UNIT 13: MEDITATION

UNIT STRUCTURE

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13.1 LEARNING OBJECTIVES

After going through the unit, you will be able:

- to know about the concept of meditation
- to know about antarmauna, ajapa jap and savita meditation
- to know the benefits of antarmauna, ajapa jap and savita mediation
- to practice the above techniques

13.2 INTRODUCTION:

In this unit, we will discuss the different typesmeditation. Meditation is very important in the field ofyoga practice. We will discuss about total three meditation Antarmauna, Ajapa Jap and Savita, with learn their techniques and benefits.

13.3 MEDITATION

Meditation is a mental practice promoting relaxation, clarity, and awareness. It involves focusing on objects, thoughts, sounds, or breaths to gain insight. Benefits include stress reduction, improved concentration, emotional stability, and self-awareness. Different techniques like mindfulness and concentration improve health and self-connection.

13.3.1Antarmauna:

Antarmauna is a Sanskrit term that means “inner silence”. It refers to a yogic meditation technique that involves transforming & controlling thought processes through self-awareness & mindfulness. By internalizing the senses through this form of meditation, the yogi observes the inner & underlying structure of the mind & thought process.

This meditation is performed in six stages-

1. Awareness of sense perception
2. Awareness/ visualization ofspontaneous thought process
3. To pose & dispose of thoughts
4. Awareness of spontaneous thoughts & disposal of thoughts
5. Thought freedom.
6. Awareness of sleep state of consciousness

Techniques:

Sit in a comfortable meditative posture with both hands in Jnana Mudra, keeping your back straight and eyes closed. Relax completely, releasing all physical tension, and focus on your posture. Feel at ease as your body settles into stillness. Become aware of the spine, rising from the floor and supporting the head. Visualize the entire body internally, feeling deeply connected to the ground. Observe the natural breath, allowing it to flow effortlessly. With each inhalation and exhalation, experience a growing sense of physical stability and mental calmness.

Maintain uninterrupted awareness of the body, embracing motionlessness and steadiness. As different physical sensations arise, observe them

without reaction. Let inner calmness develop naturally, and do not resist any sensory experiences—simply witness them. This is the practice of Antarmauna, innersilence. Do not categorize experiences as desirable or undesirable; instead, remain a passive observer. If disturbances arise, do not withdraw from them. Stay aware, yet detached from thoughts and sensations, without associating them with likes or dislikes.

Begin observing the mind, watching thoughts as they surface. They arise spontaneously, reflectingmemories, present circumstances, and future expectations. Some thoughts are real, others are mere imagination or influenced by desires. Do not resist or suppress them. Allow complete freedom of mental expression while remaining a detached witness. You are not the thought; you are the observer of thought. Maintain awareness of the mental process without getting involved. Even if thoughts seem positive or negative, let them manifest and dissolve on their own, without attachment.

Now, consciously create a thought in the mind. Observe it, reflect on it, then let it go. Generate another thought, maintain awareness of it, and release it. Do not let spontaneous thoughts interrupt this process. Focus on the deliberate creation of thoughts, building sequences of related images or ideas, much like painting on a canvas. Once the sequence is complete, let the entire image dissolve. Then, allow the mind to rest in a state of thoughtlessness.

As thought activity subsides, become aware of inner silence, stillness, and the vast space within. Observe any emerging thoughts and consciously let them go. Experience the formless, boundless nature of the inner space, maintaining a state of complete awareness without interference. Let the mind rest in pure silence.

Gradually shift awareness to the breath. Observe its natural rhythm, noticing its increasing subtlety as the mind remains still. Breath and mental activity are interconnected; as the breath slows, the mind becomes more focused and steady. Take deep breaths and chant the mantra "AUM" three times, allowing its vibrations to resonate within. Slowly externalize the mind, become aware of your surroundings, and gently open your eyes. This

practice of Antarmauna deepens self-awareness,cultivates inner stability, and leads to profound mental clarity and peace.

Benefit:

Learn to understand and befriend the mind. It enhances self-awareness and emotional regulation. It helps clear the mind of thoughts that are no longer helpful. Eradicating noise, it brings a state of peace and calm. It also develops one-pointed focus and transforms negativity into positivity. Ultimately, it leads to a meditative state, fostering steadiness and calmness of mind.

13.3.2 Ajapa Japa:

Ajapajapa is an ancient & simple meditation practice involving the awareness of breath, mantra & prana in the psychic pathways of the body. It is a powerful meditation for calming& stilling a turbulent mind & helps to access deeper creative & peaceful aspects of ourselves.Ajapadharana balances & clears the mind & the pranas to discover our true potential. At thetime when the mind is full of fears & anxieties, ajapajapa is a soothing balm to calm the mind.

Techniques:

Sit in comfortable meditative asana. Hands on the knee in chin mudra, back should be remain straight.Keep your eyes closed. Become aware of your body, feel your body, total awareness of the body, your body is absolutely still & relaxed.Slowly become aware of your breathing, become aware of your breathing travelling in & out.

Your breathing in & out should be equal, same, long & deep, but relaxed.Concentrate on the breathing in the throat, as you breath in & out, feel the breath moving through the throat, as you concentrate on the rhythmic breathing in the throat yougradually feel the steadiness of mind & body.Slowly your body & mind become still & relaxed. Now become aware of the breath moving from the navel to the throat. Bring the awareness to the navel, inhale slowlyand straightline from navel upto the throat then exhale slowly in the straightline from throat down to the

navel.Concentrate on the breath in & out.Go on breathing up & down from navel to throat & throat to navel until the breath moves along this fixed pathway easily without conscious effort.Now leave awareness of the breath for a fewmoments& visualize the psychic passages between the navel & throat &front of the body.Resume your awareness of slow, deep breathing, feel the breath moving inside thefrontal passage between the navel & throat. Feel the navel & throat while you inhale &breathe essence from navel to throat, while exhaling from the throat to navel.Try to visualize the inside psychic passage.Feel as if the awareness is moving together with the breath up & down the centre of the psychic passage.As the breath moves through the passage, the awareness also moves, developingthefeeling of twodistinctthe breath & the consciousness moving together insidethe psychic. Intensify your awareness of breath & the consciousness moving together inside thepsychic passage. Feel the flow of breath & consciousness ascending & descending together through psychicpassage. Graduallybecome aware of third force, the pranic force which is moving together with the breath & the consciousness.Breath moves in the form of wind or air while prana moves in form of energy.Be aware of movement of prana with each breath.Now leave awareness of prana & intensify awareness with the breath.Listen carefully the subtle sound of each breath as it moves up & down the frontal passage.The sounds of the breath are the mantra “SOHAM’, as you in hearthe mantra “SO” & as your breath out hear the mantra “HUM”.“SOHAM” mantra is not separate from the breath.You are not repeating it verbally, it is going on within, the breath each time you breathe, you must become aware of it, listen carefully while inhaling & try to hear thesound ‘SO’ while exhaling hear the sound ‘HAM’.Concentrate totally on the process of breathing together with the mantra of breath. Asthe breath moves, the sound moves with it.

Be aware of the movement of the breath & the vibrations of the “SOHAM” mantra inside the frontal passage.Concentrate onentire awareness inside the psychic passage, with each breath.Be aware of SOHAM with breathing in & breathing out.

Withdraw your attention from the frontal passage & mantra & become aware of the normal breathing, become aware of your physical body which sitting the meditativeposture.Be aware of the whole body.

13.6 Benefits:

It calms the mind and promotes mental clarity.Helps balance the prana in the body. Encourages self-awareness and spiritual awakening.Alleviates anxiety and promotes inner peace.

13.3.3 Savita kidhyanDharana (Meditation on rising Sun):

Pandit Sriram Sharma Acharya described the practical aspect of Savita Dhyana. According to him, Mental concentration on some gross object i.e. therising Sun, is most convenient formajority of people, becausethe human mind in general is not so developed that it can befocused for a stretch without any visible or perceptible symbol. By practicing oneto realize the presence of spirit in his inner self and learn to meditate upon it.

Technique:

Sit in any comfortable meditative asana with both hands-on jnana mudra. Keep eyes closed & back straight.Relaxall the body parts of your body. It will be effective if the timing is of sunrise.After the body part awareness observe the natural flow of breath.Observe the inflow & outflow of your breath & slowly bring the awareness at center of brain & try to visualize the light spot of rising sun.After a few days of practice, the infusion of light in the brain in the mind should inspirethe practitioner to become a witness of all the internal experiences.

Benefit:

The rising sun provides a tangible focus that aids in mental discipline and concentration.Deep breathing and relaxation reduce stress and anxiety.Helps calm a restless mind by directing thoughts to a single object of meditation.Encourages emotional stability, reducing feelings of

anger, fear etc.Meditating during sunrise can invigorate the mind and body, filling with positivity for the day.

CHECK YOUR PROGRESS

Q. No 1. What does “AjapaJapa” primarily refer to?

Q. No 2. In Savita Dhyana, where should the focus be during meditation?

Q. No 3. What role does detachment play in AntarMouna meditation?

13.4 LET SUM UP:

- Antar means inner, Mouna means silence**.** Antarmauna leads us towards attaining withdrawal of the mind from the sense objects**.**
- AntarMouna typically consist of six stages, each building upon the previous one**.**

Awareness of sense perception**:** Observe external sensory inputs **(**Sounds, smells, touch etc**)** without reaction**.** Awareness**/** visualization of spontaneous thought process**:** Watch your thoughts as they arise naturally without trying to control or suppress them**.** To pose & dispose of thoughts**:** Deliberately generatethoughts and observe how they influence the mind, understanding their transient nature. Awareness of spontaneous thoughts & disposal of thoughts: Practice discarding or letting go of thoughts consciously to gain mastery over the mind. Thoughtfreeness**:** Focus on the gaps or silence betweenthoughts to experience deeper tranquility. Awareness of sleep state of consciousness: Cultivate an expansive, silent awareness that transcends individual thoughts, leading to a meditative state.

- AntarMouna improves focus and concentration. Reduces mental restlessness and anxiety. Helps access deeper meditative states. Develops equanimity and mindfulness in daily life.
- AjapaJapa is an ancient and simple meditation practice that emphasizes the awareness of breath, mantra and prana flowing through the psychic pathways of the body.

- The term 'Ajapa' refers to 'effortless chanting" and Japa means repetition of a mantra. Together AjapaJapa represents the spontaneous, automatic repetition of a mantra synchronized with the natural rhythm of the breath.
- This meditation is designed to calm the mind and help individuals explore their creative and peaceful aspects.
- It is a powerful tool for centering oneself and fostering inner tranquility.
- It strengthens concentration and mindfulness by anchoring the mind in breath and mantra.
- Fosters a sense of unity with the universe and deeper understanding of the self.
- Pandit Sriram Sharma Acharya introduced Savita dhyana to help individuals focus their minds using a visible and perceptible symbol- the rising Sun. Since the human mind often struggles to concentrate on abstract ideas using the Sun as a meditative focus is practical and beneficial for spiritual and mental growth. The Sun symbolizes energy, clarity and enlightenment which can inspire deeper self-awareness and inner peace.
- Savita dhyana harmonizes the mind and body, energizes the spirit and fosters a deep sense of peace. It not only helps in managing stress and improving focus but also connects the individual to the universal energy of the sun, promoting a balanced and fulfilling life.

✓ 13.5 ANSWERS TO CHECK YOUR PROGRESS

- Ans to Q No.1: Silent, automatic repetition of a mantra
- Ans to Q No 2: The Sun
- Ans to Q No 3: Detachment allows a practitioner to observe thoughts and emotions without getting influenced by them. This helps in gaining mental clarity and inner peace.

13.6 FURTHER READINGS

- Saraswati. S.N,(2009).*Prana and Pranayama*, Yoga publication trust, Mungar, Bihar, India.

- Kumar. K,(2008). *Super Science of Yoga*, Standard Publishers, India.
- Saraswati. S.S.(2009). *Asana Pranayama Mudra Bandha,* Yoga Publications Trust, Mungar, Bihar, India.

? 13.7 MODEL QUESTIONS

A. Very Short Questions

Q 1: Define Antarmauna.

Q.2: Write two benefits of AjapaJapa

B. Short Questions (Answer in about 150 words)

Q 1: Write a short note on Savita kidhyanadharana.

Q 2: Write the techniques of Antarmauna.

Q 3: Write benefits of Savita ki Dhyana dharana

C. Long Questions (Answer in about 300-500 words)

Q 1: what is the significance of mantra repetition synchronized with the breath in Ajapajapa and how does it influence the practitioner's mental and spiritual states?

Q 2: Discuss the importance of Meditation in present day context.

Q 3: Discuss about the benefits of meditation.

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