

Module 1: Foundation of Concentration (Dhāraṇā)

Lesson 1.1 – What is Dhāraṇā?

- Meaning: Fixing awareness on a single point.
- Scientific parallel: Neuroplasticity & attentional control (prefrontal cortex strengthening).
- Energy perspective: Just like sunlight focused through a lens can burn paper, mental energy concentrated can transform personality.

Lesson 1.2 – Challenges of Dhāraṇā

- Wandering thoughts (default mode network).
- Lack of willpower and boredom.
- Emotional distractions.

Exercise 1:

- Take a candle flame (trāṭaka). Watch for 2 min → close eyes → visualize the flame.
 - Journal what distracted you.
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Module 2: Energy, Willpower & Motivation

Lesson 2.1 – Role of Energy in Focus

- Brain consumes ~20% of body's energy (mainly glucose + oxygen).
- More energy = longer concentration span.
- Connection between breath, energy, and attention.

Lesson 2.2 – Enhancing Energy for Dharana

- Breathwork (slow nasal breathing to raise oxygen efficiency).
- Micro-movement breaks for circulation.
- Diet: Light sattvic meals for mental clarity.

Lesson 2.3 – Willpower & Sankalpa (Resolution)

- Willpower is like a muscle—gets stronger with use.
- Neurological basis: Dopamine = motivation fuel.
- Spiritual basis: Sankalpa = higher alignment of desire + action.

Exercise 2:

- Write one **Sankalpa** (clear statement): e.g., *“For the next 7 days, I will practice Dharana on my breath for 10 minutes daily.”*

- Practice daily and track how energy rises/falls.
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Module 3: Scientific Understanding of Dharana

Lesson 3.1 – Dharana in Daily Life

- Student preparing for exams.
- Doctor training for surgery.
- Artist painting.
Dharana = mental rehearsal + focused attention.

Lesson 3.2 – Tools of Dharana

- Breath (prana regulation).
- Sound (mantra entrains brain waves).
- Image/form (neural imprint strengthens with repetition).
- Abstract ideas (virtues, mathematical theorems).

Exercise 3:

- Choose one object (breath, mantra, deity image, or your professional goal like “being a doctor”).
 - Visualize yourself holding focus for 5 minutes.
 - Expand gradually.
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Module 4: Transition to Dhyāna (Meditation)

Lesson 4.1 – What is Dhyāna?

- Continuous, effortless flow of awareness on one object.
- Brain state: Alpha–Theta coherence (calm + creative).

Lesson 4.2 – Scientific Parallel

- Neurofeedback studies: meditation reduces “noise” in brain signals.
- Mirror neurons: empathy & unity experience.
- Default mode network quiets → feeling of timelessness.

Exercise 4:

- After Dharana (focus on breath), continue for 10 minutes without forcing.
 - Notice if the flow becomes automatic.
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Module 5: Samādhi – Unity Experience

Lesson 5.1 – What is Samadhi?

- No separation between subject and object.
- Neuroscience: sense of self (parietal lobe activity) dissolves.
- Energy science: Oscillation of mind merges into one field (like quantum coherence).

Lesson 5.2 – Union of Energy

- At Dharana: energy flows in one channel.
- At Dhyana: energy circulates smoothly.
- At Samadhi: energy field merges with universal field.

Exercise 5:

- Guided practice: Sit after meditation → silently observe.
- Don't "do" anything, just be.
- Record subtle experiences (lightness, expansion, silence).

Module 6: Overcoming Obstacles

Lesson 6.1 – When Mind Refuses to Focus

- Strategy 1: Temptation technique → Reward the mind (e.g., *"5 minutes focus = treat afterwards"*).
- Strategy 2: Gamification → Turn Dharana into challenge.
- Strategy 3: Emotion anchoring → connect goal to strong feeling (e.g., why you want to be a doctor).

Lesson 6.2 – Breaking Mental Resistance

- Use "5-minute start rule."
- Visualization: Imagine resistance as a cloud dissolving in light.

Exercise 6:

- Create your own "Focus Ritual." Example: light a candle, breathe deeply, affirm Sankalpa, start Dharana.

Module 7: Building a Unique & Powerful Method

Lesson 7.1 – Personal Dharana Formula

Combine:

1. Breath (energy regulation).
2. Mantra (neural rhythm).

3. Visualization (goal).
4. Emotion (motivation fuel).

Lesson 7.2 – Long-Term Integration

- Morning: Dharana on breath.
- Afternoon: Dharana on professional/life goal.
- Evening: Dharana on mantra or deity.

Exercise 7:

- Design your own **7-day Dharana Plan** mixing above techniques.
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Final Integration: Living Dharana, Dhyana & Samadhi

- Dharana builds mental muscles.
- Dhyana refines flow and calmness.
- Samadhi expands consciousness to unity.
- Together, they upgrade energy, focus, and life purpose.

Final Practice:

- 20 min daily routine →
 - 5 min Dharana
 - 10 min Dhyana
 - 5 min Silent Awareness (Samadhi glimpse)
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By following this course, one learns not only spiritual depth but also scientific, practical methods to **direct energy, strengthen willpower, and integrate focus into life goals.**