

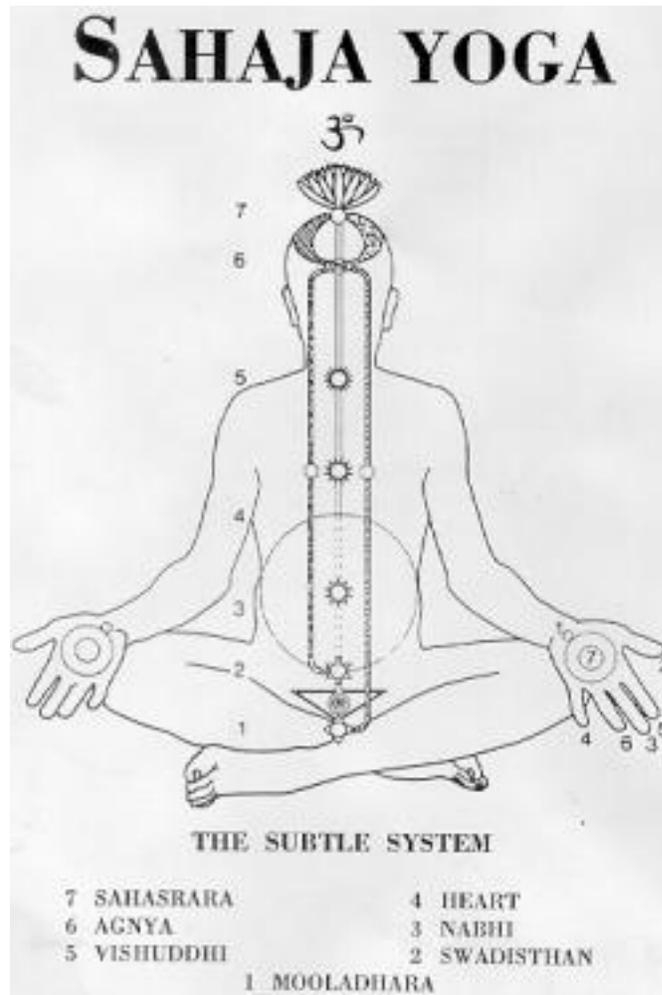
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Yoga meditation brings inner peace

Seek out your spiritual well being with free classes

by **Bill Downey**
special to Imprint



For two years, Sahaja Yoga has been holding weekly meetings at the Kitchener Public Library. All classes are free of charge and no membership is required. Sahaja Yoga knowledge is being taught in 65 countries worldwide.

Many of us are seeking more than our material well-being; we want to find

out the reality about ourselves. In many ways, this search for truth takes a heavy toll on our spiritual and physical bodies. It is obvious that most of those who offer spiritual healing are completely money-oriented. Upon careful investigation, one can discover a fully developed marketplace competing for the money of honest seekers of spiritual health and knowledge. The seeker may even find that some spiritual systems are also power-oriented, seeking control of people. Each one promises happiness, fulfillment,

healing, supernatural powers and self-knowledge. Although we know that these gurus, healers, priests, and organizations are very often power-oriented and making a business of God, we continue on, hoping something will work out someday. The only way to avoid the clutches of those who are selling falsehood is to find out the reality about ourselves.

Self-knowledge is to know how we function, and what the essential sources of our emotional, mental, and physical imbalances are. The simplest and most efficient solution, (this is also the least expensive), is to finally learn how to take care of ourselves and avoid depending on incomplete knowledge.

To achieve the true knowledge, we have to be aware of the system within us, which is absolutely perfect and complete. This is our energy body, also called the subtle system, (see diagram at right), and people have known about it for thousands of years. Slowly, Western society is becoming aware of it and is trying to use it. We have come to know about acupuncture, reiki, reflexology and channeling, but these practices do not really have access to the whole system. These practices all work on the energy system inside every human being, but without the complete, integrated understanding. Our energy bodies are referred to in Western science as the autonomous nervous system. This system regulates everything within us. It organizes chemicals, cells, and nerves and governs our mental, emotional and physical well-being. This spiritual body within us is made out of pure love and responds to everything we do, say, and think.

When we look at the diagram of the subtle system reproduced here, we see its main points, or centers, and its channels. In Sahaja Yoga meditation, we learn how this system works and how to heal it. If we are able to repair the damages in our subtle body, our imbalances and illnesses disappear automatically. Our true nature is actually very joyful, peaceful and loving. We see this true nature in young children, as they usually have not yet suffered much damage to their subtle system. Whenever we act in a hectic, aggressive, arrogant, greedy, or selfish manner we go against this pure love within us and hurt our subtle body. Eventually, our self-destructive behavior leads to sickness and imbalances.

The problem with the self-appointed spiritual leaders and healers mentioned above is that they are unable to give their disciples and patients self-knowledge, and thus only manipulate and shift problems from one place to another. Without this self-knowledge, we do not know where our problems are coming from, nor how to make the changes in our behavior that will solve these problems. Only we can heal ourselves. Becoming aware of your own subtle system is the first thing that happens to anybody who comes to Sahaja Yoga.

This awareness is actually felt. In the diagram, we see a little triangle. This triangle represents the sacrum bone, and it is the seat of an energy known in all ancient cultures. In Sanskrit it is called Kundalini, and its awakening was the aim of all genuine spiritual leaders.

Shri Mataji Nirmala Devi has found a unique method of awakening this energy en masse. She describes this enlightenment as self-realization. This is a technique through which anyone who wants can have his or her Kundalini awakening; the seed of a transformation of entire being. As the Kundalini rises, it enlightens the subtle system, then pierces the fontanelle bone at the top of the head, connecting us with the collective consciousness.

In the 30 years since Shri Mataji Nirmala Devi has developed Sahaja Yoga meditation she has been devoting herself to teaching the importance of self-realization and the structure of the subtle system. She brings this knowledge to every part of the world, giving self-realization to thousands of people every year. It is always free of charge. For, as Shri Mataji says, "You cannot pay for your self-realization." Currently, in 65 countries all over the world, people are benefitting from the practice of Sahaja Yoga.

Our next Sahaja Yoga meditation class begins at the Kitchener Public Library on Tuesday, March 3. The class begins with two introductory evenings and will last for about 10 weeks. Classes are held every Tuesday from 7:00 p.m. until 8:30 p.m.

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