



Lessons In Meditation

DHYANA YOGA

the way of realizing everything in silence...

While meditating, a disciple believed he saw a spider descending in front of him. Each day the menacing creature returned, growing larger and larger each time. So frightened was the disciple that he went to his Guruji to report his dilemma.

He said he planned to place a knife in his lap during meditation, so when the spider appeared he would kill it. The Guruji advised him against this plan. Instead, he suggested, bring a piece of chalk to meditation, and when the spider appeared, mark an "X" on its belly. Then report back.

The disciple returned to his meditation. When the spider again appeared, he resisted the urge to attack it, and instead did just what the master suggested. When he later reported back to the master, the Guruji told him to lift up his shirt and look at his own belly. There was the "X".

Heal the inner most illness...

Dhyana Yoga - Meditation is the mental activity for accomplishing harmony and peace within ourselves. The mind no longer disturbed by conflicts, is able to discover the truth of life.

Be more meditative, become more conscious of your true being. Let your inner world become more silent and love will flow through you. People have different problems - violence, jealousy, misery, anxiety etc ...The healing for all this problems is only one, and it is Dhyana - Meditation.



be aware of your awareness...

When you encounter a Setback, Pain, Pressure or Conflicts, you normally let yourselves down or seek escape. In this life not once, but many times you must have preferred to escape. Every escape has landed you on the lap of ignorance. Alternatively, without escaping from life, you can lead a high degree of life: A life of spiritual learning or a life of wisdom.

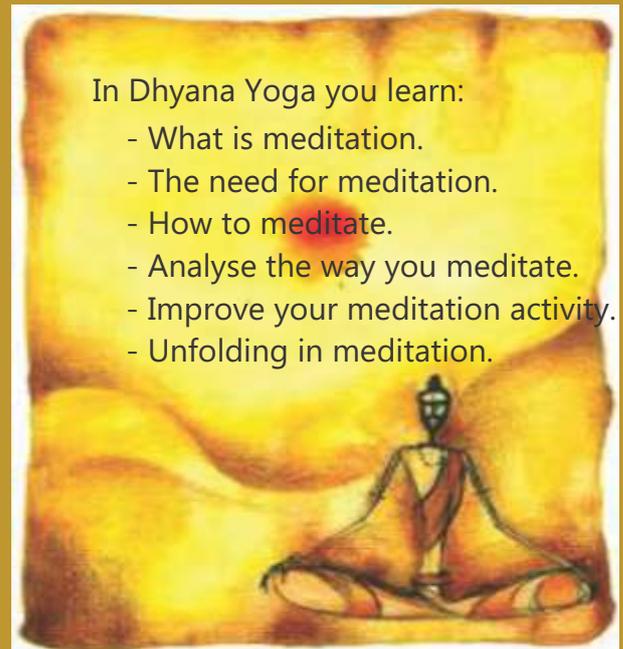
Dhyana Yoga takes you a step each time towards establishing mastery on your life. Life what we have depends on what state of mind we possess. Life becomes miserable when the mind is engaged in the rat race. Thus, if not handled properly the mind is capable of creating a hell around you. As you learn how to manage the mind, you gain mastery over your life.

When you establish your mastery over the mind activities, you remain the master of your life let what your outer situations may be. Now, you can make "Choices" that can lead you to have an intelligent life. Meditation can contribute immensely to exercise right choices.

Dhyana Yoga takes you through analyzing meditation and helps you to learn few specific techniques of applying meditative practice to your daily life.

Meditate to transform ...

In meditation I deepen my understanding of the universal truth and flower to love, accept and express compassion. My mind becomes clear and my motives transform pure. My mind releases hidden thoughts and becomes a learning mind. I gain a better understanding of myself and my relationship to the world. My limitedness slowly dissolves into an expanded unlimited life of wisdom, love and peace.



In Dhyana Yoga you learn:

- What is meditation.
- The need for meditation.
- How to meditate.
- Analyse the way you meditate.
- Improve your meditation activity.
- Unfolding in meditation.

We meditate in order to break the habit of seeing ourselves as small, limited, insignificant etc. We forget our true nature when playing our roles in the world and become an impulsive being. Though we are rational, we are a victim of our old habits, and we act without thinking how these habits can be forsaken. There comes the need for meditation.



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