

DHYAAN (Meditation):

IMPORTANCE OF DHYAAN:

 **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!*

CHEENS

DHYAAN MURTI:



CHEENS:

- ❖ Cheens are distinctive marks on Maharaj's body some of which are natural and some which are scars.
- ❖ There are 52 cheens on Maharaj's body.

16 CHARAN CHEENS:

There are 16 cheens in total on Maharaj's feet. This includes 9 cheens on the right foot and 7 cheens on the left foot. Therefore, there are various benefits of meditating on these different 16 cheens.



All these benefits are described in details below;

RIGHT FOOT CHEENS:

☀ JAV:

A devotee who meditates on the JAV foot mark of the Lord Shree Hari, his/her all the sins gets destroyed. Moreover, he starts realising the true nature of atma and parmatma.

☀ JAMBU:

A devotee, who meditates on the JAMBU foot mark of the Lord, never gets entangled in these materialistic miseries of the world and his/her heart experiences the divine oneness with the ultimate form of the Lord.

☀ VAJRA:

A devotee, who meditates on this particular foot mark of the Lord Shree Hari, his /her bad sins are destroyed and forgiven and then his/her heart and soul is able to concentrate in the ultimate form of the Lord Shree Hari.

☀ KETU / DHWAJ:

A devotee, who meditates on this foot mark of the Almighty, which is flag like, his/her all desires (Kama) pass away, he/she gives up all worldly happiness and attains AKSHARDHAAM the dwelling place of the Lord.

☀ PADMA/ KAMAL:

A devotee, who meditates on this Padma, foot mark of the Lord, attains the characteristics of padma (Lotus flower). The Lotus, even though it remains in contaminated water, remains detached from it. In the same way, the devotee who meditates on the padma footmark lives in this contaminated world but never gets affected by it and does not fall victim to its vices.

☀ ANKUSH:

A devotee who meditates on this ANKUSH foot mark of the Lord is able to control the elephant like mind of himself /herself with great efficiency. The mind and heart of the human is termed as elephant because it is very difficult to control them.

☀ **UDHAVREKHA:**

A devotee who meditates on this particular foot mark attains URDHVAGATI as he attains the dwelling of Purna Purshottam Narayan, the ultimate forms of all the incarnation, the ultimate form of all the incarnation, the son of Shree Bhakti and Dharma, Ghanshyam. This dwelling place is called AKSHARDHAAM, it is attained on getting Moksh (salvation).

☀ **ASHTAKON:**

A devotee, who meditates on this foot mark of the Lord attains the fruit of ASHTANGYOG. What is this Ashtangyog? Its details are given in:

1. Yama 2. Niyam 3. Ashan 4. Pranayam 5. Prathayariar 6. Dharm 7. Dhyam 8. Samadhi.
- These are the eight different sections of Ashtaangyog. But by meditating on the Ashtakon, the divine fruits of all the eight sections of Ashtaangyog is attained with great ease. The devotee who meditates on Ashtakon attains Akshardhaam penetrating the obstacles (avarana) of astavarna.

These obstacles of astavarna includes;

1. Earth 2. Water 3. Light 4. Air 5. Sky 6. Proudness 7. Importance 8. Nature.

☀ **SWASTIKA:**

A devotee who meditates on this particular foot mark of the Lord gets his / her all sins destroyed and forgiven. Ultimately, he attains Moksh, with ultimate Happiness, respect and goodness a soul and desire for.

LEFT FOOT CHEENS:

☀ *KALASH / KUMBH:*

A devotee who meditates on this foot mark of the Lord always remains on the top like a kalash does. And ultimately attains the top-most position a soul can desire for Akshardhaam.

☀ *ARDH-CHANDRA:*

A devotee who meditates on this foot mark of the Lord is blessed with the divine knowledge. Like a flower blossoms on the sight of Ardhachandra (Half moon) the devotee blossoms and gets enlightened with the ultimate happiness and knowledge.

☀ *VYOM:*

A devotee who meditates on this foot mark of the Lord attains the desire less state of mind and attains ultimate goal of human life in Akshardhaam.

☀ *GOPADH:*

A devotee who meditates on this Gopadh foot mark of the Lord, swims across the Gopadh like ocean of LIFE with great ease.

☀ *DHANUSH:*

By meditating on this foot mark of the Lord, a devotee wins over all the desires (enemies) of the materialistic world and he / she is never disturbed by petty desires (enemies) of this world.

☀ *TRIKON:*

By meditating on this foot mark of the Lord, a devotee attains the **SPRITUAL BODY** (Bramay) by avoiding other three perishable bodies namely; Shtool, Shukshma, and Karan. After attaining the ultimate body, the devotee remains in the service of the Almighty Lord **SHREE SWAMINARAYAN**.

☀ *MATSYA / MEEN:*

Meen (Fish), by meditating on this foot mark, a devotee attains the characteristics of the meen (fish) which remains in the water but still detached. In the same way, devotee also leaves in the world but remains unfelt from its vices and fruits.

For a game or short quiz to test yourselves on these cheens, check out the link that follows;
<http://www.swaminarayansatsang.com/library/Interactive/lotusfeet.asp>

CHEENS:

FEET TO WAIST:

- ✿ 10 cheens on His toes – Roam-na cheen
- ✿ 2 cheens on the outer side of the left foot near the vyom
- ✿ 2 cheens from His chaakadi
- ✿ 1 cheen on His right big toe under His nail
- ✿ 2 cheens on both His outer ankles
- ✿ 1 cheen on the outer side of His left Knee
- ✿ 1 cheen on His right thigh
- ✿ 2 cheens where His dhoti is tied

Explanation of each cheens from ankle to waist:

- ✿ Roam-na cheen are the group of hair follicles per toe.
- ✿ Outer side of left foot is near the Vyom.
- ✿ Chaakadi's are champals without straps and has a knob like head between the first two toes. **Explain to the group members what chaakadi's are.**
- ✿ Both outer ankles are from sitting down.
- ✿ Cheen on left knee is shown in the picture below. It is due to how Maharaj sat when He was eating. It shows the position when Maharaj's right leg is up and left leg is bent and the left knee is touching the floor / baajot.
- ✿ Dhoti cheen – Maharaj turned the side bits over whilst tying a dhoti and this is how the 2 dhoti cheens occurred.



- ✦ Cheen on His right thigh is from a leela that Maharaj did when He was young (Khampa Talavdi).

Once, Ashwini Kumar who is the Dev of medicine wanted darshan of Maharaj. When Maharaj went to the Mandir, Ashwini Kumar was waiting for Maharaj to come out.

After Maharaj gave him Prashaad, Maharaj then realised Ashwini-kumar's icchha (wish) of seva and darshan.

Maharaj purposely fell off the tree in Khaampa- Talaavadi. Maharaj got a cut on His right thigh, Ashwini Kumar came to do Seva by bandaging Maharaj's wound. When Dharmadev and Bhaktimata and the rest of the family found out they were worried. Later on when they opened the bandage the wound has healed. The scar on His right thigh is from this leela.

WAIST TO SHOULDERS:

- ❖ **1 cheen across His bellybutton – trivari cheen (3 creases)**
- ❖ **2 cheens on His upper arms - Chaap (padma = right and shankh = left)**
- ❖ **2 cheens on His forearms – Chaap (gadaah = right and sudarshan chakra = left)**
- ❖ **1 cheen in the middle of His chest –Shreevatsal cheen**
- ❖ **1 cheen on the left side of His chest – Ardha Chandra cheen**
- ❖ **2 cheens on both sides of His chest (gadaah = right and sudarshan chakra = left)**

Long time back, The rushis wished to hold a yagna, but couldn't decide which God to offer the poojan to. So there was a discussion about this and all the Devs and Rushis present decided that they need to get to the bottom of this issue. So they nominated Bhriguji, who was one of Brahma's 12 sons, also brother of Narad. He was wise and neutral natured.

He went to Kailash the dham of Shiv Bhagwan. He did not do darshan or naman to Shiv Bhagwan and did not greet him. He just stood there. This angered Shiv Bhagwan, who arose furiously and chased Bhriguji with his trishul. Bhriguji ran away to Brahmlok and decided that Maharaj cannot have such krodh and cannot be Bhagwan.

Next in Brahmlok, Bhriguji met his father and also showed no greetings to him...this angered Brahma so much that he was about to curse his son for showing no respect to him, so Bhriguji ran away to Purushottam Narayan (God Almighty). He decided that Brahma also showed krodh when not shown respect and cannot be Bhagwan.

Maharaj was resting and Laxmiji was at His feet doing seva. Bhriguji stood on Maharaj's chest. Maharaj got up at once and welcomed Bhriguji and offered His apologies for not welcoming Bhriguji straightaway. He said "I am so sorry I have such hard coarse hair on my chest, it must have hurt your foot, please forgive me." At once, Bhriguji realised this was truly Maharaj. He in turn apologised to Maharaj and remained at His seva. This is the reason why Ram Bhagwan, Krishna Bhagwan and Swaminarayan Bhagwan all have a cheen called the Shreevatsal cheen in the middle of their chest.

SHOULDERS TO HEAD:

- ❖ **1 cheen on His tongue**
- ❖ **1 cheen on the right side of His gum**
- ❖ **1 cheen above His nose- roam-na cheen**
- ❖ **1 cheen inside His left ear**
- ❖ **1 cheen from His Tilak Chandlo**
- ❖ **1 cheen on the right side of His forehead – paag/saal cheen**

There was a Haribhakt called Damador Bhagat who was a staunch devotee of Swaminarayan Bhagwan. However, he only used to do dhyaan of 51 cheens, as he did not know there were 52 cheens.

Maharaj knew what was happening and wished for Damodar Bhagat to do complete dhyaan of the 52 cheens instead of 51, so once when He was sitting in sabha with His Haribhaktos, He called Damodar Bhagat up and told him there is a kidi (ant) crawling in His ear, Damodar Bhagat went up to Maharaj's seat and looked.

He got darshan of the cheen in Maharaj's ear. Therefore his dhyaan on all 52 cheens was finally complete.