



SAHAJA YOGA: A SILENT MOVE TOWARDS TRANSFORMATION

March 21, This day Sahaja yogis from all over the world celebrate Shri Mataji Nirmala Devi's birth anniversary. The question is what best birthday gift can be offered to Mother who has transformed lives of millions of people all over the world through her founded Sahaja Yoga for self realisation.

This simple method of meditation has made practitioners to achieve self-realisation, thoughtless awareness, and leading life of joy, bliss and peace within. It has also helped them to be in good health. Sahaja yoga meditation is simple and no physical exercises are involved. It is an exercise within to establish balance between thoughts followed by unnecessary actions. Attention plays an important role in meditation.

Mataji has explained how a seeker gets self-realization after the energy laying dormant in the sacrum (at the base of spine) gets activated. Then the person is able to maintain balance between his desires and actions.

In Sahaja Yoga meditation, attention is required to be placed and maintained on the centre of limbic area (fontanel bone), which is also known as Brahmarandhra. Praying from the heart seeking self-realisation, One's attention, passing through chain of thoughts reaches Brahmarandhra.

The awakened energy (kundalini), passes through seven chakra's and the practioner experiences cool or warm flow of vibrations from both the palms and at the limbic area. Depending on the seeker's condition, self-realisation takes place. Gradual practice makes him to be steady and experience the state of thoughtless awareness. The subtle system works within every human being autonomously. It does not differentiate and operate on caste, creede or religion basis.

The Sahaja Yoga practitioners are proceeding slowly and making a silent move to inculcate this form of meditation to students through schools, colleges. Some heads of schools have permitted to have this meditation for the students as they have found good results. As Lord Krishna said in Geeta, first take Yoga (Union with Divine) then you will be taken care by the Divine. Mother has said, first get self-realization, which is given free of charge, other things will follow.

Benefits of vibratory awareness: Believe it or Not

- At a hospital in Mumbai, Gynaecology dept had reported a dead baby inside a pregnant woman. When labour was induced, a one kg weak baby came out breathing. Next day when a senior MS doctor was visiting another patient, he happened to notice the weak baby. His desire of good health to baby, extended vibrations learnt through sahaja yoga and self-realization. A week after when he visited again found that baby was normal.
- At a hospital in Ahmedabad, doctor had advised the pregnant woman to have premature delivery as blood group of mother and child are not matching, and also after birth child needed newblood transfusion. The family members practising SY mediation, decided whatever the result be, they wanted the child. They also gave vibrations regularly to pregnant woman. Surprisingly, a healthy child was born in the normal period with no blood transfusion problem.
- A farmer from Atpadi in Sangli

district, Sandeep Deshmukh said, I find this Sahaja yoga meditation is helping me in my farming activities. Sitting on the ground in the farm I meditate regularly. What I have found this year about the crops is astonishing. My two and half acre farmhas 1500 pomogranate plants. Vibrated water mixed with stored water is supplied to all the plants. This has resulted in getting 8 tons of fruits per acre, which is normally 4 tons per acre. Added to this is my part of farm was not affected by nature's fury of cloudy weather and rains that damaged crops of others nearby. I firmly believe that with Shri Mataji Nirmala Devi's blessing of Sahaja Yoga Meditation and vibratory awareness, one can benefit in farming and also get peace of mind. The District Agriculture Officer, Solapur, who was passing by, visited my farm, and surprised to see each plant tilting toward ground havingmore andweighty pomegranates. To his query as to which which fertilizer is used,

I told him that with no chemical fertilizer, coudung slurry and vibrated water has made this change, said Sandeep Deshmukh.

While some Sahaja Yoga beneficiaries have taken initiatives on their own, at their own cost, others put their efforts for spreading Sahaja yoga.

A Sahaja Yogi, Vilas Kathe Patil, has constructed a large hall at his own cost in Achalpur near Amravati, to havemeditation programmes for new comers andpractitioners.

A Sahaja yogi Punjabrao Choudhary, has built a temple in his farm at Gadegaon near Warud, in Amravati district and organisesmeditation programmes regularly. The village sarpanch, nearby school boys and girls and villagers regularly attendmedi-tation centre.

Navi Mumbai Sahajayoga collectivity has planned to purchase a plot from CIDCO to enhance their Sahaja Yoga activities.

As Sahaja yogis have innumerable experiences of benefits of divine vibrations after self-realization, they are making it a point to reach the Sahaja yoga message to as many people as possible. Sahaja Yoga is expanding silently. All the Sahaja yoga meditation centres in India and abroad are part of this process of silent movement of transformation. The main objective of this movement is to offer free of charge self-realization through Sahaja yoga to seekers that is what Shri Mataji is looking forward from Sahaja yogis. Recently Sahaja yoga awareness programs were held at Palghar, Phaltan, Satara, Mhaswad and Atpadi. Sahaja Yogis visit places, on their own to conduct these programs.

In God's own country Kerala, Vidya Mandir School, in Tilanur, Kannur, which runs on Sahaja yoga principles, students meditate two times everyday.

Good news is that United Nations on the appeal made by India's Prime Minister, Narendra Modi, has proclaimed June 21 as International Yoga Day, and 177 nations have supported this.

The Yoga Institutions around the world will have good time to make their presence felt. commercially or otherwise on this Day.

The divine works in its own way to expose non-divine events like corruptions, scandals and scams etc through human beings.

This reminds us to put more time in searching the truth within than looking for joy from materialistic attitude.

The seed of Sahaja yoga, that was sown after 5thMay, in 1970 onwards, is growing and growing as plants and trees in countries wherever it has reached. Let the Sahaja yogis all over the world, while celebrating Mataji's Chaitanya Day on February 23, Birth Day on March 21, and Sahasrar Day on May 5, also celebrate InternationalYoga Day on June 21.

The best gift Sahaja yogis can offer to Mother on Her birthday could be spreading Sahaja Yoga amongst as many people as possible.

Visit: www.sahajayoga.com / www.freemeditation.com

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