



# Glorious India



# THE HIMALAYAN MEDITATION



## Jeeva Ashtakam

Aham Achintyah Amarah Nityo Roopah  
Aham Satyo Satyaanshah Satya-Svaroopah  
Aham Akledhyashcha Adaahyah Ashoshyah  
Aham Krishndaasah Aham Krishndaasah ||1||

Naaham Brahmaa Vishnu Cha Rudrah Basobah  
Naaham Aadityo Marutah Yakshah Devah  
Naaham Baalah Brid'dhashcha Naari Purushah  
Aham Krishndaasah Aham Krishndaasah ||2||

Aham Ajanmaa Abyayo Mukta Satyah  
Aham Kutasthaachala Purusho Nityah  
Aham Krishnaanshah Krishna Devasya Anshah  
Aham Krishndaasah Aham Krishndaasah ||3||

Naaham Etat Dehashcha Naa Tasya Angah  
Naaham Kasya Sangashcha Naaham Asangah  
Naaham Pancha-Praanah Naaham Pancha-Koshah  
Aham Krishndaasah Aham Krishndaasah ||4||

Aham Gunaa-Teetah Aham Kaalaa-Teetah  
Aham Aanando Shiba Svaroopo Satyah  
Aham Chidaa-Nandoham Krishnasya Daasah  
Aham Krishndaasah Aham Krishndaasah ||5||

Aham Tena Saha Ekatvam Sambhandham  
Aham Tena Saha Sambhandham Prithakam  
Aham Tada-Bhedaa-Bhedashcha Achintyam  
Aham Krishndaasah Aham Krishndaasah ||6||

Aham Vismritavaan Mama Rooposhud'dhah  
Aham Maaya Anale Dehe Aabad'dhah  
Aham Shatoshatah Aashaya Nibad'dhah  
Aham Krishndaasah Aham Krishndaasah ||7||

Aham Krishndaasah Aham Krishndaasah  
Aham Krishndaasah Aham Krishndaasah  
Aham Krishndaasahaham Krishndaasah  
Aham Krishndaasahaham Krishndaasah ||8||

**|| Iti Jeeva Ashtakam Sampurnam ||**

JANUARY 2022

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☾ - Ekadasi ● - Poornima ☾ - Amavasya

## FESTIVALS

- 09 Sun -Guru Gobind Singh Jayanti
- 12 Wed -Swami Vivekanand Jayanti
- 13 Thu -Lohri/ Paush Putrada Ekadashi
- 14 Fri -Pongal/Bihu/Makar Sankranti
- 17 Mon -World Religion Day (Sanatana Purnima)
- 21 Fri -Sakat Chauth
- 24 Mon -International Day of Education (Rishi Parampara)
- 26 Wed -Republic Day
- 28 Fri -Shattila Ekadashi



# JAGANNATH TEMPLE, PURI, ODISHA



[f](#) [i](#) [v](#) /thehimalayanmeditation

It is one of the **Char Dham** pilgrimage sites in India, and is also well-known for the annual chariot festival or **Rath Yatra**



**Jagannath idol** has always remained off-limits for people, and devotees can **see him** only for a **particular period of time**

**Prasaadam** cooking is also done in a different way in, interestingly **7 pots** placed one on top of another to cook this special delicacy using **firewood**



Interesting to note here is that the contents of the **topmost pot** gets **cooked first**, followed by the **bottom pots**

# THE HIMALAYAN MEDITATION



FEBRUARY

2022

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☿ - Ekadasi    🌑 - Purnima    ☾ - Amavasya

## FESTIVALS

- 01 Tue -Mauni Amavasya
- 05 Sat -Vasant Panchami
- 07 Mon -Ratha Saptami
- 08 Tue -Bhishma Ashtami
- 12 Sat -Jaya Ekadashi
- 13 Sun -Kumbha Sankranti
- 14 Mon -Valentine's Day
- 19 Sat -Chatrapati Shivaji Maharaj Jayanti
- 21 Mon -International Mother Language Day (Sanskrit)
- 26 Sat -Vijaya Ekadashi
- 27 Sun -Gauna Vijaya Ekadashi

## Bhootanaatha Ashtakam

Shiva Shiva Shakti-Naatham Sanhaaram Sham Svaroopam  
Nava Nava Nitya-Nrityam Taandavam Tam Tannaadam  
Ghana Ghana Ghoomi-Megham Ghan-Ghoram Gham Ninaadam  
Bhaja Bhaja Bhasma-Lepam Bhajaami Bhoota-Naatham || 1 ||

Kala Kala Kaala-Roopam Kallolam Kam Karaalam  
Dama Dama Dama-Naadam Damburum Dankanaadam  
Sama Sama Shakta-Gribam Sarbabhootam Shuresham  
Bhaja Bhaja Bhasma-Lepam Bhajaami Bhoota-Naatham || 2 ||

Rama Rama Raama-Bhaktam Ramesham Raam Raaraabam  
Mama Mama Mukta-Hastam Mahesham Mam Madhuram  
Bama Bama Brahma Roopam Baamesham Bam Binaashama  
Bhaja Bhaja Bhasma-Lepam Bhajaami Bhoota-Naatham || 3 ||

Hara Hara Hari-Priyam Tritaapam Ham Sanhaaram  
Khama Khama Kshamaashilam Sapaapam Kham Kshamanam  
Dhaga Dhaga Dhyaana Moortim Sagunam Dham Dhaaranam  
Bhaja Bhaja Bhasma-Lepam Bhajaami Bhoota-Naatham || 4 ||

Pama Pama Paapa-Naasham Prajvalam Pam Prakaasham  
Gama Gama Guhyatattvam Girisham Gam Ganaanaam  
Dama Dama Daana-Hastam Dhundaram Dam Daarunam  
Bhaja Bhaja Bhasma-Lepam Bhajaami Bhoota-Naatham || 5 ||

Gama Gama Geeta-Naatham Doorgamam Gam Gantabyam  
Tama Tama Runda-Maalam Tankaaram Tankanaadam  
Bhama Bhama Bhram Bhramaram Bhairavam Kshetrapaalam  
Bhaja Bhaja Bhasma-Lepam Bhajaami Bhoota-Naatham || 6 ||

Trishula-Dhaari Sanghara-Kaari Girija-Naatham Ishvaram  
Paarvati-Pati Tvam Maayaa-Pati Shubhra-Vanam Maheshvaram  
Kailaasha-Naatha Sati-Praana-Naantha Mahaa-Kaalam Kaaleshvaram  
Ardha-Chandram Shirakiritam Bhoota-Naathan Shibam Bhaje || 7 ||

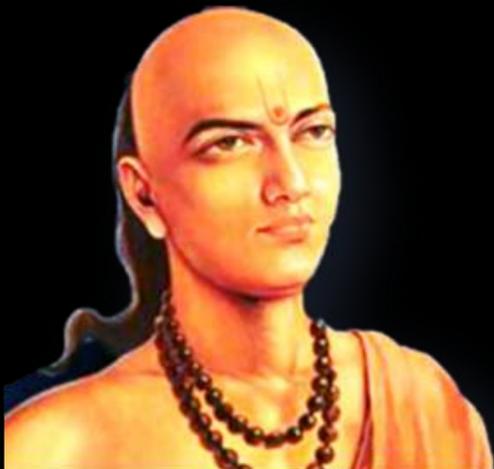
Neela-Kanthaya Sat-Svaroopaaaya Sada Shivaaya Namoh Namah  
Yaksha-Roopaaaya Jataa-Dharaaya Naaga-Devaaya Namoh Namah  
Indra-Haaraaya Tri-Lochanaaya Gangaa-Dharaaya Namoh Namah  
Ardha-Chandram Shira-Kiritam Bhoota-Naatham Shibam Bhaje || 8 ||

Taba Kripaa Krishnadasah Bhajati Bhoota-Naatham  
Taba Kripaa Krishnadasah Smarati Bhoota-Naatham  
Taba Kripaa Krishnadasah Pashyati Bhoota-Naatham  
Taba Kripaa Krishnadasah Pibati Bhoota-Naatham || 0 ||

|| Atha Krishndaasah Viracita Bhoota-Natha Ashtakam Yah Pathati  
Niskaamabhaabena Sah Shivalokam Sagacchati ||



# Glorious Past of Ancient India



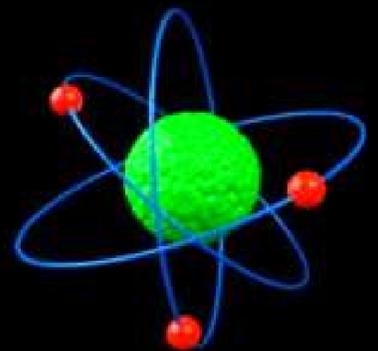
MAHARSHI ARYABHATTA

- Invention of "Zero"



MAHARSHI KANAD

- Structure of Atom



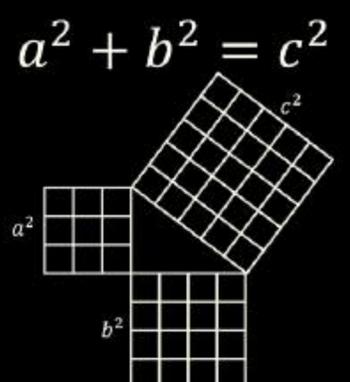
MAHARSHI NAGARJUN

- Master of Chemical  
Science



MAHARSHI BAUDHAYAN

- Baudhayan Prameya  
(Pythagoras theorem)



# THE HIMALAYAN MEDITATION



MARCH

2022

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🌿 - Ekadasi 🌕 - Purnima 🌑 - Amavasya

## FESTIVALS

- 01 Tue -Maha Shivratri
- 08 Tue -International Women's Day
- 14 Mon -Amalki Ekadashi
- 15 Tue -Meena Sankranti
- 18 Fri -Holi/Phalguna Purnima
- 19 Sat -Dhulendi
- 20 Sun -International Day of Happiness
- 21 Mon -World Poetry Day
- 25 Fri -Basoda, Sheetala Ashtami
- 28 Mon -Papmochani Ekadashi

## Kaarana Shatakam

Mama Jeevanasya Jeevanam Udbhaashitam  
Nityashobhanam

Tvameva Devam Tvameva Sarvam  
Hridi Sthite Sadaa Dhaaranam

Hai Krishna Hai Madhava Hai Deva Tvam  
Sarva Kaaranasya Kaarnam II1II

Mama Hridayasya Hridayam Sat-Bhaashitam Nitya  
Sadayam

Tvameva Poornam Tvameva Svarnam  
Premam Aanandam Adbhudayam

Hai Krishna Hai Madhava Hai Deva Tvam  
Sarva Kaaranasya Kaarnam II2II

Mam Vicharasya Vichaaram Sadbhaava Hridabhaav  
Sanchaaram

Tvameva Satyam Tvameva Nityam  
Smriti Jyaanam Sarva Aadhaaram

Hai Krishna Hai Madhava Hai Deva Tvam  
Sarva Kaaranasya Kaarnam II3II

Mama Sharirasya Aadhaaram Tvameva Nitya Niraa-  
Dhaaram

Tvameva Dharmam Tvameva Karmam  
Sarva-Sutrasya Sutra-Dhaaram

Hai Krishna Hai Madhava Hai Deva Tvam  
Sarva Kaaranasya Kaarnam II4II

Mama Sarva Sukha Daayakam Nitya-Sudha Venu  
Gaayakam

Tvameva Kartaa Tvameva Dhartaa  
Maataa Pitaa Aatma Naayakam

Hai Krishna Hai Madhava Hai Deva Tvam  
Sarva Kaaranasya Kaarnam II5II

Mama Divya Nanda-Nandanam Aananda Kanda  
Suchandanam

Tvameva Swami Hai Antaryaami  
Sarva Hrida-Yasya Spandanam

Hai Krishna Hai Madhava Hai Deva Tvam  
Sarva Kaaranasya Kaarnam II6II

|| Iti Kaarana Shatakam Sampoornama ||





**Vikramshila  
University**

**Takshashila  
University**

**Odantapuri  
University**

**Valabhi  
University**

**"VISHWAGURU"  
Ancient India**

**Pushpagiri  
University**

**Nalanda  
University**

**Somapura  
University**

**Jagaddala  
University**



# THE HIMALAYAN MEDITATION



## Raama Raghunaatha Ashtakam

Dasharatha-Nandana Daasha-Rathee-Ghana Poorna-Chandratanu Kaantimayam  
Divya-Sunayana Ranjita-Ranjana Ramaa-Pativeera Seetaa-Naatham  
Gahana-Kaanane Lakshmi-Lakshmi-Pati Pitra-Satyadhaari Satya-Sutam  
Poorna-Satya-Deva Raaghava-Maadhaba Raama-Raghunaatha Padau-Bhaje ||1||

Mandita-Dharani Khandita-Tanunata-Mastake-Bhushita Kleshabhaaram  
Sambhabati-Yuge-Yuge Naanaa-Krita-Dhrita-Roopa Aroopa-Svaroopaa Shastra-Dharam  
Paapaa-Sura-Nidhana Sadhu-Paritraana Daridra-Daaruna-Traana-Moorttim  
Dirgha-Vaksha-Sthala Kaumuda-Kamala Raama-Raghunaatha Padau-Bhaje ||2||

Ghana-Ghana-Ghani-Bhoota Kaushalyaa-Sambhoota Raama-Ramaa-Kaanta Jagan-  
Naatham

Shaanta-Sushitala Sunila-Anala Neela-Tarala-Rala Taba-Mukham  
Chandana-Vimardana Madana-Mohana Nagna-Nimagna-Dhira Bhakta-Ramam  
Haste-Shastra-Dhaari Tribhubana-Vihaari Raama-Raghunaatha Padau-Bhaje ||3||

Ahalyaa-Taaraka Bali-Sanhaaraka Shatru-Vinaashaka Vishvadevam  
Prema-Pradaayaka Brahmaanda-Naayaka Taarana-Pataka Satya-Priyam  
Dasha-Mukha-Mard'dhana Bhakta-Praana-Dhana Nitya-Niran-Jana Sarva-Saaram  
Sarva-Mano-Ranjana Sarva-Maana-Bhanjana Raama-Raghunaatha Padau-Bhaje ||4||

Vikraanta-Kundeera Sthira-Manohara Divya-Kalevara Maayaadharam  
Neeraja-Badana Pankaja-Lochana Pushkara-Charana Mokshya-Pradam  
Raama-Rama-He-Raama Shree-Raama-Jaya-Raama Raama-Ramana-Chitte-Chitta-  
Dharam

Pati-Pati-Sitaa-Pati Bhoo-Pati-Shri-Pati Raama-Raghunaatha Padau-Bhaje ||5||

Mandara-Maandara Saananda-Sundara Taruna-Dhaaroona-Pati Srishti-Dharam  
Sadaa-Prajaa-Batsala Komala-Utpala Vimala-Shyaamala Kalevaram  
Jaanaki-Vallabha Tabakara-Pallava Saurabha-Durlabha Tattvasaaram  
Mokshya-Pradaayaka Aananda-Daayaka Raama-Raghunaatha Padau-Bhaje ||6||

Maaruti-Sevita Indiraa-Vandita Vishva-Sandaneeta-Shree-Kandaram  
Chandavaata-Gati Chidati-Durgati Srishti-Pralaya-Sthiti Mulaatmoolam  
He-Prabhu-Ishavara Shree-Dhara-Bhoodhara Sarvaanga-Sundara Ranganaatham  
Kripaalu-Saagara Nitya-Manohara Raama-Raghunaatha Padau-Bhaje ||7||

Taba-Anu-Smarana Taba-Parichintana Pradhyaana-Pathana Nitya-Sukhama  
Mukheta-Bagaapana Taba-Leelaara-Varnana Taba-Naame-Maarjana Shud'dha-Mayam  
Klesh-Kleshama-Mahaa-Klesh-Bhaba-Soora Debesha Rakshaa-Kuru-Swami Goraksakam  
He Raghu-Nandana Sarva-Klesha-Khandana Raama-Raghunaatha Padau-Bhaje ||8||

Mama-Bana-Rodana Paritaapa-Ardana Apasaarata-Basanga Raghu-Naatham  
Taba-Pada-Darshana Sadaa-Chitte-Chintana Mama-Praana-Praana-Dhana Chakra-  
Dharam

Utkala-Sambhava-Shubhaaga-Subhaga-Bhanati-Taba-Maalikaa Gonaayakam  
Deena-Krishna-Daasa Prati-Shvaasa-Prashvaasa Raama-Raghunaatha Padau-Bhaje ||9||

|| Iti Raama-Raghu-Naatha Ashtakam Sampurnam ||

APRIL

2022

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🌿 - Ekadasi 🌕 - Purnima 🌑 - Amavasya

### FESTIVALS

- 01 Fri -April Fools Day
- 02 Sat -Gudi Padwa/Navratra Nav Samvatsar/Ugadi
- 03 Sun -Matsya Jayanti
- 04 Mon -Gauri Puja/Gangaur
- 07 Thu -World Health Day, Yamuna Chath
- 12 Tue -Kamada Ekadashi
- 14 Thu -Solar New year/ Mesha Sankranti
- 16 Sat -Hanuman Jayanti/Chaitra Purnima
- 26 Tue -Varuthini Ekadashi



/thehimalayanmeditation



## KAILASH TEMPLE ELLORA CAVES



Kailash temple of **Lord Shiva**, is **monolithic carved** structure is one of the greatest **archaeological mysteries**

The whole temple was hollowed from a **single large rock** in the Vertical excavation technique built with the **top-bottom** approach



The exquisite carvings in the temple must have required a substantial skilled and unskilled labor with **intelligent ancient Indian mathematicians and engineers**

# THE HIMALAYAN MEDITATION



MAY

2022

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● - Ekadasi ● - Purnima ☾ - Amavasya

## FESTIVALS

- 01 Sun -May Day/Surya Grahan
- 02 Mon -Maharishi Parshuram Jayanti/ Akshay Tritiya
- 08 Sun -Ganga Saptami/ Mother's Day
- 10 Tue -Sita Navmi
- 12 Thu -Mohini Ekadashi
- 14 Sat -Narsingh Jayanti
- 15 Sun -Vrishabha Sankranti Kurma Jayanti
- 16 Mon -Buddha Purnima Chandra Grahan
- 17 Tue -Narada Jayanti
- 26 Thu -Apara Ekadashi
- 30 Mon -Shani jayanti/Vat Savitri vrat

## Madhuram Ashtakam

Adharam Madhuram Vadanam Madhuram  
Nayanam Madhuram Hasitam Madhuram  
Hridayam Madhuram Gamanam Madhuram  
Madhuraadhi Paterakhilam Madhuram ||1||

Vachanam Madhuram Charitam Madhuram  
Vasanam Madhuram Valitam Madhuram  
Chalitam Madhuram Bhramitam Madhuram  
Madhuraadhipaterakhilam Madhuram ||2||

Venur Madhuro Renur Madhurah  
Paanir Madhurah Paadau Madhurai  
Nrityam Madhuram Sakhyam Madhuram  
Madhuraadhipaterakhilam Madhuram ||3||

Gitam Madhuram Pitam Madhuram  
Bhuktam Madhuram Suptam Madhuram  
Roopam Madhuram Tilakam Madhuram  
Madhuraadhipaterakhilam Madhuram ||4||

Karanam Madhuram Taranam Madhuram  
Haranam Madhuram Ramanam Madhuram  
Vamitam Madhuram Shamitam Madhuram  
Madhuraadhipaterakhilam Madhuram ||5||

Gunja Madhura Mala Madhura  
Yamuna Madhura Vichi Madhura  
Salilam Madhuram Kamalam Madhuram  
Madhuraadhipaterakhilam Madhuram ||6||

Gopi Madhura Leela Madhura  
Yuktam Madhuram Muktam Madhuram  
Drishtam Madhuram Shishtam Madhuram  
Madhuraadhipaterakhilam Madhuram ||7||

Gopa Madhura Gaavo Madhura  
Yashtir Madhura Srishtir Madhura  
Dalitam Madhuram Phalitam Madhuram  
Madhuraadhipaterakhilam Madhuram ||8||

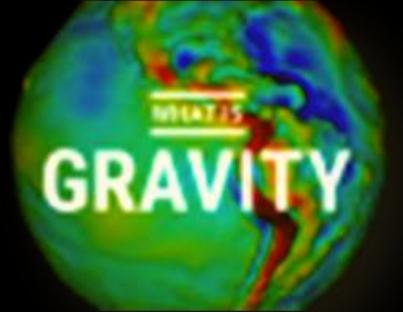
|| Iti Madhuram Ashtakam Sampurnam ||



# Glorious Past of Ancient India



**BHASKARACHARYA II**  
- Law of Gravity



**MAHARISHI CHARAK**  
- Father of Medicine



**MAHARISHI BHARADWAJ**  
- First Airplane  
to Earth



**MAHARISHI AGASTYA**  
- First Electric Battery



# THE HIMALAYAN MEDITATION



JUNE 2022						
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🌿 - Ekadasi 🌙 - Purnima 🌑 - Amavasya

## FESTIVALS

- 05 Sun -World Environment Day
- 09 Thu -Ganga Dusshera
- 10 Fri -Nirjala Ekadashi
- 11 Sat -Gauna Nirjala Ekadashi
- 14 Tue -Jyeshtha Purnima/ Kabir Jayanti
- 15 Wed -Mithuna Sankranti
- 19 Sun -Father's Day
- 20 Mon -Yoga & Music Day
- 24 Fri -Yogini Ekadashi

## Krishna Kriyaa Shatakam

Binidra Jeeboham Gahana-Traasam  
Sansaara Anale Bidhura-Baasam  
Ananta-Purushah Jagannibaasa  
Atraa-Gachha Svaamee Atra Aagachha ||1||

Aekaakee Bihaaram Cha Sarva-Kriyaa  
Aekaakee Karmo Dharmascha Sakalam  
Ananta-Purushah Jagannibaasa  
Atraa-Gachha Svaamee Atra Aagachha ||2||

Pachaami Paakoham Yathaa Saamarthyam  
Phala-Jalena Saha Brindaa Naatha  
Ananta-Purushah Jagannibaasa  
Atraa-Gachha Svaamee Atra Aagachha ||3||

Karomi Deba Te Shayyaarachitam  
Aananda-Daayinee Priyaasahitam  
Ananta-Purushah Jagannibaasa  
Atraa-Gachha Svaamee Atra Aagachha ||4||

Nanda-Nandana Tvam Gopikaa-Kaanta  
Bhaktaanaam Praana Stvam Cha Jagannatha  
Ananta-Purushah Jagannibaasa  
Atraag-Achha Svaamee Atra Aagachha ||5||

Tvayaa Binaa Naatha Sthale Matsyaaham  
Yathaa Prana-Heena Nirdehee-Deham  
Aabaah-Bati Tvaam Nitya-Krishna-Daasah  
Atraa-Gachha Svaamee Atra Aagachha ||6||

Ananta-Purushah ...Atra Aagachha

**|| Iti Krishnadaasah Virachita Krishna-Kriyaa  
Shatakam Sampurnam ||**



# Glorious past of Ancient India



## ANCIENT INDIAN BOOKS AND AUTHORS

### BOOKS

- Arthshastra
- Panchtantra
- Ashtadhyayi
- Mahabhashya
- Kumarsambhavam
- Sushrut Samhita
- Sangitratnakar
- Nyaybhashya
- Surya siddhant
- Bruhat samhita
- Lilavati
- Rasratnakar

### AUTHOR

- Chanakya
- Vishnu Sharma
- Panini
- Patanjali
- Kalidas
- Sushrut
- Shangaryadev
- Vatsayan
- Aryabatt
- Varahmihir
- Bhaskaryacharya
- Nagarjun

and many many more...

# THE HIMALAYAN MEDITATION



JULY 2022						
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🌿 - Ekadasi 
 🌕 - Purnima 
 ☾ - Amavasya

## FESTIVALS

- **01 Fri** -Doctors Day / Ratha Yatra
- **10 Sun** -Dev Shayani Ekadashi
- **13 Wed** -Ashadha Purnima/ Guru Purnima
- **16 Sat** -Karka Sankranti
- **24 Sun** -Kamika Ekadashi
- **31 Sun** -Hariyali Teej

## Poornabrahma Stotram

Poorna-Chandra-Mukham Nilendu Roopam  
 Udbhaashitam Devam Divyam Sva-Roopam  
 Poornam Tvam Svarnam Tvam Varnam Tvam Devam  
 Pitaa Maataa Bandhu Tvameva Sarvam  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II1II

Kunchita-Kesham Cha Sanchita-Vesham  
 Vartula-Sthoola-Nayanam Mamesham  
 Pinakaninikaa-Nayana-Kosham  
 Aakrishtha-Oshtham Cha Utkrishtha-Shvasam  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II2II

Nilaa-Chale Chan-Chalayaa Sahitam  
 Aadi-Deva Nishchalaanande Sthitam  
 Aananda-Kandam Vishvavindu-Chandram  
 Nanda-Nandanam Tvam Indrasya Indram  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II3II

Shrishti-Sthiti-Pralaya-Sarvamoolam  
 Sukshamaati-Suksham Tvam Sthoolati-Sthoolam  
 Kaanti-Mayaanantam Antima-Praantam  
 Prashaanta-Kuntalam Te Moorti-Mantam  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II4II

Yajna-Tapaveda-Gyaanaat Atitam  
 Bhaav-Prem-Chande Sadaav-Shitvam  
 Shud-Dhat Shud-Dham Tvam Cha Poornaat Poornam  
 Krishna Megha-Tulyam Amoolya-Vanam  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II5II

Vishva-Prakasham Sarva-Klesh-Nasham  
 Mana Buddhi Prana Shvaasa-Pra-Sha-Vaasam  
 Matsya Korma Nrasimha Vaamhaaha Tvam  
 Varaaha Raam Anantaha Astitvam  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II6II

Dhruvasya Vishnu Tvam Bhaktasya Praanam  
 Raadhaapati Deva He Aatra-Traanam  
 Sarva Gyaana Saaram Loka-Aadhaaram  
 Bhaava-Sanchaaram Abhaav-Sanhaaram  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II7II

Baladeva-Subhadraa-Parshave Sthitam  
 Sudarshana-Sange Nitya Shobhitam  
 Mamaami Namaami Sarvaange Devam  
 He Poornabrahma Hari Mama Sarvam  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II8II

Krishnadaas-Sa-Hridi Bhaava Sanchaaram  
 Sadaa Kuru Svaami Tava Kinkaram  
 Tava Krupa Vindu Hi Eka Saram  
 Anyatha He Naatha Sarva Asaaram  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham  
 Jagannaatha Svaami Bhakta-Bhaava-Premi Namaa-Myaham II0II

II Iti Poornabrahma Stotram Sampurnam II





## MEENAKSHI TEMPLE MADURAI

It was built according to the ancient Indian building manual called **Shilpa Shastra**

The temple is dedicated to **Parvati** (known as Meenakshi) and **Shiva** (addressed as Sundareswarar)

There are total **twelve gopurams**, but the tallest four stand on the outer walls, each facing one direction from where entire city can be seen

The '**Mandapam**' of the temple consists of **985 pillars**

Each pillar is unique  
Some of the pillars are **music pillars**, which produce music when tapped

The special feature of these pillars is that they are carved out of a **single granite stone block**



# THE HIMALAYAN MEDITATION



## Shri Krishna Ashtakam

Bhaje Vrajaika-Mandanam Samasta-Paapa-Khandanamm  
Sva-Bhakta-Chitta-Ranjanam Sadaiva Nanda-Nandanam  
Su-Piccha-Guccha-Mastakam Su-Naada-Venu-Hastakam  
Ananga-Ranga-Saagaram Namaami Krishna-Naagaram ||1||

Manoja-Garva-Mochanam Vishaala-Lola-Lochanam  
Vidhuta-Gopa-Shocanam Namaami Padma-Lochanam  
Karaaravinda-Bhoodharam Smitaavaloka-Sundaram  
Mahendra-Maana-Daaranam Namaami Krishna-Vaaranam ||2||

Kadamba-Soonu-Kundalam Su-Chaaruu-Ganda-Mandalam  
Vrajaanganaika-Vallabham Namaami Krishna-Durlabham  
Yashodayaa Sa-Modayaa Sa-Gopayaa Sa-Nandayaa  
Yutam Sukhaika-Daayakam Namaami Gopa-Naayakam ||3||

Sadaiva Paada-Pankajam Madeeya-Maanase Nijam  
Dadhaanam Uktamaalakam Namaami Nanda-Baalakam  
Samasta-Dosha-Shoshanam Samasta-Loka-Poshanam  
Samasta-Gopa-Maanasam Namaami Krishna-Laalasam ||4||

Bhuvo Bharaataarakam Bhavaabdhi-Karnadhararakam  
Yyashomati-Kishorakam Mamaami Chitta-Chorkam  
Drig-Anta-Kanta-Bhanganam Sadaa-Sadaali-Sanganam  
Dine Dine Navam Navam Namaami Nanda-Sambhavam ||5||

Gunaakaram Sukhaakaram Kripaakaram Kripaakaram  
Sura-Dvishanni-Kandanam Namaami Gopa-Nandanam  
Naveena-Gopa-Naagaram Naveena-Keli-Lampatam  
Namaami Megha-Sundaram Tadit-Prabhaala-Satpatam ||6||

Samasta-Gopa-Nandanam Hridambujaika-Modanam  
Namaami Kunja-Madhyagam Prasanna-Bhaanu-Shobhanam  
Nikaama-Kaama- Daayakam Driganta-Charu-Saayakam  
Rasaala-Venu-Gaayakam Namami Kunja-Naayakam ||7||

Vidagdha-Gopikaa-Mano-Manojna-Talpa-Shaayinam  
Namaami Kunja-Kaanane Pravrad'dha-Vanhi-Paayinam  
Kishore-Kaanti-Ranjitam Dri-Ganjanam Sushobhitam  
Gajendra-Moksha-Kaarinam Namaami Shri-Vihaarinam ||8||

Yadda Tadaa Yathaa Tathaa Tathaiva Krishnasat-Katha  
Mayaa Sadaiva Geeyataam Tathaa Kripaa Vidheeyataam  
Pramaani-Kashtakadavyam Japatya-Dheetya Yah Pumaan  
Bhavetsa Nandanandane Bhava Bhava Subhaktimaan ||9||

|| Iti Shrimad Shankraachaarya-Kritam  
Shri Krishna Ashtakam Sampurnam ||

AUGUST

2022

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1 2 3 4 5 6

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21 22 23 24 25 26 27

28 29 30 31

☘ - Ekadasi ☘ - Purnima ☾ - Amavasya

## FESTIVALS

- 02 Tue -Nag Panchami
- 03 Wed -Kalki Jayanti
- 07 Sun -Friendship Day
- 08 Mon -Shravan Putrada Ekadashi
- 11 Thu -Raksha Bandhan
- 12 Fri -Shravana Purnima/ Varalakshmi Vrat/ Gayatri Jayanti
- 4 Sun -Kajari Teej
- 15 Mon -Independence Day
- 17 Wed -Simha Sankranti/ Balrama Jayanti
- 19 Fri -Janmashtmi
- 23 Tue -Aja Ekadashi
- 30 Tue -Varah Jayanti/ Hartalika Teej
- 31 Wed -Ganesh Chaturthi



# Glorious Past of Ancient India



MAHARISHI KANVA  
- Science of Wind



KAPIL MUNI  
- Detailed Description of Meditaiton



MAHARISHI PANINI  
- Father of Linguistics



MAHARISHI PATANJALI  
- Father of Yoga



# THE HIMALAYAN MEDITATION



SEPTEMBER

2022

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• - Ekadasi • - Purnima ☾ - Amavasya

## FESTIVALS

- 01 Thu -Rishi Panchami
- 02 Fri -World Coconut Day
- 04 Sun -Radha Ashtami
- 05 Mon -Teacher's Day (India)
- 06 Tue -Parsva Ekadashi
- 07 Wed -Vaaman Jayanti
- 08 Thur -Onam
- 09 Fri -Anant Chaturdashi
- 10 Sat -Bhadrapada Purnima/Shraadh Begins
- 14 Wed -Hindi Day (India)
- 15 Thur -Engineer's Day (India)
- 17 Sat -Kanya Sankranti/ Vishwakarma puja
- 21 Wed -Indira Ekadashi
- 25 Sun -Sarva Pitru Amavasya/ Mahalaya International Daughters Day
- 26 Mon -Navratra Begins

## Raadhikaapati Ashtakam

Dehe-Chandana-Mandanam Gopaala-Nanda-Nandanam  
Samasta-Paapa-Khandanam Samasta-Garba-Bhanjanam  
Samasta-Duhkha-Naashanam Prema-Madana-Mohanam  
Raadhikaapati Naagaram Namaami-Krishna-Eeshvaram ||1||

Supich'chha-Guch'chha-Mastakam Vishva-Brahmaanda-  
Naayakam

Kaanane-Divya-Kundalam Suchaaru-Ganda-Mandanam  
Dibyaghana-Bimbaadharam Badana-Chandra-Chokaram  
Raadhikaapati-Naagaram Namaami Krishna-Eeshvaram ||2||

Giridhara-Banshi-Svaram Manohara-Chitta-Choram  
Gopi-Dukula-Haranam Jaya-Shree Raadhaa-Ramanam  
Vishve-Dharma-Sansthaapanam Arjuna-Ratha-Chaalanam  
Raadhikaapati-Naagaram Namaami-Krishna-Eeshvaram ||3||

Mohana-Venu-Tarangam Gopi-Chitta-Nishaabhangam  
Apoorva-Prema-Milanam Atyanta-Preeti-Vard'dhanam  
Prati-Shvaasa-Prati-Kshanam Hari-Manana-Smaranam  
Raadhikaapati-Naagaram Namaami-Krishna-Eeshvaram ||4||

Madana-Sundara-Vesham Gopinaatha-Shree-Nivaasam  
Madhura-Raadhaa Hridayam Akhanda-Jyoti-Tanayam  
Apoorva-Keli-Pranayam Tushyanti-Sarba-Hridayam  
Raadhikaapati-Naagaram Namaami-Krishna-Eeshvaram ||5||

Dhanya-Raadhaa-Kucha-Sthalam Shrita-Mandala-Gopaalam  
Shree-Raadhaa-Kiushna-Yugalam Sammoha-Jeeba-Sakalam  
Tava-Shareera-Sanjaata-Alhaadinee-Prema-Ratam  
Raadhikaapati-Naagaram Namaami-Krishna-Eeshvaram ||6||

Samasta-Bhoota-Poshanam Samasta-Paapa-Shoshanam  
Kaaliyaa-Naaga-Ganjanam Dropadi-Dukula-Maanam  
Kansa-Chaanura-Marddhanam Kishoree-Prema-Mohanam  
Raadhikaapati-Naagaram Namaami-Krishna-Eeshvaram ||7||

Roopa-Ananta-Maadhava Ananta-Mahimaa-Tava  
Ananta-Vishva-Dhaaranam Srishti-Ananta-Paalanam  
Ananta-Koti-Kaantimaa Yasya-Ananta-Mahimaa  
Raadhikaapati-Naagaram Namaami-Krishna-Eeshvaram ||8||

Prati-Roma-Prati-Praana-Tava-Naama-Mukhe-Paanam  
Tava-Paashe-Mama-Mana-Tava-Keertana-Shrabanam  
Bhaba-Sansaraat-Uddhara-Kuru-Prabhu-Maayaadhara  
Krishnadaasa-Tava-Deenah Govinda-Charane-Manah ||0||

|| Iti Raadhikaapati Ashtakam Sampurnam ||



# Ancient Indian Dance Forms



**Bharatanatyam**



**Manipuri**



**Kathak**



**Kathakali**



**Odissi**



**Kuchipudi**

# THE HIMALAYAN MEDITATION



OCTOBER 2022

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30	31	- Ekadasi - Purnima - Amavasya				

## FESTIVALS

- 01 Sat -World Smile Day
- 02 Sun -Saraswati Aavahan/Gandhi Jayanti
- 03 Mon -Saraswati Puja/ Durga Ashtami
- 04 Tue -Maha Navami
- 05 Wed -Dusshera
- 06 Thu -Paapkunsha Ekadashi
- 09 Sun -Maharishi Valmiki Jayanti /Sharad Purnima
- 10 Mon -World Mental health day
- 13 Thu -Karwa Chauth
- 17 Mon -Ahoi Ashtami/ Tula Sankranti
- 21 Fri -Rama Ekadashi/ Govatsa Dwadashi
- 23 Sun -Dhanteras/Kali Chaudas
- 24 Mon -Narak Chaturdashi/Diwali /Lakshmi Puja
- 26 Wed -Govardhan/ Bhaiya Dooj
- 30 Sun -Chath Pooja

## Mahaa-Maayaa Ashtakam

Bhadra-Kaalee Bishba-Maataa Jagat-Strota Kaarinee  
Shiba-Patni Paapa-Hartree Sarva-Bhoota Taarinee  
Skanda-Maataa Shivaa Shivaa Sarva-Srishti Dhaarinee  
Namah Namah Mahaa-Maayaa ! Himaalaya-Nandinee ||1||

Naaree-Naamcha Sankhinyaapi Hastinee Baa Chitrinee  
Padma-Gandhaa Pushpa-Roopaa Sam-Mohinee Padminee  
Maatra-Putri-Bhagni-Bhaaryaa Sarva-Roopaa Bhabaaneer  
Namah Namah Mahaa-Maayaa ! Bhaba-Bhaya Khandinee ||2||

Paapa-Taapa-Bhaba-Bhaya Bhooteshbaree Kaaminee  
Taba-Kripaa-Sarva-Kshaya Sarvajanaa-Bandinee  
Prema-Preeti-Lajjaa-Nyaaya Naaree-Naancha-Mohinee  
Namah Namah Mahaa-Maayaa ! Rundamaalaa-Dhaarinee ||3||

Khadga-Chakra-Haste-Dhaaree Sankheeni-Sunaadinee  
Sammohanaa-Roopaa-Naaree Hridaya-Vidaarinee  
Ahankaara-Kaamaroopa-Bhuvana-Vilaasinee  
Namah Namah Mahaa-Maayaa ! Jagata Prakaashinee ||4||

Lavha-Lavha-Taba-Jivhaa Paapaa-Shura Mard'dhinee  
Khanda-Ganda-Munda-Spruhaa Shobhaa-Kaanti Bard'dhinee  
Anga-Bhanga-Ranga-Kaayaa Maaya-Chhanda Chhandinee  
Namah Namah Mahaa-Maayaa ! Duhkha-Shoka Naashinee ||5||

Dhana-Jana-Tana-Maana Roopena Tvam Sansthitaa  
Kaama-Krodha-Lobha-Moha-Mada-Baapi Moodhataa  
Nidraahaara-Kaama-Bhaya Pashutulya Jeebanaat  
Namah Namah Mahaa-Maayaa ! Kuru Mukta Bandhanaat ||6||

Maitree-Dayaa-Lakshmee-Britti-Ante Jeeba Lakshanaa  
Lajjaa-Chhayaa-Trushnaa-Kshudhaa Bandhanasya Kaaranaa  
Tushti-Buddhi-Shraddhaa-Bhakti Sadaa Mukti Daayeekaa  
Shaanti-Bhraanti-Klaanti-Kshaanti Taba Roopaa Anekaa  
Preeti-Smruti-Jaati-Shakti-Roopaa Maayaa Abhedyaa

Namah Namah Mahaa-Maayaa ! Namastvam Mahaabidyaa ||7||

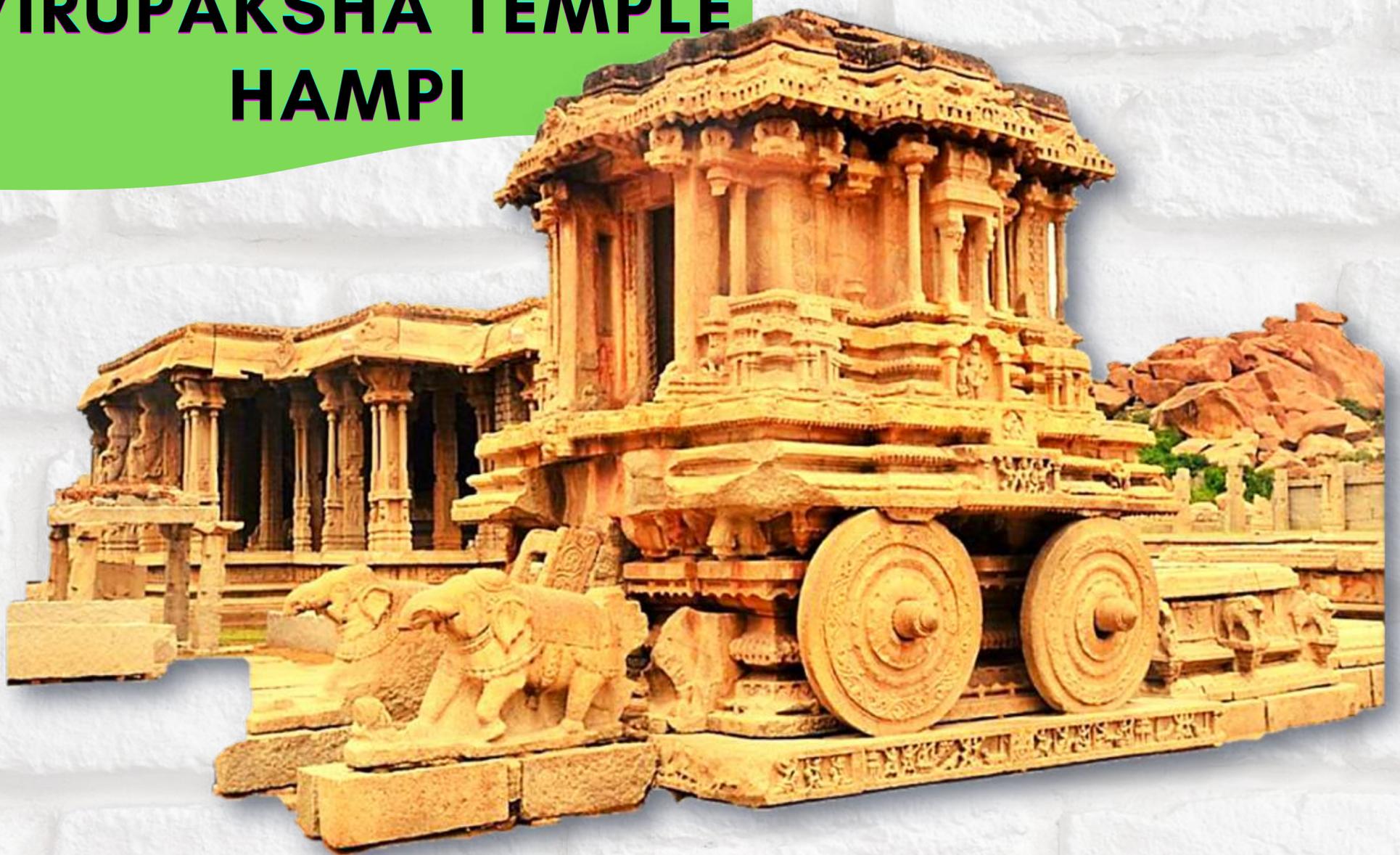
Naba-Durgaa-Mahaakaali Sarvaanga-Bhooshaabruttaam  
Bhubaneshvaree-Maatangee Hantu Madhu-Kaitabham  
Vimalaa Taaraa-Shodashee Haste Khadga Dhaareeni  
Dhumaabati-Maa-Bagalaa Mahishaasura Mard'dhinee  
Baalaa-Tripuraa-Sundaree Tribhubana Mohinee  
Namah Namah Mahaa-Maayaa ! Sarva Duhkha Haarinee ||8||

Mama Maataa Loke Marttya Krishnadaasa Taba Bhruttya  
Yadaa Tadaa Yathaa Tathaa Maayaa Chhinna Moksha Kathaa  
Sadaa Sadaa Tava Bhikshaa Kripaa Deene Bhaba Rakshaa  
Namah Namah Mahaa-Maayaa Krishna Daase Taba Dayaa ||9||

|| Iti Krishnadaasa Virachita Mahaa-Maayaa Ashtakam  
Yah Pathati Sah Bhava Saagara Nistarati ||



# VIRUPAKSHA TEMPLE HAMPI



One of the most striking features of this temple is the usage of **mathematical concepts** to build and decorate it

Virupaksha Temple, located in Hampi on the banks of the **Tungabhadra** river in Karnataka

It is designed such that the **inverted shadow** of the Raja Gopuram falls more than **300 feet away** on the wall of the Saalu Mantapa, at the **other end** of the temple

Hampi is thought to be the place where **Bhagwan Ram** came looking for **Maata Sita**. It was here that they **met Hanuman ji, Sugriva and Vali**



# THE HIMALAYAN MEDITATION



NOVEMBER 2022

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27	28	29	30			

🌿 - Ekadasi 🌕 - Purnima 🌑 - Amavasya

## FESTIVALS

- 02 Wed -Ayurveda Day
- 03 Thu -Kansa Vadh
- 04 Fri -Dev uthana Ekadashi
- 05 Sat -Tulsi Vivah
- 08 Tue -Karthik Purnima /Guru Nanak Jayanti
- 16 Wed -Kal bhairav Jayanti Vrishchika Sankranti
- 20 Sun -Utpanna Ekadashi
- 28 Mon -Vivah Panchami

## Daamodar Ashtakam

Namamishvaram Sach-Chid-Ananda-Rupam  
Lasat-Kundalam Gokule Bhraajamanam  
Yashoda-Bhiyolukhalad-Dhavamanam  
Paraamrishta-Matyam Tato Drutya Gopyaa ||1||

Rudantam Muhur-Netra-Yugmam Mrijantam  
Karaambhoja-Yugmena Saatanka-Netram  
Muhuh Shvasa-Kampa-Trirekhanka-Kantha  
Sthita-Graivam Daamodaram Bhakti-Bad'dham ||2||

Iti-Drik Sva-Leelaa-Bhiraananda Kunde  
Sva-Ghosham Nimajjantam Aakhyaapayantam  
Tadiyeshita-Jneshu Bhaktir-Jitatvam  
Punah Prema-Tastam Shataa-Vritti Vande ||3||

Varam Deva Moksham Na Moksha-Vadhim Va  
Na Chanyam Vrine'ham Vareshaada-Piha  
Idam Te Vapur-Natha Gopaala-Balam  
Sadaa Me Manasyaa-Viraastam Kimanyaih ||4||

Idam Te Mukhaam-Bhojam Atyanta-Neelaih  
Vritam Kuntalaih Snigdha-Raktaisha Gopyaa  
Muhush-Chumbitam Bimba-Raktaadharam Me  
Manasya-Viraastaa-Malam Laksha-Laabhaih ||5||

Namo Deva Daamodaraananta Vishno  
Praseeda Prabho Duhkha-Jaalaabdhi-Magnam  
Kripa-Drishhti-Vrishtyaati-Dinam Bataanu  
Grihaanesha Maamajna-Medhyakshi-Drishyah ||6||

Kuberaatmajau Baddha-Murtyaiva Yadvat  
Tvaya Mochitau Bhakti-Bhaajau Kritau Cha  
Tathaa Prema-Bhaktim Svakam Me Prayach-Cha  
Na Mokshe Graho Me'Sti Daamodareha ||7||

Namaste'stu Daamne Sphurad-Dipti-Dhaamne  
Tvadiyo-Daraayaatha Vishvasya Dhaamne  
Namo Raadhikaayai Tvadiya-Priyaayai  
Namo'nanta-Lilaaya Devaaya Tubhyam ||8||

|| Iti Shree Daamodar Ashtakam Sampurnam ||



# 16 Vedic Indian Sanskar of Birth to Death



1. Garbhadhan Sanskar



2. Pumsavana Sanskar



3. Simantonayan Sanskar



4. Jaatakarma Sanskar



5. Naamkaran Sanskar



6. Nishkraman Sanskar



7. Annaprashana Sanskar



8. Mundan Sanskar

# THE HIMALAYAN MEDITATION



DECEMBER

2022

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🌿 - Ekadasi    🌙 - Purnima    ☾ - Amavasya

## FESTIVALS

- 03 Sat -Gita Jayanti/ Mokshda Ekadashi
- 07 Wed -Dattatreya Jayanti
- 08 Thu -Margshirsha Purnima
- 16 Fri -Dhanu Sankranti
- 19 Mon -Saphala Ekadashi

## Mokshya Ekaadasham

Tvam Maataa Pitaa Tvam Tvam Bandhu-Sakhaacha  
Tvam Bhraataa Tvam Bhagni Tvam Jaayaacha Putri  
Tvam Putro Tvam Shatru Pati-Premi-Kastvam  
Chidaanand-Shudha-Purushah Dibyotvam ||1||

Tvam Adho Tvam Urdhvah Purva Pashchimo-Cha  
Tvam Baam-Dakshino Tvam Cha Sarva-Paarshvah  
Tvam Atra Tvam Tatra Sarvatra Tvamaiva  
Chidaanand-Shudha-Purushah Dibyotvam ||2||

Tvam Cha Panncha-Maatra Pancha-Indriyastvam  
Tvam Cha Pancha-Prano Tvam Cha Pancha-Koshah  
Trishariro Tvam Tvam Cha Dehasya Dehi  
Chidaanand-Shudha-Purushah Dibyotvam ||3||

Tvamaadi Antastvam Anaadi Anantam  
Tvam Cha Divyasthanu Achalam Cha Nityah  
Shukshmaati-Shukshamastvam Guru-Gariyaana Cha  
Chidaanand-Shudha-Purushah Dibyotvam ||4||

Tvam Jale Sthale Tvam Bane-Gagane Cha  
Anale Marute Parvate Paashaane  
Trane Cha Bhute Cha Sarva Drishyaa-Drishye  
Chidaanand-Shudha-Purushah Dibyotvam ||5||

Tvam Paashe Dure Tvam Bahira-Antare Cha  
Mano Tvam Bud'dhi Tvam Chitta-Ahankaarascha  
Sarva Paanipaadaaha Bidhya-Shakti Tvam Cha  
Chidaanand-Shudha-Purushah Dibyotvam ||6||

Tvam Jyaano Jneya Stvam Cha Jyaan-Gamyaha  
Tvam Daanaha Daataa Tvam Cha Bhartaa-Bhoktaa Tvam  
Tvam Japo Tapastvam Cha Yajyaadhi-Yajnaha  
Chidaanand-Shudha-Purushah Dibyotvam ||7||

Tvam Sattvo-Rajastaamasaha Gunaa-Titaha  
Tvam Bhuto Bhabishya Stvam Cha Kaalaa-Titaha  
Prabhbo Sarvasya Binaashaha Punashcha  
Chidaanand-Shudha-Purushah Dibyotvam ||8||

Tvam Mantra Tvam Tirthaha Tvam Cha Punyo Paapaha  
Tvam Dharmaha Artha Stvam Mokshaya-Mokshaya-Daataa  
Tvam Saakaaro Tvam Cha Niraakaar-Roopaha  
Chidaanand-Shudha-Purushah Dibyotvam ||9||

Tvameva Vaishaakhe Samire Tvamaiva  
Prabhaate Prakaashe Sadaachidaa-Kaashe  
Tvameva Tvameva Tvameva Kevalam  
Chidaanand-Shudha-Purushah Dibyotvam ||10||

Tvameva Kevalam Tvameva Kevalam  
Tvameva Kevalam Tvameva Kevalam  
Tvameva Kevalam Tvameva Kevalam  
Tvameva Kevalam.....  
Chidaanand-Shudha-Purushah Dibyotvam ||

|| Iti Mokshya Ekaadasham Sampurnam ||

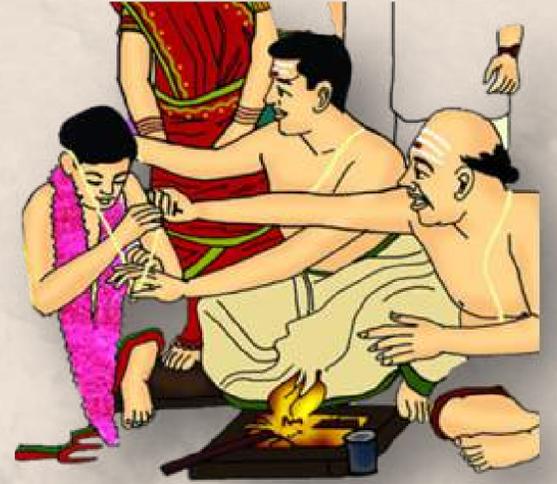
# 16 Vedic Indian Sanskar of Birth to Death



9. Vidyaarambha  
Sanskar



10. Karnavedh  
Sanskar



11. Yagyopaveet  
Sanskar



12. Vedarambha  
Sanskar



14. Samavartan  
Sanskar



13. Keshant  
Sanskar



15. Vivah Sanskar



16. Antyesti Sanskar

# Himalayan Meditation

## Go Beyond All Limitations

I am Vishwamitra , the friend of  
the universe.  
I am your friend and your master.



Learn the most ancient and  
powerful Himalayan Techniques  
with me

Get rid of greed,anger,jealousy, fear ,depression,  
ignorance,sleeplessness, frustration,  
Loneliness,Hatred.

Gain Health,Wealth,Position, Calmness,  
Contentment, Confidence, kindness,Courage

<http://thehimalayanmeditation.org/>

The Himalayan Meditation is a gateway to lead a **stress free, disease free, balanced, concentrated and conscious life** to open the spiritual gateway for the higher realms.

**A real meditation app** An app to elevate every soul with **powerful ancient meditations** available in both guided and self-mode.

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Meditations - **24 different powerful Meditations** in self mode and guided mode with **500+ possibilities of newness.**



# WHAT OUR MEDITATORS SAY



Kunal Kashyap

★★★★★ 8/27/21

It's day 1. The app is mystic, powerful and capable of transforming our lives. Everything is unlocked. I can imagine that it was made with a goal to transform lives selflessly unlike many other apps. I will use it till I leave this world. For now, I will express my joy and fulfillment with 5 star rating. Please keep working on this app. I urge everybody to support such selfless projects by sharing and supporting the developers. Take care! 😊



Elizabeth Smith

★★★★★ 6/9/20

I've only experienced The 8min morning's mediation. It seem to stir something in this aging body! Thanks for all little peace!!!



Sowjanya Reddy 2 Aug  
to me ▾

I tried the meditation after 5 months of the practise from feb to june, i am happy to say that now iam pregnant and my third month is going on... I did meditate two times a day and tried to conceive from fourth month. I came to know that iam pregnant in the sixth month i.e., june 26 th..



Manisha Sharma

★★★★★ 10/20/21

Download this app right away, what are you thinking... Life changing decision of downloading this App and emailing the team to be part of Volunteer team. I had wrong definition of happiness and success before downloading this app and when you realise the truth, everything changes around you... A must to download!! Don't think even once...



Pranav A1

★★★★★ 6/26/20

Other meditations = peace in mind, This App = Transformation in Life. The way it is designed with beautiful mantras, modes of meditations from beginner to advance, the information, the Ui feels like the Sages are constantly guiding us. This is the Only App you will need for Quality Meditation. Feel it to Believe it.



Oleg Puzyreff

★★★★★ 5/16/20

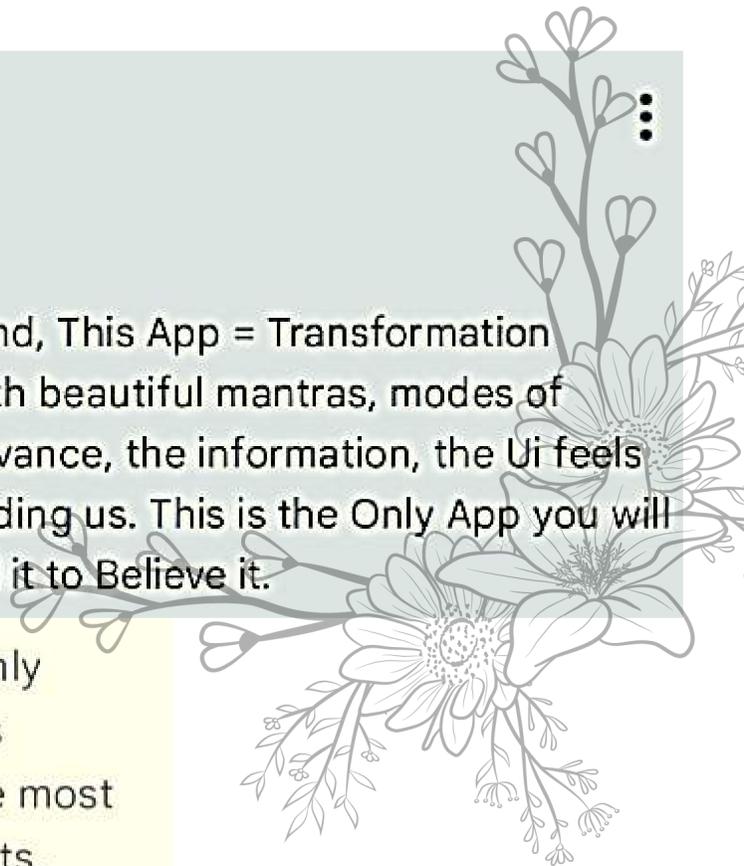
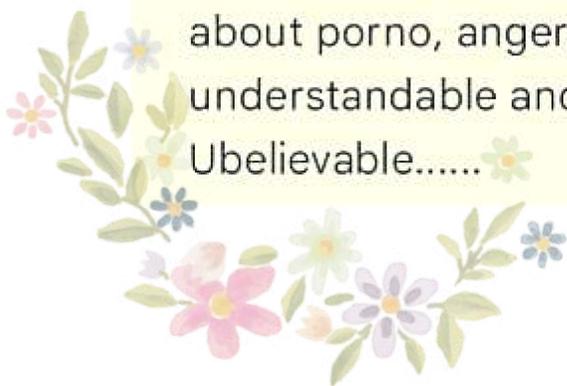
Great Meditation which saves life of the Meditator! The only Meditation App you may need for everything, it even talks about porno, anger, alcohol and drugs - that provides the most understandable and elegant way to get rid of all bad habits. Ubelievable.....



Sandeep Pise

★★★★★ 5/20/20

This very good app... I have downloaded many apps but uninstall it few days but this is one connect with me .. others are to busy and commercial.. ...I will give 100000 like for this





**Seven Sages Say..**

**Aham  
Krishndasah!!!**