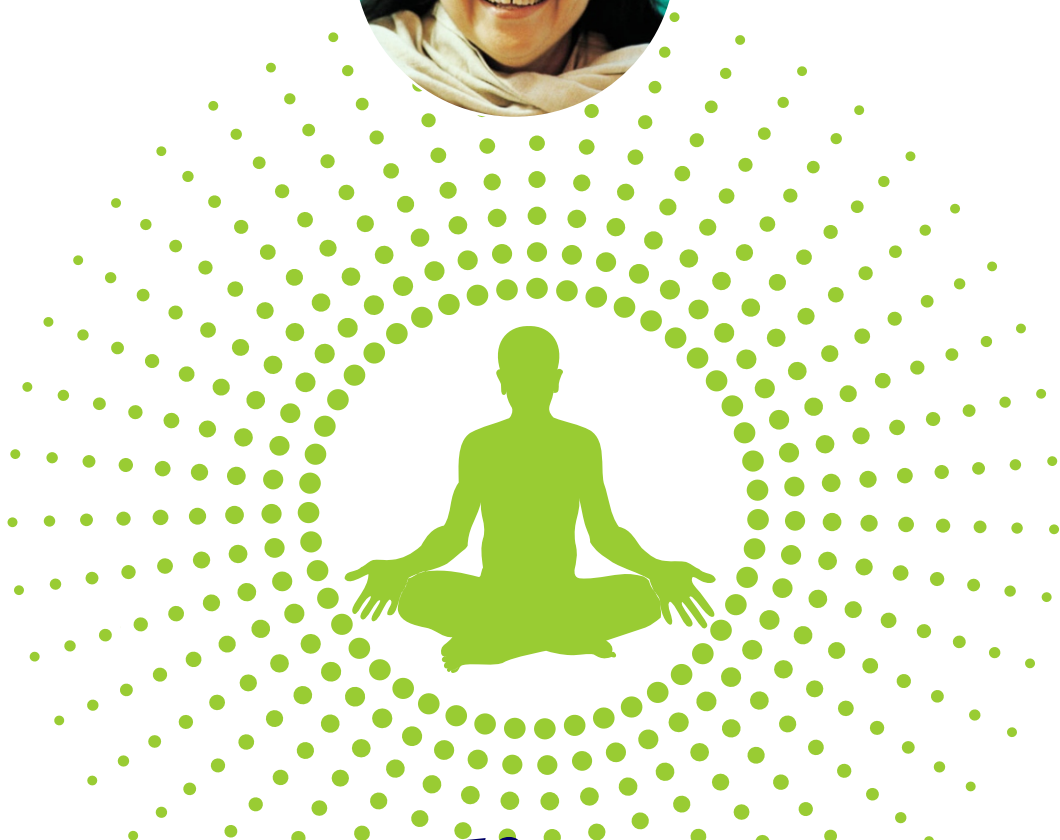


SAHAJAYOGA

MEDITATION

GUIDELINES



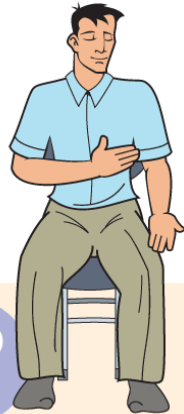
Meditate
to release
stress & discover
inner
Peace

Meditation

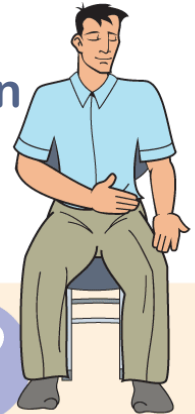
We make these 9 step affirmations to the subtle energy that is within us



Introspection



Activation



1

who am I ?

2

Can I lead myself?

3

I seek the self knowledge that is within me



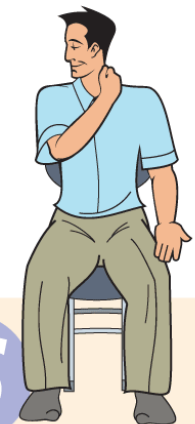
4

I am my own master. I can lead myself



5

I am not this mind or intellect. I am just my inner most self.



6

I am not guilty



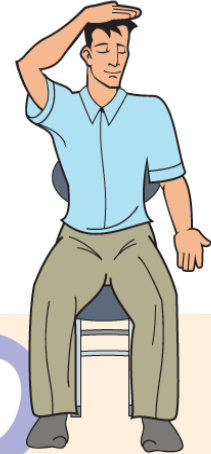
7

I forgive everyone including myself



8

I seek forgiveness for any mistakes I have made knowingly or unknowingly



9

Please establish my self realization

Meditation

Our new sense of perception

→ Some of us may experience

Some of us may experience Coolness, gentle vibrations or a wind on our palms , around our fingers and on top of our head

→ Some of us may experience

Heat or tingling sensation on our palms or on top of our head

→ Some of us may experience

General lessening of thoughts , thoughtlessness , a streak of calm & peace within, All the three experiences are perfectly alright and an evidence to the activation of subtle energy. We just then have to sustain it with the help of regular meditation so that we can get the coolness most of the times.

How to Meditate



- ① You may sit on a chair or on the floor (the earth element).
- ② Rest your hands, palms upwards, on your lap.
- ③ Close your eyes and take your attention inside. Hold your breath for few seconds and release it slowly (3 times)
- ④ Move your attention slowly from the top of the head to the base of spine & then from the base of the spine to the top of the head. Keep it on top of the head thereafter while keeping eyes closed.
- ⑤ Balance the 3 energy channels (as explained separately)

Meditation

How to Meditate

- ⑥ If thoughts or images disturb your meditation, then you may open your eyes briefly and close again. Make an affirmation “not now” OR “I do not wish to think” OR “Please establish the meditative state within me”
- ⑦ You mind will soon become silent.
- ⑧ A healthy subtle system manifests as a cool sensation over the palms of the hands and over the top of the head.
- ⑨ All this happens in a quiet relaxed manner without any undue strain or effort and at the end of it , results in thoughtlessness , peace , joy and calm within. Practise 10 minutes in the morning & 10 minutes in the evening.

Suggestions & Tips

- If you feel any sensation on your finger tips or heat from the fingers or centre of either of the palms , do not put undue attention on it. Just keep the attention on the top of the head. Allow the subtle energy to work it out.
- If thoughts persist , make an affirmation “not now” OR “I do not wish to think” OR “Please establish the meditative state within me”
- Always perform the **feet-soak** at least once a day and follow up with meditation. (as explained separately)
- You can accompany your meditation with light classical music , in your initial efforts to settle down in meditation.

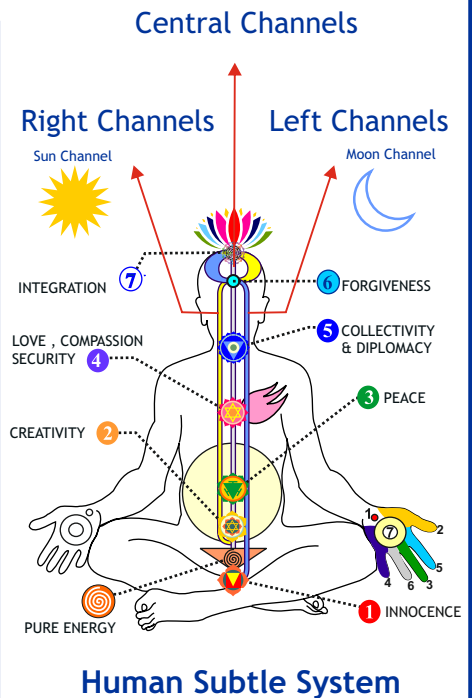
**For any questions or information about Meditation
you can ask our SAHAJAYOGA FACILITATORS**

Meditation

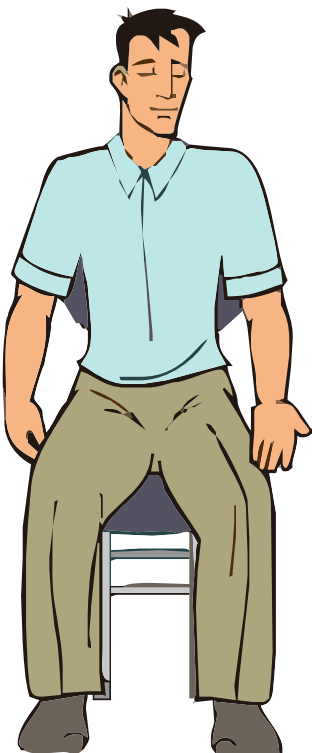
Balancing Left & Right Channels

Our subtle system has three distinct energy streams.

- ➔ The left stream or channel corresponds to what we term as our past and is also the desire aspect in us. The right stream or channel corresponds to what we term as our future and is also the action aspect in us.
- ➔ The central stream or channel is where the balance or the meditative state is. It corresponds to all that we term as our present.
- ➔ As humans, we have a tendency to fluctuate between the past & the future (left or right channels) Here is how we can balance our channels with the help of elements (To be done after the subtle energy is activated)

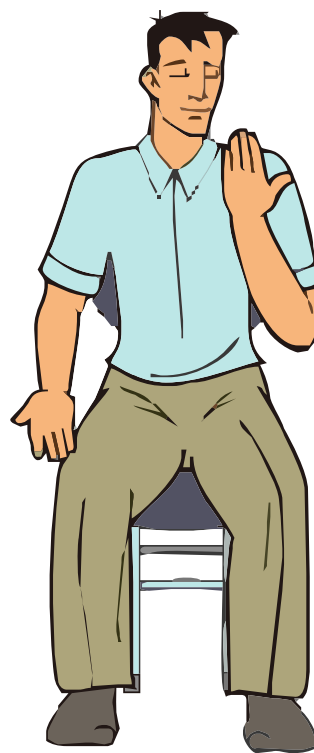


Left Channel



- Keep left hand open
- Right hand towards/on the earth (if sitting on ground)
- Make an affirmation within **“please absorb all problems of the left side into the earth”**

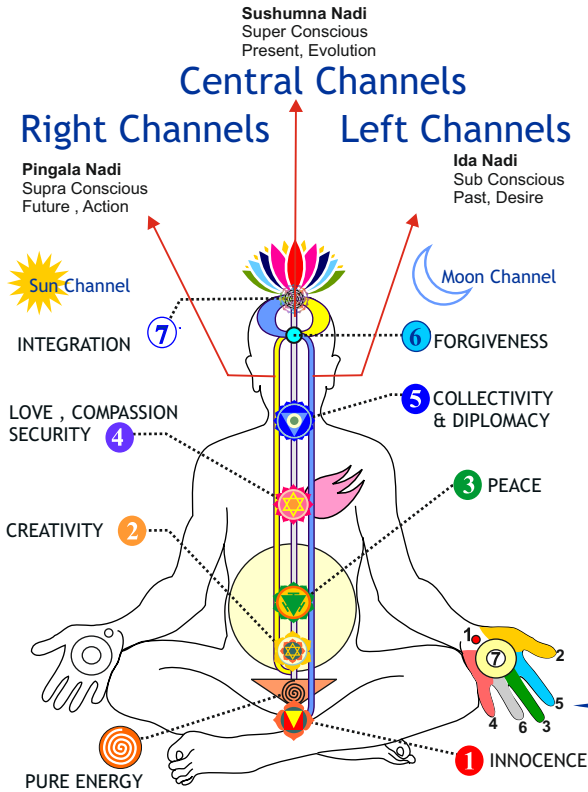
Right Channel



- Keep right hand open
- Left hand towards the sky (palm inwards)
- Make an affirmation **“please remove all the problems of the right side into the ether”**

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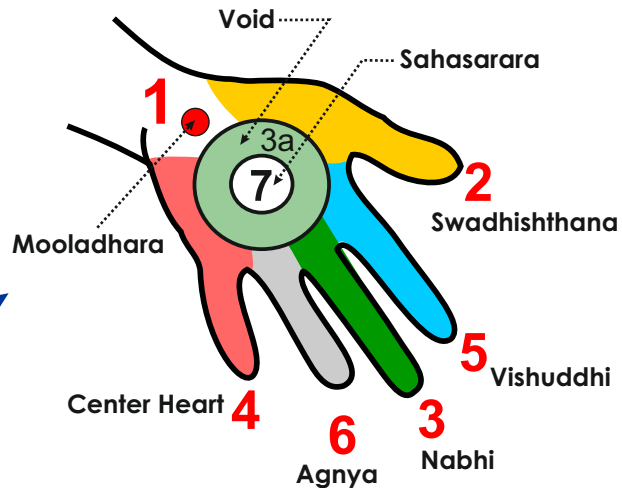
Meditation



Human Subtle System

When the Kundalini is awakened and rises up the central channel (Sushumna), vibratory awareness is established. Each finger signifies the condition of its corresponding chakra. Pain, tingling, heat or numbness in any finger suggests a blockage or a catch.

Techniques exist to clear all catches. Cool vibrations evenly on both hands signifies balance.



Chakra	Quality	Cause of Catch	Gross Expression
7 Sahasrara	Integration, Enlightenment, Silence, Peace, Collectivity		Limbic area Fontanelle
6 Agnya	Resurrection Forgiveness Humility	Conditionings /Superego Ambition/Ego, Reacting, Lack of forgiveness	Crossing of optic chiasma Thalamus Pineal & Pituitary
5 Vishuddhi	Witness state, Diplomacy, Collective Consciousness, Communication, Relationships	Guilt, swearing, smoking, chanting, anger, arrogance, criticism	Thyroid Cervical plexus
4 Left Heart, Right Heart	Joy of Spirit, Compassion Caring, Kindness	Neglect of spirit Overactivity	Heart organ
4 Center Heart	Security, Confidence	Rigidity, insecurity	Cardiac plexus
3a Void	Self-mastery Righteous behavior Guru principle	Fanaticism, false gurus	Circles abdomen
3 Nabhi	Satisfaction, Dharma, Well-being, Contentment	Worries about family or money Alcohol or drug abuse	Solar plexus
2 Swadhishtana	Creativity, Aesthetics, Pure knowledge Pure attention	Drug abuse, thinking excessively Communication with dead spirits	Aortic plexus Liver, spleen, kidney, pancreas
Kundalini	Purity Nourishment, cleansing	Unauthorized attempts to awaken, such as Tantrism	Sacrum bone
1 Mooladhara	Innocence Wisdom	Sex 'liberation,' repression	Prostate gland Pelvic plexus

Meditation

Using elements - Foot Soak

- Take a small tub of water ankle deep.
- Add a fistful of salt to it .
- Keep a fresh water mug & a towel to wipe aside.
- Immerse feet in the tub with both hands facing upwards & eyes open , for 5 minutes. Keep attention on top of head.
- Wash feet with clean water and wipe clean.
- Flush away the used salt water.
- Keep this feet soak kit only for this and do not use for any other purpose.



Foot soaking

EFFECTS OF THIS THERAPY

- Clears subtle energy centres (plexus)
- Improves Meditation
- Great Stress reliever
- Enjoy sound Sleep

Have a Great Stress free day

For any questions or information about Meditation
you can ask our SAHAJAYOGA FACILITATORS

H.H. SHRI MATAJI NIRMALA DEVI



FOUNDER OF SAHAJA YOGA MEDITATION

Shri Mataji Nirmala Devi was born on March 21, 1923, in Chindawara, India. When she was young, Shri Mataji worked with Mahatma Gandhi in the fight for India's Independence. Her vision has always been of universal peace and global unity.

To fully understand the human body's systems, Shri Mataji studied medicine at Lahore Medical College. Ultimately, her knowledge led her to develop Sahaja Yoga, the basis for Sahaja Meditation. Since then, she has traveled extensively to educate and enlighten people all over the world.

Shri Mataji has had the honorific "Mother" bestowed upon her in recognition of her strength, love and devotion. Known as a dynamic and charismatic speaker, as well as a gifted teacher, Shri Mataji continues to spread her message of peace and unity to audiences everywhere.

A Selection of Awards and Recognitions of H. H. Shri Mataji Nirmala Devi

Shri Mataji has been recognized worldwide by several prestigious institutions for her selfless work and for the remarkable results of her spiritual teachings through Sahaja Yoga, a few of which are listed below.

Italy, 1986 - Declared 'Personality of the Year' by the Italian Government.

Moscow, Russia, 1989 - Following Shri Mataji's meeting with the USSR Minister of Health, Sahaja Yoga was granted full government sponsorship, including funding for scientific research.

New York, 1990-1994 - Invited by the United Nations for four consecutive years to speak about the ways and means to achieve world peace.

St. Petersburg, Russia, 1993 - Appointed as Honorary Member of the Petrovskaya Academy of Art and Science. In the history of the Academy, only twelve people have been granted this honour, Einstein being one of them. Shri Mataji inaugurated the first International Conference on Medicine and Self-Knowledge, which became an annual event at the Academy thereafter.

Brazil, 1994 - The mayor of Brazilia welcomed Shri Mataji at the airport, presented her with the key to the city and sponsored all of her programs.

New York, 1994 - September 26 proclaimed 'Shri Mataji Nirmala Devi Day.' Police escort was offered for a welcoming parade honouring Shri Mataji and celebrating her association with Mahatma Gandhi.

British Columbia, Canada, 1994 - Letter of welcome was proffered by the Premier of the Province of British Columbia, Mr. Mike Harcourt, on behalf of the people of Canada.

Romania 1995 - Awarded Honorary Doctorate in Cognitive Science by Prof D. Drimer, head of the Ecological University Bucharest.

China, 1995 - Official guest of the Chinese Government to speak at the United Nations International Women's Conference.

Pune, India, 1996 - On the occasion of the 700th Anniversary of Saint Gyaneshwara, Shri Mataji addressed the 'World Philosophers Meet '96 - A Parliament of Science, Religion and Philosophy,' where she was felicitated for her spiritual movement, Sahaja Yoga.

London, 1997 - Mr. Claes Nobel, grandnephew of Alfred Nobel, chairman of United Earth and The National Society of High School Scholars, honoured the life and work of Shri Mataji in a public speech at the Royal Albert Hall.

USA, 105th Congress, 1997 and 106th Congress, 2000 - Honorarium read into Congressional Record by Congressman Eliot Engle commending Shri Mataji for her dedicated and tireless work for humanity.

Cabella Ligure, Italy, 2006 - Shri Mataji was awarded honorary Italian citizenship, which was followed by the unveiling of the foundation stone for the 'Shri Mataji Nirmala Devi World Foundation of Sahaja Yoga.' This Foundation has its home in Cabella Ligure.