

## Meditation Club FAQs

- Is meditation in a group more beneficial than solo meditation?  
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.
- Why is meditation with a Satguru different?  
The best way to meditate is with someone who is more enlightened than you. Your inner experience will organically attune with the level of Consciousness that they inhabit. It's called Grace, the Divine energy of revelation, revealing your own Self to you.
- 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 Gurudevi and the 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. Your mind's activities 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.

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- I am having difficulty with Zoom video/audio connection. Can someone help me with Zoom questions and setup?  
Yes! If you're new to Zoom, please ask our [Enrollment Advisor](#) for help. She will arrange for someone to give you an orientation and personal assistance.
- 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.
- I would like to hear the background noise.
- 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.  
Sometimes Gurudevi does mute the sound for a few minutes, if there are construction sounds or other loud noises. She usually turns the sound back on within 5-10 minutes, but occasionally forgets until the timer rings. Thank you for your understanding.
- 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.  
You can connect in about 10 minutes early. Swami Prajnananda connects the call and plays Gurudevi's Japa! recording 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.
- Will this offering continue after the pandemic ends?  
Yes! Meditation Club will definitely continue as long as it is serving our community.
- 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.

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- 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 programs that can be used as prerequisites. Especially [Troubleshooting Your Meditation](#) can help, by giving you customized instructions to help with your specific difficulty.

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, *Svaroopaa*<sup>®</sup> 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. And our [Teacher Directory](#) gives you hundreds of teachers around the world.

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, 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.