

HOW DO I MEDITATE?

Meditation is the state of thoughtless awareness, where the everyday activity of the mind ceases, yet one remains peaceful and aware.

To begin, place the 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 whilst attaining meditation. 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 try not to follow any thoughts. Sit quietly for 10 to 15 minutes. The Affirmation exercise can assist in settling the attention.

SHOULD I USE SHRI MATAJI'S PHOTOGRAPH?

Yes! The photograph of Shri Mataji actually emits the cool vibrations which are needed to help you reach the meditation state of thoughtless awareness (Nirvichar Samadhi).

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 demonstrated that regular Sahaja Yoga meditation can reduce the severity of certain illness. Mentally and emotionally, it helps one to attain balance, and spiritually one can attain the highest level of enlightenment.

WHAT DOES IT COST?

There is no charge for the teachings of Sahaja Yoga. However, any expenses for venue hire, advertising and printing are met by voluntary contributions from practitioners who have felt the benefits of Sahaja Yoga.

SHRI MATAJI NIRMALA DEVI



"The most difficult part is to convince a human being that in the entire creation, he is the most highly evolved being, that he is capable of becoming a glorious personality, a beautiful, peaceful angel. To me, most of the human beings are like the deities who are still in stone form and who can be transformed, with Kundalini awakening into angels." — SHRI MATAJI NIRMALA DEVI

THE AFFIRMATIONS

After Self Realisation these affirmations can be repeated to help establish the attention at the top of the head. Maintaining the attention at this point will help you to attain joyful and silent Meditations.



With your right hand on the heart, ask your kundalini
"Mother, am I the spirit?"
 ask this approximately three times



Right hand on your left upper stomach, just below the ribs, ask your Kundalini
"Mother, am I my own master?"



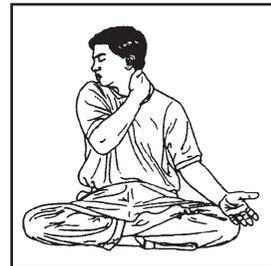
approximately three times
 Right hand on your left lower stomach, just above the left hip, ask your Kundalini
"Mother, please give me the pure knowledge"



approximately six times
 Return the right hand to the left upper stomach, ask
"Mother, please make me my own master"



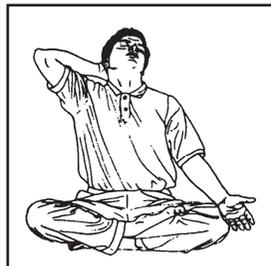
approximately ten times
 Right hand on the the heart, say confidently
"Mother, I am the spirit"
 approximately twelve times



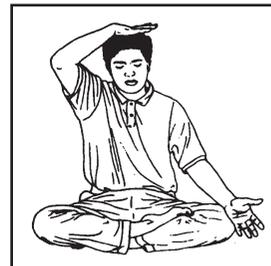
Right hand at the point where the left shoulder meets the neck. Turn the head to the right, say
"Mother, I am not guilty"



approximately sixteen times
 Right hand across the forehead, gently grasping the temples, say
" Mother, I forgive everyone"
 repeat a few times, as sincerely as



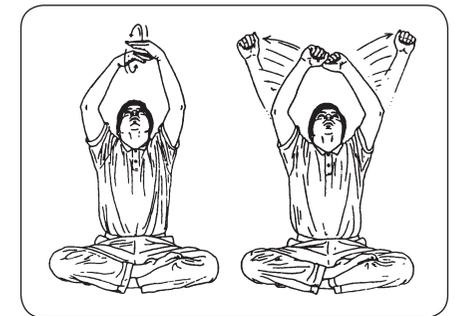
you can
 Right hand on the back of the head, opposite the forehead, say
"Mother, for any mistakes I have made against myself, please forgive me"



repeat a few times, sincerely
 Right hand on the top of the head, stretch the fingers upwards with the centre of the palm pressing gently on the fontanelle area, slowly rotate clockwise, ask seven times
"Mother please give me my

RAISING THE KUNDALINI

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



BANDHAN

Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip and slowly raise your right hand over your head and down to the right side of your body. Then raise the right side, over your head and down to the left side. This is one Bandhan and protects the Aura. Repeat seven times.

