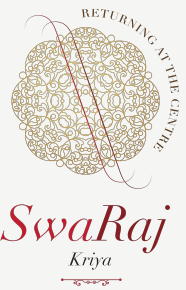


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Sahaj Kathan

Sri Guru's Wisdom for the SwaRaj Kriya Community



Meditation & Breathing

My Dear *Atman*!

“Happiness is within, it cannot be found outside.”

— Shrimad Rajchandraji V. 108

Whatever comes from outside can be called ‘comfort’ at best. Only that which originates within can be labelled as ‘happiness’. And ‘meditation’ is the path that leads to the experience of that happiness. Our mind cannot be in a meditative state if our thoughts are racing into the past or the future. Because meditation begins only when we bring our awareness into the present moment. And the simplest way to do that is to become aware of our breathing. As soon as we become aware of each incoming and outgoing breath, the pointless wandering of thoughts starts to cease. And thus begins meditation. *Atman*, try to become mindful of your breathing as many times in a day as possible. That will naturally translate into more effective results in SwaRaj Kriya.

There is a clear and precise way to uncover the happiness within—that is meditation. Keep practising uninterrupted awareness of the breath, because the path is within, and so is the destination..!

Love and blessings
Sri Guru

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