

# MEDITATION

## NOURISHMENT, GROWTH AND ENJOYMENT

### WHAT IS MEDITATION?

Meditation is a state of being, and it has to be experienced to be fully appreciated and understood. In Sahaja Yoga we are seeking the state of meditation—a state of complete enjoyment.

We are in meditation when we are connected to the Divine and are integrated with the Self.

The state of meditation is to be one with the Kundalini, in touch with the omnipresent power of God's love, which is experienced as cool vibrations.

The state of awareness is one of alertness, but without thoughts, without effort.

In the state of meditation we can nourish ourselves and allow spiritual growth to occur.

### MEDITATION IS NOT

Meditation is not only techniques. It does not involve concentration, loss of control or loss of awareness, exercises, or mental effort.

### ACHIEVING THE STATE OF MEDITATION

In the presence of pure vibrations, the Kundalini unites with the Self and raises the attention beyond the level of thought.

Once we enjoy being in this state, we are able to forget about our material and physical comforts and we stop worrying.

### VIBRATIONS

The presence of vibrations awakens the Kundalini, which either begins to rise or rises with greater force.

As She rises, the Kundalini clears the chakras or points out blockages in those chakras.

Using vibrations, the blockages in the chakras can be cleared. Then the attention is purified and we become more peaceful. At the same time, the Self is nourished by vibrations and manifests more.

Once settled in the Sahasrara, the Kundalini unifies the attention with the Spirit (the Self). All that remains is to enjoy the meditation state.

### INDIVIDUAL MEDITATION

To increase the enjoyment of the group meditation at the weekly meeting, meditate at home at least once a day.

The ideal location for individual meditation is a quiet space, free from external distractions and interruptions.

Choose a time in the evening and/or morning when you can devote 10 to 15 minutes to meditation. Even 10 minutes of meditation each day will bring positive results. Early morning is an ideal time for meditation.

It helps to ask yourself some questions as you sit for meditation: Am I enjoying the feeling of cool vibrations? Even if they are warm, am I enjoying the silence of meditation? Am I enjoying the union, the connection?

### BASIC MEDITATION

The best results and the most satisfaction are attained following these guidelines:

- \* First raise the Kundalini and put yourself in bandhan.
- \* Begin meditation by putting attention on Shri Mataji and checking to feel the presence of Kundalini above Sahasrara (the connection).
- \* If you do not enter the state of meditation easily and quickly, balance both sides and then meditate in silence.
- \* Identify the blockages by what you feel in your hands. Place your hand on any blocked chakras.
- \* Raise the Kundalini again each time the attention wanders.
- \* Check for the presence of thoughts. If thoughts persist, raise the Kundalini again or surrender them for this time of meditation.

