

Day 6

Meditation

Inner light meditation

INNER LIGHT MEDITATION (Teacher, Sant Rajindher Singh)

1. Sit comfortably in a position in which you can remain still as long as possible. It can be a chair, a sofa or on the floor. Lying down is not recommended as it would be very easy to fall asleep.
2. Close your eyes gently, as you would go to sleep. Don't squeeze them together or put any pressure on them, and don't turn them upwards either. Just look straight at what's in front of you. At the beginning it will be darkness. Look into the middle of the darkness as you would look at a screen in a movie, waiting until the movie begins.

Tip: Remember your last vacation when you were soaking up the sun. There is no effort; no thinking required to receive the sun. Just like that, there is no effort required to receive inner spiritual gifts. Relax but keep your attention focused on what's in front of you when your eyes are closed.

3. Keep lovingly looking with closed eyes at what's in front of you. Chose a name or a sentence that connects you with your soul, your divinity and keep repeating the name or the sentence mentally, not loud. (E.g. love, God or I am One with the universe, you chose what's right for you) The repetition of the name or sentence will help you to concentrate and not be distracted by other thoughts. If you lose concentration, just start over again with repeating your heavenly name or sentence and focus again on what's in front of you with closed eyes.



4. **Tip: At the beginning you will most likely be constantly distracted by thoughts. That is normal. It's a slow process of learning to concentrate and focus inwards. Be patient – and keep practicing. You might think that you didn't get much out of this meditation, but rest assured, every time you practice you are receiving a lot of spiritual gifts.**
5. As you progress with your practice, you might see variations of lights, yellow, orange, red, blue or golden appearing in front of your inner eye. Keep your focus in the middle of whatever appears and keep repeating your heavenly word or sentence. Don't compare with others and what they experienced, as this is a personal journey between you and your soul and not a competition.
6. Increase your practice over time and enjoy the inner spiritual gifts that you're able to receive through concentrating inward.