

First steps in meditation

- A regular daily schedule is preferable - say 10-15 mins first thing in the morning, and again last thing at night.
- Be relaxed - 'effort' or concentration is not necessary... in fact it is a hindrance. Simply look gently at the photograph - you will find that you become more relaxed, and peaceful. Do not try to increase your desire... it is like when you are hungry... you are just hungry... you cannot make yourself hungry... you just are. So just let go... and let the attention be drawn inside, and allow it to rise upwards, as the Kundalini rises. Main thing is to just rest your attention on the Photo.
- Try not to "think", or analyse what is happening, during or even after meditation - rather enjoy the experiencing, feel the love flowing. It is the quality of the heart that we feel. Just enjoy.
- True meditation is well beyond the mental level, and therefore cannot be analysed or understood by mental processes, but is felt and enjoyed by the spirit which resides in the heart. So just let go and relax.

How to use the Photograph

- Place the photo, in a frame, on a table, set aside for meditation, and place a lighted candle in front of the photo (do not use these small candles).
- Remove shoes, and sit relaxed in front of the photo, either in a chair, with your feet flat on the floor parallel to each other, and 2-3 inches apart, with your hands open, palm upwards on your knees, or alternatively, sit on the floor, cross-legged with your hands again palm upwards towards the photo.
- You may find it better to keep your back straight...not slumped back into the chair, as this assists the Kundalini to rise.
- And remember not to extend your feet towards the photo, nor to put the photo on the floor. On the other hand, you can if you wish, place a photo at, or in line with your head, when sleeping.
- Sit for about 10-15 mins - after waking in the morning, and also before sleeping.
- If you feel cool in your hands, this is good. If not, do not worry, but feel the peace, and enjoy. Remember: no 'effort' of will, no thinking & no concentration - just relax & witness. Do not "try" to do anything. 'Effortlessness' is the key. Simply just look gently at the photo.
- And do remember to come to our free weekly, collective meditation evenings, to learn more about the practice, and the benefits of Sahaja Yoga, and to further deepen the experience of peace and joy in the strength of collectivity.