

Day-6	Youtube link/ Document link	Topic	Description
	https://youtu.be/UK_9xnddd7M (English) https://www.youtube.com/results?search_query=traditional+yoga+episode+30 (Virat Dharana in Telugu)	Virat dharana	<p>Whether it is In Hindu tradition or Buddha tradition the meditations remain same, in Sanatana Dharma traditions, observer observes the field of observation called cellular body. Observation removes duality and brings singularity. If there is no Observer, elementary particles behave like a wave, exhibit duality, but in observer presence they behave like particle, exhibit singularity. Sanatana Dharma is all about drashta/shad darshanas, sciences of observation. Dhrashta/ darshana / and Drishya. In Hindu traditions this observation of entire body is called dharana. They are three types virat dharana, prakriti dharana and Brahma dharana , in Buddhist traditions ,it's called insight or Nana, observation of entire body.</p> <p>Patanjali gives somuch importance to Dharana which takes one to dhyana and Samadhi automatically. That is how the Ashtanga yoga in second chapter of yoga darshana ends.Many meditation traditions don't even know about dharana technics, without which dhyana or Samadhi does not exist. This is the best and easy meditations that saint Yajnavalkya taught to his wife Maitreyi. Today the same sanskrit version is used in the most traditional way to initiate this powerful meditation during these turbulent times. This keeps away your stress, lowers your BP,calms down the mind completely. The chant style is called Brahma vidvara raga, the Brahma Vidya technic that was originated since Takshashila. Please practice this meditation lying down on mat ...you will experience something and you will automatically experience several times ...it's one hour practice.</p>