

“Meditation is the only way you can grow.
When you meditate, you are in silence.
You are in thoughtless awareness. Then
the growth of awareness takes place.”

SHRI MATAJI NIRMALA DEVI

SAHAJA YOGA / MEDITATION



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ENJOY THE SILENCE

In a quiet place, set the photo of Shri Mataji on a table with a lit candle in front. Sit in a comfortable position facing the photo. Open your hands and place them palm-upward on your lap.

To begin and end our meditation we raise our Kundalini energy 3 times (A) and put on a Bandhan (protection) 7 times (B) as shown below:



Sit quietly without thinking for 5-10 minutes, mornings and evenings every day. Your life will change.

