

# SAHAJA MEDITATION



## WHAT IS SAHAJA MEDITATION

Sahaja Meditation is a unique method of meditation based on an experience called Self Realization (Kundalini awakening)

Every human being contains a system of nerves and sensory organs that interprets the outside physical world. Within us there also exists a subtle system of channels and centers of knowledge. When the Kundalini, a dormant “Mothering” energy within us is awakened, we become connected to our spirit and our energy centers become enlightened. This awakening is known as Self-realization. It happens instantly without effort or thought. When our subtle system is enlightened, we have the ability to interpret the real state of our being.

Sahaja meditation enables you to learn how to achieve, master and maintain this state of being as you go about your daily life. Sahaja Meditation does not require us to believe anything that cannot be proven with our own experience. There is no blind faith or dogma. The best approach is to treat it like a personal experiment. Sahaja Meditation is simple and spontaneous. It is a technique easily learned by the average person who is seeking in a spiritual path.

Scientific research done with illnesses such as asthma, epilepsy and high blood pressure has proven that Sahaja Yoga is effective in improving physical and psychological well-being.

*“You become compassionate, affectionate and your outlook on life becomes positive. It is total Self – Realization. The spiritual energy in the soul is released*

**Free Classes Every Saturday**

**5:00 -6:00 PM**

**Columbus Main Library**

96 S Grant Ave, Columbus, OH 43215

**(Check with Security front desk for  
Sahaja Meditation Class room #)**

Phone#: 614-806-4690

Email: [sahaja.meditation@yahoo.com](mailto:sahaja.meditation@yahoo.com)

Official website: [www.sahajayoga.org](http://www.sahajayoga.org)