



Meditation Steps - A great tool for beginners meditators

The videos of Ac. Sadhananda Avt. on the basics of meditation are appreciated by beginners and also by seasoned meditators of Ananda Marga. This is the last published completing the course on the Principles of Morality.

The last principle of Yama Niyama - Iishvara Praniidhana. There may be many interpretations of the term "Iishvara." But it commonly means "the controller of this universe". He who controls the thought-waves of this universe is Iishvara. Prañidhána means to understand clearly or to adopt something as a shelter. Therefore Iishvara Prañidhána means to establish oneself in the Cosmic idea — to accept Iishvara as the only ideal of life.

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