

By Dr N K Srinivasan

**SAFE & SIMPLE STEPS TO**  
**FRUITFUL**  
**MEDITATION**



Safe & Simple Steps to  
**Fruitful  
Meditation**

Dr N.K. Srinivasan



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Om Sai Ram

*This book is dedicated to*

**MY LORD SHIRDI SAINATH** ✧



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# Preface

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This small book is aimed at providing practical techniques of meditation for the general reader. Whether religious or not, one can practise meditation for mind control to achieve mental poise (balance) and mental peace. In the modern, high-tension lifestyle, meditation for even 10 or 15 minutes can bring about great mental and physical relief and solace to a troubled mind. There are, of course, those who wish to pursue meditation as a spiritual effort or 'sadhana'.

We present several techniques commonly practised from Indian traditions over the ages. Starting with simple breath-watch, many methods used by yogis and monks are given in simple, easy steps, with numbered practice sessions. One should follow the steps carefully to derive maximum benefit. Certain meditations for healing are also included.

The present book carefully examines some of the controversial issues and presents the best approach or thinking known to the author. Several warnings are given so that the reader is not misled by teachers/gurus who profess wrong or misguided teachings or practice.

Since meditations advanced by Buddhist monks are very important, a chapter is devoted for such practices. In fact, these methods originated in India and later spread to China, Japan and Tibet under the care of Buddhist clergy. A detailed account of chakras and related meditations are given; this is one of the major topics, often misinterpreted in yoga literature. For a beginner, the chapters on the benefits of meditation and frequently asked questions (FAQs) would clarify many common doubts and help to strengthen one's



interest in meditation.

It is hoped that this small book will enable a beginner to learn the basics and to practise meditation in easy ways. The practise of meditation, even in a small way, will gradually enable the reader to realise his or her full potential as a human on this earth. Perseverance is required.

27 July 2004

—**Dr N.K. Srinivasan**  
Bangalore

# 1. Introduction

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Meditation is a process that anyone can learn and practise. If you happen to be religiously inclined, certain types of meditations would appeal to you. If you are not, there are other types of secular meditations that you can practise.

In a sense, meditation is a natural process – as natural as your breathing. No one taught you how to breathe when you were born. Likewise, we all meditate, often unconsciously. When you are at the altar or pooja room at the home or in a temple or church or mosque, a few moments of thoughtless awareness may be experienced. But such moments are rare and fleeting, and may not make an impression in your mind. Here we are talking about *conscious meditation through practise*, with definite objectives.

The effects or results are bound to be long-lasting and under your control. You are aware of yourself as a meditator in the early stages, though at later times, you lose your awareness. Only when you come out of the meditative state, you feel: “My God, I was in deep meditation for nearly an hour.”

Furthermore, the effects of meditation will be felt even after the formal meditative state is over... say for the whole day or for a few days. Meditative experience is similar to deep, dreamless sleep (*sushupti*) but with this difference – you are conscious of yourself in meditation but not so in deep sleep.

While meditation per se is a natural process, you need some kind of training and guidance to achieve effective results. A child may learn swimming very fast with little coaching.