

## **SOME BASIC TERMS FOR SAHAJA YOGA MEDITATION**

### **Kundalini**

The motherly energy, or consciousness, which is lying dormant in the sacrum bone, at the base of the spine. This energy awakens and rises spontaneously, to start its work of cleansing and adjusting or balancing our subtle body. We can then live and act in greater harmony with nature and the divine and experience many benefits.

### **Vibrations**

Once Kundalini passes beyond the brain, vibrations, like a light breeze, might be felt in the palms of the hands, on the fingers, in the body or on top of the head. Everything in nature emits some subtle vibrations, which you should be able to feel after Kundalini awakening. A person or a thing emitting cool (not cold) vibrations is balanced and spiritually pure. Hot or tingling or uncomfortable vibrations indicate an imbalance or a lack of harmony.

### **Attention**

The attention is an important aspect of our consciousness. It is the ability of our conscious mind to focus on something. Its effectiveness may be damaged by over-emphasis on the intellectual side of our nature or by paying too much attention to gross or inauspicious things. The attention should be cleansed, steadied and healed. This is one task performed by the Kundalini, assisted by our own desire and will power.

### **Meditation**

A state of alert mental silence, sometimes difficult to achieve and sometimes more easily established. Experiencing this is the **priority**. Many people wrongly believe that meditation is an activity, a procedure that has to be followed. Then they feel justified to pay somebody else for teaching how to use a, so-called, 'meditation technique'. We can certainly guide you, in the early stages, towards a more meditative state but no particular technique is to be learnt. And we will not charge any money for showing you how to sit down, how to close your eyes or for giving some helpful tips about assisting your mind to become peaceful.

### **Spirit**

This is the reflection of the divine, which is present within us in the heart. One object of Sahaja Yoga and the meditation is to become our spiritual or our true Self. After Kundalini awakening, some qualities of the spirit start to be perceived by our central nervous system.

### **Chakras**

These are subtle energy centres, or wheels of energy (the literal Sanskrit meaning). They are located around the main nerve plexuses but they are not part of the central nervous system. There are seven main chakras, which relate to various stages of human evolution. The chakras can express within us many qualities of our essentially divine and benevolent nature. It is in this sense that we are created 'in the image of God'. Most physical, mental and emotional problems can be traced to damage or imbalances in one or more chakras.

### **Catches**

Chakras can become distorted and bruised, which is the root cause of many problems in our life. When the efficient functioning of a chakra is impaired, we say that it has a 'catch'. This inhibits the passage of the Kundalini through that chakra, towards the higher chakras. If encouraged, the Kundalini can gradually repair the chakras, in a natural way. Try not to put too much attention on problems or catches. Put your attention more on the Kundalini or on positive aspects of your development. Look out for solutions, rather than symptoms.