

Japa

As for PATANJALIS YOLA SUTAS (1) NORMAL where we wentall 2) When JAPA goes on automatically of spentaneously were 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 TAPA which may materialise as in the THAT IS There is DKALITY IN AWARENESS is BODY CONSCIOUSNESS & GOD CONSCIOUSNESS WOWITH FURTHER PRACTICE BY CONCENING ANY DEITY, SOUND ON LIGHT AS THE SWAREME MEDITATION NOIFT ERENTIATED CONSCIONSNESS WITHOUT ANY ATTRIBUTES a FORA,

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

- Normal where we mentally hold on to it.
- 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)
- 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 THOUGHTL OF TAPA ON DEITY or BODY - You The Chanter of JAPA DISAPPEMED. The PURE ULTIMATE CONSCIOUS NESS ALONE (WHICH WAS ALWAYS THERE of WHICH ALONE GAISTS) Left. NO Seer or Seen NO THINKER NTHOWAHT - DNLY THAT. THIS IS NIRVIKKLPA SAMADEN But INSTIACLY to A it is a PICNIC YOU HAVE TO COME BACK HOME -TO THE BODY. After the forst experience, the World become a PAPER TIBER. IT FAILS TO EXCITEYOUN dirow REMTION IN ANY MANNEZ.

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. If fails to excite you or draw reaction in any manner.

BY CONTINUED PRACTICE IT

BECOMES PERMANENT. THE

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JAPA mayes in the DEITY ON

form on SOUND OF OM.

That DEITY ON ON PERGES

IN SUPLEME CONSCIOUSNESS.

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.