

## Neti, neti, neti Meditation Practice Technique

The thoughts in the mind rise and fall. They are so strong and present that often the mind links to the thought that is rising and thinks “I am that.”

A thought of happiness arises. The mind thinks I am happy.

A thought of discontent arises. The mind thinks I am discontent.

You are none of those things.

You are not your thoughts.

You are not the thoughts thinking the thoughts.

You are not thought.

We have a wonderful technique in Kriya Yoga called the Neti, Neti, Neti technique. Neti is a Sanskrit word meaning not this/not that.

The practice of Neti, neti, neti leads to freedom from the confinement of the thoughts that rise in your mind.

### How to Practice:

Sit quietly and close your eyes.

Focus your attention at the Ajna Chakra, the Sun-Center, the Mind’s eye.

Be aware as a thought arises in your mind.

As you become aware of the thought, silently repeat: Neti, neti, neti.

Referring to the thoughts that arise in the mind:

The first Neti means: I am not this thought.

The second Neti means: I am not the thought thinking this thought.

The third Neti means: I am not thought.



Continue watching the thoughts that rise in the mind. Silently repeat Neti, neti, neti as each thought arises.

In time, the mind will become still without effort.

Rest in the stillness of the after effect of the practice.

The Neti neti neti practice may be done at anytime of day or night. It may be done in any place. Use wisdom when performing the technique. It is meant to be done when the mind may be focused on one thing, the thoughts which arise in the mind. It is not meant to be performed when you are engaged in other activities.

Aum Shanti, shanti, shanti

May your life become filled with the beauty and stillness of your inner mind.

May infinite peace flow into your life in the ever present eternal now.

Prepared by Swami Pranananda, Mahaswami in the living Kriya Yoga lineage of  
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