

Jiva Meditation

One of the most important aspects of the Jivananda regimen is the Jiva Meditation which soothes and energises the body, mind, senses and the soul for the whole day. It is also a superb tool to fight stress and increase memory and concentration. Co-propounded by Dr. Partap Chauhan and Dr. Satya Narayana Dasa, the Jiva Meditation involves bringing your awareness into the heart area and visualising a tiny Drop of Love in the heart that spreads in all directions. The meditation entails tracing the outward and then the inward journey of the Drop of Love from the heart out into the surrounding and back.

Here's the text of the Jiva Meditation:

Jiva Meditation	
STEP-1	Sit in a relaxed, comfortable position with back/spine straight. Lay down if necessary. Be comfortable and relaxed. Close your eyes, take 3 deep breaths very slowly, breath in and out.
STEP-2	For a few moments focus your mind on your breath, allow your breath to be natural without any forced changes, simply focus on your breath.
STEP-3	Now bring your awareness into your heart area and visualise a tiny drop of Love in the heart. <i>This is "Me". I am Soul.</i>
STEP-4	Enjoy this beautiful realisation of yourself or knowing your True Self with a relaxed face and nice smile on your face.
STEP-5	Visualise the tiny drop of Love spreading in all directions. <i>This is Me, I am Soul. I am full of Love.</i>
STEP-6	Now visualise this tiny drop of Love expanding throughout the heart, destroying all the darkness, ignorance, blockages and toxins.
STEP-7	The heart is like a small Sun emitting this love. Enjoy this expansion of soul into the heart with a relaxed and smiling face.
STEP-8	Now visualise the soul expanding into the rest of the body, into chest, neck, face, head, arms, abdomen, thighs and legs, destroying toxins and cleansing all the blockages.

STEP-9	The whole body is now full of love and life. Enjoy this experience for a moment.
STEP-10	Now expand your attention into the outer world, spread the Love into the room, then, out into the world.
STEP-11	Send Love to those whom you love and to those whom you want to help and heal. Connect your Soul to other Souls to those whom you love and want to help and heal. Enjoy your Soul connection with other Souls for a few moments.
STEP-12	Now draw you attention back from the world into the room, into your body, into your heart, the heart, which is like a small Sun, and then back into its original shape like a tiny drop of Love—a very powerful drop of Love in the heart.
STEP-13	<i>This is Me, I am Soul. I live in this body and I am here to do some thing positive/creative with this body, to help others, to spread love always.</i>
STEP-14	For a moment focus your mind on yourself, the soul which lives in your heart. Focus with a relaxed face and beautiful smile on your face.
STEP-15	Gently rub your palms and rub them gently over your eyes and slowly open your eyes and come back to your outer world.