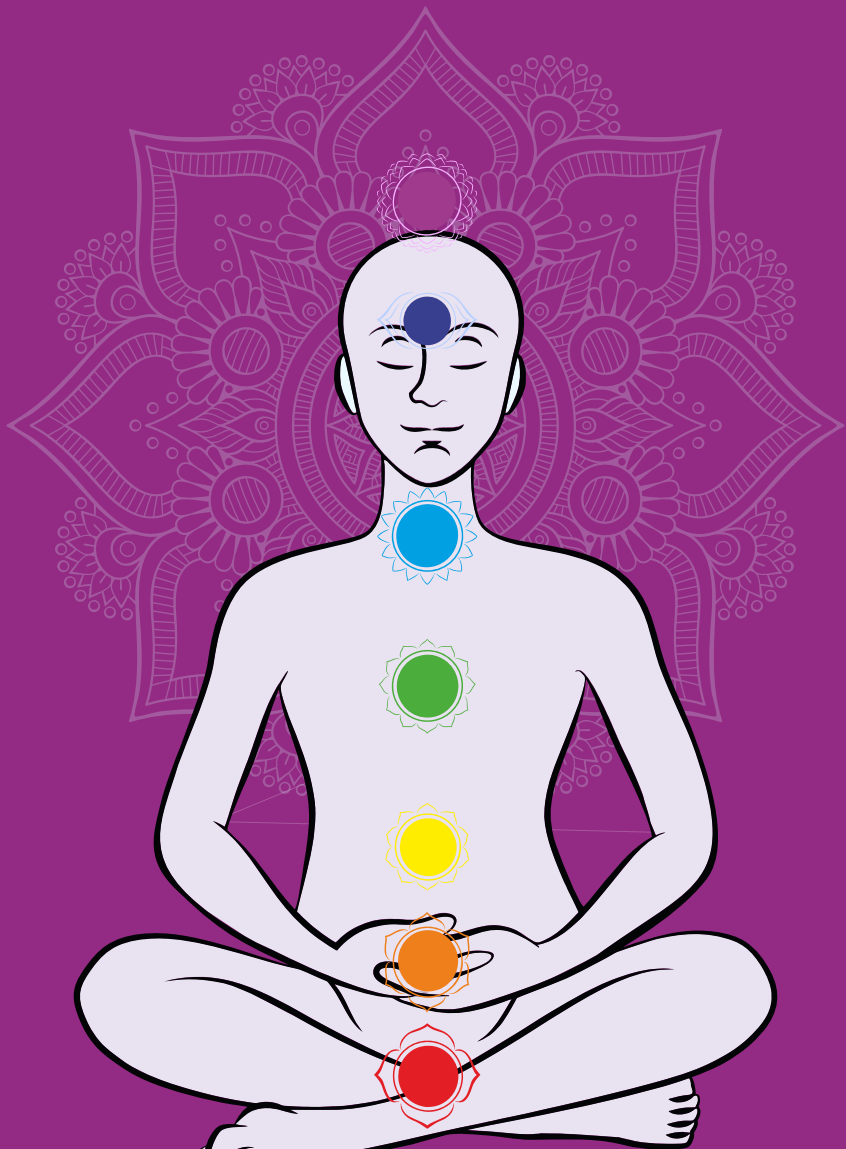


SCIENCE OF MEDITATION



Global Meditation Teacher **Pradeep Vijay** was born in India in 1982 and migrated to Australia in 2005. He completed his Bachelor of Engineering (Information Technology) in Chennai (India) and Master of Information Systems in Melbourne (Australia). In 2008, his quest for Truth and Eternal Happiness led him to the practice of intense Meditation for 3 years full-time under the guidance of **Brahmarshi Patriji**, Founder of Pyramid Spiritual Societies Movement. During this period, he found all answers to his questions about life, life after death and life purpose on Earth.

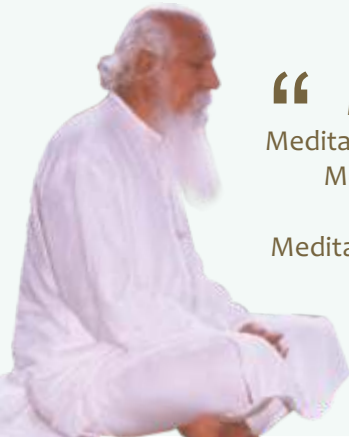


Beginning 2011, Pradeep started teaching Meditation & Spiritual Science. He is known for bringing humour, deep insights and Realization to his teachings. He has conducted hundreds of Meditation workshops, Numerous Self-Healing Retreats, Self-Realization Retreats and Self- Mastery Retreats in more than 30 countries. It is his mission to teach Meditation & Spiritual Science to the seekers of the Truth all over the World.



“ Meditation is THE Gateway to Heaven !
Meditation is not chanting. Meditation is not prayer.
Meditation means making the Mind empty
and keeping the Mind in that state.
Meditation begins with Mind’s focus on B-R-E-A-T-H ”

- BRAHMARSHI PATRIJI



SCIENCE OF MEDITATION



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Kindly share this book with all seekers of TRUTH



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“ What is Meditation ? ”

Meditation means making our mind '*rather empty*'.

Once our mind is more or less empty, we have a tremendous capability of receiving cosmic energy and cosmic information surrounding us.

This leads to good health and absolute clarity in thought processes leading to a joyous life!



“ Science of Meditation ”

Meditation is very, very easy to practice.

One needs to be mindful of one's natural Breath.

The task on hand is to consciously observe the naturally happening Breath.

When we are with the breath, mind becomes empty.

The more mind becomes empty, the more we receive cosmic energy. With this boosted Cosmic Energy through Meditation, we will be relaxed, healthy and happy.

One can meditate at any time any place. However, it is important to **practice Meditation regularly** .. every day.



“ How to do Meditation? ”

Right Posture

- Sit comfortably
- Clasp your hands
- Cross your legs
- Close your eyes



Observe the Breath

- Witness your normal, natural breath
- Whenever thoughts arise, do not give any attention to your thoughts. Immediately return to witnessing your natural breath



Ending Meditation

- Unclasp your hands
- Place your fingers on your eyes for 5 seconds
- Open your eyes



“ What is Cosmic Energy? ”



- Cosmic Energy is the Life force energy existing in the entire cosmos.. Its also called ‘Prana’ or ‘Chi’ energy
- We use this energy for all our day-to-day activities of the mind and body (e.g. speaking, listening, thinking, etc)
- Cosmic energy maintains the cellular structure of our physical body and expands our consciousness

“ Three Grand Happenings ”

Though the different stages in Meditation cannot be clearly earmarked from one another with any definitive boundary line, for our own understanding, here are “ Three Stages ” or “ Three Grand Happenings ”.

The First Happening : When we are with the normal and natural flow of the BREATH, the mind becomes rather empty.

The Second Happening : When the mind is rather empty, a huge amount of cosmic energy gets flooded into the physical body.

The Third Happening : When sufficient amount of cosmic energy enters the physical body, it results in activation of our ' inner senses ' or ' extra-sensory perception ' or the '*third-eye*' .



“ Stages in Meditation ”

Observe Natural Breath



Mind Becomes Empty



Receive Cosmic Energy



Etheric Body Cleanses



Third Eye Activates



“ Meditation .. for How Long ? ”

One very natural query is, “For how long should one sit for *Meditation* ? Is there any thumb-rule that works for everyone ?” Yes .. there is !!

Meditate for a minute corresponding to every one year of your age. So, if you are 20 years of age, start with minimum 20 minutes of Meditation in a single sitting every day; if you are 40 years of age, you need to meditate for 40 minutes minimum.



“ Common Experiences in Meditation ”

Depending on the intensity of our **Meditation** and our particular evolutionary needs, initially, we may get many custom-made experiences. For example, a beginner in **Meditation** may experience one or more of the following:

SENSATIONS

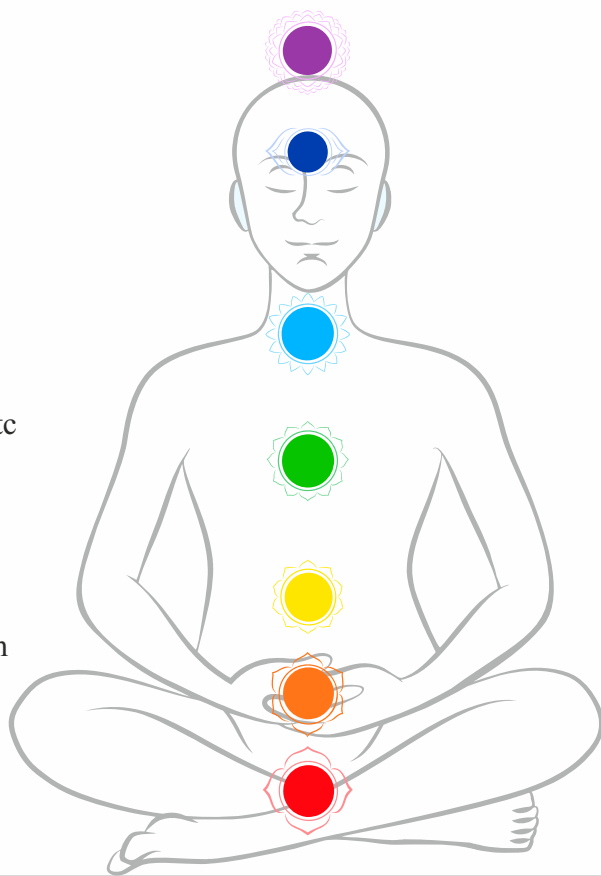
- Heaviness in the head or any part of the body
- Lightness of the body
- Mild to severe pain especially along the spine
- Floating
- Whirling
- Tingling

VISIONS

- Colours
- Flashes of light
- Sceneries
- Images or Symbols
- Gurus, Past life visions, etc

OTHERS

- Sleepy
- Emotional
- Excess saliva in the mouth



“ Myths of Meditation ”

Myth: “ *Meditation is difficult* ”

Truth: when you receive instruction from an experienced, knowledgeable teacher, Meditation is easy and fun to learn.

...

Myth: “ *It takes years of dedicated practice to receive any benefits from Meditation* ”

Truth: The benefits of Meditation are both immediate and long-term.

For example, a landmark study led by Harvard University and Massachusetts General Hospital found that as little as eight weeks of Meditation not only helped people experience decreased anxiety and greater feelings of calm, it also produced growth in the areas of the brain associated with memory, empathy, sense of self, and stress regulation.

...

Myth: “ *Meditation is escapism* ”

Truth: The real purpose of Meditation is to get in touch with your true Self .

As you practice Meditation on a regular basis, your clarity expands and you take responsibility for your life.

...

Myth: “ *I don't have time to meditate* ”

Truth : In life's paradoxical way .. when we spend time meditating on a regular basis .. we actually have more time.

As people stick with their regular Meditation practice, they notice that they are able to accomplish more while doing less.

...

“ Is Meditation alone Enough ? ”

Alongside Meditation, ' Swadhyaya ' or “ **study of Spiritual books** ” accompanied by ' **Sajjana-Sangatya** ' or “ **getting into company of Enlightened Masters**” is a must !

“ **Swadhyaya** ” involves reading all spiritual books written by all great masters that exposes us to wise concepts enabling us greatly to cultivate the power of discrimination. Our intellect gets immensely nurtured by reading good and meaningful spirituo-scientific books.

“ **Sajjana-Sangatya** ” really is not just socializing in spiritual circles to escape the monotony of everyday worldly-life, **we learn** from the enlightened experiences of other masters and we hasten our progress tremendously in the path of spiritual growth.

Meditation prepares a person for Swadhyaya and Sajjana-Sangathya .. and they in turn act as a dam against the ocean of ignorance that is the hallmark of every ordinary human.



“Additional Tips for Meditation”

To facilitate good and proper Meditation...

- ✪ Sit in a calm and cozy place. Posture should be as comfortable as possible
- ✪ It helps to darken the place as much as possible wherever one is meditating .. switch off the lights, draw the curtains .. ward off unnecessary stimulation
- ✪ It helps to wear loose, comfortable clothes while sitting for Meditation
- ✪ It helps to drink some water before meditating. A gap of half an hour or so after food may be helpful to some
- ✪ It helps very much if we meditate at the same place and at the same time, everyday



“ More Powerful Meditation ”

- ✧ **Group Meditation is more powerful than “ Alone Meditation ”.** It is even better if the group comprises of Senior Meditators
- ✧ **Full-Moon Meditation** (Meditation done on a full-moon day) **is more powerful than ordinary non full-Moon Meditation**
- ✧ ***Nature Meditation*** (Meditation done in natural surroundings like mountaintop , lake side etc.) ***is more powerful than ordinary “ inside the four walls ” Meditation***
- ✧ **Music Meditation** is again more powerful. You can listen to your own favourite classical **Instrumental Music**
- ✧ ***Pyramid Meditation*** (*Meditation under a pyramid*) ***is more powerful than ordinary “No-Pyramid ” Meditation***
- ✧ ***Crystal Meditation:*** Meditation done in the presence of a pure crystal is called Crystal Meditation. **Crystal energies supports Intense Meditation**



“ Benefits of Meditation ”

Benefits of Meditation are manifold :

- ✧ Mind always stays in a peaceful and joyous state ..
- ✧ Memory power increases ..
- ✧ All work gets done with greater efficiency ..
- ✧ Sleep-time requirements get reduced ..
- ✧ Thought power gets tremendously boosted .. Ability to discern 'right' from 'wrong' gets sharpened ..
- ✧ Wasteful habits die a natural death ..
- ✧ Healing happens naturally..
- ✧ Relationships become more meaningful and fulfilling..
- ✧ Purpose of life is better understood ..



“ Mind Miraculous ”

“ **Mind = Life** ”

“ **MIND** ” is a complex phenomenon woven out of a huge bundle of thoughts/ desires/ intents/ purposes/ goals.

Particular inner intents invariably manifest as particular outer life-situations.

“ **MIND** ” is the “ seed ” .. “ **LIFE** ” is the “ *tree* ”

As we sow, so we reap.

“ **LIFE** ” is the great tree of creation that is issuing forth out of the seed of the Mind.

We are the **CREATORS** of all our on-going and continuous stream of intents and we are equally the sustainers / destroyers of our particular intent patterns of the **mind**.

At any given moment of time, we could always say ' no ' to a previous negative thought pattern of the mind .. and give birth to a new positive thought pattern of mind. The ball always is in our own court.

“ **coming out of childhood conditioning** ”

In child-hood, parents/social environment provide for the growing thought/intent/cultural patterns of the child's mind.

However, as the child grows .. and as the child is becoming an young adult .. the onus falls on the young adult to give birth to a positive frame of mind. For the young adult, the time absolutely comes to begin to choose consciously all the useful thought-patterns of mind.



“ different thought-patterns of different Minds ”

There are many, many thought-patterns of mind and it would be wise to choose the best pattern of them all. Basically, there are four main thought-patterns of human psyche.

I. Mind Disastrous II. Mind Negative III. Mind Positive IV. Mind Miraculous

I) Mind Disastrous :

Suppose a person is driving a car or a bike .. for the first time .. and he/she is driving into the downtown...

Now, if a person, he/she, possesses a “ *disastrous* ” thought-pattern of mind ..he/she will say :

“ Since I am driving for the first time into the downtown, I am terribly afraid that an accident may happen. ”

With such a thought-pattern of mind, if a person starts driving, an accident will of course happen .. because .. he/she has actually said “ *accident may happen* ”.

II) Mind Negative :

Now, a second type of person .. a rather negative minded person .. he/she would say :

“ I am driving for the first time into the downtown. I don't know what will happen .. may be, I will have an accident .. may be, I will not have an accident .. I don't know. ”

So, with such a thought-pattern of mind, somehow, he/she will just avert a disaster.



“ Mind Miraculous ”

But, he/she will land into some problem .. like parking in a wrong place, going in a wrong by-lane etc. In this case there would be no “ *disaster* ” as such but there may certainly be “ *a problem* ”.

III) Mind Positive :

Coming to the third type of a person .. a positive minded person .. he/she is prone to say : “ *Although this is the first time that I am driving my car into the downtown, it will be perfectly all right. Nothing untoward will happen.* ”

Although it is the first time, he/she is going into the downtown, he/she will certainly manoeuvre himself/herself beautifully and return safely. There will certainly be no accidents and there will be no “ *problems* ” too .. like going into wrong lanes etc.

Different wordings emanating from the mouth are sourced out of different patterns of mind. Souls at different levels of evolution have, of course, different thought-patterns of mind.

IV) Mind Miraculous :

The final .. the fourth type of a person .. “ the MASTER ” .. is a person who maintains impeccably a pattern of mind that is called a miraculous one. He/she is also driving into the downtown for the first time. Yet, he/she is bound to say :

“ *I will reach the targeted place comfortably and come back in twenty minutes.* ”

So, even if it is the very first time, one can still set a target .. a challenge .. for oneself. That is the constant state of a master's miraculous mind.



“ Mind Miraculous ”

For example, Jesus Christ's mind or Gautama Buddha's mind .. you don't call such minds as “ minds positive ” .. they are “ *minds miraculous* ”.

“ flow of life follows goals set ”

As we set our specific mind- level goals, .. we give specific directions to our lives. If we don't set a specific goal .. our lives will, naturally, drift and aimlessly wander. If we do not set a definite target, then, LIFE cannot know in which direction it has to go and grow. In such cases, LIFE can not go anywhere.

We are always .. therefore .. required to give specific directions to our lives through maintaining a specific pattern of mind .. at the minimum, a “ *positive mind* ” .. and at the maximum, a “ *miraculous mind* ”.

“ goals miraculous ”

If we want our lives to be miraculous .. we will have to cultivate a mind miraculous .. and set goals miraculous !

If we have a disastrous mind .. a disastrous life will automatically follow. If we have a negative mind .. a negative life will automatically follow. If we possess a positive mind .. a positive life will automatically follow. And, if we consciously cultivate a miraculous mind .. a miraculous life, again, automatically follows.

As the mind of a person is .. so is the whole pattern of life of that person.

Intense Anapanasati Meditation assures us that we always have such a state of miraculous mind.



“ Pyramid Energy ”

Pyramid is a geometric energy amplifier.

Pyramids, when built, angled in a way according to the great Pyramids of Egypt i.e., to their **Golden angle of inclination of 51 degrees 50 minutes** and cardinal directions alignment, have been observed to be receiving the highest amounts of Cosmic Energy.

A **Pyramid** has to be aligned to perfect cardinal directions .. North, South, East and West. Cosmic Energy gets accumulated most at 1/3rd height from the base of the **Pyramid**. This place is known as “ King's Chamber ”.

The power of the Pyramid was obtained through a blending of the radiated cosmic energy with that of the gravitational force of Earth.

When an object is placed inside the **Pyramid**, it receives amplified or stronger information about itself.

The **Pyramid** puts things back the way they are supposed to be; it makes things more perfect.

Any material can be used to construct a pyramid. It is enough if we know the base measurement alone for the construction of a Pyramid.

We can calculate the dimensions of the pyramid with the following formula:



“ Pyramid Energy ”

Side of Pyramid = Base x 0.951

Height of pyramid = Base x 0.636

Height of King's Chamber = 1/3 x Height of pyramid

BENEFITS OF PYRAMIDS

- ◆ When the Pyramid energy is absorbed regularly, the body's **immunity increases** significantly
- ◆ When we drink **water** stored in a Pyramid for a minimum of three days, the universal energy reaches all parts of the body
- ◆ Pyramids help to **reduce** the level of **stress** and **tension** in the physical body
- ◆ **Memory power** and **concentration** improves for students who wear Pyramid caps while studying
- ◆ There is a **continuous flow** of energy in the Pyramid. Irrespective of the number of people present, everyone receives equal energy from the Pyramid
- ◆ The **power of our will** (and what we think) increases under/inside a Pyramid
- ◆ **Quality of sleep** and **clarity of dreams** improves under a pyramid



“ Pyramid Meditation ”

Meditation done inside or underneath a pyramid, is called “Pyramid Meditation”.

Most people, who have experimented with Pyramid Meditation, describe themselves as experiencing a total relaxation of their body, followed by a shutting out of all unnecessary external stimuli and irrelevant thoughts and finally achieving an altered state of consciousness which allows them to attain deeper inner levels.

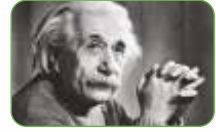
Pyramids provide the most effective high-energy environment for all beginners of **Meditation**.

The use of a **Pyramid** in **Meditation** will accelerate the relaxation process, bringing feelings of calmness, well-being, and a more open and positive attitude. Many users have attested to the increased memory recall, greater amount of telepathic communication and a general improvement in moment-to-moment awareness.



“ Being a Vegetarian ”

“ Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind. ”



Albert Einstein

“ The more we exert our loving kindness and protection towards all beings, the greater we will be in the world. ”



Ching Hai

“Could you look at an animal in the eyes and say to it .. 'My appetite is more important than your suffering ? ' ”



Moby

“ Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages. ”



Thomas A. Edison

“ Vegetarianism is a conscious effort .. a deliberate effort .. to get out of the heaviness that keeps you tethered to the Earth so that you can fly .. so that the flight from the alone to the alone becomes possible. ”



Osho

“ Veganism is not about giving anything up or losing anything; it is about gaining the peace within yourself that comes from embracing non-violence and refusing to participate in the exploitation of the vulnerable. ”



Gary L. Francione



“ Being a Vegetarian ”

“ Animals do not 'give' their life to us, as the sugar-coated lie would have it. No, we take their lives. They struggle and fight to the last breath, just as we would do if we were in their place. ”



John Robbins

“ If slaughterhouses had glass walls, everyone would be vegetarian. ”



Paul Mc Cartney

“ Life is as dear to a mute creature as it is to man. Just as one wants happiness and fears pain, just as one wants to live and not die, so do other creatures. ”



Dalai Lama

“ My nutrition approach is based on intuition, logic, science and experience. All four of those led me to the truth that a low-fat, high-carb, mostly raw vegan life-style is the optimum, not only for my health, but most importantly for the wellbeing of the planet. ”



Tim Shieff

“ Our indifference or cruelty towards fellow creatures of this world sooner or later affects the treatment we mete out to other human beings. ”



Pope Francis

“Animals are my Friends and I don't eat my friends”



George Bernard Shaw



“Recommended New Age Spiritual Books”

Author/s Books

Alice A. Bailey	Ponder on This
Anodea Judith	Chakras Wheels of Life ; Eastern Body - Western Mind (All Books)
Anthony de Mello	One Minute Wisdom
Barbara Hand Clow	The Pleiadian Agenda ; The Mayan Code (All Books)
Barbara Marciniak	Bringers of the Dawn ; Earth Path of Empowerment (All Books)
Betty Shine	Mind Waves
Bhavanagiri Khorshed	The Law of Spirit
Bill Schul & Ed Pettit	The Secret Power of Pyramids
Brandon Bays	The Journey
Brian Weiss	Many Lives, Many Masters; Messages from the Masters (All Books)
Bruce Goldberg	Past Lives - Future lives ; Astral Voyages; Protected by the Light (All Books)
Bruce Lipton	The Biology of Belief ; The Honeymoon Effect
Bruce Moen	Voyages into the Afterlife
Carlos Castaneda	Journey to Ixtlan ; A Separate Reality ; The Art of Dreaming (All Books)
Deepak Chopra	Seven Spiritual Laws of Success; Ageless Body-Timeless Mind (All Books)
Dolores Cannon	Between Death & Life ; Convuluted Universe (All Books)
Don-Miguel Ruiz	The Four Agreements ; The Fifth Agreement.

“Recommended New Age Spiritual Books”

Doreen Virtue	Healing with the Fairies (All Books)
Dr. Eric Pearl & Frederic Ponzlov	Solomon Speaks on Reconnecting your life
Dr. Fred Alan Wolf	Taking the Quantum Leap ; The Spiritual Universe (All Books)
Eckhart Tolle	A New Earth ; Stillness Speaks ; The Power of Now (All Books)
Echo Bodine	Echoes of the Soul (All Books)
Ervin Laszlo	Quantum Shift in the Global Brain ; The Immortal Mind
Elisabeth Haich	Initiation (All Books)
Frederick Lenz	Surfing the Himalayas; Snowboarding to Nirvana
Gurdjieff	Meeting with Remarkable Men; In Search of the Miraculous (All Books)
Hegde B.M.	What Doctors Don't Study in the Medical School
Ian Stevenson	Twenty Cases Suggestive of Reincarnation Idries Shah The Sufis
Jane Roberts Seth	The Nature of Personal Reality The Eternal Validity of the Soul (All Books)
Jasmuheen	Living on Light ; The Food of Gods; Ambassadors of Light (All Books)
Jerry Hicks / Esther Hicks	Ask and it is Given; The Law of Attraction (All Books)
Judy Satori	Sunshine Before the Dawn
Justin O'Brien	Walking with a Himalayan Master
Joe Dispenza	You are the Placebo ; Breaking the Habit of Being Yourself

“Recommended New Age Spiritual Books”

J-Z Knight - Ramtha	The White Book (All Books)
Kahlil Gibran	The Prophet ; Complete Works (All Books)
Linda Goodman	Star Signs
Lobsang Rampa T.	You Forever ; Third Eye ; Wisdom of the Ancients (All Books)
Lobzand Jivaka	The Life of Milarapa
Louise L. Hay	You Can Heal Your Life ; Heal Your Body; The Power is Within You
Masaru Emoto	The Hidden Messages in Water
Max Toth / Greg Nielsen	Pyramid Power
Meher Baba	God Speaks (All Books)
Michael Newton	Destiny of Souls ; Journey of Souls
Mikhail Naimy	The Book of Mirdad
Michael A. Singer	The Surrender Experiment : My Journey Into Life's Perfection
Neale Donald Walsch	Conversations with God 1, 2, 3 Home with God (All Books)
Aivanhov	Towards A Solar Civilization ; The Powers of Thought (All Books)
Osho	All books & Audios
Paramahansa Yogananda	Autobiography of a Yogi (All Books)
Peter Richelieu	A Soul's Journey
Ram Dass	Journey of Awakening (All Books)
Rasha	Oneness
Raymond A. Moody	Life after Life ; Glimpses of Eternity Reunions
Richard Bach	Jonathan Livingston Seagull ; Illusions ; One (All Books)

“ Recommended New Age Spiritual Books ”

Robert Schwartz	Your Soul's Plan ; Your Soul's Gift
Robert E.	Svoboda Aghora Part - I,II,III (All Books)
Roger Woolger	Other Lives Other Selves
Ruzbeh N. Bharucha	The Fakir ; The Last Marathon (All Books)
Ruth Montgomery	Strangers Among us ; Born to Heal A World Beyond (All Books)
Ryuhō Okawa	An Unshakable Mind ; “I'M Fine” Spirit ; The Laws of Happiness (All Books)
Sonia Choquette	Trust Your Vibes ; Sour Lessons & Soul Purpose
Sergei N. Lazarev	Diagnostics of Karma
Stuart Wilde	Whispering Winds of Change ; The Secrets of Life (All Books)
Swami Rama	Living with the Himalayan Masters (All Books)
Sylvia Browne	Life on the Other Side ; Soul's Perfection (All Books)
Theun Mares	Return of The Warriors ; Cry of the Eagle ; Shadows of Wolf Fire (All Books)
Thich Nhat Hanh	Breath You Are Alive ; Transformation ; Healing (All Books)
Tony Stubbs	An Ascension Handbook ; The Divine Blueprint (All Books)
Vera Stanley Alder	From the Mundane to the Magnificent ; The Fifth Dimension
Wayne W. Dyer	The Power of Intention ; Wisdom of the Ages (All Books)

“ Be a Master ”

We are born as normal and average human beings. But how can we grow to become perfect human beings?

Only through Meditation, only through Enlightenment, we come to know of our own True Self. That is becoming a Master.

All the technology in the world is not making man happy. Why is all this happening? It is because man does not study himself. We lead our lives studying everything other than our own selves.

Our first and foremost duty should be to study ourselves and seek answers to the following questions:



Who are we?

Where do we come from?

What exactly is Birth?

What exactly is Death?

What exactly is Life?

What exactly is the source of human misery?

What is the permanent remedy for all miseries?

Is misery self-inflicted or decreed by ‘God’?

- These are the fundamental questions which all have to learn to put to themselves. When we put the right questions to ourselves, we will find all the answers.

“ Be a Master ”

- Unless a person is interested in finding out the **TRUTH** ..facts that govern human existence, he is going to drift through his life aimlessly. He will go through ‘samsara’ without knowing what the real value of ‘samsara’ is. He will die without knowing what ‘death’ is. He will be unhealthy and sick without knowing why he is unhealthy and sick. He will continue to go to doctors, hospitalize himself and undergo surgeries, without even knowing why all of this is happening.
- Everybody has to **become a Happy Master**. That is the purpose of our birth on Earth. The purpose of each and every person born on this Earth is to reward himself/herself with the highest possible amount of Enjoyment, Entertainment and Enlightenment.
- **Sri Krishna** said in a beautiful shloka: “**Even if you are more sinful than the most sinful one, all that sin is washed off by one raft of spiritual knowledge.**”
- So, regardless of whether you are an engineer.. or a legislator, or a businessman, or a teacher, or a student, or a clerk, or a bus-driver, or a house-wife.. you will be happy in your respective positions only if you are a **Spiritual Master**.
- **Buddha** was a **Master of the Masters**. So were **Jesus, Zoraster, Socrates, Mohammed, Guru Nanak, Raghavendra Swamy, Kabir, Veerabrahmendra Swamy, Vemana, Ramana Maharshi, Blavatsky, Leadbeater, Annie Besant** etc. All of them were Grand Masters. And what has been **their single message** to the whole of mankind? “**Be a Master !**”

“ Be a Master ”

- All of us make excellent plans for ourselves before birth, but few of us live up to our own designs. We languish, trip over and hesitate to take steps, although we hear the theme “Be A Master” innumerable times. How do we do that? **It is so simple. WE HAVE TO MEDITATE. We have to calm our UNRULY minds.**
- Meditation is, simply, calming our unruly minds.. activating our Inner Senses and exploring our own Greater Reality. Our reality has two aspects.. the “**Known Smaller Reality**” and the “**Unknown Greater Reality**”. The “Known Smaller Reality” is like the point of a pin and the “Unknown Greater Reality” is like a big mountain.
- Generally, we delude ourselves in judging ourselves as incompetent and we dwell in great spiritual ignorance. We think we are incapable of doing great things and we underestimate our inherent potential. Actually we are mountains. Our own Invisible Greater Reality is as big as a Mountain. **We realize this truth only when we become Meditators.** We have to set aside one hour per day for meditation, one hour for reading the right spiritual books, and one hour for spending time with co-meditators, co-seekers, and co-masters. This is a continuous and an ongoing process. *This process of becoming a Master begins, but never ends.*
- ***Our goal should never be to become 'devotee' of anybody. We should aim to become Masters of ourselves. That is the real goal.***

“ Be a Master ”

- People who have set their goal to become a Master, must totally stop speaking purposelessly and unnecessarily. They must totally stop listening to ignorant people’s meaning conversations.
- Aspirants of Mastery should learn to **open the mouth only when it becomes absolutely necessary**. Only **when it is absolutely necessary must they lend their ears to others**. And, they should cease to worry about all the sundry and unimportant issues.
- Unless we become conscious of these new habits and implement them impeccably, it will be quite hard to train ourselves to become as Masters. If we are conscious and very aware of these things, it will be very easy to become Masters. **“Mastery” becomes quite easy for a regular and steadfast sadhaka.**
- **“Mastery” is absolutely out of question for a lazy dabbler**. So, regular practice of Anapanasati Meditation.. and being always conscious of the goal.. will make everything happen.
- In Bhagavad Gita, Sri Krishna says **“You have to liberate yourself by your own strength. You should take special care not to fall. You will, by your own positivity and through your own earnest efforts, become a Master. Only you can be your spiritual friend. Only you can be your foe.”**

How can we help ourselves?

- It will all happen when we begin to **practice Anapanasati** Meditation, when we begin to **read the right spiritual books** and when we begin to participate in **Sajjana Sangatya regularly**. It is all our own personal responsibility.
- Once a person realizes this, he becomes an impeccable sadhaka. The Guiding Master only creates a conducive environment for the seeker so that he can turn his vision within himself. *The Guiding Master only helps the seeker by making him repeatedly realize the fact that he is the one who creates his own reality.*
- Once we realize that we alone are responsible for our Mastery, then we transform ourselves into sadhakas. A devotee, who has all along been only serving his Guru, now thinks of doing the relevant sadhana to become a Guru himself.
- Once we become a Master, life becomes a **continuous joy** and a continuous **celebration**. All ill-health disappears. We become **natural leaders** of the people around. We become friends to everybody. We become **naturally efficient** in whatever task we take up. We achieve successes in whatever field we choose.
- **We have to constantly encourage children to meditate..** to become Masters. We have to talk to old people also about Mastery. **Nothing is impossible for a man.** Childhood, old age, and lack of education are never barriers for a person, to develop themselves.

“ Be a Master ”

- Adi Shankaracharya said: “ **Punarapi Jananam, Punarapi Maranam, Punarapi Janani Jathreshayanam.** ”

If one doesn't heed the message “Be a Master”..then.. that's **one's own personal choice**. Then one has to face the consequence of rebirth. The two routes are crystal clear. One can either postpone spirituality and **come back again and again..** the other option being that one can take up practicing spirituality in all earnestness and convert one's current life time as one's final life-time.

The choice is simple. There is no **ambiguity**. If we choose to be a 'devotee'.. we still have to come back to the **3-D physical plane** again and again. However, if we choose to practice Mastery, this will be our final physical birth. The two paths are **crystal clear**.

- A Master is such a pleasure to look at, to listen to and to be with. A Master is in **ONENESS with everybody**, and everybody can be ONE with the Master!.



- **We are all Gods** in terms of pure spirituo-scientific theory. However, we should strive to become like Gods in practice.
- We should **continuously** strive to **practice Godhood** in all our thoughts, in all our words and in all our deeds.
- As we **increase our practice** of spirituality and take to intensive meditation, we become more and more advanced in our journey towards experiencing God-hood.
- As we become more and more advanced in our journey towards experiencing Godhood, our Life-Zest increases. **The great goal of spirituality is to increase our Life-Zest.**
- The spiritual journey has **four given stages**:

“MEDITATION ... The First Stage”

Meditation means taking control of the unruly mind. It means becoming the Master of the conscious mind. In meditation, there are three essential phases:

ANAPANASATI

KAYANUPASSANA

VIPASSANA

“ Eternal Spiritual Journey ”

- “**ANAPANASATI**”...means being with the normal, natural, simple, soft, easy, tender, tranquil and peaceful breath.
- “**KAYANUPASSANA**”...is paying a little attention to watching the movements of the energy fields experienced in the etheric body which happens as a result of practicing Anapanasati.
- “**VIPASSANA**”... is paying great attention to the Third Eye experiences.. when that specific activity begins as a result of more dedicated Anapanasati practice.

“ENLIGHTENMENT ... The Second Stage”

- As we continue the practice of Anapanasati Meditation, we naturally enter into the phase of Vipassana and we begin to **understand that we are essentially a Soul**. This is called Enlightenment.
- As our enlightenment increases, the Mastery over our unruly mind increases. We then become candidates for **acquiring the “right intellect”** for use in the day-to-day ‘samsaric’ world.
- Only a **well-tamed mind** can take up swadhyaya.. i.e. reading right books and Sajjana Sangatya.. i.e. interacting with right people. Without studying the right books and without interacting with the right people, enlightenment does not really mature.

“Eternal Spiritual Journey”

Enlightenment, further, means two more things:

1. *NOT LAMENTING ABOUT ANYTHING*
2. *NOT WASTING ANY TIME*

- Firstly, whatever be the life-situation.. whatever be the life's achievement or life's non-achievement.. we are never here for lamenting. **We are here, forever, to rejoice and celebrate.**

Rejoicing will be the natural reaction when we understand that **every 'failure' is nothing but a fine stepping stone for a definite subsequent success.**

And we also come to the realization that **every regret, obviously, is a fresh blunder.** We all commit mistakes. That is perfectly natural. Therefore, we should never over-regret those mistakes.

- Secondly, every moment should be utilized creatively and productively.

“AWARENESS ... The Third Stage”

- Only **Enlightened** people are **perfectly aware** in every given moment and in every given situation. Awareness means always being in the **'Here'** and **'Now'**. To become a completely aware persons, intense companionship with OTHER MASTERS becomes crucial. **A PERFECT MASTER is a paragon of AWARENESS.**

“Eternal Spiritual Journey”

Awareness has two essential aspects:

- 1. LIVING IN THE MOMENT-TIME**
- 2. LIVING IN THE ETERNITY-TIME**

- Awareness means **dedicating** oneself totally to the work on hand at any given moment. Awareness means being **totally alive** in the current situation. Awareness means **flowing happily** with the **natural emotions** in any given moment.
- Awareness also means living in the concept of **Eternity**. There is a **PAST**. There is a **PRESENT**. And there is a **FUTURE**. However, these are not distinct and separate compartments. They are merely aspects of one continuous existence.

“**WISDOM**” demands that we take into consideration the immediate past and the immediate future for deciding the most appropriate action or reaction in any given present.

“**WISDOM**” also demands that we take into consideration and begin to understand that we are an **ETERNAL SOUL**.

“**LIFE-ZEST... the Final Stage**”

The end result of meditation is Enlightenment..

The end result of enlightenment is Awareness..

And the end result of awareness is LIFE-ZEST.

“ Eternal Spiritual Journey ”

At this final stage, every given moment will be enjoyed. Every given situation will be savoured. **Life becomes absolutely dynamic.. Life becomes absolutely miraculous.. Every thought acquires power..** As soon as a thought is created, it begins to manifest itself without any distortions.. **Every word uttered becomes a sacred word.. Every action becomes a piece of art of great grace.**

LIFE-ZEST has two essential aspects:

1. GIVING

2. ACCEPTING.

- **More LIFE-ZEST means more compassion.** That means **more and more of GIVING.** *Continuous and unconditional giving* becomes a natural habit.
- More LIFE-ZEST also means **more and more acceptance** of everything. *Continuous ACCEPTANCE* also becomes a natural habit.

There will be **graceful giving and graceful accepting..** all the time and in all situations. Spiritually dynamic and **spiritually vibrant** life is one wherein the quantity of both the 'givings' and 'receivings' is quite high.





CORE PRINCIPLES OF AGASTHIYAR MAHA PYRAMID KSHETRAM

1

MOUNAM / SILENCE

- Practice of Silence is **Essential** to one's spiritual progress.
- Practice of Silence helps in increasing our **Self-Awareness**.
- Silence leads to **Inner Strength**.
- Silence is the **Language of Divine**.



2

DHYANAM / MEDITATION

- Anapanasati is the **Simplest form of Meditation**.
- **Easy** to learn and practice.
- **Proven benefits** for Health, Relationships & Happiness.
- Helps in **discovering** one's True Potential & **Life Purpose**.



3

AHIMSA / VEGETARIANISM

- Reduces Inner Violence and increases **Inner Peace**.
- Proven **Health Benefits**.
- Helps in **Spiritual Progress**.
- Critical for achieving ecological balance and **reduce Global Warming**.



4

SWADHYAYAM (READING SPIRITUAL BOOKS)

- The more we **read spiritual books ...** the more we understand our ‘ Self ’
- A student of spirituality **must read** all the Books of **all Spiritual Masters.**
- Reading spiritual books hastens our **Spiritual Progress.**



5

PYRAMID ENERGY

- Pyramid Energy **supports even beginners of Meditation** to go deeper and have profound experiences.
- Proven **store house of Cosmic Energy & Healing** becomes faster
- Also Promotes Secularism and **Unity**



6

SELF-MASTERY

- Self-Mastery is our effort to constantly improve our **Thoughts, words and Actions .**
- Practice of **Mindfulness** helps in Self-Mastery.
- Perfection in thoughts, words and deeds is **Enlightenment.**
- Only you can Help Yourself - **Be a light unto yourself.**



7

SERVICE

- **Core Essence** of Spirituality is Service.
- Service **without any expectation** is the Real Service.
- Serving in Witness Consciousness **without ‘Me’ and ‘Mine’** is Selfless Service.
- Selfless Service gives **Eternal Joy** and leads to **God-Realization.**



AGASTHIYAR MAHA PYRAMID KSHETRAM

MOUNAM - DHYANAM - GNANAM



Activities of Agasthiyar Ashram

- Meditation Guidance for all visitors
- Monthly Full-moon & New-moon Meditation programs
- Weekend Spiritual Science workshops
- Intense Silence & Self-mastery Retreats
- Silence & Mindfulness training programs
- Anna Prasadam for all visitors

“ Dharmo Rakshathi Rakshitaha ”

- When you do your Dharma,
your own Dharma protects you...

Kindly do your Dharma to support
Anna Prasadam & Maintenance of this
Mouna Dhyana Ashram



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This book is COMPLIMENTARY

