MEGA MEDITATION SUMMIT
FREE RESOURCE

THE ULTIMATE MEDITATION GUIDE

Why, how and what happens—from your first breath to deep silence

BY PARI PATRI

MEDITATE · CONNECT · SERVE · CONTINUE

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A NOTE FROM PARI

HEY, CONSCIOUS CREATOR,

I'm so happy you're here.

If you're reading this, you're ready to begin an incredible journey into yourself.

In these pages, I'm sharing the meditation practice that has shaped my life and the lives of millions of others. Awareness of the breath was taught by the Buddha, and Patriji dedicated his life to bringing this simple practice to the masses through PSSM.

You do not need to be Buddhist—or follow any religion—to meditate. This is a practice for anyone. It has been studied by researchers, and it can become part of your everyday life alongside whatever you already believe and practice. You don't have to leave anything behind.

> You begin by coming back to yourself, one breath at a time.

This guide will help you understand the basics and start practicing. I'm excited for you to experience it for yourself, and I would love to hear what you discover.

Write to me at PariPatri@PSSMGlobal.org or connect with me on Instagram at @PariPatri.

LOVE,
PARI

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CHAPTER ONE

WHY MEDITATE?

Meditation is the greatest gift we can give ourselves—by our own effort, for our own lives.

THE BENEFITS

SPIRITUAL HEALTH IS THE ROOT. PHYSICAL HEALTH IS THE FRUIT.

The mind by nature is restless. Those restless waves scatter our energy, cloud our focus and weaken our memory. As Patriji taught, agriculture is the cultivation of land—and meditation is the cultivation of the mind. When the mind grows calm, our energy returns.

- **Healing** — the body recovers with more energy available to it
- **Memory** — the brain works closer to its full capacity
- **Habits** — wasteful habits fall away on their own
- **Joy** — the mind stays peaceful through life's ups and downs
- **Efficiency** — more gets done, with less effort
- **Rest** — deep meditation refreshes like deep sleep
- **Relationships** — they become kinder and more fulfilling
- **Will-power** — intentions gain the energy to come true
- **Clarity** — right and wrong become easier to discern
- **Purpose** — you begin to understand why you are here

> "Half an hour of deep meditation is equal to six hours of deep sleep—in terms of rest for the body and energy for the mind."
>
> BRAHMARSHI PATRIJI

WHAT THE RESEARCH SAYS

SCIENCE IS CATCHING UP

Modern research into breath-focused and mindfulness meditation is growing every year. Here are some of the most widely cited findings.

A CALMER, HAPPIER MIND

In a study of over 2,000 people, minds wandered almost half of waking time—and people were less happy while their minds wandered.

KILLINGSWORTH & GILBERT · SCIENCE · 2010

QUIETER MIND-CHATTER

Experienced meditators showed less activity in the brain's "default mode network," the system linked to mind-wandering and self-focused thought.

BREWER ET AL. · PNAS · 2011

A CHANGING BRAIN

After eight weeks of mindfulness practice, participants showed increased grey-matter density in areas tied to learning, memory and emotional regulation.

HÖLZEL ET AL. · PSYCHIATRY RESEARCH · 2011

LESS ANXIETY AND STRESS

A review of 47 clinical trials found meditation programs improved anxiety, depression and pain.

GOYAL ET AL. · JAMA INTERNAL MEDICINE · 2014

BETTER SLEEP

Adults with sleep troubles who learned mindfulness meditation slept better than those given sleep-hygiene education.

BLACK ET AL. · JAMA INTERNAL MEDICINE · 2015

A HEALTHIER HEART

The American Heart Association concluded meditation may be a reasonable addition for lowering heart-disease risk.

LEVINE ET AL. · JOURNAL OF THE AHA · 2017

> Meditation works beautifully alongside medical care—never in place of it. If you are being treated for any condition, keep your doctor in the loop.

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CHAPTER TWO

HOW TO MEDITATE

Close your eyes. Clasp your hands. Cross your legs.
And be with your normal, natural breath.

THE PRACTICE

ANAPANASATI

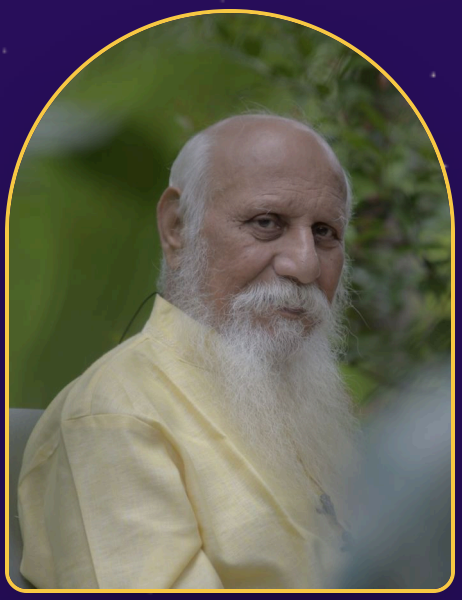
In the Pali language, *Anapanasati* means directing your total attention and awareness only to your normal, natural breathing.

ANA	APANA	SATI
in-breath	out-breath	be one with

1. **Sit comfortably**
   On the floor or a chair—any posture that is easy for you. Cross your legs if you can.
2. **Clasp your hands**
   Interlace all your fingers together, forming a closed circuit so energy is not lost.
3. **Close your eyes**
   Keep them closed until the end, whatever arises.
4. **Be with your breath**
   Simply observe the breath as it is. Do not control, deepen or hold it.
5. **Let thoughts go**
   When the mind wanders, don't follow the thought. Gently return to the breath—again and again.
6. **Stay patient**
   The breath becomes softer and shorter on its own. Silence follows.

THE SCIENCE OF THE BREATH

WHY THE BREATH?



BRAHMARSHI PATRIJI

Meditation is silencing the endless chatter of the restless mind. To do that, the mind needs something to rest upon—and the breath is perfect.

The breath is not part of the body, yet it lives in the body. It is always happening, never ages, and is simple enough to be felt in every moment. That makes it the easiest doorway there is.

> "Breath is the ambassador of pure consciousness in the body."
>
> BRAHMARSHI PATRIJI

WHAT HAPPENS AS YOU PRACTICE

With patience, the breath naturally becomes shorter and finer, often felt only at the upper part of the nose, until it seems barely there. The restless waves of the mind settle. A calm, tranquil mind is established—and in time the mind becomes truly empty, a state of deep inner silence where even outer sounds fade.

> No mantra. No image. No visualisation. Just the breath, exactly as it is.

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CHAPTER THREE

THE THREE GRAND HAPPENINGS

The whole science of meditation, in three simple steps.

BREATH → EMPTINESS → ENERGY → VISION

1 THE MIND BECOMES EMPTY

When we stay with the soft, natural, peaceful flow of the breath, the mind grows less tense, less dense—and, sooner than later, rather empty.

2 COSMIC ENERGY FLOODS IN

A jungle-like mind is a barrier. When the mind empties, it becomes open and permeable, and cosmic energy flows freely into the physical body.

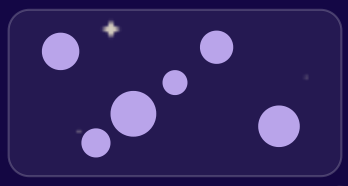
3 THE THIRD EYE ACTIVATES

When enough cosmic energy has entered, the pineal gland—the third eye—begins to activate, awakening our inner senses and soul consciousness.

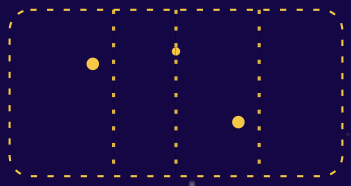
FROM SOLID TO VAPOUR

Patriji described the untrained mind as **solid**—dense with thought, letting nothing through. With practice it becomes **liquid**, then **vapour**: very few thoughts, many gaps, and energy passing through freely.

SOLID MIND



LIQUID MIND

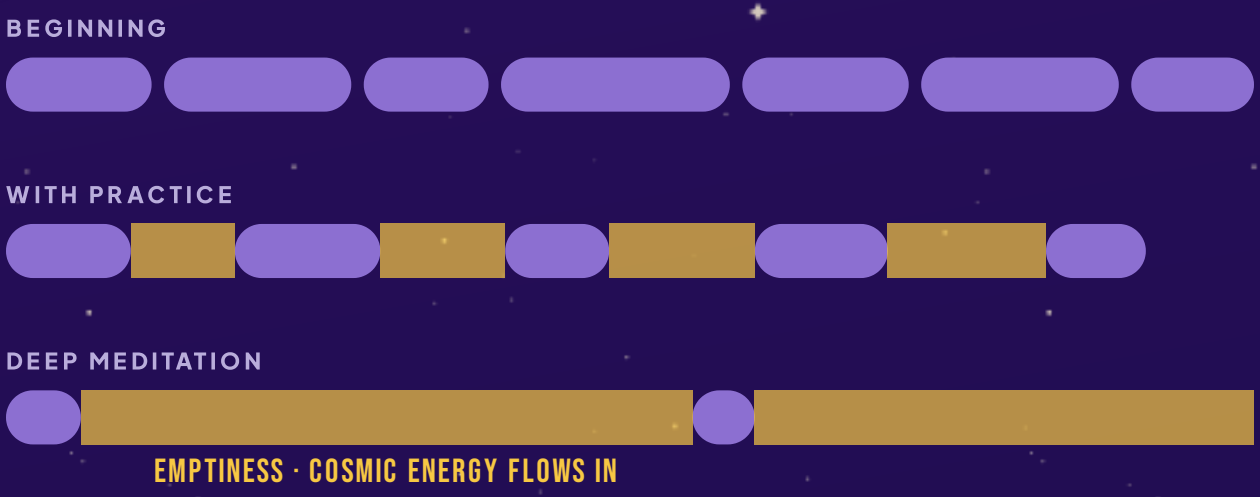


VAPOUR MIND

THE SPACE BETWEEN THOUGHTS

IN THE GAP, ENERGY ENTERS

Every thought is followed by a tiny pause. In the beginning those spaces are very small. With practice, the thoughts shorten and the spaces between them widen.



That space is emptiness—and emptiness is not nothing. It is the doorway through which cosmic energy enters the body. The more emptiness, the more energy flows in.

When the body has received enough of this energy, the pineal gland—the third eye—begins to activate. At first there may be flashes of light or colour; in time, inner seeing grows clearer and steadier.

> "More the emptiness of the mind, more the inflow of cosmic energy."
>
> BRAHMARSHI PATRIJI

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CHAPTER FOUR

WHAT MEDITATION IS NOT

Meditation needs no equipment, no mantra, no teacher standing over you. Only your attention.

CLEARING THE CONFUSION

SIMPLER THAN YOU THINK

NOT YOGA

Yoga postures are wonderful for the body. Meditation is stillness of the mind—no movement required.

NOT PRANAYAMA

We do not control, deepen or hold the breath. We only observe it.

NOT CHANTING

No mantra is needed. The mouth stays closed; the mind grows quiet.

NOT VISUALISATION

No images, deities or scenes to hold. Emptiness is the goal.

ANYWHERE. ANYTIME. ANYONE.

ANYWHERE

home, office, park, plane

ANYTIME

morning, noon or night

ANYONE

children, adults, elders—any faith or none

Because we are not changing the breath in any way, there is nothing to strain and nothing to get wrong. It is gentle on the body and the mind, which is why children as young as five and elders in their nineties practice it every day.

> If thoughts come, that is not failure. Noticing the thought and returning to the breath *is* the practice.

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CHAPTER FIVE

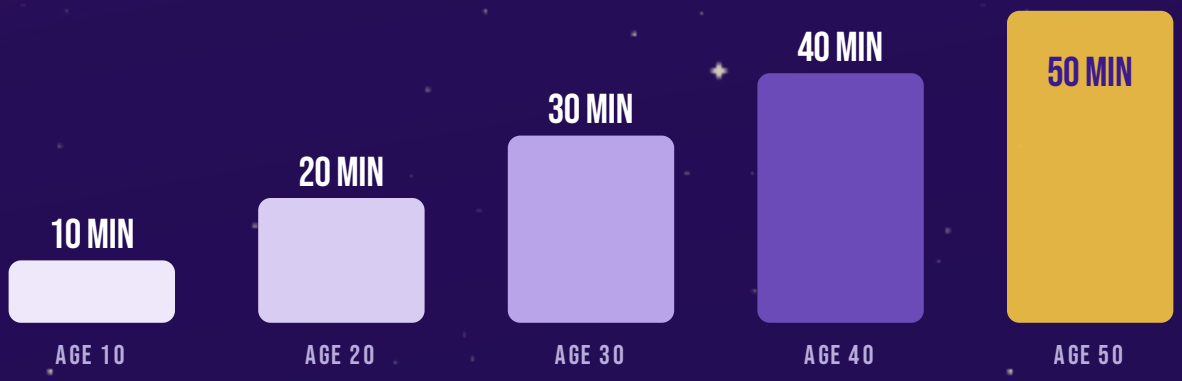
HOW LONG AND WHEN

A simple rule for how long, and a 40-day promise to yourself.

HOW LONG?

YOUR AGE IN MINUTES

The PSSM guideline is beautifully simple: meditate one minute for every year of your age, every day.



If you are 10, meditate for 10 minutes. If you are 50, meditate for 50 minutes. Starting out, it's fine to build up gradually—begin where you are and add a few minutes each week until you reach your number.

WHEN?

You can meditate at any time that is comfortable for you. Early morning is especially peaceful, before the day's demands begin—but the best time is the one you will keep.

FOR BEGINNERS

THE 40-DAY PRACTICE

Choose one time each day and meditate at that same time for 40 days. Just as we feel hungry or sleepy at regular times, the body learns by repetition. After 40 days, your body is programmed: when the hour arrives, it is ready to sit and go within.

> Keep the same time, and if you can, the same place. Tick a circle each day.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

MY MEDITATION TIME

_____

MY MEDITATION PLACE

_____

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CHAPTER SIX

WHAT TO EAT

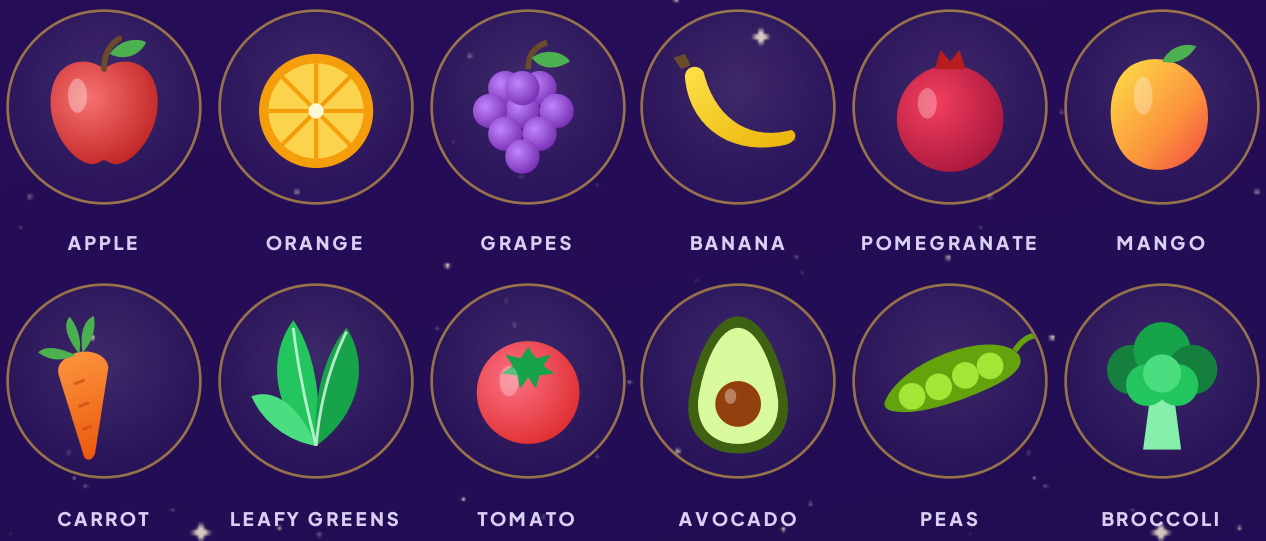
Sattvic food—fresh, simple, whole and plant-based—nourishes the body and supports a clear mind.

SATTVIC FOOD

WHAT TO EAT WHEN YOU MEDITATE

Eat sattvic food: fresh, simple, whole, plant-based food.

Choose food that nourishes the body, feels light, and supports a clear mind. Eat freshly prepared meals, and avoid food that comes from killing animals.



FRESH FRUIT
seasonal, colourful, whole

VEGETABLES & GREENS
lightly cooked or raw

WHOLE GRAINS
rice, millets, oats, wheat

LENTILS & BEANS
dal, chickpeas, mung

NUTS & SEEDS
a handful a day

PURE WATER
and herbal teas

WHAT TO LEAVE OUT

TWO FOODS TO AVOID

As part of this meditation practice, do not eat mushrooms or garlic.

MUSHROOMS

NOT A PLANT

Mushrooms are fungi. They do not grow through photosynthesis, as plants do.

GARLIC

TAMASIC

Garlic is considered tamasic in this practice. It is believed to stir heavy emotions and survival patterns such as fear and greed.

KEEP IT SIMPLE

- **Keep your food simple.** Fresh, whole and freshly prepared.
- **Eat with awareness.** Slowly, gratefully, without distraction.
- **Eat light before meditating.** A full stomach makes the mind heavy.
- **Choose whole over processed.** The closer to nature, the better.

What you take into your body should support the stillness you are building in meditation.

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CHAPTER SEVEN

WHAT HAPPENS IN MEDITATION

Experiences are signposts on the road—not the destination.

SEVEN KINDS OF EXPERIENCE

WHAT YOU MAY NOTICE

Every meditator's journey is different. These are seven kinds of experience commonly shared—you may have some, all, or none, and each is fine.

1 **Body sensations**
Heaviness, lightness, or arms and legs seeming to disappear.

2 **Energy movements**
Tingling, warmth, coolness or gentle waves of energy through the body.

3 **Lights and colours**
Colours, points or flashes of light with eyes closed.

4 **Visions**
Scenes of nature, places and faces never seen before.

5 **Inner sounds & scents**
Subtle sounds, music or fragrances with no outer source.

6 **Past-life glimpses**
Flashes of other times and other lives.

7 **Astral travel**
Leaving the body, often through a tunnel into light, and meeting masters.

✦ **Share & journal**
Write down your experiences and share them with fellow meditators.

THE REAL PURPOSE

IT'S NOT ABOUT THE EXPERIENCES

Experiences are beautiful, and they tell us energy is moving. But the purpose of meditation is not to collect them.

The true happenings of meditation show up in your life—in how you respond when someone is unkind, how quickly you return to calm, and how present and aware you are in each ordinary moment.

RESPOND
instead of react

PRESENCE
in every moment

AWARENESS
in all you do

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CHAPTER EIGHT

TYPES OF MEDITATION

One practice—the breath—in many beautiful settings.

EXPLORE

MOON, MUSIC & COMMUNITY

NEW MOON MEDITATION

For new beginnings and new intentions. Get clear on your goals and meditate to amplify them.

FULL MOON MEDITATION

Energies are at their peak and amplified—a spiritual window opens. A wonderful time to join a group meditation.

MUSIC MEDITATION

Soft instrumental music helps beginners reach an empty mind more easily. Patriji's own flute meditations are a beautiful place to start—sit, close your eyes and let the music carry you to the breath.

GROUP MEDITATION

Meditating together multiplies the energy for everyone present. Join PSSM Wisdom Connect online every Sunday, a local circle, or a Mega Meditation Summit.

PYRAMID MEDITATION

Meditating inside or beneath a pyramid—more in the bonus chapter.

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BONUS CHAPTER

ENHANCE YOUR PRACTICE

Beautiful additions—a sacred space, essential oils, crystals and the power of the pyramid.

BONUS · SACRED SPACE

CREATE YOUR SACRED SPACE

Choose one place to meditate every day. Just as with time, you build a habit and a vibration in that spot, and your mind and body learn that this is where you go within.

Pari's personal meditation space.

- A corner of your bedroom, a sunroom or the basement—it doesn't matter, as long as it feels good.
- Keep it clean, simple and quiet. Dim the lights, or use an eye mask.
- Add what uplifts you: a cushion, a small pyramid, crystals, a diffuser.

SCENT AND STONE

ESSENTIAL OILS

A gentle layer of fragrance helps the mind recognise that it is time to settle. Use a diffuser in your meditation space, and choose only 100% pure essential oils.

> Pari's favourite blend: equal parts frankincense and lavender.

CRYSTALS

Many meditators love keeping crystals nearby. They are believed to transform heavy energy into light and to help us attune to their qualities.

CELESTITE

Pari's personal favourite—calm and serene

CLEAR QUARTZ

clarity and amplification

AMETHYST

peace and intuition

BONUS · PYRAMID POWER

THREE TIMES THE ENERGY

Meditation done inside or beneath a pyramid is three times more powerful.

The pyramid shape gathers cosmic energy and focuses it down through its apex onto whatever lies below. Meditators often describe deep relaxation, fewer stray thoughts and a quicker journey into inner silence. Pyramids make especially powerful environments for beginners.

PYRAMID CAP

No pyramid nearby? Wear a small pyramid cap while meditating to experience the same amplification.

BUILD YOUR OWN

Use Great Pyramid proportions—sides at 51°51' to the base—aligned to true north.

BEFORE YOU GO

Meditation is the best way to listen to your intuition and meet your true self. Sit with your breath every day, and let your life become everything you want it to be—and more.

AND REMEMBER…

YOU CREATE YOUR OWN REALITY

WITH LOVE, PARI

Meditate with the global PSSM community every Sunday at pssmwisdomconnect.com ·
Learn about Patriji at patriji.info · support@pssmglobal.org