

SAHAJA YOGA

Human beings cannot achieve harmony with the Earth, or Nature, or each other unless we first establish peace within ourselves and achieve our Self-Realisation.

Self-Realisation is the process of awakening and integrating with the Kundalini, the universal spiritual energy. With Sahaja Yoga, this experience is available to everyone, is simple, with no cost involved.

Yoga is the connection of the inner subtle body system with the greater all-pervading power. Through Sahaja Yoga, this spontaneous union develops, with an awareness of the Inner Self and of the Subtle body.

Sahaja Yoga was established in 1970 by Shri Mataji Nirmala Devi. It is a true yoga, based on both ancient and modern wisdom and experience.

SHRI MATAJI NIRMALA DEVI

Shri Mataji Nirmala Devi is a mother and grandmother, as well as the spiritual mother to many Sahaja Yogis from all over the world.

Shri Mataji is a descendant of an Indian royal family and her father was a member of India's first parliament. She has worked with Mahatma Gandhi. She is the wife of Sir C.P. Shrivastava, a very distinguished diplomat who served as Secretary General of the United Nations International Maritime Organisation for 16 years.

In 1970 she began to spread en masse Self-Realisation using the Sahaja Yoga techniques she developed. Shri Mataji accepts no money for her time, knowledge or for the giving of Self-Realisation. She works and travels tirelessly to bring Sahaja Yoga to the seekers of the world and she is regarded by hundreds of thousands in more than 65 countries as the world's greatest living spiritual teacher. ■

SHRI MATAJI NIRMALA DEVI



"Sahaja Yoga makes you so powerful and so pure that impurities just fall out. It is a cleansing force.

It is more the silence within us which is powerful. Silence is the most powerful thing we have got."

SHRI MATAJI NIRMALA DEVI

MEDITATION

Meditation is the state of thoughtless awareness, where the everyday activity of the mind ceases, yet one remains peaceful and aware.

Place the photograph in front of you (on a table) with a lit candle before it. The candle flame contains the element of light and fire and these have the properties of neutralising some subtle problems in the process of attaining true meditation.

The photograph of Shri Mataji actually emits the cool vibrations which may be needed to help you initially reach the state of true meditation (Nirvichar Samadhi). Rest your hands, palms up, on your lap with your fingers pointing towards the candle and photograph.

Kundalini is the Mothering power, gentle, nourishing and purifying. Kundalini rises spontaneously with the expression of your pure desire. The awakened Kundalini manifests as a cool breeze sensation of subtle vibrations over the palms of the hands and over the top of the head. As you feel the subtle energy of the Kundalini rise you can close your eyes. If thoughts or images disturb your meditation, then re-open your eyes and again look at the candle and the photograph.

If the subtle system is healthy, then you may feel cool vibrations in both hands. If not, you might feel some heat or tingling which can indicate blockages in the system. These obstructions and imbalances can usually be corrected by using the techniques available at the weekly meetings.

All this happens in a quiet relaxed manner without any strain or effort.

As you enter deeper into meditation, allow your eyes to close again with your attention on the top of the head.

The depth, the silence and the integration you experience may prompt

RAISING THE KUNDALINI

Place the left hand in front of your lower abdomen, palm facing the body. Raise the left hand up vertically, until it reaches a position above your head. While the left hand is ascending, the right hand rotates round it clockwise, until both hands are above the head. Use both hands to tie a knot. Repeat three times and the third time tie the knot three times, fixing your attention and the Kundalini above the seventh chakra.



BANDHAN

Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip and slowly raise your right hand over your head and down to the right side of your body. Then raise the right side, over your head and down to the left side. This is one Bandhan and protects the Aura. Repeat seven times.



SAHAJA YOGA CENTRES

All Centres conduct free weekly meetings.

NSW

Burwood	(02) 747 4835
Chatswood	(02) 415 1484
Coogee	(02) 665 8210
Galston	(02) 653 1721
Gordon	(02) 498 3751
Haberfield	(02) 798 4051
Hurstville	(02) 570 8562
Lindfield East	(02) 416 2373
Mt Ku-ring-gai	(02) 457 0125
Northmead	(02) 686 1919
Strathfield	(02) 746 7129
Wahroonga	(02) 487 1543
Woollahra	(02) 328 6624

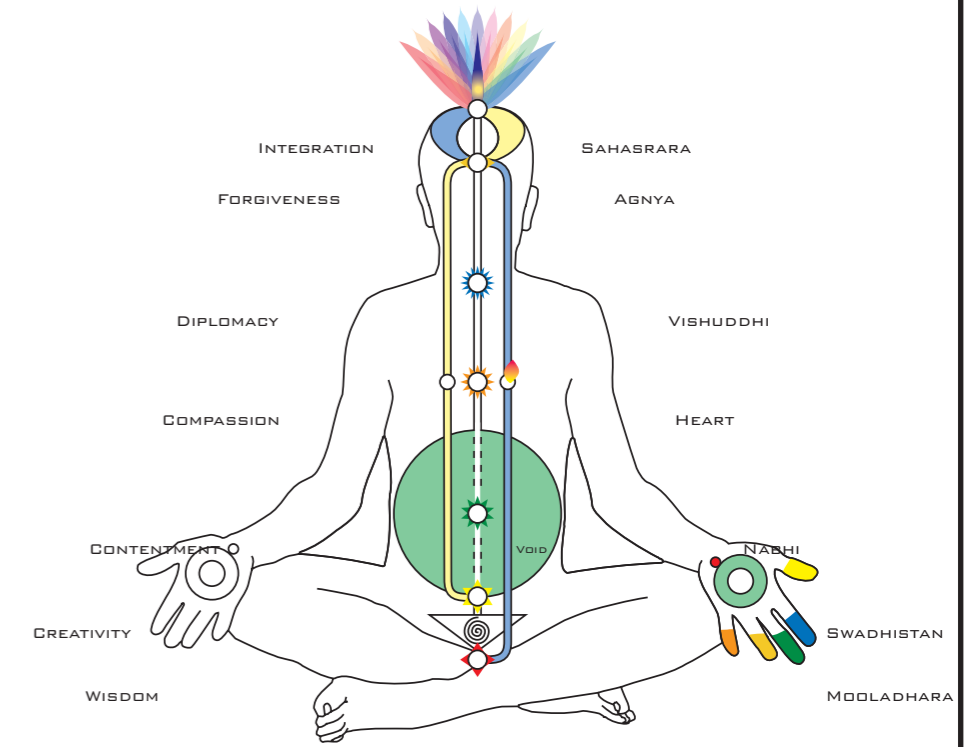
Blue Mountains	(047) 82 4965
Gosford	(043) 42 4718
Newcastle	(049) 87 2736
Hunter Region	(049) 37 5154
Wollongong/Illawarra	(042) 67 2674

ACT	(06) 230 3110
QLD	(074) 96 6716
SA	(08) 297 5474
VIC	(059) 77 8543
WA	(09) 574 6100
NT	(089) 32 5099

WELCOME TO SAHAJA YOGA

"The quality of Spirit is that it is the truth.
Truth is what you know on your central nervous system.
Within us lie all these centres as you see them."

SHRI MATAJI NIRMALA DEVI



THE SUBTLE BODY