

Book Review

HIDDEN DANGERS OF MEDITATION AND YOGA

Del Pe, Jaico Publishing House, 2006 Edition, pp. 432, Rs.295/-

This book is a must read for everyone. Meditation and Yoga are the buzzwords today, for although they have been around for centuries, their popularity is increasing at a very fast pace this decade, especially as stress buster tools. An art for many individuals earlier, it was picked up by the schools to inculcate good values in students and now the corporate world has picked it up as they have realized that to increase productivity and profits, they need to build upon their human assets more importantly than their material assets or technological advances.

The author has written this book in five parts. The first part deals with the forms and benefits of meditation in the modern life. It looks like an introductory part, but the very first pages start off with an advanced description about types and levels of meditation and yoga. This part of the book helps the reader gain an in-depth insight about the level and type of meditation and yoga, one can undertake as per the reader's requirements. The author also describes that meditation is both an art and a science.

The second part of the book deals with understanding your energy anatomy, thereby giving a key to safe and effective meditation. It explains that contrary to popular belief, there are 12 major chakras or power centers and not seven. The readers can learn how to increase or decrease their chakric activity for various gains and shows the level of development of these chakras in various leaders and executives as well as those of sages and saints. The scale and level of consciousness of any living being whether living or expired, can be measured. It also explains the Earth as a macrocosm, i.e., a living being, having an invisible energy anatomy with energy centers, auras, a soul and a spirit, just like a human being. Thus, we can experience different levels of consciousness within the Earth energy system.

According to the author, the Kundalini or Sacred Fire and its awakening are some of the most sought-after topics in yoga and meditation and also one of the most misunderstood of all topics. Kundalini is a Sanskrit language term that literally means snake, referring to the serpent-shaped flowing form of the kundalini. It is this creative force which is anchored in people at the junction of the perineum, sex and base-of-spine centers that provides the fertilizing mineral to all the energy centers and bodies.

The real source of stimulation of consciousness at all levels is determined by how many of the kundalini layers are opened and on the levels of energy centers and energy bodies of the incarnated person, soul or Monad the kundalini has reached. The greater the opening, the higher is the development of the meditator and the more advanced the experience and expansion of consciousness and the more intense the colors and higher the density of the kundalini or the sacred fire.

It is this Sacred Fire, i.e., the Kundalini, the author teaches in this book, to play with safely, otherwise it can have undesired consequences. Thus, part three of the book, provides the 5 steps for safe and

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effective meditation including preparing yourself and your space for your best meditation experience and also the post-meditation techniques, even many yogis don't know! Various mudras, asanas, breathing techniques and body-postures, locks and seals are detailed in this third part of the book.

Then comes the fourth part, which is the biggest part of the book, giving the most detailed techniques for meditation I have ever seen. It teaches how to apply safe and effective meditation and gives 6 Post-meditation techniques to avoid being spiritually burned. This is the part that deals with the "Hidden Dangers of Meditation Every Meditator Should Know", e.g. Psychic Syndrome is a group of symptoms diagnosed by physicians or psychologists as paranoia, hallucination or being insane that may sometimes be short-term or they may be chronic. Similarly there are many other psycho-spiritual issues that are described, the best part being that solutions for these issues are also given alongside. Other than the psycho-spiritual issues, there are many other groupings of the hidden dangers of meditation and yoga that are covered in the text.

The next and the last part of the book, is the smallest one with only one chapter, that teaches "How to Choose the Right Meditation or Yoga Instructor for You", as there is No One Size that Fits All. The chapter also includes a world-wide directory of Meditation Groups, Schools, Centers and Instructors.

This book not only helps to increase but also guides how to decrease one's psychic and divine powers so as to have a balance. Every aspect of meditation is covered. Easy exercises are a good way to start your special journey of spirituality, consciousness and awareness. The book is complete with diagrams and illustrations that make the reading and understanding of the text much simpler and easier. There are excellent quotations in almost every chapter. To me, this book is a complete reference guide or Bible for meditation and self-realization. It has answered so many of my questions such as why children shouldn't meditate and why the earth is getting affected so undesirably.

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