

Sahaja Yoga Meditation Guide Week 3



Week 3 : Nirvicharita- Be Thoughtless



1

Meditation: Add Lord's prayer to footsoak meditation

2

Affirmation: I forgive everyone and I forgive myself and I forgive all thoughts.

3

Technique: Agnya (forehead) candling and hand movements

4

Activity: Write a letter and place in meditation altar

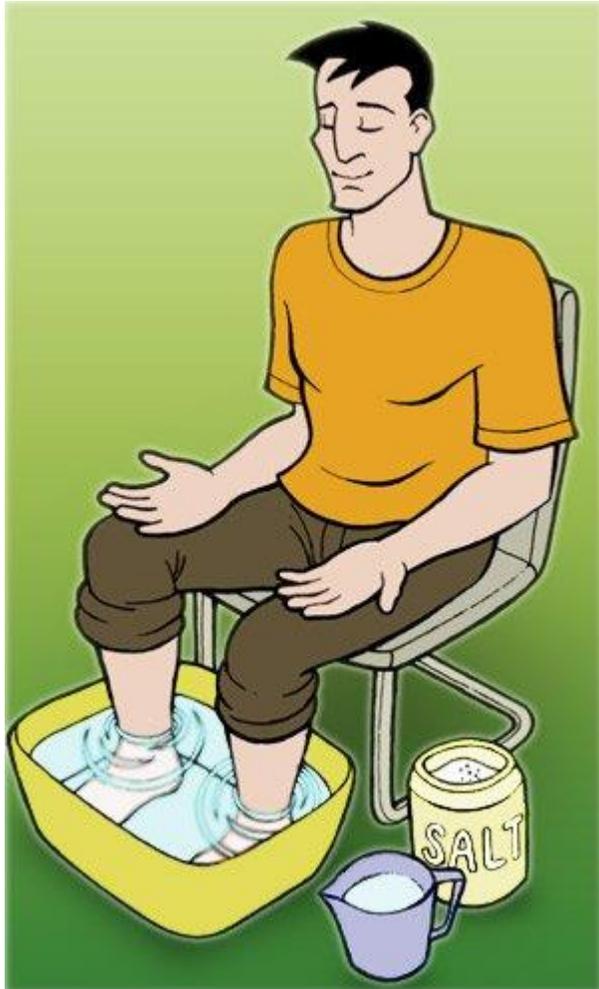
Week 3

1

'Footsoak' Meditation & Lord's Prayer

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

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 and recite Lord's Prayer.

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

Affirmations



Say this from your heart a few times:

Mother, I forgive everyone including myself

Affirmations can be used during meditation or any other time.



Tilt head back and press with hand and say. Say this from your heart a few times:

Mother, please forgive me for any mistakes I may have made against my Divine

Technique: Candling



Front Agnya: Look at meditation altar through candleflame

Back Agnya: Needs another person help normally. Candle at back of head. Ask Yogi help to do it online.

Sample Video:

<https://www.youtube.com/watch?v=P7-A7ppVHLY>

Technique: Hand Movements



Bandhan (circle of love) - clockwise hand movement to clear

Left hand to clear right side: Ego

Right hand to clear left side: Super-ego

4

Activity- Write a letter to Mother

- After meditation, write a letter to your Mother Energy opening your heart
- Place in meditation altar
- Can keep it there until we feel necessary. After that preferably place in recycling bin for respectable disposal.

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>



Picture for Meditation Altar

Sahaja Yoga Meditation-Online Resources

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

Vibrations Exchange- Assisted Awakening



Benefit

Accelerate your Kundalini energy awakening, strengthen experience and receive subtle system state feedback

Setup

As above so that assisting Yogi can view your spinal cord and head in Zoom. In front can use photo of Shri Mataji on screen to prevent attention from wandering and strengthen your experience.

Steps

Take 'bandhan'. When process is complete Yogi will let you know and take your feedback. Yogi can offer suggestions for blockages perceived in your subtle system and offer suggestions for how to cleanse them.

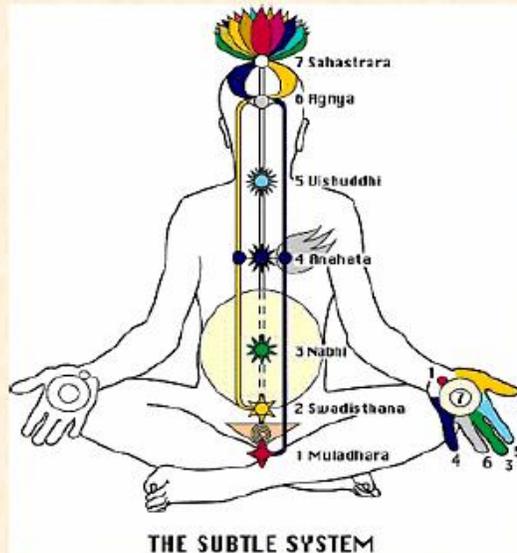
About Shri Mataji Nirmala Devi



- 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