

# Sahaja Yoga

Jennifer was a school teacher. For years she suffered from repetitive migraine attacks and high blood pressure. She had difficulty in sleeping during the nights. Often she was irritated taking care of her kids and was losing interest in her married life too. Jennifer fought with her condition for 4 years seeking one medical opinion after the other. She was under drugs most of the time that carried her to a state of depression.

It all ended one day when Jennifer discovered the fact that the cure to her illness was within herself. She learnt to awaken the power that remained dormant within herself that would cleanse her system and cure her physically and mentally. The power that Jennifer discovered was "Sahaja Yoga". Sahaja Yoga is a simple form of meditation that grants "Yoga" or union with the divine power, by awakening the Sacred Energy called "Kundalini".

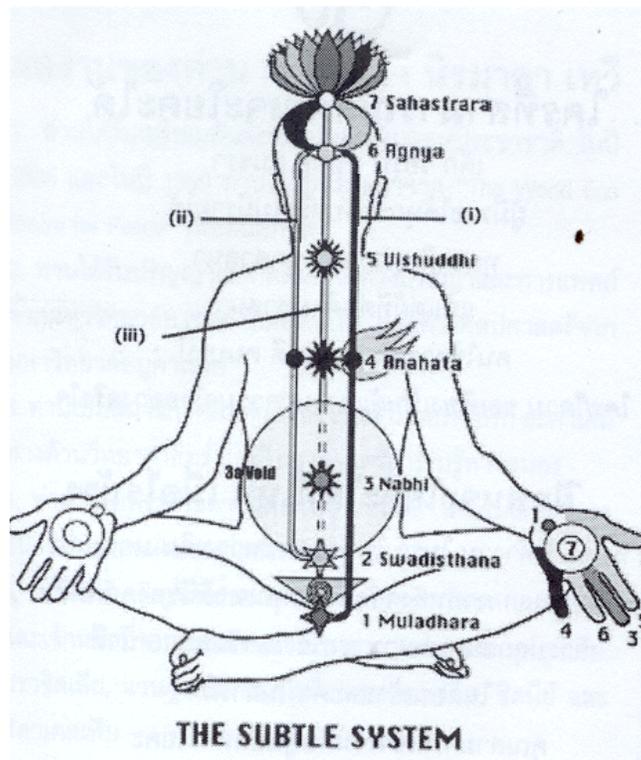
## "KUNDALINI" - The Sacred Energy

We are all sources of energy. The rays of consciousness, emitted through the all pervading original energy, after passing through the nervous system, settles down at the end of the spinal cord. This primordial energy is called the "Kundalini". When properly invoked by the vibrations of meditations, the Kundalini leaves her abode and makes her way through the six energy centres and reaches the seventh energy centre on top of the head. The awakening of the kundalini is felt by the seeker as a cool breeze either on the top of his head, on the palm of the hand or both. Once kundalini starts moving the seeker enters into a meditative state and becomes conscious of the profound and peaceful silence known as Thoughtless Awareness.

## Channels and Energy Centres

The Sahaja Yoga form of meditation divides the human body into three channels and seven energy centres. The left channel represents emotions, memories and desires. The right channel represents our ideas, planning and actions. The centre channel expresses the balance and evolution. If the left and right channels become overactive it leads to stress and other disorders. Sahaja yoga trains us to remain in the centre and maintain the mental balance.

The Seven energy centres are called as "chakras" or Wheels. They are known as wheels as they spin movement of energies for physical, mental and spiritual activities. These chakras are placed along the spinal cord and on the hand. (See picture) The movement of the wheels emits vibrations. The understanding of what they attract and what aspects disturb them is very important for our well-being.



## Impact of Chakras on Kundalini

We have understood that the overall objective of the sahaja yoga meditation is to raise the Kundalini to attain a blissful state of eternal peace. According to Sahaja yoga philosophy every thought and action influences the sensitivity and performance of the chakras. When chakras become insensitive due to non performance , Kundalini cannot ascend to pierce them. By constant meditation, Kundalini caters to the need of the chakras, cures the diseases caused by the constriction of the chakras and awakens them. The awakened chakras clear the path for her ascent.

## What do Chakras Represent?

Each of the seven chakras represents a human quality and controls an organ in the human body. For example , The Swadistan Chakra represents Creativity and Intellectual Perception and is controlled by the Liver, Kidney, spleen and pancreas. A cause of obstruction in this Chakra could be through alcohol and drugs or extremism and fanaticism. The practice of Sahaja Yoga by awakening the Kundalini clears the Swadista Chakra and the diseases associated with the organs of the body that it controls, like Diabetes, heart disease etc. are cured. Sahaja Yoga prescribes very simple forms of clearing the obstructed chakras. These include Soaking one's feet in bowl of cold salted water during meditation and using a candle around the void area in addition to chanting mantras.

Let us compare our human body to a house with seven rooms. In the backyard of the house is a beautiful garden where you would like to relax in peace. The seven rooms like the Living room, study, the kitchen are the seven chakras in the body. The garden is our ultimate goal of attaining peace. You cannot enjoy the beauty of the garden's environment if you have unfinished work in any of the seven rooms. If you have not slept well, if you have unfinished studies or bad food , you cannot enjoy the pleasures of your garden. The practice of Sahaja Yoga ushers in the kundalini of discipline into the house that unlocks the doors of the room leading the way to the garden of the eternal peace.

## Mataji

Sahaja Yoga was discovered by Her Holiness Shree Mataji Nirmala Devi. Sahaj Yoga is the culmination of all forms of yoga as it is the yoga of the actual awakening of the Kundalini. It is the supreme yoga not because it excludes any other form of yoga but because it integrates them and transcends them. All religions have promised inner silence when you reach the state of self realisation. This has also been described as "thoughtless awareness" which results in collective consciousness. To quote Mataji " Through the discovery of " Sahaja Yoga" it is possible to achieve the transformation of the human consciousness to higher planes promised by the various seers." Mataji says " Kundalini is like a gas which touches the spirit and the light of the spirit spreads in the central nervous system. Our goal is to be the spirit - nothing but the spirit".

Practise Sahaja yoga and awaken the power you have in your body that cleanses you spiritually and physically.



For more information about Sahaja Yoga visit the web site [www.siam.to/sahajayoga.com](http://www.siam.to/sahajayoga.com) or email to [sahajayoga@bangkok.com](mailto:sahajayoga@bangkok.com)

...Sujatha



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