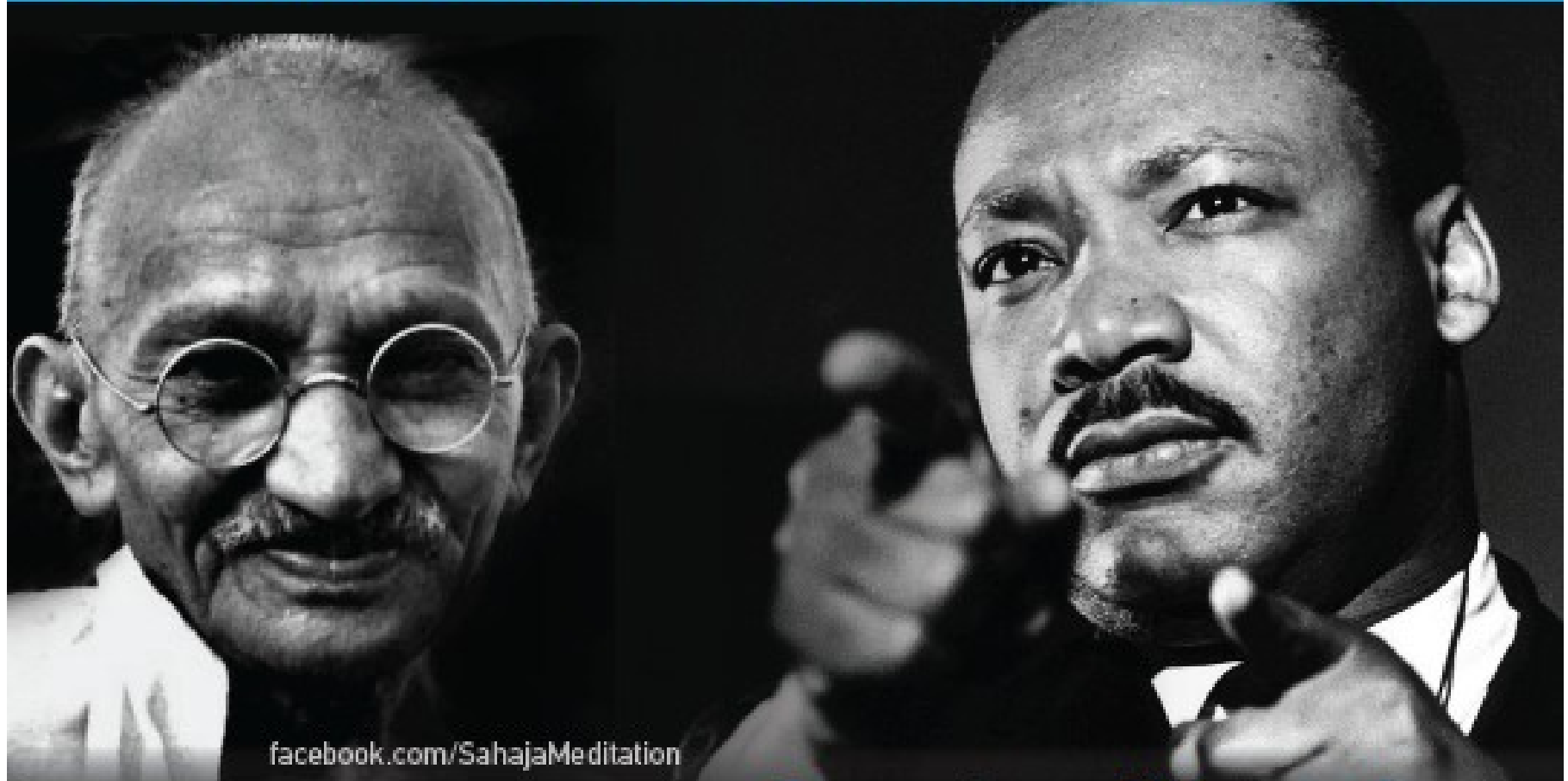


PEACE IS NOT MERELY A DISTANT GOAL THAT WE SEEK,
BUT A MEANS BY WHICH WE ARRIVE AT THAT GOAL.



facebook.com/SahajaMeditation

sahaja



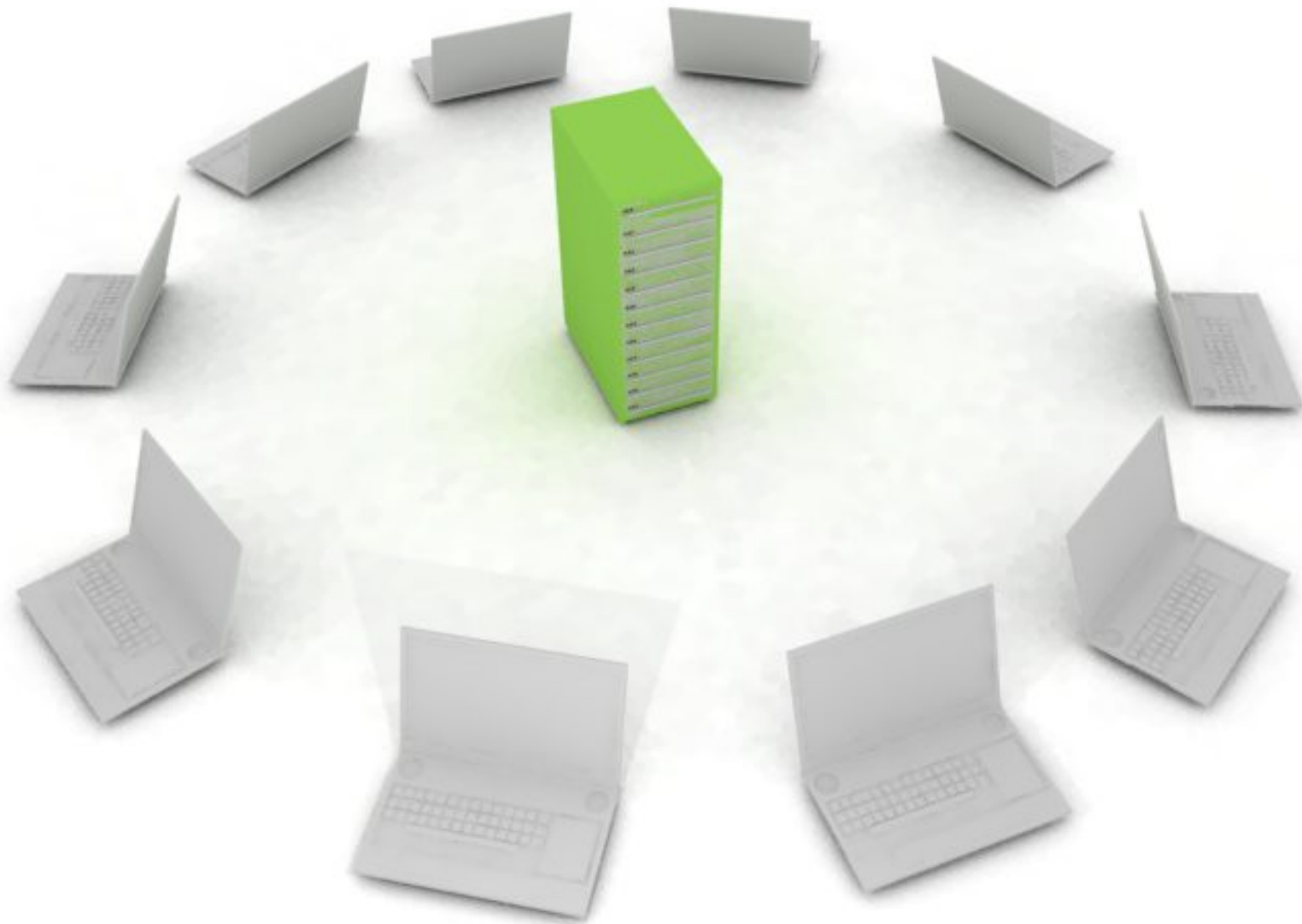
feel the energy within

meditation

Two great men. Different cultures.
The same message.

Martin Luther King, Jr. inspired by Gandhi's testament
to the Revolutionary Power of Nonviolence.





MANGLER forbindelsen mellem din krop og sjæl?
26/01/16

kom ONLINE - uden at bruge login!



ANAHATA:

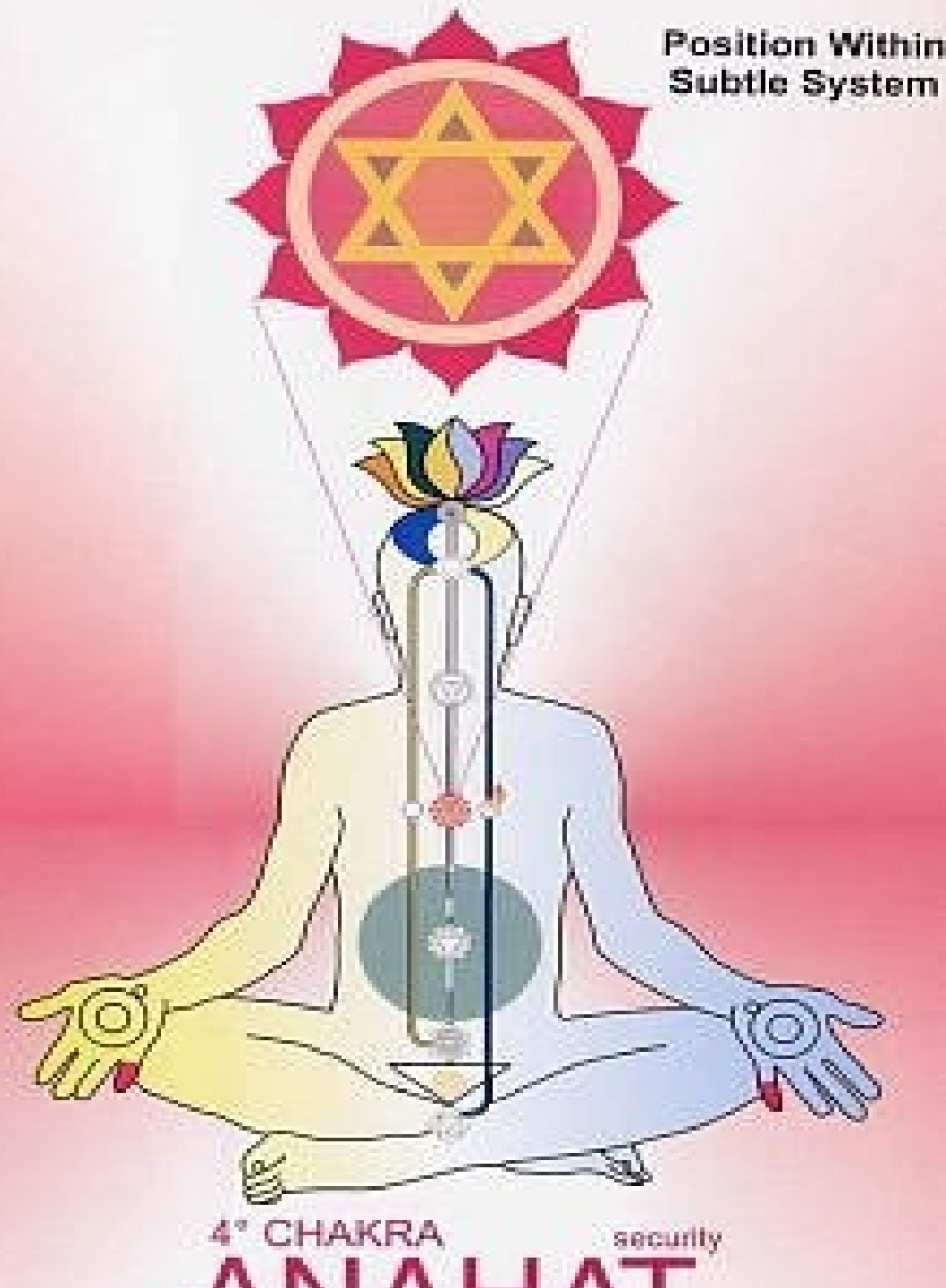


If you look into your own heart,
and you find nothing wrong there,
what is there to worry about?
What is there to fear?

Confucius

ANAHAT:

Anahata -
*unhurt, unstruck
and unbeaten.
A sound without
repercussion*



ANAHAT:

Anahata -
*unhurt, unstruck
and unbeaten.
A sound without
repercussion*

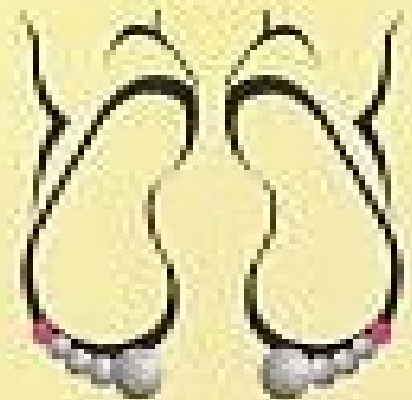
Position in Head



In Hands



In Feet



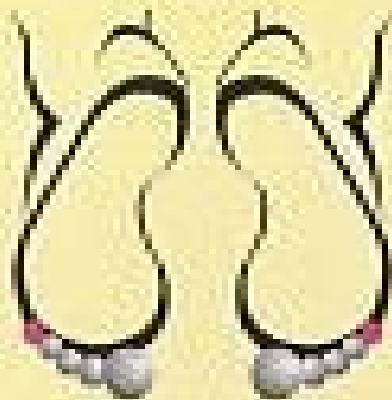
Position in Head



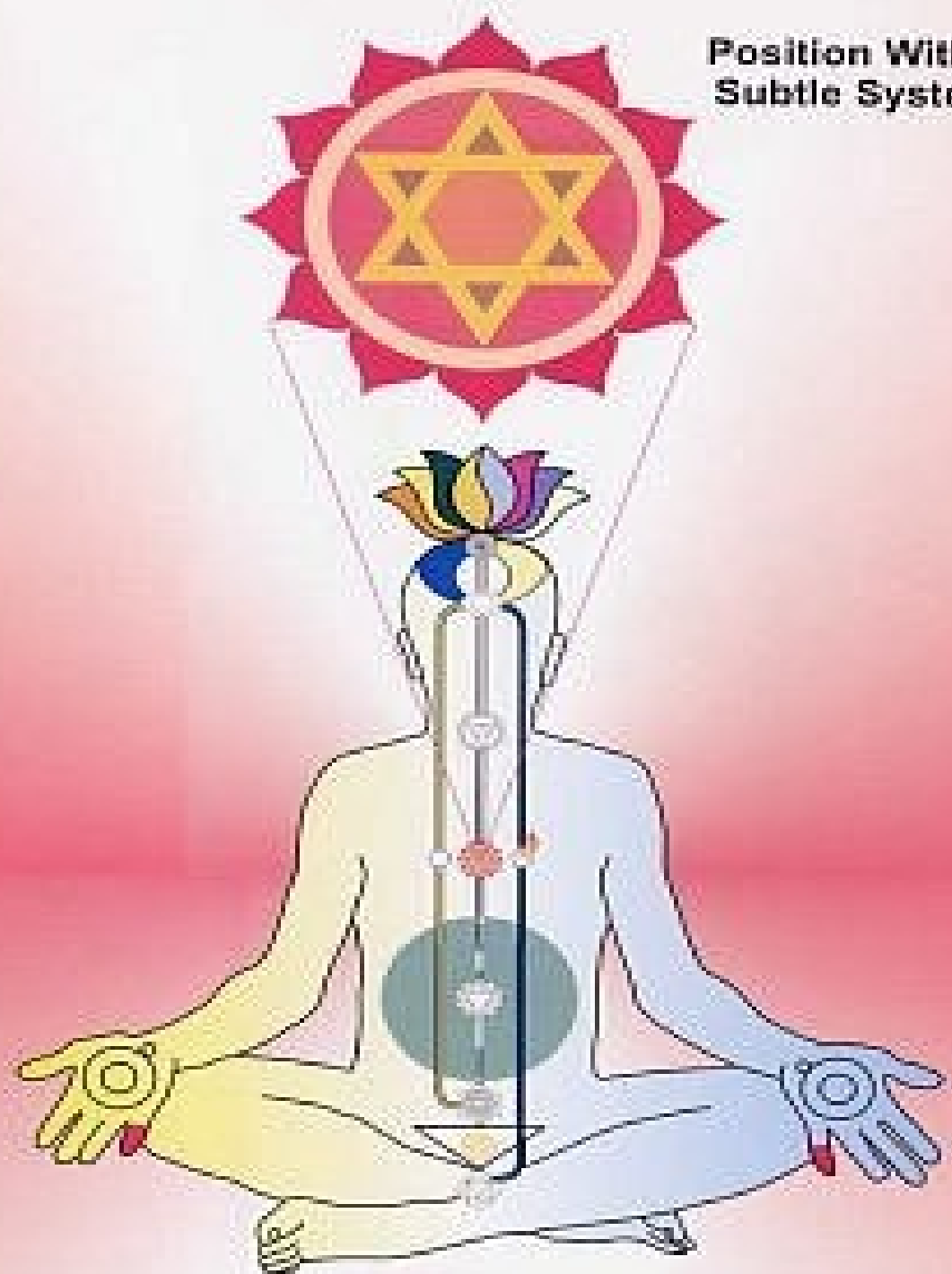
In Hands

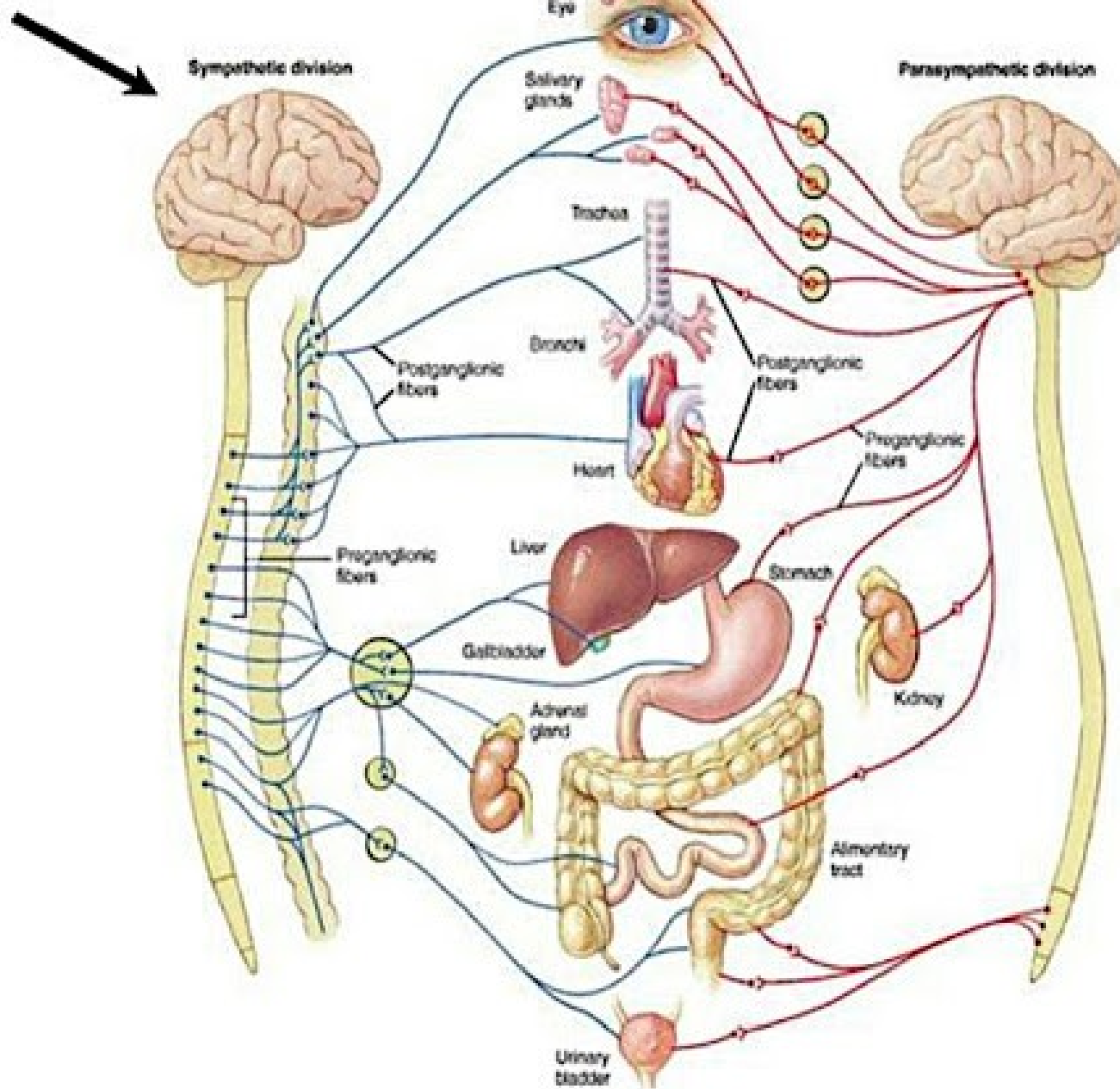
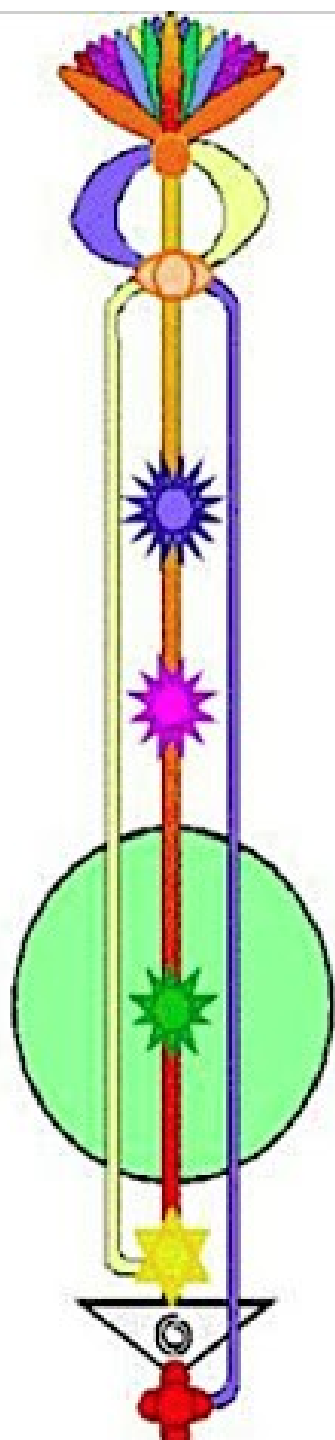


In Feet



**Position With
Subtle System**





ANAHAT:

Qualities:

Mother of the Universe, physical mother, sense of security, creation and nourishment of antibodies .

Gross expression:

Center of cardiac plexus, part of left plexus,
sternum bone.

Manifestations:

Breathing, breasts.

Element:

Air

ANAHAT:

The Heart Chakra is the home of the **Self**, the Spirit, Atma — all meaning the same thing.

You are nothing but an eternal Spirit.
and we have to realise and become our Spirit, and
leave behind the futility of the illusion we live in.

We start the process of becoming our **Spirit** after
realisation, as we start to lose our false identifications
with our body, mind and feelings.

ANAHAT:

Causes of Catch/Obstruction:

Left Side:

Extreme physical /mental activity, heart felt bad relations(especially mothers), outside Attention, Hatha Yoga,drugs, no seeking, no faith in God.

Right Side:

Father or fatherhood problems , emotional aggression, arrogant or inconsiderate behavior, unlawful domination.

ANAHAT:

Clearing right heart:

Using the elements:

The use of a candle around the heart area can be very effective.

Deep and relaxed slow breathing in and out for a while. Take a deep breath and hold it in for a while, then release. Dont strain. Repeat a few times.

Affirmations:

"Mother, please make me a fearless person."

ANAHAT:

Clearing left heart:

Using the elements:

The use of a candle around the heart area
can be very effective.

Affirmations:

*"Mother, I am the Spirit
Mother, I am the Spirit, only the Spirit,
I am not the ego, not this body, not this emotion
- I am only the pure Spirit.."*



