

Preksha Meditation

The Preksha system of Meditation and Yoga from ancient India is eagerly advocated by the modern medical community. This is due to its scientific foundation and ability to restore health at the deepest cellular and emotional level.

Preksha is a proven system of combating stress and diseases like High Blood Pressure, Heart Diseases, Diabetes, Mental Disorders, Cancer and a host of psychosomatic ailments. Preksha is widely used by medical doctors in India and it is now becoming popular in the west also.

With Preksha you can expect to experience lasting benefits at every level of your existence - Physical, Mental, Emotional and Spiritual. Through Preksha you can experience your innate power to achieve lasting health in a short time.

Preksha is a simple yet a powerful practice that can be practiced at home for lasting benefit. It is esoteric and mystical and yet at the same time amazingly scientific and systematic. This is why Preksha is the favorite of sages and scientists, both. Get ready to be transformed through the eight steps of Preksha Meditation:

1. **Deep Relaxation with Self Awareness (Kayotsarg)** - Kayotsarga implies abandonment of the body through complete relaxation. The practice calms the nervous system, treats psychosomatic illnesses, recharges the body and the mind, and cultivates positive attitude and behavior.
2. **The Journey Within (Antaryatra)** - Antaryatra requires the mind to be focused along the spinal cord. Concentration begins at the bottom tip of the spinal cord (Shakti Kendra - the center of energy) and gradually moves upwards until it reaches the brain (Gyana Kendra - the center of wisdom)). Then reverse the direction of focus until it reaches the spinal cord tip. The benefits of the practice are: reducing stress, improving the nervous system, rejuvenating the vital energy and overcoming negative emotions.
3. **Perception of Breath (Swas Preksha)** - Shwasa Preksha is the powerful technique of observing breath with complete awareness as a means to traverse from the gross to subtle levels of consciousness. Breath is the first step to the subtle because with the exception of the mind. It is the only bodily function that operates both at a conscious and unconscious level. Since the mind cannot be engaged in both perception and conception simultaneously, it cannot be the object of concentrated perception. With regular practice one would notice conception vanishing, leaving behind pure perception.
4. **Perception of Body (Sarira Preksha)** - Sharira Preksha is the process of concentrating and observing the subtle phenomena occurring in each and every part of the body one at a time. It begins with the observation of all the

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sensations of the body's outermost layers and then gradually moves inside to the inner layers and organs. Our body's hidden mysteries can be understood. In effect this practice assists one to maintain good health.

5. **Perception of Psychic Centers (Chaitanya Kendra Preksha)** - Chaitanya Kendra Preksha is an exercise in which one concentrates on the various psychic centers in the body. The psychic centers are the key locations on the body that receive both the positive and negative energy from the universe and redistribute it through the human system. Focused flow of energy through any specific center intensifies the particular desired behavior.
6. **Perception of Psychic Colors (Leshya Dhyana)** - Leshya Dhyana takes the Chaitanya Kendra Preksha exercise further by specifying a color to visualize on the chosen psychic center. Five bright colors known for their positive qualities are used in this technique. As steadiness of meditation increases, visualization of colors intensifies. Today scientific evidence confirms that long exposure to specific colors has an influence on a person's emotions and personality. Leshya Dhyana results in purification of the aura.
7. **Auto-suggestion (Bhavana)** – Bhavana means meditation or contemplation and the practice of four bhavanas is necessary for the development of meditational capacity.
 - **Knowledge-oriented Bhavana:** The practice of knowing things objectively and impartially without attachment, aversion and delusion.
 - **Perception-oriented Bhavana:** The practice of seeing things objectively and impartially without attachment, aversion and delusion.
 - **Conduct-oriented Bhavana:** The practice of acting objectively and impartially without attachment, aversion and delusion.
 - **Detachment-oriented Bhavana:** The practice of non-attachment, non-aspiration and fearlessness
8. **Contemplation (Anupreksha)** - Anupreksha is revising and thinking about what was concentrated upon and felt during meditation and analyzing it after the exercise. It is a practice of deep contemplation and understanding. The exercise is practiced for two purposes: to contemplate on that which is eternal, true and real and to bring about attitudinal changes through autosuggestion. This technique can be used for reinforcement of positive qualities or reversing negative traits. Chaitanya Kendra Preksha exercise further by specifying a color to visualize on the chosen psychic center. Five bright colors known for their positive qualities are used in this technique. As steadiness of meditation increases, visualization of colors intensifies. Today scientific evidence confirms that long exposure to specific colors has an influence on a person's emotions and personality. Leshya Dhyana results in purification of the aura.