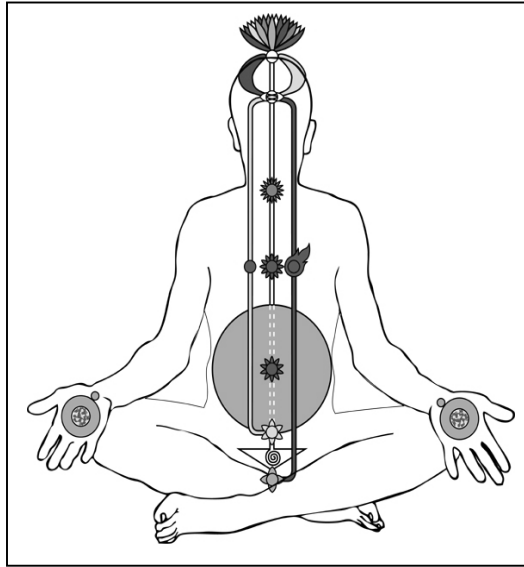


Sahaja Yoga Techniques

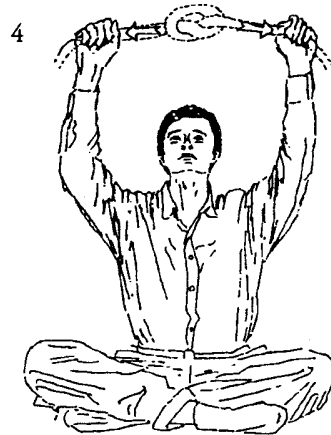
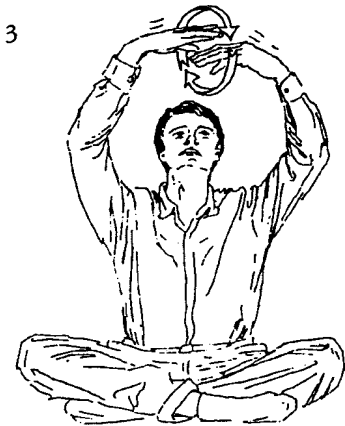
Session 1



The practice of raising our Kundalini and putting ourselves in Bandhan is an important step in readying ourselves for meditation or workshop.

We use these simple techniques to help bring our system into balance and to cover ourselves with a protective aura both before and after meditation.

The key thing to remember is that although we may not feel anything whilst we are completing the procedure, it has a real effect on our subtle body.



Raising the Kundalini

Figs 1 – 4

It is our Kundalini energy, rising up the spine, which takes our Attention higher into the state of thoughtless awareness. This exercise helps to strengthen, steady and establish the Attention in the highest energy centre, the Sahasrara Chakra.

Raising our own Kundalini, at the beginning and end of every meditation, helps to settle our subtle system into a more balanced state. Begin with the left hand at the front at the level of the abdomen, palm facing towards the body. While rotating the right hand around the left hand, move the left hand up the front of the body and over the head and tie a knot at the top to symbolically keep our Attention up there. Use this movement three times and on the third time tie three knots over the top of your head.

Putting on a Bandhan

Figs. 5 – 6

A simple exercise to protect our subtle body, and preserve our state of meditation, is to put on a bandhan. This exercise should be done before and after meditation, just after raising the Kundalini (as above).

Hold the left hand out (palm upwards) at the level of the waist, with the fingers pointing towards the photograph of Shri Mataji.

Using the right hand, describe an arc over the head, starting at the level of the left hip, over the top to the right hip and then back again to the left hip. This movement should be done seven times (once for every Chakra in the subtle system).

Sahaja Yoga Techniques

Session 1

Affirmations to help raise the Kundalini

In the early days it can help to go through this exercise at the beginning of our meditation to help us settle down. It is important to be comfortable, so feel free to use a chair if this is easier. You can say 'Mother' - addressing the Mother Kundalini - before each affirmation if you wish. Note that the affirmations are said silently and that the number of repetitions is for guidance only.



1. With right hand on heart we ask:
Am I the Spirit?
Repeat 3 times



2. With hand on left upper stomach:
Am I my own Master?
Repeat 3 times



3. With hand on lower stomach:
Please may I have the pure knowledge?
Repeat 6 times



4. With the hand back on the upper stomach we say:
I am my own Master!
Repeat 10 times



5. With the hand on the right heart:
I am the Spirit!
Repeat 12 times



6. Place the right hand on the left side of the neck, turn head to the right and say:
I am NOT guilty!
Repeat 16 times



7. With the hand on the forehead:
I forgive everyone!
Say this from the heart as many times as you feel necessary.



8. With the hand on the back of the head, lean back slightly and say:
Please forgive me if I have made any mistakes!
Again say this from the heart.



9. Place the palm on top of the head, press down & slowly rotate in a clockwise direction whilst saying
7 times:
Please may I have my Self Realisation?