

# UNDERSTANDING SAHAJA YOGA MEDITATION

ENJOY THE OCEAN OF KNOWLEDGE, OCEAN OF LOVE  
(DRAFT 2002.09.25)

Now that you have been meditating for several weeks, we hope you have experimented with the meditation and tried to see on which fingers you feel vibrations. Each of us grows in our understanding of Sahaja Yoga at our own pace. The next 18 weeks will introduce more detail about each of the chakras as well as information and practical advice about other aspects of Sahaja Yoga.

Growth as a “yogi” is a combination of individual meditation, opening of the mind to the knowledge of Sahaja Yoga, and meditating collectively as often as possible at weekly meetings and weekend get-togethers. Once we start to know how to balance and cleanse ourselves of subtle negativity, we can begin to share our enjoyment of Sahaja Yoga with others with confidence.

As we grow and deepen in our meditation and understanding, we’ll become more sensitive to and appreciative of the expansion of our heart and will enjoy more and more the ocean of love which pours into us all the time.

Our weekly programs will include:

- Collective meditation
- Deeper understanding of Sahaja Yoga
- Learning a variety of cleansing techniques
- Videos of Shri Mataji’s talks
- Sharing our insights and experiences with each other

We look forward to having you lead a collective meditation yourself in a few weeks.

## LIST OF TOPICS

### WEEK 19 SHRI MATAJI

The founder of Sahaja Yoga is an extraordinary woman

VIDEO: *The Vision*

### WEEK 20 MOOLADHARA CHAKRA

Understanding the basis of our growth

### WEEK 21 NABHI CHAKRA

The source of our satisfaction

The source of our seeking

### WEEK 22 OUR ROLES AS MEN AND WOMEN

Exploring the strengths unique to women and the role of men in spiritual work

What makes a family strong and successful

### WEEK 23 SWADHISHTHANA CHAKRA

The source of our creativity and pure knowledge

### WEEK 24 THE VOID, PART 1

Five of the ten primordial masters or Adi Gurus

### WEEK 25 THE VOID, PART 2

The other five Adi Gurus

## **WEEK 26 CHILDREN**

How to look after the spiritual needs of our children

## **WEEK 27 CLEANSING THE LEFT SIDE**

Techniques and insights to help deal with things from the past  
Postures, treatments, affirmations and mantras

## **WEEK 28 THE HEART CHAKRA**

The source of our security

## **WEEK 29 THE VISHUDDHI CHAKRA**

How to get along with other people  
How to communicate effectively

## **WEEK 30 CLEANSING THE RIGHT SIDE**

Techniques and insights to help clear out our aggressiveness and tendency to take on too much  
Postures, treatments, affirmations and mantras

## **WEEK 31 MEDICAL RESEARCH**

The latest studies and research which measure the effects of Sahaja Yoga on diseases and psychological problems.

## **WEEK 32 MUSIC AND MEDITATION - 1**

Exploring the effects of music on our subtle system  
The importance of rhythm in our daily lives

## **WEEK 33 DIET**

How to help balance our left and right sides through adjustments in our diet  
How to compensate for too much thinking

## **WEEK 34 MUSIC AND MEDITATION - 2**

A concert, for the sheer joy of it

## **WEEK 35 MAINTAINING GOOD HEALTH**

The practical tips from Shri Mataji which help to keep us in good health

## **WEEK 36 PUJA**

How to maximize the flow of vibrations  
How to accelerate our growth and establishment as yogis