

Sri Sri Ravi Shankar:

Meditation is the journey from sound to silence, from movement to stillness, from a limited identity to unlimited space.

that there are five ways through which meditation happens

The **first is by physical manipulation**. Yoga, Tai-Chi, all these come under that

The **second is through breathing exercises** and pranayama, the mind becomes quiet and still.

The **third is through any of the five senses and sensory objects**; one can experience a state of no-mindedness, no thoughts, calmness, serenity and inner beauty. Being 100% engrossed in a particular sensory object brings you to a state of meditation.

You listen to music and then a moment comes when you are completely engrossed in the music and you snap out of it. You no longer hear the music, but you know you are and yet you have no boundaries. In the language of Yoga, it is called *Laya Yoga*, which means dissolving in it. That leads you to meditation. Sense of touch, smell, taste, sight and sound can all lead you into meditation, provided you do it in the right way. It needs a certain skill to experience that. Emotions can lead you to a state of meditation

4. The next is intellectual stimulation, through knowledge, through awareness you can go into meditation. This is called *Jnana Yoga*.

5. The ancient concept of mantra is a sound which is kept very secret in you grows from inside; means it resonates inside you. Anything that you keep to yourself as a secret does not leave you but it takes you deeper and deeper to the subconscious layers.

Spiritual journey is considered very sacred, very personal and yet a matter of pride. You are getting a secret sound and that is a big pride because it is sacred.

Meditation happens in transition. Actually meditation happens. Meditation is uplifting the energy and spreading it out. Uplifting the mind and spreading it all out. Sound does this to meditation. Sound uplifts you and sound can also shrink your consciousness.

What does dance express?

when you are happy, every step you take is a dance. You dance your way through your life. Wisdom makes you dance through all situations.

A movement stretched in rhythm is dance. Sound stretched in rhythm is music. Life stretched is celebration!