

To derive maximum benefit from meditation please bear in mind the following:

- Practise twice daily, preferably in the morning and evening at fixed hours. If convenient, you may also practise at other times.
- Preferably one should sit on the floor using a cushion or mat set apart for this purpose alone. You may also sit on a chair, but refrain from reclining against the back.
- You may practise either the Bhakti Yoga or the Jñāna Yoga meditation depending on your personal preference, but it is suggested that one stick to a single technique for best results. Occasional practice of the other technique is also fine.
- You may practise while listening to the guided meditation CD or proceed independently utilizing techniques presented herein.
- NOTE: One's 'personal God', as referred to in the Bhakti Yoga meditation guidance, is the same as the Chosen Deity (Ishta Devatā) or Chosen Ideal and will vary according to the faith of the aspirant. Thus, one may meditate on the Hindu Gods such as Shiva and Vishnu, Goddesses such as Durgā and Kālī, or the Incarnations of God such as Rāma, Krishna, Buddha, Jesus Christ or Rāmakrishna. For further details about meditation practice you may contact any Vedanta Society (Ramakrishna Mission centre).

Using this CD:

Our aim with this recording is to present deep meditation experiences. However, bearing personal preferences and levels of experience in mind, each meditation guidance consists of individual tracks that can be reprogrammed by the aspirant. Thus, one may simply skip a hymn or set the CD to replay the 'Chanting of Om' track (Tr.4) or the 'Meditation on God with BGM' track (Tr.6) or the 'Meditation with chanting of Om' track (Tr.11) for extended meditation periods.

Bhakti Yoga Meditation

Track 2: Pranām Mantra: *Gurur Brahmā Gurur Vishnu gururdevo Maheshvarah / Gurureva parambrahma, tasmai Shri Gurave namah*

The Guru (spiritual teacher) is Brahmā, the Guru is Vishnu, the Guru is the Lord Shiva, The Guru is verily the Supreme Brahman. Salutations to that Guru!

Akhanda-mandalā-kāram vyāptam yena charācharam / Tad padam darshitam yena tasmai Shri Gurave namah

Salutations to the Guru who has made it possible to realise Him by whom this entire universe of movable and immovable objects is pervaded.

Track 3: Mantras: *Om Ganeshāya namah / Om Gurubhyo namah / Om Parabrahmane*

*namah / Om Paramātmāne namah/ Om
Ātmāne namah / Om Nārāyaṇāya namah /
Om Shivāya namah / Om Durgāyai namah
/ Om Bhadrakālyai namah / Om Shri Rā
machandrāya namah / Om Shri Krishnāya
namah / Om Shri Rāmākrishnāya namah /
Om Shri Sārādādevyai namah Om*

Om! Salutations to Ganesha. Om! Salutations to Gurus. Om! Salutations to the Supreme Reality. Om! Salutations to the Self. Om! Salutations to Narayana. Om! Salutations to Shiva. Om! Salutations to Goddess Durga. Om! Salutations to Goddess Bhadrakali. Om! Salutations to Shri Ramachandra. Om! Salutations to Shri Krishna. Om! Salutations to Shri Ramakrishna. Om! Salutations to Shri Sarada Devi. Om

*Om Bhur-Bhuvah-Svah / tat-Savitur vare-
nyam / Bhargo-devasya dhīmahi / dhiyo yo
nah prachodayāt Om*

Om. We meditate on the glorious effulgence of the Supreme Being, out of whom all this creation- the earth, heavens and beyond - has come into being. May He illumine our minds and hearts and guide our energies. Om

*Om Tryambakam yajāmahe / sugandhim
pushti-varadhanam / urvārukamiva band-
hanāt-mrityor-mukshiyā mā(a)mrītāt Om*

Om. I worship You, O sweet Lord of Transcendental Vision. O Giver of prosperity to all, may I be free from the bonds of death, like a ripe fruit dropping from the tree. May I never again forget my immortal nature.

*Om Asato mā sad gamaya / tamaso mā jy-
otir gamaya / mrityormā' mritam gamaya /
avirāvirma edhi Om*

Om. From the unreal lead me to the Real. From darkness lead me to Light. From death lead me to Immortality. Reach me through and through. Om

Track 4: Explanation of Om: Om, consisting of the three letters a, u, m, represents the whole phenomenon of sound production. The first letter, A (pronounced like *aw* in *dawn*) is the root sound, the key, pronounced without touching any part of the tongue or palate; *M* represents the last sound in the series, being produced with closed lips, and the *U* rolls from the very root to the end of the sounding-board of the mouth. Thus Om denotes the whole range and possibility of all words that can be uttered. The sound of Om embraces all levels of existence from the grossest to the finest. It is the most universal and the most potent sound-symbol of God / Supreme Reality (Brahman). Hari Om: Hari is an epithet of Lord Vishnu.

Track 7: Shānti Mantras: *Om Dyough
shāntih / antariksham shāntih / prithivī
shāntih / āpah shāntih / oshadhayah shāntih
/ vanaspatayah shāntih / vishwe devāh
shāntih / Brahma shāntih / sarvam shāntih /
shāntireva shāntih / sā mā shāntiredhi Om*

Om. Let peace in the heaven, on the earth, in the region between heaven and earth, in water, in plants and trees, in gods, in Brahman

and in every place be unto me. Om
*Om Madhuvātā ritāyate / madhuk-
sharanti sindhavah / mādhvīrnah santvo-
shadhīh / madhu naktamutoshasi madhu
mat pārthivagm rajah / madhu dyaurastu
nah pitā / madhu māno vanaspatir-madhu
māgm astu sūryah / mādhvīr gāvo bhavantu
nah / om shāntih shāntih shāntih*

Om. May the winds bring us happiness.
May the rivers carry happiness to us. May
the plants give us happiness. May the
heavens give us happiness. May night and
day yield us happiness. May the dust of the
earth bring us happiness. May the heavens
give us happiness. May the trees give us
happiness. May the sun pour down hap-
piness. May the cows yield us happiness.
Om. Peace, Peace, Peace.

Jnāna Yoga Meditation

Track 10: Hymn: *Mano buddhyahankāra
chittāni nāham / na cha shrotrajihve na cha
ghrānanetre / na cha vyoma bhūmima tejo na
vāyuh / chidānandarūpah Shivoham Shivoham*
I am neither mind, intelligence, ego, nor
chitta; neither ears nor tongue nor the
senses of smell and sight; nor am I ether,
earth, fire or air; I am Pure Knowledge and
Bliss; I am Shiva! I am Shiva!

[Nirvāna Shatkam: Shri Shankarāchārya]

Track 12: Shānti Mantra: *Om Pūrnamadah
pūrnamidam pūrnāt pūrnamudachyate /
pūrnasya pūrnamādāya pūrnamevāvash-*

ishyate / Om shāntih shāntih shāntih
Om. All that is invisible is verily the infi-
nite Brahman. All that is visible is also the
infinite Brahman. The whole universe has
come out of the infinite Brahman. Brahman
is infinite although the whole universe has
come out of it. Om. Peace, Peace, Peace.

Track 13: *Na cha prāna samjno na vai pan-
cha vāyur / na vā saptadhātur na vā pancha
koshāh / na vākpānipādām na chopasthapāyu
/ chidānandarūpah Shivoham Shivoham*

I am neither the prana, nor the five vital
breaths; neither the seven elements of the body
nor its five sheaths; nor hands nor feet nor
tongue, nor the organs of sex and voiding; I am
Pure Knowledge and Bliss; I am Shiva! I am
Shiva!

[Nirvāna Shatkam: Shri Shankarāchārya]

*Na me dvesharāgau na me lobhamohau /
mado naiva me naiva mātsaryabhāvah / na
dharmo na chārtho na kāmo na mokshah /
chidānandarūpah Shivoham Shivoham*

Neither loathing nor liking have I, neither greed
nor delusion; no sense have I of ego or pride,
neither dharma nor moksha; neither desire of
the mind nor object for its desiring; I am Pure
Knowledge and Bliss; I am Shiva! I am Shiva!
[Ibid]

Other related CD

"Universal Prayers and Songs"

[Vedic Chants and Songs]

Total tracks:14, Total playing time: 44:58

Price: 2,000Yen (Outside Japan \$12)