



HRUDAYA DHYANAM

(Extract from the book
'SECRETS OF NATURE' C. Kailash)

Hrudaya Dhyanam

Due to various circumstances existing in the present times, human beings are inviting numerous problems, as a result of their life style. The most prominent amongst such problems is lack of peace, as a result whereof, the human beings are prone to anger, hatred and jealousy. The same manifests in injury to the self, as well as others, sacrificing health and relations, hopelessness, disbelief, loss and bad luck in our lives, resulting in various kinds to trouble, viz., anxiety, physical and physiological depression, uncertain future, etc., which are affecting the human life.

Additionally, lack of proper understanding about the behaviour of others result in disharmony, with wicked thoughts and cruel behaviour, causing loss and damage. Consequently, there is an increasing tendency to use the capabilities for destructive activities. The same manifests as merciless, violent and animal behaviour.

Repeated attempts by a person to get rid of the above-mentioned negative factors may prove to be futile, the reason being that the heart *chakra* has not bloomed and developed. If the heart *chakra* is not blooming and developing, the spiritual energy, or the divine energy, would be very low to inspire and encourage, resulting in leading a life akin to that of an animal, with ruthless and cruel behaviour.

For blooming of the heart *chakra*, drops of the divine nector secreting from the heart of God reaches the heart *chakra*, with the qualities like inner beauty, pardon, loving kindness, etc. With blooming of the heart *chakra*, the concerned human being would become the most fortunate one and would transform into a '*mahatma*'. The said human being would be a transformed person without animal nature. This happens with the divine energy.

Another method to eradicate the animal nature is to amplify the ability of human nature, to become a noble being. With this process, the animal nature is reduced to a negligible amount, or almost zero.

Amplifying the human nature to noble nature

The extent of the physical body of a person is very less as compared to the physical form of the earth. The various factors of the nature, in relation to the five elements, clearly establishes that the earth, as well as the human body, is made up of five elements.

If we observe the emotional body of a person, based on the consciousness and thoughts of the self, we find that the emotional body can extensively expand to the infinite, and unite with the infinite consciousness.

- Visualise the earth, with *aakash* and other four elements, equal to the size of your palm at the chest level, two feet away from you;
- Raise your hands at the chest level, slightly away from you;
- Your palms turned towards the visualized earth to project the energy to the visualized earth.

The esoteric science behind this is to amplify the inner self to the infinite consciousness, and in that state of consciousness the earth appears as small as the size of your palm. Therefore, while practicing *hrudaya dhyanam*, we should have a thought that the inner self amplifies to such an extent where the earth appears equal to the size of your palm.

In *hrudaya dhyanam* practice, visualise the earth with the aforesaid method, to develop a blooming heart *chakra*. Thereafter, using the heart *chakra*, and the crown chakra, project the energy from the respective *chakras* to the earth.

The procedure for doing *hrudaya dhyanam*

Prepare yourself by doing the physical exercises, and seven sets of *prana ayaamam*, before starting the meditation.

The importance of physical exercises:

1. Unless physical exercises are done, the meridians will not be cleansed, resulting in obstruction for the circulation and activity of *prana*. The same would manifest in the form of congestion and/or depletion in some parts of the body. In such circumstances, meditating would be quite difficult. Therefore, it is extremely important to do physical exercise before meditation.
2. By doing *prana ayaamam*, (which will be explained in basic *pranic* healing training session) the emotions will be quiet and the mind would be calm. Therefore, *prana ayaamam* must be done seven times before the meditation.

The steps for doing *hrudaya dhyanam*:

1. Request for the blessings;
2. Visualise and bless the earth;
 - Be aware about the heart *chakra*; bless the earth from the heart *chakra*, using the palms;
 - Be aware about the crown *chakra*; bless the earth from the crown *chakra*, using the palms;
 - Relate the heart *chakra* with the crown *chakra*;
 - Bless the earth from the heart *chakra*, and the crown *chakra*, simultaneously using the palms;
3. Be aware about the point of light, above the crown *chakra*;
 - Silently chant the *mantra*, while observing the gap between each *mantra*;
 - While observing the gap between the two *mantras*, meditate on the point of light;

- After silently chanting the *mantra* nine times; and while observing the gaps, meditate on the point of light for two to three minutes;
4. Be aware about the whole body;
 5. (i) Release the excess energy, through blessings;
(ii) Extend the rays of light, into the earth, just like roots, through the soles of your feet;
 6. Seek the blessings and surrender with gratitude, respect, humility and love;
 7. Gently open your eyes; massage your head, and the muscles around the neck, shoulders, arms; gently tap the right side portion, where the liver is situated, as also the back side portion where the kidneys are situated;
 - Gently massage the legs and the feet; and
- Repeat the physical exercises.

Meditation

After doing the physical exercises and the breathing exercises, sit comfortably, keeping the spine straight; close your eyes; connect the tongue to the palate; inhale slowly; exhale deeply.

Request for the blessing:

With a calm mind, seek the blessings from the Supreme Being, the spiritual teacher and all the spiritual teachers, all the great *avtars* and all the great beings.

In order to seek the blessings, you may do any prayer according to your wish. As an alternative, prayer, with the method provided below, can be done:

With deep love and devotion, invoke blessings from the Supreme Being; with great respect and reverence, invoke blessings from the spiritual teacher and the lineage of the spiritual teacher, the great *avtars* and all the great beings.

“Thank you for your divine love, intelligence, and the infinite consciousness power, with loving kindness, and with your inner strength, on me. Thank you for blessing me with the illuminated divine path, with great abundance, prosperity and constant divine help and divine protection.”

With deep devotion, absorb the infinite consciousness power, in the form of the blessings, into the whole body, into the mind, into every cell and every atom of the body, for sanctification.

Visualise and bless the earth :

Visualise the earth, with *akash* and other four elements, equal to the size of your palm, at the chest level, two feet away from you;

Raise your hands at the chest level, slightly away from you;

Your palms turned towards the visualized earth, to project the energy to the visualized earth;

Be aware about the inner self, the infinite consciousness, and the being of love, in the heart *chakra*, uniting, to influence the energy of the earth with their glory;

Observe the entire earth expanding due to the infinite consciousness and blessings from the being of love in the heart *chakra*; be aware about the heart *chakra* and the being of the love in the heart *chakra*; experience the blissfulness of the divine love; from the inner self, and from the being of love, through the palms, project the energy to the earth;

Be aware about the crown *chakra* on your head; feel the presence of the divine heart, the drops of divine nectar secreting from the heart of God reaches the heart *chakra*,
from where drops of divine love are awakening and strengthening the being of love in the heart *chakra*;

Offer the inner self to the Supreme Being; be in complete surrender;

By completely surrendering the inner self in the hands of the God, establish the peace on the earth, and be aware about the peace travelling through the *akash*, and into the earth;

Be aware about the energy of the earth; eradicate hate and fill with love;

Sense the energy of the earth getting transformed, by the being of love in the heart *chakra*, with peace and love established on it;

Observe the deep seated inner injury;

Be aware about the self in the hands of the God; with pardon, transform the deep-seated inner injury into loving kindness;

From the being of love in the heart *chakra*, through the palms, project the bright loving kindness and pardon into the earth to bloom;

Observe the failure and the echoes of the failure- the doubts and lack of hope;

Eradicate the failure and the echoes of the failure- the doubts, and lack of hope, completely;

From the being of love in the heart *chakra*, through the palms, establish the perpetual success, and the echoes of perpetual success - complete divine faith and hope, with assurance;

Look at the sad and dark situations;

Be aware about the self in the hands of the God; eradicate the sad and dark situations from the earth;

From the being of love in the heart *chakra*, through the palms, bless with inner happiness and bright light illuminating the whole earth;

Be aware about the inner self, with infinite consciousness, and the heart *chakra*; through the palms, project peace and divine love; loving kindness and pardon; the echoes of success - complete divine faith and hope with assurance; inner happiness and bright light through the *akash* into the earth;

Be aware about the divine heart in the crown *chakra*; through the palms, bless the earth with the divine love, divine intelligence and divine power;

From the divine heart in the crown *chakra*, through your palms, project the blessings, through the *akash*, into the earth, in the form of divine love, loving kindness and unbound happiness;

From the divine heart in the crown *chakra*, through your palms, project the blessings, through the *akash*, into the earth, in the form of divine intelligence, with understanding and harmony and with the divine peace and wisdom;

From the divine heart in the crown *chakra*, through your palms, project the blessings, through the *akash*, into the earth, in the form of divine power, developing the inner strength, with good will, and the will to do good;

Relate the heart *chakra*, and the being of love in it, to the crown *chakra* and the divine heart in it;

Be aware.....

The inner self illuminates with great encouragement and radiates the loving kindness, sweetness, tenderness, care and warmth, with inner healing and inner beauty;

The inner self experiences divine oneness with all the beings on the earth;

While being aware about the synchronised heart *chakra* and the crown *chakra*;

Through your palms, bless the entire earth, and all the beings, with loving kindness, sweetness, tenderness, care and warmth, with inner healing, inner beauty and divine oneness;

Bring your hands down...

Aware about the point of light and meditate :

Be conscious about the point of light, twelve inches above the head;

Chant the mantra, in silence, nine times, with intervals in between every chant; Note: The Mantra OM / AMEN / AAMEEN can be chanted based on your religion.

Consciously meditate on the intervals, and on the point of light, in the intervals;

After nine chants and nine intervals;

Meditate on the point of light for two to three minutes (based on the condition of the self during the meditation);

Release the excess energy :

Be aware about the body; gently move your fingers; raise your hands at the chest level, slightly away from the chest;

Visualize the earth in front of you, equal to the size of your palm, with the palms facing the visualized earth. Bless with divine love, divine intelligence and divine power;

Visualise the Country and bless the Country with peace, harmony and prosperity;

Visualise the State, and bless the State with fresh air, fresh water and fresh soil, with the people in State being very happy, with good health;

People in difficult situations, coming out of the same, and bless them being very happy;

Visualise your friends and relatives, and bless them with good health, and happiness;

Visualise yourself amongst your family; bless with mutual love, respect, care, good health, happiness, great abundance, prosperity and spirituality;

Bring your hands down.....

Be aware about the soles of your feet; visualise the light going ten feet deep into the earth, spreading like roots, in all directions;

With the rooting effect of the light rays, with the divine energy, the mother earth is regenerated and rejuvenated with fresh air, fresh water, fresh soil and with inner peace, to avoid calamities;

Surrender with gratitude :

With deep gratitude and devotion, surrender to the Supreme Being, the spiritual teacher and the lineage of the spiritual teacher, the great *avtars* and all the great beings, for all the blessings through the meditation;

Gently open your eyes; massage your head, and the muscles around the neck, shoulders; arms, gently tap the right side portion, where the liver is situated, as also the back side portion where the kidneys are situated; gently massage the legs and the feet;

Repeat the set of exercises that have been done before the meditation.

Children below the age of fourteen years are not eligible to do this meditation, because their aura and physical body will not be able to withstand the force of subtle energies. The same may result in sever congestion, which in the long run would manifest in the form of paralysis in the physical body. However, there are some exceptions to this rule, i.e., children with matured soul. Consequently, the aforesaid meditation should be taught based on the discernment of the person who is teaching the same. Similarly, the healer should avoid presence of children, at the time of healing, to avoid discomfort.

Additionally, people with heart problems, hypertension and glaucoma, are advised not to do this meditation.

Minimise intake of non-vegetarian food. Avoid taking beef, pork, eel and catfish.

Avoid smoking and taking alcohol. Discontinue taking drugs and other material which cause hallucination.

People who smoke excessively may experience heart burn, pain and increased blood pressure. The reason for the same is that the front heart *chakra* and the back heart *chakra* are filled up with dirty energy. Similarly, consumption of alcohol or drugs may cause the entire aura to be filled up with dirty energy, resulting in severe pranic congestion, thereby causing trouble to the person. Therefore, consumption of the same should be stopped.



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