

# INTRODUCTION TO SAHAJA YOGA MEDITATION

"IT IS A VERY SPECIAL TIME. IT IS THE BLOSSOM TIME."

—SHRI MATAJI NIRMALA DEVI, FOUNDER OF SAHAJA YOGA

Now that you have your Realization, we want to share with you a description of what we will be exploring during the weeks to come at our Sahaja Yoga meetings. Your experience today is the beginning of a real spiritual evolution—a path towards inner peace and joy. The awakening of the Kundalini and its ascent to the top of the head leads to a higher level of individual and collective awareness. Sahaja Yoga is simple yet it depends on your individual desire for spiritual growth.

The knowledge of Sahaja Yoga is a vast territory that you are going to discover little by little. For that you must realize that the regular practice of the meditation is essential to your spiritual evolution.

Our weekly programs will include:

- Meditation
- The teachings of Shri Mataji Nirmala Devi
- The progressive teaching of Sahaja Yoga techniques
- Videos of Shri Mataji's talks

We hope that you enjoy these sessions. You will discover your inner self and explore the depth of the teachings of Shri Mataji Nirmala Devi. Through introspection and self-improvement, you will achieve the balance you are seeking in your life.

We sincerely hope to have the pleasure of seeing you every week so that we may share this information with you.

## LIST OF TOPICS

### WEEK 1 INTRODUCTION

Video: Introductory talk by Shri Mataji  
Meditation and Self-Realization Experience

### WEEK 2 INTRODUCTION, PART 2

Video: Introductory talk by Shri Mataji, cont'd.  
Video: Self-Realization Experience  
Meditating at home

### WEEK 3 THE SUBTLE SYSTEM

What is the subtle system?  
The relationship between the subtle system and the nervous system  
The subtle characteristics of the left, central and right channels  
How to balance yourself

### WEEK 4 THE KUNDALINI

The Energy, the Mother who gives us the connection  
The Kundalini as pure desire within ourselves  
The Kundalini as potential energy  
Achieving oneness with the Divine

### WEEK 5 MEDITATION

What is the state of meditation?  
Objectives of meditation  
In contact with the Divine Power  
Difference between meditation and a mental exercise

## **WEEK 6 THE GURU**

Know yourself  
Know the truth  
How to become your own master

## **WEEK 7 THE QUALITIES OF THE CHAKRAS, PART 1**

The relationship between our behavior and the state of the chakras.  
The qualities of the chakras: Mooladhara to Void  
Checking the condition of your own chakras  
How to improve yourself

## **WEEK 8 THE QUALITIES OF THE CHAKRAS, PART 2**

The relationship between our behavior and the state of the chakras.  
The qualities of the chakras: Heart to Sahasrara  
Checking the condition of your own chakras  
How to improve yourself

## **WEEK 9 THE USE OF THE ELEMENTS**

Improvement of your inner state  
Physical nature of human beings and our relationship with the elements  
The elements as tools for cleansing (techniques)

## **WEEK 10 EGO AND SUPEREGO**

Only two obstacles to our ascent  
The path of introspection  
Egoism and individualism  
Conditionings

## **WEEK 11 THE ATTENTION**

How to stabilize the attention  
The attention and our mental projections  
Why is our attention focused outside ourselves so much of the time?  
Attention is the instrument of our evolution

## **WEEK 12 THE SAHASRARA CHAKRA**

The essence of yoga  
The chakra of integration

## **WEEK 13 THE SPIRIT**

Neither the mind nor the ego  
Becoming your Self  
The master of our life  
The source of the eternal qualities: truth, love and bliss

## **WEEK 14 THE PRIMORDIAL MASTERS**

Ten messengers of the truth  
Universal basis  
Culture, religion, ethics

## **WEEK 15 THE AGNYA CHAKRA**

The power of forgiveness  
How to open the Agnya chakra

## **WEEK 16 THE DEITIES AND THE MANTRAS**

Living forces inside us: the Deities  
Meditating with Mantras

## **WEEK 17 AWARENESS**

Vibratory awareness  
Collective awareness  
Awareness and Meditation

## **WEEK 18 THE ALL-PERVADING POWER**

Omnipresent and Omnipotent  
Perceiving and practicing the All-Pervading Power  
Giving Realization