

SAHAJ MARG, The Natural and easy way to connect to Divine

1) Sit comfortably on ground or chair, close your eyes, cross legs and palms, take few short breaths. think or imagine **once and once only** that Divine Light (DL) is present in the heart. do not give any shape or form to it. light may force you think of having a shape or form such as a ball or column of bright light. so think of **formless Divine Light in your heart and start meditating.**

DO NOT meditate on any thought, including the thought of DL, no mantra or a mental picture of any deity is needed. Let connection with DL help you meditate. This is **Sahaj Marg**, the easy way to meditate. whenever mind starts wandering and **then and then only** re-connect slowly (not forcefully) to that Sankalpa or thought of DL again **only to reconnect.** do this for 20 minutes early morning and before retiring. You will see the result within a week or a month.

2) Cleansing: in the evening just after sunset (twilight) **FEEL** with your eyes closed that all six main impurities (lust, anger, greed, pride, attachment and jealousy etc.) are going out of the body in the shape of vapors from the backside of your head, but do not try to mentally see those vapors, just imagine them going out!! for couple of minutes.

3) A short 4-5 lines prayer before bed, eyes closed, should be performed as given by Divine:

“O, Master!

Thou are the real goal of human life.

We are yet but slaves of wishes

Putting bar to our advancement.

Thou art the only God and Power

To bring us up to that stage.”

Prayer in Hindi

“ हे नाथ तू ही मनुष्य जीवन का ध्येय है.

हमारी इच्छायें हमारी उन्नति में बाधक हैं.

तू ही हमारा एकमात्र स्वामी और इष्ट है.

विना तेरी सहायता तेरी प्राप्ति असंभव है.”

OM TAT SAT

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