

# Sahaja Yoga Meditation Guide Week 1



# Week 1 : Awaken Energy & Knowing Thyself



1

Meditation: Practice '3 step balancing' meditation. Five to ten minutes in morning or whenever time permits.

2

Affirmation: Right hand on left heart and ask question who am I?

3

Technique: Bandhan (protection)

4

Activity: Understand thyself

## Week 1

1

# 3 Step 'Balancing' Meditation

## Benefit

Shed the thoughts of present and future and stay in 'present' time which brings state of thoughtless awareness

1



2



3



## Posture

On ground or chair as convenient. If on chair hand points to Earth or Sky. We refer to our inner energy as 'Mother' during meditation.

Balancing Song

[https://www.youtube.com/watch?v=LqMaNL\\_3wng](https://www.youtube.com/watch?v=LqMaNL_3wng)

1

Left hand open in your lap, right hand towards Earth, please ask silently in your heart:  
"O Mother energy, please remove all the imbalances of my left side into the mother earth."

2

Right hand open in your lap, bend the left arm up and point the palm towards the back. Ask in heart-  
"O Mother energy, please remove all the imbalances of my right side into the Sky."

3

Both hands in lap, please ask following in heart-  
"O Mother energy, please keep me in present and give me state of meditation"

# Affirmation



Ask your Mother energy this question during 3 step balancing meditation or any other time when not sure about something

***Mother, who am I?  
Am I the pure spirit?***

# Technique: Bandhan (Protection)



Steps for raising the Kundalini  
before and after meditation.

Steps for raising the Kundalini  
before and after meditation.



Bandhan protection is taken to  
easily settle in meditative state  
and preserve it. We do it before  
and after meditation

**Video:** How to take Bandhan: <https://www.youtube.com/watch?v=uro552KKXsw>

# 4

## Knowing thyself

- Write down in your diary- who am I and what is my desire
- Write answer to these as well:
  - a. How sure I am about myself?
  - b. What has remained same in me and what has changed?
- At the end of meditation or anytime- ask in heart- Mother let me know who I am. Let me know my true self.

# 21 Days Course Structure

	Saturday	Sunday	Monday-Thursday	Friday
Week 1: Know Thyself	Main Class- Completed	Revision	Group Practice	On Demand
Week 2: Ascent	Main Class	One to One & Workshop	Group Practice	On Demand
Week 3: Thoughtlessness	Main Class	One to One & Workshop	Group Practice	On Demand
Conclusion	One to One & Workshop			

# Timings

**Saturday &  
Sunday**

**11:45 AM New York (8:45 AM Los  
Angeles)**

**Monday-Friday**

**8:45 PM New York (5:45 PM Los  
Angeles)**

*Same link class for every class*  
[\*\*https://zoom.us/j/9181716151\*\*](https://zoom.us/j/9181716151)



Chakra chart and Meditation Focal Point in case you like to keep eyes open during meditation

## 9 Step Self Realization

Self realization is first step practiced in Sahaja Yoga meditation. It activates our inner energy. It need not be done every time, but you can repeat if you like. Follow instructions on right or better follow the video link shared below.

<https://www.youtube.com/watch?v=IVKZnX8erp8>



The Founder  
HH Shri Mataji



### SAHAJA YOGA MEDITATION GUIDE - SELF REALIZATION

During the experience you need to keep your left hand with palm upwards on the lap and to place the right hand on various parts of the left side of your body. Please follow the images from 1 to 9 as shown and repeat each affirmation from your heart. You are referring to your Kundalini energy (Mother).



Now raise your right hand 2-3 inches (3-4 cm) above your head see if you can feel a cool or warm breeze in the palm of your right hand. Then try with the left hand. If you feel either cool or warm in your hands, it means you feel the Mother energy within you. Keep your attention on her and meditate for a while.

# Sahaja Yoga Meditation-Online Resources

Resources	Links
Website	<a href="https://www.freemeditation.com/">https://www.freemeditation.com/</a>
Facebook Group	<a href="https://www.facebook.com/groups/WeMeditateGroup/">https://www.facebook.com/groups/WeMeditateGroup/</a>
Music for Meditation	<a href="https://www.youtube.com/watch?v=FMVyboTWwjc&amp;t=24s">https://www.youtube.com/watch?v=FMVyboTWwjc&amp;t=24s</a> <a href="https://www.youtube.com/watch?v=rXP1kPxbIDk">https://www.youtube.com/watch?v=rXP1kPxbIDk</a> <a href="https://www.freemeditation.com/music/">https://www.freemeditation.com/music/</a>
Soft Instrumental (at work, relaxing, in transit...)	<a href="https://www.youtube.com/watch?v=3DjDDAgz4H4">https://www.youtube.com/watch?v=3DjDDAgz4H4</a> <a href="https://www.youtube.com/embed/Aqs7t35Mx34?start=2000">https://www.youtube.com/embed/Aqs7t35Mx34?start=2000</a>
Meditative Video (absorb the joy and go thoughtless)	<a href="https://www.youtube.com/channel/UCGNRpB4jUOoFPos_ilLo_QQ">https://www.youtube.com/channel/UCGNRpB4jUOoFPos_ilLo_QQ</a> <a href="https://www.youtube.com/watch?v=nhVf4-AwaUw&amp;t=137s">https://www.youtube.com/watch?v=nhVf4-AwaUw&amp;t=137s</a>
Youth Meditation Resources	<a href="https://www.facebook.com/vikram.chandna.940/videos/608784469975095/">https://www.facebook.com/vikram.chandna.940/videos/608784469975095/</a> <a href="https://www.facebook.com/vikram.chandna.940/videos/464301067756770/">https://www.facebook.com/vikram.chandna.940/videos/464301067756770/</a> <a href="https://www.youtube.com/channel/UCG_o76is4l-HoKODH5EftIA">https://www.youtube.com/channel/UCG_o76is4l-HoKODH5EftIA</a>

## About Shri Mataji Nirmala Devi



- Born on March 21, 1923
- Associated with Mahatma Gandhi in the freedom struggle
- Studied Medicine
- Married to distinguished civil servant, Sir C.P. Srivastava
- Conferred with numerous awards and recognitions by various governments and international organizations
- Discovered the process of giving en-masse self-realization at Nargol on May 5, 1970

## Kundalini and Self-Realization

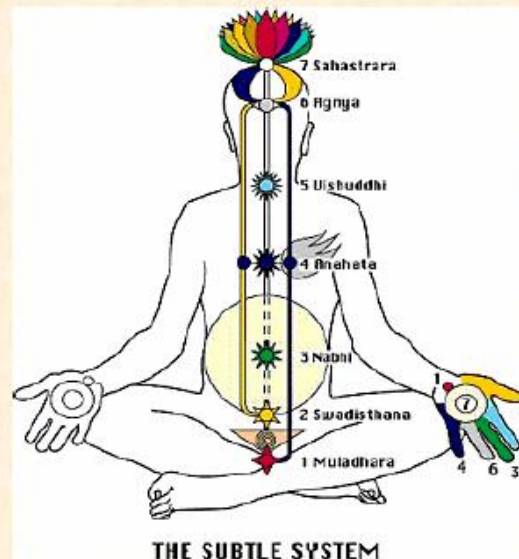
- ❖ **Kundalini** is the power of pure desire, which lies dormant in three and half coils at the base of the spinal cord called 'sacrum' bone.
- ❖ When Kundalini is awakened, it ascends through six subtle chakras and piercing through the fontanel bone area it unites with the all pervading cosmic energy
- ❖ **Self-Realization** is the actualization of the awakening of the 'Kundalini'

## About Sahaja Yoga Meditation

Sahaja Yoga meditation was founded in 1970 by Shri Mataji Nirmala Devi as a means to help take meditation to masses in easy steps. Sahaja Yoga is practiced in over 100 countries and is always free.

Online Meditation team comprises of volunteers across the world with various backgrounds such as engineers, researchers, teachers, data scientist, students etc who volunteer to support meditation enthusiasts.

## Human Subtle System



- **3 Nadis & 7 chakras** (plexuses).
- **Ida Nadi (Left Sympathetic)** corresponds to our past, emotions, desires
- **Pingala Nadi (Right Sympathetic)** corresponds to our actions and planning, mental and physical activity
- **Sushumna Nadi (Central Nervous System)** channel of ascent, sustains our evolution

Free Sahaja Yoga Guided Meditation

Founded in 1970 by 'Shri Mataji Nirmala Devi'

Sahaja Yoga is a simple but profound technique and always free

Just with pure desire we get meditative once we awaken our Divine energy

# Sahaja Yoga in a *prose*

Sahaja Yoga is a meditation very social with spiritual growth achieved in collectivity

In balanced and joyous state eliminate loneliness with spiritual solidarity

Depression and stress are fruits of modernity

Techniques are shared that help when practiced with regularity

Sorrow just peel off when in meditative witness state and purity

Be with meditative people with noble pursuits to shed social anxiety

Life transformation does not come with sermons or postures with no durability

Work on inner system roots, water with pure desire and shine some Divinity

In Sahaja Yoga meditation following just comes, like a seed that just germinates

Metaphysics, Consciousness, Self improvement, self empowerment, mindfulness and mental clarity

Meditation is not a pill but a plant needing nourishment with sincerity

While we cannot predict through meditation what heights you will achieve in life

Our heart felt desire is to always share joy and knowledge in simplicity

Our experiences say you will not be ordinary any more, shaken easily by any rife