

# Welcome to Sahaja Yoga Meditation

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

HH Shri Mataji Nirmala Devi



Shri Mataji Nirmala Devi

## Your Self Realisation

Today, you have been introduced to Sahaja Yoga Meditation and received your Self Realisation. Self Realisation occurs when the Kundalini, a mothering energy within all of us, is awakened and connects us to the all pervading power.

## Meditation

Through regular meditation, we strengthen our Kundalini to cleanse and balance our energy centres (chakras). Meditation allows us to go beyond our thoughts (thoughtless awareness) to experience inner peace and silence.

Regular meditation only takes a few minutes and really works!

## Free meditation classes & Online resources



Available in over 80 locations around Australia and Worldwide in 100 countries or go Online for meditation resources.

[www.freemeditation.com.au/moreinfo](http://www.freemeditation.com.au/moreinfo) • Phone 1300 724 252

## Try the meditation

Sit quietly for a few moments and hold out your hands, palms upward, towards the photograph. You may feel a cool or warm breeze and your thoughts may quieten. Continue meditating in silence for 5 to 10 minutes.



Shri Mataji Nirmala Devi

## About Sahaja Yoga Meditation

True meditation is a personal experience, where one goes beyond thoughts, worries and upsets. One is calm and peaceful through ‘thoughtless awareness’- that is, no unwanted thoughts but fully aware. Sahaja Yoga meditation is used by millions globally, with minimal disruption to daily routines, to **actually** achieve inner balance, joy and improvements in mental, physical, emotional and spiritual wellbeing.

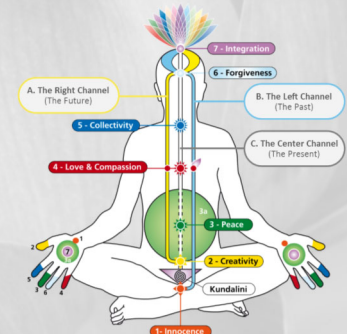
**Sahaja**, Saha means ‘with’, Ja means ‘born’. Born with you. That is spontaneous. **Yoga** means Union with the Divine. So, Sahaja Yoga is the spontaneous union of your Self with the Divine.

## Who is Shri Mataji?

Shri Mataji Nirmala Devi (or ‘Mother’, as she is affectionately known) founded Sahaja Yoga meditation in 1970. For over 40 years, she gave thousands of lectures and taught millions around the world how to meditate easily. Born in 1923 in India, she worked with Mahatma Gandhi and was very involved in India’s fight for independence. She was a mother and grandmother and a descendant of an Indian royal family.

## The Subtle System

Overlaying our nervous system, resides a subtle system comprising of energy channels (‘Nadis’, see A to C on diagram) and centres of energy (‘Chakras’, see 1 to 7 on diagram). This system looks after our physical, mental, emotional and spiritual being. Upon ‘Self Realisation’, our spirit is awakened and the subtle system connects to the all pervading life force that nourishes and balances it through true meditation.



## How do I learn more?

To help you understand this new experience, you are invited to free weekly classes where collective meditations will establish your Self Realisation. You will learn how to maintain inner balance throughout the day, and read and correct any imbalances in your subtle system. Classes are held in over 80 locations around Australia, and in 100+ countries worldwide. Suitable for newcomers and regular meditators. No booking needed and everything is provided. Classes are always free of charge.

If you can’t make it to a class then we have many online resources to support you. See below.

## More Information & Online Resources

Free classes in Australia and Worldwide. Online resources with video and audio meditations, meditative music, balancing techniques, printed guides and talks by Shri Mataji (founder). Live Streaming meditation webcasts. Podcasts with guided meditations, music and talks. Newsletter sign up for news and events.

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