GUIDED MEDITATION MODEL

The quotes used in these serve as a sample model for conducting a guided meditation at the meditation groups’ long meditations. It is not necessary to read all the quotes as given in this model nor limit to only these quotes. The meditation leader may also rearrange the points under each of the techniques:

INTRODUCTION to Guided Meditation

Opening Prayer
Heavenly Father, Mother,………
“Teach us to pray with deep concentration and to imbue scientific meditation with devotion. May our hearts daily become more pure by all-surrendering love for Thee.”

Opening Reading

(Quotes from Sri Daya Mata’s various publications)

“You don’t know how much you help one another when you meditate with other devotees. The vibration that is created supports and encourages each one.”

“Remember this, the world is constantly striving to pull you downward ……. Meditation reverses the searchlight of the senses and places the concentrated light of attention upon God alone. That renews us. It takes
us out of the consciousness of the flesh and begins to give us an expansion of consciousness.”

“All you have to remember in this life is to do the best you can, every moment, every day. God wants continuity of effort from you.”

“Within each one of us is a temple of stillness that permits no intrusion of the world’s turmoil. Whatever may be going on around us, when we enter that sanctuary of silence in our souls, we feel God’s blessed presence and receive His peace and strength.”

“Don’t allow yourself to be too sensitive, constantly stirred up by the emotions and the demands of the body and by external conditions. Try to remain in the inner stillness of the soul. That is where your real home is.”

**Period of Chanting**

Door of My Heart or Wake My Children Wake  
(Any of the simpler chants from Cosmic Chants)

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 practice reading:**
*(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.

(Some points for practice of Hong-Sau from the 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*

**Hong Sau Practice**

(Reminder after about 20-30 minutes of 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.*

**AFFIRMATION** (Option of using a short chant)

*I will stop the storm of breath that the lake of my mind may reflect the perfect image of Thy face.*

**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.

**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.

Om Technique Practice

Period of CHANTING

Kriya Yoga Reading
From AY, 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.

(Some points for practice of Kriya - 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.

**Kriya Yoga Practice**

**Chanting OM at the Chakras:**

*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.

Practice of Stillness and Devotion:

“After the practice of the techniques sit for a long time in the stillness, with all your attention at the Christ Center, and then pray God and the Great Masters with deep concentration and devotion”

Reading for Stillness:

Paramahansa Yogananda said, “When motion ceases, there spirit begins to manifest.”

From Rajarsi Janakananda A Great Western Yogi, p. 96

Stillness is the altar of Spirit. There is no limit of the deepening of stillness. There is no limit of ever new Joy.

From ‘The Second Coming of Christ’

"Those who practice the technique of Kriya deeply for even a little while, and sit long in meditation in the resultant stillness, find that the force of their prayer is doubled, trebled, a hundred times more powerful. If one enters the inner temple of silence and worships before the altar of God with prayer and invocation of His presence, He comes quickly."
When the consciousness is withdrawn from the sensory surface of the body and its surroundings and centralized in the cerebrospinal shrines of soul perception, that is the most effective time to pray."

Period of Chanting

Reading for Devotion:
(From SRM, Winter 2002)

When you enter the valley of divine love, you feel it filled with the loving presence of God; you feel a devotion that never ceases, a devotion that is ever satisfying. The ordinary devotee seeks God when prodded by suffering; that is conditional devotion. Unconditional devotion is when the devotee seeks God not for any selfish reason, but because he loves Him. So remember: With the raft of devotion and wisdom you shall cross the sea of difficulties. Much is for-given that devotee who appeals to God with love.

"It isn't the number of techniques you practice that is important; but rather the depth of your meditation. So it is the last part of your meditation, after you have stilled the body and mind through the techniques, that should be given the most importance. That is the time to make your contact with God. Pray to Him with deepest yearning and intensity. Without devotion and love, God escapes."

Prayer for others:

From THE SECOND COMING OF CHRIST –
The Resurrection of the Christ Within You – pp 1397
“As the Father hath loved me, so have I loved you.”

Try to imagine the love spoken of by Jesus in these verses. Close your eyes, put your attention on the heart, and feel the greatest love you have ever felt for another person. Let that love saturate every cell of your body. Now expand the feeling of love, like an encircling sphere embracing your family, friends, and all your loved ones. Feel your love ever increasing; include in that sphere all the people in your city, then all of your country. Now everything in the world is bathed in that love.

The love felt in the heart at the beginning of this visualization is human love. And the love that expanded until it encompassed everything is the universal love of Christ, the infinite love of God. The love that most persons feel for dearest family and friends, Jesus felt for the whole world and every living being. The Christ Consciousness that encompasses everything in its love was born in the body of Jesus, in the body of Krishna, in the body of Buddha.

**OPTIONAL exercise: Prayer for Others**

*Place Christ on the altar of your business and possessions. Say: "I possess these things in Christ." Then meditate on the affirmation: "My Christ-Peace has descended upon every member of my family, upon my country, and upon my world." Behold Christ-Peace descending upon your body, your possessions, and extending to your neighbors, to all countries, and onto the united altar of all hearts and all creatures. Let Christ-Bliss extend from your body to all lands, to North America, South America, Asia, Europe, Australia, every continent and island; to the*
solar system, to the island universes, and to all beings. Meditate upon the following: "My Christ-Peace is descending upon every living thing, upon every living star, upon every speck of matter and space."

**OM Chant**

**Closing Prayer**

*Divine Father, teach me to dive again and again into meditation, deeper and deeper, until I find Thine immortal pearls of wisdom and divine joy. OR*

*Open wide the bud of my devotion and release Thy fragrance, that it may spread from my soul to the souls of others, ever whispering of Thee.*