

SAHAJA YOGA

AN INTRODUCTION



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TABLE OF CONTENTS

WHAT IS SAHAJA YOGA?	5
THOUGHTLESS AWARENESS	9
SHRI MATAJI NIRMALA DEVI	15
THE SUBTLE SYSTEM	21
The Kundalini	23
The Three Channels (Nadis)	26
The Seven Chakras	29
The Mooladhara Chakra	30
The Swadhisthan Chakra	36
The Nabhi Chakra	44
The Void	50
The Anahata (Heart) Chakra	54
The Vishuddhi Chakra	60
The Agnya Chakra	66
The Sahasrara Chakra	72
WHAT IS MEDITATION	83
Shri Mataji's Advice on Meditation	84
HOW TO MEDITATE AT HOME	91
Raising the Kundalini & Bandhan	92
Morning Meditation	94
Evening Meditation	95
Shri Mataji's Advice on Footsoaking	96
Shri Mataji's Advice on How to Stop your Thoughts	98
Meditation Using Affirmations	99
Balancing the Left and Right Sides	101
CHAKRA CLEANSING TECHNIQUES	105
TAKING IT FURTHER	115



WHAT IS SAHAJA YOGA?

“As soon as you are born a human being, you have the right to unite with God. This is why human beings are seeking. They are somehow aware of that right. This is a living evolutionary process. You don’t have to pay, you don’t have to plan, you don’t have to work hard. In your own right you will get it.”

SHRI MATAJI NIRMALA DEVI

Sahaja Yoga is a meditation technique developed in 1970 by Shri Mataji Nirmala Devi which enables us to go beyond our mental, emotional and physical activity to experience our true self within. SAHAJA means ‘BORN WITH YOU’ or ‘SPONTANEOUS’ and YOGA means ‘UNION WITH THE DIVINE’. It involves the awakening of the subtle spiritual energy known as the KUNDALINI which lies dormant in the SACRUM BONE at the base of the spine in three and a half coils. The gentle awakening of this Kundalini energy and the inner journey of self-discovery is known as SELF REALISATION or YOGA. Those who have received Realisation are known as REALISED SOULS or DWEEJAH in Sanskrit, meaning ‘THE TWICE BORN’.

The awakened Kundalini rises up the spinal column until it reaches the limbic region of the brain from where it can be felt flowing out of the fontanelle (FROM OLD FRENCH FONTANELE, MEANING 'A LITTLE SPRING') as a cool breeze or vibrations (CHAITANYA). These vibrations can also be felt on the fingertips and on the palms of the hands. In the same way we can feel the heat of the sun's rays upon our skin, we can feel vibrations and the experience of Sahaja Yoga.

The immediate effects of raising the Kundalini and going into a state of thoughtless awareness can be felt as a gentle release from our mind and a spontaneous state of bliss, as one merely witnesses and enjoys the present moment. However, the effects of reaching this state go far beyond those few incredible moments of bliss.

When the Kundalini rises, she removes tensions occurring on our central nervous system which cause negative mental, emotional or physical sensations, and brings our system into balance. Thus we are spontaneously relieved from any stress, weight or pain we may be experiencing. As Sahaja Yoga meditation works directly on our central nervous system – which controls all of our mental, physical and emotional activity – it has the potential to dramatically improve our well-being in all of these areas by going directly to the source of any problem.

Another defining characteristic of Sahaja Yoga is that it empowers us to become the master of our own personal growth, connecting us with our innate qualities and giving us the tools to overcome most obstacles in life. It is free from levels, qualifications or hierarchies. All individuals who run meditation classes do so on a completely voluntary basis because they want to share their experience and because it strengthens their own connection to themselves. The knowledge and experience of Sahaja Yoga meditation is always and unconditionally 100% free.

In the Gospel of John, Christ makes references to the COOL BREEZE and the SECOND BIRTH indicating that spirituality is an experience on our central nervous system:

*That which is born of the flesh is flesh,
and that which is born of the Spirit is Spirit.
Do not be amazed that I say this to you.*

*The wind blows where it wishes
and you hear the sound of it, but do not know where
it comes from and where it is going;
So it is with everyone who is born of the Spirit...*

*Truly, I say to you, we speak of what we know
and testify of what we have seen.*

**NEW TESTAMENT
JOHN, CHAPTER 3**



THOUGHTLESS AWARENESS

Empty yourself of everything. Let the mind become still.

LAO TZU
TAO TE KING, VERSE 16

The four states of human awareness
from the Indian scriptures:

JAGRUTI
THE WAKING STATE
OF CONSCIOUSNESS.

SWAPNA
THE DREAMING STATE
OF CONSCIOUSNESS.

SHUSHUPTI
THE STATE OF DEEP SLEEP
IN WHICH THE MIND, THE EGO,
AND SUPEREGO ARE STILL.

TURYA
THE STATE OF THOUGHTLESS AWARENESS
BEYOND THE MIND.

The first three states of awareness are commonly experienced in our daily lives. The fourth state is the state of THOUGHTLESS AWARENESS or NIRVICHARA SAMADHI. This is the state in which the constant rising and falling of thoughts in the mind comes to an end. At first a gap begins to appear between the thoughts, this gap is known as VILAMBA. As this gap grows, thoughts diminish. Through the daily practice of Sahaja Yoga meditation, the mind enters into a state of THOUGHTLESS AWARENESS, becoming still – like a lake devoid of ripples – and a deep inner peace begins to dawn within our awareness.

When there are no ripples on the water of a lake, its surface becomes nearly invisible as it reflects the beauty of the landscape around it – the trees, the sky, the clouds. In the same way, a still mind reflects the beauty of creation, and melts into the bliss and the peace of the Divine.

Now, instruction in Yoga (UNION).

Union is restraining the thought-streams natural to the mind.

Then the seer dwells in his own nature.

Otherwise he is of the same form as the thoughts.

PATANJALI
YOGA SUTRAS

Enjoyment is only possible when you are beyond your mind.

With your mind you can never enjoy. It's like a big load.

*It will not act, it will not help. Enjoyment comes
when you are in complete silence – in a rippleless lake.*

*The reflection of all the joy that is created on the shores
of that lake are completely reflected, they are not deflected.*

*If there were ripples it would have been
a different image altogether and would have been
something nowhere near the image of reality.*

SHRI MATAJI NIRMALA DEVI
ITALY -1. OCTOBER 1995

In the state of thoughtless awareness we think neither of the past nor of the future. We are entirely in the present moment, in the state of 'BEING' and do not waste precious moments dwelling on times that are finished forever or thinking about what is yet to come. We start to enjoy our SELF, our SPIRIT, our own inner beauty and the beauty of creation. We begin to enjoy simply 'BEING'. We are able to enjoy the singing of birds, the scent of flowers and the beauty of those around us at a much deeper level as we are no longer bombarded by meaningless mental chatter that assails our awareness and pollutes our attention, distracting us from the simple joys of our existence.

In this state, we start to feel the vibrations of our chakras and our surroundings on our fingertips. We also begin to feel the effect our behaviour and lifestyle has on our selves and our

surroundings – we feel the vibrations in either the presence or absence of our inner joy and peace. As a result we spontaneously and naturally change ourselves and our environment – shifting our attention so that we maximise the joy, both for ourselves and for those around us. Shri Mataji has described this as ‘INNATE RELIGION’.

The Self, which is in fact the Lord and which is called ‘I’ because it abides in the body, is different from the physical and subtle bodies. ‘I am that Spirit. I am without attributes, actionless, eternal, ever free and indestructible. I am not the body which is ever changing and unreal.’ This is called Knowledge by the wise.

SHRI ADI SHANKARACHARYA

Our growth in Sahaja Yoga raises us to a higher level of consciousness. It is a natural and spontaneous process that gently transforms us from within, enabling us to manifest and express positive human qualities and to enjoy the peace and the bliss of life as described in the ancient scriptures. Sahaja Yoga is an inner revolution that brings about the transformation of human beings into spiritual beings who gradually manifest sublime qualities of compassion, generosity and detached, unselfish love – who live in a progressively profound state of inner peace. It is a living process and a gradual transformation of our awareness rather than a mental projection or conception.

Sahaja Yoga is a spiritual movement of global proportions. People from most countries around the world, from all age groups, and diverse religious and social backgrounds are united by their experience of the same inner joy and peace. The benefits of Sahaja Yoga can be experienced by absolutely anyone!

Hundreds of thousands of people have experienced the blissful state of thoughtless awareness from Sahaja Yoga classes all around the world, which have also been offered in schools, prisons, orphanages and refugee camps with huge success. All that is required is an open mind and the desire to discover the truth about yourself.



SHRI MATAJI NIRMALA DEVI

SHRI MATAJI NIRMALA DEVI

*When are you finally going to start your spiritual work?
Now you are free, and you have to start.*

MAHATMA GANDHI
IN A CONVERSATION WITH SHRI MATAJI

Shri Mataji Nirmala Devi discovered the unique method of meditation SAHAJA YOGA – which allows one to achieve inner enlightenment, and reveals the true potential of mankind. Shri Mataji devoted her entire life to the development and dissemination of this method, and today hundreds of thousands of people around the world practice and benefit from Sahaja Yoga. The classes – always free – are offered in over 80 countries around the world.

THE GREAT MASTER OF YOGA

Shri Mataji showed that within each person there is a motherly spiritual energy called KUNDALINI, the awakening of which leads a person to a state of spontaneous meditation. Unlike many ancient teachers who were only able to share this experience with a few individuals, Shri Mataji could raise

the Kundalini in thousands of people, which was previously considered impossible. It is the opportunity to awaken this inner spiritual energy that distinguishes Sahaja Yoga from other methods of meditation. It is an extraordinary living experience which allows us to touch the very essence of ourselves, to uncover our very best qualities and to achieve a state of complete peace and satisfaction.

FROM NIRMALA TO 'SHRI MATAJI'

Initially Shri Mataji taught this method to a few seekers in India, awakening their Kundalinis and giving them Self Realisation. Since ancient times only the most worthy and dedicated had managed to attain their Self Realisation through TAPASYA (GREAT PENANCE), cleansing and introspection.

Somehow, the presence of Shri Mataji combined with her loving attention and her work on seekers' subtle systems became the catalyst for this process. After a while her students reached a sublime state of inner freedom and lightness, experiencing a cool breeze on the palms of open hands and above their heads.

As an expression of love, respect and gratitude for Nirmala, and her unique ability to grant Self Realisation, her students began calling her SHRI MATAJI, which literally means RESPECTED HOLY MOTHER.

INNER DEVELOPMENT AS THE FOUNDATION OF A HEALTHY SOCIETY

Shri Mataji, in her lectures and conversations, paid attention to many aspects of a person's life saying that the inner state, enlightened by the practice of meditation, will find an outward manifestation in all spheres of human life.

SHRI MATAJI'S EARLY LIFE

Shri Mataji Nirmala Devi – a descendant of India's royal Shalivahana Dynasty – was born in 1923, at noon on the 21st of March – the Spring Equinox – in Chindwara, the centre of India, in a Christian family. She was born completely self-realised and from a young age knew that she had a unique gift which had to be made available to all mankind.

Both Shri Mataji and her parents, Prasad and Cornelia Salve, played an active role in India's fight for independence. Her father, a talented lawyer and close associate of Mahatma Gandhi, was a member of the Constituent Assembly of India and helped write India's first constitution. He was a renowned scholar, fluent in 14 languages.

As a child Shri Mataji and her family lived for some time in the ashram of Mahatma Gandhi who affectionately gave her the nickname NEPALI. Even at a young age, her deep wisdom and understanding was evident to the Mahatma.

Shri Mataji played a courageous role as a youth leader in the fight for freedom. In 1942 she was arrested, imprisoned and tortured for her participation in Gandhi's "QUIT INDIA" Movement. She later studied medicine at the Christian Medical College in Lahore, in what is now Pakistan.

Shortly before India's Independence, Shri Mataji married Mr. C.P. Srivastava who would go on to become one of India's most respected high-ranking civil servants. Mr. Srivastava held the post of Joint Secretary to the Office of the Indian Prime Minister, Shri Lal Bahadur Shastri, between 1964-66. Later, he was unanimously re-elected for four consecutive four-year terms, as Secretary General of the United Nations International Maritime Organisation based in London. He was knighted by the Queen of England in 1989 and received similar honours from many countries for his service to the international maritime community.

SHRI MATAJI'S SAHAJA YOGA WORK

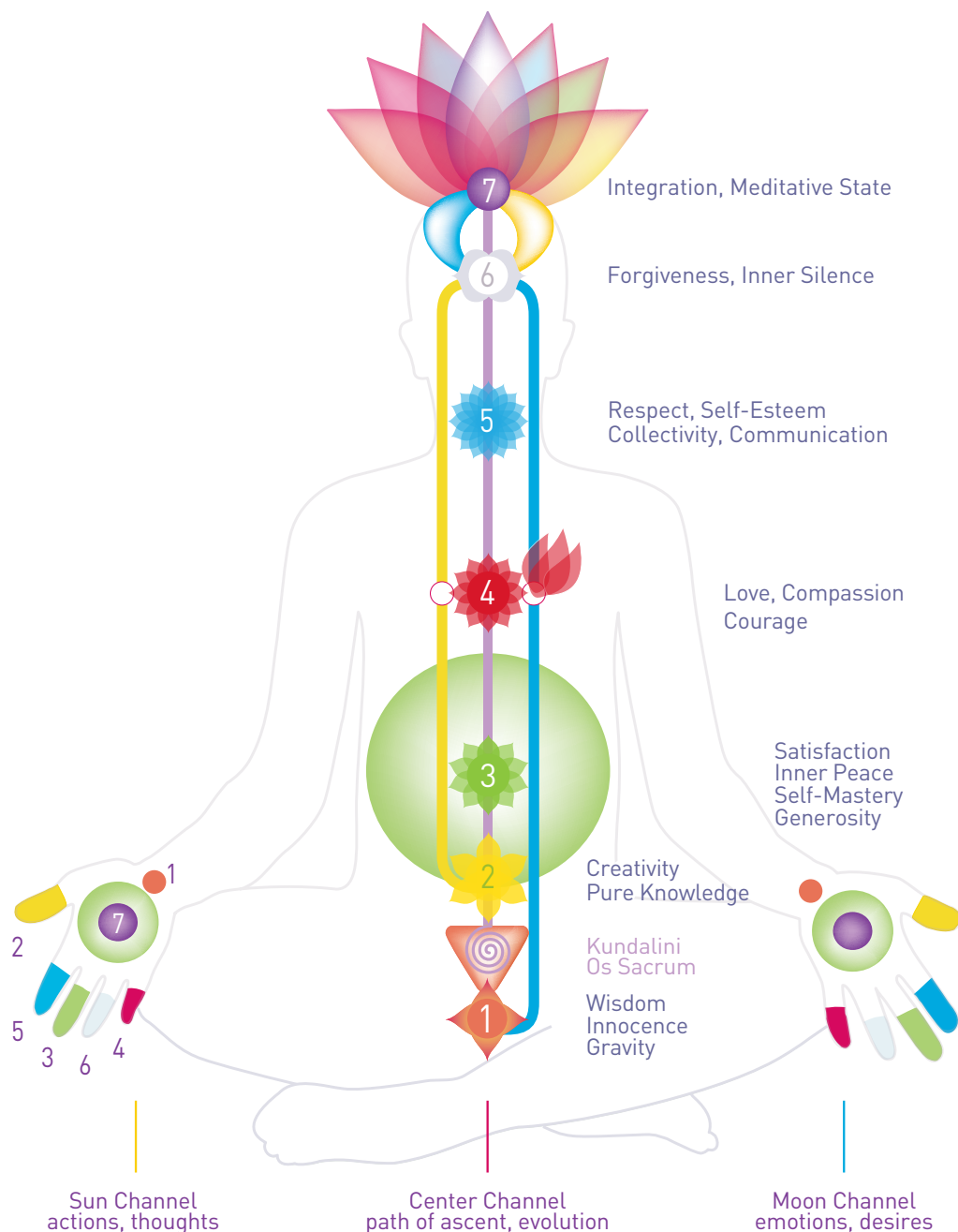
After fulfilling her familial duties of bringing up two daughters, Shri Mataji embarked on her spiritual mission. On the 5th May 1970 she was meditating on the many problems of humanity on a lonely beach in India, when a blissful Divine experience filled her whole being and she knew that the moment had come for her unique spiritual gift – the ability to give en-masse Self Realisation – to be shared with humanity. Soon thousands of people in many countries

were receiving the transforming experience of Kundalini awakening and discovering for themselves that – using Shri Mataji's techniques – they could also pass this experience on to others, as one candle can be used to enlighten another.

Unlike the many so-called 'gurus' of the modern era, Shri Mataji neither charged for her lectures or for giving Self Realisation. She always insisted that one cannot pay for enlightenment. She warned of the dangers of going to false gurus and enterprises who package spirituality as a business. Self Realisation and spiritual enlightenment are beyond money. (The knowledge and experience of Sahaja Yoga meditation is always and unconditionally 100% free. All individuals who run meditation classes – either online or in person – do so on a completely voluntary basis because they want to share their experience.)

Shri Mataji created many non-profit organizations in various fields of public life. From a centre for destitute women and orphans to international schools, from health centres using the methods of Sahaja Yoga to academies teaching classical arts – the list of Shri Mataji's achievements is striking in its diversity.

For a more complete biography visit:
shrimataji.org
wemeditate.co/page/shri-mataji

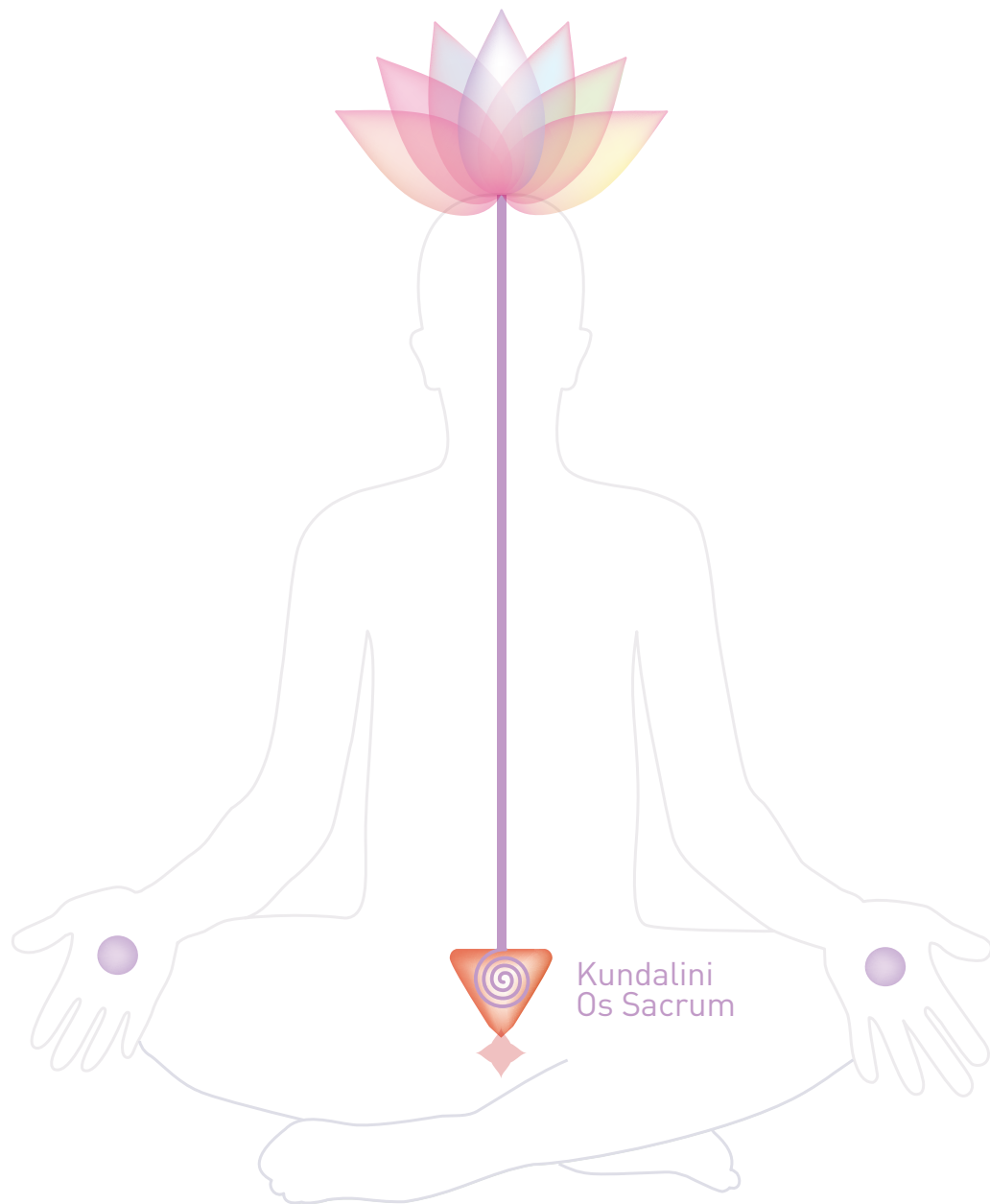


THE SUBTLE SYSTEM

The Subtle System, which was documented in India thousands of years ago, consists of seven energy centres called as CHAKRAS, three energy channels called as NADIS and the KUNDALINI. The chakras correspond on the physical level to the plexuses of our central nervous system and the energy channels to the SYMPATHETIC and PARASYMPATHETIC NERVOUS SYSTEMS within the spinal column.

CHAKRA means 'WHEEL' in Sanskrit, because the chakras rotate clockwise like wheels. Chakras are also likened to lotus flowers, each chakra having a different number of petals, which corresponds to the number of sub-plexuses within the physical plexus (NERVE PLEXUS).

These nerve plexuses control all of the energies at force within our body and secrete hormones. They are the root of all of our physical, mental and emotional activities. Thus, each Chakra is associated with certain physical, mental and emotional traits. When we experience disorders at the mental, emotional or physical level it is due to a 'BLOCKAGE' or obstacle or tension in these Chakras.



THE KUNDALINI

*Formless yet complete, existing before heaven and earth.
Silent and limitless, alone and unchanging. Pervading every-
where, yet untiring. It is the Mother of all things under heaven.
I do not know its name so I call it 'Tao'..*

LAO TZU – TAO TE KING

*Turning away from materialism...I have entered into the
sky of the mind, and opened the Tenth Gate. The
chakras of the coiled Kundalini energy have been opened,
and I have met my Sovereign Lord King without fear.*

KABIR
GURU GRANTH SAHIB, P.972

In every sentient being there is a subtle, feminine energy located in the SACRUM – derived from the word 'SACRED' – the large, triangular bone at the base of the spine. This feminine energy is known in Sanskrit as KUNDALINI – meaning 'COILED' as it is curled up in three and a half spirals. The SACRUM BONE – 'OS SACRUM' is translated from the Greek 'HEIRON OSTEON'. It was believed that the soul resides here.

When the Kundalini is awakened it rises through the spine and passes through our energy centers – CHAKRAS – emerging through the FONTANELLE area – the part of the

head which is soft in babies. When the Kundalini passes through this area it can be perceived as a COOL BREEZE, as if it were pouring out of a fountain. Fontanelle derives from the Old French for 'LITTLE FOUNTAIN' – fitting to the experience of Self Realisation.

The Kundalini energy is generally dormant. The aim of Self Realisation is to awaken this energy so that its qualities manifest. It can be awakened through our power of pure desire – the desire to know our TRUE SELF, our SPIRIT. Our true self is often hidden from us by thoughts and emotions, but when the Kundalini rises it spontaneously brings us into a state of meditation. Thus we can detach from these thoughts and emotions to experience the pure joy and peace that exists within all of us.

The effects of the Kundalini can be felt on the subtle system, represented at the physical level as the central nervous system. The left and right channels are the sympathetic nervous system and the central axis is the parasympathetic nervous system. When the Kundalini rises it passes through the main nerve plexuses along our spine which are energy centres, called Chakras in Sanskrit.

The Kundalini can be imagined as a rope with thousands of strands. When we first receive our Self Realisation, only one or two strands find their way through the chakras to reach the Sahasrara at the crown of the head. With daily meditation,

more and more strands of the Kundalini open up, strengthening our connection to the experience of meditation which deepens, becoming more profound and blissful. This experience was described by the Indian saints Adi Shankaracharya (C 600 A.D.), Kabir (C 1500 A.D.), and Jnanadeva (C 1200 A.D.), amongst others.

SHRI MATAJI'S ADVICE ON KUNDALINI

„Now how do you remove the thought from your mind is the problem. Thoughts are all the time in your mind... but when the Kundalini rises, then what happens is that these thoughts become elongated... and there is a gap in between the thoughts and this gap is the place of our peace. If you achieve that peace, the world peace can be achieved. By just taking placards, by shouting for peace, you cannot establish peace.

Peace has to come from the hearts of human beings. In the hearts of human beings peace can be only established when you establish the Spirit within it's core, where it manifests the bliss of peace. When you start enjoying the bliss of peace you don't want wars, you don't think of a war and that is the state where now the human beings have to rise and go to.“

SHRI MATAJI NIRMALA DEVI
LONDON, 10. JULY 1984
CHISWICK TOWN HALL

THE THREE CHANNELS – NADIS

LEFT CHANNEL = IDA NADI = YIN

Also known as TAMO GUNA and the MOON CHANNEL, THE LEFT CHANNEL OF THE CENTRAL NERVOUS SYSTEM GOVERNS OUR DESIRES AND EMOTIONS AND CULMINATES WITH THE SUPEREGO AND CONDITIONINGS. This channel can become blocked either by indulging in being over-emotional, easily sad and lethargic, or by shutting off our emotions entirely and being harsh with ourselves. By clearing our left channel we can experience absolute emotions such as unconditional love, peace and joy.

THE LEFT CHANNEL ALSO CORRESPONDS TO OUR RELATIONSHIP WITH OUR PAST. Negative emotions are often the result of subconsciously holding onto bad experiences which causes us to close our hearts and react negatively rather than treat the present situation with an open, clean heart. Therefore someone described as more 'LEFT-SIDED' typically dwells on the past, is overly sentimental and often feels easily down-hearted and unmotivated.

These left channel obstacles can be balanced in Sahaja Yoga using cleansing techniques such as the THREE-CANDLE-TREATMENT, rising early in the morning to meditate and greet the sun, taking action without being overly active, and regularly joining the collective meditation programs.

RIGHT CHANNEL = PINGALA NADI = YANG

Also known as RAJO GUNA, and the SUN CHANNEL, THE RIGHT CHANNEL OF THE CENTRAL NERVOUS SYSTEM GOVERNS OUR THOUGHTS AND ACTIONS. IT CULMINATES WITH OUR EGO. It provides energy for our creativity, our rational mind, futuristic thoughts, our physical energy, and dynamism. The liver, which processes sugars to produce energy for the brain, plays an important role in keeping our right side in balance.

THE RIGHT CHANNEL ALSO CORRESPONDS WITH OUR RELATIONSHIP TO THE FUTURE. Stress and overthinking, planning and worrying often occur as we anticipate what is yet to pass. Therefore someone who can be described as more 'RIGHT-SIDED' usually has a very active mind and body, sometimes finding it hard to relax as their attention is on the future. They can be prone to egotistical and dominating behaviour, arrogance, pride, anger, hatred, lust and stress.

A simple solution to an overheated right side is to put ice on the liver and take a cold footsoak. Sitting on the Mother Earth, taking a walk in the nature, taking long breaks from all electronic devices will all help balance this channel.

Less time on electronic devices, getting enough sleep, drinking enough water, and eating lighter foods play an important role as these all can stress the liver and reduce the depth of our meditation. See the cleansing section.

CENTRAL CHANNEL = SUSHUMNA NADI

Also known as SATTVA GUNA, THIS IS THE NADI OF OUR EVOLUTION AND EQUILIBRIUM. It looks after our autonomous nervous system and corresponds to our spiritual ascent. When we wish for a more innate sense of contentment and purpose than the material or physical, our attention moves to the SUSHUMNA and our awareness evolves.

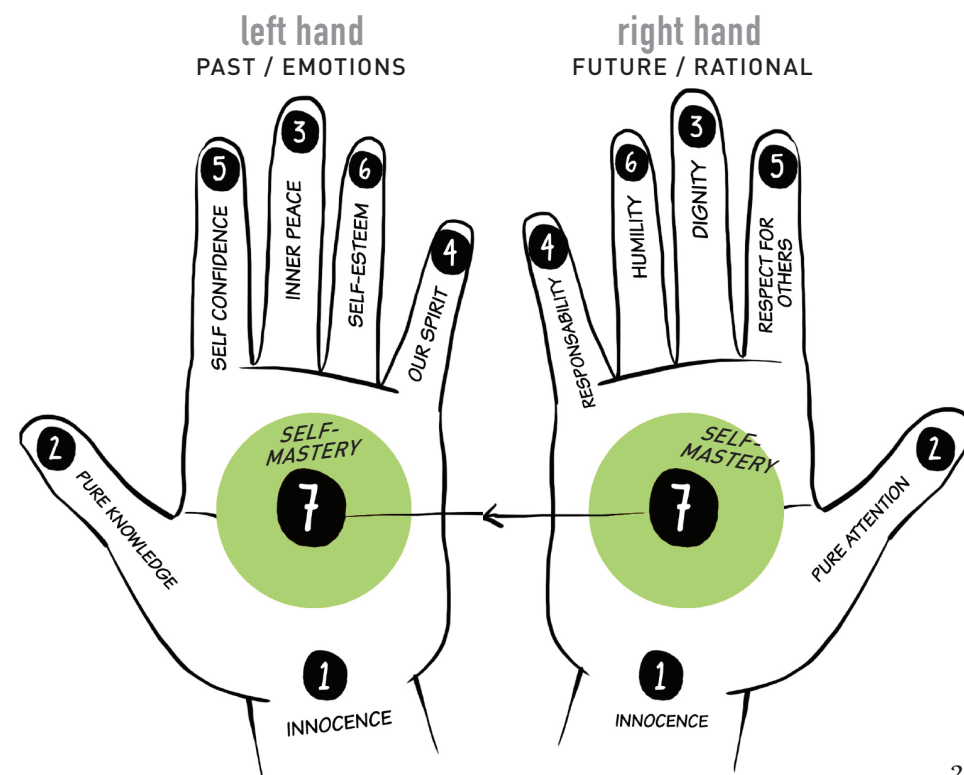
The central channel leads ultimately to the Sahasrara chakra. Thus when our Kundalini moves along our central channel, we are brought to a state of thoughtless awareness which is experienced when the Sahasrara chakra opens. The key to achieving a true state of meditation, bliss and enlightened awareness is to become a more centered personality, which swings neither to emotional, mental or physical extremes. This can be achieved by clearing our central channel and raising the Kundalini repeatedly to strengthen and nourish it.

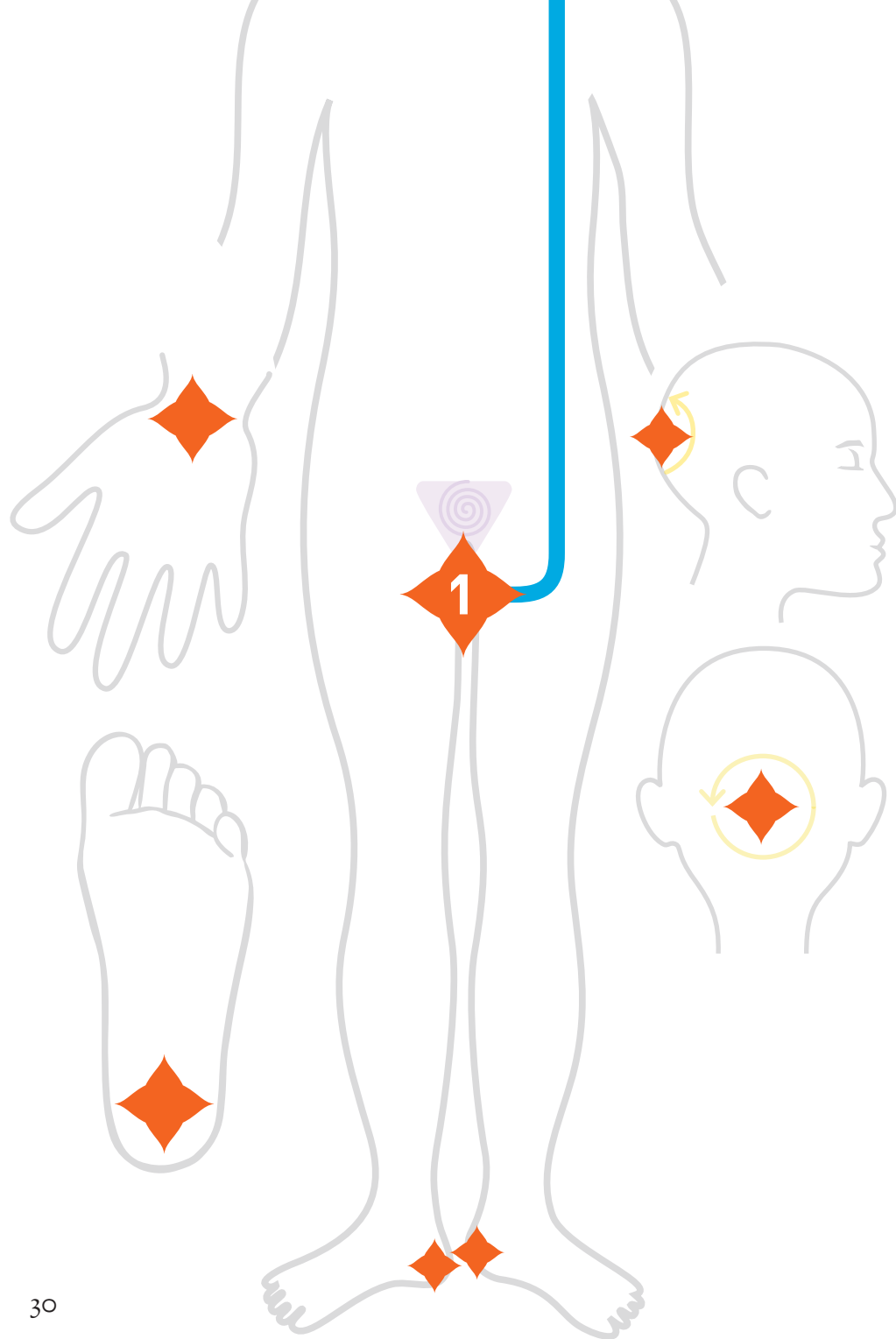
When our central channel is clear, we naturally reflect an innate morality and our actions automatically nourish our being, as they are balanced. This balance is the key to ascent. Without going to the extremes of left-sided or right-sided moods and activities, our energy and attention naturally gravitates towards that which is elevating and conducive to our spiritual evolution.

To strengthen the center channel practice the art of being a witness, bringing the attention inside and on the fontanelle.

THE SEVEN CHAKRAS

There are seven major chakras within our subtle system known as MOOLADHARA, SWADISTHAN, NABHI, ANAHAT, VISHUDDHI, AGNYA and SAHASRARA, each with different qualities. Through Sahaja Yoga meditation and the simple techniques we use to balance our subtle system, these chakras can open up and expand, enhancing these qualities within us. The more clear are chakras become the more balanced and integrated we are. Our awakened chakras bring us joy, peace, satisfaction, and love.





MOOLADHARA CHAKRA

PHYSICAL MANIFESTATION:
PELVIC PLEXUS

NUMBER OF PETALS/SUB-PLEXUSES: 4

ELEMENT:
EARTH

GOVERNS:
EXCRETION AND REPRODUCTIVE ORGANS

QUALITIES:
CHILDLIKE INNOCENCE, GRAVITY, DHARMA,
SPONTANEITY, PURITY, WISDOM, JOY

COLOR / STONE / DAY / PLANET
RED / CORAL / TUESDAY / MARS

*The True Person is detached and humble
... the True Person remains childlike*

LAO TZU
TAO TE CHING
VERSE 49

A person who is filled with Virtue is like a newborn child.

LAO TZU
TAO TE CHING
VERSE 55

*The devotees of the Lord dwell forever in peace.
With a childlike, innocent nature, they remain detached,
turning away from the world.*

GURU NANAK
GURU GRANTH SAHIB

*...Unless you change and become like children,
you will never enter the kingdom of heaven.*

JESUS CHRIST
MATTHEW 18:2

Situated below the SACRUM BONE, the awakened MOOLADHARA CHAKRA fills us with innocence and wisdom, bringing with it a joy and wonder devoid of conditionings and prejudice – a quality found in small children. This generally diminishes as we grow and develop ego and self-centered desires. Fortunately this quality can return, like the sun shining after the passing of heavy clouds. In India the elephant headed God, Shri Ganesha, is worshipped as the essence of innocence and wisdom. He has the body of a child which symbolises innocence, and the head of an elephant, which symbolises wisdom.

The Mooladhara Chakra has four petals. The first petal faces downwards and contains harmony, balance and sensitivity to innocence. The second petal is towards the left and contains confidence in one's own Divinity manifesting in humble

confidence. The third petal is towards the right and contains humility to God, Divine wisdom and pure knowledge. The fourth petal reaches upwards and brings fearlessness due to security, awareness of collective consciousness and the power of dharma.

SHRI MATAJI ON INNOCENCE

“There have been stories that children who have fallen from a very great height were completely saved, nothing happened to them. Their innocence is such a powerful thing that it doesn't harm anyone who is not to be harmed. It has all the wisdom of the world, all the understanding of the world; and anybody who tries to harm the innocence, the world, the whole world – which may not have cared so much for innocence, might not have worshipped innocence so much – but they all stand, stand up against anybody who tries to harm the innocence.

You can see in your own lives around you, when anybody tries to trouble children –all of the them, whoever they are, whatever maybe their nationality, they all jump, all jump to safeguard that child. What is it? What is it within us that makes us so very conscious to protect the innocence?

It's really a shame, a great shame for us, when we find in this world that innocence is under attack. Anything else can be tolerated. Innocent people who have done nothing wrong,

those who have no malice, who are living like little children, I should say, if they are attacked by anyone – not that the whole world reacts to that – but everyone of them cannot bear any innocent person or innocent being, being harmed.

We don't realise that, within us, there is the ocean of love and ocean of understanding for children. Why? Why should it be? Why should we feel like that, especially for children? Especially for innocence? There are people who are always attacking innocent people, innocent children – there are, but no-one wants to support them.

No one thinks that it's proper to ill treat children. And those who have done this have to suffer. They all suffer as a reaction.”

SHRI MATAJI NIRMALA DEVI, 2001
CABELLA LIGURE, ITALY

CAUSES OF IMBALANCES IN THE MOOLADHARA

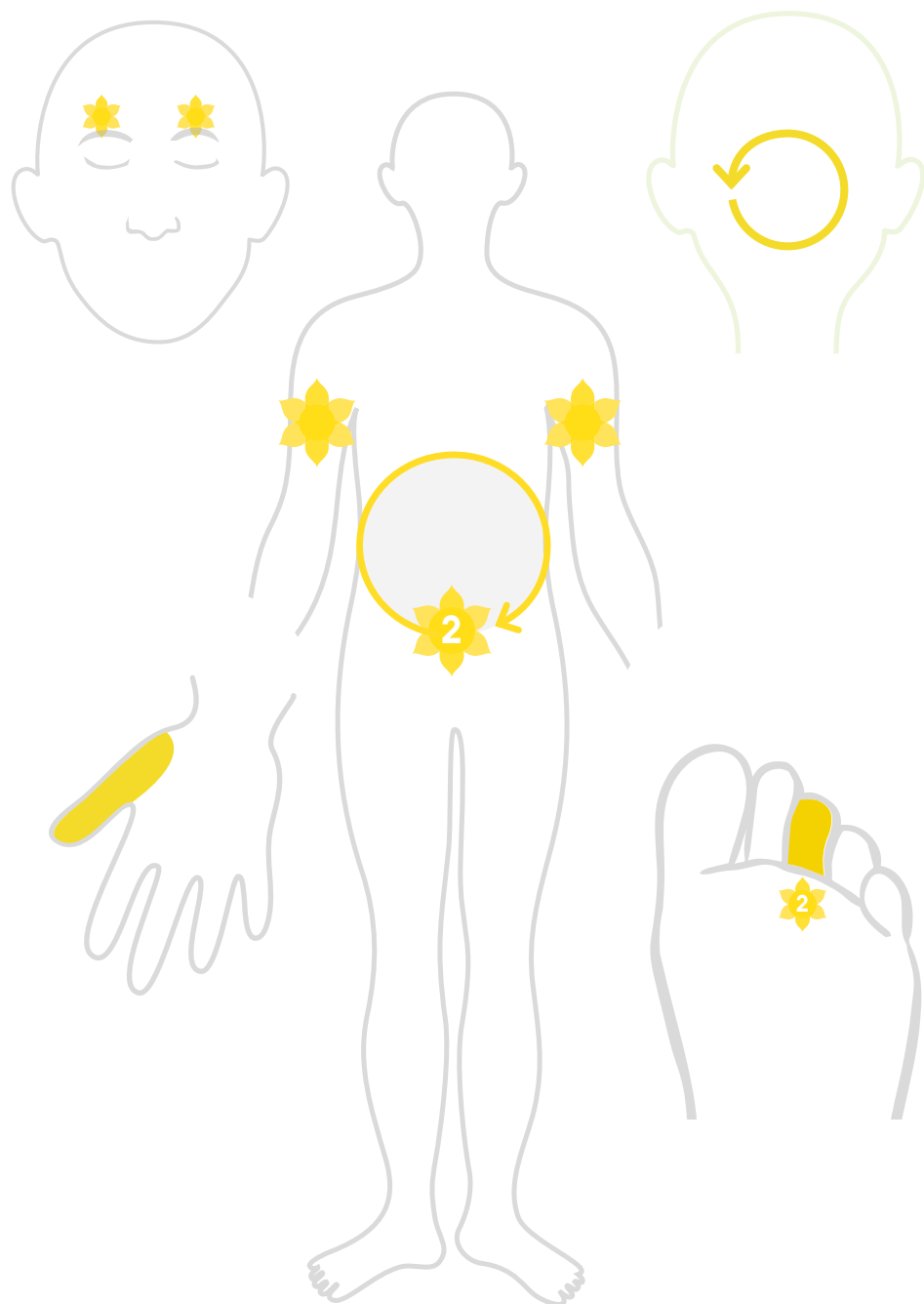
Lack of contact with beauty, nature and the Mother Earth. Attention on material things. Left: Promiscuity, perversion, allowing sex to dominate our lives, desires and attention. Right: Obsessively strict, overly-disciplined or fanatic.

BALANCING THE MOOLADHARA

Sit and place both palms on the earth allowing the earth to balance us. Walk barefoot on the earth and take footsoaks. Spend time in the nature and keep the attention on nature – looking at the sky, the grass, and the flowers.

Look at people or objects without lust or greed. Take the attention from the material to the sublime and develop the joy of innocent things like small children, animals and gentle music. Relax and enjoy the beauty of life.





SWADHISTHAN CHAKRA

PHYSICAL MANIFESTATION:
AORTIC PLEXUS

NUMBER OF PETALS/SUB-PLEXUSES: 6

ELEMENT / MUSIKNOTE:
FIRE / RE

GOVERNS:
KIDNEYS, LIVER, SPLEEN, PANCREAS,
UTERUS, INTESTINES

QUALITIES:
PURE CREATIVITY, PURE ATTENTION,
PURE DESIRE, PURE KNOWLEDGE

COLOR/DAY/PLANET:
YELLOW/WEDNESDAY/MERCURY

The Swadhisthan chakra moves like a satellite around the Nabhi Chakra and the Void. It is the seat of pure knowledge and innate creativity, providing us with our sense of aesthetics, art, music, and our appreciation and connection with nature. It looks after our digestive organs and provides us with the dynamic energy to do physical, mental and creative work. When this center is clear our creativity flows spontaneously, we are inspired and nourished. We nourish others through our ideas and imagination. Our ideas and solutions are stimulating yet beyond mental strain.

RIGHT SWADHISTHAN:

The quality of the right Swadhisthan is the power of pure attention. Instead of our attention being scattered and our thoughts filled without relief, we are able to bring our focus inwards and easily enter the state of thoughtless awareness. Our tasks flow with peace. Instead of being tired from work we are inspired and filled with energy.

*My mind has been pierced by the Name of the Lord
like the goldsmith whose attention is held by his work.
Like the young girl who carries a water-filled pitcher on her head.
She laughs, plays, and talks with her friends,
but keeps her attention on the pitcher of water.*

NAMADEVA
GURU GRANTH SAHIB
PAGE 972

CAUSES OF OBSTACLES IN THE RIGHT SWADHISTHAN:

Excessive thinking, planning, and working.
Dominating others, Materialism, Greed, Alcohol, Drugs

CLEARING TECHNIQUES:

Cold footsoak, ice-pack on liver (RIGHT SWADHISTHAN / RIGHT NABHI). SEE SECTION ON CLEARING THE RIGHT SIDE.

LEFT SWADHISTHAN:

The qualities of the left Swadhisthan are pure knowledge and pure desire. Our pure desire is the desire for self knowledge, for the inner bliss and peace which brings us closer to our selves, to our spirit. When we go deeper in our meditation and introspect we can clearly see what our true nature is, what our strengths and weaknesses are.

If we indulge in that which takes us away from strengthening our selves, then this center weakens, diminishing our desire to go deeper. When we indulge in that which strengthens our connection to our selves, our joy increases and our experience of meditation and Self Realisation expands.

CAUSES OF BLOCKAGE WITHIN THE LEFT SWADHISTHAN:

False knowledge; Impure desires; Alcohol; Drugs; Following false gurus; Illusory or superficial ideals; concepts or dogmas; Black magic.

TREATMENTS:

Work on this chakra with a candle, camphor flame, or the hand. Take footsoaks.

SHRI MATAJI'S ADVICE ON THE SWADHISTHAN CHAKRA

“As you see in the map here, the balloon that is yellow is the Ego. You see down below it starts from the Swadhisthana. This is the colour of the bile within us. This Swadhisthana chakra which is, for our creativity, is directly connected to the Ego. It starts rotating round the Void, and going to the various parts of the Void. The Void is the green circle within us (SEE DIAGRAM ON PAGE 20 AND 34) where physically we have the uterus and the kidneys. It's a complete viscera, all the intestines, ascending, transverse and descending colon, the liver - more the upper part of liver - then also the pancreas and the spleen. So all the problems of these organs are collected by this chakra which comes out of the Nabhi chakra, and moves round and round and round, and collects all the problems.

It nourishes and gives power, the vital power, to these organs and also it generates the necessary power for our creative action. It also collects the fat cells of the Void and converts them into the power cells for the brain for its use - for the grey matter. All this work it has to do - one chakra. It manifests the Aortic Plexus outside - on the physical level. We call it as AORTIC PLEXUS and it has got six sub-plexuses which look after all these organs.

This chakra is meant for our action. When we go into action this chakra starts working. By the first power which is on

the left hand side, we desire, but by the second one, we go into action and it's called as KRIYA SHAKTI. Now when this action starts within us it produces the bi-products or we can say all the problems of these organs, which are to be deposited somewhere and they are all deposited in the brain as ego. All the problems that we have out of this, this creativity, and the action of all these organs are to be counter balanced and as a counter balance the ego develops.”

SHRI MATAJI NIRMALA DEVI
22. OKTOBER 1979

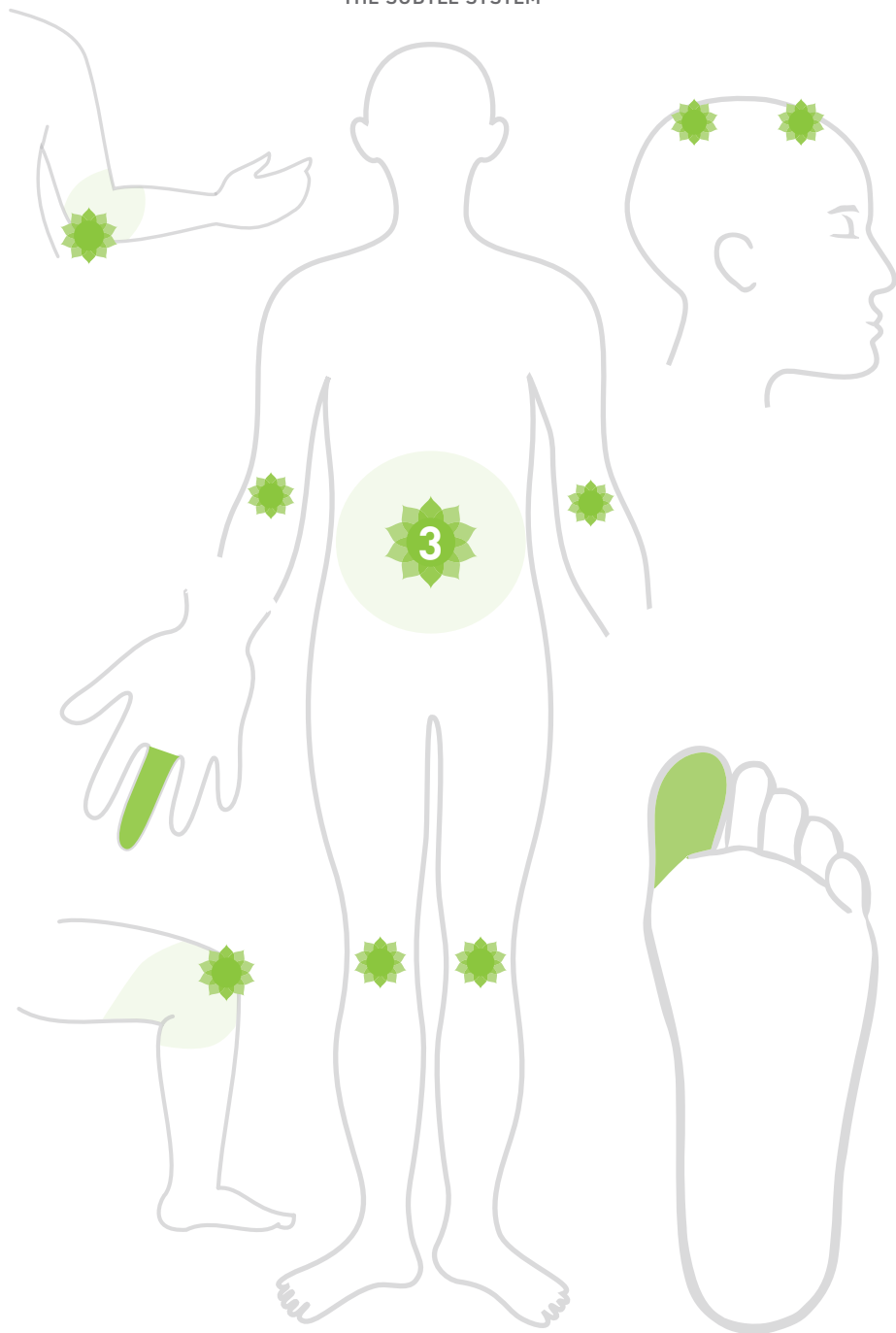
“Especially in England I have seen, also in the west I would say, everywhere, people get very easily tired. On the television also you find people will come (and say), “haaaah-hh”. Young people!! They'll walk ten yards then they'll say, “haaahhh”. Why are we so tired? Because we think too much! All energy is wasted in thinking, so no energy left to enjoy anything whatsoever! For example, you have to have people for dinner, so you think ‘what to bring?’, ‘how to make it formal? what to do?’. So agitated, so nervous about the whole thing that, when the guests come they feel like running away because so much of tension.

Thinking, thinking, thinking, planning, planning, planning, planning, running. Ultimately the whole joy has disappeared. So the second centre (SWADHISTHAN) ... does a very miraculous thing is to provide the grey cells in our brain, when we are using it for thinking, and also it looks after your

liver, your pancreas, your spleen, your kidneys and part of your abdomen. Instead of doing that, poor thing is busy only sending grey cells to your brain, because of thinking, thinking, thinking, like mad. So you develop all other diseases like liver trouble, which is very common. Then you develop diabetes -very common, yesterday at least, there were ten people who said, “we have diabetes.” Now, diabetes you do not develop by taking too much sugar - take it from me.

In India if you go to a village you will see that he takes sugar in such manner that in the cup the spoon must stand at a right angle! Otherwise he won't drink it, and he never gets diabetes! The reason is - he doesn't think of tomorrow. He just works hard, eats his food and sleeps off nicely. He doesn't take sleeping pills either. So this diabetes comes by over-thinking, and can be easily cured if you can take to Sahaja Yoga.”

SHRI MATAJI NIRMALA DEVI
PORCHESTER HALL, LONDON
AUGUST 1989



NABHI CHAKRA

PHYSICAL MANIFESTATION:

NAVEL/SOLAR PLEXUS

NUMBER OF PETALS/SUB-PLEXUSES / MUSIKNOTE:

10 / GA

ELEMENT

WATER

CONTROLS:

STOMACH, INTESTINES, LIVER, SPLEEN

QUALITIES:

SEEKING, PEACE, GENEROSITY, SATISFACTION,
PURE ATTENTION, LOOKING AFTER OTHERS

COLOR/DAY/PLANET

GREEN/THURSDAY/JUPITER

When fully enlightened by the Kundalini, the Nabhi chakra gives us unconditional generosity, complete contentment and profound inner peace. The Nabhi Chakra is the centre of our seeking and of our balance. We seek food, shelter and comfort. Ultimately, even though we may not be aware of it, we seek to evolve into a higher state of spiritual awareness.

THE RIGHT NABHI, looks after the upper part of our liver, the seat of our attention. If the right Nabhi is blocked then it is difficult to settle peacefully in meditation. Liver problems also cause irritability expressed through aggressiveness, discontent and a grumbling nature.

CAUSES OF PROBLEMS IN THE RIGHT NABHI: controlling people or things; materialism; greed; fanaticism; liver imbalance from eating heavy foods, by thinking too much, by taking alcohol or drugs.

TREATMENT: take cold footsoaks; place right left hand on liver; place an ice-pack on liver (RIGHT SWADHISTHAN/NABHI).
SEE: CLEARING THE RIGHT SIDE, PAGE 111.

THE LEFT NABHI is the center which sustains our household and family, our food and shelter. If the Left Nabhi center is blocked we feel agitated, unsettled and dissatisfied.

CAUSES OF PROBLEMS IN THE LEFT NABHI: greed / lack of generosity / selfishness; worry; mess / disorder; family and household problems.

TREATMENT: work on the chakra with a candle or a camphor flame. Place the right hand on the Left Nabhi and say: (IN MY SPIRIT) I AM CONTENT / I AM FILLED WITH PEACE.

SHRI MATAJI'S ADVICE ON THE NABHI

“So at the Nabhi Chakra one has to know that one should not hanker after money too much. Now, those who hanker too much after money, may develop their right side better. They may have money, no doubt, but they miss their left side. Left side is GRUHA LAKSHMI (HOUSEWIFE QUALITIES). They have no Gruha Lakshmi in their house. They are very hectic people, they run about. They run the rat-race, they get heart attacks. If not heart attacks they will get leukemia, they will get diabetes, liver problems - all such diseases. Because their attention is on money and not on God.

Attachment to money, attachment to people, attachment to this, is nothing but a hook which hooks you to baser levels. You have to rise above and then you really enjoy the beauty of richness. As I told you the other day, I see all beautiful things, it's nice that I don't possess them. See now these carpets are spread here. If they were mine I should worry, 'oh god, I hope they are not going to be spoiled, I hope nobody sits on them, I hope they are insured and nobody runs away with them.' But when they don't belong to me I am enjoying them better - other peoples things, is a better idea. This myth carries us to such an extent of stupidity that sometimes I wonder whether these human beings are human beings or they are their possessions. Their Spirit is lost, everything is lost - they are not bothered. But if their little possession is lost they weep and weep, as if they are dead.”

SHRI MATAJI NIRMALA DEVI
NEW DELHI, INDIA - 1983

“The third centre which we call as the Nahbi Chakra, this centre is on one side is made of water, another side with fire, around it are our ten valencies which we can call as our innate religion within ourselves.

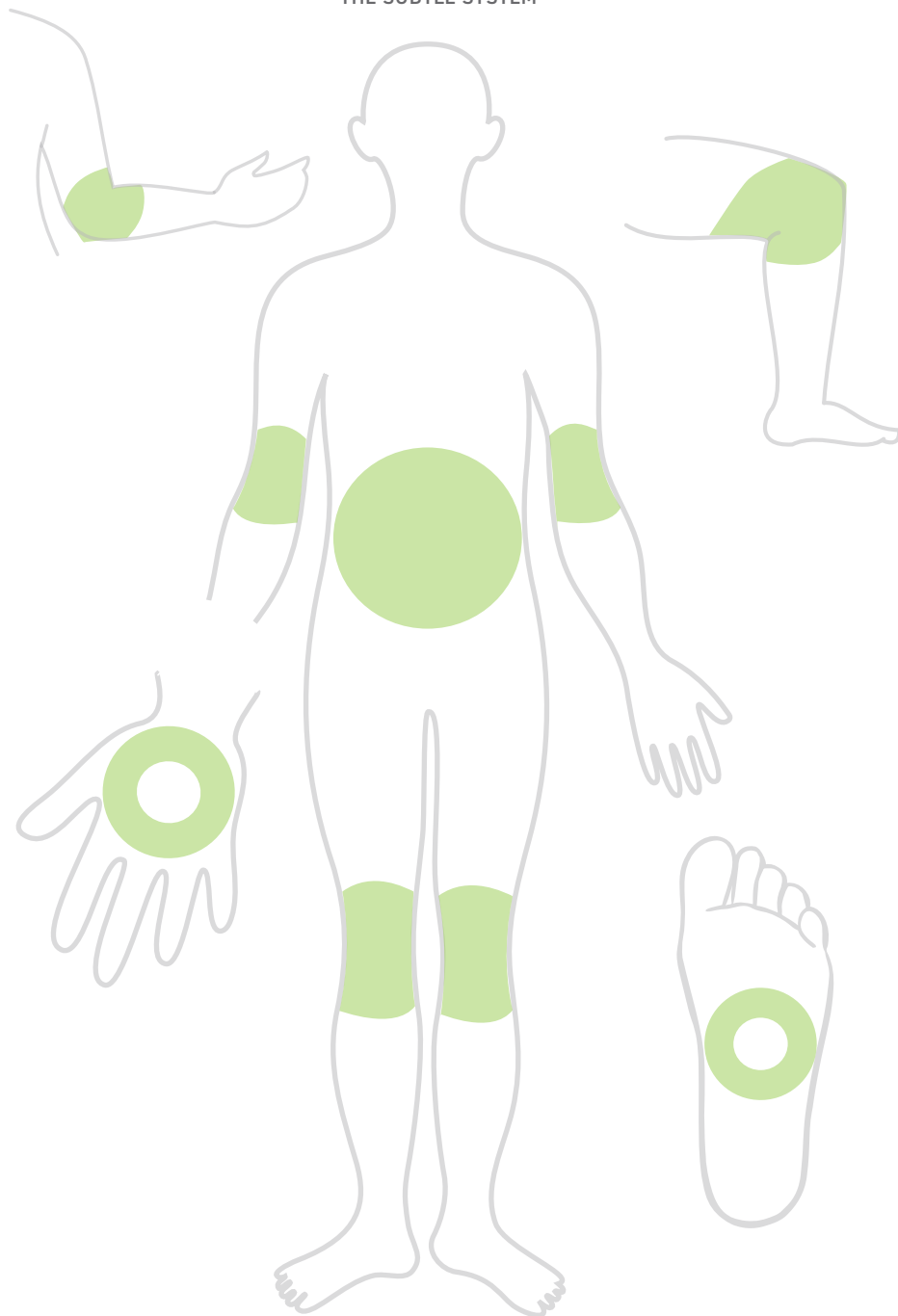
Now this Nahbi itself, or we can call it the Solar Plexus, or we can say the Navel chakra, as soon as the Kundalini rises, she awakens this. And the light, when it spreads, you become religious. I don't have to tell you anything - you just become. I don't have to say that you don't take drugs - you just don't take it!

Overnight I have seen people have given up drugs, alcoholism, everything! And they enjoy their virtues, that's the best part of it. Some people think 'oh then what is the fun?' What is this that you take something in the pub and next day you have a hangover? Here you take something and next day you're much better off. It never comes down. It never gives you a reaction. It's not artificial, its not intoxicating, it is from your nerves it's bubbling out. So this is the centre which is very important in us because most of us have a problem with this centre. And here we have a capacity, by this centre, that we enjoy our generosity.

Now we are materialistic. It's a good idea, to be materialistic. But the aesthetics of matter are that you can give it to others suggesting your love. I think that's the only thing matter can do. And in a very special way you can express that love. For

example somebody likes a particular thing and you go all the way to get it and give that small thing, very small thing to the person and the joy, not out of the money that you have spent, but the feelings you have expressed, of knowing what that person would love; and this kind of a depth develops within you. Such a loveable beautiful society you enter into, and you don't need anything because everybody is looking after your needs.”

SHRI MATAJI NIRMALA DEVI
PORCHESTER HALL
LONDON, AUGUST 1989



THE VOID

POSITION IN BODY / ELEMENT
AORTIC & SOLAR PLEXUS / WATER

CONTROLS
STOMACH, INTESTINES, LIVER, SPLEEN

QUALITIES
GURU PRINCIPLE. SELF-DISCIPLINE, SELF-MASTERY,
WILL POWER, DEDICATION, KNOWLEDGE
OF DIVINE, TEACHING OF DIVINE KNOWLEDGE

PROPHETS
ABRAHAM, MOSES, ZOROASTER, LAO TZU,
CONFUCIUS, SOCRATES, RAJA JANAK,
MOHAMMED, GURU NANAK, SAI NATH OF SHIRDI

COLOR / DAY / PLANET
GREEN / THURSDAY / JUPITER

The VOID, or BHAVASAGARA, is located within our abdominal cavity and is the center of our self mastery. The Nabhi Chakra, our seat of satisfaction, is at its center and the Swadisthan Chakra, which controls our attention, rotates around it, creating its circumference. The gap between them is called the OCEAN OF ILLUSION. We get lost in the illusion that the material – or lack thereof: family; friends; success; etc. – is that which will satisfy us. A clear Void facilitates our GURU PRINCIPLE – THE PRINCIPLE OF SELF-MASTERY – whereby we are able to both discern what is needed to keep ourselves in a balanced state and develop the power to realise this by going deeper in our

meditation – bringing us on the central path, the path of the GURU PRINCIPLE. This, subsequently, frees us from the bindings and the illusion of the material.

By nourishing the Void we can establish a sense of right from wrong. Vibrationally we can feel the subtle energy of places and people on our fingertips enabling us to be decisive devoid of ego. Diffidence in becoming one's own master, dominating others, or being dominated by others can block the left side of the Void and prevent us from guiding our own growth.

The right side of the Void relates to our sense of DHARMA, or RIGHTEOUS CONDUCT. Dharma means that you live in a way that is benevolent for you, everyone around you and the world in a balanced and sustainable manner.

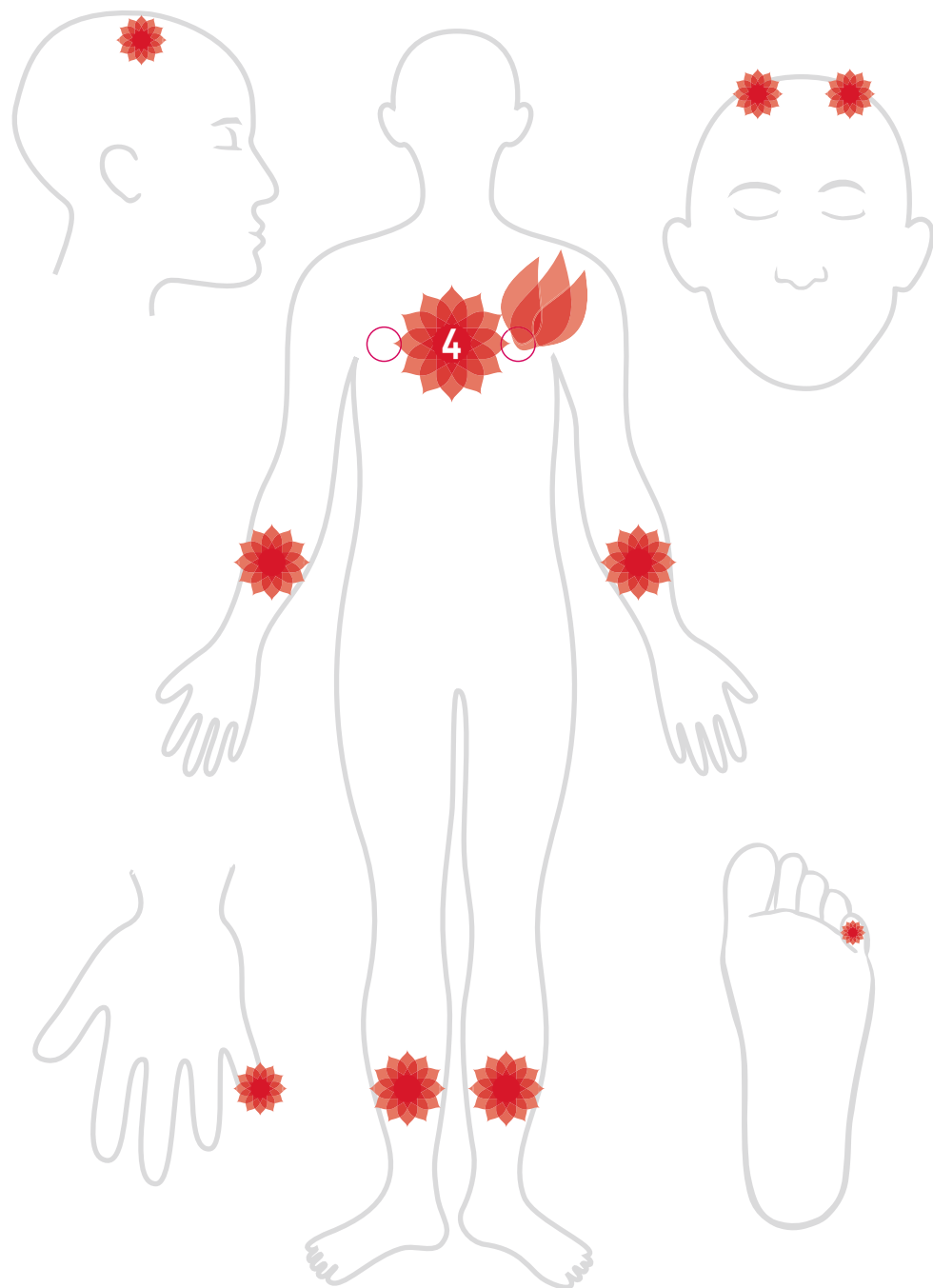
SHRI MATAJI'S ADVICE ON THE VOID

“Any time a realised soul will come he will say the same thing. That's why there is so much similarity, I should say the unity. In all these people, whether it is Lao Tse, whether it is Mohammed Sahib or whether it is Raja Janaka or Nanaka – they said the same thing. Now where is the difference that comes in? Also we see... that these incarnations came for a different type of a job. Like Moses came to establish the void, as we say, here in the centre. All these Primordial masters came to do that... All these people who were Primordial masters came on this Earth to establish the balance and that's why whatever they have said, all have said the same thing.

Then came Rama... He came here to establish the benevolent king principle. The idea of a benevolent king. So he talks differently. Then came Krishna. Krishna came to establish the truth – that you have to ascend first and secondly he came to show that the world is just a play of God. Then came Christ. Now Christ came on this earth to create a full awareness within us that we are the Spirit. So the accent of their preaching has been for the purpose they have come for. For example I have to give realisation to people, I have to raise the Kundalini and I have to explain all of them and integrate them so I have to talk about all of them.

But my task is easier because there are sensible people in these days, but when Christ lived what sort of people lived there? Absolutely cruel, violent, nonsensical. Mohammed Sahib had a very bad time. Guru Nanak had a very bad time. None of them had such a nice time that I am having. None of you are going to crucify me! So you must understand that – the truth when it comes to a person like that – not only that he knows but he can make others also know. This is what William Blake has said: *At this time, men of God...* that's you people ... *will become Prophets and they will have powers to make others Prophets.* So people sometimes say: why didn't it happen earlier? No, That was not the time. Now the blossom time has come, so it is happening.”

SHRI MATAJINIRMALA DEVI
CHISWICK TOWN HALL LONDON
JULY 10, 1984



ANAHATA (HEART) CHAKRA

PHYSICAL MANIFESTATION

CARDIAC PLEXUS

NUMBER OF PETALS/SUB-PLEXUSES / MUSIKNOTE

12, MA

ELEMENT

AIR

CONTROLS

HEART, LUNGS, STERNUM BONE

QUALITIES

JOY, COMPASSION, SENSE OF SECURITY, LOVE, RESPONSIBILITY, FEARLESSNESS, PROTECTION

COLOR/STONE/DAY/PLANET

RED/RUBY/FRIDAY/VENUS

One should identify oneself with the Atma (Spirit), the witness, who does not take part in any kind of activity, by thinking, 'I am the witness of these likes and dislikes'. It is in this way that one comes to identify oneself with the witnessing consciousness.

One knows oneself thus: 'I am neither the body, nor the sense organs, nor the ego, nor the mind, nor the intellect, for I am within all these; I am the eternal inmost witnessing consciousness, the witness of these changing phenomena...'

SHRI ADI SHANKARACHARYA
'SARVA VEDANTA SIDDHANTA'

The HEART or ANAHATA CHAKRA is where our SPIRIT, or our TRUE SELF resides. When this center is awakened it connects us to an unlimited source of love – for ourselves and for others. A clear Heart Chakra bestows us with innate security and joy, independent of our situation in life.

The LEFT HEART is home to our spirit, the purest form of ourselves. through Self Realisation and meditation we are able to connect to our spirit and can free ourselves from identifications with thoughts, emotions, work, country, city, or education. When we are connected to our spirit or true self we are nourished from within, our happiness no longer depends on our circumstances. In this way we are able to feel pure love for ourselves, for everyone, for our surroundings. If we neglect to love ourselves or overwork ourselves this center will go out of balance. The left heart also directly connects us to our relationship with our mother or wife and we can feel any disturbance as an imbalance on our central nervous system.

The CENTER HEART is the source of our security, compassion, and sense of protection. Self confidence strengthens us against destructive influences, allowing us to prosper and shine. Free from fear we can love others unconditionally without any threat of being hurt. Nurturing this center heart builds our natural defenses against imbalances on the mental, emotional and physical levels, allowing us to grow powerful. It is here where the antibodies in our body are created.

The RIGHT HEART gives us our sense of responsibility and duty, which stems from a deep love for others. When this chakra is clear, we take pride in fulfilling our roles in the world, whether in our job, our family or our community. Carrying out these duties is a great way of expressing our love. If this chakra is not in balance then we can be either irresponsible or feel over-responsible and take on too much through feeling obligated rather than through love. This center directly connects us to both our relationship with our father, our husband, or our sons and with their good health

TREATMENT FOR THE HEART CENTERS:

Maintain respectful relations with all family members and a balanced work/life relationship. BREATHING EXERCISE: With the attention on your emotions and your hand on your heart, breath in. Hold the breath in your heart with the attention on the crown of the head for some seconds. Breath out. Hold the breath for some time before breathing in again. Repeat.

SHRI MATAJI'S ADVICE ON THE HEART CHAKRA

“This Spirit in the heart is the Witness, which witnesses us, which looks after us. But we are not conscious of it. That means the Spirit is not flowing, is not radiating in our central nervous system. That we are not conscious of it. We know

there is someone, we know someone inside is there, we are aware of it, in a way, but it is not flowing through our conscious mind, through our central nervous system. And this is what theseeking is for. We are seeking our Spirit.”–

SHRI MATAJI NIRMALA DEVI
BRIGHTON, 1980

“The enjoyment of life is only possible when we get connected to the Spirit and that connection to the Spirit is only possible if you sprout into that. You become the Spirit, as Christ has said in simple words, ‘you have to be born again’. It looks very simple, but how? You are to be baptised. But how? Say I go to a theosophical college or some sort of a college, they’ll say: ‘Now you have got the right to baptise.’ Now to any intelligent man, it doesn’t appeal. Can it be possible?

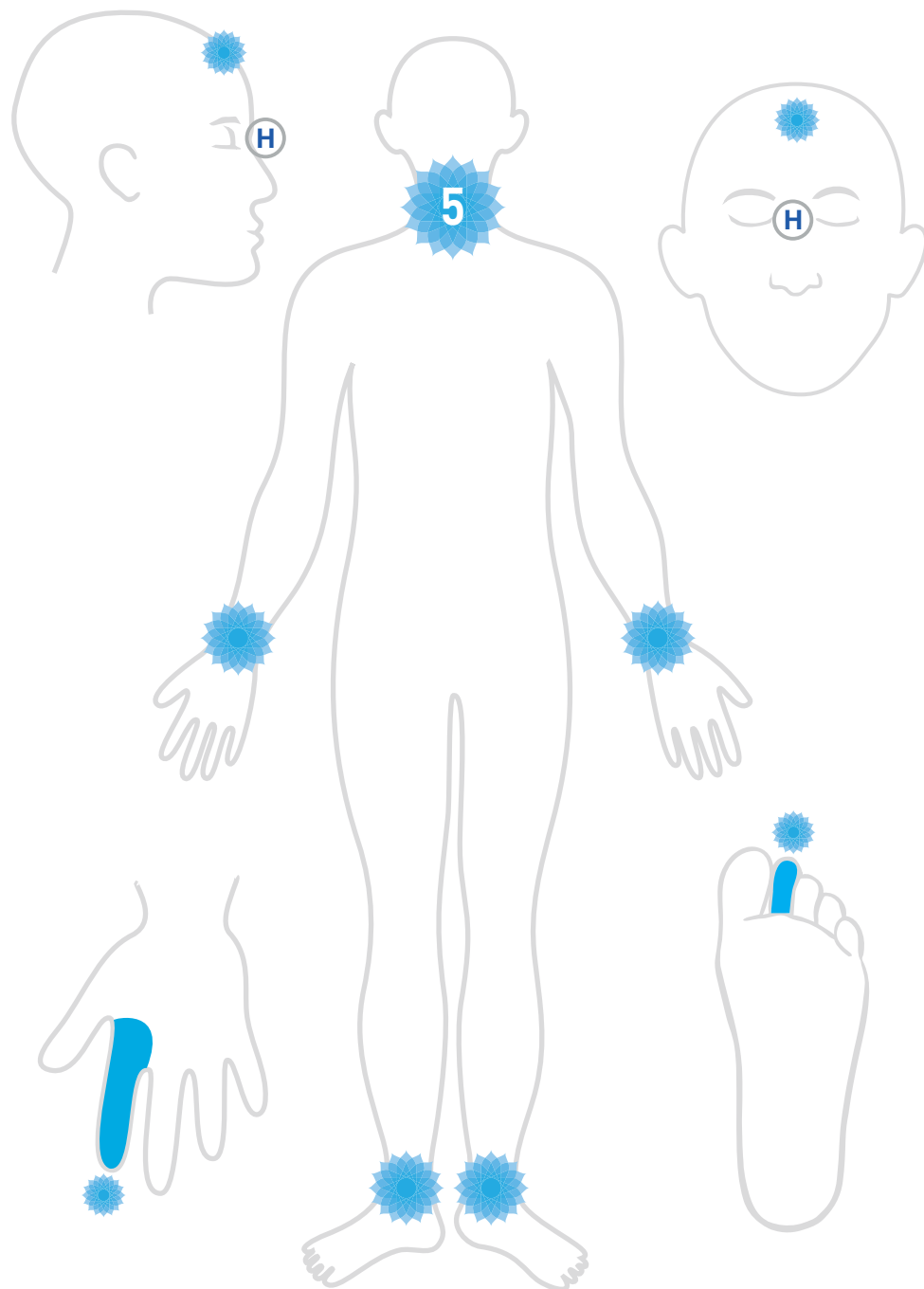
Baptism, if it is a living process in which you have to get connected, connected with the Spirit and then what do you do about it? That means you have to achieve a state of mind where you become the Spirit. That connection has to be established. If that connection is not established then you cannot be twice born by certifying yourself. I’ve seen many people they said: ‘Mother, I’m twice born’. I said: ‘How do you say you are twice-born? What is the certificate you have got of being twice born?’ You cannot certify yourself. This is not a self-certification. Supposing a dog says ‘I’m a human being’. Will you accept it? No! I mean, it can go about and say that ‘I am a human being’. But it doesn’t become one. It’s a state. It’s

an evolutionary quality. A fish which has to become a tortoise has to become a tortoise. She can’t just say ‘oh, I am tortoise, I am a tortoise.’

This is where human ego comes in. By saying something you do not become. And this is one of the basic things we must know – that we have to become, in actuality, in reality. We have to face it and not believe in something just because it is said.

Anybody can say anything – what does it matter? Say what you like. What does it take to write a book? You take a printer, you give him something to write, you can write any trash, any so-called truth. He can write about God, this, that, and talk big sermons, have big organisations but it’s nothing of the kind. Even supposing you have some animals, like dogs especially, and now, you make them dress up like little babies, and make them dance and in a circus you might find them they’ve become a little bit like human beings. They might carry letters or may bring your children from the school. I mean they can do lots of such things but will you call them human beings by any chance? I’m not saying the difference is so much but one has to understand one thing - that we have not yet become the Spirit.”

SHRI MATAJI NIRMALA DEVI
HAMPSTEAD, ENGLAND
22. APRIL 1980



VISHUDDHI CHAKRA

PHYSICAL MANIFESTATION
CERVICAL PLEXUS (THYROID)

NUMBER OF PETALS/SUB-PLEXUSES, MUSICAL NOTE
16, PA

ELEMENT
ETHER

CONTROLS
NECK, ARMS, FACE, TONGUE, MOUTH, NOSE, TEETH

QUALITIES
SELF-ESTEEM, SELF-RESPECT, RESPECT FOR OTHERS.
'LETTING GO OF GUILT', COMMUNICATION,
SWEETNESS OF COMMUNICATION, DIPLOMACY,
COLLECTIVITY, DETACHMENT,
PURE BROTHER/SISTER RELATIONSHIP

COLOR/DAY/PLANET
BLUE/SATURDAY/SATURN

*Controlling the thoughts, speech and actions,
ever absorbed in the yoga of meditation, and taking shelter in
detachment; Relinquishing egoism, violence, pride, lust, anger,
and desires for possession; free from the notion of 'my' and peace-
ful; one becomes fit for attaining oneness with Brahman.*

SHRI KRISHNA
BHAGAVAD GITA 18:52-53

The VISHUDDHI CHAKRA governs our ability to communicate, and how we connect with ourselves, with others, and with the world around us. With a clear Vishuddhi we recognise ourselves as being part and parcel of a whole – our thoughts, words and actions reflecting this. Someone with a clear Vishuddhi will be a DETACHED WITNESS, watching the ebbs and flows of life with a balanced attention.

The qualities of the LEFT VISHUDDHI are self-respect and self-esteem. Facing ourselves and the mistakes we make through introspection, meditation, and by using techniques to clear our chakras will open up this center and free us from guilt, lethargy and depression. A clear LEFT VISHUDDHI protects us from self-destructive behavior or detrimental relationships.

The RIGHT VISHUDDHI governs our communication. Here we acquire the power to speak sweetly and respectfully. It is known as the center of diplomacy where we choose our words and take our actions using subtle and thoughtful choices filled with care and love.

OBSTACLES: LEFT VISHUDDHI: guilt; immorality; lack of self respect. **RIGHT VISHUDDHI:** disrespect for others; aggressive and foul speech; sarcasm. **CENTER VISHUDDHI:** lack of detachment; keeping away from the collectivity; smoking. using too many electronics and handheld devices; not using our hands to create anything.

TREATMENTS: meditate with hand on the Vishuddhi; enjoy!, nothing is so important; detach yourself from reacting; bring the attention to the spirit; place both hands – palms down – on the earth; massage hands / neck.

AFFIRMATION FOR THE LEFT VISHUDDHI
I AM NOT GUILTY, I RESPECT MYSELF

AFFIRMATION FOR THE RIGHT VISHUDDHI
MY ACTIONS ARE FRIENDLY AND RESPECTFUL

AFFIRMATIONS FOR THE CENTER VISHUDDHI
PLEASE MAKE ME A DETACHED WITNESS
I DO NOT DOMINATE / LET MYSELF BE DOMINATED
ALLAH HU AKHBAR – GOD IS GREAT!
I AM PART AND PARCEL OF THE WHOLE

SHRI MATAJI'S ADVICE ON THE VISHUDDHI CHAKRA

“So then we come to this centre which we call as the Vishuddhi. These sixteen petals look after the cervical plexus. Now this is a very, very important centre and this is the centre is for communication. For example when you talk you communicate. Through your hands, you shake hands, you touch somebody and you can communicate, even if you cannot talk, with your hands you can communicate also. When we think we are very responsible this centre goes out. Like some people they were travelling by plane. They were from villages, they did not know what was a plane. They were

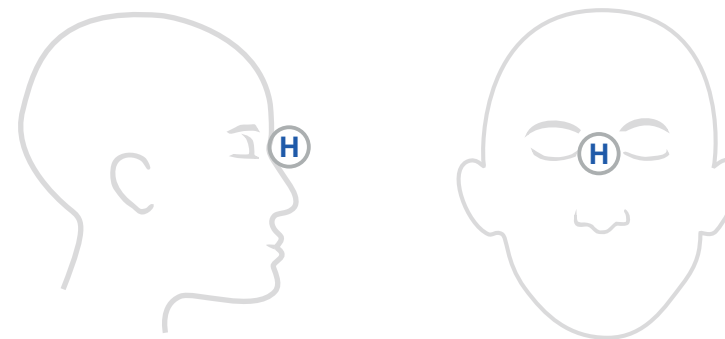
told to take less luggage because it should not be a weight for the plane. So they got into the plane and put all the luggage on their heads and they said that ‘We are trying to reduce the weight of the plane’. In the same way we are also behaving, when actually the all-pervading power which has created us, created this universe, and has brought us to this level of human beings is doing everything, but we think we are responsible - that we have to do it. But once you become a Sahaja Yogi you just do it but you don’t think that you are doing it. You just say ‘it’s happening’, and what a beautiful feeling it is. Then you don’t have blood pressures, you don’t have headaches, you don’t have tensions - no. Because we are not doing it, it’s just done and you find it’s all done.”

SHRI MATAJI NIRMALA DEVI
PORCHESTER HALL, LONDON – AUGUST 1, 1989

“Now when you meditate, try to meditate in a sustained way, first of all sustain it. Then you find that you are getting into the state of Samadhi, means at a state where you start feeling the joy and the bliss of God’s blessings, and then you start saying “O God, what a blessing, what a blessing, and what a blessing”. Once you have reached that state then you have to realise “Who am I”. Who are you? What are you? You are the Spirit. After establishing your sustained attention on the Spirit you’ll develop a state where you’ll be in a complete state of witnessing with joy.”

SHRI MATAJI NIRMALA DEVI
23. JULI 1983

HAMSA (CHAKRA)



QUALITIES

Wisdom, Discretion

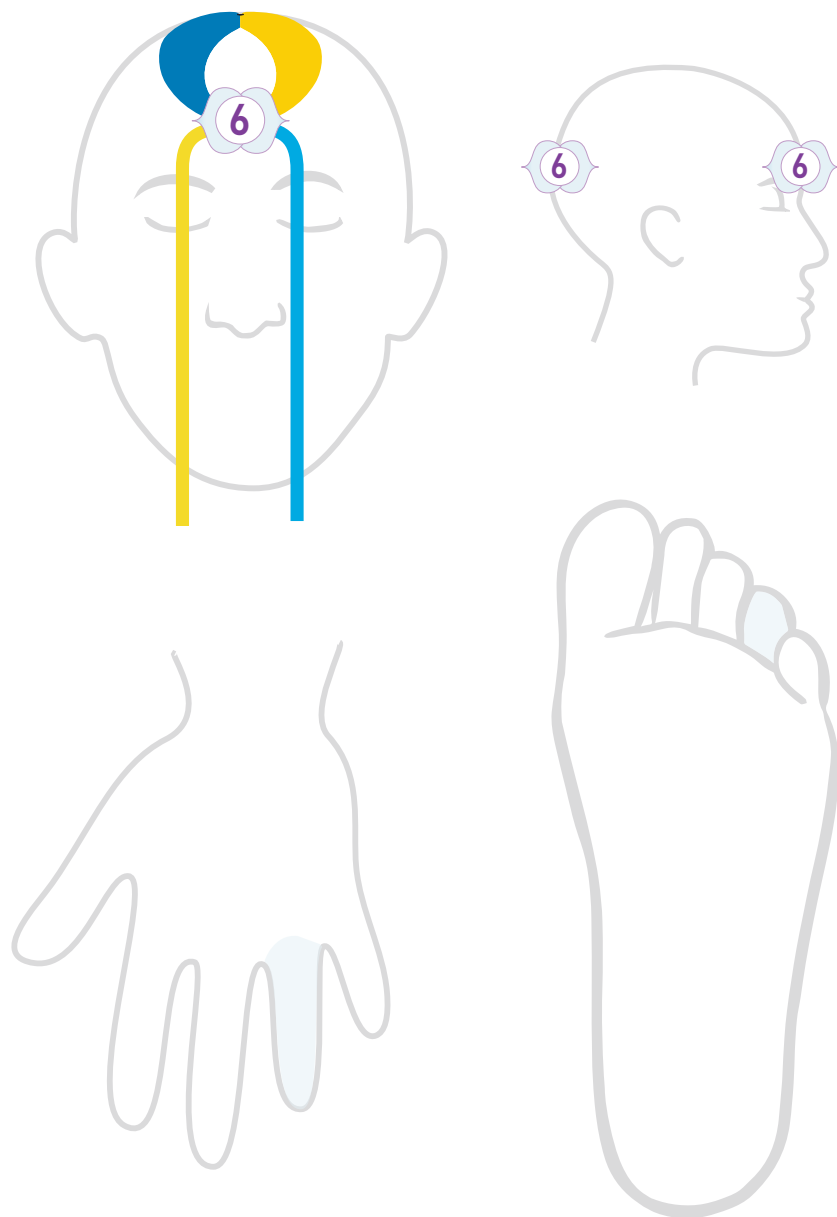
CAUSES OF OBSTACLES

Lack of discretion, Credulity

TREATMENTS:

GHEE (PURIFIED BUTTER): Bend head backwards and put a few drops of warm, melted ghee in your nose with a dropper and sniff it in – best at bedtime. It avoids the drying out of the mucous membranes and improves the immune system.

BREATHING EXERCISE: To improve the Hamsa Chakra, breathe in alternately through one nostril, out through the other, in through the same nostril, out through the other. Repeat several times. The focus is on the breathing and the attention is on the Sahasrara.



AGNYA CHAKRA

PHYSICAL MANIFESTATION

OPTIC CHIASMA

NUMBER OF PETALS, SUB-PLEXUSES / MUSIC NOTES

2 / DHA

ELEMENT / CONTROLS

LIGHT / PINEAL BODY (PITUITARY GLAND),
EYESIGHT, MEMORY, MIND

QUALITIES

FORGIVENESS, LETTING GO/RELEASING,
THOUGHTLESS AWARENESS, MEDITATION,
INNER SILENCE

COLOR/DAY/PLANET

WHITE/SONDAY/SUN

*Unless one is born of the Spirit he cannot enter
into the kingdom of God.*

JESUS CHRIST

NEW TESTAMENT – JOHN CHAPTER 3.1

*The door of liberation is very narrow, less than the width
of a mustard seed. Your mind is larger than an elephant;
how will it pass through? If I meet such a True Guru, who
mercifully blesses me with the gift, then the door of liberation will
open wide for me, and I will easily pass through.*

KABIR

GURU GRANTH SAHIB – PAGE 1367

Positioned at the OPTIC CHIASMA, the AGNYA CHAKRA is the gateway to reaching a state of thoughtless awareness or mental silence. It is the chakra of forgiveness, humility and compassion. Forgiveness is the power to let go of anger, hatred and resentment. To discover – with humility – the nobility and generosity of the Spirit. Anger is a self-destructive emotion which weighs us down. Letting go and forgiving (ourselves as well!) brings us peace and relief. It melts away our ego and conditionings – misidentifications, imaginary ideals, or ideas which keep us from the central path of ascent.

Jesus Christ, worshipped in Christianity as the Son of God, embodied humility and forgiveness. His teachings were of unconditional love, even for those who would harm him. Upon his crucifixion, while he was being tortured and tormented, his words were 'FATHER, FORGIVE THEM, FOR THEY KNOW NOT WHAT THEY DO'. This is possibly the highest example of forgiveness to mankind. He left us this powerful mantra: 'FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US'.

THE LEFT AGNYA – also known as the SUPEREGO – is where our conditionings are stored. These are personality traits which reflect our upbringing, nationality, family, friends etc... We develop patterns of behavior and reactions which can be self-destructive, depress us, or make us feel stagnate or helpless. Opening it up, we feel free, light, and capable.

THE RIGHT AGNYA or EGO, is the culmination of the right side where our actions and thoughts are stored. When this center is blocked we develop feelings of superiority. Nourishing this center makes us humble and surrendered to the amazing power which creates all living beings.

CAUSES OF PROBLEMS WITH THE AGNYA: anger; lack of forgiveness; adulterous eyes; arguing; debating; light from computers screens and other devices.

TREATMENTS: look through a candle flame to BINDI – the red point on Shri Mataji's forehead; look at the photograph for 5-10 minutes until it is easy to close the eyes and meditate; affirmation: 'I FORGIVE EVERYONE'; gaze at the sky, the earth, the nature, or at small children with wonder and joy; refrain from looking at people or objects with lust or greed, anger or reactions; face mistakes; laugh at ourself!, nothing is so important!

SHRI MATAJI'S ADVICE ON THE AGNYA

"Today we are going to understand the centre of Agnya, Agnya chakra, which is placed on the crossing of the Optic Chiasma. The nerves that supply the eyes go backwards in the opposite direction and, wherever they cross, this subtle centre is situated. It has a continuous connection with the other centres through the MEDULLA OBLONGATA. This centre has got two petals and this subtle centre on one side acts through the eyes and at the back of the head where you

have some protrusion. This is the physical side of this centre. Now the people who talk of the third eye - this is the third eye. So that we have two eyes with which we see and there is a third eye which is a subtler eye through which we can see. If you see this eye that means you are away from it. For example, if you can see your eyes that means you are seeing your reflection, not the reality. If you see anything that means you are looking at it. So those people who say they see an eye, for example people who take LSD and all such things, they start seeing another eye. They just see this eye and they think their third eye has opened. Actually you are very much away from the eye, that is why you can see it. You go to a supraconscious level on the right side and on the left side to the subconscious level, you can see the eye. But in Sahaja Yoga you have to see 'through' that eye. Like a window, you can look at the window, but if you see through the window you cannot look at the window. So this illusion that people have that 'we can see third eye and that is why our Kundalini is awakened', they are sadly mistaken.

This is a very narrow passage, through which attention cannot pass normally, it is an impossible thing. It is a narrow passage, where the ego and superego fit on to each other and cross each other. And there is no gap in between for the Kundalini to pass through. So this third eye is to be penetrated through, or we have to enter into the third eye, through Kundalini awakening. But it is such a closed passage which is the door to the limbic area, which is the kingdom of God, that anybody

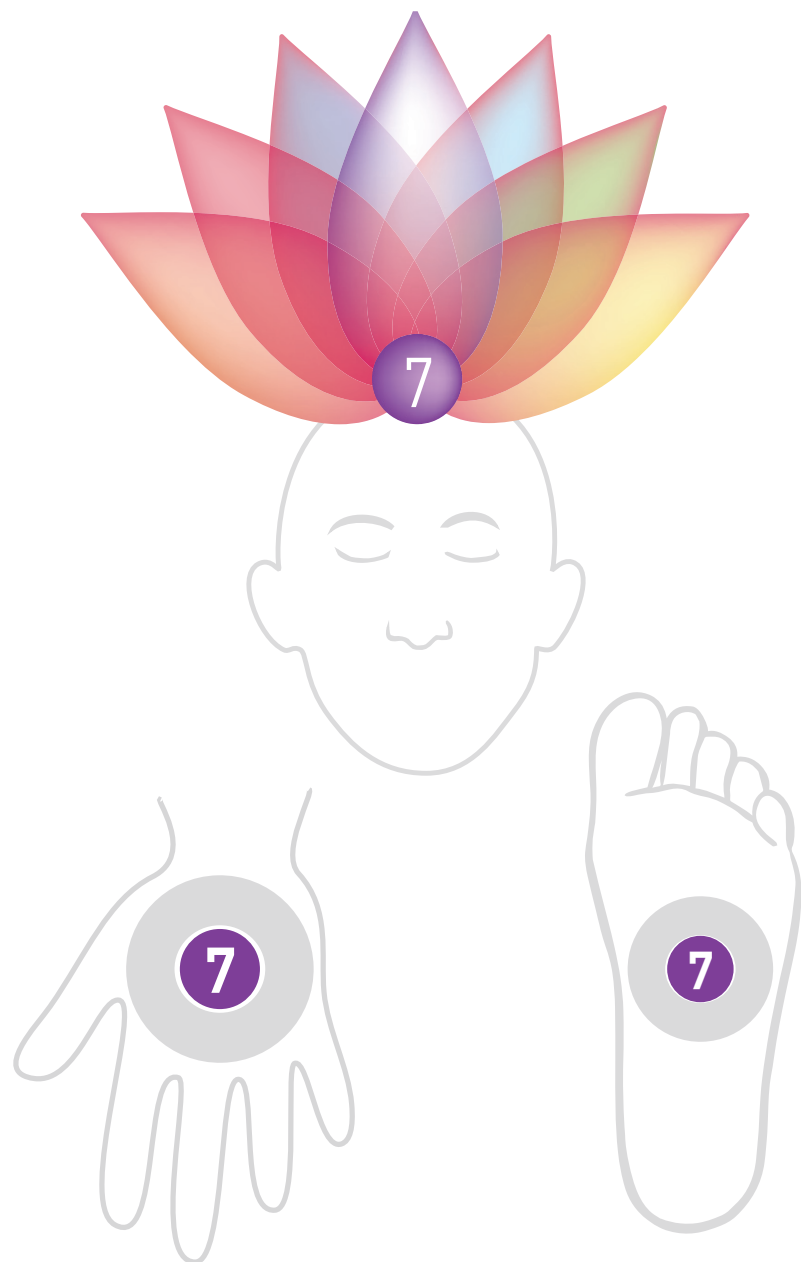
who tries to push their attention through this closed door, either goes to the left or to the right. And this is the beginning of the trouble of the people when they don't understand that whatever is unknown is not God, is not Divine. So, when they move on the right side, they go to the supraconscious area. And they start seeing hallucinations."

SHRI MATAJI NIRMALA DEVI - NEW DELHI, INDIA 1983

"Now on this centre (AGNYA CHAKRA) when we come, as I told you, your thinking is controlled by you. You can control. If you want, you can think or you don't think. But in that silence you feel your peace, if there's too much of crowds, too much of problems suddenly you become the witness. You start seeing everything, seeing the problem - what it is. Unless and until you can see the problem you cannot solve it. Because you are in the problem you just get upset, but if you are out of the problem you can see it and that's what happens to you when you become thoughtlessly aware.

What happens, as I told you, there is Christ. Christ is awakened and he sucks in these two institutions which you see there, the yellow and the blue. One is our conditioning, and one is our ego. So both these are sucked in like that. ... That's why it is said: YOU MUST FORGIVE. That's what He said: YOU HAVE TO FORGIVE. And when you forgive, you can ask for forgiveness, that's why we do both the things, one in front, one in the back."

SHRI MATAJI NIRMALA DEVI
PORCHESTER HALL - LONDON, ENGLAND - AUGUST 1, 1989



SAHASRARA CHAKRA

PHYSICAL MANIFESTATION

LIMBIC AREA OF BRAIN

NUMBER OF PETALS / MUSIC NOTE

1000, NI

QUALITIES

YOGA, UNION WITH DIVINE, SELF REALISATION
DEEP JOY, THOUGHTLESS AWARENESS, PEACE
INTEGRATION & MANIFESTATION OF ALL CHAKRAS

COLOR/DAY/PLANET

ALL COLORS/MONDAY/MOON

*Do not go to the garden of flowers! O Friend! go not there;
In your body is the garden of flowers. Take your seat on the thou-
sand petals of the lotus, and there gaze on the Infinite Beauty.*

KABIR

*Give up your identification with the ego which is harmful
and causes misery and meditate upon the Self which is the
Absolute Bliss and the source of liberation.*

SHRI ADI SHANKARACHARYA
VIVEKACHUDAMANI

Our entire subtle system is integrated in the SAHASRARA CHAKRA, and each chakra has its seat here. As our attention and our Kundalini rise to the Sahasrara we enter a new dimension of consciousness. We go beyond the relative to the absolute. We rise above the three channels of the subtle system – beyond the past, present and future – into a timeless state to experience the peace of the Spirit. As our ego and conditionings melt away and the Sahasrara opens, we achieve oneness with the ALL-PERVADING POWER that surrounds us. We enter a blissful state of thoughtless awareness as the one thousand petals of this chakra begin to open and enlightenment begins to manifest.

We may experience a pulsation at the fontanelle bone, followed by a subtle flow of cool vibrations. Here the Kundalini unites our individual consciousness to the universal consciousness. Our individual ATMA – our soul – is connected to the Paramatma, the Supreme Spirit. We are suddenly tuned in to the universal wavelength of vibrations, to the subtle joy that is present in nature. These vibrations pervade the universe but before receiving Realisation we were unaware of them.

The opening of this chakra is known as SECOND BIRTH. Our human birth can be likened to the birth of an egg and Self Realisation to the breaking of the egg and the birth of the bird. This is why an egg is given at Easter, to symbolise the unawakened state of man.

The Sanskrit word SAHASRA means ONE THOUSAND. This chakra is said to be like a flower with a thousand petals, which correspond to the thousand nerves which end in the limbic area where our SAHASRARA CHAKRA is situated. Before the awakening of our Kundalini, it is like a closed bud, covered by the balloon-like structures of our ego and superego. Once our Sahasrara is pierced by our Kundalini, all these nerves get enlightened and we connect to the power that created us: THE POWER OF DIVINE LOVE.

It is at this point, when the Sahasrara opens, that we are able to experience the goal of meditation: a rejuvenating state of being called thoughtless awareness. We feel bliss, while our mind is silent and at peace. We overcome confusion and contradiction. Our physical, mental, emotional and spiritual selves become one and we become SELF-REALISED.

Through Self Realisation we reach a higher dimension, a new area of consciousness. In that moment, duality and separation are overcome and we reach a state of union, the true meaning of 'YOGA'. This connection physically manifests as a cool breeze at the top of our head. The essence of Sahasrara is integration: in Sahasrara all of the Chakras and their qualities are integrated. The described state of enlightenment is called by different names in different traditions: NIRVANA, MOKSHA, SECOND BIRTH, THE KINGDOM OF HEAVEN. Naturally, this state is not yet permanent after our first experience of Self Realisation. We gradually establish and

expand it through the daily practice of meditation. By keeping our Sahasrara chakra open throughout the day, we can avoid negative thoughts and emotions and maintain our meditative state. The Sahasrara is our stronghold, protecting us from falling into a weakened mental, physical, or emotional state.

TIPS FOR AN OPEN SAHASRARA CHAKRA:

Bring your attention to the top of your head, especially when negative thoughts or emotions creep up. This can be helped by placing your palm on the fontanel bone area, pressing on Sahasrara, while rotating the scalp clockwise.

Massage your Sahasrara with coconut oil (COOLING: WARM WEATHER) or almond oil (COLD CLIMATES: WARMING) before going to sleep, using a towel on your pillow. Press your scalp with the fingertips as opposed to rubbing, which weakens the hair follicles. Wash your hair in the morning.

Protect your Sahasrara by covering your head in winter and shielding it from strong sun in summer.

If any negative thoughts begin troubling you, raise the attention to the Sahasrara and say 'NOT THIS, NOT THIS'. Our mind can deceive. Negative thoughts should not be indulged, especially in moments of stress or weakness!

SHRI MATAJI'S ADVICE ON THE SAHASRARA CHAKRA

“Last but not least, is the centre of limbic area which is very important. Now I do not know if it has been discovered or not, but will be very soon discovered, that very strong things like crack (COCAINE) and all that have got sulphuric acid in it and that doesn't go anywhere in the body but just rushes into limbic area. Now this limbic area is a hollow place which has got cells which are very sensitive to joy but they become numb, so numb that you cannot enjoy ordinary music. Somebody has to scream at you, has to shout at you, has to jump on it, otherwise you cannot enjoy. Then it has to be worse and worse and worse and worse. I don't know now with crack, later they might develop something more poisonous, because it has to excite this limbic area which is such an important thing. But as soon as the Kundalini enters into that area, limbic area, she soothes it and it opens and then the Kundalini emerges out of your fontanelle bone area and gets connected to the all-pervading power.

Then you start feeling the cool breeze in your hand. You can feel it all over. Some people, who in the beginning felt the cool breeze, could not believe it so they closed doors, everything, and then they sat down to see. Still they were feeling it! But it works, works in the sense that you get empowered. You become peaceful, you become the witness. You become empowered that you can give realisation to others. You can raise their Kundalini like this and you can establish that

connection. You can do it and this is what is your right to have it, this is what will give you meaning. Otherwise, so far, whatever we have been doing is very frustrating.”

SHRI MATAJI NIRMALA DEVI
LONDON, ENGLAND, 1.AUGUST 1989

“Today is a very great day, I must say, to celebrate Sahastrara – the Puja of Sahastrara. It’s a very unique thing that has happened that your Sahastraras were opened out. There were some very few people in this whole world – there were some Sufis, there were some saints, some other people also in China I know, but very few. Very few got their Sahastrara opened. So whatever they said or was written was never understood by the people. They actually tortured them, they crucified them and did all kinds of horrible things because they couldn’t bear somebody getting this realisation.

So it’s a very great day because collectively this Sahastrara has been opened. Every one of you have got it. Also all over the world you have many people who have got their Sahastraras open. Of course we need many more for them to understand what is this great event of such a collective opening of Sahastrara. Some have grown very much after getting their realisation, very much. They have understood Sahaja Yoga very well and they have developed their depth and their consciousness is really a great awareness of oneness with the Divine.

To be one with the Divine is the greatest blessing for human beings. So far, they were human beings at a lower level of existence. They had all the problems of that level – is that of jealousies, hatred. All kinds of problems that are today, of fighting, of troubling others, destroying others and not loving others. All these problems existed because their Sahastrara was not opened. So our main problem is to open the Sahastrara of the people all over the world, which is very simple, which you can all do it, and it will work better if you do it collectively. If you are collective, you can work it out very well. Like that in Sahaja Yoga so many people have come whose Sahastrara was completely opened and they felt their depth. Firstly you must feel your depth. If you don’t feel your depth, and you are not one with your personality which is so deep, then you cannot enjoy the Self Realisation.

First of all you should understand yourself. If you don’t understand yourself, how can you understand other people? You cannot. So first this Sahastrara should be opened out fully. Fully means complete oneness with the divine. That is not difficult. Only you have to meditate a little bit and then it will work out. It has worked out in many people. I am very happy to see and meet such people in Sahaja Yoga, who have achieved such a lot of collectivity and also the awareness of a realised soul. Ego is the greatest hurdle for your ascent. You see that ego is at a place where you have to just cross to go to Sahastrara, and to break Sahastrara is very easy otherwise. But if there is ego, you are already lost in that ego.

So against all this one has to understand that ‘watch yourself’. Am I egoistical? Ego is very limited. It makes you limited and you don’t see the purpose of your life. Why have you become a realised soul? You don’t understand, you just are involved in your own affairs, in your family, in your children, in your ... something like that. Very low. But if you have an ego-less temperament then you are very effective – the whole power works.”

SHRI MATAJI NIRMALA DEVI
CABELLA LIGURE, ITALY
MAY 5, 2002



WHAT IS MEDITATION?

*Controlling the thoughts and the activities of the senses,
let the Yogi practice meditation for self-purification.*

SHRI KRISHNA
BHAGAVAD GITA, 6:12

*Union with the Essence of our Lord comes about quickly...
provided suspension of thought has been practiced long enough...
from this I understood the prophetic saying 'better an hour
of meditation than seventy years of religious practice,'
since by this meditation a man is transported from the created
world into the world of purity; and one could also say, from the
presence of the created into the presence of
the Creator. And God is our Warrant for what we say.*

SHAIKH AL-ARABI AD DARQAWI
LETTERS OF A SUFI MASTER'.

It is important to understand that meditation is not something that we 'do' but is a state of our awareness in which we are not thinking. To get into this state we must let go of all our thoughts. This process is known in Sanskrit as VICHARA SHAITHILIYA meaning RELAXATION OF THE THOUGHTS. At first it may be hard to become thoughtlessly

aware even for a few minutes a day but by following the advice in this booklet and by listening to Shri Mataji's many lectures, many of the subtle techniques that will help to achieve this state can be easily learned with a little dedication and perseverance.

THOUGHTLESS AWARENESS or NIRVICHARA SAMADHI is the first step on the path of Sahaja Yoga. Without achieving this awareness we are not practicing Sahaja Yoga properly. Try to be honest to yourself about how thoughtless you are becoming in meditation. Watch your mind and your attention and try to detach your attention from all the thoughts that come into your mind.

SHRI MATAJI'S ADVICE ON MEDITATION

"Try to meditate. Meditate more, so that you reach that inner being. And this inner being is the vast ocean of bliss which exists in every one of us, the vast flood of light that floods everybody's inner beauty. So to approach it, you have to go within yourself by denying things which are against it, against your movement.

Sometimes the wind can be very, very strong for you to not understand that the glory of God is within, but turn back. Every moment remember that your movement has to be inward. When you move inward you forget the ideas of your

outer glories. It is an individual journey towards God. When you meditate and when you reach there, then you become collective. Before that it's an absolutely individual journey within. It's an absolutely individual journey.

You should be able to see this; that in this journey nobody is your relation, nobody is your friend. You are absolutely alone, absolutely alone. You have to move alone within yourself. Don't hate anyone, don't be irresponsible, but in a meditative mood you are alone. No one exists there, you alone, and once you enter into that ocean then the whole world becomes your family, the whole world is your own manifestation. All the children become your children and you treat all people with equal understanding.

The whole expansion takes place when you enter inside your Spirit and start seeing through the eyes of the Spirit. There's such calm, such peace, such bliss within you. You have to be ready for that journey. In that journey you are alone in your meditative state, and the more you find something in your meditation, the more you want to go and distribute it to others. That has to be. If that does not come into you then it has not worked out, there is no purity, there is some sort of a bias.

In that individual pursuit, whatever you find, you want to enjoy it with others, you want to give it to others. This is the sign of the person who has been really meditative. The one

who has been meditative and has not been able to distribute what he has found is cheating himself and cheating others as well. Because that joy that you receive in your meditation has to be distributed, has to be given, has to be shown. It should flow in your being as the light radiates from every illumined lamp. You don't have to take a vow to say that 'this is an enlightened light'; in the same way a saint should not have to be certified that he is a saint. The depth you achieve within yourself spreads all over. It is such an action and reaction. The deeper you become, the radiation is much more.

A simple, very ordinary person, uneducated person, can be like that. We have one gentleman called Varick in Bombay. He's an old man, and is so deep. He radiates love. He's so meditative. You don't have to spend too much time on meditation. But whatever time you spend, whatever you gain, has to be visible outside – how you radiate and how you give it to others.”

SHRI MATAJI NIRMALA DEVI
1988

SHRI MATAJI'S ADVICE ON EFFORTLESS MEDITATION

“In the same way vibrations are coming, they are radiated. What you have to do is to expose yourself to it. The best way is not to put in any effort. Don't worry at what point you have a problem. Say, many people during meditation, I have seen, if they catch somewhere they go on looking after it. You just don't have to worry. You just let it go and it will work by itself. So you don't have to put in any effort. This is what meditation is. Meditation means exposing yourself to God's grace. Now the grace itself knows how to cure you. It knows how to mend you, how to settle down itself into your own being, how to keep your Spirit kindled. It knows everything. So you don't have to worry as to what you have to do or what name you have to take, what mantras you have to do. In meditation you have to be absolutely effortless, expose yourself fully and you have to be absolutely thoughtless at that time.

Supposing, possibly, you might not be thoughtless. At that time you have to just watch your thoughts, but do not get involved into them. You will find gradually as the sun rises, darkness goes away and the sun's rays go into every part and makes the whole place enlightened. In the same way your being will be completely enlightened but if you put in an effort at that time or try to stop something within you or try to give it a bandhan it will not.

Effortlessness is the only way into meditation, but you should not be lethargic about it – should be alert and watch it. The other side could be that people just dose off. No, you have to be alert. If you dose off, nothing will work out. That's another side of it. If you are lazy about it nothing will work out. You have to be alert and open, absolutely aware, completely effortless, absolutely effortless. If you are absolutely effortless, meditation will work the best.

Don't think about your problems at all, whatever chakras you have, anything, just expose yourself to the vibrations. See when the sun shines all the nature exposes itself to the sun and receives the blessings of the sun effortlessly. It does not put in any effort, it just receives the sun – the sun's rays start acting. In the same way the all-pervading power starts working. You are not to manoeuvre it, you are not to do anything about it. Just be effortless, absolutely effortless. Do not take any names (MANTRAS). Do not bother if your Agnya is catching, this is catching, that is catching. It is working out. It will go on working as long as it can and it will do the miracle that it has to do. You don't have to worry about it, it knows its job. But when you put an effort you actually create a barrier for it. So no effort is needed, be absolutely effortless and say 'LET IT GO, LET IT GO' – that's all.

No mantras are to be chanted. In case you find it's impossible then you can take my name, but there is no need even. When you put your hands toward me that is the mantra, it

is sufficient, this gesture itself is the mantra. You see there is no need to say it more, but the thought in the mind, the emotions, is what we spread our hands to that and it should work. When this emotion is absolutely complete, there is no need to say any mantra – you go beyond it. So one has to be absolutely effortless, absolutely effortless. That is what it is. Meditation is for your own ascent, is for your own capital gains that you have to have. But once you get to it, you also achieve your powers. Like if you become the governor, you get the powers of the governor. At this time you don't have to think about anybody else. You are not to put your attention towards anybody else but just receive, just receive it. Do not think about any other problem, but that you have to be absolutely effortless. It would work the best on the people who are just receiving it.

You have problems, that's why you are here, but you cannot solve them, they are to be solved by the Divine power. This must be understood fully, that we cannot solve our problems. It is beyond us to solve our problems. So leave it in the hands of Divine power and expose yourself effortlessly, absolutely effortlessly. ”

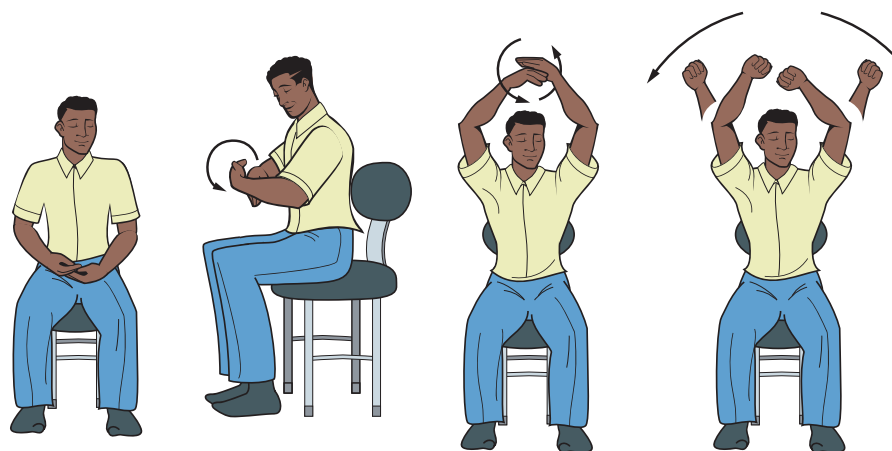
SHRI MATAJI NIRMALA DEVI
LONDON, ENGLAND
1. JANUAR 1980

HOW TO MEDITATE

When meditating at home it helps if you have an allocated space which is free from distraction—where you can take some time for yourself. Place the photograph of Shri Mataji at around eye level, and light a candle in front of the photo. The flame represents the element light which assists in purifying the Agnya Chakra so thoughts can subside easier. Beautiful flowers help as well, while fragrant ones additionally help open the Mooladhara.

No equipment or special environment is needed to do Sahaja Yoga Meditation and attain thoughtless awareness. It is important is that you are comfortable, ideally seated on the ground or on a chair. Many people find that meditating in nature is extra calming, so you can also try sitting in the garden or find a quiet spot in a local park when you're out. Meditation can be practiced at any hour, whenever you have the desire to reconnect. Even sitting back for a few minutes at work and re-establishing your attention can be a huge boost. It is recommended to try meditating for 5-10 minutes in the morning before the day's activities, and 5-10 minutes in the evening to detach from the day's events before sleeping. With online guided meditations it is easy to plug in wherever you are, for however much time you have free. (SEE WEMEDITATE.CO)



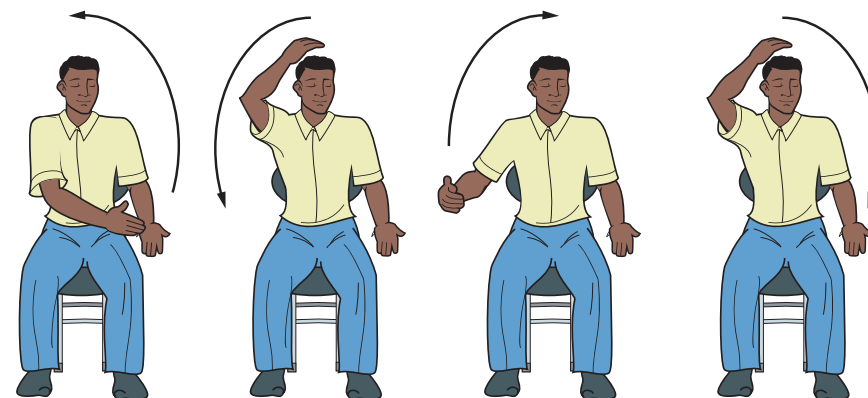


RAISING THE KUNDALINI

Each meditation BEGINS AND ENDS with raising the Kundalini and giving a Bandhan. Raise the left hand from the base of the spine to the top of the head while rotating the right hand, clockwise, around the left hand.

The motion begins with the left hand in front of the right hand – palms facing your body. The right hand moves under, in front of, on top of, and then again behind the left hand, as your left hand moves upward, all the way above your head.

Watch your hands while raising them and tilt the head back as the hands move above eye level. Tie one knot above the head. Raise the Kundalini with this procedure three (3) times. The second time, tie two (2) knots above the head. The third time, tie three (3) knots above the head, fixing the attention above our heads.



GIVING A BANDHAN

Next we give a BANDHAN – a PROTECTION to our subtle system. We draw an arc with our right hand from the left hip, over the top of the head to the right hip, and back again. This should be done with our attention on the crown of the head at the Fontanelle, calmly and rhythmically to feel the most benefit. The eyes can be either opened or closed while giving a bandhan. Repeat this seven (7) times. The left hand should be open, palm upwards, on the lap.

MEDITATE FROM YOUR HEART

"In any way, when you meditate, you should do it with love, that's all. Love will cleanse everything... Love means without any malice, without any anger. Something that is desired.

It's such an abstract thing that you cannot put it in words, but it's a feeling within you. And when you meditate with love, means, supposing you are very angry and you are frustrated, then you come and meditate and go on saying things like "Mother do this, kill him! Do that!" it doesn't work out.

*But in love, means actually it is no thought.
It's just a feeling. Feeling of emancipation. Just a feeling"*

SHRI MATAJI NIRMALA DEVI
LONDON, ENGLAND
2001

Shri Mataji has recommended the following meditation techniques to enable us enter the state of thoughtless awareness. But meditation is not merely a technique. It's very important to understand that meditation should be done from the heart, with heartfelt love for the Divine Spirit within us all.

MORNING MEDITATION

1 – After raising the Kundalini and giving a bandhan, sit with both hands – palms upwards – towards the photograph of Shri Mataji. Watch the photograph for 5-10 minutes without thinking before closing the eyes. Watch the thoughts and release them. Be patient! The thoughts will gradually recede and the gaps between them increase.

If the attention wanders say inside: 'WHERE IS MY ATTENTION?' This can help bring the attention back to the Spirit and silence the thoughts. One can also say: I AM THE SPIRIT, NOT THIS BODY, NOT THIS MIND.

When thoughts rise, say: NOT THIS THOUGHT, or: I FORGIVE THESE THOUGHTS. Say from the heart: I FORGIVE EVERYONE, I FORGIVE MYSELF, which helps the Agnya open and the Kundalini to ascend beyond it.

If you become thoughtlessly aware, relax and enjoy the meditation! Let passing thoughts pass and bring the attention deeper inside.

Bring the attention within and beyond the Sahasrara Chakra above the head, where we are connected to the ALL-PERVADING POWER OF LOVE. Settle here in silence and connection for some minutes before raising the Kundalini and giving a bandhan.

EVENING MEDITATION - FOOTSOAKING

Footsoaking is a very important part of Sahaja Yoga cleansing and Shri Mataji has recommended that anyone serious about progressing in their growth should footsoak every night. Salt water is particularly good for the cleansing the Swadhisthan, Nabhi and Void. (SEE PAGES 36, 44,50).

HOW TO FOOTSOAK?

Get a bowl (USE ONLY FOR FOOT-SOAKING). A plastic bowl will do. Fill it with enough water to cover the ankles. Add a handful of salt and meditate with your feet in the water and hands palm upwards. Keep a jug of water and a towel beside you. After meditating, rinse your feet with the fresh water from the jug and dry your feet on the towel. Pour the water into the toilet and rinse the bowl with fresh water.

Those with heat in the right side and liver can footsoak with colder water, those who feel cold with warmer water. Experiment with what works best to silence the mind.

SHRI MATAJI'S ADVICE ON FOOTSOAKING

"I have told you one remedy. As it is said that everyone must go to bathroom and clean oneself after getting up in the morning. Similarly, for Sahaja Yogis, it is extremely necessary to have footsoaking treatment at least for five minutes before going to bed. However highly evolved you may be, and you may not be getting caught, but it does not matter. You must do footsoaking for at least five minutes. Even I take this treatment sometimes, so that my Sahaja Yogis will also take to it. It is a very good habit.



All Sahaja Yogis must do the footsoaking at least for five minutes. All Sahaja Yogis, should light a lamp before the photograph, apply SINDUR (KUMKUM) to the AGNYA, dip their feet in salted water and sit in this fashion opening out both palms towards the photograph.

If you do this, more than half of your problems would be solved automatically. However busy you may be, it is not difficult to spare five minutes. All should sit like this before retiring. That will stop more than half of your catching."

SHRI MATAJI NIRMALA DEVI
MUMBAI
MAY 27, 1976

SHRI MATAJI'S ADVICE ON HOW TO STOP YOUR THOUGHTS

“So the thought that starts moving in our mind all the time, which creates tensions, is not the thought of the Spirit. So what you should say is ‘NOT THIS THOUGHT’. ‘NOT THIS THOUGHT, NOT THIS THOUGHT, NOT THIS THOUGHT, NOT THIS THOUGHT’ – and see how you relax. Now you are relaxed. ‘NOT THIS THOUGHT, NOT THIS THOUGHT’... Just go on refusing accepting any thought. So you go into NIRVICHARA. In that state you feel the Spirit.

Christ has done the greatest work on this, I should say, but we do not understand because His life was like a micro thing you see, 33 years. So we have to open it out a little bit and see what he did. He has given us the greatest weapon, of forgiveness. When you forgive a person, what do you do? You accept the situation, to begin with, and secondly you forgive what you think has been done wrong to you. But because nothing can be done wrong to your Spirit, you just forgive, because you are the Spirit. And when you forgive, you have found that your tension goes away. So even to your thoughts if you say, ‘ALRIGHT, FORGIVE THIS THOUGHT, FORGIVE THIS THOUGHT,’ – because the thought is also not to be punished. ‘FORGIVE THIS THOUGHT, FORGIVE THIS THOUGHT, FORGIVE EVERYTHING.’ Not forget – forgive. Because then you will even forget that you are the Spirit.”

SHRI MATAJI NIRMALA DEVI
HAMPSTEAD, ENGLAND
EASTER 1984

MEDITATION WITH AFFIRMATIONS

Shri Mataji used this technique to give Self Realisation in public meetings. These affirmations need not be said out loud but silently within. You can also use this technique to give your friends Self Realisation. Place the right hand on the chakras of the left side as shown and keep the left hand palm upwards towards Shri Mataji's photograph. Repeat the affirmations the number of times specified. Keeping the eyes closed throughout the exercise. For the last affirmation (SAHASRARA CHAKRA), bend your head down to the chest a bit. Stretch the fingers on the right hand and place the palm on the fontanelle. Push down and rotate the scalp seven (7) times clockwise repeating the affirmation: PLEASE GIVE ME SELF REALISATION or: PLEASE STRENGTHEN MY SELF REALISATION.





MOTHER,
AM I THE SPIRIT?



MOTHER, AM I
MY OWN MASTER?



MOTHER, PLEASE
GIVE ME THE PURE
KNOWLEDGE



MOTHER, I AM
MY OWN MASTER



MOTHER, I AM THE
PURE SPIRIT



MOTHER,
I AM NOT GUILTY



MOTHER, I FORGIVE
EVERYONE, AND I
FORGIVE MYSELF



MOTHER, PLEASE
FORGIVE ME FOR ALL
MISTAKES I HAVE
MADE, KNOWINGLY
AND UNKNOWNLY



MOTHER PLEASE
GIVE ME MY SELF
REALISATION.
MOTHER, PLEASE
STRENGTHEN MY
SELF REALISATION

BALANCING THE LEFT AND RIGHT SIDES

It is important to bring the ego and superego into balance to allow the Kundalini to rise easily to the Sahastrara. This is done by following these simple but powerful techniques.

RAISE THE LEFT SIDE AND LOWER THE RIGHT SIDE

Use this technique when you feel overheated, agitated, angry, over-worked, or overwhelmed with thoughts. Or when you cannot feel joy, or feel too busy to reach thoughtless awareness.

Keep the left hand, palm upwards, towards the photograph. Using the right hand, raise the left side and lower the right from the bottom of the left side at Mooladhara level, up to the top of the head, then down the right side to the right Mooladhara. Repeat this until you feel calmer, the left channel more clear and powerful, and the heat from the right side reduced.

Even now if you find that ego is still there, then you have to raise your left side to push it back to the right hand side with your [right] hand, one hand towards the photograph. Push the left side higher and right side lower, so the ego and superego get the balance. Do it seven times. Try to feel how you are feeling inside.

SHRI MATAJI NIRMALA DEVI
LONDON, ENGLAND
NOVEMBER 18, 1979

RAISE THE RIGHT SIDE AND LOWER THE LEFT SIDE

Use this technique when your right hand feels cooler or lighter than the left hand. Or if you feel lethargic, tired, or depressed.

Keep the right hand, palm upwards, towards the photograph. Using the right or left hand, raise the right side and lower the left beginning from the bottom of the right side at Mooladhara level, up to the top of the head, then down the left side to the left Mooladhara. Repeat this until you feel the vibrations lighten up, you feel more balanced, more alert, more energetic.

PLACING BOTH HANDS ON THE MOTHER EARTH

Use this technique to balance and cleanse the entire subtle system. It is most effective if we sit on the earth or on the floor. If we sit on a chair we simply let both our hands hang down by our sides facing the earth. We then bring our attention to the top of the head at the fontanelle and just relax, letting the Mother Earth absorb all thoughts, all imbalances, all worries, all reactions, all the past, all the future. This is called as surrendering.

EXERCISE

Movement and walking in the nature are helpful for both right and left side imbalances and improves our general well-being.



CHAKRA CLEANSING TECHNIQUES

*If the doors of perception were cleansed, everything
would appear to man as it is. Infinite.*

WILLIAM BLAKE
1757 - 1827, LONDON
ENGLISH POET, PAINTER, ENGRAVER,
PRINTER, MYSTIC

There are many techniques for clearing any obstacles we might feel in our subtle system. Though we are all different, most of us need to clear both the left and right sides regularly. It is important to feel the vibrations on our hands clearly so we know which chakras to work on.

The subtle instrument represents a complex machinery behind our mental, emotional and spiritual being. One speaks of the so-called 'CAUSAL' and 'SUPERCAUSAL' body. The true causes originate in our subtle system. All cleaning methods ultimately aim towards the purification of our entire being – both subtle and gross – and our desire and destiny to become one with the ALL-PERVADING DIVINE POWER OF LOVE – THE PARAMCHAITANYA.

INTERPRETING THE STATE OF OUR CHAKRAS AND NADIS

TINGLING, HEAT, HEAVY

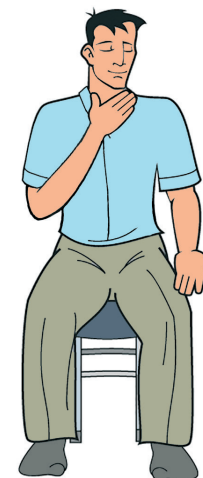
We describe a part of the subtle system that is tingling or feels warm, or heavy, to be 'CATCHING' or 'BLOCKED'. For example, if the right middle finger feels warm, or is tingling, we say that the right Nabhi is catching. If the entire left hand feels warm or heavy, the left side (IDA NADI) is catching. If the hands feel cool then we describe the chakras as 'CLEAR'.

COOL BREEZE

If you feel a cool breeze equally on the fingers and palms of both hands, this is good and a sign that your subtle system is in balance. If you feel heat or heaviness on any finger or on either hand, you need to use some clearing techniques to improve the chakras or nadis.

RIGHT HAND WARMER OR HEAVIER

If the right hand feels warmer or heavier than the left, follow the section on clearing the right side. If the left hand feels warmer, follow the section on clearing the left side. SEE PAGES 109, III: TECHNIQUES FOR CLEARING THE LEFT AND RIGHT SIDES.



BLOCKAGES (OR OBSTACLES) ON THE CHAKRAS

For individual chakras, identify which chakras are catching by feeling which fingers on your hands feel warm or tingling while you are meditating. If you cannot feel clearly on your hands try to feel the chakras inside the body, or through instinct. If the left Vishuddhi is catching (LEFT INDEX FINGER IS HOT OR TINGLING), work on the left Vishuddhi. If the right Vishuddhi is catching (RIGHT INDEX FINGER IS HOT), work on the right Vishuddhi. If both index fingers are hot then work on the centre Vishuddhi, or all three. The Chakra Chart is useful to interpret which chakras are catching.

ATTENTION! The Vishuddhi Chakra supplies energy to the nerves of the neck and arms (BRACHIO CERVICALIS). Long-standing neck problems or a smoking habit will reflect on our subtle system. Here one should take particular care. Balancing and improving this important chakra will help you feel the vibrations better. Both subtle and conventional treatment (MASSAGE) go hand in hand, especially with tension, one of the most common complaints in this area.

TECHNIQUES FOR CLEARING ANY CHAKRA



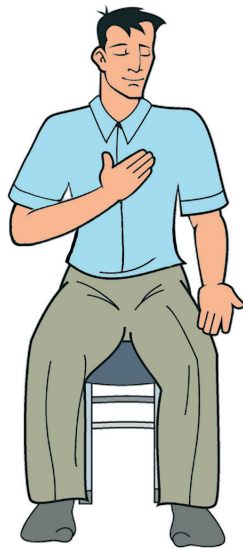
GIVING A BANDHAN TO A CHAKRA

You can easily clear any chakra by simply giving a bandhan to the chakra. This is done by rotating the hand clockwise seven (7) times in front of the chakra – or until the chakra feels cool.

Use the right hand when working on the chakras of the left and centre channels and the left hand when working on chakras of the right side. Keep the other hand palm upwards towards Shri Mataji's photo to receive vibrations.

PLACING YOUR HAND ON A CHAKRA

Similarly you can simply place the palm of the hand on any chakra that is catching. Use the right hand for chakras of the left channel or centre channel and the left hand for the right channel. In each case keep the other hand palm upwards, fingers opened. Do this until you feel that chakra become cooler. You can also say: SHRI MATAJI, PLEASE CLEANSE MY HEART, or: MOTHER PLEASE COME INTO MY NABHI.



TECHNIQUES FOR CLEARING THE LEFT SIDE

MANIFESTATIONS OF A SLUGGISH LEFT SIDE:

lethargy, low self-esteem, guilt, dwelling in the past, laziness, fear, negative thoughts, introverted.

TECHNIQUES

USING THE EARTH AND FIRE ELEMENTS

While meditating, place the right hand on the ground (towards the ground if you are on a chair) and the left hand, palm facing upwards and fingers opened to the photograph of Shri Mataji. It is preferable, but not essential, to place a candle just in front of you so that the flame is just in front of the fingers of the left hand. Continue for several minutes or until you feel the left hand become cool.

USING THE FIRE ELEMENT THE THREE CANDLE TREATMENT

Light three candles, preferably sitting cross-legged on the floor. It is more effective if the candles are of a size to emit a decent flame. Place the candles in suitable candle holders.

1 – Place the first candle in front of you so that – while holding the left hand open, palm upwards – the flame is at the same level in front of the fingers of the left hand. Place the second candle behind you on the left side, making sure it is far enough from your body to avoid setting fire to your clothes.



2 – The third candle is held in the right hand (easier to maneuver if it is short). Slowly move the candle up and down the left side of your body for some minutes, at a distance where you do not burn your hair or clothes.

3 – Next work on the left side by rotating the candle 7 times clockwise, in front of each chakra (AS IN DIAGRAM) starting with the Mooladhara and finishing with the Superego on the right side of the head (THE CHANNELS CROSS AT THE AGNYA). Pay particular attention to any chakras which feels blocked. In between, and before finishing, move the candle up and down the left channel of the subtle system.

NUTRITION FOR THE LEFT SIDE

A Yogi with a COLD LIVER is generally overweight with a high-cholesterol. Cut red meat, fish, fried or processed foods from the diet. Carbohydrates, sugars, and cold foods (SUCH AS YOGURT, CHEESES) should be avoided and more protein should be taken. Mung beans / dal are good sources of protein as they are light and easy to digest.

Soft drinks, and drinks with sugar, chocolate, and fermented foods should be cut from the diet. Alcohol (OR ANY INTOXICANT), is toxic to our liver, to our attention, and to our spiritual well-being. It is damaging to our subtle system and to our connection with our spirit.

TECHNIQUES FOR CLEARING THE RIGHT SIDE

MANIFESTATIONS OF AN OVERACTIVE RIGHT SIDE:

If the right side is hot or blocked, or you recognise yourself in any of the following descriptions, you need to regularly balance the right side. Materialism, excess planning, aggressiveness, insomnia, impatience, hot temper, excessive talking / thinking, overactivity, extreme sports, too much working.

TECHNIQUES

USING THE ETHER ELEMENT TO COOL

While meditating hold the left hand, fingers stretched towards the sky and the palm turned back, above shoulder height. The right hand is opened on your right leg, palm upwards, fingers towards the photograph of Shri Mataji to receive vibrations.

USING THE EARTH ELEMENT TO RELAX

While meditating, place both hands with the palms facing downwards on the Mother Earth. SEE PAGE 102. Walk barefoot on the earth and look at the earth, the sky.

ICE ON THE LIVER

Hold an ice pack on the liver (SWADHISTHAN, NABHI – UPPER & LOWER ABDOMEN ON THE RIGHT SIDE) while meditating or working on the computer – or even relaxing at home. This will significantly reduce the excessive heat in the liver and make it easier to enter thoughtless awareness.

LEFT HAND ON THE RIGHT SWADISTHAN AND LIVER
The right Swadisthan and right Nabhi look after our liver. Meditate with the left hand on the right Swadisthan for some time, then put the left hand on the right Nabhi.

USING THE WATER ELEMENT

Footsoaking is very beneficial to the right side, particularly with cold water. Footsoaks in the nature or walking barefoot on the Mother Earth is particularly beneficial.

NUTRITION FOR THE RIGHT SIDE

Cut out red meat, fish, fried and processed foods from our diet and eat more steamed vegetables and carbohydrates. Again, mung beans and mung dal are good sources of protein for the right side as they are light and easy to digest. Nuts and seeds, dried fruits are heating and, if eaten, should be consumed in small amounts.

Coffee, black tea, caffeinated soft drinks, chocolate, and fermented foods also produce heat and should be avoided.

Alcohol needs to be entirely removed from our diet as it toxic to the liver (THE SEAT OF OUR ATTENTION) and makes it extremely difficult to meditate.

SUGAR WATER

If you have an overheated liver and think too much, a glass of sugar water in the morning before sitting down to meditate can be very beneficial. White cane sugar is preferred to beet sugar.

**SAHAJA YOGA
IS NOT A SUBSTITUTE FOR PROFESSIONAL HELP!**

If you have a medical condition it is necessary to seek the guidance of medical and nutritional professionals.



TAKING IT FURTHER

MEDITATE TWICE DAILY

For those who want to enjoy the peace and bliss of their own Spirit, it is vital to establish their Self Realisation by cleansing the chakras and allowing more strands of the Kundalini to rise. With this in mind, Shri Mataji has recommended practicing Sahaja Yoga meditation at home on a twice daily basis – a meditation in the morning and a footsoak before sleeping. These sessions can be as short as 10 minutes or as long as 1 hour, or even more if you like. You will probably find that, as you progress, you will enjoy it more and automatically give more time for this blissful experience. If – at any other time of the day – you feel under stress or depressed, you will find it beneficial to raise the Kundalini and take a bandhan and, if possible, to be thoughtless for a minute or two.

The purpose of Sahaja Yoga is not to sit in meditation all day but to reach a state of meditation – of deep thoughtless awareness and connection to our spirit – at least twice each day. With this we gradually experience deeper meditations and progressively improve the condition of our subtle system and our emotional and physical health. A profound and peaceful morning meditation will enable us to stay meditative and peaceful throughout the day.

SHRI MATAJI'S LECTURES

Shri Mataji has given thousands of lectures about the Kundalini and the subtle system, with simple and practical advice on how to improve the chakras and experience the inner joy and peace of the Spirit every moment of our lives – not just whilst sitting down to meditate. Equally importantly, we have found that listening to Shri Mataji's lectures is a quick way to get into a deep state of meditation. They are very helpful for establishing thoughtless awareness effortlessly and improving the quality of our daily lives. We recommend listening to as many as possible. Contact your local meeting organiser for more details.

KNOWLEDGE

Sahaja Yoga is primarily about our own inner experience. Experience is the cornerstone of knowledge, including that of Sahaja Yoga. Authenticity can be achieved if we go beyond accumulated mental knowledge and imbibe the honesty and reality of experience. As we meditate and watch the state of our subtle system, we experience that Sahaja Yoga manifests a living knowledge, expansive and unlimited. Approaching this with humility opens the door to an understanding from the heart, which is subtle and leads the seeker to the ATMA – to the spirit.

COLLECTIVITY

Meditation classes are a great way to deepen our experience as the collective attention and desire to go into thoughtless awareness has a tremendous effect on our own inner state.

After some weeks or months of attending Sahaja Yoga meetings, meditating regularly at home in the morning, and footsoaking before sleeping, it is time to attend more advanced collective gatherings of experienced yogis.

You may already have noticed that collective programs make it easy to reach a deep state of meditation with little effort. The advanced programs deepen the experience of Self Realisation even more, accelerating our inner growth towards a more balanced, peaceful, and joyful life.

*It is important that you should go to the centres,
master it, and give realisation to others.*

SHRI MATAJI NIRMALA DEVI
HOLLAND PARK, LONDON 2001

Sahaja Yoga only works in the collectivity.

SHRI MATAJI NIRMALA DEVI
14. JANUAR 1983

SHARING THE EXPERIENCE

If you have felt the benefit of Sahaja Yoga, even after only a week or two of practice, try to give Realisation to your friends or family. It's a very joyful experience to pass on the bliss of Sahaja Yoga to others.

SAHAJA YOGA CLASSES & WORKSHOPS

Sahaja Yoga classes are widely available in 80 countries around the world, and always completely free of charge.

As Sahaja Yoga is always growing and changing, it is best to check online for local centers, programs and events. If there are no centers listed where you live or work, please contact us as there might be certified Sahaja Yogis in your area. We offer meditation workshops and courses – on request and free of charge – for your company, community center, or event.

ENGLISH: wemeditate.co, shrimataji.org,
freemeditation.com, sahajayoga.org.uk, sahajayoga.ch

GERMAN: sahajayoga.at, postgasse.at, sahajayoga.de

ONLINE CLASSES: onlinemeditation.org, wemeditate.co

KEEP IT SIMPLE!

Mixing Sahaja Yoga with any other kind of knowledge or techniques will prevent us from making any progress in Sahaja Yoga. Many have tried this approach and failed. One can waste many years, damage our chakras and ultimately become frustrated and depressed.



wemeditate.co
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**SAHAJA
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