

# A Translation of Melmaruvathur Amma's Divine Oracles On Meditation

- When initially sitting for meditation, your mind will race like a horse or deer. Do not be perturbed. Let it run until it comes to rest on its own.
- If you can meditate or maintain silent sitting either at Mandram or in your prayer rooms for five minutes, Amma will bestow on you the fruits of this undertaking.
- For society to engage and progress in spirituality, it is important to engage in Meditation.
- It is important to continue with meditation even after you receive the divine blessings and teachings (Upadesam) from your Guru.
- Engaging in divine prayers, spirituality, education, health, meditation, silent sitting and mental discipline will enhance the world in the future.
- It is important to give focus to meditation, silent sitting, Archanai and Abishegam to God even if you are a married person and engaged in family life.
- Calmness is necessary in meditation. When you practice meditation your mind will be gradually calmed.
- Those who engage in meditation on the sacred land of Melmaruvathur for 108 times will be freed from negative energies.
- Women should undertake at least 10-15 minutes meditation at 12 noon daily, with mental focus and discipline daily including during their menstrual days.
- Meditation will pave the path to peace and calm.
- When you initially engage in meditation, you will feel discomfort in the back, neck, stomach and so on. With persistence, you will be able to overcome this and gradually increase your meditation, from 10 to 20 to 30 to 40 minutes. If you overcome these obstacles, you will have slowly stepped foot on the path of spirituality and achieved some degree of spiritual growth.
- The sense organs of nose, ears and mouth need to be controlled during meditation to ensure the three gunas and five elements maintain their even states. Lack of mental discipline leads to words being spoken inappropriately.
- Meditation is to give the body and mind rest. It will promote inner strength and discipline.
- A red-dressed devotee should not have negativities in the mind. Meditation will help remove the vagaries of the mind.
- When you meditate during the solar or lunar eclipse, it will bring wealth, spiritual enhancement, mental peace and enhanced cognitive function.
- When coming to and leaving Maruvathur, engage in 2-3 minutes of meditation.
- If you practice meditation systematically, you will understand that you do not need to keep your eyes open to see the material world as you will gain inner knowledge via meditation.
- During meditation, the misdeeds of your past will emerge before you. Leave them! Over time these thoughts will change and leave.
- Meditation is always better than chanting mantras to show others.

- When you face difficulties it is good to increase your meditation and engage in 5 minutes silent sitting. Meditation should be done sitting in cross legged position and holding the Chin muthirai position with the fingers.
- Meditation is called THIYANAM in Tamil. This can be divided as THEE and YANAM. THEE means negativity. For example negative thoughts, habits and qualities. YANAM means Vessel. Your mind is therefore the vessel. When you meditate you will remove all the negative qualities from the vessel of your mind and the vessel, your mind will be empty. This can then be filled with positive divine energy through continuous meditation.
- Whenever your mind is disturbed, engage in 10 minutes of silent sitting or meditation.
- Visualise the trinity of Adigalar, Suymabu and Adhiparasakthi when meditating. You will see your life become fruitful. No matter how busy you are, spend a few minutes in a quiet place and learn to meditate.
- Meditation is the way to control the monkey mind.
- Meditation is the greatest of spiritual discipline.
- Meditation will allow you to growth spiritually and succeed.
- Meditation gives you peace of mind and calmness.
- Through meditation you can achieve anything!