

## MEDITATION SATSANG ① INFORMATION

Welcome to our Yoga Vida Satsang. Our Satsang is a group of people with an ongoing commitment to the daily practice of passage meditation and allied living skills as taught by Sri Eknath Easwaran. We meet regularly for mutual support and inspiration.

Our approach is nondenominational, non-sectarian, and free from dogma and ritual. It can be used with in each person's cultural and religious background to relieve stress, heal relationships, release deeper resources, and realize one's highest potential.

Sri Eknath Easwaran was a successful writer, lecturer, and professor of English literature when he came to the U.S. on the Fulbright exchange program. In 1961 he founded the Blue Mountain Center of Meditation in Berkeley, California, for teaching the method of meditation he developed while following a busy career. He taught his Eight Point Program to modern men and women for forty years until his passing in 1999. He continues to teach through his twenty-six books on spiritual living and through the programs and publications of the Blue Mountain Center.





# THE EIGHT POINT PROGRAM

## 1. MEDITATION

Silent repetition in the mind of memorized inspirational passages from the world's great religions. Practiced for one-half hour each morning.

## 2. THE MANTRAM

Silent repetition in the mind of a Holy Name or hallowed phrase from one of the world's great religions. Practiced whenever possible throughout the day or night.

## 3. SLOWING DOWN

Setting priorities and reducing stress and friction caused by hurry.

## 4. ONE-POINTED ATTENTION

Giving full concentration to the matter at hand.  
Doing on thing at a time.

## 5. TRAINING THE SENSES

Overcoming conditioned habits and learning to enjoy what is beneficial.

## 6. PUTTING OTHERS FIRST

Gaining freedom from selfishness and separateness; finding joy in helping others.

## 7. SPIRITUAL COMPANIONSHIP

Spending time regularly with others following the Eight Point Program for mutual inspiration and support.

## 8. READING THE MYSTICS

Drawing inspiration from writings by and about the world's great spiritual figures and from the scriptures of all religions.

## BASIC INSTRUCTIONS IN MEDITATION

Begin by devoting half an hour every morning as early as convenient to the practice of meditation. Do not increase the half-hour period, but if you want to meditate more, have half an hour in the evening also.

Have a room in your home for meditation, or a special corner, and keep it as austere as possible. A quiet, cool, well-ventilated room is best. If you like, you may want to have a picture or image of a spiritual figure who inspires you.

If you want to sit in a straight-back chair, one with arms is best; or sit cross-legged on the carpet. Sit with spinal column erect, and eyes gently closed. As concentration deepens you may begin to relax and fall asleep; if so, draw yourself up and move away from your back support so that you can keep the spine, neck and head in a straight line.

Have an inspirational passage memorized, such as the Prayer of St. Francis of Assisi, the second or twelfth chapter of the Bhagavad Gita, the Twenty-third Psalm, the first chapter of the Dhammapada of the Buddha, or the Beatitudes of the Sermon on the Mount. Go through the words of the passage in your mind as slowly as you can, letting the words slip one after another into your consciousness. Do not follow any association of ideas, but keep to the words of the inspirational passage. When distractions come, do not resist them, but try to give more and more attention to the words of the prayer. If you find your mind has wandered away completely, go back to the first word of the stanza and begin again. Keep adding to your repertoire of inspirational passages from the scriptures of all religions to prevent dryness in meditation.

The secret of meditation is that you become what you meditate on. When you use the second chapter of the Gita in meditation, for instance, you are driving the words deeper and deeper into your consciousness, so that one day, perhaps after many years, they will become an integral part of your consciousness and will manifest themselves in your daily life.

THE PRAYER OF  
SAINT FRANCIS OF ASSISI

LORD, MAKE ME AN INSTRUMENT OF  
THY PEACE.

WHERE THERE IS HATRED,  
LET ME SOW LOVE;

WHERE THERE IS INJURY, PARDON;

WHERE THERE IS DOUBT, FAITH;

WHERE THERE IS DARKNESS, LIGHT;

WHERE THERE IS SADNESS, JOY.

O DIVINE MASTER, GRANT THAT I MAY  
NOT SO MUCH SEEK

TO BE CONSOLED AS TO CONSOLE,

TO BE UNDERSTOOD AS TO UNDERSTAND,

TO BE LOVED AS TO LOVE;

FOR IT IS IN GIVING THAT WE RECEIVE,

IT IS IN PARDONING THAT WE  
ARE PARDONED,

IT IS IN DYING TO SELF THAT WE ARE BORN  
TO ETERNAL LIFE.

