



Welcome to PCP

(From 4-13 January 2012)

**For P.G. Diploma Course in
Value Education & Spirituality**

- At -

Shantivan



PAPER

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UNIT

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8 Jan 2012
11.30 am - 01.00 pm



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Meditation and

Values in

society



UNIT - 1

Meditation



UNIT

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1

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Meditation

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- 1.3 Methods of Meditation**
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1.3 Methods of Meditation



- 1.3.1 Mantra Meditation**
- 1.3.2 Japa Meditation**
- 1.3.3 Dhyana Meditation**
- 1.3.4 Pranayama**
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- 1.3.6 Rajyoga**



Methods of Meditation

**Rajyoga
Meditation**

राजयोग



**Mantra
Meditation**

मंत्र योग



**Japa
Meditation**

जप ध्यानाभ्यास



यम एवं नियम
**Yama &
Niyama**



प्राणायाम
Pranayama



ध्यान योग
**Dhyana
Meditation**

Mantra Meditation

A sacred word or sentence is given by a guru to the followers upon their initiation.

Chanting of sacred mantra is carried on the breath, Prana which is widely thought of as the life energy or soul of a person.

Consecrating your life to the Divine, desiring that the Divine essence and your own essence become merged.

Japa Meditation

Uses the technique of repetition because repetition makes awareness stronger and creates momentum.

There is emphasis on the number of times a mantra is repeated.

The aim is to have a constant chant which is internal or secret.

The intention behind this is to develop a spiritual awareness while doing day to day activities.

Dhyana Meditation

It is aimed at developing concentration on the sacred object.

The images or figures of the deity represent the sacred and are therefore suitable objects for concentration and contemplation.

Pranayama Meditation

Meditation upon the breath is a favoured technique because prana, the breath, is considered to be the life force which is sacred.

Attention is given to inhalation and exhalation.

It is well known to be good for health and many people practice it specifically for health reasons.

Yama and Niyama

It is applied to lifestyle disciplines which enhance and complement a meditation practice.

It promotes a healthy balanced way of life which complements your development of values.

The aim is that each aspect of your life and your meditation practice should work holistically.

Rajyoga

It deals with the spiritual dimension of your inner Life.

It requires stillness of mind, focus and purity of thoughts.

Your soul-conscious contact with the Divine, Supreme Soul, the ocean of all qualities, is the sacred focus of attention.

It enables to accumulate the inner powers to perform pure karma.

1.4 Purpose of Meditation



- 1.4.1 Spiritual purpose**
- 1.4.2 Character development**
- 1.4.3 Health benefits**



Spiritual purpose

It restores self-awareness and power to the human soul.

The discipline of meditation trains the mind to become stable and elevated.

Then the soul can soar to the higher spiritual dimensions and enjoy the bliss of communion with God, the Supreme divine and restore the virtues, powers, qualities and wisdom that have been eroded over time.

Character development

Character defects arise from spiritual depletion and spiritual depletion originates from the separation of the true self and God.

As you meditate your understanding and judgment become clear and precise.

Your character gradually changes and you develop greater discretion and generosity.

Health benefits

It is said to expand lifespan, according to ancient wisdom.

Medical researches have shown unequivocally that almost all diseases including cancer, heart disease etc, are psychosomatic.

Regular meditation enables you to re-set your attitude towards yourself as a pure and peaceful soul.

You generate inner serenity and silence through meditation which affects your physical body.

1.5 Physical arrangements and stages of Rajyoga Meditation



- 1.5.1 Environment**
- 1.5.2 Preparations**
- 1.5.3 Initiation**
- 1.5.4 Meditation**
- 1.5.5 Concentration**
- 1.5.6 Realisation**



**शारीरिक व्यवस्थार्ये एवं
राजयोग ध्यान पद्धति की स्थितियाँ
Physical Arrangements &
Stages of Rajyoga Meditation**

● वातावरण
Enviroment

● तैयारियाँ
Preparations

● प्रारंभ
Inititation

● ध्यान
Meditation

● एकाग्रता
Concentration

● अनुभूति
Realisation

- अपने मन को कैसे स्थिर करें
- खुली आँखों से योग
- कितनी बार योगाभ्यास करें



Enviromment

Meditation has an effect on physical places just as physical places have an effect on people.

It is beneficial to select a place at home that is kept specifically for meditation where you can build up the vibrations and atmosphere.

It can be done anywhere, at your fixed time, the regular practice in a dedicated place makes a considerable difference.

Preparations

Select a time when you are fresh and clean.

The most balanced position is sitting cross legged on the floor in a half lotus pose.

Take the first few minutes to concentrate on yourself. Let your thoughts quieten and focus on establishing soul-consciousness.

How to set your mind

The first step of meditation is to turn your mind “within”.

Keeping your eyes open detach from the senses.

Focused within, still aware of the outside world, but it does not pull your attention against your will.

Meditation with open eyes

Focus internally on the light of the soul, look through your eyes and let your eyes gaze rest on the point symbol of the Supreme soul.

Your success increases as you develop your concentration.

The more you are soul-conscious, the more you are free from the distractions.

How often to meditate

Start with a few minutes at a time and build up to longer periods.

Aim for about half to three quarters of an hour in the morning and evening.

Every couple of hours, stop whatever you are doing and sit in silence for three to five minutes.

Initiation

Make a decision to meditate.

Fix the time and theme to meditate.

Turn your attention within and become aware of your original spiritual qualities.

Meditation

Turn your mind within and consider yourself a soul.

Think about your original qualities try evoke that feelings.

You change your mindset from gross to subtle, from material to spiritual, through creating these thoughts.

While walking around and doing daily routine activities you can meditate.

Meditation

Think yourself as completely pure.

Feel good about yourself as if you have an inner glow.

**Allow yourself to feel deeply your original essential
purity.**

Concentration

This stage is achieved when the effort to create thoughts about soul cease to be strenuous

You are involved in a stream and experience the deeper meaning and feeling of the flow.

It is as if your thoughts are flowing and circling steadily through your consciousness.

Realisation

It comes when the circling stage of the concentration stage becomes completely stable.

It is the stage where you can make contact with the Supreme Soul.

In this stage you are completely soul absorbed.

Realisation

You are filled with extra ordinary power, light and bliss.

You experience a truly changed person, empowered, free and deeply content.

It is a very subtle and special process which continues throughout your life.

1.6 Resentment management & self analysis



- 1.6.1 Negative thinking**
- 1.6.2 Self analysis**
- 1.6.3 Self observation**



1.6.1 Negative thinking

- **Obsessive of Negative thinking**
- **Learning to pay attempts to hurt you**
- **How not to take sorrow**



Resent

Definition: be angry about

Synonyms: be in a huff, be insulted, be offended by, be put off by, be rubbed wrong way, be vexed, bear a grudge, begrudge, dislike, feel bitter, feel sore, frown at, get nose out of joint, grudge, harbor a grudge, have hard feelings, object to, take amiss, take as an insult, take exception, take offense, take umbrage

Antonyms: be happy, like, love

Resentment

Definition: hate, anger

Synonyms: acerbity, acrimony, animosity, animus, annoyance, antagonism, bad feeling, bitterness, choler, cynicism, displeasure, dudgeon, exacerbation, exasperation, fog, fury, grudge, huff, hurt, ill feeling, ill will, indignation, ire, irritation, malice, malignity, miff, offense, outrage, passion, perturbation, pique, rage, rancor, rise, spite, umbrage, vehemence, vexation, wrath

Antonyms: affection, happiness, liking, love, pleasure

Resent

Pronunciation

रिज़ेण्ट/रीज़ेण्ट

Meanings

क्रोध करना

पसन्द न करना

अप्रसन्न होना

नाराज होना

बुरा मानना

Synonyms

begrudge

Antonyms

None found.

Definitions

verb

feel bitter or indignant about
wish ill or allow unwillingly

Resentment

Pronunciation

रिज़ेन्ट्मन्ट/रीज़ेन्ट्मन्ट

Meanings

noun

अप्रसन्ता

क्रोध

नाखुशी

नाराजगी

रोष

विद्वेष

आक्रोश

Synonyms

bitterness, gall, rancor,
rancor

Antonyms

None found.

Definitions

noun

a feeling of deep and bitter
anger and ill-will

Resentment

Resentment is a feeling of insult, getting hurt or injured.

Resentment is an experience of a negative emotion felt as a result of wrong done to an individual.

Many of the obstacles within the human mind are due to resentment.



Resentment-----Anger-----Contempt

Resentment is directed towards
high-status individuals

Anger is directed towards
equal-status individuals

Contempt is directed towards
low-status individuals

-----Robert C. Solomon,
a professor of philosophy

Anger

Pronunciation

ऐंगर

Meanings

noun

अप्रसन्ता

कोष

क्रोध

गुस्सा

तामस

रोष

नाराज़गी

गुस्सा दिलाना

धुसा

verb

खिज़ाना

क्रोधित करना

क्रोधित होना

गुस्सा दिलाना

Synonyms

ira, ire, wrath, choler, angriness,
see red

Antonyms

None found.

Definitions

noun

a strong emotion; a feeling that is oriented toward some real or supposed grievance

the state of being angry

belligerence aroused by a real or supposed wrong (personified as one of the deadly sins)

verb

make angry

become angry

Contempt

Pronunciation

कन्टेम्प्ट

Meanings

noun

अपमान

अवज्ञा

अवमान

अवमानना

अवहेलना

उपेक्षा

घृणा

तिरस्कार

adjective

निन्दनीय

Synonyms

disrespect, scorn, despite, disdain

Antonyms

None found.

Definitions

noun

lack of respect accompanied by a feeling of intense dislike

Example:

the despite in which outsiders were held is legendary

a manner that is generally disrespectful and contemptuous

open disrespect for a person or thing

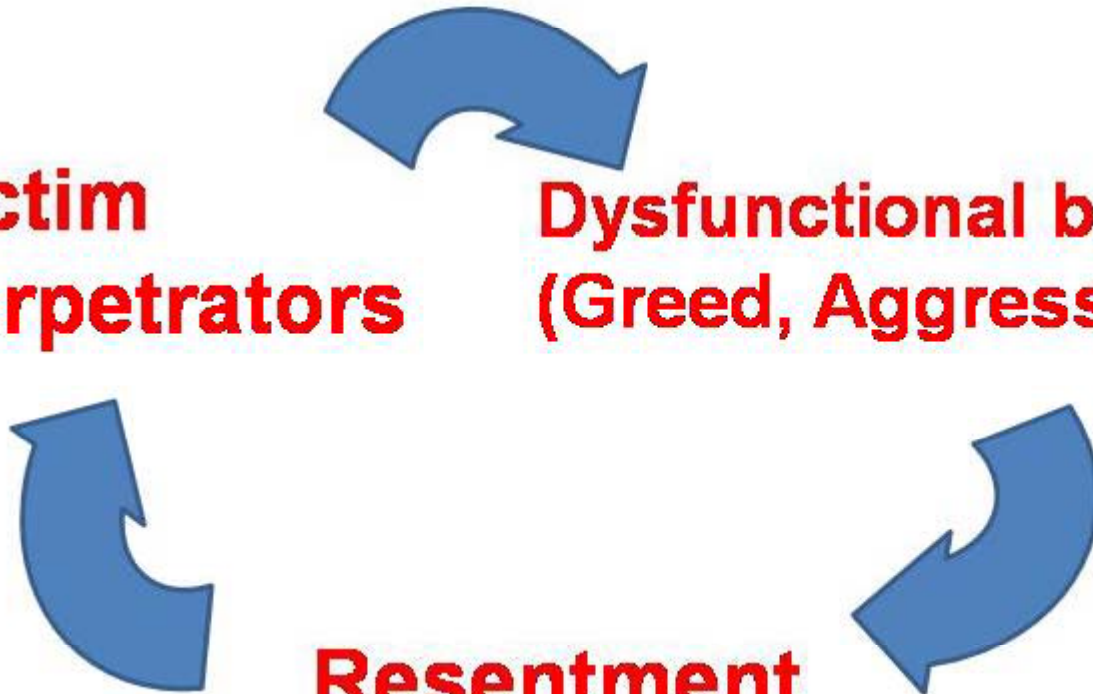
a willful disobedience to or disrespect for the authority of a court or legislative body

Vicious cycle of Resentment

**Victim
Perpetrators**

**Dysfunctional behaviour
(Greed, Aggression, Cruelty)**

Resentment



Common appearances of Resentment

**In the families, organizations,
Schools, Business etc**

What happens at resentment period

Resentment is managed by justification.



Feelings of aggression/hatred are justified by moralistic attitude.



We feel righteous indignation and this fuels an escalating cycle of negative thoughts.



We may feel powerless to react on our indignation because the one who has offended us is in a position of power and we do not have the means to dislodge them.

What happens at resentment period-2

Then our thoughts of resentment become mixed with self-pity.



We then try to invent means to subvert the offending person or people.



Once this cycle of resentful thoughts begins, it escalates very quickly and becomes fixed in our mind. We are then unable to think about anything else.



Negative thinking at this level drains all the energy of the soul, so that there is no power available to resist such thinking and you remain consumed by negativity

How to break this vicious cycle-1

Understand the fact that other people's support can help you only temporarily.

Give up the arrogant insistence that you are right and others are wrong, then you can make progress.

The mistake is to adopt the position of a judge and try to control a negative experience or situation by negating yourself. Negativity simply fuels negativity.

How to break this vicious cycle -2

To achieve inner peace and neutralize a negative situation or experience, you have to disengage your mind from self talk of resentment and criticism.

With a healthy attitude of detachment you do not deny that you feel offended, but instead of a knee jerk reaction directed towards someone else, you shift your thoughts from “that person is bad’ to an admission that ‘I got hurt’

This acceptance prompts you to call upon your power of tolerance.

How to break this vicious cycle-3

In your mind you take hold of that energy of resentment and turn into a power to endure the hurt

The success of this exercise depends on your regular meditation practice. When you keep your meditation, you feel that on a spiritual level you are not alone. The divine power is your source of strength. Whenever there is need, turn your mind with love and trust towards that Divine Power and take strength.

How to break this vicious cycle-4

You need to accumulate enough uplifting mental power through meditation and equalize the power through of the pain which pulls you down.

You know that you cannot be controlled by threats and coercion. As long as you are afraid of pain you also remain fear based. The test pain comes in physical, financial, social, emotional and other forms.

The story illustrating the power of fearlessness.

Self Analysis-1

Meditation is also a form of vigorous self analysis. One of the most important aspects of meditation is dispassionate and honest self analysis.

Whatever mistakes people think they can get away with, the will. For many people, telling lies is a second nature and they don't consider it wrong. There will be certain justification.

Self Analysis-2

False ego and double standards become exposed during the meditation. When you are meditating accurately, your conscience will give you messages of any wrong conduct in the form of a thought or a guilt feeling.

There can be no deep personal change without rigorous self analysis. Be brave and take Divine powers into yourself so that you can face whatever is on your conscience.

Self Analysis-3

**Forgiveness is not something we do for other people.
We do it for ourselves to get well and move on.**

**Forgiveness is the fragrance the violet sheds on the heel
that has crushed it.**

Self Analysis-4

Express your emotions

Fully express your emotions without physically harming anyone (including yourself) If you feel angry, express that anger verbally (while you are alone) with the intent of releasing it completely out of your system.

Finding Peace via Focused Attention

This has been the most effective tool for me when clarity and inner peace is needed: First, find a comfortable seat and close your eyes.

You are in control

Remind yourself that you are in control of your thoughts and actions. You are never as helpless or in as pitiful a state as your ego would have you believe.

Self Observation

Take 10 minutes and sit quietly with yourself to review your day.

Evaluate yourself.

Write down your observations about yourself.

To change common behaviours, responses or reactions requires introspection and reflection.



*Thank
you...*

