



Your Guide to



Pure Meditation

with

Sahaja Yoga

....at home



Sahaja Yoga Pure Meditation
<http://www.sahajayoga.org>



Shri Mataji Nirmala Devi
Founder of Sahaja Yoga Meditation

“See how our heart pulsates.
Pulsates without doing anything about it.
Look at our eyes,
they are beautiful cameras,
and the brain is a beautiful computer.
Who has made this?
Then we have evolved
from amoebae to human stage.
Who has done that?
We do not even think.
We take it for granted
everything that has come to us.
We take it for granted
the power of Nature
which has evolved us to the human level.
But the Nature knows
and we can get in touch with that power
through true meditation.
The power of Nature,
the Kundalini energy within,
knows how to balance and nourish us”

Programs are *always free*. Beginners are welcome at any program.

Program times and locations Ph.

Visit: www.sahajayoga.org

Your Meditation Photograph

Photographs of Shri Mataji emit cool vibrations which can help us reach thoughtless awareness in Meditation. If in doubt, we suggest you try meditating without, then with the photograph to see if it makes a difference. It is best to use a wood or metal frame as plastic emits a toxic fume which reduces the vibrations.



And Now

"The greatest mistake is to close ones heart. However hurt one may be, remember that within there is someone who always loves you. She is your individual Mother, your Kundalini.

She is connected to the all-pervading power of Divine Love, which never abandons you.

In her love, there are no expectations. There is only a tender glow that takes us to her presence."

Shri Mataji
Nirmala Devi

And now, you have your Kundalini awakened you have all that you need to be in touch with yourself, to awaken the beauty, the wisdom, the innocence and the joy within.

More than you could ever dream of can now be yours by knowing yourself, being one with your spirit, becoming the spirit that you are.

You who have found Sahaja Yoga, you have opened the door to all this. To the love and beauty of nature, of all humanity, and of yourself.

It is now up to you if you wish to walk through the door. We the Sahaja Yogis who have ventured to take that journey are here to help you. But it is your journey, your choice.

Meditation is all that is required. It all simply begins to work out beautifully as we enjoy the thoughtless awareness of meditation and let our Kundalini do the work.

Your presence in the group meditations will deepen your meditation and provide a gradual awareness and knowledge about the body and one's behavior. You will also learn helpful techniques that can be applied to clear the chakras and further the knowledge of one's inner self.

There are no fees in Sahaja Yoga for we cannot pay for our birthright. And there is certainly no obligation to attend. Your presence at any time is not only helpful to yourself, but it also helps others to deepen their experience – so please know that you are always welcome.



What is Sahaja Yoga Meditation?

In each of us there is a Mothering energy, known for centuries as the key to spiritual enlightenment. It lies dormant, coiled in the Sacrum bone at the base of the spine. It is called Kundalini, meaning *feminine coiled energy*. When awakened, we feel a gentle cool fountain of energy above the top of the head and cool vibrations on the hands. Sometimes a warm energy is felt as the Kundalini encounters friction in its path - however this will clear to cool vibrations. The awakened Kundalini connects us with our spirit and the universal love that surrounds and pervades everywhere. This union of our spirit with the Divine energy is the true *Yoga* event - yoga means 'union' or 'yoking'.

Sahaja Yoga means 'born with you'. Everyone has this energy which can now be awakened spontaneously. With our attention in the flow of cool vibrations above our head, we go into pure thoughtless meditation. Then, with simple short daily practice, we quickly experience the peace, joy and other amazing benefits that this meditation brings. No need to believe, we simply feel the truth as it manifests on our central nervous system.

Founded by Shri Mataji in 1970, Sahaja Yoga is based on principles of spirituality, humility and love that are over 2000 years old.

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Awakening the Kundalini - for the first time:

Sit comfortably in front of a picture of Shri Mataji. Please sit on a chair if it is easier. With your left hand palm upwards on your lap and eyes closed, use the right hand as indicated along the left side. You can use the affirmations silently to yourself, addressing your mother energy, the Kundalini. Please use these affirmations with all your confidence and your pure desire to become the spirit.



1. With your right hand on your heart, ask: "Mother, Am I the Spirit?" (3 times)



2. Right hand on left upper stomach near the ribs: "Mother, Am I my own Master?" (3 times)



3. Right hand on your lower left stomach (near hip): "Mother, Please give me the pure knowledge." You may say this about 6 times.



4. Right hand to the upper left stomach (as in 2): "Mother, I am my own master." Say this about 10 times. There are 10 petals on this chakra.



5. Right hand on the heart again: "Mother, I am the spirit." Say this twelve times.



6. Right hand on the neck where it meets the shoulder, turn head to the right and say about 16 times: "Mother I am not guilty." (We learn by our mistakes, so no need to feel guilty.)



7. Right hand on the forehead pressing in the sides and say: "Mother, I forgive everyone." Forgive everyone in general for everything. Say a couple of times.



8. Rest the head back into the right hand and say: "Mother, for any mistakes I have made against my spirit, please forgive me." Say a couple of times.



9. Place palm of right hand on the top of the head (fontanelle area), stretch back the fingers, push down and slowly rotate the scalp clockwise seven times saying: "Mother please grant me my self realisation."

10. Now sit in quiet meditation for 5 mins. or so with palms upward on the lap. If thoughts come then say quietly to yourself "Not this thought, not this thought" or "I forgive, I forgive". Be aware of any sensations on hands, body or head.

Then place your hand about 20 cm (8 in.) or more above the head and see if you can feel the Kundalini as a cool vibration coming from the top of the head. If warm, it will eventually go cool.

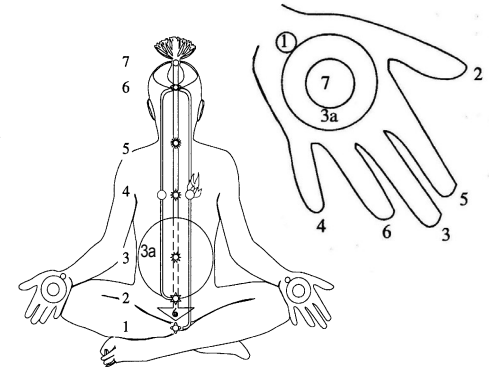
After the initial waking, we use a simple method to raise the Kundalini before and after meditation (see page 10).

Sahaja Yoga Affirmations

The Affirmations:

As we meditate we may start to feel sensations on our hands or in our body of blockages ("catches") in the chakras.

We can help the Kundalini clear these blockages by saying the affirmation for that chakra while we meditate. We address our Kundalini as Mother.



LEFT SIDE

Mother

by your grace I am:

7. Sahasrara
~ protected from all the challenges to my ascent.

6. Agnya
~ forgiven.

5. Vishuddhi
~ not guilty.

4. Heart
~ the spirit
~ forgiven for any mistakes against my spirit.

3. Nabhi
~ completely satisfied.
~ peace.
~ a generous person.

3a Void
~ my own guru/master.

2. Swadhistan
~ pure knowledge of the Divine which acts.

1. Mooladhara
~ the powerful innocence of a child.

CENTRE

Mother

please make me:

7. Sahasrara
~ a better Sahaja Yogi.
~ completely Self Realised.

6. Agnya
~ a forgiving person.

5a Hamsa
~ a self-correcting person.

5. Vishuddhi
~ a detached witness.
~ a part & parcel of the whole.

4. Heart
~ a fearless person.

3. Nabhi
~ a satisfied person.

3a Void
~ my own guru/master.

2. Swadhistan
~ the creative knowledge.

1. Mooladhara
~ the innocence.
~ the wisdom.

RIGHT SIDE

Mother

verily you are the:

7. Sahasrara
~ victory over all the challenges to my ascent.

6. Agnya
Mother, I forgive everyone, and I forgive myself.

5. Vishuddhi
~ sweet countenance of all my words and deeds.

4. Heart
~ responsibility in me.
~ boundaries of good conduct in me.

3. Nabhi
~ royal dignity in me.
~ solution to all my family and money worries.

3a Void
~ guru and master.

2. Swadhistan
~ doer and the enjoyer.

1. Mooladhara
~ killer of devils.

Clearing Techniques (cont.)

Restoring Our System Balance

Balancing the Left Side:

For tingling heat or heaviness on the left hand. Hold the left hand out, palm upwards. Place the right hand on the earth, or direct the right palm toward the earth.



Balancing the Right Side

For tingling heat or heaviness on the right hand. Hold the right hand out, palm upwards. Bend the left arm up from the elbow and direct the palm towards the back.

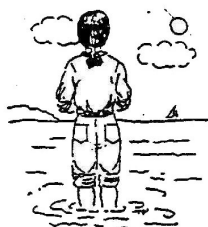


Using the Elements

Each of the five elements of earth, fire, water, air and ether (i.e. space) relate closely to an aspect of our subtle system. This means that the element can assist in nurturing and cleansing that aspect.



1. **Earth:** The earth element helps the whole left side and also the first chakra (Mooladhara). Sit on the ground or grass with the left hand palm up and the right hand flat on the earth.



2. **Water:** The water element helps the whole right side and also the third chakra (Nabhi) and the void. Put the feet in the ocean or stream and meditate. Drinking pure water is good for the liver.



3. **Fire (a):** The fire element helps the whole left side and particularly the second chakra (Swadisthan). Sit for meditation and hold the left hand towards the candle



4. **Fire (b):** Sit for meditation and, with a candle rotate the flame in small circles (clockwise) around the chakras, only along the left side of the body.



5. **Air:** The air element helps the whole right side and also the fourth chakra (Heart). Take deep, slow breaths while meditating. Place the right hand on the centre heart while doing this.



6. **Ether:** The ether element (which is invisible in the air) helps the fifth chakra (Vishuddhi). Outside, tilt the head back and look at the blue sky. Allow your attention to flow into the majesty of the sky. Take deep breaths.

The Founder of Sahaja Yoga



Shri Mataji Nirmala Devi

Shri Mataji Nirmala Devi is a mother and grandmother, as well as the spiritual mother to many Sahaja Yogis from all over the world. Shri Mataji is a descendant of an Indian royal family and her father was a member of India's first parliament. She has worked with Mahatma Gandhi.

She is the wife of Sir C.P Shrivastava, a very distinguished diplomat who served as Secretary General of the United Nations International Maritime Organisation for 16 years. She was born in India to a Christian family on March 21, 1923.

On May 5, 1970 Shri Mataji opened the Sahasrara chakra for mankind, thereby allowing anyone with the desire to awaken their dormant spiritual energy known as Kundalini. Shri Mataji then began to spread en mass Self-Realisation using the Sahaja Yoga techniques she developed.

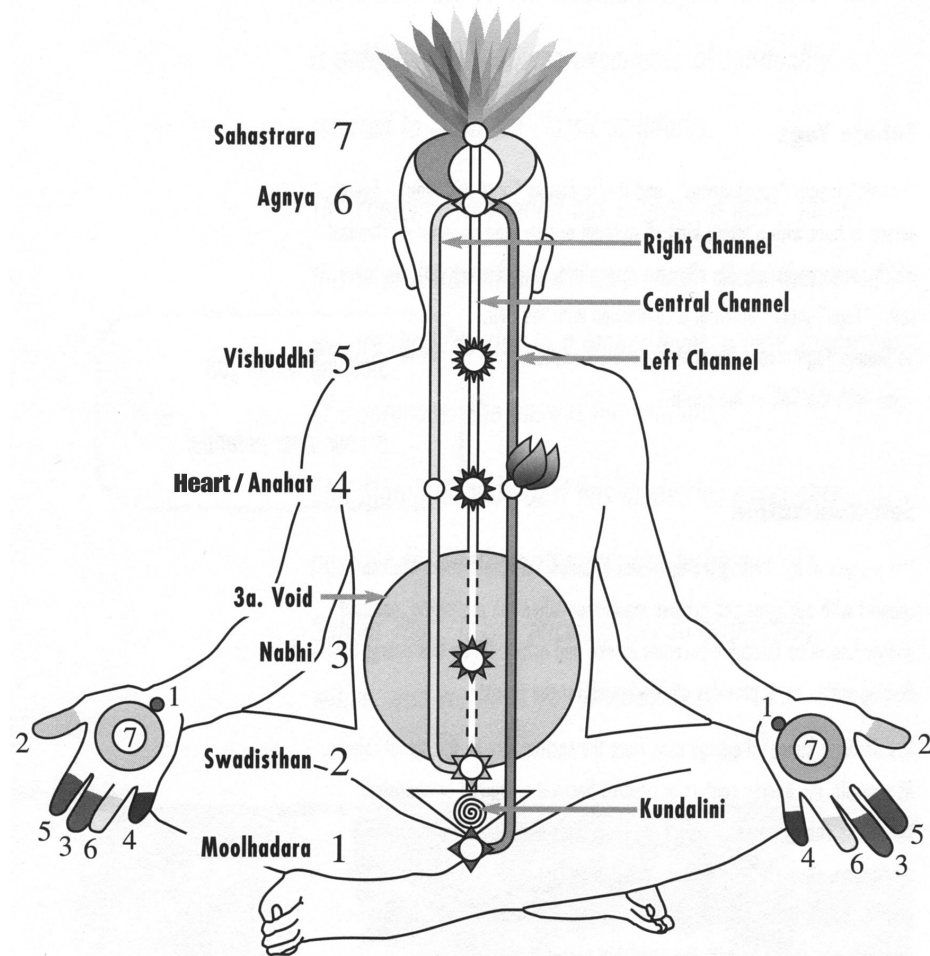
Shri Mataji accepts no money for her time, knowledge or for the giving of Self-Realisation. She works and travels tirelessly to bring Sahaja Yoga to the seekers of the world and she is regarded by hundreds of thousands in more than 100 countries as the world's greatest living spiritual teacher.

" Spirit is the most precious thing that we have within ourselves.

The preciousness of your spirit is immeasurable and that is why it is called the thing of eternal value. Because it is infinite, we cannot measure it."

Shri Mataji
Nirmala Devi

Exploring the Inner System



The Seven Chakras:

Millions and millions of tiny vital life forces whirling throughout the body are concentrated into centres called chakras. Chakra means wheel in Sanskrit. Each chakra is a subtle energy centre that spins in a clockwise direction looking from the front of the body. They resemble a galaxy of planets, each spinning on its axis.

There are seven main chakras within us, located along the spine. The chakra locations correspond to the seven major nerve plexuses in our physical body. Each chakra governs different aspects of our physical body, our spirit, our personality, and our life. As we meditate after realisation, our Kundalini gradually cleanses each chakra. The more we meditate, the more we can emit the pure qualities of the different centres.

Improving one's Meditation - by Clearing the Chakras

Am I Meditating Correctly?

True meditation is thoughtless awareness. Our brain is silent but we are fully aware of our surroundings. The Sahaja objective is to deepen this state of thoughtless awareness. We do this by regular meditation - allowing more strands of Kundalini to rise.

As we meditate our Kundalini begins to clean our chakras. Conditionings, which are bad for our health and create stress and disease within us, are gradually removed. As a result we feel more at peace and balanced in our daily life.

What do I feel?

As we meditate we gradually establish our vibrational awareness. That is, we become aware of vibrations on our hands and around our body and start to feel sensations of tingling or pain on our fingers and sometimes within the body. By decoding these signals (see page 8) we learn which of our chakras need attention.

Clearing our Chakras

The signals we get of our chakras we call as "catches". We can help the Kundalini clear these catches prior to meditating by using the techniques below. (Note - some catches clear gradually over time. Regular use of the following techniques accelerates this clearing.)

♦ Rotate the Chakra (Giving Vibrations): Use your right hand to turn the chakra clockwise (when looking from the front of the body). Place your left hand palm up on the lap.

♦ Say the Affirmation: You will find the affirmations for each chakra on page 13. It is helpful to give vibrations to the chakra (Rotate the Chakra) at the same time.

♦ Footsoak, Balancing & the Elements: How to use these three techniques is explained below and over the page.



Foot-Soaking (highly recommended)

When the day is over, relax by soaking your feet in salt water. This is best done at night before going to bed. You will need a basin, salt, small container for rinsing water, and a small towel. (Storing these items together will make it easier to do the foot-soak.)

Place your feet in a basin of cool or luke warm* water containing a handful of salt (water and earth elements).

Light a candle (fire and light elements) in front of a photo of Shri Mataji. Sit comfortably in a chair with hands palm up on your lap. Raise the Kundalini and put on a bandhan.

Meditate and/or give vibrations to your chakras for 10 - 15 minutes. Finish by again raising the Kundalini and putting on a bandhan.

Rinse and dry your feet (use clean water). Sit in meditation for 5 minutes or so. Flush the foot-soak water down the toilet.

Use the foot soak bowl only for footsoaking.

* If the right hand is heaviest, use cold water; left hand heavy use warm water.



Raising the Kundalini

To begin and end our meditation we raise the Kundalini and put on a Bandhan as shown here.

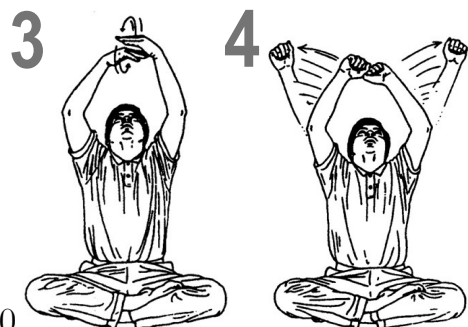
A. Raising the Kundalini

This technique helps raise the Kundalini energy and set our attention. It is helpful to raise the Kundalini before and after meditation.



Place the left hand in front of your lower abdomen, palm facing the body (1). Raise the left hand up slowly, moving up to the top of the head. While the left hand is raising, the right hand rotates around it in a clockwise direction (2) (up the inside of the hand and down the outside) until both hands are above the head (3). All the while keep your attention on the palm of your left hand.

Then, use both hands to tie a knot (4). Repeat three times, once for each channel. The first time tie one knot; the second tie two knots; and the third tie three knots at the top of the head.



B. The Bandhan

A bandhan protects us and balances the energy in the left and right channels. It is helpful to put yourself in a bandhan before and after meditation.

Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip (1) and slowly raise your right hand over your head and down the right side of your body. (2)

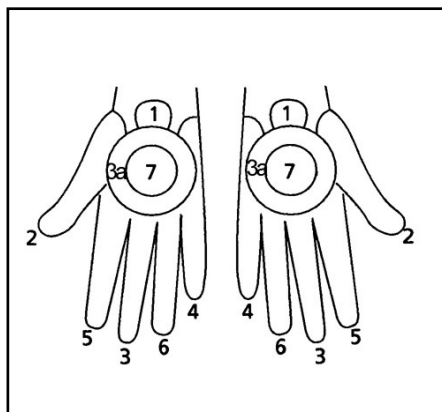
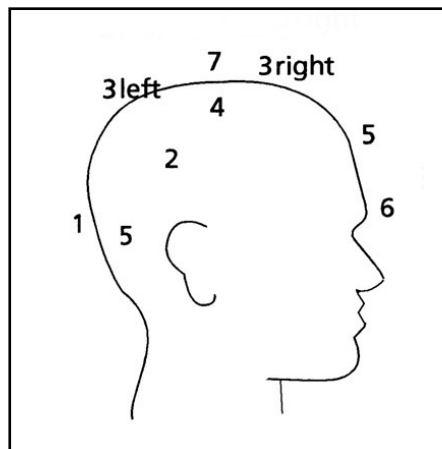
Then raise the right hand back up the right side, over your head where the Kundalini is flowing, and down the left side. (3) This is one bandhan. Repeat this seven times, once for each chakra.



Chakra	Area on Body	Quality of Chakra
1. Moolhadara	Pelvic Plexus - Sacrum	Innocence, Wisdom, Purity
2. Swadisthan	Aortic Plexus - Abdomen	Creativity, Knowledge of Truth
3. Nabhi	Solar Plexus - Stomach	Seeking, Satisfaction
3a. Void	Stomach Area (outer perimeter)	Self-mastery (own Guru)
4. Heart	Cardiac Plexus - Heart & Lungs	Security, Compassion
5. Vishuddhi	Cervical Plexus - Throat	Diplomacy, Communication
6. Agnya	Crossing Optic Thalamus - Brain	Forgiveness, Humility
7. Sahasrara	Limbic Area - Brain	Peace, Enlightenment

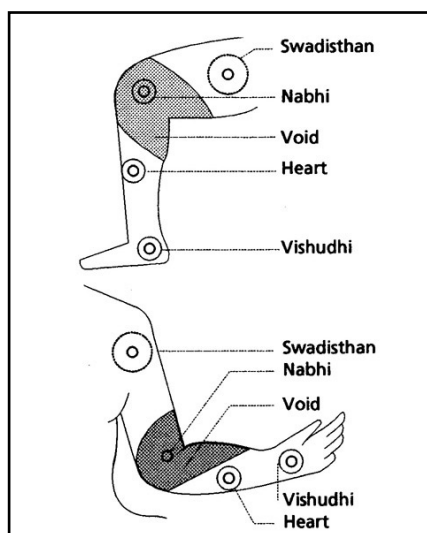
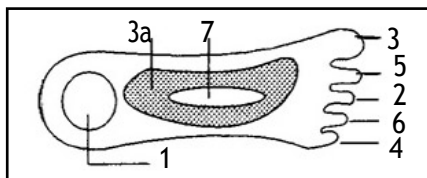
Left Channel (Ida Nadi)	Right Channel (Pingala Nadi)
<i>Mother's Side</i> <i>Moon Channel</i>	<i>Father's Side</i> <i>Sun Channel</i>
<u>Function</u>	
Emotions	Thoughts
Memories	Planning
Past Experiences	Future Events
Desires	Actions
Enjoyment	Concentration Span
<u>Problems due to Imbalance</u>	
Infections	High Blood Pressure
Over Sleeping, Sluggish mind	Hyper Activity, Insomnia
Cancer	Most Headaches
Depression	Poor concentration
Anxiety	Anger, Aggression
Psychological	Lack of emotion
<u>Correction Techniques</u>	
Sit on, get close to the Earth	Cold water footsoaking
Use candles for clearing	Use icepacks on hot chakras
Right hand to Floor	Left hand to sky
Affirm Pure Desire	Lift attention to top of head

More on the Inner System



Chakras can also be felt at these points on the body:

- | | |
|---------------|--------------|
| 1. Mooladhara | 4. Heart |
| 2. Swadisthan | 5. Vishuddhi |
| 3. Nabhi | 6. Agnya |
| 3a Void | 7. Sahasrara |



The Left, Right and Central Channels

These are called the Ida, Pingali and Sushumna Nadis respectively. The Left and Right channels form part of the Sympathetic Nervous System and are directly controlled by the brain. The characteristics of the Left and Right Channels are listed on page 7.

The Central channel is our spiritual channel. It is the parasympathetic nervous system which governs our automatic pre-programmed functions such as breathing and heart-beat. Before realisation, it is responsible for soothing us down, lowering blood pressure, relaxing us and healing us. After realisation, it is awakened and provides a channel for the Kundalini energy. It helps us to balance the left and right channels and subtly reduces any excess of lethargy or over-activity. As a result, and with meditation, we gradually become more balanced and peaceful. The stresses and concerns in our life gradually fade away and are replaced by peace, joy and complete satisfaction.

Meditating – how to get started.

Short regular sessions work best:

To grow in this new awareness, we need to meditate everyday on a regular basis. Begin by enjoying the peace and stillness for as little as ten to 15 minutes a day. Only through regular meditation can we grow and develop our subtle awareness, allowing us to unlock and reveal all of the benefits.

Meditation Set-up

Shri Mataji's photo emits vibrations. In a quiet place, set the framed photo on a table with a lighted candle in front. Burning incense may help you to focus your attention. Sit on the floor or on a chair in a comfortable position facing the photo. Open your hands and place them palm-upward on your lap.

Raise and 'tie up' your Kundalini and put a protective 'Bandhan' around. How to do this is explained on the following pages.

You don't do anything, just be in meditation:

Close your eyes. Just relax, bring your attention inside into the heart and allow it to rise gently to the top of the head. Try to keep your awareness there, and sit quietly without thinking for 10 to 15 minutes or until you feel you have done enough. In this state of thoughtless awareness you don't need to say any affirmations or concentrate on anything. Just be aware of any sensations throughout the body, especially on the head or hands.

Gradually, the more you practice, the more your mind will become still. If thoughts do come, try to watch them or say 'not this thought, not this thought' to yourself. You may find it helpful to check your Kundalini every now and then, or press down on the top of the head with the palm of your hand. This will restore your attention to the top chakra (Sahasrara) and allow your Kundalini to flow.

After meditating, again tie up your Kundalini and put on a Bandhan to finish.

And the benefits gradually become your life:

Almost immediately, with regular meditation, you will find that you are feeling more relaxed and at peace. The Joy begins to return into your life. Also, gradually over the first few weeks or so of regular meditation you will start to feel various sensations on your hands, or throughout your body at the chakras. This is a very good sign, indicating a growing awareness of the subtle body within. You may also notice that you become more peaceful in your behaviour.



"One starts smiling with the flowers, talking to the birds, dancing with the wind."

One flows with the subterranean bondage that runs through nature, that goes up the sap of a tree to ponder the eternal mystery of birds in the sky, bees in the sun, and flowers on a green hillside"

Abraham Lincoln

