

Sahaja Yoga – Part One

Sahaja Yoga is a simple form of meditation discovered by *Her Holiness Shri Mataji Nirmala Devi*, which grants a seeker “Yoga” or union with the all-pervading Divine power, by awakening the Sacred Energy (*Kundalini*). The word “Sahaja” (*Saha + ja*) means born with you or inborn. Whatever is inborn manifests without any effort. Hence, Sahaja Yoga is the name given to this system, which is effortless, easy, and spontaneous.

The Kundalini is the power of pure desire within every human being—a maternal, spiritual energy, which resides in a dormant state in the triangular sacrum bone at the base of the spine. (Sacrum means “sacred or holy bone,” from the ancient Greek). The awakening of the Kundalini was always the goal of all the religions and all the spiritual traditions throughout the world.

Within every human being, there is a subtle system having energy centers (*chakras*) and channels (*nadis*) that look after and integrate our physical, mental, emotional and spiritual life. There are mainly three channels and seven energy centers that are important for our Self-Realisation. The left channel (*Ida nadi*) corresponds to our past, emotions and desires. The right channel (*Pingala nadi*) corresponds to our actions, planning, to our physical and mental activity. The central channel (*Sushumna nadi*) is the channel of our spiritual ascent. Each of the seven chakras has several spiritual qualities, which are intact within us, though they might not manifest themselves.

Self-Realization is the awakening of the Kundalini through the central channel, as it pierces the six chakras above the sacrum bone and emerges out of the seventh chakra at the top of the head (*fontanelle area*) as a gentle “fountain” of coolness. The seeker experiences a cool breeze emanating from his/her hands and on top of his head. This has been called by different names in different religions. Shri Adi Shankaracharya called it the “*Soundarya Lahari*”. It is described as the “*Cool wind of the Holy Ghost*” in the Bible and as “*Rooh*” in the Quran.

The system of Sahaja Yoga is an ancient one, wherein an authorized Guru would grant Self-Realisation to one worthy disciple. In May, 1970, H.H. Shri Mataji Nirmala Devi opened the seventh chakra (*Sahasrara*), after which it was possible to grant en-masse Self-Realisation to thousands of seekers at the same time. Thus, Sahaja Yoga was born. Today, Sahaja Yoga is practiced in over 110 countries around the world.

What is meditation?

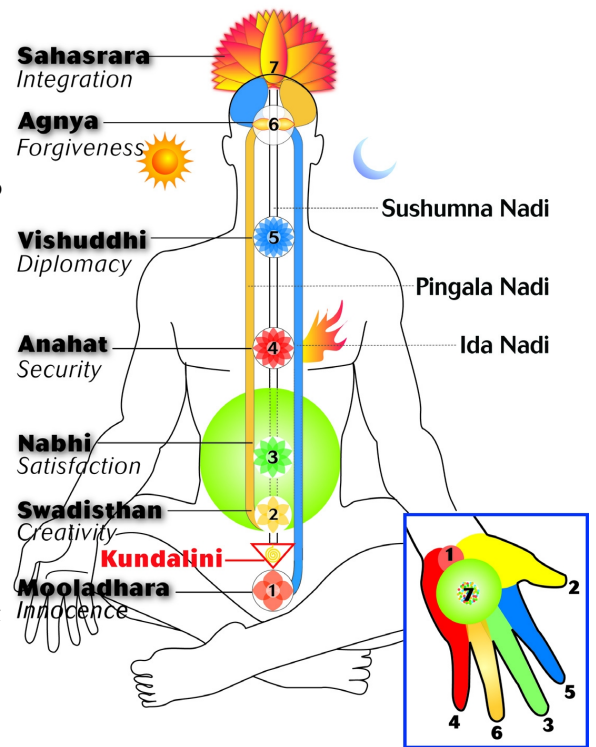
Actually, we cannot do meditation. Meditation is a state of consciousness into which we spontaneously enter as the Kundalini pierces the seventh chakra (*Sahasrara*). This is a momentous, if subtle happening. It is the yoga, the union with the Divine and the beginning of an altogether new awareness known as “*Thoughtless Awareness*”. It is this awareness that we must now sustain. However, in our busy distracting environment, it is not always easy. Through regular practice of Sahaja Yoga meditation, this state and awareness can be sustained.

How to meditate?

- ◆ Sit on the ground or on a chair in a relaxed manner. Close your eyes. Place both hands on the earth (If seated on a chair, keep both feet apart and point both hands towards the earth).
- ◆ **Prayer:** *Mother Earth, please take away all my problems and bring me into balance*
- ◆ After a few minutes, place both hands on your lap, palms facing upwards. Say the following prayer till you feel complete peace and thoughtlessness.
- ◆ **Prayer:** *Shri Mataji, please take away all my thoughts and take me into the state of thoughtless awareness.*
- ◆ Once this state is achieved, try to sustain this for a few minutes.

Important: Besides regularly meditating at home in the morning and evening (for a duration of ten to fifteen minutes), it is extremely important to attend a collective meditation at least once a week at a nearby Sahaja Yoga meditation center. This is essential, if one has to progress in Sahaja Yoga. The blessings / benefits that Sahaja Yoga brings about to the seeker in the form of improvements in physical, mental, emotional and general well-being may be fully realised only when the seeker regularly attends collective meditation.

The Subtle System



Looking forward to meet you next week! Thank You!

H.H. Shri Mataji Nirmala Devi

Shri Mataji Nirmala Devi was born on the day of equinox, the 21st of March, at noon in the town of Chindwara, exactly in the centre of India. She came into the world with none of the stains of birth on her skin. For this reason she was named "Nirmala", which means "pure".

A living saint for modern times...

Her family of Christian denomination descends from the famous Shalivahana dynasty which governed India aeons ago. From early childhood, the young Nirmala showed an unusual nature. Her charisma not only won over her relatives and playmates but also the most feared animals such as reptiles. The cries of the housemaids did not dissuade her from catching snakes, symbol of the Kundalini coiled up three and a half times in the sacrum bone. She also spent a part of her childhood life during the school holidays at Mahatma Gandhi's ashram. Gandhiji immediately noticed the exceptional nature of the child placed in his care. Her counsels were a source of inspiration for his philosophy. Her father Sri P.K. Salve who was also a realized soul, spoke fourteen languages and was the author of the Hindi translation of the Koran. Her mother, Sri Cornelia Salve, a mathematician, stood by her husband in the fight against colonialism.

Having reached the age for university studies, Nirmala studied medicine at the Christian Medical College in Lahore in order to find out for herself the extent of the knowledge reached by human discoveries. Her choice had a purpose to it since the science of the Kundalini rests on the subtle potential of the nervous system.

In 1947, Shri Mataji married Sir. C.P. Srivastava, one of India's most dedicated civil servant officers, who was knighted by the Queen of England. He held the post of the Joint Secretary to the Prime Minister's office of the late Shri Lal Bahadur Shastri in the years 1964-66. Later on he was elected for 16 consecutive years to be the Secretary General of the United Nations International Maritime Organization. She devoted herself to the duties of a diplomat's wife and mother up to the time of marriage of their two daughters. From the beginning of their life together, it had been agreed that the girls' departure from the family house would mark for Shri Mataji the turning point of a new phase to be started for the future of the world.

This is how, on the 5th of May 1970, at Nargol, on a beach near Bombay, while in meditation, Shri Mataji inaugurated the technique of awakening the Kundalini, thanks to the opening of the Sahasrara, the last chakra in our subtle system. Thus Sahaja Yoga was born. 'Sahaja Yoga' meaning 'in-born' or 'spontaneous'. Mr. Srivastava's professional destiny, having been elected Secretary General for the United Nations Maritime Organization, brought the couple to London in 1974. Initially She groomed 12 seekers who were the raw material from which Sahaja Yoga was to take shape. In London at that time, one could see Shri Mataji on an average twice a week at public conferences between 1979 and 1981. From 1981 to 1989, she continued to receive large number of people in Her home. Her activities were to speed up in the years to follow and soon Shri Mataji's time was spent between airports, and public programmes where realized souls from all over the world were eager to welcome her. Today Sahaja Yoga has spread to over a 110 countries.

Shri Mataji has been recognized and honoured worldwide by several prestigious institutions for Her selfless work and for the powerful results of Her spiritual teachings. Shri Mataji remains particularly discreet as to the mystery of her personality. For more than thirty years she has been spreading the science of Kundalini, and no one throughout her conferences has obtained much information about Shri Mataji herself. Her nature can be discovered only through one's inner being, like the private talk of a child questioning his mother about the mystery of life. She says over and over again that one must not take her word for it but must test for oneself the truth of her message. And when most of the people in the audience put their hands up to acknowledge that they have felt the cool breeze of the Primordial Energy on their palms, on the top of their heads or in their bodies, and a voice from amongst them asks, "But who are you to have achieved this mass phenomenon?", she looks down with a modest smile and gives an answer which could be summed up as follows: "Yes, indeed, there must be something special about me, but there would be no point in me telling you anything about it yet in the present circumstances because you have not yet tried out the Reality of your Kundalinis. Whatever I might say would be of no use to you and would only irritate you. I do not want to be crucified as Christ was for having revealed his identity." Then, still smiling and calm, She adds "But, thank Heavens, today this cannot happen either to me or to the realized people. The time for martyrdom is over!" She adds: "There is no reason for you to be jealous of me. There are so many things that you can do and that I cannot. I do not know how to drive a car or how to type and so many other things. I am a traditional house wife. But I am a good cook and whether I like it or not or whether you like it or not, I have perfectly mastered the art of the Kundalini. It is my nature and there is nothing I can do to change this. If someone could take my place in this task of mass Kundalini awakening, I would gladly make way for him." **Well..., She is what She is. In fact, She IS !!**

