



Yogoda Satsanga Society of India

Online Dhyana Kendra

# Janmashtami Meditation Guidelines

## Sannyasi-Led Eight-Hour Long Meditation



“The only way one can permanently establish himself in the inner evenness of yoga is by meditation.

– God Talks With Arjuna: The Bhagavad Gita, Sloka II:48



Paramahansa Yoganandaji always encouraged devotees to participate in long meditations on special occasions, like the birth anniversaries and *mahasamadhi* days of our Gurus. During such occasions, he said, “vibrations of blessings from an illumined master are stronger than on other days.” We can experience them if we tune in through long and deep meditations.

We can benefit more from this special Janmashtami long meditation by trying to follow the guidelines mentioned on the following pages.

### THE SCHEDULE WILL BE:

- Session I: 8 a.m. to 12 noon
- Break: 12 noon to 12:30 p.m.
- Session II: 12:30 p.m. to 4:00 p.m.

## HOW TO PREPARE ON THE DAY PRIOR TO THE LONG MEDITATION

- Take adequate rest.
- Read from Yoganandaji's writings especially, *God Talks with Arjuna: The Bhagavad Gita*.
- Keep your mind on the spiritual plane, mentally chanting the name of Bhagavan Krishna or on one of Yoganandaji's cosmic chants.
- Remember to charge the device the previous night and also ensure you'll have enough internet/mobile data to join the online event (using Zoom for eight hours can use up to 8-10 GB of data).

## HOW TO PREPARE ON THE DAY OF MEDITATION

- Inform family members of your plan for the day.
- Eat lightly (or not at all, if you prefer) before coming to the meditation.
- Try to keep your electronic devices in silent mode, and if possible, turn off notifications, calls and messages to avoid unnecessary distractions.
- Maintain silence before meditation starts
- Prepare your mind and heart for the upcoming long meditation, so you can be in a devotional mood.
- Dress comfortably.
- Adequate ventilation is conducive to deep meditation, for as one's body becomes well-oxygenated, the activity of the heart and lungs slows down, inducing a state of relaxation and calmness.

We request you to log in at least 5-10 minutes early so that you have time to become comfortably settled and are calm before the meditation begins.

The meditation will be conducted in two sessions. The first session will commence with Energization Exercises; and both the sessions will include inspirational readings, and periods of chanting and meditation. It will conclude with the performance of Guruji's Healing Technique and a closing prayer.



*May the blessings of God and the Gurus be upon you  
as you offer this time for God alone.*

## INSTRUCTIONS DURING MEDITATION

The power of the group's sincerity and devotional effort, and the blessings of God, create an inner calm that will help to overcome restlessness and to feel the presence of Bhagavan Krishna.

- Make a special effort to put aside all thoughts of the world for this one day, and strive to keep your whole heart and mind occupied with God alone. Forget time and launch into meditation with devotion and gratitude.
- Try to keep the body still during periods of silent meditation.
- For devotees who are meditating along with other YSS family members, in fairness to them, you would not want to disturb them by coughing, sneezing, etc.
- During chanting, you may rise if you wish, and chant while standing. You may clap your hands softly in rhythm with a chant.

## DURING THE INTERMISSION

- Keep your mind at the kutastha, the point between the eyebrows, and maintain solitude and silence. You may practise the Energization Exercises if you wish. Energization Exercises recording will be played during the break.

## THE PERIODS OF MEDITATION AFTER THE INTERMISSION

- These should be deeper and devotional. As the hours pass one's concentration may be directed towards enjoying the fruits of the meditative effort – a day devoted to giving to and receiving from Bhagavan Krishna His boundless love and joy.
- Endeavour to relax into deeper states of joy and peace. Spiritual perceptions cannot be felt under "strain."

## AFTER MEDITATION

- Strive to spend the remainder of the day holding on to the experience of Bhagavan Krishna's presence you have attained during the meditation.



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