

Sahaja Yoga Meditation for Mental Wellbeing

“You cannot know the meaning
of life until you are connected
to the power that created you”

Shri Mataji Nirmala Devi



Shri Mataji - founder

Thoughtless awareness, also known as mental silence, is the basis of good mental health and wellbeing. Sahaja Yoga meditation provides this experience.

Medical studies

There are many published studies performed all over the world, including Australia, which show the benefits of thoughtless awareness as experienced by those who practise Sahaja Yoga meditation.

A study conducted in Australia of almost 350 long term Sahaja Yoga meditators, shows that 79% of this group experience thoughtless awareness for a few minutes or more everyday with 42% experiencing this thoughtless awareness several times a day. It was found that those who experienced thoughtless awareness for even once a day, had a significantly higher mental health score than the national average.



Millions around the world are enjoying our free Sahaja Yoga meditation since it was started in 1970 by H.H. Shri Mataji Nirmala Devi.

Workplace stress

The results of another 8 week clinical study conducted by researchers, part of Sydney University's Meditation Research Programme, focused on the effects of thoughtless awareness on workplace stress. It showed the effects of Sahaja Yoga meditation compared to simple relaxation techniques and no treatment. It was found that Sahaja Yoga Meditation had significantly more effect on depressive symptoms, anxiety and work stress as compared to simple relaxation. People who had no intervention became worse over time.

Another study conducted in Australia by the same group with 26 children aged 4-12 years, and their parents found that after 6 weeks of Sahaja Yoga Meditation instruction twice a week, significant improvements in ADHD symptoms, self-esteem and parent-child relationships were reported.

Meditate for 10 minutes a day

For positive effects to be seen, Sahaja Yoga meditation should be practised daily for at least 10 minutes. It is also important to attend weekly classes to assist your practice. Visit our website to learn more.



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- More about our Research at www.freemeditation.com.au/mental-wellbeing
- Free meditation classes and online at www.freemeditation.com.au
- Presented by Sahaja Yoga Meditation Australia