

JAIN VISHVA BHARATI INSTITUTE, LADNUN

DEPARTMENT OF YOGA AND SCIENCE OF LIVING

Advanced Course of Preksha Meditation for Ph.D. Course Work

Credit – 04 / M.M. 100(Theory 70 + Assignments 30)

Objectives

1. To understand historical development of Preksha Meditation.
2. To understand the main components, spiritual-scientific perspective, purpose and benefits of Preksha Meditation.
3. To introduce the practicals& process of Preksha Meditation.

Unit-I Preksha Meditation - I

Preksha Meditation: history, meaning and *upsampada*.

Introduction of main, supportive and specific components of Preksha Meditation.

Research advances in Preksha Meditation & Yoga.

Unit-II Preksha Meditation – II

Kayotsarga (Relaxation with self-awareness): purpose, technique, spiritual and scientific perspective.

Internal trip (*Antaryatra*): purpose, technique, spiritual and scientific perspectives.

Perception of Breathing: purpose, types, technique, spiritual and scientific perspectives.

Scientific mechanism of Preksha Meditation on human body.

Unit-III Preksha Meditation - III

Perception of Body: purpose, technique, spiritual and scientific perspectives.

Perception of Psychic Centres: purpose, technique, spiritual and scientific perspectives.

Psychic Colour Mediation (*LeshyaDhyan*): purpose, technique, spiritual and scientific perspectives.

Contemplation (*Anupreksha*): purpose, technique, spiritual and scientific perspectives.

Unit-IV Preksha Meditation –IV

Introduction to empirical research.

Use of experimental research in the field of Yoga and Preksha meditation.

Thrust areas of research in Preksha Meditation and Yoga.

Reference Books

- 1 प्रेक्षा पुष्प-आचार्य महाप्रज्ञ, जैन विश्वभारती प्रकाशन, लाडनूं, 2003 ।
- 2 अपना दर्पण अपना बिम्ब- युवाचार्य महाप्रज्ञ, जैन विश्वभारती प्रकाशन, 1991 ।
- 3 जीवन विज्ञान की रूपरेखा-मुनि धर्मेश, जैन विश्वभारती प्रकाशन, लाडनूं, 1996 ।
- 4 जीवन विज्ञान, प्रेक्षाध्यान एवं योग-संपा. समणी डॉ. मल्लीप्रज्ञा, जैन विश्व भारती विश्वविद्यालय, 2009 ।
- 5 Mirror of the Self – Acharya Mahaprajna, Jain Vishva Bharati Prakashan, Ladnun (Rajasthan), 1995.
- 6 Preksha Dhyana – Theory & Practice, Acharya Mahaprajna, Jain Vishva Bharati Prakashan, Ladnun (Rajasthan), 1994.