

21 days to discover

Sahaja



Discover today how it is possible to reach a unique knowledge, to achieve the experience of a state of consciousness without thought and to be truly connected all the time and in all situations with the omnipresent divine energy which created us.

All has already been said or written. It is time, above and beyond all blind faith, to have the experience.





INTRODUCTION

The object of this document is to guide you during your first steps towards the discovery of meditation according to Sahaja Yoga. It starts with the experience of 'self-realisation' which you can have directly from our website, www.sahajayoga.ch or according to the explanation given later in this document.

Before Sahaja Yoga, self-realisation was an achievement after a long process of purification by seekers of truth. It was rarely achieved and necessitated a whole lifetime of meditation, renunciation and asceticism, and that implied retiring from society entirely in order to consecrate oneself to the search of truth.

However, the possibility to obtain this experience without previous purification, collectively and without reference to race, caste, age, intellectual or financial requirements, was also announced in ancient times by prophets and renowned visionaries. This spontaneous development is part of the natural evolution of humanity and takes us today to the threshold of the ultimate state of human consciousness by opening the way at last to the knowledge that we are truly the Self, the Spirit.

This knowledge is not a theory that we learn from books or which is practised via rituals unconnected with the reality: it does not come to us through blind faith. This knowledge is a 'becoming', a state of being that can be achieved through the practice and the experience of meditation.

In Sahaja Yoga, the Kundalini, which is a maternal energy coiled up in the sacrum bone, is awakened at the start of the process. This awakening is not total, of course, nor definitive in view of the imperfection of our inner state, but it is sufficient for you to see and understand the process of purification. This energy will guide you and tell you what needs improving and will effect an inner and deep cleansing. It will enable you to enter into a new state of perception called thoughtless awareness.

It is a state wherein we can become aware of the Self – who we really are. It is a state in which we are not bound by the movements and barriers of the mind. We enter into a state of inner peace, serenity, pure awareness, knowledge and true joy. This is not just a theory, but something that can be verified. It is completely free because this instrument is innate in all human beings.

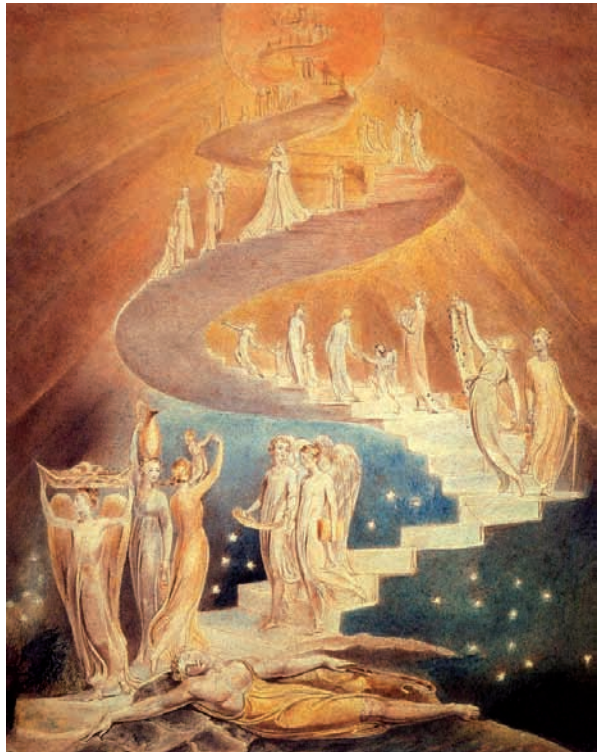
We invite you therefore to make this experience and to discover the effects

and wellbeing of meditation by following these instructions for 21 days. Give yourself the time to discover, much like a scientist carrying out an experiment. It requires just a little attention each day as regularity is the best method to progress.

Be honest with yourself, be sincere, patient, relaxed, and regular, and remain in an attitude of observation, and this experience will reveal itself to you.

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Jacob's ladder
by William Blake
(1757-1827)





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SHRI MATAJI NIRMALA DEVI



Shri Mataji Nirmala Devi was born on the day of the spring equinox, March 21, 1923 at midday in Chindwara, a small town in central India, into a Christian family. Her father, Prasad Rao Salve, was the direct descendant of the Shalivahan royal dynasty that ruled India from 230 BC to 230 AC in the province of Maharashtra, eastern India.

Shri Mataji and her family sacrificed everything for Indian independence, because as a truly spiritual person, She could only develop in a liberated world. Although Shri Mataji was conscious of her mission at an early age, She has shown Her own example the compatibility between a spiritual life and that of a housewife.

Thus it is in everyday life and ordinary encounters that Her spirituality was manifested, and that She continued to work for the preparation of a major event.

On May 5, 1970, Shri Mataji initiated and put within everyone's reach the method which allows self-realisation «en masse». She began to share this experience publicly at conferences. At that time, Her husband had been appointed Secretary General of the Organisation of Maritime Nations, a post he was re-elected to for 17 consecutive years. The headquarters of the Maritime Organisation, located in London, is where Shri Mataji began developing Sahaja Yoga. Before this, it was only possible to achieve self-realisation through asceticism, available to any sincere seeker of Truth.

You can discover more about Shri Mataji on our website and in our free classes.



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LIVE THE EXPERIENCE

Find a quiet, clean and pleasant area to start the experience. Put the photo of Shri Mataji (see the end of this document) before you on a table. The photo can channel the energy activating the Kundalini awakening and is a vibrational support.

Light a small candle in front of the photo. This will consume some forms of negativity during your experience and then in your meditations.

Remove your shoes to have better contact with the earth. Sit comfortably on a chair or cross-legged facing Shri Mataji. Start by reading the exercise to familiarise yourself with it. Then do it with a sincere desire while following each step.

You can keep the document close by to follow the steps. The experience will depend on the sincerity of your pure desire. It is however, important to stay relaxed and without expectation and simply direct your attention internally.

After the experiment, put your right hand about 5-15 cms. above your head and see if you can feel a light cool breeze coming from the top of your fontanelle (top of the head) indicating that the Kundalini has awoken and you have your self-realisation. This fresh breeze, otherwise known as cool vibrations, can be felt in your hands. At first, this can be a bit warm, showing that the Kundalini is clearing energy centres which are blocked or covered.



MEDITATION TO LIVE THE EXPERIENCE OF THE AWAKENING OF THE KUNDALINI



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Keep the left hand directed towards the photo of Shri Mataji during meditation



1) With the right hand on the heart, say 3 x «Shri Mataji, am I the Spirit?»



2) Place the right hand on the top of the abdomen, say 3 x «Shri Mataji, I am my own master?»



3) With the right hand on the lower part of the abdomen, say 6 x «Shri Mataji, please give me the pure knowledge.»



4) Placing the right hand on top of the abdomen again: say 10x «Shri Mataji, I am my own master!»



5) With the right hand on the heart, affirm 12 x «Shri Mataji, I am the Spirit»



6) Put the right hand on the left juncture of the shoulder and neck, saying 16 x «Shri Mataji, I am not guilty at all.»



7) Place your right hand flat on the forehead (here choose the number of times but affirm with the heart) and say, «Shri Mataji, I forgive everyone including myself»



8) With the right hand on the back of your head, say once «O Almighty God, forgive me for any mistakes I have committed in the past, consciously or unconsciously.»



9) Lastly, place the right palm on the fontanelle area and while massaging the scalp: say 7x «Shri Mataji, please give me my self-realisation.»

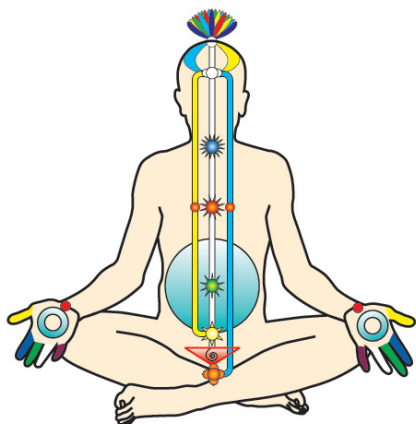


THE VIBRATIONS

The Kundalini is awakened by the vibrations. After realisation, we feel a slight cool breeze above the fontanelle and from the hands. This manifests itself working through our nervous system.

Because of this, the experience of the Kundalini awakening is seen as real and physical and not a mental projection. We find references to this in ancient writings as the Breath of God, for e.g. in Latin: spiritus, pneuma in Greek and Ruh in Islam.

During its ascent, the Kundalini shows us not only where the blockages are, but it also purifies the chakras (energy centres). These blockages can be eliminated over time with the vibrations. Attention becomes more pure, which brings us inner peace and allows our inner self to manifest fully.



THE SUBTLE SYSTEM

Represented here in a simplified manner, the subtle system is composed of three channels and seven main chakras.

In the sacrum bone is the Kundalini, which is the reflection of the feminine aspect of the Divine in us and at the heart on the left channel is the Spirit which is the reflection of the male aspect of the Divine within us.

It is through the union of the Spirit and Kundalini in the highest subtle centre, the Sahasrara Chakra, that we get self-realisation.

We also have a multitude of energy centres and channels distributed throughout the body. This whole subtle system is shown at the physical level by our nervous system, and in our plexuses and sub-plexuses.

The nerve plexuses, found in everyone, are managed by the chakras, the spiritual energy centres.

This is how we can feel the vibrations of our chakras in our hands. Further, it is possible to diagnose our vibrational state on a subtle level and thus to identify the source of a problem.

The right channel is the solar aspect, masculine, action, the future, creativity, the Yang of Taoist philosophy. It is manifested on a physical level by the right sympathetic nervous system.

The left channel is the lunar aspect, feminine, pure desire, the past, the emotions, the Yin of Taoist philosophy. This is manifested at the physical

level by the left sympathetic nervous system.

The central channel is that of integration, the evolution of detachment, balance and the present. It is awoken by the ascent of the Kundalini, and occurs at the physical level through the nervous system or central parasympathetic autonomous nervous system.

THE SEVEN MAIN CHAKRAS OF THE SUBTLE SYSTEM

Name	Petals	Subtle qualities	Obstacles
Sahasrara 	1000	Integration, self-realisation	Doubt of the divine, dogmatism
Aghnya 	2	Forgiveness, humility	Pride, arrogance, ego-centred life, judging oneself or others, impure & roving eyes
Vishuddhi 	16	Communication, collectivity, kindness, diplomacy, charisma, respect for oneself and others	Jealousy, guilt, lack of purity in relationships between men and women, smoking, profane or superficial language, talking too much or not enough (extremes)
Anahata 	12	Love, joy, confidence, security, responsibility, emotional detachment	Attachments, poor relations with one's mother or father, excessive physical or mental activity, fear, lack of faith
Nabhi 	10	Well-being, satisfaction, inner peace, generosity, sharing	Greed, domestic or family problems, money or work problems, materialism, immorality, bad attention, fanaticism
Swadisthan 	6	Creativity, inspiration, aesthetic sense, intellectual perception	Anger, hyperactivity, too much planning, parapsychology, occultism, false gurus
Mooladhara 	4	Innocence, wisdom, purity, eternal childhood	Lust, sexual excesses, adultery, homosexuality or sexual repression.



The energy centres or chakras are located at the entangled intersection of plexus or nerve fibres belonging to the sympathetic systems and parasympathetic, called plexuses. Their role is very important, because they manage major hormone producing organs like the thalamus, pituitary, thyroid, thymus, adrenal glands, ovaries and testes. They contribute to the determination of the genetic code and control, at the psychic level, the movements of our emotional and mental processes. On a spiritual level, they control and feed the various aspects of our divine nature. Each of these centres is a subtle energy reservoir for the plexus.

You can find more detailed information on each chakra on our website under «Subtle System - the seven chakras.»

FEEL THE VIBRATIONS

In the hands, each finger is connected to a chakra through the nervous system. A blockage in the chakras will be felt as heat, tingling or numbness in the fingers concerned.

To feel the vibrations, simply focus attention on the person (yourself or someone else), place, object or idea whose vibrational state you want to evaluate. Early on, one's attention is perhaps not very stable and easily disturbed by thoughts so that it's more difficult to perceive the signs on the vibration level, but with regular practise of meditation, it becomes progressively easier. The sensitivity may vary depending on the day, your own vibrational state and the state of your own subtle system or your environment.

DAILY MEDITATION

Meditation is a state of being. We do not meditate, we are IN meditation. It has to be practised in order to be fully appreciated and understood.

Meditation consists of giving yourself the time to go inside yourself and turn your attention towards the Self. Our awareness is clouded and covered by the filter of our mentality (the ego and conditioning) and meditation allows us to detach from this hold over us, to get out of the obscurity and let us identify more and more with the Spirit, which is our true nature. As long as our awareness is held by these thoughts, dreams and desires, the Self cannot show itself. It is like an image projected on a screen: we identify ourselves with the projection of the image instead of identifying ourselves in the light which is the source – the reality.

Meditation is therefore a state of total silence wherein peace, awareness and joy of the spirit are present. That develops gradually by daily practice. It is a question of 'becoming'.





HOW TO MEDITATE

Choose a moment in the morning and/or the evening when you can devote yourself to 15 to 30 minutes meditation, or even more if you wish. Early morning is the best time for meditation. You can also take the time to meditate before going to sleep. The evening meditation reduces the impact of our daily life on our sleep and our dreams.

Sit comfortably in front of the photo of Shri Mataji, raise your Kundalini (see p.18) and protect your subtle system with a Bandhan (see p.19). Don't forget that it is necessary to do this with attention: it should not become a mechanical geste or a ritual.

Put your two hands comfortably on your knees with the palm up, and be receptive without concentrating, simply being attentive to what is happening inside you. The idea is gradually to take your attention on to the top of your head to the level of the fontanelle bone where the 7th chakra is located.

When thoughts come, don't pay them any attention: just observe them without getting involved. Little by little the space between two thoughts will increase and the peace of thoughtless awareness will take over. It is in this thoughtless awareness that your meditation will deepen and little by little you will be able to discover the reality of your inner being. At this time we are fully present but without thoughts and without any effort.

If, at the beginning, you don't manage to get into a state of thoughtless awareness, don't feel guilty or discouraged: persevere. The best way is not wait for something, but just observe and be attentive without being distracted by thoughts. There are other techniques to discover later.

To finish the meditation, raise your Kundalini again and protect yourself with a Bandhan. Still keeping one hand towards the photo of Shri Mataji with the palm up, put the other hand palm down about 10 centimetres above your head and feel the fresh breeze coming out.





RAISE YOUR KUNDALINI



Put your left hand at the height of your sacrum bone with the palm facing the body. Raise it up vertically to the top of your head. While your left hand is rising up, your right hand makes a rotating movement around it in the direction of the hands of a clock. Make a 'knot' with both hands above your head. Repeat this upward movement a second time and make two knots, and then a third time to fix your attention and the Kundalini on the seventh chakra. The knots are not only symbolic, they are the support of the vibrations, they contain vibrations and help to fix our attention at the top of our head.

THE AWAKENING OF THE KUNDALINI



Opening the Sahasrara

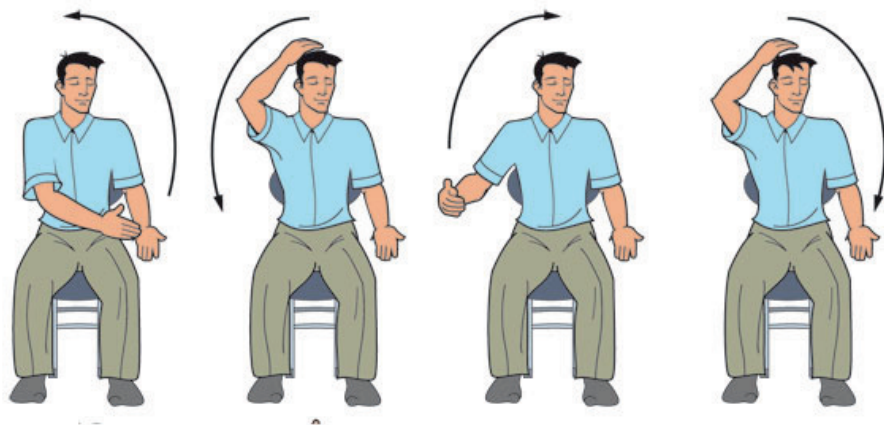
Superego: Hemisphere
on the right of the brain

Ego: Hemisphere on the
left of the brain

Right Channel

Left Channel

Central channel



GIVE YOURSELF A BANDHAN

‘Bandhan’ in Sanskrit means ‘protection’. To give yourself the protection of your auras, put your left hand on your knee with the palm up. Put your right hand above your left hip and raise it over the top of the head to the right hip and back again. This semi-circle movement is like a rainbow. Repeat this 7 times – each time there and back for each chakra.

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PROGRAMME FOR 21 DAYS

INTRODUCTION

In Sahaja Yoga meditation is practised individually and collectively. The collective meditation allows us to go deeper because being with other people whose Kundalini has been awakened strengthens our vibrations and make the meditation easier.

But you have to get into it, and that obviously depends on the state of the collective vibrations. As it is a natural process, if you want to deepen this state gradually, it is important to meditate every day, morning and evening. Even 5 minutes of total silence is enough to quickly develop this state in us. But you have to manage to get into that moment of silence ...

The base of this new consciousness is the experience. Becoming established only comes through the way of inner discovery and can never be acquired by books or in universities.

EVERY DAY

Meditate in the morning and/or in the evening as explained earlier.

First study your state of mind. Are you tense, anxious, stuck in your thoughts or daydreams or are you relaxed, in a state of openness and observation? Depending on your observation, try to abandon all these things, to let go. You can just ask the simple question: «Where is my attention?»

Once your attention is established at the level of your fontanel bone (the Sahasrara) let yourself enter into this silence by observing your thoughts without suppressing them nor following them: just witness them.

You will see this thoughtless awareness developing in you and the Self will be able to manifest itself by regenerating peace, satisfaction and a deep sense of joy.

The photo of Shri Mataji serves as a vibratory support and makes it easier to go into meditation. Of course it is also possible to meditate in the countryside. Thus this moment of meditation is a privileged moment that you will want to find more often

and establish further. As we are in a different vibratory state everyday it is a good idea to observe ourselves, not to fall into ritualism and habits.

During the day just try to ask yourself: «Where is my attention?» You will see that little by little your attention will be drawn inside and that in time you will be aware of the presence of the Kundalini and the changes it creates in your consciousness.





EXPERIMENT IN THE FIRST WEEK

FIRST EXPERIENCE

Try this from time to time to bring your attention inside.

1. At the start of your meditation take 3 breaths as follows:
 - Breathe in slowly and deeply
 - Hold your breath for a few seconds
 - Breathe out slowly and completely
 - Wait for a few seconds
2. During this exercise keep your attention on your breathing or on your Kundalini, if you feel it, or in any case inside.
3. Next bring your attention to your Sahasrara at the level of the limbic region and maintain this state of observation and relaxation for the rest of your meditation.
4. It is important to relax and to surrender to this inner maternal energy that is your Kundalini.



SECOND EXPERIENCE

If you have lots of thoughts repeat Step 6 of Self-Realisation, which is to sincerely forgive everyone as well as yourself.

Repeat several times: "Shri Mataji, I forgive everyone and I forgive myself."

Also, if you know the "Lord's Prayer", say it out loud.

THIRD EXPERIENCE

If one hand seems heavier or warmer than the other, it is because one of your subtle channels is weaker than the other. To strengthen it you can give it vibrations as follows.



If the left hand is warmer, hold it towards the photo and place your right hand on the ground. If it is the right hand that is warmer, keep it on your knee and raise your left hand towards the sky with the palm towards the rear. When you feel an equal freshness on the two hands, you can put your hand back on your knee and continue your meditation.



If both hands are warm repeat the last step of Self Realization asking: "Shri Mataji, please give me my Self-Realisation."

The following empty pages allow you to note your experiences during these first weeks of discovery of Sahaja Yoga, if you wish. Thus you will be able to note the changes that take place with your daily meditation and new experiences.



EXPERIMENTS IN THE SECOND WEEK

FOURTH EXPERIENCE

During your meditations, when your thoughts have calmed down a little, ask Shri Mataji to allow you to feel your Kundalini and the joy of the Spirit. Simple, sincere prayers coming from the heart can have a deep effect. For example:-

- Shri Mataji, please allow me to feel my Kundalini, and to feel the vibrations.
- Shri Mataji, please allow me to enter into meditation in the silence of the Sahasrara.
- Shri Mataji, please allow me to feel the joy of the Spirit.

FIFTH EXPERIENCE: THE FOOT-SOAK



This cleansing technique for clearing the chakras uses the purification capacity of water and earth. The foot-soak is particularly efficient in clearing negativity from the lower chakras that we absorb during our daily activities.

Take a plastic bowl sufficiently large for your feet and pour in enough water to cover your ankles. The water should be tepid. Those who have a very active right side can take a foot-soak in cold water. Add a handful of salt (sea salt for preference). Sit yourself comfortably in front of the photo of Shri Mataji, raise your Kundalini and make a Bandhan; then put your two feet in the water and stay in meditation for 10 to 15 minutes with your hands towards the photo.

Sometimes you will physically feel how the heaviness (the negativity) accumulated during the day is drained into the water. When you have finished, raise your Kundalini, give yourself a Bandhan, then rinse your feet and throw the water away in the toilet. Then rinse the plastic bowl.

EXPERIMENTS IN THE THIRD WEEK

SIXTH EXPERIENCE: HOW TO CALM THOUGHTS

Attention is at the centre of the principle of meditation. It is through our attention that our state of consciousness can be awakened to the reality of our being, of the presence of the Kundalini, of the action and feel of vibrations. Our attention loses its intensity when we think too much. On the physical plain, the seat of our attention is the liver. This organ provokes heat until it is exhausted, principally by the action of our thoughts and food which is difficult to digest. It is therefore important to take care of the liver if we are to experiment the depth of the thoughtless awareness.

Here is a technique that you can try: wrap a cold pack in some material such as a small towel and place it on the liver for about 10 to 15 minutes before or during meditation. Do this regularly for several days. During this period it is strongly advised to reduce anything in our diet which could have a tendency to excite the liver – such as caffeine, theine, red meats, alcohol, dairy products rich in fat, or spicy food. Never use a cold pack on the liver after having eaten – that can block digestion.

Also, it is a good idea to ask the question “Where is my attention” during the day, and to observe where it is before returning it to the fontanelle bone area which is the area where thoughtless awareness develops.



SEVENTH EXPERIENCE:

CANDLE TREATMENT

If you feel more heat or heaviness in your left hand, either in the palms or the fingers, this treatment will help you to cleanse your left side.

Problems of the left side show up in different ways:

- Your attention is usually turned towards the past
- It is difficult to control your emotion
- Nonchalance
- Lethargy
- Sentimentality
- Feeling of being dominated, or persecuted
- Insecurity, fear, anxiety

At the beginning of your meditation, put your right hand on the ground, and the left hand in the direction of the photo of Shri Mataji; place a lighted candle just in front of your left hand. Stay in this position for 10 to 15 minutes with your attention on the Sahasrara.

You can also raise a candle up the left side starting from the second centre, move the candle in front of you along the left Swadisthan up to your neck, then cross to the right side of the head just behind the head.

Be careful not to use a candle on the right side, because it is the solar channel and it will be heated instead of calmed.

CONCLUSION

This is not really a conclusion as you are more at the beginning of a big adventure and a discovery of your inner being. Sahaja Yoga is huge and it is difficult to learn of all its aspects in a few pages in a few weeks.

What you have experienced and lived through in three weeks is just the beginning and we strongly invite you to discover how it is possible to acquire an even greater mastery of your personal spiritual evolution and, above all, to live a true transformation of your conscience. It is not just belonging to a new philosophy, dogma or type of religion, but an authentic and concrete discovery of the essence of your being, that is to say: the Self.

It requires some patience and regular practice but the results appear quickly and can be verified. The feeling of the Kundalini, the joy of the spirit, the well-being and the

inner peace, the deep sense of inner security, detachment and plenty of other aspects and qualities will become an integrated part of you during the course of your spiritual discovery. You will feel total confidence that the path of Sahaja Yoga you have chosen is the right one.

The impact of self-realisation and Sahaj meditation has many facets. It has an effect on your physical being by the improvement of your state of health thanks to the cleansing of your subtle centres; on your psyche because of the balance of your left and right channels; and on your spiritual life by this authentic experiment of an inner peace. You will also enjoy being identified with the spirit and the new state of conscience that that brings.



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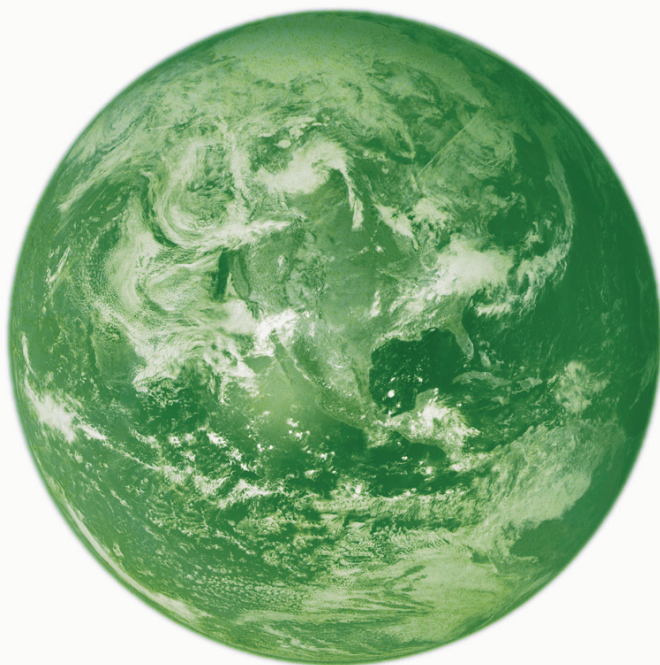


Sahaja Yoga is also a group of people who have taken the same path as you, and with whom you can share your experiences. They are ready to help you to understand the theory which will help you to practise your meditation on your own.

The courses are free, of course, because whatever is truly spiritual and is part of the cycle of life cannot be commercial. It would be totally absurd to leave some money at the foot of a tree in order for it to produce fruit!

Sahaja Yoga is practised in more than 100 countries and hundreds of thousands of people have received this awakening of the Kundalini. They practise this meditation and can vouch for its authenticity and depth every day.

You can find different regions where our courses are given through our website, www.sahajayoga.ch but if the days and times don't allow you to participate, you can also contact us by email at contact@sahajayoga.ch



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