

Reference Material:

1. Yoga Sutras of Patanjali -
2. Science of Meditation, Time Magazine, Aug 4th, 2003
3. Your Mind, Your Body, Time Magazine, Jan 20th, 2003
4. Power of Yoga, Time Magazine, April 15th, 2001
5. Transcendental Meditation – <http://www.tm.org>

Quotations:

"Yoga stills the restless mind and thus finds peace." Pantanjali's Yoga Sutra

"Meditation is the means for man to develop his higher faculties... is noble and elevating. Deep meditation leads to intuition, and helps to attain calmness of mind. Meditation is the basis of all attainments." Sri Ganapathi Sachchidananda Swamiji.

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

"MEDITATION brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom." Budha

"Health, a light body, freedom from cravings, a glowing skin, sonorous voice, fragrance of body: these signs indicate progress in the practice of meditation." -- Shvetashvatara Upanishad

"Meditation is sticking to one thought. That single thought keeps away other thoughts; distraction of mind is a sign of its weakness; by constant meditation it gains strength." Ramana Maharshi

"When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place." Bhagavad Gita

FOR REGISTRATION CONTACT

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Sponsors

Conquest of Mind

Meditation Retreat



with

Sri Datta Yogi Raja

December 11 & 12; 9:00am – 5:00pm

**Hindu Temple Society of Mississippi
173 Vernon Jones Ave., Brandon, MS 39047
601.992.3331**

Deadline to Register: Nov. 30th, 2004

SRI DATTA YOGI RAJA

He has been empowering seekers in Europe, Asia, USA and Canada for more than 20 years. His unique approach brings life transforming spiritual message to people of all religious paths. Sri Datta Yogi Raja reintroduces the ancient teachings of Patanjali to the Western modern community.

POSSIBLE TOPICS FOR DISCUSSION

What is Meditation?

Patanjali's Yoga Sutras

Difference between Meditation and Concentration

Vedanta As a Basis of Meditation

Kriya Yoga and Its Relation to Meditation

Integration of Meditation into Daily Life

Meditation and Its relation to the Control of Emotions

Contribution of Healing/Therapeutic Music to Meditation

Relation between Chakras in the Body to Meditation

Dietetics and Its Relation to Meditation

Practical Sessions on How to Meditate

REGISTRATION

Suggested donation: \$75*

Checks Payable to: DYCUUSA – MM

Mailing Address: Datta Yoga Center of USA+
139 Chinquipin Cove
Ridgeland, MS, 39157

Vegetarian Lunch: Free

Deadline to Register: Nov. 30, 2004

* Please bring comfortable cushion seats/pillows to sit on the floor

+ Datta Yoga Center of USA is a non-profit organization

DIRECTIONS

From New Orleans : I-55 North Exit 98B, Turn Right onto Lakeland Dr. – 5.8miles, Turn left onto Old Fannin Rd – 2.1 miles, Turn left onto Vernon Jones Ave. – 0.3 miles

From Madison/Memphis : I-55 South Exit 105B, Turn left towards Ridgeland onto Old Agency Rd., Turn right onto to Hwy 51 South, Turn right onto Lake Harbour Dr., continue to follow Spill Way Rd., Turn right onto Old Fannin Rd. –1.2 miles, Turn right onto Vernon Jones Ave. –0.3 miles

Meditation

Patanjali's *Yoga Sutra* is considered the most significant work on the philosophy of yoga. This book is believed to have been written sometime between 200 BC and 300 AD. *Garuda-Purana* states: "Meditation is the highest virtue. Meditation is the foremost austerity. Meditation is the greatest purity. Therefore be fond of meditation." Meditation is a specific technique that allows a person to rest the mind and attain state of consciousness, where a mind is free of scattered thoughts. In meditation, one is fully awake and alert, but the mind is focused within, not on the external world; on the spirit, not on the matter. Meditation is to make you aware of the kingdom within you to make you aware of your highest potential. "The purpose of meditation is to balance a person's physical, emotional, and mental states. Medical doctors, federal courts, psychotherapists, coaches are prescribing meditation to lower blood pressure, improve performance, reduce crime, calm the mind and help relax the everyday stresses of life. *Time* magazine observes that meditation "is not just New Age any more. Americans of all kinds are meditating to boost their immune systems and reduce stress." (August 4, 2003)

Benefits of Meditation - More than 1,000 research articles published over the last thirty years have revealed some of the following benefits of daily meditation on:

Health

- Decrease in blood pressure
- Fewer respiratory problems
- Reverse heart disease
- Decline in alcohol consumption and drug use
- Reduction in tension and headaches

Physical and Psychological

- Improvement in sleep
- Improvement in learn ability
- Reverse heart disease
- Improvement in performance even under highly demanding conditions
- Profound calmness and "inner peace"
- Enhancement of ability to cope with stress
- Control of emotions, anger, fear and anxiety

Social

- Decrease in blood pressure
- Fewer respiratory problems
- Decline in violent crimes
- Decline in crime & juvenile delinquency rates
- Reduction in recidivism rates
- Decline in rates of accidents

Who meditates?

Jerry Seinfeld, Shirley MacLaine, Candice Bergen, Sarah Miles, Raquel Welch, Tatum O'Neal, Olivia Newton-John, Connie Stevens, Charlie Sheen, Jamie Lee Curtis, Jeff Bridges, Brett Eckland, Bianca Jagger, Emilio Estavez, Barbara Streisand, Sting, Madonna, Nick Cage, Gwentyeth Paltrow, Cameron Diaz, Supreme Court Judge Sandra O'Conner, Christy Turlington, David Lynch, Oprah Winfrey, Abdul Kareem Jabbar, Phil Jackson, etc.

Many Foot ball Players, Basket ball players, Golfers, Base ball players and players of many other sports, prisoners, Police officers etc. also practice yoga and meditate.