

Satsang by Swami Amar Jyoti

Conscious

**Letting go and relaxing
is the key to meditation.
All the mysteries will be
revealed to you when you
merge unto your Source.**

WHATEVER WE DO, it makes a big difference if we do it consciously. If you are doing the same thing without knowing why you are doing it, it will not produce the same results. Being conscious of what we are doing and why we are doing it solves all our problems. The difference is between consciousness and unconsciousness. That is why so many who meditate do not get results—they do not know what they are meditating upon.

Meditation

