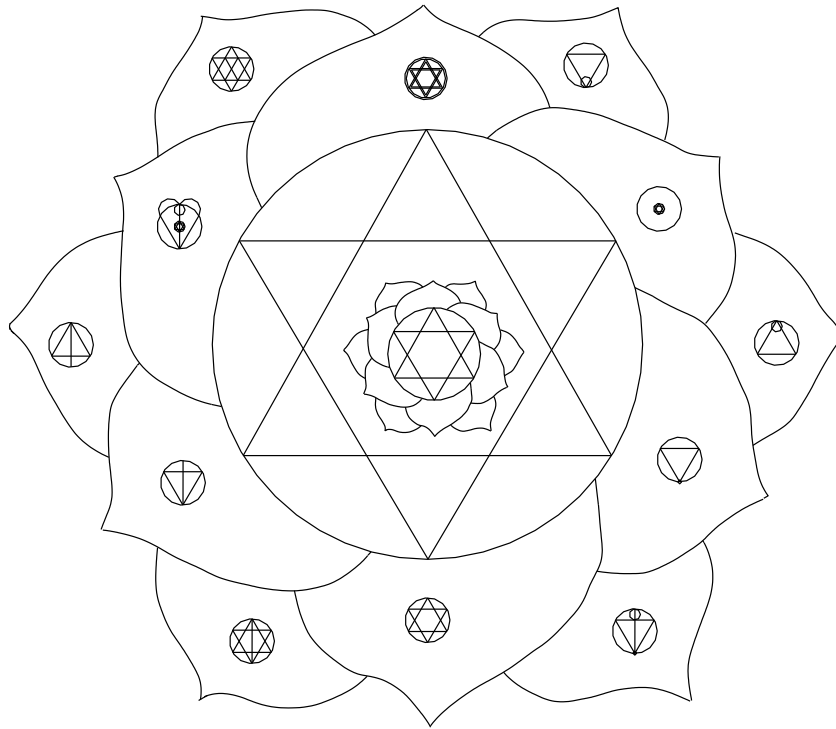


Anahat Meditation Lessons Workbook and Audio Recordings

THE ANAHAT TEACHINGS



Fruition

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CHECKLIST

Remember to write in your checklist the Starting Date of these Lessons that you are now working on. This you will find in your first set of workbook lessons on the page before the Table of Contents.

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Anahat Meditation is its own unique system of meditation, yet like all systems of meditation which lead to enlightenment it follows the basic ideas as outlined in the Yoga Sutras of Patanjali. Understanding these key concepts is crucial to master meditation and to reach its final goal.

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Asan

Body Posture – Quarter Lotus, Half Lotus, Full Lotus, Seiza, Supine

Bringing the body to stillness in a position that is conducive to Samadhi

Pranayam

Prana – Lifeforce Energy, Shakti, Qi, The Breath within the Breath

Yam – To Regulate/Control

Kumbhak – Holding the breath to control lifeforce energy

Pratyahar

Sense Withdrawal – Taste, Touch, Smell, Hearing, Vision

Pulling consciousness away from the sense-organs and withdrawing it to the space of pure consciousness

Dharna

Concentration

The act of focusing consciousness where we want it to be without wavering

Dhyan

Meditation

Placing the consciousness on an object of consciousness and allowing the separation of subject and object to dissolve

Samadhi

Oneness

Samadhi involves stages of Oneness until only the Absolute Bliss Consciousness is known as one without a second

Sanyam

Intense concentrated power (Joriki in Japanese)

The result of Dharna, Dhyan, Samadhi – Sanyam Power

Vivayk Khyati

Discernment – Knowing the real from the unreal, Truth from illusion

Vairagya

Letting Go

Letting go of that which is changing and observable, while keeping one's attention rooted in the Self

Nayti Nayti

Not This, Not That

Acknowledging who I am as opposed to what I am not

Chit

Pure Consciousness

The underlying ground of all being. The one Absolute Bliss Consciousness. The Self – Pure, Free and Forever – One without a second

Chitt

Waves/Fluctuations of Consciousness/Mind

Thoughts which appears as waves in the mind in the Space of Consciousness

Yogas Chitta Vritti Nirodha

योगश्चित्तवृत्तिनिरोधः

The State of Oneness occurs when the waves of the mind are brought to stillness

Yog – Oneness

Chitta Vrittis – Thoughts

Nirodh – Cessation of Thought

Vyutthan Vritti

Outwardly Oriented Attention

Attention focused on external objects of consciousness as moving out through the five senses

Nirodh Vritti

Inward Oriented Attention

Attention withdrawn in the space of Pure Consciousness where thoughts naturally settle down on their own

Stages of Samadhi			
Sampragyat	Vitark	Savitark	Nirvitark
	Vichaar	Savichaar	Nirvichaar
	Anand		
	Asmitaa		
Asampragyat	Nirvikalp		
	Kaivalya Awasthaa		

Sampragyat

Dualistic

The earlier stages of Samadhi where there is still a sense of subject and object.

Asampragya

Non-Dualistic

No subject and object – Only Pure Consciousness as one without a second

Vitarka

Form

Savitarka – Observing form with thought

Nirvitarka – Observing form without thought

Vichara

Imagination/Mental Images

Savichara – Observing mental images with thought

Nirvichara – Observing mental images without thought

Ananda

Bliss

Holding the attention on the bliss which arises in meditation

Asmita

Am-ness

Holding the attention of the pure self as the individualized essence

Out-of-Body Practice

- Etheric Projection
- Astral Projection
- Soul Travel

Nirvikalpa

Without Imagination

Non-dual experience of Pure Consciousness as Source

Kaivalya Awashtaa

Self Alone

Non-dual experience of Pure Consciousness as All That Is

Cosmic Consciousness

Awareness of Planets, Galaxies, Universe

Unlimited awareness not bound by body level identification

Ascension

Awareness of Perfect Oneness with the Transcendent Absolute Bliss Consciousness

Advanced Sexual Energy Practices

Level One – Anahat Meditation

- Better for Morning Practice
- Vitark Level Awareness on Body and Breath
- Sexual Energy – “Cold Jing” – Unexcited Sexual Energy

Level Two – Anahat Meditation

- Better for Evening Practice
- Vichaar Level Awareness of Subtle Sacred Geometrical Grids in three-dimensions, Chakras, Meridians, Nadis, and the Breath within the Breath
- Sexual Energy – “Hot Jing” – Excited Sexual Energy

Level Three – Anahat Meditation

- Samadhi Practice

- Out-of-Body Experience Practice
- Sexual Energy – Activated – Brahmacharya
- Sexual Energy – Mastered – Celibacy/Spiritual Marriage

Sexual Energy Teachings

- Tantric Practices
- Taoist Practices
- Sacral and Cranial Pumps – Microcosmic Orbit
- Mula Bandha
- Uddhiyana Banda
- Jalandahara Banda
- Full Body Orgasms
- Sublimation of Sexual Energy from Jing, to Qi, to Shen
- Bhakti/Devotion and Sexual Energy – Making Love with the Beloved
- Give everything to God
- Just Being – Being Nobody-Going Nowhere – Nothing Special
- Surrender – Choiceless Awareness

