

Quotations on Meditation by Sri Sri Ravi Shankar

1. The vibrations of Mantras are more important than the meaning of the Mantras.

These Mantras were downloaded by the Rishis. They sat in meditation and they got something and they downloaded it and passed it on to people. So it was received as a vibration, it was not done with an intellectual awareness of sitting and writing it down.

These Mantras have come from an intuitive level, or from the pure consciousness. Mantras do have some meaning, but the meaning is just the tip of the ice berg.
2. 'Om' is not limited to Hindu Swamis alone. It is chanted in Buddhism, Jainism, Sikhism, Taoism and Shintoism. This is because all these religions have the practice of meditation and during deep meditation, they only heard this sound. So whether they are Jains, or Sikhs, or the Lao-Tzus (followers of Taoism), they chant Om and also practice one hand clapping. I feel that the word 'Amen' (So be it) is the distortion of the sound 'Om'. Like in Islam, they say 'Ameen' (So be it), I suppose it is the same.
3. Death is inevitable. Death means the mind separating itself from the body, and the link between the body and the mind, i.e., the breath stops.

However, by the law of thermodynamics, you know that matter and energy can never be destroyed. The mind is energy, it does not get destroyed. So, even if you are separated from the body, you are still there. You can know more about this as you go deeper into meditation. Then you understand that you have no death at all. You are simply moving from one body to another. And your fear of death goes away; it disappears.
4. Meditation makes your body strong. It boosts your immune system, gives you more energy. It makes your mind very focused, and helps the intellect become very sharp. It makes your feelings

so much nice that you feel so good from inside; and your vibrations become very positive. These are some of the benefits. There are many more. And, good luck also comes with meditation.

5. . *If you keep yourself engaged in some activity, that is also another way to counter depression.* From time to time, go into deep meditation, and then come out and dynamically get involved in activity, without thinking 'what will I get from this'.
Whatever is necessary to be done in the world, do it. What the time and place requires you to do, doing that, is service. This will also help you to uplift your mental energy. If you are all singing, dancing, listening to the chanting, sitting for the Poojas, all this also uplifts your energy. ***The right amount of food, the right amount of activity, and the right amount of service (service is necessary) is essential. When you follow this, then all the sorrow runs away.***
6. We all carry certain samskaras (impressions) through lifetimes; some we imbibe from the environment and some we carry with us through lifetimes. So the seed is always there. **This is not the first time that we have come on this Earth. We have been here many times before as well.** The past for each and every one of us is very deep and vast, but we never really pay much attention to this. When we go deep in meditation, when we go deeper in our sadhana then all these levels open up. All our past impressions from previous lives also emerge. *The good impressions get carried forward with us while the meaningless ones get left behind.*
7. A mind without agitation is meditation. A mind in the present moment is meditation. A mind which becomes no-mind is meditation. A mind that has no hesitation, no anticipation, is meditation. A mind that has come back to the home, to the source, is meditation
8. **Your feet must be warm, your stomach should be soft and head should be cool. This is the sign of a healthy person.**
Unhealthiness is when your feet are cold, head is hot and stomach is like a stone. Said Sri Sri Ravi Shankar

Techniques to cure diseases with best alternative and traditional medicines

1.seven *chakras* and the effect of the *panchamahabhuta* on each one of them.

: The *panchamahabhuta* has effect on all the *chakras*. Stomach is connected with fire element; the *swadhisthana chakra* is connected with water element. The heart is connected with the air element, the throat with the ether element and the *mooladhara chakra* is connected with earth element.

Case study 1: seven chakras channelization, cured cancer in two years time

1. Sudarshan kriya as prescribed by AOL
2. Laughter classes (a) for herself (b) for others
3. Dance classes
4. Fasting
5. Homeopathic treatment

.....

2. Sudarshan kriya: What is the benefits of Sudarshan Kriya?

Yogic breathing, Pranayama, is a unique method for balancing the autonomic nervous system and influencing psychological and stress-related disorders.[3] One specific form of these breathing exercises is **Sudarshan Kriya** Yoga (SKY) which is shown to have favourable effects on the mind–body system.

Sudarshan Kriya - Benefits

Sudarshan Kriya is a simple yet powerful rhythmic breathing technique that de-stresses, and cleanses at the cellular level, and effectively draws you into a deep state of meditation.

Sudarshan Kriya and accompanying breathing practices, referred to collectively as SKY and taught through the Art of Living programs, have been found to enhance brain, hormone, immune and cardiovascular system function. Published research shows SKY significantly reduces stress, depression, anxiety and PTSD, and increases well-being both mentally and physically. Research also demonstrates that the effects of SKY reach all the way down to the molecular level, to our DNA.

Other benefits of Sudarshan Kriya:

Physical benefits

- Reduces stress
- Improves health and well-being
- More energy
- Strengthens immune system
- Reduces cholesterol levels

Mental benefits

- Greater creativity
- Greater clarity of mind
- Improves sleep
- Enhances brain function
- Improves ability to manage challenging situations

Psychological benefits

- Relieves depression and anxiety
- Relief from anxiety and depression (mild, moderate, and severe)

Spiritual benefits

- Enhances yoga and meditation practices
- Experience a deep inner peace of mind

Improved interpersonal relations

- More ease, joy and harmony in personal and work relationships
- A deeper sense of community
- Increases awareness both of self and surroundings
- Improves patience
- Increases confidence and self-esteem

.....
....

3. Music heals your emotions:

The Veena is the most ancient musical instrument known to mankind. The Veena has twenty-four frets, just like the vertebrae in our spine (twenty four vertebrae). It is akin to our human physiology, and when the strings resonate, it touches the heart and uplifts the spirit. Music is part of every human being. When you are happy, music is very natural; you naturally sing. When you are unhappy, then also music is good because it smoothen your heart, heals your emotions and uplifts you. So whether you are happy or unhappy, you cannot get away from music. Music is very meditative and the Veena produces such a meditative music. From sound to silence is the journey of spirituality. If we listen to music for a short while, it takes us towards the Divinity, the pure consciousness. Music, especially classical music has this ability.

Said Sri Sri Ravi Shankar

.....

<https://www.artofliving.org/in-en/art-of-meditation-program>

4. Is your meditation effortless, enjoyable and effective?

Introducing Sahaj Samadhi Meditation:

- Experience deep inner peace—the state of samadhi
 - Increase self-awareness, clarity, & creativity
 - Become fully proficient in just a few hours
- Video



- [Sahaj Samadhi Meditation | The Art of Living India](#)

Though it involves no effort, this ancient and rare type of meditation brings a profound effect.

Commonly reported benefits include:

- Mental clarity
- Increased energy
- Better physical health
- Improved relationships
- Greater peace of mind