

# **Handbook of Spirituality and Meditation**

## **A Practical Guide to Meditation and Spirituality**

**Introduction**

**What Is God?**

**What Is Soul?**

**What Is Love?**

**What is the need of spirituality?**

**Why Meditation?**

**Effects of meditation on Soul**

*The sense of smell*

*The sense of hearing*

*The sense of taste*

*The sense of seeing*

*The sense of touch*

*Sexual pleasures*

*Attachment to mind*

*Attachment to ego*

**Meditation techniques**

*Meditation*

*Cleaning your heart*

*Spread the viruses of goodness and spirituality*

**Liberation**

**Self realization**

**Merging to God**

**How to find a capable spiritual master?**

**Levels of consciousness**

**Measure your spiritual progress**

*Poisons of Spirituality*

**Changing spiritual Master**

**Oneness of Religions**

**Future of Mankind**

**Common Questions and Answers**

*Why God cannot do this or that?*

*Who are lesser Gods?*

*What Is Heaven?*

*How to establish peace in earth?*

*What are the benefits of doing good? What are the consequences of doing bad?*

*I hate my criminal neighbours?*

*How will Good defeat Bad in the long run?*

*How can I feel God?*

*What is Mind?*

*Nobody loves me, I feel alone, I do not feel life worth living*

*What is out of body experience?*

*What happens at death?*

*If you could choose just one thing to change about the world, what would it be?*

*To what extent do you shape your own destiny, and how much is down to fate?*

*What one piece of advice would you offer to a newborn infant?*

*What is true happiness?*

*What is the definition of good and evil?*

*If money cannot buy happiness, can you ever be truly happy with no money?*

*What is true strength?*

*How much control do you have over your life?*

*What is freedom?*

*What do people strive for after enlightenment?*

*How should people live their lives?*

*If Rishi Vishwamitra could not control his senses, how can we ordinary human beings do so?*

*Is trust more important than love?*

*Is it easier to love or be loved?*

*Do aliens exist?*

*If everything evolved from amoebas, how does the world still have amoebas?*

*Is life all a dream?*

*What is consciousness?*

*Can we have happiness without sadness?*

*Is there a supreme power?*

*Does sound happen if nothing is present to hear it?*

*What is infinity?*

*Does the Law of Attraction exist?*

*Where were people before they were born?*

*What is time?*

*Where do thoughts come from?*

*How can people believe in things without evidence?*

*What is true love?*

*Is it a wrong act okay if nobody ever knows about it?*

*Is it OK to enjoy bad thoughts, I am not actually doing bad, right?*

*What is morality?*

*What is the meaning of "ShivaLingam"?*

*Which theory is correct, evolution or creation?*

*I love having sex with my Dog/Car/Anything which moves, can I practice meditation?*

## **Conclusion**

## **About Author**

**Keywords**

This book is dedicated to all people interested  
in spirituality or meditation.

**Disclaimer: This book does not guarantee that  
reader will become spiritually enlightened.  
Spiritual progress depends on the sincerity,  
persistence and desperation of the seeker.**

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review.

## Introduction

This book explains the concept of spirituality and meditation using simple science and logical concepts. We also provide practical methods for "soul cleaning" and meditation. We then discuss the effect of sincere meditation. We also provide practical guideline to check reader's current spiritual progress. The book is concluded with common questions and answers about spirituality and meditation. Keeping reader's lack of time and patience, we have kept the book short and to the point.

## What Is God?

God can be perceived as an ocean of love, which is all pervasive. All souls were part of God like a drop of an ocean, each vibrating in love of each other. For some reason, souls got separated from the ocean of love.

*THE shadows of evening fall thick and deep, and  
the darkness of love envelops the body and the  
mind.*

*Open the window to the west, and be lost in the  
sky of love;*

*Drink the sweet honey that steepes the petals of  
the lotus of the heart.*

*Receive the waves in your body: what splendor  
is in the region of the sea!*

*Hark! The sounds of conches and bells are  
rising.*

*Kabir says: "O brother, behold! The Lord is in  
this vessel of my body."*

## What Is Soul?

At the beginning of soul's spiritual journey, it was a spark of God, a tiny river of love,

but when it got separated out, ego became active, mind became active, energy centres(chakra) were formed. Desires, anger, jealousy, pride replaced love. Gratification of desires, anger, jealousy, pride started dumping unwanted garbage into the tiny river of love, now our soul resembles a garbage dump with layer and layers of garbage of ignorance, arrogance and attachments. Soul in its current state can be thought as a river filled with lot of garbage like below figure.



*Figure 1: Soul's Current State*

The spiritual journey is all about cleaning up the soul and filling it with pure love. By ardent practice and Master's grace Soul can regain its pristine form and become a clean river as shown in below figure.



*Figure 2: Soul's Future State*

*None tell me of this bird that sings within me  
It is neither colored nor colorless  
It has neither form nor outline  
It sits in the shadow of love  
It dwells within the Unattainable, the Infinite  
and the Eternal;  
No one knows when it comes and goes  
More than anything else I cherish at heart that  
love which makes me to live eternally.  
- Saint Kabir*

## **What Is Love?**

Love is very subtle song connecting the heart of soul and God. What is music? It is certain form of energy which soothes our soul. Love cannot be anything lesser than music. Love is very subtle form of energy. When one calls near and dear one, his/her heart is opened little bit and love flows into his/her heart from the universe, but s/he thinks s/he is getting love from the person whom s/he is calling. It is so subtle that weapon cannot cut it, fire cannot burn it, air cannot suck it and water cannot soak it. Love is the food for soul, it nourishes it and cherishes it, without Love, soul possibly could not exist.

*SUBTLE is the path of love!*

*Therein there is no asking and no not-asking,  
There one loses one's self at His feet,  
There one is immersed in the joy of the  
seeking: plunged in the deeps of love as the  
fish in the water.  
The lover is never slow in offering his head  
for his Lord's service.  
Kabir declares the secret of this love.*

## **What is the need of spirituality?**

Energy cannot be created nor can it be destroyed it can only change form; our soul and consciousness are made of pure energy. But gratification of desires, anger, jealousy, pride, etc. put dark matter on the soul and it reduces our level of consciousness, it decreases sensitivity of the soul. Our soul has accumulated layers after layers of garbage. In addition to that, gratifications of lust, anger, jealousy, desires are putting more garbage day by day on our soul. The soul has forgotten its divine nature. Can soul get rid of all its garbage and return to its divine homeland?

## **Why Meditation?**

Meditation is one of the many ways, in which soul can get rid of unnecessary garbage which it has accumulated for hundreds of thousands of years. Meditation helps soul to get rid of the accumulated garbage. Soul becomes capable of receiving and transmitting more and more love.