



# Meditation Techniques

4

*Part of the  
2010-2014 Teachings for Women  
of Sunyata Saraswati*

Ma Shakti Amrita Saraswati

(Writings and teachings of Master Sunyata Saraswati)

*Meditation Techniques*

*Part of the 2010-2014 Teachings for Women of Sunyata Saraswati*

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Published by Ma Shakti Amrita Saraswati  
First Edition 2021

Unless indicated as from Amrita, all information in this manual was originally spoken by, written by, or transmitted by Sunyata Saraswati, even if not presented in quotation marks. His words in this manual may be used; please quote from:

“Sunyata Saraswati”.

Thank you.

### **Please read before using this manual and practices**

This manual is a reference guide only. Practices should only be attempted after you have received instruction from a teacher or video, following the directions and cautions.

The exercises and practices in this manual promote well-being and energy and are not data-proven methods. Please use this information with caution, intuition, and common sense, as no outcome is guaranteed.

These practices are not meant to replace competent medical advice. Consult your health practitioner if you are unsure of the suitability of these practices.

Do not force or strain yourself when practicing. If you feel pain, discomfort, dizziness, or anything else unusual, stop practicing immediately. Do not practice after surgery until you are allowed by your health practitioner. Check the *Restrictions* and *Health Concerns* throughout the manual.

Thank you!

For current information, please visit  
[www.spiritenergymovement.com](http://www.spiritenergymovement.com)

To read about the complete system, the *2010-2014 Teachings for Women of Sunyata Saraswati*, please reference the manual *Becoming...*

Sunyata Saraswati's memorial website  
[www.sunyatasaraswati.com](http://www.sunyatasaraswati.com)

May all be safe.  
May all be happy.  
May all grow to their fullest spiritual expression in this lifetime!

## Part 4 - Meditation Techniques

*“The real meditation is when you are sitting quietly at the end.”*

~ Sunyata Saraswati

Peace.

Tranquility.

A quiet moment.

Learning about the higher nature of the self.

Renewal.

Well-being.

This and more awaits the meditator.

Meditation is a method of quieting the mind in order to more clearly see one's self. The *Meditation Techniques* in this manual are different methods of moving the breath and awareness in the body, without using body movements.

### ***Some possible benefits of the Meditation Techniques include***

- Body becoming still
- Definition of self expanding
- Energy moving normally through the body
- Expanded state of awareness, which is a start and a part of the path to enlightenment
- Inhaling life force energy up
- Joy
- Knowing the mind
- Mind expansion
- Mind relaxation
- Moving awareness with the breath
- Normal state of being changing in a positive direction
- Spiritual evolution
- Stress relief

### **Meditation Techniques**

1. Shiva's Triad
2. Yoni Mudrā
3. Ajapa Japa
4. So'Ham

## Part 4 - Meditation Techniques

### *About meditation*

The *Meditation Techniques* are different methods of moving the breath and awareness in the body, without using body movements. When sitting quietly after practice, the result can be relaxation, tuning into the deeper processes of the mind, and experiencing another awareness of being. Meditation is a method of quieting the mind in order to more clearly see one's self.

Master Sunyata said about meditation, "It's a happening that's not happening." "It is the key to the other shore... Everything else is part of leading you to the door of meditation." And, "You are one within yourself then. You don't see anything else but the essence of you. Nothing else matters... When you go into the core of yourself, and it radiates out, you come out of the meditation."

He described the stages as changing physical energy into mental energy, into spiritual awareness, to enter the void, to achieve Enlightenment, and go beyond.

Master Sunyata revealed the advanced stage beyond technique: "That's where the mystery school teachings come in, to sit and be. No formal way of doing anything. It doesn't matter what process you've gone through. Just sit and be with the breath. Most people are afraid to be with their breath."

Even before reaching this stage, the practitioner can start to let go of using music, incense, and the like to set an atmosphere for meditation. As meditation practice becomes regular, one starts to rely less on outside things to calm one's inside, rather the meditation itself, and one's inner self calms one's inside.

### ***Preliminary Energy Movers before Meditation***

Doing *Preliminary Energy Movers* before meditation strengthens the ligaments and tendons in the body; awakens Chi; helps with deeper breathing; stimulates the circulatory, meridian, and lymphatic systems; and enables the practitioner to sit longer. On a basic level, if the body is tense, and one tries to sit, the body will want to move.

### **Meditation position**

Meditation techniques are almost always done sitting up. Some cultures felt sitting on the ground or in a chair with feet flat on the floor would allow one to feel the energy coming up into the body. Others felt sitting in a chair would bring the divine energy in through the Crown. In all the practices in the system, some use a chair, some sitting on ground, the remaining are the choice of the practitioner. There may come a point in age or physical body condition that the practices need to be performed while sitting in a chair.

When sitting on the floor, sit on a meditation bench, pillow, or cushion so that the knees are lower than the hips. If the practitioner needs help to open the thighs, there are many exercises, and also the Inguinal Crease (the "Gua") can be massaged. Do not force anything, if anything is uncomfortable or painful, stop or reposition oneself.

Never meditate when lying down, except that a modified version of *So'Ham* using the front channel only can be done laying down, and *Yoni Mudrā* is most comfortably done lying down. It is said: sit up erect so the energy can travel up.

## Part 4 - Meditation Techniques

### **After meditating**

The steps to come out of meditation, he taught, are: “Open your eyes a little wider. Gradually coming back into body consciousness. Into our outer environment. Keep your eyes soft. Still maintaining your center and your awareness.”

About the practical side of meditation practice, Master Sunyata observed, “That’s the purpose of meditation on a practical level, is to be focused and centered when you come back down. When we come out of those high states is to get on with your life on the physical plane and make it work.”

When the practitioner comes out of meditation, awareness appears. It comes automatically. When one has direct experience, awareness, this becomes personal knowledge, and what the saints, sages, masters, and higher minds have written in scriptures, etc., will remind the practitioner of their practice experiences and inner transformation.

### **Cautions**

Master Sunyata defined PrāNāyāma as conscious expansion of the breath. If breathing practices make one feel lightheaded, it could be from the detoxing, increased amount of oxygen going to the brain, energy congestion in the Chi meridians dissolving, and/or the body conducting more energy. If you feel dizzy or bad when doing any practice, stop, and consult the teacher.

Lastly, anyone going through emotional or mental difficulty, especially if diagnosed or experiencing symptoms, should keep the eyes open when meditating, and only practice *So’Ham* and *Yoni Mudrā* sitting up. It is better to use another teacher’s technique if there is one available for one’s unique situation.

A single *Meditation Technique* can be used alone, or as part of a longer practice.

## Part 4 - Meditation Techniques

### 1. Shiva's Triad

#### Sequence

##### 1. *Shiva's Triad*

- a. Karana Kriyas (optional) (please use the *Preliminary Energy Movers* manual)
- b. Shiva's Triad 49
- c. Yin-Yang Mudrā (Holding the Mind) 54
- d. Self Massage (Tao Yin) 55
- e. Brush Off the Arms and Legs 63
- f. Clear (Wash the Chi) 65

#### Practice

#### Health Concerns

##### *Pregnant*

- If you are pregnant, consult your health practitioner before beginning practice

##### *Postpartum*

- Please wait four weeks before starting practice

##### *Other*

- Only lightly press the eyelids (do not press to an uncomfortable or painful level) and avoid direct pressure on the pupil (center of the eye)
- If you have sensitive or disordered eyesight, barely touch the eyelids (do not press)
- Anyone going through emotional or mental difficulty, especially if diagnosed or experiencing symptoms, should keep the eyes open when meditating, and only practice sitting up

##### *About*

Master Sunyata described the practice: "These are mechanical devices, training devices. You wait for the light to appear. This is just optical stimulation in the beginning. Pressing the corner of the eyelids stimulates the optic nerve, to draw one's consciousness inside. Don't think this is something mystical.

A lot of different manifestations happen. Sometimes it will be a vortex, like you're falling into something. Sometimes it will be electrical flashes of light. All of these are psychic phenomenon that's happening inside the central nervous system.

That's the beginning stages. When the mind calms down, and the heart opens, feeling reverence for all life, love for all sentient beings, opening up to the master of your choice, allowing that ray of energy to come in, then the real light comes in. It's the light and the brilliance of a million suns.

When you exhale out, hold the breath out for a second or two before you inhale. This allows the energy to start building up in the body, creating that hydraulic pressure. Then you inhale again.

Eventually the practitioner can just shut the eyes and see the light automatically without using this. Then mechanical techniques are not needed.

The mystical side is when you come out of a *Mūdra* and keep your focus right here. Ājñān from the Hindu system. Keep your awareness there. Open to the surrender in the heart. Divine light.

Take it deeper and deeper inside. You'll feel sometimes when the light shuts off or dims, it's time to go to the next technique. (*Shiva's Triad to Yoni Mudrā*)." 45

## Part 4 - Meditation Techniques

### 2. Yoni Mudrā

#### Sequence

##### 2. *Yoni Mudrā*

- a. Karana Kriyas (optional) (please use the *Preliminary Energy Movers* manual)
- b. Yoni Mudrā 73
- c. Yin-Yang Mudrā (Holding the Mind) 75
- d. Self Massage (Tao Yin) 76
- e. Brush Off the Arms and Legs 84
- f. Clear (Wash the Chi) 86

#### Practice

#### Health Concerns

##### *Pregnant*

- If you are pregnant, consult your health practitioner before beginning practice

##### *Postpartum*

- Please wait four weeks before starting practice

##### *Other*

- Only lightly press the eyelids (do not press to an uncomfortable or painful level) and avoid direct pressure on the pupil (center of the eye)
- If you have sensitive or disordered eyesight, barely touch the eyelids (do not press)
- Anyone going through emotional or mental difficulty, especially if diagnosed or experiencing symptoms, should keep the eyes open when meditating, and only practice sitting up

##### *About*

Master Sunyata described the practice: “The music heard is the music that the practitioner produces: that internal music of oneself. Eventually one may be able to hear the music and sounds without the formal practice.

The one thing that happens, that’s why the Sound Current Yoga was always saved to the last in people’s spiritual development, because once you hear that beautiful music and that sound, nothing here, you could care less about it. You just want to merge with the sound.”

Eventually, after that, the music and sounds may stop on their own.

“The Light Body expression is pure light. Pure light vibrates at such a high frequency, there is no sound. You use the sound as a vehicle to go away from sound. From the gross sound to its highest vibration and frequency, and then beyond that.”

## Part 4 - Meditation Techniques

### 3. Ajapa Japa

#### Sequence

#### 3. *Ajapa Japa*

- |                                      |    |
|--------------------------------------|----|
| a. Ajapa Japa                        | 95 |
| b. Yin-Yang Mudrā (Holding the Mind) | 97 |
| c. Clear (Wash the Chi)              | 98 |

#### Practice

#### Health Concerns

##### *Pregnant*

- If you are pregnant, consult your health practitioner before beginning practice, and if allowed, do only one short practice per day, and use imperceptible breathing with very gentle exhales of “*Sa Sa Sa*”

##### *Postpartum*

- Please wait six weeks before starting practice

##### *Other*

- If practicing all day while going about normal activities, use imperceptible breathing with very gentle exhales of “*Sa Sa Sa*”
- Anyone going through emotional or mental difficulty, especially if diagnosed or experiencing symptoms, should keep the eyes open when meditating

## Part 4 - Meditation Techniques

### 4. So'Ham

#### Sequence

#### 4. *So'Ham*

- |  |     |
|--|-----|
| a. Karana Kriyas (optional) (please use the <i>Preliminary Energy Movers</i> manual) |     |
| b. So'Ham  | 106 |
| c. Yin-Yang Mudrā (Holding the Mind)   | 113 |
| d. Self Massage (Tao Yin)  | 114 |
| e. Brush Off the Arms and Legs   | 122 |
| f. Clear (Wash the Chi)  | 124 |

#### Practice

#### Health Concerns

##### *Pregnant*

- If you are pregnant, consult your health practitioner before beginning practice
- If you are pregnant, no Bandhas (*Anal Contraction* or *Mūla Bandha [Root Lock]*)

##### *Postpartum*

- After giving birth, you can practice with the *Mantra* only while breathing in and out of the 4th eye. At six weeks postpartum, you can do the entire practice.

##### *Other*

- If you have cancer, chemotherapy, or are too weak for Tai Chi Yin Gung, you can practice *So'Ham*, but without the Bandhas (*Anal Contraction* or *Mūla Bandha [Root Lock]*)
- Anyone going through emotional or mental difficulty, especially if diagnosed or experiencing symptoms, should keep the eyes open when meditating, and only practice sitting up



# Meditation Techniques

④

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Before Sunyata Saraswati’s (Gosvāmī, Sifu, affectionately called “Master”, Grandmaster, SiGung, Lao Sui, T’ien-Tao Lung) energy left the body, he told Amrita that she was to document these practices taught in the last four years of his life. This instruction led to the compiling of this manual, which is part of the *2010-2014 Teachings for Women of Sunyata Saraswati*.

May future generations benefit from these teachings.  
May all people be happy and be able to grow into their most expanded self in the world.

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