

Day-9	You Tube link	Topic	Description
Part-I	https://youtu.be/iQJoJ6CS0o0	Short Viratdharana	<p>Often you feel, you have no time to do yoga or meditation since you left with only 10 to 15 minutes.</p> <p>Whenever you get time for that much, to free from stress, to calm down your mind and BP, the powerful method as given by Yajnavalkya, Buddha and Patanjali is Darana. It takes you beyond deep sleep state (which is 3rd state of mind) called, fourth state Turiya, a stage beyond delta State of mind. Just lye down in your back, legs apart, arms beside trunk hands facing upward and listen and start following instructions in English. If you surrendered to the voice, you will experience that fourth state of mind.</p> <p>We have already given one hour practice of this, for long and complete practice to experience at much deeper level.</p> <p>Please protect your immunity by conserving your oxygen and this is the best way to heal yourself.</p>
Part-II	https://youtu.be/DEUsU3V8bJQ	Breath meditation	<p>As practiced at the time of Buddha, this is an powerful breath meditation is given. It is also called PranaSamyama by Yajnavalkya, Vasista, Krishna, Pranayama by Patanjali and Anapanasathi by Buddha.</p> <p>After attaining Eight samadhis, Buddha realised, these higher samadhis called sabijasadhis can't lead to enlightenment. But there was no teacher to teach him the technic of self-realization. After all futile efforts on full moon day Vaishaka month, he decided that evening either he would die or get enlightened, and takes strong decision before sitting for his meditation in the</p>

			<p>evening. But he does not know the technic to right samyaksamadhi. He remembers his child hood incident, where he observed his natural breath and entered a higher samadhi and it was very purifying. Now having no other go, he takes up this meditation of watching natural breath and once he started working with the truth, insights developed and he got enlightened.</p> <p>So also Vasista and vishwamitra, initiated the meditation on natural breath called sukshma pranayama, and lord Rama attained supreme Enlightenment. So also Yajnavalkya gives his wife Maitreyi the technic of pranaSamyama to experience samyaksamadhi, nirvikalpasamadhi. This technic of Pranassamyama, which is practiced by Buddha himself.</p> <p>Please practice it in sitting position. One can sit on a chair too. Please take benefit of this most precious technic of thousands of years. Practice dharana first and then practice this meditation technic. Please give it a try.</p>
--	--	--	---