

Sahaja Yoga Meditation

General Instructions

- 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 the balancing postures and vibrational clearing techniques.



- 8- Allow your attention to dissolve into the silent space that is just above your head, in 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
- 9- Take time to enjoy the peace, and the flow, of mental silence for 5-10 minutes or more, twice a day, morning and evening.

Sahaja Yoga Meditation Affirmations

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
and I forgive myself (also please forgive me)



Mother Please give me my self-realisation
and deepen my experience of mental silence

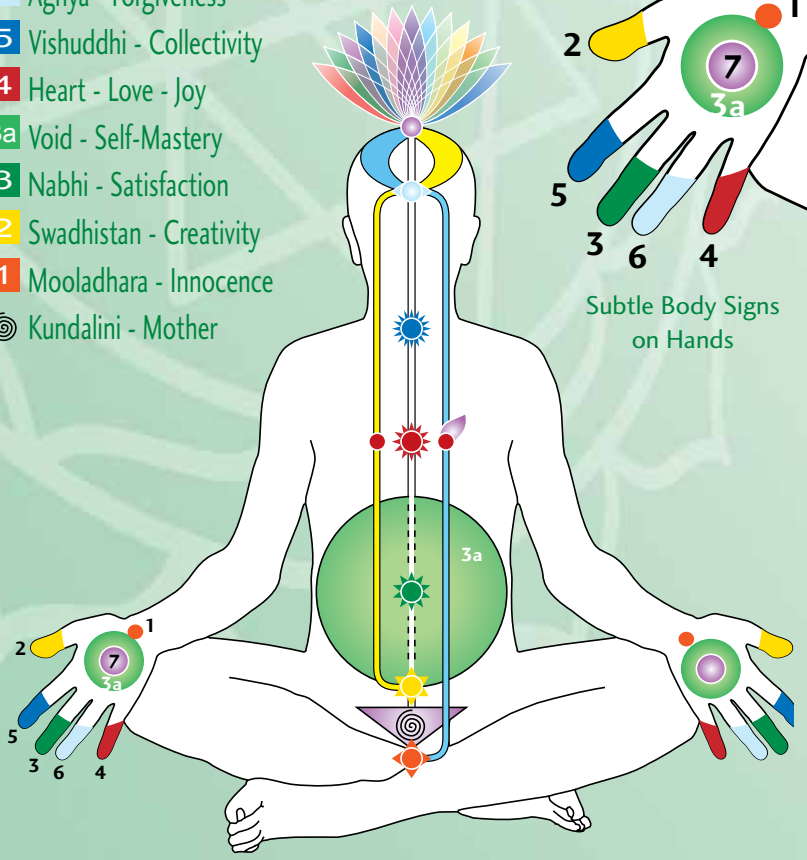


Subtle Body System

- 7 Sahasrara - Integration
- 6 Agnya - Forgiveness
- 5 Vishuddhi - Collectivity
- 4 Heart - Love - Joy
- 3a Void - Self-Mastery
- 3 Nabhi - Satisfaction
- 2 Swadhistan - Creativity
- 1 Mooladhara - Innocence
- ☉ Kundalini - Mother



Subtle Body Signs on Hands



Subtle Body Signs

Left hand = Left Channel Moon Right hand = Right Channel Sun
 Both Hands = Central Channel Evolution

