

SCIENCE OF MEDITATION



MEDITATION IS VERY VERY EASY

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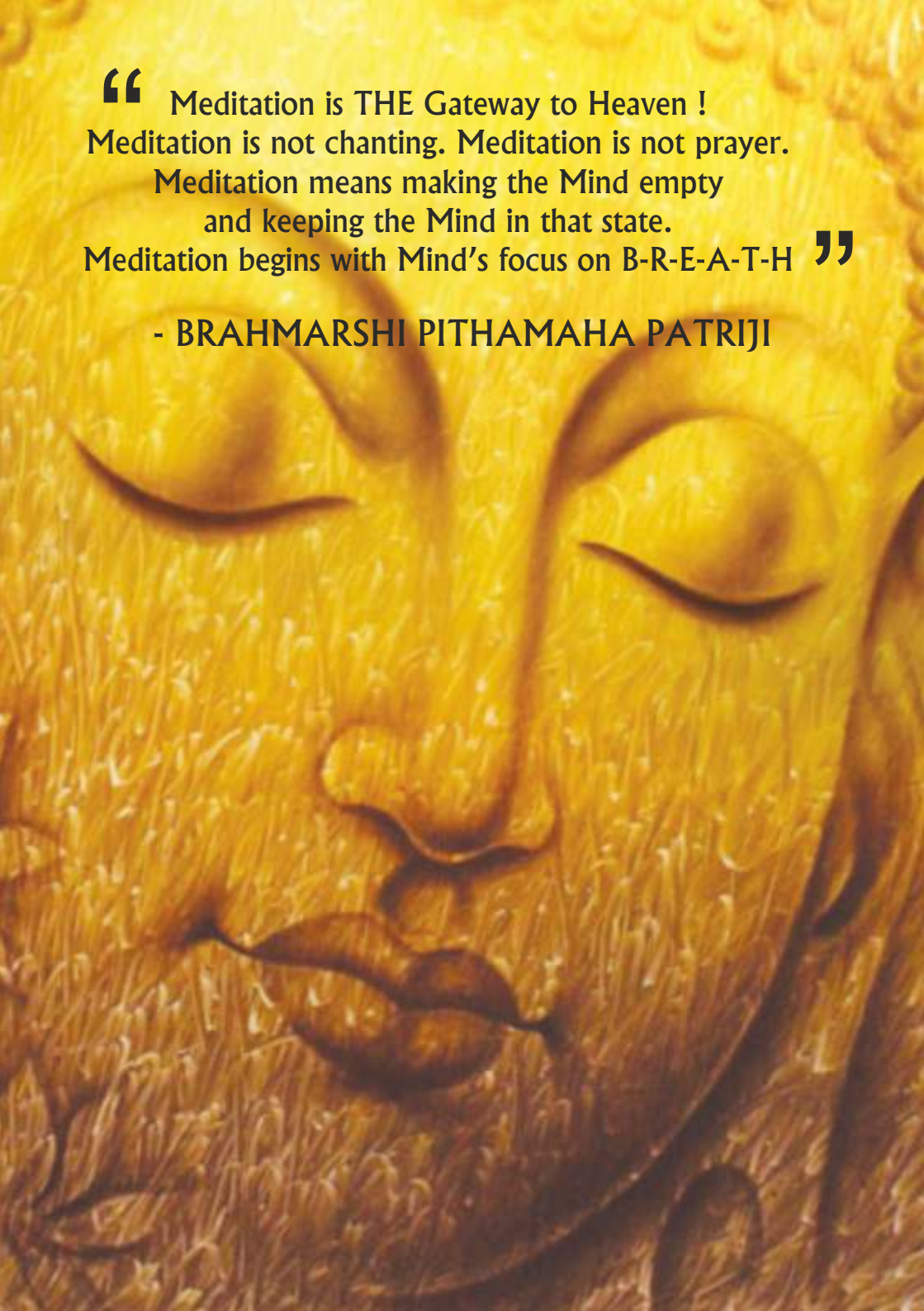


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**“ Meditation is THE Gateway to Heaven !
Meditation is not chanting. Meditation is not prayer.
Meditation means making the Mind empty
and keeping the Mind in that state.
Meditation begins with Mind’s focus on B-R-E-A-T-H ”**

- BRAHMARSHI PITHAMAHA PATRIJI

“ What is Meditation ? ”

In simple language .. **Meditation** is “ **total cessation.. or ending.. of the restless thought-stream of the mind** ”. A state, free from all stray and idle thoughts, **Meditation** is the gateway to obtain cosmic energy and cosmic intelligence that surrounds us.

Meditation means making our mind '*rather empty*'. Once our mind is more or less empty, we have a tremendous capability of receiving cosmic energy and cosmic information surrounding us. This leads to good health and absolute clarity in thought processes leading to a joyous life!

Meditation is the grand portal to the Kingdom of Spiritual Wisdom and it revolutionizes our spiritual growth.

With regular and deep practice, we do reach altered states of consciousness or higher frequencies and experience bliss quite naturally.



“ Meditation is Very Very Easy ”

Meditation is very, very easy to practice.

It is so very simple. One should immediately begin with the practice of ' Anapanasati ' in which one needs to be mindful of one's natural Breath.

In ' **Pali** ' language,

' **Ana** ' means ' **In-Breath** '
' **Apana** ' means ' **Out-Breath** '
' **Sati** ' means ' **Observe** '

Gautama Buddha taught this technique of Meditation two thousand and five hundred years ago.

In “ Anapanasati ” .. one needs to maintain normal breathing. Breathe calmly ! The task on hand is to consciously observe the naturally happening Breath.

Breathing should be natural, without any effort on our part. There should not be any holding or stopping of the Breath. Whenever the mind wanders, one has to consciously cut the “ stray thoughts ” and bring one's attention back again and again to the natural rhythm of breathing. Relax, and become the grand ' observer ' of the Breath !

Being conscious of the normal breathing process means, no unnecessary thoughts are allowed to occupy our mind ; unnecessary thoughts distract and scatter our SOUL'S energy.

Stray thoughts should be brought to a halt as and when they keep arising. “ Observation ” means, we are not influencing the Breath in any way with any of our material senses or thoughts; we are simply observing it.



“ Science of Meditation ”

Sleep is unconscious Meditation... Meditation is Conscious sleep.

In sleep, we get limited Cosmic Energy... In Meditation, we get **abundant Cosmic Energy**. This energy enhances the power of our body, mind and intellect. With this boosted Cosmic Energy through Meditation, we will be relaxed, healthy and happy.

Meditation is nothing but a journey of our consciousness towards the **Self**. In Meditation, we consciously travel from body to mind... mind to intellect... intellect to self and beyond.

When body relaxes, consciousness travels to the next zone... mind and intellect. Mind is nothing but a bundle of thoughts. There are numerous thoughts always coming to the surface of the mind... whenever there are thoughts in the mind, we may get many questions known or un-known.

To transcend the mind and intellect, one has to observe the **breath**. **Observation** is the nature of the Self. So, one should just witness the breath.

Don't do conscious breathing, don't inhale or exhale consciously. Let inhalation or exhalation happened on its own. **Just observe the normal breathing**. This is the main Key, this is the Way.

Don't go behind the thoughts; don't cling to queries, questions or thoughts. Cut the thought and come back to Breath, observe normal breathing... be with your breath.

Mantra chanting or any chattering inner or outer are the activities of the mind... so, it should be stopped.



“ Science of Meditation ”

With more and more practice of Meditation, slowly breath becomes thinner and shorter. Finally, breath becomes smallest and settles like a flash in-between the eyebrows. In this state, one will have no breath! And no thought! He will be totally thoughtless, this is **The Meditative State!**

In this state, we will be under the shower of Cosmic Energy. The more Meditation one does, the more will be the cosmic energy one receives.

We may practice Anapanasati at will, on our own. However, one needs to practice Meditation on a regular basis. **Consistency** is the name of the game. Initially, there will be some resistance as we strive to tame our ' **monkey-mind** ', but it gets easier and easier with repeated everyday effort.

One can meditate at any time of one's choosing according to what suits one's convenience. However, it is important to **practice Meditation regularly** .. every day .. that is all that is needed.



“ Posture for Meditation ”

For Meditation, first thing is the posture. We may sit in **any posture**. The posture must be very comfortable and stable.

We can meditate **either on a floor or on a chair**. We can meditate in any place where ever we feel comfortable.

Sit comfortably, **cross your legs, clasp your fingers and close your eyes**. Just relax... **totally relax**.

When we cross our legs and clasp our fingers, energy circuit is formed and gives more stability. Eyes are doors of the mind... so, eyes should be closed.

Remove your eye-glasses/spectacles, if you are using any.



“ Anyone can Meditate ”

In fact, **children take to Meditation faster and in an easier way compared to adults as children have such simple minds.**

While sitting down for Meditation, concentration comes to children quite easily. Adults have to try a little harder to tame their ' monkey mind ' that jumps constantly from one thought to another.

Irrespective of one's creed, color or religion, one should practice this universal art .. every day .. at a time of their own choosing.

Anyone can practice **Meditation** without necessarily holding on to any religious or mystical philosophy.



“ Three Grand Happenings ”

As a meditator begins his Meditational journey, he/she is able to observe his/her thoughts and the truth objectively.

He/she then starts traveling from grosser truths to subtler truths and finally witnesses the Ultimate Truth. This grand voyage in consciousness can only be done by exploring the reality within oneself.

Though the different stages in Meditation cannot be clearly earmarked from one another with any definitive boundary line, for our own understanding, here are “ Three Stages ” or “ Three Grand Happenings ”.

The First Happening : When we are with the normal and natural flow of the BREATH, the mind becomes rather empty.

The Second Happening : When the mind is rather empty, a huge amount of cosmic energy gets flooded into the physical body.

The Third Happening : When sufficient amount of cosmic energy enters the physical body, the result is a reasonable amount of activation of the '*third-eye*'.

The culminating result in Meditation is the activation of our 'inner senses' or 'extra-sensory perception' or the '*third-eye*'.



“ Meditation .. for How Long ? ”

One very natural query is, “For how long should one sit for **Meditation** ? Is there any thumb-rule that works for everyone ?” Yes .. there is !!

Meditate for a minute corresponding to every one year of your age. So, if you are 20 years of age, start with twenty minutes of Meditation in a day; if you are 40 years of age, you need to meditate for forty minutes .. and, if you are 60 years of age, sixty minutes of **Meditation** in a day is sufficient.

One can meditate at any time of the day according to one's own convenience. If a 50 year old wants to break up his **Meditation** session into two sessions of twenty five minutes each during the day.. it is 'okay' initially.

Meditation is the first step towards controlling our material mind and outward senses. While meditating deeply, time passes quickly.. so do not be surprised if fifteen or thirty minutes in **Meditation** seem like five !

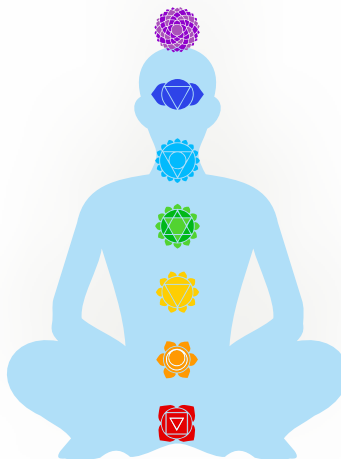
Any struggle to keep eyes closed and keep thoughts away is only in the initial stages. Once you are into deeper levels of **Meditation**, you tend to lose track of time .. as it is only in the material world that we do have a sense of time. In Meditation, the Soul/ Self gets connected to timelessness.



“ Experiences during Meditation ”

Depending on the intensity of our **Meditation** and our particular evolutionary needs, initially, we may get many custom-made experiences. For example, a beginner in **Meditation** may experience one or more of the following:

- A feeling of '*lightness*' in the physical body.. as if the body is non-existent
- A feeling of '*heaviness*' in the head or any other part of the body
- One may '*see*' colours, one or more of them
- A feeling of mild to severe '*pain*' .. especially in the lower back region
- A '*whirling sensation*' from within
- One may feel as if one is '*floating*' in the air or flying like a bird
- Clear and '*vivid visions*' may be seen of natural scenery or of places of worship or of deities or gurus etc. These are known as '*third-eye visions*'



“ Exchange of Experiences ”

All **experiences** experienced in the process of Meditation should readily be **shared** with other meditators. We must not be judgemental or entertain any doubts about these experiences.

As we proceed further in our spiritual journey through more and more regular Meditation, we begin to understand each and every physical experience and this will lead to a **greater transformation** within.

We can also **self-assess** or evaluate our progress by exchanging our experiences with other **senior meditators**. Everyone benefits from this simple and magnificent ancient Art and Science of “Anapanasati”.



“ Meditation and Enlightenment ”

Enlightenment is '*awareness*' that everybody is potentially divine and infinite.

You are your own **Guru**; no one can make you enlightened .. nor can you give enlightenment to others.

One has to walk this path by oneself .. for one's own self. One is born on this Earth exclusively for one's spiritual growth. Hence, the spiritual choices he/she makes are of utmost significance.

By practicing regularly *Anapanasati Meditation* .. and by constantly refining and fine-tuning all our intellectual concepts through right spiritual reading and by seeking the right spiritual company, one can easily realize the ultimate truth in this very life-time itself.



“ Is Meditation alone Enough ? ”

By doing **Meditation**, a meditator will become basically enlightened .. but that alone is never enough! Alongside Meditation, 'Swadhyaya' or “**study of Spiritual books**” accompanied by '**Sajjana-Sangatya**' or “**getting into company of Enlightened Masters**” is a must !

“**Swadhyaya**” involves reading all spiritual books written by all great masters that exposes us to wise concepts enabling us greatly to cultivate the power of discrimination. Our intellect gets immensely nurtured by reading good and meaningful spirituo-scientific books.

Keeping good spiritual company .. “**Sajjana-Sangathya**” .. helps us in so many ways. We learn from the enlightened experiences of other masters and we learn to hasten our progress tremendously in the path of spiritual growth.

“**Sajjana-Sangatya**” really is not just socializing in spiritual circles to escape the monotony of everyday worldly-life ; it is the gathering of precious gems of spiritual wisdom from everyone in the field.

Meditation prepares a person for Swadhyaya and Sajjana-Sangathya .. and they in turn act as a dam against the ocean of ignorance that is the hallmark of every ordinary human.



“Additional Tips for Meditation ”

To facilitate good and proper Meditation...

- ✧ Sit in a calm and cozy place. Posture should be as comfortable as possible
- ✧ It helps to darken the place as much as possible wherever one is meditating .. switch off the lights, draw the curtains .. ward off unnecessary stimulation
- ✧ It helps to wear loose, comfortable clothes while sitting for Meditation
- ✧ It helps to drink some water before meditating. A gap of half an hour or so after food may be helpful to some
- ✧ It helps very much if we meditate at the same place and at the same time, everyday
- ✧ **Crystals have the power of receiving and distributing cosmic energy.** Meditation done in the presence of a pure crystal is called Crystal Meditation. **Crystal energies supports Intense Meditation**



“ More Powerful Meditation ”

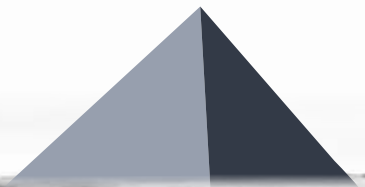
- ✧ **Group Meditation is three times more powerful than “ Alone Meditation ”.** It is even better if the group comprises of Senior Meditators
- ✧ **Full-Moon Meditation** (Meditation done on a full-moon day) **is three times more powerful than ordinary non full-Moon Meditation**
- ✧ **Nature Meditation** (Meditation done in natural surroundings like mountaintop , lake side etc.) **is *three times more powerful than ordinary “inside the four walls ” Meditation***
- ✧ **Music Meditation** is again three times more powerful. You can listen to your own favourite classical **Instrumental Music**
- ✧ **Pyramid Meditation** (Meditation under a pyramid) **is *three times more powerful than ordinary “No-Pyramid ” Meditation***



“ Benefits of Meditation ”

Benefits of Meditation are manifold :

- ✧ Mind always stays in a peaceful and joyous state ..
- ✧ Memory power increases ..
- ✧ All work gets done with greater efficiency ..
- ✧ Sleep-time requirements get reduced ..
- ✧ Thought power gets tremendously boosted .. Ability to discern 'right' from 'wrong' gets sharpened ..
- ✧ Wasteful habits die a natural death ..
- ✧ Healing happens naturally..
- ✧ Relationships become more meaningful and fulfilling..
- ✧ Purpose of life is better understood ..



“ Benefits of Meditation ”

✧ Joyous Mind :

Life is full of failures, insults and pains for any given person. However, for a person with spiritual knowledge and spiritual energy, life becomes always peaceful and joyful.. in spite of all the failures, insults, and pains.

✧ Enhancement of Memory Power :

The abundant spiritual energy gained in Meditation helps the brain to work more efficiently and to its maximum capacity.

Meditation enhances memory power tremendously. ***Meditation is absolutely essential for all students, both at the school level and at the university level.***

✧ Increased Work Efficiency :

In the presence of abundant spiritual energy and spiritual wisdom, all work .. be it physical or mental .. gets done with greater efficiency.

✧ Reduced Sleeping Time :

Abundant spiritual energy is obtained in Meditation. Only a fraction of that energy is obtained during sleep. Half-an-hour of deep Meditation is equivalent to six hours of deep sleep, in terms of rest for the body and energy for the mind.



✧ **Power of Thought :**

Thoughts need power to reach their particular targets. In a restless state of mind, thoughts are produced with least power. Therefore, they don't reach their respective targets. However, in the presence of a restful state of mind, thoughts acquire greater power and all intents get dramatically actualized.

✧ **Right and Wrong :**

For a spiritually mature person, there are no dilemmas about making the Right Choices.

✧ **End of Wasteful Habits :**

There are several wasteful habits like over-eating, over-sleeping, over-talking, over-thinking, over-drinking etc., etc. With spiritual wisdom and spiritual energy obtained from Meditation, all wasteful habits die naturally.

✧ **Healing Happens Naturally :**

All physical afflictions are because of mental worries. All mental worries exist primarily because of intellectual immaturity.

Intellectual Immaturity exists because of lack of spiritual energy and lack of spiritual wisdom. Again, all diseases exist primarily because of previous negative karma. Until and unless the negative karma is neutralized, the disease will not vanish. No medicine will ever be of any help to clear the negative karma. Through Meditation, when we get abundant spiritual energy and spiritual wisdom, the intellect automatically becomes spiritually mature. By and by, all mental worldly worries cease and all physical afflictions disappear. ***Meditation is the only way to heal all diseases, at the fundamental level.***



“ Benefits of Meditation ”

✧ Qualitative Relationships :

Lack of spiritual wisdom is the only reason why inter-personal relationships lack qualitative engagements and are so unfulfilling. In the presence of spiritual wisdom, all inter-personal relationships become more meaningful and more fulfilling.

✧ Purpose of Life :

We are all born with a particular purpose, with a particular mission, with a particular design and with a particular plan. Only the spiritually mature can understand and be aware of their particular purpose, mission, design and plan in their lives.

In **Meditation**.. the Soul / Self breaks out of the cocoon of spiritual ignorance. More **Meditation** leads to newer personal experiences and the grand understanding of the infinitely expansive reality of the Cosmos. This is ' Enlightenment '. Anyone can meditate. This most important practice is for everyone .. children.. youth and adults !



“ Mind Miraculous ”

“ Mind = Life ”

“ MIND ” is a complex phenomenon woven out of a huge bundle of thoughts/ desires/ intents/ purposes/ goals.

Particular inner intents invariably manifest as particular outer life-situations.

“ MIND ” is the “ seed ” .. “ LIFE ” is the “ *tree* ”

As we sow, so we reap.

“ LIFE ” is the great tree of creation that is issuing forth out of the seed of the Mind.

We are the CREATORS of all our on-going and continuous stream of intents and we are equally the sustainers / destroyers of our particular intent patterns of the **mind**.

At any given moment of time, we could always say ' no ' to a previous negative thought pattern of the mind .. and give birth to a new positive thought pattern of mind. The ball always is in our own court.

“ coming out of childhood conditioning ”

In child-hood, parents/social environment provide for the growing thought/intent/cultural patterns of the child's mind.

However, as the child grows .. and as the child is becoming an young adult .. the onus falls on the young adult to give birth to a positive frame of mind. For the young adult, the time absolutely comes to begin to choose consciously all the useful thought-patterns of mind.



“ different thought-patterns of different Minds ”

There are many, many thought-patterns of mind and it would be wise to choose the best pattern of them all. Basically, there are four main thought-patterns of human psyche.

I. Mind Disastrous II. Mind Negative III. Mind Positive IV. Mind Miraculous

I) Mind Disastrous :

Suppose a person is driving a car or a bike .. for the first time .. and he/she is driving into the downtown...

Now, if a person, he/she, possesses a “disastrous” thought-pattern of mind ..he/she will say :

“ Since I am driving for the first time into the downtown, I am terribly afraid that an accident may happen. ”

With such a thought-pattern of mind, if a person starts driving, an accident will of course happen .. because .. he/she has actually said “*accident may happen*”.

II) Mind Negative :

Now, a second type of person .. a rather negative minded person .. he/she would say :

“ I am driving for the first time into the downtown. I don't know what will happen .. may be, I will have an accident .. may be, I will not have an accident .. I don't know. ”

So, with such a thought-pattern of mind, somehow, he/she will just avert a disaster.



But, he/she will land into some problem .. like parking in a wrong place, going in a wrong by-lane etc. In this case there would be no “disaster ” as such but there may certainly be “a problem ”.

III) Mind Positive :

Coming to the third type of a person .. a positive minded person .. he/she is prone to say : “ *Although this is the first time that I am driving my car into the downtown, it will be perfectly all right. Nothing untoward will happen.* ”

Although it is the first time, he/she is going into the downtown, he/she will certainly manoeuvre himself/herself beautifully and return safely. There will certainly be no accidents and there will be no “problems ” too .. like going into wrong lanes etc.

Different wordings emanating from the mouth are sourced out of different patterns of mind. Souls at different levels of evolution have, of course, different thought-patterns of mind.

IV) Mind Miraculous :

The final .. the fourth type of a person .. “the MASTER ” .. is a person who maintains impeccably a pattern of mind that is called a miraculous one. He/she is also driving into the downtown for the first time. Yet, he/she is bound to say :

“ *I will reach the targeted place comfortably and come back in twenty minutes.* ”

So, even if it is the very first time, one can still set a target .. a challenge .. for oneself. That is the constant state of a master's miraculous mind.



“ Mind Miraculous ”

For example, Jesus Christ's mind or Gautama Buddha's mind .. you don't call such minds as “ minds positive ” .. they are “ *minds miraculous* ”.

“ flow of life follows goals set ”

As we set our specific mind- level goals, .. we give specific directions to our lives. If we don't set a specific goal .. our lives will, naturally, drift and aimlessly wander. If we do not set a definite target, then, LIFE cannot know in which direction it has to go and grow. In such cases, LIFE can not go anywhere.

We are always .. therefore .. required to give specific directions to our lives through maintaining a specific pattern of mind .. at the minimum, a “ *positive mind* ” .. and at the maximum, a “ *miraculous mind* ”.

“ goals miraculous ”

If we want our lives to be miraculous .. we will have to cultivate a mind miraculous .. and set goals miraculous !

If we have a disastrous mind .. a disastrous life will automatically follow. If we have a negative mind .. a negative life will automatically follow. If we possess a positive mind .. a positive life will automatically follow. And, if we consciously cultivate a miraculous mind .. a miraculous life, again, automatically follows.

As the mind of a person is .. so is the whole pattern of life of that person.

Intense Anapanasati Meditation assures us that we always have such a state of miraculous mind.



“ Pyramid Energy ”

A **Pyramid** is the most stable structure, and one which receives the highest Cosmic Energy on this Planet Earth.

Pyramids, when built, angled in a way according to the great Pyramids of Egypt i.e., to their **Golden angle of inclination of 51 degrees 50 minutes** and cardinal directions alignment, have been observed to be receiving the highest amounts of Cosmic Energy.

This is the reason for their being the store-houses of energy drawn from the universe. The power of the Pyramid was obtained through a blending of the radiated cosmic energy with that of the gravitational force of Earth.

A **Pyramid** has to be aligned to perfect cardinal directions .. North, South, East and West. Cosmic Energy gets accumulated most at 1/3rd height from the base of the **Pyramid**. This place is known as “ King's Chamber”.

Pyramid is a geometric energy amplifier.

When an object is placed inside the **Pyramid**, it receives amplified or stronger information about itself. This frequency raises the potential of the element and charges it. It makes no difference what is put into it.

The **Pyramid** puts things back the way they are supposed to be; it makes things more perfect.

Any material can be used to construct a pyramid. It is enough if we know the base measurement alone for the construction of a Pyramid.



" Pyramid Energy "

We can calculate the dimensions of the pyramid with the following formula:

$$\text{Side of Pyramid} = \text{Base} \times 0.951$$

$$\text{Height of pyramid} = \text{Base} \times 0.636$$

$$\text{Height of King's Chamber} = 1/3 \times \text{Height of pyramid}$$

BENEFITS OF PYRAMIDS

- ◆ When the Pyramid energy is absorbed regularly, the body's **immunity increases** significantly
- ◆ When we drink **water** stored in a Pyramid for a minimum of three days, the universal energy reaches all parts of the body
- ◆ Pyramids help to **reduce** the level of **stress** and **tension** in the physical body
- ◆ **Memory power** and **concentration** improves for students who wear Pyramid caps while studying
- ◆ There is a **continuous flow** of energy in the Pyramid. Irrespective of the number of people present, everyone receives equal energy from the Pyramid
- ◆ The **power of our will** (and what we think) increases under/inside a Pyramid
- ◆ **Quality of sleep** and **clarity of dreams** improves under a pyramid



“ Pyramid Meditation ”

Meditation done inside or underneath a pyramid, is called “*Pyramid Meditation*”.

Most people, who have experimented with Pyramid Meditation, describe themselves as experiencing a total relaxation of their body, followed by a shutting out of all unnecessary external stimuli and irrelevant thoughts and finally achieving an altered state of consciousness which allows them to attain deeper inner levels.

Meditation done inside a Pyramid is “ three times ” more powerful than ordinary “No-Pyramid” Meditation.

Pyramids provide the most effective high-energy environment for all beginners of **Meditation**.

Out-of-body experiences are easily obtained when Meditation is done inside a pyramid. Dreams become clearer and they take the quality of a normal wakeful state.

The use of a **Pyramid** in **Meditation** will accelerate the relaxation process, bringing feelings of calmness, well-being, and a more open and positive attitude. Many users have attested to the increased memory recall, sharper visions of past incarnations, greater amount of telepathic communication and a general improvement in moment-to-moment awareness.



Founder of Pyramid Spiritual Societies Movement



Brahmarshi Pithamaha Patriji realised the power of meditation through his own profound experiences early in his life and attained enlightenment in the year 1979.

He founded the Pyramid Spiritual Societies Movement (PSSM) in 1990 with the objective of spreading the message of spiritual and harmonious living and bringing its benefits within the easy reach of all humanity, without any barriers of class, religion or region.

The Pyramid Spiritual Societies Movement is a non-religious, non-cult, non-profit voluntary organization whose sole mission is to spread Anapanasati Meditation, Vegetarianism and Pyramid Power to one and all.

Brahmarshi Pithamaha Patriji's approach has been scientific and secular. He has written over 70 books and traveled around the world, exploring and teaching universal truths to millions of seekers. He teaches and guides with the same level of enthusiasm and friendliness to all spiritual seekers whom he interacts with and is readily accessible to everyone.

Over 20,000 Pyramid Meditation Centers and more than 10,000 pyramids for Meditation have been established around the globe by Pyramid Spiritual Societies Movement.

www.enlightenmenteverywhere.org

Pyramid Valley International

(30 km from Bengaluru City ; 75 km from Bengaluru International Airport)

“ **Pyramid Valley** ” .. home for India's first largest Meditational Pyramid (160'x160'at base).. is an International Meditation Center serving individuals, societies and organizations in their quest for self-realisation and spiritual wisdom and helps them unlock their hidden potential.

The “ **Pyramid Valley** ” has been set up with the core objective of providing a common platform for all world spiritual masters, to collaborate for achieving a peaceful and compassionate Planet Earth in the shortest possible time.

Objectives of the Center : To spread the concepts of Science of Meditation, Vegetarianism, and Pyramid Power to one and all, and to serve as an **International Meditation Center** for all sincere and serious Meditation seekers and to serve as the central nucleus for all activities of Pyramid Spiritual Societies Movement.

www.pyramidvalley.org



Maheshwara Maha Pyramid

(30 km from Hyderabad International Airport)

“ **Maheshwara Maha Pyramid** ” was constructed as part of a unique cosmic design, by Pyramid Spiritual Societies Movement.

Dimensions: 180' x 180' length and breadth and height 113.60'. Compares at 1/20th size of the famous Giza Pyramid perfectly aligned to True North. It has been built with granite, steel and lime stone.

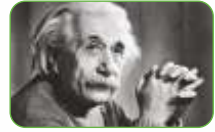
About 6,000 people can meditate at a time inside this Pyramid. The huge King's chamber alone can seat 500 meditators.

www.maheshwarapyramid.org



“ Being a Vegetarian ”

“ Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind. ”



Albert Einstein

“ The more we exert our loving kindness and protection towards all beings, the greater we will be in the world. ”



Ching Hai

“Could you look at an animal in the eyes and say to it .. 'My appetite is more important than your suffering ? ' ”



Moby

“ Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages. ”



Thomas A. Edison

“ Vegetarianism is a conscious effort .. a deliberate effort .. to get out of the heaviness that keeps you tethered to the Earth so that you can fly .. so that the flight from the alone to the alone becomes possible. ”



Osho

“ Veganism is not about giving anything up or losing anything; it is about gaining the peace within yourself that comes from embracing non-violence and refusing to participate in the exploitation of the vulnerable. ”



Gary L. Francione



“ Being a Vegetarian ”

“ Animals do not 'give' their life to us, as the sugar-coated lie would have it. No, we take their lives. They struggle and fight to the last breath, just as we would do if we were in their place. ”



John Robbins

“ If slaughterhouses had glass walls, everyone would be vegetarian. ”



Paul Mc Cartney

“ Life is as dear to a mute creature as it is to man. Just as one wants happiness and fears pain, just as one wants to live and not die, so do other creatures. ”



Dalai Lama

“ People eat meat and think they will become strong as an ox, forgetting that the ox eats grass. ”



Pino Caruso

“ My nutrition approach is based on intuition, logic, science and experience. All four of those led me to the truth that a low-fat, high-carb, mostly raw vegan life-style is the optimum, not only for my health, but most importantly for the wellbeing of the planet. ”



Tim Shieff



“ Being a Vegetarian ”

“ Our indifference or cruelty towards fellow creatures of this world sooner or later affects the treatment we mete out to other human beings. ”



Pope Francis

“ I don't see why someone should lose their life just so you can have a snack. ”



Russell Brand

“ I've been a vegetarian for years and years. I'm not judgemental about others who aren't, I just feel I cannot eat or wear living creatures. ”



Drew Barrymore

“ I've been vegetarian since the 80's and, lately, even vegan. And, I once happened to witness the slaughter of a cow. What atrocity must undergo an animal to satisfy the appetite of those fat men who eat hamburgers ! ”



Anthony Kiedis



“ Recommended New Age Spiritual Books”

Author/s

Books

Alice A. Bailey	Ponder on This
Anodea Judith	Chakras Wheels of Life ; Eastern Body - Western Mind (All Books)
Anthony de Mello	One Minute Wisdom
Barbara Hand Clow	The Pleiadian Agenda ; The Mayan Code (All Books)
Barbara Marciniak	Bringers of the Dawn ; Earth Path of Empowerment (All Books)
Betty Shine	Mind Waves
Bhavanagiri Khorshed	The Law of Spirit
Bill Schul & Ed Pettit	The Secret Power of Pyramids
Brandon Bays	The Journey
Brian Weiss	Many Lives, Many Masters; Messages from the Masters (All Books)
Bruce Goldberg	Past Lives - Future lives ; Astral Voyages; Protected by the Light (All Books)
Bruce Lipton	The Biology of Belief ; The Honeymoon Effect
Bruce Moen	Voyages into the Afterlife
Carlos Castaneda	Journey to Ixtlan ; A Separate Reality ; The Art of Dreaming (All Books)
Deepak Chopra	Seven Spiritual Laws of Success; Ageless Body-Timeless Mind (All Books)
Dolores Cannon	Between Death & Life ; Convuluted Universe (All Books)
Don-Miguel Ruiz	The Four Agreements ; The Fifth Agreement.

“ Recommended New Age Spiritual Books”

Doreen Virtue	Healing with the Fairies (All Books)
Dr. Eric Pearl & Frederic Ponzlov	Solomon Speaks on Reconnecting your life
Dr. Fred Alan Wolf	Taking the Quantum Leap ; The Spiritual Universe (All Books)
Eckhart Tolle	A New Earth ; Stillness Speaks ; The Power of Now (All Books)
Echo Bodine	Echoes of the Soul (All Books)
Ervin Laszlo	Quantum Shift in the Global Brain ; The Immortal Mind
Elisabeth Haich	Initiation (All Books)
Frederick Lenz	Surfing the Himalayas; Snowboarding to Nirvana
Gurdjieff	Meeting with Remarkable Men; In Search of the Miraculous (All Books)
Hegde B.M.	What Doctors Don't Study in the Medical School
Ian Stevenson	Twenty Cases Suggestive of Reincarnation Idries Shah The Sufis
Jane Roberts Seth	The Nature of Personal Reality The Eternal Validity of the Soul (All Books)
Jasmuheen	Living on Light ; The Food of Gods; Ambassadors of Light (All Books)
Jerry Hicks / Esther Hicks	Ask and it is Given; The Law of Attraction (All Books)
Judy Satori	Sunshine Before the Dawn
Justin O'Brien	Walking with a Himalayan Master
Joe Dispenza	You are the Placebo ; Breaking the Habit of Being Yourself

“ Recommended New Age Spiritual Books”

J-Z Knight - Ramtha	The White Book (All Books)
Kahlil Gibran	The Prophet ; Complete Works (All Books)
Linda Goodman	Star Signs
Lobsang Rampa T.	You Forever ; Third Eye ; Wisdom of the Ancients (All Books)
Lobzand Jivaka	The Life of Milarapa
Louise L. Hay	You Can Heal Your Life ; Heal Your Body; The Power is Within You
Masaru Emoto	The Hidden Messages in Water
Max Toth / Greg Nielsen	Pyramid Power
Meher Baba	God Speaks (All Books)
Michael Newton	Destiny of Souls ; Journey of Souls
Mikhail Naimy	The Book of Mirdad
Michael A. Singer	The Surrender Experiment : My Journey Into Life's Perfection
Neale Donald Walsch	Conversations with God 1, 2, 3 Home with God (All Books)
Aivanhov	Towards A Solar Civilization ; The Powers of Thought (All Books)
Osho	All books & Audios
Paramahansa Yogananda	Autobiography of a Yogi (All Books)
Peter Richelieu	A Soul's Journey
Ram Dass	Journey of Awakening (All Books)
Rasha	Oneness
Raymond A. Moody	Life after Life ; Glimpses of Eternity Reunions
Richard Bach	Jonathan Livingston Seagull ; Illusions ; One (All Books)

“ Recommended New Age Spiritual Books”

Robert Schwartz	Your Soul's Plan ; Your Soul's Gift
Robert E.	Svoboda Aghora Part - I,II,III (All Books)
Roger Woolger	Other Lives Other Selves
Ruzbeh N. Bharucha	The Fakir ; The Last Marathon (All Books)
Ruth Montgomery	Strangers Among us ; Born to Heal A World Beyond (All Books)
Ryuhō Okawa	An Unshakable Mind ; “I'M Fine” Spirit ; The Laws of Happiness (All Books)
Sonia Choquette	Trust Your Vibes ; Sour Lessons & Soul Purpose
Sergei N. Lazarev	Diagnostics of Karma
Stuart Wilde	Whispering Winds of Change ; The Secrets of Life (All Books)
Swami Rama	Living with the Himalayan Masters (All Books)
Sylvia Browne	Life on the Other Side ; Soul's Perfection (All Books)
Theun Mares	Return of The Warriors ; Cry of the Eagle ; Shadows of Wolf Fire (All Books)
Thich Nhat Hanh	Breath You Are Alive ; Transformation ; Healing (All Books)
Tony Stubbs	An Ascension Handbook ; The Divine Blueprint (All Books)
Vera Stanley Alder	From the Mundane to the Magnificent ; The Fifth Dimension
Wayne W. Dyer	The Power of Intention ; Wisdom of the Ages (All Books)



Appendix



“ Myths of Meditation ”

Meditation has entered the mainstream of modern culture; it is prescribed by physicians and practiced by everyone from business executives, artists, and scientists to students, teachers, military personnel, and, on a promising note, politicians.

Despite the growing popularity of Meditation, prevailing misconceptions about the practice are a barrier that prevents many from trying it. Here are seven common **Meditational myths dispelled**.

Myth No. I

“ Meditation is difficult ”

Truth No. I

This myth is rooted in the image of Meditation as an esoteric practice reserved only for saints, holy men, and spiritual adepts. In reality, when you receive instruction from an experienced, knowledgeable teacher, Meditation is easy and fun to learn.

The techniques can be as simple as focusing on the breath.

One reason why Meditation may seem difficult is that we try too hard to concentrate, we're overly attached to results, or we're not sure we are doing it right.

A teacher will help you understand what you're experiencing, move past common roadblocks, and create a nourishing daily practice.



“Myths of Meditation”

Myth No. II

“ You have to quiet your mind in order to have a successful Meditation practice ”

Truth No. II

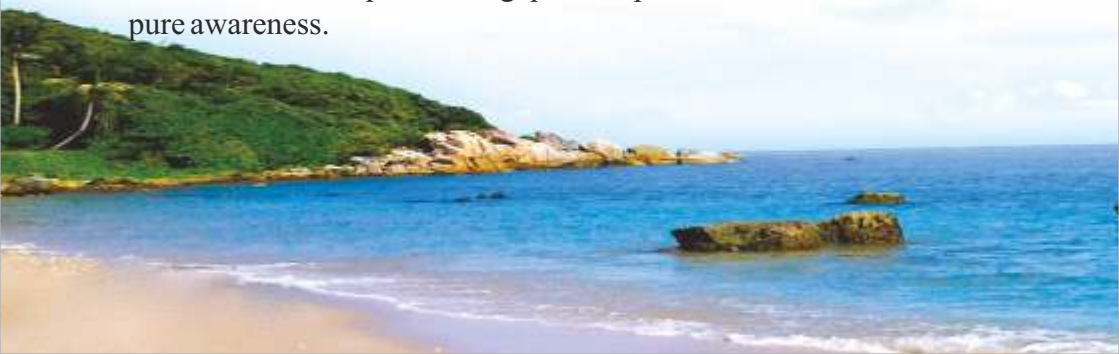
This may be the number one myth about Meditation and is the cause of many people giving up in frustration. Meditation isn't about stopping our thoughts or trying to empty our mind .. both of these approaches only create stress and more noisy internal chatter.

We can't stop or control our thoughts, but we can decide how much attention to give them. Although we can't impose quiet on our mind, through Meditation we can find the quiet that already exists in the space between our thoughts.

Sometimes referred to as ' the gap ', this space between thoughts is pure consciousness, pure silence, and pure peace. When we meditate, we use an object of attention, such as our breath, which allows our mind to relax into this silent stream of awareness.

When thoughts arise .. as they inevitably will .. we don't need to judge them or try to push them away. Instead, we gently return our attention to our object of attention.

In every Meditation, there are moments .. even if only microseconds .. when the mind dips into the gap and experiences the refreshment of pure awareness.



“Myths of Meditation”

Myth No. III

“ It takes years of dedicated practice to receive any benefits from Meditation ”

Truth No. III

The benefits of Meditation are both immediate and long-term.

You can begin to experience benefits the first time you sit down to meditate and in the first few days of daily practice. Many scientific studies provide evidence that Meditation has profound effects on the mind-body physiology within just weeks of practice.

For example, a landmark study led by Harvard University and Massachusetts General Hospital found that as little as eight weeks of Meditation not only helped people experience decreased anxiety and greater feelings of calm, it also produced growth in the areas of the brain associated with memory, empathy, sense of self, and stress regulation.



“Myths of Meditation”

Myth No. IV

“Meditation is escapism ”

Truth No. IV

The real purpose of Meditation isn't to tune out and “get away from it all ” .. but to tune in and get in touch with your true Self .. that eternal aspect of yourself that goes beyond all the ever-changing, external circumstances of your life. In Meditation, you dive below the mind's churning surface, which tends to be filled with repetitive thoughts about the past and worries about the future, into the still point of pure consciousness. In this state of transcendent awareness, you let go of all the stories you've been telling yourself about who you are, what is limiting you, and where you fall short.. and you experience the truth that your deepest Self is infinite and unbounded.

As you practice on a regular basis, you cleanse the windows of perception and your clarity expands.

While some people do try to use Meditation as a form of escape .. as a way to bypass unresolved emotional issues .. this approach runs counter to all of the wisdom teachings about Meditation and mindfulness. In fact, a variety of Meditation techniques have been developed to identify, mobilize and release stored emotional toxicity.

“Myths of Meditation”

Myth No. V

“ I don't have time to meditate ”

Truth No. V

There are busy, productive executives who have not missed a Meditation in 25 years.. and if you make Meditation a priority .. you will do it. If you feel like your schedule is too full, remember that even just a few minutes of Meditation is better than none.

We encourage you not to talk yourself out of meditating just because it's a bit late or you feel too sleepy. In life's paradoxical way .. when we spend time meditating on a regular basis .. we actually have more time. When we meditate, we dip in and out of the timeless, space less realm of consciousness .. the state of pure awareness that is the source of everything that manifests in the universe.

Our breathing and heart rate slow down, our BP lowers, and our body decreases the production of stress hormones and other chemicals that speed up the ageing process and give us the subjective feeling that we are running out of time.

In Meditation, we are in restful alertness that is extremely refreshing for the body and mind. As people stick with their Meditation ritual, they notice that they are able to accomplish more while doing less. Instead of struggling to achieve goals, they spend more and more time “ *in the flow* ” .. aligned with universal intelligence that orchestrates everything.



“Myths of Meditation”

Myth No. VI

“I'm supposed to have transcendent experiences in Meditation ”

Truth No. VI

Some people are disappointed when they don't experience visions, see colours, levitate, hear a choir of angels, or glimpse enlightenment when they meditate. Although we can have a variety of wonderful experiences when we meditate, including feelings of bliss and oneness, these are not the purposes of the practice.

The real benefits of Meditation are what happens in the other hours of the day when we're going about our daily lives. When we emerge from our Meditation session, we carry some of the stillness and silence of our practice with us, allowing us to be more creative, compassionate, centered, and loving to ourselves and everyone we encounter.

[Source : “ www.speakingtree.in/article/myths-of-Meditation ”]



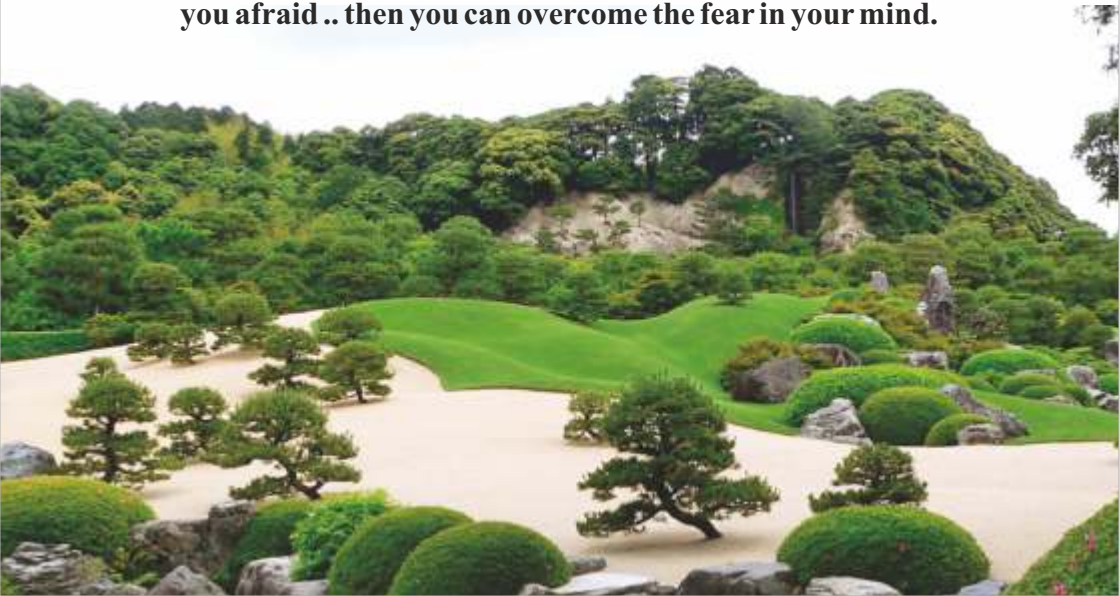


“Practical Benefits of Meditation”

The immediate purpose of Meditation is to train the mind and to use it effectively and efficiently in our daily life.

The benefits of Meditation can be summarized as follows :

- ✧ **“If you are a busy person ” .. Meditation can help you to get rid of tension and to find relaxation.**
- ✧ **“If you are a worried person ” .. Meditation can calm you and help you find peace of mind.**
- ✧ **“If you are a person who has endless problems ” .. Meditation can help you to develop courage and strength to face and overcome them.**
- ✧ **“If you lack self-confidence ” .. Meditation can help you to gain the self-confidence which is the secret of success in life.**
- ✧ **“If you have fear in your heart ” .. Meditation can help you to understand the real nature of the problems that are making you afraid .. then you can overcome the fear in your mind.**



“ Practical Benefits of Meditation ”

- ✧ “ *If you are always dissatisfied with everything and nothing in life seems to be satisfactory* ” .. **Meditation can give you the chance to develop and to maintain inner contentment.**
- ✧ “ *If you are sceptical and uninterested in the religious way of life* ” .. **Meditation can help you to go beyond your own scepticism and to see some practical values in religious guidance.**
- ✧ “ *If you are frustrated and heart-broken due to a lack of understanding of the uncertainty of life and the world* ” .. **Meditation can truly guide and help you to understand the fleeting nature of worldly conditions.**
- ✧ “ *If you are a rich man* ” .. **Meditation can help you to realize the nature of your wealth and how to make use of it not only for your own happiness but also for others’ happiness.**
- ✧ “ *If you are a poor man* ” .. **Meditation can help you to develop contentment and not to harbor jealousy towards those who have more than you.**
- ✧ “ *If you are a young man at the cross-roads of your life .. and you do not know which way to turn* ” .. **Meditation can help you to the right path to reach your chosen goal.**



“ Practical Benefits of Meditation ”

- ✧ “ *If you are an elderly man who is fed-up with life* ” .. **Meditation can bring you to a deeper understanding of life ; this understanding in turn will relieve your pains and increase the joy of living.**
- ✧ “ *If you are hot-tempered* ” .. **you can develop the strength to overcome the weakness of anger, hatred, and resentment to become a more calm and sober person.**
- ✧ “ *If you are jealous* ” .. **you can understand that negative mental attitudes never contribute anything for your benefit.**
- ✧ “ *If you cannot reduce your craving for sense-desires* ” .. **you can learn how to become the master of your sense-desires.**
- ✧ “ *If you are addicted to drinking or to drugs* ” .. **you can overcome the dangerous habit which has enslaved you.**
- ✧ “ *If you are a narrow-minded person* ” .. **you can develop understanding that will be beneficial both to you and your friends and family to avoid misunderstanding.**
- ✧ “ *If you are strongly influenced by emotions* ” .. **your emotions will have no chance to mislead you.**



“ Practical Benefits of Meditation ”

- ✧ “ *If you suffer from certain disorders such as nervous breakdowns and mental disturbances* ” .. **Meditation can activate the positive forces in your mind and body to regain your health, especially if they are psychosomatic problems.**
- ✧ “ *If you are a weak-minded person or one who maintains an inferiority complex* ” .. **Meditation can strengthen your mind to develop courage to overcome your weaknesses.**
- ✧ “ *If you are a wise person* ” .. **Meditation will lead you to supreme wisdom. Then you will see things as they are, and not as they appear to be.**

The mind is the key to happiness, and also the key to misery. To understand the mind and to use it well is a task that transcends a peaceful and contented life.

Source : “ *Meditation the Only Way* ” by **Ven. K. Sri Dhammananda**





CORE PRACTICES OF PYRAMID SPIRITUAL SOCIETIES MOVEMENT

ANAPANASATI MEDITATION

- Simplest form of meditation
- Easy to learn and practice
- Proven benefits for health, relationship and happiness
- Helps in discovering one's true potential and life purpose
- Leads to greater social harmony



VEGETARIANISM

- Proven Health Benefits
- Reduces inner violence and aggression
- Critical for achieving ecological balance and reduce global warming
- Help in spiritual progress by way of reducing Karmic debts



PYRAMID ENERGY

- Proven storehouse of cosmic energy
- Makes meditation easier and profound even for beginners
- Enhances Meditational experiences manifold
- Promotes Secularism and Unity



18 GUIDING PRINCIPLES OF PYRAMID SPIRITUAL SOCIETIES MOVEMENT



- 1) Meditate in the right way i.e., Anapanasati .. and teach everyone the same Anapanasati. No difficult asanas, pranayama methods
- 2) Read right spiritual books .. by Annie Besant, Osho, C.W. Leadbeater, Paramahansa Yogananda, Jane Roberts, Linda Goodman, Sylvia Browne etc.,
- 3) Exchange Meditational experiences with everyone
- 4) Spend much time every day in silence ; worldly gossip is forbidden
- 5) Utilize full-moon nights for intensive Meditation
- 6) Utilize Pyramid energy for Meditation, as much as possible
- 7) Give-up all medicines .. only Meditational energy heals
- 8) Be a vegetarian ; eat only according to need
- 9) Spend much time in pure nature .. eg., forests, meadows, river banks, mountains etc.
- 10) No ' spiritual ' clothing ; no ' sacred ' body-marks ; no ritualistic acts
- 11) Impart Meditation training to children, right from their early child-hood
- 12) Learn to live as Masters and never as disciples
- 13) No commercialization of Meditation & Spiritual training programs
- 14) No worship of Idols ; no worship of Living Masters
- 15) Overcome personal problems using own Meditational strength
- 16) Enjoy normal family lives .. no sanyasa or renunciation
- 17) Establish Pyramid Meditation centres in all villages, towns and cities
- 18) Publish Meditational experiences and personal spiritual transformation

www.pssmovement.org

Complimentary copy to spread Meditation