

## प्रेक्षा ध्यान गीत

“गुरुदेव तुलसी”

आत्म साक्षात्कार प्रेक्षा ध्यान के द्वारा ।  
स्वप्न हो साकार इस अभियान के द्वारा ॥

1.

आत्मना आत्मालोकन है यही दर्शन , (२)  
अन्तरात्मा में सहज हो सत्य का स्पर्शन , (२)  
क्षीण हो संस्कार अन्तर्धान के द्वारा ..... आत्म साक्षात्कार .....

2.

मानसिक संतुलन जाग्रति और चित्त समाधि , (२)  
निकट आती दूर जाती व्याधि, आधि, उपाधि , (२)  
प्रेम का विस्तार निज संधान के द्वारा ..... आत्म साक्षात्कार .....

3.

बदल जाते हैं रसायन ग्रन्थियों के स्राव , (२)  
बदलते व्यवहार सारे बदलते हैं भाव , (२)  
बदलता संसार आनापान के द्वारा ..... आत्म साक्षात्कार .....

4.

समस्या आवेग की है विकटतम जग में , (२)  
आदतों की विवशता है व्याप्त रग-रग में , (२)  
हो रहा उपचार इस अवधान के द्वारा ..... आत्म साक्षात्कार .....

5.

अनुप्रेक्षा और लेश्या ध्यान कायोत्सर्ग , (२)  
श्वस्त प्रेक्षा से धरा पर उतर आये स्वर्ग , (२)  
हृदय हो अविकार केवल ज्ञान के द्वारा ..  
हृदय हो अविकार 'तुलसी' ज्ञान के द्वारा ..... आत्म साक्षात्कार .....

सत्य - मेरा जीवन कोरा कणम .....

## PREKSHA GEET (SONG)

COMPOSED BY GURUDEV TULSI

ATAM SAKSHATKAR PREKSHA DHYAN KE DVARA I  
SVAPN HO SAKAR IS ABHIYAN KE DVARA II

ATMANA ATMAVLOKAN HEA YAHY DARSHAN (2)  
ANTRATMA MEA SAHAJ HO SATYA KA SPARSHAN (2)  
KSHIN HO SAMSKAR ANTER DHAN KE DVARA ----ATAM---

MANSIK SANTULAN JAGRITI AUR CHITTA SAMADHI (2)  
NIKAT AATI DUR JATI VYADHI AADHI UPADHI (2)  
PREM KA VISTAR NIJ SANDHAN KE DVARA ----ATAM---

BADAL JATE HEA RASAYAN GRANTHIO KE SRAV (2)  
BADALATE VYAVHAR SARE BADALATE HEA BHAV (2)  
BADALATA SAM SAR ANAPAN KE DVARA ----ATAM---

SAMASYA AAVEG KI HEA VIKATATAM JAG MEA (2)  
AADATOKI VIVESHATA HEA VYAPT RAG RAG MEA (2)  
HO RAHA UPCHARA EES AVADHAN KE DVARA ----ATAM---

ANUPREKSHA AUR LESYA DHYAN KAYOTSARG (2)  
SVASH PREKSHA SE DHARA PAR UTAR AAYE SVARG (2)  
RHIDAYA HO AVIKAR KEVAL GYAN KE DVARA I  
RHIDAYA HO AVIKAR TULSI GYAN KE DVARA ----ATAM---

# Guiding Principles of Life (Upsampada)

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Samani Bhavit Pragya

# Pledges of Preksha Dhyan

- Abbhuthiomi aaraahanaae.

I present my self for the practice of P.D.

- Maggam uvasampajjaami.

I accept the path of spirituality.

- Sammattam uvasampajjaami.

I accept the initiation in to insight.

- Samjamam uvasampajjaami

# Guiding Principles (Upsampadas)

- # Bhavakriya - Mind-body harmony
- # Pratikriya virati - Action without Reaction
- # Maitri - Amity
- # Mit-aahaar - Control in eating
- # Mit-bhaashan - Control in speaking

# Bhavakriya - Mind-body harmony

## Three Dimensions of Bhavakriya

1. To live in the present
2. To act consciously while meditating just to meditate. While walking just to walk, etc.
3. To remain fully attentive and aware of oneself

Time Bound meditation can be practiced twice or three times a day, but Bhavakriya is the kind of meditation which can be practiced throughout the day

## Pratikriya virati - Action without Reaction

- To be action oriented not reaction oriented
- Pratikriya is the most emotional state of mind.
- Everything that we do including talking, seeing, hearing, reading, or any kind of activity which goes out of our own desire, generates reaction

# Maitri - Amity

- Maitri means friendliness to all living beings universally.
- Seeing and recognizing oneself in others.
- Consider others as equal to the self.

Enmity is obstacle for friendliness

## Mit-aahaar - Control in eating

- Restraint eating is the key to a happy and healthy life
- Unhealthy eating habits cause laziness and drowsiness
- Over-eating is the biggest obstacle in the path of meditation



## Mit-bhaashan - Control in speaking

Higher degree of meditation required to engross in inner silence and peace

- If you are unable to maintain total silence, practice restraint of speech. When we speak a lot we lose energy and time.
- Always think before speaking and avoid use of words that hurt others.

Restraint speech is a valuable tool for leading a good and successful life

# Upsampadas

## Guiding Principles

Bhavakriya, restraint from reaction , universal amity, restraint of speech, and restraint of eating are not only essential during the practice of meditation, but also in everyday life.

These principles helps to build a good foundation for inculcating good habits and shaping a healthy and happy successful life