

How do I meditate?

Meditation is a state of thoughtless awareness, where everyday activity of the mind ceases, but one remains peaceful and aware in Mental Silence.

To begin, place Shri Mataji's photograph in front of you (on a table) with a lit candle before it. The candle flame contains the elements of light and fire which help to neutralise any subtle problems affecting meditation. The photo emanates very positive feelings of peace, love and compassion, which will help you reach the state of meditation and thoughtless awareness.

Rest your hands, palms up, on your lap with your fingers pointing towards the candle and photograph. Place your attention at the top of the head and allow yourself to enter into mental silence. Sit quietly for 10 to 15 minutes. The Affirmation exercises (inside this brochure) can assist in settling the attention and deepening your experience..

How does Sahaja Yoga benefit me?

There can be immediate benefits in stress relief and a feeling of peace and contentment. Physically, it has been scientifically proven that regular Sahaja Yoga meditation can reduce the severity of certain illnesses. Mentally and emotionally, it helps one to attain balance, and spiritually to achieve Self-realisation and enlightenment.

What does it cost?

There is no charge for the teachings of Sahaja Yoga. Expenses for venue hire, advertising and printing etc are met by voluntary contributions.

How can I learn more?

To help establish and understand this new experience you are invited to attend the weekly meetings where collective meditations will enhance your experience.

You will also learn how to detect and correct any subtle system problems through the various clearing, balancing and deepening techniques.

More information & Online resources

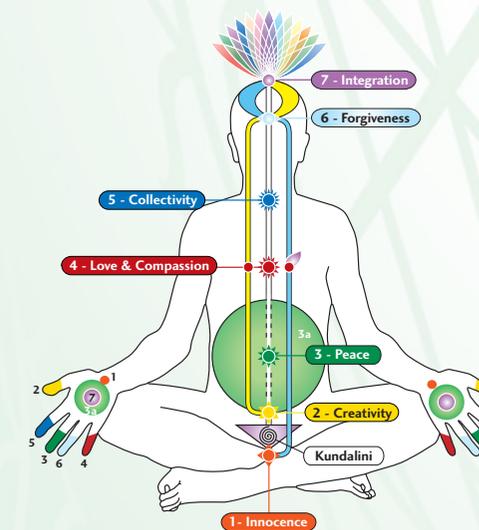


Scan QR code with mobile device for website.

Free class in Australia and Worldwide. **Online resources** with video and audio meditations, meditative music, balancing techniques, printed guides and talks by Shri Mataji (founder). **Podcasts** with guided meditations, music and talks.

www.freemeditation.com.au/moreinfo
Sahaja Yoga Meditation Australia Phone 1300 724 252

SAHAJAYOGA MEDITATION



Welcome to Sahaja Yoga

True Meditation is a state of deep peace which occurs when the mind is calm and silent, yet completely alert. Sahaja Yoga is used by millions of people worldwide as a practical means to achieve a balanced state and enjoy improved mental, physical, emotional and spiritual wellbeing.

The word Sahaja means "inborn" because the purifying and healing energy that is gently awakened lies waiting within every human being from birth. Sahaja Yoga is a genuine, solid experience: an actual physical reality verifiable on one's own nervous system. It leads to spontaneous improvements in one's interactions and relationships with the world.

The new state transcends religious, ethnic, economic and political differences and clearly manifests the oneness of mankind. Sahaja Yoga is freely available to anyone with a genuine desire to know the true self with a quest to evolve to a higher level of awareness, understanding and enjoyment.



“Within us lies the peace, the beauty, the glory of our being. We cannot seek it outside. We have to go within.”

Shri Mataji Nirmala Devi

Who is Shri Mataji?

Shri Mataji Nirmala Devi quietly transformed lives. For over forty years, she travelled internationally, offering free public lectures and the experience of Self-Realisation to all, regardless of their race, religion or circumstance. She not only enabled people to pass this valuable experience on to others but taught them the meditation technique necessary to sustain it, known as Sahaja Yoga meditation which she founded in 1970.

Born in 1923 into a Christian family in India, Shri Mataji worked with Mahatma Gandhi and was involved in India’s fight for independence. She was a mother and grandmother and a descendant of an Indian royal family. Her father was a member of India’s first parliament.

Shri Mataji maintained that there is an innate spiritual potential within every human being, and it can be spontaneously awakened. She emphasized that this awakening, described as Self-Realisation, cannot be purchased. Money has never been charged, nor will it be, for the experience of Self-Realisation or for the teaching of Sahaja Yoga meditation.

Nominated twice for the Nobel Peace Prize, Shri Mataji was honoured by the US Congress and the United Nations and received numerous awards for her contribution to the peace, health and wellbeing of humankind.

Basic Techniques



Raising The Kundalini Commence and conclude your meditations with this and the following exercise. Place the left hand in front of your lower abdomen, palm facing the body. Raise the hand up vertically, until it reaches a position above your head. While the left hand is ascending, the right hand rotates around it clockwise, until both hands are above the head. Use both hands to tie a knot. Repeat three times. The third time, tie the knot three times.



Bandhan Placing a bandhan gives protection to the subtle system from attention disturbances and also protects the aura. Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip and slowly raise your right hand up the left side, over your head and down the right side of your body. Then raise the right hand up the right side, over your head and down the left side. This is one bandhan. Repeat seven times.



Balancing The Left And Right Sides For tingling, heat or heaviness on the left hand: hold the left hand out, palm upwards and place the right hand on the earth, or direct it towards the earth. For tingling heat or heaviness on the right hand: hold the right hand out, palm upwards, bend the left arm at the elbow and direct the palm towards the back.

Foot Soaking

This is best done last thing at night before going to bed. Sit comfortably in a chair with your hands on your lap, palms upwards. Place your feet in a bowl of warm water with a handful of salt.

Meditate for around 10 to 15 minutes. Rinse and dry your feet. Then flush the water down the toilet and wash your hands.

Affirmations

These Affirmations can assist with settling the attention before or during meditation. You do not need to do these Affirmations every time you wish you meditate. Use any one or all the Affirmations as you prefer. Place the right hand on the centres as shown with following requests. You may preface each request with the word ‘Mother’ or ‘Kundalini’ for example “Mother, I am the pure spirit.”



With your right hand on your heart, ask your Kundalini three times
“Mother, am I the spirit?”

Right hand on your upper stomach, just below the ribs, ask three times
“Mother, am I my own master?”

Right hand on your left lower stomach, just above the left hip, ask six times
“Mother, please give me the pure knowledge”



Return the right hand to the upper stomach and say confidently ten times
“Mother, I am my own master”

Right hand to the heart, say confidently twelve times
“Mother, I am the spirit”

Right hand at the point where the left shoulder meets the neck. Turn the head to the right and say sixteen times
“Mother, I am not guilty”



Place your right hand across the forehead, gently grasping the temples, and say
“Mother, I forgive everyone”

Right hand on the back of the head, say
“Mother, for any mistakes I have done against myself, please forgive me”

Right hand on top of the head, stretch the fingers upwards, centre of the palm on the fontanel area, slowly rotate clockwise and ask seven times
“Mother, please give me self-realisation”