



Sahaja Online: Downloads Library

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**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



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These downloadable PDF guides will help you understand how the subtle energy system works and learn Sahaja meditation techniques, step by step. You can also gain access to “offline” Sahaja resources, such as how to organize live, in-person Sahaja meditation events in your community.

Sahaja Online Programs

An introduction to what Sahaja Online has to offer... how to get started meditating online, explore the benefits of Sahaja, and get help from expert SOL instructors.

Feel free to distribute this guide to anyone you'd like to introduce to Sahaja Online.

Organizing In-Person Sahaja Events

These guides detail how we can help you organize group meditation events – both On-Site, in-person meditation classes and On-Site events with remote instructors.

- **Corporate Meditation Event Guide [H2]**
Interested in organizing a free On-Site or Remote meditation program at your company? This guide offers information and resources to help you organize a Sahaja meditation class. You'll also learn how your company can benefit from these

programs, as well as the benefits each individual can expect to receive.

- **Organizational Meditation Event Guide [H3]**
Interested in organizing a free On-Site or Remote meditation program at your organization or community? This guide offers information and resources to help you organize a Sahaja meditation class. You'll also find details on the benefits you can expect to receive.

This section is only available to registered and logged in users

Sahaja Meditation Techniques & Instructions

Ready to learn Sahaja meditation? These step-by-step PDF guides will introduce you to Sahaja meditation techniques from the ground up.

1. **Self-Realization Affirmations [H4]**
This guide will help you achieve the first step, the process of Self-Realization, which awakens and activates the inner subtle energy lying dormant within you.
2. **How to Improve the Quality of Thoughtless Awareness [H6]** Practical tips for removing obstacles to achieving thoughtless awareness and improving the quality and duration of thoughtless awareness.
3. **Diagnosing Problems & Maintaining Chakra & Channel Health [H7]**
The included Subtle Energy Diagnostic Chart will help you detect, diagnose and fix specific problems with your energy system, including strategies for

improving the quality of your meditations and enhancing self-awareness and sensitivity to your own energy.

4. **Foot Soaking [H5]**

A relaxing technique that uses the elements of water and earth to clear out imbalances in your subtle energy system and enhance the quality of your meditations.

5. **Stress & Anxiety Buster [H8]**

Feeling stressed out, burned out, frustrated or insecure? Try these Sahaja techniques to get back on track, calm racing thoughts, recharge your batteries and boost your psychological resilience.

6. **Workplace / Lunch Break Meditation [H9]**

Try these techniques when you've got a few minutes of down time at work and need to de-stress, re-focus and re-energize mind, body and soul. In eliminating the root causes of occupational stress, these techniques will enable you to do your best work and improve your relationships with coworkers.

Understanding The Energy System

These guides will help you understand the inner workings of the subtle energy system. They also provide you with unique, detailed mappings of the benefits and character and personality strengths associated with each of the individual chakras and energy channels.

1B. **Subtle Energy System Overview [H10]**

Explore the origin of the subtle energy, how the energy system works, how to verify its existence, and how it

correlates with human physiology.

2B. **Chakra & Energy Channel Guides**

Detailed individual guides that will allow you to explore the specific attributes associated with each individual energy center (chakra) and channel, including its location, the essential human qualities and physiology it governs. There's also a unique mapping of the health and well-being benefits and character and personality strengths associated with each chakra or channel, and a symptoms checklist to help you assess whether a particular chakra needs clearing and balancing.

Chakra Guides:

- 1st Chakra: Mooladhara [H11]
- 2nd Chakra: Swadisthan [H12]
- 3rd Chakra: Nabhi [H13]
- Void [H14]
- 4th Chakra: Anahat [H15]
- 5th Chakra: Vishuddhi [H16]
- 6th Chakra : Agnya [H17]
- 7th Chakra : Sahasrara [H18]

Energy Channel Guides:

- Left [H19]
- Right [H20]
- Central [H21]

Benefits of Sahaja Meditation

Overviews of the many benefits Sahaja meditation can provide in all dimensions of life.

Summary of Health & Well-Being Benefits (personality, character, cognitive, emotional and physical health benefits) [H22]