

GUIDE TO

Chakras

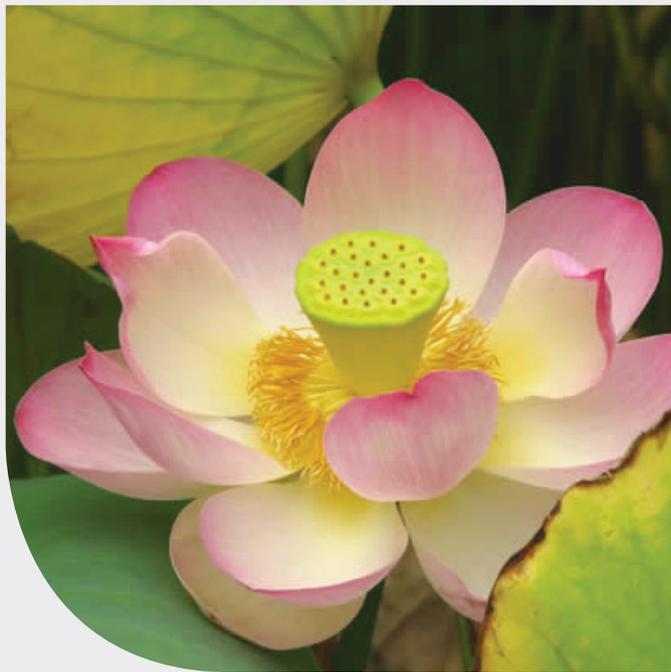
According to the teachings of Shri Mataji Nirmala Devi

THE SEVEN KEYS FOR :

- ▶ PUTTING AN END TO THE STRESS
- ▶ FINDING INNER PEACE
- ▶ CREATING HARMONY



SUMMARY



04 The Subtle System

06 Mooladhara

08 Swadhistan

10 Nabhi

12 Anahat

14 Vishuddhi



Agnya	16
Sahasrara	18
Shri Mataji Nirmala Devi	20
Music and Chakras	22
Sahaja Yoga	24





7 - Sahasrara

Union with the Self,
Integration



6 - Agnya

Forgiveness, Humility,
Thoughtless Awareness



5 - Vishuddhi

Communication, Community,
Witness State



4 - Anahat

Love, Confidence, Security,
Compassion, Benevolence



3 - Nabhi

Satisfaction, Generosity,
Evolution, Inner Peace



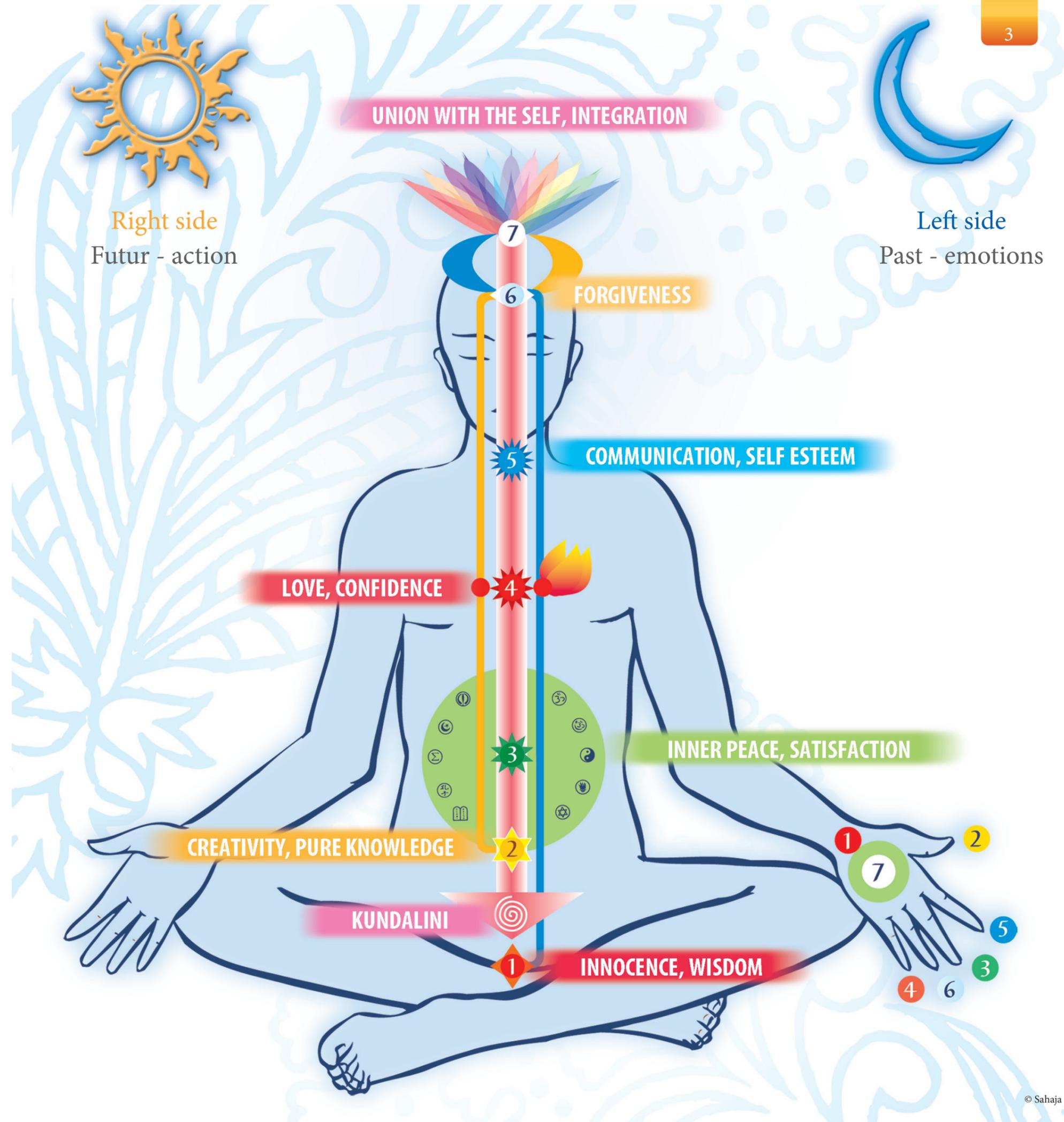
2 - Swadhistan

Pure Knowledge, Creativity,
Pure Attention



1 - Mooladhara

Innocence, Purity,
Wisdom and Discrimination



The subtle system

Our Subtle System consists of 3 Channels and 7 main Chakras.

The right and left channels are the physical support of our sympathetic nervous system and the central channel is the physical support of our parasympathetic nervous system.

- **The right channel** governs our physical, creative or mental activity. It is the channel of action.

- **The left channel** manages our emotions.

- **The central channel** manages our autonomous functions (heartbeat, etc...). The Kundalini energy rises up the central channel when we get our Self-Realization. It is the channel of our spiritual evolution.

The Sanskrit word “chakra” means “wheel”.

These energy centers or chakras correspond to our main nervous plexuses in the body.

Each chakra has its own qualities. (See the previous page for details). By regular practice of Sahaja Yoga, you get the

knowledge of your chakras, how to improve and look after them, in a very natural and spontaneous way. Your innate qualities start to manifest themselves.

You can feel the state of your subtle system and by using simple techniques, you can maintain it in a balanced state.

We give guidelines of these techniques in our lessons (courses) nearby where you live. They are always free.

“The self-knowledge that I am talking about is concrete, verifiable and is tangible like science itself and completely understandable in rational terms.”

UNION WITH THE SELF, INTEGRATION

LOVE, CONFIDENCE

CREATIVITY, PURE KNOWLEDGE

KUNDALINI

FORGIVENESS

COMMUNICATION, SELF ESTEEM

INNER PEACE, SATISFACTION

INNOCENCE, WISDOM

Kundalini and Self-Realization

Out of all the energies that sustain us, there is one which is the mother of all other energies. This dormant is of a spiritual nature. It manifests the love that the Divine has for us.

It is called Kundalini and she exists within everyone as a great potential of inner wealth. This living energy is waiting to reveal itself to us. Sahaja Yoga starts with the natural awakening of this energy.

The spiritual energy that is within us is called Kundalini.

It resides in the sacrum bone. This is the triangular bone which is located at the base of the spinal column.

When this energy awakens, it activates the central channel and passes through the chakras to come out and can be perceived as a flood, gush, spurt (of coolness) in the fontanelle bone area. Once this energy has been awakened we can perceive it's manifestation in a concrete way. A new state of awareness is established within us.

As soon as we have felt the condition of our chakras, we can improve them. We have the tools to progress easily with discrimination in our spiritual evolution,

The Kundalini awakening is an indisputable discovery. For the first time we have the chance to change ourselves and become independent.



Mooladhara

Innocence, Purity, Wisdom and Discrimination

allows us to perceive the positive aspects in each person and in every situation.

« The innocence never gets destroyed because it is eternal, but it may happen that it will get covered with some clouds by our commit. But once you get your Realization, your innocence is re-established»

Shri Mataji
Nirmala Devi

can achieve a state of thoughtless awareness. Therefore life becomes much more simple and pleasant. Due to the daily practice of meditation and the use of these different techniques offered by Sahaja Yoga you will discover and understand in depth all these qualities in the clarity of spirituality. On a physical level this center is situated in the pelvic plexus and governs all excretory production and the reproductive system.

Left side

It is responsible for the emotional balance and the faculties of memory.

Right side

When this centre is established it creates a dynamic personality successful in all action, if it's purpose and gain is for ones' spiritual accomplishment.

Attitudes that prevent the expression of these qualities

Occultism, Tantrism, degrading sexual practices, seriously affect the Muladhara chakra. Wrong conditionings and excessive emotional attachments cause an imbalance of the sympathetic left channel. The habit of planning everything and calculate reduced our spontaneity which is an important quality of this chakra.

« The fun is created only through innocence and innocence is the only way you can really emit also the fun. Imagine this world without any fun, what would happen ? »

Shri Mataji
Nirmala Devi

Symbols

Element : Ground

Colour : Red orange

Stone : Coral

Planet : Mars

Day : Tuesday

Number of petals : four

Spiritual representation :
Shri Ganesha



We can understand innocence in a new light : this quality is connected to our childhood but is not to be confused with naivety.

This quality allows us to have a positive attitude in life, without fear or of pre-judgement. She is the spiritual power which

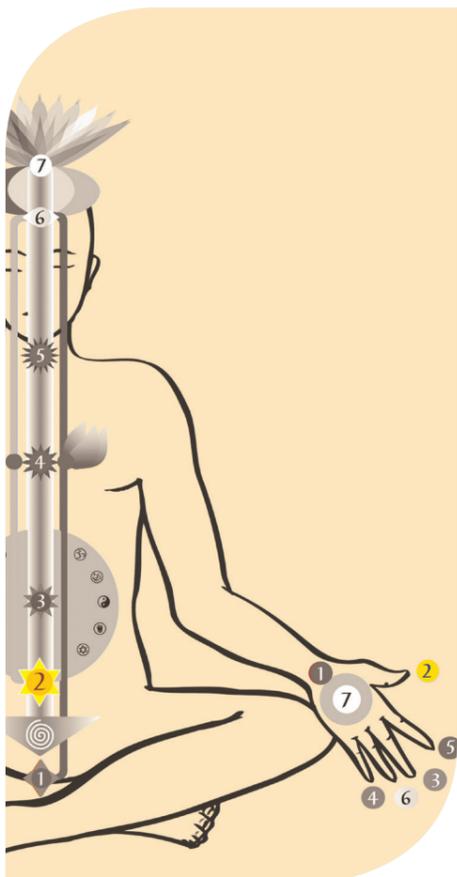
When the different qualities of the Mooladhara chakra blossom out, we then manifest the innate quality of innocence, discrimination, balance and joy.

When this center is established our attention becomes pure and so we



Swadhistan

Pure Knowledge, Creativity, Pure Attention



The organs of the body governed by the Swadisthan are the liver kidneys, spleen, pancreas and the uterus.

The role of the liver is to purify the blood by eliminating all toxins and poisons of the body. It breaks down the fat cells (in the stomach) in order to replace the gray cells of the brain, which generates the necessary energy in all functions of the brains activity. A liver in good condition ensures a stable and positive attention.

This Chakra corresponds to the aortic plexus.

It revolves around the Nabhi Chakra and its rotation thus defines the circumference of the Void.

The qualities of this chakra are pure knowledge, creativity and pure attention.

Left side

The source of pure knowledge has its origin in the left Swadhistan.

Human knowledge, at an individual level, is the result of education, training and daily experiences. But the pure knowledge, far from being the result of any mental activity,

is achieved by a state of thoughtless awareness.

This knowledge perceived by a flow of fresh vibrations : the perception and understanding of their subtle message, how to share and raise the Kundalini of others. The experience of these cool vibrations, as a breeze, is the manifestation of Divine Love that guides us on our path of spiritual evolution.

Right side

It allows a person to put into action his pure desire and express his own creativity.

The main quality of this centre is pure attention that is the ability to focus on what elevates us.

Central aspect

It allows us to express all forms of creativity, to follow our inspiration, inspiring a sense of aesthetics and intellectual capacities...

Attitudes that prevent the expression of these qualities

Left Swadhistan :

It is often affected by the practice of the occult sciences and observance to the teaching of unrealized masters.

The best way to get out of the past is to be in the present !

Right Swadhistan :

It is affected by anger, by mental and physical hyperactivities and excessive planning. Alcohol and drugs exhaust this chakra.

To balance this centre, we should allow ourselves to be more spontaneous, and express our heart rather than our ego.

Swadhistan centre :

Creativity is born from a subtle alchemy formed by the pure knowledge, pure attention and inspiration. This subtle centre allows us to be creative in all aspects of our lives.

Symbols

Element : Fire

Colour : Yellow

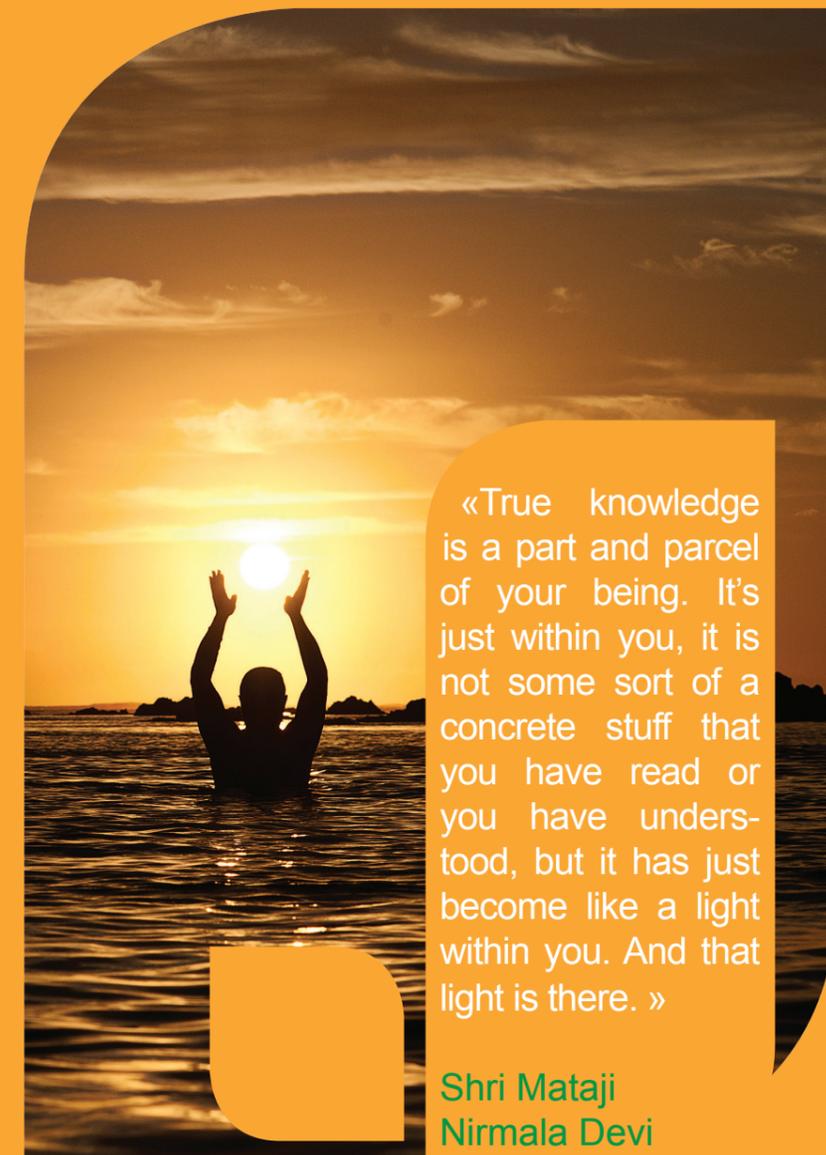
Stone : Topaz

Planet : Mercury

Day : Wednesday

Number of petals : Six

Spiritual representation :
Shri Brahmadeva
Shri Saraswati



«True knowledge is a part and parcel of your being. It's just within you, it is not some sort of a concrete stuff that you have read or you have understood, but it has just become like a light within you. And that light is there.»

Shri Mataji
Nirmala Devi





Nabhi

Satisfaction, Generosity, Evolution, Inner Peace

peace, satisfaction and steady attention.

This centre regulates all material and spiritual food, and allows us to grow in a just and righteous direction called as 'dharma' in Sanskrit.

What is Dharma?

Dharma is the moral code of conducts that preserves the society. At a social level, it relates to certain laws : do not kill, do not steal ... The 10 Commandments are part of these laws of virtuous conduct.

The Nabhi chakra controls the stomach, part of the intestine (digestive function), spleen, pancreas.

The Nabhi chakra is placed at the navel and corresponds to the solar plexus. It controls our principles of balance and evolution.

The establishment of this centre allows us to grow in our spirituality, in a balanced and harmonious way, by establishing peace and serenity within us.

The qualities of the Nabhi chakra are balance, inner

« Now it is important that we have to establish the dharma within us. Without the dharma, you cannot have the ascent. »

**Shri Mataji
Nirmala Devi**

Left side

It establishes in us the satisfaction and the inner peace. This gives us the balance and the necessary stability to start turning our attention towards the Spirit.

Right side

This side develops the qualities of dignity, honesty and a respectful attitude towards ourselves and others. The right Nabhi corresponds to the upper part of the liver. It is the seat of our attention. A good attention is essential to have a good meditation. When it is healthy, it allows us to focus without difficulties.

Central aspect

Once our material needs are satisfied, our attention can turn to spirituality. This aspect supports our desire to evolve.

Attitudes that prevent the expression of these qualities

Right Nabhi

The liver eliminates the toxins of the blood. It notably converts the energy from food into energy for the brain. When mental activity is not controlled, the liver must provide a more intense work that exhausts it.

To improve its condition, it is wise to avoid stimulants like caffeine, alcohol, tobacco, red meat, excess of fat.

Lack of appetite or leanness, a feeling of nausea in the morning, chronic fatigue or some migraines, can be caused by an imbalance of the right Nabhi.

Left Nabhi

The Spleen rules our inner biological rhythm as well as our inner satisfaction. To improve its condition, it is important to remain calm and composed, avoid stress and not to run about in all different directions.

It is better to eat more meat, to avoid sugary foods and to consume less starch and cereals. Overweight problems are often caused by an imbalance of the left Nabhi.

Symbols

Element : Water

Colour : Green

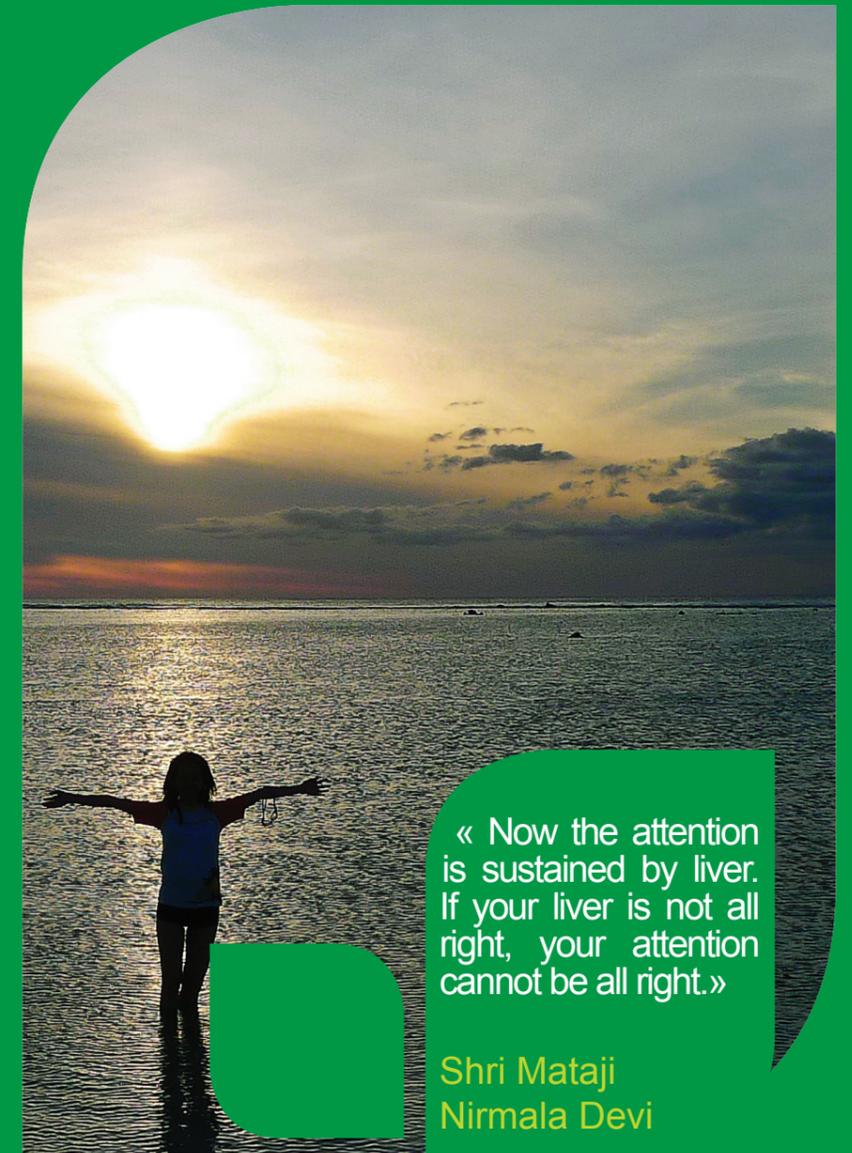
Stone : Emerald

Planet : Jupiter

Day : Thursdays

Number of petals : Ten

Spiritual representation :
Shri Vishnu
Shri Lakshmi



« Now the attention is sustained by liver. If your liver is not all right, your attention cannot be all right. »

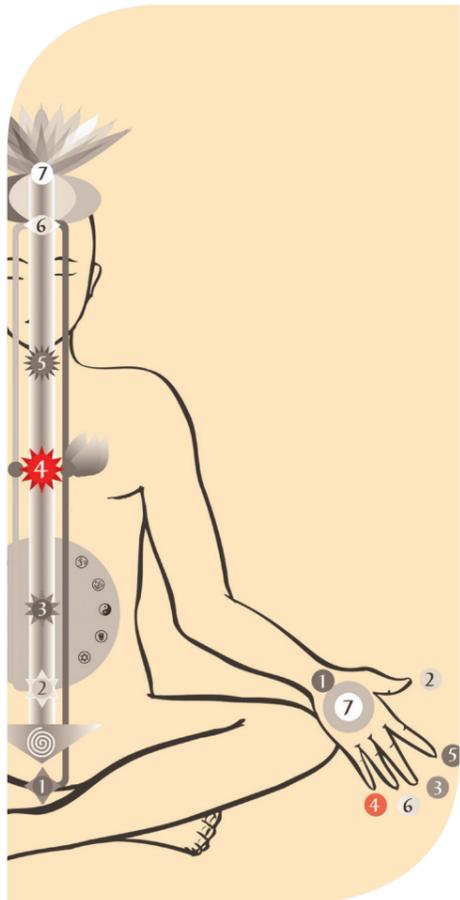
**Shri Mataji
Nirmala Devi**





Anahat

Love, Confidence, Security, Compassion, Benevolence



During the experience of Self Realization, the Kundalini connects the Spirit with the seventh chakra (Sahasrara), which allows us to enter deeply into a state of peace, quietness, and serenity. Our false identifications with the ego and our conditionings fade away and we start to discover our true nature.

Left side

The left heart represents the maternal aspect. It is the seat of love and compassion. The Atma or the Self, is the eternal particle that reside in us as the Spirit. It is the manifestation of the Divine within each human being.

Right side

The right heart gives us a feeling of responsibility towards others and a sense of what should be the proper behaviour towards others.

It represents the father aspect. It guides the father

in properly fulfilling his duties towards his family and in society.

One quality of the right heart is to express the proper love according to each person and each

« This Spirit within you is one with the Whole, it keeps absolutely in harmony, unison, concord, with the Whole. »

Shri Mataji
Nirmala Devi

Central aspect

The central aspect of this chakra (located at the sternum) expresses the feeling of confidence and security.

All our doubts, fears, and uncertainties are dispelled when this chakra is awakened by the Kundalini. Only then we can enjoy the joy of the Spirit.

The fourth chakra is placed at the aortic plexus, behind the sternum bone, where antibodies are created to protect us from diseases. From a physical point of view, the heart chakra governs the heart, lungs, breathing, and the blood circulation.

The Spirit (Atma) resides in the left heart : it is the source of love, joy, and the silence that the Divine has placed in every human being.

Attitudes that prevent the expression of these qualities

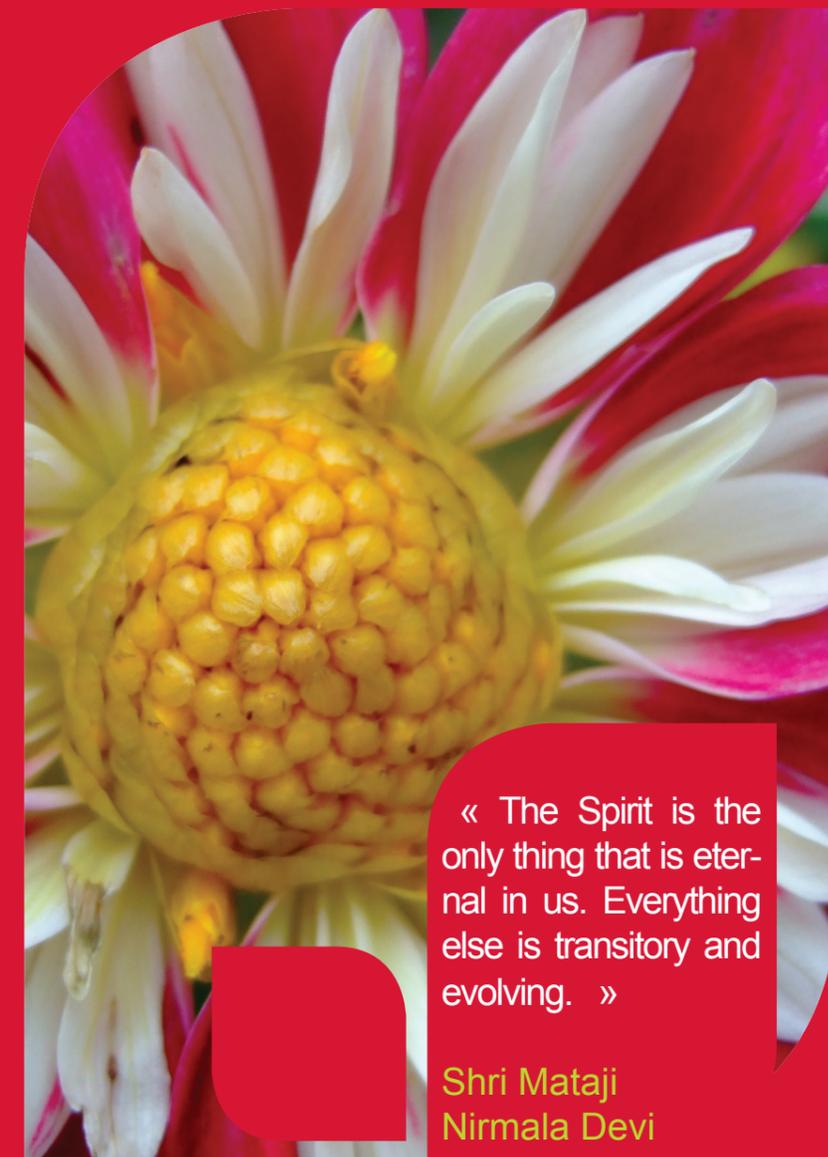
The love that we received during childhood determines the proper establishment of this centre. Too much fear and insecurity in childhood affect self-esteem in adults.

The mother plays an important role as she helps her child to build up a feeling of self-esteem, of security and confidence in himself or herself, and the ability to love others.

Materialism and a lack of interest in spirituality enfeeble the centre. At the extreme, there is a risk of heart problems.

«Open your heart now, because the state of thoughtless awareness starts from your heart and not from your brain.»

Shri Mataji
Nirmala Devi



« The Spirit is the only thing that is eternal in us. Everything else is transitory and evolving. »

Shri Mataji
Nirmala Devi

Symbols

Element : Air

Colour : vermillion

Stone : Ruby

Planet : Venus

Day : Friday

Number of petals : Twelve

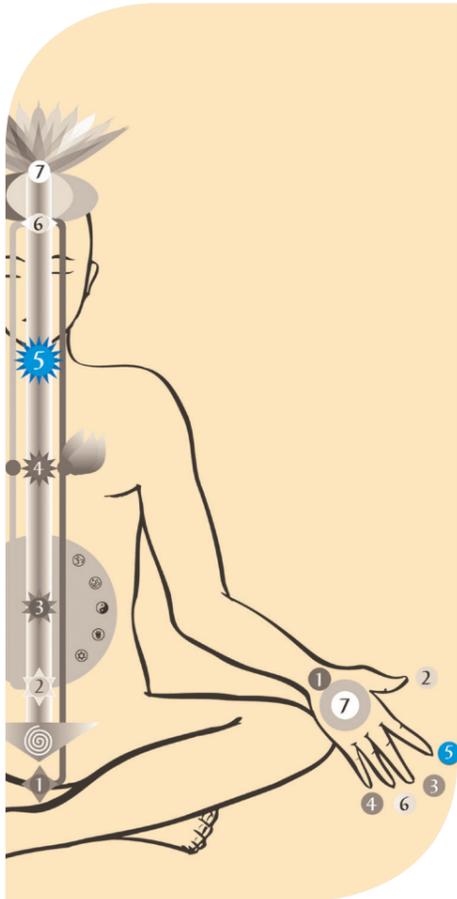
Spiritual representation :
Shri Shiva and Shri Parvati
Shri Durga
Shri Rama and Shri Sita





Vishuddhi

Communication, Community, State witness



The Vishuddhi chakra has sixteen petals, each one representing different qualities and functions.

From a physical point of view, this chakra controls the shoulders, wrists, ankles, neck, thyroid gland, the face (eyes, sinuses, ears, teeth, skin ...) and the five senses.

Through the chakra of Vishuddhi, we enter into the collective consciousness.

This new dimension enables us to feel the real brotherhood. This reality becomes detectable

« After realization also, meditation means the same that you keep your Kundalini high up hanging there. You are with the subtle collective consciousness, with the Universal all-pervading power of God's love. »

**Shri Mataji
Nirmala Devi**

through the perception of vibrations of each person and everything that surrounds us.

The chakra of Vishuddhi allows us to experience the witness state and to become detached from ourselves. Life is like a play in which we become actors.

Everything becomes easier and joyful because we take things more lightly. We do not identify ourselves anymore with the negative things because we know that, deeply, we are the Spirit.

To achieve this witness state, you must develop kindness and respect in your relationships with others.

Left side

We develop the quality of self-respect, a pure relation with others, and an ability to correct our own mistakes instead of feeling guilty about them.

Right side

We develop our respect for others, our sense of diplomacy.

Central aspect

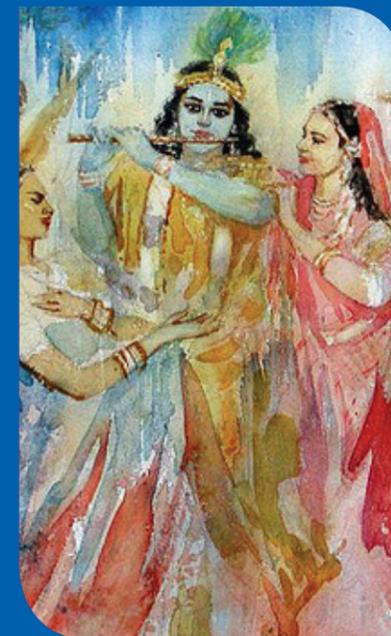
We develop the witness state and the feeling of collective consciousness.

« Once you are there, you [...] become a witness and you become the instrument of that power, which is all-pervading and you get the collective consciousness within you. »

**Shri Mataji
Nirmala Devi**

Attitudes that prevent the expression of these qualities

The lack of respect for oneself, which often manifests itself in a feeling of guilt, can damage the left side of this chakra and slow down our evolution. The lack of respect for others that can be manifested by cutting words or hurtful behaviour, can harm the right side of the Vishuddhi chakra.



Symbols

Element : Ether

Colour : Blue

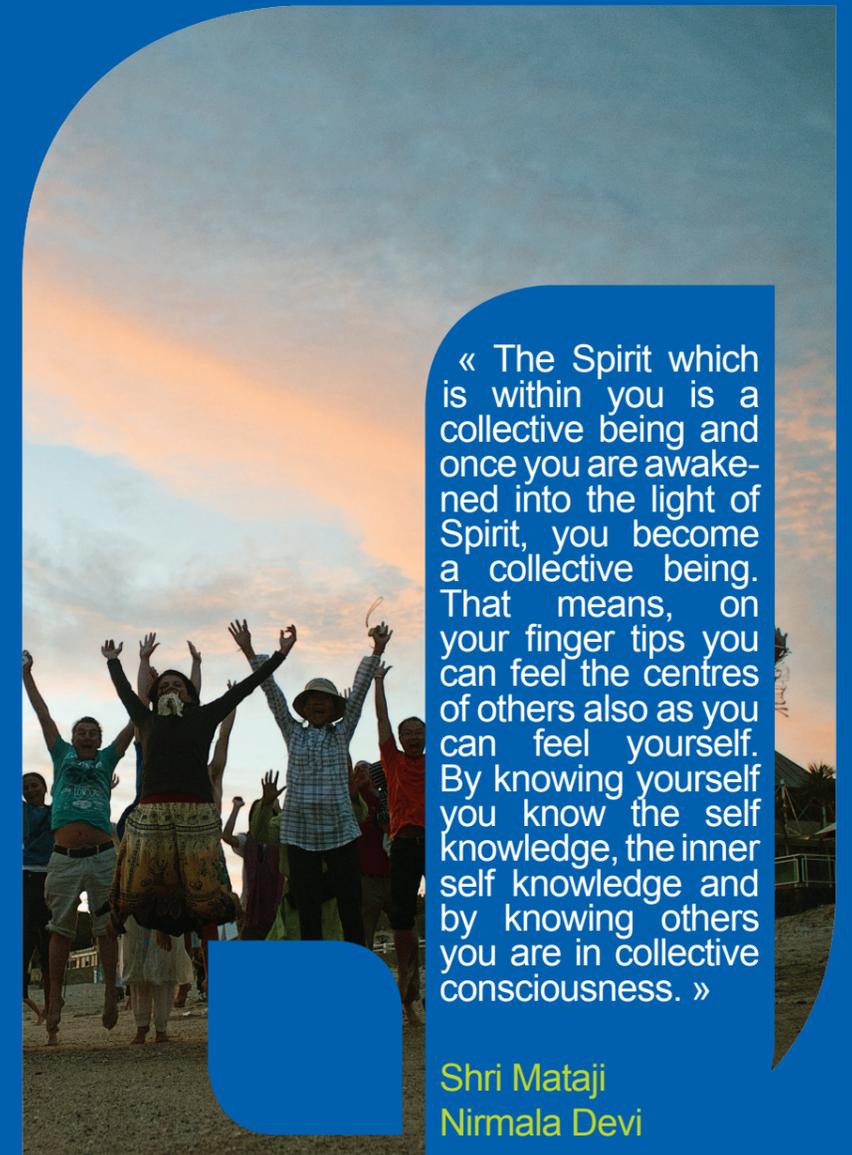
Stone : Sapphire

Planet : Saturn

Day : Saturday

Number of petals : Sixteen

Spiritual representation :
Shri Krishna and Shri Radha



« The Spirit which is within you is a collective being and once you are awakened into the light of Spirit, you become a collective being. That means, on your finger tips you can feel the centres of others also as you can feel yourself. By knowing yourself you know the self knowledge, the inner self knowledge and by knowing others you are in collective consciousness. »

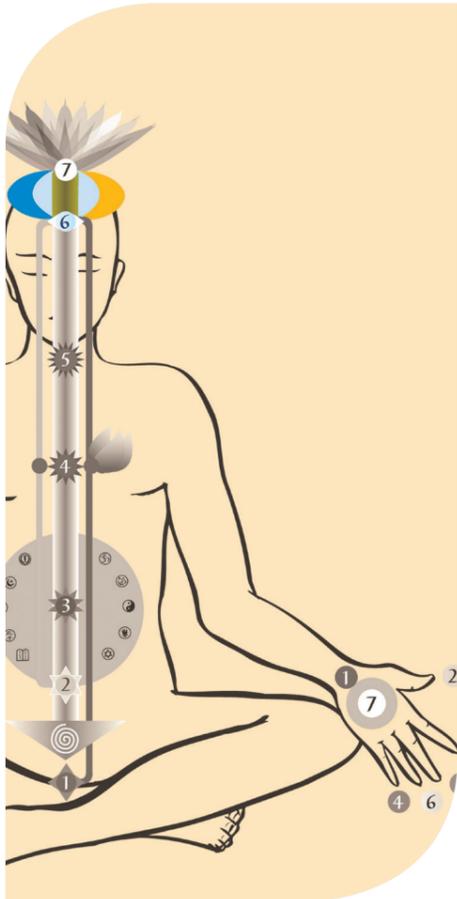
**Shri Mataji
Nirmala Devi**





Agnya

Forgiveness, Humility, Thoughtless Awareness



The Agnya chakra is located in the centre of the brain at the optic chiasm. It regulates the pineal and pituitary glands.

The right channel ends up in the area called the ego, which is located on the left hand side of the head, The left channel ends up in the superego and that is located on the right hand side of the head, as these two channels cross at the optic chiasm.

Its main quality is forgiveness. When this centre opens, we reach the state of thoughtless awareness. The Kundalini

can then continue its ascent, pierces the seventh chakra and connects us with the Universal Spirit.

The Agnya is the door to the Sahasrara. Thoughts create an obstacle for the Kundalini to rise to the Sahasrara. Forgiveness and compassion have the power to dissipate the thoughts and to transform us into peaceful and serene personalities.

The spiritual qualities associated with this chakra are forgiveness and humility. Through these powers the Agnya chakra can dissolve the ego and the superego, and stop the mental activity which they cause.

On the physical side, Agnya chakra controls sight, hearing, and thinking. It also

«Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.»

Matthieu 7,13

controls the brain areas associated with memory at the back of the head, and the left and right temples.

Left side

The left side ends in the superego. It represents both our positive and negative conditionings.

«Pure faith in the benevolence of the Divine, can also degenerate into destructive forms of religion like orthodoxy, fundamentalism, sectarianism, fanaticism, black magic and witchcraft.»

Shri Mataji Nirmala Devi

Right side

The ego accumulates all thoughts of planning, projects, and desires for power and ambition.

« When the Kundalini crosses the Agnya, you become thoughtlessly aware. Thoughtlessly aware means, you are aware but there is no thought. You become silent. »

Shri Mataji Nirmala Devi

Attitudes that prevent the expression of these qualities

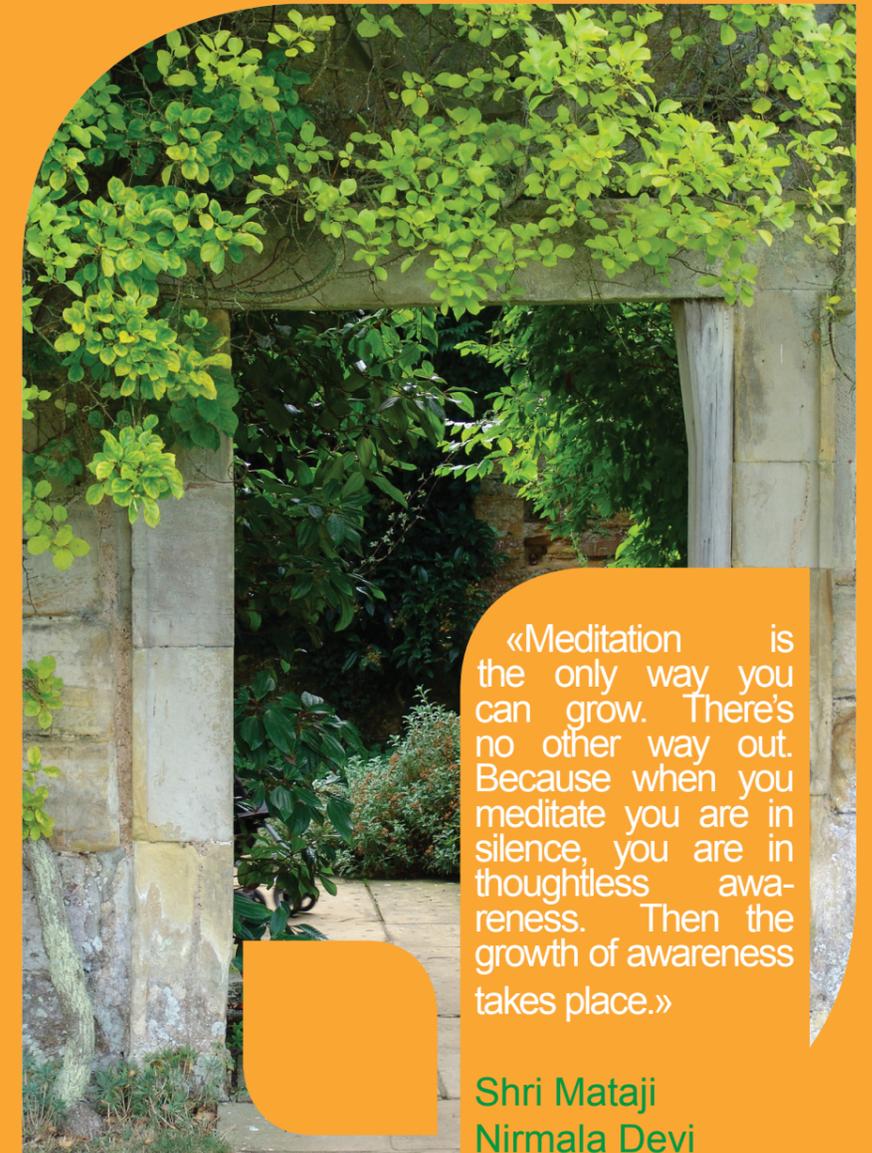
When our attention is in the present, the Kundalini easily finds a path through the Agnya chakra, thus preventing unnecessary thoughts to occur.

If instead we let our attention dwell on painful memories and negative emotions, the energy of the left channel will decrease, thus making us lethargic, melancholy, or depressed. The superego is responsible for negative thoughts and fears, and this creates heaviness and useless weight on the Agnya chakra.

In the same way, if we organize and plan too much, or if we have negative judgments towards others, this will cause warmth or heat in the body, thereby creating an imbalance.

The ego becomes like a balloon and the path of the Agnya chakra will become narrower for the Kundalini to rise to the Sahasrara, This can eventually stop the Kundalini from rising completely.

The silence of meditation helps us to spontaneously recognize the origin of our thoughts. We can then reach Thoughtless Awareness and we no longer identify with our thoughts or with ourselves.



«Meditation is the only way you can grow. There's no other way out. Because when you meditate you are in silence, you are in thoughtless awareness. Then the growth of awareness takes place.»

Shri Mataji Nirmala Devi

Symbols

Element : Light

Colour : Gold

Stone : Diamond

Planet : Sun

Day : Sunday

Number of petals : Two

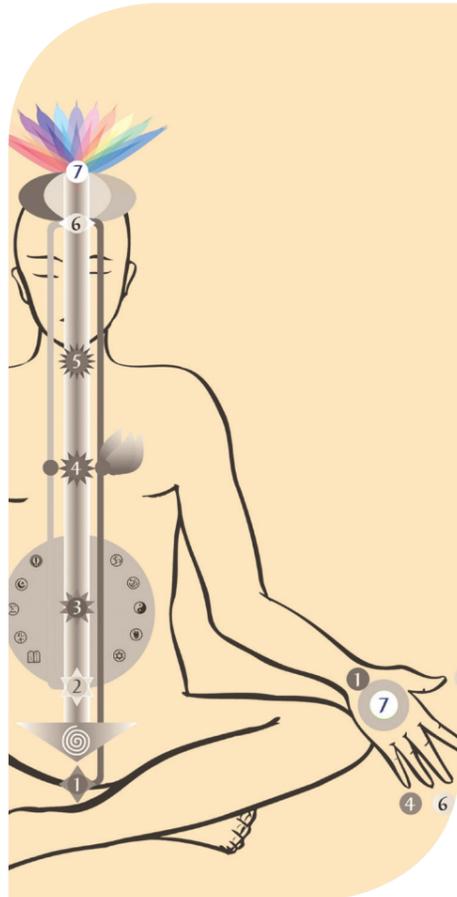
Spiritual representation :
Shri Bouddha - Shri Mahavira
Shri Mahavishnu
Shri Jesus
Shri Marie





Sahasrara

Union with the Self, Integration



On the physical side, the Sahasrara corresponds to the limbic area of the brain and the fontanelle bone. This area means “small fountain,” and is located on the top of the head. This chakra, which is symbolized by the one thousand petals of the lotus, corresponds to the thousand terminal nerves which are spread out on the top of the skull, in the upper part of the central nervous system. The Sahasrara is felt on the palms of the hands and on the soles of the feet.

With the Yoga, the human awareness becomes connected to the Divine.

The Sahasrara chakra integrates all the qualities of the other six chakras. Only when our Kundalini reaches this centre do we enter into the state of Yoga, which is the union between our individual soul and the universal Spirit.

At Sahasrara, one reaches thoughtless awareness and the reality is perceived on our central nervous system.

The Sahasrara chakra is our spiritual destination.

« If your Sahasrara is all right, all your chakras will be all right because as you know that the Pithas of the controlling centres of all these chakras are in the brain around the limbic area. »

Shri Mataji
Nirmala Devi

We evolve towards a subtler level of communication. We go beyond the sense of relativity and connect to the Absolute.

« The Sahasrara is contained in the limbic area of the brain. Our head is like a coconut. The coconut has the hair, and then a hard nut and then a black covering and inside is white shell of coconut and inside is the space, the water. In the same way, our brain is made »

Shri Mataji
Nirmala Devi

The great sages and incarnations of the past praised this state and poetically described it as the union between the lover and the beloved. The Buddha called this state Nirvana. It is also described as the Moksha, or the Liberation, in the Hindu tradition. Christ called it the Kingdom of God.

Attitudes that prevent the expression of these qualities

Arrogance, atheism, doubts about oneself and about the Divine may lead to the closing of the Sahasrara chakra.

Faith and a deep desire to find the truth are the best ways to establish the qualities of the Sahasrara.



Symbol

Colour : All colours

Stone : Pearl

Planet : Pluto

Day : Monday

Number of petals :
One thousand

Spiritual representation :
Shri Kalki

“The truth, which can be actualized after Self-Realization, is that you are not this body, this mind, this conditioning from the past, this ego, these emotions, but that you are the pure Spirit.”

Shri Mataji
Nirmala Devi



Shri Mataji Nirmala Devi

Shri Mataji is an exceptional spiritual personality. She is known world wide for restoring spirituality to its genuine and intimate dimension. Her teachings are an actualization of the very ancient teachings known for thousands of years in India. The quest for knowledge of one's self is the basis of all these spiritual teachings. The most important aspect of Sahaja Yoga is the awakening of the Kundalini which can be actually verified by each and everyone.

Shri Mataji Nirmala Devi was born on March 21, 1923 in the centre of India. Her family was deeply involved in the struggle for the liberation of India. They were imprisoned on several occasions. Her father, a member of the first Constituent Assembly of India, contributed to the writing of the first constitution of India. Her mother was the first lady to be a university graduate in mathematics.

Nirmala studied medicine in Lahore, but had to abandon her studies in 1947 because of the Partition of India. She later married a senior civil servant with whom she had two daughters.

In 1970, she started teaching Sahaja Yoga, which means "spontaneous union", a simple and effective method, by which each one can reach true inner balance through meditation.

Shri Mataji has travelled all over the world, participating in numerous conferences, giving public programs and offering the experience of Kundalini awakening. She has never charged any money for her teachings.

The awakening of our inner spiritual energy, known as the Kundalini, as proposed by Shri Mataji, opens a new, more subtle awareness within the human being.



It creates a vision of unity among the divine principles and teachings from all different cultures and religions of the world. This "en masse" transformation of millions of individuals announced in all the great scriptures provides humanity with the sustainable and collective answers required to meet the huge challenges of our modern times. It is only with the advent of an inner transformation in people that better times will come.

Shri Mataji was nominated twice for the Peace Nobel Prize. She has been recognized as the Emeritus Member of the Presidium of the Arts and Sciences Academy of Saint-Petersburg. These consisted of only twelve members, which included also Albert Einstein. She was granted this title for her unique discoveries on the subtle energy system of the human being. Her phenomenal contributions and teachings of Sahaja Yoga have bridged the gap between Science and Spirituality.

Shri Mataji Nirmala Devi, acknowledged by many as the most important personality in Spirituality of our modern times, passed away on February 23, 2011 at the age of 87 in Genova, Italy.

**"Twice nominee for the Peace Nobel Prize.
Emeritus Academician of the Petrovskaia
Academy of arts and sciences"**

Creation of Sahaja Yoga

Shri Mataji was born with her Kundalini fully awakened and has dedicated her whole life to making this experience accessible to all human beings.

It was on May 5, 1970, while in meditation, that Shri Mataji opened the seventh energy centre, the Sahasrara chakra, which represents the full integration of the human being and the last step in our spiritual evolution. This advent has opened the experience of Self-Realization to all. Shri Mataji's simple but effective method enables each seeker to achieve Kundalini awakening spontaneously and effortlessly.

She first started to give Realization to small groups of seekers in India.

A few years later, Shri Mataji's husband was appointed Secretary General of Maritime Affairs to the United Nations and London became their new place of residence. Some western seekers started to get their Self-Realization... Gradually Sahaja Yoga has then spread across Europe and the United States.

In 1989, when the Iron Curtain fell, Sahaja Yoga quickly became successful in the Eastern block countries, where, as in India, tens of thousands of seekers would fill entire stadiums to listen to conferences given by Shri Mataji and to receive their Self-Realization.

SAHAJA YOGA ALL OVER THE FIVE CONTINENTS

Sahaja Yoga is now very well known and recognized as a dynamic and effective meditation. It is being practiced throughout five continents and in over ninety countries.

By proposing a new method of individual transformation, Sahaja Yoga could very well be the solution to resolve all the crises and serious problems our modern world is presently experiencing.

Music and Chakras

“Just like the seven notes, we also have seven chakras. They have therefore understood that everything is of the same nature and that is how these melodies were created.”
Shri Mataji Nirmala Devi

Music is a vehicle that stimulates and elevates the Spirit. But some compositions and melodies have resulted in more inspiration and has substantially a more important effect than others. Many works written by famous composers of Western classical music are certainly more elevating than other musicians. Some famous artists considered to be musical geniuses were born Realized. Mozart, Bach, and Vivaldi are among these geniuses. They have created inspirational music that delights the soul.



Another example are the Ragas, the classical music from India. The main purpose of Ragas is to penetrate and stimulate the soul in order to elevate it to a higher spiritual and deeper dimension. Moreover, this music, created according to very precise codes and rules, has also been used since time immemorial for therapeutic purposes. This can be scientifically proven today.

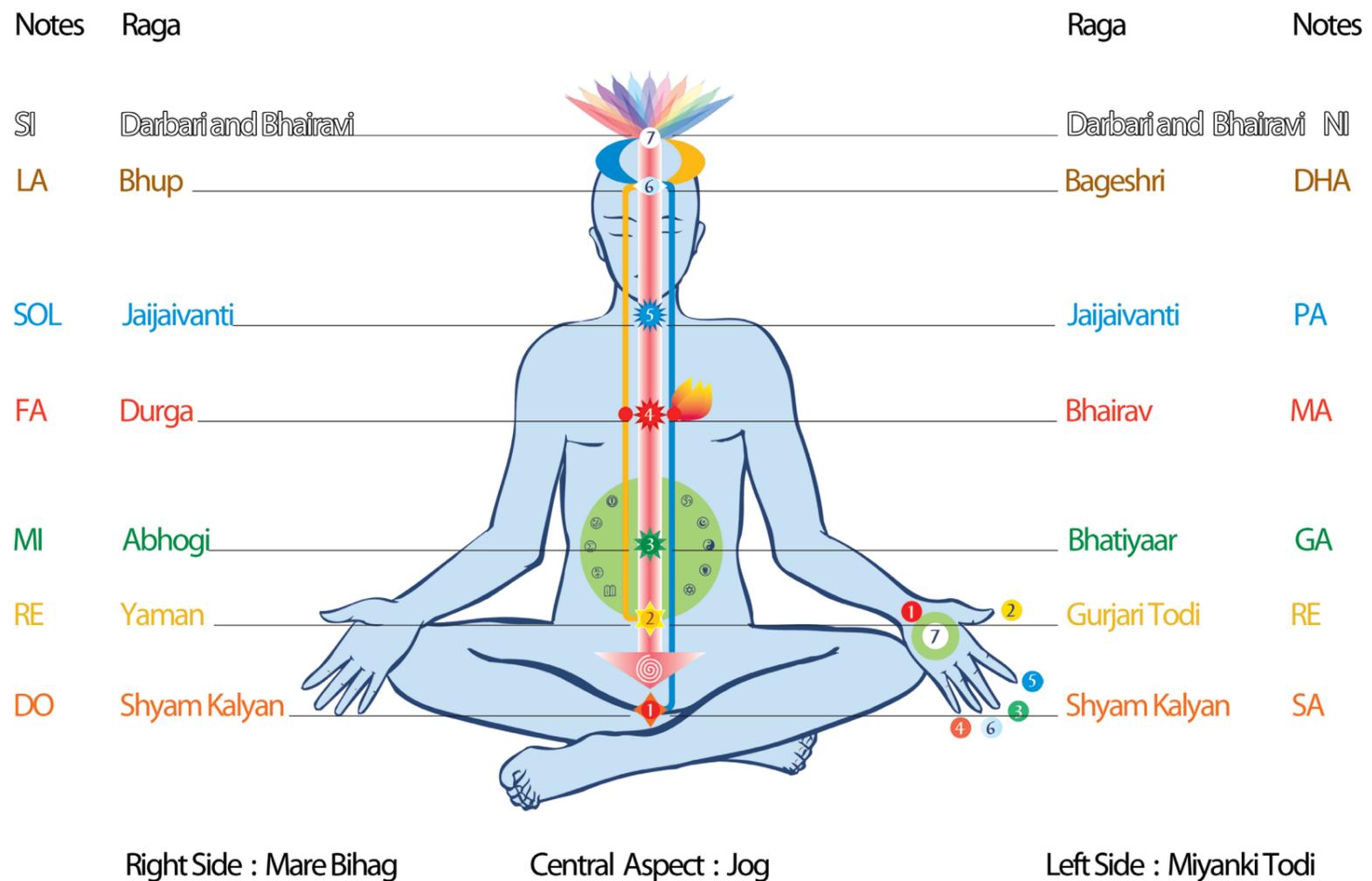
So, how can we know which music is in harmony with « the All-Pervading Power » and which is not?

After the “Self Realization,” which is the awakening of the energy called Kundalini, you can open the palms of your hands while putting your attention on the music you are listening to. If you feel “cool

vibrations,” similar to a subtle cool breeze, or inner joy and peace, then that music is in harmony with your Spirit and with the Divine.

Music does not need to be classical in order to consider its origins to be of a “divine inspiration.” Some modern composers are born Realized and their music also carries these vibrations.

Shri Mataji, the Founder of Sahaja Yoga, explains : “Indian music is not composed by transcribing notes and



This table shows the link between ragas and chakras

tonalities on scores. The tradition requires that the disciple goes to a guru who is a master in that art. He then stays with his master who teaches him the various melodies built from different notes. These melodies have been known about since a very long time. They were even composed before the time of the Vedas. The masters saw that the notes were positioned at intervals in a similar way to the chakras positioned along the Kundalini path when it rises. »



“All other knowledge resides in the brain, while the pure knowledge resides in the heart.”



energy can enhance every aspect of your meditation.

You no longer react according to your ambitions or your old habits. You become a witness to the “play of life” and you begin to appreciate it more deeply.

The practice of Sahaja Yoga is free. The spiritual freedom that this yoga gives is available to everyone ! In our daily routine. Opportunities are rare to find time to relax and to understand the purpose of our being.

The aim and purpose is to learn, at your own pace and in small groups, how to free yourself from this modern stressful life. If you allow yourself to be guided by the intelligent, vital energy of the Kundalini, gradually you will learn the techniques of finding your balance and also how to maintain it.

Sahaja Yoga offers weekly free courses and workshops where you will learn and experience its many great benefits.

For More Information, visit:

**Blog: free-meditation.ca
Events: 100seedsofjoy.com**

SAHAJA YOGA

Meditation

It is through the regular practice of meditation that we learn to truly experience who we are and learn how to improve ourselves and our daily life.

That is because Sahaja Yoga Meditation establishes a state of awareness that is no longer disturbed by thoughts.

This state gets stronger with practice and allows us to experience the inner silence and be in the present.

This state of meditation starts with the awakening of the Kundalini. As it begins to grow and manifest within, you will feel the vibrations as a cool breeze. Gradually you will start to experience the inner joy of your Spirit in all its richness.

What are the benefits of Sahaja Yoga ?

Practiced on a regular basis, Sahaja Yoga helps to maintain good physical, emotional, and mental health. You achieve a spirituality that is both free and joyous. You can achieve this spiritual freedom regardless of your religious background and its teachings,

Practicing Sahaja Yoga gives you the awareness of your subtle system. You will know where the imbalances are and also learn how to heal them.

Your Kundalini energy will allow your meditations to become deep and powerful. This



Shri Mataji Nirmala Devi, Founder of Sahaja Yoga, twice nominated for the Nobel Peace Prize, has given thousands of important lectures on the Advent of Sahaja Yoga. She has explained thoroughly how the knowledge of Kundalini awakening and balancing of the chakras is the most natural solution to transform the individual as well as all of humanity.

These 24 pages explain how you can discover the extraordinary potential of each of your chakras within you.

Through the awakening of the Kundalini energy and other simple techniques utilizing only natural elements, you can truly improve your life !