

# Sahaja Yoga Meditation Guide Week 2



# Week 2 : Ascent through Meditation



1

Meditation: 'Footsoak meditation to balance and detox

2

Affirmation: Where is my attention?

3

Technique: Ice and Fire

4

Activity: Hand observation and use hand movement- 'bandhan' (circle of love) to clear

**Week 2**

# 'Footsoak' Meditation

## Benefit

Powerful emotional and stress detox that rapidly removes imbalances and thoughts. Do in night or as needed



Quick Video Guide

[https://www.youtube.com/watch?v=34H96cp\\_n9k](https://www.youtube.com/watch?v=34H96cp_n9k)

Preparation

Put handful of salt in lukewarm water in tub. Keep fresh water in bowl next to you.

Meditation Steps

With hands in lap you can meditate for duration 5 to 15 minutes. You can do 'balancing' meditation steps.

Wrap up

Wash your feet with fresh water from bowl before you step out. Meditate for 2-3 minutes more and then throw the water in toilet without spilling

Stepwise Pictures

Click on pdf document to right to see steps in pictures



Acrobat  
Document

# Affirmation



During meditation you can place left hand on liver to settle the attention. We can take affirmation 'Where is my attention?'. We can say this affirmation even while not meditating.

# Ice and Fire Techniques

Overuse of right side energy channel (e.g., excessive physical activity or too much thinking and planning) creates excess heat, which is stored in the liver. It can interfere with sleep.

Hold ice pack on your liver area for 5-15 minutes. You can club it with footsoak meditation

if you like **Video Guide:** Icepack: <https://www.youtube.com/watch?v=1fA9DjQMmRE>  
**Video Guide:** Candles: <https://www.youtube.com/watch?v=X7uMsvgUvbM>



Overuse of left side energy leads to drowsiness and lethargy.

Keep one to three candles on your left side during meditation. Helpful for situations where we are depressed thinking about past. One candle can also be moved up and down along left channel as shown in video below.

# Using Circle of Love Movement- Bandhan



- This week we will use circle of love movement, that is bandhan to clear the blockages that we feel within our subtle system. This bandhan is different from raising the energy step that we use at start and end of meditation
- Use the right hand for clockwise rotation around the affected area and then throw away figuratively the 'bad vibes' of the area. Best to be during meditation or in meditative state

# 21 Days Course Structure

	Saturday	Sunday	Monday-Thursday	Friday
Week 1: Know Thyself	Main Class- Completed	Revision	Group Practice	On Demand
Week 2: Ascent	Main Class	One to One & Workshop	Group Practice	On Demand
Week 3: Thoughtlessness	Main Class	One to One & Workshop	Group Practice	On Demand
Conclusion	One to One & Workshop			

# Timings

**Saturday &  
Sunday**

**11:45 AM New York (8:45 AM Los  
Angeles)**

**Monday-Friday**

**8:45 PM New York (5:45 PM Los  
Angeles)**

*Same link class for every class*  
<https://zoom.us/j/9181716151>



Chakra chart and Meditation Focal Point in case you like to keep eyes open during meditation

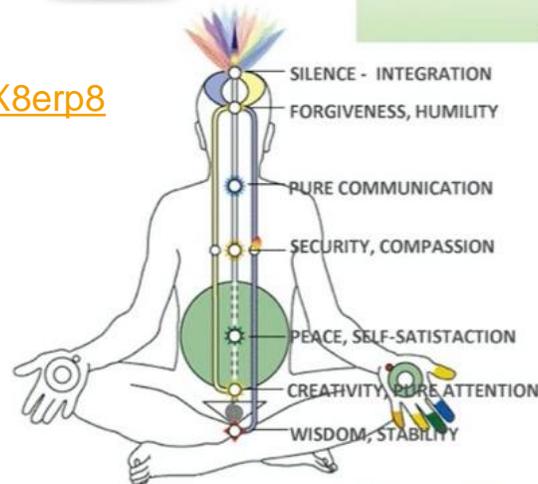
## 9 Step Self Realization

Self realization is first step practiced in Sahaja Yoga meditation. It activates our inner energy. It need not be done every time, but you can repeat if you like. Follow instructions on right or better follow the video link shared below.

<https://www.youtube.com/watch?v=IVKZnX8erp8>



The Founder  
HH Shri Mataji



## SAHAJA YOGA MEDITATION GUIDE - SELF REALIZATION

During the experience you need to keep your left hand with palm upwards on the lap and to place the right hand on various parts of the left side of your body. Please follow the images from 1 to 9 as shown and repeat each affirmation from your heart. You are referring to your Kundalini energy (Mother).

1 "Mother, am I the spirit?" 3 times

2 "Mother, am I my own guru?" 3 times

3 "Mother, please give me the pure knowledge" 6 times

4 "Mother, I am my own guru" 10 times

5 "Mother, I am the spirit" 12 times

6 "Mother, I am not guilty at all" 16 times

7 "Mother, I forgive everyone including myself" several times

8 "Oh Divine please forgive any mistakes I may have made against my spirit" several times

9 "Mother, please give me Self-realization" 7 times

Now raise your right hand 2-3 inches (3-4 cm) above your head see if you can feel a cool or warm breeze in the palm of your right hand. Then try with the left hand. If you feel either cool or warm in your hands, it means you feel the Mother energy within you. Keep your attention on her and meditate for a while.

# Sahaja Yoga Meditation-Online Resources

Resources	Links
Website	<a href="https://www.freemeditation.com/">https://www.freemeditation.com/</a>
Facebook Group	<a href="https://www.facebook.com/groups/WeMeditateGroup/">https://www.facebook.com/groups/WeMeditateGroup/</a>
Music for Meditation	<a href="https://www.youtube.com/watch?v=FMVyboTWwjc&amp;t=24s">https://www.youtube.com/watch?v=FMVyboTWwjc&amp;t=24s</a> <a href="https://www.youtube.com/watch?v=rXP1kPxbIDk">https://www.youtube.com/watch?v=rXP1kPxbIDk</a> <a href="https://www.freemeditation.com/music/">https://www.freemeditation.com/music/</a>
Soft Instrumental (at work, relaxing, in transit...)	<a href="https://www.youtube.com/watch?v=3DjDDAgz4H4">https://www.youtube.com/watch?v=3DjDDAgz4H4</a> <a href="https://www.youtube.com/embed/Aqs7t35Mx34?start=2000">https://www.youtube.com/embed/Aqs7t35Mx34?start=2000</a>
Meditative Video (absorb the joy and go thoughtless)	<a href="https://www.youtube.com/channel/UCGNRpB4jUOoFPoS_ilLo_QQ">https://www.youtube.com/channel/UCGNRpB4jUOoFPoS_ilLo_QQ</a> <a href="https://www.youtube.com/watch?v=nhVf4-AwaUw&amp;t=137s">https://www.youtube.com/watch?v=nhVf4-AwaUw&amp;t=137s</a>
Youth Meditation Resources	<a href="https://www.facebook.com/vikram.chandna.940/videos/608784469975095/">https://www.facebook.com/vikram.chandna.940/videos/608784469975095/</a> <a href="https://www.facebook.com/vikram.chandna.940/videos/464301067756770/">https://www.facebook.com/vikram.chandna.940/videos/464301067756770/</a> <a href="https://www.youtube.com/channel/UCG_o76is4l-HoKODH5EftIA">https://www.youtube.com/channel/UCG_o76is4l-HoKODH5EftIA</a>

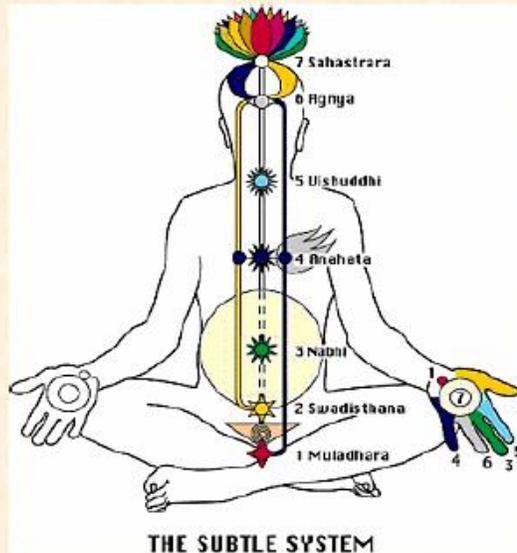
## About Shri Mataji Nirmala Devi



- Born on March 21, 1923
- Associated with Mahatma Gandhi in the freedom struggle
- Studied Medicine
- Married to distinguished civil servant, Sir C.P. Srivastava
- Conferred with numerous awards and recognitions by various governments and international organizations
- Discovered the process of giving en-masse self-realization at Nargol on May 5, 1970

## Kundalini and Self-Realization

- ❖ **Kundalini** is the power of pure desire, which lies dormant in three and half coils at the base of the spinal cord called 'sacrum' bone.
- ❖ When Kundalini is awakened, it ascends through six subtle chakras and piercing through the fontanel bone area it unites with the all pervading cosmic energy
- ❖ **Self-Realization** is the actualization of the awakening of the 'Kundalini'



## About Sahaja Yoga Meditation

Sahaja Yoga meditation was founded in 1970 by Shri Mataji Nirmala Devi as a means to help take meditation to masses in easy steps. Sahaja Yoga is practiced in over 100 countries and is always free.

Online Meditation team comprises of volunteers across the world with various backgrounds such as engineers, researchers, teachers, data scientist, students etc who volunteer to support meditation enthusiasts.

## Human Subtle System

- **3 Nadis & 7 chakras** (plexuses).
- **Ida Nadi (Left Sympathetic)** corresponds to our past, emotions, desires
- **Pingala Nadi (Right Sympathetic)** corresponds to our actions and planning, mental and physical activity
- **Sushumna Nadi (Central Nervous System)** channel of ascent, sustains our evolution

Free Sahaja Yoga Guided Meditation

Founded in 1970 by 'Shri Mataji Nirmala Devi'

Sahaja Yoga is a simple but profound technique and always free

Just with pure desire we get meditative once we awaken our Divine energy

Sahaja Yoga  
in a *prose*

Sahaja Yoga is a meditation very social with spiritual growth achieved in collectivity

In balanced and joyous state eliminate loneliness with spiritual solidarity

Depression and stress are fruits of modernity

Techniques are shared that help when practiced with regularity

Sorrow just peel off when in meditative witness state and purity

Be with meditative people with noble pursuits to shed social anxiety

Life transformation does not come with sermons or postures with no durability

Work on inner system roots, water with pure desire and shine some Divinity

In Sahaja Yoga meditation following just comes, like a seed that just germinates

Metaphysics, Consciousness, Self improvement, self empowerment, mindfulness and mental clarity

Meditation is not a pill but a plant needing nourishment with sincerity

While we cannot predict through meditation what heights you will achieve in life

Our heart felt desire is to always share joy and knowledge in simplicity

Our experiences say you will not be ordinary any more, shaken easily by any rife