

Vibrational Meditation:

Expanding Inner Peace & Tranquility



**International Society for
Spiritual Sciences**

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Our 'Trust' dedication is to render the following services-

Training and Workshops: We are instrumental in ensuring training of Vastu, Vibrational Meditation, Spiritualism, etc. through correspondence/distance learning or 1-2 days workshops.

Digital/Mat paintings in accordance with Vastu: We make digital/mat paintings using Vastu based colors for specific places in a building. A positive painting plays a vital role in making the building fruitful by shunning its negative energies.

Remedies to all problems using pranically energized Yantras: Different Yantras are installed by performing proper Vedic rituals. These Yantras are highly beneficial in ensuring remedies for Vastu defects, augmenting wealth, peace, fame, creating conduciveness to litigation, harmony in family, problem related to starts/planets, etc.

Healing through Mudra Yoga & Mantras: Simple positioning of the fingers (mudras) using both hands in many different ways can rejuvenate the body. Mudras can provide remedy for many diseases. Also, pronunciation of specific mantras can heal various types of illness. We can cure you by the rare combination of Vastu Shastra, Mudra Yoga and Mantras.

Tarot Card Reading: Are you in a dilemma? Are you confused? Do you find it difficult to make decisions? We can help you overcome all these problems through tarot card reading.



Human life is precious and getting the opportunity to experience human form is undoubtedly the result of noble deeds performed by us in our previous lives. The main objective of the soul or aatma is to get out of the vicious cycle of birth and re-birth, which is possible only after getting human life. The essence of 'Vibrational Meditation' as conceived by our respected Gurudev Swami Manjulanand ji (Dr. Manjul Kant Dwivedi) is to show us

the path of salvation.

Scientists all over the world are of the view that all material that is voluminous is not solid. A substance which appears to be solid is actually not solid. It gives us a feel of being solid because atoms in it continue to oscillate. In terms of spiritual science, the whole universe can be described as a compilation of five elements, namely earth, water, fire, wind, and ether.

In fact, practicing 'Vibrational Meditation' means to make an effort to understand 'nature'. Atoms from these five elements are always wandering in the atmosphere. Our body is also a result of the movement of atoms of these five elements. For instance, when atoms of fire present in the atmosphere enter our body we feel inflammation, anger or heat. Likewise, on the entry of wind element, we come across gastric problem and go high on imagination. Similarly, various atoms moving around in the air affect us at physical or mental level.

Nothing happens without a reason in this world. Our mind and body has a very tight correlation just like a hand in a glove. Whenever there is imbalance of any one of the five elements in our body, it will result in an ailment. These ailments can also appear due to our food intake, environment around us, or our prejudices or wrong concepts due to our cultural upbringing. 'Vibrational Meditation' allows us to see these disorders via 'Drishtabhav', i.e. as witness and in a visionary sense, that

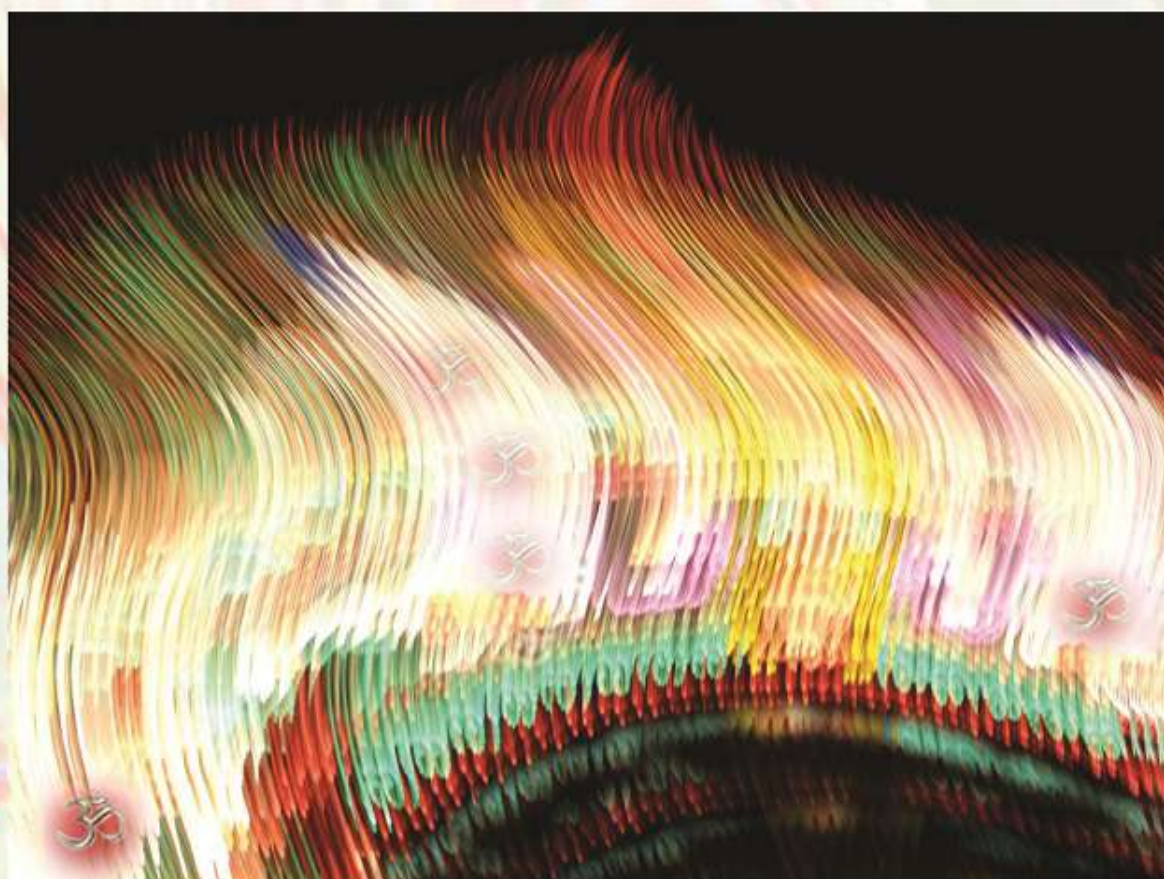
suppresses the evil residing in us through many lives and bid them adieu.

One more objective of 'Vibrational Meditation' is to establish harmony with the atoms in the atmosphere so that a favourable positive energy could flow in us.

This meditation means devotion towards nature. It is not related to any religious community. There is no stress on performing any ritual nor does it require any chanting of mantras. All we have to do is to try and understand nature. Law of nature is ubiquitous and applies equally to all.

Vibrational Meditation: A sophisticated blending or Kundalini Awakening and Rajyoga:

With the changing times and in view of practicability, there is now a need to clearly understand the Vedic tenets in a different



Sometimes huge amounts of positive energy are emitted from spiritual places.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

perspective. To practice this path, the strict control on your senses or Brahmacharya (Celibacy) is not mandated. All we need to do is to live our family life (Grihasthashram) with a sense of morality, indulge in earning money lawfully, and offer our services/donations for a social cause wherever we could. In a nutshell, it is recommended that we avoid all types of extremes and live a life full of zeal, balance, and enthusiasm.

Gurudev Swami Manjulanand has said so many times that materialistic and spiritual world are two sides of the same coin. There is no need to escape from any of them. If we ignore the materialistic world, it will affect our spiritual growth. As the saying goes, head in the forest and hands in the society. Likewise, by ignoring the spiritual world, materialistic achievements would go haywire. Hence there is a need for balance between the two. It is his belief that Grihasthashram (family life) is the pond where the lotus of spiritualism will grow.



When we go into deep meditation of the nature, favorable energies begin to activate. The atoms in the atmosphere begin to stir up and our ethereal body starts working predominantly.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

Our Gurudev:

Hardoi, a city in India where our Gurudev was born, is a holy place that falls in 'Naimisharanya' pilgrim area where 88,000 sages had Spiritual realization over many thousand years. According to Gurudev, in his previous life, he had come to this place to penance for want of peace but in few years realized that peace of mind cannot be achieved by escaping one's responsibilities. Then he went back and continued his administrative work and led a family life.

Gurudev's spiritual quest in his last incarnation got disrupted and he had to leave his body. This time he appeared two months earlier from the womb and did not open his eyes till five days. He explained to us that during these five days he had completed several unfinished tasks that were pending since his past life.

As a child, Gurudev was recognized as one of the best students in the class for his versatility and talents. He had keen interests in art, poetry, and photography. However, stammering came as a curse bestowed on him by the divine power and he had to accept it.



When an individual goes into deep meditation in Vajrasan, the atoms of five elements in the atmosphere club together and take the shape of chakravat (Cyclone). Some other negative atoms also try to influence but success ultimately comes to the meditator.

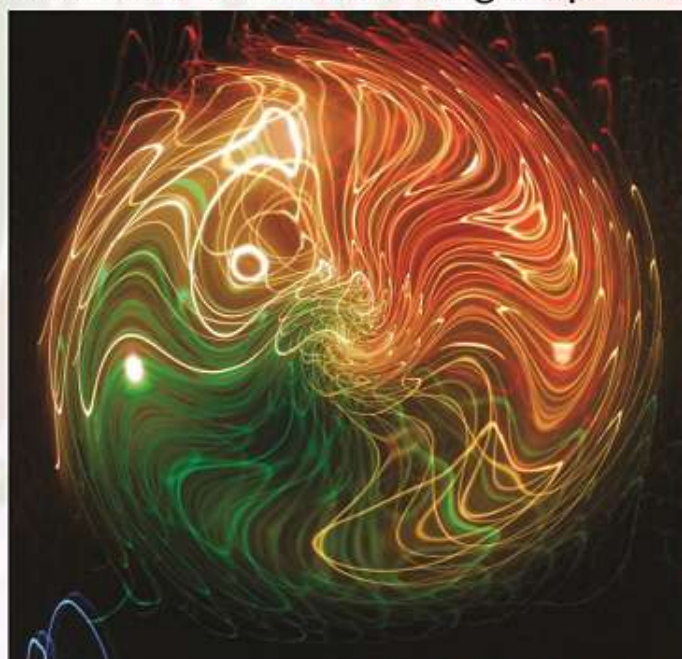
(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

At the age of 13-14 divine existential energy flowed in him with full swing thereby leaving an impact on his state of mind. Then there was a divine decision, "Apprise him of practical knowledge of worldly truths." Thus he had to indulge in family business.

According to our Gurudev, the last 5-6 years of the 20th century were turning point for several seers who were in physical body. With the grace of God, they were chosen for various chores. At that time, our Gurudev was selected for natural science for construction (or Vastu Shastra) and gained the knowledge of Vastu Shastra without any extra effort. He then realized that this was the first step towards his spiritual life.

Gurudev has been honoured on numerous occasions in dozens of international conferences on Vastu Shastra and he has delivered over thousand lectures in various countries.

He gets the blessings of several divine personalities and also communicates with them amid fulfilling his professional and family responsibilities. In the meantime, his stammering has almost disappeared with the grace of Brahmarishi Bhrigu and Guru Shukracharya and he now delivers lectures in a clear tone. Swamiji completed his Ph. D. in Vastu and without having a formal degree in architecture, has drafted more than thousand Vastu according maps which have resulted in design



Sometimes very active positive energy appears in the center of the house. Then it tries to engulf more area by expanding into multicolored circles.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

and construction of huge buildings.

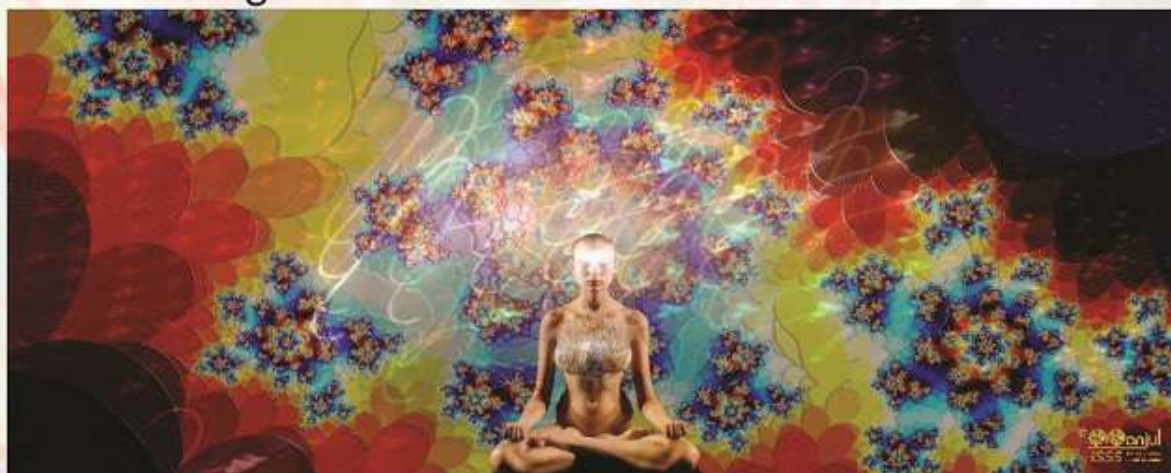
According to our Gurudev, nature is equipped with all the powers. If we realize its five basic elements then we can be the channel of eternal energy.

At the beginning of this century he experienced flow of eternal energy in him but he was not willing to disclose it. When opportunity came he used his energy to help and heal the needy. A department of Meditative Healing was set up at 'Vivekananda polyclinic' run by Ram Krishna mission in Lucknow where he healed the patients with the help of meditation without charging any fees.

Towards the end of the decade of this century, he started receiving eternal commands stating that just with the support of Vastu Shastra welfare of masses cannot be done and he would have to “Work as a divine channel” in larger part of the globe. Hence began a comprehensive wellness program for the masses.

Comprehensive Wellness Program for the Masses:

Gurudev is determined to link individual consciousness of human beings with that of universal consciousness so that we



In deep meditation state, a person receives from the universe, a manifestation of cosmic positive vibrational multicolored energy. Vivid positive rays are emanated from the person's Ajna chakra (two petaled brow chakra or the third eye) replacing the blackish brown rays with the vibrant positive energy.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

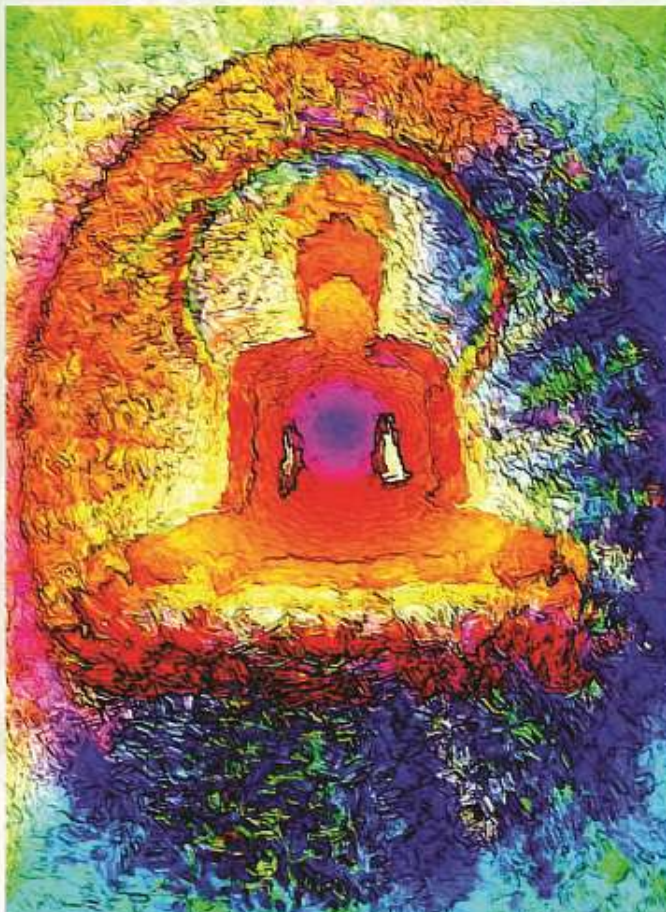
can establish a link with eternal energy. By doing so we can overpower all our problems and thus immense pleasure cannot be far away from us.

As we all know, traditional medical treatment system has side effects whereas our body in itself is capable of fighting the diseases. The need then is to identify that existential channel.

Gurudev can shower that energy on us with the grace of God and help the energy flow in the cells. With this, one becomes fresh mentally and experiences tremendous peace of mind.

Positive energy increases in us and capability of taking on the spot decisions goes up. This clarity also helps improve our professional career leading to financial gains. In addition, forbearance and self-confidence develops in us that help form cordial ties between us and we also enjoy a happy and moral sex life.

We disciples have realized that not only diseases like cancer could be treated with Shaktipat of the Gurudev but a divorce



***Expansion of atmos
of ethereal body
during meditation
and strengthening of
aura strengthening
of aura using colors.***

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

like situation can also be converted into a cordial and happy situation.

Some of his disciples have experienced Gurudev's presence in the form of his astral body as he was with them in his physical form. Many disciples suffering from heart attacks were cured without any treatment just by sincere prayer to Gurudev. We all had inevitably experienced Gurudev's protective shield around us that protects us during sudden accidents or unforeseen disasters.

Gurudev's grace is encouragement for us:

Our Gurudev, Swami Manjulanand ji (Dr. Manjul Kant Dwivedi), is a source of divine energy. After he showers this pure energy, the peace hidden in us appears to precipitate and it gradually results in purification of panch pran (five vital functions) and panch kosha (five sheaths). Our meaningless desires then begin to disappear and slowly karuna (compassion) begins to flow and reflect in our actions.

Gurudev first helps remove age-old evils from our mind. In due course, some of the meditators begin to have unusual experiences. Some begin to shake their bodies forward and backward or they begin to feel jolts. Some feel sensitization, sensations of tickling or itching. Some experience a unique

Mixed energies are spotted in the areas of the temples where the lamps are lit, around the bells, and near the statue of the gatekeeper. These energies are difficult to define.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)



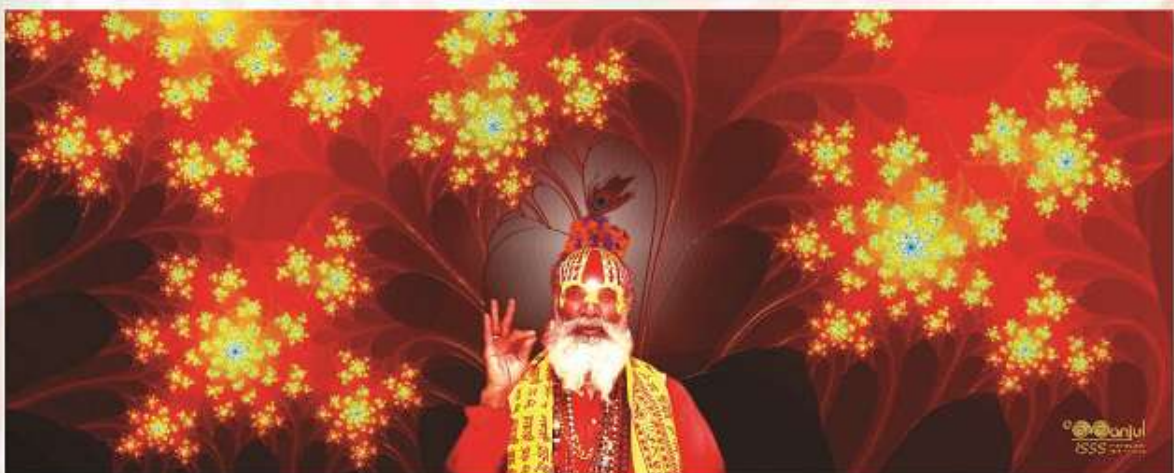
fragrance or a sweetened taste in their mouth. Sometimes, a slight heaviness is also witnessed in the head or body during meditation.

Some begin to view various scenes clearly. A glimpse of circles of varying colours, rivers and mountains, buildings or even deities or seers begin to appear or even they begin to have dialogue with them. Meditators should understand that these types or experiences result with the grace of Gurudev for rectification of negative energy within them. Meditators are encouraged to connect and share their experiences with our Gurudev for guidance and continue their spiritual growth by doing meditation without fear.

Benefits of Vibrational Meditation

Overall benefits of Vibrational Meditation are innumerable according to many practitioners and disciples. In practicing this spiritual path, we all keep an attitude of auspicious welfare and gratitude towards everything in our surroundings including animate life forms and inanimate things. Spiritual benefits cannot be expressed in words as it is rather a matter of self experience.

In a worldly point of view, the aspirant feels and experiences



Sometimes hot energy is resulted from the effect of the leftist Tantrik system (Vaam-margee Tantrik) but it is also accompanied by some negative energy.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

peace with oneself. We experience in our hearts love, compassion and God's grace and blessings (which is always near us). Our minds conceit, dull moments and mental strain start to disappear and our physical ailments or diseases begin to diminish. In particular, our heart remains in a healthier state. Our breathing and pulse slows down and therefore, hypertension/ blood pressure stays normal.

Understand that by practicing this method our main goal is to bring out the divine nature and manifest divine consciousness in our daily lives. Therefore, do not wish for small improvement in physical/ body conditions. Our many cycles of birth and death influence our karmic bondages and hence, we should happily accept these small ailments/obstacles as God's blessings/gifts.

How to Meditate?

While meditating, sit in a comfortable and convenient posture. Do not torture your body. Keep your spinal cord

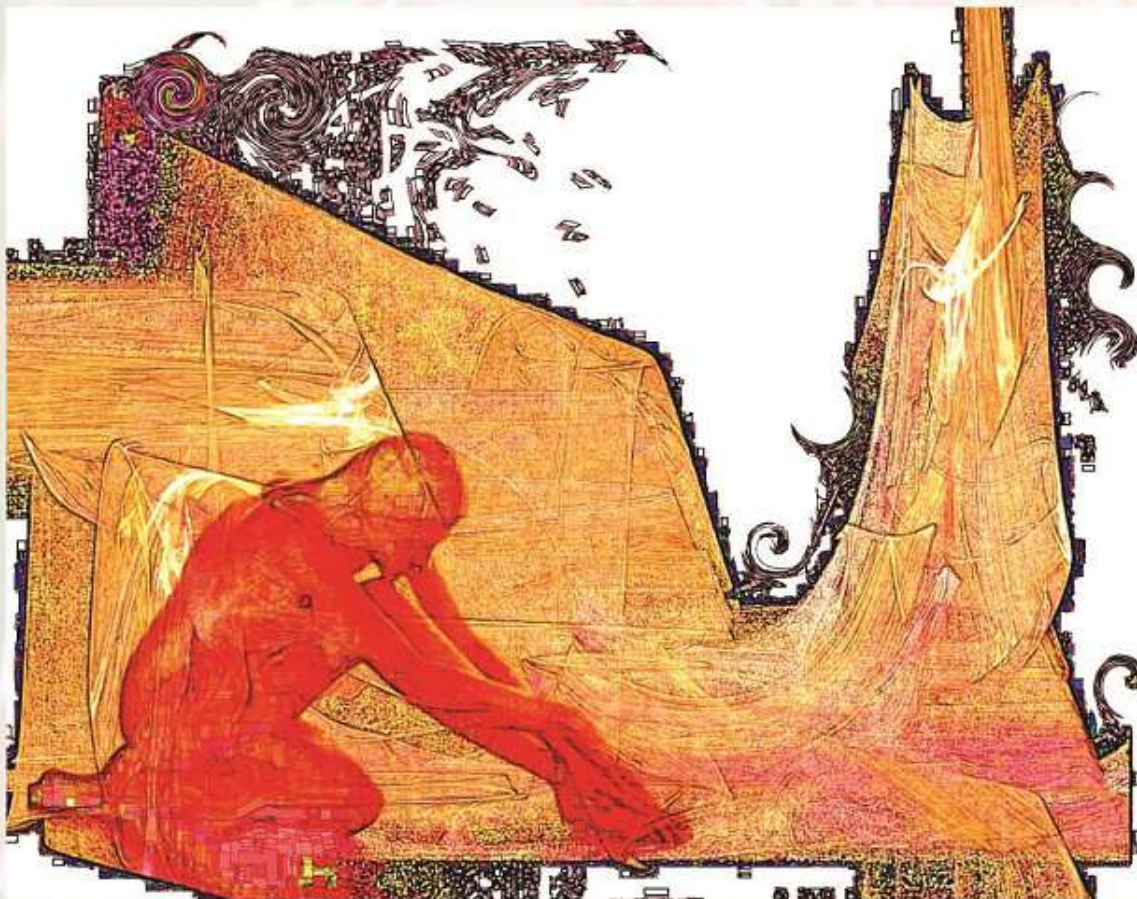


Impact of atoms of various elements oscillating in the atmosphere and activities of materialistic life.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

straight as far as possible. Rub your palm for a moment and if possible keep it above your thighs. Take deep breaths for 2-3 minutes and feel the pure energy pouring in you from the atmosphere outside with the grace of Gurudev. Repeat 'Gurudev's created prayer' in between and try to shed all your thoughts. Thoughts will float in your mind but do not get tense. Ignore them as you do with unwanted guests. Do not indulge in them. Even then if they begin to haunt you, remember Gurudev and pray for concentration.

First we have to concentrate on our heart. Heart is the symbol of compassion, love, and affection. We have to first feel Godly love in us. Then, we need positive power. For this we need to concentrate on Agya/Ajna chakra (the spot between the two eyes/two petalled brow chakra or the third eye). Meditate for about 20 minutes to a maximum of two hours. We have to



Erratic, hot, and negative energy flowing around a depressed lady. Some of that energy is in the form of bleak yellowish spots.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

keep ourselves away from any type of artificiality and extremism. We have to keep our thoughts positive, neat and clean by practicing good deeds. Best time of meditation is early morning but if circumstances in the family or profession do not allow, any other time can be fixed as per one's convenience. However, regularity is a must for achieving maximum benefits.

Finally:

According to Gurudev, we should avoid unnecessary thoughts and conversations in our day-to-day life because it is a waste of positive energy that we could otherwise channel for a fruitful cause.

Gurudev always studiously listens to everything that the seekers want to tell him. You can send him e-mails regularly or have a conversation using video-chat. It is also possible to call



Several negative energies become active when a nude lady wanders freely around in nature. Some of these energies leave adverse impact. However, some have little effect and can be seen as small circles.

(Above effects were experienced by Gurudev during Samadhi meditation and he himself sketched them through digital painting)

him on his cell phone as he's always accessible. Whenever you feel like sharing some experiences or have questions, please schedule an appointment to spend some time with Gurudev. Also, keep track of his travel schedule.

Make a habit of writing about your meditation experiences on a daily basis. Write about your feelings, your mood conditions and definitely write if you have any problems. If possible, send e-mails to Gurudev on a daily basis. Then, Gurudev can provide guidance on a personal basis that can rapidly open up the doors of progress.

This book has been prepared by us (Gurudev's disciples) to briefly introduce 'Vibrational Meditation' for the seekers. Every seeker will have different meditation experiences and benefits at different levels and this is possible only through regular meditation practice.

Finally, always have auspicious thoughts and perform meditation with an attitude of peace and well-being for the whole universe.

“May all be happy, May all be disease free”

Or

“Sarve Bhavantu Sukhinah, Sarve Santu Niramaya”

May there be Peace! Peace!! Peace!!!

Om Shanti! Shanti!! Shanti!!!

Iti Shubham!



Those practicing Vibrational Meditation go into yoga-nidra (yogic sleep) and their ethereal body projects out of the physical body and travels into the universe.

Happiness and prosperity for home and business: Vastu Shastra is a Vedic science in which the energies act coherently through the home and workplace to achieve a healthy and peaceful life. Being enlightened about Vastu is a powerful defensive tool against family tensions, career problems, mental depression, wealth loss, diseases, and accidents.

Transfer of Pranic Energy (Vibrational Meditation): Through Vibrational Meditation and a blessing, a flow of pure pranic energy is transferred into a person that makes that person capable of creating positive vibrations. This novel "Dhyaan" method helps in ensuring proper cleansing of the body and also strengthens the Aura. Vibrational Meditation is a source of expanding inner peace and tranquility.

Extending help to masses: We provide financial assistance to children for their studies as well as support marriages of the daughters belonging to poor and downtrodden families. We are also tirelessly working for the rehabilitation of the mentally retarded people globally irrespective of all types of national barriers.

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