Twitter Thread by Dr. Prateechi



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Connect your mind and body with Prabhu Shiv

#WeeklyThread

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Next Weekly Thread on Maa Ganga



1. The first type of ■■■ is called ■■■■■ ■■■. In this type of ■■■ a devotee tries to attain deep state of meditation by chanting ■■■■■. The chanting of ■■■■■ helps a man to concentrate his mind.



2. The second type of ■■■ is known as ■■■■■■ ■■■. In this type of ■■■, a person acquires perfection in breath-control by constantly practicing various exercises like ■■■■ (Exhalation), ■■■■■ (retention), etc. These exercises helps to purify the nerves and blood vessels.



3. The third type of ■■■ is known as ■■■ ■■■. This is the state in which a person's mind is totally engrossed in the thoughts of ■■■■■ ■■■■■■. This state of mind can not be attained unless the two former types of ■■■ have been mastered.



4. The fourth type of ■■■ is called ■■■■ ■■■. When a man has mastered this particular ■■■ his ego is subdued in totality.



5. The 5th type of ■■■ is called ■■■■■■ . It helps a person to understand his real self and get united with the supreme Almighty.



The secret of ■■■ should be revealed to worthy disciples--who are virtuous and religious.

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UHD