

# What is Swaman Abhyas & How to Practice it?

## \* Detailed Answer & Guidance (Hindi + English)

"Swamaan" or "self-empowerment" is exactly what the word suggests.

Swa-maan arthat swayam (**atma**) ka satya maan (**swaroop ka gyan**)

**Swamaan arthat** - swayam (**aatma**) ke satya swaroop ko **jaanna** (knowing) aur "**anubhav**" (experience) karna...

**English:** Swamaan means to recognise the true **self** as a divine point of light 'soul' and hence to reaffirm our **innate virtues and powers**... thereby emerging them to be used in our daily life...

**Swamaan arthat** - swa (**atma**) ko sharir ke bhaan (body consciousness) se nyara (detach) karna, aur swayam ko aatma (**soul**) nischay karna.

**English:** Swaman also means to detach ourselves from the consciousness of this physical **body**, and to remind ourself of **our original nature**, our original virtues & powers... thereby to **HEAL** and **empower** the self.

➔ When we "recognise" our true "self" as a detached entity, an eternal soul... a **peaceful, pure, loveful and powerful being of light**, we can easily overcome all problems and challenges in life (using the inner powers we emerge with a constant practise of affirmations)

➔ Regular and faithful practise of "**swamaan abhyas**" has helped thousands of people to overcome all kinds of problems, and attain a higher spiritual experience.... **Before you continue**, it is important to learn the [7 innate virtues](#) and the [8 powers of soul](#).

We have many **examples** in which **affirmations** (Swamaan Abhyas) has helped to recover from an illness, mind related problem/s and rising one's self-confidence (to achieve success in interviews, job and life in general)

## ★ Method ★

**Morning:** Wake up in **early morning**... get up... go wash your face... have a 2 mins walk around your room. Then come back and practice the following Swamaan for **10 to 15 minutes** with a complete **focus** of mind.

**Before Sleep:** We also recommend to practise below mentioned affirmations/swamaan for **10 minutes** before sleeping:

(guided commentaries are given on **Page 3**)

- I am a Peaceful Soul ( में शांत स्वरूप आत्मा हूँ )
- I am a Pure Soul ( में परम पवित्र आत्मा हूँ )
- I am a Powerful Soul ( में मास्टर सर्वशक्तित्वान हूँ )
- I am a Great Soul ( में एक महान आत्मा हूँ )
- I am the creator of my life ( में अपने जीवन का रचइता हूँ )
- I am a child of God, the Supreme Soul ( में आत्मा, परमात्मा की संतान हु )
- My body is healthy and pure ( मेरा शरीर तंदुरस्त और पवित्र है )
- Success is my birth right.. ( सफलता मेरा जन्म-सिद्ध अधिकार है..)

(select any affirmations/स्वमान of your own choice to practice daily)

↑ Repeat above said affirmations in your mind (in your first language)

**NOTE:** This is not to speak out loud, but to "**experience**" the meaning of each affirmation/swaman... To 'experience' the **peace, power, love** within..

**TIP:** Write any of the said affirmations in a notebook everyday. This is a very good practise to begin... writing will help you keep the affirmations (Swaman) in your mind and will help you **remember**...

## **Guided Commentaries** (with animation for visual help)

**in Hindi -**

<https://www.youtube.com/playlist?list=PLVTJYOj3fHtHjdxqZhniGRCjWUv6MIRMY>

**in English -**

[https://www.youtube.com/playlist?list=PLVTJYOj3fHtEe4C2MOHQT\\_tMLu0AuPJot](https://www.youtube.com/playlist?list=PLVTJYOj3fHtEe4C2MOHQT_tMLu0AuPJot)

Practice this with a focused mind for a few good days... you will soon observe a rise in "**inner/soul powers** " which would indirectly help you in many ways...

**Advise:** We firmly recommend you to **learn RajYog meditation** and practise it along with Swaman Abhyas (affirmations)... I have seen that if you practise both at once, there is greater benefits... Many souls have been benefitted by this.

## **Learn RajYoga through our official Guide:** (method, aim & purpose)

In **English** : <https://www.shivbabas.org/rajyoga-meditation>

In **Hindi** : <https://www.shivbabas.org/rajyoga-meditation-hindi>

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