

A Guide Book for Sahaja Yoga Program for School Children



**Change Yourself,
Change the World**



**-By National School
Propagation Team**

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NATIONAL ADMINISTRATIVE TEAM

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PERMISSION LETTER

To

Date _____

The Principal,

Subject: Enhancing Moral Values among School Children and Faculty Development.

Respected Sir / Madam,

We, at Sahajayoga, are reaching out to offer our free services to help further enhance moral values among your school children as well facilitate personnel development of your staff and teacher.

The modern times have brought great advancement to mankind but at a significant cost of its basic moral values, ethics and peace getting fast depleted. Most impacted are the children living in this chaotic environment within families and societies. They subtly absorb the stress and disorder around them that reflects in their own being. Hence one can notice them in a state of stress, low patience, lack of respect, learning and attention disorder, lethargy or hyperactivity.

We, at Sahajayoga, believe that the children can be gradually and easily cleansed of these challenges, if there were an inner transformation brought within them that automatically leads them to become balanced, peaceful and moral. Once established in this state, they give up anything disorderly and disturbing to their pure persona. We have seen it happen over last 42 years, through Sahajayoga being practiced by millions of children across thousands of schools worldwide.

Sahajayoga was founded by Shri Mataji Nirmala Devi in 1970. She has been twice nominated with Nobel Peace Prize and awarded with Nobel Peace Medal. Sahajayoga runs free programs for institutions and individuals across 90+ countries.

We would like to offer you a demo session to prove that Sahajayoga can positively impact your children and teachers. We request to allow us a 45 minute session with your students for the demo of ‘Moral Values Session’ and similar with your teachers and staff for a demo of ‘Personality Transformation Session’.

We greatly appreciate your kind attention and effort to help further improve your children and faculty. We look forward to an opportunity to assist you in developing ‘great students yet even greater human beings’.

Best Regards.

Program Coordinator

COURSE CONTENT FOR STUDENT'S PROGRAM

PROGRAM	DURATION	OBJECTIVE OF THE SESSION
Introductory program	40 min	Introduction to subtle system with : 1. Benefits of Sahaja Yoga meditation for children. 2. Physical Development. 3. Physical Fitness. 4. Ethical & Moral Values. 5. Pure energy in subtle system for academic Excellence.
Follow up Course Week 1	30 min.	Balancing the channels and introduction of pure energy within.(Residual Energy)
Follow up Course Week 2	30 min	1. Introduction of founder and sahayayoga. 2. Protection of Subtle system (Demo and its importance).
Follow up Course Week 3	30 min	1. Qualities of energy centers. 2. Techniques of improving energy

		centers.
Follow up Course Week 4	30 min	<ol style="list-style-type: none"> 1. Classical music and its vibrations. 2. Effect of music on our energy centers. 3. Demo of ragas and meditation on chakras.
Follow up Course Week 5	30 min	<ol style="list-style-type: none"> 1. Self evaluation regarding feel of energy on chakras. 2. Taking feedback from students.
Follow up Course Week 6	30 min	<ol style="list-style-type: none"> 1. Effects of regular meditaion and use of energy of meditation in every day life. 2. Sharing of experiences. 3. Invitation to centers with parents.

DO'S

- Use subtle system chart for children and place H.H Shri Mataji's Photograph.
- As we are representing Sahaj Yoga, our appearance should be good so that students should respect sahaj yogis also.
- Meet the Principal of the school before and after every session.
- Take care of the time during sessions as School follow strict time table. The team of Sahaj yogis should reach the school atleast 15 minutes before the start of programme.
- Request to the Principal for appointing teacher in the class during session.
- Take feedback of the students with video recording. Ask students whether they are doing meditation in their home or not? What are the benefits they are getting through meditation? Or what benefits they are getting in their day to day life?
- Talk very less while you are walking in school's corridor and do all work very silently.
- Ask in advance whether the school is having Projector system or not? If available, then check audio and video of the system before the start of the session.
- Introduce Shri Mataji as a Spiritual Personality and the founder of Sahaj Yoga.
- Program Co-ordinator should confirm the availability of the team members at least three days before the session.
- Take complete care of the time table of school and arrange meditation session according to that.
- Our main aim should be on meditation and on solving the queries of students.
- Give examples related to the student's day to day life while explaining the qualities of different chakras, so that students should relate sahaj yoga with their daily life.
- Speak frankly with the students during the meditation session and also try to arose interest in them while talking to them.
- With the permission of the head of institution place a pamphlet containing address and phone number of meditation centre on school's notice board.

DON'TS

- While discussing sahaj yoga with students don't make inappropriate claims like- by doing this meditation you will get first rank in class or will get 90% marks.
- Don't take Sahaj Yoga meditation sessions during school's games, recreation or hobby classes.
- Don't stand or talk in the school premises after the session is over.
- Don't argue with the teachers (specially yoga teachers). Try to settle down the issue politely and respectfully.
- If teacher is not available in the class after the session. don't leave the class until the teacher comes.
- Don't take extra time than the specified.
- Don't talk about false gurus in front of students and teachers.
- Don't distribute any material other than printed material provided by the meditation centre.

INTRODUCTORY PROGRAMME

(Duration-40 Minutes)

First greet the students.

Thank the head of the institution for giving permission for conducting programme.

Student life is our golden period. You all may think that we come to school regularly, do lot of homework, sometimes we have for extra classes. Then how can we call this student life as our golden period? But you are the celebrity of your family as the entire family focus on the development, achievement and your career. The entire family's planning is done according to your academic year.

A new person visiting your home, first of all he/she wants to know that in which school you are studying? What are your achievements? Your parents feel proud while telling about you.

Your teachers, parents have lot of expectations from you as all of them have affection for you.

Do you know why? Because you are the element of the entire family to whom all see as their "Next Generation". All of you have special individuality which can be groomed for future. That's why you are studying in this esteemed school.

So we shall become special personality and "The Next Generation" when our hard work will become smart work. Our priorities and the choice of right things is the true investment for our future. But all of us have different personalities like some people are not progressive about their studies. These people blame the situations around them like- some people blame their family, some blame friend circle and some blame educational environment.

Some people always keep on thinking that whether they would succeed in future or not? Because they always count their drawbacks.

Whereas some people are so over confident that they are least bothered about their weaknesses.

The situation of those people is of anomaly those who don't have any aim or any desire for their future. They are not serious about their future, fall into grave situation. So with all these drawbacks can we become "The Successful Next Generation"? Or else we must charge the positive energy which exist within us.

We all are going to tell you about a technique which will help you in answering these questions within yourselves which can stop our increasing difficulties and can make us a balanced and dynamic personality.

Today we will know about Sahaj Yoga meditation technique and shall also know the positive changes within us through meditation. Sahaj Yoga means easily occurring and achievable Yoga. In simple words Yoga means the synthesis of the pure energy within to achieve the best of our abilities.

- SAHAJA YOGA was established in the year 1970 by Dr. Nirmala Shrivastava who is also known Shree Mataji Nirmala Devi to the entire world. Shree Mataji is the founder of the science of Sahaja Yoga. She also participated in freedom struggle while living in Gandhiji's ashram. After foundation of Sahaj Yoga Shree Mataji spread this science to the entire world. Today in many countries people are gaining their inner energy and attaining higher achievements through Sahaj Yoga meditation. Shree Mataji is nominated twice for Noble Prize for peace. She was conferred with Manav Ratna award by the Government of India. Apart from this she has got many awards from different countries for her work.

We all have learnt in Human Anatomy that the main work of our human body runs through our Central Nervous System. This nervous system has basically two categories-

- Autonomous Nervous System
- Sympathetic Nervous System

Autonomous nervous system controls our heart and other organs of our body. Sympathetic Nervous System has two parts-

- Left Sympathetic Nervous System
- Right Sympathetic Nervous System

Besides these nervous system our body consists of different organs within to perform various functions.

Other than this gross physical system our body has subtle system which purifies the energy flowing through our organs and nervous system. This subtle system is explained in Yoga shastra in the form of chakras and nadis.

Left Sympathetic Nervous System is called as Ida Nadi and Right Sympathetic Nervous System is termed as Pingla Nadi. In between these two, there is the central nervous system called as Para-Sympathetic nervous system or Sushumna Nadi parallel to our spine.

(Showing towards the subtle chart) The bone located at the bottom of our spine is termed as “sacrum bone”. Sacrum is a greek word which means sacred or pure. This bone consists of an energy source known as Kundalini (Residual Energy).

Different people have different influence of energy which is flowing through our nervous system. Like some people are very emotional. These people use the energy of left sympathetic nervous system in excess. Some people are very aggressive and do not care about other’s emotions. Such people use their right channel (right sympathetic nervous system) most. Due to imbalance in the energy some people feel nervous while some become aggressive even for small issues. Our Para-sympathetic nervous system balances the energy of both left and right channels. Through meditation we can balance our three nadis and can strengthen and balance our personality.

The kundalini shakti present in our sacrum bone activates and flows through all chakras and nadis like when the current flows through every part of electric machine then only the entire machine starts working similarly with flow of kundalini power through our chakras and nadis, we get complete positive energy from each Chakra. The flow of energy reflects into our body, behaviour, intelligence and working capacity. As a result we become a dynamic personality.

All these chakras have deep impact on our overall personality. Every chakra consist of the energies (described below) in its dormant state. By meditation it activates with the power of kundalini and is replicated in us

through our physical fitness, better intelligence, wisdom and deep understanding.

Mooladhara Chakra:- Wisdom, Memory, intelligence

Swadisthana chakra:- Concentration, Creativity

Nabhi Chakra:- Patience, Generosity

Anahat Chakra:-Confidence, Awareness of responsibility

Visuddhi Chakra:- Communication skills, Sense of collective working.

Agnya Chakra:- Forgiveness and temperament of handling

Sahastrara Chakra:- Integration of all qualities, Synthesis of all powers

In history we have seen many examples like Dr. Abdul Kalam, Dr. Radhakrishnan or the historic saints who have created history through their through their different abilities. We all should set our goal and have the capacity to achieve that, we should not blame the circumstances around us but just by gaining our internal energy we can transform ourself into dynamic personality.

Now all are requested to get a small experience of meditation in which we all can feel this energy through our hands and the top of our head (fontanelle bone area). In this method of meditation, we have to take some affirmations with having strong desire to achieve this energy within us. With our strong desire only our kundalini power rises and flows towards sahastrara chakra. It empowers every chakra and this flowing energy can be felt flowing through center of our palm , on finger tips and on top of our head.

You all are requested to experience their experiment as a true scientist with your honest efforts and intentions to feel the state of meditation.

Method Of Meditation:-

First of all sit comfortably and take out your shoes and slippers so that your feet can touch the mother earth. The fertility in mother earth has the power to give new life (as seed germinates through mother earth). Touch of mother earth completes the earthing of our body.

Let us know what are the steps which we have to do. Then we shall close our eyes and follow these steps and go into meditation.

(Note- The person who is taking the session should first demonstrate the steps to the students and then tell them to close their eyes and repeat the steps).

We shall start the meditation with breathing exercise. With closed eyes we should keep our attention on our breathe. Very minutely observe the air coming in and going out through our nostrils. Take long and deep breath and observe the same minutely. While breathing in we activate our left channel and while releasing we activate our right channel.

Take a long and deep breath and hold it for two seconds and then release it after two seconds. Repeat this process 6-7 times.

Then slowly inhale less amount of air and you will observe that your thoughts are decreasing and you are in complete peace. The heart beat and blood pressure becomes normal. Now we are ready to meditate.

Keep your right hand on your heart and put complete attention in your heart. With complete politeness repeat these affirmations.

(Note- During meditation use your wisdom and introduce shree mataji respectfully and address as “o almighty god” or “o holy mother” as per the situation.

PRAYER:- Shree mataji/ O almighty god/ o holy mother by your divine grace I am a pure spirit. Please come in my heart.(Repeat this affirmation 10-12 times very politely).

Keep your right hand on your forehead and press it slightly with your right hand. Bend your head a little bit.

PRAYER:- Shree mataji/ O almighty god/ o holy mother by your divine grace I have forgiven everyone . I have forgiven myself also. (3-4 times)

Then keep your right hand on your sahastrara and press a little bit. Rotate your hand slowly 7-8 times in clockwise direction so that the scalp also moves along with the hand.

PRAYER:- Shree mataji/ O almighty god/ o holy mother please give me my yoga (7-8 times very politely).

Then tell students to keep attention on sahastrara and play instrumental music (flute or sitar).

At last tell the students to feel the vibrations on the top of their head with their right hand. By keeping both hands towards the sky ask a question three times. O almighty god is this your power of vibrations?

PRAYER:- Shree mataji/ o almighty god/ o holy mother is this the vibrational energy?

Slowly put both hands down and tell to feel the vibrations.

Tell them about the vibrations and its feel in brief answer the queries of the students. Keep yourself away from extra explanation, discussions and arguments after getting the meditative state. Silently end the session by thanking the head of the institution.

Follow-up Course

Week-1

(Duration 30 minutes)

Balancing the channels and introduction of pure energy within (kundalini)

Greet the students and introduce yourself, then start the session.

In previous session we learnt what is sahaja yoga meditation, how to practice it and what are benefits of it, like how to increase our physical fitness, internal energy and our moral values.

We shall learn today how we can attain it very simply(in sahaj). To achieve all these qualities it is very important to keep ourselves in balance.

To get this balanced state, first of all we have to know ourselves internally. As you can see in the human body chart our body has three channels amongst other. First one on left side is called Left sympathetic channel. It is shown in blue colour. It represents the emotional personality and will power.

Right channel is called as Right sympathetic channel. It is shown in yellow colour in the chart. It represents our mental action and thought process.

Third channel which is in between our both left and right channels, parallel to our spinal cord is called Parasympathetic channel. Sushumna channel works only after energy flowing through Ida and pingla channel comes attains balance.

The bone at the bottom of our spinal cord is called sacrum bone. Sacrum is a greek word. Sacrum means sacred or pure. This bone contains a source of energy called as residual energy or kundalini.

Different people have different influence of energy which is flowing through our nervous system. Like some people are very emotional. These people use the energy of left sympathetic nervous system in excess. Some people are very aggressive and do not care about

other's emotion. Such people use their right channel (right sympathetic nervous system) most. Due to imbalance in the energy some people feel nervous while some become aggressive even in small issues. Our Para-sympathetic nervous system balances the energy of both left and right channels. By meditation we can balance our three nadis and can strengthen and balance our personality.

Method of meditation:-

First observe all the steps with open eyes then repeat the steps with closed eyes.

Repeat the breathing exercise done in first session so that students can be ready for meditation.

Keep our left hand on our lap and right hand on mother earth and repeat the prayer by closing our eyes.

O holy mother, please take away all the impure desires from our left channel to the mother earth. (Repeat it 2-3 times). Keep right hand on lap and left hand towards sky with elbow bent. **Prayer**:- O holy mother please take away all the impure actions from our right channel to the sky element(Repeat 2-3 times).

Keep both hands on the lap. Thereafter, place your right hand on your heart.

PRAYER:- “ O holy mother, by your divine grace I am a pure spirit. Please come in my heart.

Keep right hand on the forehead.

PRAYER:- O divine, by your grace we have forgiven everyone. (Repeat two times).

Keep right hand on the top of our head and pray Shree mataji please give me my self-realisation. Please give me my yoga.

After meditation ask students about the vibrations they have felt in their palms.

Follow-up Course

Week-2

(Duration 30 minutes)

First of all greet the students and thank to the teachers present there.

Today we will know about the founder of sahaj yoga Dr. Nirmala Shrivastava. With respect the whole world call her as Shree Mataji. In 1970 Shree Mataji founded sahaj yoga and developed this scientific way of meditation. With this method of meditation we attain physical, mental, emotional and spiritual balance.

Shree Mataji Nirmala Devi was born on 21st March 1923 in the District of Chhindwara, Madhya Pradesh, India. In very young age she participated in the freedom struggle of India with Mahatma Gandhi. Her aim is to spread peace and unity in all over the world.

To know the human body completely she studied medical science in Lahore Medical University.

She was awarded with “United Nations Peace Prize”. In 2001 she was the only female to receive “ Manav Ratna” award. This is the highest award for social work by Government of India. She started many NGOs and Health Research Centre for needy people.

What is Bandhan?

Every person or object carries particular energy. This energy makes an aura around that person or object people with different mentalities have different auras. Like-We are familiar with the aura of the most lovable person to us. In presence of our mother near us we feel that energy and the sense of security. But from some persons we feel insecurity, unhappiness, because that person’s aura is not appropriate for us.

We have also seen in the paintings of ancient saints an aura around them.

Today we shall learn how to make strong aura around us by meditation. In Sahaj Yoga Meditation we call this aura as Bandhan, a shield of protection around us.

We know that the bottom of our spinal cord consists of the residual energy. With awakening of this energy vibrations flow through our chakras and nadis. We feel this energy in our hands. Bandhan means to make a shield of vibrations around our body through our hands. This shield protects our chakras, nadis, body, mind and thoughts.

Method To Take Bandhan-:

Keep your left palm in front of Mooladhara and rotate the right palm around it inside out. While rotating right palm around left palm , slowly lift your both hands upside. After bringing the hand upto sahastrara, make one imaginary knot. Keep your head a bit back. Repeat the steps second and third time. Tie two knots during second time and three during the third. Keep your left hand on the lap and from right hand very slowly make a shield by moving the right hand seven times as shown in the figure. We lift our right hand from left side above sahastrara and bring it to the left side. Repeat the process, seven times.

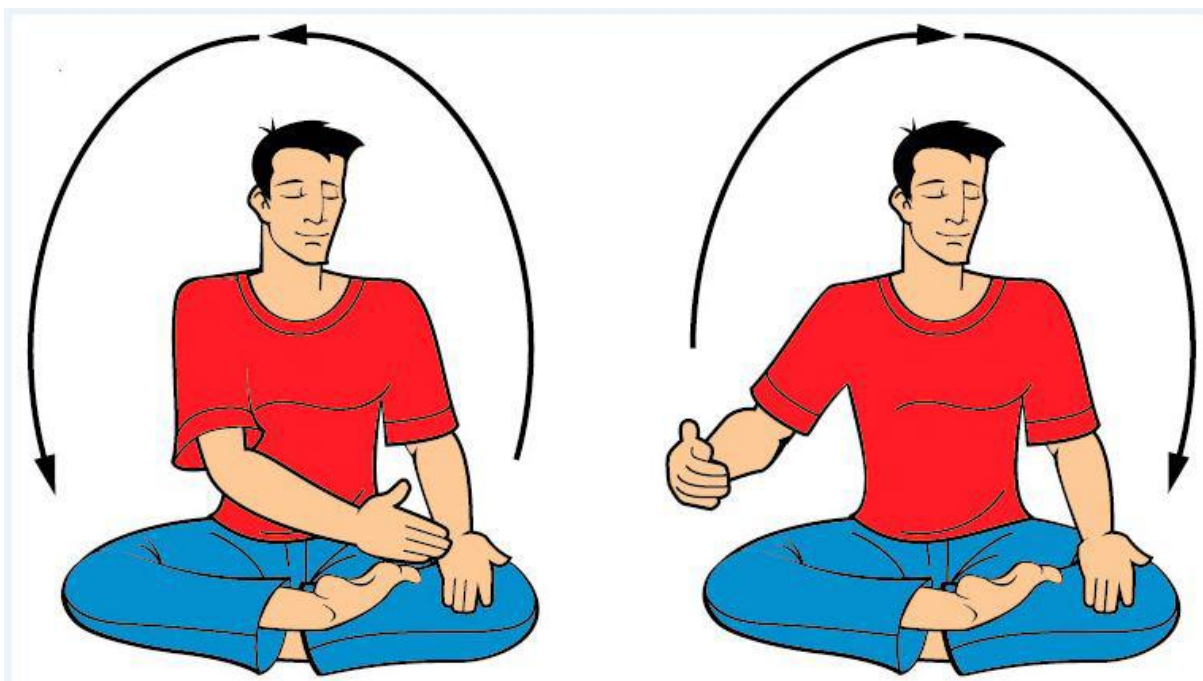
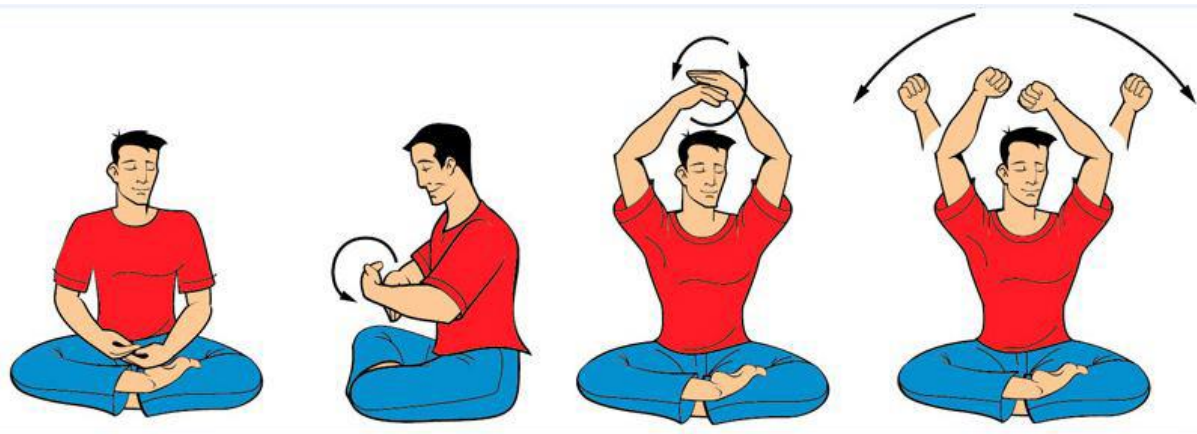
(Teach small children the poem on kundalini awakening while taking bandhan).

Why Bandhan Is Necessary?

By taking bandhan we can make a shield of kundalini power around our body which we get in meditation, through this we achieve balanced state quickly and our energy centre becomes protected. We do not indulge in unnecessary thoughts and our attention gets easily into studies.

When to take bandhan?

As bandhan is a shield we can take it before studying, before going to bed at night, after waking up in the morning, before leaving home. If we are feeling fear and unhealthy we can also take the bandhan.



Method of Meditation:-

Tell students to take bandhan.

First of all repeat the breathing exercise mentioned in the end of first session so that students can be ready for the meditation.

Then do balancing. Keep left hand on lap and right hand on heart,
Prayer: O divine mother please come in my heart. (Repeat 2-3 times).

Keep right hand on lap and left hand on liver/right swadisthan (bottom part of our stomach on right side).

Prayer: O divine mother please make our attention calm, settled and concentrated. (Repeat 2-3 times).

Then keep left hand on lap and right hand on sahastrara.

Prayer: H.H Shree Mataji please empower our self realisation, please establish our yoga. (Repeat 2-3 times). Now keep right hand on lap, in this condition meditate for sometime very silently. (Play the audio of classical music).

Follow-up Course

Week-3

(Duration 30 minutes)

Start the third session by greeting the students.

In previous session we have learnt about the way of protecting our seven energy centres and three channels by way of taking bandhan. Today we will learn about the position and the qualities of these chakras.

Our first chakra is known as Pelvic Plexus in medical science. In terms of yoga and in Sanskrit it is called as Mooladhara chakra. This chakra is located at the bottom of our spine. It gives us wisdom. For example in our life many situations comes when we have to take important decisions wisely and our bright future depends on our decision, in these situations this chakra helps us to distinguish between right and wrong and we take right and suitable decision by using our wisdom.

Our second chakra is called Aortic plexus or swadisthan chakra. This chakra is present inside us in our abdomen. This chakra is very important for the students because this chakra gives us creativity and makes our attention focussed. For example- When we sit for studying our attention goes here and there, sometimes it goes towards the past incidents and sometimes towards future which are associated with us. As a result we are not focussed about our studies and we are unable to grasp it properly. But regular meditation gains energy from this chakra and helps us to focuss on study and to grasp the subject for longer period of time. The energy of this chakra gives us proper understanding of subject and also creative methods to learn it.(Easy and creative methods to learn the formulas and theorems of maths, physics and other scientific subjects).

Similarly, by awakening of this chakra we become creative, either it may be innate art qualities or everyday's study.

Our third chakra (energy centre) is called as celiac plexus in medical science. The location of this chakra is in the middle of our stomach in our navel and that's why it is termed as Nabhi chakra. (Show in subtle system chart). There is a green coloured circle represented in the chart surrounding the nabhi chakra, this is called as void. Nabhi chakra's qualities make us satisfied and peaceful. In this age group of students many students have attraction for number of things or if our friend has some thing new, we also run towards getting that. In this situation we are unable to enjoy the things we belong and our mind gets disturbed. But with the awakening of energy of our nabhi chakra we become satisfied and peaceful. We become satisfied and confident of our own achievement. Though we have constant efforts to proceed for further achievement. If we are not confident with our achievement, we shall not be able to enjoy it. So also we will not be able to capitalise our abilities as we would keep on blaming ourselves on our drawback. The energy of nabhi chakra removes this drawback in us.

Our fourth chakra is Anahat chakra or Cardiac plexus which is located in the middle of our chest. This chakra gives us self confidence it removes the fear fear of our exams or the unknown challenges. We become alert for one's own roles and responsibilities and we need not follow others blindly.

Our fifth chakra is Vishuddhi chakra or Servical plexus and is located in the middle of our neck. This chakra gives us the qualities to do team work and effective communication. If this chakra is nourished in us then we can perform group tasks given to students very easily as we get the sense of collectivity in us. Our speech also becomes very effective by awakening of the energy of Vishuddhi Chakra.

Our sixth chakra is called Agnya chakra or Optic chaisma which is located in the middle of our forehead. The main quality is forgiveness. This chakra calm down our unending thought process. If we are indulged in thoughts then we shall not be able to focus in our studies. But with meditation our thoughts settle down and we get balance in working mood and in our temperament. As a result, we can handle difficult subjects consistently for longer period of time. Similarly if in our mind there is anger for someone, we feel heaviness in our head because we are unable to forgive that person. By Sahaj yoga

meditation, when our agnya chakra becomes clear we can forgive anyone easily.

Our seventh chakra which is in the top of our head (Limbic area) is called as sahasrara chakra. In this particular chakra there is integration of the qualities of all the chakras. Just like our brain controls and coordinates our entire body, our sahasrara chakra enlightens our mind and makes us a balanced and dynamic personality.

But to attain the qualities of this chakra, we have to clear our all other chakras which is possible only by meditation. So in today's meditation, we will keep our attention on every chakra one by one and try to know the way to develop the qualities of respective chakra.

Method Of Meditation:-

Tell students to take bandhan.

Firstly repeat the breathing exercise done in the end of first session so that students become ready for meditation.

Keep both hands on mother earth in both sides and pray: "O mother earth, please take away all the negative thoughts, past and futuristic thoughts."

Now keep both hands on the lap and try to keep your complete attention on mooladhara chakra and pray- "O divine mother please give us wisdom."

Slowly shift attention a bit upward to swadisthan chakra and pray- "O mother please bless us with creativity."

Keep attention on nabhi chakra, put right hand on nabhi chakra and pray- "O mother please make us completely satisfied."

Keep attention on Anahat chakra, put right hand on anahat chakra and pray- "O mother please make us courageous and self confident."

Keep attention on vissuddhi chakra, put right hand on visuddhi chakra with fingers close to each other and pray- "O mother please make us collective."

Pay attention on agnya chakra, right hand on agnya chakra and pray-
“O mother please bless us with the power of forgiveness.”

Keeping right hand on our sahastrara, rotate the hand seven times in
clockwise direction and pray- “O mother please strengthen our self
realisation.”

Keeping right hand on our lap meditate for a couple of minutes.
(Play instrumental music).

Tell students to take bandhan.

Follow-up Course

Week-4

(Duration 30 minutes)

Greet the students and express gratitude towards the teachers present in the class.

Till now we have known about the subtle system and the flow of vibrations. We have also seen that the energy flowing from the chakras helps our body parts to function properly and to keep our attention concentrated.

But for smooth flowing of this energy, we need to meditate regularly. We hope you all will meditate regularly. Just like doing regular homework our subject becomes stronger, similarly by regular meditation the energy level of our chakras become stronger.

Today we will know how music is helpful in meditation.

For example- In diwali, we decorate our home with electric series. When all bulbs of electric series light up, then our home looks very attractive. Now understand that, the bulbs in the electric series are just like our chakras and the electric current flowing in the series are the vibrations.

Because of load shedding, the current flow can fluctuate and as a result the bulbs turn on-off. We install the stabilizer to maintain continuous flow of current. Just like this the classical music maintains our meditative state continuously (like stabilizer).

Like different electric device have different chargers, for our different chakras, we have different ragas in classical music. Different ragas of music have the combination of seven swaras.

Different ragas create a deep impact on our mind. **For example -** If we are watching a horror movie, we get afraid because of the background music. If the background music is turned off we will not feel any fear. Similarly, like this in case of comedy scenes also the background music

plays a major role. The seven swaras of Classical music also create deep impact on our minds.

The seven swaras (sa, re, ga, ma, pa, dha, ni) of classical music matches frequency with the seven chakras within us. When we listen to classical music in meditation, then the different combinations of seven swaras ignites and stabilizes energy in us.

The scientists studying the neural science researched the use of energy of our brain and found that the person studying maths, analytical studies, logic, engineering use the energy of the left side of their brain more whereas the person studying arts, various painting, literature use the right side of our brain the most. By listening to classical music regularly we can activate both hemispheres of the brain. The person listening to classical music activates his brain power and can do long analytical calculation, presentation of analytical concept, working out the detail of analytical issues very easily.

Today we will meditate on the seven swaras by keeping attention on all seven chakras. **For example** - ‘sa’ for mooladhara, ‘re’ for swadisthan, ‘ga’ for nabhi, ‘ma’ for anahat, ‘pa’ for vissuddhi, ‘dha’ for agnya and ‘ni’ for sahastrara.

Method of Meditation-

Tell students to take bandhan.

Start meditation with the breathing exercise. Repeat the balancing technique.

Enunciate each swara by keeping attention on respective chakra. Repeat this 2 to 3 times. Listen to instrumental music by keeping attention on sahastrara.

Note - If the speaker is having practice of 7 swaras, continue the meditation by lead and follow technique or the speaker may ask any student to sing 7 swaras and ask the students to follow the same.

Follow-up Course

Week-5

(Duration 30 minutes)

Today we shall know the position of our energy centres in various parts of our body such as the location of chakras on our palm and sole. Demonstrate with the help of the picture shown below.



When the energy arises within us we can feel the vibrations in our hand. We can do self-evaluation by the vibrations. Today we will learn self-evaluation. When we meditate, keep our attention in sahasrara and thereafter, we have to feel the vibrations above our head by holding the right palm above the head. We can get this feeling as luke warm or cool vibrations. Now we will observe our both palms and finger tips. Wherever you feel tingling, warm or cool sensation, remember it and later you have to write this in the feedback form.

For tingling write 'T', for warm write 'W', for cool write 'C'.

Method of Meditation:-

Tell students to take bandhan. After that do breathing exercise and balancing.

Keep right hand on heart. Pray- “O mother, please take us into meditation and please bless us with the feeling of vibrations”.

Keep the right hand on the lap. Tell students to pronounce ‘OM’ while keeping attention on sahastrara (4-5 times). Play instrumental music for two minutes.

Note – The speaker should use his discretion ,a the pronounciation of “OM” i.e. considering the nature of gathering in the school.

If we get warm vibrations in our hands then our chakras and nadis are not in balance. When we meditate our inner power awakens and purifies our chakras and nadis which are weak. It generates heat and we feel hot luke warm vibrations. If in the hands we get cool vibrations, it means our chakras and nadis are in balance.

Tell them same about their palm such as if the small finger is tingling or warm then our anahat chakra is weak. This means we lack confidence. For this we have keep our right hand on our respective chakra and pray to H.H Shree Mataji. Just like this whatever imbalances present inside us is cleared out by vibrations and our physical health improvises.



(Note- Give this feedback form including figure to the students and tell them to fill it at the end of the session)

Follow-up Course

Week-6

(Duration 30 minutes)

Start the session with bandhan, balancing and mediation. Till now we have known that students can use inner energy in their day to day life, if they are meditating regularly.

- **Improves attention**

By meditation we can integrate our scattered attention, as a result our attention can easily concentrate on studies. This will help us to study more in less time. It enhances our grasping power and improves consistency in studies.

- **Improves discretion**

By regular meditation we can easily distinguish between good and bad as such, our innate quality of differentiating right and wrong improvises.

- **Builds self-confidence**
- **Provides balance in all situations**
- **Improves creativity**
- **Removes stress and anxiety**
- **Improves health in general**
- Development of various skills.

Encourage students to do regular Sahaj meditation in their daily life.

Tell students to share their experiences about Sahaj meditation. Write names of those students who have shared good experiences. Appreciate the students who have shared their experiences by taking their names. Those students who have not felt vibrations or who have not meditated regularly encourage. Those who have not come forward for sharing their experiences, encourage them and give example like the person

whose anahat chakra is weak and who hesitate in coming forward and speak. But by meditation we can enlighten our chakras and can attain those lacking qualities.

Request the students to come to Sahaj yoga meditation centre with their parents and also request them to share their experiences. Tell them that by attending the collectivity, we can experience more benefits.

Method of Meditation:-

Tell students to take bandhan. Repeat the breathing exercise so that students can become ready for meditation. Do balancing. Keep right hand on heart.

Prayer- “H.H Shree Mataji I am a pure spirit”.

Slowly keep the right hand on the vissuddhi chakra.

Prayer- “Shree Mataji I am not guilty at all. Now keep right hand on agnya chakra. Prayer- Shree Mataji I have forgiven everyone, I have forgiven myself also”.

Keep right hand on back agnya. **Prayer-** “Shree Mataji if by knowingly or unknowingly I have committed any mistake, please forgive me for that”.

Slowly keep right hand on sahastrara. **Prayer-**“Shree Mataji please strengthen and establish my self realisation. Please make us completely peaceful and allow us to feel the divine vibrations”.

Keep both hands on the lap. After opening the eyes ask about the experiences of students and tell them to take bandhan.