



*Condensed From Talks by
- Guruji Shree Rishi Prabhakar*

What is Meditation?

Question: What is meditation?

Guruji: Doing Nothing - is meditation.

Q: Most people think that Meditation is full of concentration and effort and it is a way to gain concentration.

Guruji: No doubt you will be gaining the ability to concentrate after meditation because you are very relaxed after meditation.

Q: How has this mistake happened?

Guruji: Everyone is result oriented and they think we must focus on the result we want to achieve. The result required here is concentration. So they think that one must

practice concentration to get concentration. Concentration can never be achieved by straining or focusing. Concentration is the natural outcome of relaxation.

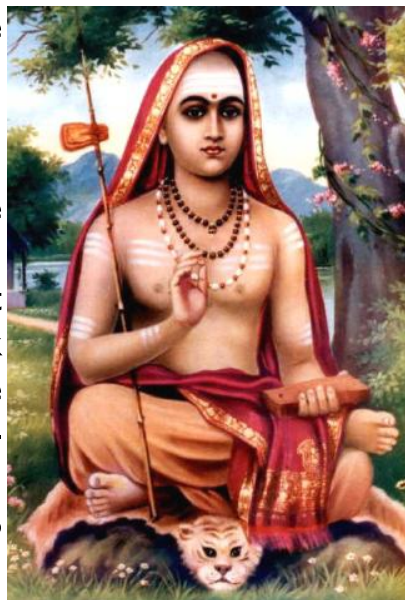
Q: What is Sadhana?

Guruji: Sadhana is the shift from "Effort to Effortlessness". Maharishi Mahesh Yogiji taught us that "Life is Effortless and all struggle is because we have lost the Silence of Transcendence". The Samadhi state

is our original state of Being. We always focus on "Doing" and get caught up in the world of Karma.

One is awakened when one realises how to enter his own Silence within.

Q: How do you enter this Silence BEING



within?

Guruji: By doing nothing. Shankara in his first sentence in the commentary on the Brahma Sutras states “Akarmaiva Mokshaha”- That is “Liberation is only through Non-Doing (Doing Nothing)”.

Q: What is Doing - Nothing?

Guruji: Accepting everything as it is without resistance is Non-Doing. This is the ultimate “Ahimsa” or non-violence.

Q: Then it is very easy!

Guruji: Yes. It is the easiest.

Q: Then why is it that people who learn meditation do not practice it regularly? And there are people of the opinion that meditation is to be practiced in the later years of life after retirement.

Guruji: Meditations as taught by almost all institutions in the world is some kind of a doing, like focusing, concentration, chanting, visualizing etc. The person is already caught up and tired of doing so much in the world, and now for liberating himself he is taught to do something more. How can a tired mind focus? It is because of this that they keep post-poning meditation for to them it is some

more doing. They feel they will do it in their leisure time, or are asked to get up very early in the morning. So they find it difficult to practice it in their daily life, hence they postpone it to a holiday or old age after retirement etc.

Samadhi Meditation is a process of Doing Nothing, it a process of unwinding from the world for a short while so that we can start fresh again. Our Rishis called it Trikala Sandhya, practicing meditation thrice a day. Meditation is not running away from the world but to make you more efficient in the world.

Q: Then what is the difference between what you teach and what others are teaching?

Guruji: All Doing processes of meditation have to ultimately lead to Samadhi. People following the doing processes of meditations unknowingly sometimes get into Samadhi for a short while. As they are taught to do something all the



time; they feel that they have gone astray when in Samadhi. So they resume their doing process as soon as they regain their awareness of doing. Thereby they constantly miss the bus and get no-where.

Q: So it means that people who are practicing the doing processes of meditation are struggling to get somewhere?

Guruji: They try to achieve Silence. They have made Meditation into a goal oriented phenomenon.

Q: Will Silence happen by itself without trying for it?

Guruji: Certainly. If you try, it will not happen. That is why in the Bhagavad Gita, Krishna, goes on emphasising action without expectation. Meditation is like play. Children play and enjoy the play. Play itself is enjoyable, not some particular result from it.

People work even though they do not like to work. They work to get money. They hardly enjoy going to work or working. They are always looking for free holidays. Children play and enjoy. If you happily work towards something even if you are not paid, then it is play. Just doing it is rewarding, or rather, you are happily

you are happily doing it.

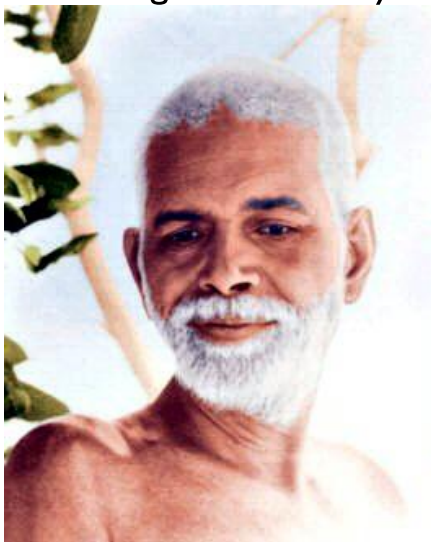
Normally, in work, you are happy after it is over and when you got your result. Until it is over it feels burdensome. Even people watching a play or a match become hyper and over react if their team is losing - they even weep, commit suicide, bully the umpire, kick supporters of the other team.

In Meditation you gain inner happiness and freedom for no reason by Doing Nothing, in Silence. It is the nature of silence. Everyone is looking for happiness outside in accomplishments. They work for a month to get some salary. They work for 20 years to get a Ph.D. In the end they are as unhappy as before. Now they think another Degree will help or a salary rise will make them happier.

If you do anything happily, it is much more rewarding and will certainly be of higher quality and will be more appreciated and rewarded. Both the giver and receiver are happy. In this world of liberation or Moksha, equations are opposite to the Karma world.

Q: How are they opposite?

Guruji: In Karma world, people think that by



people think that by working hard they will become rich. They work overtime and strain themselves.

In the Moksha world, you are already rich, contented and happy. You work happily.

Results are not important. Enjoying what you do is important and doing what you enjoy is important. In this state whatever you do is enjoyable.

In the Karma world, you get more space by proving that you can do something well. You have to keep on proving to get better opportunities and promotions.

In the Moksha world Doing Nothing / Silence creates a space within whereby one experiences tremendous freedom that he feels he can do anything and be anything.

In the Moksha world, everywhere there are opportunities as you do not seek any particular reward like a salary. Millions of jobs are available and you can choose what you want to do. You can learn anything be it cooking, repairing, dancing, music etc. You can continue to learn and explore. You don't have to prove anything but your explorative learning will



result in very tasty dishes as you do it happily and the touch of love shows up.

In the Karma world, people are made to retire and feel powerless. In the Moksha world, you retire when you feel that you have passed it on to another person responsibly and enjoy the freedom to move on to a much bigger responsibility. Bigger opportunities open up as you retire voluntarily.

In the Karma world, you get tired, exhausted, obsolete because of strain and lack of time and interest to learn and upgrade. One can never be useful to the people around on the contrary one is always trying to use others to one's advantage so that one can be comfortable and get out of the rat race very fast. Even if one learns anything it is done reluctantly to get a higher income for oneself.

In the Moksha world, you do things with a zest and enthusiasm to share yourself with others. When you learn more and more only then you can be useful to people around. Here you share your time and knowledge with everyone so

that all can become rich. You get supported voluntarily to make you more useful.

In the Karma world, you become rich by grabbing as much as you can from others. You are always in competition. In the Moksha world you become richer by giving what you have getting more and more well-wishers and their wealth becomes your wealth. By learning and sharing everyone becomes rich and everyone feels secured and supported. Everyone's resources become everyone's wealth.

In the Karma world, you ask, what will you give me? In the Moksha world you ask what can I do for you?



Q: Then Sadhana is for shifting from Karma world to Moksha world by doing nothing?

Gurujii: I think you got the point. From effort to effortlessness, is Brahmagyan. So far you were thinking that you will become happy by doing and accomplishing, Brahmagyan is when you know

how to become happy by Doing Nothing.

It is not just to be understood but lived as an experience through Sadhana of Non-doing.

Q: How do I learn it from you?

Gurujii: By serving a Guru who knows the science of Non-Doing.

Q: I thought listening to a Guru is enough.

Gurujii: Company and Guidance of a Guru is almost a must. If you are as fortunate as Ramana Maharshi, you may be able to do without a living Guru, which is a rare feat. Our Guru shishya parampara is the best support.

Q: Can't it be bought like any other lesson?

Gurujii: Many things in the Karma world can be learnt by books, lectures and demos. Brahmagyan is an inspiration that a living Guru's life demonstrates, which is passed on and received in gratitude. It is given freely for you to become free so that you too can learn how to offer yourself freely, without any expectations. As you grow you too will live by grace rather than by demands and expectations. You too will then become an inspiration to learn and grow. This is the Guru Shishya Parampara where inner joyfulness becomes the base for joyful togetherness, joyful learning, joyful sharing and abundance. ~
