

SAHAJA YOGA

MEDITATION

Week 1: Introduction

Self Realization meditation & introduction to Sahaja Yoga meditation

Get introduced to Sahaja Yoga meditation with a simple technique that helps you get in a state of thoughtless awareness.

Week 2: Balancing

Evening on the energy centers (chakras) and our subtle system

Life is all about balance. This week we introduce you to the two balancing forces within us.

Week 3: Love

Fear, love and the fourth energy centre (our heart)

The most important quality we have within is love. How do we open our hearts and practice this quality of love?

Week 4: Inner Peace

Satisfaction, peace and our third energy center (Nabhi)

Peace is often spoken of as an abstract form between two countries, cities and people. But did you know that peace is a quality that we have within?

Week 5: The ego

Deeper presentation on the ego

You can't begin to love yourself unless you know who you are separate from your ego. Take a deep dive in the many forms of the ego and learn how to recognize it in your own life.

Week 6: The Superego

Deeper presentation on the Superego

The superego is less familiar in our society. Learn more about the superego. Where does it come from and how does it take us away from the present moment?

Week 7: Expression

Communication, expression and our fifth energy center (Vishuddhi)

Learn how to express yourself and connect to the ones around you.

Week 8: Void

The area around the Nabhi, also called as 'the ocean of illusion' (Bhavasagara)

How do we go beyond our limited view and materialism, to become truly free, and live in reality? By crossing this 'ocean of illusion'!

Week 9: The energy within

Presentation on the universal energy we're all born with; the kundalini

Within us lies an energy that is like our Mother, it knows us, takes care of us and nurtures us. Discover more about the ancient scriptures describing this universal energy and how to awaken it.

Week 10: Joy

Joy and awakened doing

When we're truly in the present moment we're in a state of thoughtless awareness. In the perfect joy of the now. In this final evening we conclude with an evening on the quality of our Spirit: JOY.

Week 11: Creativity

Creativity, attention and our second energy center (Swadisthana)

Many artists, musicians, dancers and creative souls know that bringing something new into the world spontaneously lets you enjoy the present moment.

Week 12: Innocence & Wisdom

Talk about innocence, wisdom and our first energy center (Mooladhara)

Innocence and wisdom are qualities that never disappear, we always have them inside us. They simply get covered up with things along the way. How do we get back to our inner wisdom and the innocence we're born with?