



Dada Jyotirupananda: Yogic Mantra Meditation



Dada Jyotirupananda is a meditation teacher, writer and life coach based in London. He is the author of “Meditation: Searching for the Real You”, a popular and well-regarded introduction to meditation. Discover the purpose and benefits of meditating with a mantra and how practicing meditation regularly can change your life!

TOP EMBODIMENT TIP: Keep a regular pattern for meditation! Try to find a regular time and a regular place to meditate as regularly as possible.

The Essence of Meditation:

- **Breathing, of course, is what we need for anything and everything.**
- Observe the passage of the air as the inhalation fills your lungs.
- Take a couple of more breaths, then open your eyes.
- A simple exercise like this creates calmness.

Types of Meditation:

- Breathing meditation - focusing on the sensation of the breath.
- Walking meditation - walking in silence, **bringing awareness** to what you see and feel.
- Body scan - observe posture and internal feeling.
- Studying meditation - through spiritual and religion books.
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Concentrated Thinking:

- Concentration is more of a flow. The word concentrate coming from Latin meaning something like toward the center moving toward the center.
- **The goal of meditation in one way is to reach that center point where we are completely focused on.**
- Self-control is a way to find inner peace and clarity of thinking.

Seeking Happiness:

- In Sanskrit, Dharma is the essential nature of something.
- **The Dharma of humans is to seek happiness.**
- A mantra is simply speaking a word or a phrase that we repeat in the mind naturally and implicitly.
- Three main characteristics of a mantra: rhythmic, a vibrational quality and a meaning.
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Mantra Meditation task:

- **Repeat the mantra “Baba Nam Kevalam”, which means “Everything is an expression of love”.**

Resources

- ❖ **Books:** “Meditation: Searching for the Real You” by Dada Jyotirupananda
- ❖ **Website:** www.londonandmeditation.org.uk and www.anandamarga.org.uk
- ❖ **Email:** dada@ultimateempowerment.org.uk



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