

The Benefits of Sri Vidya Raja Yoga



What is Sri Vidya Raja Yoga?

"Sri Vidya" means "Supreme Wisdom". "Raja" means "Royal" or "King". "Yoga" means "yoke" or "unite" or "union". Thus "Sri Vidya Raja Yoga" means the "Supreme Wisdom of the Royal Union".

One of the premiere forms of Sri Vidya Raja Yoga is the Transcendental Meditation (TM) Technique as taught by His Holiness Maharishi Mahesh Yogi. Another is Sahaj Samadhi as taught by Sri Sri Ravi Shankar, and another is Primordial Sound Meditation as taught by Dr. Deepak Chopra, M.D.

Of the eight limbs of yoga, "hatha" is the most well known. Hatha consists of the physical postures that most people think constitute yoga. However, the highest, and the original, definition of yoga, is really more exemplified by raja yoga. Raja yoga is referred to as "royal" because of its dignity in simply sitting and allowing the consciousness to expand. The true meaning of yoga, which is union, or reunion, is best fulfilled by raja yoga.

This union means the union of one's waking state of consciousness with the ultimate source of all consciousness in the universe – the pure field of cosmic consciousness. This state is called "samadhi". Samadhi is best reached in raja yoga.

It has been mistakenly thought by most yogis in India that the "Eight Limbs of Yoga" as taught by the great seer Patanjali in ancient times are like a stairway of steps, starting with the physical hatha yoga and leading up to samadhi at the top.

Because of this misinformation, countless millions of people have lost the way to true divinity and enlightenment. The truth is that yoga essentially <u>begins</u> with

samadhi, and that samadhi is the <u>easiest</u> yoga to practice.

The highest form of raja yoga is called "sri vidya", supreme, because it is effortless. Jesus said, "You must be innocent as little children to enter the kingdom of Heaven." This innocence in meditation is effortlessness – not controlling, not manipulating, not trying, and not interfering. It is just allowing the divine to conduct the meditation . . . and thus allowing one's focal point of attention to rest in the eternity of the here and now . . . the field of pure, unbounded bliss consciousness.

The Benefits Are Deep, Essential, and Endless

When the root of a tree is nourished, it nourishes the whole tree. Similarly, when Sri Vidya Raja Yoga is practiced, the root of life is nourished, and this brings benefits in every area of life. A saying we have for the children is "water the root to enjoy the fruit". The benefits are endless and too many to mention them all, but they can be summarized in four main spheres - - emotional, mental, physical, and environmental.

Emotional Benefits

The first thing one notices when the practice is begun is an immediate increase in happiness. This usually happens in the very first sitting on the very first day, the day of initiation. A feeling of peace, happiness, tranquility, serenity, quiet joy, silence, awakening, and bliss is felt.

A funny thing happened on one instruction day in Denver, USA, some years ago. Those enrolling in the Sri Vidya Raja Yoga course for the first time are asked to bring fruit, flowers, and a white handkerchief as offerings for the ceremony of thanksgiving. They are also asked to remove their shoes. One man was sitting in the waiting room obviously quite nervous, fidgeting with the offerings in his hands, because he was apprehensive about what he was getting into.

Presently, his name was called and he was escorted into the initiation room.

About an hour later, after his first instruction, he came walking out, very slowly, totally transformed. A huge smile spread across his face and he was

beaming brightly. He was walking slowly, carrying an apple that the teacher had given back to him after the ceremony. He went out the door and was going down the elevator in his socks. He had forgotten his shoes, and was munching on his apple in total bliss, smiling at everyone.

Most people remember their shoes when they leave, so this story is somewhat unusual and humorous, but it does illustrate how successful the method is in quickly putting people in touch with their inner fountain of peace and bliss.

The greatest area of the significance of the improvement in feelings in practical daily life is in the field of relationships. Most of the problems in today's world can be traced to problems in people's relationships with each other. When the practice of Sri Vidya Raja Yoga is begun, relationships start improving. One is happier within oneself. One feels more like giving, being generous, and not being bothered as much by what others say or do. Problems that used to loom large now appear as insignificant or nothing.

The benefits of this yoga are cumulative. One floats effortlessly in the peacefulness of this yoga twice daily, once in the morning before breakfast, and once in the evening before dinner, for about 20 minutes each. With each daily experience, the benefits accumulate over time. The increased peace and bliss growing in daily life dissolve stress and increase happiness. This results in more love, more appreciation, and more reverence for others.

It dissolves negative tendencies, and so naturally relationships improve. Husbands and wives find themselves more in love, communication problems diminish, and children are happier with their parents. Friends are less interested in getting something from each other, and are more interested in giving something of life-supporting value to the other.

As the happiness grows, it cures emotional and mental imbalances, and the drugs or treatments that may have been needed for such imbalances in the past are no longer necessary.

The blessings of this harmony spread throughout society, and relationships with co-workers in one's profession improve as well. Employees are happier in

their job, and more tolerant of the shortcomings of their bosses or their other coworkers. They are more creative and solution-oriented, able to overlook the weaknesses of others, eliminate negative speech, increase their positive speech, and are more capable of giving genuine value to their company.

Top executives who practice this yoga are found to be more smiling and pleasant, more praising of their employees, less critical, more tolerant of the mistakes of their subordinates, and more capable of nurturing inspiration and excellence in their associates. This has increased the harmony in many companies, and has resulted in better overall performance for the profits.

Forgiveness, compassion, respect, admiration, appreciation, gratitude, humility, benevolence, esteem, loyalty, devotion, thankfulness, honesty, integrity, openness, innocence, purity, courage, fearlessness, and a sense of humor are among the qualities that grow with the emotional benefits of daily deep meditation as taught by Maharishi.

These qualities grow spontaneously, without thinking about them. Unlike religions which try to cultivate such qualities in people by effort and discipline, but usually fail; such qualities are found to grow spontaneously and effortlessly in people who enjoy this yoga, without even trying or thinking about them. No system of ethics or "do's and don'ts" are taught in this yoga, and yet people are automatically found to be more ethical and valuable to society. Such benefits just overflow from the fountain of pure consciousness that is contacted in deep meditation.

Feelings are qualities of the heart, and as the heart is the dimension closest to pure Being, it is the first dimension to receive the benefits of contacting pure Being in deep meditation on a daily basis.

Mental Benefits

The version of Sri Vidya Raja Yoga called Transcendental Meditation (TM) as taught by Maharishi has by far the largest collection of scientific research documenting its benefits of any meditation method in the world. Over 500 very

rigorous experiments have been conducted and published in elegantly validated studies in prestigious journals from over 200 universities in over 40 countries.

The studies show an amazingly wide range of benefits, from those in the emotional range previously discussed, to those of the mind, body, and environment. In the mental realm, benefits have been documented in areas like increased Intelligence Quotient (IQ), improved grades for students in school, improved EEG brainwave coherence, improved right and left brain coordination, improved memory, improved comprehension, improved ability to concentrate, improved job efficiency at work, faster reaction time, increased creativity, deepened restful alertness, longer attention span, and improved intuition.

Benefits such as the improvement in grades among school children has not surprisingly resulted in the schools where all the students practice Sri Vidya Raja Yoga being above the 98% percentile in nationwide academic standards in various countries. One such school is the Maharishi School for kindergarten through 12th grade in Fairfield, Iowa, USA, where Maharishi University of Management is located. The students there are consistently winning awards for being in the top of their various fields of study.

In adult practitioners, the benefits are particularly noticeable in executives, whose careers depend heavily on their mental efficiency. In the words of one businessman who practices Sri Vidya Raja Yoga, "I now complete a project in three days that used to take me three weeks, and it comes out with less mistakes".

Subjectively, meditators report feeling more quiet inside, with less mental chatter, and improved intellectual clarity. The former noise of the mind has been steadily diminishing, replaced with a clear sky of silence, in which only the more useful and desirable thoughts come.

Hundreds of books have been written on "the power of positive thinking", and yet most people still find it difficult to achieve without meditation. Through simply manipulating the thoughts from negative to positive, the negative thoughts have continued, and often have become even stronger. By contrast, with this yoga, without even trying, thinking spontaneously and automatically becomes more

positive. No effort is made to manipulate thoughts, and no suppression of negative thoughts occurs. Yet negative thoughts spontaneously diminish, and the thoughts that remain are automatically found to be more positive. This is very important for success in life.

Ultimately, on the mental level, this inner silence grows to become an endless ocean of pure bliss consciousness. Eventually a state develops wherein the infinity of existence is cognized within one's awareness. Awareness of one's essential Self as unbounded pure consciousness, beyond time and space, dawns. A time comes when all the thoughts have disappeared, and only this clear inner sky of cosmic consciousness remains. Thoughts may still come, but they are witnessed as being only a small part of life, and they no longer limit or overshadow pure Being. The wholeness of life has dawned, in which one realizes the eternity of one's identity. This is called enlightenment. It is the realization of immortality.

Then neither the past nor the future is perceived as real. Only the here and now remain significant. This is the ultimate "present".

Physical Benefits

Improvements in the health and wellness of the body have been equally abundant with the practice of this yoga. This is so well documented that health insurance companies like Blue Cross Blue Shield offer substantial discounts on their insurance premiums to clients who practice Sri Vidya Raja Yoga. They have found that their clients who practice Sri Vidya Raja Yoga need much less hospitalization, less doctor visits, less medicines, and have less accidents and illnesses. Thus they cost the company much less in claims.

The human physiology functions far more efficiently when it is given regular periods of unusually deep rest. Scientific research has shown that deep sleep only delivers about an 8% increase in restfulness. This is indicated by the reduction in metabolic rate, as measured by oxygen consumption. By contrast, in Sri Vidya Raja Yoga, the restfulness increases by an average of 16%, twice as deep as deep sleep. And yet, in this yoga, one is not asleep at all; one is more awake and more alert than

in the "waking" state. Further, this profound state of rest is arrived at in just a few minutes, rather than hours as in deep sleep.

The effect of exposing the nervous system to this profound state of deep rest on a regular basis every day is seen in decreased frequency of illness, increased immunity to disease, and a general improvement in overall wellness. Benefits documented in research include reduced heart disease, reduced high blood pressure, reduced dental diseases such as gingivitis, reduced or eliminated addiction to alcohol, cigarettes, and drugs; normalization of weight, and the reversal of aging.

In the field of the reversal of aging, studies have been conducted indicating two measurements of age, the biological age and the chronological age. The chronological age is the number of years since one's birth, but the biological age can be different, depending on one's relative wellness. With the practice of this yoga, the indicator of biological age has been found to decrease substantially, sometimes by decades, in comparison to chronological age - - thus demonstrating a tangible increase in youthfulness.

Likewise, athletic performance has been documented to improve substantially with the regular experience of this yoga. A whole new philosophy came out which does away with the harmful "no pain, no gain" idea; and replaced it with an approach that is more respectful of the body's needs. Exercising to about one-half of the body's capacity, and then taking rest, became the rule. This coupled with the twice daily practice of this yoga and the utilization of some of the other aspects of Maharishi's Vedic Science resulted in runners predictably achieving the "runner's high", also called the "zone", as well as many other breakthroughs and athletic awards, excelling beyond non-meditators in their respective fields.

Environmental Benefits

Some of the most wonderful, unusual, and encouraging benefits to the environment have been documented with Sri Vidya Raja Yoga as well. It all started in the early 1960s when Maharishi predicted that a small percentage of any

population practicing this yoga would have measurable effects on the surrounding community, including a drop in crime and violence. Finally ten years later in the early 1970s some scientists began actually measuring this.

What they found was astounding. In 24 towns across the USA where the percentage of the population practicing this yoga had accumulated to 1%, the previously increasing crime rate suddenly reversed its course and began declining. This won some converts, but caused many other scientists to be skeptical. Therefore further research was commenced.

Presently over 40 or 50 very well-funded, well-researched, elegantly conducted, rigorously verified, and professionally reviewed studies have unanimously confirmed those original results. Replications of the original results became the rule. Never was there a failure of the results to appear when the percentage of the population properly trained in Maharishi's TM reached 1%.

Further, an advanced course called the TM-Sidhis program is even more powerful. It was found that as little as the square root of 1% of a population was sufficient, if the meditators were trained in the TM-Sidhis program. Thus small groups of meditators trained in the TM-Sidhis were sent to war-torn areas in 1978, like Nicaragua, Rhodesia, Iran, and elsewhere. I was in the group that spent two months in Iran. At other times, groups were sent to Israel, and in more recent years, to Bosnia and other areas of conflict.

Inevitably, in every case, reductions in war violence were documented when sufficient numbers of meditators arrived and began practicing in the vicinity. All the skepticism around this effect has been nullified by repeated confirmations on the most sophisticated levels of scientific research. World peace is now a permanent possibility, if only enough people would show an interest in adopting the practice.

Statistics have even showed a reduction in hospital admissions, automobile accidents, and business bankruptcies in towns where a sufficient population of practitioners of TM have gathered. The controls on these studies show that the effect didn't exist before the meditators came, but it did disappear after they left. The controls further validate that the benefits could not have been attributed to any

other cause, and nor were they merely coincidental. Very careful analyses of these studies have considered all these factors.

Even stories such as averting natural calamities have occurred. One teacher of TM in Peru was informed of the storms that were coming to his country. He went around the countryside trying to convince many towns to establish TM groups, but none were interested. Only his own town showed sufficient interest. As a result, the storms wreaked much destruction across Peru, but the village where the TM teacher and his groups of practicing meditators lived enjoyed no damage at all.

The same thing has happened repeatedly in Fairfield, Iowa, USA, the location of the largest population of TM practitioners in America. Many times storms and other natural calamities have damaged many parts of Iowa, but they always bypassed Fairfield, leaving it safe.

Books have now been written on this subject, and more information is available in *Transcendental Meditation News* magazine, which carries news of the TM movement and often documents studies and stories of these phenomena. In short, the practice of TM brings benefits far beyond the individual sphere. It can help balance the environment and bring world peace.

Summary

All these benefits and more develop from one simple thing - - making daily conscious contact with the center of one's being in deep meditation. Effortlessly allowing the attention to rest in the peace of unbounded pure consciousness is all that is necessary to open the cornucopia of benefits to flow. It is due to the loss of the habit of mankind to contact this field deep within, that has resulted in all the problems mankind has experienced in the last few thousand years. All that is necessary to dissolve stress, solve problems, and enjoy life is to begin opening one's awareness to the transcendental plane of existence, accessible effortlessly in deep meditation. It is very easy for anyone to practice.

Other benefits include:

Development of Intelligence

Increased Creativity
Broader Comprehension
Improved Ability to Focus

Improved Perception and Memory Greater Orderliness of Brain Functioning

Latent Reserves

Lower Blood Pressure

Reduction of Atherosclerosis

Improved Health

More Positive Health Habits

Reduced Anxiety

Reduced Need for Medical Care-1 Reduced Need for Medical Care-2

Decreased Stress Hormone Reversal of Aging Process Natural Change in Breathing Physiological Indicators of Deep Rest Improved Health Among the Work Force Reduced Chronic Fatigue Syndrome

Diabetes Mellitus

Irritable Bowel Syndrome
Increased Productivity

Improved Relations at Work

Reduced Tobacco, Alcohol & Drug Abuse

Increased Self-Actualization

Increased Strength of Self-Concept

Increased Relaxation
Decreased Stress

Decreased Violent Fatalities Improved Quality of Life

Increased Positivity, Decreased Crime

Improved Quality of Life

Reduced Conflict

(from: www.tm-health.org/html/t0200sci.htm)

Sri Vidya Raja Yoga

Centers for Courses of Instruction and Publications

Centers for Transcendental Meditation

Anyone can receive a private course of personal instruction in Transcendental Meditation anywhere in the world. In any large populated area, just look up "Transcendental Meditation Program" or any center named after "Maharishi" in the white pages of any telephone book, or on the Internet, go to www.TM.org. To subscribe to Maharishi's Global Country of World Peace email newsletter, send an e-mail to: <info@globalcountry.org.uk> . To subscribe to the

paper magazine "Transcendental Meditation News" sent by post from the U.K., see www.TMNews.net. See also:

www.MOU.org
www.MUM.org
www.gfcny.net
www.globalgoodnews.com
www.mapi.com
www.vedicvibration.com
http://maharishi-programmes.globalgoodnews.com/publications/books.html
www.tm-health.org/html/t0200sci.htm
www.vastu-vidya.org

Centers for Sahaj Samadhi as taught by Sri Sri Ravi Shankar

The same experience and benefits as TM provides can be derived from the "Sahaj Samadhi" meditation practice taught by the international Art of Living Foundation, for a lower course fee. Art of Living has centers in over 120 countries.

VERY VERY HIGHLY RECOMMENDED: In addition to the Sahaj Samadhi meditation course, the BASIC Art of Living course should be taken, which includes the Sudarshan Kriya yogic breathing practice. THAT is the practice that delivers bliss and ecstasy within 15-20 minutes, and is the fastest cure for cravings and addictions of all kinds. Sudarshan Kriya is part of the basic Art of Living course, and has been hailed all over the world as one of the greatest fountainheads of life-giving benefits. For more info:

http://us.artofliving.org/content-sudarshan-kriya?center=usa

Base site: www.artofliving.org

Centers for Primordial Sound Meditation as taught by Dr. Deepak Chopra, M.D.

See www.chopra.com





A CONSCIOUSNESS SUCCESS STORY

by Taansen Fairmont

(This is Chapter 3 from the 1997 book Sovereignty Consciousness, by Taansen Fairmont)

For about two and a half years between high school and college, I traveled around America visiting most of the major spiritual centers. I was celebrating music with my dulcimer, guitar, sitar, and various other instruments with other musicians.

I was attending concerts and conferences, seeing films and creating art, attending courses and camps, gatherings and tours, and sojourning with various New Age communities. I was initiated into many practices and studies, and became familiar with the varieties of approaches to Truth and Enlightenment. Most of this travel was in the western states, a lot of it in Colorado and California. In California I was usually in the San Francisco Bay Area, which had become one of the main magnets, a Mecca of world higher awareness activity.

Already many visions, hearings, and cognitions had been coming to me, and then my experimentations with various meditation practices brought this to a crowning culmination. One of these practices produced an all-time, twenty-four-hour-a-day communion, pervading all activity with its Love, bliss and silence. It became only natural, as well, to take some time every day to just sit with it, and go into just the sweet depth of peace of the Fourth State of Consciousness all by itself.

Two weeks before being initiated into the practice, just after my nineteenth birthday, a very powerful, blissful experience came to me one night while waiting to fall asleep. For about fifteen minutes, an overwhelming feeling of indescribable Love brought me into a tremendous ecstasy, and all of a sudden I could see through walls, in 360 degrees in all directions. Everything was luminous and transparent, and even though it was nighttime, I could see the beautiful subtle dimensions of the land around me. I felt such power, compassion, abundance, peace, magic, sacredness, and reverence. A number of such experiences had been coming to me by that time, but this was the most blissful ever.

Years later, I learned that this was a flash, a preview, of the sixth state, God Consciousness, which meditation would eventually flower into completely and permanently. Since the initiation into the meditation that would finally lead to this state was to take place two weeks later, it was apparent that this experience was a kind of Royal Welcome from the Angels, to the resuming of the supreme effortless "pathless path" of meditation in this lifetime.

In this experience, among other things, an Eye also appeared. Just a vivid, three-dimensional, real, genuine eye, hovering right in front of me. Later, although the overall experience faded away, the eye has remained. It has continued to appear to me ever since then, unpredictably, at any time when my eyes are closed; it may flash for a second or two. I have had no intellectual understanding of it, what it means, but it has seemed to be a kind of constant companion . . . a sort of Sign or Signal from the quantum planes. Sometimes, in especially high states of awareness, it has appeared as a whole mandala of eyes.

Ever since that time, meditation has daily graced my life. Every day, in the morning and evening, I sit in a comfortable place and close my eyes. Instantly, I feel the power of pure, unbounded Being beginning to flow, tangibly infusing into my head and physiology, growing greater and greater in strength, and rearranging the molecular and cellular structure of my body to glow with its presence ever more brightly.

The bliss is so soft, so gentle, so tender and sweet, and yet so powerful at the same time. My attention is drawn by the irresistibly appealing, magnetic inner attraction of the infinite ocean of "no-mind". What others have also called the "spiritual sky" pours into my entire body, flooding me with a calmness and peace that goes beyond all comprehension or description. My breathing frequently becomes barely perceptible, sometimes totally suspended. I am still quite well aware of my surroundings, of the room I am in, of any sounds in the environment, but gradually they seem farther and farther away. They seem less and less important, until eventually all time and space seem as far away as a faint distant star. The boundaries of my body and everything I define as "myself" have merged with the pure, unfathomable silence, and the whole journey was entirely effortless. I am unmanifest existence itself, pure, timeless, omnipotent, absolute.

Wonderful daily variations of this completely effortless and innocent transcendence of the accepted definitions of "experience", have changed my life continuously and immeasurably. My limited sense of "I", of whom I am, has been steadily fading over the months and years, transforming into a much more expansive identity with universal oneness. My heart has melted and over the years has more and more come to be filled to overflowing with Love, with tenderness, with friendliness, warmth, compassion, thankfulness, and genuine appreciation for everyone and everything. It flows evenly, consistently, smoothly, and uninterruptedly upwards.

My mind is increasingly absent. This may sound strange, but it actually is the experience of growing clarity of mind. Its absence means its small boundaries and traffic of thoughts have been evaporating, making more and more room for spaciousness, crystal clarity, pure awareness, and universal intelligence to shine through. It is energetic, brilliant, creative, and endlessly full of genius and dazzling insights into everything. Simultaneously, there is a growing background silence, a deep, profound inner quietness. It is not just an absence of mental static -- not an empty silence, but a fullness, a Light, a blissful sacred feeling of Presence, of Reality. It is a pleasurable silence which almost seems "loud", as some who have experienced it put it. Out of this nourishing silence has blossomed all of the mind's growing new fruits. Its psychic intuition is becoming unmistakable, and the vastness of its comprehension is becoming cosmic.

My physiology has enjoyed the benefits, too. It has been almost entirely free of ailments all my life, and it has a vitality and energy which are even and enduring. I have no attraction to athletic exertion, yet due to the growing infusion of higher consciousness, it feels like an endless supply of strength is always available to the body. Nor do I feel any obsession with food or the lack of it, or any special diets. Yet spontaneously, I find only the simple, natural, wholesome, light, and pure foods appealing. No one ever asked me to change my lifestyle, because it was never necessary. It just came naturally. My ascending baseline pleasure from meditation is too permeating for me to find any interest in the usual toxic indulgences typical of the ending dark ages.

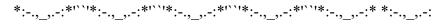
This direct communion with the Unified Field beyond the mind is possible for everyone, and indeed, is the birthright and destiny of all people. Its benefits are limitless and multi-dimensional, for it is the single source of all good things, of all Life. This majestic state we call "meditation" is the ecstatic identity with the ultimate essence of all philosophies, teachings, and traditions. It is the fountainhead of all inner realizations and all outer accomplishment. It is the master key that unlocks all vibratory frequencies, all truths, all possibilities. And thus, it has opened me to my purpose on Earth, known from before birth, bringing the Age of Enlightenment and Heaven on Earth with the celestial audio-visual communication abilities.

There is the story of the two children who were studying the alphabet. One said to the other, "Why does 'b' come before 'c'?" And the other replied, "Simple . . . because you have to 'be' before you can 'see'!"

Therefore, sovereignty consciousness consciously originates in the omnipresent, delightful, effulgent Unified Field of No-mind. As a result, its virtues are beyond the range of most communication expressions known by mankind so far. Because of this, it requires the highest quality physical mind-body to transmit it. Brain hemispheres are found fully enlivened, balanced between intuition and analysis, and between spontaneity and planning. They are

magnetically harmonized and made one by the peaceful charm of Love-luminescence flowing from the heart.

Thus, the effect of the communication of sovereignty consciousness will always be found entirely life-giving and nourishing, never destructive in any way. For this, deep refinement and sensitivity of the nervous system are necessary.



The Great Central Sun of All Questions A Cosmic Postcard from Your Home Within

by Taansen Fairmont

Of highest priority and greatest importance is this question:

Are you daily experiencing the Ultimate Reality . . . the Holy Grail . . . the Holy of Holies . . . the origin of all religions . . . the quintessence of all spirituality . . . the nonchanging unmanifest axis of existence?

I'm referring to the full totality of the fourth state of consciousness -- known in Sanskrit as "turiya" -- the fourth after waking, dreaming, and deep sleep. Turiya is the basis, the foundation, for all higher evolutions of consciousness.

I'm not asking if you are merely recognizing it, thinking about it, imagining it, assuming it, believing in it, intellectualizing it, visualizing it, praying to it, decreeing it, affirming it, planning on it, idealizing it, invoking it, or adopting it as some good mental idea.

I'm asking you, out of the deepest, most sincere and friendly Love of my heart, whether you are <u>bodily</u> entering into the infinity, the Source, the unbounded formlessness of "emptiness", the nirvana above and beyond the mind -- every day -- with the breathing effortlessly slowing way down, sometimes becoming suspended . . . with the heart rate slowing down, and with the brainwaves going into delta.

This is the very deep rest of the physiology, twice as deep as deep sleep, as measured by oxygen consumption, during which the entire mind-body organism is experiencing the fountain of youth, the stopping of aging, the release of stress, the infusion of Being, the regeneration of cells, and the rejuvenation of energy.

Physiologically, this is the alchemical elixir of immortality, and the superconductor of divine transmutation and metamorphosis.

Spiritually, this is the fountain of infinite happiness . . . it is the alpha and the

omega.

Many of my friends on this mailing list, I know, are experiencing this every day. If so, I would greatly enjoy hearing more about your progress. Share your experiences!

But many others have not yet adopted this practice. For you, I would not be truly your friend if I were to fail to remind you what you are missing! To you, I am sending that famous message on a postcard from your Home Within, that says: "Having a wonderful time . . . wish you were here!"

Turiya, the fourth state, is the direct <u>bodily</u> experience of the I Am Presence, the Great Central Sun, the Christ Consciousness, the Holy Spirit, the Spiritual Sky, the impersonal aspect of God, the Unified Field, pure Being, the ultimate Truth, the Tao, the Self, the supreme source of Love, the apex of joy and bliss, and what has been known as samadhi, satori, dhyan, Zen, pure awareness, transcendental consciousness, nirvana, no-mind, Brahman, Atma, and the secret of Be Here Now.

The best methods for experiencing it are <u>all effortless</u>, and include vipassana meditation and Sri Vidya Raja Yoga. In the category of Sri Vidya Raja Yoga are Transcendental Meditation, Sahaj Samadhi, and Primordial Sound Meditation. And I'm sure there are others.

To those who may say, "That's not my path," I respond, I respect that. I truly do. Only the Self within you can decide what your true path is.

I would ask, though, then by what means are you able to experience turiya? Getting into "the zone" via marathon running? Sufi dancing with the whirling dervishes? How? I really do wish to know. Please write to me and let me know. I am genuinely interested.

Be aware that turiya is not merely heavenly worlds, celestial planes, angelic realms, or the Pure Light. The full totality of turiya is beyond all heavens, beyond all planes, beyond all conditions, beyond all time and space, beyond all music and sound, beyond all divine voices, beyond all divine forms, beyond all divine names, beyond all thinking and thought, beyond all color and light. It is beyond creation completely. That is why it is said to be "transcendental". It is the nonchanging, absolute silence at the source of everything.

For those who thought "that's not my path", did you think that spirituality, enlightenment, and ascension can be realized WITHOUT the fourth state? Did you think that turiya is not a necessary element in one's journey? How is that possible? Is deep sleep every night not a necessary element? How about breathing? Can the body live without breathing? Can anyone really believe, "breathing is not my path"?

(Yes -- some yogis can go a few weeks without normal breathing - but a subtler form of pranic respiration has been mastered.)

Turiya, my Beloved Fellow Travelers, is as necessary for human life, and as essential for spiritual evolution, as oxygen, and waking, dreaming, and sleeping are for the mind-body organism. In ancient Golden Ages, turiya was a common and routine part of daily life. In the now-dawning Golden Age, it will be again.

If you are not already enjoying turiya every day, then make it as high of a priority as you would if you were a man dying of thirst on a desert.

My re-entry, in this incarnation, into daily samadhi was facilitated by Maharishi's Transcendental Meditation on November 3, 1973. My experiences with it have been documented in countless writings over four decades.

Sri Sri Ravi Shankar's Sahaj Samadhi meditation and Dr. Deepak Chopra's Primordial Sound Meditation are in the same category of Sri Vidya (Supreme Wisdom) Raja Yoga (Royal Way to Union). All three are characterized by the <u>complete absence of effort</u> (very rare in meditation practices), and any of the three can invert the attention 180° inward towards complete and total transcendence -- not part of the way, but ALL the way -- which is unsurpassed and incomparable in the spiritual world.

If you come across any other methods of equal effectiveness, <u>PLEASE LET ME KNOW</u> so I can share them with people. I would love to hear from you about your experience.

Incidentally, the supplemental breathing practice called Sudarshan Kriya, taught by Sri Sri Ravi Shankar as part of his basic Art of Living course, is a powerful, blissful, ecstatic, rapid, beneficial, and pricelessly valuable complement to the samadhi meditation. Also highly recommended.

The websites are:

- 1. Transcendental Meditation www.tm.org
- 2. Sahaj Samadhi <u>www.artofliving.org</u>
- 3. Primordial Sound Meditation www.chopra.com

Sri Vidya Raja Yoga, of which all these methods are versions, was originally taught by the ancient Avatars and Masters such as Kapila, Rama, Krishna, Patanjali, Buddha, Christ, Shankara, and others. Today, they are practiced by members of all religions and all paths. You can incorporate one of them into whatever path you are already on, in total harmony with it. It will only enhance and nourish your existing path.

Adopting one of these forms of Sri Vidya Raja Yoga does not make you necessarily a disciple of that teacher or a member of any group, unless that is your wish. You can just practice the technique and remain on your own, independent, if you prefer. It is each individual's freedom of choice.

The happiness being added into my life through this yoga every day is so

immense. It is indescribable . . . beyond words . . . "the peace that passeth understanding". Even the Library of Congress could not contain all the benefits and blessings flowing from it.

You have heard of the Law of Attraction, taught in "The Secret" and lots of other famous books and schools. As Maharishi put it, "Whatever you put your attention on, grows in your life."

Well, here is the secret of all secrets: what would happen if you were to put your attention on attention itself. if you were to put awareness on awareness itself . . . if you were to put consciousness on consciousness itself?

Wow!

Then attention grows . . . awareness multiplies. That is why the Enlightened Ones say that spiritual growth consists of "expansion of consciousness". That is exactly what Sri Vidya Raja Yoga is: it is the inversion of attention inward towards the source of attention itself - the unbounded ocean of pure bliss consciousness. With every second that ticks by in that state, consciousness is expanding . . .

With this, you are knowing the one thing, knowing which, all else can be known. You are gaining the one thing, gaining which, all else can be gained. You are expanding the one thing, expanding which, all else that you wish to expand can be expanded. It is the Cosmic Key, the Touchstone, the Open Sesame, to everything else desirable in creation. It is the Secret of Love.

"Why settle for less than the highest?"

"Seek ye first the God Self within, and all else shall be added unto you." -- Sananda (I suspect, that the phrase "God Self" is closer to the original meaning that Sananda intended, rather than "Kingdom of Heaven", which sounds more strategically political.)

Animals and unenlightened humans are aware of the world of objects. Only the meditator and the enlightened human, and the gods, are aware of pure awareness itself . . . this is the ultimate frontier . . .

The exploration of outer space is nothing vis-a-vis the exploration of inner space . . .



THE WONDER OF DEEP MEDITATION

by Taansen Fairmont

My friends and family who experience deep meditation will be able to relate to stunning depths and heights of expansive divine spiritual experience. My beloved friends who have not had such experiences will be encouraged by the news of mine, hopefully, and inspired by them. With all that is negative and unpleasant going on in the world of physical density, Heaven knows we all, can use some occasional good news.

This is the best kind of news conceivable, for what is bringing any of us Home to direct experiential Awakening is at the pinnacle, apex, quintessence, and fountainhead of all the other good in life, both worldly and divine.

Like the man to whom a genie appears and is offered three wishes, and who makes one of his wishes to become the genie and be able to fulfill an unlimited number of additional wishes, the gradual unfoldment of Knowing the One Thing at the Essence of All Things is bringing those who experience it more and more into the santosha (contentment without any external cause) . . . the "peace that passeth understanding".

What is news to those who haven't experienced it is that this peace is not just mental or spiritual; it is physical. It fills the body from head to toe with the most juicy, delicious elixir of nectar. In fact, on the physical side it is such an intense pleasure as to merit the word "ecstasy".

And yet it is not merely that. It is the feeling of an infinite Divine Presence; it is the heart overflowing with unconditional Love . . . it is a sense of timelessness and eternity in the Now . . . it is tremendous strength, energy, and Power . . . and it is a strange joy and Happiness that don't depend on anything in mortal relativity.

It is all of these things, and yet it is still beyond words, beyond description. Day after day, month after month, year after year, it just goes on growing. It is infinite, unbounded, eternal, inexhaustible, and unlimited in its expansion.

Thus it is invincible, irreversible, and permanent. Whatever level of baseline experience one gains, one keeps forever. Yes, there will be cyclic daily fluctuations away from the cognizance of it until Realization is 100% established in human form 24/7; but it is not lost. It is gained within forever. Whatever level of cognizance of pure consciousness one evolves into, one keeps forever. One cannot fall

from it. If one can fall from it, it is not genuine. Whatever actual, genuine, authentic experience of Ultimate Reality one has, one cannot lose. Relative experiences may come and go, and 100% of every external source of happiness in the outer world will pass away -- including one's own body -- but the baseline level of awareness of pure awareness itself, is established forever.

Deep meditation is the best investment in the world, because it is the highest yielding, its gains are 100% permanent, and there are never any losses.

Do you remember when you were a small child, and you looked up at the sun in midday? Do you remember the sense of wonder at that bright object . . . so dazzling that you couldn't even look directly at it for more than a split second? And since then, has it ever amazed you that the sun has remained exactly the same, shining non-stop without interruption, constantly and consistently, to this very day?

The Earth may turn and make the sun hidden at night, and in the daytime sometimes clouds may seem to cover it; but it just goes on shining evenly and constantly all the time, regardless of what we do or what the Earth does.

It was shining exactly the same in 1980, in 1950, in 500 A.D., in 5000 B.C. . . . it was still shining the same 100,000 years ago. The Wise people of Enlightenment know that the sun is a conscious, living entity. Does it not seem astounding, by human standards, that a living, conscious being in the form of a star, could go on shining so consistently like that for millions of years?

Like that, a Reality even far more awesome . . the God Presence of All Existence . . the Great Central Sun . . . is what we are contacting in deep meditation. That Universal Presence, pure Being, has no lifespan. It is the source of all suns and all lifespans. It is beyond all lifespans. It is out of time altogether.

The direct experience of this in deep meditation is always mind-blowing and it is always the same, and yet like a wheel circling around an axis, everything around it goes on changing. The changing revolves around the nonchanging.

The pleasure, the bliss, the Love, the happiness, flowing from that Center may go on changing . . . growing . . . increasing . . . but the Center itself remains ever the same. When Krishna experienced it, it was the same; when Jesus the Christ experienced it, it was the same; when Lao Tzu, Rama, Buddha, and Zarathustra experienced it, it was ever the same.

When you and I cognize it, it is the same absolute, non-changing, Ultimate Reality beyond time and space . . . that all the great Masters and Avatars cognized. And yet it manifests in all of us differently.

To the naked eye, the dazzling midday sun in a blue sky looks identical to all people. And yet everyone appreciates and utilizes its energies differently. Like that, the single dazzling Star of Self

Realization shines identically the same in all Enlightened Ones. Yet their expressions of it are all different and unique.

In the personal life of the meditator, the mind revolves round like a wheel, while the Great Central Sun of the axis goes on pouring its energies from its stationary light into one's being more and more brightly. Every meditation delves into the eternal sameness of That Source, while one's mental and physical molecules rearrange themselves to align with it more and more . . . receive from it more and more . . . feel it more and more and know it more and more.

It gradually transforms everything in one's being on all levels, eliminates all that is undesirable, expands all that is good, repels all that is harmful, attracts all that is helpful, and draws one into itself.

Further, we see that it benefits everyone in the environment. We know that its good vibrations spread superradiance on the subtle planes in all directions, immediately endowing all other people in the area with the blessings of greater peace, Love, Light, and positivity.

The meditator is coming Home. The meditator is finding that nothing can stop this wonderful process. One is Becoming That Presence. The Presence is Awakening within one, as Itself. The former little ego identity is no more. The illusory self is awakened from like a dream. Like a king or queen who had wandered in the forest and become lost, had developed amnesia, and thought he or she was a mere beggar in rags, human beings have forgotten Who We Are. But the deep meditators begin feeling the powerful Reminders of the Presence, flowing in ecstasy from head to toe and with invincible and irreversible force, the amnesia melts away. The Awakening dawns . . . dissolving everything we ever thought we knew, and brings a Bliss beyond conditions or comprehension.

Now there are many events coming up in the near future with Enlightened Beings physically present at gatherings here in America. One of them is the world tour of Avatar Her Holiness Sri Mata Amritanandamayi, or for short, Ammachi, the famous Hugging Saint. In May, June, and July, She will be in the Seattle area, east San Francisco Bay Area, Los Angeles, Albuquerque, Dallas, Iowa, Toronto, Chicago, Washington DC, New York, and Boston. The website is www.amma.org.

Like a thousand floodlights lighting up a park in the night . . . and then those lights going interdimensional and sparking an explosion of superradiance on the subtle planes worldwide . . . you are invited to bask in the Blissful Presence of that Light.

