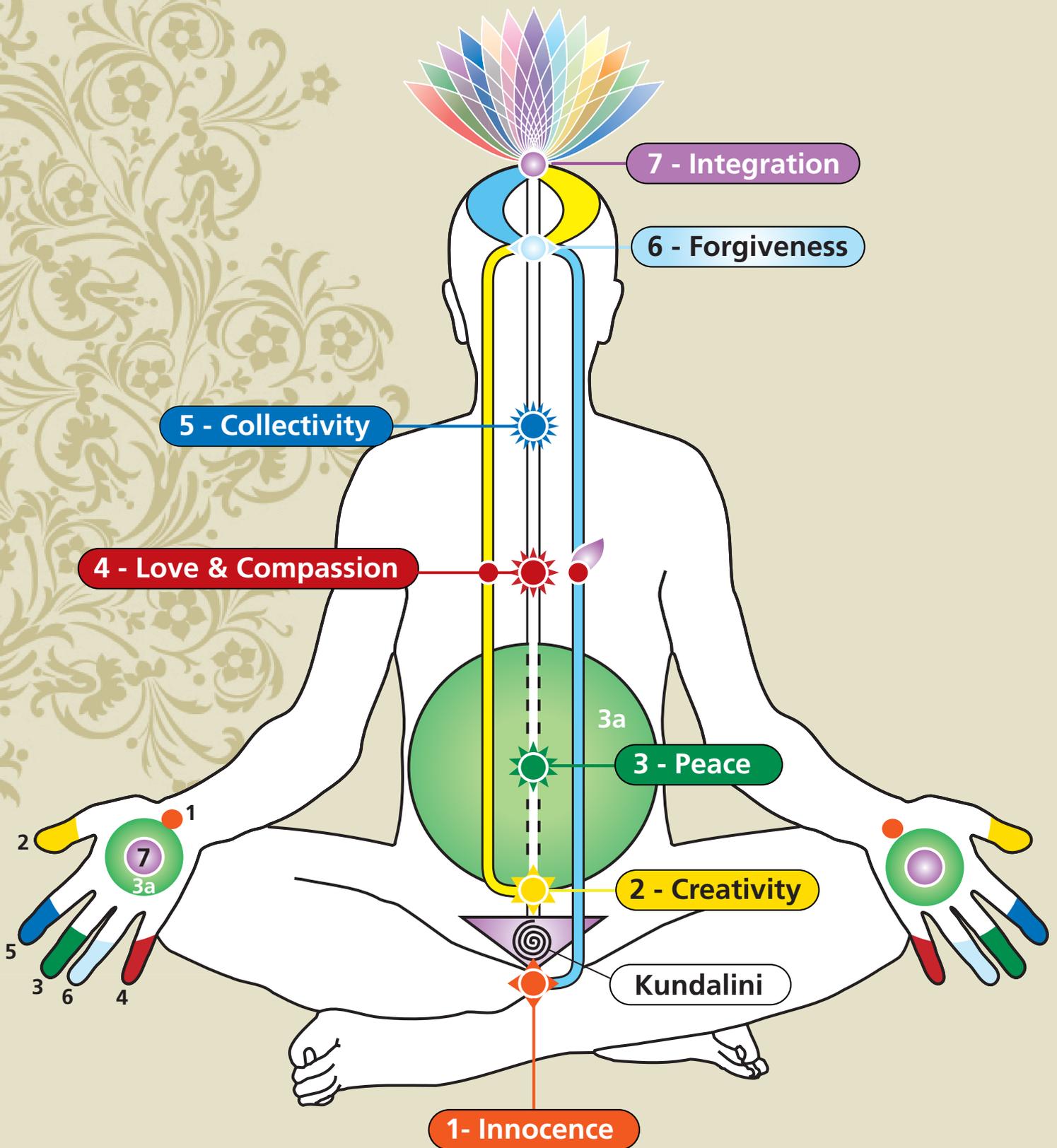


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# SAHAJA YOGA

Welcome! | Learn meditation | Know thyself

## What is meditation ?

Meditation is a state of mind where we don't think. Often we are thinking the whole day about what has happened and what will happen. Of course it is necessary to think sometimes but we don't have to think all the time because it makes us tired. Sometimes our thoughts spin round and round and return to the same point all the time. Meditation will slow down the thoughts until they finally stop and then our mind becomes absolutely peaceful.

## Self Realization

Self realisation is a process where our inner motherly energy, Mother Kundalini, is awakened. She has looked after us since birth, she comforts us, she heals our wounds and protects us from danger. During our whole life she has patiently waited for us to ask her to wake up so that we can reach our full potential as human beings.



## What is Sahaja Yoga?

“Sahaja” means spontaneous and “Yoga” means union with the all pervading power. This union is a completely natural state, which we have forgotten but it is achieved when we ask for our Self Realisation.

When Mother Kundalini wakes up we attain a new awareness, a kind of a sixth sense. We can feel where we have blockages in our inner energy system. Through the meditation and a few clearing techniques we gradually reduce these blockages. When that happens we feel better physically as well as mentally, we become calmer and more harmonious. We also develop a better ethical awareness where we can decide what is right and what is wrong, and we start to focus on what is important in life, such as enjoying the nature, spend time with friends and helping others.



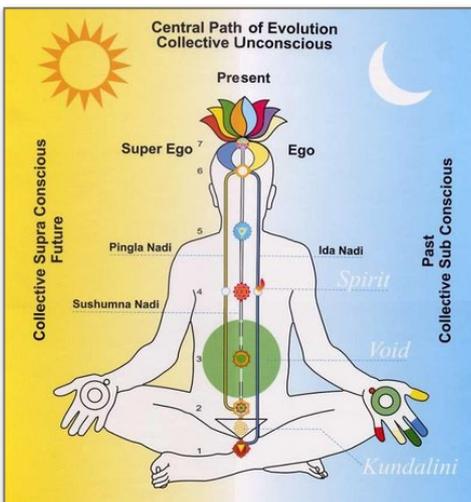
## The subtle system

The subtle system was the discovered in India thousands years ago and helps us to understand ourselves as human beings.

It includes seven chakras and three channels as is shown on the picture below.

The Chakras are energy centers, which represent different human qualities such as courage and forgiveness. When there is a blockage in one of the centers its strength is weakened. For example is we have a blockage in the Anahata (the 4th centre) we become a more fearful person. If we clear the chakra our courage is restored. It is the same with the channels; if there are blockages we function not as good as we would if the channels were clear.

With the help of Sahaja Yoga you will be able to clear your subtle system. It will not be done over night but with patience and consistency you will gradually feel an improvement.

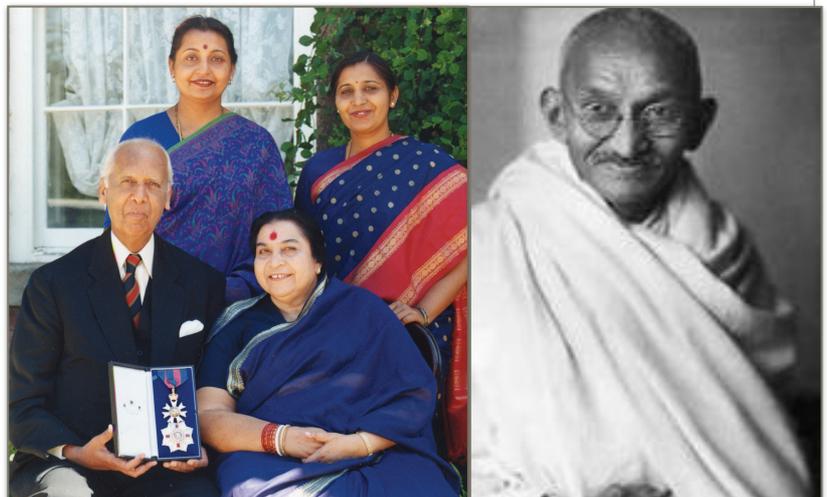


## Shri Mataji

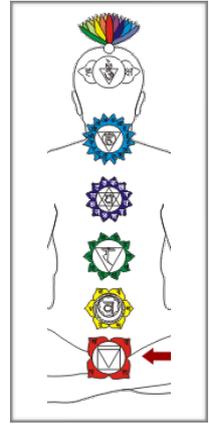
Shri Mataji started Sahaja Yoga in 1970. The earlier forms of Yoga were only available to small group of people, mainly in India. A Guru had a number of disciples and after many years of training and clearing of their energy system, one of the disciples achieved self realisation. In this way the knowledge was kept a secret because the majority of mankind was not ready to receive this knowledge. However, thanks to Shri Mataji it is now possible for all mankind to receive their Self Realisation. Sahaja Yoga has now spread throughout the world to over a 100 countries and are practiced by thousands of people from all different backgrounds and is always free.



Shri Mataji was born in 1923 in a Christian family in India. The family was close to Gandhi and Shri Mataji spent time in Gandhi's ashram as a little girl. He saw her wisdom and asked her for advice in spiritual matters. When Shri Mataji was a student at a medical college she participated in India's struggle for freedom. Both her parents were also active and were put in jail several times. Eventually India gained its freedom and Shri Mataji married and got two daughters. When they were grown up and married Shri Mataji could focus on her life task, to create Sahaja Yoga.



# Mooladhara chakra



## Properties

Mooladhara is placed at the bottom of the spine. In Sanskrit the name means "the support of Kundalini". This chakra is the foundation of the Subtle System and supports all the other Chakras.

## Function

Mooladhara controls the excretion and reproductive organs. It governs the sexual aspect of a human being. From time to time false Gurus have tried to awaken Kundalini through sex (tantrism). This is very dangerous and causes a lot of damage on this chakra. Sex is a natural part of life but not a part of our spiritual development. Mooladhara is the key to Kundalini and anything that is not innocent can damage it.

## Innocence

The basic quality of Mooladhara is innocence. This human quality is very strong in us when we are children and is the foundation in an ethical personality. An innocent person acts without calculation or any desire of gaining anything for themselves.

## Qualities

Left side:	Innocence
Centre:	Wisdom
Right side:	Destruction of negativity
Physical aspect:	Genitals and excretory organs
Number of petals:	4
Element:	Earth

## Causes of obstruction

Left side:	To much focus on sex, tantrism or occultism.
Right side:	Total abstinence and fanaticism.

## Affirmations

Left:	Mother, I am innocent
Centre:	Mother, please make me more innocent
Right:	Mother, you remove all negativity

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After self Realisation we learn how to respect our own and others chastity. This feeling of right conduct is important for us to develop our inner power and dignity. Chastity is an innate and indestructible force within all human beings.

