

Volcano Meditation

Introduction:

Volcano meditation, also called flame form *YOGA*, is the highest level of yoga practice in which the soul of the practitioner experiences profound light & might. In this stage, he is completely detached & is in very love full & powerful union with almighty supreme father Shivbaba. In this stage, sins of several births are absolved, and the soul turns into its golden *SATOPRADHAN* state. Here, the soul gets free from all the bondages and feels completely liberated. To attain this state is not too difficult but needs proper method and intense effort.

Steps of Meditation:

1. To get detached from our own body and bodily relations, to stabilize our own self in soul consciousness and to experience various attributes of soul especially purity and power.
2. To attain complete seed stage leaving behind the physical and subtle body on the earth. In the seed stage, go to the paramdham enjoying the astral travelling.
3. To have divine experience of paramdham.
4. To emerge almighty beloved shivbaba in front, to converse with him and to get empowered with peace, purity, and power.
5. To attain light house and might house stage.

6. To burn the sins of several births in intense burning flame radiating from me, lit by the rays of profound light and might from almighty shivbaba.
7. To experience liberation from vices and karmic bondages.
8. To enter the corporeal world in volcanic state and to radiate the powerful rays of light and might to the whole globe and to all my fellow brother souls to liberate them from all vices, sins, and bondages.

Meditation Practice:

Along with visualization affirm:

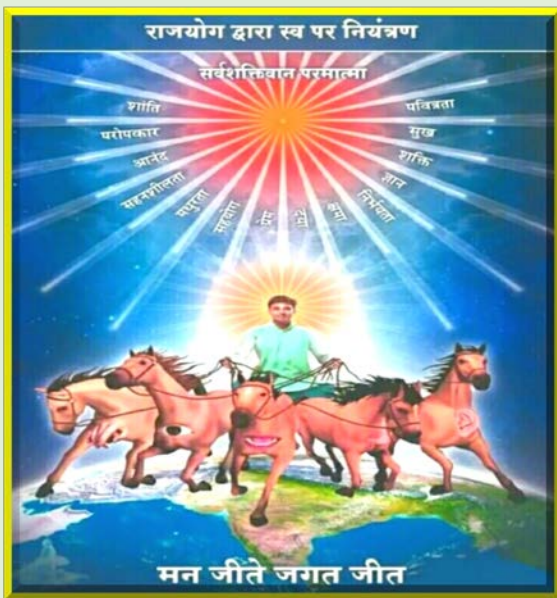
"I am sitting in comfortable posture, and I allow my body to relax, gently releasing any area of stress & anxiety.... Now I am focusing my attention at the centre of my



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 and intellect are basic functional powers of my soul.....Here I take a moment to look at the

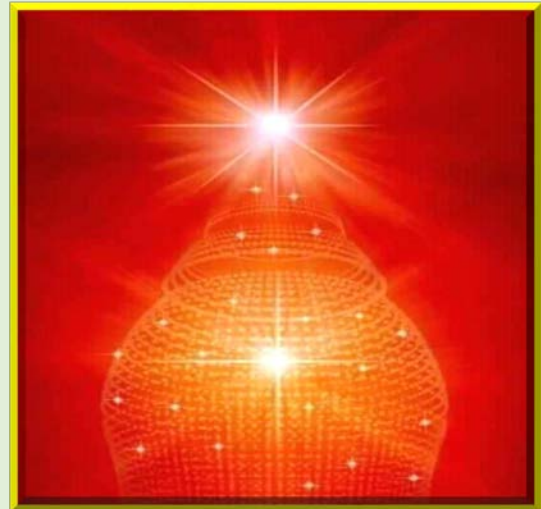
screen of my mind.... Gradually, the speed of my thought is slowing down... quantity of the thoughts is also decreasing... my mind is now quiet and still..... Now my mind & body are relaxed.... I am now clearly realizing that I am a soul, the point of divine light & might, different from my physical 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, invisible conscious entity...

Emerge your physical body in front of you, clearly visualize your 5 senses of perception and its related body limbs such as eyes, ears, mouth, nose, and skin. Affirm



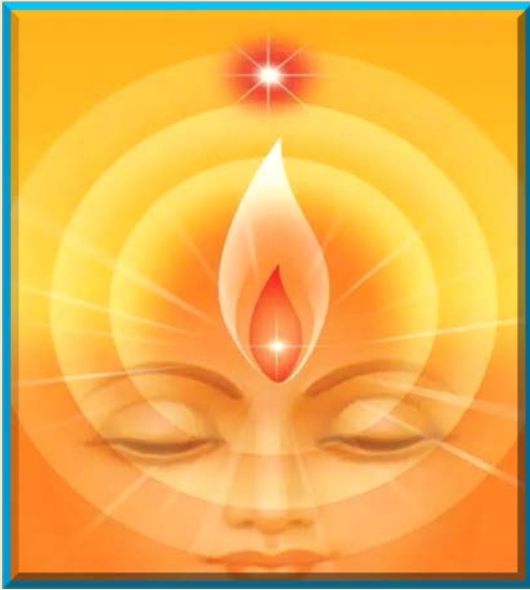
that ... I am conqueror and ruler of all these five senses of perception...mind, intellect and personality are my three subtle senses...I, the soul, has full control over all these 3 senses.... I am ruler of my five senses of actions...

Today being inspired by my sweet Baba, I stabilize myself in the highest flame form of yoga, the volcano stage, so that I can absolve my sins of several births. For this, Baba is inviting me to meet him in *PARAMDHAM*. With the help of my divine intellect, now I am separating myself from my combined physical & subtle bodies.



Leaving behind these bodies, I am flying, as a star, far beyond the space to my sweet silence home the *SHANTIDHAM*... Here I am surrounded by infinite golden red light... Here I am experiencing immense peace ... I am free from the bondage of my physical body and free from all my bodily relations... This is the world of eternal peace and liberation... My supreme spiritual father Shivbaba is just in front of me as a divine shining star.... Though he is point of light, but is supreme in his attributes, ever constant, ocean of peace and purity, ocean of happiness and bliss, ocean of love and power, ocean of knowledge.... Baba you are the only one merciful, liberator and benefactor of all mankind....

Powerful rays of light & might are radiating all around from almighty Baba... Some of the rays are touching me also.... And I am getting charged with profound light & might.... The rays are absorbed in my soul and are now turning into intense burning flame.... I am experiencing so much power in me and I am also feeling that my firmly rooted sins of several births are getting burnt out in the flame of light & might, spreading all around



me.... Now I am feeling extremely light & liberated from vices, sins and bondages.... I am feeling powerful... Thank you very much my sweet Baba for making me experience this stage... I am now master almighty.... Taking leave of my sweet Baba and maintaining the same powerful volcanic stage, I am now descending into corporal world.... And I am stabilizing myself in the space such that the whole turning globe of the world is just in front of me.... The powerful rays, full of light & might, are radiating from me and are spreading over the globe.... All my fellow brother souls are

receiving these rays and their evil personality traits are turning into divine traits.... They also feel liberated from vices, sins, bondages, pain, and sorrow..... They are also awakening now.... They are also eager to learn about Baba's knowledge.

----- Om Shanti-----

BK Prafulchandra; San Diego; USA