



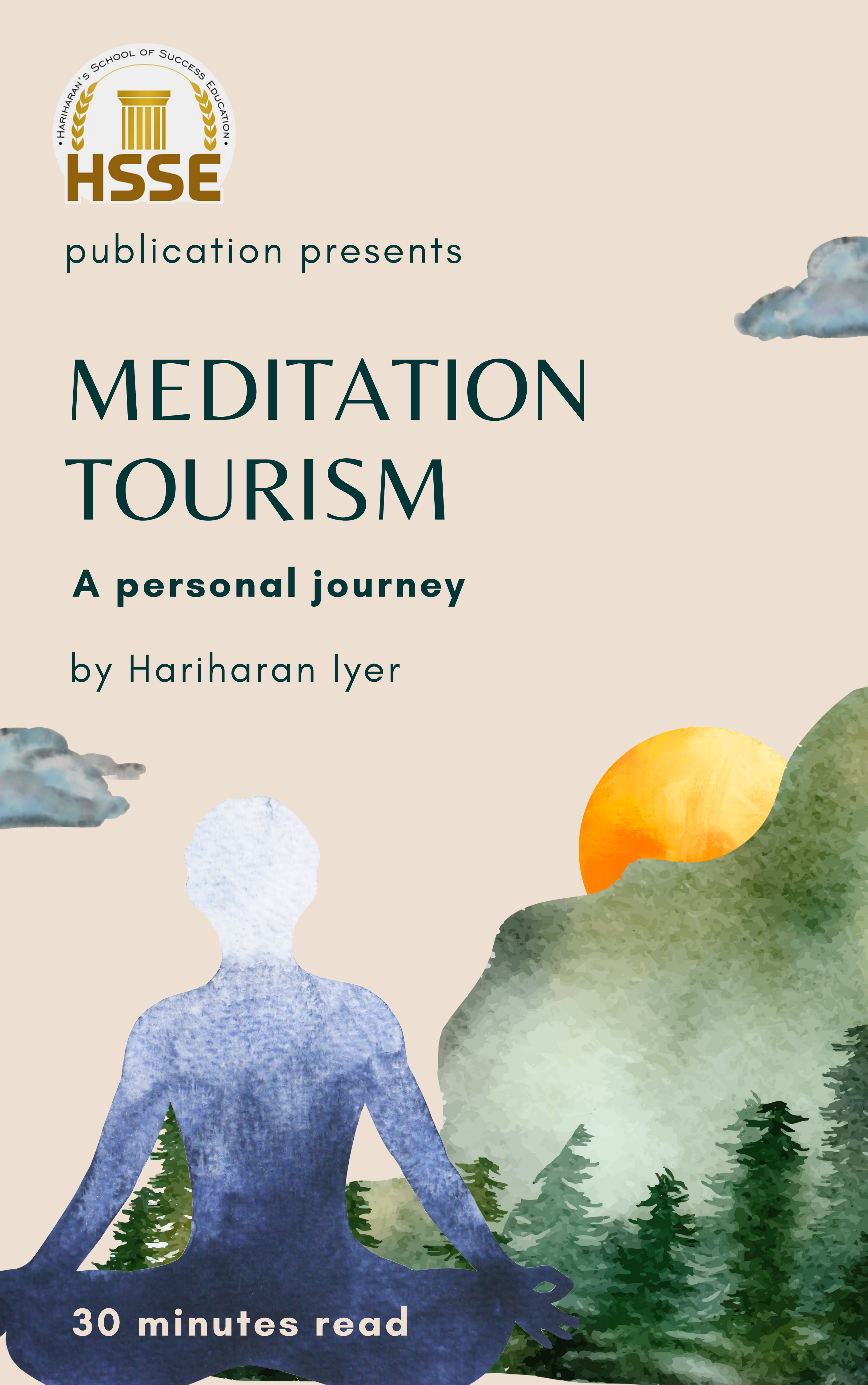
publication presents

# MEDITATION TOURISM

**A personal journey**

by Hariharan Iyer

**30 minutes read**



# MEDITATION TOURISM - A PERSONAL JOURNEY

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## DEDICATED TO

My Guru Dada Nakhate, whom we lovingly addressed as Dadaji.

I dedicate the contents of this book at his divine Lotus Feet.





## ABOUT THE AUTHOR

Hariharan Iyer is an accomplished internationally acclaimed Speaker, Trainer, Writer and Entrepreneur. He holds a registered trademark for the moniker The Enter-Trainer®.

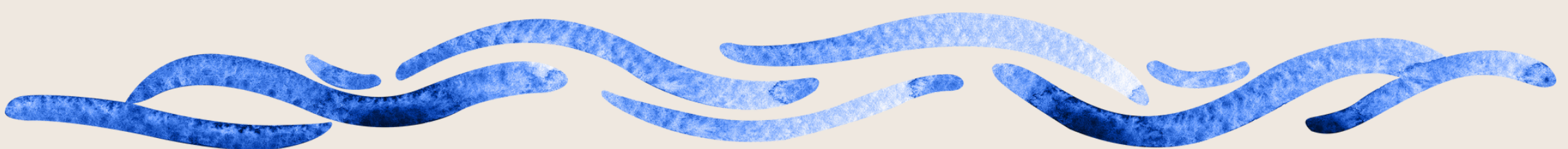
He is The Founder-Creator and Chief Mentor of Hariharan's School Of Success Education (HSSE), which he established in 2009.

Hariharan has authored nine books so far. This is his tenth and second Free E Book.

To know more about his work and the other books he has written, please visit the website [www.thehsse.com](http://www.thehsse.com).

Also check out his blogs on LinkedIn (Hariharan Iyer - The Enter-Trainer) and [bolharrybol.blogspot.com](http://bolharrybol.blogspot.com).

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# CONTENTS

1. Introduction

2. At My Guru's Lotus Feet

3. Raghavendra Swami Temples

4. Ramana Maharishi Ashram, Thiruvannamalai

5. Ramana Mandiram, Madurai, TamilNad

6. Swami Samarth Temple, Mumbai

7. Bangla Sahib Gurudwara, New Delhi

8. Golden Temple, Amritsar

ANNEXURE

Inspirational Spiritual Books

# I. INTRODUCTION

Welcome to *Meditation Tourism: A Personal Journey*. With this, I am delighted to launch The HSSE Publications Vertical, where we will bring to you series of crisp e books on topics that will enrich your learning.

This book pictorially captures the places that have been great places of medication for me. Meditation has been an almost daily habit for me for over three decades now, since the time I was initiated into the path by my Guruji Dadaji in Pune in the late 1980s.

Meditation is not just a process, but an experience. Over a period of time, it provides you with a series of experiences and incredible inner reflections.

The habit of meditation has helped me navigate through life with its various ups and downs and provided me with a unique connection to God. I am incredibly grateful that a spiritual orientation and, more importantly grace, has enabled me to read books by great Masters and inspired me to seek out powerful and divine places for meditation. This book is about the places that I recommend for meditation.

The book that set me up and continues to be a great companion decades later too is *Autobiography Of A Yogi* by Paramahansa Yogananda. I carry the book with me whenever I travel.

Books by the great masters enable you to appreciate the spiritual nuances and go deeper within. Reading such books itself is an exercise in meditation.

In the Annexure, I have recommended spiritual books that have had a great impact on me and my life.

I feel extremely fortunate that I was born in India, which is full of divine spiritual energy and has such a rich tradition and culture of spirituality.

I hope you find this little e book useful and somewhere enables your own spiritual development.

## II. AT MY GURU'S LOTUS FEET

My Guru Dadaji was already quite old when he initiated me into meditation. But in the years I could visit him in Pune, I had the unique opportunity to seek his blessings and sit for meditation in his home.

Memories of burying my head in his feet to seek his blessings before sitting for meditation still fill me with that divine energy.

I remember him vividly even now. Few years back I visited his home to simply meditate in the room where he used to host his devotees. Whenever I feel like taking better control of my meditative energy, or just want to remember him, I simply focus my mind on him, or look at his picture.

Meditating in the physical presence of my Guru will forever remain the most blessed and cherished moments for me.



### III. RAGHAVENDRA SWAMI TEMPLES

In the early stages of my meditation journey I used to frequent the Raghavendra Swami temple in Mulund in Mumbai, where I grew up. There I used to experience great energy and healing power. When in the company of saints, meditation simply happens, you don't need to 'do' it.

Any temple of this great saint is imbued with his great presence. You may want to visit the nearest Raghavendra Swami temple and meditate for a while there.



Mulund





## IV. RAMANA MAHARISHI ASHRAM, THIRUVANNAMALAI, TAMIL NADU

This is my all time favourite place to visit and sit for meditation. Ever since I read Paul Brunton's book 'A Search In Secret India' in which he shares how he met his Guru, I was drawn to the Ashram in Arunachala, which has a famous Shiva temple too. The town provides an ethereal feeling, and meditating in the Ashram's grand hall where the great saint used to sit and receive devotees is an experience to behold.



Thiruvannamalai

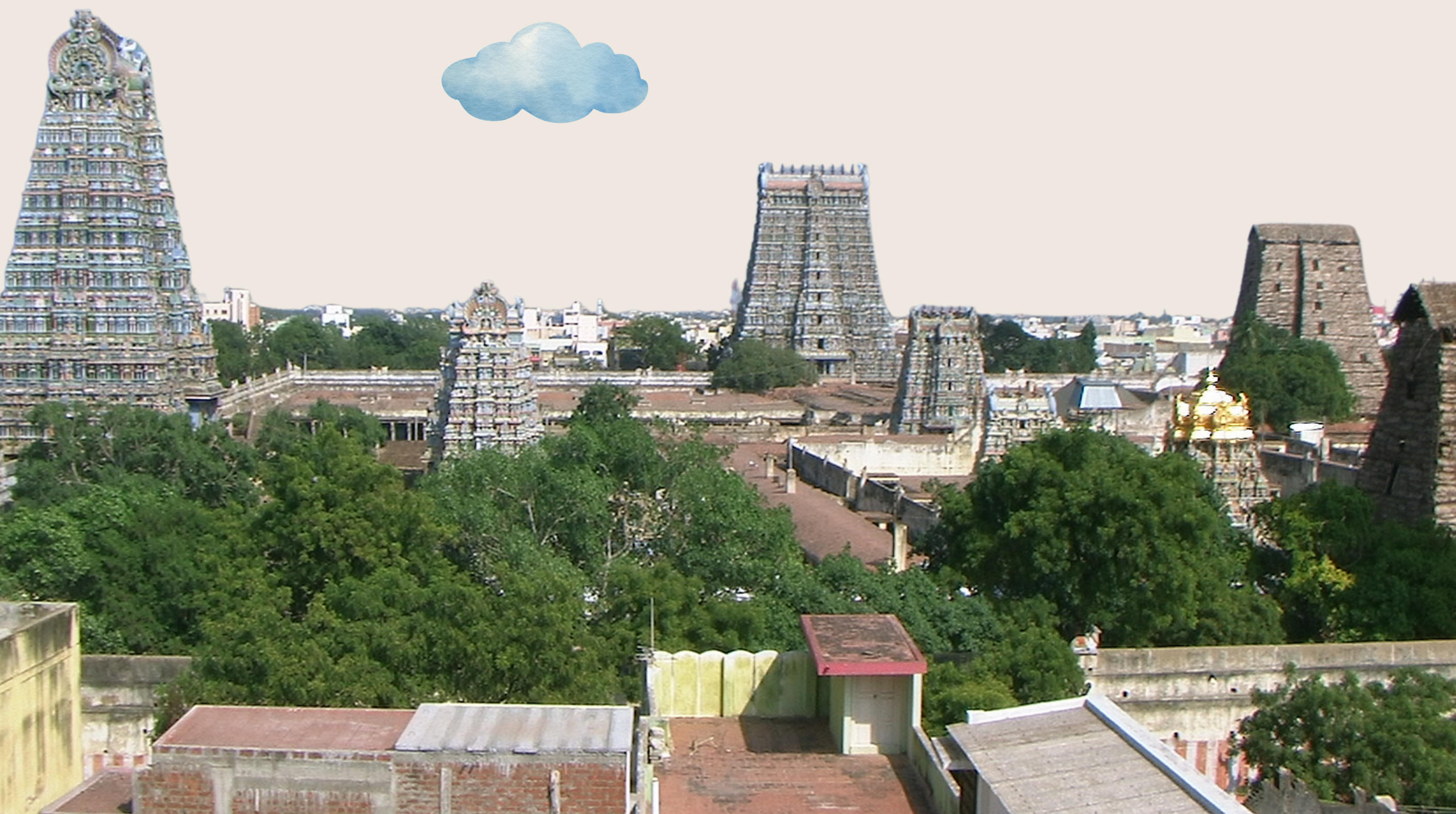
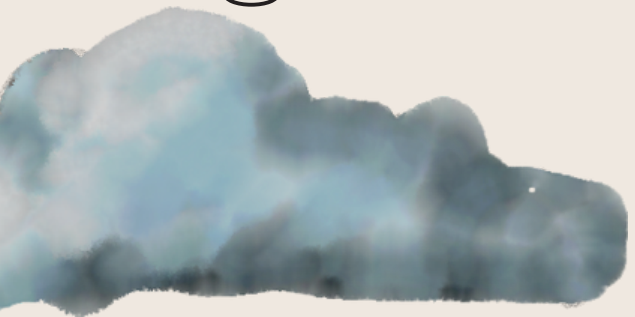


# V. RAMANA MANDIRAM

## MADURAI, TAMIL NADU

Ramana Maharishi's self realisation experience is a fascinating account. He attained enlightenment at this place in Madurai, which is near the iconic Meenakshi temple. You can meditate there. It is indeed a blessing to visit this place and meditate there.

 Madurai



## VI. SWAMI SAMARTH TEMPLE, MUMBAI

Ever since I visited the Swami Samarth temple in Chembur, Mumbai for the first time, I have been pulled towards it time and again. Every time I feel a bit low or want to experience deeper meditation, I seek out this place to meditate. In the temple you can feel the strong presence of this great saint and the effect of the vibrations stay much beyond.



## VII. BANGLA SAHIB GURUDWARA, NEW DELHI

Whenever I am in Delhi, one of my favourite cities, I try and visit the iconic Bangla Sahib Gurudwara along with my friend, philosopher and guide Mahesh ji. Gurudwaras are my favourite spiritual places. I am extremely fascinated by how they function and the bhakti of the people who do seva. Gurudwaras are not just spiritual places, but also an inspiration for right living.



## VIII. GOLDEN TEMPLE, AMRITSAR

If there is one place on Earth which is divinity personified amidst the chaos of mundane existence, it is the Golden Temple in Amritsar. An iconic Gurudwara in an iconic city in the Punjab, the Golden Temple is an awe-inspiring place to visit and meditate. The langar prasad here is a must-have, and it is quite miraculous the humungous number of mouths it feeds everyday.



Amritsar



# ANNEXURE

## INSPIRATIONAL SPIRITUAL BOOKS

1. Autobiography Of A Yogi - By Paramahansa Yogananda
2. Living With The Himalayan Masters - By Swami Rama
3. A Search In Secret India - By Paul Brunton
4. Vivekananda: A Biography by Swami Nikhilananda
5. Krishna - By Srila Prabhupada
6. Srimad Bhagavatam - By Kamala Subramaniam

