

S A H A J A Y O G A



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HOW TO MEDITATE AT HOME

Make sure you have a meditation space set up.

Aim of every meditation is to feel balanced, relaxed and reach the state of Thoughtless awareness.

How to Setup Meditation Space at home - Video

<https://youtu.be/ogfkyPxac3w>



MORNING MEDITATION



- Raise Kundalini & take a Bandhan
- Three Channel Balancing (Left, Right, Centre)
- Listen to Shri Mataji's Talk
- Meditate in Silence or with some light music
- Introspect within and try to bring positive changes within you as per Shri Mataji's Talk
- Sustain and enjoy the thoughtless state as long as you can
- Raise Kundalini & take a Bandhan to conclude





EVENING MEDITATION

- Raise Kundalini & take a Bandhan
- Footsoak
 - Three Channel Balancing (Left, Right, Centre)
- Complete footsoak and throw the water away
- Meditate in Silence or with some light music
- Listen to Shri Mataji's Talk
- Sustain and enjoy the thoughtless state as long as you can
- Raise Kundalini & take a Bandhan to conclude





CLEARANCE vs MEDITATION

Clearance

Use Sahaja Yoga techniques to clear out the negativities & blockages in the Subtle System

Examples of Clearing:

- Three Channel Balancing (Left, Right, Centre)
- Footsoak
- Candling, Icepack etc.

Meditation

- Being in the state of Thoughtless Awareness
- Only in meditation you are in present and you grow in your spirituality