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SAHAJ KATHAN

Sri Guru's Wisdom for the SwaRaj Kriya Community

Meditation and The Gap

My Dear Seeker!

Lord Shiva said to Goddess Parvati – "O Devi! The experience is possible in the gap between two breaths. The key moment is the sacred interval between the intake of a breath and its subsequent release." As soon as this secret was revealed to her, Goddess Parvati sat down and closed her eyes to meditate and experience that sacred moment.

Lord Shiva has described 112 techniques of meditation in Vigyan Bhairav Tantra. One of those techniques revolves around observing the gap between inhalation and exhalation of a breath. In Yogic terms, this interval is referred to as 'Antar Kumbhak', and it can lead to an unparalleled meditative experience. Thus, it becomes important to understand this technique and put it into daily practice.

Our life and breath are deeply interconnected. We are alive only as long as we are breathing. Each time you inhale a breath, you transcend this life for a precious few moments while the breath remains inside, and this enhances the possibility of sliding into meditation. The movement of breath connects our mortal cells, but we can experience our true immortality the instant we become aware of the gap between inhalation and exhalation. The cumulative effect of these moments gives rise to what we call 'meditation'. It is in these blessed moments that our inherent virtues are unveiled.

My dear seeker, observe this gap for a few moments anytime during the day, and you will know the many dimensions of peace, happiness and fulfilment that manifest within us.

In the depths of experience…
(From Sri Guru's notes)

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