

Meditation

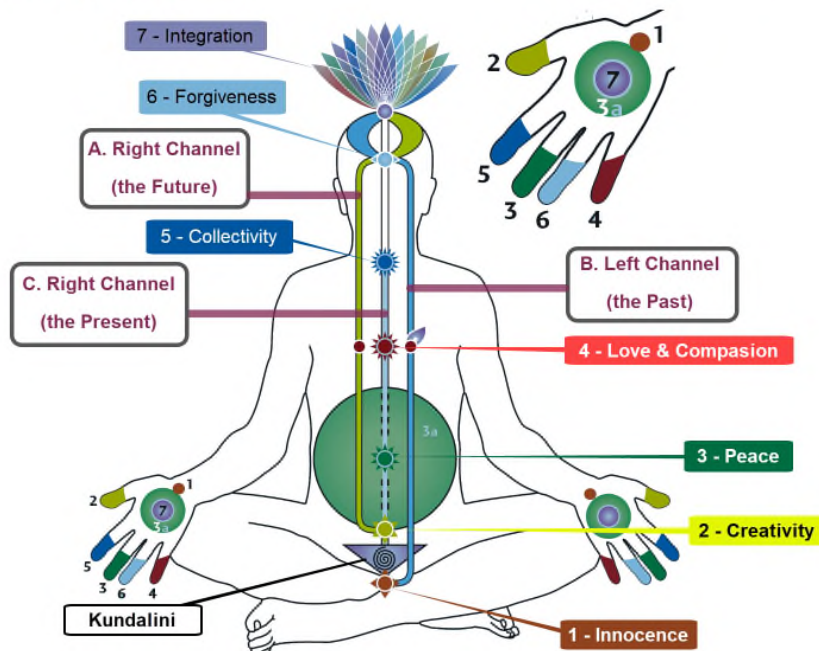
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Our Subtle System

Every human being is filled with a network of nerves and sensory organs. In the same way, we have our subtle system that includes channels ('Nadis' marked as A, B and C in figure below) and energy centers ('Chakras' marked from 1 to 7 in figure below) which take care of our physical, mental, emotional and spiritual being.

All these 7 chakras have different qualities which are quite intact even though we are not aware of them and they never get destroyed easily. When Kundalini, our motherly energy rises, these qualities start manifesting spontaneously into our lives.



Our Subtle System

More information and links www.sahajayoga.no

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About Sahaja Yoga Meditation

Sahaja Yoga started in 1970 by Shri Mataji Nirmala Devi. After studying medicine and with the knowledge of anatomy and human psychology, Shri Mataji have discovered this unique meditation which She wished to share with everyone, for free.

Shri Mataji, the founder of sahaja yoga have transformative potential that can be awakened with Her method. This can bring welfare, peace in the social institutions, our nations and in our world. Sahaja Yoga meditation is spread and practiced in more than one hundred countries across the world.

What is meditation?

Meditation is personal experience that takes away from thoughts, fears and imbalances. It is a thoughtless experience of peace and freedom. In the meditation an individual is completely awake and aware of surrounding with the absence of unwanted thoughts that are the cause of day to day stress.

The thoughtless awareness of peace happens spontaneously when one learns how to be in the present moment. Through this easy method known as Self-realization this meditation can be established and progressed.

With regular meditation, our subtle system can be strengthened.

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