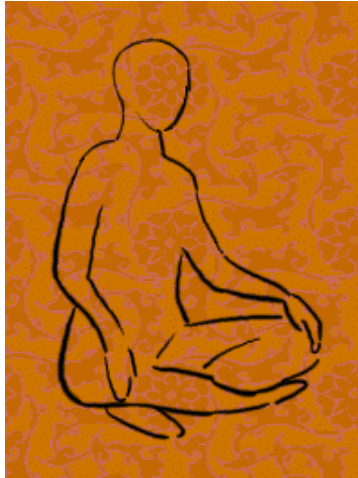


Sitting Positions from Easiest to Hardest (or from Better to Best)

Easy Pose (Sukasana)

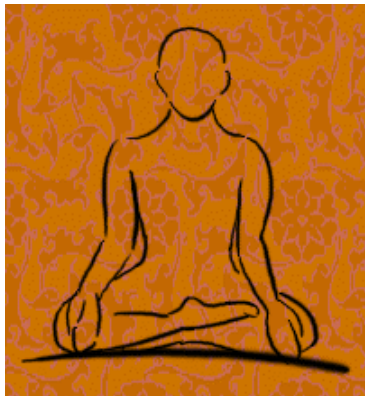
Easy Pose



Sit with both knees bent. Tuck your feet in front of your thighs so that the toes are pointing in opposite directions. Straighten your spine, lift the chest and press the lower spine slightly forward. Rest your hands on your knees or let your hands meet and rest them on your thighs.

Perfect Pose (Siddhasana)

Perfect Pose

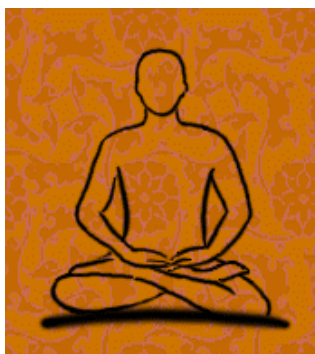


Press the muladhara (base of spine) cakra with your left heel. Then press the svadhsthana (pelvic plexus) cakra with your right heel. Keep the toes of the right foot in the bend of the left knee, exposing only your right big toe.

This posture stimulates the nervous system.

Lotus Pose (Padmasana)

Lotus Pose



Rest the right foot on the left thigh, near the hip joint, and the left foot on the right thigh, near the hip joint as well. Clench the jaws. Press your tongue against the roof of your mouth. This is thought to be the best posture for meditation. The lock seals the prana, vital energy of the body, enabling you to reach a more profound level of consciousness.

Learn How to Meditate

Meditation is an essential part of the process for self-transformation and spiritual development. Meditation is for all people and is not reserved for a select few. One of the goals of Ananda Marga is to make meditation available to all people free of charge. Specially trained teachers (known as *acaryas*) give personal instruction in the process of mantra meditation.

Practice meditation using a general mantra.

A personal mantra is used in the Ananda Marga meditation system. There is however a universal mantra which can be used by anyone. The mantra consists of three Sanskrit words: **Baba Nam Kevalam**. **Baba** means "beloved" and it refers to your deepest Supreme Self. **Nam** means "name", and **Kevalam** means, "only". The meaning of the mantra is "Only the name of the Beloved". It is important to keep the idea of the mantra in your mind while you do the repetition of the Sanskrit words.

Get ready for silent meditation

Sit comfortably with your back straight. It is best to sit cross legged on the floor. Close your eyes and begin to repeat "**Baba Nam Kevalam**" in your mind. As you repeat the Sanskrit words, also keep in mind the meaning "Only the name of the Beloved". If your mind wanders to other thoughts, just bring it back to the mantra, **Baba Nam Kevalam**. Sit for 15 minutes. (Use a clock or watch to keep time; if you open your eyes before 15 minutes, then just close them and continue meditating. After some time your "internal clock" will be able to tell you when it is time to stop meditating.

Do the meditation two times a day

In the morning after waking up and washing, sit for meditation and after that begin your normal daily activities. In the evening, just before the evening meal, sit for meditation again. If you can get into the daily routine of doing meditation you are on the way to success.

If you find the **Baba Nam Kevalam** meditation rewarding, then you might want to go on to more advanced practices. For this you will need an appointment with a meditation teacher. It's worth it.