

At the Vipassana Meditation Centre Hyderabad 1992

## "MEDITATION IS MIRACULOUS"

# DRK's News Letter



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My last DRK's Newsletter 36 on **Food as Medicine** has been widely greatly appreciated.

The natural sequence is the value, power and importance of Meditation for holistic and harmonious living.

**Bhagavad Gita** says "When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place".

**Confucius** says- The more man meditates upon good thoughts, the better will be his world and the world at large. "When there are thoughts, it is distraction: when there are no thoughts, it is meditation."

"Learn to be calm and you will always be happy" - **Paramahansa Yogananda**

This Universe is not outside of you. Look inside yourself; everything that you want, you already are. - **Jalaluddin Rumi**

"Meditation or 'Dhyana' is the most important and an integral part of yoga practice. It helps rejuvenate both body and mind, improve concentration and aids behavioural modification. Meditation also helps to eliminate fear, anger, anxiety and depression by developing positive emotions. It increases one's memory, willpower and clarity of thought ultimately improving quality of life. It makes the mind calm and quiet and leads to self realisation, which is the goal of yoga practice".

**-Shri Narendra Modi, Hon'ble Prime Minister of India**



## **My Evolution through Meditation**

**When I was the Inspector General of the Central Reserve Police Force at Hyderabad, the highest functionaries of the Government**

**of India requested that I take up the investigation of the dastardly assassination of former Prime Minister Rajiv Gandhi. At that time, the task was considered both unsolvable and dangerous. For this reason, no senior officer based in Delhi agreed to take on the case.**

**I accepted Government's request as I felt it was my national duty. I have always believed that nothing is impossible, instead believing that everything is possible with a lot of effort, determination and commitment.**

**After a lot of hard work and considerable risk, I identified the suicide killer as a member of the most organised and committed terrorist organisation in the world. I collected legally admissible evidence and filed the charge sheet on 21st May 1992. Even the Interpol commended it as a model investigation, for it was the first time that the assassination of a world class leader by a human bomb has been successfully investigated and brought to trial.**

**For the most part, I was left alone to handle the high pressure investigation, trial, commissions of enquiry, political manipulations, scrutiny from the global media and threats from the LTTE, which was considered the deadliest in the world.**

**Given the considerable stress of the investigation and the necessity of an**

**optimal mental state, I felt the need for Vipassana Meditation and went to the Vipassana Meditation Centre at Hyderabad. I had to stay there for 10 days, taking two frugal meals and practicing almost 16 hours of silent meditation every day.**

**When I emerged from the centre after 10 days, I found a big change in myself. Full of confidence I could face the challenges, threats and manipulations, as well as lead the team to success in the courts as well as in the commissions of enquiry.**

**At that time I was holding two full time jobs in two different organisations – one, the armed-to-the-teeth Central Reserve Police Force, the largest paramilitary force in the world, dealing with terrorism, extremism and insurgency. The other was the Central Bureau of Investigation, (like the FBI), dealing with the investigation of high profile and highly sensitive cases of high level Corruption and Terrorism. I am perhaps the only IPS officer to hold two full time jobs for years in two different important national police organisations.**

**After my experience of Vipassana Meditation, I wrote to the chiefs of CBI and CRPF organisations recommending that every officer should undergo Vipassana Meditation. They suggested to explore reducing the course to three or even five days.**







I took it up with Shri Satyanarayana Goenka Ji, popularly known as Guruji, who brought back Buddha's Vipassana from Burma to the land of its birth, India, after 2,500 years. He told me that when he underwent Vipassana course in Burma it was three months in duration and hence cannot be reduced to less than a ten day course.

That was my first experience with Meditation as such. Thereafter, life gave me many opportunities to be associated with several spiritual organisations and great spiritual masters. From them, I learnt other forms and techniques of meditation. I found all of them equally effective, logical and totally valuable. Unfortunately, I could not devote much time to any of these systems due to many other important preoccupations.

I have gone through many challenges in my official life as well as tragedies in my family life. Considering these difficulties, any success and good health that I now enjoy can be attributed to these various forms of meditation, alongside yoga and a healthy lifestyle.

In the recent months of lockdown due to the deadly pandemic, I was able to spend more time with one aspect of Vipassana: Aana Pana Sati - Breath Mindful Meditation. I have realised the enormous benefit of this simple meditation technique in all aspects of life, as evidenced by the

experiences shared by hundreds of meditators from different walks of life and from various parts of the planet.

Anna Dhana (offering food) is considered a virtue in all traditions in all times. Vidhya Dhana (giving literacy) is another virtue. Now I dare say Dhyana Dhana (imparting Meditation) is an equally valuable, if not more valuable gift/virtue as it can transform the lives of people in all aspects.

In this newsletter, I have incorporated thoughts on meditation received from eminent personalities of various traditions. This certainly does not cover every aspect of the vast topic of meditation. The purpose of this humble effort is to kindle a desire in everyone to take up meditation as a regular practice.

**"When there are thoughts, it is distraction: when there are no thoughts, it is meditation."**

**"Meditation depends upon the strength of mind. It must be unceasing even when one is engaged in work. Particular time for it is meant for novices."**

**- Ramana Maharishi**





## **Meditation Is Better Than Medication**

- **Gurudev Sri Sri Ravishankar, Padma Vibhushan Awardee, Art of Living Foundation**

Have you observed what is happening in your mind every moment? It vacillates between the past and the future. It is either in the past occupied with what has happened or in the future thinking about what you have to do. Knowledge is being aware of this phenomenon of the mind – of what is happening right now in your mind as you are reading this article. Information can be acquired by reading books or browsing the Internet. You can open a book on any subject such as how to lose weight, how to prepare for an interview, success 101 and so on. There are innumerable volumes available on a countless number of topics, but the awareness of your own mind cannot be learnt from a book.

There is another tendency of the mind – it clings onto the negative. If someone gives you 10 compliments and someone makes one negative remark, the mind will cling to the negative. It will simply forget the 10 positive compliments.

However, when you culture your mind with meditation, its tendency of holding on to negative emotions simply disappears. You gain the ability to start living in the present moment and are able to let go of the past.

Meditation also helps you become aware of these two tendencies of the mind and brings it to the present. Happiness, joy,

enthusiasm, efficiency and effectiveness are all in the present and they start coming to the fore with regular practice of meditation.

The human mind is very complex. It can be both delicate and tough. If you have had a misunderstanding with a friend or colleague at work, you can become stiff inside and this can distort your emotions leading to negativity – and you carry this negativity wherever you go. Nearly all diseases have a psychosomatic origin. The root cause is always stress. Any disturbance or disorder stays in the subtle body before it enters the physical body. The more manifest the disease is in the body, the longer, costlier and more painful the treatment. Meditation removes any disturbances from the subtle body when they have not manifested as disease in the body.

One of the biggest deterrents for people not being able to meditate is that they don't have enough time. Yet when they start to meditate, they find they have more time, because they are able to focus and get more done. Not only that, the regular practice of meditation also leads to greater intuitiveness. It sharpens the mind through focus and expands it through relaxation.

With the integration of meditation into one's daily life, a fifth state of consciousness, called cosmic consciousness, dawns. Cosmic consciousness means perceiving the whole cosmos as part of oneself. When we perceive the world as a part of us, love flows strongly between the world and us. This love empowers us to



With Sri Sri at Venice, Italy





bear the opposing forces and the disturbances in our lives. Anger and disappointments become fleeting emotions that occur momentarily and then vanish.

Rest and activity are opposite values, but they complement each other. The deeper you are able to rest, the more dynamic you will be in activity. Planning can hold you back from diving deep into yourself. Meditation is accepting this moment and living every moment totally with depth.

Restlessness, agitation, desire and ambition stir up the mind and keep it engaged planning for the future or being regretful about the past. Real freedom is freedom from the past and future.

The confluence of knowledge, understanding and practice make life complete. When you grow into higher states of consciousness, you find that you are no longer thrown off balance by different situations and disturbances. A regular practice can transform the quality of your life by culturing the nervous system to maintain peace, energy and expanded awareness throughout the day. You become beautiful yet strong, capable of accommodating different challenges in life without any conditions.

**- Gurudev Sri Sri Ravi Shankar**

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## The Significance of Meditation

- **Sadhguru Jaggi Vasudev, Padma Vibhushan Awardee, Isha Foundation**

"Meditation" or "Dhyana" means to go beyond the limitations of the physical body and the mind. Only when you transcend the limited perspective of the body and the mind do you have a complete dimension of life within you.

When you are identified as the body, your whole life is only about survival. Your whole perspective of life will be simply survival. When you are identified as the mind, your whole perspective is enslaved to the social perspective, to the religious perspective, to the family perspective. You can't look beyond that. Only when you become free from the modifications of your own mind will you know the dimension of the beyond. Can you see that this body and this mind are not yours? It is something that you have accumulated over a period of time. Your body is just a heap of food you have eaten; your mind is just a heap of impressions you have gathered from the outside.

What you have accumulated you handled well, it is your property. Like your home and your bank balance, you have a body and a mind. You have a good bank balance, a good body and a good mind. Good! This is





With Sadhguru at Isha Yoga Center, Coimbatore

needed to live a good life. But it is not sufficient. It is not fulfilling yet. No human being will ever be fulfilled by these things. They will only make his life comfortable and conducive. Especially if you see Western society, everything that you are dreaming of, every average citizen has. But do you think they are fulfilled, that they are blissful? Definitely not! Nowhere near bliss. So Dhyana is to transcend the limitations of body and mind, and you begin to experience yourself in a much deeper dimension.

Your instruments, body and mind are okay to live in this world for survival. But life will not be fulfilled with them. And if you don't know who you are, are you capable of knowing what the world is? If you want to know the true quality of who you are, only if you transcend the limitations of your body and mind can there be a possibility for you to experience it. Yoga and Dhyana are scientific tools, which help you to transcend the limitations of your body and mind and experience the true quality of who you are.

Without experiencing this, just eating, sleeping, reproducing and dying, your life will not be fulfilled with these. All those things are needed in your life. But our life is not complete because of these, even if you have fulfilled all these fully. This is because the quality of a human being has crossed a certain boundary of awareness. It has to seek something more, otherwise

it will never be satisfied. It has to become unlimited. So Dhyana or meditation is a way of moving into the unlimited dimension of who you are.

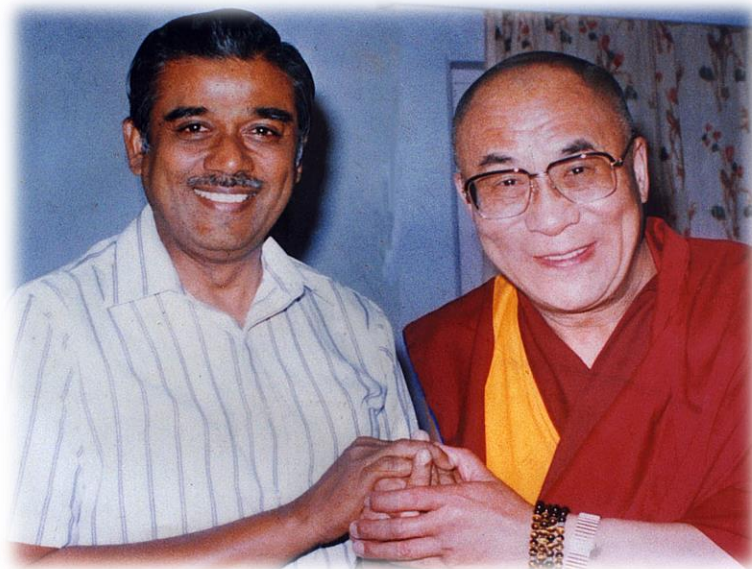
*Sadhguru Jaggi Vasudev is Ranked amongst the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and a New York Times bestselling author.*

[www.isha.sadhguru.org](http://www.isha.sadhguru.org)

**“All human beings have an innate desire to overcome suffering, to find happiness. Training the mind to think differently, through meditation, is one important way to avoid suffering and be happy”.**

**“The mind is definitely something that can be transformed, and meditation is a means to transform it”**

**- The Dalai Lama – Nobel Laureate**







With Hon'ble Chief Justice Shri M N Venkatachaliah, during the Retreat of Supreme Court Judges at the National Judicial Academy, Bhopal

## MEDITATION- Dhyana

*Hon'ble Shri M.N. VENKATACHALIAH, Padma Vibhushan Awardee; Chancellor of Sri Sathya Sai Institute of Higher Learning (Deemed University); Former Chief Justice of India; Chairman National Human Right Commission; Chairman National Commission to review the working of the Constitution*

People often ask what happens to them when they are dead. The question itself presupposes that something of them survives even after death. Therefore the idea of 'I' is an eternal entity untouched by death.

History of 'Meditation' is as old, as enchanting as it is baffling as it resolves around the most profound issue of man's eternal spiritual quest: 'Who am I'.

All religions have their own version of both the techniques and the desired results of Meditation. But all of them, either explicitly or impliedly, proceed on the hypothesis that there is a mystical inter-relation between breathing, mind and consciousness. The magic of breath on the mind and consciousness is the foundational idea. Techniques and purposes of 'Meditation' are integrated with the concepts of the destiny of the 'Soul' of the death: the Buddhist 'Nirvana', Kaivalya of Jainism, 'Moksha' of the Hindu and so on. All of them recognize the pre requisite need to withdraw the mind from the outer world. Meditation in the 'Tantras' contemplates the acquisition of super

human tantric powers; but only by a by-product. 'Dhyana' is a part of the discipline in all the religious systems.

A famous author says:

"In the absence of modern methods for direct mind observation, we may try out some tools developed by pre-modern cultures. Several ancient cultures devoted a lot of attention to the study of the mind and they relied not on collecting second-hand reports, but on training people to observe their own minds systematically. The methods they developed are bunched together under the generic term Meditation". (Pg 315, 21 Lessons for the 21st Century: Yuval Noah Harari)

"Over the millennia, Humans have developed hundreds of meditation techniques which differ in their principles and effectiveness..... Like a number of other meditation techniques Vipassana is said to have been discovered in ancient India by the Buddha". ( Ibid Pg 315)

The process of Vipassana is watching the breath steadily to withdraw the mind from outside objects and listen to the inner silence. Meditation, whatever the technique may be, is incompatible with unworthy and ignoble desires and an impure life. Besides, it demands steady, constant and dedicated practice (Dheergakaala, Nairantarya, Satkaraasevito Dhruda Bhumih: Patanjali) Given these pre-requisites, 'Meditation' can bring about great beneficial changes that can be miraculous. It brings about beneficial, a neuro-humoral, neuro-endocrinal and neuro-harmonal changes in the person. To the beginner it is somewhat un-understandable how mere physical acts such as measured breathing can be means to the transcendental. That is the assurance of pranayama and meditation. Consciousness is the great mystery,

At the end, what is needed is virtuous innocence and consistency in practice. A ton of theory is not equivalent of an ounce



of practice. That is why a famous teacher of Vipassana, pestered by unending stream of visitors is said to have put up a sign on the entrance on his room; “Please avoid theoretical and philosophical discussions and focus your questions on matters related to your actual practice”.

It is so gratifying to see Dr. Kaarthikeyan who held very high and important positions in the Government and has devoted himself to the promotion of ‘Meditation’ for well-being of society and universal Good.- *M.N. VENKATACHALIAH*

### **Raja Yoga Meditation: The Answer To Lasting Happiness, Health & Harmony-**

**- BK SHIVANI, Spiritual Teacher of Raj Yoga - Nari Shakti Awardee**

Ask anyone who has done something significant or great with their life, and chances are that they will respectfully mention Meditation, as one of the tools which fuelled their success. The time-honoured, ancient meditation practice that once had roots in the East has rapidly made strides into the Western world. Whatever the age, culture, ethnicity, or background, today we have a range of meditation styles offering different modalities and merits: Mantra meditation, mindfulness meditation, transcendental meditation, gazing meditation, body-scan meditation and so on.

Considering the complexities and hectic pace of life, our mind is often pulled and pushed in different directions, veering us away from a state of balance or wellbeing. We are finding it stressful to discharge our day to day activities. Meditation which comes as an antidote to everyday stressors, is known to improve every aspect of life. Meditation does to the mind, what exercises do to the body – relax, strengthen, tone, activate and rejuvenate. Its success and beauty lie in its simplicity. The practice culminates by giving us an experience of calmness, health, happiness, power and focus. Meditation therefore is no longer seen as an option or a luxury. It is a necessity if we want to live well.

### **Rajyoga Meditation Principles**

At the heart of the Brahma Kumaris is Raja Yoga meditation (called Rajyoga) which is simple, powerful and holistic. It empowers all aspects – spiritual, emotional, mental, physical and social health. ‘Raja’ means Supreme, Master, or a King. ‘Yoga’ means union or communion. So Rajyoga is a spiritual connection or mental link between us and the Supreme Being, God.

During Rajyoga meditation, we detach ourselves from the body and remain in the awareness of being in our original form - a soul (spirit, self or consciousness) which is pure energy. In this state we connect with our spiritual father, the Supreme Soul or God. God is an ocean of 7 qualities: Bliss, wisdom, peace, love, happiness, purity, and power. Being His children, we also inherently have the same 7 qualities. When we channelize our mind to focus on God, these 7 qualities are activated and enhanced. Consequently, our emotional blockages are healed. Systematic practice of Rajyoga meditation optimizes the functioning of our mind, intellect and body. We become a ‘Raja’ or ruler over the Self. In other words, we become Self-Sovereign. Mastery over the self makes it easy to experience happiness, health and harmony.





With Dadi Janki ji, Chief of the Worldwide Brahma Kumaris Movement

## Benefits Of Rajyoga Meditation

Our mind and intellect are engaged in different aspects of empowerment and transformation during Raj Yoga meditation. Here are the potential benefits-

- Self-realization is achieved when we get a glimpse into our inner world during meditation. A clear and accurate understanding of the self as eternal, pure and powerful souls.
- God-realization and the remembrance of being His children inspires us to be like Him. This will have a therapeutic effect since we become conscious of radiating goodness when coming into actions and interactions. When our karmas will be right, our destiny will be nothing but perfect. We will be able to create a life of our choice.
- Re-kindling of the 7 original soul qualities will reflect in our daily life. Our thoughts, feelings, emotions, words, and actions will thereafter be aligned to our 7 original qualities of bliss, wisdom, peace, love, happiness, purity and power.
- Knowledge of our true identity helps us to see helps us to see our original qualities and thereby see other people also as equals – they are also souls with the same original qualities. This eliminates ego of being inferior or superior to someone on the basis of role, relationship labels, position, status or possessions.

- The power of meditation subdues vices such as lust, anger, greed, attachment and ego. Virtues of compassion, forgiveness, co-operation, love and acceptance are enhanced.
- Pure, powerful, positive thoughts or affirmations consciously created during meditation teaches our mind a new way of thinking. This finishes our negative tendencies.
- Meditation reinforces the realization that we are the creators of our every thought and feeling. Nothing and no-one else can alter our emotional state. This puts us in a state of power and personal responsibility, to sustain a stable emotional state in every circumstance.
- A pure mind will automatically release the clutter of unnecessary and toxic thoughts, thereby relieving us from any form of emotional distress. Forgiveness, compassion, letting go and remaining light becomes a natural way of living.
- Our every thought affects every cell of our body. Diseases, aches and pains in the body is often a result of emotional blockages. Since meditation clears emotional blockages, the body receives pure vibrations from the mind starts becoming healthy.
- Once we master the art of tapping into our inner reserves of peace, love, happiness and wisdom, we will no longer seek from people or situations. We become radiators of these energies in every scene through the day.
- We shift from auto-pilot mode to an aware way of living, as we start creating right attitudes and right responses.
- Meditation gives us the power to decide who and what remains on our mind, and for how long. As thinking becomes clearer, decision-making becomes better.
- We do not get sucked into negative emotions in any situation. Rajyoga teaches us the way to retreat anytime, anywhere for



mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you."

In "Paradise Lost", John Milton said "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven."

In modern times, Richard Bach's teaching from "ILLUSIONS" runs like this: "There's no disaster that can't become a blessing, and no blessing that can't become a disaster."

"Dr|| Joe Dispenza : You are the Placebo"

The great experience of Joe Dispenza is now world famous.

Dr|| Joe Dispenza, a renowned neuroscientist and bestselling author, applies quantum physics, epigenetics and psychology to help people heal themselves of chronic and terminal diseases. "The latest research supports the notion that we have a natural ability to change the brain and body by thought alone," he says. "You are the placebo," he says, convinced that using the power of the mind, one can avoid invasive medical treatments.

"His spiritual journey began in 1986, after he suffered a serious accident. During a triathlon, in the banking portion of the race, a semi-truck hit his bicycle and catapulted him, compressing six vertebrae in his spine. Although the prognosis for recovery was grim (he was told he might never walk again, and a radical, the Harrington Rod surgery was needed), he decided to check out of hospital. He had only one thought on his mind, that the power that made the body, heals the body. He began meditating and visualizing the reconstruction of his spine, vertebrae per vertebrae. With the power of his will, after six weeks he was able to keep his attention on the process for three hours at a time, without losing focus. He started to experience significant changes in his body,

a few minutes. We will be able to pause, withdraw from the emotion, focus on our thoughts and feelings, connect to the Supreme Power, emerge our original qualities and come back into the situation with power and stability.

- We find it easier to correct our belief system. For example, we replace the belief "Anger is necessary to get work done" with "Peace and patience get work done."
- Addictions, temptations, dependencies and attachments created by weak mind and wrong thought patterns can thus easily be overcome.
- Increased willpower and self-control enable us to stick to lifestyle disciplines of right eating, drinking, sleeping habits.

<http://www.brahmakumaris.org>

**"Mind over Matter – Meditation Vs Medication"**

- **BRAHMARSHI PATRIJI-Founder  
Pyramid Spiritual Societies  
Movement & Promoter of Aana Pana  
Sati Meditation**

The subject of "mind over matter" is very ancient.

In "Ashtavakra Gita", it has been said: -

"A man who is after enlightenment, will certainly become enlightened. A man who is happy with darkness will of course dwell in darkness."

Jesus Christ said in the Bible, "for truly I say to you, if you have faith the size of a





including the revival of his motor functions. In ten weeks he got back on his feet, and started training again after twelve weeks. This experience became a turning point in his life, and he decided to dedicate his life studying the mind-body connection and mind over matter.”

In the book **“Autobiography of a Yogi”** authored by Paramahansa Yogananda, The American saint Luther Burbank says, “The secret of improved plant breeding, apart from scientific knowledge, is love.” While he was conducting experiments to make ‘spineless cacti’ he often talked to the plants to create a vibration of love. ‘You have nothing to fear,’ he would tell them. ‘You don’t need your defensive thorns. I will protect you.’ Gradually the useful plant of the desert emerged in a thorn less variety.

We also know about the great book **“You Can Heal Your Life”** authored by Louise L Hay. Soon after it was published in 1984, the book became one of the best-selling non-fiction books of all time. In it, Louise Hay wrote about the importance of looking at the mental root causes of a disease, rather than focusing on how to eliminate the symptoms of the disease through the use of medications. Recognizing that negative thoughts and limiting beliefs affect the body, she recommended the use of positive affirmations to free the mind of such negative thought patterns, release the emotional burden associated with those patterns, and heal. The principles she taught were based on a personal experience; she healed herself of cervical cancer without undergoing modern medical treatments, and lived till the age of 90. She was one of the most beloved

inspirational speakers and selfhelp authors, and a founder of the “Hay House”, the largest publisher for mindbody-spirit literature in the world.

### “MYSELF AND PSSM”

My whole life has been spent for the study of subject “Mind over Matter.” I read book after book after book on how to heal ourselves with the practice of anapanasati meditation, positive and miraculous thinking. That is how, a grand movement called as “PSSM: Pyramid Spiritual Societies Movement” was born... wherein .. now.. we know thousands and thousands of people, who have given up believing in medicines and really did intense meditation to heal themselves.

“MIND” is the “SEED” .. “LIFE” is the “TREE”

### “Different Thought Patterns”

Basically, there are four different types of thought-patterns of human MIND:

Mind Disastrous | Mind Positive | Mind Negative | Mind Miraculous

- Disastrous thinking creates disasters
- Negative thinking creates failures
- Positive thinking creates successes
- Miraculous thinking creates miracles

Therefore, if we want our lives to be full of miracles, then we will definitely have to cultivate “mind miraculous” .. and set for ourselves “goals miraculous” ! As the mind of a person .. so is the whole flow of life emanating out of that person ! **Yad Bhavam Tad Bhavati!**

The practice of meditation rectifies every faulty mind. Like the gym practice strengthens the muscles of the physical body, meditation practice transforms a negative mind to a positive mind .. and finally .. a positive mind gets transformed into a “Miraculous Mind”.



### “Meditation Vs Medication”

Therefore, we have to stop depending upon medicines or external material remedies to rectify our diseased physical systems. PSSM's seventh great principle is “No medicine, No doctor” We know that in some lifetime or the other, we have to finally arrive at the universal SPIRITUAL TRUTHS. Arriving at universal Spiritual Truths means depending 100% on own SOUL-STRENGTH to heal ourselves of all physical afflictions. Only as “APAD-DHARMA”, in some emergency situations, one can definitely take to right medicines. However, as a general guideline, we recommend meditation.. i.e. Power of Mind .. as the panacea in all cases!

Meditation makes us as non-dependent soul-entities. Medication makes us as dependent soulentities. Unless we become non-dependent, there is no salvation. If we are to be candidates for salvation, liberation etc... we have to practice being non-dependent on material remedies and start being dependent upon own innate spiritual strengths and universal spiritual truths. To summarize, we can only quote from Bhagavad Gita: “uddhared ātmanātmānam nātmānam avasādayet ātmaiva hyātmano bandhur ātmaiva ripur ātmanah” (Bhagavad Gita 6.5) “A man must elevate himself by his own MIND, not degrade himself. The MIND is the friend of the conditioned soul, and his enemy as well.” [www.pssmovement.org](http://www.pssmovement.org)

**Dr. (Prof.) B. M. Hegde, Eminent Cardiologist, Medical Scientist, Padma Bhushan Awardee.**

Meditation basically makes man tranquil. In this troubled world, where everybody is worried about everything, meditation makes life easier. I recommend daily meditation for everybody.

Meditation does not have to be very complicated. It is just simply sitting quietly in a quiet room without any outside distractions. If you sit like that for 20 long minutes, your mind gets stilled. That exactly is simple meditation. You can sit like that for any length of time depending on your need.

So, let us make meditation a part of our daily life; thereby becoming tranquil always. This not only stills the mind, but also softens the heart and makes the heart function better. [www.bmhegde.com](http://www.bmhegde.com)

**The Power of Meditation  
- Nayaswami - Jyotish and Devi**

**Spiritual Directors - Ananda Worldwide,  
Nevada, California, USA**

Meditation is a natural and rewarding human activity. Paramhansa Yogananda defined meditation as “deep concentration on God or one of His aspects.” Practiced daily, it produces astonishing results on physical, mental, emotional, and spiritual aspects of our being. It connects us with our



At the Swami Kriyananda Moksha Mandir, Ananda Village, Nevada





With Swami Kriyananda (Donald Walters), Assisi, Italy

own inner powers of vitality, clarity, and love. When done deeply, it gives us an expanded sense of connection with all life, an experience of profound joy.

A recent Harvard study showed the surprisingly fast results from meditation. Using well practiced scientific methods, the study showed that positive brain can be measured within six weeks of a person starting a practice. In the study, the beginning meditators averaged less than twenty minutes per day, and the brain changes were still apparent several months later.

Meditation has three aspects: relaxation, interiorization, and expansion. The first step is to relax completely, both physically and mentally. It is helpful to have the spine in an erect posture, sitting either on the floor or on a chair. Then it is necessary to interiorize the attention and concentrate one-pointedly, usually at the point between the eyebrows. A number of different disciplines suggest that the practitioner observe the breath, feeling the inhalation and exhalation high in the nostrils. Finally, as Yogananda suggests, one should focus the concentrated attention on an aspect of your own deeper self. Holding the attention on inner sounds, or light seen in the forehead will help one naturally expand their consciousness.

Although the process sounds simple, the attainment of deeper states requires faithful practice with dedication and

discipline. And yet, as studies show, even a little practice of meditation gives very quick results. One will find that practicing even a few minutes a day increases your sense of well-being and brings increased joy.

Physiologically, meditation has been found to reduce stress, strengthen the immune system, and help regulate many of the body's systems. During meditation, the breath slows, blood pressure and metabolic rates decrease, and circulation and detoxification of the blood increase.

There is an innate yearning in each of us to expand our awareness and to experience union with the endless love and bliss of God. At a certain stage in this eternal quest, we feel drawn to explore inner stillness through the practice of meditation. This is surely one of India's great gifts to the world, techniques being passed down from teacher to student for many thousands of years. It is said that the greatness of a culture can be judged by its heroes. In the East, particularly in India, the greatest heroes have always been people of the highest spiritual attainment

Profound perceptions of reality come through intuition rather than logic, from the "superconscious" rather than the conscious mind. When the body is relaxed, inner concentration can withdraw the life-force from the body and senses. Then, with the mind deeply focused a tremendous flow of energy becomes available. That intense energy can lift one into superconsciousness, where our inner powers of intuition are fully awakened. Many description of deep states are given in the writings of Patanjali, the great epic The Mahabharata, and more modern sources such as Paramhansa Yogananda's world-famous Autobiography of a Yogi.

In addition to its physical and mental benefits, meditation is above all a spiritual art. Its purpose is to lead us to the realization that we are one with the Creator. We come from God and are made in His image, and our hearts are restless

until we achieve unity (yoga) with Him. Meditation is the direct pathway to this unified state.

The practice of meditation has tremendous potential for enriching both our individual lives and our society. It is especially relevant during times of high stress such as many are experiencing during the COVID virus pandemic and its ramifications.

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



With Ratan Tata, N Chandra and RKK on Martyrs Memorial Day at the Memorial, Taj Mahal Palace, Mumbai

"Meditation helps me to be calm and stay focused. I feel practicing meditation is a way of becoming a better version of one's self".

- N Chandrasekaran, Chairman, Tata Sons

[www.tata.com](http://www.tata.com)

**Dr Newton Kondaveti**

**Founder Life Foundation - Quantum Life University**

Meditation is the very foundation of Spiritual Science. It is the alpha and omega of 'Sadhana' (Spiritual Practice), which begins with meditation and ends with meditation. All other spiritual practices make up the vast spectrum in between. Meditation is the doorway to our inner senses. Meditation has always been an integral part of spiritual teachings since ancient times. All religions have an inner core or essence, and meditation is the first and foremost process that has been recognized therein.

Meditation is the key to unlock the mystery of existence and open the path towards self realization. It is awakening oneself to altered states of consciousness, where in one will perceive alternate frequency reality systems, which are all simultaneously co-existing. When you are in the act of perceiving and interacting with non-ordinary dimension of COSMIC REALITY, you are said to be in meditation.

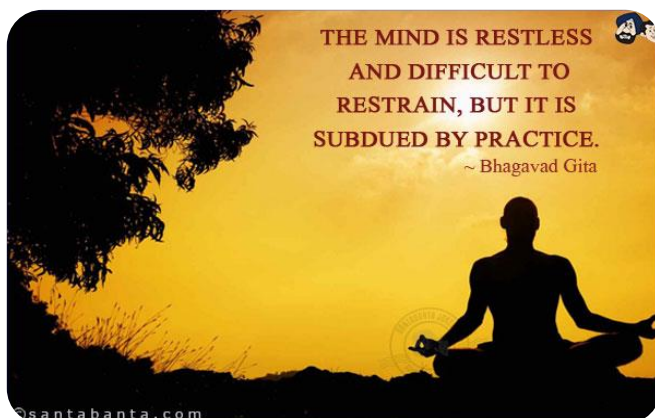


With Ratan Tata at Mumbai

"In today's extremely fast paced life, meditation is the space where one can untangle and organize one's mind and find the strength and energy to continue with renewed focus and vigour. Even a few minutes every day goes a long way."

- Ratan Tata, Padma Vibhushan Awardee, Chairman Tata Trusts

[www.tata.com](http://www.tata.com)



THE MIND IS RESTLESS  
AND DIFFICULT TO  
RESTRAIN, BUT IT IS  
SUBDUED BY PRACTICE.  
~ Bhagavad Gita





With Dr Newton at QLU, Vikarabad, AP

Pyramids are known to increase the power and effectiveness of meditation. They act as lenses and focus cosmic energy. This brings about a manifold increase in the energy levels inside pyramids. Most people who have experimented with meditation inside pyramids describe themselves as experiencing a total relaxation of their body, followed by the shutting out of unnecessary external stimuli and irrelevant thoughts and finally achieving an altered state of consciousness which allows them to focus on deeper inner levels.

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

**Shreans Daga, Vice Chairman, Pyramid Spiritual Societies Movement**

### Meditation to Manifestation

Everything that we do in our life is for an emotional pay-off. If I get this or if I have this experience then I will be happy.....The end product of any experience is an emotion. As a part of our culturescape, we are hypnotized to believe that happiness is outside of us. However true happiness lies within us. Jesus said 'The kingdom of heaven is within us. Meditation is the key to that Kingdom. We can get the same emotional pay-off through Meditation.

When we observe our breath, our mind becomes empty. When the mind is empty. We shut our analytical mind, we lose our identity, our ego, our personality self. Then Resistance is dropped automatically. Slowly, slowly with regular practice, we release all our survival based emotions.

Then we are able to enter and retreat in our inner sanctuary. We experience pure love, joy and peace which is original nature, our true essence. As we tune into our inner being we become more Intuitive. As we connect to our source energy, we access all the wisdom, clarity and gain profound insights.

Our source is the Ultimate resource. When we empty our mind or the gaps/ the silence between the thoughts lies within it infinite potential, infinite possibilities. It is the silence between the notes that create the music. That is the moment when we are connected to the Quantum field from where everything is created from, from where the Energy or the waves of possibilities collapse and turn into matter. In meditation, we raise our vibrations as we become less matter, more energy.. Less particle more waves and hence able to tune into that quantum field. The Universe is governed by Law of Attraction. Thoughts send the signal out, but our feelings draw the event back. Whatever we feel about, we bring about.

Through meditation we release lifetimes of repressed trauma. Meditation is a discipline to eradicate this backlog of accumulated stress. Now you are more adaptive, more resilient. You have a bigger capacity to elegantly roll with the punches that life is going to give you. Once you go through this catharsis, you transcend your feeling as we tap into the inner reservoir of



With Shreans Daga and Patriji

genes and release endorphins and oxytocin which makes you feel happy and in love.

We are fortunate as the only species to direct our mental faculty/ our attention to consciously observe our breath and awaken our consciousness. Meditation is Awareness. The more conscious we are of our unconscious, the less unconscious we will go during the course of the day. Through meditation you become the consciousness observing the program. That Observer is real you. You become the expanded consciousness. So let's embrace this happiness technology. The only way out....is IN. As within, so without. As above, So below.

[www.shreansdaga.org](http://www.shreansdaga.org) [www.thrive.in](http://www.thrive.in)



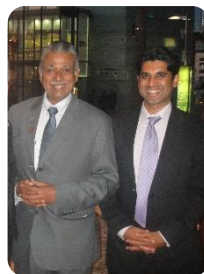
Global Festival of Spiritual Sciences at  
Pyramid Valley International Bangalore

pure , positive energy. And when things change inside you, things change around you.

Your feelings are equal to prayer. What you feeling is what your praying for. when you are happy for no reason, the universe will give you more reasons to be happy for. We came as creators and not as reactors. Meditation empowers us with all positive n creative love based emotions and when we radiate that we draw the events matching those emotions. Rather than living a life of cause and effect, now you are causing an effect. Rather than You being a Grievance looking for a cause , now you are a Joy looking for a cause.

Invest some time in meditation. It is best return on your investment. You will achieve much more in much less time. It increases your productivity and enhances your efficiency. Whatever you are doing , you will do it better. Now efforts are not required, efforts are inspired. You have enough Motivation...A motive for action. Meditation is not for meditation. It is meant to make your life better.

Rather than waiting for the outside conditions determining your emotions, Meditation is tool to transform your emotions independent of outside situations and when you do that for a sustained period of time, magically the outside situation changes. Its a law. Life is not happening to you, life is happening from you. During meditation your suppress more than 1000 stress related



With Dr Ranjit  
at Melbourne

## The Journey of Meditation

**Dr Ranjit Rao,**  
**Consultant Urologist,**  
**Surgeon, Author, Speaker,**  
**Melbourne, Australia**

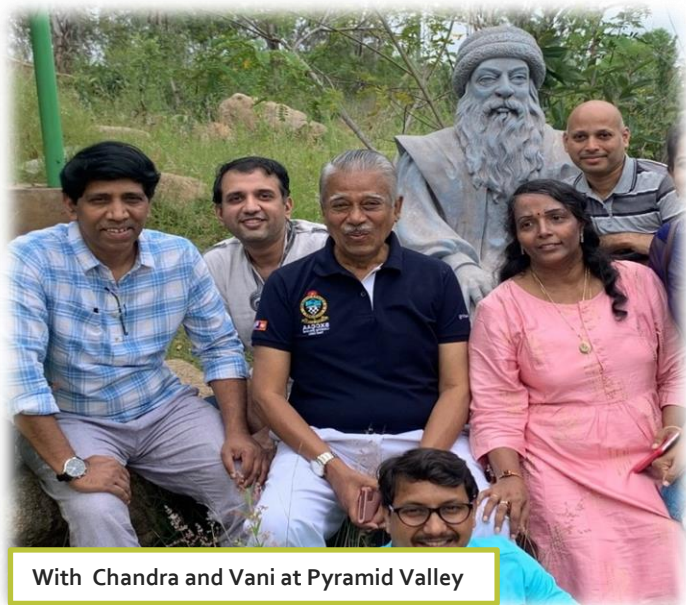
The practice of meditation maybe used for many purposes from giving the mind temporary solace to the ultimate state of self realisation. Whatever the reason maybe is a personal one and perfectly fine.

However to bring about deep and lasting change, it is important to dedicate time to a regular meditation practice. In doing so, eventually those small fleeting moments of peace and calm become established and integrated, such that it becomes your background experience through all the trials and tribulations of daily life.

In effect, we no longer practice meditation, but we become an expression of meditation. Though this seems like a lofty ideal, and though we are all human beings with our inherent frailties, the expression of meditation is coded in our DNA and one that is available to all of us."

[www.raourology.com.au](http://www.raourology.com.au)  
[www.dr Rao.com.au](http://www.dr Rao.com.au)





With Chandra and Vani at Pyramid Valley

## **Meditation makes Life Holistic and Miraculous!**

- **Chandra Pulamarasetti, Founder, Buddha-CEO Quantum Foundation; Trustee, Pyramid Valley International, Entrepreneur & Former VP, IBM Corporation**

Meditation is a process to understand oneself. Meditation is a practice to empty the mind of all thoughts and experience our grander self, or the greater mind. It is a practice to connect into the infinitely potential Quantum Energy Field .. or the Quantum Consciousness and experience that “Intelligence” .. and realize “Aham Brahmasmi”.

Quantum Physics has proven that our observation (our thoughts and feelings) creates the outer reality.” Yath bhavam thath bhavathi”. According Quantum Physics, we are 99.999% energy and only 0.001% matter. Everything is interconnected in this Energy Field as waves of possibilities. Our observation collapses the possibilities into our life as Events (Experiences).

Observation is nothing but our thoughts and feelings. Every thought and feeling is about an experience of life. An experience is always about one or more persons, life

forms, places and things in a given time frame.

The more courageous, confident and miraculous thoughts and feelings we have, the more pleasurable and enjoyable experiences of life we go through. The more fearful, worrisome and anxious thoughts and feelings we carry, the more tougher life experiences we face. Our outer experiences are a mere reflection of our “inner being”. Regular practice of meditation helps us to explore, experiment and experience this concept easily and naturally.

Regular practice of breath-mindfulness meditation enables holistic well-being of our individual self . It helps with increased physical vitality, increased memory powers, increased emotional intelligence and social connect, and a larger understanding of oneness or about the existence. Said another way, Meditation is developing the Physical Quotient (PQ), the Emotional Quotient (EQ), the Intelligence Quotient (IQ), and the Spiritual Quotient (SQ).

PQ is about passion for life. Meditation increases the body energy, develops radiant health, and naturally increases our passion for Life to experience more of the Life. Many meditators express that they are interested in all aspects of Life again. They mention that they are engaging more and more in activities that they thought are unnecessary or over for them. Many express that they are fully involved in life experiences with greater mindfulness .. “Walk while walking, Eat while eating”.

IQ is about learning and successes in life. Meditation develops several memory powers including memory recall, concentration, learning, reading and creativity and helps us to be highly successful in whatever we take up. It develops cognitive capabilities and improves decision making with greater clarity. Several meditators express that they are more productive, more bold and confident in decision making, enjoying



At the Pyramid Valley Bangalore

their job/work more, and taking new initiatives.

EQ is about building relationships to celebrate life. One becomes more self-aware, self-expressive, empathetic and inspires people with their selfless and caring attitude. Meditation makes an individual a natural leader with their ability to take initiatives as well as connect with others. Many meditators express that their near and dear people and their colleagues tell them that “they are different and transformed now”. Many family members express that “these are the best days of our life in so many years”.

SQ is about living a meaningful life and making a difference. It helps us go beyond routine life and live our purpose. With regular meditation and reading books/listening to experiences, one develops the understanding that we are all connected as one, we are unlimited in potential and our thoughts and feelings help us realize that potential, that our real

happiness lies in serving ourselves and others at the same time. It is very common to hear from regular meditators that “they are living a meaningful life now..”, “contributing to others in some way or the other”, “participating in service activities”, “expressing gratitude for little things to big things” and “feeling harmonious in many ways with others, irrespective of other’s state of being”.

Realizing the immense benefits of Meditation, Buddha-CEO Quantum Foundation has been organizing regular 6-week guided breath-mindfulness meditation programs to impart scientific meditation wisdom and enable Meditation as a habit into the lives of all with a focus on business and organizational leaders, aspiring leaders including graduating students. During the COVID pandemic, we have seen thousands of people gained immense benefits with these daily guided meditations. I am very grateful to you Kaarthikeyan Sir for your constant guidance and mentorship in supporting our endeavours. You have created unquantifiable amount of awareness about Meditation. My deepest gratitude to you and Brahmarshi Patriji who is the force behind this noble Foundation initiative.

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

## **MEDITATION**

*lewis elbinger,*

*Yogi, poet, artist, world traveler,*

*Retired diplomat, planetary citizen and ardent evolutionary.*

*He lives in Mount Shasta, California.*

Meditation is a means by which one’s focus and attention is shifted from the outer world to the inner world.

The outer world is like the surface of an ocean: sometimes calm, sometimes stormy, always fluctuating between the two.

The inner world is like the depths of an ocean: always calm, always peaceful, always serene.



**Laurence Guihard-Joly - General Manager, IBM; Co founder of "Buddha CEO Quantum Foundation" manages large global businesses, volunteer teacher of Meditation and Mindfulness -**

"I discovered meditation in 2016 in Pyramid Valley International, India, and the benefits were immediate. I needed less sleep, less food, while my energy level was up and I could work endless hours with full concentration and clarity. In addition, I felt present, fearless and joyful. So I decided to sponsor mindfulness in the workplace and the feedback has been positively overwhelming. Our Mindfulness@IBM Community grew up fast to more than 12000 members.

Meditation is the road to cultural change and performance for any organization, where employees can thrive, where inclusion and compassion become the norm, where collaboration and enthusiasm become driving forces, where challenges become learning opportunities. I saw it happen again and again.

The science of meditation (neuroscience, epigenetics, quantum physics...) makes us revisit all our beliefs, as we realize how conditioned we are, and how limitless we can be. Every book you read makes you want to meditate even more, to look at the world with wonder. Meditation is a never-ending fascinating adventure!"

"Talk about meditation to at least one person a day"... that is a commitment I made 4 years ago, and it changed my life, as it was helping the life, health and happiness of others!"



With Dr Lewis Elbinger at Mount Shasta, USA

When a child is born, it is taught to focus on the outer world so it may survive and thrive.

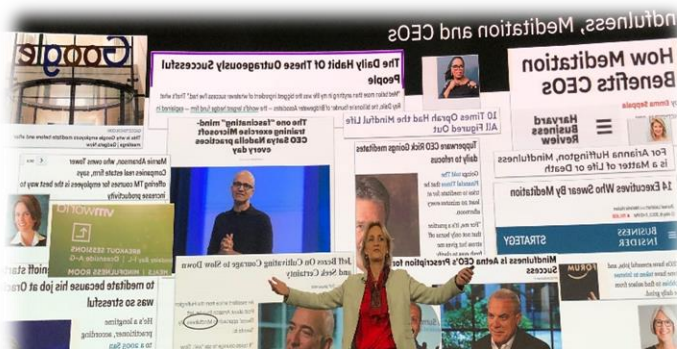
When the child grows, it learns to balance the outer and inner world.

When the child matures, it consults the inner world for instruction and guidance.

It is said that an individual should meditate for as many minutes per day as he or she is old. That means more time should be spent in meditation at the later stages of life in preparation for the final transition.

One way to establish meditation as a daily habit is to use a smart phone app called Insight Timer. Insight Timer tracks and records meditation sessions to inculcate meditation as a daily routine. The meditator receives one "milestone" in the form of a gold star for every ten days of consecutive meditation and every fifty days of non-consecutive meditation. Five gold stars earn one red star, five red stars earn one green star. The milestones accumulate to reward regular, dedicated daily meditation practice. The habit of daily meditation is thus encouraged, reinforced and fostered.

Meditation quiets the mind, opens the heart and allows the soul to speak.



Laurence Guihard-Joly with Buddha CEO Quantum posters

As a successful IBM General Manager, Laurence Guihard-Joly has managed large global businesses, and lived in France, USA and Singapore. Teaching as a volunteer Meditation and Mindfulness since 2017 to thousands of senior executives, leaders and professionals, she co-founded in 2020, along with Chandra Pulamarasetti of PSSM, the non-profit "Buddha CEO Quantum Foundation" to bring the practice to as many workplaces and universities as possible. She is married and mother of 2 boys, and also engaged in support of people with disabilities. [www.buddhaceo.org](http://www.buddhaceo.org)

<https://www.linkedin.com/in/laurenceguihardjoly/>

### Soul, Heart and Mind Meditation

*Dr Master Zhi Gang Sha, Tao Grandmaster-creator of Tao Calligraphy; Martin Luther King Jr. Commemorative Commission Awardee*

Dear D.R. Kaarthikeyan:

I am so delighted to hear from you. I am so happy and honored to have you as my spiritual brother in this lifetime. Your presence during my retreat held in Frankfurt, Germany is a beautiful memory for me. I will always hold sacred in my heart and soul your love, care, and support for me.

In ancient wisdom, there is a universal law: the Law of Shen Qi Jing. All human beings, relationships,

finances—everyone, everything and every aspect of life—consists of shen, qi and jing.

- Shen includes soul, heart and mind.
- Qi is energy.
- Jing is matter.

Why does a person get sick? Why do people have challenges in their relationships, finances and other aspects of their lives? In one sentence:

All challenges are due to blockages of shen, qi and jing.



What is the sacred relationship among shen, qi and jing? The sacred relationship is:

- Soul leads the heart.
- Heart leads the mind.
- Mind leads the energy.
- Energy moves the matter.

A human being is made of soul, heart, mind and body. Mindfulness is popular now. Most people think meditation uses the mind. Everyone understands that meditation can bring peace, healing and transformation to one's life.

In ancient wisdom, the heart houses the mind and soul. I believe the greatest value and benefits of meditation come through heart and soul meditation. What is heart and soul meditation?

Quantum physics speaks about message or information. Information in science is called soul or spirit in the spiritual realm. In fact, they are one. Soul is message. When one meditates, the most important practice is to bring a positive message to what one wishes to achieve with the meditation.

The heart is the receiver of the soul's messages. The heart must receive, digest and absorb the positive messages. Then, the mind processes the message. The mind will then drive the flow of energy. Energy will drive the flow of blood and matter. This is how meditation works.

Meditation from the mind is great. Meditation from the soul and heart is more



powerful. Positive messages bring virtue from heaven. Virtue is heaven's love, light and spiritual flowers. If the meditator says or thinks a positive message, heaven will give this one love, light and spiritual flowers, which could transform blockages within all life.

People can receive transformation for health, relationships, finances, the spiritual journey and every aspect of life through the power of heart and soul meditation. [www.drsha.com](http://www.drsha.com)



It is heartening to note that Shri D.R. Kaarthikeyan is giving his thoughts on various subjects through his newsletters.

Himself an erudite scholar in various fields with a kind heart and a polyglot and is in the habit of lucubration, he is doing immense service even during his elderly age by giving his various valuable thoughts in different fields through his newsletters. It is not a surprise that his newsletters so far released have been acclaimed world over.

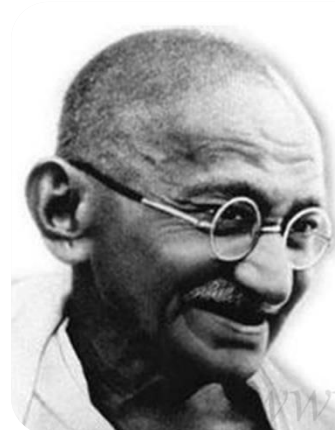
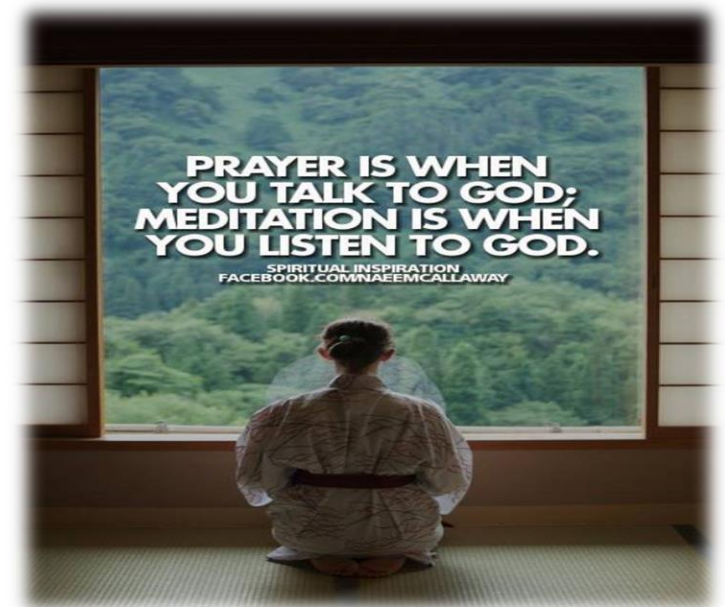
His present newsletter is in the field of meditation. Meditation is the first and final step for a yearning soul to reach the summum bonum of life. Everybody can meditate, even an atheist can also meditate. Meditation can be a practice where an individual uses a technique to calm the mind and concentrate on a particular object without any worldly hindrance by

which, mind can achieve holistic thoughts and eventually leads to mental peace.

Meditation is about training an awareness and getting a healthy sense of perspective. It takes consistent practice to get comfortable with mind.

I hope, D.R. Kaarthikeyan's present newsletter on meditation will indite new thoughts and will eliminate the present state of lugubriousness that prevail in the whole world at present.

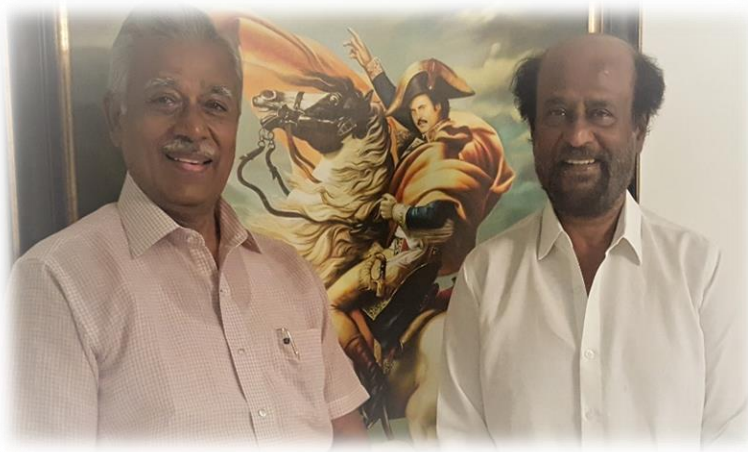
With Best Wishes,  
(Kumara Gurupara Swamigal)  
Kaumara Mutt, Coimbatore  
<https://www.facebook.com/kumaragurubaraswamigal.kaumaramutt>



He who is steadfast in meditation becomes firm and clear.

*Mahatma Gandhi*

[www.thequotes.in](http://www.thequotes.in)



### Entire credit to Meditation

***Super Star Rajnikanth, Padma Vibhushan Awardee***

There are so many ways of meditation...

What I have been practicing for many years is....

As soon as I have my bath, I go to my puja room, sit in front of my deities and Gurus and for ten minutes I do Kapalabhati and Pranayama...

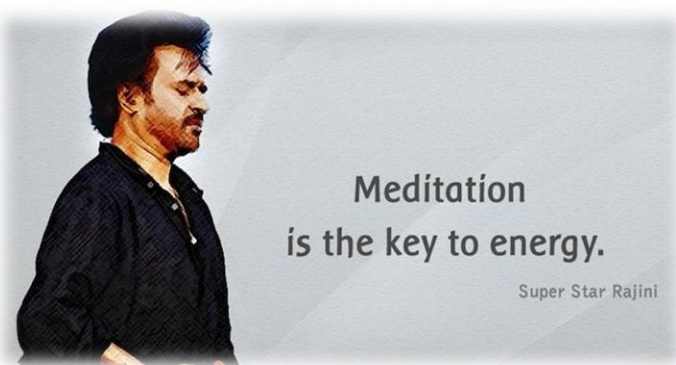
And then, I chant "Om" three times in different tones and notes...

While chanting, I concentrate on every syllable and sound of the mantra...

Then. ..I just sit in silence focussing on the centre of my eyebrows keeping my Ishata Devatha's image there for minimum 10 to 15 minutes...

After that, I experience a bliss, a sense of peace and clarity of mind...

Then, I pray to God to give me all the strength to perform all the activities I plan



for the day,  
with honesty,  
skillfully,  
joyfully and  
with ease.

I strongly believe that what I am today is because of this method of meditation that I have been practicing for many years.

Whatever method you might chose, if you regularly faithfully practice meditation it is sure to bear fruits and you will feel empowered.

Rajinikanth | 5th December 2020

