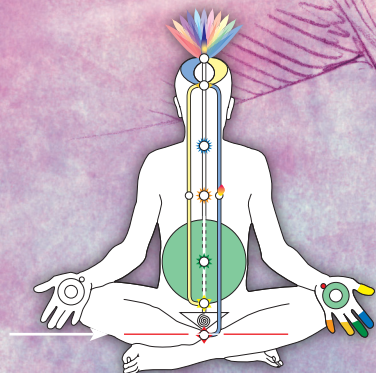
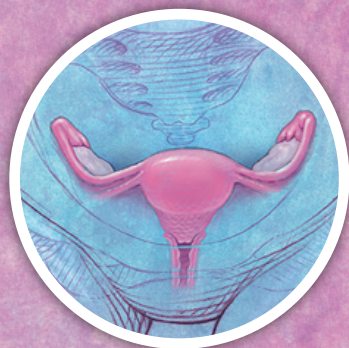


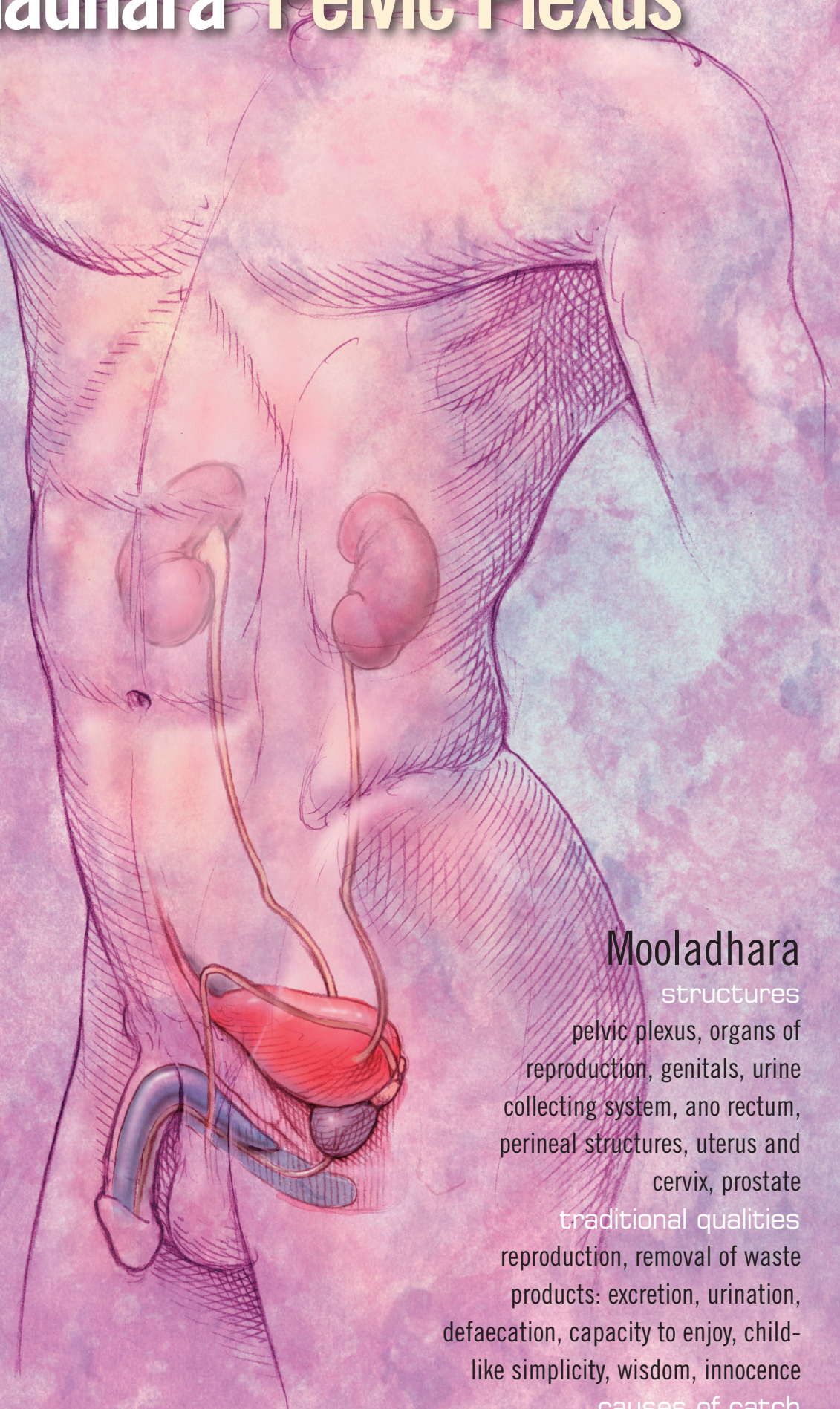
# Mooladhara Pelvic Plexus



prostate



cervix

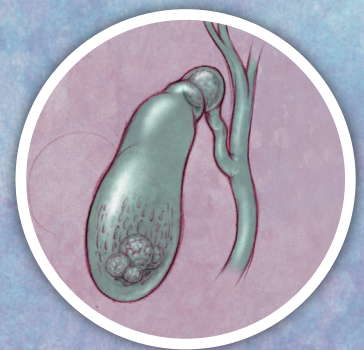
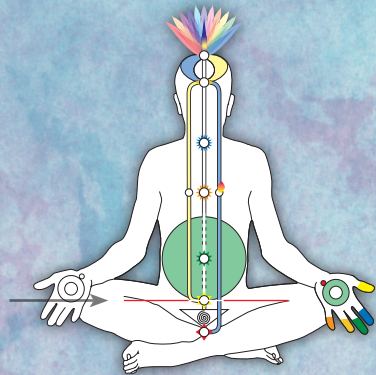


## Mooladhara

structures  
 pelvic plexus, organs of  
 reproduction, genitals, urine  
 collecting system, ano rectum,  
 perineal structures, uterus and  
 cervix, prostate  
 traditional qualities  
 reproduction, removal of waste  
 products: excretion, urination,  
 defaecation, capacity to enjoy, child-  
 like simplicity, wisdom, innocence  
 causes of catch  
 promiscuity, puritanism



# Swadhisthan Aortic Plexus



gall bladder



endocrine pancreas

## Swadhisthan

structures

aortic plexus, kidneys, endocrine pancreas, testis and ovaries, liver

traditional qualities

detoxification of the blood, provision and regulation of metabolic energy, particularly glucose metabolism, bile production

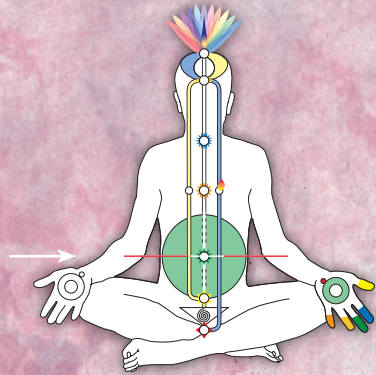
creativity, aesthetics, learning, concentration

span

causes of catch  
excessive thought, over work, too much planning, false concepts



# Nabhi & Void Coeliac Plexus



## Nabhi

### structures

coeliac plexus, small intestine, stomach, liver, exocrine pancreas, lymphatic system,

### traditional qualities

nutrition, absorption of nutrients, self-esteem, generosity, attention span

### causes of catch

worry, greed, miserliness

## Void

### structures

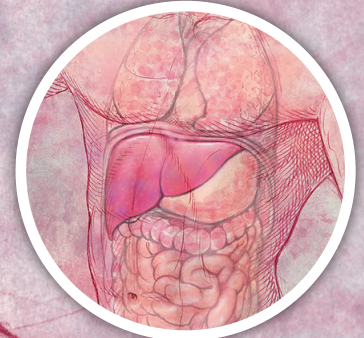
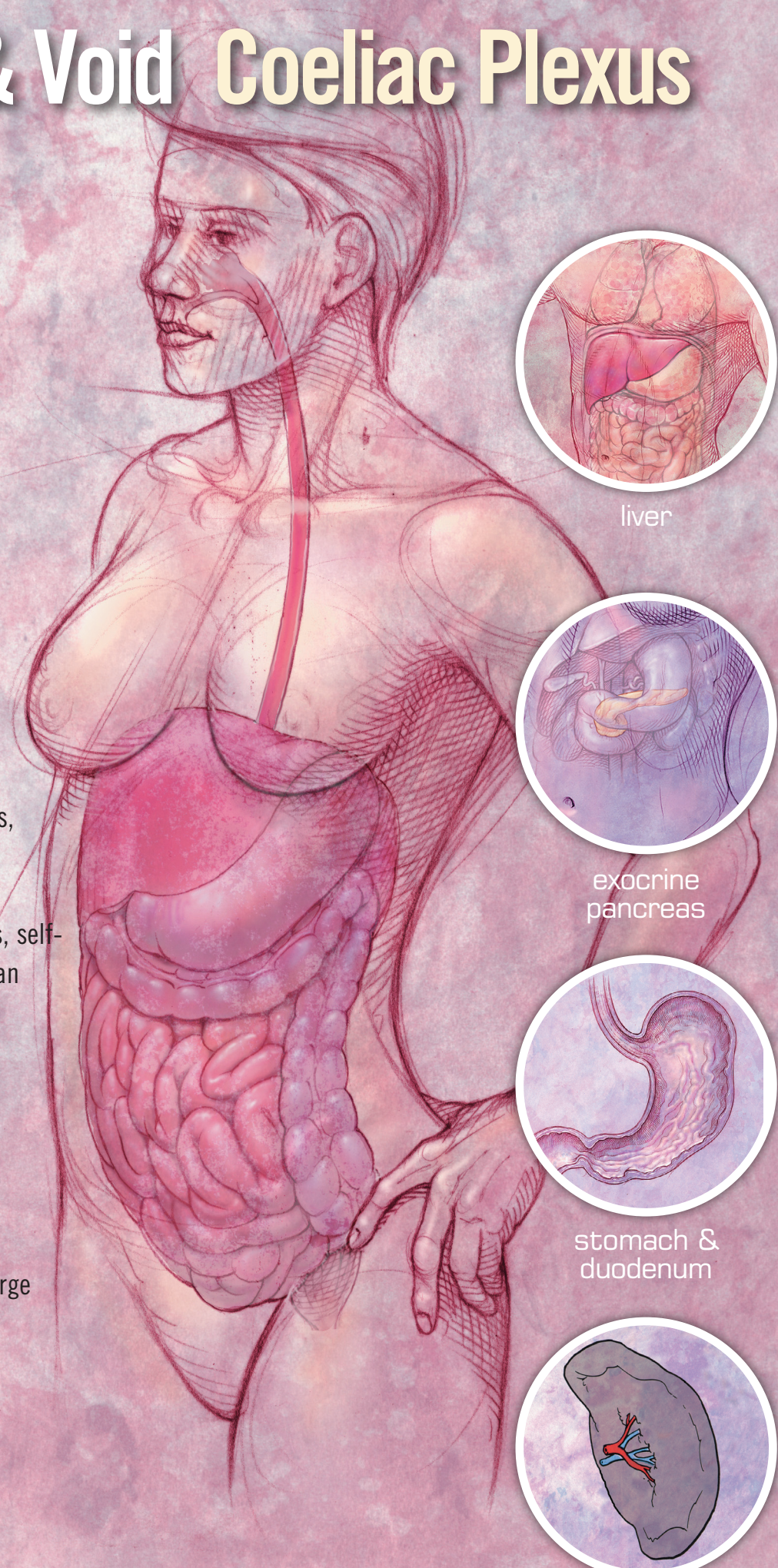
small plexuses within the GIT, large intestine, peritoneal space, ECF

### traditional qualities

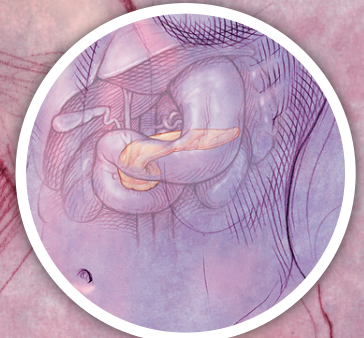
self mastery, will power, innate sense of ethics

### causes of catch

unethical behaviour, false gurus



liver



exocrine pancreas



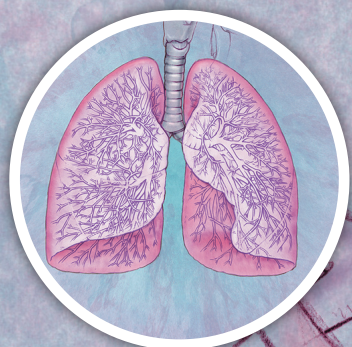
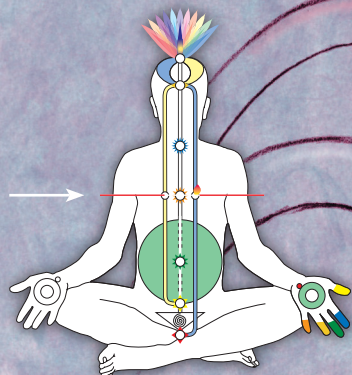
stomach & duodenum



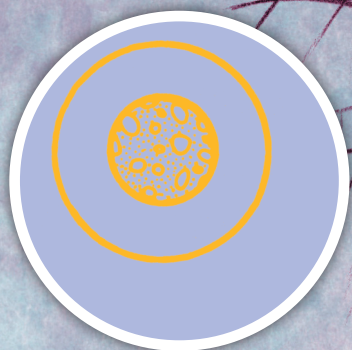
spleen



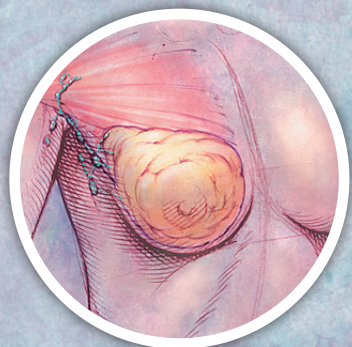
# Anahat Cardiac Plexus



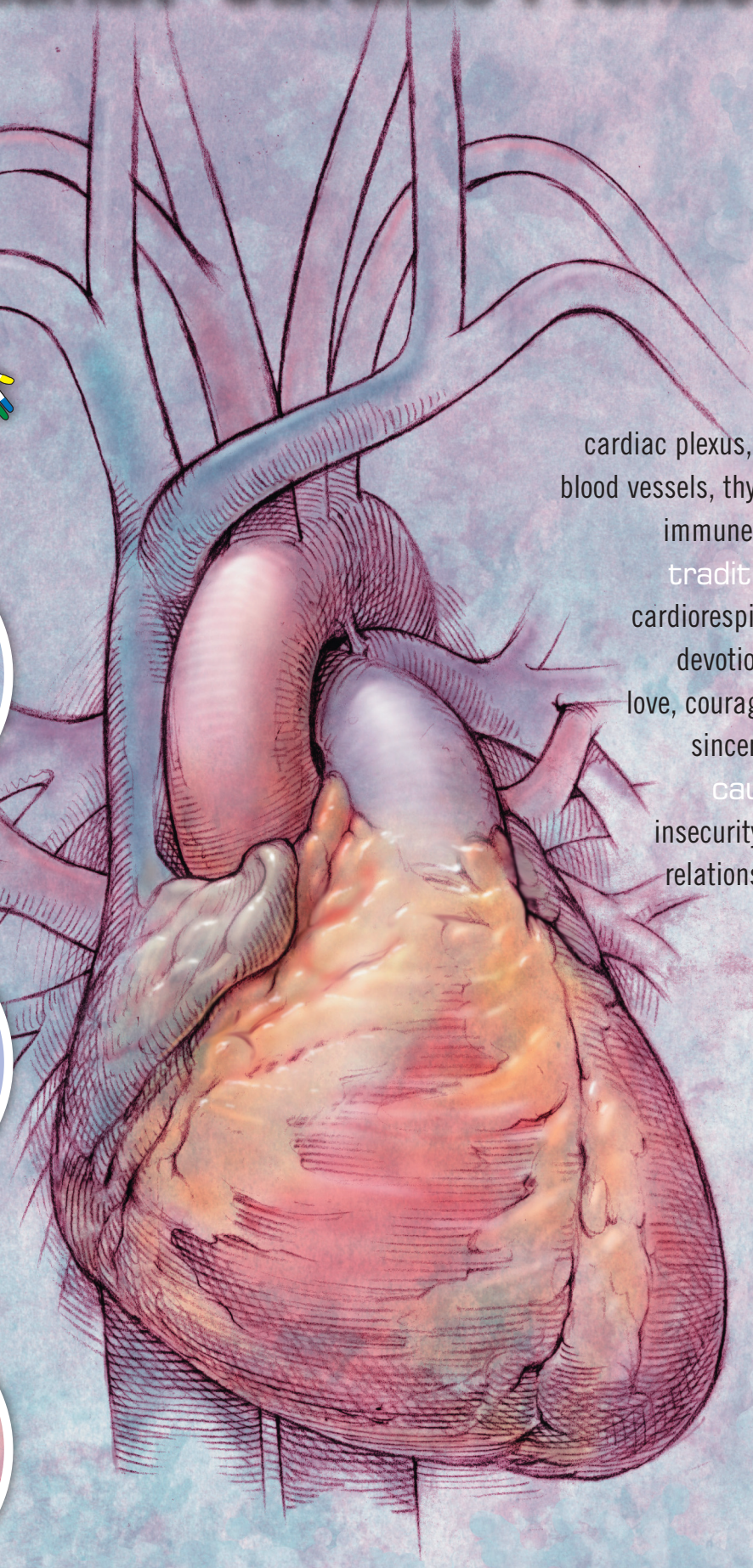
lungs



cellular immune system



breast



## Heart

structures

cardiac plexus, heart, lungs and blood vessels, thymus and cellular

immune system, sternum

traditional qualities

cardiorespiration, immunity,

devotion, role of mother,

love, courage,-responsibility,

sincerity,-role of father

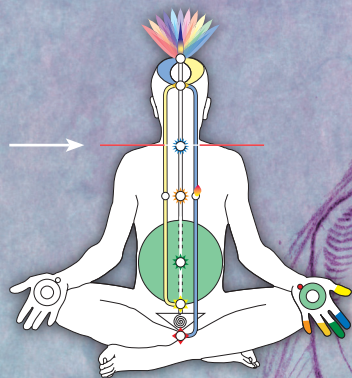
causes of catch

insecurity, irresponsibility,

relationship with parents



# Vishuddhi Cervical Plexus



sinuses



pharynx & tonsils



cervical spine

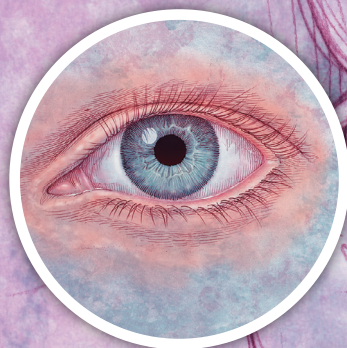
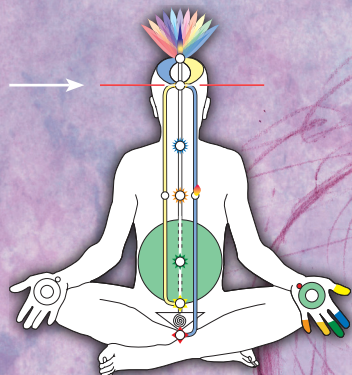


hearing

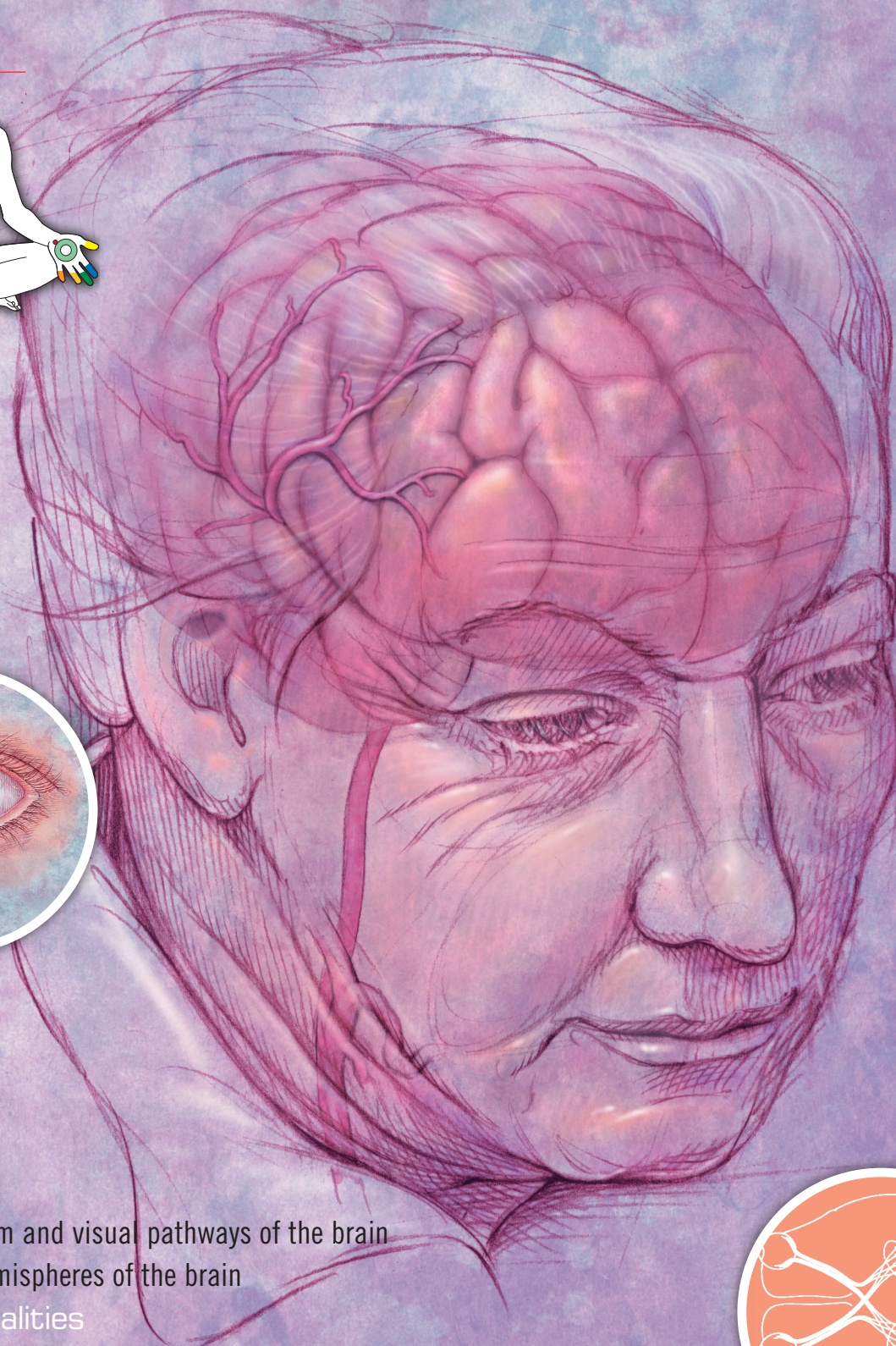
**Vishuddhi**  
 structures  
 cervical plexus, directly beneath C7,  
 cervical spine, thyroid, brain stem, organs of phonation (pharynx, tongue, palate),  
 muscles of facial expression, skin of upper body and face, sinuses  
 traditional qualities  
 expression, communication, speech, diplomacy, collectivity  
 causes of catch  
 guilt, aggression, individualism, smoking



# Agnya Optic Chiasm



eyes



visual pathways

## Agnya

structures

eyes, optic chiasm and visual pathways of the brain

left and right hemispheres of the brain

traditional qualities

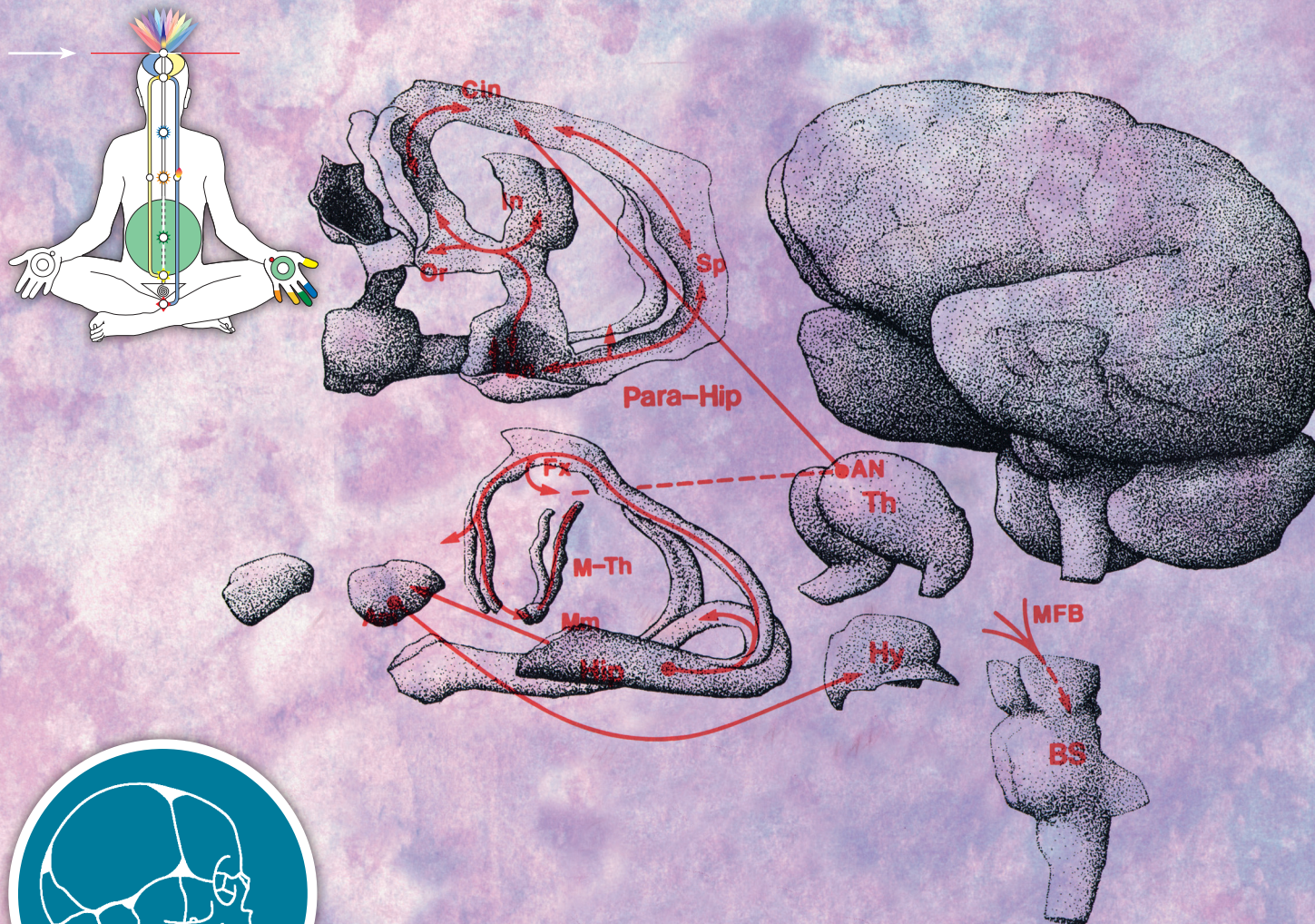
memory, forgiveness, thought, humility

causes of catch

egotism, grudges, fanaticism



# Sahasrara Limbic System



anterior fontanelle

brain

## Sahasrara

structures

limbic area of the brain,  
traditional qualities

neuro-psychological centre for complete integration of all aspects of the personality:

mind body spirit

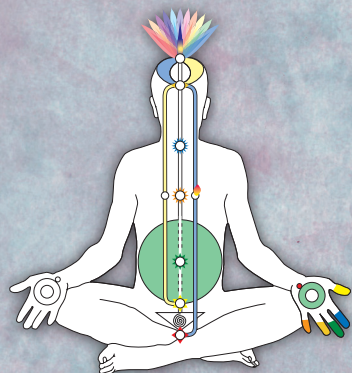
causes of catch

doubt in spiritual nature of self, doubt in existence of supreme spirit

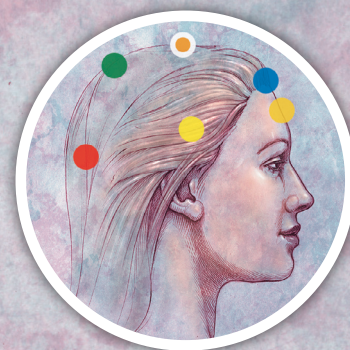
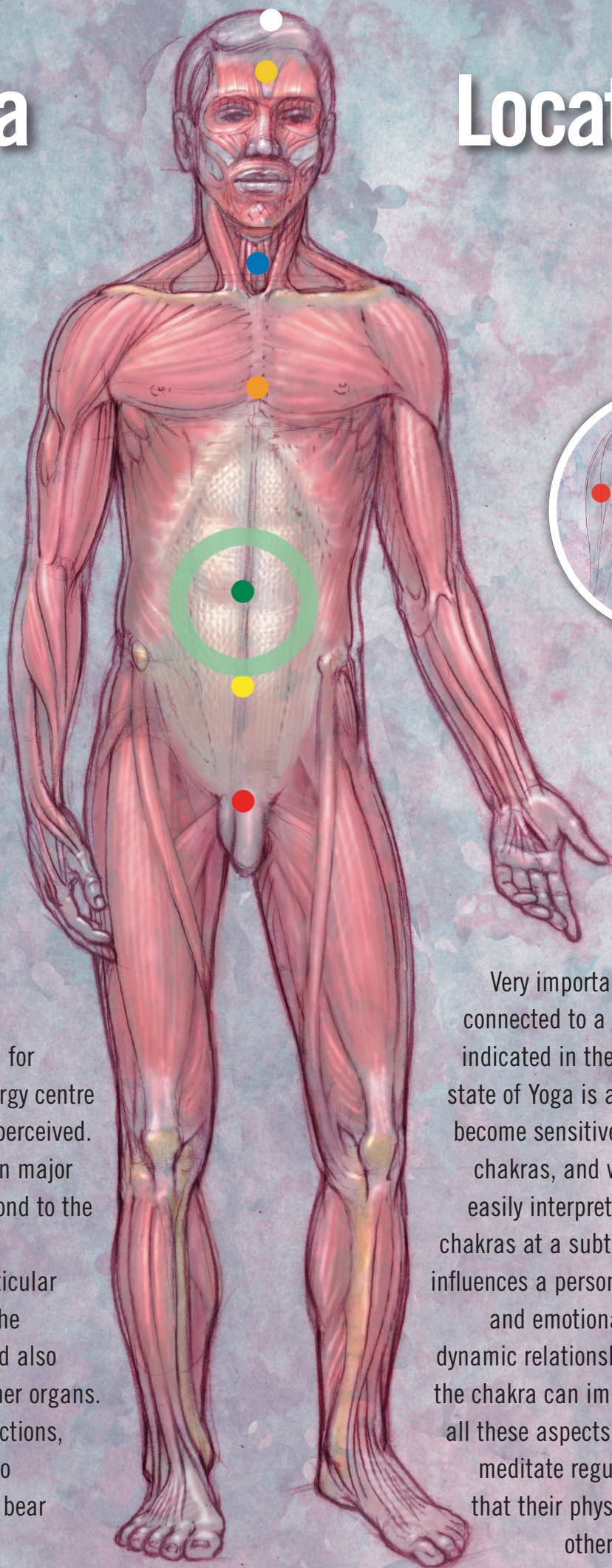


# Chakra

# Locations



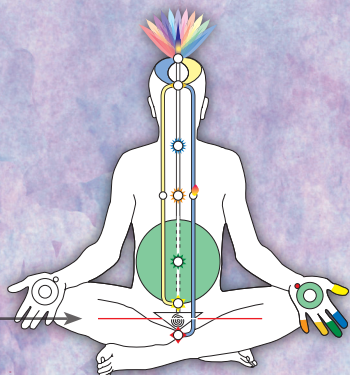
'Chakra' is a Sanskrit word for 'wheel' and is a subtle energy centre which cannot normally be perceived. The human being has seven major chakras and these correspond to the autonomic nerve plexuses. The chakra directs the particular type of energy controlling the autonomic nerve plexus and also adjacent endocrine and other organs. By a series of subtle connections, each chakra is connected to and-brings its influence to bear on-the whole body.



Very importantly, each chakra is connected to a part of the hand as indicated in the diagram. Once the state of Yoga is achieved, the hands become sensitive to the state of the chakras, and with practice this is easily interpreted. The state of the chakras at a subtle level reflects and influences a person's physical, mental and emotional welfare. This is a dynamic relationship, so correction of the chakra can improve and integrate all these aspects. This is why people meditate regularly invariably find that their physical, emotional and other-problems improve.

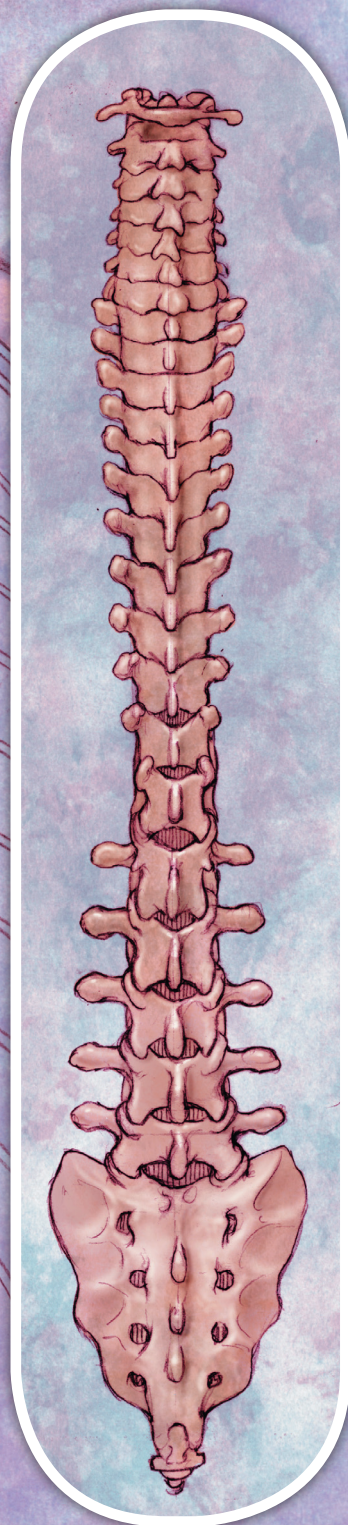
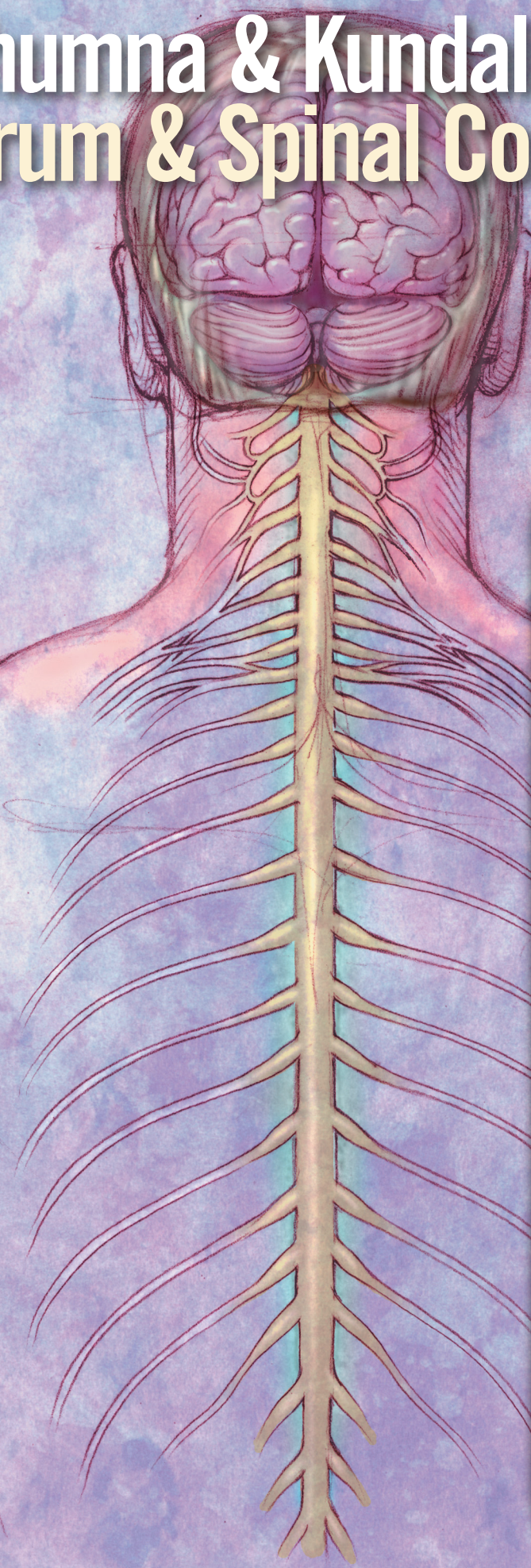


# Sushumna & Kundalini Sacrum & Spinal Cord



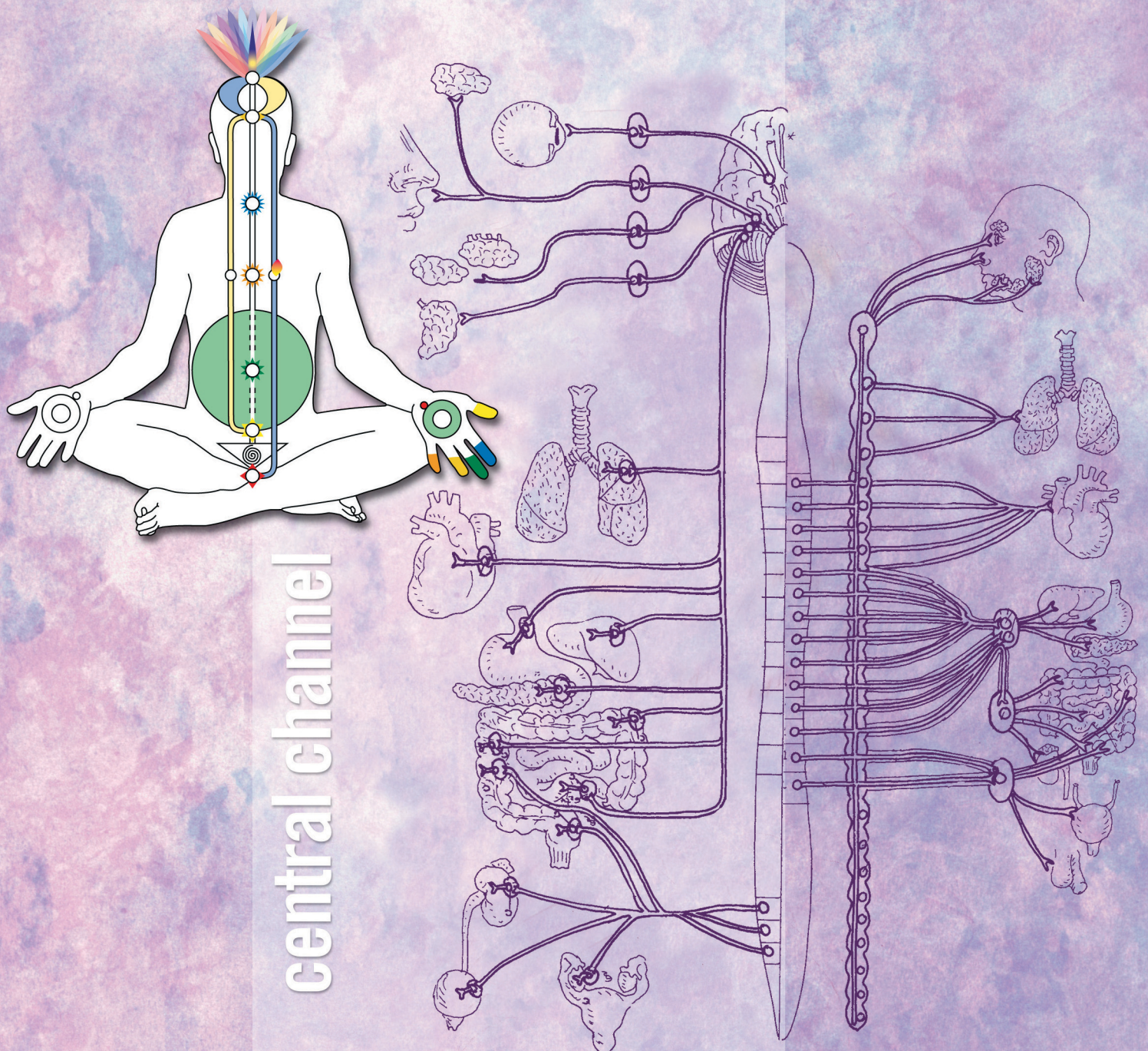
Kundalini means 'coiled energy' and refers to a power which lies in three-and-a-half coils in the sacrum bone, which is called the mooladhara (which is distinct from and lies above the Mooladhara chakra). Like the Sushumna, the Kundalini is normally in a potential state. When it is awakened it ascends through the Sushumna, across the void to the top of the Sushumna. When the Kundalini emerges at this point, Yoga is said to have taken place. Yoga is impossible without Kundalini Awakening.

This happening of Kundalini Awakening is described by a Sanskrit word, 'Sahaja'. This means literally 'born with', or 'spontaneous'. The implication is that the entire mechanism is inborn and is activated in a spontaneous and natural way without undue or extreme efforts.





# Autonomic Nervous System



## The Sahaja Yoga Hypothesis

Here we present the Sahaja Yoga hypothesis as put forward by its practitioners.

Thus Sahaja Yoga is a vitalist theory. Three major energy channels are postulated, corresponding to:

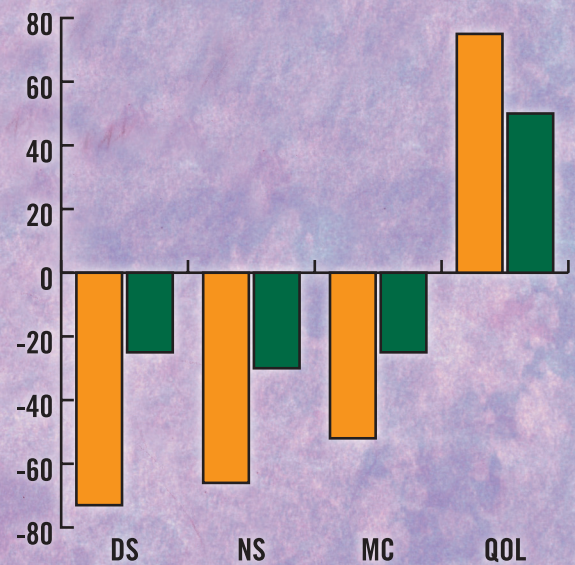
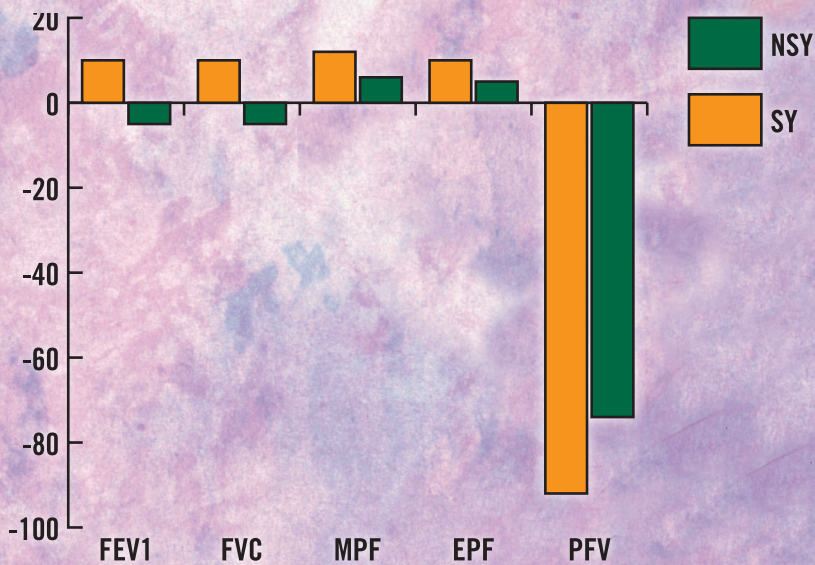
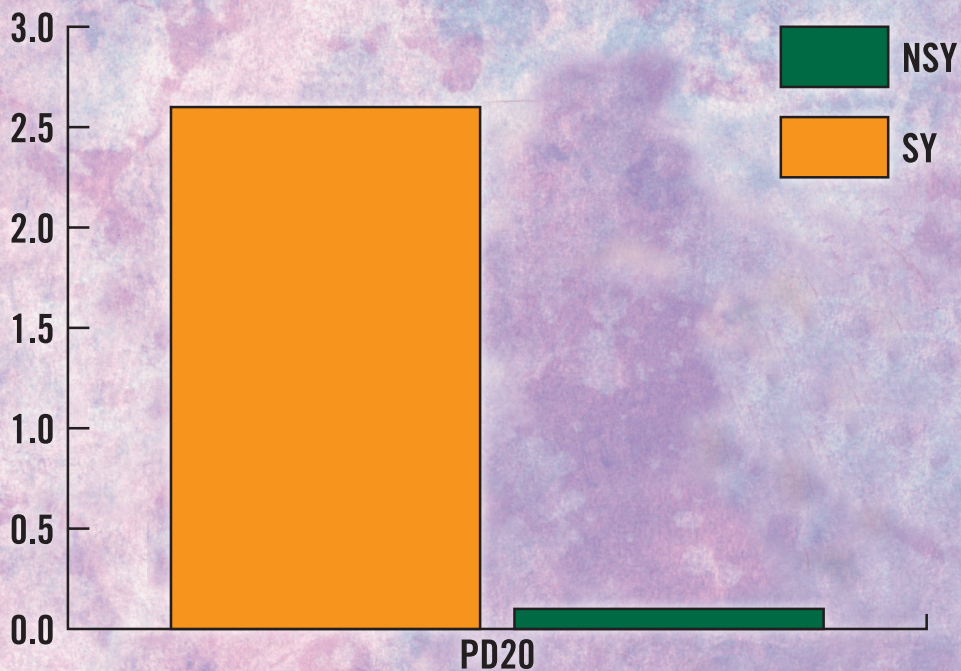
1. Sympathetic nervous system, 2. Sympathetic nervous system (1 and 2 are represented on the right side of the diagram), 3. Parasympathetic nervous system (represented on the left side of the diagram)

The awakened residual force bridges the gap between the cranial and sacral outflows of the parasympathetic nervous system. In addition, seven subtle energy centres correspond to:

1. the pelvic autonomic plexus, 2. the aortic autonomic plexus, 3. the coeliac autonomic plexus, 4. the cardiac autonomic plexus, 5. the cervical autonomic plexus, 6. the optic chiasma and 7. the limbic area.



# Australian Research Asthma

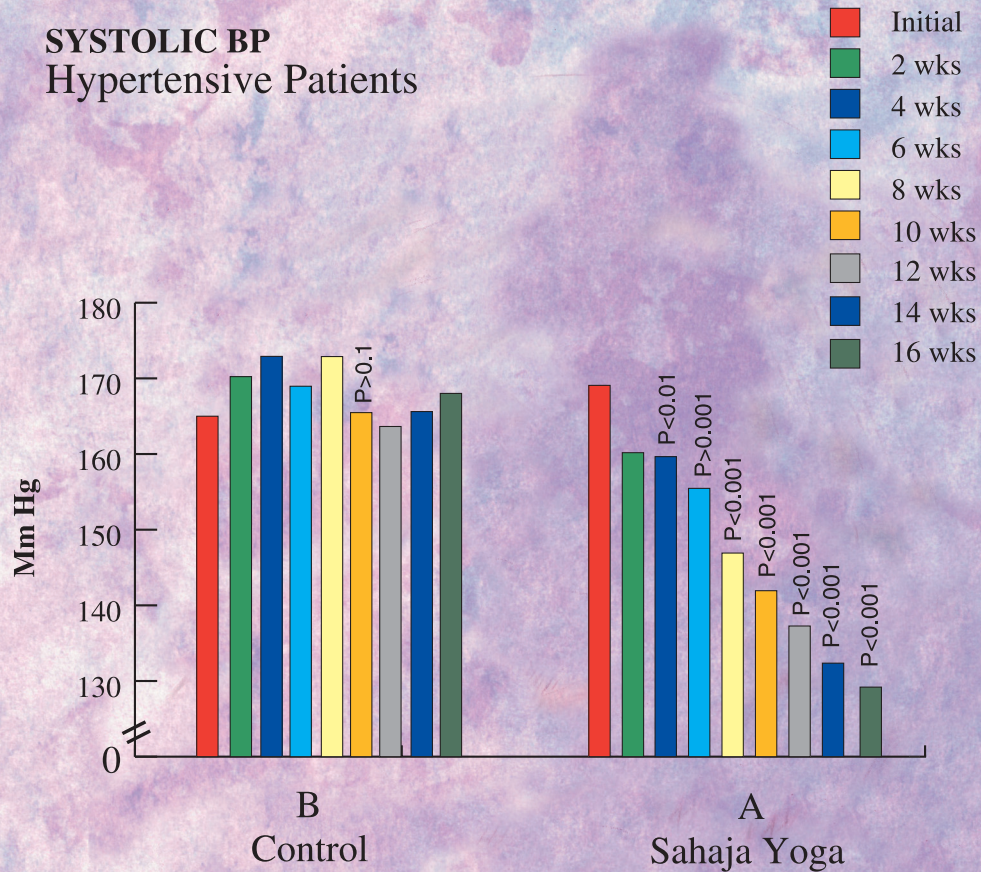


In 1998 a group of researchers began the Meditation Research Programme under the auspices of the University of New South Wales. The first phase of this programme was conducted through the Liverpool Hospital's Department of Respiratory Medicine and the Institute of Respiratory Medicine at the Royal Prince Alfred Hospital. Its aim was to precisely determine the effect of Sahaja Yoga as an adjunct in the management of asthma. A well designed, blinded, controlled trial was designed and ethics approval granted. Candidates were prestabilised on ideal conventional therapy and those who remained sufficiently symptomatic were then randomly allocated to either control or intervention groups. After sixteen weeks data was collected and analysed to determine the efficacy of the intervention. Preliminary analysis has already revealed some unprecedented effects.



# Foundation Research Hypertension

## SYSTOLIC BP Hypertensive Patients



## Study in Essential Hypertension

The experimental group A consisted of 15 female patients aged between 38 and 45 from the hospital hypertension clinic. The control group B consisted of 10 patients with similar ages and socio-economic backgrounds.

Group A was trained in Sahaja Yoga and followed up for 16 weeks. Again GSR was increased, whilst blood lactic acid and urinary VMA decreased in the experimental group. At the start of the experiment the blood pressures of both groups were poorly controlled despite medication. At the end of the 16 week period, the blood pressure of the experimental group was well controlled and all patients had stopped medication.

No significant changes were observed in the control group, and their blood pressure remained poorly controlled.



# Foundation Research Epilepsy

## Study in Epilepsy

32 subjects were divided into three groups: All groups received their normal antiepileptic drugs, in addition Grp 1 received adjunctive Sahaja Yoga instruction, Grp 2 received mimicing exercises and Grp 3 had no additional treatment.

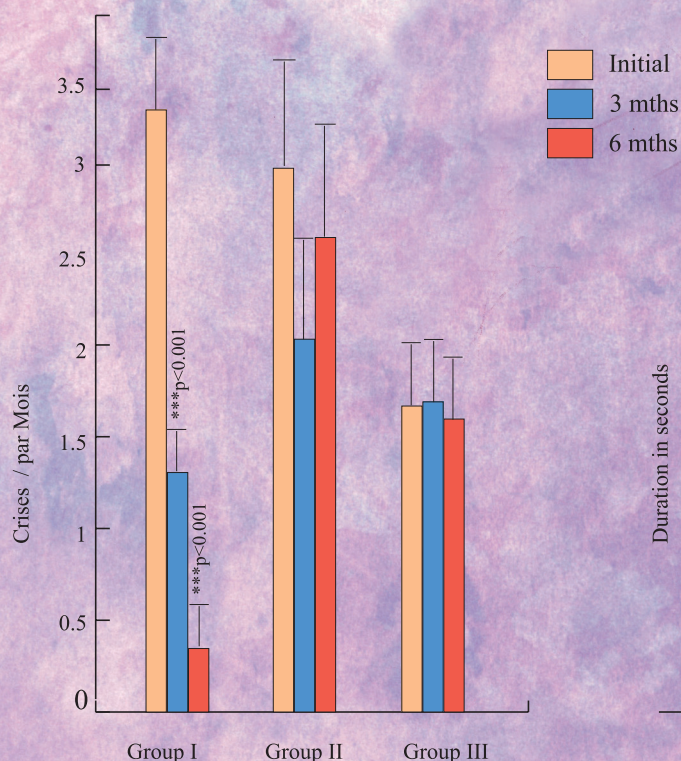
The changes in the electro-physiological and biochemical parameters following Sahaja Yoga practice indicated a remarkable and statistically significant improvement when compared to both the control groups.

Seizure frequency and duration of the attacks decreased significantly as did a number of stress related endpoints.

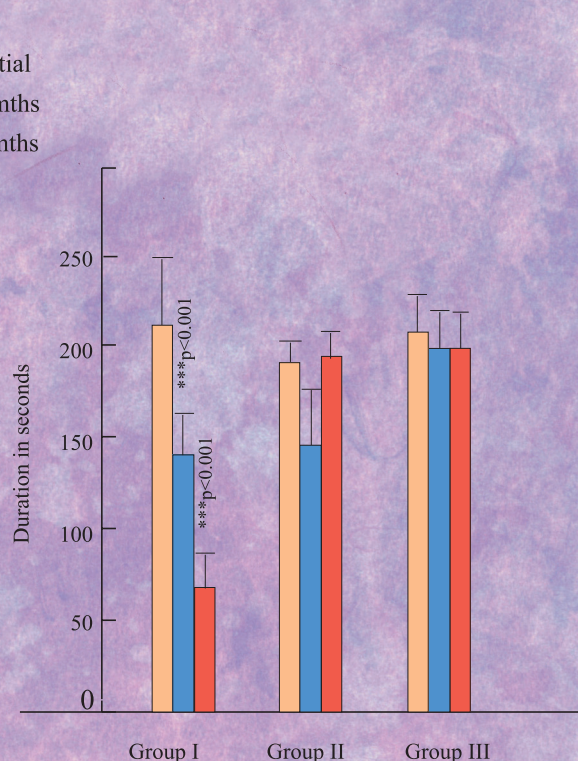
EEG changes were also noted that closely correlated with clinical improvement.

Case studies here in Australia have been conducted on a small number of patients with severe epilepsy with notable results.

**COMPARISON OF SEIZURE FREQUENCY  
Groups I, II & III**

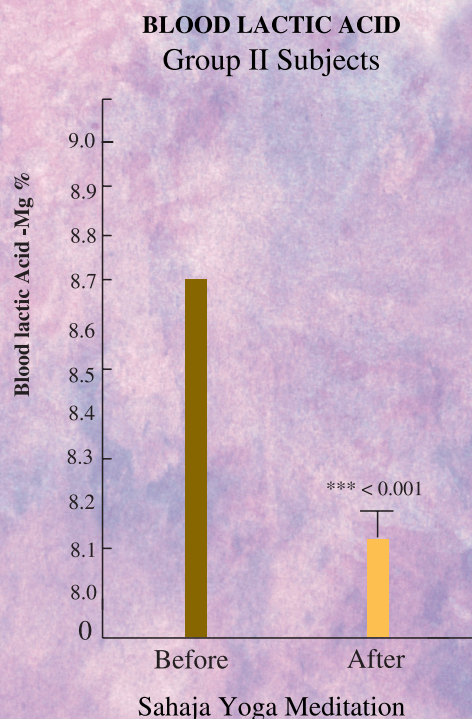
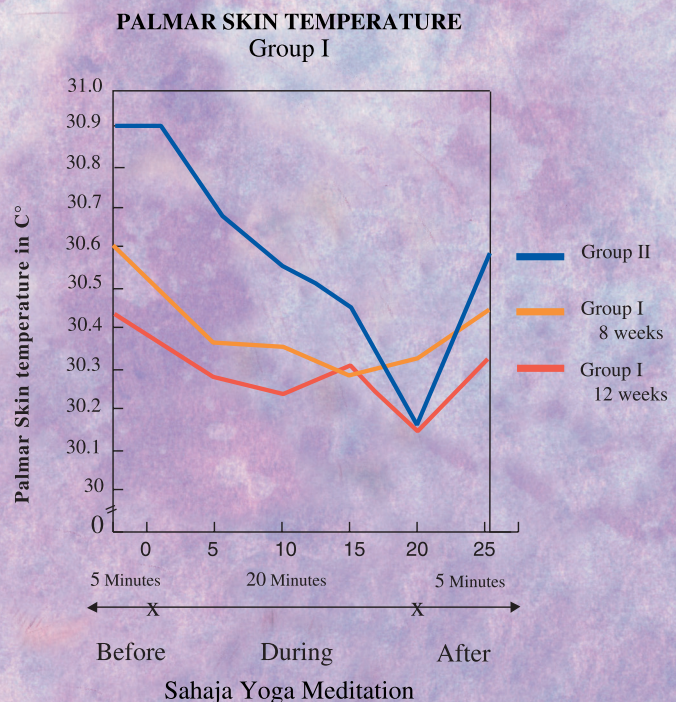
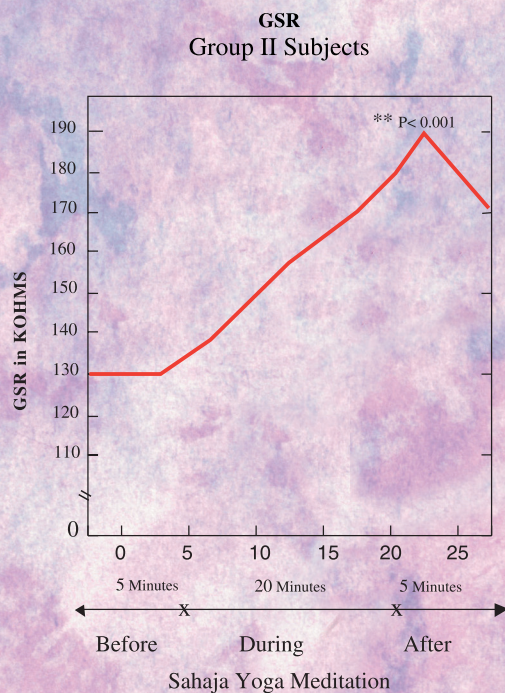


**COMPARISON OF SEIZURE FREQUENCY  
Groups I, II & III**





# Foundation Research Physiology in Healthy Subjects



## Preliminary Physiological Studies

A preliminary study (4) compared a group of naive subjects (N=10) with a ground of experienced (2 to 6 years) meditators (N=10). The first group was trained in Sahaja Yoga for 12 weeks. Over the course of the 12 weeks galvanic skin resistance (GSR) increased and blood lactic acid, urinary vanillylmandelic acid (VMA), heart rate, respiratory rate and systolic blood pressure all decreased. The group of experienced meditators showed similar physiological changes over the course of 20 minutes' Sahaja Yoga practice.

Subjects reported a sensation of a cool breeze in the hands and a measurement of skin temperature in the palm of the hand showed a significant decrease.



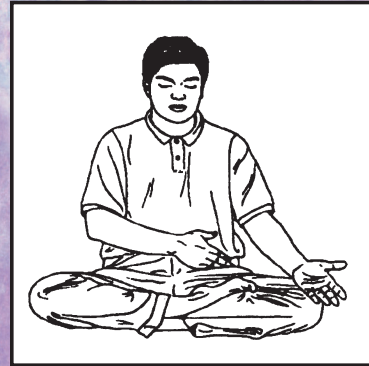
# Affirmation Exercise



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,



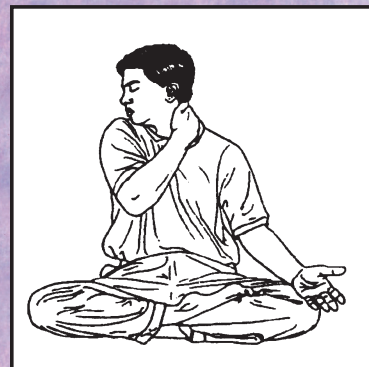
ask your Kundalini  
**"Mother, please give me the pure-knowledge"**  
 approximately six times  
 Return the right hand to the left upper stomach, ask



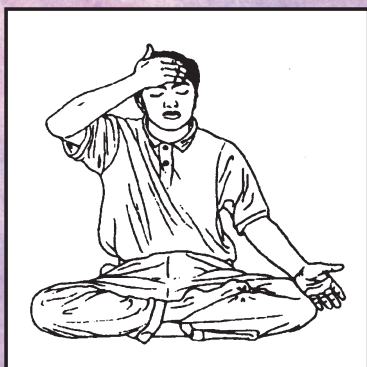
**"Mother, please make me my own-master"**  
 approximately ten times  
 Right hand on the the heart, say confidently  
**"Mother, I am the spirit"**



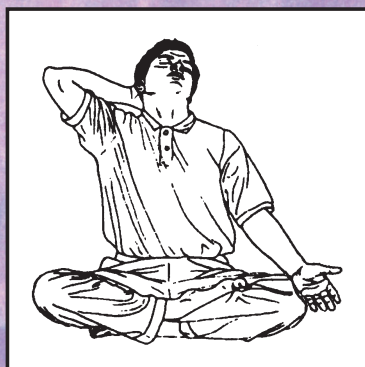
approximately twelve times  
 Right hand at the point where the left shoulder meets the neck. Turn the head to the right to stretch the area a little, say confidently



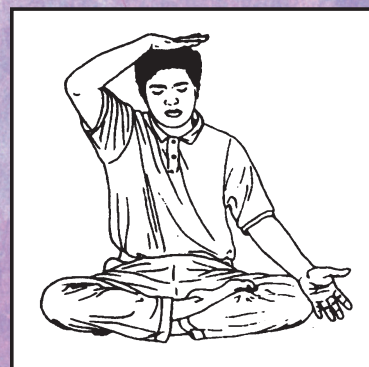
**"Mother, I am not guilty"**  
 approximately sixteen times  
 Right hand across the forehead, gently grasping the temples, say **"Mother, I forgive everyone"** repeat a few times, as sincerely as



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,



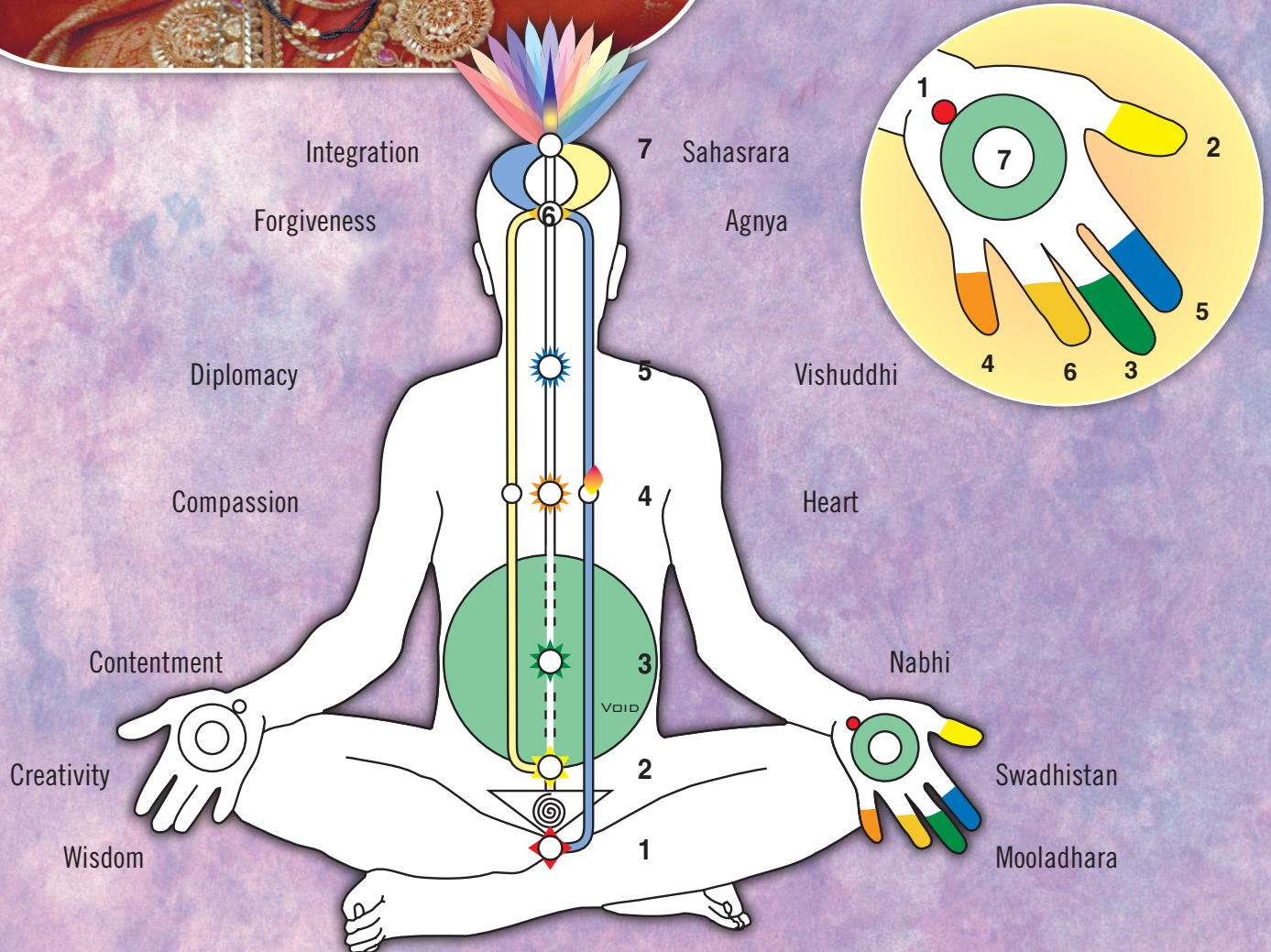
slowly rotate clockwise, ask seven times  
**"Mother please give me my self-realisation"**



# Subtle System

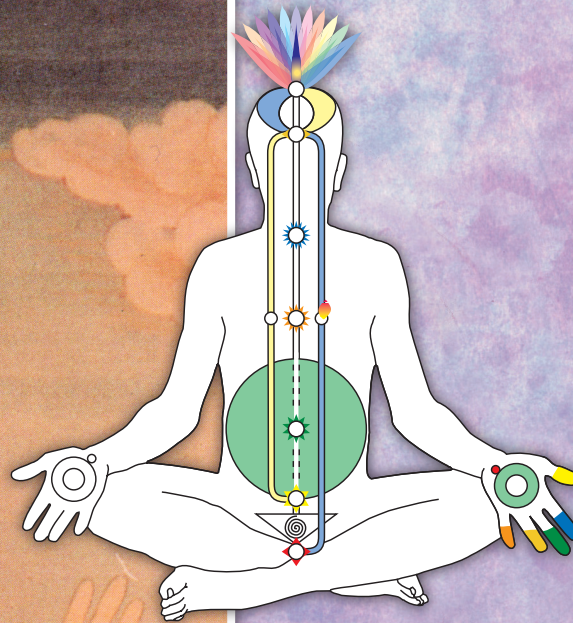
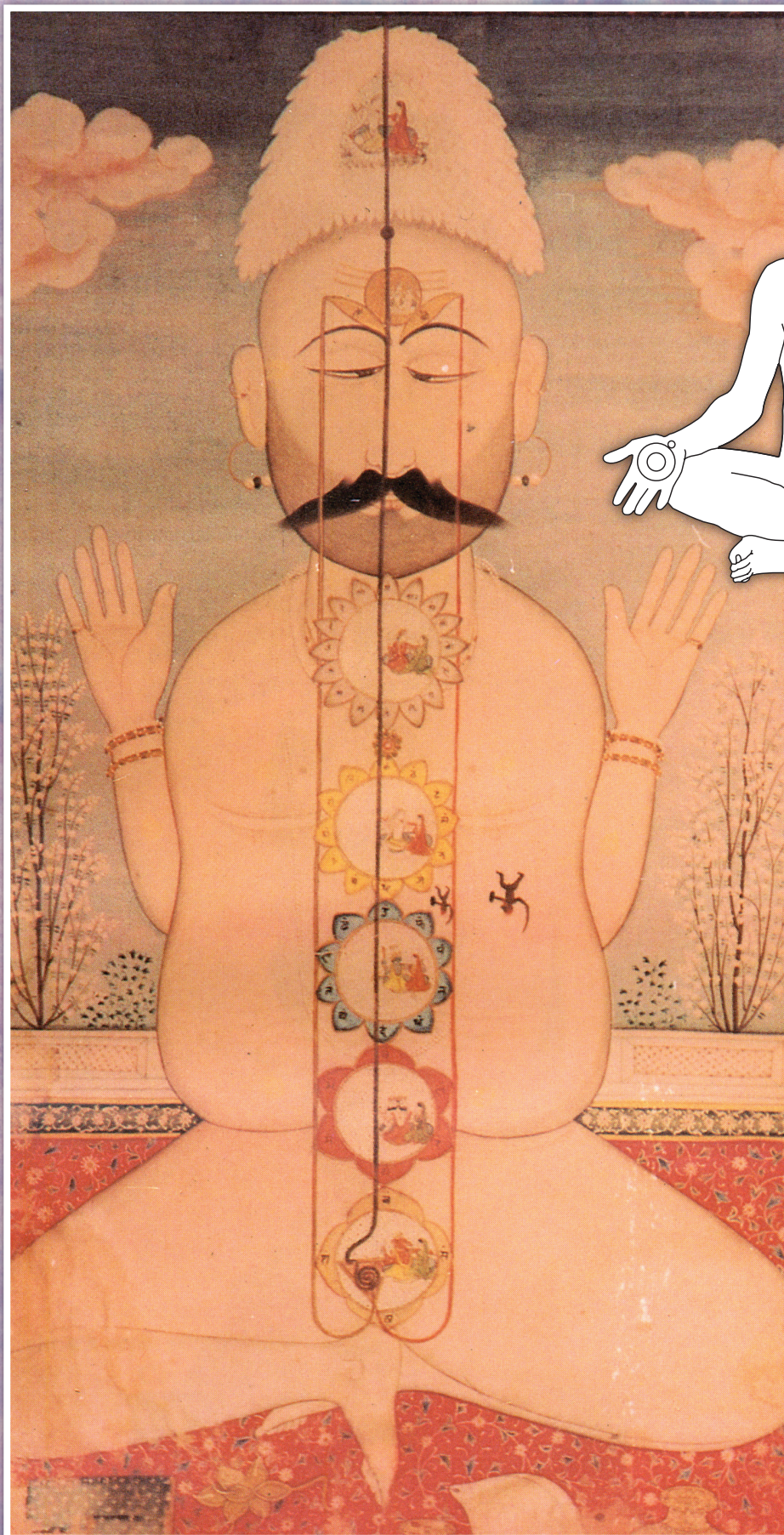


**Shri Mataji Nirmala Devi** studied medicine before joining Gandhi's freedom movement. She is the founder of the Sahaja Yoga system which we find is able to awaken in the person an awareness of the **Subtle System**. Shri Mataji has developed an understanding of the **Subtle System** in terms relevant to modern medicine.





# Subtle System Historical



The chakra system was first described thousands of years ago as part of the ancient system of yoga.

Yogis and seers claimed to confirm its existence through their own meditative experiences.

The system closely parallels the structure of the autonomic nervous system described in modern medical science.

The diagram shown here is over 200 years old and is itself based on even more ancient texts.



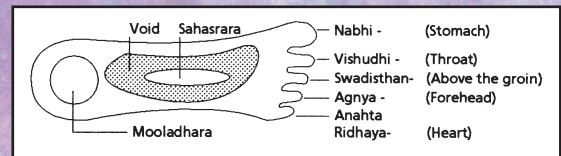
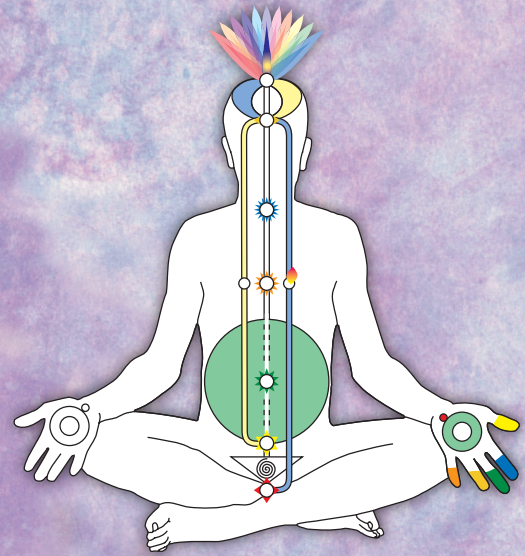
# Imbalances & Illness

LEFT CHANNEL

RIGHT CHANNEL

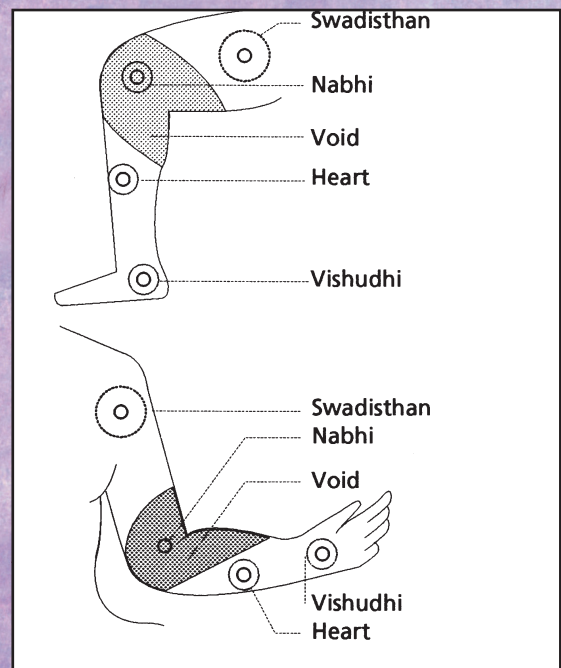
## Function

Emotions	Thoughts
Memories	Planning
Past Experiences	Future Events
Desire	Action
Enjoyment	Concentration Span



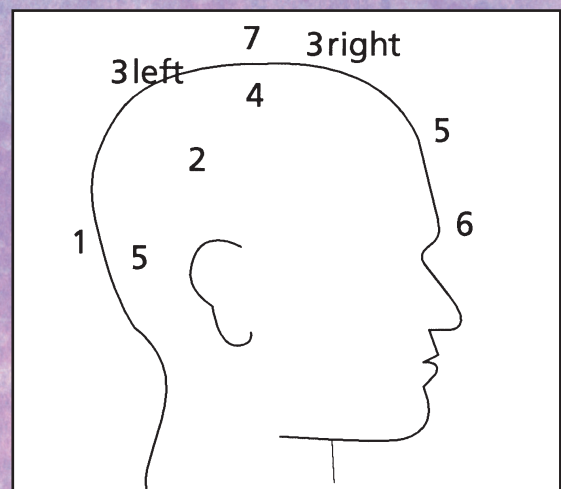
## Problems due to imbalance

Infections	High Blood Pressure
Over Sleeping, Sluggish mind	Hyper Activity, Insomnia
Cancer	Most Headaches
Depression	Poor Concentration
Anxiety	Anger, Aggression
Psychological Problems	Lack of Emotion



## Treatments

Earth	Footsoaking
Candles	Ice Packs
Right hand to floor	Left Hand to Sky
Affirm Pure Desire	Pure Attention





# Subtle Body



**Shri Mataji Nirmala Devi** studied medicine before joining Gandhi's freedom movement. She is the founder of the Sahaja Yoga system which we find is able to awaken in the person an awareness of the **subtle body**. Shri Mataji has developed an understanding of the **subtle body** in terms relevant to modern medicine.

