



Sahaja Yoga Australia

Meditation

Free classes Australia Wide



www.freemeditation.com.au

Meditation and Balancing Guide

Use this handout to learn simple meditation and balancing techniques to help experience the peace of true meditation.

(If this is your first meditation, then please follow the "Affirmation for Meditation" steps on page 2 before proceeding.)

How to meditate at home

1. Choose a place where you can sit quietly and undisturbed for about 10 minutes each morning and/or evening.
2. Remove your shoes, to give you a connection with Mother Earth. Sit on a chair or on the floor, as you wish.
3. Sit comfortably with both hands open, palms up on your lap. Take a few deep breaths, then breathe in a quiet, relaxed way.
4. If desired, try the Affirmations on page 2. (You do not need to do the affirmations every time you wish you meditate. Use any one or all of the Affirmations, as you prefer).
5. Keep your attention above your head. Let thoughts go without following them.



6. If thoughts continue, say gently within yourself, "Not this thought" or "I forgive myself, I forgive everyone".
7. When you are peaceful, see if you can feel a gentle cool breeze on your hands, or gently blowing upwards above your head.
8. When you feel the cool above your head, gently keep your attention there. Rest both hands on your lap, palms up.
9. Relax and enjoy the peace and silence.
10. Meditating daily for 10 minutes will help to strengthen your experience.



The Balancing techniques on Page 2 can assist with the clearing the Subtle System and enhancing meditations. Use the Meditation Exercises on Page 2 to commence and conclude your meditation.

What is meditation?

Meditation is the personal experience of going beyond one's thoughts, worries and upsets, and being in a state of peace and calm. In meditation, one is fully alert and aware but free of the unnecessary thoughts or worries that lead to many of life's day to day stresses.

This state of peace and calm occurs spontaneously when one learns how to focus on the experience of the present moment. Through a simple process, known as Self-Realisation (kundalini awakening), this meditation state can be quickly established, maintained and, most importantly, enjoyed!

About Sahaja Yoga meditation

Sahaja Yoga meditation was started in 1970 by Shri Mataji. After studying the field of medicine and focusing on the scientific terminology of the anatomy and human physiology, Shri Mataji started this unique meditation, which she insisted be shared with all, at no cost.



Shri Mataji's core teaching is that within us all, lies a transformative potential which can be awakened using her method. By doing so, we can bring peace and wellbeing to ourselves, our families, our social institutions, our nations and our world. In keeping with her principles, Sahaja Yoga meditation is now offered in over one hundred countries worldwide, free of charge.

Affirmations for Meditation

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 of 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*").



1. *Mother, please give me the pure knowledge.*



2. *Mother, I am my own master.*



3. *Mother, I am the pure spirit.*



4. *Mother, I am not guilty at all.*



5. *Mother, I forgive myself and I forgive everyone in general. Please forgive me.*



6. *Mother, please give me my Self-Realisation and deepen my experience of silent meditation.*

Meditation Exercises

Commence and conclude your meditations with these exercises. These exercises will help to establish and maintain a meditative state.



1. Raising the Kundalini

Place the left hand in front of your lower abdomen, palm facing the body. Raise the hand up vertically, until it reaches a position above your head. While the left hand is ascending, the right hand rotates around it clockwise, until both hands are above the head. Use both hands to tie a knot. Repeat three times. The third time, tie the knot three times.



2. The Bandhan

Placing a bandhan gives protection to the subtle system from attention disturbances and also protects the aura. Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip and slowly raise your right hand up the left side, over your head and down the right side of your body. Then raise the right hand up the right side, over your head and down the left side. This is one bandhan. Repeat seven times (one for each Chakra).

Balancing techniques

Thoughts are generally about the past or the future - but in true meditation we gradually have the realisation of being purely in the present, without thought.

The left and right channels of our Subtle System look after our past and future. Use these balancing techniques to bring balance to these channels.



Clearing the Left Side

(When over emotional, dwelling in the past.)

For tingling, heat or heaviness on the left hand: hold the left hand out, palm upwards and place the right hand on the earth, or direct it towards the earth.



Clearing the Right Side

(When over planning and stressed, can't stop thinking, can't sleep.)

For tingling heat or heaviness on the right hand: hold the right hand out, palm upwards, bend the left arm at the elbow and direct the palm towards the back.

The Subtle System

Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world. At the same time, within us resides a Subtle System of channels ('Nadis', see A, B & C on diagram) and centres of energy ('Chakras', see 1 to 7 on diagram) which look after our physical, mental, emotional and spiritual being.

Each of the seven chakras has several qualities. These qualities are intact within us, and even though they might not always be manifest, they can never be destroyed. When the Kundalini mothering energy is awakened, these qualities start manifesting spontaneously and express themselves in our life.

Through regular meditation, we strengthen and nourish the chakras and the subtle system.

