


## Benefits of regular Sahaja Yoga meditation

- 1) We become calm and unruffled. Stress and tension are reduced.
- 2) Physical health improves.
- 3) Sleep is sound and untroubled.
- 4) Family life and all relationships become more harmonious.
- 5) Bad habits such as smoking, drinking, roving eyes, etc. drop out automatically.
- 6) Deep spiritual states can be enjoyed while living the normal life of a householder.
- 7) Through Inner Awareness, we are able to guide ourselves.

*"Let me engulf you in the Ocean of Joy,  
So you lose your being in the Greater One,  
Who is smiling in your Calyx of Self,  
Secretly hidden to tease you all the while.  
Be aware and you will find Him,  
Vibrating your every fiber with blissful joy,  
Covering the whole Universe with light."*

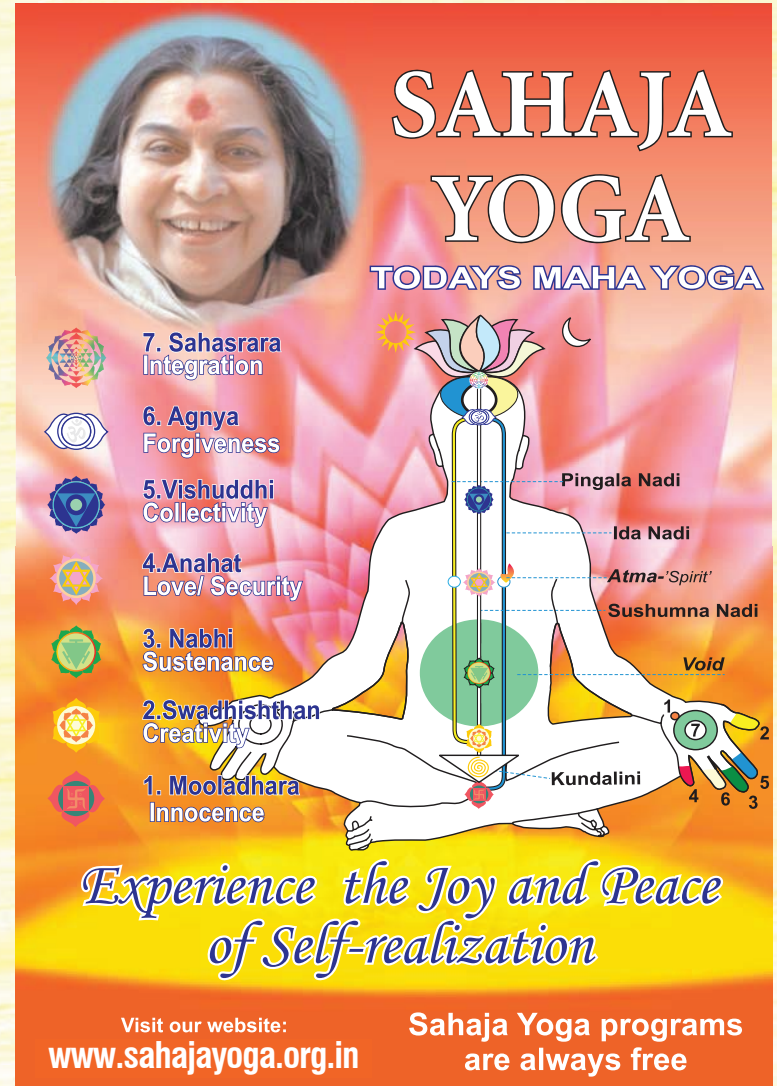
*H.S.H. Shri Mataji Nirmala Devi*

— **TO LEARN** —  
**SAHAJAYOGA  
MEDITATION**

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# SAHAJA YOGA

## TODAYS MAHA YOGA

7. Sahasrara  
Integration
6. Agnya  
Forgiveness
5. Vishuddhi  
Collectivity
4. Anahat  
Love/ Security
3. Nabhi  
Sustenance
2. Swadhisthan  
Creativity
1. Mooladhara  
Innocence

Pingala Nadi  
Ida Nadi  
Atma-'Spirit'  
Sushumna Nadi  
Void  
Kundalini

1 2  
3 4 5 6 7

*Experience the Joy and Peace  
of Self-realization*

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Sahaja Yoga programs  
are always free

## What is Sahaja Yoga?

**Sahaja** means 'in-born, natural, spontaneous' and **Yoga** is 'Union with the Divine'. Every human being is born with a subtle mechanism inside, which, when awakened, gives **Sahaja Yoga**-'*Spontaneous Union with the Divine*'. This experience, also called Self-realization, is described in the teachings of all the religions; the difference in Sahaja Yoga, is that Self-realization is the starting point of our spiritual ascent, rather than the distant goal. The conditions for awakening of the dormant Spiritual Energy **Kundalini** to take place are only a genuine desire to know the truth and the presence of one who already has this energy awakened.

On awakening, the **Kundalini** emerges from the Sacrum bone, as shown on the chart. It rises through the **Sushumna**-'*Central Channel*' piercing the six **Chakras**, nourishing and enlightening these subtle energy centers. When the **Kundalini** passes through the **Agnya Chakra** in the head, the Seeker experiences the peace and silence of 'Thoughtless Awareness'. This is the first stage of true meditation. Entering this state of **Nirvicharita**, for even a few moments every day transforms all areas of our lives; Physical, Mental, Emotional and Spiritual. We come into harmony with the world around us and feel less affected by the ups and downs of our everyday lives.

Passing through the **Sahasrara Chakra**-'*Thousand-petalled Lotus*' in the limbic area, the **Kundalini** pierces the Fontanelle bone (Talu) at the top of the head and unites us with the **Param-chaitanya**-'*The All-pervading power of God's Love*'. This is felt as a cool breeze on top of the head and on the palms. Identifications with the body, mind, emotions and ego fall away and we realize our true nature as **Atma**-'*Spirit*'. This is **Atma-sakshatkar**-'*Self-realization*'. It is a beautiful and liberating experience.

With meditation centers established in more than 120 countries, Sahaja Yoga has become a global phenomenon. Thousands of people every day are getting the experience of Self-realization and ascending into a higher state of awareness. They are finding the freedom and happiness that comes from spiritual fulfillment.

*"You cannot know the meaning of your life until you are connected to the Power that created you". H.S.H. Shri Mataji Nirmala Devi*

## The Chakras.

Chakra	Location	Appearance <i>*Position on hand</i>	Qualities	Causes of catch	Treatment
1. Mooladhara.	Centre of the 'seat', below Sacrum bone.	Coral red with four petals. <i>*Base of thumb</i>	Innocence, wisdom, purity, auspiciousness.	Indulgence in adharmic lifestyle.	Sit on Mother Earth.
2. Swadishthan	Meeting-point of legs and body.	Yellow with six petals <i>*Thumb.</i>	Physical and mental energy, creativity.	Over-thinking, wrong ideas.	Foot-soaking, cooling diet, ice-pack on liver.
3. Nabhi / Manipura.	Behind navel.	Green with ten petals. <i>*Middle finger.</i>	Seeking, surrendering, Dharma, evolution.	Worry, hectic lifestyle, bad diet.	Foot-soaking, Balanced diet.
3a. Void / Bhava -sagara.	Abdominal area.	Large green circle on chart. <i>*Top of palm.</i>	Gravity, self-mastery.	False Gurus, drugs, alcohol.	Foot-soaking.
4. Heart / Anahata.	Behind Sternum bone.	Ruby red with twelve petals. <i>*Little finger.</i>	Love, protection, fulfilling Dharma (Right), Identification with the Spirit (Left).	Materialism, fear, irresponsibility, over-responsibility.	Deep breathing,
5. Vishuddhi.	Base of neck.	Dark blue with sixteen petals. <i>*First finger.</i>	Communication, collectivity, diplomacy.	Guilt, bad language, smoking.	Gargle with salt water, rub gums with oil and salt.
6. Agnya.	Centre of the head, forehead.	White with two petals. <i>*Ring (3<sup>rd</sup>) finger.</i>	Forgiveness, surrender to God.	Resentment, revenge, egotism.	Work with candle (light element), forgiving.
7. Sahasrara.	Top of the head, Brahma-randhira.	Many-coloured, 1000 petals. <i>*Centre of palm.</i>	Integration, bliss.	Atheism, self-doubt	Keep hair oiled, avoid disturbing and shocking environments.



## Experience your realization

The Kundalini rises in the presence of an awakened person and Shri Mataji's Photograph has the same effect.

Find a quiet place. Stand the Photograph on a clean surface and sit comfortably with the hands palm-upwards on the lap. Close the eyes and allow the thinking process to subside naturally. It is not necessary to do any physical or mental exercises, or make effort. On the contrary, it is better to let go and allow the natural process of Sahaja Yoga to work out.

At the start of meditation it is useful to clear first the Left and then the Right Channel. These become overactive from our daily lives and disturb us with thoughts and images.



### (1) Clearing the Left Channel

The Ida Nadi-'Left Channel' starts at the Mooladhara Chakra, which has the quality of the Earth element. Sit with the left hand towards the Photograph and place the right hand palm downwards on or towards the Mother Earth. After a few minutes the Left Channel will clear.

### (2) Clearing the Right Channel

With the right hand towards the Photograph, raise the left hand as shown in the picture with the fingers pointed towards the sky (Ether element). Sit quietly and allow the Right Channel to clear.



### (3) Affirmations

The following technique, where we affirm certain fundamental truths, focuses our attention, activates our pure desire and clears the path of the Kundalini.

*"It is everyone's right to achieve this state of one's evolution and everything necessary is already inbuilt. But as I respect your freedom, you have to have the desire to achieve this state, it cannot be forced upon you!"*

H.S.H. Shri Mataji Nirmala Devi

Remove this sheet carefully along the fold. The Photograph may be framed, and used for meditation.



सहज योगाच्या प्रणेत्या  
परम पूज्य श्रीमाताजी निर्मलादेवी





9. Stretch the fingers of the right hand, and place the palm on top of the head on the fontanel area. Rotate the scalp over the skull in a clockwise direction seven times. Then pray with humility seven times:-

**‘Shri Mataji, please give me my Self Realization.’**

Place the right hand on the lap and sit in meditation for some time. You can open the eyes and look at Shri Mataji’s Photograph without thinking.

10. Try placing first the right and then the left hand a few inches above the top of the head, and see if you can feel a cool or warm breeze coming out. A breeze on the palms and on top of the head, and a state of thoughtless peace, indicate that the Kundalini has risen.

11. Raise both hands towards the sky with the palms facing forward, tilt the head back and ask:-

**‘Shri Mataji, is this the All-pervading Power of God’s Love?’**

A wave of bliss and an increase in the breeze can be felt.

Initially, it is helpful to go through the whole process. After some time you may find that steps 6 to 9 are sufficient.

*“You just ‘become’, like a flower becomes the fruit. It’s built-in within you. Allow it to work out.” H.S.H. Shri Mataji Nirmala Devi*

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## Sahaja Yoga Techniques

At the beginning and end of meditation, we can raise our own Kundalini and put on a Bandhan. This balances and protects our subtle system. It can be done at any time if we are feeling out of balance, and as a protection before going out, going to bed and on waking up.

### (A) Raising the Kundalini.

The Kundalini rises according to our desire, and this is best done with a humble attitude of wanting to be in the meditative state.

With the left hand facing inwards, raise the Kundalini up to the top of the head. The right hand circles the left hand in the order ‘up, front, down, back’ as it rises. Tie a knot at the top of the head. Do this three times and on the third time tie three knots.



### (B) Putting on a Bandhan

A Bandhan protects our Subtle System with a covering of Divine Vibrations. With the left hand towards the Photograph, take the right hand from the left hip, over the top of the head down to the right hip and then back again.

Do this seven times, to protect the seven Chakras.



### (C) Foot-soaking

The Water element cleanses and calms over-activity of the Left and Right Sides, and gives the quality of peace.

Sit with the feet in a large bowl of salty water, ideally up to the ankles. The water can be cold if we are feeling overheated, or hot if we are lethargic. Sit in meditation for 5-10 minutes and then throw the water down the toilet. Foot-soaking is normally done in the evening after work or before sleeping.

There are Sahaja Yoga Techniques for every aspect of the Subtle System which you can learn about at the Sahaja Yoga centers.

## Establishing Sahaja Yoga within us

After experiencing Kundalini awakening, it is important to nurture this seed, to help it to grow and establish.

(1) **Meditate at home.** Ten minutes of meditation in the morning and evening will improve all aspects of life. Sit comfortably with the hands palm-upwards in front of Shri Mataji’s Photograph; this will awaken the Kundalini within you. The Photograph may be framed and if a candle (or oil lamp) and incense are placed before it, this also aids meditation. The Light element of the candle clears the Agnya Chakra and the incense purifies the Air element, which helps to open the heart.

(2) **Attend Sahaja Yoga centers.** Collective meditation is a more powerful aid to growth. At your local Sahaja Yoga center, you can learn more about the techniques by which we can balance ourselves, clear blockages and develop the qualities of the Chakras. Sahaja Yoga centers are always free of charge.

(3) **Listen to Shri Mataji’s lectures.** Shri Mataji has given hundreds of talks in Hindi, English and Marathi, explaining all aspects of the Subtle System and of spiritual life. Her love and wisdom, expressed in these



talks, is a great help in our growth. The talks are available on Cassettes and CDs at the centers.

(4) **Use Sahaja Yoga treatments.** These are simple treatments utilizing the power of the elements to balance and clear our Subtle System. Foot-soaking is a very effective treatment. Try a week of meditating, using foot-soaking in the evening, and you will see the difference.

### **Shri Mataji- the founder of Sahaja Yoga.**

On 5<sup>th</sup> May 1970, Her Supreme Holiness Shri Mataji, while meditating by the sea at Nargol in Gujarat, witnessed the opening of the Universal Sahastrara Chakra. She realized that the time had come for human beings to experience Self-realization en-masse. Previously only dedicated individuals had achieved this after a lifetime of striving.

She has spent the last 37 years traveling tirelessly, giving this experience free of charge to hundreds of thousands of people worldwide. She has received recognition for this work from many countries including the United Nations Peace Prize in 1989, and has been invited to talk at international conferences on medical and social issues.

Shri Mataji was born at noon on the 21<sup>st</sup> March 1923, in Chindwara, Madhya Pradesh, in the geographical center of India.

Shri Mataji is truly a Spiritual Mother, giving 'second birth' through Kundalini awakening. By means of Sahaja Yoga meditation and Her talks we get the nourishment, the comfort and the counsel to evolve. Sahaja Yogis are fulfilled and happy people, enjoying all aspects of life. The fact is that to enter the highest states of Sahaja Yoga, it is necessary to recognize Her. When sitting in meditation, ask yourself this question:-

“Who is Shri Mataji Nirmala Devi?”

An answer will come, not mentally, but as a feeling inside

*“Experience the fact that Self-realization is the ultimate goal of Human Life.”*

*“You are holding a snake in darkness, you can't see it, and if I say 'Drop it', you'll say 'No, I am holding a rope, why should I drop it?' But if there is light, you immediately drop it yourself. So with realization you develop your Divine Wisdom as well as your Divine Discretion.”*

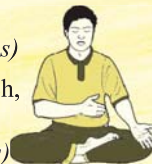
H.S.H. Shri Mataji Nirmala Devi

Sit comfortably in front of Shri Mataji's picture, with the left hand palm upwards on your lap. Close the eyes and, placing the right hand on the Chakras on the left side of your body as shown, say the affirmations silently inside.



1. Put the right hand on the heart and ask the following question to yourself:-

***'Shri Mataji, am I the Spirit?'*** (3 times)



2. Take the right hand to the upper part of the stomach, under the ribs and press it in. Ask the following question:-

***'Shri Mataji, am I my own Master?'*** (3 times)



3. Place the hand further down where the leg meets the body, and make the following request. Ask this six times as there are six petals on this **Swadhishthan Chakra**:-

***'Shri Mataji, please give me the Pure Knowledge.'***

4. Move the hand again up under the ribs and here you have to assert 10 times:-

***'Shri Mataji, I am my own master.'***



5. Now, affirm the following while placing your hand back on the heart:-

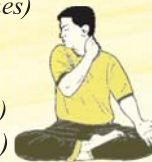
***'Shri Mataji, I am the Spirit.'*** (12 times)



6. With the right hand squeeze the left side of the neck and turn the head towards the right. Say to yourself:-

***'Shri Mataji, I am not guilty.'*** (16 times)

*(As we are the Pure Spirit, how can we be guilty?)*



7. Place the right hand across the forehead and squeeze the sides. It does not matter how many times but you have to say from the heart:-

***'Shri Mataji, I forgive every body.'***



8. Put the right hand on the back of the head, lean the head backwards and say, without feeling guilty:- ***'Shri Mataji, if I have made any mistakes, please forgive me.'***



## The Subtle System

Inside every human being is a Subtle System of three Channels and seven **Chakras**. The **Chakras**- '*Subtle Energy centers*' control all aspects of our lives; the instinctive biological functions in the lower **Chakras**; the heart and mind in the upper centers, to the highest spiritual states in the **Sahasrara** and above. The **Atma**- '*Spirit, Consciousness*' in the Left Heart, is our essence, but to know this it is necessary to stop the outward flow of thought and turn within to witness the truth.

However it is beautifully arranged, so that when the time is right, the **Kundalini**- '*Pure Spiritual Energy*' dormant in the Sacrum bone, awakens and, as She rises, the attention is pulled inside. Our thoughts subside automatically, and we enter a state of clarity, known as 'Thoughtless Awareness'. This is the first stage of Self-realization.

Another benefit of **Sahaja Yoga** is that we develop 'Vibratory Awareness', the ability to feel the state of our subtle body inside. The condition of the **Chakras** can be felt on the hands, as colour-coded on the chart of the Subtle System on the front cover.

A tingling or pain in one of the fingers indicates a blockage on that **Chakra**- on the Left Channel if on the left hand, on the Right Channel if on the right hand, and on the Central Channel if on both hands. A breeze on the palms means that the Divine Vibrations are flowing unimpeded.

### **The Three Channels**

#### **(1) Ida Nadi- '*Left Channel*'.**

With a healthy Left Side, we are emotionally balanced. If we go too much into the Left, we become lethargic and prone to self-pity and domination by others. Earth and Fire elements can be used to correct this.

#### **(2) Pingala Nadi- '*Right Channel*'.**

A good Right Side gives us drive, creativity and an ability to get things done. If we go too much onto the Right we become dry, critical and dominating. The Water element cools and soothes the over-heating of the Right Side.

#### **(3) Sushumna Nadi- '*Central Channel*'.**

When we are in the Central Channel we are in balance and able to ascend. Regular meditation strengthens and develops the Central Channel, and we become peaceful and serene people.