

## Meditation Club FAQs

- Why is meditation with a Satguru different?
- Is meditation in a group more beneficial than solo meditation?

When you meditate with a Self-Realized Master, you can be lifted higher and propelled deeper than on your own. In the texts, it is called reciprocal adaptation.

In meditating with a group, what you get depends on the group. If you are the deepest yogi there, reciprocal adaptation means you get held back by the others. A group led by a Satguru takes you as deep as you can get.
- Can we do a video connection so we can see Gurudevi?

Unfortunately, the video connection would entice you to keep looking outward, at your screen, instead of going inward for meditation. Our live-streamed Swami Sunday programs provide you the visual connection with Gurudevi. Swami Sundays include a shorter meditation, more approachable for beginners. Meditation Club is not for beginners.
- My mind is busier when meditating with the large group. Is that normal?

It's not because of the group; it's because you are meditating with a Satguru. As Gurudevi is a Kundalini master, your own Kundalini is more active, clearing your mind for you. These are called mental kriyas, which are very beneficial. The good news is that meditation with a Satguru gives you the experience of the Self whether your mind is quiet or not. Even if your mind was busy during meditation, when you open your eyes, you'll realize you went very deep.
- Is it possible to start the Meditation Club earlier? Can it start later? Will the Meditation Club be offered at different time of day?
- Is there any way to extend the Meditation Club to an hour and a half? Can you shorten it to a half hour?

We begin at 6:30 am (Eastern Time), even though it's a bit late for local yogis, because it serves our global community. It works for Europe, the Continental USA and Australia.

The meditation lasts one hour because it is the minimum time recommended for yogis with worldly responsibilities and a deep practice. Yoga

You may meditate longer by starting earlier or continuing after the Meditation Club ends.

If you start earlier, Gurudevi's reading and the chanting of Jyota se Jyota in the middle of your meditation time will propel you deeper.

If you choose to stay longer, you may leave before the mantra repetition to benefit the world, or including it will also propel you deeper within.

If you a shorter meditation time, simply disconnect from the session. At the Ashram, every day someone leaves early, to go teach or to cook breakfast or for a meeting. You are muted, with no video, so no one will be disturbed. Simply do what works for you.
- I am having difficulty with Zoom video/audio connection. Can someone help me with Zoom questions and setup?

Yes! Our Zoom Welcome Wagon! If you're new to Zoom, I invite you to participate in a brief orientation session with Dinakar (Dean) Cilley. He is a long-time Svaroopi and is delighted to help you. Dinakar will orient you to the Zoom class experience and provide tips for making your online class effective and beneficial for you.

Dinakar offers sessions twice weekly:

Tuesday 9-9:30 a.m. ET  
Thursday 12:30-1 p.m. ET

Contact our [Enrollment Advisors](#) for the Zoom connection information.

## Meditation Club FAQs

- Who do I notify, and how, if there is an audio or video issue during the Meditation Club session?  
We don't have anyone who can troubleshoot during meditation because everyone is meditating. You can try signing off and signing back in to see if that helps.  
If you were able to be here in person, Zoom would not be an issue. Technology is a wonderful substitute, but it is not perfect. However, even if you can't hear for a while, the meditation at the Ashram is still going on, so just keep meditating for the allotted time.
- Is there any way to reduce the background noise?  
You will hear some quiet sounds from time to time, just as you would if you were here in person. Other participants have reported that they feel more connected when they hear Gurudevi and the natural sounds from the Ashram. If the background noise is too loud, simply turn your volume down. If it is bothersome to you, simply add mantra to it.
- Can you let us in a little earlier? It can take time to connect the audio so I often miss the first part of the reading.  
Thank you for this suggestion! We have already created a solution. You can now connect in a few minutes earlier. Swami Prajnananda connects the call and plays Gurudevi's Japa! CD until we're ready to begin.
- I miss being able to hear the other yogis as they come on the call. Is it possible to let everyone be unmuted as they join the call?  
This would not be beneficial for your meditation. It is a quiet time, a sweet preparation time for your meditation. Having everyone chatting prior to meditation would activate your mind as well as others. Gurudevi does invite everyone to say hello at the beginning of each [Free Japa Club](#) call
- Will this offering continue after the pandemic ends?  
Yes! We had already been planning to begin our Meditation Club, but the pandemic moved up our timeline. Meditation Club will definitely continue as long as it is serving our community.
- In addition to ending with a round of japa for the benefit of those who perished or are suffering as a result of the pandemic, can we include those suffering from racial injustice?  
Thank you to Gurudevi for commenting on this in several of our calls. While racial injustice and police brutality is a serious problem, many more people in the world are affected by violence. Currently there are 30 wars going on in the world. People are suffering from child abuse, domestic violence and more. The USA leads the world in the percentage of people incarcerated. Millions of people are affected every day.  
Yet the pandemic is a plague that affects even more people worldwide. Gurudevi will continue to focus on the pandemic. The Ashram residents also do a special daily chant to Durga, to ease easing suffering and fight the plague.
- Is the Meditation Club appropriate for brand new meditators? Is there instruction?  
The Meditation Club is not for new meditators precisely because there is no instruction. This offering is not a meditation course, though we do offer many such programs. This is a daily meditation practice for those who are already trained and initiated in our *Svaroopā*<sup>®</sup> Vidya tradition. See it explained here – [www.svaroopaa.org/meditation-club](http://www.svaroopaa.org/meditation-club), detailing pre-requisites for membership.
- Is there a way for a newer meditator to prepare for an hour-long deep meditation?
- I am having trouble sitting for an hour. Do you have any suggestions?  
If your mind is busy, use mantra in the ways we teach in the various prerequisite programs. Especially [Troubleshooting Your Meditation](#) can help, by giving you customized instructions to help with your specific difficulty.

## Meditation Club FAQs

Yet setting up your meditation seat can make a big difference. You need a comfortable meditation seat where your spine can relax upright. See Gurudevi's new [YouTube video](#) on building a "meditation nest."

Additionally, *Svaroopā*® Yoga excels at helping people with their body. We have so many wonderful [offerings online](#). They include yoga classes, half-day workshops, meditation instruction, yoga healing retreats, etc.

The ancient sage Patanjali promises that the seated pose will help your mind settle:

sthiram sukham asanam — Yoga Sutras 2.46

Asana (the seated pose) is motionless and comfortable

Gurudevi often translates this sutra as, "Sit. Stay." In [Asana, Mind, and Grace](#), she explains further: "The physical benefits you gain from your other asanas (yoga poses) make you able to relax into your upright seated position without slumping or wiggling. As you settle in your seat, your body and breath settle into stillness, bringing your mind to stillness as well. That's the doorway into meditation, the ultimate yogic practice".

- I am seeing great benefit from the consistency the Meditation Club provides. What other Ashram offerings do you suggest for me to take my practice even deeper?

Check out our [Freebies](#) for a wealth of offerings. Decades of Gurudevi's articles and recorded talks are available 24/7, free of charge.

We have tons of exciting online offerings coming up, such as Enlightenment Studies, Meditation 101, Home Healing Retreats, Home Meditation Retreats and so much more. On our [website](#), scroll through the SVA Online tab, and the Offerings tab, as well as the Calendar tab.

There's so much to choose from! You get to choose — how deep do you want to go? It is all available for you. Self-Realization is possible in this lifetime. Shaktipat and these practices make it accessible to everyone.

OM svaroopā svasvabhava.h namo nama.h