



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: [020 8909 9899](tel:02089099899) Fax: [020 8909 9897](tel:02089099897) Email: bym@sksst.org

IMPORTANCE OF DHYAN

How: Look at dhyaan picture available from downloads/wallpapers section on bhujmandir.org, close eyes and visualise Maharaj's cheens, OR simply decide on Your favourite murti. (sit down in the right posture, breath in and out well, then close your eyes ready to start dhyaan by focusing your eye pupils on the tip of your nose, and concentrate well.

When: Morning pooja, during darshan, maansi pooja, walking, anytime AND anywhere!

Why: To do dhyaan of Maharaj, learn the mahimaa (essence) of each cheen, helps you remember the leela behind them, gives inner peace, view the physical form of Maharaj as the cheens collectively cover all parts of Maharaj's body, this will get you closer to realising who Bhagwan is and what He looks like. In addition to the above, it is good health wise too!

This increases your love for Maharaj in a big way!

Shreeji Maharaj has also said it in *Vachnamrut Gadhada Pratham Prakran 5* that;

“The divine form of *Lord Shree Krishna* should be mediated along *Raadhaaji*. Even if during such meditation a devotee does not see the divine form of *Shree Krishna* in his heart, he should not stop meditating. One who persists in such divine pursuit is sure to earn the grace of God. The Lord will be attached to him due to his intense devotion.”



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4 TYPES OF DHYAAN:

	TYPE OF DHYAAN	DESCRIPTION
1.	Saang	Meditating on <i>Maharaj's</i> body only. (For instance <i>Maharaj's</i> body parts, <i>tils</i> or <i>cheens</i>). Therefore; this <i>dhyaan</i> excludes meditation with <i>vagaa</i> , jewellery. It's simply meditating on <i>Maharaj's neej swaroop</i> . In addition, <i>Saang</i> meditation is considered to be the best form of <i>dhyaan</i> .
2.	Upaang	Meditating whilst <i>Maharaj</i> is fully adorned in His <i>vaghaa</i> , jewellery, flower garlands, <i>mughat</i> (head gear) and many more.
3.	Saleel (Sacharitra)	Meditating by remembering our beloved <i>Maharaj's</i> leela <i>charitros</i> . For instance; during <i>swabhaavik chesta</i> , or He eats, play <i>raas</i> , play <i>rang-utsav</i> or bath like this and that. Or any <i>leela</i> along with His devotees casually enjoying Himself merrily in His pastimes.
4.	Sapaarshad	Meditating whilst <i>Maharaj</i> is seating in a grand <i>sabha</i> along with all the; 500 <i>paramhansos</i> , devotees from all over, <i>Mulji Bhramchaari</i> is serving <i>Maharaj</i> , countless <i>muktas</i> in <i>Akshardhaam</i> and so forth. However, please note carefully ; one cannot meditate on the Saint himself, unless on occasion, where a <i>leela</i> such as, <i>Maharaj</i> asked a question to <i>Bhramanand Swami</i> when they were alone.



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CONCLUSION:

- ❖ These are the different types and methods of meditation. By meditating in these different ways, one is able to destroy the worldly desires of the causal body. One may try to destroy such desires through other numerous means but their efforts will be futile. Such is the teachings of *Lord Swaminarayan* and all other scriptures.
- ❖ For this reason, one should make great effort to meditate in such way by firmly fixing the self upon the Lord's glorious *Murti*. Those that do will definitely be rewarded with a place in *Akshardhaam*.
- ❖ Moreover, when you go to mandir, *dhyaan* can be done too. When standing in front of *Maharaj* take as long as you need to observe and do **DHYAAN**.
- ❖ Not only get peace and closeness with *Maharaj* when observing Him, but you can experience all of that again when you do your *darshan* and visualise Him within.