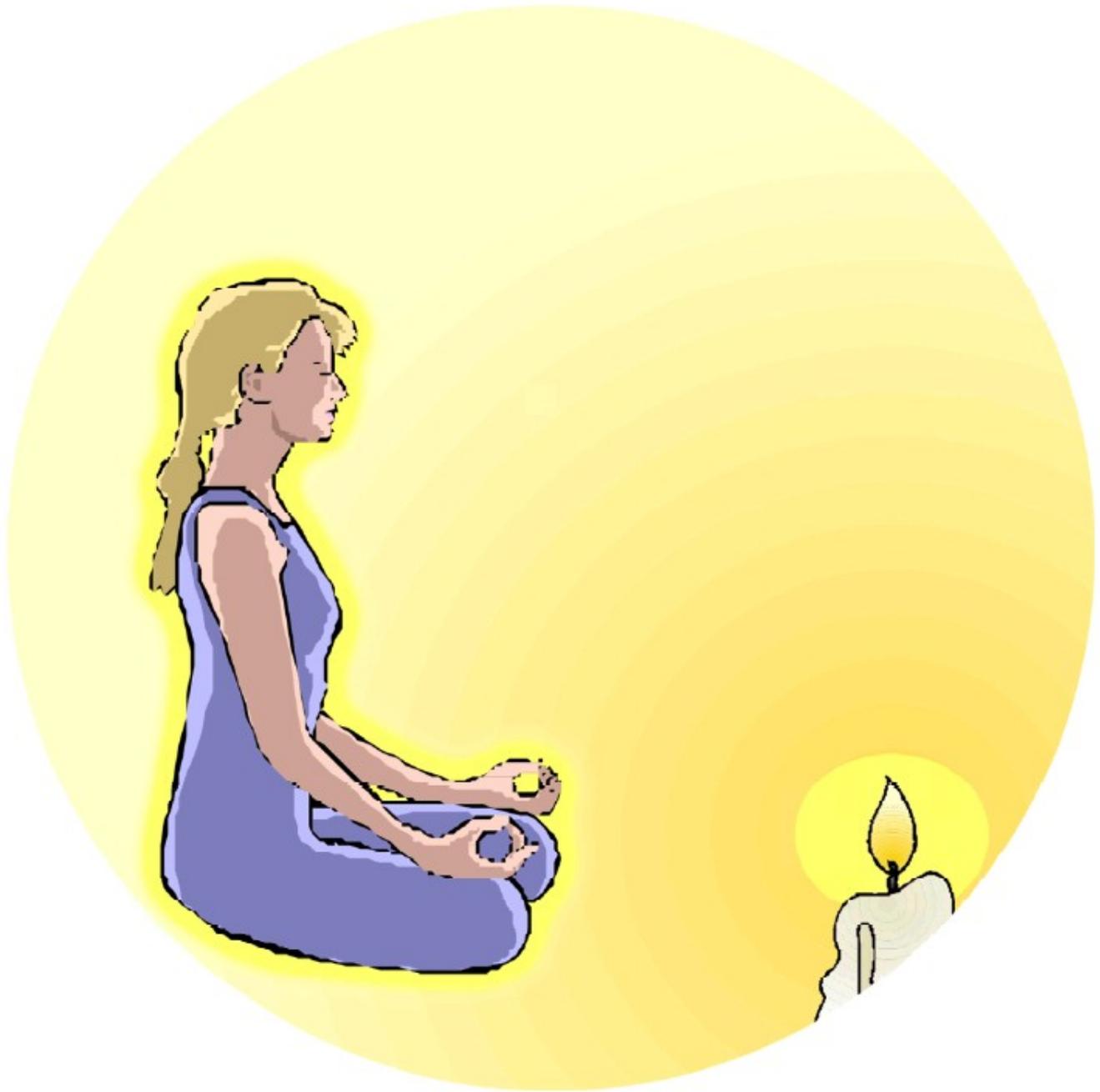


Sathya Sai Baba Centers of
Northern California & Nevada

Meditation



MEDITATION

(from Sathya Sai Speaks, Volume X, pages 347-350)

Meditation Instructions for Beginners

After seating oneself in a comfortable and stable posture, steadying the breath, withdrawing of the senses from the sense objects (pratyahara) and purification of all the organs of the body (anga *nyasa*) is to be done. Light is the greatest purifier, for it dispels all darkness. Light is made to traverse throughout the body, purifying all the limbs and senses, and is installed in the lotus of the heart in which is to be enshrined the mental picture of the form of the Lord for the purpose of concentration, which leads to meditation and ultimately to Samadhi,

“To get to the core of God at His greatest, one must first get into the core of himself at his least, for no one can know God who has not known himself.”

--Sathya Sai Baba

i.e., the state of being merged in God, the Supreme Self.

First, when you sit for meditation, recite a few verses on the glory of God so that the agitated mind may be calmed. Then gradually, while repeating the Lord's name, draw before the mind's eye the form which that name represents. When your mind wanders away from the recital of the name, lead it onto the picture of the form; when it wanders from the form, lead it onto the name. Let it dwell either on the one sweetness or the other, Treated thus it can be easily tamed. The imaginary picture you have drawn will get transmuted into the emotional picture, dear to the heart and fixed in

the memory. Gradually, it will become the *sakshathkarachitra* (coming face to face with the Lord) when the Lord assumes that form in order to fulfill your desire. This spiritual discipline is called *japasahithadhyana*, and I advise you all to take it up for it is the best form of meditation for beginners.

Within a few days the mind will be controlled and you will taste the joy of concentration. After about ten or fifteen minutes of this meditation in the initial stages, and longer after some time, have some thought on the peace and joy you had during these meditation periods. This will help your faith and earnestness. Do not get up suddenly and start moving about, resuming your activities. Loosen the limbs slowly, deliberately, and gradually before you enter upon your usual duties.

Do not get discouraged that you are not able to concentrate for long at the very beginning. When you learn to ride a bicycle, you do not learn the art of balancing immediately. You push the cycle along to an open field and hop and skip, leaning now to one side and now to the other, and even fall with the cycle upon you on many an attempt before you are able to ride with skill and with no worry about the balance. Then, automatically, you are able to make the necessary adjustments to correct the balance. After getting thus skilled, you can ride through the narrow streets and lanes and do not need an open field. You can negotiate your vehicle through the most crowded thoroughfares. So, too, practice will equip you with a concentration that will sustain you in the densest of surroundings and the most difficult situations.

As regards the technique of meditation, different teachers and trainers give different forms of advice. But I shall give you now the most universal and the most effective form. This is the very first step in spiritual discipline. At

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first, set aside a few minutes everyday for meditation, and later extend the time as you feel the bliss that you get. Let it be in the hours before dawn. This is preferable because the body is refreshed after sleep, and the dealings of daytime will not yet have impinged on you. Have a lamp or a candle before you with an open, steady, and straight flame. Sit in front of the candle in the lotus posture or any other comfortable sitting position. Look on the flame steadily for some time, and closing your eyes try to feel the flame inside you between your eyebrows. Let it slide down into the lotus of your heart, illumining the path. When it enters the heart, imagine that the petals of the lotus open out one by one, bathing every thought, feeling, and emotion in the light and so removing darkness from them. There is no space for darkness to hide. The light of the flame becomes wider and brighter. Let it pervade your limbs. Now those limbs can never deal in dark, suspicious, and wicked activities; they have become instruments of light and love. As the light reaches up to the tongue, falsehood vanishes from it. Let it rise up to the eyes and the ears and destroy all the dark desires that infest them and which lead you to perverse sights and childish conversation. Let your head be surcharged with light and all wicked thoughts will flee there from. Imagine that the light is in you more and more intensely. Let it shine all around you and let it spread from you in ever widening circles, taking in your loved ones, your kith and kin, your friends and companions, your enemies and rivals, strangers, all living beings, the entire world.

Since the light illumines all the senses everyday so deeply and so systematically, a time will soon come when you can no more relish dark and evil sights, yearn for dark and sinister tales, crave for base, harmful, deadening toxic food and drink, handle dirty demeaning things,

approach places of ill-fame and injury, or frame evil designs against anyone at any time. Stay on in that thrill of witnessing the light everywhere. If you are adoring God in any form now, try to visualize that form in the all-pervasive light. For Light is God; God is Light.

Practice this meditation as I have advised regularly everyday. At other times repeat the name of God (any name fragrant with any of His many majesties), always taking care to be conscious of His might, mercy, and munificence.

Advanced Meditation on Soham

Resolve on this holy Shivarathri to visualize the God who is the inner power of all. With each breath you are positively affirming, "Soham", I am He. Not only you, every being thus affirms it. It is a fact, which you have ignored so long. Believe it now. When you watch your breath and meditate on that grand truth, slowly the "I" and the "He" will merge, Soham will become transformed into Om, the primal sound (Pranava) which the Vedas proclaim as the symbol of the formless, all-knowing God. That Om is the real form of Divinity, the reality behind all this "relative unreality".

This is the genuine spiritual discipline, the final lap in the progress of the seeker. But there are many preliminary laps, each one of which requires much stamina and steadfastness. For example, I would advise you to dwell always on one name of God, one personification of one of His innumerable attributes of glory. Then there is the expansion of your love, the removal of hate and envy from your mental composition, seeing the God whom you adore in every other person as intently as you see Him in yourself. Then you become the embodiment of love, peace, and joy.

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I just want to talk a little bit about meditation this evening because this is going to be a very important instrument for us to use in order to help us play the game properly. Remember that we have two rules: love, and to remember that we are God. It's all theoretical unless we can raise our consciousness towards God, unless we can come into close contact with God. And the only way is to go within; then we will find that God is within all of us. It's hard to find Him outside; whereas we can say he is God, that is God, the river is God, the mountain is God. But still we don't feel the reality of that until we start to go inwards and find the God that is within.

We remember that God was talking to Narada; and so God was asking Narada, "Where should I hide Myself so that no human being can find Me?" So, Narada said, "Why not go out there in the sky?" God said, "No. One day human beings will be able to fly up, they will have contraptions to go up, and they will find me up there." So, Narada said, "Go deep into the ocean." And again God said, "No. Human beings will be able to find a way down to the depths of the ocean, and they'll find me there." So, Narada could not find the solution, could not answer God. So finally God said, "I will hide inside the human being, himself or herself, then these people will never think of looking for me there." (laughter from audience) So, He is well hidden within all of us. But we learn the secret: We know where to find God. Our job is to go within, to look for Him inside. And because there's very little time left now before the Golden Millennium is with us, Swami is speeding up the process. And He is using Sathya Sai Education in Human Values to help children of new generations to be able to go within, to search for God, where we find that it's a lot easier with children when we work with them. We start from when they're very

young, it's very easy. It doesn't mean that none of us can do it – we all have that capability already, otherwise you would not be here. Remember that Swami has prepared all of us here for centuries. Some of you have been yogis before; some of you have been doing a lot of practices in the past. You may not remember it, but you must have earned His grace to be able to come into His presence. So believe it – you are already prepared; otherwise you would not be here.

Swami has been going deeper and deeper into Education in Human Values, and we are now going to be calling His education, Educare. It comes from the Latin word, **educare**, same root. Swami tells us this is what it means: **educare** means to elicit, that is to bring out from within. Human values are latent in every human being. These should be manifested and realized. So, we have to bring them out, draw them out, from within. You cannot put the human values into the child. And there's no need to do that because they're already within the child. We have to find ways of doing that; education now has to change so that we concentrate on bringing out the values from within the children. Here are some children from the Sathya Sai School in Thailand; they come to our school and practice meditation everyday – in fact, several times everyday. Early in the morning, 5:30, then the prayer room, then they start prayers and meditation. We have Muslims, the majority are Buddhists, we have some Christian teachers, and we have some Hindu children. We do our prayers in our own way, in our own religion. But then when it comes to meditation, everybody joins in because this is a must. It is a way of learning to concentrate – that is the first step towards meditation. You have to learn to concentrate. The next step is contemplation. I'll explain what that means. Then after that, you go into meditation.

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So there are three steps, starting with concentration. And when you concentrate, you find a lot of good results. For example, here we search down at the University of California, our great campus, by Abrams. Abrams experimented on students. One group of student has never practiced any form of concentration exercises or meditation. Second group has practiced for one year. And the third group has practiced for two years. They have all three groups come and listen to a lecture – after which they are tested on how much of the lecture content they could remember. The first group was able to remember 40%. The second group who has practiced for one year can remember 60%. And the third group who has practiced for two years could remember 70% of the content of the lecture. You see, concentration is necessary. Swami asks me questions about education all the time. He says, “What is the essence for education?” Well, I always guess about this and about that, and Swami will say, “No, no, no, no.” He likes to do this – resist my answers and always say “No.” (laughter from audience) So, every time after a little while, I would keep quiet. I would not answer, then He would supply the answer. He said, “**The essence of education is concentration.**” If you cannot concentrate, you cannot study. The person with a short attention span cannot study very well. Autistic children – their minds are flying everywhere – cannot concentrate, cannot study.

When I was very young, I could not concentrate because I told you I was a champion boxer. (laughter from audience) I used to be quite emotional; I was a very naughty boy (more laughter). And anyone who tried to do something with me, I would try to start boxing. And because of that, I lacked concentration. When I was a student in France for two years, I

was at the bottom of my class. Very naughty boy. Then, I went to England at the age of 11, and again I was bottom of my class until the age of 15. And through His grace, I was brought back, I was changed, I was transformed at that age. I came to know about meditation. I started to practice on my own. There was no teacher. I read a book of Buddhist meditation, and I started to practice. It was very similar to the Soham practice. Concentration on the breathing, and repeating a mantra with the breathing. And after only one month of practice, I felt very calm. I was very surprised. Normally, I have to be very angry everyday, but after one month of meditation practice, I just didn't feel like becoming angry. My anger starts to disappear. And that was a big surprise for all my friends, my teachers at the school. Then after one year, I became top of my class – from the bottom all the way to the top. Because I learned to concentrate.

That is the essence of education. So, concentration is necessary for *all* of us, not just for education. The reason is because we are learners all the time; we learn all the time in our life. Whatever age we are, we learn something new everyday, and as we learn we need to concentrate. If you are not able to concentrate now, your mind is flying everywhere, then you won't understand what I say. So concentration is necessary to learn anything, to do anything, to work efficiently you need concentration. So in order to create a game of life properly you need to concentrate on what you are doing. When you can play the game properly, well, I just want to give you examples for the teachers that have already learned this.

I'd just like to mention examples of great scientists in the past. Sir Isaac Newton. As a little boy he liked to sit alone by himself; closing his eyes he liked to sit under apple trees.

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(audience laughter) Ever since he was young, I don't know why he chose apple trees. (more laughter) I suppose there are a lot of apple trees in England. And so he used to do that. He didn't play like other children – he grew up and this became his habit. He'd just go there, sit quietly in silence, close his eyes, be calm. He was practicing meditation without knowing it. Heart was teaching him. Anyway, he continued to do that. When he grew up, he went to Cambridge, and he worked there. And while he was in Cambridge, there were a lot of apple trees there. (light audience laughter) When I was in Cambridge, I also sat under an apple tree (more audience laughter).

Anyway, one day he was thinking about the Haley Comet, and how often it would come back and visit the earth. Well, he could not figure out, he could not think. So he went underneath the apple tree, closed his eyes, and history tells us that an apple fell down. Suddenly, he said, "Eureka! I know! I know the answer!" And he was able to tell the world that the Haley Comet would come round every 76 years. And he was exactly correct. So you see Sir Isaac Newton discovered many things through meditation. Einstein also said that his intuition would often come at a time when he was completely silent. So, many great scientists have done that.

I'd just like to tell you that right here in California I helped to build this spacecraft, the Viking spacecraft, back in 1971/1972. At this time, scientists were trying to send this spacecraft to three planets: Mars, Venus and Mercury. And they failed. The Russians tried and tried. At that time, the Russians and the Americans were racing towards the planets – who was going to be the first to land on such planets? But both did not succeed; and the reason is because it's too far away. They could

not control from Earth. To send a signal to Mars when this thing landed took 20 minutes for the signal to arrive; but the landing only took 12 minutes. So you tried to control the spacecraft, you send the signal, it's (the spacecraft) already gone down. So, it would have crashed. And that's what happened most of the time. So, I found a way when I first applied for a job at NASA, at least it was NASA's project. They rejected me – they said, "Sorry, we don't accept aliens." (audience laughter) They used that word! (more laughter) They thought I came from another planet. Yes, they only accept U.S. citizens. But then I found out that there are many non-U.S. citizens, many foreigners, working in NASA on NASA's project. Why could they do it? There was even a person who helped bring the United States into the space age, that is, the first rocket that went out into space was not built by an American citizen. It was Werner Von Braun, the German. Well, he became a U.S. citizen. (Jumsai laughs). Anyway, I found out that many aliens were able to obtain a job (audience laughs) – so why not me?

So, I studied this project. I discovered that, in order to get in, there must be nobody else who can do this project. In other words, Americans cannot do it; they have failed all the time. So I looked at the history of the base projects and discovered that they have failed to put the spacecraft on the surface of any planets – always failed. So I made a proposal: I would build a little machine that would help to bring the spacecraft onto the surface of Mars, soft landing, no problem. Because they were interested, they interviewed me. And at that time I had to compete with four other Americans, and those four Americans were *so* experienced – they had a lot of experience in space technology –but they all failed. So, I was the only one who had never failed because I had

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never built one. (great audience laughter and applause) So, they had no choice. I have to admit right from the start that I didn't know how to do it. Anyway, they couldn't find anybody else, so they accepted me and said I had to work very hard.

I was a scientist, I tried to experiment, I built prototypes and tested them – they didn't work. So, I tried them out again, they didn't work. This went on for a year. Finally, I realized that that's not the way. So, instead I climbed up on the Big Bear Mountain near Los Angeles; I spent four or five days up there, and I detached myself completely from the spacecraft. I practiced meditation, became very calm and still, and raised the consciousness up. When you raise the consciousness, you start to contact the super conscious mind, the Atma. The Atma knows *everything!* So, we know that, we suddenly get the intuition. I was sitting there on the fifth day, suddenly I said, "Aahh, I know the answer!" I came rushing back and built that thing here – the prototype – to the people responsible for the system engineering, incorporated that. They tested it and said, "Yes! It works!" So, I was asked to build three such machines. Then, the U.S. government contacted me and said, "We'd like you to become a U.S. citizen." (audience laughter). They didn't want me to be an alien anymore. (more laughter) So, I said, "Well, let me think about it." They said they had a very nice project for me, and that project was to design the new B-1 bomber. (audience groans) That would be off immediately because at that time was the Vietnam War, and the B-52 was being shot down by the Russians. And they wanted a new bomber that could not be shot down – they were going to call that B-1. At that time they didn't have the B-1, now they have the B-1. So, I said, "Sorry, I don't build such things. War machines

I don't build." So, I left and went back to Thailand.

Anyway, they sent out this spacecraft. It took 11 months to get to Mars, and went into orbit around Mars. This is the orbiter. That spacecraft is in the heat shield down below. Then after they have carefully looked at the surface of Mars, they decided that Viking No. 1 should land in a fairly flat area. Viking 2 will land in a place where there are some mountains. So, they push a button to send a signal to travel towards the spacecraft, and it stimulated the machine that I built. It started the process of bringing the spacecraft down to the surface of Mars. So, this went down towards the surface, the machine that I built controlled the descent. Finally, they landed safely on the surface of Mars – both of them: this is Viking No. 1 – you can see the spacecraft in front, and behind is the view, or the land, of Mars, the surface of Mars; and here is from Viking 2- very similar landscape. And this spacecraft is still sitting on Mars; it worked for around six years, just over six years, almost seven years, it gave a lot of information about Mars. This landed July, 1976. Okay, so it's a long time ago, but that was the first ever spacecraft that landed on another planet. And again, we achieved that through meditation.

You see the *power* of meditation. Here is another experiment, this time by a German from the University of Cologne. They studied about behavior: anything that went to the right, they said increase; anything that went to the left, they said ~~decrease~~. And we found that there's ~~greater work~~ greater efficiency when you practice meditation. You have greater self-confidence. I told you that self-confidence is as a result of realizing the validity that is within you. Because when you realize that, when you start to be in contact with the super consciousness,

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then you have confidence in yourself. You know you are not this body, but you are that super consciousness, you are that Atma. So, self-confidence comes naturally, you have the ability to get on with others, and these are the things that are reduced: emotions –i.e., you see bad in others, stress, taking advantage of others, worries, anxiety, aggressiveness, fear. So, meditation will improve on our behavior in many, many ways. It's a very useful technique; it will help us all to play our game of life.

Swami, the Avatar of the Age, has said that in former times, for you to be able to go within, reach up to the divinity that is within, you need years and years of practice. You really have to be in the forest, you have to really do a lot of practices, very difficult ones. And even before the guru will accept you as his pupil or his student, you really have to work and serve the master for many, many years. So, it's not easy; and even then you need many lives of practice. But now Swami, because of His love for *all* of us and because He has planned that there will be peace on Earth, He has given us a very powerful technique for us all to practice. And that is the Light Meditation. It's the most powerful, the most effective meditation practice that we can do these days, and it's so simple.

So, let us talk a little bit about why the Light Meditation is so powerful. The first part of the Light Meditation is to practice **concentration**. We concentrate on the light. So, first step to meditation **is** concentration, and it's contained in the Light Meditation. At the same time that we concentrate on the light, we take the light to various parts of the body.

The sequence: We must start with the light in the forehead. The next step is to bring it to the heart, right? That is necessary, that is something that Swami has said is the correct

sequence. But after that, Swami says, you can take it anywhere you like, in which order you like. So, then I took it to the hands, to the feet, back up to the mouth, to the ears, to the eyes, then to the head, you can do it in other sequences. So, if you're used to other ways of doing it, fine, no problem. But, start with the light coming to your forehead, then to the heart. Then, you can go through the body any way you like, then come back to the head. That is the last part where you bring the light inside your body. All right? And during that sequence, we are actually reprogramming ourselves by putting in positive thought: i.e.- I will see good, I will hear good, I will speak good, I will do good, I will walk forward bravely with self-confidence – whatever you like. It's up to you to reprogram yourself with positive thinking. So, we're actually filling our subconscious with positive thoughts, with new programs, and at the same time you learn **to concentrate**. Then, you spread this light out. You're going to expand your consciousness. This light represents your consciousness, you can expand it out and it starts to cover *everybody*. *Everybody* is included in this light: animals, nature, the whole of the world, the whole of the universe is within this light. That means that you have expanded yourself, your consciousness, to cover the whole of the universe. That light within you is also within everybody, it's also in the mountains, the rivers, in the stars, in the moon, in all the planets, in all the galaxies. The same light that is in you is in *everything*.

Now, we're now reaching the stage of **contemplation** where we are now contemplating on the infinite light, which is God. We're contemplating on **God**, God is omnipresent now. He's *everywhere* throughout the universe represented by this light. So, we're contemplating; and this stage is not meditation. Meditation means to be one. In meditation,

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there's no person meditating, there's no object of meditation. But in contemplation, we are still here, we are doing a meditation, we are contemplating on God, so we have the object of contemplation. It's still separate, so we're simply contemplating on that light, on God, but then we come to the final stage. We re-follow carefully, practice it, very often we will gradually go into meditation. That meditation will start when we tell ourselves we are in the light. The light is in me. That's still contemplation.

I am the light. Immediately, we are merged into God. *We are the light*. There's no longer any difference between me and the light. We are one. And when you tell yourself, "I am the light", remain still and quiet for as long as you can because you are now going to merge into God, you are becoming one with God. Don't get up! You know, some people (say), "I'm in the light, the light's in me, I'm the light, LOKA SAMASTA. . ." (Dr. Jumsai loudly singing – audience laughs) No! Because this is the final stage in your meditation, this is the real meditation, *be* in that meditation! Be merged into God; just sit still, quietly, just feel that you are the light. **And** you will get tremendous peace, joy, happiness, *bliss*. Enjoy that bliss. So, stay as long as you can. It could be five minutes, it could be ten minutes, some of you may want to stay longer.

And then, if you are merged in God, you will not be able to do anything; you will not be able to play the game of life anymore. But for most of us, you will have a job to perform. We have a duty that's been given by Swami, and you need to come back. Don't go away yet. (audience laughs) You know, completely merging with God, you need not come back. There's no need. You have to leave your body, go away. But, please, we need **all** of you

(audience laughs); we need you in a physical body to do some specific job, in Swami's mission. That's why we've been brought through the organization.

So, come back to the physical body by bringing the light back to the heart. Install the light into the heart, then you become conscious of yourself once again; and gradually you will get up and start the work that we have to do. So, try to do this everyday. To be effective, you have to choose a time that you're going to practice. If you'll decide to practice every morning at 6:00 (actually Swami says the best time is between 3:00 and 6:00, so start ten minutes before – ten to six – Dr. Jumsai jokes and laughs). Because at that time, 3:00 – 6:00, it's very auspicious, special energy, vibration, also it's quiet around us. So, start early. But if you decide to practice at 5:30, stick to it, no matter what! Okay? Stick to the time. And the reason is because *when you do things regularly, it becomes a habit*. The subconscious will know the time, and the subconscious will help you – just as we eat everyday at lunch, say 12:00 everyday, so everyday at 12:00, the subconscious will start to produce the enzymes, digestive juices that will make you feel hungry, and you're ready to eat. Then the various enzymes will digest your food. But if you eat at the wrong time, you may have ulcer because the stomach will produce the enzyme at the wrong time, and you don't eat, and therefore it will start to attack your stomach. Or if you eat, and you don't produce the enzyme or digestive juices, then you get indigestion. So, when you eat, you must eat at the right time, regularly, everyday – otherwise, you have a problem.

So in the same way, if you practice meditation everyday at the same time, then you're used to it, your subconscious prepares your body for calming down, relax the body,

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you sit down, and you can go into meditation very easily. So, be regular – at least once a day at the same time. The rest of the time you can practice anytime, as many times as you want; but have that one fixed time. You don't practice meditation after a big meal. So, not after lunch, not after breakfast – do it before – because after a big meal, blood will have to flow around your stomach, it has to concentrate there to help with the digestion. That means there's less blood in the brain, therefore you will not be alert. You feel drowsy, you feel sleepy, after a big meal. So, it's not the right time to practice meditation.

And when you sit, you can sit in any comfortable posture as long as the back is straight. When you sit, if you should want to sit on a chair, make sure that you have some kind of insulator. In other words, you might put a blanket or something on the chair to insulate you from the draining of energy because if you are in contact with a metal chair, for example, it will drain your energy. Subtle energy is involved in meditation, and you don't want it to be drained. If you sit on the floor, make sure it is on a carpet. You must have a mat or a carpet to sit on. Don't sit on stone, or rocks, or the ground because your energy will be drained and you won't be able to merge into God so easily. It's a lot harder. So, do all these things that will help you.

Now we see the Light Meditation is the most powerful meditation given by the Avatar of the Age, therefore *it's a must!* Practice it! You will go through all three phases of meditation from concentration, contemplation, all the way to meditation. And when you do that, you suddenly realize your divinity. Then, to remember that you are God is easy. You start to have all kinds of knowledge and wisdom available to you – you have contacted your true Guru, your Sadguru, which is within all of us.

And that Sadguru will teach you, and help you, and guide you. You can never go wrong once you are able to contact the God that is within. And don't think that once you are merged, you are gone. No, you can come back. It's very strange. I made a vow when I was very small, and I'm really surprised why I made that vow. I made a vow that I'll never be merged with God, until everybody else is merged with God. I'm going to be the last (audience chuckles). Remember I came on praying, "Let me go to hell, not go to heaven?" Well, it's very strange – I don't know why I made that vow but that is the vow that I have made.

(Dr. Jumsai, jokingly) So, I will let you go first. (audience laughs). And I'll stay here and do more work. Anyway, please to remember that the Avatar of the Age has given us this Light Meditation, and He tells us that the code of conduct (is) to practice this meditation **everyday**. Right? So, we have to do that – we must practice it. It is *a must* if we are going to be a true devotee, if we are going to realize the job that we have to do. Very soon, you will all realize why you are here, what is your purpose, what is our role in the organization, what is our role with the Avatar's Mission. The time is very close, and we all have to realize this so that we can carry out the work, help the Avatar. You know, to bring in an army of people. You are His army. And it will be revealed what is the job that we have to do.

Sai Ram!

Guided Light Meditation

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Please sit with your backs straight. Do not tense any muscles. Be completely relaxed. Start by breathing deeply in and out. And as we do so, repeat the words, "Sooooo-Hammm". So – as we breathe in, Ham as we breathe out. Please do this quietly in your mind.

Concentrate on the breath. Continue to repeat in your mind – Sooo – Hammm.

Now, let us think of a light in front of us. Bring this light to our forehead, and let the light fill our head. Whenever there is light, there should be no darkness. We are filled with good thoughts; our thoughts are filled with love.

Now bring the light down to your heart. Imagine, there, a flower in bud. When the light reaches the flower bud, it blossoms forth, petals are opening up gradually, and it becomes a beautiful flower. Our heart becomes pure. Our heart is filled with love.

Now bring the light down to our arms, to our hands. Both our hands are filled with light. We do good, we serve everyone, we perform our duty with love.

Now bring the light down to our legs, to our feet. Both our feet are filled with light. We walk bravely with self-confidence towards the goal of our life.

Now bring the light up through the body, all the way up to the neck, to our mouth. Our mouth and tongue are filled with light. We speak the truth, we speak what is good and useful, we speak love.

Now bring the light to our ears. Both our ears are filled with light. We listen to good things, we hear good things, we listen to everyone with love.

Bring the light to our eyes. Both our eyes are filled with light. We see good in everyone, and in all things.

Bring the light up again to our head. Let our head be filled with light. Now let the light increase in intensity. It is becoming brighter and brighter. Allow this light to expand outwards until it covers all of us in this room, continuing to expand this light, to our parents, our relatives, our friends are covered in this light.

Continue to expand this light until it covers the whole world with everyone inside this light: animals, nature, all are part of this light. Let the world be filled with light, be filled with love, be filled with peace.

Continue to expand this light out until the whole universe is filled with light – everywhere there is light.

We are in the light.

The light is in us.

We are the light.

(long pause – several minutes)

And now, bring the light into our heart. Let us install this light in our heart. Wherever we go, whatever we do, the light is always in our heart.

You may now gradually open your eyes.

Come out of the meditation.