



Japa

As per PATANJALI'S YOGA SUTRA
JAPA has three stages

- ① NORMAL where we mentally hold on to it
- ② When JAPA goes on automatically + spontaneously even when you are deeply immersed in other activity
- ③ YOU GET TO ONE POINTED STAGE WHEN MIND IS MERGED IN JAPA BUT YOU ARE AWARE OF YOUR BODY AND THE JAPA which may materialise in the form of a DEITY or LIGHT or SOUND. THIS IS SAVIKALPA SAMADHI. THAT IS THERE IS DUALITY IN AWARENESS i.e. BODY CONSCIOUSNESS + GOD CONSCIOUSNESS
- ④ WITH FURTHER PRACTICE BY CONCEIVING ANY DEITY, SOUND or LIGHT AS THE SUPREME UNDIFFERENTIATED CONSCIOUSNESS WITHOUT ANY ATTRIBUTES or FORM, (III stage of meditation is samadhi)

III STAGE OF MEDITATION IS SAMADHI

As per Patanjali's Yoga Sutra, Japa has three stages:

1. Normal where we mentally hold on to it.
2. When Japa goes on automatically and spontaneously even when you are deeply immersed in other activity.
3. You get to one pointed stage when mind is merged in Japa but you are aware of your body and the Japa which may materialise in the form of a Deity or Light or Sound. This is Savikalpa Samadhi. That is, there is duality in awareness, i.e. body consciousness and God consciousness.
(III stage of meditation is samadhi)
4. With further practice by conceiving the Deity, Sound or Light as the Supreme Undifferentiated Consciousness without any attributes or form,

the MIND GETS EXTINGUISHED.
 SO NO THOUGHT OF JAPA OR
 DEITY OR BODY - YOU THE CHANTER
 OF JAPA DISAPPEARED. THE
 PURE ULTIMATE CONSCIOUSNESS
 ALONE (WHICH WAS ALWAYS THERE
 & WHICH ALONE EXISTS) LEFT.
 NO SEER OR SEEN, NO THINKER
 OR THOUGHT - ONLY THAT.
 THIS IS NIRVIKALPA SAMADHI.
 BUT INITIALLY ~~IS~~ IT IS A PICNIC
 YOU HAVE TO COME BACK HOME -
 TO THE BODY. AFTER THE FIRST EXPERIENCE,
 THE WORLD BECOMES A PAPER TIGER.
 IT FAILS TO EXCITE YOU OR DRAW
 REACTION IN ANY MANNER.

the mind gets extinguished. So no thought or awareness of Japa or Deity or Body. You the chanter of Japa disappeared. The Pure Ultimate Consciousness alone (which was always there and which alone exists) remained. No seer or seen, no thinker or thought – Only That. This is Nirvikalpa Samadhi. But initially it is a picnic. You have to come back home – to the body. After the first experience, the world becomes a paper tiger. It fails to excite you or draw reaction in any manner.

BY CONTINUED PRACTICE IT
 BECOMES PERMANENT. THE
 BODY MAY TALK WALK OR EAT,
 YOU ARE THAT - UNAWARE OF THE
 EXISTENCE OF YOUR BODY. ONLY
 THE ONLOOKER THINKS THAT YOU WALK,
 TALK ETC. HE IS OUTWARDLY
 INEBRIATED & INTOXICATED LIKE
 (INWARDLY A PURE CONSCIOUSNESS
 WITH NO REACTION OR ACTION)
 THIS IS SAHAJA SAMADHI -
 THE ULTIMATE.

By continued practice it becomes permanent. The body may talk, walk or eat, you are That – unaware of even the existence of your body. Only the onlooker thinks that you walk, talk, etc. He is outwardly inebriated or intoxicated like (inwardly a pure consciousness with no reaction or action). This is Sahaja samadhi – the Ultimate.

JAPA MERGES IN THE DEITY OR
 FORM OR SOUND OF OM -
 THAT DEITY OR OM MERGES
 IN SUPREME CONSCIOUSNESS.

Japa merges in the Deity or form or sound of Om – that Deity or Om merges in Supreme Consciousness.