



## Dhyana: A Divine Experience

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### Perspective

The last two decades of the fascinating century have witnessed an unprecedented change in many of our values, systems and customs. This change invites a challenge to look at one's inner self and external situation and balance these two distinct and yet inter-related worlds. The balance between the inner and outer worlds, the spiritual and the materialistic, is the only valid response to the demands of life in the present time for the survival of the human race. The practice of *Dhyana* helps to overcome the worry and stress of modern life and obtain a state of calm that at once refreshes the mind and relaxes the body, and thus achieves a balance between the spiritual and the materialistic.

The actual word "*Dhyana*" is described in various *Yogic* texts and is popularized by the name of "*Meditation*" in the present time. The word "*Meditation*" is derived from the *Latin* word '*Meditari*', which means to heal. *Meditation* heals the whole man - body, mind and soul.

*Maharshi Patanjali*, who is the exponent of *Yoga*, has described *Dhyana* as a seventh limb of *Ashtang Yoga*, which is the process to achieve liberation or *Samadhi*. He has explained *Dhyana* as:

**"Tatra Pratyaya Ektanata Dhyanam I"**

An unbroken flow of perception between the mind and objects is *Dhyana* or *Meditation*.

Then the person achieves a constant state at supreme conscious level, where the mind and its functions remain dropped and the practitioner experiences a blissful liberation beyond time.

All previous 6 limbs of *Yoga* - *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara* and *Dharana* are the preparations to achieve *Dhyana*, only then a practitioner can experience the higher blissfulness.

*Meditation* is simply bringing our total awareness on one point or subject. It may be our breath, a rhythmic sound or any other subject. There is nothing esoteric about *Meditation*. It is easy and can be performed by anyone. In order to meditate, one needs not empty or control one's mind. It is a wonderful experience. Your vision widens. Your time-sense expands. *Meditation* brings our awareness on the process of what is happening in the present rather than on the goal. When we think of the goal, generally fear and worry accompany. But when the awareness is kept on the process, there is no fear or worry and the process becomes more effective.

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There are thousands of techniques of *Dhyana* in present time based on *Mantras*, concentration, realization, imagination, breathing, physical activities and other energy canalization techniques etc. and are popular by different names like *Holistic Meditation*, *Transcendental Meditation*, *Dynamic Meditation* and *Samarpana Meditation* etc., but certain traditional *Yogic* texts provide few easy and effective techniques for *Dhyana*.

*Omkar* is a very effective and popular technique explained by *Maharshi Patanjali*. As per the technique, sit on a clean *Asana* in *Meditative* comfortable posture. Rest your hands on the knees with palms upwards and fingers half bent in a relaxed position in *Gyana Mudra*. Sit erect and still. However avoid stiffness and gently close the eyes. See with the closed eyes that there is no stress in any part of the body from head to toes. Now bring your awareness to the process of breathing to quieten the mind. Be one with the process of breathing. Now inhale gently and start to recite *AUM*. *A* and *U* should be recited for a short time up to 25% in low pitch and *M* should be recited for 75% of the time, then a little pause to experience, then slowly inhale and again recite with the same way. After some time you will experience internal sound of *AUM* which is known by the name of *Nada*; then the external sound will be stopped automatically. Be aware towards the happening and emerge with experiences of *Dhyana*.

Breathing awareness is also a very effective technique of *Meditation*, which is applicable in the same way. Adopt a stable and comfortable posture. Relax whole body but be aware. Focus the mind on respiration. Observe thoughts, visions, colors and sounds etc. whatever come out in the mind

without any justification. When you feel that the mind drops then be aware with your experiences. Automatically, you will be emerged in *Dhyana*.

There are few guidelines for *Meditation*: regularity of time, place and practice are the most important. The most effective times are dawn and dusk, when the atmosphere is charged with special spiritual force, the hours between 4 to 6 a.m.; otherwise choose any other suitable time when your mind is apt to be calm. While sitting, face north or east in order to take advantage of favorable magnetic vibrations. The area of *Meditation* should be free from other vibrations and associations. Make the atmosphere peaceful and spiritual for best results. Do not meditate after meals, while diet should be nutritious and easily digestible.

Swami Shivananda said: "Without the help of *Meditation*, you cannot attain knowledge of the self. Without its aid, you cannot grow into the divine state.

Without it you cannot liberate yourself from the trammels of the mind and attain immortality. *Meditation* is the only royal road to the attainment of freedom. It is a mysterious ladder which reaches from the earth to the heaven, from error to truth, from darkness to light, from pain to bliss, from restlessness to abiding peace, from ignorance to knowledge and from mortality to immortality."

When a person meditates, he gets various experiences like relaxation, thoughtlessness, peacefulness, freedom, enjoyment, spirituality, blissfulness and liberation etc. These divine experiences can't be explained in words.

Several researches have proved the potential of *Meditation* at various parameters to attain total health at all levels. We find that *Meditation* increases oxygen-level in each cell, increases energy-level, improves absorption and supply of nutrients, refines the process to change glucose in glycogen, corrects functions of all the systems, removes ego, balances the mind and its functions and develops an understanding to face emotional disturbances.

*Meditation* makes a person healthy and happy, a total personality, positive in attitude and behavior, emotionally balanced, physically and mentally fit, helping to others, joyful, peaceful and spiritual. It helps in many ailments and diseases like heart disease, hypertension, stress, depression, migraine, insomnia and other psychosomatic disorders.

So, all aspirants! Start to make sincere efforts to meditate regularly and systematically. Dive deep into the recesses of the heart, enjoy the true inner silence with *Meditation* and transform to divine blissfulness.