

Meditation - Key Points

Meditation is best understood as a state which you can experience and not as an activity to be performed. In Sahaja Yoga Meditation you are completely awake, alert and under full control of your senses and brain but there are no thoughts or very few in the head. You normally feel peaceful and relaxed. You may feel cooler inside the body or on your hands and fingertips. There could be other sensations because everybody is in a different condition when they meditate.

Meditation is rarely achieved unless an energy called **Kundalini** has risen into the brain, from the Sacrum Bone at the base of the spine. The Sanskrit name Kundalini may be translated as "coiled-up feminine energy". It has intelligence and is able to nourish and balance the nervous system. It helps the immune system to avoid or overcome illness.

Raise your Kundalini three times and put seven Bhandans (protective arcs) over your body before and after Meditation.

How to Meditate - Sit comfortably with palms upwards on your lap, feet slightly apart. Shoes off works best. Keep your eyes closed unless you are unable to relax or your eyes flicker or fidget a lot. Be patient. It may take a few minutes before you become peaceful after the stresses of modern life. Try to ignore any thoughts that come in your mind and do not encourage them by being interested in them.

These affirmations should help if you suffer from excessive thinking. You can say one of these a few times - "Not this thought" or "I forgive".

Variations - We sometimes use hand movements or hand positions during the meditation time in order to assist the cleansing of the inner system which will be achieved by the Kundalini. Used as part of a combination or a sequence of techniques, we might refer to a particular 'meditation exercise' but there is really no fixed regime to follow for meditation. All the things that we 'do', apart from just sitting quietly, are not meditation as such. They are simply things that can help us to achieve a relaxed and meditative or quiet state.

In the morning it is better not to be very active during any meditation exercises, so that we do not speed up our mental or physical metabolism unnecessarily.

A Simple Morning Exercise -

Meditate as normal but with these variations:

- Start with your left hand towards the liver and the right hand upwards on the lap.
- After a while, change hands. Put the left hand upwards on the lap and right hand on the stomach.
- Finally spend some time with both hands on your lap.

Techniques - Key Points

Cleansing the Left Side

(passive/emotional/conditioned/moon channel/feminine/cool)

During meditation, let the right hand drop to the side, with fingers towards the ground. Keep the left hand palm upwards on your lap.

Cleansing the Right Side

(active/physical & mental/dominating & futuristic/sun channel/masculine/hot)

During meditation, bend the left elbow, with palm towards left shoulder and the fingers of the left hand towards the ceiling. Keep the right hand palm upwards on your lap.

Footsoaking (takes about 10-15 minutes)

This is a very refreshing and very helpful technique. It cleanses the lower centres a lot and indirectly soothes the rest of the subtle system. If you do this before sleeping at night you should sleep better and wake up feeling more refreshed. Earlier in the evening may be a more appropriate time if you come home exhausted or stressed.

Partly fill a plastic bowl with warm water. Dissolve a handful of salt. Have a little extra water, without salt, in a jug or bottle. Sit with both feet in the water, close your eyes and meditate as normal. There should be enough water for your ankles to be wet. Remember to raise your Kundalini and put seven bhandans before and after meditating.

To finish, use the extra water to rinse your feet before drying them. Keep a towel just for this or use paper towels. Flush the water down the toilet and rinse the bowl. Keep it just for footsoaking.

Another Simple Exercise -

In the morning and evening, or at another convenient time:

- Meditate for 10-15 minutes, including some left and right side cleansing. Also clear the throat centre (Vishuddhi Chakra) with some clockwise circles of the right hand.

An Evening Exercise -

In the evening or at another convenient time, footsoak as described above. Try sometimes to feel the Kundalini above your head with the palm of one of your hands. Also try using the other hand. Throw away any heat that you feel, using the right hand.