

Dada Pranakrsnananda has been a regular participant of Occupy Wall Street. He is the monk who was the first of the 700 who were arrested on the Brooklyn Bridge. He practiced nonviolent resistance as he sat in meditation and was carried away by police. While he was locked up, he refused to speak with police and refused all food.

Dada Prana is a yogic monk, meditation teacher, and mantra therapist. He attended training sessions in India in 1971 to become a full-time, qualified meditation teacher. He has been teaching mantra meditation in 32 countries for the past 40 years. Originally from Chicago, Dada now lives in New York City. He completed a graduate diploma in Gestalt Psychotherapy in Australia. He teaches Astaunga yoga meditation through workshops and personal instruction. Dada Prana has been described as “a yogic monk with an exceptionally sharp mind, a warm heart and outspoken wit.” (*Premasagar*) His blog can be found at www.dadaprana.com.

*Baba
Nam
Kevalam*

Expand Your Mind

Liberate Your Emotions

Meditation is a process of focusing on an Idea of spiritual significance (mantra) which dissolves mental boundaries and creates a devotional link between the finite and the Infinite.

Its Eastern roots are ancient but the practices are easily understood by anyone anywhere. It gives strength to the mind, an ever present joy and a purpose for living.

Meditation can be done by anyone, anywhere, at any time.

This pamphlet is produced by PROUTists who support Occupy Wall Street. Please visit our group on Facebook:
PROUTists Support Occupy Wall Street.

PROUT is an acronym for Progressive Utilization Theory, introduced in 1956 by Shrii Prabhat Ranjan Sarkar. PROUT is a holistic macroeconomic model “for the good and happiness of all.” “PROUT comprises a holistic set of dynamic principles that can be applied appropriately to make any region prosper, while at the same time preserving and enhancing the natural environment.”

*Dada Maheshvarananda in After Capitalism:
Prout's Vision for a New World*

Protesters’ Handbook for Meditation *by Dada Pranakrsnananda*



Guided Meditation

Close your eyes. Observe your body is breathing. You do not have to do anything to make it happen, just observe.

When you breathe in, your lungs get bigger and when you breathe out, your lungs become smaller. As you observe the breathing, the breathing will gradually become slower as you proceed through this exercise.

Focus your mind on your right leg. Imagine your right leg getting bigger as you breathe in and smaller when you breathe out. There is no need to hurry, just breathe a few times imagining that your right leg is getting bigger and smaller.

Now imagine your left leg. As you breathe in the left leg gets bigger and as you breathe out the left leg gets smaller. As you breathe imagining each part of your body, you will feel that that part of your body is very relaxed and perhaps you will mentally forget about it for the moment.

Image your abdominal area and breathe in and out with the same feeling. Again do this in a very relaxed way and observe the breathing as you mentally try to sense or see that body part.

Now focus on your lungs and chest. The lungs and chest get bigger and smaller with every breath.

Now imagine that your head is getting bigger and smaller with each breath. Always remember that you are the observer. The body part is breathing and you are watching it.

Concentrate your mind in the center of the brain. Imagine a point at the center of your brain and feel as though that point is breathing. Keep your mind concentrated here throughout the meditation exercise.

Now repeat the mantra: Baba Nam Kevalam. Baba means the LOVE that is at the nucleus of everything. Nam means name. Kevalam means only. All my energies are focused on ONE LOVE which is your nucleus.

Go on repeating Baba Nam Kevalam for as long as you like.