

SOME MORE ABOUT MEDITATION ...

Meditation establishes a connection with the consciousness pervading everything, and tunes a person into recognising that Universal or Cosmic Consciousness. Inevitably, it also makes a person more aware of the world around them. This sense of yoga (union) is at the most subtlest level – and meditation reaches that level - of recognising that one's own self is akin to and has an intimate relationship with the whole Consciousness and the forces of this universe. In the process of meditation one adopts a broad and expansive ideative approach, because what the mind focuses on is crucial to what the mind becomes and to where the mind is being directed. The outlook is that each and every microcosmic structure is like a universe. Feeling connectedness means that whatever exists in the universe exists in your small structure as well.

The approach here is to reconnect the mind and feelings to enable living life fully in the spiritual sense but with application of the rational mind. When people are goaded by material objects of desire alone, they are eaten away by frustration and disappointment, and this can become a serious health hazard. Frustration consumes them from the inside out. This defective psychology, teaches people to look upon the temporal as permanent, and people sometimes knowingly, sometimes unknowingly, run after mirages and waste their valuable lives in great frustration. However, the awareness developed through meditation and the realisation that one's mind has higher aspirations is maintained through meditation and this does not get distorted.

Meditation is a wonderful means of psychological integration. The realisation to be achieved is that there is only the One, who is the basic factor of all the diverse kinds of vibrational manifestations in the universe. This is not unachievable. It is encapsulate in the following paragraph:

"Train yourselves in the ideal of the lily, which blossoms in the mud and has to keep itself engaged in the struggle for existence day in and day out, parrying, bracing, and fighting through the shocks of muddy waters and forces of storms and squalls and sundry other vicissitudes of fortune and yet it does



not forget the Moon above. It keeps its love for the Moon constantly alive. Prima facie however, it is but a most ordinary flower. There is nothing extraordinary about it. Still this most ordinary little flower is in a romantic tie with the great Moon. It has kept all its desires riveted to the Moon. Similarly, maybe you are an ordinary creature - maybe you have to pass your days through the ups and downs of your worldly existence - still don't forget that Supreme Preference. Keep all your desires inclined towards that Entity. Always keep yourselves merged in the thought of the Great. Go deep into the mood of that Infinite Love. By this your worldly occupation will not be hampered in any way." – Anandamurti

For thousands of years, meditation has provided human beings with a powerful tool for unlocking the vast potentials of the mind; a doorway into the inner recesses of the Self.

Meditation is an exercise that develops the mind. Meditation offers the key to self-discovery. In this introductory course, you will learn a simple and effective meditation technique that you can practice at home.

Teaching involves being guided through the steps of meditation, explaining how it works and how it affects the mind, and helping you to overcome any difficulties that may arise during those initial weeks of practice. After this course is over, you will have all you need to successfully continue your meditation on your own.

Teaching includes practice of meditation, chanting and yoga. Topics covered include: Sensory Withdrawal, Concentration, Mantra, Layers of the Mind, Yogic Vegetarian Diet, Yogic Ethics; Karma, Knowledge and more.



Ananda Marga ('The Path of Bliss') is a global spiritual and social movement started in India in 1955. The teachings are based on the twin ideals of "The Liberation of Self & the Welfare of All". Ananda Marga combines a daily practice of meditation, yoga and related practices with varied forms of community service and social action.

For more information on Ananda Marga practices, philosophy, publications and activities please check our global website www.anandamarga.org or ring here in Canberra on 6258 6632.

Free Instruction.

Because meditation has been, for thousands of years, primarily a practice for spiritual awakening, our instructors feel it would be inappropriate for them to sell these techniques for money.

Non Religious

Meditation does not involve a blind adherence to any particular set of beliefs. Rather, the practice of meditation offers any individual direct and personal transcendental experience.

Ananda Marga is a non-profit meditation and social service organisation.

Ananda Marga

The Ananda Marga organisation was started in India in 1955 by P.R Sarkar and today runs over 2,000 social service projects around the world. These include:

- Children's Schools
- Disaster Relief
- Orphanages
- Medical Centres
- Community Development

These Projects are funded by:

- Public Contributions
- Other Charitable Organisations
- The National Governments of Australia, Canada, the United States and several other countries.
- UN sponsorship has also been attained.

Ananda Marga has been awarded observer status at the United Nations and is officially recognised by the UN as a Non-Governmental Organisation (N.G.O.).



Of the half-a-million or so persons regularly practising Ananda Marga meditation, about 2,000 live as monks and nuns. They wear saffron-orange robes. Saffron, a Himalayan flower, is the colour of fire, which symbolises the burning of personal desires. For thousands of years yogic monks and nuns have worn this colour to symbolise their renunciation and service to humanity.

How meditation can help you

Here's how meditation can help you with your personal growth: it can put you in touch with your real feelings and balance your emotional life; it can help you become less fragmented inwardly and more whole and real; it can help you understand and accept yourself without role-playing for the sake of social dogma; it can help you become more able to empathise and communicate with and help others. And if you have no difficulties with any of that, meditation will surely awaken an even deeper sense of self that makes you aware that you're part of a larger infinite whole - and indeed there is no difference. This is actually part of the moral principles of yoga which are all embracing, encouraging you to seek kinship through service, use of right words, clean environment and attitudes, not intentionally harming living things and reducing one's luxuries so that all people on this planet are co-operatively able to be provided with the basic necessities of life.

