

How to practice Hindu religion. Enlarged

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This is the true practices that I am going to mention here which anyone can personally follow in his personal life/ which anyone can do without the help of any Guru. Getting a *True Guru* is required but if you don't personally try yourself then no Guru can help you. Only if you try then only God will send you a True Guru and not a fake Guru. A True Guru expects his Disciple (Sishya/Chela) to be pure from both mind and body. Below are steps through which you can do it without the help of anyone.

Below are the practical steps for spiritual upliftment.

1) Read spiritual books and prepare your mind. The recommended books are

a) *Autobiography of a Yogi*- Paramahansa Yogananda, Yogananda Satsanga society.

(70)

- b) *The Incredible Life of an Himalayan Yogi*- Sri Shuddhaanandaa Baba, Biography of Mahayogi Lokenath Baba. (150)
- c) *Living with Himalayan Masters*-Swami Rama, Himalayan Press. (295)
- d) *Tibetan Great Yogi Milarepa*¹- Evans-Wentz, Pilgrim Books/Sambala books. (195)
- e) *God Talks to Arjuna, Royal Science of God realization, The Bhagavata Gita*²- Paramahansa Yogananda, Yogananda Satsanga society. (375)
- f) *Meditation and Mantra*- Swami Vishnu Devananda, MLBD. (195)
- g) *Soul Searcher's "Secrets of Kundalini"*- R. Venugopalan, B.P.Jain Publisher. (200)

See below to know where, in which book stalls they are available. Price mentioned in 0

Read all this books and prepare your mind for awakening.

2) Celibacy-brahmachariya.

Celibacy means preserving the sex hormones in the body and not discharging it. Sex hormones can be lost through sex or through masturbation. It has many advantages (read my document "***Sex in real world***")³. One should not masturbate frequently as it leads to loss of Vital energy and if you waste your sex hormones then your Kundalini will not rise. The sex hormones are converted into Ojas Shakti (Electromagnetic Energy) which is called Prana, which rises up the spine energizing the different Chakras⁴.

For this you have to do few things,

- a) Avoid watching Pornography, Gay/Heterosexual.

¹ Available in **Motilal Banarasisdass** and **Rupa Book** shops.

² The best Bhagavata Gita available in the market according to my experience, 2 volumes, more than 2000 pages, extensive in-depth analysis with colour pictures cost just Rs 375 (PB). Distributors are **Jaico Books** and **Motilal Banarasisdass**.

³ Refer to "**Expanded Commentary**" section below.

⁴ Chakras are energy conjunction points in the spine which has both physical as well as subtle functions which impacts out mentality, success, failure, fortune, misfortune.

- b) Don't read pornographic Literature.
- c) Avoid company which excites you sex desires.
- d) Avoid talking about sex.
- e) Don't think about sex.
- f) Married couples should have sex once or twice a week.
- g) Avoid watching films which is overtly sexual.

3) Avoid useless company and conversations.

Too much talking makes one restless and unfit for meditation. A person who is unable to remain quiet is easily involved in heated debate making enemies, drain on energy and hostility.

Sometimes you will think that your friends are your real friends but one day you will realize that they are not your real friends. Undesirable company is highly disastrous, for such contact fills the mind with useless ideas. A meditator should protect himself carefully from any distracting influences. The ***world*** is full of ***avarice, hypocrisy, flattery, untruth, double dealing*** and ***selfishness***.

4) Diet.

I won't say that you must stop eating non-veg but I can only make you aware of the negative sides of eating non-veg.

- l) **Meat contains toxins including uric acid.** Carnivorous animals can eat meat because their small intestine is very small compared to the small intestine of humans. When the food passes through the small intestine the toxins of the meat get absorbed by the walls of the small intestine. So the carnivorous animals have a very small "small intestine" to release the toxins. But humans have a very long small intestine so the toxins gets absorbed

- II) **The liver breaks down toxins.** The carnivorous animals have liver which is twice the size of humans so if they eat meat it will not cause any problem to them.
- III) **12 Kg's of grains are required to produce 1 kg of meat.** 12 kg grains contain an average of 12000 calories. But 1 kg meat contains 600-700 calories. Which one do you want, 12000 calories or 600 calories???
- IV) **Meat causes cholesterol, diabetes, stiffing of joints, uric acid, liver disease, women losing too much blood during menopause.**
- V) Meat **excites the nervous system** thus causing loss of temper. 99.99% of crimes (petty/serious) are committed by people who gorge of meat.
- VI) **Veg diet cools the temper** can it is suitable for spiritual practice.

5) Choose a mantra of your personal deity.

You can choose your own mantra of your personal deity and chant it daily.

Ways to choose a personal deity e.g. Lord Ram. Lord Krishna, Devi Durga etc.

- a) **C**hoose any personal deity whom you like or you are attracted to or you are devoted to.
 - I) You should like that deity.
 - II) When you see your personal deity you feel good, a sense of good feeling.
 - III) You feel divine love towards that Deity.
 - IV) When you listen to the songs or mantras of your personal deity you feel relaxed, good, even feel like crying in ecstasy.
 - V) Select a picture or statue of your personal deity, picture is preferred as it can be carried anywhere and is portable.

b) **Selecting a mantra.**

There are many mantras of a single Deity e.g. Krishna, Rama, Hanuman, Durga etc.

Select any one mantra which you can chant properly, pronunciations should be correct.

- l) **Chant the Mantra** whenever you want to do but should be 30 min a day at a stretch. Don't do it in a haphazard way. While chanting concentrate in between the eyebrows and think of the image of your personal Deity which you have personally chosen for yourself. Meditate on the mantra and the image regularly. Slowly within one month you will feel joy.

6) Practice Yoga.

Yoga are of many types like Hatha, Bhakti, Jajna, Kundalini, Raja, Kriya, laya, Mantra.

Read the books

- l) **Asana Pranayama Mudra Bandha**⁵ - Swami Satyananda Saraswati, Yoga Publication Trust, Munger Bihar India.
- ll) **Kundalini tantra**⁶- Swami Satyananda Saraswati, Yoga Publication Trust, Munger Bihar India.

Read this book and select any method you want to do but you must do "**asana on meditation**" and also "**Moola Bandha**" specifically.

⁵ **Asana Pranayama Mudra Bandha** is recognised internationally as one of the most systematic and best yoga manuals available today. It has been reprinted thirteen times and translated into many languages. This comprehensive text provides clear illustrations, step by step directions and details of chakra awareness. It guides the practitioner or teacher from the simplest to the most advanced practices of the hatha yoga system. This edition successfully brings the exposition of yoga practices to the standard of a university text.

⁶ **Kundalini Tantra** is Swami Satyananda Saraswati's seminal work on kundalini, chakras and kriya yoga. Defining and explaining kundalini, this book provides a detailed account of kundalini awakening, including the signs and effects of such experiences and ways to both elicit and manage them. The book contains a comprehensive description of each chakra and the significance of the chakras in tantric and yogic practice. Techniques are given to balance each centre for greater harmony in mind, body and spirit, and in preparation for the rising of kundalini shakti. The 20 kriyas and their preparatory practices are fully elucidated.

7) Measures taken before Meditation.

- I) Try to have a separate room where you can meditate without any disturbance.
- II) Try to sit on the floor in a comfortable mattress so that the electromagnetic energy from your body is not absorbed by the floor.
- III) Try to have a separate cloth which you will wear during meditation. Loose cloth and better if it is made of lite Cotton.
- IV) The cloth should not contain stains of semen (sex hormones) or urine or blood.
- V) Try to face North, South or East during meditation to take the advantage of earth's electromagnetic field.
- VI) Keep picture of Saint or Sages or Deity in your Meditation room.
- VII) Incense (Dhoop) should burn in your room.
- VIII) Best time for meditation is early morning and late night.
- IX) Avoid meditation just after eating.
- X) Always meditate in empty stomach.
- XI) Never show anyone that you are meditating.
- XII) Purchase a 108 bead Rudraksha mala or any mala that contains 108 beads⁷.
- XIII) If possible consult an astrologer and energize your 9th lord (Lord that governs spiritual upliftment)

8) Meditation.

Sit in a meditative pose, close your eyes, and concentrate on the point between your eyebrows. Try to visualize the picture of your personal deity and chant his mantra properly which may be loudly or inwardly. Let any thought come and go. Continue

⁷ Pearl mala/rock crystal/lotus seeds/tulsi seed mala/sandalwood mala/Coral mala.

chanting and meditating for atleast 30 min. first it will be tough but slowly you will be able to do it. Increase the time to as much you want. Slowly you will develop Bhakti/ devotion for God and your love will know no bounds.

9) Signal that show improvement in Meditation.

- I) Tears of love for your personal deity will come down your eyes as you chant or even think of it.
- II) *Many of your material desires will get fulfilled.*
- III) You will always feel happy and glad.
- IV) You will feel pain when you will see someone suffering.
- V) You will be interested in reading many other spiritual books.
- VI) You will see everything is a creation of God.
- VII) You will not differentiate between poor, rich/ ill. Healthy/ ugly, beautiful.
- VIII) People will start loving you as you will be emitting spiritual vibration.
- IX) Your bad qualities like Lust, Anger, Pride, Hatred, and Envy will decrease.
- X) You may see different colors/sounds/ images during meditation.
- XI) You feel like sitting in meditation for long time.
- XII) Breath becomes infrequent and very slow or even stops.

Even if you haven't experienced the last one but if you have experienced any other signals then it indicates spiritual upliftment.

10) Obstacles to meditation. (For beginners)

- I) Sex thoughts while meditating.
- II) Itching of body parts.

- III) Thoughts on quarrel.
- IV) Acidity, indigestion, gas.
- V) Lack of devotion to God

These problems are manmade so you know what to do.

11) Alternatives to meditation.

- I) Buy a picture or an idol of your personal deity and worship it daily, chanting mantra (any 1 mantra), giving fruits and flowers to god, should do it for 30 min or more a day.
- II) Read 2 sutras from Bhagavata Gita (from the book which I have prescribed) and try to remember and follow it daily.
- III) Read any other spiritual book, my prescribed books or any other book you like daily.
- IV) Listen to spiritual music and try to avoid Rock Music.
- V) Just think about God 30 min a day.
- VI) Visit temple anytime you want.
- VII) Feed Birds, Dogs every day.
- VIII) Pray and surrender yourself completely to God.
- IX) Give food, alms, donation to the very poor and needy personally.

All the books are available in

Motilal banarasidass Publishers Pvt Ltd,

Delhi- A-44, Naraina Phase-1, New delhi-110 028

Tel- (011) 2579 5180, 2579 2734.

Mumbai- 8 mahalaxmi Chambers, Mahalaxmi temple Lane, 22 Bhulabhai Desai Road Mum- 400 026. Tel- (022) 2351 6583, 3292 2105.

Kolkata- 8 Camac street, Kol- 700 017, Opposite British council. Tel- (033) 2282 4872.

Chennai- 203 Royapettah High road, luz Corner Mylapore, Chennai- 600 004. Tel- (044) 2498 2315.

Bangalore- 236, 9th Main, 3rd Block, Jayanagar, Bangaluru- 560 011, Tel- (080) 2654 2591.

Pune- Sanas Plaza, Shop 11/13, 1302 Bija Rao Road. Pune- 411 002. Tel- (020) 2448 6109.

In Motilal Banarasidass you will get books from **Devine Life society, Yoga Publication Trust** as well.

Below is a section “*Expanded Commentary*”. Those who want detailed analysis can read it. Rest should not read it.



Expanded Commentary.

Why sex hormones should not be wasted frequently?

Mark carefully the evil after-effects that follow the loss of seminal energy!

Eminent doctors of the West say that various kinds of diseases arise from the loss of semen⁸, particularly in young age. There appear boils on the body, acne or eruptions on the face, **blue lines around the eyes**, absence of beard, **sunken eyes**, **pale face** with anemia, loss of memory, loss of eye-sight, shortsightedness, discharge of semen along with urine, enlargement of the testes, pain in the testes, **debility**, **drowsiness**, **laziness**, **gloominess**, palpitation of the heart, dyspnoea or difficulty in breathing, phthisis, pain in the back, loins, head and joints, weak kidneys, passing urine in sleep, **fickle-mindedness**, lack of thinking power, bad dreams, wet dreams and **restlessness** of mind.

Persons are physically, mentally and morally debilitated by wasting the seminal power on so many occasions for nothing. The body and the mind refuse to work energetically. There is physical and mental lethargy. You experience much exhaustion and weakness. You will have to take recourse to drinking milk, to eating fruits and aphrodisiac confections, to make good the loss of energy.

Remember that these things can never, never repair the loss completely. Once lost is lost forever. You will have to drag on a dreary, cheerless existence. Bodily and mental strength gets diminished day by day.

Those who have lost much of their Veerya (Semen) become very irritable. Little things upset their minds. Those who have not observed the vow of celibacy become the slaves of **anger**, **jealousy**, **laziness** and **fear**. If you have not got your senses under control, you **venture to do foolish acts** which even children will not dare to do. He who has wasted the vital energy becomes easily irritable, loses his balance of mind and gets into a state of explosive fury for

⁸ Semen is a milky viscous fluid that comes out on a man's penis during sex of any form. Semen here means both semen of men as well as ovum of women. One drop of Semen is produced from 80 drops of blood. **Women must not make their Husband, indulge in too much sex as it will lead to excessive loss of semen and thus the demerits mentioned above. Twice a week sex is good, once a week is much better. Sex should be practiced only after marriage and that too with the married partner. Both men and women can drink the semen if they wish to do it. Quality of the semen is important. The semen should be viscous and not watery. It should test sweet. It should be white and not yellowish or pinkish.**

trifling things. When a man becomes furious, he behaves improperly. Do not waste this energy. **Preserve it with great care.** You will have wonderful vitality. When Veerya is not used, it is all transmuted into Ojas Sakti (Electromagnetic Energy) and stored up in the brain which rises through the Chakras (Energy Centers) and helps in Kundalini Awakening.

One drop of semen is manufactured out of Eighty drops of blood.

Science of prayer.

During prayer the electromagnetic energy is released from the body, in form of vibration which collide with the **ether atoms**. During collision, the ether atom gets burned. The more the burning the more quickly the prayer will be answered. For this tremendous amount of electromagnetic energy has to be released from the body so what is to be done is that the person who is praying should pray with intense devotion to God. The burning of Ether atoms cannot be seen as they are too small for the naked eye.

Vedic Astrology, spiritual practice and Chakras.

Chakras are particular points in the spine which are actually energy centers in the spine or energy conjunction points in the spine. The energy that is present in the spine is Electromagnetic Energy which travels through Ida, Pingala and Susumna Channels which are present inside the spine. It is the movement of this energy in these three channels that keeps us alive. **Each Chakra has a Physical, Astral, Emotional, Subtle function on the Human.** When we die this energy is released from the three channels of the spine and all functions of the body stops. Some call this energy “soul”, “sprit” and some “ghost”. Planets affect us in many ways

1) **Electromagnetic field of planets** determines the energy level in our body.

2) **Radiation**

3) **Gravitational effect.**

Electromagnetic field in our body travels through the nadis of our body thus activating the chakras of the body. This Electromagnetic field in the body is controlled by the planets. **Chakras are conjunction point of electromagnetic field in our body which affects the physical as well as our mental and psychic body.**

Muladhara chakra- Mars (located at the base of the spine)

Swadisthan- Venus, (sex chakra)

Manipura- Sun (navel chakra)

Anahata- Saturn, (heart chakra)

Visuddha- Merc (throat chakra)

Anja- Jupiter. (chakra b/t the eyebrows)

Bindu- Moon.

Ida, Pingala, and susumna nadis (nerves) pass through the spine. Ida is controlled by moon, Pingala by sun and susumna by all planets. The chakras get activated by these nerves only.

Eg at the time of birth **Jup is Exalted in cancer** so when the child 1st breaths it takes in the Electromagnetic field of Jup which is most powerful then thus his anja chakra will be active throughout his life, thus the physical and mental functions of Anja will be enjoyed by this individual.

Astrology needs to be studied with Tantra Shastras.

Preparing for Sadhana or Spritual Practise.

Each Sadhana has its own specific rules. There are some basic guidelines to be followed to obtain success in Sadhanas:

Perform Sadhana in a clean, pure place wearing clean, freshly washed attire.

Have full Faith, Trust and Devotion towards Mantra, Yantra Guru and Deity.

Be enthusiastic and alert. Have patience and strong will power.

You should use correct, consecrated and Mantra energised Sadhana articles.

You should perform Self analysis and do self-correction

You should attend Sadhana Camps to gain practical knowledge about Sadhanas

You should perform Sadhana only after taking relevant Diksha from Revered Trimurti Gurudevs.

You should stay in touch with Revered Trimurti Gurudevs and keep discussing various aspects of Sadhana with Them.

You should make "Guru Geeta" and "Nilkhileshwaranand Stavan" an essential part of

your daily prayer.

You should eat pure "Satvik" food. You should refrain from eating non vegetarian food, "Taamsik" food like onion, garlic etc. , smoking or drinking. You should not eat in hotels etc.

You should remain celibate during the Sadhna period.

You should finish the entire daily mantra chanting (complete all rounds of rosary) in one sitting without getting up from your seat (asan).

You should sit erect and keep your body still whilest chanting mantras.

You should start Mantra Chanting at the same time daily.

You should sleep on the floor during Sadhana period.

You should refrain from talking and should conserve all your energy during Sadhana period.

You should not sleep during day time.

You should not talk to others about your Sadhana. You should communicate only with Revered Trimurti Gurudevs or Gurudham about Sadhana matters.

Next topic to come.

How to produce a baby of your choice?

Sattvic baby- spiritual baby, morally bold and physically strong, highly successful, happy and brings prosperity to all.

Rajasic baby- ambitious baby, physically strong though may suffer from problems, morally weak, good aspirations, moderately successful, fortune and misfortune both.

Tamasic baby- bad baby, bad in all sectors of life.

How to produce a child of desired sex?

Astrological and psychological factors will be kept in mind. It will discuss about pre natal care and post natal care. Food habit and other general habit required to be followed by the couple. Sexuality will be discussed in this topic.

All will be answered in the next topic.

For all couples, lovers, newlywed as well.

Please mail me your comments at **lifegolden1@gmail.com**