



Vihangam Yoga

How to Meditate (Vihangam Yoga)

- Read few verses of "Swarved" (if possible). This will enhance the experience during meditation.
- Sit in Siddhasana (cross-legged posture) with gyan mudra (thumb and index finger joining together and placed over the knees)
- Practice Pranayama (optional): This will relax your mind.
- Chant Gayatri Mantra at least 11 times: This will develop the sense of devotion and surrender necessary for meditation.
- Meditate as instructed (No music, chanting or thought process)

SET UP

- No light source from the front (Dim light preferred)
- Keep Swamiji's photo in front during practice (preferably framed)

** Need at least 10 minutes of regular practice twice daily.

Suggested time of practice

- Morning (Preferably Brahmamuhurtha - between 3:00am and 5:30am)
- Evening (Before dinner)

Gayatri Mantra:

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्
*Aum Bhur Bhuvah Swah Tat Savitur Varenyam Bhargo Devasya Dhimahi
Dhiyo Yo Nah Prachodayat*

Meaning: "O Protector Lord! You are the basis of all life, destroyer of sorrow, the bliss-incarnate, the creator, worthy of acceptance, the most exalted, giver of divine powers. I meditate upon you. Please guide my intellect to the righteous path."



Maharshi Sadguru Sadafaldeo Ji Maharaj

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