

# Experiencing Deep Immense Peace

## Introduction:

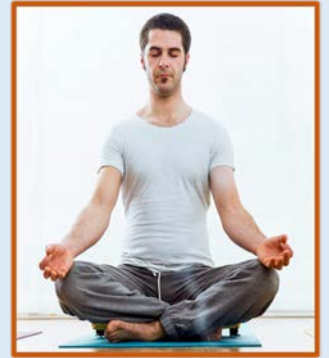
The objective of most of the meditation practice has always been reaching the destination of inner peace. The process of meditation is like a journey to that destination, which many human souls have undertaken since thousands of years. Since our last several births we have been indulging in vices like anger, fear, ego, sorrow, jealousy, hatred, greed etc., all of them have blocked our access to this inner pure emotion of peace. These blockages can easily be removed through spiritual perceptions & by practicing Raj yoga meditation.

Being mostly extrovert & ignorant, we are generally trying to search for peace in external material world. But we should know that out of the seven basic innate qualities of the soul, peace is one of the most vital innate quality. Hence, the real peace lies in 'I' the soul. The deep inner peace can only be experienced by being introvert, by introspection of the self & by realising the self through deep meditation practice. Following meditation script may be use for said purpose.

## Meditation Practice:

Sit in comfortable posture. Start breathing deeply. Inhale deeply and exhale slowly. When you inhale let your belly

gradually come outward and when you exhale let your belly go inward. Focus your attention on your breathing and try to sense the inward and outward flow of the air on the inner walls of your nostrils during inspiration and expiration respectively. Hope your sensing this



Enhance your concentration on your breath and now try to experience the coldness of the air which you are breathing in and the warmness of the air which you are breathing out. Hope you are experiencing this. Now your mind is fully concentrated, stable and peaceful.

## *Experiencing Peace by Being Soul Conscious:*

Along with clear & stable visualization affirm: "I am sitting in comfortable posture and I allow my body to relax, gently releasing any area of stress & anxiety.... Now I am focusing my attention at the centre of my forehead and at this place I am able to visualize my own self, the soul, in a form of a luminous point



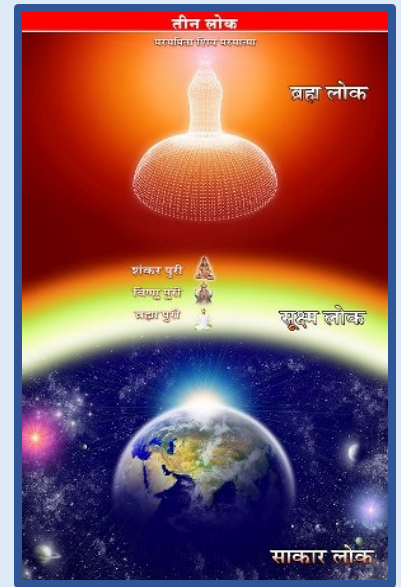
of light.... My mind, intellect & personality are the three basic functional powers of my soul..... Here I take a moment to look at the screen of my mind.... Gradually the speed of my thought is slowing down and my mind is now quiet and still..... Now my mind & body are relaxed.... I am now clearly realizing that I am a soul, the point of divine light & might, different from my physical and subtle bodies... I am peaceful and pure shining star... This body is my mere costume which I adopt to play my role in this world drama... I express and act myself through this physical body, which is temporary... But I, the soul, am an eternal, immortal, indestructible, indivisible, and invisible soul...

Out of seven basic innate & original qualities of "I" the soul, peace is one of the most vital one... Peace is my innate original nature... Peace is my personal value... Peace is my SWADHARM... I am full of peace.... I am peaceful soul... Peace is the neckless of my throat, which I was searching outside so long.... Being the son of, ocean of peace, almighty SHIVBABA, I am the master ocean of peace..... I am experiencing deep peace.....

### **Experiencing Peace Being in SHANTIDHAM:**

The peace world, PARAMDHAM, comprising of sixth element, called BRAHM, is my original abode, which is beyond these corporal & subtle worlds.... I, the soul, am now leaving behind my physical as well the

subtle bodies on this earth and moving upward towards SHANTIDHAM in my seed stage..... Now I am entering the peace world.... Here in the peace world, there prevails eternal golden red divine light.... Here exists neither thought, nor word, nor action; just complete stillness, silence and immense peace all around everywhere..... I, the peaceful soul, am experiencing immense eternal peace here...I am absorbed in profound peace....



### **Experiencing Peace Being with Ocean of Peace SHIVBABA:**

Here, in the peace world, my most beloved SHIVBABA the ocean of peace, is just in front of me.... The powerful vibration of peace is spreading all around from the divine star SHIVBABA ... Some of the vibrations are touching me also....I am getting fully charged with those vibrations of peace.... I am full of immense peace..... I am experiencing deep peace, being with ocean of peace



SHIVBABA.... I am fully absorbed in deep tranquillity.... The powerful rays of peace is now radiating all around from me.....

***Spreading peace all over the globe:***

In this powerful & peaceful seed stage, I am descending in the corporal world, stabilizing myself in the space just in front of earth planet..... The abandon rays of peace, radiating from me, is spreading all over the globe... Every human being on the



earth planet, every inert elements of nature, every consciousness of lower species are receiving these rays of peace... They all are feeling peaceful..... The entire environment

is turning into peace.... Now I am sure that within very short time there will be long lasting peace in the world..... Peace, purity & prosperity will prevail all over the world.... The whole world will turn into a peaceful world.

**Om shanti**

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