



How do I meditate at home?

Whenever it fits your schedule, you should meditate every day for at least 10 minutes. Some people find that beginning the day in a state of peace and silence makes the whole day go better. Some people find the best time is in the evening, where the soothing effects help take them into deep and nourishing sleep. And many people meditate both morning and evening, and include some cleansing techniques (described later) with the evening meditation.

Shri Mataji has recommended the following meditation techniques to enable us to enter thoughtless awareness, but meditation is not merely a technique. It's very important to understand that meditation should be done from the heart, with love and respect for the divine Spirit that is within each of us.

Preparing for meditation

Place the photograph of Shri Mataji respectfully on a clean table or shelf and light a candle in front of the photo. It is preferable to put a cloth under the photo and to place the photo in a frame. Place the photo approximately at eye level, so that you can see the picture clearly.

When sitting down to meditate you should always begin and end the meditation by raising the Kundalini and giving yourself a bandhan.

Raise your Kundalini

(See the illustration on the next page.) To begin, place the left hand in front of your Kundalini, which is at the base of the spine. Place the right hand behind the left hand, with both palms facing your body. Move the right hand over the left hand and back under the left hand. Now slowly raise your left arm, keeping the left hand in the center of your body, moving up the spinal cord.

While your left hand moves upwards, continue to move the right hand up the inside and down the outside of the left hand.



Raising the Kundalini

Watch your hands while raising them and tilt your head back as the hands move above eye level. When above the head, spin your wrists and tie a knot as shown in the diagram on the opposite page. Raise the hands from the base of the spine to above your head in this way a total of three times. The third time, tie three knots.

Give yourself a bandhan

Next we give ourselves a *bandhan* (protection). We describe an arc with our right hand from the left hip, over the top of the head to the right hip and back again. This should be done calmly and rhythmically to feel the benefit. Do this seven times. The eyes can be closed or open while giving yourself a bandhan. Keep the left hand palm upwards on the lap.



Giving yourself a bandhan

Daily Meditation

- a. Having raised your Kundalini and given yourself a bandhan, sit with your hands palm upwards towards the photograph of Shri Mataji and look at the photograph for 5–10 minutes without thinking. Then close your eyes. Watch your thoughts and let go of any thoughts in your mind. Be patient. The thoughts will gradually recede and the gaps between them will increase. If your attention is wandering, say, “Where is my attention?” This will bring your attention back to your Spirit and stop the thoughts. Try to identify with your Spirit by saying, “I am the Spirit, not this body or these thoughts.”
- b. If thoughts are still there, you can say, “Not this thought” each time a thought rises. The thoughts will slowly give up. You can also say, “I forgive everyone.” Say this sincerely from the heart and it will have a powerful effect.
- c. If you are thoughtlessly aware, relax and enjoy the meditation. Keep watching your thoughts. Keep your attention inside and see how you are feeling. You should start to feel peaceful and joyful and may feel the chakras in your body awakening.
- d. Finally, try to put your attention onto the Sahasrara chakra, on top of the head, for a few minutes before raising your Kundalini again and giving yourself a bandhan.

