



# **Power Meditation**

## **by Mahaswami Medhirananda**

### **Introduction**

Power Meditation was developed by our spiritual preceptor during the period of 1986-1998 while he was teaching meditation in Boulder, Colorado and researching the brain-wave patterns of people in various stages of meditation using a Lexicor NRS-24 electroencephalograph. Power Meditation combines the meditation techniques taught by Paramahansa Yogananda ("Autobiography of a Yoga") and Goswami Kriyananda (Temple of Kriya Yoga) with those taught by Swami Muktananda (Siddha Yoga), Vivekananda and Ramakrishna (Raja and Jnana Yoga) and Maharishi Mahesh Yogi (Transcendental Meditation).

Power Meditation is intended to help students from all walks of life learn who they are, why they incarnated in this lifetime, what they came here to do, when they were here before, where they are to perform their services, which spiritual path is best for them and how to accomplish their life's dreams. The lessons progress step-by-step through the ten requisites for meditation and how to achieve them. At the same time, the student is led step-by-step through the ten steps of meditation and communion with the Divine.

The primary purposes of meditation are said to be:

1. Improve one's health
2. Obtain more energy
3. Be happier
4. Be more creative
5. Be more productive
6. Find inner peace
7. Attain Divine Consciousness

### **Improve One's Health**

Power Meditation relaxes our body and mind, slows down our respiration rate and our heart rate, improves the flow of blood throughout our body, increases cell oxygenation, reduces the effects of stress on our organs and bodily systems, improves our digestion

and elimination, and enhances our immune system. It's one of the healthiest things we can do for our bodies, minds and spirits.

By reducing the effects of stress caused by illness and disease, we're able to improve the function of our immune system and thus improve our health. By improving our circulatory, digestive and elimination systems, we improve our ability to eliminate toxic wastes and thus improve our health. By increasing oxygenation in our cells, we're better equipped to recover from injury and disease. We improve the quality of our health.

### **Obtain More Energy**

Better circulation, increased blood flow, reduction of stress, relaxing our body and mind, and improving cell oxygenation results in more available energy to be used for our benefit as we see fit. More energy is a direct result of improving one's health.

### **Be Happier**

Healthier people are happier than other people. Energetic people are both healthier and happier than other people. People who meditate on a regular basis are calmer and happier than other people. They suffer less from stress than other people. People are happier when they use Power Meditation than when they don't. People are happier when they use Power Meditation than when they use other forms of meditation.

### **Be More Creative**

Whatever the reason, people who meditate are more creative than other people. It may be the additional energy or fewer effects from stress. It may be improved oxygenation makes us more creative. It may be that coming into closer communion with the Divine is what makes us more creative. Whatever the reason, people who meditate are more creative than they were before they started using Power Meditation.

### **Be More Productive**

People are more productive when they meditate than when they don't. People are more productive when they use Power Meditation than when they use other forms of meditation. People who meditate are more productive than people who do not. They concentrate more deeply, focus more sharply, and attend to their tasks more intently. They have a better capacity for paying attention than people who do not use Power Meditation..

### **Find Inner Peace**

With practice, the peacefulness one experiences when using Power Meditation brings inner peace beyond normal comprehension. Using any form of meditation yields inner peace. But those who practice many different forms of meditation claim the inner peace of Power Meditation is deeper and more intense.

## **Attain Divine Consciousness**

Divine Consciousness, or Divine Realization, is the ultimate goal of all meditation. Experience teaches us we can all attain this state with practice. It takes some longer than others. The intention of one who meditates is the most important factor in attaining Divine Consciousness. The second most important factor is the depth of meditation that can be achieved. People using Power Meditation claim they attain a deeper state of meditation than with other meditation systems.

## **Invitation**

You may experience the power and depth of Power Meditation before deciding to study this form of meditation by taking our introductory course as our guest. You are not required to be a member to take the first course.



This is the ancient Sanskrit symbol for the sound of the Universe, the sound of the Divine Mind which we approximate by the word Om, Ohm or Aum. When we reach deeper states of meditation we begin to hear this sound and then we can give it the correct pronunciation and vibration. We end each practice by intoning this word a number of times. Different gurus suggest a different number of repetitions. Our suggestion is to pick a number that works for you and use it.

## **COMPASSION**

Compassion is called “non-violence” (Ahimsa) in the Eastern tradition and is sometimes relegated to speaking only of “non-injury” or “non-agitation.” But compassion is much more than any of these. Compassion is a basic approach to life that is unconditionally accepting, forgiving and loving.

Compassion is a goal and becoming compassionate is a process. We seek progress as we become more and more compassionate. We do not seek eternal and immediate perfection. We seek progress. We work each day at becoming more and more compassionate in every way. Thus we make progress.

## **COMPASSION MEANS:**

1. Do no harm to yourself
2. Do no harm to another
3. Do no harm to animals
4. Do no harm to plants

## 5. Do no harm to the planet

Compassion means to do no harm to anything, anybody, anytime, anywhere. Compassion is a state of being where we totally accept everything and everybody exactly as they are. It's a state where we forgive everybody and everything for all the harm caused to us or perceived to have been caused to us. It's a state of unconditional love for all things and all people.

Compassion is an ideal to which we aspire to the best of our ability each and every day. When we attain this ideal, we become established in God Consciousness. To become established in anything means that becomes our normal state. Most of us are established in selfishness, greed, envy and self-importance. As we practice compassion day by day these things fall away from us and we become established in higher and higher states, more accepting, forgiving and loving states. We make progress.

### **COMPASSION OPERATES ON MANY LEVELS:**

On the physical level we practice to cause no harm to ourselves and others. When we observe ourselves causing intentional harm, we stop and we evaluate the cause behind this behavior. When we observe ourselves causing unintentional harm, we stop and we evaluate the cause behind this behavior. We evaluate this in a state of contemplation and meditation. We root out the cause and we change our behavior. As we do this, we become more compassionate. That's Physical Compassion.

On the intentional level of our being we desire to be compassionate in all things and with all people. We daily affirm to ourselves that we are becoming more compassionate, more accepting, more forgiving and more loving of all people and all things. This includes ourselves and the Divine. As we do this, we become more and more compassionate. That's Intentional Compassion.

On the verbal level we practice speaking accepting, forgiving, loving and compassionate things. We avoid speaking accusing, resentful, cutting, hurtful and insulting words. We avoid speaking any words hatefully and with cruelty. When we cannot do this, we avoid speaking or we change the subject and move on to something else. As we do this, we become more and more compassionate. That's Verbal Compassion.

On the emotional level whenever we feel anger welling up within us, we transmute it into peace and calm. Whenever we feel fear or anxiety, we transmute it into inner strength. Whenever we feel sorrow or sadness, we transmute it into happiness. As we do this, we become more and more compassionate with ourselves and others. That's Emotional Compassion.

On the psychological level, we resolve to play no games with ourselves or others. We resolve to stop deceiving ourselves and others. We drop our false images of ourselves and we become more and more real, more and more who we truly are. We stop playing

games and appearing to be something other than what we really are. As we do this, we become more and more compassionate. That's Psychological Compassion.

On the mental level, we make a considerable effort to accept, forgive and love. We make a conscious decision to accept, forgive and love more today than we did yesterday. In every situation we face, we intentionally and consciously decide to accept more and more, forgive more and more and love more and more. As we do this, we become more and more compassionate. That's Mental Compassion.

On the spiritual level, we meditate and pray for others. We meditate that they may obtain more compassion in their lives. We pray they will find it in their hearts to be more compassionate with the people, plants and animals in their lives. As we do this, we become more and more compassionate. That's Spiritual Compassion.



This the OM (or AUM) symbol used to end each lesson. It's a three-letter glyph of the Sanskrit voiced or unvoiced sounds for Ah - Oh - Mm. The symbol approximates the sound of the Divine Creation we hear in deep meditation. The more we meditate the sound of OM comes closer and closer to this reality. Eventually we become washed in this sound most of the time. That's a sign of Enlightenment or Self-Realization. In time we become "established in this sound." That means we hear the "Divine Voice" all the time and we become "God Realized."

Within this sound of OM, the Divine speaks to us in many voices: parent, child, son, daughter, father, mother, friend and lover. We can also enter this sound to travel wherever we want within the creation and do wondrous things. So, this symbol is a reminder to listen to the "Voice of the Divine" within you.

Set your intention for your meditation. It doesn't matter what that intention is. Just keep in mind that any good you intend for others will have a small good effect on you; and whatever harm you intend for others will have a huge negative effect upon you. Please remember we're all in this lifetime together to help each other to the best of our ability.

There is an ancient philosophy in both the East and the West teaching us that twenty percent (20%) of all the good will we intend for others will be visited upon us. The other eighty percent (80%) is visited upon the ones for whom we pray and meditate. If we meditate and pray for beneficial things, everybody receives beneficial things in those proportions.

The other side of that coin is that twenty percent (20%) of all harmful things we intend to do unto others in our prayers and meditations actually causes them some harm. But, the

other eighty percent (80%) of that harm is visited upon us. We really do unto ourselves whatever we attempt to do unto others. We really do help ourselves by helping others.

The first thing we do as we start our Power Meditation is to decide what we want to accomplish with our meditation. In the beginning, we set simple goals to relax more, go deeper and we pray for the benefit of others. As we progress from step to step, we set our intentions for higher purposes. We seek out our spirit guides, guardian angels, master teachers, self realization and realization of the Divine.

Set your intention, breathe deeply and relax.

You may close your eyes if you wish. You may sit, stand or recline if you wish. You may practice at any time, in any place and for long as you wish. Experience teaches us that three (3x) to five (5x) practice sessions a day is just about ideal. More or less is less and less effective. Experience teaches us that twenty (20 min) minutes per session is just about optimal. More or less time in each session becomes less and less effective. If you want to practice an hour a day, three twenty minute sessions are far more effective than one single one-hour session.

Set your intention, breath deeply and relax.

Relax your whole body more and more. Start with your feet, toes, and ankles. Will them to relax more and more. Consciously feel your toes, feet and ankles relaxing. Continue breathing deeply and relax until you feel the warmth in your feet toes and ankles as they relax more and more.

Relax your lower legs, knees and upper legs. Will them to relax more and more. Let go of any tension and consciously relax your knees, upper and lower legs. Continue breathing deeply and relax until you feel the warmth as your upper and lower legs and your knees relax and the blood flow through them increases.

Set your intention, breathe deeply and relax. Relax your upper and lower legs, knees, ankles and feet.

Relax your hips, your abdomen and chest. Let all tension go. Relax your hips and torso and Continue breathing deeply and relax until you feel the warmth flow through your body, down your legs, through your knees and ankles down into your feet and toes.. Feel your body and legs relax more and more.

Relax your fingers, hands, wrists, lower and upper arms, elbows and shoulders. Make a conscious effort to let all tension go. Intentionally allow your muscles to relax and Continue breathing deeply and relax until you feel the warmth in your fingers, hands, wrists, lower arms, elbows, upper arms and shoulders as your circulation improves.

Set your intention, breathe deeply and relax. Relax your whole body from your shoulders to your toes. Continue breathing deeply and relax until you feel the warmth and relaxation from your shoulders all the way down to your toes.

Relax your shoulders and your neck. Relax your jaw and your face. From the tip of your toes to the top of your head, relax, Continue breathing deeply and relax until you  
Continue breathing deeply and relax until you feel the warmth and relax. Practice this two to four times a day (2-4x) for ten to twenty minutes (10-20 min) each session for the next seven (7) days.

If you must practice for less time and/or for fewer sessions, it may take longer than one week for you to master this technique. You do the best you can and practice to the best of your ability when you can. It's perfectly O.K. to take things more slowly.

If you are driven to practice for more time and/or more sessions, please consider spending that extra time practicing compassion and praying or communing with the Divine. To spent this extra time in meditation practice may work out well. It may also slow your progress. Do the best you can and prepare for the next lesson as best you can.

Set your intention, breathe deeply and relax. Relax your whole body from the top of your head to the tip of your toes. Breathe deeply and relax more and more. As you inhale, relax your face and your shoulders. As you exhale, relax your shoulders, and the rest of your body. Breathe deeply and relax. Feel these waves of relaxation move down from the top of your head to your shoulders, and from your shoulders all the way through your body to your feet. Continue breathing deeply and relax.

## **CONCLUSION**

This concludes Part One of the teaching materials for the Power Meditation technique. Please practice this much of the technique two to three times (2 - 3x) daily for fifteen to twenty minutes (15 - 20 Min) for best results for one week or until you can master this technique. Set your intention for your meditation, breathe deeply and relax to the best of your ability. Continue to relax more and more as you breathe more deeply and relax more and more.

