



# SAHAJA YOGA MEDITATION

*"Meditation is such a soothing thing, such a beautiful way of connection with the Divine, that all your problems get solved in that meditative mood." — Shri Mataji Nirmala Devi, founder of Sahaja Yoga*

## Local Meetings In Person

**Address:** The Healing Space, 786 Silas Dean Hwy, Wethersfield CT 06019  
**Sunday, June 16<sup>th</sup> Onwards, Time: 11 AM - 1 PM**

Week	Date (Sundays)	Session	Description
1	06/16/2024	Experience the silence within	We will experience the awakening of a divine mothering energy within us that gently takes us into a state of silence.
2	06/30/2024	Expand the silence of meditation	Learn how to calm your attention, reduce your thoughts, and increase your enjoyment of inner silence.
3	07/07/2024	Inner peace and balance	Our attention can move into the past, the future, or be stable, quiet, and settled in the present. In a state of balance we are able to surmount inner and outer obstacles to becoming our true selves.
4	07/14/2024	We are all so beautifully made	Our attention can move into the past or the future, making it a challenge to meditate. We will learn about the three energy channels, and how to balance them so that we can be in the present, and on the path to our spiritual ascent.
5	07/28/2024	Inner transformation through meditation	We discuss the innate qualities of the subtle energy centers (chakras) within us. We will learn how we can imbibe these qualities in our daily lives through Sahaja Yoga meditation.
6	08/04/2024	Using the natural elements	In Sahaja Yoga we use the natural elements of water, earth, fire, ether, and air to deepen our meditation. The foot soaking technique helps us clear our subtle system and increases our enjoyment of the meditation.
7	08/11/2024	What are you feeling?	We will steady our attention and learn to identify and clear out the imbalances affecting our subtle being. Gradually, we'll go deeper into our own subtlety, silence, and self-knowledge.
8	08/18/2024	Cooling down the right side channel with ice	We will demonstrate the cooling effect of ice to steady our attention and make us less reactive.
9	09/08/2024	Clearing the left side channel	When our left channel clears out, we can feel how much we are loved by the Divine.
10	09/15/2024	I am my own teacher	We become our own gurus through the daily practice of Sahaja Yoga. We stop arguing with ourselves. We accept and follow our own inner guidance. We leave behind all extreme behavior, whether it's over-indulgence or over-strictness.

Note: After week 10, we will be continuing our meditative journey of going deeper. Please stay in touch.



<https://comemeditate.com/events>

