

## **Dinesh Bhai**

Preksha Meditation as it says about relaxation and experiencing the soul is true. It helps the mind to concentrate. I've experienced emotions being pacified and helps me a lot. Don't know about anger as yet, but very little. There's mental peace which is important in our life. It has helped during the last 15 years.

The experience of Preksha meditation is very calming and keep emotions under control. I was at Ladnu for Preksha meditation camp having Darshan with Pujya Mahapragyaji Guruji every morning at 6 am. Memories of experiencing his enlightened aura is very fresh and unforgettable. Remembering him and practicing Preksha meditation everyday is invaluable life time gift. All Samanijis who have come to London have been great influence in my spiritual life. Understanding of soul and body through Preksha meditation is the goal of my life. Thank you. 🙏🙏

## **Shubham**

My practice of Preksha Dhyaan started 5 years back when I got introduced with Samanijis. The biggest benefit that I've observed is that I stay more alert throughout the day. I began to notice how I kept making, though small, yet unnecessary, fiddling movements with my body. Noticing such unnecessary movements, I'm learning to relax my body throughout the day, and automatically, the mind starts to relax. I've also observed the fact that deep breathing can cure ailments, like I'm able to manage fever by just closing the eyes and taking a few deep breaths. Lastly, I can feel an overall improvement in my professional and family life, but most importantly - my own relationship with myself. Yet, I'm just waiting to see what all it has in store for me- get new experiences and go deeper to find new worlds within me, that are currently unknown to me. I know I'm just a beginner. So, looking forward to it, under samaniji's blessings and guidance.

## **Hina Vora Ji**

I've been doing meditation with samaniji. Initially I couldn't even sit steadily for 5 minutes. With practice I do half an hour every day. That's how much progress one can do. I can now concentrate better. Since I started meditation I get to the bottom of whatever I do. I started reading Acharya Mahapragya Ji's book - why meditate. And I'd highly recommend that book. I started seeing my own weaknesses and that has made my life much better and how can I improve them. My behaviour has become much better and don't get irritated and much calmer than what I was.

## **Veena Ji**

My name is Veena Shah.

I have been practicing Preksha Dhyaan for over 15 years since being introduced to it by Dr Samani Pratibha Pragyaji.

Over the years I have had the chance to meditate with several different teachers. I'd like to share some of the unforgettable experiences I have had over the years.

I had a chance to participate in a workshop conducted in London by Dharmanandaji, a renowned practitioner from Delhi. Over the week he taught yoga and meditation and I remember one very powerful meditation he did

one afternoon. I experienced total relaxation and total awareness at the same time. Difficult to put into words, but one of those life changing moments. I remember his words so clearly to this day: he said practice Preksha Dhyana every day. I did; and it has been life changing for me, helped me to keep my balance when faced with difficult and stressful situations

Another memorable meditation was with then Samani Rohit Pragyaji (now Sadhvi). She did dhyana on the gyan kendra with white colour. was so awesome. Even now years later, just thinking about it makes me so happy

More recently I had a chance to participate in a meditation conducted by Samani Punya Pragyaji. It was Acharya Mahapragya Ji's birthday and she took us on a journey to meet him. After the meditation I felt that I had actually met him and even had a conversation with him. That is how powerful Preksha Dhyana can be.

It is very hard to describe in words the effect Preksha Dhyana has, one has to experience it and to practice it daily. Each experience is unique and will change you spiritually, emotionally, mentally and also physically. At a gross level it will help you with life challenges. At a more subtle level it helps in spiritual development.

Using the techniques of Preksha meditation I manage to calm myself and bring myself back to balance. It helps my professionally and personally. Secondly it helps in pain management - where Preksha meditation is extremely effective. It helps in visualising pain is fading away and manage the pain. It should be taught to all students in school to calm themselves before exams. I express my gratitude to samanijis

### **Joyti Ji**

I did online Preksha Meditation online during lockdown. I did it very sincerely. During that time there was a lot of stress of health. When I did Preksha, I felt the effect of emotional cleansing. I felt increase in concentration. better blood circulation and body started getting to normal. My concentration started to get better. My practice started getting better. My emotional started changing for better. anger got lower. reacting got lower. Kayotsarga is solution to all problems. I find all problems through Preksha Dhyana only.

### **Batuk Bhai**

I commenced meditation from March 2020. I meditate, yoga and control my diet. I managed to deal with situations in calmer and balanced manner. Through meditation I've become patient and a better listener and can manage issues amicably. I can focus on the present and avoid any negative emotions where possible. Sleep pattern has improved. I feel more energised and feel I've benefited through the practice, though I feel this is just the beginning. Preksha Meditation (PM) has provided me with both mental clarity and emotional balance. I have experienced a significant reduction in stress. The breathing techniques and guided visualizations in PM have helped me feel centered and less reactive to stressful situations. I feel more at peace with myself and have developed a positive outlook

on life. Additionally, PM has enhanced my spiritual growth, and I would highly recommend it to anyone.

### **Shubham Surana**

I've been under the blessings of Sadhus, Sadhvis, Samans and Samanijis. Shramaniji's talked to me about meditation practices and to improve my brain powers through Preksha Dhyaan. They taught me a lot of things like sound, colour, kayotsarga, and sense of direction, way to sit, effect of posture on mind and productivity. Even in 6 months, I've grown a lot in meditation and productivity. I'll forever be indebted and want to learn more about it.

### **Saroj Ji**

Meditation is a necessary part of our life that everybody should practice. It gives energy and reduces stress. Still pandemic started I started practicing. It improves both family and spiritual life. Whenever my meditation doesn't happen I feel it during the day. Very grateful to the Acharya Ji for teaching us the Preksha Dhyaan. I like the colour meditation with Navkaar mantra the best. I felt it kept COVID away from us. I wish we keep progressing in Preksha Dhyaan

### **Amita Ji**

I felt the practice brings more awareness to my daily life. brings more calmness and productivity. If I become reactive, negative in situation, meditation brings calmness and positivity quite quickly. When there's situation difficult to face, one can stay distant and stay in the awareness. The early morning meditation has a lovely connected energy. If my mind is quite busy, when I hear samaniji's soothing voice, the mind starts to slow down and calmness settles down. We're blessed with their presence. I notice a difference that it makes. Very grateful to the practice

### **Jatin Bhai**

My name is Jatin Shah. I was born into a Jain family in 1956, in Uganda. At the age of 6 months, I contracted Polio in both my legs. After spending several months in quarantine with extensive physiotherapy, I regained a little consciousness in my right leg. My left leg was paralysed waist down. I learnt to walk using heavy metal callipers and surgical shoes. With support from my family, I lived my life to the full, never letting my disability stop me from achieving my dreams.

In the late 90s, I started getting excruciating pain in my lower back and my spine due to a double curvature of the spine. This was because of the way of walking in metal callipers and surgical shoes I had worn all my life, now causing my spine to compress. I was under the care of top neurosurgeons but they could not help me ease my pain. They told me NOT to walk anymore but to use a wheelchair instead. This changed my whole life. Also, in that time I was introduced to our Respected Samanis residing in London. Under their guidance and my full faith in them, I started learning the Art of Preksha Meditation.

With my daily practice and focusing on specific colours in the area of the pain, it started easing. Even my Neurosurgeons were baffled!. As the pain started easing, I stopped all my medication and have NOT taken a single Painkiller in the last 22 years.

I focus on powerful, energetic and vibrant colours daily in the morning to suppress my pain.

Being a wheelchair user changed my life, but I put it to good use. What I could not do with my legs, I could now propel my wheelchair using my hands and for the last 23 years, I have been a full time Volunteer at 2 of our local hospitals, working with children with disability and elderly in need.

Also the colours that I visualise in my meditation, I use them as part of my own Therapy by creating Digital Artwork based on my inspiration from my Meditation and my Spirituality. I have been truly blessed to have been working closely with all the Respected Samanis that have lived in London for the last 23 years. People travel far distances in search of Spirituality, we are so fortunate to have them with us. With my head bowed and palms folded, my Utmost Respect to the Samanis for giving me a new lease of life.

### **Datta Shah**

By observing the breath and sensations I can really feel peace that I cannot express. It inspires me for honest introspection with positive attitude. It helps me to be more tolerant and accept situations with patience. It helps me to be more compassionate.

### **Terence Pearson**

I start my day with Preksha meditation. I'm grateful to be with others and to have a guide. I have a sense of equanimity at the close of the session which lasts for some time. It's a routine I don't like to miss and appreciate more and more although I find it a struggle on my own. Also, when I started this meditation some years ago I became a vegan which seemed appropriate.

Thanks to our teacher!

### **James Bernard**

I started practicing Preksha meditation a little over 2 years ago and it has greatly transformed my well being. 🙏