



# Sahaja Online: General Overview

Document H1 | Handout

**Sahaja is a unique and simple meditation technique harnessing the power of your own vinner energy, improving practically every aspect of your life- mind, body and soul.**

The One-Stop Meditation Resource

[SahajaOnline.com](http://SahajaOnline.com)



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**Sahaja meditation is a simple but powerful energy-based meditation technique. It enables you to harness the power of your own inner energy to improve every aspect of your mind, body and soul. Through the unique state of thoughtless awareness, Sahaja becomes a practical tool for self-discovery and an effective strategy for improving emotional, cognitive and physical well-being.**

Sahaja meditation has been around for nearly five decades. The Sahaja practice was founded by a renowned spiritual guru, Shri Mataji Nirmala Devi, who hailed from India (1923 – 2011). Today, it is practiced in more than 90 countries worldwide by people of all ages, nationalities and cultures.

#### Explore, Learn, Meditate, Discover...

Sahaja Online (SOL) is a one-of-a-kind, one-stop resource that offers live, online Sahaja meditation sessions. It also provides a wealth of meditation knowledge and guidance. At SOL, you'll find that meditation is easy to practice, intriguing to explore, and, ultimately, a fulfilling journey of self-discovery and self-improvement.

Meditate live under the guidance of expert instructors with other meditators logging in from all across

the world. Investigate practitioner perspectives and experiential learning from practitioner video interviews. Or simply explore the countless self-improvement benefits that Sahaja meditation has to offer, grounded in science.

**WHO IS SOL FOR?** Anyone and everyone, experienced meditators and beginners alike. SOL is designed to be a resource for all ages, all faiths, all nationalities. No cross-legged poses, “objects of focus,” “yoga mats” or special “yoga attire” required!

#### Meditate Online

With a single click, you can meditate live from the comfort of your own home in SOL's unique, instructor-led group sessions. If you're a beginner, don't worry. You can begin with an introductory session and progress to intermediate and advanced sessions when you're ready.

In your Introductory Session, your SOL instructor will give you a quick overview of what Sahaja meditation is and how it works. Next, you'll learn how to awaken and activate your subtle energy system so that you can begin to practice meditation effectively both online and “offline.” When you're ready, you can upgrade your practice to intermediate and advanced levels and meditate in smaller groups via interactive, video conferences with SOL instructors.

Once you've registered to meditate online, you can choose any follow-up group meditation sessions on our Meditation Calendar that are most convenient for you. We offer a good mix and variety of sessions to suit your convenience and provide a wide range of benefits:

- Sessions across time zones
- Morning & evening meditation sessions to suit late sleepers and early risers alike
- Inner energy balancing and clearing sessions to get rid of those pesky obstacles in your subtle energy system every once in a while
- Collective Foot soaking sessions to cool you down in a big way when you're really stressed
- Music and meditation sessions to give you a deep, exhilarating and relaxing meditation experience
- Q&A or interactive sessions with our instructors, so you can discuss your questions and even about problems you're facing
- Learn and meditate sessions to ramp up your Sahaja knowledge bytes
- Our popular Lunch break meditation whenever our instructors are available, so your boss can start liking you again
- Stress buster meditation – here we focus on specific strategies and techniques to deal with stress and anxiety

#### D.I.Y. Meditation at Home or at Work

You can enjoy the best of both worlds by supplementing your online practice with “offline” practice and life-long learning. You can learn how to

practice D.I.Y. “offline” meditation at home in your own way, at your own pace. (Most practitioners find that one or two 15- to 20-minute sessions per day will yield significant benefits.)

#### Explore Benefits

On the surface, Sahaja seems to have a lot in common with other forms of meditation. But what's unique about Sahaja is the ability to elevate your consciousness to the powerful state of thoughtless awareness. From this state of purified attention arises the most fulfilling journey of self-discovery and deepest benefits of self-improvement. Ultimately, Sahaja becomes a vehicle through which you can fulfill your potential in life, discover higher meaning and purpose, and achieve self-transcendence.



### Scientific Evidence

Sahaja meditation blends ancient Eastern meditation practices with modern Western concepts of self-improvement, grounded in science. If you're looking for objective scientific evidence supporting the countless self-improvement benefits Sahaja has to offer, you'll find it in SOL's Science & Health section.

You'll learn how Sahaja influences various mechanisms that boost resilience, facilitate healing and improve emotional, cognitive and physical health and well-being.

### Explore the clinically-proven effects that Sahaja meditation has on mental health:

- stress management
- depression
- anxiety
- ADHD
- addiction

### And physical health:

- immunity
- hypertension and cardiovascular health

- diabetes
- asthma
- epilepsy
- chronic pain syndromes
- HIV/AIDS
- neuroplasticity and aging

### You'll learn why the regular practice of Sahaja improves:

- emotional stability, emotional regulation and maturity
- personality and character
- self-awareness and mindfulness
- self-esteem
- emotional intelligence
- mindfulness
- self-realization or self-transcendence...

**And cognitive abilities:**

- attention and focus
- productivity and decision-making
- perception
- creativity
- and perspective-taking skills

You'll also find information about other natural remedies. And you'll find a unique, comprehensive exploration of specific character and personality traits - both psychological and spiritual perspectives, which can help you align your meditations with your self-improvement goals.

**Join a Vibrant Community**

The power of collective meditation. Best of all, online meditation at SOL enables you to harness the power of collectivity as you plug into the universal energy of the cosmos along with other meditators from all across the globe. Collective meditation in an optimized environment with a group of people who are “on the same frequency” can be exhilarating and rejuvenating, and result in deeper benefits. In fact, generally, the larger the group, the better the experience. **And true collectivity is only achievable through the state of thoughtless awareness, which is unique to Sahaja meditation.** Collective meditation can also help you progress faster in the initial weeks, compared to meditating at home by yourself. Sahaja Online was uniquely designed to take advantage of this collectivity mechanism by offering everyone across the globe the first complete and totally free form of collective meditation.



### Guidance and shared experiences.

If you need help, expert SOL instructors and meditation coaches are always available to provide guidance and support for your individual Sahaja journey. Most meditators find that having the support of a seasoned practitioner helps them make progress more quickly.

The SOL Practitioner Video Library offers a wealth of practical tips, shared perspectives and experiential learning from long-time Sahaja practitioners that will help you understand what to expect from Sahaja meditation and learn how to improve the quality of your meditations.

### Organize an in-person meditation event.

Once you've become a seasoned Sahaja practitioner, you may wish to attend — or even organize — In-Person meditation event at a location near you. Here you can experience the power of collective meditation, learn advanced Sahaja concepts and take your Sahaja experience to the deepest levels imaginable. You'll find downloadable guides at SOL to help you get started.

### Downloadable resources.

In the SOL Library, you'll find D.I.Y. guides, motivational tools and music to meditate by. You can explore the subtle energy system in depth, including comprehensive downloadable guides that detail the location, traits and characteristics associated with each energy channel and energy center, or chakra. You'll also find guides that reveal tips and step-by-step techniques that will help you learn how to meditate.

### How much does all this cost?

Not a penny! Everything at Sahaja Online is free. Online meditation programs, coaching, knowledge and advice... there's nothing to buy, now or ever. Why? Because the Sahaja technique was intentionally designed to be passed freely by any individual to any other, without money changing hands. The mission of Sahaja meditation, ultimately, is to help each individual become a better person, one at a time, so that the world automatically becomes a better place.

Continuing that legacy is the goal of Sahaja Online. If you'd like to contribute to our cause, the best way to help is to pass the word along — get a friend, family member and colleague to join Sahaja Online and improve their lives.

SOL's mission is to help human beings collectively transcend the boundaries of their homes, cities, countries, cultural backgrounds and faiths and come together to experience and enjoy the limitless power of love.

### Contact Us

Contact us at [support@SahajaOnline.com](mailto:support@SahajaOnline.com), or visit Sahaja Online at <http://sahajaonline.com>.

Call us toll-free at **1800-765-4896**

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