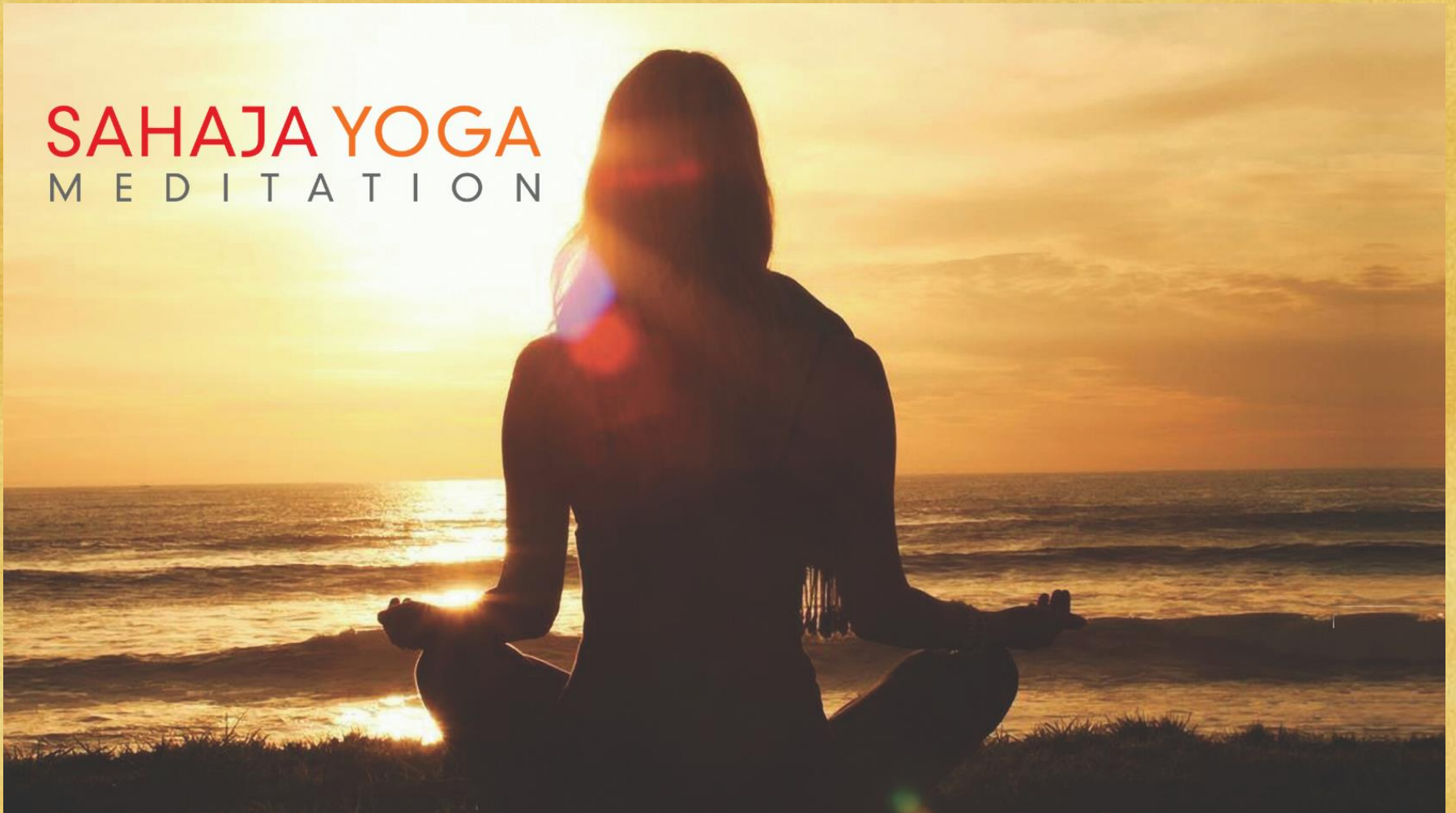


The Journey Within

An Introduction

SAHAJA YOGA
M E D I T A T I O N



The background features a warm, golden-yellow gradient with subtle floral motifs in the corners. On the left, there are two overlapping, light-colored flower-like shapes. On the right, there is a single, larger, light-colored flower-like shape.

Sahaja Yoga

“**Saha**” = with and “**ja**” = born

“**Sahaja**” = born with, also: spontaneous

“**Yoga**” = Union of one’s own divine energy with the All-pervading power

“**Sahaja Yoga**” = spontaneous union of the All-pervading power and the Self, also called **Self-realization**

Effects of Self-realization

- **Cool breeze** over the whole body - and on the palms of your hands and on the top of your head (fontanel bone area)
- Thoughtless awareness - **Nirvichara Samadhi**
- Awareness of chakras and nadis - **Collective Consciousness**

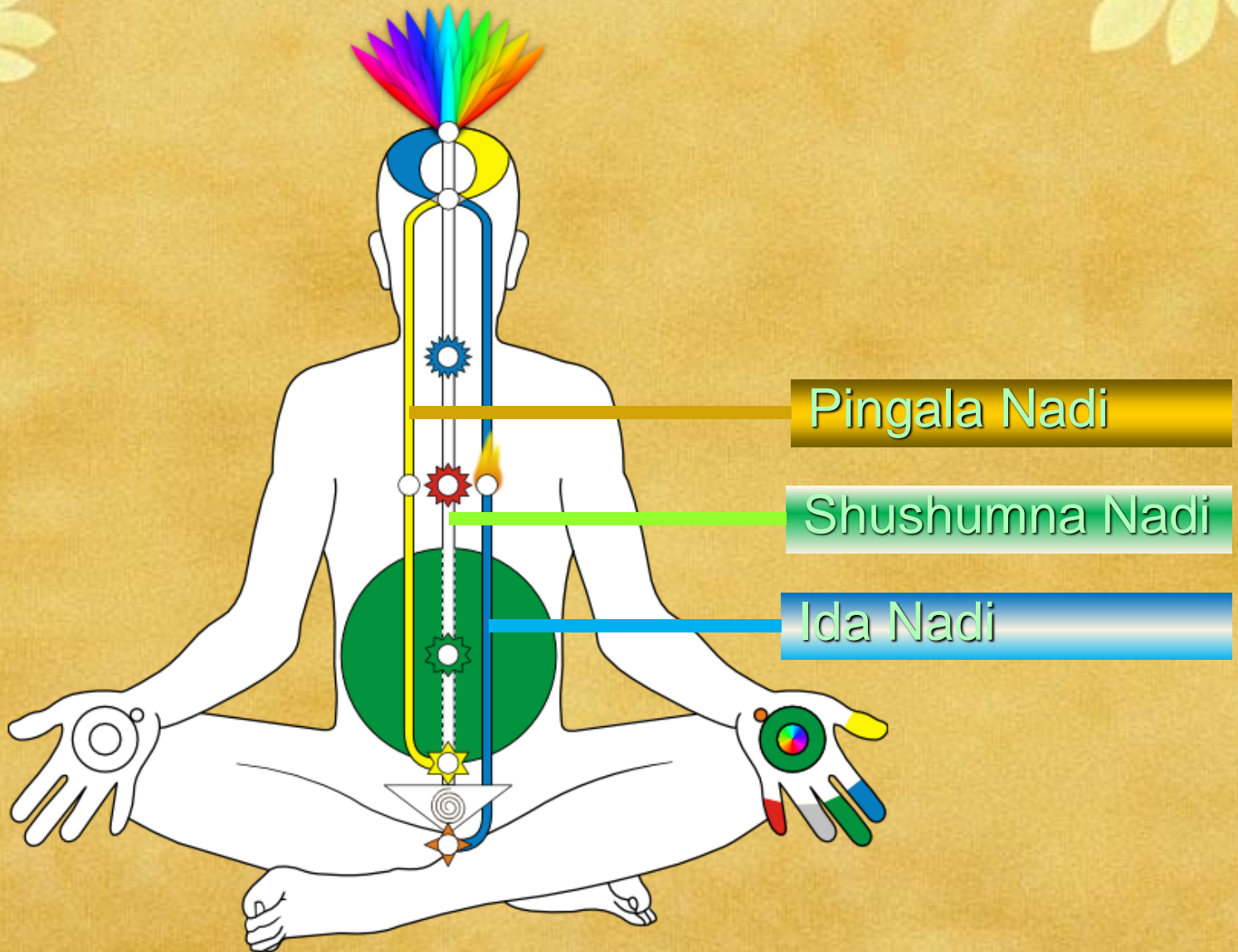


The Inner System

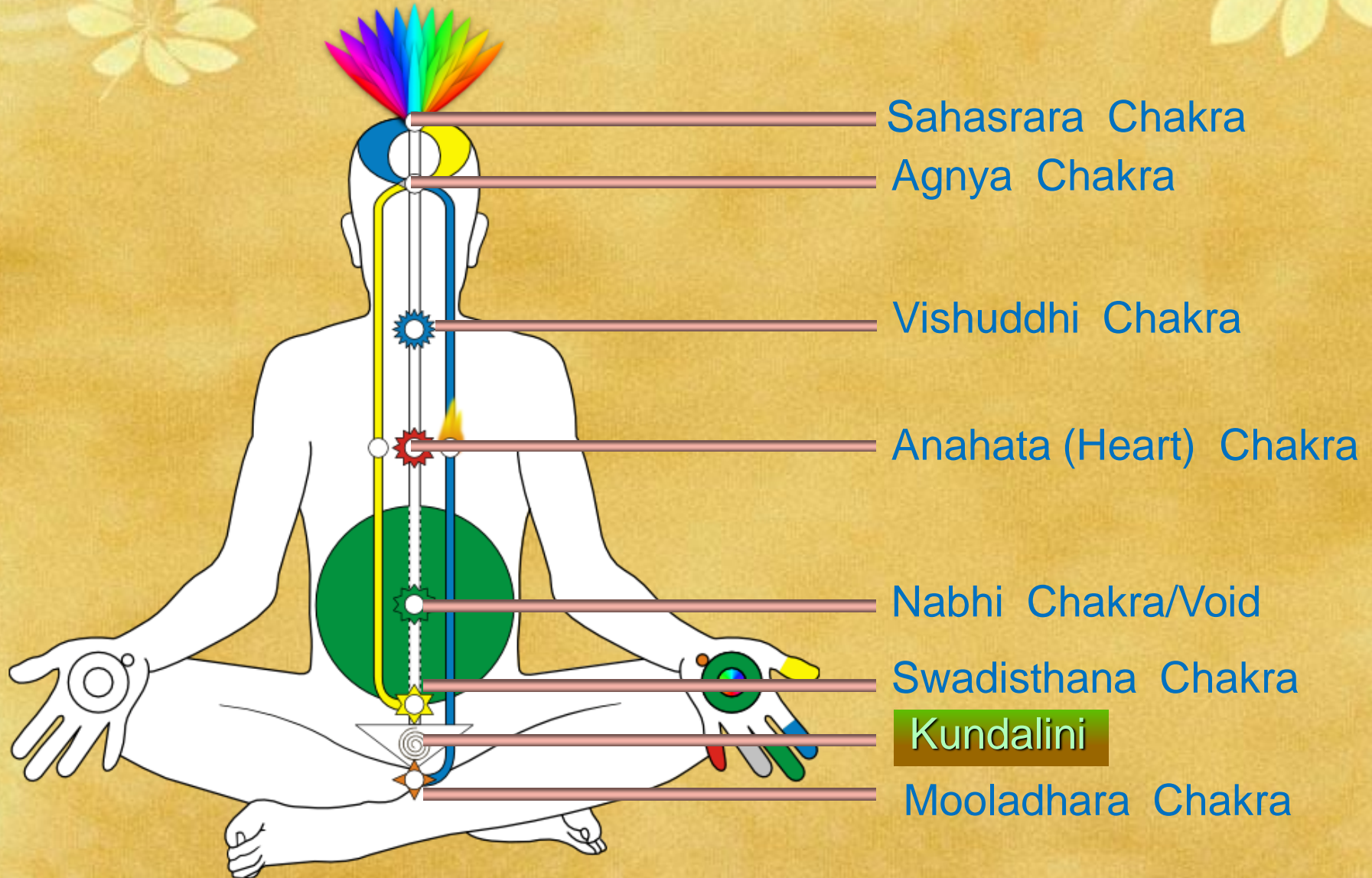
Our inner system consists of three major energy channels, **called nadis**, which are grossly represented by left and right sympathetic and para-sympathetic nervous system.

Also there are seven energy centers, **called chakras**, which are grossly represented by the nerve plexuses within the spinal cord.

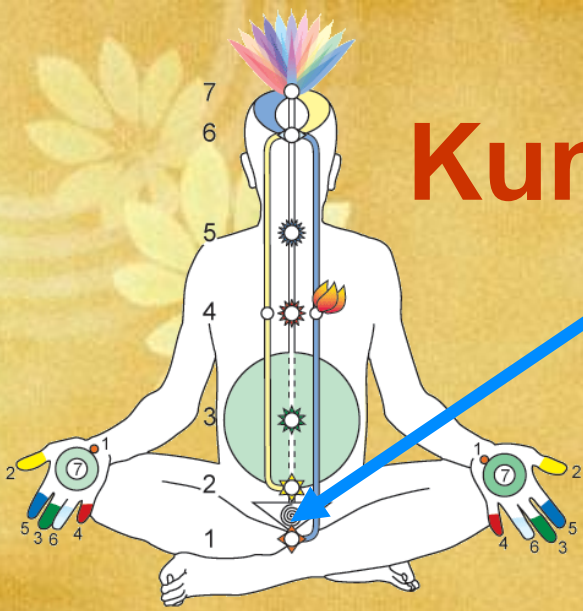
The Three Channels



Chakras (Energy Centers)

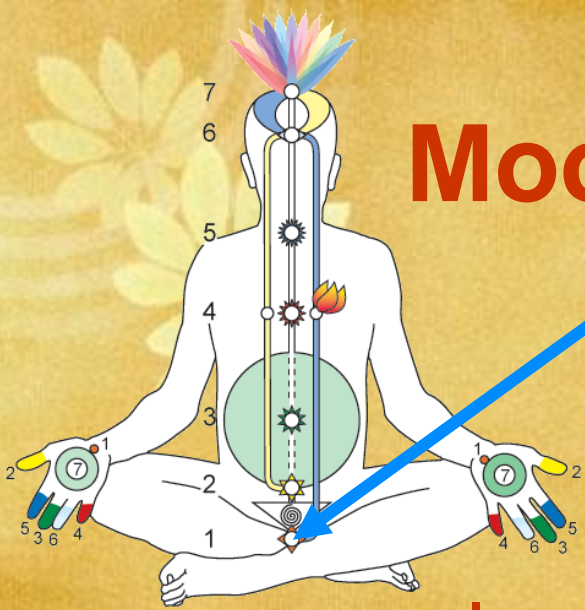


Kundalini



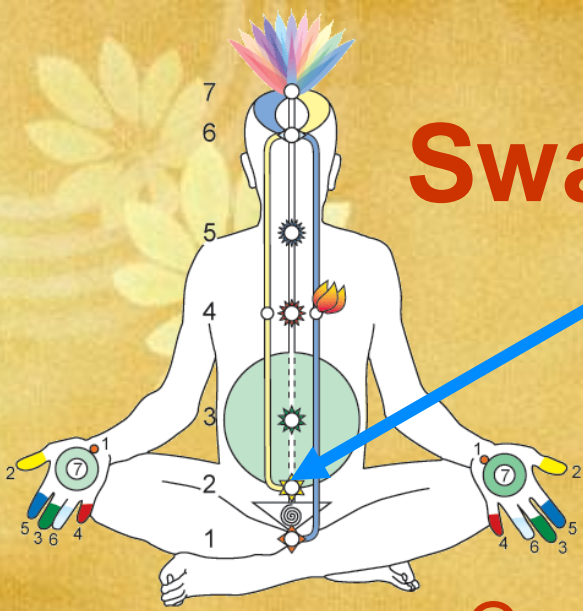
- All-pervading energy - Ruh, Holy Spirit, Tao, Paramchaitanya
- Power of **pure desire**, spiritual & **maternal**
- Dormant in the sacrum bone
- The **awakening** - the principal goal of all religions and spiritual traditions
- **Self-realization**

Mooladhara Chakra



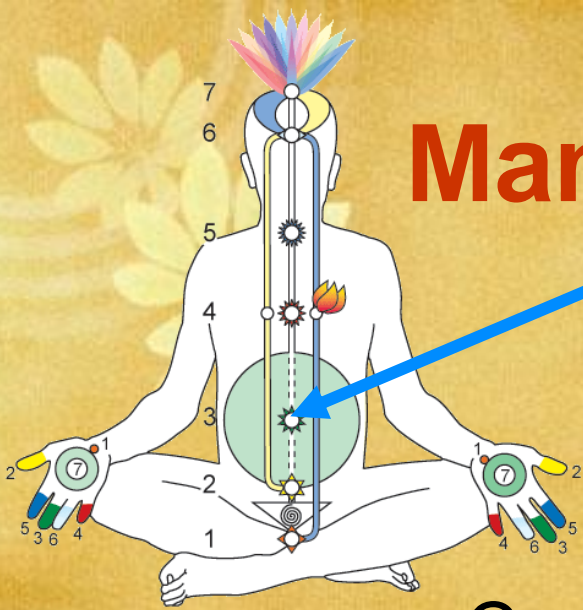
- Innocence
- Pure joy of a child
- Represented by **Earth element**
- Dignity, balance, sense of direction
- ‘Inner’ wisdom
- Eternal and indestructible qualities, waiting to manifest when the Kundalini is awakened

Swadisthana Chakra



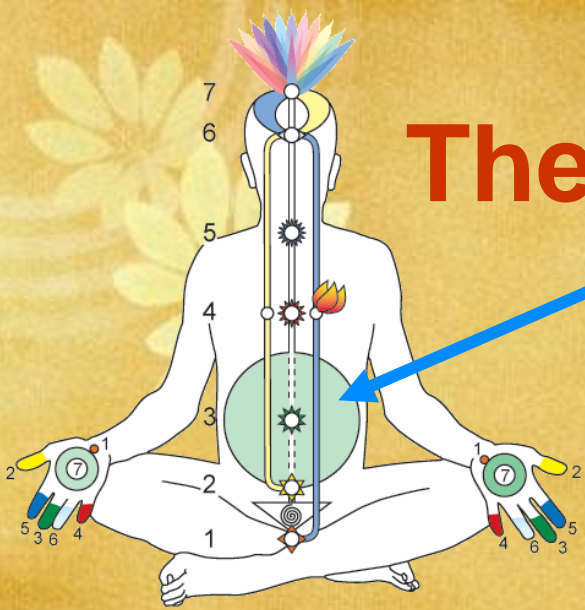
- Creativity
- Pure attention
- Pure knowledge
(not mental, but direct perception of reality)
- Represented by Fire element
- Connected to the inner fountain of inspiration
- Liver, kidneys and lower part of abdomen

Manipur (Nabhi) Chakra



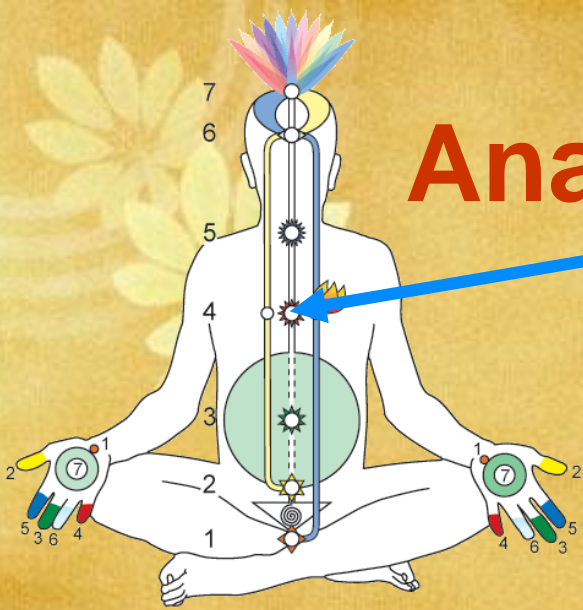
- Complete **satisfaction** and contentment
- Represented by **Water element**
- Generosity
- Desire for spiritual ascent and evolution
- Correct behaviour, inner sense of morality
- Complete balance on all levels of life

The Void



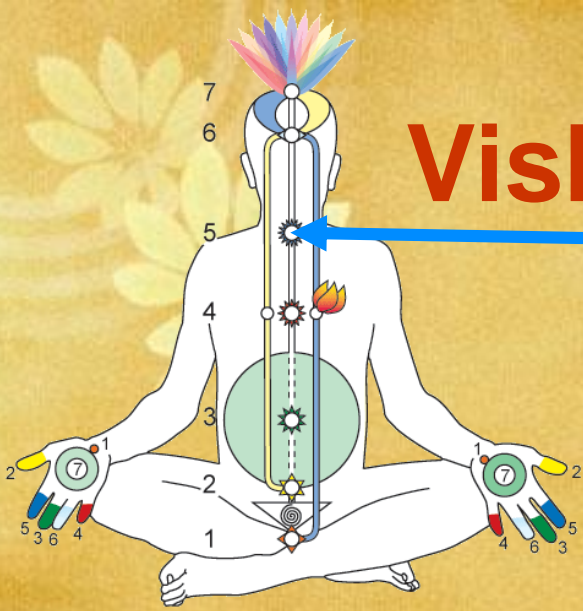
- Master principle (**Guru**), "Ocean of Illusion"
- Your own master, your own spiritual guide
- Knowledge in the finger tips
- Power to correct unbalanced chakras
- Rid yourself of bad habits, laziness, etc.
- False gurus - tricks of power, money

Anahata (Heart) Chakra



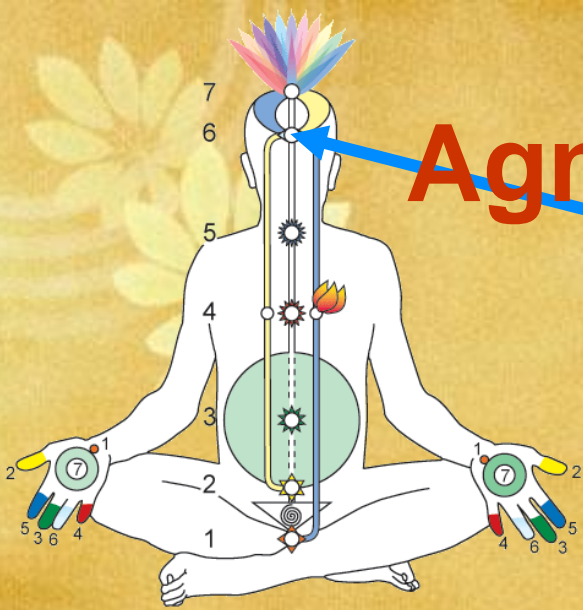
- **Spirit**, the true Self
- Compassion and love
- Sense of responsibility
- Represented by **Air element**
- Complete **security** and trust
- Free of worries and fear when enlightened by Kundalini

Vishuddhi Chakra



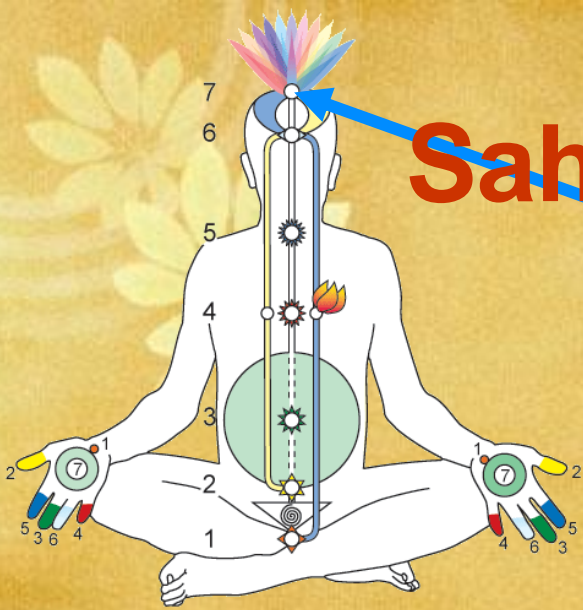
- Diplomacy
- Pure relationships
- Happy disposition
- Represented by **Ether element**
- No feeling of guilt and remorse
- Soft and compassionate voice
- Collectivity

Agnya Chakra



- **Forgiveness** and compassion
- Humility, nobility and generosity of Spirit
- Removal of anger, hatred and resentment
- Narrow gate
- Represented by **Light element**
- Ego, conditionings, bad habits, racism, wrong identifications

Sahasrara Chakra



- **Integration** of all chakras
- Highest point of the evolution of human consciousness
- Direct and absolute perception of reality in our central nervous system
- Beyond our mind and concepts
- **Self-realization** - Shri Mataji's present to humanity



Regular Meditation

- Gradual **improvement** of chakras
- Inner peace
- Disappearance of physical, psychological and psychosomatic problems, as well as incurable diseases
- Improvement of family, professional and spiritual life

Meditation twice daily is a necessity

Shri Mataji Nirmala Devi



- Founder of Sahaja Yoga Meditation
- Born **March 21, 1923**, in India
- Direct descendents of the royal dynasty of Shalivahanas
- “Quit India” movement activist
- Studied **medicine** and psychology at the Christian Medical College in Lahore
- Born with complete Self-realization
- Thoroughly studied multi-faceted problems of human beings to find common solution



Sahaja Yoga Meditation

- A divine **experience** and **always free**
- An answer to all your questions
- Unique process of **Self-realization**
- Connection with your spirit
- Inner **transformation**
- Practised by thousands

We are here to help, feel free to contact us at MeditationJourney.Org