

*Om is that divine elixir that can clear away all  
the obstructions in our energy bodies. -  
Banani Ray*



## OM MEDITATION

[Om meditation](#) is an ancient technique, a less-travelled path to deep inner peace, light, love, joy and happiness. Om is the great power that resides within you. Om is the mantra of ascension. For thousands of years, great kings, yogis, seekers of knowledge and truth and aspirants of Self-knowledge have

travelled this path and reached the blessed state of ultimate health, wealth, liberation and Self-knowledge.

## **OM MEDITATION CLEARS YOUR ENERGY BODY**

Negative emotions like anger, hatred, sadness, guilt or depression creates blockages in our energy bodies. Those blockages obstruct the flow of prana in our bodies. It causes diseases, more negative energy and agitation. Om meditation can clear away those blockages. Om Inner Sun meditation is a special way to unblock the current of prana and dissolve the blockages.

But this path had been lost by the passage of time, and the mankind began to grope in darkness. This precious knowledge was kept a secret and very few really dared to travel it. Though there are many Yoga Scriptures and literatures that sing the glory of Om, in reality, literatures became scarce

which could point out in candid manner the actual way of practicing Om.

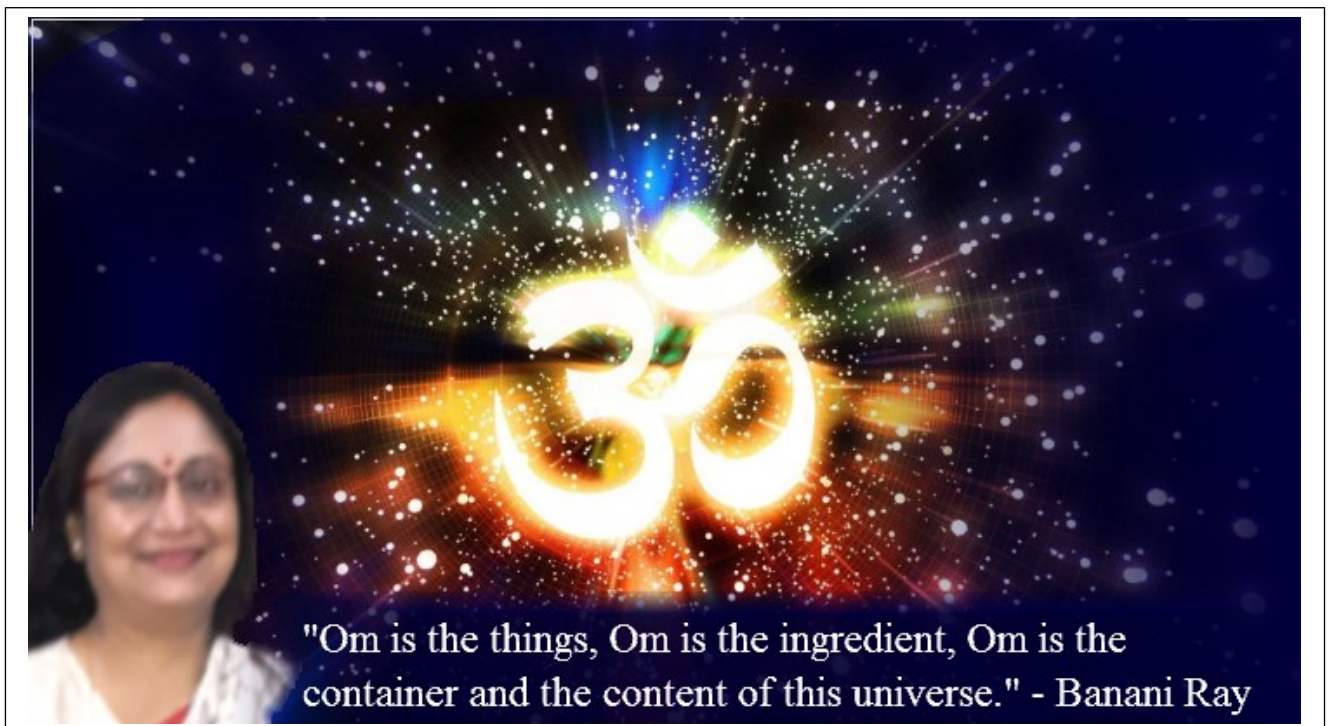
Now is the time in human history, when knowledge is being made available to all without an exception. Any sincere seeker can do it, provided he/she has the real technique.

Actually, anybody can chant Om, and experience its benefits. But, there is a notable difference in results if you learn to say Om in a yoga class, say it a few times, and learn to meditate from a book or website OR, when you learn the technique and have the empowerment from a real master who has practiced and realized it, and more so, when the energy comes down from a divine lineage.

Om is the cosmic sound that emerged from divine vibrations in the cosmic energy field. This vibration created the universe. Om is the self-born, self-created, self-luminous Sun that creates everything in this Universe.

Om exists on the background of every thing and every being in this universe – behind the words we speak, behind the things we use, and also behind ourselves.

## **Om Inner Sun Initiation and Meditation Training for Inner Illumination**



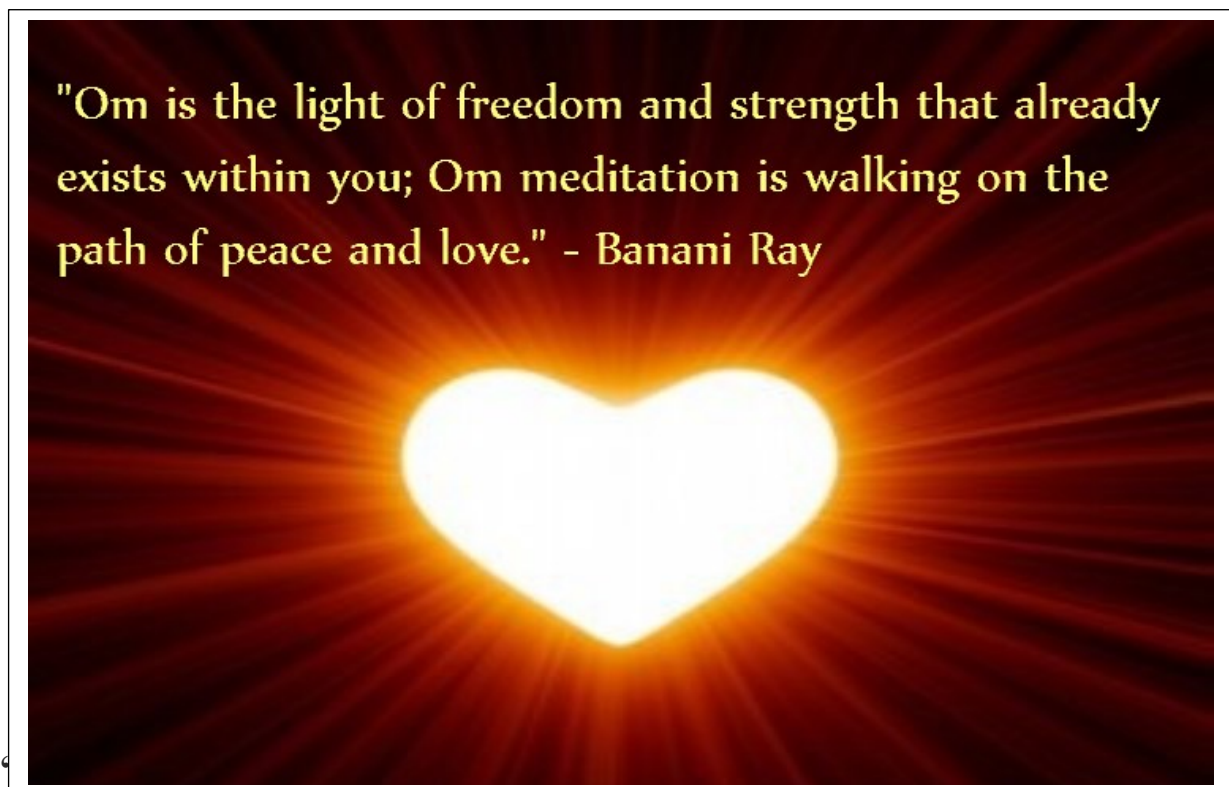
Om Meditation is the way to find the glorious Luminosity of the Divine within YOU

*The splendour of thousand rising Suns.... That's how God is described in various spiritual texts. Om Inner Sun Initiation and Meditation teachings will help you find that splendour within your innermost core.*

Om Inner Sun Initiation is a life-changing experience, designed for those seeking a deeply spiritually transformative path to empowerment, self-love, energy, bliss and compassion. The teaching contains practice for diving into the soul of the OM Mantra for Intensive Awakening and immersion in our real and essential nature, the supreme and divine Self.

It is mentioned in many ancient traditions that Om is the mantra of utmost purity, and hence, you need to be specially qualified to take up the [Om Sadhana](#) as your core spiritual practice. Om inner Sun Initiation is a deep empowerment and technique that comes down from Shiva, the ultimate cosmic consciousness to purify your body and mind and to help the ascension easier so you can easily realize the fruit of the practice in your life and be blessed.

If you are ready to embark upon the transformative journey of self-realization, you are welcome to take initiation in to this profound teaching that can build your radiant body, activate your higher Chakras, bring you out of anger, resentment, judgment, and dissolve negativities and challenges in front of you. It is an adventure into the deeper and subtler aspects of your consciousness.



within you; Om meditation is walking on the path of peace and love.” – Banani Ray

Smt. Banani has been guiding many people in their personal spiritual evolution and now she is sharing her spiritual wisdom, consolidating it into a systematic program of teaching, transmission of energy and initiation system that leads the student far along the way of peace, joy and well-being, removing along the way stress and blockages in body and mind.

Om Inner Sun Meditation and Initiation is a concrete step by step simple process of Om mantra practice and meditation that can help anyone awaken their true hidden potential of peace, bliss, blessedness and the luminosity of higher consciousness.

Smt. Banani's teachings will take you beyond meditative highs and lows to truly embody your radiant being of light – reprogramming your body, mind and emotional system to lead you to a sustainable and stable inner space for total illumination and power-charge your inner operating system

for living a Self-luminous life of spontaneous joy and compassion.

You will learn how to awaken your inner Sun and bask in the Mystical illumination, and become a Beacon of light, love, healing, creativity, energy and bliss on the earth.



### **The Meditation Technique**

[Om Inner Sun Meditation](#) is an integrated Om meditation technique that combines time-tested ancient techniques along with modern science-backed practices that are proven for developing grey matter in the brain, improving focus, concentration and memory, and resist the shortening of Telomeres in your gene which enhances health and longevity. In her teachings, traditional meditation technique combines with modern findings of Neuroscience and Epigenetics to



create an unique experience that helps to build and maintain a healthy, whole, and fulfilling life.

In her classes, Smt. Banani not only teaches the technique. She empowers you through transmission of the divine energy to awaken the energy and initiate the process of opening the third eye. You are gently guided through the meditation techniques following her voice to experience deep meditation.

### **The Teachings:**

The teachings address broader aspects of accessing your Spiritual Heart from a variety of traditions including Esoteric Vedic Tradition, Kundalini Yoga, Yoga Sutra, Upanishads, Advaita teachings and Sri Vidya, while integrating new scientific understanding in consciousness, and neuroscience. It is a program that empowers you with the ancient esoteric teachings of Om Mantra for meditation and self-healing by

reprogramming your subconscious mind for happiness, wellness, success, energy and even abundance.

It works on many levels... to focus the mind, dispel old habitual thought patterns, create higher resonance, and ultimately to bring you to the silence beyond the sound, wherein meditation is effortless and spontaneous. Om inner Sun initiation and teachings offers a path of spiritual development on an individual, collective and transpersonal levels where you will awaken the Sun within and express the luminosity outwards in your life, allowing you to become beacons of Light in the World.

For thousands of years, this secret was kept hidden from the ordinary people in the coded language of Mystical Metaphors, Kriyas and Devi Worship. This is a rare opportunity to take your practice to the next level through extended immersion into subtle layers of awareness. The teachings create

fascinating and purifying experiences during meditation both for beginners and advanced meditators alike.

The goal of the teaching is to provide you with tools to follow the pathway of sound to your inmost radiant Self and find your own direct connection to your real h‘OM’e. Anyone with a sincere desire to consistently access their true nature, and express it in their life, in the service of Life, is WELCOME.

## **ABOUT THE OM INNER SUN MEDITATION AND INITIATION**

“Om is that God of love. Like a loving mother Om cleans us of our clutters collected through many incarnations.” — Banani Ray

The process has three phases. The first phase is Om Mantra Initiation and [Shaktipat transmission](#).

The second phase is Om Inner Sun Guided Meditation and the third phase consists of teachings, powerful insights for a happy life and scientific understanding of the process.

*"Meditation is an experience of expansion by un-cluttering the inner sky of your consciousness, by diving deep in the inner ocean of peace and happiness." - Banani Ray*

“Meditation is an experience of expansion by un-cluttering the inner sky of your consciousness, by diving deep in the inner ocean of peace and happiness.” — Banani Ray ([Awakening Inner Guru](#))

The First part is Initiation and voice transmission of energy.

You will learn special Om mantras and the correct way to utter them to prepare you to undertake the deeper practice.

The second part will teach simple but powerful Om meditation technique called Om Inner Sun Meditation, which is an easy-to-practice and effective technique developed by Smt. Banani Ray and Dr. Amit Ray that was revealed to them from their long experience in meditation practices at

Uttarkashi, Gangotri and Goumukh. The second part will lead you through a guided meditation session. This is a powerful experience of deep meditation. Even the students who had never meditated before report about attaining a profoundly peaceful and blissful meditative state.

In the third phase, you will learn how to integrate the practice in your lifestyle, the secret of manifestation, and the scientific basis of Om mantra chanting and meditation, the neuroscience of happiness and reprogramming your subconscious mind for greater happiness and well-being.

**The process of initiation is a one-to-one Shaktipat transmission.**

### **Who can attend?**

Anyone interested in spiritual awakening, health, wellness and meditation in general is welcome to attend. People of all ages and all walks of life can attend. People with specific mental or physical problems should consult their physicians.

## **DURATION: ABOUT TWO HOURS**

### **Online Teachings and initiation:**

Though first hand face to face learning and [initiation](#) is highly recommended, considering sincere aspirants who are unable to travel, this teachings are also sometimes offered online through Skype.

Such online Skype Meditation workshop is donation based.

For details and [registration click here](#)



Learn Om Meditation. Practice Om Inner Sun Meditation for Illumination.

## **WHAT TO EXPECT**

- Om [meditation](#) initiation and power transmission for inner peace, inner strength, and inner vision
- Om meditation techniques for positive-mindset and mental clarity.

- Om inner science meditation techniques for physical and mental health, stress-relief, and personal development.
- Om meditation techniques helpful for stress reduction, emotional intelligence, concentration and mind power.
- You will receive a systematic summary of the teachings and can have personal guidance via email afterwards.

**Venue: Please check the Program Menu for the next Initiation Program.**

## **WHAT IS THE ULTIMATE EXPERIENCE OF OM INNER SUN INITIATION AND MEDITATION?**

### **KNOW THE TRINITY SUNS WITHIN YOUR BEING**

All of us carry Suns within us that are dormant behind eons of ignorance, clutters of the chattering mind, daily distractions and negative conditionings. Om meditation is the way to unravel the knots within us, clear the blockages and hindrances so our inner suns shine bright. Real trinity exists within us. Teachings of [Om Inner Sun Initiation and Meditation](#) will make you aware of the Trinity existing within you and help you manifest the light in your life!

## LIVING AS THE SUN

This is quite a detailed experience based technique that allows the energy to flow beautifully, dissolving all blockages. It allows you to learn to live and awaken this consciousness in your everyday life and in everything you do. It enables you attract positive things and persons in your life and to protect yourself from the negative energy around you.

The date and time for this Skype Om Meditation workshop will be decided based on mutually convenient time and date for you and Smt. Ray. Visit [www.bananiray.com](http://www.bananiray.com) register, and then send an email to [admin@bananiray.com](mailto:admin@bananiray.com) about the suitable time.



Smt. Ray holds Workshops and classes regularly around the World besides One-to- One Private Session via Skype. For



organizing a Live Training/Workshop of Smt. Banani Ray in your program or venue, please contact [admin@bananiray.com](mailto:admin@bananiray.com)

If you are really sincere to learn about [Om meditation](#), Om will reveal itself to you. Om will give you a sense of being connected to the source of the universe, and when chanted right, Om sound will reverberate through your body, flowing in your blood, bone and marrow, filling you with bliss, energy positive vibration and tranquility.

The daily Om chanting and meditation, practiced with this [Om Inner Sun technique](#) will give peace to your mind, body, and soul. The yogis of ancient India knew the inherent power of the Om mantra and chanted it to connect to their subconscious power. They believed that it is present and active within all of us and will reveal itself only through Om meditation.

General benefits of [Om meditation](#) are many. You will have a powerful and sweet voice when you learn to chant Om correctly, with proper breathing. Soon you begin to feel a different power within you, a boosting in your self-esteem and a pure calm mind filled with positive vibration that is not easily disturbed.

Say Om, learn [Om meditation](#) and be blessed!