

Secrets  
for a  
*Blissful life*

SECRETS FOR A BLISSFUL LIFE

*The meditation techniques included in this book are not intended to be a substitute for medical attention, examination, diagnosis or treatment. If someone tries these techniques without prior participation in the meditation programs, they shall be doing so entirely at their own risk; the author is not responsible for the consequences of their actions.*

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*Author's Note*

## What is Living Enlightenment?

If you are here, it means Existence wants you to be here in this form. You are not an accident, you are an incident. You are a conscious miracle of Existence. Please don't think I am giving you positive thinking. This is the straightforward and simple Truth of life. If you trust this Truth, you will start experiencing life at its best.

The best life is a conflict-free life in the inner world and outer world. This is what I call *Living Enlightenment*. It is living an integrated life without a gap between the inner and outer worlds; continuously living in a beautiful and harmonious way, feeling connected with whatever *is*.

To live enlightenment, four things are needed:

*Shakti* - **Energy** to change whatever you can.

*Buddhi* - **Intelligence** to accept what doesn't need to be changed. It is the clarity, the intelligence to know that you don't have to change everything in life. Otherwise you will be too busy changing things instead of enjoying them because you think you can enjoy only if the whole world becomes like how you want it to be.

*Yukti* - The **Understanding** that Existence is a continuously changing dream. If you understand that Existence is a continuously changing dream, you will have the ultimate inner healing, ultimate rest and peace. However

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much you may try, whatever you may change, Existence or the Whole continuously changes.

When you understand this, suddenly you will feel connected with the one thing that doesn't change - *nithya ananda* - the eternal bliss, the eternally unchanging Truth, the eternal energy. This deep feeling of connection that you feel towards the eternal Truth is what I call *bhakti* or devotion. This is the fourth element.

When you live all these four things in life experientially, you are living enlightenment, you are radiating *jeevan mukti* (living enlightenment).

When you start living enlightenment, your very breath will raise the consciousness of thousands of people spontaneously. This will directly lead to a breakthrough in human consciousness - from human consciousness to divine consciousness.

I bless you sincerely with my very being: Let you all be *jeevan muktas* (living enlightened beings). Let you all radiate 'living enlightenment'. Let you all radiate *nithyananda* - eternal bliss.

-Paramahansa Nithyananda

# Why Meditate?

## What is the real aim of life?

What is your ultimate aim in life?

To earn more... ? To stay forever young, healthy, beautiful...? To have better, longer-lasting relationships...? To improve your personality...?

We need to think deeply about what exactly we want in life and why. We need to understand a few basic truths of life which can simply transform our whole life.

Whether we are trying to achieve through money, relationships or name and fame, we are all searching for fulfillment. Fulfillment is our very nature. Another important truth is we cannot get this fulfillment through acquiring material things.

We have to seek the fulfillment directly. When we directly seek fulfillment, we immediately attract the material things we want also. Yes, Existence is 'too good to be true'! Existence is filled with miracles. There are no accidents in life, every incident is a miracle unfolding.

Each of us is actually searching for bliss, but we search in many different ways. Ninety-nine percent of us are not even aware that bliss is our true goal. Whether we know or we don't know, we search everywhere in the outside world for this bliss which is actually there within us, just waiting to be discovered!

A small story:

*One evening, a man was searching hard for something in the courtyard in his house. His wife asked him what it was. He replied that he had dropped a gold coin. His wife also joined in the search. Soon, others gathered and practically the whole neighborhood was searching for the lost coin.*

*Suddenly one neighbor asked the man, 'Where exactly did you drop the coin? How come we still haven't found it?' The man replied, 'Oh, I lost the coin inside the house.' Everybody searching became angry and asked him, 'Then why are we searching here?'*

*The man replied, 'The problem is I have no lights inside my house. So I started searching by the light of this streetlamp here!'*

This is exactly what we do in our own lives. We are all experts in searching for answers in the wrong places. We search for bliss everywhere, be it in money, power, relationships or ideologies. But we don't move in the one obvious direction which is inwards.

## **What is bliss?**

In life everyone has experienced some moments of great happiness. But it has always been for a reason. And the happiness does not remain permanent. It is there temporarily, and when it changes or goes away, once again you feel pain. Only the happiness you experience for no reason at all, which does not die for any reason, is real and permanent happiness. This is what is called bliss. Such happiness doesn't depend on anything outside of you.

## **What is meditation?**

Meditation is just being blissful in the moment. When you are at complete peace in the present moment, you are already in a state of meditation.

Recall any moment in your life when you have experienced extreme beauty. Maybe it was the sun rising suddenly from behind a mountain, or the first time you heard a lovely piece of music. Suddenly you became totally still, wordless. In the presence of that beauty you couldn't think any more. You became totally silent, relaxed, in thoughtless awareness. You were completely dissolved in that beauty. That moment was meditation!

## WHY MEDITATE?

After a few moments, your inner chatter started again. Your mind said, 'What a beautiful sunrise!' The moment the words appeared, you were out of meditation!

You can either think or you can meditate. You can never do both. Meditation is just being. It is experiencing the present moment without resistance.

## Why meditation?

There are three states that we constantly experience in our lives – the waking state, dream state and deep sleep state.

Various States of Consciousness		
	With Thoughts	Without Thoughts
With "I" Consciousness	<b>Jagrat</b> Wakeful State Thinking	<b>Turiya</b> Blissful State State of Full Awareness
Without "I" Consciousness	<b>Swapna</b> Dream State Dreaming	<b>Sushupti</b> Unconscious State Deep Sleep

In the waking state, you have the 'I' consciousness as well as thoughts.

In the dream state, you have thoughts but you don't have 'I' consciousness. Only because you don't have 'I' consciousness, you are unable to control your dreams.

In the deep sleep state, you have neither 'I' consciousness nor thoughts.

You alternate between these three states in your normal day-to-day life. When you wish to be in deep sleep, you find yourself slipping into a disturbed dream state. When you wish to be awake, you find yourself falling asleep! These three states become more or less of a struggle in your life.

But there is a fourth state that we have not experienced. It is called *turiya*. In this state the 'I' consciousness exists but without thoughts. That is, you are aware, but you have no thoughts. This state is called thoughtless awareness. Very few people experience this in their lives. Some people experience this for a few seconds and then go back to their regular waking state.

If you get a sudden shock or if you are sitting with Nature in a completely relaxed state, in deep silence, it is possible that for a few moments you

experience this thoughtless awareness. The identity is alive, the 'I' consciousness is alive, but there are no thoughts. This is the fourth state of *turiya*.

All our physical and mental illnesses take root in the dream state. The dream state starts penetrating and overlapping the deep sleep and waking states. If our waking state is penetrated by the dream state, it is called daydreaming where we fantasize or imagine endless things that we wish to do. If our deep sleep is penetrated by dreaming, it is called disturbed sleep.

Continuously during the day or night, our dream state disturbs us. When our deep sleep state is disturbed by dreams, it results in problems like chronic fatigue and insomnia. When our waking state is disturbed by dreams, we are daydreaming with less awareness of the world around us.

The more the dream state penetrates the waking state, the more the frequency of our consciousness decreases. We may be living in the human body, but we will not be living a truly human life. When the frequency of consciousness comes down, we will not be fully aware about the decisions we make. We will not be aware of the kind of words we are thinking or using. We will not be aware of what is going on inside of us. It will be as if we are living in a house, but we do not know everything that is happening inside that house.

You may ask, 'Why should I meditate?' Meditation is needed to infuse deep awareness into both your waking state and the deep sleep state. Instead of the dream state penetrating the waking and deep sleep states, with meditation the *turiya* or blissful state will start penetrating the waking and deep sleep states!

The purpose of meditation is to experience this fourth state at least once. Once we experience this fourth state, we can bring the influence of it more and more into our waking and deep sleep states. If our waking and deep sleep states are completely influenced by the fourth state, *turiya*, that is what we call *jeevan mukti* or 'living enlightenment'.

## **Benefits of meditation**

Meditation has the power to transform you physically, mentally, emotionally, and spiritually.



## WHY MEDITATE?

What exactly is health? Physical health means digesting whatever you eat and having that food become part of your body. Mental health means digesting all the ideas and problems that you encounter and forming a clear solution. In other words, it is living without conflict. Spiritual health means receiving all the great teachings and energy, digesting them and living a liberated life. Having all three is total health.

### **Physical health**

Meditation is a complement to medication. Through meditation, you can regulate your blood pressure and blood sugar and you can increase your body's resistance to disease. Through meditation, it is possible to heal even chronic problems like skin allergies, asthma and arthritis. No disease can escape the power of meditation.

### **Mental health - awakening of intelligence and flowering of intuition**

On the mental level, meditation enhances clarity of thought. Meditation is also a proven way to improve concentration and memory power. Above all, meditation leads you from intellect to intelligence to intuition.

With meditation, you go beyond the mind, into the being. In the being no rules exist. You become free to explore your full potential. That is why with meditation you will suddenly find yourself at ease with your surroundings, easily able to cope with new situations. You rediscover your spontaneity.

### **Self-healing thoughts**

You may have a medically fit body. That does not mean you are completely healthy. Of course, I can say from my experience of having seen millions of people, ninety nine percent of those who do not have the 'self-healing clarity' in their system are never able to maintain even physical health. When I say 'self-healing clarity', I mean the clarity and understanding to bring yourself out of depression whenever it tries to grip your consciousness.

I did a research study on a group of people who had been through some meditation programs and spiritual study. I asked them to write whatever came into their mind without editing for just twenty minutes. Then I asked another group of people who had never been exposed to spirituality to also write down whatever came into their minds without editing for the same twenty minutes. The results of the study were shocking.

In the case of those people who were not exposed to spirituality, if they had written one hundred thoughts, more than eighty of them were directing them more and more towards depression. Only twenty thoughts were self-healing that could bring them out of depression. But in the case of those who were exposed to spirituality and meditation, I saw that more than sixty percent of their thoughts were self-healing! Only forty percent were taking them towards depression. This is the impact of meditation. It keeps you healthy holistically.

## **Knowledge-weapons to combat depression**

Meditation is realizing and living the truth. The knowledge of the Truth is what I call 'knowledge-weapons' or *shaastra-shastra*. *Shaastra* means Truth, knowledge. *Shastra* means weapons. Knowledge-weapons are the weapons of Truth that can destroy the depression of your being. The more knowledge-weapons you have, the more depression will be afraid of you! If you have a huge army, naturally the enemy country will be afraid of attacking you. Just by seeing your pile of weapons, the other country will think twice before attacking you. In the same way, the more you accumulate self-healing thoughts inside your being, the more depression will fear to come near you.

## **Freedom**

With meditation, you can live your life in a much better way, with greater clarity and greater intensity. You will be more aware, more creative. Internally, you will experience a deep and undisturbed silence.

You will no longer be doing, you will only be watching the doer. This is the whole secret of meditation – to become the watcher, to become the witness of your own actions and emotions.

Once you become aware that the real *you* is not the one who acts, that the real *you* is not the one who feels angry or hurt or depressed, then you experience a tremendous sense of freedom.

Whether we realize it or not, every single one of us is searching for freedom. All our life we are searching for freedom. We think our freedom is dependent on others. Now you know that the other person is in no way connected to your freedom.

### **Love and joy for no reason**

With meditation, for the first time, you will understand what it means to love for no reason. For the first time you will not be giving something in order to receive. You will give love simply because you have so much to give! You will shower love upon the world in the same way that a rain cloud showers upon the earth or a flower spontaneously spreads its fragrance all around. You will love because you are so full and overflowing!

### **Work as play**

Just try this: whatever you do, do it with awareness. If you are eating, eat with awareness. No extra time is needed to do this. In fact, it will take less time to eat because when you eat with awareness, you will eat just the amount your body needs rather than stuffing food down your throat thoughtlessly.

Awareness has tremendous intelligence. Awareness can do better miracles than all your planning. Awareness doesn't contradict, it complements your plans. It will add to your potentiality.

When you are aware, *you* are absent. When awareness is present, your ego can't exist. When your ego exists, awareness can't be present. 'Your absence' will make you live enlightenment.

When you are aware, you will work optimally and use your energy efficiently. So at the end of the day you are just as fresh as in the morning. You see, it is not the work that exhausts you; it is your mind, your attitude. The whole game of meditation is to get out of the work-oriented mind and look at every moment of life as a beautiful divine play of Existence.

# How to Become the Master of The Mind?

## The ten-minute experiment

Try a very simple experiment for just ten minutes.

Take a sheet of paper and a pen. Sit down by yourself. Write down whatever thought comes to your mind – as if a transcribing software has been connected to your mind. Transcribe exactly what you think. Do not edit or suppress any thoughts. It is an experiment only for you. No one else is going to look at what you have written. At the end of ten minutes, read what you wrote just once. You will be amazed! You will clearly see that there is no logic in the way thoughts form in your mind!

For example, you see a dog on the street. Immediately you remember the dog you were afraid of when you were young, or the one you used to play with when you were young. The next thought could be about your childhood. The third may be about the teacher and the room you used to sit in at school. The fourth may be about the house where your teacher used to live.

There is no logical connection between the dog that you just saw on the street and the teacher who taught you in school! However, in a few seconds you simply jumped from seeing the dog to your childhood teacher. You can see that your thoughts are just moving, drifting from one thing to another. We can't even call this 'thinking'. It is just 'association', that's all. You associate the dog with your childhood, your childhood with the teacher, and so on.

Actually, if you do this exercise just once, the very understanding that it gives you will transform the way you think about yourself, and how you treat yourself and others. Your whole life will be transformed.

You will understand that no two thoughts are logically connected in your mind. No thought is responsible for the creation of another thought. All thoughts appear randomly, independently, and illogically.

How do you ‘unclutch’ from this random stream of thoughts? Let me clearly define what is meant by ‘unclutch’. When we change gears while driving a car, whether we change from first to second, or second to third, or any gear to any gear for that matter, we have to pass through the neutral position every time. We have to completely press the clutch, or ‘unclutch’, move through neutral, and only then we can go to the next gear, right? In the same way, we experience a neutral space between any two thoughts in our mind. That neutral space, that silence that exists between two thoughts, is the eternal peace and bliss that all masters talk about. When we no longer cling onto thoughts and connect them to the past or future, we remain ‘unclutched’. As we remain ‘unclutched’ from our thoughts, we become more aware of the neutral spaces between our thoughts. The gap between the thoughts automatically extends when we remain ‘unclutched’ from the stream of thoughts.

## **Shaft of pain**

Let me provide a deeper understanding of this simple but deep truth of life. The pain that you experienced seven years ago, the pain that you experienced three years ago, and the pain that you experienced yesterday are all unconnected, independent, individual incidents. But you start connecting all of them and create a shaft of pain. You connect all these random pain thoughts and create one big pain shaft. You start thinking and believing, ‘My life is pain.’ Is that true? No! What happened to all the sweet incidents of joy that you experienced in between? Surely, there must have been at least a few moments of joy in between! But they are simply forgotten. They are never picked to form the shaft. So the shaft, any shaft, is never true, because it focuses on only a fragment of your complete biography.

First, you start archiving the painful memories for utility purpose. You archive all your pains, probably for medical history sake or to tell your doctor. By and

by, you start believing that all these pains that happened in your life are connected. You decide that your life is pain, your life is suffering. The moment you come to the decision that your life is pain or suffering, you create hell for yourself.

### **Shaft of joy**

The joy that you experienced ten years ago, the joy that you experienced nine years ago, the joy that you experienced three years ago, and the joy that you experienced one year ago are all independent, individual, unconnected thoughts or incidents. But now, you connect all of those thoughts and create a big shaft of joy.

You may identify your joy with an object, a person, or a space like a particular vacation resort. Now you will try again and again to bring that back in your life, to bring that person, that object, that space, or that same incident back in your life. But try as you might, you will not be able experience the same joy again. This puts you in further pain!

### **Pain shaft or joy shaft – both lead to suffering**



In life, we constantly create either shafts of pain or shafts of joy. If you create a shaft of pain, you try to break it. If you create a shaft of joy, you try to elongate it! But you don't understand that you can neither elongate the joy shaft nor break the pain shaft - simply because the shaft itself doesn't exist! It is just your own imagination, selective memory. The very shaft is your imagination.

### **Just let go...and you can fly!**

In the forests of Northern India, I have seen during my spiritual wandering days, how the hunters use a trap to catch birds. They tie a rope between two trees. In the middle of the rope, they secure a wooden stick. The rope is tied at the midpoint of the stick. This is actually a hunter's trap for birds.



You may think, ‘How can a bird be trapped with a small stick? How is it possible?’ Actually, all they do is just hang the stick between two trees using a rope, that’s all. When a bird comes and sits on the stick, the bird’s own weight turns the whole stick upside down; it turns topsy-turvy. The bird is now hanging upside down, clinging to the stick!

The moment it turns upside down and loses its sense of balance, it feels totally shaken and tightens its grip on the stick. It simply holds onto the stick as if its life depends on it. Because it is hanging upside down, it thinks, ‘If I unclutch from this stick, what will happen? I will fall and die.’

There is no record that any bird has fallen and broken its head! But the bird does not have the intelligence to realize this. It keeps hanging on. By not letting go, not only does it lose its freedom, it loses its life too, because ultimately the hunter traps it.

Just like the bird, you don’t realize that if you just drop your mind, at that moment you can become a *Paramahansa*! That very moment you can be liberated. You can simply start flying.

The same fear that the bird clinging to the stick had, you have now. Your fear and the bird’s fear are one and the same. The bird believes that it can’t let go; if it does it will die. Similarly, you hold on to your mind and feel, ‘I can’t let go. If I start trusting that I am unconnected, unclutched, independent and illogical thoughts, I might be lost.’

The hunter comes leisurely, after four or five hours, takes the bird, puts it in the cage, and leaves. Now the bird neither has the freedom to fly nor the stick to balance. The foolish bird doesn’t know that if it had just let go of the stick, it could have simply flown away!

In the same way, you hold on to whatever you think is your identity and security – your education, your mind, your life, your relationships, or your bank balance. *Yama*, the god of death, ultimately comes to remove the stick that is your identity. Then you are neither a *Paramahansa*, a liberated soul, nor are you able to hold on to your identity. You will neither have the freedom, nor will

you have the stick of your identity that you are clutching, because the stick itself is an illusion.

Let me tell you, if the bird lets go and relaxes, it may flutter to balance for a moment or two. It may take one or two moments to balance itself, but it will never fall and die. When it leaves the stick, maybe for a few seconds it will fall, but then it will adjust itself and start flying.



Be very clear, let go and you will never fall and die. You will only become a *Paramahansa*!

This moment, trust yourself. Don't bother about losing your identity. Just trust yourself and let go of your identity. You will immediately become a *Paramahansa* and be liberated. All you need to do is trust that you are unclutched - even if you don't trust that, it is still the truth!

When you unclutch, there will be some revolutionary changes in your life, in your day-to-day thinking, your decision-making, and your daily routine and lifestyle. Courageously going through that revolution, going through the transformation that happens in you, is what I call *tapas* or penance.

On rare occasions during my wanderings, I have seen that when a bird is hanging on the stick, another bird that was once stuck in the trap, but had the courage to let go and open up, comes back. It pokes the hanging bird and says, 'Hey, let go! Relax! I was like you. I had the same problem. When I relaxed, I just started flying. All it takes is just two or three seconds to balance. When I opened up, I never fell and broke my head or died. I only became liberated. I only became a free bird. Come on...' But the hanging bird will not believe it.

Understand that the responsibility of the free bird is to go about freeing other birds. It is the responsibility of the free bird to go and poke the bird trapped on the stick and say, 'Free yourself.'

Now understand, I am that free bird that has come now to tell you: I have created a safety net below you. Even if you fall, you won't hurt yourself. Relax! Let go, you will only fly!

See, the *sangha*, the community of the master, is the net. Even if you fall, you will not hurt yourself.

First of all, you will *not* fall. But just to give you the deeper assurance, the *sangha*, the spiritual community, is created. So, I invite all of you to come and experience the *sangha*!

Understand that it is a free bird's responsibility to liberate all the trapped birds, to help them, to inspire them to free themselves.

## **Solutions for physical, mental and emotional problems**

When we unclutch, the first thing that will happen to us will be an inner healing effect, a deep silence and peace in us.

Second, that inner healing will start radiating as physical wellbeing, which is our health.

Third, naturally the healing will start radiating in our relationships also.

Fourth, because these three are going beautifully, we will be creative and productive!

## **Solution for chronic ailments**

People come and tell me, 'Swamiji, for the last twenty years I have been having knee pain.' No, it cannot be! Please understand that in reality it cannot be. I am not disrespecting you or adding more suffering to you by saying all your problems are only in your head. I am just telling the truth: all your problems *are* in your head! I am just stating the truth.

The knee pain you experienced two years ago, the knee pain you experienced one year ago, the knee pain you experienced two months ago, and the knee pain you experienced two hours ago are independent experiences. Only because you connect all of them, you conclude that you have been having knee pain for twenty years. Is it really true that you have knee pain continuously for twenty years? What happens to the moments of 'no knee pain' in between? The important thing you need to understand is that because you connect and see all

these as one continuous incident, you block the possibility of self-healing. When you meditate, you will be able to see these as independent incidents.

## **Solution for depression**

When it comes to depression, understand that the depression that happened one month ago, the depression that happened one year ago, and the depression that happened three years ago are independent, individual and unconnected incidents. The problem is the same as with physical pain. You start connecting them and concluding that you are having the same depression continuously. You create an idea that your life itself is depression. Then you start fighting with the idea. That only gives more life to the depressive thoughts.

When you strongly believe that your last ten years have been filled with suffering and depression, you create a strong mental setup surrounding it. Naturally you start thinking that your future is also going to be painful and filled with depression.

Suppose there is a person sitting in front of you who you think is an enemy. Suddenly if you see that his head is separate, his legs are separate and his hands are separate, would you even feel like fighting with him? No! He is not even worth fighting! He doesn't even have a solid existence, as you imagined him to have. So there is nothing to fight with!

In the same way, only when you imagine you have a huge problem in front of you, that a big person is in front of you, you start fighting and getting into more trouble. Your depression is not the huge enemy that you think it is. It is just like the person with disjointed body parts. It is you who has joined the parts and given it life. Your fighting with depression is the root cause of your depression.

In Ramayana, the ancient Hindu epic, there is a beautiful story. Whoever stands in front of the monkey king Vali and fights with him, loses half of his power to him. In the same way, whoever stands in front of the thought shaft and starts fighting with that shaft, will lose half of their power to that shaft.

The moment you unclutch from the shaft, you experience the neutral space, and inner healing starts. The moment inner healing starts, physically also you are healed.

Do not try to renounce your depression, because by your very nature it is getting renounced, flowing away from you. By your very nature just as joy disappears from your mind, depression also disappears from your mind. The moment you try to eliminate the depression, you will extend it and give it more life.

If you have deep depression, will you stop going to the office? No. You may carry the depression in your mind but your body moves. You work. You may not be that productive or efficient, but your body still moves.

Instead of 'living depression', I am saying, 'live unclutched'!

When we live in depression, we don't have all these questions, 'If I am depressed, how can my body move? If I am depressed how will I pay my bills?' We don't have such questions! The depression becomes part of our life.

In the beginning, you may have questions, 'How can I live unclutched? How will I even move my body?' Understand that the constant remembrance of unclutching does not interfere with your mind or body movements. It only removes the depression because it lets the depressive thoughts rise and fall without you clutching to them.

## **Solution for addiction**

What is addiction? It is a behavior or action that if you don't do, you will have a terrible feeling of missing something. But if you do it you won't feel any joy, it will only be mechanical. Addiction means believing that joy or ecstasy happens due to some object, person, or situation.

Understand that this is the definition of addiction: trying to elongate the joy shaft by recreating it. You bring the same persons, situations, incidents, or happenings into your life again and again, knowing that the same joy is not going to happen. There are so many addictions. Some people are addicted to partying, some to smoking, and some to drinking.

Remember: Any outer world thing you bring to your life again and again will not give you the same excitement as it gave you the first time. It can only lead to addiction, not happiness. The first time you enjoy a sweet, it is a wonderful experience. The excitement is totally different. But if you keep eating more of the same sweet, the same experience is not there anymore. Eventually, you

will not even like the sight of the sweet! You will look at them and say, 'Oh no, not more sweets! They make me feel terrible.' In the same way, when meeting a person for the first time, the excitement is totally different. Later on, the excitement wanes.

People come and ask me, 'How can I break my habits?' See, habit is a beautiful word. If you remove 'h', 'a bit' will remain. If you remove 'b', 'it' will remain. Only when you remove the 'I', the shaft 'it' will die! Only when you remove 'I', only when you throw 'I' away, will it completely die.

Be very clear, your smoking two days ago, ten years ago, and twenty years ago - all these three incidents are completely independent. They are not connected. Mentally, when you start connecting, when you start believing that you have the habit of smoking, the belief creates an addiction shaft. Then you start fighting with it. That is what I mean when I say the 'I' has to be dropped. It is your belief that makes it a habit. If you drop the belief, the habit drops.

If you believe it is a joyful experience, you continue to smoke more and more. If you believe it is a painful experience you start fighting with the shaft. Either way you don't win. Even if you believe that smoking is joyful, try to smoke without restraint and see for yourself how you feel. When you smoke and inhale with tremendous awareness, it can never be a pleasurable experience. It will never really be joyful.

When you smoke, in that moment, just see what is happening in your inner space. You are not enjoying anything. You are just trying to escape from something. You merely believe that smoking is joyful. Even if you don't feel joyful when you are smoking, you try to squeeze joy out of it.

If you deeply scan your life and see, you will understand that whether it is smoking, or sex, or money, or any other pleasure, even if you don't feel the same joy as you felt the first time, you try to squeeze joy out of it. You try to console yourself, 'No, this *is* joy. What else is joy?' You try to cover the frustration by believing it is joy. You want to believe it is joy.

Try your best to drop some addiction. You can never be successful. Even if you drop it, you may be dropping it out of some fear or greed, which is a much bigger addiction. If you drop smoking out of some fear or greed, you are not doing anything good to your consciousness, to your inner space. You are only damaging yourself more.

You might have dropped smoking, but the fear or greed that made you drop it will be added to your inner space. At least with smoking, you will destroy only this body. With fear or greed, you will destroy your whole being, life after life! In the next body, you will carry over the fear and greed. The smoking habit may not carry over to the next body, but the emotions of fear and greed will be carried with you to the next body. So the best way is to drop the idea that you have an addiction, and it will drop.

## **Meditation techniques**

### **Unclutching – anytime anywhere**

When you sit, naturally some thoughts will come. The moment you see a thought coming, do not give meaning to it. You give it meaning only if you connect it to your past. Without giving meaning to it, just remember to unclutch - and see what happens. The moment you remember, 'Let me unclutch from this thought; let me not give meaning to it,' for a few seconds there will be a small silent gap. The moment you are aware that there is a silence, it will become one more thought. Then unclutch from that thought also. Then, again there will be a gap of a few seconds. Then, one more thought will come, 'I am in silence' or 'I am unclutching'. Unclutch from that thought also. Just the gap or the silence should become longer and longer. That is the whole idea.

# **Nithya Dhyaan - Everyday Meditation for Bliss**

## **The master technique**

There are some meditation techniques that are specific for specific times and people, and there are a few that are universal. Nithya Dhyaan is the meditation for the seeker of today. It is the cyber age meditation.

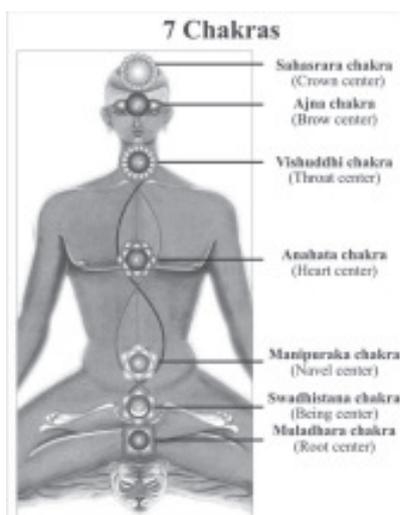
## **The birth of Nithya Dhyaan**

First I would like to tell about how this meditation technique Nithya Dhyaan happened. The essence of the entire inner world research I have done to date is formulated in the Nithya Dhyaan meditation technique.

Nithya Dhyaan is a formula and a technique that works on the entire being to transform it and make it ready for the ultimate experience of enlightenment. Each segment of this unique technique complements the other steps to help raise the individual consciousness. It is an everyday meditation for eternal bliss - *nithya ananda*.

## Chakra awareness

To understand this Nithya Dhyaan technique, we first need to understand a little about the *chakras* or subtle energy centers. Working on the seven *chakras* is like awakening new channels of energy. It is like tuning to a new channel on television.



There are seven energy centers in us, each center associated with a particular emotion. The seven emotions are lust, fear, worry, attention-need, jealousy, ego and discontent. Currently, man can think only based on these seven emotions. His body itself moves only due to the utility of any one of these emotions. Some people will move because of desire, lust or touch. For some, only fear will move them. There is nothing wrong in being driven by emotions such as desire. But you should experience the other higher dimensions like love as well. You should understand that it is possible to

function out of sheer energy, not just out of these emotions.

By awakening the *chakras*, you will be released from the mental setup of these emotions. You will start working as a free being. If you are liberated from such mental setups, only then you will understand the value of the freedom.

For example, if you are liberated from a particular *chakra*, say the *chakra* associated with jealousy, you will experience a new world in that dimension, a jealousy-free world! On whatever identity your personality is now standing, on whatever idea your life is now standing, that identity or idea will just melt. You will experience a new energy altogether.

For example, if you suddenly get interested in the share market business, you start collecting updates from television, magazines, people etc about the share market. After a month or so, you start feeling that the whole world is becoming more aware of the share market. You feel more surrounded by

people related to the share market. It is not that the world has changed, it is your perspective that has changed. When you shift your energy center, you will start gathering such kind of people around you.

If you shift your energy center, you can change the world that you see. In Hindu mythology, they say there are seven worlds. This is what they actually refer to - the seven emotions that decide how you see the world.

## Nithya Dhyaan meditation technique

This is a five-step technique, each step taking seven minutes.

### 1. Chaotic breathing

*Duration: 7 minutes*



Sit in *vajrasana* (sitting with the knees folded and your feet tucked under, with the bottom resting on the heels). Normally in our body, the energy flows from the *sahasrara chakra* (crown center) to the *muladhara chakra* (root center). *Vajrasana* posture helps reverse this flow and supports the upward movement of energy.

Sit with eyes closed, hands on your hips, and breathe chaotically. Inhale and exhale deeply and chaotically, without a particular rhythm. Just focus on the breathing. Your entire being should become the breathing. Use your whole body to breathe chaotically. Your whole body should move.

This first part is very physical. Sitting in *vajrasana* and inhaling and exhaling chaotically will heal many physical and mental problems. You will see that if you have any digestion problem, it will be completely healed. When the body intensity is heightened, you will have a beautiful digestion system.

This first part of *Nithya Dhyaan* is for creating a healthy body.

An important thing you need to understand is that the quality of breathing changes depending on the state of your mind. Your emotions have an impact on the breathing process. When you are in anxiety, your breathing changes. When you are angry, your breathing changes. When you are in tension, if you take a deep breath, suddenly you feel light, more relaxed and the tension is released.

The breath and mind are inter-related. Changing one automatically changes the other. Emotions may not be in our hands, but our breathing is. If we control our breathing or bring about some change in our breathing pattern, we will directly impact our emotions and state of mind.

We tend to breathe in a fixed pattern. Our past *samskaras*, past memories locked in our unconscious zone, create a particular type of breathing pattern in our system. As a result, we attract similar emotions and *samskaras* to ourselves. We get into a vicious cycle where our past *samskaras* create our breathing pattern and the breathing pattern in turn, attracts similar *samskaras* and incidents to us in the future. This vicious cycle has to be broken.

Nithya Dhyaan begins with chaotic breathing. Since the breathing is chaotic, it has no fixed pattern or rhythm. The pattern of the mind that forms its existence and expression is broken. Thoughts cannot follow the pattern they have been following for so many years.

Our muscles store all our past memories in the form of energy bio-memories. The deep chaotic breathing will start releasing the tension in the muscles, and these engraved memory patterns in the muscles and body parts will start getting expelled. Our muscles are normally under stress. Chaotic breathing will loosen the muscles and start clearing the engraved memories.

Each emotion within us gives rise to a particular breathing pattern. You might have seen that children breathe deeply and blissfully. But as they grow, they are conditioned by society, picking up from society the perceptions of pain, pleasure, guilt, beliefs, etc. Then the quality of the breathing changes totally. In order to shake this pattern which has been created due to the habitually suppressed emotions, we have to insert chaos. Inserting another pattern is not the solution.

You have to create utter chaos in your system to dig out all the past impressions. So don't follow any rhythmic breathing pattern like *pranayama* in this meditation. Just breathe chaotically. This chaotic breathing will destroy the emotional attachment to all your past memories. It is like shaking a tree that is full of dead leaves. All the dead leaves will fall down. Chaotic breathing is like shaking your suppressed system. All the past engraved memories will be released.

Deep chaotic breathing also infuses tremendous oxygen and releases carbon dioxide from the body. It creates hyperventilation and as a result you feel more vibrant and fresh. Through increased intake of oxygen in the blood, automatically more bio-energy is generated in the cells and all aspects of the body come alive. The bio-energy that is generated will start clearing the *samskaras*, leaving you feeling light, energetic and blissful.

## 2. Intense humming



*Duration: 7 minutes*

Continue to sit in *vajrasana*, form *chin mudra* with your fingers where the tips of the forefinger and thumb touch each other, and place your hands on your knees, palms facing upwards.

In this posture, with your mouth closed and lips together, produce a humming sound as intensely as possible, as loudly as possible and as lengthily as possible.

Produce the sound 'mmm...' from within your body. If you were to put your face inside an empty aluminum vessel and make a humming sound, the sound generated will be similar to this. Note that this is not 'hum...' or 'omm...', it is simply keeping your lips together and producing 'mmm...' sound. The humming should be as lengthy as possible between breaths. It should be as deep as possible (from the navel center) and as loud as possible. There is no need to make an effort to take in deep breaths. The body itself will take the correct amount of breath when needed.

Put your complete awareness on the humming. Become the humming. There is continuous talking going on within the mind. This continuous talk is what we call inner chatter. Humming is an excellent technique to reduce this inner chatter. Inner chatter is nothing but the flow of independent thoughts continually happening in us. Humming lets you feel your body as energy. The moment you start humming, you start feeling light, as if you are floating. You don't feel the heaviness in the body because humming matches the vibrations of the mind with the vibrations of the body. You start experiencing yourself as energy.

Don't become tense. Just do it in a relaxed manner. Immerse your whole being and energy into creating this vibration. Try to minimize the gap between the humming sounds. After some time, you will feel that the humming continues without your effort and that you have simply become a listener! The body and the mind start resonating with the humming vibrations.

The humming will create a healthy inner chatter and a healthy heightened emotional awareness.

### 3. *Chakra* awareness

*Duration: 7 minutes*



Continue to sit in *vajrasana* or sit cross-legged if you wish. Keep your fingers in *chin mudra*. Now take your awareness to each *chakra* (energy center) starting from the *muladhara chakra* (root center) to the *sahasrara chakra* (crown center). While taking your awareness to a specific energy center, you should *become* that energy center. Feel the energy center completely as if your whole being has become that energy center.

Each of these seven energy centers is associated with a specific emotion in our being. Kirlian photography has captured these *chakras* and proven their existence at the energy level. These emotions themselves are a result of the engraved memories accumulated in the past. The memories pull us to react in the same old ways to situations and people, and that reaction is what is called emotion.

The rising emotions block the particular energy center, causing physical and mental disturbances. So in this step we focus our complete awareness on each energy center, starting from the base of the spine and moving to the crown. When we flood anything with awareness, the negativity in it dissolves. This is true for physical pain as well. If there is pain in one part of our body, if we flood that part with awareness, we will see that the pain shrinks to a point and disappears!

Flood each of the seven energy centers with full awareness for a minute each. Feel that only that particular center exists in the whole world and that there is nothing else. Just become that energy center. Feel the energy center completely as if your whole being has become that energy center. Then move to the next center. At the end of this step you will feel completely energized with positivity and lightness.

By the time you come up to the higher and higher centers, your livingness, intensity also will rise. This visualization helps to create a healthy mind, healthy thoughts and heightened emotional awareness. At the end of this step you will feel energized and light.

Also, if you concentrate on the energy centers, your mind will not wander as easily. It will just settle down because these are living energy centers. If you try to concentrate on some other part of the body, your mind can wander easily.

#### **4. Be unclutched**

*Duration: 7 minutes*

In this step, carry the understanding with you that your thoughts are unconnected, irrational and unclutched. Even if you have thoughts, neither try to suppress them nor try to react to them. Just watch them with the understanding that they are illogical and unconnected. Automatically, the witnessing consciousness will start happening in you.

Understand that whether you realize it or not, accept it or not, you are already enlightened. By your very nature you are unclutched. Sit silently and experience the unclutched state, the state of pure being and bliss. This is the ultimate technique to experience the state of enlightenment.

## 5. Gratitude

*Duration: 7 minutes*



We end Nithya Dhyaan by connecting ourselves to the cosmic energy. In this step, we relax and rest into the cosmic energy.

Just sit in a relaxed way, feeling connected to the whole cosmos. If you have love for your master, or love for some god, sit in a very deep and passive way, feeling connected to that master or god, that's all. Just relax and settle down.

Feel sincerely gratitude to Existence and to the master for bestowing this great wisdom which liberates us from ignorance and helps us attain the state of *nithyananda* - eternal bliss.

Practice this meditation technique once a day and you will start experiencing a new dimension of your being. Nithya Dhyaan will prepare your body and mind to experience the state of pure consciousness and bliss.

## Benefits of Nithya Dhyaan

The half-hour Nithya Dhyaan meditation can give you:

- Relief from stress
- Improved relationships
- Inner peace and fulfillment
- Awakened intuition
- Regulated blood pressure
- Enhanced sleep patterns
- Increased clarity
- Increased energy levels for the whole day
- Connection to the Divine energy



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You can get your family and friends initiated into Nithya Dhyaan (<http://lifeblissmeditation.org/>). This will directly contribute to the collective positivity of planet earth, as more and more people will live in an ‘unclutched’, liberated way, as *jeevan muktas*, living enlightened beings. This shift in the individual consciousness will result in a positive shift in the collective consciousness which will in turn create an enlightened civilization on planet earth.

# Nithya Yoga

Yoga is not about physical fitness alone. It is also about preparing the body for realizing the aim of uniting body, mind and spirit. Nithya Yoga is the technique designed in the body language of sage Patanjali for this uniting.

## What is yoga?

Patanjali, the father of the ancient science of yoga, says at the very start of his Yoga Sutras, the foundational scripture of yoga:

*Yogaha chitta vritti nirodhaha*

He says, ‘Yoga is the cessation of the mind.’ Understand, it doesn’t mean that yoga ends with the cessation of mind, rather that yoga begins where the mind *ends*! Actually, yoga never ends, it can only start. It is a continuous happening.

To understand how yoga is a continuous happening, we need to understand this important truth: whatever is happening is auspicious. Be very clear, every experience raises your consciousness and makes you more mature. Even losing your wealth gives you some maturity. Losing your health gives you some understanding. When you are able to internalize this truth, you suddenly see life as a wonderful happening every moment.

A small story:

*There was once a ship sailing in the ocean. Suddenly, the captain of the ship saw bright lights ahead and rushed back to warn that ship to move out of the way. He quickly announced, 'Please divert your course fifteen degrees north to avoid a collision.' A voice spoke back, 'We recommend that you divert your course fifteen degrees south to avoid a collision.'*

*Now the captain of the ship got angry and replied in a proud and threatening way, 'This is the largest ship in the country. We are accompanied by three destroyers, defense equipment and many support ships. I demand that you change your course fifteen degrees north or counter-measures will be undertaken to ensure the safety of this ship.'*

*The voice replied in a straight tone, 'We are a lighthouse!'*

Understand, Existence is happening continuously and guiding you also so that whatever happens to you happens in the best possible way. Just fall in tune with it, that is the best course! Yoga is a path to fall in tune, just like tuning a radio to a higher frequency. The word 'yoga' literally means 'uniting'.

## **Patanjali – founder of Yoga**

Patanjali is the founder of the yoga system. He was the first master who created a clear, scientific, logical system to reproduce the experience of enlightenment.

Patanjali was the first master, or I can say the 'spiritual navigator', who created the map and gave complete directions to enlightenment. He created clear-cut directions, step by step formulae to reproduce the experience of enlightenment. Just as scientists create a formula to reproduce the understanding of the outer world phenomena, Patanjali created a beautiful formula, a technology, to reproduce the understanding of the inner world, of enlightenment.

## **Raghupati Yogi – master of Yoga**

I had the great fortune to be around a living master of yoga, Yogiraj Yogananda Puri, also called Raghupati Yogi. He had mastered the whole science of yoga as discovered by Patanjali.

He had mastered all aspects of yoga including the physical aspect of bending the body into various postures called *asana* or Hatha Yoga, working with *prana* or the life energy, working with the mind, working with visualization power, working with emotions and other dimensions of yoga. He had a deep insight into the core truths of yoga.

Only the person who has experienced the consciousness of Patanjali can bring Patanjali back to life. I had the great fortune to be with such a master who had experienced that consciousness or the inner space of Patanjali.

He had amazing strength and unimaginable physical power that he expressed so casually. He would tie an iron rope around his chest and exhale completely, then he would inhale, and the iron rope would break into pieces!

Usually a logical mind cannot accept or understand that all this is possible, but this great *yogi* made everything possible. I had the good fortune to be around him and see him levitating, not once but several times. He would inhale deeply and hold the breath. The moment he did that, the body would lift from the ground like an inflated balloon!

From a very young age, I had the fortune to be at his feet, under his guidance and care. Every day from morning until noon for at least four to five hours a day, he would make me do all the traditional *yogic* techniques like various *asanas*, *neti* and *dhauti* where I would have to swallow a long cloth to clean the intestines and the internal system!

## **Just move the body with the intention and get the result!**

On some days, Raghupati Yogi would ask me to sit still and be very peaceful, to meditate on stillness, peace and tranquility. Then after ten minutes, he would suddenly tell me to stand up and run around the entire temple as fast as I could!

He would make me bend this way and that way. In the temple where he would teach me yoga, there were a number of pillars. He would make me climb every stone pillar and come down. And I had to use only one hand to climb the pillars and come down!

I would ask him why he was making me climb all the pillars, because I couldn't find any books or any *sutras* saying climbing pillars was a part of yoga!

He said a beautiful thing, 'For whatever purpose you bend your body or move your body, that memory and idea will become completely inserted or completely recorded in your body and mind.'

It was a very shocking revelation! He said, with any intention that you move your body, bend your body, or make your body active, that intention, that purpose, will be recorded into your body. That *samskara* will start expressing in your body.

Today, especially in the West, there has been too much of connecting diseases and *asanas* (postures of yoga) as in for this disease, you have to do that *asana*, for this problem you have to do that technique. Understand, doing *asanas* for solving a disease is not the purpose of yoga! When you think of a disease and do yoga with that thought in your mind, you are actually pushing the imprint of the thought of that disease into your system!

Raghupati Yogi says, any *asana* practiced, or any physical movement practiced for some purpose or with some intention, will create that effect in your body. He says that this is possible even with ordinary sitting. If you strongly believe that by sitting you will have health and you sit for health, you will see health simply happening in you!

Understand, your body itself is made out of your memory. Your mind, what you think of as you, makes up the building blocks of your body.

Every memory is recorded in your muscles. So when you change the memories, you can simply change your system also. Your system can and will respond to the memory you create. This is how the transformation in the body-mind happens through Nithya Yoga. The inner space is cleaned first so the mind falls in tune. Then the body follows as the physical movement is done with the intention. The intention gets inserted into the very muscle memory and cellular intelligence.

## Scientific evidence

‘We are what our perceptions are. As are our perceptions, so become our actions. As are our actions, so becomes our destiny.’ This is not a quote from the *Upanishad*, but from ‘The Biology of Belief’, a book by Dr Bruce Lipton, a cellular biologist who has presented a new theory on how cells behave. We have been taught by society that we behave the way our genes are designed. Dr Lipton, after his research, says the opposite - our genes are designed through the way we behave!

There have been many recorded incidents of the ability of intention and visualization actually resulting in the intention becoming physical reality itself! For example, people have cured their own fatal diseases like cancer or overcome tremendous physical handicaps by pushing their limits and going beyond what they thought was their capacity. These things have happened through the power of intention which transforms basic cellular memory.

This ancient truth is now being proven with the support of modern scientific findings. It has been found that whatever we think deeply and continuously has a profound effect on us - physically, mentally and spiritually.

## Purpose of Nithya Yoga

Nithya Yoga is my offering to the world. It is the science, the formula, that will give others the same experience of enlightenment which happened in me.

The purpose of Nithya Yoga is simple - to experience and express bliss. With Nithya Yoga, the capacity to experience bliss will just explode in your inner space. The capacity to radiate bliss will start happening in your body.

As of now, your system may not be prepared to stay in that enlightened space, to radiate that same experience continuously. Nithya Yoga prepares your body to experience and stay in and radiate the inner bliss, the eternal bliss continuously.

Through Nithya Yoga, I am training seekers not only to experience the bliss, but also to stabilize the experience in them, and to radiate that experience continuously in their life. The purpose of Nithya Yoga is to help people unclutch



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and experience eternal bliss. People may also find that physical healing results as a byproduct or side-effect. But be clear that yoga is for much more than physical health, which is just one benefit of yoga. The emotional benefits are also tremendous but these are also more like byproducts!

In the same way, meditation is not just for mental well being. Mental well-being is just one side-effect happening through meditation. The goal of Nithya Yoga is making your whole life, every activity and every movement transformed into yoga, into bliss.

Nithya Yoga is conducted today worldwide. Every session of Nithya Yoga deepens the uniting of the body-mind-spirit by bringing together all the eight limbs of Patanjali's Ashtanga yoga, by including all the elements like *asana*, *pranayama*, *mudra* etc.

Nithya Yoga is not about adding more movements to your life. It is about adding more *life* to your movements.

If you are present, if you are aware, and if you are totally in the moment while doing anything, it *is* yoga – Nithya Yoga.

## About Nithyananda Mission



Paramahansa Nithyananda is the living enlightened master of this millennium. With a worldwide movement for meditation and inner bliss, Nithyananda offers solutions for anything from everyday stress to enlightenment.

With a strong footing in the *vedic* tradition and embracing all world religions as paths to the ultimate Truth, Nithyananda draws people from around the world crossing all societal, cultural, language, age and gender barriers, to be a part of a grand civilization living enlightenment.

The ashrams and centers set up worldwide offer quantum spirituality where material and spiritual worlds merge and create blissful living.

The services provided by the organization include meditation, yoga, free energy healing through the Nithya Spiritual Healing system, free education to youth, promoting art and culture, *satsangs* (spiritual gatherings), specialized programs for corporates, prisons etc, free medical camps including specialized eye, dental and gynecological treatment, complementary medicines from *ayurveda*, *siddha* and homeopathy, free meals at all ashrams worldwide, a holistic system of education for children through an in-house *gurukul*, and residential life skills training programs for youth.

Nithyananda's mission aims to initiate at least one hundred thousand people into 'living enlightenment', empowering them to live a conflict-free life in the inner and outer worlds, expressing their ultimate potential every moment.

In his own words, 'When you start living enlightenment, you automatically raise the human consciousness around you. Living enlightenment holds the key to global peace and inner bliss. Every individual should be a pioneer in this transition of human consciousness to divine consciousness.'

## Highlights of Mission activities and milestones

**Life Solutions & Meditation Workshops:** Programs uniquely designed for corporate personnel, individuals, children, students and young adults, and the physically or mentally challenged. The training and technologies that Nithyananda offers in these programs give people the tools they need to create successful lives in the midst of global challenges.

**Nithya Yoga:** Nithyananda is reviving Patanjali's authentic system of Yoga. 'Nithya Yoga' revolutionizes our understanding of the true purpose of yoga, which is the integration and transformation of the individual at all levels - body, mind and being. Individuals specifically trained in this system offer classes in centers, universities, prisons and yoga studios around the world.

**Medical Camps:** Free treatment and therapies for the needy with allopathy, homeopathy, *ayurveda*, acupuncture, gynecology, ophthalmology diagnosis and surgery, blood donation camps and more.

**Rural Education:** Rural Indian schools receive support through donation of new building blocks, uniforms, educational materials and meditation programs free of charge.

**Life Bliss Technology:** A 3-months/ two year life skills training program offered as a residential course to young adults under the direct guidance of Nithyananda. Participants learn skills for practical and successful living rooted in the science of enlightenment. They graduate as dynamic leaders in their respective businesses and communities with great spiritual strength.

**Life Bliss Engineering:** A three months residential course offered to youth for developing a yogic body and a Vedic mind, thus enabling them to live enlightenment. Conducted under the direct guidance of Paramahansa, this program is a lifetime opportunity to live with an enlightened master in the energy field.

**The Nithyananda Order:** Spiritual aspirants are ordained as *sannyasis*, *brahmacharis* and *brahmacharinis* and undergo years of intensive training in the sciences of yoga, meditation, traditional *puja*, the Sanskrit language and *vedic* chanting, all of which form the basis of blissful and successful living. They administer the mission's multifarious activities at the ashrams

and centers worldwide, thus serving Paramahansa's global vision for the positive transformation of humanity.

**Nithyananda Gurukul:** A modern scientific approach to education combined with the *vedic* system of learning. The Gurukul protects and develops the innate intelligence of the children, thus enabling them to mature and excel without repression, fear or peer pressure, as wonderful energies of love and compassion.

**Promotion of Vedic Culture and Tradition:** The ashrams, temples and worldwide centers of the mission actively raise individual awareness and train people in the arts and sciences of the Indian cultural tradition. They are spiritual laboratories providing ongoing research and learning of the diverse facets of the rich *vedic* culture, thus creating a new appreciation for these ancient traditions.

**Formal Membership in Meditation Therapy (FIMT):** A three month correspondence program to become a meditation teacher.

## **Glimpse of Meditation Programs**

### **Life Bliss Program Level 1 (LBP Level 1)**

A *chakra*-based meditation program that relaxes and energizes the seven major *chakras* or subtle energy centers in the body. It gives clear intellectual and experiential understanding of various emotions such as greed, fear, worry, attention-need, stress, jealousy, ego and discontentment.

### **Life Bliss Program Level 2 (LBP Level 2)**

A meditation program that creates the space to detach from ingrained and unconscious emotions like guilt, pleasure and pain. It is a gateway to a new life that is driven by natural intelligence and spontaneous enthusiasm.

### **Inner Awakening**

An enlightenment intensive program for sincere seekers offering yoga, powerful teachings, meditation, initiation and more. This program is an intense

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experience to prepare the body-mind system to hold and radiate the experience of 'living enlightenment'.

## **Kalpataru**

An experiential meditation program sowing in you the seed of living enlightenment. It empowers you with the energy to align your actions with your intentions so you move with success and inner bliss.

Over 600 powerful video clips of Nithyananda's talks are available for free online at [www.youtube.com/LifeBlissFoundation](http://www.youtube.com/LifeBlissFoundation)

Visit [www.nithyanandagalleria.com](http://www.nithyanandagalleria.com) and [www.lifeblissgalleria.com](http://www.lifeblissgalleria.com) to purchase galleria items including books, DVDs, CDs and energized items and jewelry.

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