

Research Paper

Exploring the Holistic Benefits of Amrit Varsha Dhyana Given by Pandit Shriram Sharma Acharya

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ABSTRACT

The pursuit of sound health encompasses various dimensions, including the physical, mental, social, and spiritual aspects of an individual's well-being. In this regard, ancient Indian practices such as yoga have long been recognized for their personalized approach to promoting overall wellness. One such Yogic technique that has gained significant attention is Dhyana, or meditation, which has been extensively documented in scriptures and modern research for its efficacy in enhancing holistic health. Existing literature suggests that Yoga and its associated practices, such as Dhyana, can indeed have a profound impact on an individual's physical, mental, and emotional health. The physical exercises or postures may enhance flexibility, coordination, and strength, while the breathing techniques and meditation practices can effectively calm the mind, cultivate greater awareness, and reduce anxiety. The present paper examines the Amrit Varsha Dhyana, a specific Dhyana technique introduced by Pandit Shriram Sharma Acharya, and its potential impact on the Brahma Chakra, or the Causal body. Amrit Varsha Dhyana instructs the practitioner to envision the absorption of Amrit, or divine nectar, from various sources, leading to a state of profound bliss. This practice is believed to transform the individual's consciousness, resulting in the upliftment and constructive transformation of emotions, thoughts, and actions, ultimately contributing to overall well-being.

Keywords: *Amrit Varsha Dhyana, Causal Body, Heart Chakra, Overall Well-Being, Meditation*

Sound health encompasses multiple dimensions, including physical, mental, social, and spiritual well-being. While modern medical science and behavioral interventions aim to address these aspects individually or in various combinations, they achieve only partial success in enhancing overall well-being. Unfortunately, there isn't yet a modern approach that effectively provides comprehensive well-being across all these areas.

Ancient Indian practices like Yoga and Ayurveda offer personalized approaches that consider an individual's overall constitution, recommending various techniques for achieving holistic well-being. Among the Yogic methods used for this purpose are Asana,

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Pranayama, and Dhyana, among others [Alaka Mani et al., 2022; Varghese et al., 2018]. Dhyana, in particular, is a significant technique, with its effectiveness in promoting overall well-being well-documented both in ancient Scriptures and in modern research studies [Lavretsky et al., 2013; Davidson et al., 2003].

Amrit Varsha Dhyana [Brahmavarchas, 2012; Rishi Chintan, 2020], introduced by Pandit Shriram Sharma Acharya (Acharyashri), is a meditative technique believed to influence the Heart/Brahma Chakra (Causal Body - Karan Shareer). This practice guides the practitioner to visualize absorbing divine nectar (vital life force) being showered from various sources, such as the peaks of the Himalayas, the radiance of the Sun, and Goddess Gayatri, and to imagine a state of complete bliss. As the intensity of this visualization deepens, it is believed that the practitioner's overall personality is elevated to higher states of consciousness, such as the Brahma or divine state.

Acharyashri explains that achieving emotional upliftment through this practice will subsequently lead to the enhancement of mental and physical attributes as well [Brahmavarchas, 2012]. Therefore, this Dhyana is believed to promote overall well-being by positively transforming emotions, thoughts, and actions. In a research study, Vishwakarma (2010) examined the impact of a spiritual practices package, which included this Dhyana, on life satisfaction levels and found promising results.

The present study aims to offer a comprehensive philosophical explanation of this Dhyana and its various components, as well as to present the findings from recent research studies that underscore its role in promoting overall well-being.

METHODOLOGY

Dhyana is deeply embedded in the principles of Vedic philosophy, which emphasize the unity of body, mind, and spirit. Pandit Shriram Sharma Acharya, the All World Gayatri Pariwar founder, envisioned Amrit Varsha Dhyana as a means to awaken latent spiritual energies and harmonize the individual's overall well-being. The practice involves visualization techniques, mantra chanting, and a deep focus on the body's energy centers.

Procedure of Amrit Varsha Dhyana (it's in Hindi and also Translated into English) [Brahmavarchas (2012); Batham & Singh, 2022]

आरंभ -

सावधान, शांत चित्त, स्थिर शरीर, हाथ गोदी में, आँखें बंद, ध्यानमुद्रा, भावसमाधि ।

- गंगा की गोद, हिमालय की छाया।
- प्रज्ञातीर्थ का दिव्य वातावरण।
- प्राणऊर्जा का प्रखर संरक्षण।
- हिमालय का सर्वोच्च शिखर, हिमाच्छादित, अध्यात्म का ध्रुवकेंद्र ।
- उफान-तूफान, दूध के झाग जैसा श्वेत, मेघमाला जैसा, मेघमाला अमृतधारा।
- लहरें - साधक तक, हिमालय से साधक तक।
- प्रवेश - हृदयचक्र में- ब्रह्मचक्र में- कारणशरीर में।
- अमृतवर्षा- अनंत अंतरिक्ष से, घनघोर अमृतवर्षा, घटाटोप अमृतवर्षा ।
- शीतल, सुरभित - सरस अमृतवर्षा ।
- त्रिपदा की स्नेहवर्षा - सविता की स्नेहवर्षा, स्नेहवर्षा, शक्तिवर्षा, अमृतवर्षा ।
- अमृत - स्नेह - सौजन्य ।

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- साधक रसविभोर, आनंद से सराबोर ।
- नस-नस में अमृत, कण-कण में अमृत, रोम-रोम में अमृत ।
- अमृत - समर्पण, एकत्व, अद्वैत, विलय, विसर्जन - भक्त का भगवान में विलय, विसर्जन, एकत्व, अमरत्व ।
- पयपान, सोमपान, अमृतपान ।
- पयपान - संतोष, सोमपान - उल्लास, अमृतपान - आनंद ।
- रसविभोर, आनंद से सराबोर, साधक की अंतरात्मा- अमृतपान से ।
- परिवर्तन - साधक का - अमृतवर्षा से ।
- परिवर्तन - कायाकल्प ।
- परिवर्तन - क्षुद्रता का महानता में।
- परिवर्तन - कामना का भावना में।
- परिवर्तन - नर का नारायण में।
- परिवर्तन - आत्मदर्शन-ब्रह्मदर्शन ।
- उपलब्धि- अमृतवर्षा की, तृप्ति-तुष्टि-शांति ।
- पुलकित -प्रमुदित-उल्लसित अंतरात्मा साधक की, अमृतवर्षा ।
- साधक रसविभोर - आनंद से सराबोर ।
- पाञ्चजन्य उद्बोधन, पाँच बार ॐकार ॥
- तीन शरीर की तीन प्रार्थना।

असतो मा सद्गमय, तमसो मा ज्योतिर्गमय । मृत्योर्माऽमृतं गमय, तमसो मा ज्योतिर्गमय ॥

ॐ शांति ! शांति !! शांति !!!

Dhyan Starts:

- Attention! Calm Chitta (mind), stable body, spine straight, both hands in the lap, eyes closed, dhyana mudra, Bhaav Samadhi
- Lap of Ganga
- A divine environment of (Pragya teerth), protection of Prana energy
- Peak of Himalayas - Covered in snow - Center of spirituality
- Cyclone, White as milk, like clouds - the flow of divine nectar (Amrit)
- Waves, towards Sadhak (spiritual practitioner), from the Himalayas to the Sadhak
- Entry – in Heart Chakra, Brahma Chakra - into Causal Body
- Raining Amrit - from the universe, continuous rain of Amrit
- Soothing, soft, - Amrit Varsha (rain)
- Rain of love from Gayatri and Sun, rain of divine energy
- Amrit - love
- Practitioner in complete bliss
- Every cell is filled with Amrit (divine nectar)
- Devotion, unification, submergence, fusion of devotee into God, immortality
- Paya Paan – Satisfaction, Soma Paan – joy, Amrit Paan – bliss
- The soul of the practitioner is filled with Amrit
- Transformation of practitioner – by the rain of Amrit
- Transformation – Kayakalp (complete transformation)
- Transformation – Lowest to greatest
- Transformation – Wishes to have righteous emotions
- Transformation – Nara to Narayana (man to God)
- Transformation – Self to Brahma
- Achievement – of rain of Amrit, satisfaction, peace

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- Soul of practitioner – in complete joy and bliss
- Practitioner in complete bliss

Chant Om five times

Three prayers for the three bodies (physical, subtle, causal):

Om asato ma sadgamaya

Tamaso ma jyotirgamaya

Mrityorma amritamgamaya

Om Shanti! Shanti! Shanti!

Philosophical Description of Amrit Varsha Dhyana and Its Various Components

Philosophical Foundation of Amrit Varsha Dhyana

Amrit Varsha Dhyana, introduced by Pandit Shriram Sharma Acharya (Acharyashri) [Brahmavarchas, 2012], is a meditative practice centered on the concept of surrender, symbolized by the Amrit Varsha, or the "rain of divine nectar" [Apaurusheya Veda, 2020]. Acharyashri describes this Dhyana as focused on the Causal Body, the source of our emotions, feelings, faith, and conviction, making it a practice aimed at awakening our emotional sensitivity (bhava-samvedanayen) [Apaurusheya Veda, 2020]. A key aspect of this Dhyana is that it facilitates self-discovery, helping us understand ourselves better and fostering our emotional and spiritual growth [Apaurusheya Veda, 2020]. Acharyashri provides guidance through his instructions during this practice, serving as a form of dharana [Apaurusheya Veda, 2020].

Components of Amrit Varsha Dhyana: Philosophical Basis and Potential Impact on Mental and Emotional Upliftment

Amrit (Divine Nectar)

In spirituality, the attainment of Amrit, or divine nectar, is considered the ultimate goal of human life [Sharma, 2011]. This Amrit is not a physical substance or liquid, but rather a purely spiritual essence—a virtuous tendency—that, once achieved, enables a person to fulfill the righteous purpose of their life [Sharma, 2011]. In ancient Indian literature, this capability and attainment are described using various terms such as holistic well-being, heaven, liberation, and complete bliss [Sharma, 2011]. Therefore, Amrit represents the spiritual element that, when attained, brings the human soul to a state of eternal bliss and overall well-being.

Heart Chakra/Brahma Chakra

The Heart Chakra, also known as the Brahma Chakra, is often described as a place of deep silence, akin to a cave where yogis retreat to perform advanced spiritual practices and attain special spiritual powers [Sharma, 1977a]. In spiritual terms, the "heart" symbolizes divine emotions, and the Heart Chakra is the center where these divine emotions are manifested [Sharma, 1977a]. It is also considered the core of the inner self (antahkaran) and the soul (antaratma) [Sharma, 1977a]. By activating this center through practices like dhyana (meditation) and dharana (concentration), one's consciousness can be elevated to higher spiritual realms [Sharma, 1977a].

Causal Body

According to spiritual literature, a living being is composed of three bodies: the physical, the subtle, and the causal. To provide a basic understanding, the physical body is linked to

actions, the subtle body to thoughts, and the causal body to emotions. While most living beings focus primarily on activities and thought processes necessary for survival and reproduction [Sharma, 1987], humans have a slightly more advanced capacity. They can contemplate their own well-being (self-interests), seek recognition for their actions, and think on a broader scale [Sharma, 1987]. These pursuits are generally attributed to the physical and subtle bodies, with all observable activities being carried out through these layers [Sharma, 1987].

The more advanced state of the causal body involves divine emotions such as kindness, emotional sensitivity, selfless service, self-restraint, and courage [Sharma, 1987]. These noble emotions guide individuals away from merely accumulating comforts and resources for themselves, fostering instead feelings of compassion and a commitment to serving others selflessly [Sharma, 1987].

The causal body can be seen as the seat of bhakti (righteous devotion). When activated, it strongly motivates individuals towards selfless service [Sharma, 1987]. Those who manage to live with limited resources, reducing their greed, attachment, selfishness, and ego, have made significant progress in strengthening their causal body [Sharma, 1987].

The Causal Body, also known as the Divine Body [Sharma, 1987], is described in ancient Indian scriptures as the realm of the Supreme Consciousness (Parabrahma). This body embodies divine moral principles, heavenly feelings, spiritual pursuits, and achievements in both physical and subtle realms [Sharma, 1987]. It is the source of all righteous tendencies and feelings, and devotional practices (bhakti) are focused on refining this body [Sharma, 1987]. To attain the grandeur of the Supreme Consciousness (Paramatma), a devotee (bhakti sadhak) must elevate and expand their inner self (antahkaran), transforming selfishness into selfless service [Sharma, 1987]. Therefore, the refinement and upliftment of the Causal Body are crucial for achieving overall well-being.

Soma Paan

The Supreme Consciousness (Parameshwar) is symbolically described as rasa, or divine nectar [Sharma, 1977b]. This rasa is as pure and sacred as divine love, and is also known as bhakti rasa, representing the fulfillment achieved through righteous devotion [Sharma, 1977b]. Practically, this can be seen as an expansion of the self-concept, leading to the development of virtuous emotions such as kindness, emotional sensitivity, motherly compassion, and selfless service [Sharma, 1977b]. In spiritual texts, this rasa is referred to as 'Soma Rasa' [Sharma, 1977b], the divine nectar consumed by deities [Sharma, 1977b]. Experiencing this rasa within the inner self can contribute significantly to overall well-being.

MECHANISM OF ACTION

- **Mind-Body Connection:** The practice of Dhyana is designed to activate the parasympathetic nervous system, which helps reduce stress and promote relaxation. This meditative state can lead to a decrease in cortisol levels, thereby lowering blood pressure and improving overall physical health. [Sharma, 2004]
- **Energy Healing:** The meditation involves focusing on specific chakras, which are believed to be energy centers within the body. By channeling energy to these centers, the practice aims to balance and harmonize the body's energy flow, potentially leading to enhanced vitality and emotional stability. [Sharma, 2004]

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- **Emotional Cleansing:** Through deep meditation and visualization, Amrit Varsha Dhyana may help in processing and releasing suppressed emotions. This emotional purification can lead to greater mental clarity and resilience in the face of life's challenges. [Sharma, 2004]
- **Spiritual Awakening:** The ultimate goal of Dhyana is to facilitate a connection with the divine. By transcending the ego and immersing oneself in the meditative experience, practitioners may experience a heightened state of consciousness, leading to spiritual growth and enlightenment. [Sharma, 2004]

POTENTIAL BENEFITS

Physical Health

Regular practice of Amrit Varsha Dhyana can have a profound impact on physical health. By promoting relaxation and reducing stress, it may improve immune function, reduce the risk of chronic diseases such as hypertension, and enhance overall physical well-being. Studies have shown that meditation practices similar to Amrit Varsha Dhyana can lower cortisol levels and improve heart rate variability, both of which are indicators of better physical health [Brahmavarchas, 2012; Batham & Singh, 2022].

Mental Health

Amrit Varsha Dhyana has the potential to significantly enhance mental health. By fostering mindfulness and reducing anxiety, this meditation can improve cognitive function, emotional stability, and overall mental clarity. Research has indicated that regular meditation can lead to increased grey matter density in brain regions associated with memory, learning, and emotional regulation [Brahmavarchas, 2012; Batham & Singh, 2022].

Emotional Well-being

The emotional benefits of Amrit Varsha Dhyana are closely linked to its ability to cleanse and balance the energy centers in the body. By releasing negative emotions and fostering a state of inner peace, practitioners may experience greater emotional resilience and a more balanced emotional state. This can lead to improved relationships, better stress management, and an overall sense of well-being [Brahmavarchas, 2012; Batham & Singh, 2022].

Spiritual Development

For those on a spiritual path, Amrit Varsha Dhyana offers a profound tool for spiritual awakening. The practice encourages the practitioner to go beyond the limitations of the physical body and mind, connecting with a higher consciousness. This can lead to a sense of unity with the universe, a deeper understanding of one's purpose in life, and a lasting sense of peace and fulfillment [Brahmavarchas, 2012; Batham & Singh, 2022].

CONCLUSION AND DISCUSSION

This study reviews the philosophical foundation of Amrit Varsha Dhyana [Brahmavarchas, 2012], a practice introduced by Pandit Shriram Sharma Acharya (Acharyashri), and explores its potential benefits for overall well-being. This Dhyana is believed to affect the Heart/Brahma Chakra (Causal Body - Karan Shareer) [Brahmavarchas, 2012]. It guides practitioners to absorb divine nectar (vital life force) from various sources such as the Himalayan peaks, the radiance of the Sun, and Goddess Gayatri, and to envision a state of complete bliss [Brahmavarchas, 2012]. As this visualization intensifies, it is thought to elevate the overall personality to higher realms of consciousness, such as the divine state of Brahma [Brahmavarchas, 2012]. According to Acharyashri, achieving emotional upliftment

through this practice will also enhance mental and physical attributes [Brahmavarchas, 2012]. Consequently, this Dhyana is expected to foster overall well-being through the positive transformation of emotions, thoughts, and actions. Research by Vishwakarma (2010) supports this, showing that a package of spiritual practices, including this Dhyana, positively impacts life satisfaction. While further empirical research is needed to fully validate these benefits, the theoretical framework suggests that Amrit Varsha Dhyana appears to be a promising tool for enhancing overall well-being.

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Conflict of Interest

The author(s) declared no conflict of interest.

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