

Guided Meditation

First, find a nice place to sit. It may be a chair or the floor. It is better not to use a very comfortable chair or your bed as you may fall asleep there. If needed you may want to use some blanket or some pillows so that you are comfortable but aware!

Now become aware of your body in a very relaxed way. Observe your body is breathing. It is an automatic process. You do not have to do anything to make it happen, just observe.

You will notice that when you breathe in, the lungs get bigger and when you breathe out, the lungs become smaller. Just observe. As you observe the breathing, the breathing will gradually become slower as you proceed through this exercise.

To do this exercise in meditation you need to use your imagination. Start by imagining or sensing the existence of your right leg. Then imagine



that as you breathe the right leg is getting bigger with each breath in and smaller with each breath out. There is no need to hurry just breath a few times imagining that your right leg is getting bigger and smaller.

Now imagine your left leg in the same way. As you breathe in the left leg gets bigger and as you breathe out the left leg gets smaller. As you breath imagining each part of your body, you will feel that that part of your body is very relaxed and perhaps you will mentally forget about it for the moment.

Imagine your abdominal area and breath in and out with the same feeling. Again do this in a very relaxed way and observe the breathing as you mentally try to sense or see that body part.

Now your lungs and chest. Watch the lungs and chest getting bigger and smaller with each breath.

Then proceed to the head. Imagine that your head is getting bigger and smaller with each breath. Always remember that you are the observer. The body part is breathing and you are watching it.

Concentrate in the center of the brain. Imagine a point at the center of the brain and feel as though that point is breathing. Keep your mind concentrated here throughout the meditation exercise.

Now bring into your mind the emotion that you have selected. Allow this emotion the freedom to occupy your mind. Welcome it! It is your child. It is your creation. It is yours.

This emotion may have some associations. If there is any picture or scene associated with your emotion then bring that picture or scene together with your emotion now!

If there is any smell or taste associated with your feeling, then bring that smell or taste together with your emotion now.

Perhaps there is a sense of touch or sound associated with your feeling. Bring that sound or touch together with your emotion now!

Let your emotion, your feeling, with all its associations, occupy your mind now.

Now, focusing on your emotion and all its associations, start to repeat the mantra:
Baba Nam Kevalam.

As you repeat the mantra, imagine that the power of the mantra is radiating out of the mantra and entering into your emotion. As you repeat the mantra, a stream of energy, like a river, is flowing from the mantra, filling your emotion with the power of Baba Nam Kevalam.

If at anytime, while repeating Baba Nam Kevalam, this emotion vanishes and another emotion

arises in your mind, allow the new emotion to freely occupy your mind.

Allow this new emotion with all its associations to occupy your mind. Now repeat Baba Nam Kevalam and feel that a steady stream of energy is coming from the mantra and entering into your emotion.

Go on repeating Baba Nam Kevalam until you feel that your emotion is fully satisfied. When you feel that your emotion is fully satisfied then you may open your eyes.