



Spiritual Practices

- Seva (selfless service)
- Meditation
- Yoga
- Vastu
- Havan

SEVA

•What is the importance of Seva?

Seva (selfless service) is that energy string that bridges us with Guruji's blessings. Seva cleans the negativity within ourselves and helps us to focus on Guruji. Seva has many benefits like it takes away our defects, builds our spiritual currency and helps us to develop our will power.

•What does becoming universal means and why is that important?

Becoming universal means to be in harmony with nature, live our life with truth, love and selfless service. When one puts others needs above themselves and their actions are performed with humbleness, they heal not only others but themselves. Their action becomes positive and universal.



Seva

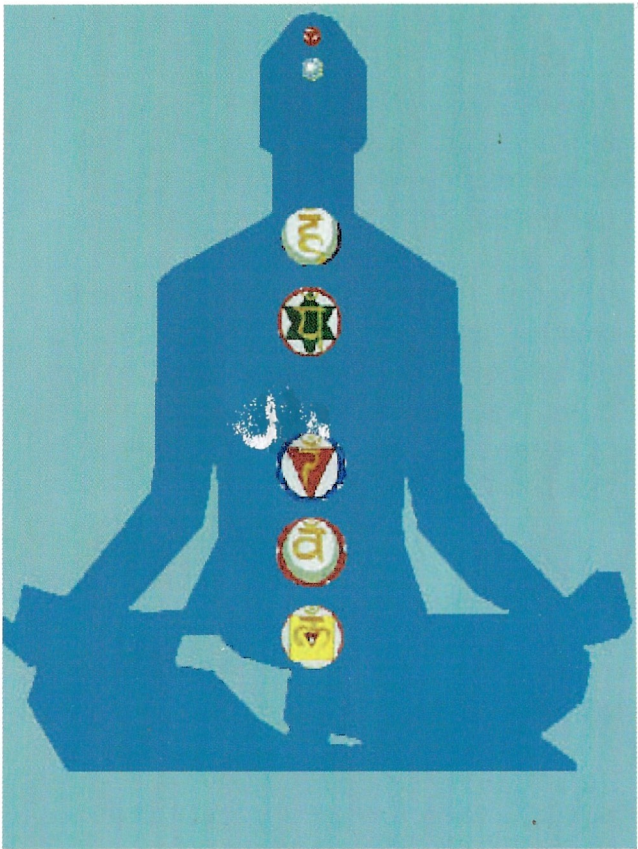
To serve all creations of the supreme. Seva refers to “Selfless Service” i.e. any kind of work or service done without expecting anything in return. Satya (truth) and Seva go hand in hand; any form of Seva, be it big or small, can never be fruitful enough unless done with true intentions.

Selfless service is a devotion to our Almighty. The law of life is not to be only personal but universal and this can be attained through Seva. This is when you accept that everyone has come from one. When you serve others, indirectly you serve yourself.

**The most Positive Karma =
Seva = Selfless Service to
Humanity and (Mother) Nature.**



MEDITATION



Presented by



Copy Right 2006 Himgiri Global Institute

Today, meditation is increasingly used for relaxation and stress relief due to the fast paced world we live in; fast food, fast cars, fast lives in general seems to be the make up of our society today and meditation is one way to combat the symptoms of stress, tension, anxiety etc.

Meditation has been used in the East for thousands of years. Only now slowly is the western world starting to adopt the practice. It is the process of controlling the mind, stilling wandering thoughts, focusing on an object/picture/sound, using breathing techniques eg using slow and deep breathing to get more prana to assist in reaching a state of consciousness where the mind is calm.



This is used for the finding the inner most peace/happiness, ultimately to assist in relaxing and for some to go on a journey of self -discovery. Meditation helps us as we aspire go beyond just the physical aspects of life, shut our eyes, forget about any feelings of unhappiness, even to calm down when we feel overexcited and look within. The state of meditation is only achieved when all our mind's thoughts are truly stilled.



A sign of Meditation is also shown as a Lotus flower as its true beauty only lies within, many people forget that true happiness first comes from within our own self's, only then we begin to manifest happiness in to our materialistic, personal and social lives

Therefore it is essential to relax the mind, take time out for some peace and quiet , as it can help retain lost energy and help discipline & enable you to be in control of our mind.

Meditation can also be used for:

- Healing
- Exploring higher planes
- Unlocking creativity
- Finding inner guidance
- Emotional cleansing
- Balance
- Developing intuition

Tips

When Meditating

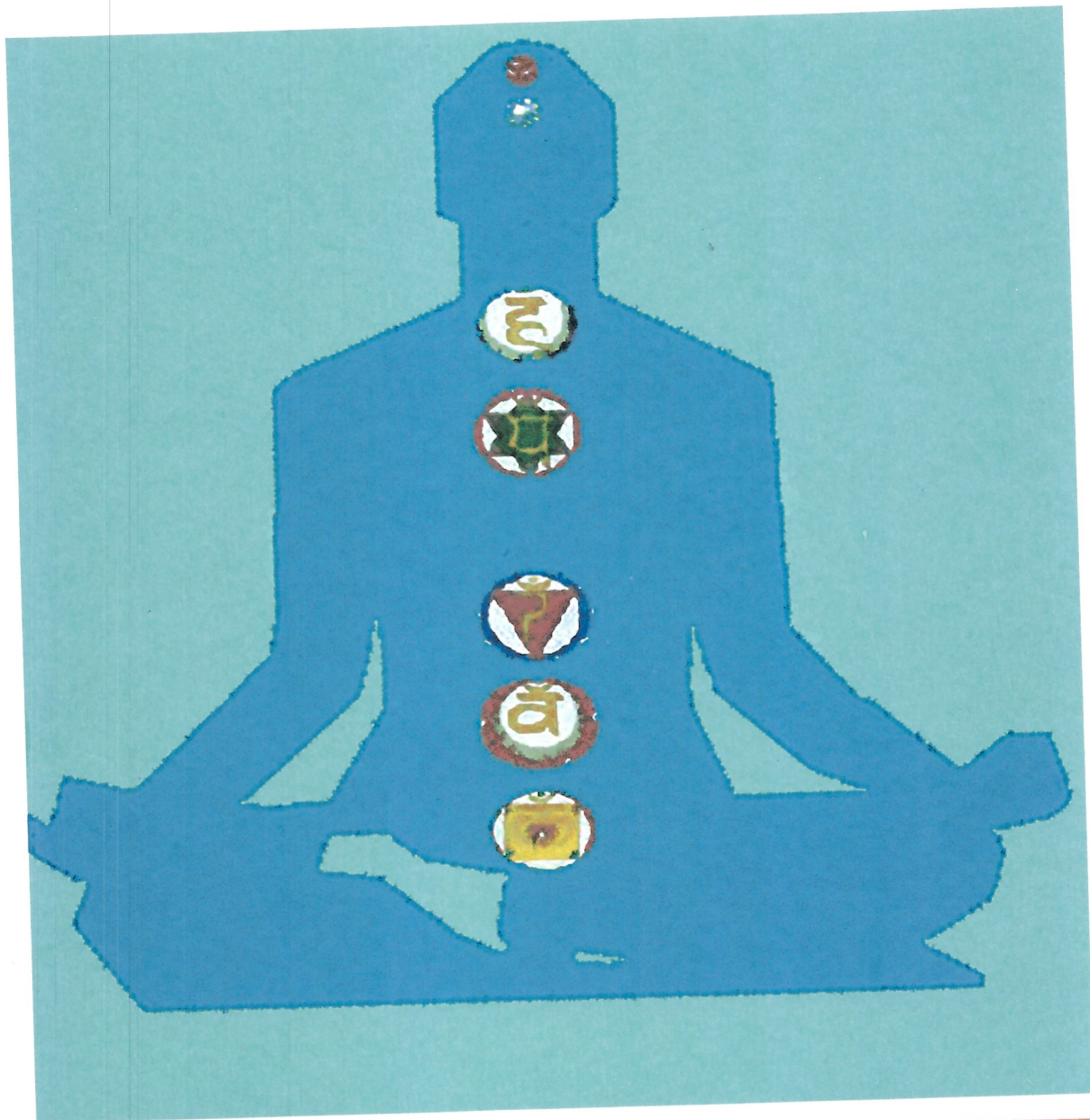
TRY TO...

- Sit comfortably with you spine reasonably straight, shoulders wide and straight.
 - Let you eyes rest downwards but make sure you're focus is in one set place.
 - Continue to gaze downwards, you will probably notice your breathing becoming more rhythmic
 - It's fine to let your attention drift and to close your eyes very gently as they become heavier.
-

DO NOT...

- Try to over analyse anything.
- Put too much emphasis on doing it right.
- Try to make the mind blank and chase your thoughts out or away.

Meditation



Presented by



Copy Right 2006 Himgiri Global Institute

Copyright © 2025 Himgiri Global Institute of Nature and Mankind

What is meditation?

There are many types of meditation but there is one definition that fits all types, this is; “Consciously directing your attention to alter your state of consciousness”.

When meditating, there are many things you can direct your attention on such as colours, breath, spiritual realms, positive and uplifting thoughts etc.

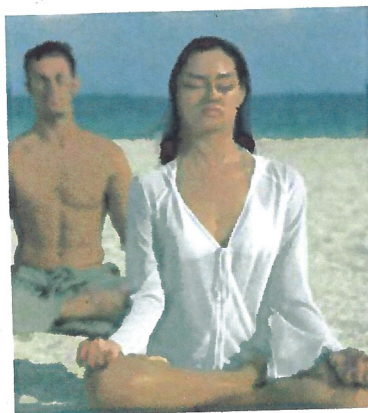
What is the purpose of meditation?

Meditation is traditionally used for spiritual growth i.e. becoming more conscious, becoming aware of guiding presence in our lives, becoming our true selves and meeting our souls. This can all be attained with time and effort.

Today, meditation is increasingly used for relaxation and stress relief due to the fast paced world we live in. Fast food, fast cars, fast lives in general seems to be the make up of our society today and meditation is one way to combat the symptoms of stress, tension, anxiety etc.

Meditation can also be used for:

- Healing
- Exploring higher planes
- Unlocking creativity
- Finding inner guidance
- Emotional cleansing
- Balance
- Developing intuition
- Using the ‘third eye’ chakra.



Guidelines for meditation:

There are no fixed rules on how to exactly meditate although there are some positions and techniques which can be used at an advanced stage.

Before trying to meditate it is important to take into account that one shouldn't:

- Try to over analyse anything
- Put too much emphasis on doing it right
- Try to make the mind blank and chase thoughts away.

First of all you should find a quiet place to meditate, somewhere you can sit comfortably.

You should sit comfortably with a straight spine as this allows spiritual energy to flow freely up the spine. Leaning against a wall, headboard etc is fine and if for physical reasons you can't sit up, lay down flat on your back. Place your hands in any position that is comfortable although palms facing upwards is recommended.



Relaxation Meditation:

Allowing the eyes to rest in a soft downward gaze will have an instant effect of relaxation.

- Sit comfortably with your spine reasonably straight
- Let your eyes rest downwards but make sure you're not focusing on anything
- Continue to gaze downwards, you will probably notice your breathing becoming more rhythmic.
- It's fine to let your attention drift and to close your eyes very gently as they become heavier.

This type of meditation provides relaxation and stress reduction. It can also be used for an effective 2 minute power recharge break, and to relax.

Universal Mantra Meditation:

The following meditation comes from an ancient Indian text called the Malini Vijaya Tantra, which dates back about 5000 years. This meditation is very powerful and can quiet your mind and connect you with your inner spirit.

This meditation uses a mantra as your object of focus. A mantra is a word or phrase that has the power to move you into a deeper state of awareness and connectivity.

The mantra we will be using for this meditation is Aum. Aum does not have an exact translation but can be described as the vibration of the universe. If you were to tune into the actual sound of the cosmos, the sound of 'Aummm' is what you would hear.

Although this mantra is sometimes chanted aloud, in this meditation, you will be repeating the mantra in your head silently.

- Sit comfortably, with your eyes closed and your spine reasonably straight.
- Close your eyes gently
- Begin repeating the mantra gently in your mind.
- Repeat the mantra at whatever tempo feels most natural.
- Allow the mantra to arise more faintly in your mind, repeating it with minimal effort.
- Continue repeating the mantra faintly, and allow for whatever happens.
- If at any time, you feel that you are slipping into a sleep-like or dream-like state, allow it to happen.
- If and when you notice that your attention has drifted completely off the mantra, gently begin repeating it again, and continue with minimal effort.



From the above images, you will see the figures each have an alignment of 'chakras'. Chakras are energy centres in our body; we have seven altogether. At times the chakras in our body can move out of alignment and hence causing illness, depression, tension, frustration and general ill effects. As we were born, all chakras were aligned but through negative actions such as over overeating, smoking, drinking alcohol etc, they can be moved out and cause a dis-balance in our lives.

To bring our chakras into alignment, one must carry out positive actions, through yoga this can be obtained and hence improving your wellbeing.

What is meditation?

There are many types of meditation but there is one definition that fits all types, this is; “Consciously directing your attention to alter your state of consciousness”.

When meditating, there are many things you can direct your attention on such as colours, breath, spiritual realms, positive and uplifting thoughts etc.

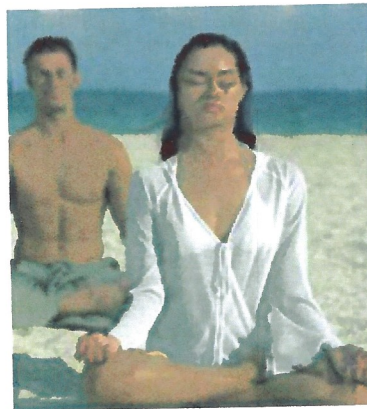
What is the purpose of meditation?

Meditation is traditionally used for spiritual growth i.e. becoming more conscious, becoming aware of guiding presence in our lives, becoming our true selves and meeting our souls. This can all be attained with time and effort.

Today, meditation is increasingly used for relaxation and stress relief due to the fast paced world we live in. Fast food, fast cars, fast lives in general seems to be the make up of our society today and meditation is one way to combat the symptoms of stress, tension, anxiety etc.

Meditation can also be used for:

- Healing
- Exploring higher planes
- Unlocking creativity
- Finding inner guidance
- Emotional cleansing
- Balance
- Developing intuition
- Using the ‘third eye’ chakra.



Guidelines for meditation:

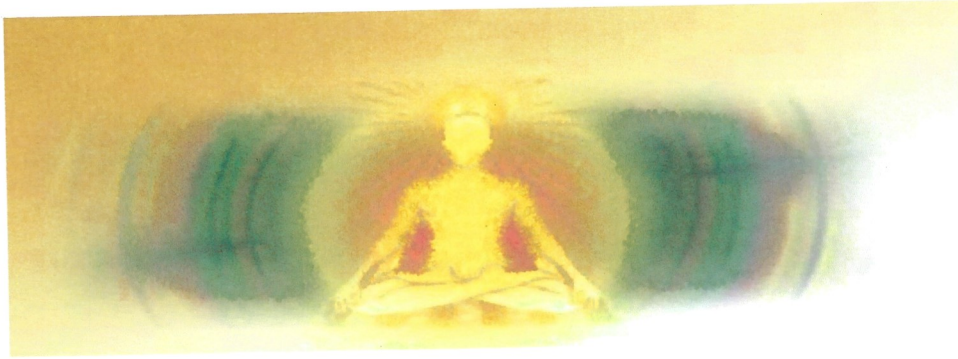
There are no fixed rules on how to exactly meditate although there are some positions and techniques which can be used at an advanced stage.

Before trying to meditate it is important to take into account that one shouldn't:

- Try to over analyse anything
- Put too much emphasis on doing it right
- Try to make the mind blank and chase thoughts away.

First of all you should find a quiet place to meditate, somewhere you can sit comfortably.

You should sit comfortably with a straight spine as this allows spiritual energy to flow freely up the spine. Leaning against a wall, headboard etc is fine and if for physical reasons you can't sit up, lay down flat on your back. Place your hands in any position that is comfortable although palms facing upwards is recommended.



Relaxation Meditation:

Allowing the eyes to rest in a soft downward gaze will have an instant effect of relaxation.

- Sit comfortably with your spine reasonably straight
- Let your eyes rest downwards but make sure you're not focusing on anything
- Continue to gaze downwards, you will probably notice your breathing becoming more rhythmic.
- It's fine to let your attention drift and to close your eyes very gently as they become heavier.

This type of meditation provides relaxation and stress reduction. It can also be used for an effective 2 minute power recharge break, and to relax.

Universal Mantra Meditation:

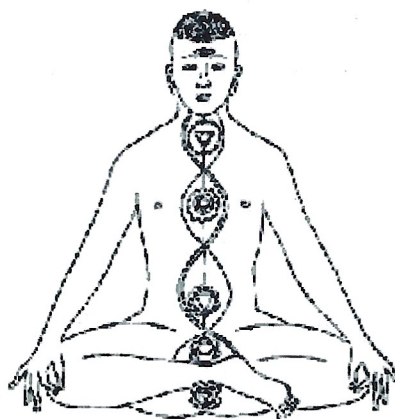
The following meditation comes from an ancient Indian text called the Malini Vijaya Tantra, which dates back about 5000 years. This meditation is very powerful and can quiet your mind and connect you with your inner spirit.

This meditation uses a mantra as your object of focus. A mantra is a word or phrase that has the power to move you into a deeper state of awareness and connectivity.

The mantra we will be using for this meditation is Aum. Aum does not have an exact translation but can be described as the vibration of the universe. If you were to tune into the actual sound of the cosmos, the sound of 'Aummm' is what you would hear.

Although this mantra is sometimes chanted aloud, in this meditation, you will be repeating the mantra in your head silently.

- Sit comfortably, with your eyes closed and your spine reasonably straight.
- Close your eyes gently
- Begin repeating the mantra gently in your mind.
- Repeat the mantra at whatever tempo feels most natural.
- Allow the mantra to arise more faintly in your mind, repeating it with minimal effort.
- Continue repeating the mantra faintly, and allow for whatever happens.
- If at any time, you feel that you are slipping into a sleep-like or dream-like state, allow it to happen.
- If and when you notice that your attention has drifted completely off the mantra, gently begin repeating it again, and continue with minimal effort.



From the above images, you will see the figures each have an alignment of 'chakras'. Chakras are energy centres in our body; we have seven altogether. At times the chakras in our body can move out of alignment and hence causing illness, depression, tension, frustration and general ill effects. As we were born, all chakras were aligned but through negative actions such as over overeating, smoking, drinking alcohol etc, they can be moved out and cause a dis-balance in our lives.

To bring our chakras into alignment, one must carry out positive actions, through yoga this can be obtained and hence improving your wellbeing.

YOGA

“STRETCH A LITTLE, LIVE A LOT”



Presented by



Copy Right 2006 Hingiri Global Institute

Yoga is a generic word (like health & fitness) it means union (from the root Sanskrit verb: Yug ~ to join). It can often be interpreted as the union of mind, body and soul, and can provide the perfect harmony and balance we all need in today's living.



Hatha Yoga: this is a natural form of exercise combined of postures, breathing and stretching.

There are many different types of postures, not only helping you to become healthy & fit but also nourishing your organs inside your body at the same time.

We are all aware the world is constantly suffering from tension, depression, frustration & confusion and it's only getting worse.

By practising yoga and meditation one can learn how to overcome these defects and become a positive and a balanced human being.

Balance is a very important part of yoga, we as humans require this balance without this we are misbalanced, allowing our body to suffer from major health problems such as anxiety, high blood pressure, heart attacks etc.

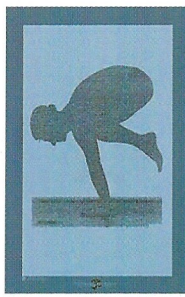
There are four main forms or pathways of yoga:

Karma Yoga ~ Selfless service ~ Working for others.

Satya, Prem, Bhakti, & Yoga ~ Yoga through devotion

Spiritual Jnana Yoga ~ Knowledge or wisdom.

Raja Yoga ~ Royal path (Hatha is a form of Raja Yoga)



Yoga Tips

1. Improve Circulation
2. Inner exercise for the Bodies Organs & the Outer body muscles
3. It help eliminated waste & toxins in the body which can lead to disease
4. It Increases Your Energy & Stamina
5. Promotes Harmony
6. Dispels Diseases, Aliments & Problems from the body, such as diarrhoea, heart disease, blood pressure, immune & circulation disorders and so on.
7. It also helps with Mental, Intellectual & Spiritual Development, Clarity, and Alertness and Concentration.



Yoga



Presented by



Copy Right 2006 Himgiri Global Institute

Yoga Introduction

The word Yoga comes from an ancient language called Sanskrit, which originated from Asia. The word Yoga symbolizes the union of the individual & universal soul.

There are eight stages to Yoga as follows:

1. Special Discipline
2. Individual Discipline
3. Postures
4. Breath Control
5. Discipline of Senses
6. Concentration
7. Mediation
8. Self-Realisation

- Yoga is a way of improving, obtaining and maintaining good health.
- Yoga exercises should be performed on a clean mat, carpet or a blanket covered with a cotton sheet.
- Clothing should be comfortable and light, allowing for easy movement.
- Yoga can be taught and learnt any time, although it is best practiced in the morning.
- Before carrying out any Yoga, one should be relaxed.
- There are several techniques, which will help you to relax, and free your mind of any tension before beginning.
- A general rule, is one should put their mind and concentration on breathing and the muscle the position is putting strain on.

Yoga has several benefits. These include:

1. Circulation
2. Inner exercise for the bodies organs & the outer bodies muscles,
3. It helps eliminate waste & toxins in the body which can lead to disease
4. It increases your energy & stamina
5. Promotes harmony
6. Dispels diseases, ailments & problems from the body, such as diarrhea, heart disease, blood pressure, immune & circulation disorders and so on.
7. It also helps with mental, intellectual & spiritual development, clarity, and alertness and concentration.

Yoga is a natural form of exercise combined of postures, breathing and stretching.

There are many different types of postures, not only helping you to become healthy & fit but also nourishing your organs inside your body at the same time.



We are all aware the world is constantly suffering from tension, depression, frustration & confusion and it's only getting worse. By practicing yoga and meditation one can learn how to overcome these defects and become a positive and a balanced human being.

Balance is a very important part of yoga, we as humans require this balance without this we are misbalanced, allowing our body to suffer from major health problems such as anxiety, high blood pressure, heart attacks and so on.



Position 1.

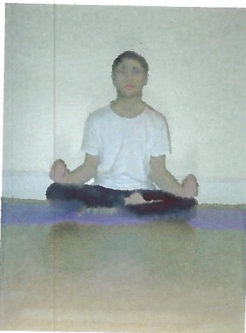


Dead Body Position

Lay down on the floor. Hands on either side with your palms facing up eyes closed.

Concentrate on a single object or person. Allow your body to become relaxed, freeing your mind from any thoughts.

Position 2.

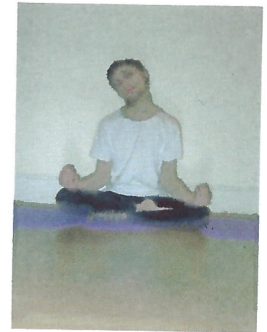


Sitting Position

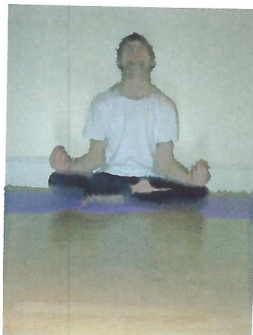
Sitting position with legs crossed. Legs resting on knees, back straight and looking forward, relaxed.

From this position, tilt your head towards the right, stretching the left side of your neck. Hold for 10 seconds, then slowly return to the middle.

Repeat on the Right side.



Position 3

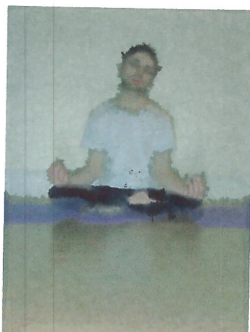


Neck Tilt Down/Up

Tilt your head up, keeping your mouth closed, feeling a stretch on your throat, holding for 10 seconds, then return your head slowly upright to the centre.

Tilt your head down, keeping your mouth closed, with your chin touching your chest. Feel a stretch at the back of your neck, holding for 10 seconds, and then returning your head slowly upright to centre.

Position 4



Head Rotation

Now rotate your head clock-wise slowly, feeling the stretch in four directions, do this several times, and then repeat anti-clock wise.

Position 5



Standing, Stretching Exercise

Standing Position, feet slightly apart, as per picture, get into this position, holding the stretch for 10 seconds. Then repeat on the opposite.

Again feet slightly apart, stretching you arms out forward, then bending your left arm in, touching your right shoulder, and your right arm swinging out to the right side, making sure your body remains straight.

Position 6



Child Pose

As per picture, rest on your knees, putting your forehead on the floor, close to your knees, arms in front, resting on the ground. Hold this position for half a minute.

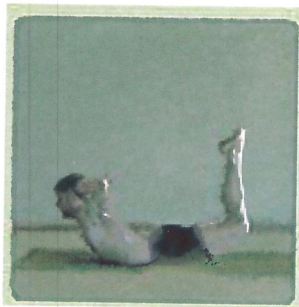
Position 7



Lying Down Exercises (on the stomach)

Lay down on your stomach, arms besides you, palms facing-up, chin resting on the ground, facing forward.

Position 8



The Plough Variation

Slowly raising your chin and chest off the ground, both legs remain on the ground. Hold this position for 10 seconds.

Rest for 5 seconds

Again, repeat but this time, lifting your legs off the ground, at the same time. Hold this position for 10 seconds and rest.

Position 9

Repeat Child Pose for a half a minute.

Position 10



Dead Body Position

Lay flat on your back. Arms beside you and relax.

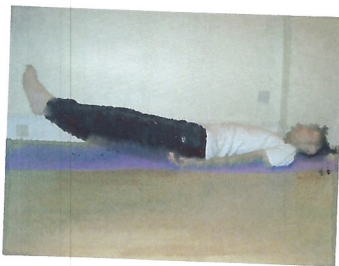
Position 11



Single Leg Raise

Lift left leg off the ground, about 12 inches and hold for 10 seconds. Then rest to the ground for a few seconds and repeat on right leg. Do this in total 3 times on each, then rest both legs.

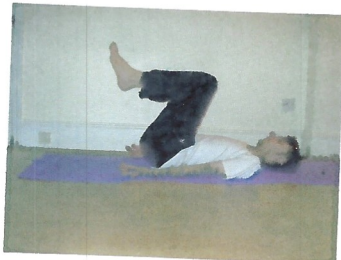
Position 12



Double Leg Raise

This time lift both legs off the floor, holding for as close to 10 seconds as you can, then rest. Repeat this another 2 times, then rest.

Position 13



Upside down Chair Position

Whilst laying on the back, lift both legs off the ground bending your knees to the middle. Hold this position for 10 seconds.

Position 14



Shoulder Stand Cycle

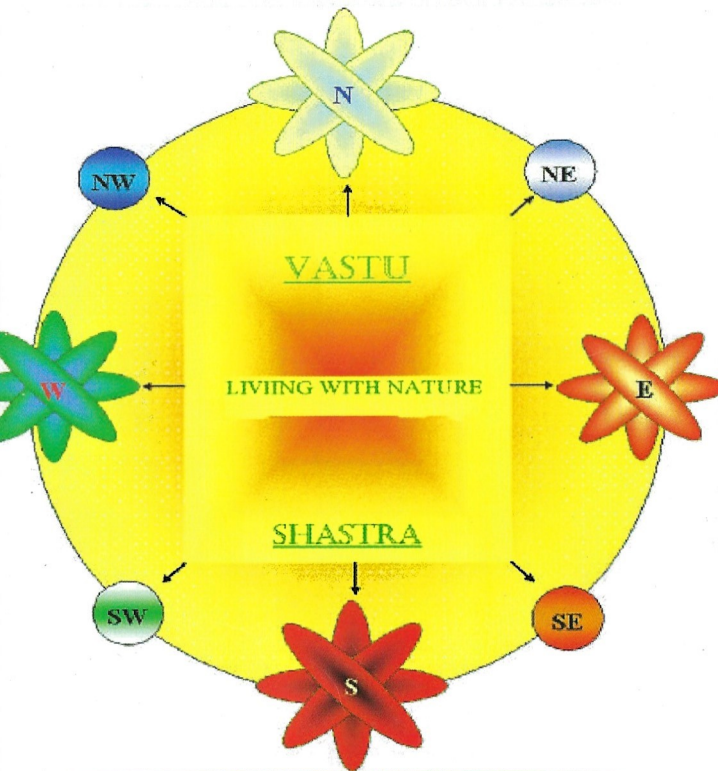
Now lift your back off the ground, 1st with your arms on the floor, holding for a few seconds. Then support your back with your hands around your waist. Hold for 10 seconds.



Position 15 (continuation)

With practice, see how far you can lower your legs, with care, and use your hands on the floor as support.

VASTU



The Origin Of Feng Shui Creation for Creators

Presented by



Copy Right 2006 Himgiri Global Institute

Decades & Centuries ago, the human habitats lived life peacefully combined with good well being, health, wealth, prosperity and happiness, how, by using the old Indian science of architecture, Vastu Shastra.

Vastu Shastra originated in India over 3,000 years ago, written in Ancient Scriptures from what the Eastern Society knows as the Vedas. Ancient sages created Vastu Shastra for the welfare of the entire humanity. Community's through out India constructed houses and temples using correct geographical direction, height, width and the utility of a natural element i.e. Natural Air, Sun Light, Water, Earth & open space, to many family's this was part of there culture and tradition. Family's proved to live a longer, happier, and a less stressful life, people rarely suffered from health problems, Financial problems meaning happiness played a big part in there lives, this was a very common family bringing up in many house

Times have advanced and going back to simplest things seems to be a difficult thing to do, suffering from tension, depression, frustration & being confused seems to be the common living of most house holds today. Major health problems, financial problems, Unable to live peacefully are what most people across the world are experiencing.

The solution to end all this and to go back to living a simple life is by applying Vastu Shastra to our homes and business and experiencing the results and benefits of mental peace. Tried, tested and proven to be successful many people can live a less stressful and happier life by minimizing health problems, & improving your financial status.



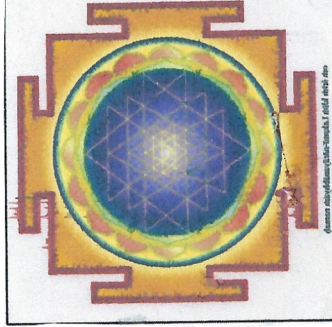
**We all live according to natural energy's;
let us utilize these energy's by applying
Vastu Shastra to live life better with a
longer smile.**

Vastu Tips

- (1) Place a compass in the middle of your bedroom, according to the compass work out which direction North is, now work out and ensure your head is not facing the north that direction when sleeping, the best direction to face whilst sleeping is South, Southeast, Southwest, East.
- (2) Medicine supplies should be stored or kept in the Northeast position of an kitchen.
- (3) When using a compass, place it in the centre of each room when working out vastu, for whole house place the compass in the centre of the Building.
- (4) Ensure heavy electrical items are placed in either the Southeast, South, and Southwest direction.
- (5) Ensure the West, Northwest, North & Northeast Have plenty of open space and Natural light.

But DO NOT

- (1) DO NOT place your head NORTH whilst Sleeping.
- (2) House or Building Should be FREE from all kinds of CLUTTER or RUBBISH
- (3) CENTRE of every room should free and open.
- (4) The SOUTH direction Should be Blocked at all Times allowing minimum exposure to light as Possible.



NORTH, NORTHEAST, EAST

Position this yantra on any wall in the **NORTH, NORTHEAST OR EAST** area of your building and regularly recite the **LAKSHMI** mantra as on the reverse side. This powerful **SRI YANTRA** counters North and northeast Vastu defects (particularly a NorthEast toilet) which negatively affect one's wealth and intelligence. This very auspicious yantra and mantra will help neutralise such negativity.

Havan



Purification

Havan is a sacred purification ritual that is performed to invoke the Divine powers within us. Many herbs like lotus seed, ghee, sandal chips, fruits, flowers, and honey are offered in Havan Kund, during the performance of the ritual. Scientifically, matter can neither be created nor be destroyed, it can only be transformed from material form to non-material form and is said to directly reach the divine. The ritual purifies the atmosphere and has many remedial values too.

The Gayatri Mantra is one of the most powerful Mantras dedicated to the Mother of the Vedas and the Goddess of the five elements Gayatri, also known as *Savitri*. Evoking this mantra in the Havan harnesses the elements within you, aligning your chakras so you can connect more with your conscious, ultimately giving you a feeling of positivity, bliss and true internal peace.