



# Sahaja Online: Energy System Overview

Document H10 | 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

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How Sahaja's Self-Realization process activates the subtle energy system

**Sahaja meditation harnesses the power of the inner energy already within you known as the subtle energy, or Kundalini energy. This inner energy system includes a complete system of energy channels and energy centers, or chakras, each of which is associated with specific human characteristics and traits.**

<<Insert graphic of subtle energy system>>

Throughout the decades, the body of Sahaja knowledge, combined with research and experiences by Sahaja practitioners has shown that the subtle energy system is comprised of the following key components:

1. **Inner energy (Kundalini)** – a vital, living energy that lies dormant in the sacrum bone and can be awakened through meditation
2. **3 energy channels** that correspond to the nervous systems in our body
3. **7 primary chakras or energy centers** that correspond to the main nerve plexuses in the spinal column
4. The subtle **Inner Self or the Spirit**

#### **The Kundalini energy**

The Kundalini is the primordial energy – the source of all energy. We're all born with it and it cannot be destroyed. It is a living energy that knows how to act. However, it lies dormant within each of us until it is

awakened. Sahaja meditation techniques have the capacity to awaken this energy.

We've known that the Kundalini energy exists for thousands of years. Meditation practitioners in ancient times documented its existence, but the vast majority struggled to explain this subtle energy, to awaken it and reliably raise it so that it actually be used in practical ways to improve their lives.

#### **The subtle energy channels**

The three channels – left, center and right – work together in synchronicity to integrate and balance your inner energy (and thus your well-being), but each has a specific role to play.

The left channel (ida nadi), also known as the Moon Channel, begins at the 1st chakra (Mooladhara) and passes up through the left side of the body, crossing the Agnya Chakra into the temple and terminating on the right side of the brain. The left channel carries the energy of desire and it corresponds to our past, emotions, desires and our affection for others.

The right channel (pingala nadi), also called the Sun Channel, begins at the 2<sup>nd</sup> chakra (Swadisthan) and travels up the right side of the body. The right channel is the conduit for the energy of action and planning, which drives our mental and physical activities.

The central channel (sushumna nadi), also known as the Middle Path, extends from the sacrum bone at the base of the spine (where the Kundalini energy resides) straight up the spine towards the Sahasrara (the 7th, uppermost chakra). The central channel is the channel of spiritual ascent, the power which sustains our evolution and guides us, consciously or unconsciously, towards the higher awareness of the Sahasrara.

### The energy centers

The 7 primary chakras (wheels in Sanskrit) are located in the spinal column at the sites of our main nerve plexuses.

The seven primary chakras that influence our physical, emotional and spiritual well-being are:

- 1st: Innocence and Wisdom (Mooladhara)
- 2nd: Creativity (Swadisthan)
- 3rd: Generosity, Evolution (Manipur; Nabhi)
- 4th: Love and Compassion (Anahat)
- 5th: Collectivity, Community, Relationships (Vishuddi)
- 6th: Forgiveness (Agnya)
- 7th: Integration (Sahasrara)

Each chakra or energy center is located within the energy channels. Each of the chakras is associated with specific functions and qualities. The chakras are analogous to — or subtle representations of — their corresponding physiological entities. The stronger our energy centers are, the stronger their associated qualities are within us. Put another way, the more we develop and strengthen those qualities within us, the stronger our energy centers become.

### The Spirit or Inner Self

The supreme force of nature implanted the seed of intelligence in all its creations. This intelligent capsule knows what that being will grow into, how it needs to evolve, what its boundaries are, how it should interact with other elements of nature, and so on.

This intelligent capsule exists within each of us, a unique I.D., capable of evolving our physical forms and developing our unique mental and emotional faculties. This capsule is, in fact, the spiritual capsule or package — the ultimate driver. This is the true and tangible Inner Self within us.

### How Sahaja's Self-Realization process activates the subtle energy system

In your Introductory session at Sahaja Online, you'll receive Self-Realization, a process meant to awaken this powerful energy using a virtually effortless and completely safe This energy awakening results in the Kundalini passing through the energy centers as it travels upward through the central channel. A connection and integration of your Inner Self to the universal, cosmic energy of the universe occurs as a result.

During this moment, we achieve a higher state of consciousness known as thoughtless awareness, which is unique to Sahaja meditation. From the powerful state of thoughtless awareness flows the deepest imaginable exploration of the authentic inner self, a wealth of practical benefits.

In spiritual parlance, the state of thoughtless awareness has been referred to as a discovery of the ultimate truth.

### Scientific evidence of the blissful state of thoughtless awareness

There has been some research into the unique characteristics of thoughtless awareness. In the scientific realm, Sahaja meditation has been

characterized by the meditator's ability to internalize attention while experiencing the emotional state of happiness or bliss (Rai, U.C., 1993).

Studies of Sahaja meditation have found that when the meditators signaled that they had reached a state of thoughtless awareness or "oneness," theta activity appeared in the frontal mid-line areas of the brain — the front and top of the brain (Afranas, & Golcheikine, 2001). Increased theta connectivity in these regions indicates a positive emotional state, as well as increased overall alpha power that correlates to a heightened attentional state. In Sahaja Meditation, these brain regions are associated with two chakras: the Agnya (optic chiasma) chakra, which is located at the front of the brain in the center forehead area, and the Sahasrara (integration, limbic) chakra, located in the limbic (emotional) region of the brain.

In other words, these studies corroborated the energy flow associated the state of thoughtless awareness. These results also suggested that the Kundalini energy flowing through these chakras was responsible for the experience of bliss reported by the subjects.

### Beyond Self-Realization

The activated subtle energy system within you and your daily meditation can improve practically every aspect of your life.

Through Sahaja meditation, you'll have live and

constant feedback on the health of your energy centers — a powerful self-diagnostic tool that allows you to quickly pinpoint the root causes of your problems, learn from your mistakes, and adapt your behaviors to achieve your goals. The energy centers and their state contribute to continuous improvement of your character and personality.

The practice of Sahaja meditation revitalizes energy, adjusts negative thinking, restores a sense of balance and optimism and peace and contentment.

If you're a seeker, Sahaja can be a vehicle for fulfilling your potential in life, achieving self-actualization, higher meaning and purpose, wisdom and ultimately, self-transcendence.

