

Transform Self-Quarantine to your graceful spiritual retreat



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Kuldeep Baishya 30 March 2020 Updated 30 Mar 8650 views

Day 2 Practice:

Hello Divine beings. Hope all of you are well. Stay at home and Save Lives. Remember 'ISOLATION is Medicine' now. I hope those who started doing practice of chanting 'AUM' they are gradually able to transform this self quarantine to graceful spiritual retreat.

Well, as I said we will discuss our per day practice in my earlier write up so here this is Day 2 practice. Which you will add to your earlier one.

Thanks to all those well-wishers and practitioners who gave replies on practicing 'AUM' meditation. From your feed back I feel chanting 'AUM' is enough to boost up our spiritual, mental immunity which will be reflected in development of our physical immunity gradually.

So, It will be our last and final practice for this time. Add this practice with chanting 'AUM'.

This practice is simple, and most effective and known to everyone. It is 'prayer'.

Prayer has no language other than love. More profoundly we can say unconditional love--love for entire universe.

Do your prayer in that way which is core to your heart. You may belong to any faith no matter. You may believe God, Prophet, Christ, Buddha, Consciousness, Divinity, Truth, Love, anything to be saviour or divine or truth.

Pray from your heart. Feel the presence of that divinity within you and all out side.

Say you are the divinity, you are the light, you are the grace, you are the love.

Say gratitude to the divinity for making you Divine. Gratitude for his compassion and grace.

Feel that divinity in all out side you and within you.

Now pass this divinity, love, joy, grace to all the universe being the medium of the perennial source of Divinity or Light or Love.

After your prayer- say and feel Peace within you, outside you and among all beings.

Do this prayer meditation after chanting AUM.

I do believe this meditative prayer with AUM mediation (described in earlier write up) help you to overcome this period and boost your mental and physical health along with spiritual health.

DON'T WORRY - Take Precautions as guided by Government. Time will fly. BE THE YOGI GRASP THE INNER JOY. More and more love for Humanity and prayer. Om Peace Peace Peace.

Read: [Day I..](#)

Kuldeep Baishya

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