

Sahaja Yoga Meditation

"Sahaja Yoga is a very gentle way of meditation, which reveals how to get in touch with your own inner being, by awakening an energy within known as Kundalini... which is felt on the hands as a Cool Breeze, (some may feel warm to begin with), at the time of your Spiritual Resurrection. At this time, your hands start to tell you what is the state of your inner energy centres or chakras... and so, if you are able to decipher what you now start to feel in your hands, you are able to heal yourself, and to ascend in your own meditation. This is what is referred to, when it is said "At the time of Resurrection, your hands will tell you things, about the state of your inner being." It is very simple, and is given free of charge to all who have the desire to get it for themselves."

"This is the true meaning of Mohammed's Words, when he said 'At the time of Kiyama, your hands will speak' - your fingers, your hands start to register the condition of your own inner energy centres or chakras... and so when you learn to interpret these sensations that we now start feeling... we see what our hands are really telling us. Then it is a simple matter to direct this newly activated energy that is flowing through us, to the centres that we find are in need... and so our overall health and well-being improves."

Do try it at home on a daily basis of just 5 minutes in the mornings, and 5 minutes at night. Also do try to attend your local Sahaja Yoga meeting to learn how to maximise the benefits that this form of meditation will bring you. It costs nothing, but the rewards that will come to you will far outweigh any time that you will spend in a regular daily meditation.

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