

Establish a 15-min daily meditation routine.

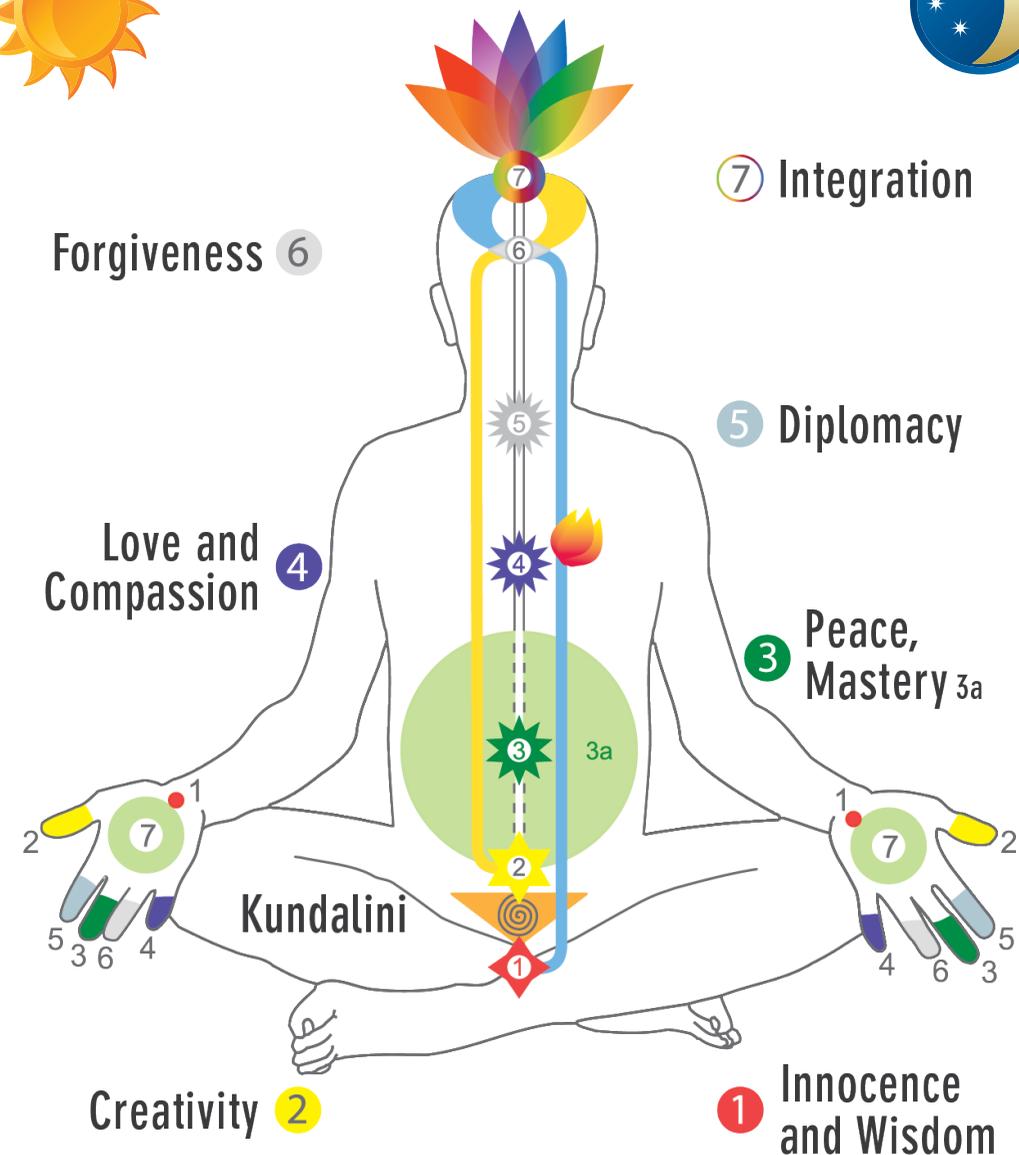
- Set up your meditation place.
- Set up a reminder.
- Start your day with morning meditation to set the tone for the entire day.
- Close your day with evening meditation & foot-soaking to let go and unwind.



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SAHAJA YOGA

M E D I T A T I O N



Week 1 | Instruction Manual

It all starts with a deep breath.



Sit comfortably with your eyes closed. Place your hands on your lap with the palms up. Repeat the affirmations until you feel peaceful and ready to move on.



1. Put your right hand on your lower left side just above the hip, and quietly say:
"Mother Kundalini, please give me pure knowledge."



2. Put your right hand just below the ribcage and feel confident saying:
"I am my own teacher. I am my own Master."



3. Move the hand on your heart. There is a part of you that is much deeper - your real self, your spirit:
"Mother Kundalini, I am one with my spirit."



4. Move your right hand to your left shoulder, where it meets the neck. Here, reassure yourself:
"Mother Kundalini, I do not feel guilty"



5. Put your right hand across your forehead, lower your head slightly and say:
"I forgive everyone, including myself."



6. Now, put your right hand on the back of your head. Here, we will ask for our own forgiveness:
"Mother, please forgive me for all my mistakes."



7. Stretch the fingers on the right hand, rotate your scalp slowly 7 times in clockwise direction, and say:
"Mother please, strengthen my Self-realization."



Shri Mataji Nirmala Devi, Founder

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There can be no peace in the world until there is peace within.

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Meditation is the only way you can grow. Because when you meditate, you are in silence, you are in thoughtless awareness. Then the growth of awareness takes place.