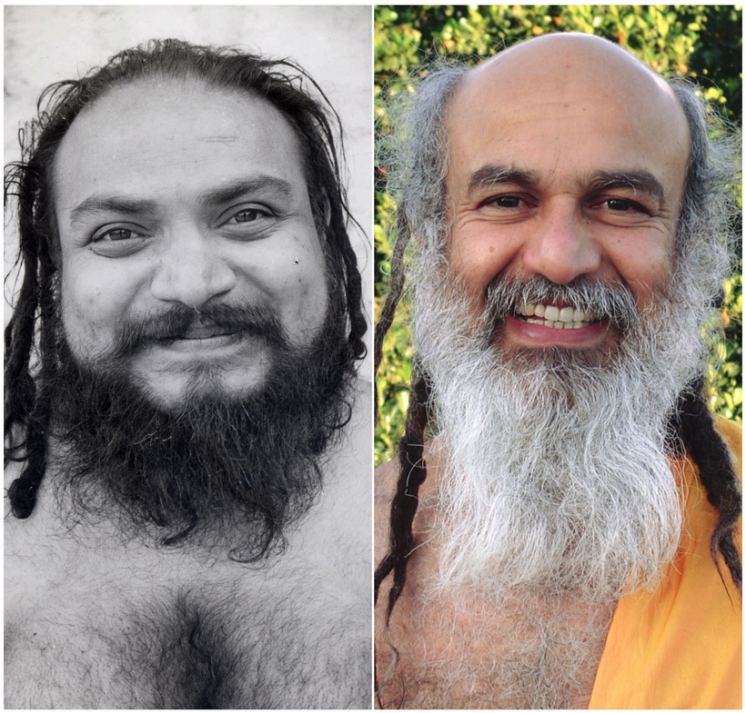
Learn Meditation
~ Jangama Dhyana ~

Online, Free and Open to Everyone!



A Unique Opportunity to Learn one of the Highest Meditation Techniques from Shri Babaji

You don't have to come all the way to Babaji's Ashram in India to learn it.

Receive guidance from the comfort of your own home!

Babaji's Online Meditation Sessions

Babaji conducting an online meditation session.

Babaji conducts weekly online Meditation and Q&A sessions (details below) - participation is totally free and open to anyone who is willing to learn the essence of Yoga and Meditation practice from a Master who has trodden the path and experienced the Truth.

Babaji answering questions from spiritual seekers during a Q&A session from the 2024 Retreat at Devarayasamudra Ashram in South India.

The sessions are composed of a 1 hour silent meditation, for which Babaji gives the meditation instructions, followed by a 45 minute Q&A, where questions are asked to Babaji based on a specific spiritual topic. Thereafter, the session is opened up to all participants to ask questions related to spirituality and meditation, directly to Babaji.

Online Meditation Schedule and Times

	IST (Indian Standard Time)	
Saturday session:	17:00	Worldwide times available on the website
Sunday session:	20:00	
Thursday session:	17:00	

To **register** for any of the **online meditation sessions** and know more about the schedule and worldwide times, please visit **www.srby.org**.

The Meditation Technique of Jangama Dhyana

This is one of most ancient methods practiced since very ancient times of the Rig Vedic Era in India. The ancient Sages and Yogis, in quest for the truth of their existence, eventually achieved the perfect silence of the mind and the Realization of the Self, where they realized their own existence as 'That', the Immortal Soul, beyond the birth and death of the physical body.

This meditation is Universal, not related or linked to any religion or belief system.

Babaji's Guru, Shri Swamiji, never tried to impose any religious doctrine. He always used to say:

Shri Shiva Rudra Balayogi Maharaj, affectionately known as Babaji by all His devotees.

You don't have to commit or change to any particular faith or religion, maintain your faith in whatever path you are now and practice meditation, then you will know who you are and what you need. Do not succumb to religious prejudices.

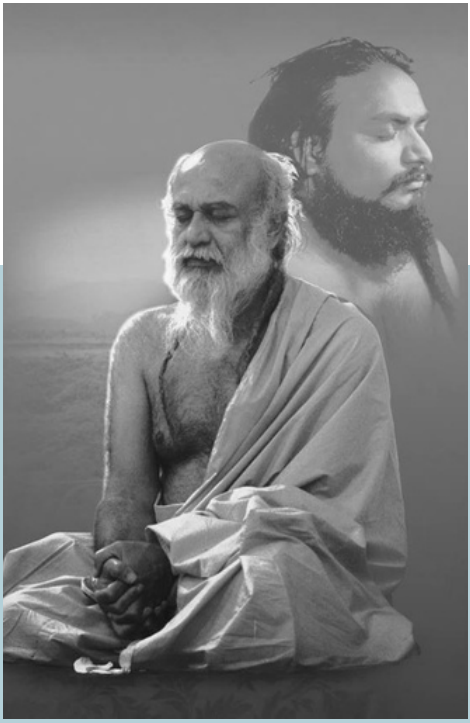
Babaji's Guru, Shri Shivabalayogi Maharaj, affectionately known as Swamiji by all His devotees.

Jangama Dhyana Instructions

- Sit comfortably, keeping the back and neck straight.
- Close the eyes.
- Concentrate the mind and sight in between the eyebrows.
- Keep watching there by focusing the attention.
- Do not repeat or imagine anything – just watch.
- If thoughts or visions occur, just keep watching.
- Keep the eyes closed until the meditation ends.

It must be practiced in a gentle way, not by forcing, not in a rush. With a polite focus, the attention is brought to a single point.

Why Meditate?

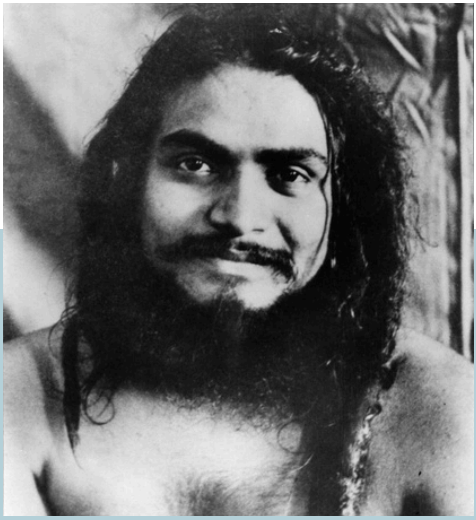


If you observe your mind, you will notice that it is constantly thinking, jumping from one thought to another. Not even for a fraction of a second does it seem to stop. A regular practice of this meditation will allow one to regain control of the mind; to be able to think when we want to think, and to stop the mind when we want it to rest. A maturity and a better quality of thinking develops. Finally, peace and contentment that is so elusive in this world, can be achieved.

Babaji always explains that the basic aim of meditation is to quieten your mind. As Babaji always insists:

No matter how many books you read or how many lectures or discourses you listen to, a little bit of your own experience will make a lot of difference.

Benefits of Meditation



With the regular practice of this meditation technique one can achieve:

- A stress-free life.
- Greater peace and contentment.
- A more mature understanding capability.
- Increased concentration and focus.
- Better memory and observation power.

If you pursue this meditation, eventually you can know your Real Self, how you exist beyond the birth and death of the physical body – as the Eternal Entity, the Immortal Soul.

The permanent peace and happiness which we are all looking for is attained once and for all.

Why choose Jangama Dhyana as your meditation practice?

Jangama in Sanskrit means "Eternal Existence" and Dhyana (Meditation) means "your attention to". So, in Babaji's words, the meaning of Jangama Dhyana is:

Your attention (or meditation) to the Eternal Ultimate Truth of Existence that You are.

This is one of the highest techniques that has been practiced in India since time immemorial which both Babaji and Swamiji practiced to achieve Self-Realization. It is very simple and direct - the mind practices to be quiet on its own, without any external anchor. By using the eyeballs, which are the strongest of the sensory organs, the attention of the mind is brought to a single point in between the eyebrows. If we can follow the command 'Just watch', without making any analyzations or judgements, the mind can be purified of all the thoughts and assumptions that it had held on to since time immemorial. As one progresses, the mind becomes more and more quiet and peaceful; its attention shifts from all the thoughts and imaginations in the mind to its real Self - that Original state of Pure Consciousness.

This is like getting recruited as an officer directly, you don't have to become a clerk and then work your way up until eventually you get promoted as an officer.

To learn the right method, an Experienced Master is what will make the difference!

As Shri Krishna tells Arjuna:

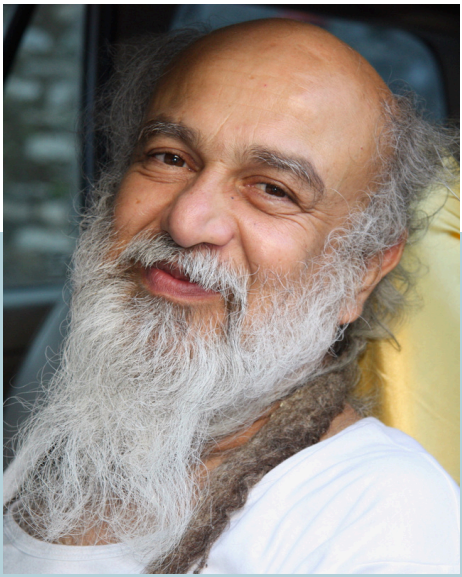
Arjuna, before death shall claim thee, go to the knowers of the Truth, sitting at their Lotus Feet with all reverence, seeking their permission, ask intelligent questions, then adopt such methods as taught by the Guru, practice that sadhana and achieve That Truth to Your Self.

When we want to learn from someone, whether we adopt such a person as a friend, a teacher, or even as a Guru, it is essential to have respect and reverence so we can be serious in our practice and adopt the right attitude towards the learning process.

Only a genuine Master, one who has walked the path and attained the ultimate achievement of Self-Realization can lead a student towards that final goal.

Babaji teaches not only through words, but through his actions also. He is a perfect living embodiment of His teachings.

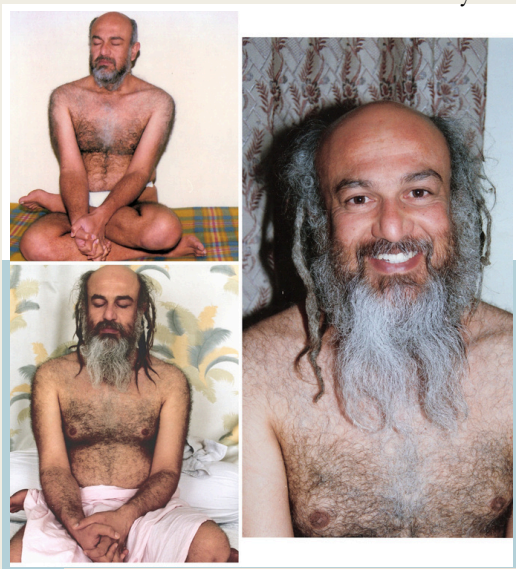
Who is Babaji?



Shri Shivarudra Balayogi Maharaj, affectionately known as Babaji by all His devotees, is a Yogi who has attained Self-Realization. He teaches in a very simple, direct and practical way about the highest Truths. He guides and gives precious insights about the mind, consciousness, meditation, spirituality and the ancient Indian philosophy of Yoga as taught by His Guru, the Great Shri Shivabalayogi Maharaj and from His own first-hand experiences in deep meditation known as Tapas.

Babaji was initiated into this meditation technique by His Guru when He was 19 years old and went to live in His Guru's Ashram (monastery), devoting His entire life for the service of His Guru and His Guru's Mission. For the next twenty years He was trained by His Master, performing selfless service, devotion and meditation. After His daily chores were finished, He would practice meditation for at least 5-6 hours every day under a tree behind the Ashram.

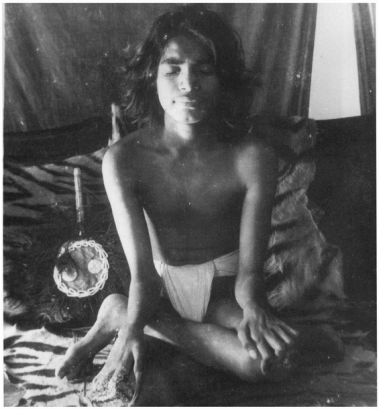
After His Guru dropped His physical body, Babaji was initiated into Tapas (the highest pitch of meditation practice) by a divine vision of His Guru and remained in seclusion in a room practicing 18-20 hours of deep meditation every day for the next 5 years. In 1999, He emerged as a Yogi, returning to the world to serve humanity by continuing His Guru's Mission to spread awareness of this precious gift of meditation.

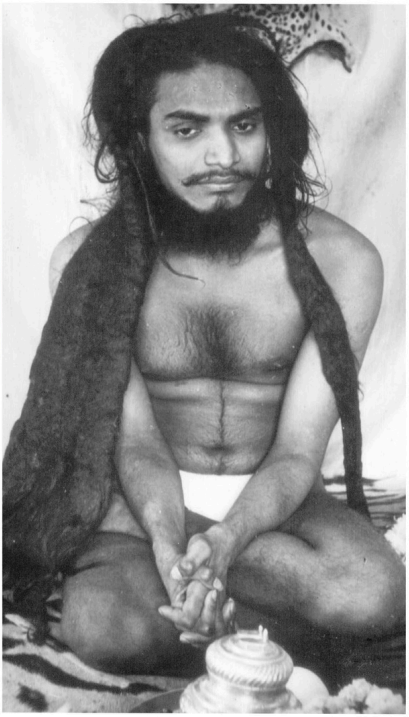


Babaji during His Tapas from 1994 to 1999 when He finally emerged as a Yogi.

Lineage and History

This meditation technique was brought back to the world by the divine manifestation of Lord Shiva as a Jangama Sage when He initiated Sathyaraju (Swamiji's name before Realization) into Tapas at the age of only 14 years. The young boy remained immersed in deep meditation for an average of 23 hours every day for the next 12 years, finally emerging as one of the greatest Yogis that India has produced.





Top left: Painting of Swamiji being initiated into Tapas by the Jangama Sage.
Bottom left and right: Swamiji during His Tapas from 1949 to 1961
when He finally emerged as a Yogi.

To know more about Swamiji, Babaji and Their teachings,
please visit **www.srby.org**.

The Mission

On completing His Tapas, Lord Shiva and Goddess Parvati appeared before Swamiji and issued Him with His new mission:

People of this world have forgotten themselves and that is why they are miserable. Initiate them into Dhyana Yoga so they can know themselves by the practice of meditation.

Lord Shiva and Goddess Parvati appearing before Swamiji on completion of Tapas.

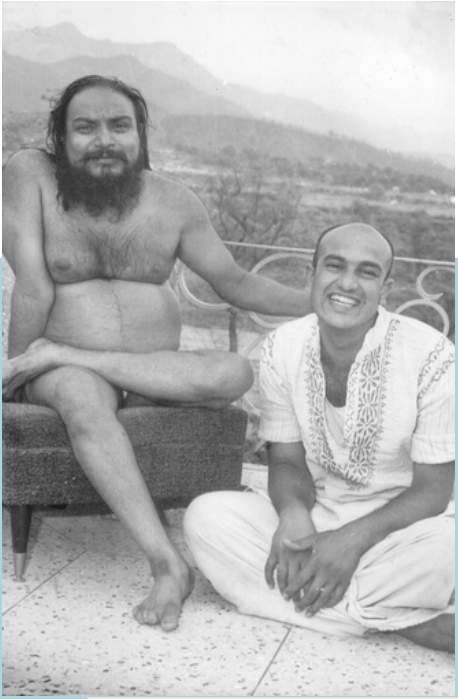
The Mission of Shri Swamiji and Shri Babaji, as ordained by the Divine Guru, is to teach, help and guide all spiritual seekers who are drawn to the spiritual path. They teach, without compromise, the highest spiritual Truths by imparting their philosophy and by initiating the student into the practice of meditation. They emphasize the need for humanity to seriously take up the spiritual path and by having peace in the mind through the method of meditation, only then can there be peace and harmony in this world.

What you need is to bring your mind under your control and discover who you really are. The greatest wonder and the real miracle is when you attain peace and realize your own existence as the Immortal Soul. ~ Shri Babaji

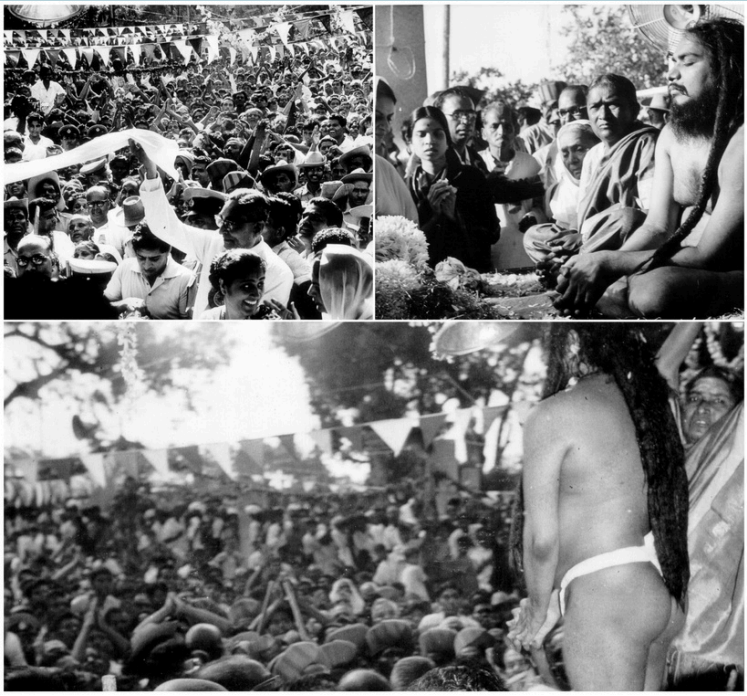
The Philosophy

Babaji, carrying on the Mission of His Guru Shri Swamiji, has been teaching the technique of meditation freely, without charge, all over the world for the last 23 years, giving Darshan, Initiation (Diksha) into meditation, and conducting Satsangs (teaching sessions), all with help from voluntary donations only.

The Mission has been running like this since it was established in 1962, when Shri Swamiji emerged to the world as a Yogi, after completing His twelve years of arduous Tapas (the highest pitch of meditation practice) to serve all of humanity by giving this precious gift of meditation known as Jangama Dhyana.



Babaji with His Guru, Swamiji, 1980.



Swamiji with His mother after one year of Tapas for world peace. Hundreds of thousands came for His Darshan and Blessings. Bengaluru Ashram, 1969.

Many of you would be wondering why all this knowledge and wisdom and the technique of Jangama Dhyana has been freely given all these years, without any discrimination of caste, religion, belief or status.

Babaji answering questions from spiritual seekers during the 2024 Meditation and Sadhana retreat.

It is because the Mission follows the ancient tradition of Guru Dakshina ('Donation' in Sanskrit language). This was the tradition followed in ancient India where the Guru would freely impart the knowledge, wisdom and the practical method —to achieve That highest spiritual goal— to the student, without charging anything or entering into any type of business contract where the quantity of knowledge and wisdom the Guru would impart would depend on the contribution of the student, treating him or her as a client. Rather, the student would, based on his or her capability and free will, give some donation to help the Guru maintain the physical body and for the upkeep of the institution that He or She may have established.

Left Swamiji and right Babaji with devotees from around the world - India, Italy, Australia, America, Malaysia.

The real Guru is always ready to impart all the knowledge and wisdom, but the only expectation the Guru would have from the student is her or his own sincerity, effort, and faith. This is the only requirement and demand the Guru would have, so that then the learning process can really happen.

Practicing the Teachings and achieving the Truth is itself the greatest donation, the best gift, that a student can give to me. ~ Shri Babaji

Babaji meditating with the retreat participants, February 2023.

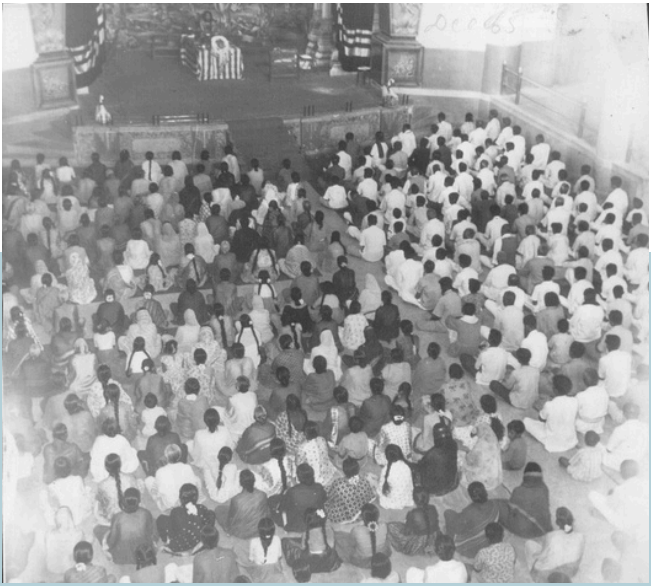
As Shri Swamiji Himself said when some of His devotees from the West mentioned that He should charge for the Dhyana Diksha (Initiation into Meditation), otherwise people would not understand its value:

See, when Shankara Bhagavan (Lord Shiva) came and made Me to sit for Tapas, He didn't charge anything, so, in the name of Dhyana (meditation), I am not going to charge anything. With whatever voluntary contributions come, I can run my Ashram with that.

Swamiji giving prasad (blessed food) to His mother, Parvatamma.

We deeply appreciate all the voluntary contributions which are helpful in sustaining and spreading the Mission. Many of Babaji's teachings are freely available on the website and on social media platforms like YouTube, Instagram and Facebook. They give a better understanding of the essence of Yoga and Meditation as taught and practiced by the ancient sages of Rig Vedic era in India.

Those who are willing to go deeper into this practice are welcome to come to the Ashram and receive the Dhyana Diksha (Initiation in the meditation technique of Jangama Dhyana) directly from Babaji.



Swamiji during a Meditation program.
Thousands came to receive the Dhyana Diskha.
Mysore town hall, India. 1966.

Meditation and Yoga retreats at the Ashram are also open to all to allow spiritual seekers to retreat from their everyday routines for a period of time and focus on deepening their practice in the physical presence of Babaji.

This retreat is one such golden opportunity for all of you to be disciplined. I would like you all to be perfect, more mature and be right in life.
~ Babaji

Thank you for reading this brief introduction about Swamiji's and Babaji's life and Mission. We hope that all of you get inspired to practice meditation, follow the real spiritual path and achieve that inner peace that we all need and are looking for.

We hope to see you soon at one of the online meditation sessions!

Photo from last day of the Meditation and Sadhana retreat, February 2024.

Lokah Samastah Sukhino Bhavantu
Sushantir Bhavatur Sushantir Bhavatur

Divine, we don't know how many worlds you might have created like this.
If at all they are there, may all beings in all the worlds be happy.
May there be peace, may there be peace.

ॐ शिवाय शिवबाल योगेन्द्राय परब्रह्मणाय

~ Om Shivaya Shivabala Yogendraya Parabramanaya ~

~ Shiva, who came as Shivabalayogi, is the Ultimate Truth ~

Please visit **www.srby.org** or email **info@srby.org** for further information related to the mission, online sessions, upcoming events, retreats, how to contribute or any spiritual related queries.

Find more about Babaji and His teachings at:

www.srby.org
Visit for teachings, videos, books, music and more...

Shivarudrabalayogi

Shivarudrabalayogi

Shri Babaji Meditation App
App with timer and Babaji's audio giving the meditation instructions and a mantra indicating the end of meditation.

Shiva Rudra Balayogi (Channel)

- In Quest of Truth - Q&As with Shri Babaji
- Spiritual Gems (shorts) (Playlists)
- Music, chants and more...

Shri Babaji App

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