



# SAHAJA YOGA MEDITATION

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WELCOME!



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you please provide your email address  
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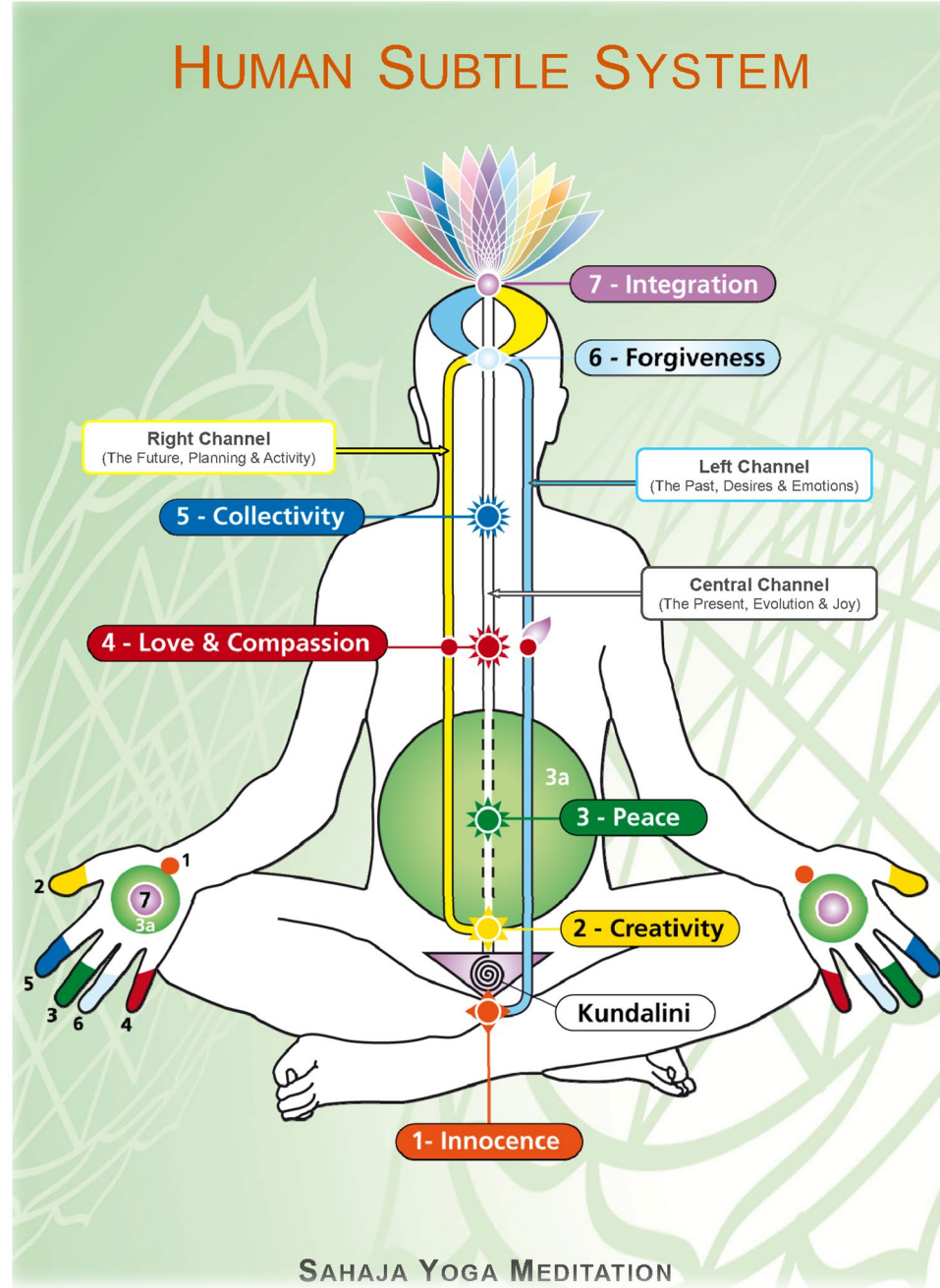


# Founder

## Shri Mataji Nirmala Devi

- ❖ Founded Sahaja Yoga Meditation in 1970 in India
- ❖ She has given this knowledge free of cost to the whole world
- ❖ Sahaja Yoga is now practiced in more than 100 countries.









# Self- Realisation



























Please remove your footwear

Take off your glasses and

Sit comfortably with your  
hands in your lap, palms facing  
upwards.





With your right hand on your heart. Ask your Motherly (Kundalini) energy three times.

“Mother, am I the spirit?”







Right hand on your upper  
stomach on the left side, just  
below the ribs, ask three times

“Mother, am I my own Master?”





Right hand on your left lower  
stomach, where the leg joins  
the torso, ask six times

“Mother, please give me the  
pure desire”

“Mother, please give me the  
pure knowledge”





Return the right hand back on  
your upper stomach on the left  
side below the ribs and say  
confidently 10 times

“Mother, I am my own Master”  
“Mother, I am my own Guru”





Return right hand on your  
heart. Say confidently twelve  
times

“Mother, I am the spirit”





Right hand on the left side  
where shoulder meets the  
neck. Turn the head slightly to  
the right and say sixteen times

“Mother, I am not guilty”





Place your right hand across  
the forehead, gently grasping  
the temples, and say from the  
heart

“Mother, I forgive everyone”  
“Mother, I forgive myself”







Place your right hand on the back of your head and tilt the head slightly upwards towards the sky and say for your own satisfaction

“Mother, please forgive me for any mistakes that I may have made against my spirit”





Stretch the fingers of your right palm. Place the centre of your palm on the top of your head on the fontanel area, slowly rotate clockwise and ask seven times

“Mother, please give me my  
Self Realisation”





Put your hands back in your lap

Take your attention above your head and enjoy the mental silence inside.

If any thoughts come into your head just say **I forgive, I forgive** and watch them go away..





Take your right hand and hold it a few inches above your head and see if you can feel any coolness or heat coming out of your head

Move your hand around and try and feel any sensation and hold your hand in that position.

Put your attention where your hand is..





Put your hands back in your lap

And try and feel again using your  
left hand









# Want to try?

## **Exercise**

Check how you feel inside/on your palms before meditation and then notice if you feel any change within/ any sensations on your palm after meditation.

Please share your experience with us in the next class.



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*Presented by Sahaja Yoga Meditation*



# LET'S MEDITATE FOR 21 DAYS

Freedom from thoughts

**DAY 2: KNOW YOURSELF & KNOW  
THE UNIVERSE.**

[www.freemeditation.com.au/21days](http://www.freemeditation.com.au/21days)





Thank you!