

Guided Meditation – Quotes for Techniques Practice

Introduction

The quotes used in this document serve as a sample model for conducting a guided meditation at the meditation groups' long meditations. You can select some of the quotes from each of the sections below. The quotes selected from the SRF Lessons are approved for use during the practice of the SRF techniques at the group's guided meditation. The meditation leader has the flexibility to rearrange the reading of the quotes or add other appropriate ones in accordance with Center Department guidelines:

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Practice of 20-20-20 breathing and 'tense and relax' exercise:
(From SRF Lessons)

Before starting Hong-Sau, practice the following breathing exercises six to twelve times:

Inhale to a count of 20; hold the breath to a count of 20; exhale to a count of 20.

If 20 is too long a count for you, then inhale, hold, and exhale the breath to a lesser count. Whatever the count, it should be the same for inhalation, for holding the breath, and for exhalation.

After practicing the breathing routine described in the preceding paragraph, inhale, tense the entire body, throw the breath out (i. e., expel the breath in a double exhalation, "huh, huh") and relax. Repeat this exercise six times. It is a wonderful preparation for the practice of the Hong-Sau Concentration Technique.

Hong-Sau Technique Readings
(From SRF Lessons)

Breath is the cord that ties my soul to the body. In breathlessness I find my soul free to unite with Thine Omnipresence within and beyond my body. The storm of breath causes ripples of sensations and thoughts. I will stop the storm of breath that the lake of my mind may reflect the perfect image of Thy face.

The Hong-Sau Technique of Concentration ... will help you to achieve the one-pointed concentration necessary for real meditation.

The purpose of Hong-Sau practice is to gain conscious passivity, and to free the attention from sense entanglements. When

man learns to rise above the need for breath, he ascends into the celestial realms of angels.

Watching the breath is the preliminary step in controlling it; then the consciousness gradually realizes itself as distinct from the involuntary bodily function of breathing, and separates itself from the breathing function. The yogi who has gained breath-control is then able to recognize that consciousness is the only thing that is real about his existence.

I exhale and stop the storm of breath, and the ripples of thought melt away. The grip of the senses is loosened. The cords of flesh are broken.

(From SRF Lessons)

Keep the mind calm. This is important for successful practice.

With the eyelids still closed (or half open). Keep looking upward throughout the practice of the technique. It is necessary to check yourself on this because the eyes have a tendency to lower their gaze after a time.

Throw the breath out before beginning the concentration technique,

Be keenly attentive to what you are doing

(Reminder on the right way to end the Hong Sau Practice)

At the end of the practice, expel all breath from the lungs and enjoy the breathless state for as long as you can without discomfort. Repeat three times.

Om Technique Reading:
(From SRF Lessons)

Om is the special vibration of the Cosmos, and if you tune in with it, your consciousness begins to expand until it takes in the consciousness of every atom of space in the entire sphere of vibration. Om is the bridge between human consciousness and Cosmic Consciousness.

While practicing concentration, deep intensity of mind is necessary, but there should be no feeling of physical or mental strain. Practice with reverence and feel that in calmness, and in listening to the vibration, you are contacting the Great Spirit who is present within you as Soul

Even in the beginning the earnest student will get the valuable results of calmness and joy. Calmness you will certainly have. Deep intuitions come after prolonged practice.

This technique will put you, by and by, in touch with the unexplored reservoir of soul power.

By the invitation of the divine magnetism (of Aum) you can draw angels, the luminous creative forces, sages and saints of bygone eras on earth to come to you and dance in your inner temple of joy. By this divine magnetism you can draw the rays of all knowledge to come and sparkle and scintillate around your being.

I am the Cosmic Ocean of sound and the little wave of the body vibration in it.

TUNE IN WITH THE COSMIC SOUND

From "Metaphysical Meditations" by Paramahansa Yogananda

Listen to the cosmic sound on the sensitive right side of your head. Feel it spreading through the brain. Hear its continuous pounding roar. Now hear and feel it spreading over the spine and bursting open the doors of the heart. Feel it resounding through every tissue, every feeling, every cord of your nerves. Every blood cell, every thought, is dancing on the sea of roaring vibration.

Observe the spread of the volume of the cosmic sound. It sweeps through the body and mind into the earth and the surrounding atmosphere, into the airless ether, and into millions of universes of matter.

Meditate on the marching spread of the cosmic sound. It has passed through the physical universes to the subtle veins of rays that hold all matter in manifestation.

The cosmic sound is commingling with millions of multicolored rays. The cosmic sound has entered the realm of cosmic rays. Listen to, behold, and feel the embrace of the cosmic sound and the eternal light. The cosmic sound now pierces through the heart-fires of cosmic energy and they both melt into the bosom of cosmic consciousness and cosmic joy. The body melts into the universe. The universe melts into the soundless voice. The sound melts into the all-shining light. And the light enters the bosom of infinite joy.

Kriya Yoga Technique Reading:

From Autobiography of a Yogi, Chapter 26th:

In men under maya or natural law, the flow of life energy is toward the outward world; the currents are wasted and abused in the

senses. The practice of Kriya reverses the flow; life force is mentally guided to the inner cosmos and becomes reunited with subtle spinal energies. By such reinforcement of life force, the yogi's body and brain cells are renewed by a spiritual elixir.

Kriya Yoga is the real "fire rite" oft extolled in the Gita. The yogi casts his human longings into a monotheistic bonfire consecrated to the unparalleled God. This is indeed the true yogic fire ceremony, in which all past and present desires are fuel consumed by love divine.

(From SRF Lessons)

Get mentally inside the spine. Put the whole mind and feeling there.

Practice continuously, without a stop, until finished with your Kriyas. If you are very restless, however, practice the technique of concentration (Hong-Sau) for a time to calm down. Then resume Kriya practice.

Do not be absentminded (this may be a tendency with the first few Kriyas). Do each one with a sense of its importance; on the scale of spiritual advancement, one Kriya rightly practiced is equivalent to a year of natural evolution.

Be relaxed. Very important; don't strain. Enjoy the accession of peace and the soothing sensations of regenerative effect in the spine that accompany Kriya practice from the very beginning.

Kriya should always be performed with deepest concentration and complete detachment from outer distractions. Depth of concentration is more important than length of practice; but both are necessary for advanced spiritual development.

Technique for those not initiated into Kriya

From God Talks With Arjuna, p 606

The uninitiated can begin by sitting in a straight position and drawing in the breath, with deep concentration, imagining it and the life current and mind to be flowing through the three lower centers up into the heart center. The yogi should expel breath and remain breathless as long as comfortably possible when his mind reaches the heart center. By performing this technique with deep concentration, the devotee can feel his breath, life force, and mind flowing into the heart center, and from there on to the higher centers.

Chanting Aum at spinal centers

From Self-Realization Magazine Winter 2002

Concentrate at the point between the eyebrows, and go up the spine mentally chanting Aum" at each of the centers: coccyx, sacral, lumbar, dorsal, cervical, medulla, Christ center. Now mentally go down the spine chanting 'Aum" at each of these centers. Go deeper and deeper in concentration, up and down the spine, mentally feeling the centers and mentally chanting "Aum." As you do this, you see that your consciousness is no longer locked in the external awareness of the body, but be-comes centered in higher spiritual perceptions in the spine. Relax in God. Don't be tied to the consciousness of the body. Let your mind go deeper and deeper in the thought of God.