

DHYAAN (Meditation):

IMPORTANCE OF DHYAAN:

- ✿ **How:** *Look at dhyaan picture available from downloads/wallpapers section on bhujmandir.org, close eyes and visualise Maharaj's cheens,, OR simply decide on Your favourite murti. (Sit down in the right posture, breath in and out well, then close your eyes ready to start dhyaan by focusing your eye pupils on the tip of your nose, and concentrate well. This particular dhyaan for tils and cheens is known as the **saang dhyaan**.*
- ✿ **When:** *Morning pooja, during darshan, maansi pooja, walking, anytime AND anywhere!*
- ✿ **Why:** *To do dhyaan of Maharaj, learn the mahimaa (essence) of each cheen, helps you remember the leela behind them, gives inner peace,view the physical form of Maharaj as the cheens collectively cover all parts of Maharaj's body, this will get you closer to realising who Bhagwan is and what He looks like. In addition to the above, it is good health wise too!*

TILS

DHYAAN MURTI:



TILS (MOLES):

FEET TO WAIST:

- ✿ 1 til on the outer side of the right big toe
- ✿ 1 til on the second toe, the side facing the right big toe
- ✿ 1 til on the outer side of the last toe of the right leg, near the nail
- ✿ 1 til on the fibula 5 inches up from the ankle of the right leg
- ✿ 1 til (big one) on the fibula of the left leg
- ✿ 1 til (small one) 5 inches above the ankle of the left leg

WAIST TO SHOULDERS:

✿ **2 tils on the sides of the navel:**

- The til on the right is quite on the lining of the navel and the other til on the left is at a little distance from the navel.

✿ **4 tils are 2 inches above the navel:**

- 2 of them are on the skin on the vertical columns and one is in the middle, and the 1 til 2 inches above the middle one.

✿ **4 tils (big ones) are on the left side above the hip and below the armpit, in a vertical chain form.**

✿ **4 tils (small ones) are near the same big 4 tils in another vertical chain.**

✿ **3 tils are on the internal portion of the left arm forming a vertical chain.**

✿ **1 til (big one) on the right hip**

✿ **1 til (small one) near the big one on the same right hip**

✿ **1 til (big one) slightly on the left side of the chest (nearby the half moon cheen)**

✿ **1 til is on the left side of the til mentioned above at the distance of an inch**

✿ **1 til is further on the left side of the left chest at a distance of 2 inches**

✿ **4 tils are on the internal portion of the right arm forming a vertical chain.**

✿ **4 tils (small ones) are besides the branded mark above the elbows on the right arm**

✿ **2 tils are below the right elbow and above the wrist.**

✿ **1 til (small one) is at a distance of quarter of the inch and above the root of the last finger**

✿ **1 til is on the upper part of the left hand, 2 inches below the left elbow**

✿ **1 til is in between the index finger and the middle finger**

✿ **1 til (small one) is on the internal side of the nail of the index finger**

✿ **1 til is on the wrist of the left hand**

SHOULDERS TO HEAD TO BACK:

- ❖ 1 til on the cavity of the neck
- ❖ 1 til (small one) next to the one on the cavity of the neck
- ❖ 1 til (small one) is right below the chin
- ❖ 1 til (big one) with hair on the back, at the distance of 2 inches below the shoulder of the left hand
- ❖ 2 tils are below the above big latter til mentioned above that is with descending little distance between them
- ❖ 1 til is on the left side of the spinal cord slightly lower than the back left shoulder
- ❖ 1 til is on the right side of the spinal cord
- ❖ 4 tils exists 2 inches below the neck in the centre of back towards right hand side of the spinal cord
- ❖ 1 til (big one) is on the right side of the nose
- ❖ 1 til (small one) is little above the one on the right side of the nose but below the eye corner.
- ❖ 1 til (small one) is on the lobe of the right ear
- ❖ 2 til that is a little in front of the tuft of hair (shikhaa) on the head
- ❖ 3 tils are behind on the right side of the tuft of hair
- ❖ Apart from all these, there are some very minute tils on Him.

SUMMARY OF TILS & CHEENS:

Now, first we describe the marks on the person of Shri Sahajanand Swami Maharaj. On the pads of lotus like feet of Shriji Maharaj, there are straight lines going vertically. How are these?

Each this line has started from between the big toe and the next toe on the both the sides of toes, and on both the sides of the heels. At the base of the big toe of the right leg there is a mark of a barley seed matching the straight line.

On the pad of the right foot, on both the sides of the straight line there are marks of a lotus, a goad, a flag, an octagon, an adamant, a swastik and a Jambu fruit. And in the nail of the big toe of the right leg there is a mark of a vertical red line and on outer side of that big toe there is a mole.

On the side facing the big toe there is a mole on the finger. And on the outer side of the last toe of the right leg, there is one mole near the nail.

On the left side of the vertical line on the pad of left leg, there are two black signs near each other and at the base of the toe joint there is a mark of space. And on the pad of left leg and on both the sides of vertical line there are auspicious marks of the bow, the divine pitcher, a fish, a triangle, a footprint of a cow and half-moon.

The pads of the legs are pink, the nails of the big toes of both the legs as well as the toes are thin, fine and tender marks of hair on the big toes of both the legs and toes. And on the big toes of both the legs and the toes, there are scratches of wooden footwear. On the outer ankles of both legs and the lower part there are the marks of the scratches of the Asana. And on the fibula five inches up from the ankle of the right leg there is a small mole and on the outer side of the thigh of that leg there is a large sign. And there is a big mole on the fibula, five inches above the ankle of the left leg, and just above it there is a small mole.

On the external side of the knee of that leg there is a mark. And on both the sides of hips there are dark signs caused by wearing Dhoti. The belly which is ever cool, adorns three fold linings.

The navel is deep and round. There are two moles on the sides of the navel. The mole on the right is quite on the lining of the navel and the mole on the left is at a little distance from the navel.

There is a big mole on right hip and a small mole, near the big one. Two inches above the navel there are three moles two of them are on the skin on the vertical columns and one is in the middle, there is a mole two inches above the middle one. On the left side above the hip and below the arm-pit there exists a vertical row of four big moles, and near it but on the outer side there is another vertical row of four small moles.

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On his heart there is a mark of "Shri Vatsa" formed by hair. In the middle of chest there is a large and reddish mark, in the shape of half moon. On the right it is little bulged and has on its centre but little on left side there is a large mole. And on the left side of that mole and at the distance of an inch there is one mole and still farther left, there is a mole on the left chest. At a distance, of two inches, over the two breasts there are two branded marks.

On the internal portion of the right arm there are four moles forming a vertical row. Three inches below the root of the right there is a branded mark. Beside that branded mark, there are four small moles. Below the right elbow and above the wrist there are two moles. There is a small mole, at a distance of quarter of an inch and above the root of the last finger. There is a branded sign three inches below the root of the left arm. There is a mole on the upper part of the Left hand, two inches below the left elbow. There is a mole between the index finger and the middle finger. There is a small mole on the internal side of the nail of the index finger. There is a mole on the wrist of the left hand.

The nails of both the hands are reddish, bulging and bright. The front parts of the nails are very sharp. The palms of both the hands are reddish. The lines on the palms are slightly dark.

About eight inches up from the palm base, there are two branded marks. Both the elbows are dark and there is a mole in the cavity of neck. And near that mole, there is another small mole. There are fine wrinkles on the upper and lower eyelids of both the eyes. There is a small mole right below the chin.

And there is a big mole with hair on the back, at the distance of two inches below the shoulder of left hand. There are two moles below that big one and with descending little distance between them. There is one mole on right side of spinal cord, Two inches below neck and four such moles exist in the centre of back towards right hand side of spinal cord.

Near right side of nose there is one big mole and little above it but below the eye corner there is one of smaller size. There are light marks of small pox on the nose. And there are finer wrinkles on upper and lower eyelids of both the eyes.

Inside the mouth on the right side there is a black mark on the first molar tooth. The tongue is as reddish as a lotus and has a black dot on it.

There is a black dot inside the left ear. The forehead is broad and prominent and has two lines in the shape of a "Tilak". On the right side of the forehead there is a mark below the hair. There is a small mole on the lobe of the right ear. There is a large mole on the palate.

There is a mole a little, in front of the tuft of hair (shikha) on the head while behind on the side of the tuft of hair there are three moles.

Apart from all these, there are some very minute moles on his parson.

Source: Vachnamrut Parthaaro