1. **1 Line summary:**
   1. In this presentation, we will learn about Sahaja Yoga, its benefits, how to meditate everyday, and about collective meditation.
2. **5 Line summary (abstract):**
   1. Sahaja Yoga includes union with God, and we will get Self-Realization if we meditate well.
   2. Sahaja yoga helps us to be good, helps to do good things, it will cure physical or mental problems, gives us good health, etc. and does help us.
   3. To get the experience of Sahaja Yoga, you need to meditate well, you need to get Self-Realization, and you can listen to Shri Mataji’s speech which is 10 minutes if you want (play Shri Mataji’s speech - 10 minutes if other people want).
   4. You need to meditate daily at home to get Self-Realization, and it’s good for you.
   5. You need to go to collective meditation because we can learn new things about meditation like doing Pujas, etc.
3. **Full description:**
   1. **Sahaja Yoga:** Sahaja Yoga includes union with God. Sahaja Yoga includes Kundalini. In Kundalini, if we are balanced we will get Self-Realization and feel something cool on top of our head. Sahaja Yoga includes seven chakras: Mooladhara, Swadhisthana, Nabhi Void, Anahata, Vishudhi, Agnya, and Sahastrara. Shri Mataji taught Sahaja Yoga in 1970.
   2. **Benefits:** Sahaja yoga helps us to be good, helps to do good things, it will cure physical or mental problems, gives us good health, etc. and does help us.
   3. **How to get the Experience:** You can listen to Shri Mataji’s speech to learn about the **How to get the Experience** of Sahaja Yoga (play Shri Mataji’s speech - 10 minutes).
   4. **Daily meditation:** You need to balance all the 3 channels: the Left channel, the Right channel, and the Central channel. That's important because you can take away all your bad negativities. To balance all 3 channels, you need to do like in this image (show the image).
   5. **Collective meditation (~ References):** Collective meditation is important because you can learn so many new things like how to do Pujas, etc. To go to the collective meditation in Atlanta GA, you can go to 1122 Cambridge Square to the 1st floor, and you can search other centers (e.g. Sahaja Yoga International School, Canajoharie is in New York when we search it in Google Maps).