

## Sahaja yoga - 5 step meditation

Please sit cross-legged. You may also sit on a chair with feet on ground.



- 1 Place your left palm on your lap and right palm on earth. Pray to your divine energy: please cleanse my left channel. Let all the impurities of my left channel be absorbed into the earth.



- 2 Place your right palm on your lap and left hand facing the sky. Pray: please cleanse my right channel. Let all the excess heat of my right channel be absorbed into sky.



- 3 Place your right hand on your forehead and press firmly on both sides. pray: I forgive everyone including myself. Please forgive me if I have done any mistakes knowingly or unknowingly.



- 4 Stretch fingers of right palm and place on top of your head. Rotate the scalp and pray: please open my central channel. Please awaken my divine energy "kundalini".



- 5 Sit in this posture for 5 minutes keeping attention on top of your head. If a thought comes to you say 'not this'. Try to be thoughtless. Pray: please give me peace and bliss.

Practice this meditation 10 minutes in the morning and 10 minutes before going to sleep (ideally with foot soak an amazing technique to relax and relive stress). Please raise kundalini and take bandhan before and after meditation. Happy meditating!

## Sahaja yoga technique: Foot Soak

Soaking your feet in salt water while meditating is called Foot Soaking. This Sahaja Yoga technique relieves the body from stress and feels peaceful and relaxed.

Salt is added to the water to represent the earth element which sucks or absorbs away negative toxins.

Raise kundalini (the inner energy) and take bandhan. Soak both feet in a tub filled with tap water and hand full of salt. Follow the **five step meditation** 1 2 3 4 5



Now rinse your feet with fresh water from jug and dry your feet on a towel. Again raise your kundalini and take bandhan

Throw the toxicated water in WC/toilet and rinse the tub clean for later use. Try not to look at the water while throwing.

Keep your attention on top of your head for about 2 minutes. For best results, foot soak just before going to sleep.

For best practice, it is recommended to light a candle in front of you and to keep the eyes open during the Foot soaking meditation.

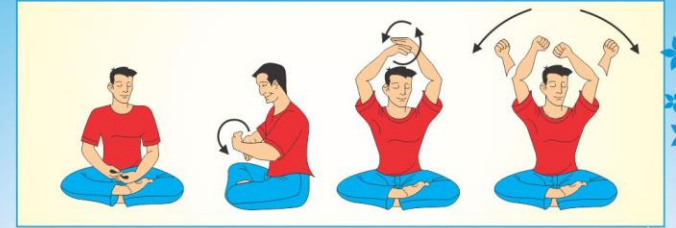
## Benefits of Sahaja yoga Meditation

- IMPROVED HEALTH AND STRENGTHENED IMMUNE SYSTEM
- INNER PEACE AND JOY
- MENTAL, PHYSICAL AND EMOTIONAL BALANCE
- REDUCED STRESS, ANXIETY AND IRRITABILITY
- BETTER FOCUS, CONCENTRATION AND ATTENTION
- GIVING UP SELF-DEFEATING HABITS AND LIFESTYLE
- STRENGTHENING ONES SELF-ESTEEM AND SELF-CONFIDENCE
- IMPROVEMENT OF COMMUNICATION SKILLS
- AWAKENING OF ONE'S HUMAN AWARENESS TO A NEW DIMENSION OF COLLECTIVE CONSCIOUSNESS ENABLING THE INDIVIDUAL TO OPTIMISE HIS OR HER POTENTIAL
- OVERCOMING DIVISIVE PATTERNS WHICH CAN LEAD TO DISHARMONY BETWEEN INDIVIDUALS, NATIONALITIES & CULTURES

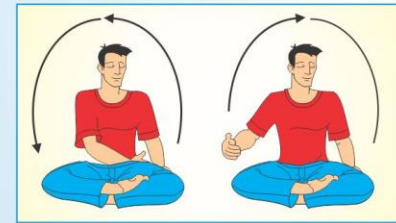
## Sahaja yoga : Protection Shield

Protection shield also known as bhandhan in sahajayoga which protect ones aura from unwanted negative vibes.

### How to raise Kundalini and take bandhan



Place the left hand in front of your lower abdomen. Palm facing the body, raise the left hand up vertically and rotate the right hand around it clock wise until both hands are above the head. Use both hands to tie a knot. Repeat the process two more times making two knots and finally three knots which fixes your attention and the kundalini above the head.



*Raise Kundalini and take bandhan before and after Meditation and Foot Soak.*

Bandhan protects the subtle system. hold the left hand out on your lap, palms upwards .place your right hand over your left hip and slowly raise your right hand 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

*"There can be no peace in the world until there is peace within"*

H.H. SHRI MATA JI NIRMALA DEVI

# About Sahaja Yoga Meditation

## INTERESTED IN LEARNING HOW TO MEDITATE?

We can all do with less stress in our lives. **Sahaja Yoga meditation** is very easy to learn and is free of charge. You're welcome to join us to experience the peace it can offer.



### What is Meditation?

Meditation is best understood as a state of 'mental silence' in which one is fully alert and aware but free of the unnecessary thoughts or worries that lead to many of life's daily stresses. This state of silence occurs spontaneously when one learns how to focus on the experience of the present moment, leading to a state of peace and calm. 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 is a method of meditation which brings a breakthrough in how to achieve 'thoughtless awareness'. It was founded by Shri Mataji Nirmala Devi in 1970 and is now **practiced worldwide**. As the potential to find peace inside and to experience the true self is innate in every human being, it cannot become the commodity of any business and cannot be paid for, hence Sahaja Yoga sessions are free.

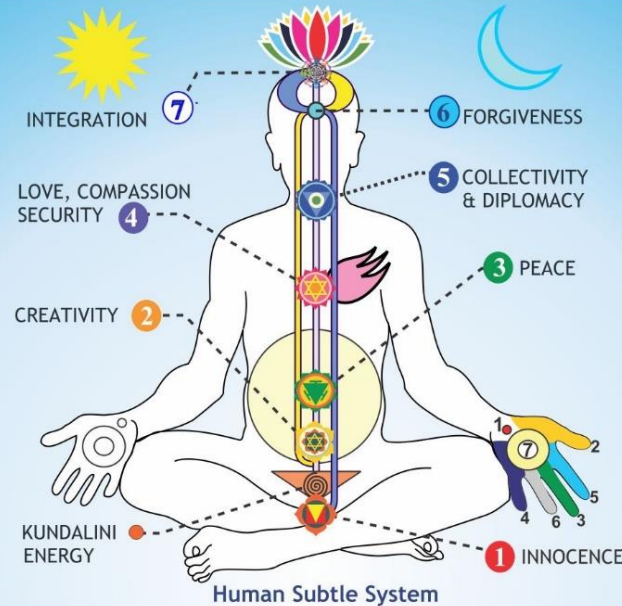
### How can it be free?

People who have experienced its benefit show others how to meditate. It's that simple. Whether in the public, community and business sectors, Sahaja Yoga meditation is available without cost. The programmes are open for the general public and schools, universities, hospitals, community centres, immigration detention centres and corporations.

Our weekly sessions can help you experience the true state of meditation. You will also learn how to meditate at home and how to remain in balance. The techniques are easy to learn and practice. Beginners and experienced meditators are welcome, No prior knowledge is necessary, everything is explained.

*"Meditation is the only way you can grow...  
Because when you meditate, you are in silence.  
You are in thoughtless awareness.  
Then the growth of awareness takes place."*

H.H. SHRI MATA JI NIRMALA DEVI

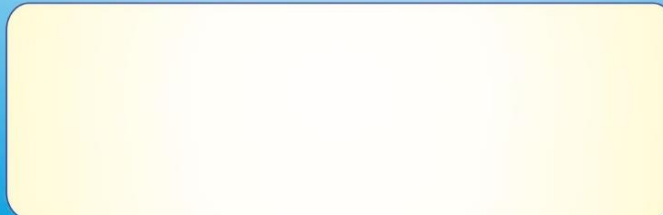


### The Seven Chakras (Plexuses)

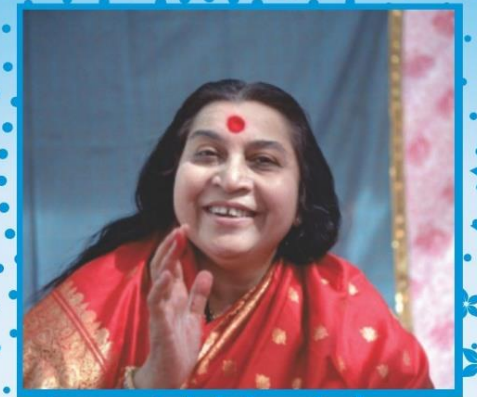
The Chakras (Plexuses) can be thought of as types of awareness that correspond to certain qualities and are said to physically lie along the spinal column. Briefly, starting at the bottom Chakra and moving upwards, the qualities are described as;

- 1) **Innocence** (*freedom from corruption*)
- 2) **'True' knowledge** (*freedom from ignorance*)
- 3) **Satisfaction** (*freedom from desire*)
- 4) **Security** (*freedom from fear*)
- 5) **'Collectively'** (*freedom from 'identity'*)
- 6) **Forgiveness** (*freedom from anger/resentment*)
- 7) **Joy** (*freedom from suffering*).

### Regular free meditation classes



# SAHAJA YOGA Meditation



H.H. SHRI MATA JI NIRMALA DEVI  
FOUNDER OF SAHAJA YOGA



## Feel the energy within

We have a dormant energy inside that can be awakened very easily through Sahaja Yoga. We can feel it instantly on our hands. It gives inner peace and bliss.

Find peace, satisfaction and balance through meditation. Learn about the mechanism within each of us that enables us to lead balanced and joyous life.