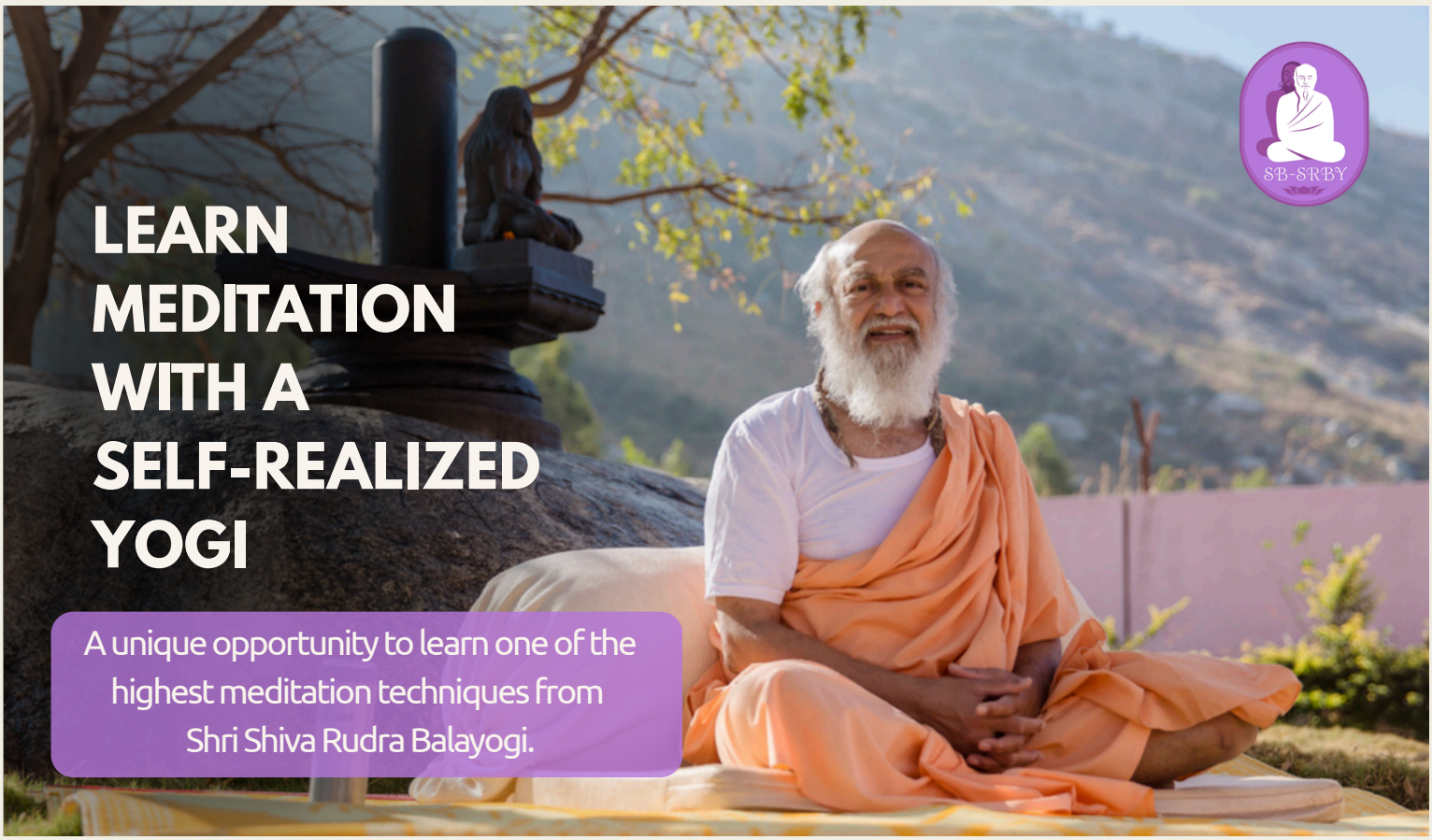

LEARN MEDITATION WITH A SELF-REALIZED YOGI

A unique opportunity to learn one of the highest meditation techniques from Shri Shiva Rudra Balayogi.

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Jangama Dhyana

Jangama Dhyana is the ancient meditation technique taught by Babaji and his Guru, Shri Shivabalayogi Maharaj. Sitting comfortably with the eyes closed, the mind and sight are concentrated in between the eyebrows, and the practitioner is instructed simply to watch — without repeating a mantra, imagining, analysing or judging anything.

Babaji teaches that the mind has two aspects: it can think and it can watch. By simply watching, thoughts gradually subside and the mind becomes quiet and concentrated, eventually turning inward towards its source, the Real Self. The practice is universal, not linked to any particular religion or belief, and should always be approached gently, without force or strain.

Why meditate?

If we observe our mind, we see it is constantly thinking, jumping from one thought to another, and we often find ourselves unable to stop it.

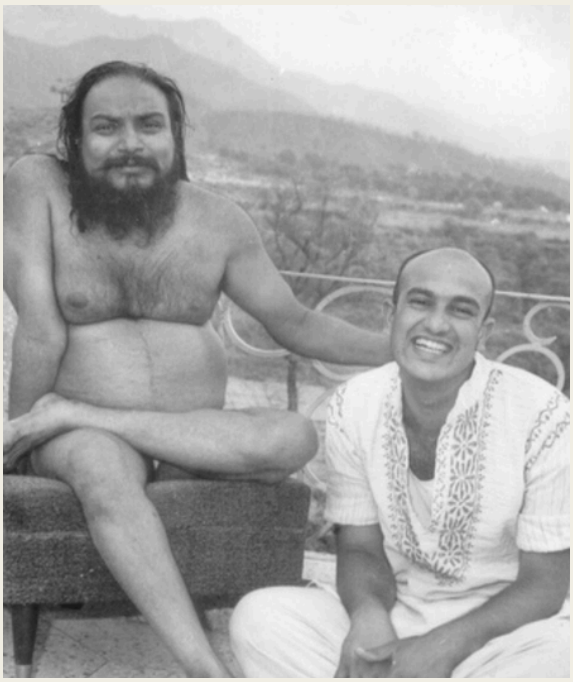
Through the regular practice of meditation, we can regain mastery over the mind — to be able to think when we want to think, and to allow the mind to become quiet when we want to rest it.

As the mind settles down and becomes more composed and peaceful, we develop greater focus and concentration, less stress and a deeper contentment. Ultimately, we can become aware of our Real Self, where Babaji teaches that the permanent peace and happiness we are searching for can be found.

BABAJI AND HIS GURU

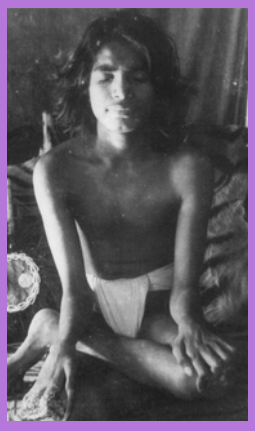
Who is Babaji?

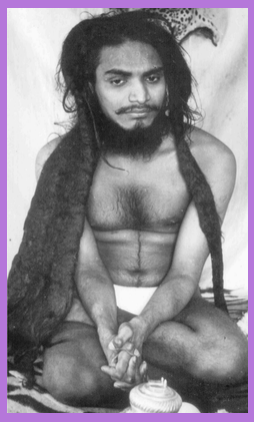
Shri Shivarudra Balayogi Maharaj, affectionately known as Babaji, is a Yogi who has attained Self-Realization.
He was initiated into meditation by His Guru at age 19 and spent twenty years in devoted service, meditation, and training at the Ashram. After His Guru's passing, Babaji was initiated into Tapas (the highest pitch of meditation) and spent 5 years in seclusion practicing 18–20 hours of deep meditation daily.
In 1999, He emerged as a Yogi to continue His Guru's Mission.

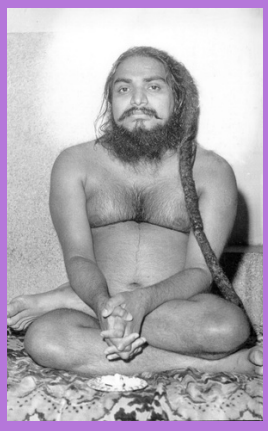


Who is Swamiji?

Shri Shivabalayogi Maharaj, affectionately known as Swamiji, is Babaji's Guru. This meditation technique was brought back to the world when He was initiated into Tapas by a Jangama Sage — a divine manifestation of Lord Shiva — at just 14 years old. He remained immersed in deep meditation for an average of 23 hours a day for the next 12 years, emerging in 1962 as one of the greatest Yogis India has produced.







THE MISSION

On completing His Tapas, Lord Shiva and Goddess Parvati appeared before Swamiji and gave Him His 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."

Babaji continues this mission to this day, offering initiation (Diksha) into the path of meditation and guiding seekers through his teachings, freely and without charge, all over the world.

FIND OUT MORE

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