

**Kingston Sahaja Yoga Meeting**  
**Teaching the 'Sahaja Yoga' style of enlightened living**  
**Fridays from 12 noon to 2 pm, weekly**  
**Entry & Tuition entirely free. on the 3<sup>rd</sup> floor, John Lewis store**

## The Sahaja Yoga range of Literature & 'Teaching & Learning' Aids

The full range of Sahaja Yoga Literature may be easily found by clicking on the "Literature" link in the 'QuickAccessBar' near the bottom of the HomePage.

Here you will find on the left of the screen, a group index, divided into 'Basic'; 'Intermediate'; 'More Advanced' and each then further subdivided once more. Whichever you choose, will be displayed on the right side of the screen, for you to make your final selection.

We would suggest a start be made with the 'Starter Pack', then the 'Basic Literature', followed by the 'Which to hand use... Left or Right' before moving on to the 'Intermediate' and 'More Advanced' groups.

These last two groups are not to be learned parrot fashion, but are there for reference purposes only.

It should be noted that all the information contained in all of these charts has been gleaned from research into the recorded material left for us all, by Shri Mataji Nirmala Devi. Again a reminder, that no transcripts were used.

One final grouping is there, called as "Teaching & Learning Aids" which is a slightly more advanced way of looking at and learning about Sahaja Yoga. These graphics are designed to enable projection onto a screen in a collective setting or environment, such as in a College or University. They are collected together into groups corresponding to the 3 channels within us... The **Ida Nadi** or Left side channel; the **Pingala Nadi** or Right side channel and the **Sushumna Nadi** or Central channel.

These graphics pull together into one central focussed point all the various main qualities associated with the various chakras, projected on a screen behind the person delivering the lecture. An alternative way of accessing these graphics is to start with the "Pics link" in the 'QuickAccessBar' & then select set "G"

A similar approach is taken for each of the entire individual channels, the Left, Right and Centre. Then finally, there is a graphic for the Kundalini itself, plus to round it all off there is a chart for each of the channels, Left, Right and Centre.

As with the whole web site itself, there is an abundance of information, given to us all, the now world wide family of Sahaja Yogis, who are the army who now all have the task of educating and enlightening the rest of the world... demonstrating the now current state that we all have reached in our onward evolutionary progress  
in this our **Meta Modern Era.**

[As it happens, by chance, this is the title of Shri Mataji's own book, which is itself well worth more than just a passing glance]

Next will be:

A look at the range of charts and graphics, and other materials provided for anyone seriously interested in going even deeper.

Jai Shri Mataji