

WHERE YOU OUGHT TO BE DURING SIMRAM

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Hazur Baba Sawan Singh Ji: "During repetition, please focus your attention in the eyes without putting any strain upon them, rather fix your attention a little to the left of the left corner of the right eye that is not quite midway between the two eyes but a little inclining toward the right eye. Even if no light is visible, still continue to see the darkness. After practice for some time, light will become visible. Then please concentrate on that light. As the soul will make its seat in the eye focus, the mind will give up its activity, that is no thoughts will arise. you will feel the soul current vacating the six lower centers and accumulating in the eyes."