



Sahaja Online

Feel the Energy...Online and Offline

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

The One-Stop Meditation Resource

SahajaOnline.com



Sahaja Online: Sahaja meditation Event Guide

- 3 Introduction
- 3 First, What is Sahaja meditation?
- 3 On-Site Corporate Meditation Workshops
- 3 Offline + Online = Best of Both Worlds
- 4 Meditate Online
- 4 DIY Meditation at home
- 4 Who are our programs for?
- 5 Scientific Evidence
- 5 The clinically-proven effects that Sahaja has on mental health
- 6 How much do our programs cost?
- 6 Contact Us

Sahaja Online (SOL) instructors offer free meditation programs all across the country. In fact, we've been providing meditation classes to communities in more than 90 countries worldwide for nearly five decades.

If you're interested in organizing an on-site Sahaja meditation program in your community or organization, this guide will help you understand what to expect, what we offer, why we do it, and how to get in touch with us.

First, What is Sahaja meditation?

Sahaja meditation is a simple but powerful energy-based meditation technique that improves every aspect of one's cognitive, emotional and physical health and well-being and strengthens total mind-body resiliency.

What's unique about Sahaja meditation is its ability to connect to one's own inner subtle energy system and influence that vital energy force within.

Also unique to Sahaja meditation is the ability to elevate our consciousness to the powerful state of thoughtless awareness. Think of it as purified attention, a state of maximum inner energy flow during which your mind is calmed and gradually emptied of all distractions, negative thoughts and feelings.

From thoughtless awareness arises the most fulfilling journey of self-discovery and deepest benefits of self-improvement.

On-Site Corporate Meditation Workshops

Sahaja meditation can be a stepping stone to workplace wellness. We partner with companies and organizations all across the U.S to organize Sahaja meditation programs for a wide variety of audiences and venues; including, for example: AT&T, BEBE and Cummins Inc..

Our volunteer SOL instructors can conduct specialized meditation workshops at your chosen venue. These free in-person, on-site programs are designed to be a practical education resource for self-improvement through meditation. Audiences are guided by expert Sahaja instructors who have been practicing Sahaja for several years.

We offer Introductory Programs, ongoing Weekly Meditation Programs and educational meditation courses at our partner facilities, as well as in our own facilities. While the actual practice of meditation forms the core of our programs, each program can also include customized discussions and Q & A sessions. Classes typically last about an hour; introductory programs tend to last slightly longer.

No advance preparation is required and individual guidance (both beginner and advanced) is always available.

Offline + Online = Best of Both Worlds

Explore. Learn. Meditate. Discover. Practitioners can

enjoy the best of both worlds by supplementing their “offline” on-site meditation programs with online, real-time meditation at Sahaja Online (SOL).

There’s lots to see and do at SOL for your members. Sahaja Online is a one-of-a-kind, one-stop resource that offers not only online meditation, but also a wealth of D.I.Y. knowledge and advice, and an ever-evolving resource to support each person’s individual journey of self-discovery and self-improvement.

Meditate Online

Sahaja Online’s online meditation programs serve as ideal follow-up sessions to our on-site programs. We offer several options for online follow-up sessions...

1. Provide us with a list of participants interested in pursuing an online SOL program and we’ll automatically register them so that everyone in your group can begin attending the online meditation sessions of his/her choice.
2. We can organize special group meditation sessions online exclusively for members of your organization so they can meditate together as a group online, from wherever they are, at work or home. These special group sessions can help build better relationships between an organization’s members as they team up to learn and practice meditation together.
3. Once we’ve conducted an Introductory program at your organization’s chosen location, our instructors can conduct follow-up live, streaming online meditation sessions for your audience in a group setting at a predetermined location of

your choice. This could be a meeting room at your organization that has Internet access, sufficient bandwidth, and any other technology necessary to connect your audience live to our instructor at the other end.

Your audience will always be free to ask questions live and receive guidance from the instructor. We can even schedule periodic follow-up online sessions to help your organization’s members continue to make progress with learning meditation and experiencing the benefits. Such sessions are highly cost-effective for all parties involved since our instructors can conduct these follow-up sessions through remote logins.

D.I.Y. Meditation at Home

Through the resources offered at Sahaja Online, practitioners can learn how to practice D.I.Y. “offline” meditation at home in their own way, at their own pace. Or they can simply explore the countless self-improvement benefits that Sahaja meditation has to offer.

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

Who are our programs for?

Sahaja meditation programs are for anyone and everyone, experienced meditators and beginners alike. In addition to teaching audiences how to meditate, we can provide details on the scientific research supporting the effects of Sahaja meditation on mental and physical

health and well-being, as well as personal traits and performance-enhancing benefits that foster “workplace health.”

Scientific Evidence

Sahaja meditation blends ancient Eastern meditation practices with modern Western concepts of self-improvement, grounded in science.

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



The clinically-proven effects that Sahaja 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

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

And practitioners will find a unique, comprehensive exploration of specific character and personality traits, which can help them align their meditations with their self-improvement goals.

How much do our programs cost?

Everything-Sahaja is free. The Sahaja organization is run by a not-for-profit. The mission of Sahaja meditation, ultimately, is to help each individual become a better person, one at a time, so every organization that they are part of and the world automatically becomes a better place.

Contact Us

Contact us at support@SahajaOnline.com, or visit Sahaja Online at <http://sahajaonline.com>.

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