



Shri Hanumat Dhyana

Introduction

Shri Hanumat Dhyana is a powerful audio composition created using the principles of the ancient science of sound vibrations - Yoga Sankirtan®.

Yoga Sankirtan® meditation has been practiced by the yogis and holy siddhas from time immemorial to raise the inner spiritual vibrations and expand the individual consciousness and merge with the infinite reality. The practice of this secret science causes complete purification of the inner personality thus paving the way to the ultimate goal of life.

Shri Hanumat Dhyana has been specially designed to absorb the complete energy of Lord Hanuman.

Divine Incarnation

Lord Hanuman is considered to be the mighty *avatar* (divine incarnation) of Rudra, an aspect of Lord Shiva. He was blessed with various *siddhis* (super powers) right from birth.

This yogic composition of Shri Hanumat Dhyana has been constructed in such a way so as to receive the higher grace of Lord Hanuman whose *Tejas* (spiritual brilliance) and divine radiance instantly gives the *sadhak* (spiritual seeker) the exhilarating experience of deep meditative trance.

The Immortal Yogic Master

Lord Hanuman's innate purity and infinite strength endowed him with the power of *Chiranjeevithvam* (Immortality). His inherent nature is the effortless state of being established in *Dhyana* (Meditation) and *Tapas* (Austerity). With a supreme mastery over the inner science of yoga, he compassionately guides sincere seekers in the spiritual path to truth.

Storehouse of Wisdom

Lord Hanuman has the rarest combination of highest spiritual wisdom coupled with practical worldly sharpness. With an absolute pure mind and razor-sharp intellect he exhibited the ability to complete even the most difficult tasks with utmost ease. Yogis who sincerely get attuned to his energy are blessed with the capacity to surmount the toughest challenges and blocks in the path to success.

Epitome of Humility

In spite of his enormous power and strength, Lord Hanuman is a symbol of humility and devotion. He chose to play the role of a humble devotee and the most trusted companion of Lord Rama, an avatar of Vishnu. One who connects to the energy of Lord Hanuman automatically sheds the ego and shines forth within the divine power from within.

Five-faceted Energy

Lord Hanuman, also known as Anjaneya, is a direct manifestation of the divine power. He is said to be infused with five energies forming five powerful facets. The great yogis when meditating intensely on these aspects discovered the truth that Lord Hanuman in reality has five different personalities. They together are called *Pancha Vaktra* Anjaneya.

They are :

ध्यानस्थाञ्जनेय (Dhyānasthāñjaneya) – Intense meditateness

विद्याञ्जनेय (Vidyāñjaneya) - Knowledge

विनयाञ्जनेय (Vinayāñjaneya) - Humility

उग्राञ्जनेय (Ugrāñjaneya) - Fierceness

निर्वेधाञ्जनेय (Nirvedhāñjaneya) - Penetrateness

Shri Hanumat Dhyana meditation composition invokes the five aspects of Anjaneya in a yogic way which forms a potent energy force to give immense benefits to a *sadhak* (seeker) which cannot be quantified.

Dhyānasthāñjaneya - Intense meditateness

This aspect of Anjaneya is represented by the form of Lord Hanuman himself. Being the supreme master of the inner yogic science, he is ever established in the state of meditateness. A seeker who taps into this facet of Anjaneya is filled with the energy of peace, bliss and meditateness.

Vidyāñjaneya - Knowledge

This aspect of Anjaneya is represented by the form of Lord Hayagriva who was the *gnana avatar* (knowledge - incarnation) of Lord Vishnu. Anjaneya's knowledge and wisdom is unparalleled. A seeker who taps into this facet of Anjaneya gets the capacity to gain the higher spiritual wisdom and apply it practically to progress in life.

Vinayāñjaneya - Humility

This aspect of Anjaneya is represented by the form of Garuda, the powerful eagle who served Lord Vishnu with utter humility by being his vehicle. Anjaneya is known for his humility and purity of mind inspite of performing incredible feats. A seeker who taps into this facet of Anjaneya becomes extremely humble and an unassuming achiever.

Ugrāñjaneya - Fierceness

This is represented by the form of Lord Narasimha - the most fierce and aggressive incarnation of Lord Vishnu. Anjaneya exhibits immense power and aggressiveness whenever it is required to protect *Dharma* (righteousness). A seeker who taps into this facet of Anjaneya develops the inner strength and ability to conquer any challenge in life and march toward success.

Nirvedhāñjaneya - Penetrativeness

This is represented by the form of Lord Varaha, the boar-incarnation of Lord Vishnu. The boar has the ability to dig deep and penetrate any depth. Similarly Anjaneya guides a seeker who taps into this aspect, to dig deep within and root out all negativities so as to cause complete purification of one's personality.



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