

Extract of Verses from

THE SACRED PATH OF MEDITATION

Let Man Not Muddy The River Of His Consciousness! O Lord!
Let Man Steadily Burn In His Spiritual Flame! O Lord!
Then Fruitless Is Thy Passion! O Mortal!
Then Fruitless Is Thy Wandering! O Mortal!
"Then Fruitless Is Your Resolution! O Mortal!"
Everything Finds Rest In Thy Supreme Self! O Mortal!
When Shall You Allow Thy Drop To Become The Sea
When Shall You Reach The State When You Speak Not
Why Do You Dream! O Mortal!

Meditate On The Pure Self That Is Immortal And Shining! O Mortal!
Why Don't You Pierce Into The Center Of Your Heart! O Mortal!
Behold! I Am Not Distinct From Thee! O Mortal!

Behold! I Am That Unity That Transcends Both Being And Non Being
Go To Deep Sleep Where No Desire Is Left! O Mortal!
I Am The Lord Of The World Of Manifestations! O Mortal!
I Am Your State Of Dreamless Sleep! O Mortal!

Meditate On The Person Who Is In The Mirror! O Mortal!
Meditate On The Supreme, The Head Of All Beings! O Mortal!
Meditate On The Self Which Is Endless! O Mortal!

Meditate On Godhead And Bring Him Out Of The Recesses
Of Thy Heart! O Mortal!

When Shall Silence Overcome Thee! O Mortal!

Let You Be Conscious Of The Unlimited Perfection! O Mortal!
To Get At The Real, Shake Off Your Bodies! O Mortal!

Verily I Have Transcended All Distinction Of Food And Food Eater! O Mortal!
Verily I Sing The Song Of Joy! O Mortal!

Verily Those Who Worship Divine As Food Obtain All Food! O Mortal!
Verily Meditate On Food As Self! O Mortal!

Be Sure Food, Verily Is The Highest Form Of Self! O Mortal!

Is Not The Enjoyer Of Food The Person Who Stands Within Thee! O Mortal!
Meditate On Will As Self! O Mortal!

Verily Meditate On Thought As Self! O Mortal!
Meditate On Contemplation As Self! O Mortal!
Meditate On The Mind As The Self! O Mortal!

Verily Meditate On Understanding As Self! O Mortal!
Verily Meditate On Strengths As The Self! O Mortal!

Verily Meditate On Water As Self! O Mortal!
Verily Mediate On Heat As Self! O Mortal!
Verily Meditate On Ether As Self! O Mortal!
Verily Meditate On Memory As Self! O Mortal!
Verily Meditate On Hope As Self! O Mortal!

Verily Blessed Is He Who Understands This Life Breath! O Mortal!

Verily Infinite Is Rooted In Its Own Greatness! O Mortal!
Verily There Is No Happiness In Anything Finite! O Mortal!
On The Self Being Satisfied, The Mind Is Satisfied! O Mortal!
Verily I Shall Be Asleep, Composed And Serene! O Mortal!
Behold Meditate On The Sun As Thy Self! O Mortal!
Behold The Eyes Inside You! O Mortal!
Meditate On Speech As The Self! O Mortal!

About Author: The mystic writings and poems of author Anand Krishna helps us in dealing with everyday issues such as the strength of will power, the creativity to see beyond problems, importance of positivity and the true meaning of success. For all who feel that stress and nervousness are an unavoidable fact of modern life, the mystic poems of Anand Krishna reminds us that within each of us is an inner core of universal peace and harmony that we can learn to access at will. The mystic poems and writings of Anand Krishna shows us how to overcome fear, worry, anger, nervousness and moodiness. His writings also teach us how to Stay calmly in the present and to stay actively focused, no matter what is going on around us and also teaches us to Experience the mystic and expansive timelessness and beauty of each moment. The spiritual and mystic poems of the author caters to the deepest needs of the human heart and soul. These poems reveal how we can meet the daily challenges to our physical, psychological, emotional and spiritual well-being - by awakening our divine nature, the neglected reality at the core of our being.

Through his writings the author succeeds in dispelling the myth that God is beyond our reach and beyond our self. He points out that it is not only possible to converse with God but to receive definite responses to our prayers and also converse with our divine self. The author Anand Krishna helps us to realize how close that infinite and all-loving Being is to each one of us. He also explains how we can make our prayers and thoughts so powerful and persuasive that they will bring a tangible response from the mystic universe. The books written by Anand Krishna motivates the readers how to be devoid of a harsh, materialistic life and live a life of peaceful serenity governed by quality and not quantity. The spiritual poems written by the author deal with complex issues in a very easy-to-understand and simple manner, inviting the readers to explore their inner selves through meditation and contemplation. The teachings of the author alters the perspective and attitude that people approach life with, changing one's thought process to invite and draw true material and spiritual success and prosperity. The books written by the author also highlights the key to dissolving obstacles both physical and spiritual while dealing with natural feelings of fear and the feeling of being lost. The author has been greatly inspired by the mystic philosophies propounded in the Geeta, Upanishads, Sufi literature and other ancient mystical works. **The Author Shree Anand Singh (Pen Name: Anand Krishna) has written on various spiritual aspects of human existence in this world and beyond.**

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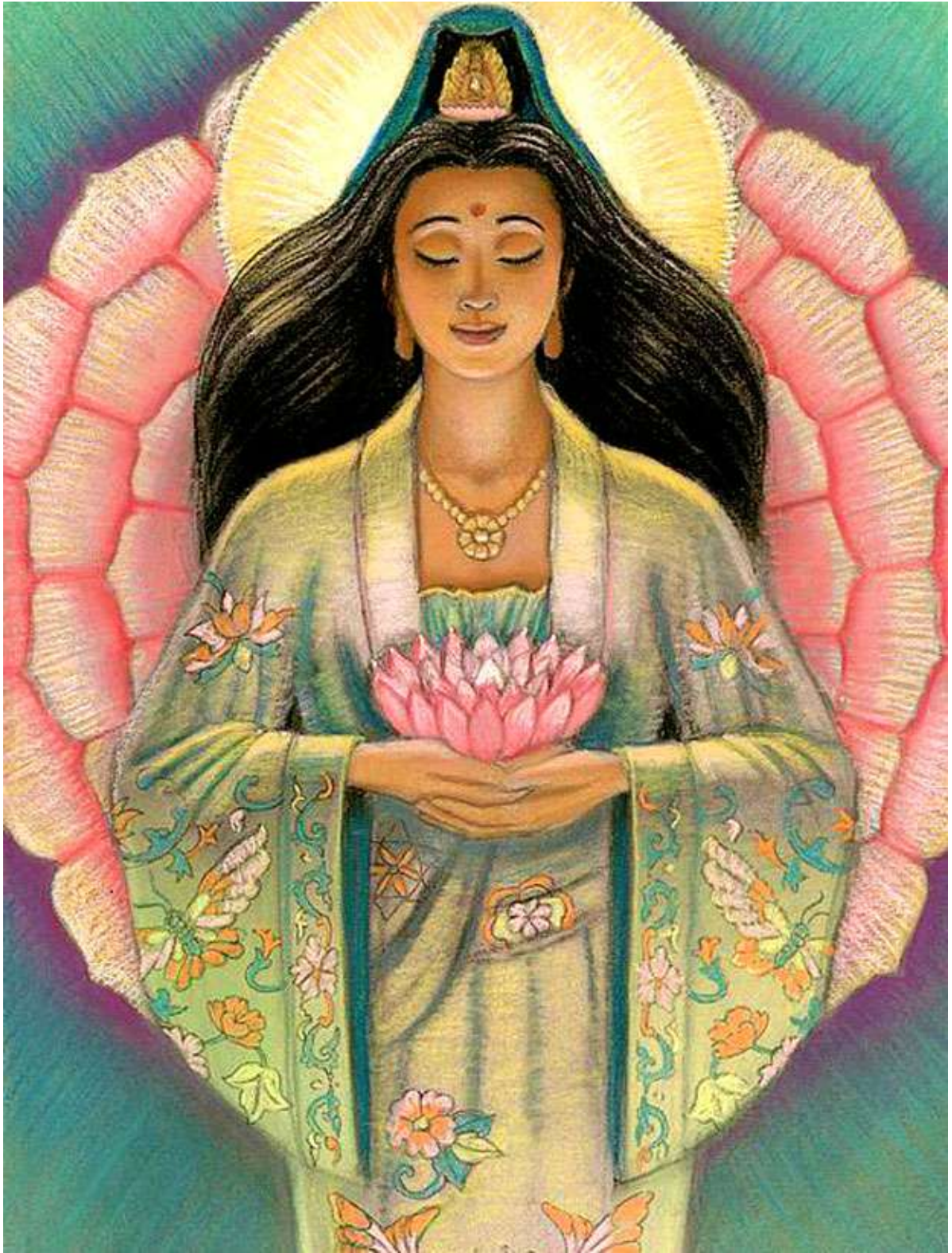
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CHAPTER 1-MEDITATING ON THE DEEP DARKNESS INSIDE OUR SOUL (POEMS BASED ON GEETA)



(Artist: Kuan Yin)

Poem Source : From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Meditation**

Let Man Not Muddy the River of His Consciousness! O Lord!



(Artist: Valentin Serov Date: 1905)

**Let man run to his heart and stand in speechless joy
Let man not concentrate on his flowerless labours.
Let man witness the divine breeze gently blowing.
Let man enjoy the strangely attractive divine fragrance.
Let man run to his heart and stand in speechless joy.
Let man behold the gorgeous flower of divinity.
Let man not muddy the river of**

his consciousness! O lord!

**Let man behold the hidden divine aroma.
Let man discover his hidden potential.
Let man witness the blossoming of his labour of love.
Let man nurture his plant of self realization.
Let man find the divine flower with eternal freedom.
Let man discover the treasure beyond all other treasures.
Let man not muddy the river of his consciousness! O lord!**

**Let man be immune to the mightiest grief.
Let man reach the inner sanctum of the lord.
Let man not be seized by the bandits of outward sensations.
Let man race his inwardly marching attention.
Let man not ruminate on material objects.
Let man renounce all desires born of egoistic mental planning's.
Let man not muddy the river of his consciousness! O lord!**

**Let man scoop out all the evil desires within.
Let man minimize the invasion of external stimuli.
Let man shut off all distracting mortal sights.
Let man cease his mental wanderings.
Let man fix his concentration of his inward goal.
Let man potentially wait for his mental mud to settle down.
Let man not muddy the river of his consciousness! O lord!**

**Let man not nervously stir up the quietened mortal waters.
Let man's mind not be muddied by the myriad thoughts**

**Let man be conscious witness of the bewildering torrent of his thoughts.
Let man patiently wait for the settling down of restless thoughts.
Let man identify with his witnessing intuitive discrimination.
Let man adroitly bypass the obstacles to his unshakable divine tranquility.
Let man not muddy the river of his consciousness! O lord!**

**Let man's intuitive discrimination be saturated in patience.
Let man's mind be absorbed in his soul.
Let man cultivate the skill of both firmness and kindly patience.
Let man re-establish his authority in the mortal lands.
Let man re-establish his authority on his inner concentration that produces unending joy.
Let man be freed from the nature born dualities of good and evil.
Let man not muddy the river of his consciousness! O lord!**

**Let man free his soul from mortal impurities.
Let man express his true nature.
Let man's unruly thoughts wane into nothingness.
Let man cease all his restlessness.
Let man not muddy the river of his consciousness! O lord!**

**Let man be freed from all taint of relativities.
Let man behold his steady concentration.
Let man behold his inner state of calmness.
Let man be unstained by dualities of mortal existence.
Let man taste the bliss of the touch of his spirit.
Let man not muddy the river of his consciousness! O lord!**

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Mantis: Overwhelmingly in most cultures the mantis is a symbol of stillness. As such, she is an ambassador from the animal kingdom giving testimony to the benefits of meditation, and calming our minds. An appearance from the mantis is a message to be still, go within, meditate, get quite and reach a place of calm. It may also a sign for you to be more mindful of the choices you are making and confirm that these choices are congruent. (Source: <http://www.whats-your-sign.com>).

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Meditation**

Let Man Steadily Burn In His Spiritual Flame! O Lord!



(Source: positiveway.me)

Let man concentrate on the joy of soul within.

Let man experience subconsciously the state of his peaceful soul.

Let man not be dragged into slumber land.

Let man go consciously beyond the state of sleep.

Let man enjoy the astral eating.

Let man be equally human and divine.

**Let man steadily burn in his spiritual flame!
O lord!**

Let man be a balance between the human and the divine.

Let man succeed in destroying his mortal karma.

Let man burn out his seeds of karma.

Let man transform material nature by divine thoughts.

Let man not be entangled by his visual perceptions.

Let man not be seized by lust.

Let man steadily burn in his spiritual flame! O lord!

Let man not be lured by the sight of charming tract.

Let man not be ruled by uncontrolled emotions.

Let man not be lead by the miseries born of likes and dislikes.

Let man be free from the gusts of restlessness.

Let man steadily burn in his spiritual flame

Let man be undisturbed and unwavering before the gusts of delusion

Let man steadily burn in his spiritual flame! O lord!

Let man guard the flame of peace.

Let man witness the tranquil light.

Let man not be agitated by material desires.

Let man discover the inner blaze of eternal bliss.

Let man destroy all the dream shadows of sufferings.

Let man attain the pain free state.

Let man steadily burn in his spiritual flame! O lord!

Let man be anchored in the bliss of soul.

Let man arrest the external activities of his faculty.

Let man turn his cognitive instruments within.

**Let man draw his knowing power from the intuition of his soul.
Let man not be affected by nature's alternating conditions of duality.
Let man remain permanently in pain free state.
Let man steadily burn in his spiritual flame! O lord!**

**Let man master all the states of his ecstasy.
Let man never be again removed from his royal throne.
Let man be enthroned forever.
Let man never again descend to the painful sphere of body identification.
Let man attain the state without difference.
Let man permanently extinguish all causes of pain.
Let man steadily burn in his spiritual flame! O lord!**

**Let men permanently uproot all his desires.
Let man witness great enthusiasm and perseverance.
Let man reach the final beatitude.
Let man not undergo the sufferings of thousands of incarnations.
Let man not lack in continuous efforts of his salvation.
Let man plant the divine flower seed in his mortal garden.
Let man be engaged in weeding and watering his mortal soul.
Let man steadily burn in his spiritual flame! O lord!**

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Peony: Esteemed as one of the most exquisite flowers, the peony is a symbol for nobility and value. The peony became popular in the imperial palaces during the Sui and Tang dynasties, and earned the title of the "king of flowers." A symbol of spring, it is also used as a metaphor for female beauty and reproduction. Pictured in full bloom, the peony symbolizes peace. (Source: <http://tattoosymbolism.blogspot.in>).

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Meditation**

Then Fruitless Is Thy Passion! O Mortal!

**If you have not forsaken the desires that stimulate the mind to restlessness.
If you have not revived the memory of soul tranquility.
If you cannot keep away from external and internal temptations.
If you do not permanently feel the joy of your soul.
Then fruitless is thy passion! O mortal!**

**If you are not aware of the permanent, unending bliss secreted in your soul.
If you have forgotten the inextinguishable inheritance of your spirit.
If you cannot control your mind that is fickle and unruly.**

**If you are still afflicted by the deep seated mortal diseases.
If you have not said your deepest prayers.
Then fruitless is thy passion! O mortal!**



(Artist: Sue Halstenberg)

**If you still suffer from egotistical spiritual pride.
If you are like a cloud dispersed by the mortal wind.
If you have not yet quenched your thirst in the rainfall of wisdom.
If you cannot ascertain the real duty in life.
If you have not yet secured yourself in the highest ecstasy.
Then fruitless is thy passion! O mortal!
If you have not overcome the obstacles arising from prenatal and postnatal actions.
If you do not persist in your spiritual efforts.
If you have not yet got a glimpse through the gate of eternal freedom.
If you are still a sense addict.
If you have not yet smelled the divine musk perfume of your soul.**

Then fruitless is thy passion! O mortal!

**If you have not frantically sought the origin of the divine fragrance.
If you have not yet tasted the fragrance bliss of your soul.
If your ego is starved without bliss.
If you still hope to satisfy the inner hunger for happiness.
If you still suffer from the unnatural hunger for sense pleasure.
If you have still failed to seek your natural divine inheritance.
Then fruitless is thy passion! O mortal!**

**If you have still not discovered your forgotten heritage.
If you still disregard the counsel of the prophets.
If you drift further away from the nature.
If you have not yet regained your memory of divinity.
If you are on threshold of awaking from sense delusions.
If you are still asleep in ignorance.
If you are still a complacent sense addict.
Then fruitless is thy passion! O mortal!**

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Tattwas: A representation of the emblems of the Vedic tattwas. In the ancient Vedic symbolism of India, tattwas represented the five elements, or states of being and matter, which combine to create the material and spiritual universe: water, air, earth, fire, and spirit. The five together form the Aum, represented architecturally by the Stupa, a form used in Indian and Tibetan temple architecture. The tattwas as adapted in Western magic are used as meditational aids representing doorways to altered states of consciousness. [Source: <http://symboldictionary.net>].

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Meditation**

Then Fruitless Is Thy Wandering! O Mortal!



(Artist: Sue Halstenberg)

If you are not aware of the dreamer of all.

If you do not feel the affections and joys of all beings as your own.

If you do not perceive the lord in the animate and inanimate worlds.

If your mind is still not expanded in consciousness.

Then fruitless is thy wandering! O mortal!

If you do not retain the consciousness of the ever blessed lord.

If you have not arisen beyond all experiences of duality.

If you do not realise the cosmic blessedness of the lord.

If you do not arise above the alternations of pain and

pleasures.

Then fruitless is thy wandering! O mortal!

If the intoxication of delusive habits have not yet worn off.

If you have not yet slain the dawn of ignorance.

If restless still invades your mind.

If you are still confronted by restless thoughts.

Then fruitless is thy wandering! O mortal

If you have not yet dived into the ocean of divine perception.

**If you have not yet found the pearls of god communion.
If you have not yet improved your skill in diving.
If you have not yet sunk into the ocean of bliss.
If you have not yet seized the pearls of blessed communion.
Then fruitless is thy wandering! O mortal!**

**If you are deep in despair
If you are still influenced by misleading subconscious impulses.
If you have still not recalled your true quiescent nature.
If you have still not discovered the liberating truth.
If you have not yet arisen above the unnatural mortal habit of
restlessness.
If you have not freed your mind from all conscious and subconscious
restlessness.
Then fruitless is thy wandering! O mortal!**

**If you do not help your mind grow in the habit of peace.
If you have not yet conquered your unsteady and tumultuous mind.
If you have not yet conquered your powerful and obstinate mind.
If you have not learnt to become divinely tranquil.
Then fruitless is thy wandering! O mortal!**

**If you have not yet controlled your boisterous and unruly mind.
If your mind has not yet contacted the souls bliss.
If you have not yet discovered your true restful divine nature.
If you do not remember the soul joy within.
If you have not yet discovered the natural power of abiding in your soul's
tranquil state.
Then fruitless is thy wandering! O mortal!**

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Dorje (Vajra, Diamond Scepter): Dorje in Tibetan means 'indestructible.' The Dorje is the Tibetan Buddhist equivalent of the double terminated Hindu ritual tool known as the Vajre, or thunder bolt. The Vajra represents masculine force, sudden inspiration, the 'cutting' of ignorance and illusion. In Buddhist rituals it is always paired with the singing bell, or Ghanta, its feminine counterpart. The spoked ends represent the closing of the spokes of the wheel of Samsara; the attainment of enlightenment. (Source: <http://symboldictionary.net>).

Poem Source: From the Book "Decoding the Ancient Wisdom" By Shree Anand Krishna
Poem on **Meditation**

"Then Fruitless Is Your Resolution! O Mortal!"



(Artist: Sue Halstenberg)

**If you are not enlocked in the vision of love.
If you do not realise all things as naught else
than spirit.**

**If you do not realise the true structure of all
beings.**

**If you do not behold everything as cosmic
light.**

"Then fruitless is your resolution! O mortal!"

**If you do not perceive the lord in every
window of thought and space.**

**If you are not enlocked in the visions of
love.**

If you do not enjoy unparted union.

"Then fruitless is your resolution! O mortal!"

If you do not find your being extended into the being of your spirit.

If you are not a wave in the ocean of cosmic consciousness.

If you are not a manifestation of the cosmic ocean.

"Then fruitless is your resolution! O mortal!"

If you are not merged in the absolute.

If you have not retained god created individuality.

If you can't see the lord through every open niche of space.

If you cannot look at the lord through every pore of the sky.

If you seek love in impermanent human beings.

**If you seek to quench thirst of affection through imperfect love of
mortals.**

"Then fruitless is your resolution! O mortal!"

If you have not learnt to love all beings.

If you in an embittered state of unrequited love.

If you have not yet recognized the lord as the only perfect lover.

If you seeks mortal affections.

If you have still not met the cosmic lover in the bowel of eternity.

If you have still not ceased your prodigal wanderings.

**If you have still not seen your beloved peeping through the windows of
stars and flowers.**

"Then fruitless is your resolution! O mortal!"

If you have not seen your beloved peeping through every opening in the atoms and pores of the sky.
If you do not see the lord gazing through all windows of space.
If knowledge of reality has not yet spring up in thee.
If you have not yet realised the unity pervading everywhere.
If you have not yet dissolved all dual perceptions of matter.
If you are not awake in the lord.
If you are not united with the lord in life and death.
If you still sleeps in delusion.
"Then fruitless is your resolution! O mortal!"

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Yantra: A yantra is meditational device used in Hindu and Tibetan Tantric meditation. From the root "yam," meaning "to sustain," the Yantra is a symbolic image used to maintain a focused state during meditation. A yantra is usually composed of an outer geometrical form enclosing an interior geometrical designs. Each particular design is used for a specific purpose or intent. (Source: <http://symboldictionary.net>).

POPULAR QUOTES ON MEDITATION

"Sleep is the best meditation."

- **Dalai Lama**

"The first recipe for happiness is: avoid too lengthy meditation on the past."

- **Andre Maurois**

"We can live without religion and meditation, but we cannot survive without human affection."

- **Dalai Lama**

"Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity."

- **Voltaire**

"Fishing provides that connection with the whole living world. It gives you the opportunity of being totally immersed, turning back into yourself in a good way. A form of meditation, some form of communion with levels of yourself that are deeper than the ordinary self."

- **Ted Hughes**

"Soon silence will have passed into legend. Man has turned his back on silence. Day after day he invents machines and devices that increase noise and distract humanity from the essence of life, contemplation, meditation."

- **Jean Arp**

"If we know the divine art of concentration, if we know the divine art of meditation, if we know the divine art of contemplation, easily and consciously we can unite the inner world and the outer world."

- **Sri Chinmoy**

CHAPTER 2-FINDING REST IN THE SUPREME SELF (POEMS FROM PRASNA UPANISHAD)



(Source: <http://simplyenduring.blogspot.in>)