark ethereal patch which may be removed by concentrating cosmic energy force finally removing this completely and induce calmness and complete relation. It is explained by meditation gurus that the glow of cosmic energy passes through of energy glands (72, 000) traversing throughout the body from upwards down to the lower parts and generates energy and does healing where necessary. The accumulation of cosmic energy form astral body which migrate in all directions and out of the body through any obstacles, water, mountains and perform its activities. Meditation enhance the amount of cosmic energy in the body of a meditator. More meditation leadsto more accumulation of cosmic energy in his body which generates energy; there increasing the capacity of the meditator to increase his productivity and induce complete relaxation.

More the meditation practices induces the accumulation of cosmic energy operating like electromagnetic energy in his body of meditator. The source of cosmic energy is the almighty creator controlling the whole universe in the cosmos.

5. Conclusion

In modern world we are extremely busy to achieve our goals but on our way we face many obstacles and problems which block our progress. This situations leads to frustration, anxiety, stress and worries. Persons with strong determination and dedication can attain success. Under this situation meditation could serve as powerful tool to relive stress, anxiety, worries and finally get peace and great success in life. Nowadays meditation is not concentrated in monks, many persons are undertaking meditation practice to get peace, success and attain spiritual blessings. There are different types of meditation to serve different purposes. Sweet melodies associated instrumental music relieve stresses. The natural sounds of waves and natural water falls associated with chirping of birds in a rain forest brings heavenly joys to a keen observer. There are few powerful meditations like white light and colored light function as healing energy doing healing function in body organs which needs just like advanced medical sciences. There is guided meditation for healing body, mind and mind. There are meditations to relieve us from anxiety, worries and overthinking. There are excellent meditation helping person to go to deep sleep. We should trust our spirit, intuition. Meditation teaches us to understand the presence of external and internal energy protecting us from all problems. This practice could connect us with our spirit, soul and universe. We should realize the great power of our creator and universe. The universe with galaxy of twinkling stars, planets, sun, moon emitting light transmits energy to control all functions of mankind, animals and organisms. Therefore, meditation is a highly powerful technology to enhance the productivity, and happiness in mankind. Regular practicing of some meditation has changed completely my life style, bring peace, energy and spiritual enlightenment. I feel strongly that meditation can create wonders in mankind in modern world.