

### HOW DO I MEDITATE?

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

To begin, place the photograph in front of you (on a table) with a lit candle before it. The candle flame contains the elements of light and fire which help to neutralise any subtle problems whilst attaining meditation. Rest your hands, palms up, on your lap with your fingers pointing towards the candle and photograph. Place your attention at the top of the head and try not to follow any thoughts. Sit quietly for 10 to 15 minutes. The Affirmation exercise can assist in settling the attention.

### SHOULD I USE SHRI MATAJI'S PHOTOGRAPH?

Yes! The photograph of Shri Mataji actually emits the cool vibrations which are needed to help you reach the meditation state of thoughtless awareness (Nirvichar Samadhi).

### HOW DOES SAHAJA YOGA BENEFIT ME?

There can be immediate benefits in stress relief and a feeling of peace and contentment. Physically, it has been scientifically demonstrated that regular Sahaja Yoga meditation can reduce the severity of certain illness. Mentally and emotionally, it helps one to attain balance, and spiritually one can attain the highest level of enlightenment.

### WHAT DOES IT COST?

There is no charge for the teachings of Sahaja Yoga. However, any expenses for venue hire, advertising and printing are met by voluntary contributions from practitioners who have felt the benefits of Sahaja Yoga.

Our aim is to make Sahaja Yoga available to all who desire it. ■



"The most difficult part is to convince a human being that in the entire creation, he is the most highly evolved being, that he is capable of becoming a glorious personality, a beautiful, peaceful angel. To me, most of the human beings are like the deities who are still in stone form and who can be transformed, with Kundalini awakening into angels." — SHRI MATAJI NIRMALA DEVI

### THE AFFIRMATIONS

After Self Realisation these affirmations can be repeated to help establish the attention at the top of the head. Maintaining the attention at this point will help you to attain joyful and silent Meditations.



With your right hand on the heart, ask your kundalini  
**"Mother, am I the spirit?"**  
ask this approximately three times



Right hand on your left upper stomach, just below the ribs,  
ask your Kundalini  
**"Mother, am I my own master?"**  
approximately three times



Right hand on your left lower stomach, just above the left hip,  
ask your Kundalini  
**"Mother, please give me the pure knowledge"**  
approximately six times



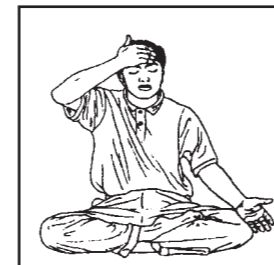
Return the right hand to the left upper stomach, ask  
**"Mother, please make me my own master"**  
approximately ten times



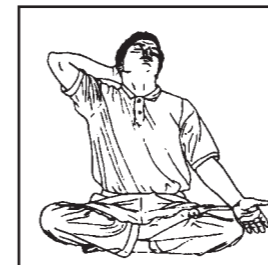
Right hand on the the heart, say confidently  
**"Mother, I am the spirit"**  
approximately twelve times



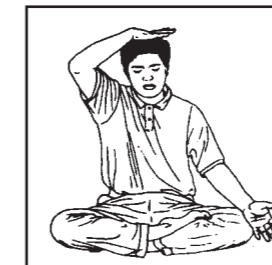
Right hand at the point where the left shoulder meets the neck.  
Turn the head to the right, say  
**"Mother, I am not guilty"**  
approximately sixteen times



Right hand across the forehead, gently grasping the temples, say  
**"Mother, I forgive everyone"**  
repeat a few times, as sincerely as you can



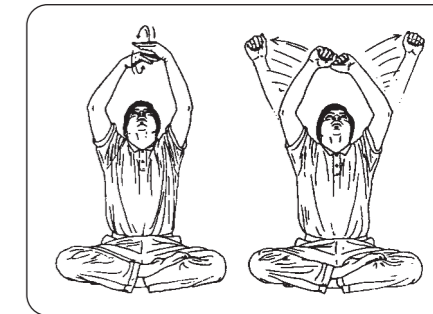
Right hand on the back of the head, opposite the forehead, say  
**"Mother, for any mistakes I have made against myself, please forgive me"**  
repeat a few times, sincerely



Right hand on the top of the head, stretch the fingers upwards with the centre of the palm pressing gently on the fontanelle area, slowly rotate clockwise, ask seven times  
**"Mother please give me my self-realisation"**

### RAISING THE KUNDALINI

Commence and conclude your meditations with these exercises. 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.



### 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.



## NOBEL PRIZE NOMINEE

Shri Mataji has been widely acclaimed around the world for her selfless efforts towards social improvement and world peace. She has initiated a number of organisations for community service, including The International Hospital and Cancer Research Centre in Mumbai (Bombay) India; a charity house for poor people in Delhi; a drug rehabilitation centre in Italy, and others.

She has received many commendations:

- 1986: Declared Personality of the Year by the Italian Government.
- 1989: The 1989 UN Peace Medal.
- 1993: Appointed as Honourary Member of the Presidium of the Petrovskaya Academy of Art and Science, St Petersburg. Only 12 people have ever been granted this honour, Einstein being one of them.
- 1993: The Ayatollah Medi Rouhani of Iran, a prominent proponent of religious moderation, and one of the four Ayatollahs who lead the Shi'ite Muslim faith, has called for a convocation of a World Congress of religious leaders aiming at the creation of a charter for peace based on Shri Mataji's teachings.
- 1995: Shri Mataji has been an honoured speaker at many high level forums such as the United Nations, where she spoke on ways of achieving peace, and the Fourth World Conference on Women, Beijing, which was attended by a select group of prominent international women.
- 1997: Nominated for the Noble Peace Prize.
- 1998: Recipient of the Unity award for international understanding by Unity International Foundation.
- 2001: Awarded the prestigious "Manav Ratna" (JEWEL AMONG HUMAN BEINGS) in Mumbai, India; in recognition of her selfless work for all Humanity.

## ABOUT 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, creating an awareness of the Inner Self and the Subtle body.

## WHO IS SHRI MATAJI?

Shri Mataji Nirmala Devi is the founder of Sahaja Yoga, which she established in 1970. Since then she has given thousands of lectures, and has taught millions how to practice the technique.

## HOW CAN I LEARN MORE?

To help establish and understand this new experience, you are invited to attend any of our weekly meetings.

At these meetings, collective meditations are held to enhance your experience of the joy and silence of meditation. Instruction is given on the Subtle System, which underlies our physical, mental, emotional and spiritual self. You'll also learn how to detect and correct any subtle system problems through the various clearing, balancing and deepening techniques.

Locations of weekly meetings, which are always held free of charge, are listed on the back page. ■

## SAHAJA YOGA CENTRES

To help establish and understand this Meditation, you are invited to attend any of our weekly meetings. These are always FREE.  
Australia Wide Ph: **1300 724 252** website: [www.freemeditation.com](http://www.freemeditation.com)

### SYDNEY AREA

Radio Program 2SER FM 107.3MHz Sundays 10am to 11am  
There are meetings held in many suburbs: Ring the numbers below for information  
Burwood Main Centre . . . . . 02 9747 4835  
Northern Area of Sydney . . . . . 02 9415 1484  
Southern Area of Sydney . . . . . 02 9706 4617  
Eastern Area of Sydney . . . . . 02 9328 6624  
Western Area of Sydney . . . . . 02 9747 4835

### NSW COUNTRY

Bathurst & Forbes . . . . . 02 6331 7507 or . . . . . 02 9747 4835  
Central Coast & Gosford . . . . . 02 4385 8337 or . . . . . 02 4362 7495  
Orange . . . . . 02 6361 7216  
Coffs Harbour . . . . . 02 6569 5153  
Forster . . . . . 02 6555 2719  
Gold Coast . . . . . 02 6674 5876  
Illawarra . . . . . 02 4232 1616  
Newcastle . . . . . 02 4937 5154  
Tamworth & Armidale . . . . . 02 9489 0907 or . . . . . 02 6778 3300  
Wollongong . . . . . 02 4271 6901

### OTHER STATES

Canberra & ACT . . . . . 02 6254 4986 or . . . . . 02 6281 0081  
Adelaide & SA . . . . . 08 8390 1566 or . . . . . 08 8277 4027  
Melbourne & VIC . . . . . 03 5976 2116 or . . . . . 03 9530 9283  
Perth & WA . . . . . 08 9279 7314 or . . . . . 08 9592 8149  
Darwin & NT . . . . . 08 8932 9207 or . . . . . 08 8932 2997  
Alice Springs NT . . . . . 08 8955 5553  
Launceston & TAS . . . . . 03 6344 9805  
Brisbane City Area . . . . . 07 3420 0171 or . . . . . 07 3300 6616  
Wamuran & Caboolture QLD . . . . . 07 5496 6716  
Bundaberg QLD . . . . . 07 4154 1590 or . . . . . 07 4159 8069  
Cairns & North QLD . . . . . 07 4055 3608 or . . . . . 07 4032 1001  
Mackay QLD . . . . . 07 4959 9695  
Ipswich . . . . . 07 3812 9090  
Toowoomba . . . . . 07 4697 3837  
Gold Coast . . . . . 07 5534 5124

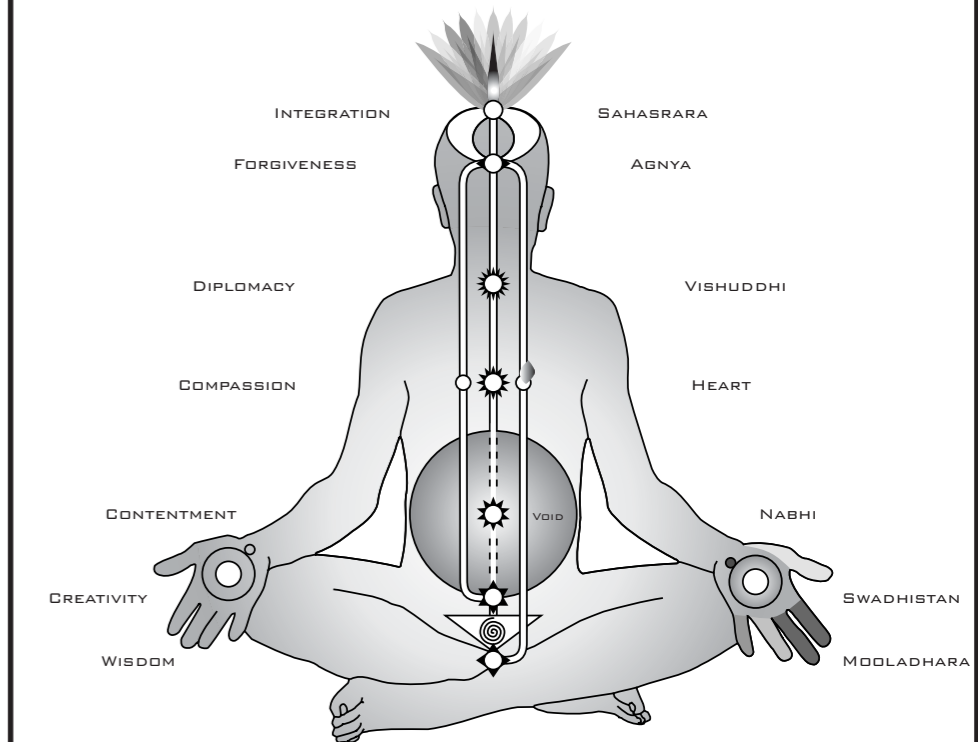
### NEW ZEALAND

Auckland . . . . . 09 418 3824 or . . . . . 09 534 5264  
Christchurch . . . . . 03 355 3265  
Palmerston North . . . . . 06 359 5330  
Wellington . . . . . 04 236 6328

# WELCOME TO SAHAJA YOGA

"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



## THE SUBTLE BODY

"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."