

Meditate For Good Health



Table of Contents

2	History of Yoga
5	History of Meditation
7	Benefits of Meditation
16	Sahaja Yoga Meditation
19	Our Subtle System
21	Chakras
23	How to Meditate
26	Am I in Meditation?
29	Our Subtle Body needs Cleansing
31	Getting Into a Routine
33	Your Growth
36	Going Foreword

History of Yoga



Yoga derives from prehistoric roots, and develops out of Ancient Indian asceticism (*tapas*)

Indus Valley Civilization 3300-1700 BC

Many images have been discovered at sites of Indus Valley which show images of people in different postures of yoga.

Upanishad Phase 800-100 BC

The mystic practices are only hinted at in the Vedas and the ascetic practices are written about in different Upanishads.

Maitrayaniya Upanishad 200 BC yoga is defined as:

The uniting discipline of the six limbs

(1) breath control, (2) sensory inhibition, (3) meditation, (4) concentration, (5) examination, and (6) ecstasy (samadhi).

Shri Krishna talks at length in the bhagavad gita about meditation and the importance of being one with the divine.

Currently, it is estimated that there are about 30 million people in America, and in Europe practicing yoga.

Yoga (in the West) is an exercise-related and posture-related technique that involves gentle stretching, breath control and meditation.

Various different forms of yoga, including Hatha (most common in the UK), Ahstanga and Iyengar exist.

Yoga has been combined with various other exercise techniques to produce “fusion” classes, for example Yogalates, Body Balancing and Body Conditioning and Hot Yoga.



History of Meditation



Meditation is a holistic discipline by which the practitioner attempts to get beyond the reflexive, "thinking" mind into a deeper state of relaxation or awareness.

Meditation is a component of many religions, and has been practiced since antiquity. It is also practiced outside religious traditions.

Different meditative disciplines encompass a wide range of spiritual goals—from achievement of a higher state of consciousness, to greater focus, creativity or self-awareness, or simply a more relaxed and peaceful frame of mind.

Some forms of meditation include visualization, and guided imagery- using it can improve performance, alleviate pain, improve certain health issues, and reduce stress.

It can also help with weight control and loss and has many other proven uses. ¹Eastern meditation techniques have been adapted and increasingly practiced in Western Countries.



Enjoy the benefits of meditation!



We meditate using our own energy inside of ourselves

This energy (Kundalini) is a healing life force and is the same as the creative life energy of the universe. This energy is making all life grow, and is located in our tail bone area.

Once someone has started to meditate regularly there are a number of things that happen.

The Kundalini rises through the spine and replenishes the energy that has been used up in our Chakras. The Chakras are energy centers in our spiritual body which help run different parts of our body.

When we go to extremes we use up this life energy from these centers and it can leave us feeling drained and with a number of health issues.

- Stress
- Cancer
- Heart Disease
- Psychosomatic diseases

When meditating (with proper guidance to get established) the Kundalini energy repairs the damaged or drained energy centers, our body and mind becomes one – in harmony with itself, our surroundings and the divine. We begin to live a more centered and balanced life with daily meditations.

I stress we must be meditating properly. One problem is that because of our ego we may think that we know how to meditate. Meditation is not – listening to soft music and getting relaxed. Like I have said before this is good but the real meditation is when:

- The kundalini rises above our 7th Chakra
- We stay in the thoughtless state for *minimum of 5 minutes per day*.

Three problems are:

- Number #1 We Don't Meditate Daily

- We don't allow enough time for the Kundalini to pass through all the Chakras (it usually takes 15 minutes)
- We can't feel if the Kundalini has risen above the 6th or 7th Chakra. **So the minimum of 5 minutes meditation – is after the Kundalini has risen above all 7 Chakras.**

The solution for not feeling is usually footsoak treatment, join with a Sahaja Yoga free Class to learn more and have the Instructors help you learn about your chakras and subtle system.

When we are in meditation the Kundalini is re energizing our spiritual body. This energy is a reflection of God or any name that you may have for that power and it is inside of us located in the tailbone area.

When Jesus said we have to look inside ourselves – this is what he was wanting us to look for. I don't want to get all spiritual on you but we can't deny the fact that the Kundalini is a spiritual energy. It purifies our subtle system and connects us to the Divine. When we are connected we are one and in harmony with the whole cosmos.

In the beginning we may only experience the oneness (meditation) for a couple of seconds. As we develop and grow

our meditations, the thoughtless state gets longer. The way we grow deeper is by meditating regularly (daily).

In the beginning, even if you are only having short meditations you can have amazing results - Calmer more peaceful outlook on life and a glowing complexion too! Some people can experience deep meditations within a week. Some people can take a year, Some people unfortunately never get it. everyone is different.

Meditation is the most wonderful blissful experience you will ever experience. There are words or phrases that describe this transformation: Self Realized, Enlightenment, Yoga (the union).

Be secure in the fact that you are working towards the highest spiritual experience you will ever feel, and it is a journey of which we need to constantly monitor ourselves to keep on track.

There are a number of Doctors who have been researching the benefits of Sahaja Yoga Meditation and have proven that meditation can improve our health as well as our outlook on life.

Some of the Benefits of Sahaja Meditation include:

- Strengthened Immune System

- Less Stress and Anxiety
- Peace and Calmness
- Less Chatter in our Mind
- Clearer Attention
- Stop Smoking, Drinking and Drug Habits
- New Awareness of How our Behavior effects our Health
- Oneness and Compassion Towards Others

Sahaja Yoga shows us the link between our subtle system and our body's health. They are very much interconnected. The state of our health and well being is directly related to the state of our subtle system and our behavior. We can learn to diagnose and correct our health through our subtle system.



Dr.Ramesh Manocha: research into meditation and wellness

<http://www.researchingmeditation.org/>

Meditation Research Interview Video

The International Sahaja Yoga Research and Health Center



Abstract of Dr.Madhur Rai's Lecture 2010

A Healthy Humanity is a pre-requisite for a Prosperous, Happy and Peaceful World. Health has been redefined by WHO and now implies physical, mental, social and spiritual health. This

Holistic concept implies a sound mind in a sound body and in a sound environment.

A pre-requisite for spiritual health of an individual is to know his own self which can be achieved by attaining a higher super consciousness state described by a Sanskrit word 'Sahaja'. This means literally-' born with' or 'spontaneous'. The implication is that the entire mechanism is inborn and is activated in a spontaneous and natural way without undue or extreme efforts.

Once an individual achieves this state then the negative effects of life style, environment, ill health that cause an internal imbalance in energy flow within are corrected; we have numerous cases on record who have benefited by achieving this state of super consciousness. By shift of consciousness one is able to feel one's own imbalances and correct them, thus getting rid of many modern life style induced psychosomatic ailments. Also supporting scientific data expounds the positive changes achieved by this state, which enables a person to strengthen one's immune system, experience complete harmony, good health and well-being.

Importantly we feel incorporating this technique in one's life will bring us closer to the Ideal Goal of an Holistic Integrated Health Care Strategy.

[New Sahaja Yoga Research Presented at
International Cardiology Conference in Mumbai on 7-Jan-2010](#)

International Conference Towards Sustainable Global Health

Bonn Germany
9 - 11 May 2007

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Mental illness, alcohol and drug abuse, and stress-related disorders account for a significant and increasing proportion of health problems worldwide. While environmental changes are undeniably crucial to improve global health, this symposium will address the effectiveness of a change at the individual level: the development of human consciousness through meditative practices.

The goal of Meditation is to reduce or eliminate unnecessary thought processes through training of internalised attention. Therapeutic effects that have captured the interest of Western science include profound relaxation, positive affect and enhanced concentration. The current literature will be reviewed for evidence of short- and long-term changes of meditative practices on human physiology, namely:

- **the reduction of stress-related autonomic and endocrine measures accounting the increase of fronto-parietal neural function and structure, presumably reflecting enhanced internalised attention.**

- **for the widely reported effect on stress relief**
- **the up-regulation of affect-modulating fronto-limbic brain areas and related biochemistry which may relate to enhanced positive affect and emotional stability**

The clinical effectiveness of Meditation will be illustrated in disorders of affect and attention. Evidence for lasting positive changes in neurofunction and biochemistry raises the possibility of leveraging meditative practices as a potentially powerful adjunct in the prevention of global ill-health.

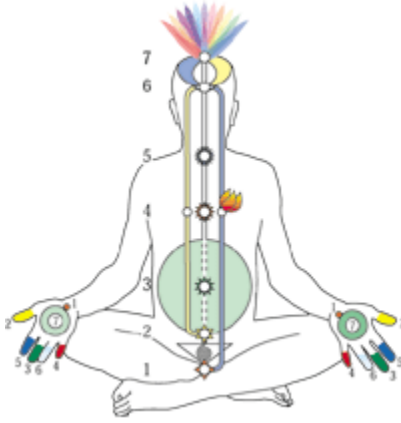
[The Change Within](#) - Sustainable Effects of Meditation on Health Presentation

Prof. Katya Rubia Institute of Psychiatry, King's College London, UK.



Sahaja Yoga Meditation

What is Sahaja Yoga?



Sahaja Yoga is a method of meditation which brings a breakthrough in the evolution of human awareness. It was created by Shri Mataji Nirmala Devi in 1970 and has since spread all around the world.

In Shri Mataji's own words: "Global unity of mankind can be achieved through this awakening that can occur within each human being, so that transformation takes place within us. By this process a person becomes moral, united, integrated and balanced. One actually gets the experience of the feeling of the all-pervading divine power as cool breeze. "Know thyself" is the main theme of all the scriptures - it becomes evident and one reaches the absolute understanding of oneself.

Thus one becomes peaceful and joyous in life. One becomes collective as a drop falling into the ocean of compassion. This method works for the multitudes and not individually. Of course one cannot pay for the experience of Divine Love. Moreover, it is the last breakthrough of our evolution. This is the actualization of such transformation, which is taking place

now, worldwide, and has been proved and experienced by hundreds of thousands in over 85 countries."

The next step in our collective evolution

This inner awakening is called by many names:

- Self Realization
- Second Birth
- Enlightenment
- Liberation
- Moksha
- Satori

and it is the goal of all religions and spiritual traditions of the world. This knowledge is ancient, but for a long time it was available only to a few souls, being kept secret and transmitted from guru to disciple, since Self Realization was extremely difficult to achieve. In these modern times, through Sahaja ("spontaneous") Yoga ("union with one's Self"), this experience has become effortless and available to everyone, for the first time in the history of human spirituality.



The advent of Sahaja Yoga was prophesized a long time ago in many of the world's spiritual traditions and religions (see the section on Prophecies and Fulfillments). At the same time, in these modern times many seekers of Truth have been deluded into following various false, self-proclaimed "gurus" who are either money or power oriented, but not Spirit oriented.

Through the practice of Sahaja Yoga, our awareness gains a new dimension where absolute truth can be felt tangibly - on our central nervous system. As a result of this happening, our spiritual ascent takes place effortlessly and physical, mental and emotional balance are achieved as a byproduct of this growth of our awareness.

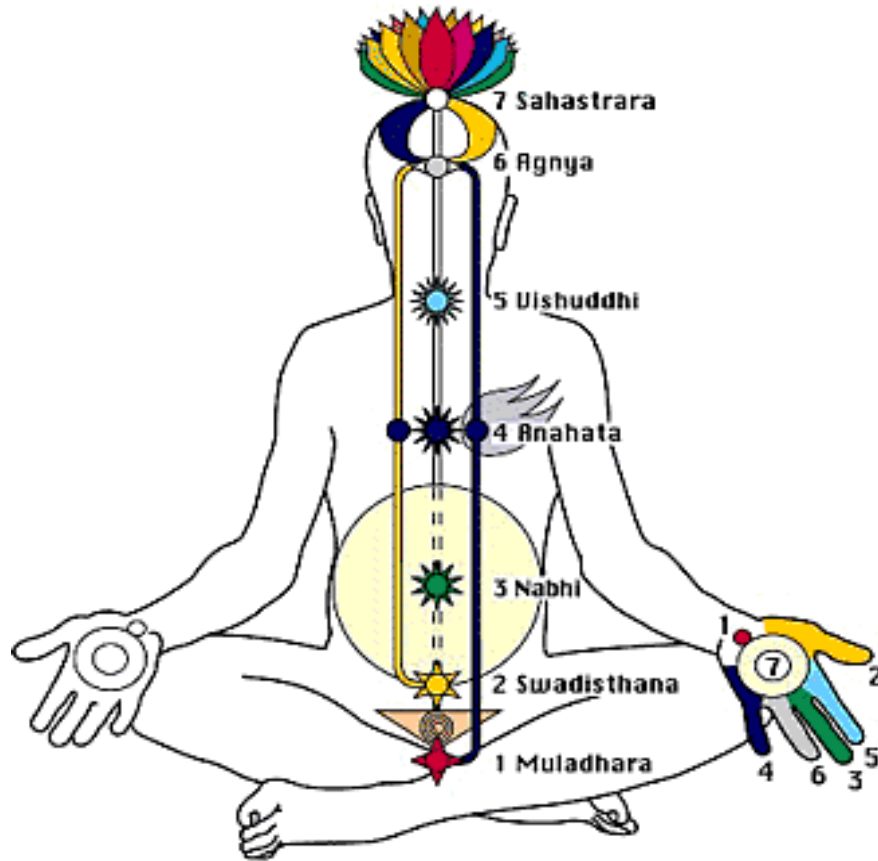
Try it now! 

We then realize that we are not this body, mind, ego, conditionings, emotions or intellect, but something of an eternal nature which is always residing in our heart in a pure, undisturbed state - the Self or Spirit. The Spirit is the source of true knowledge, peace and joy. Self Realization is the actualization of this connection with our Spirit, which as Shri Mataji advocates, is the birthright of every human being.

"It is important for everyone to have that knowledge of the roots within ourselves. Sahaja Yoga allows the individual to become his own Spiritual Guide." Shri Mataji Nirmala Devi

[Experience the Awakening Online](#)

Our Subtle System



THE SUBTLE SYSTEM

There are actually three channels in the system. The one in the center is called Sushumna, which caters to the parasympathetic nervous system, or the autonomous nervous system. The one on the the left looks after the left sympathetic nervous system and on the right it looks after the right sympathetic nervous system. Now, it is not accepted yet, or discovered yet in medical science, that the left and right sympathetic nervous systems are two different juxtaposed systems. Their functions are absolutely opposite to each other.

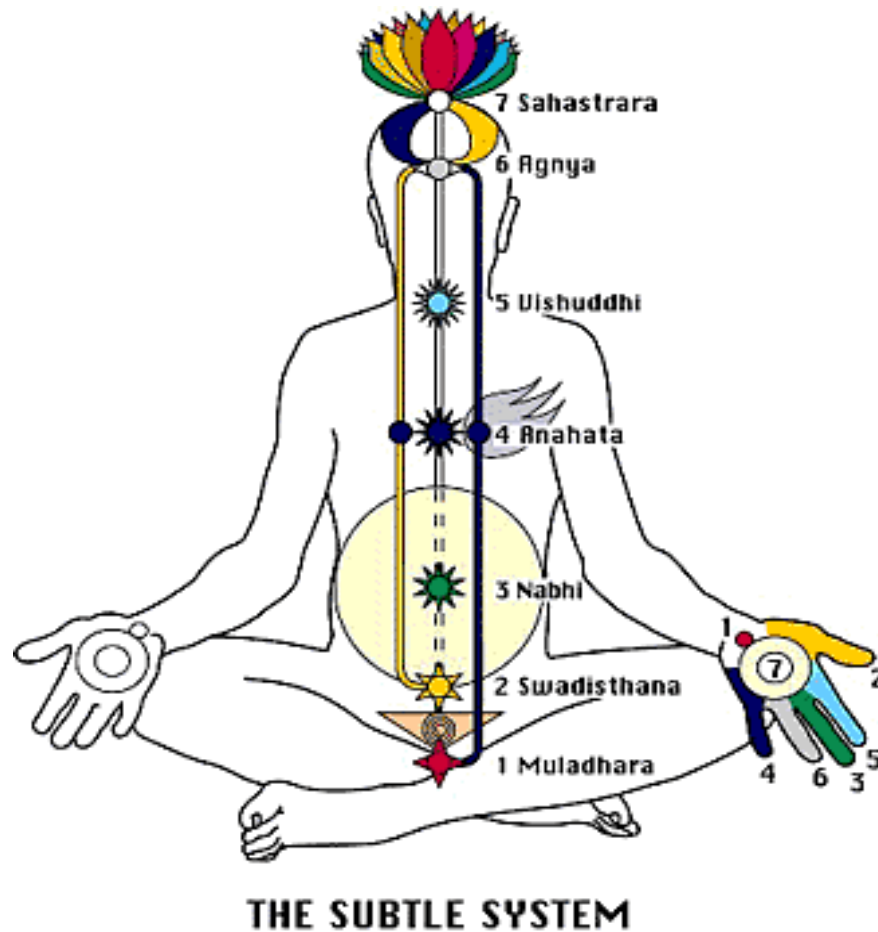
The left side channel is called the **Ida Nadi** and is connected to the right side and back of the brain. The two left and right channels cross at the Agnya Chakra level. This channel caters to the left sympathetic nervous system. This channel looks after our emotional life and our past. It is the channel which creates our past. Whatever is present today becomes past tomorrow. The subconscious mind receives information from this channel. The subconscious mind has an age-old collective subconscious mind beyond it. Everything that was in the past since creation resides dormant in the collective subconscious. This collective subconscious has all that is dead in the evolutionary process collected and stored. Whatever that is dead or gone out of the subconscious mind goes out into the collective subconscious mind.

The right side channel is called the **Pingala Nadi**, which crosses Ida Nadi at Agnya Chakra level. It is connected with the left side and the front of the brain. This channel caters for the right sympathetic nervous system. On the right hand side there is the supraconscious mind, which creates our future. Whenever we think about our future is recorded on the right hand side, and it also has a collective supraconscious, which has got all that is dead, which happened due to over-ambitious, futuristic personalities, aggressive animals or plants.

The Central path is called the **Sushumna Nadi**, through which the Kundalini passes to pierce through the 'Fontanelle bone area' (Little fountain or Brahma-randhra) to enter into the subtle energy of the all-pervading power. This is how the actualisation of Self-Realization (Baptism) takes place. First the hands feel at the fontanelle bone area and on the finger tips the cool breeze of the Holy Ghost. The hands are steady, they do not shake, they look normal but the seeker feels the ripples of the cool breeze. For the first time he feels the existence of the all-pervading power.

[Kundalini Video](#)

Chakras



Chakra is derived from the word that translates as “wheel or turning”

Chakra is a concept referring to wheel-like vortices which, according to traditional Indian medicine, are believed to exist in the surface of the etheric double of man. The Chakras are said to be "force centers" or wheels of energy permeating, from a

point on the physical body, the layers of the subtle bodies in an ever-increasing fan-shaped formation (the fans make the shape of a love heart). Rotating vortices of subtle matter, they are considered the focal points for the reception and transmission of energies. Seven major chakras or energy centers are generally believed to exist, located within our Subtle Body.

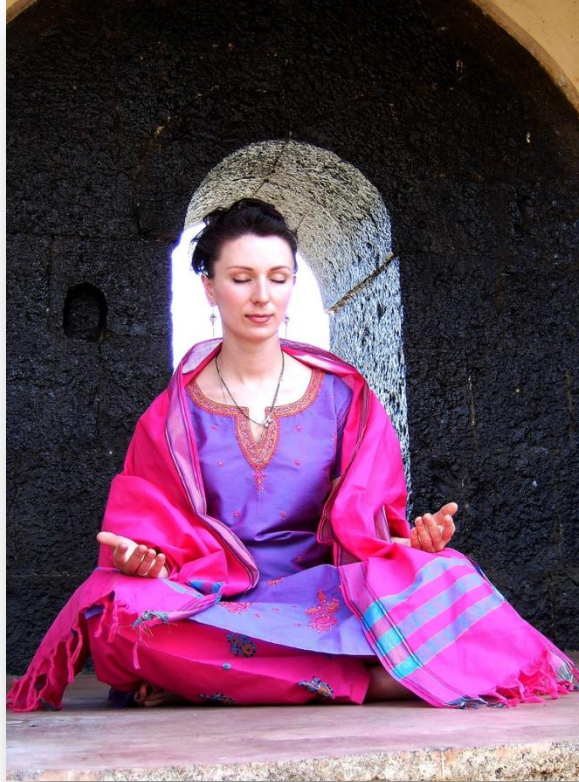
It is typical for chakras to be depicted in either of two ways:

- Flower-like
- Wheel-like

In the former, a specific number of petals are shown around the perimeter of a circle. In the latter, a certain number of spokes divide the circle into segments that make the chakra resemble a wheel or chakra. Each chakra possesses a specific number of segments or petals.

Much of the original information on chakras comes from the Upanishads which are difficult to date because they are believed to have been passed down orally for approximately a thousand years before being written down for the first time between 1200–900 BCE.

How to Meditate



[Stress Management Through Sahaja Yoga Meditation Video](#)

After we have [the awakening](#) of our own Kundalini we can begin.

When we want to meditate, we can do it anywhere. It is easier to start with a quiet place. Sitting on the ground or on a chair with your back fairly straight. This helps the Kundalini energy rise through the spine.

Can I do it lying down? You can, but it is not very respectful of the energy, for now we will sit on the floor or a chair, whichever is most comfortable for you.

Have a humble attitude - wanting to be one with the Divine.

The Kundalini energy is what will take us into meditation. This energy is separate from us and is said to be the Shakti power of God or a Reflection of God (or Divine) – inside of each one of us.

God's will is to be united with us through Yoga.

First we raise our energy physically - [Video](#)

Next part is what I call 50/50

First half - **The Kundalini energy rises taking our spirit and our attention above our thoughts – to be one with the Divine.**

Second half - We need to put reigns on our attention and our thoughts. Normally our attention is going everywhere, multi-tasking trying to get so much done in this life. This produces many thoughts and our mind can be racing. We learn to put

reigns (like on a horse) and control our attention from going everywhere.

We are meditating – we have the thought – What time is it?

Don't react – we watch or witness the thoughts as they fade.

The phone rings – we don't answer it, we are meditating and can check the message later, better yet turn off your phone because in the beginning we need no distractions.

There is a space between 2 thoughts – this is meditation

Kundalini + We stop Thinking = Meditation

[Meditation Music](#) Try to have no thoughts with attention above the mind



Am I In Meditation?



So we have awakened our own Kundalini energy, raised it and are sitting here thinking Am I in Meditation.

Once you touch meditation for 1 second – **you will know if you are in meditation.**



They say there are 3 states of the consciousness

- Awake
- Asleep
- Dreaming

Meditation is not one of these. Meditation is when you are in the present. If I were to ask you, if you are in the present right now reading this material, you would probably say yes but by the time your eyes read this word, go back to your mind, understand the meaning of the word - it is history.

Meditation is experiencing the exact present. In the moment.

It is as if time is in slow motion, your spirit is one with the Divine. You may feel lighter. We might feel tremendous joy. Things that would normally distract us seem less important because we are absorbed into this blissful state.

Sahaja Yoga calls this state “**Thoughtless Awareness**”

We have no thoughts and are aware of everything going on.

Some people who are new buy a meditation CD and listen to the peaceful music, wind down from a stressful day and sometimes this leads to an almost sleepy state.

This is relaxation and it is good.

Some people meditate as part of their religion and are communicating with their force of power.

This is not the meditation that I am talking about

Meditation: is when our kundalini has risen up through all the chakras and pierced through the Crown of the head, Uniting us with the Divine.

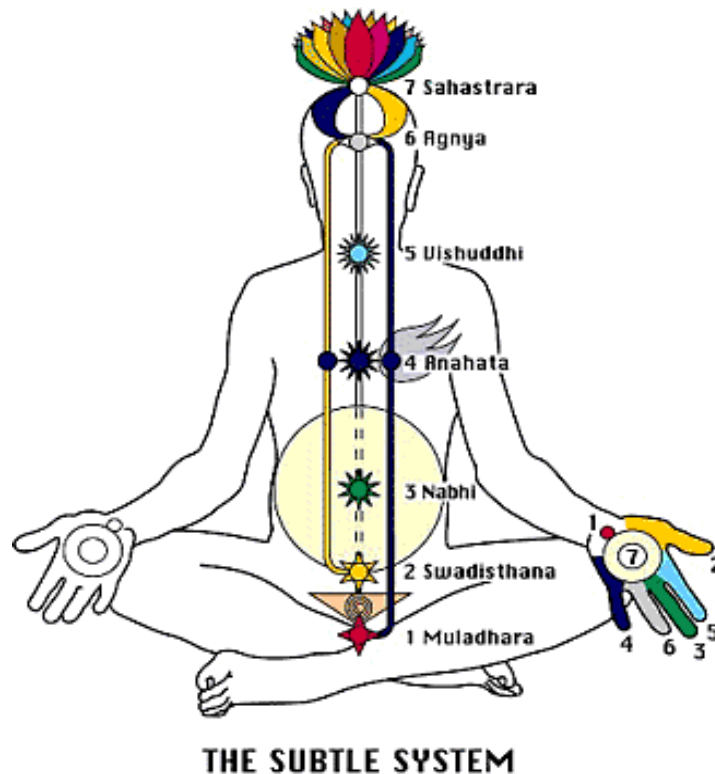
Few people can achieve this on their own, most people need something to trigger the awakening of the Kundalini. Usually someone who has the awakening can trigger it.



Our Subtle Body Needs Cleansing

Our subtle body is an amazing thing. When our attention is too much on unfulfilled desires (left side) or trying too much to over achieve (right side) there is a build up or accumulation in the chanel.

As well each chakra has a purpose and is very closely related to our behavior towards our fellow human beings. We can have a blockage on the 5th chakra if we yell at another person. Similarly if someone yells at us and we don't stand up for ourselves we will have a block in that chakra.



The balanced behavior is always in the center.

Something unique to Sahaja Yoga is that we can feel the state of our Subtle System on our central nervous system. Physically we can feel tingles in our fingertips which chakra is blocked.

In the above diagram we can see the 2nd chakra is yellow and the corresponding finger is the thumb. This way we can learn to feel which chakras are blocked and correct them and in theory will be one with the Divine – If we control our thoughts.

[Footsoaking](#) is a simple treatment to clear our subtle body.

When you go to meditate, take a dishpan or small container. Put 3 to 8 inches of warm water and a good handful of salt. This will draw all impurities out of our chakras and channels.

Chakras are like magnets – we might talk to someone and feel drained after – it goes on our chakras – footsoaking helps this.

Also if we feel tingles on a finger, locate the corresponding chakra on the diagram above and put your right hand on the area and in your heart ask the Divine to clear the chakra. After a couple minutes it should clear. Chakra problems which return a lot we have to look at our behavior and learn the qualities of that chakra to go deeper.

Getting Into a Routine



Why is it not working?

When we are new to meditation we may not feel that we are progressing as much as we feel we should and why is that?

Usually it is because we have not felt the state of meditation, and we don't meditate daily.

When we meditate daily for a short while in the morning and evening if possible, we will feel the state of meditation.

We need to develop a routine system. Meditating once a week will not do it. (as far as I have seen in 15 years) You need to meditate for a short while every day. Get up in the morning 10 minutes earlier, have a wash and meditate before you turn on the TV, Radio, News, Computer. These all get our mind going. Earthquake, Hurricane, email same thing... it's too much.

So meditate before any of this and you'll be ahead of the game.

There are a lot of things that will try to stop you from meditating – our habits, conditioning, friends. Make a Routine.

When you feel the real bliss of meditation it will be a joy.



Your Growth



So now You've felt the meditation, maybe not.

It is important that you join in with more yogis. You will feel more vibrations, this will help clear your chakras and you can get feedback on the problems which you may not be able to feel at this time.

I have been meditating for 15 years in Sahaja Yoga. When I started I was completely off balance. I couldn't feel my right side on my hands at all so I thought it was fine. It took me 6 months to feel my right side catches in my hands but with meditation it all works out.

Is Sahaj Yoga a cult?

I have never felt major pressure to give money although I do. Sahaja Yoga offers free classes for everyone and the rooms cost money.

Is Shri Mataji God? – Who Really Knows 😊

What really matters is - have you awakened your Kundalini and are you improving your daily [meditations](#).

When you meditate you will have good meditations with more people. I would say join with a Sahaja Yoga group near you or go to an Sahaja Yoga online class. The vibrations are better with more people. This helps deepen your meditations. There is a lot to learn, classes are free.

Some people have good or bad vibrations – in or out of Sahaja Yoga – footsoak if you feel you need it.

In the end Sahaja Yoga is a reflection of the world and the people who live in it. I have been meditating for 15 years and I am far from perfect but I am truthful to myself and try to correct myself. I feel as the people of the world evolve spiritually Sahaja Yoga will reflect that as well.

It really is a long term journey to try to correct our problems but short term there is a lot of joy we can feel in meditation as well as discovering a system inside ourselves that can help us to identify if we have some health problems. We can also learn

how to fix our subtle system and hopefully prevent some major health issues.



Going Forward



I would like to thank you for taking the time to read this material and urge you to stay the course, be persistent.

Not all people feel the vibrations right away and need some time for the system to start working.

I have had many, many fantastic meditations and this is due to the teachings of Sahaja Yoga and Shri Mataji Nirmala Devi.



I wish you the very best of luck in your successful journey of meditation and spiritual enlightenment.

Glenn Pattison

Some helpful links

<http://www.freemeditation.com/>

[Learning Center Near You](#)

[Online Meditation Course](#)

[Meditate Online](#)

Photos – Special Thanks - Are Courtesy - [Axinia Samoilova](#)

Except #8,#1