

SAHAJAYOGA MEDITATION

General Instructions on How To Meditate

- 1 Find a relatively quiet space with minimum disturbances and, if you like, light a small candle in front of the photo, and some incense to help you to establish a calm, peaceful environment.
- 2 Remove shoes, spectacles, and loosen any tight clothing.
- 3 Sit comfortably with both hands open, palms up on your lap.
- 4 Take a few deep breaths, then breathe in a quiet, relaxed way.
- 5 Try the Meditation Affirmations and hand positions sequence.
- 6 This sequence will help you to develop the experience of deeper peace and mental silence - 'the space between the thoughts'.
- 7 If you find it difficult to quieten the mind, repeat the affirmation sequence, or simply say "Not this thought, Not this thought" or try to clear your left side or right side as below.



- 8 Allow your attention to dissolve into the silent space that is just above your head, in deep mental silence, in Meditation.
- 9 Leave the hands palms-upward in the lap, and eyes closed, when silent inside, check above the head for cool vibrations.
- 10 Take time to enjoy the peace, and the flow, of mental silence.



Shri Mataji Nirmala Devi - Founder

Meditation Affirmations

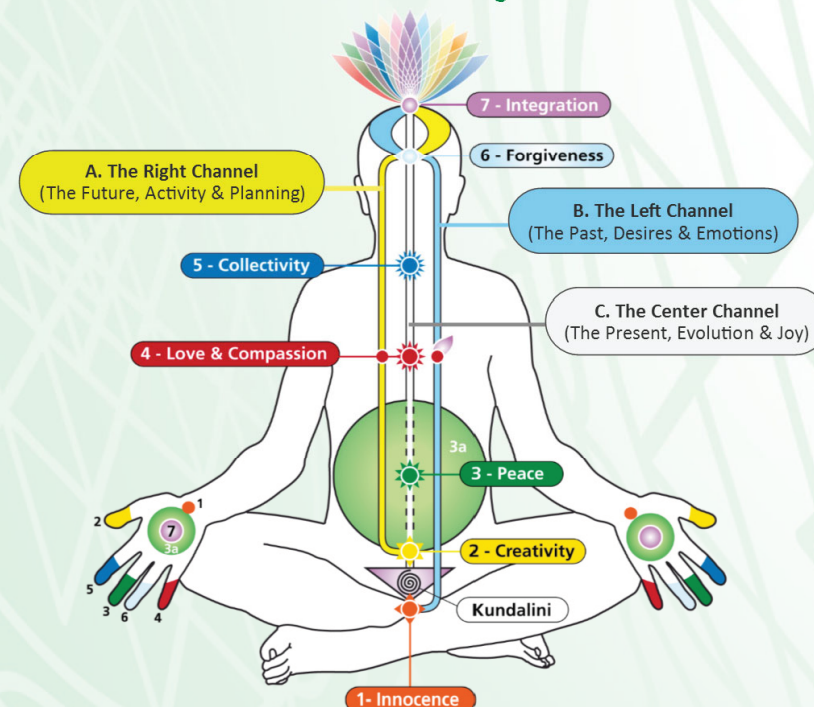
These Affirmations can assist with settling the attention before or during meditation. You do not need to do these Affirmations every time you wish you meditate. Use any one or all the Affirmations as you prefer.

Place the right hand on the centres as shown with following requests. You may preface each request with the word '**Mother**' or '**Kundalini**' for example "**Mother, I am the pure spirit.**"

- Please give me the pure knowledge
- I am my own master
- I am the pure spirit
- I am not guilty at all
- I forgive, I forgive everyone in general
also I forgive myself and please forgive me
- Please give me / deepen my self-realisation
and deepen my experience of mental silence



The Subtle System



Overlaying our nervous system, resides the Subtle System which comprises of energy channels ('Nadis', A to C on diagram) and energy centres ('Chakras', 1 to 7 on diagram). This system looks after our physical, mental, emotional and spiritual wellbeing. Upon 'Self Realisation', our spirit is awakened, and the system connects to the all-pervading life force that nourishes and balances it through true meditation.

More Information & Online Resources

Free classes and resources to help establish your Self Realisation through true meditation.

Scan QR code with
mobile device for website.



- Free class locations in Australia and Worldwide.
- Online resources with guided meditations, meditative music, video and audio meditations, balancing techniques, printed guides and talks by Shri Mataji (founder).
- Podcasts with guided meditations, music and talks.

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