

If we look at the recommendation from our Guru, Shri Mataji Nirmala Devi, She tells us that when we are meditating, we can best benefit by slowing our breathing as if stopping it - see below... & also... you can stop your thoughts through controlling the breathing. So best would always be to choose to follow Shri Mataji's Advices. Again if you have been practicing Deep Breathing techniques instead... Fear not - no damage is actually done... just try changing over & see the benefits. Deep breathing is a technique actually used for the Heart Chakra.

Meditation is the medicine (850806),
and is very important, in order to achieve faith in oneself (961020)

Meditation is for you... to go deep down into yourself... to achieve all that your Sahastrara wants to give you. To achieve that height of detachment, of understanding, is only possible through meditation. What happens in meditation is that your awareness crosses over Agnya... goes above, and is now stationed in Sahastrara, in Thoughtless Awareness. Then the Reality of Sahastrara, the Beauty of Sahastrara starts pouring in your own character, your own temperament. Unless and until you meditate - not meditate just to get well, or just to feel that you must meditate - but... meditation is important for all of you, that you develop your Sahastrara in such a manner that you imbibe the beauty of your Sahastrara. If you don't use your Sahastrara in this way, after some time you will find Sahastrara will close down... you will have no vibrations, and you will have no understanding of yourself... so it's a very important thing to meditate (980510)

Meditation is the only way you can enrich yourself with the beauty of Reality... there's no other way... to rise into the realm of Divinity (980510); You must have seen, when people get their Realisation when I am there, they come to the programs for a while, and then they drop out... the reason is that they have not meditated. So you have to promise me that you will meditate every night, every evening, maybe in the morning also... whenever it is possible, if you can go into meditative mood, you are in contact with this Divine Power. Then whatever is good for you, for your society, for your country... all is done by this Divine Power... you don't have to overpower the Divine Power, you don't have to order, you don't have to ask... just if you meditate, you are 'one' with this All Pervading Power. Unless and until your Sahastrara is open, all the blessings of the Divine Power cannot come to you... cannot! Maybe you might get some money, you might get some jobs, this and that, but your own development is only possible when you meditate, and your Sahastrara is fully open (980510)

When you meditate you are in silence, you are in thoughtless awareness... then the growth of awareness takes place, and then it opens out... but, if you are 'thinking' - it is like a lake, and the lake is completely in a turmoil... then nothing can grow. But supposing it is silent, then lotuses can grow... anything can grow. In the same way, if your mind is agitated... and your growth is not yet fully expressing itself... then it is such a vicious circle... that... you are agitated... then your growth is hindered... again you are agitated... and then your growth is again hindered. So the best way is to take to meditation... when you do, this turmoil will settle down... and when it will settle down, your growth will take place (880921)

Once you have got your Realisation... and once you have become 'one' with the Divine... then there is no question of your going down... unless and until you yourself want to go down. It's very remarkable how you get this... and after that you don't lose it... of course, first you must grow... and for that you have to meditate... but this meditation, once you do it... the whole being itself gets so enlightened, and so beautiful, that you don't want to change it... you want to be there and enjoy it for ever (000507)

In meditation you can become thoughtless... for a short time - this short time should go on increasing, that you are without thought. But human beings cannot understand that anything can happen spontaneously... so in Sahaja Yoga we have something very simple... the mantra, Nirvichara. So now you watch anything, saying the mantra for Nirvichara, then you'll start seeing that... witnessing that... without thinking - we become the witness, the Sakshi (920719)

First bath/wash, then sit down... don't speak... watch the Photo, stop your thoughts, and go into meditation. To stop your thoughts, first say Ganesha Mantra, then the Lord's Prayer, or "I forgive", or Nirvichara mantra (3 times), followed by Mahatahankara mantra (3 times), and then raise the left side 7 times to get balance - each as necessary until thoughtlessness is achieved. Then: "I surrender this thing", and put love, put your Guru in the core of your heart, and bow to that, humble down at the Feet of your Guru - ask for the necessary atmosphere for meditation. Pay attention to your heart or emotions... try thinking of your Mother... watch your breathing, slowing it, reducing by pausing at the end of each in and out breath, as if stopping it, but no exertion about it... and then raise your Kundalini. Finally say Sahastrara Mantra 3 times, and go into meditation. Once this has been done, you go into meditation; This is like cleansing, and is called as Nyasa. If there is any other obstruction you can also say for that. Find out what is your problem, where is the Kundalini stopping - you can feel it within yourself, or if not within yourself you can feel it on your fingers (791118; 0.0001)

We cannot 'meditate'... we can only be 'in' Meditation. When we say we are going to meditate, it has no meaning - we have to be 'in meditation'; When we are moving in the three dimensions of our life, i.e. the emotional, physical & mental, we are not inside ourselves. But when we are inside, we are in thoughtless awareness - then also we are everywhere, because there we are in contact with the Principle, with the Shakti, the Power that permeates into every particle that is matter, into every thought that is emotion, into every planning and thinking of the whole world, & into all the elements that have created this beautiful Earth. When you are 'in meditation' you must allow yourself to be in thoughtless awareness. There the Unconscious itself will take charge of you - you will start moving with the force of Atit. The Unconscious is going to work it out, is going to take you there, where it wants you to go. Try to keep to thoughtless awareness as much as you can - that is when you are in the Kingdom of God, & His people, His arrangements, His Consciousness is going to look after you (760330)

Quieten yourselves within... you can stop your thoughts... through controlling the breathing (811103)

Mantras

Mantras may take the form of 'Om Twamewa Sakshat (Shri Nirvichara) Namoh Namah', so it will be short, as when saying 108 names (800518), or 'Om Twamewa Sakshat (Shri Nirvichara) Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namah', and may be said 3 times, as when said for a particular chakra (800517.2)