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SATYA KAAM ||

SATYA SANKALP ||

SHRI SUKRITDEVAY NAMAH!!



अनन्त श्री सद्गुरु सदाफलदेव

Vihangam Yoga Meditation Rules

1. PRACTICE MEDITATION FOR 10 MINUTS IN BRAHM MUHURT.
(CURRENT FLOW IS VERY HIGH DURING THESE HOURS; EFFECTS ARE MUCH FASTER THAN NORMAL HOURS)

MORNING BETWEEN 3—5 AM

EVENING BETWEEN 6— 8 PM

2. ALWAYS START MEDITATING WITH DEVOTION TOWARDS SADGURU
3. NEEDS TO DO PRAYERS EVERY DAY. AT LEAST ONCE DEPEN
4. MUST READ SWARVEDA EVERY DAY TO KNOW ABOUT THE KNOWLEDGE AND TO UNDERSTAND YOUR OWN EXPERIENCE
5. SITTING POSITION IN SADHANA

- PLACE SADGURU'S PHOTOGRAPH AT HIGH AND STABLE PLACE
- SURRENDER YOURSELF IN SADGURU'S FEET BY HEAR, SOUL AND MIND
- RECITATION / CHANTING GURUMANTRA 11 TIMES
- NEVER FORGET YOUR POINT OF MEDITATION

6. GURU MANTRA:

OM BHUR BHUWAH SWAH TUTTS WITUR WURENYUM
BHURGO DEVUSYA DHIMAHI DHIYO YO NAH PRCHO-DYAT

MEANING:

WE PRAY TO GOD: WHO IS LIFE INCARNATE,
SAVOUR FROM PAIN, BLISH EMBODIMENT, EXCEL
LENT, SPLENDID, DESTROYER OF SIN. THAT GOD MAY
DIRECT OUR INTELLECT IN THE RAIGHT PATH.

(FOR MORE DETAILS VISIT: WWW.VIHANGAMYOGA.ORG)