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# SAHAJA YOGA

## TURYA COURSE

### SESSION THREE

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## Advanced techniques - 1

### The Photograph and The Candle

Sahaja Yoga meditation is about tapping into one's spiritual energy, firstly by recognising that it exists through Self Realisation, and thereafter by using it to improve one's life. It is important to remember that Sahaja Yoga is not a philosophy of blind faith, it is a Truth which is physically verifiable by all those who practice it, via the 'cool breeze' or vibrations that one feels on the hands or head.

It may be easier, therefore, to consider Sahaja Yoga as the discovery of a sixth sense - the world of vibrations. Once you have experienced the cool breeze on the hands, it is possible to detect similar vibrations emitted from other objects or even situations.

For instance after realisation, if you should take a stroll around a prestigious art gallery, it is possible to feel the vibrations which emanate from certain old masters such as the Mona Lisa, which were painted with the true love of an artist and not simply for commercial gain as with much modern 'art'.

In the same way it is possible, in fact preferable, to use a photograph of Shri Mataji (which obviously emits the strong vibrations of a deeply spiritual person) in order to assist our own spirit to respond to the meditation in a stronger and deeper manner.

Simply by sitting calmly in front of a picture of Shri Mataji and holding the hands out with palms upwards, it is possible to feel the onset of the cool vibrations over the fingers. If we then symbolise the use of the fire element by placing a candle in front of the picture, this sensation is intensified, with the result that we find it much easier to go into meditation as we settle down.

### The Elements

Sahaja Yoga makes full use of the elements, which in themselves are the basic building blocks of nature. Fire and water are represented in Sahaja Yoga by using a

candle when we meditate and by foot-soaking in water (see below) which is a very effective way of relaxing prior to and during a meditation (especially after the tribulations of a day at work). In its purest form, fire is represented by the natural flame of the sun, and likewise water by the sea (a day out at the seaside takes on a whole new meaning in Sahaja Yoga terms!).

We use the earth element to help clear our subtle system by putting salt in the footsoaking water, or by the simple technique of sitting on the bare earth or grass whilst meditating. Again it acts as a huge, primal 'heat-sink' for the cares and woes of modern day living and can produce a very satisfying meditation.



### Footsoaking

Footsoaking is a Sahaja Yoga technique which many people will recognise from everyday life. Quite simply it is the Sahaja Yoga version of putting the feet in a bowl (or foot spa) of warm water as a way of relaxing after a tiring day. It is best done in the evening, and the main difference in Sahaja terms is that salt is added to the water (to represent the earth element). In this way we use all the elements - fire (with the candle), air, water and earth.

Simply sit with your feet in a bowl of lukewarm salted water (see fig.) for 10 to 15 minutes in the evening whilst you meditate. When finished, wash off and dry your feet, throw the water away down the toilet and wash out the footsoak bowl. Try not to use the bowl for any purpose other than the footsoak.

This simple routine is one of the single most powerful methods we can use to help our meditation, and most people when they try it report amazing results in that they sleep better and awake more refreshed in every way. If you are serious about going deeper in your meditation you will need to try this amazing technique!

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## Advanced techniques - 2

### Working on yourself to clear an obstruction in a chakra.

It is possible to clear obstructions in one's own Chakras if we feel tingling or heat in a corresponding finger. This is done by moving the hand in a clockwise motion (clockwise from the viewpoint of someone looking at you) over the relevant Chakra. For instance, if you feel a tingling in the left little finger you will know that the left Heart Chakra is not completely cleared.



So you can take the right hand and describe a clockwise motion over the heart area on the left hand side of your body (as if stirring a cup of tea vertically with your four fingers). Note that most Sahaja techniques use the right hand, as it represents the hand of action, whilst the left hand represents the hand of desire and is normally held out towards the candle and photograph to channel incoming Vibrations.

You can do this for seven or twenty one rotations, or until you feel some benefit. Most people will feel the results of the vibrations on the actual Chakra with practice, but don't worry if not - you may rest assured that it is doing the job in any case! Whilst rotating the hand we can also say the relevant 'affirmation' to help re-establish the pure quality of the Chakra. If you cannot remember the correct affirmation, then simply say 'Mother please clear this centre', addressing the motherly Kundalini energy within.

### Working on others to help them go deeper

To help others, you stand or sit behind the person you are working on so that they have their back to you (see fig. 2). Raise your Kundalini and put on a Bandhan as you would in your own meditation and then from behind raise the Kundalini of the person you are going to work on and give them a Bandhan. If you have developed enough sensitivity in your hands or fingers to feel the 'catches' or obstructions in the other person's Chakras

(evidenced by a tingling or warmth in your fingers which correspond to their Chakras), then you can work at the back of the person with your left hand out towards the candle and photograph.

If you do not have a picture, then keep your 'Attention' or concentration on your Sahasrara Chakra at the top of your head. Rotate your right hand in an anti-clockwise direction seven or twenty-one times. Note that the Chakras always spin in the same direction, so you are in effect doing the same as if rotating the Chakra clockwise from in front of the person. Repeat this action until you feel your finger or hand go cool. Again you can use the appropriate affirmation for the affected centre.



If you are unable to feel the catches, ask the person you are working on if they feel any tingling or heat in their fingers. If they do, then work on the appropriate centre. If neither of you feel any sensations, then you can simply work up the central channel, starting from the Mooladhara centre and working up each Chakra in turn. When you have finished working on the person, raise their Kundalini and Bandhan them. Then finish off by raising your own Kundalini and Bandhan in the same way that you would finish off your own meditation.

### The Ice Pack

A quick tip for those who may be having difficulty in maintaining thoughtlessness in their meditation. Very often the intrusive thoughts are the result of an overactive liver - a 'hot' liver in Sahaja terms. This is easily remedied by placing a cloth covered plastic ice pack on the area of the liver on the right side of your body during the meditation. You will find this an amazingly effective method of improving the meditation in these circumstances.

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