

FOREWORD

This book is a result of numerous inquiries from my students, seminar participants and audience members of my public lectures. I found them looking for such a book on meditation that may cover the following elements: (1) meditation explained in a layman's level of understanding, (2) a discussion of different methods to suit different minds, (3) easy-to-follow steps to meditate, without much altering their accustomed lifestyles, (4) author's personal testimonies, and (5) benefits of the practice, focusing mainly on their career-life relationships. **Thus emerged this book.**

It doesn't matter whether or not you are experienced in meditation. This book will add to your journey, heighten your awareness, and enhance your philosophical perception, enabling you now to respond to the same events of your daily life with more poise and awareness. You also will feel encouraged to realize, within you, the presence of an infinite source of wisdom, guidance and foreknowledge of the upcoming events in your life, helping you alter your belief system—a key to empowering ourselves over the stress, indecisiveness and restlessness in our lives.

Uncommon to most books on this subject, I have included two chapters, “The Seven Important Tips” and “The Living Meditation,” both with several personal examples, encouraging you to enjoy the best results of your practice. The former needs no explanation because its title is self-explanatory. The latter presents three powers, the Power of Reminder, the Power of Environment and the Power of Visualization, the knowledge of which we possess already, but is often forgotten or under utilized. This chapter will remind you of these powers and help you take your journey to a higher level and greater charge of you life.

The last section on “Meditation And Stress” discusses how an altered perception can alter your response to what is unchangeable in our lives. It is my belief that our heightened philosophical perception is the only effective way to better manage the rising stress, balance career-life relationships, enhance our own personal evolution and deal with the challenges of uncertainties in our lives. **The Buddha and Christ** met the challenges and tribulations in their lives far greater than we normally face today, and yet they lived more fully than us. Our level of mental perception is everything in our lives.

This book is about various methods of meditation, their benefits in our different realms of life, and my personal journey. It is divided into three sections, the concept, methods and benefits of meditation, and each section into its relevant chapters. Each chapter opens with a personally selected topic quote, and closes with a brief topic summary and some wisdom nuggets, reinforcing the message of the chapter. In order

to maximize your meditation practice, I recommend that you first read this book completely once before you begin practicing your meditation.

I possess an undergraduate degree in Philosophy from University of Bombay, and a graduate degree, with honors, in Transpersonal Studies, from Atlantic University, Virginia Beach. I am an earnest student of comparative religions and human consciousness. My philosophical and spiritual inquiries began from the early years of my life, and gradually developed into an irresistible urge to find their answers. This journey of self-discovery led me to *Autobiography of A Yogi*, by Paramahansa Yogananda. I found many of my life enigmas explained with my growing interest in his writings and my meditative practice.

Regardless of your faith, convictions, and level of interest in meditation you will find this book informative and inspiring. If you believe in the power of your mind over your body, and find yourself not being able to fully exercising your mind's power, this simple mental discipline, meditation, will help you realize many potentials of your mind and possibilities of your life. I have no doubt that this book charged with numerous personal experiences will find one day a niche of its own, largely in the hearts of those who are seeking better ways of living--living with self-dignity, independence and a purpose everyday.

In a final word, I would like to share a **personal anecdote**. In one of my recent seminars of Meditation and Stress Management, I asked the participants as my usual practice: What had brought them to my seminar and what precisely they would like to take home. Nicole, a pharmacist in a local hospital, had this to respond, "Nothing in particular. While going through your advertised material, I simply *felt drawn* to discover more about the subject and I decided at once to register." I asked no more to Nicole. Similar were the responses of Robert, a podiatrist, Charles McCall, a retired Navy captain, Dave Pond, an airline pilot, and many more, in several of my past presentations.

It will not surprise me therefore, if you experience too, *felt drawn* while browsing this book. Some psychic energy moving in nature attracts invariably two or more minds, living in the same level of frequency, no matter how far apart in a physical distance. Should you ever *feel drawn* to share or discuss with me about the subject matter of this book, I will be happy to respond.

Please do not dismiss this book after turning few pages, nor after its first reading. I urge you to save it. One day, at some point in your life's journey, you may find it handy and beneficial evermore. Far more than the worldly favors, **my primary interest in writing** this book is only to reach out to those seeking guidance and encouragement in

their journey of personal growth and development, but do not know how to begin and where to turn for a direction. This book possesses the potential to unlock many possibilities in your life.

I wish you the best.

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