



SAHAJA YOGA

MEDITATION

Inner Energy, Overview



What is Inner Energy? Where Did it Come From?

Did you know that we all have a subtle energy system inside us? Called Inner Energy (or Kundalini), it nurtures and protects your mind, body and soul. You were born with your Inner Energy system. In fact, the word

“Sahaja” actually means, “Born with.”

At the time of your birth, the Inner Energy passed through your brain to create a vast, intricate system of energy channels and centers throughout your central nervous system. This system –the subtle energy system– has governed your physical, cognitive and emotional well-being ever since.

How Does Inner Energy Flow? How is it Awakened?

Inner Energy flows throughout your body using the three main vertical energy channels, or nadis. Along the way, it flows through your seven principal energy centers, also known as chakras. The seven chakras are located at the sites of your main nerve plexuses. Each nerve plexus is a network of interlaced nerves. Your residual energy settles into the triangular-shaped sacrum bone at the base of your spine. This bone is located slightly above the first chakra. There, the residual energy lays dormant, waiting to be awakened.

Once your residual energy has been awakened, a few strands of Inner Energy rise up through your spinal column. They pass through each of the remaining six chakras. As this happens, you will typically feel vibrations or a tingling sensation at the top of your head (the fontanelle area) and in your hands. This experience of energy awakening is known as Enlightenment or Self-Realization. It is the same sensation you experienced in your first Sahaja Meditation class or program.

As you practice the simple Sahaja Meditation techniques, you will learn to raise this powerful Inner Energy on an ongoing basis. As a result, you will enjoy better health, better focus, and a deeper understanding of the universe and your place within it.

While every element in nature emits vibrations, it is only through the awakening of your Inner Energy that you can develop the sensitivity to feel those vibrations. Cool (not cold) vibrations indicate balance. Hot, tingling vibrations indicate an imbalance.

Your Inner Energy, or Kundalini, is a primordial energy — the source of all energy. It is pure and cannot be corrupted or destroyed. It is a living energy that knows how to act. It obeys its own laws, rising upward against the force of gravity, like fire. And like fire, it purifies, consumes and cleanses imperfections. When you feel heat in your hands during meditation, you are generally feeling all that is negative leaving your body.



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What is a Chakra?

How Does it Impact my Life?

Each chakra (wheel in Sanskrit) is a fulcrum or point of support. They are located within the energy channels of your body. Your Inner Energy flows through the chakras. It energizes, nurtures and balances them.

To visualize how energy flow works, imagine your subtle energy system as a flute with seven holes. Each hole represents a chakra. The air blown through the flute represents your Inner Energy. If the flute's holes are unobstructed, the flute can produce melodious, harmonious music. When your chakras are clear and free of obstructions, your Inner Energy flows through your body smoothly, achieving a harmonious balance.

The chakras cannot be seen, just as electricity cannot be seen. However, you verify that electricity exists every time you turn on an electrical appliance. In much the same way, you verify the existence of your chakras when you “turn them on” through meditation. You will experience the sensation of energy flowing through them, as well as the impact of this energy flow on each chakra's corresponding nerve plexuses and associated organs. You can literally feel the energy flowing through each chakra and even detect specific blockages in the path of the energy flow.

Each of your chakras, or energy centers, is associated with specific functions and qualities. For example, the third chakra, Nabhi, is located in the solar plexus or central stomach area. This chakra governs the

functioning of your internal organs and nerve networks in that area. It is associated with the states of contentment and satisfaction. Because you've always had all the energy centers within you, you've always had the potential to be content.

In exploring your chakras, you'll find that most physical or psychological difficulties you've experienced can be traced to an imbalance, or catch, in a specific chakra. A catch is a blockage, obstruction or impairment of a chakra. A catch prevents your Inner Energy from passing through that blocked chakra to rise to a higher level. As a result, the obstructed chakra does not function efficiently. This inefficiency manifests in your life as a physical, cognitive or emotional problem.

Once you've used your Inner Energy to heal and balance an impaired chakra, the problem disappears. The newly repaired chakra's associated qualities are enhanced and strengthened. This will help protect you from future problems. The stronger your energy centers are, the stronger the associated qualities are within you. The more you develop and strengthen those qualities within you, the stronger your energy centers will become.

The good news is that meditation is a valuable, and powerful, self-discovery tool. In fact, once your Inner Energy has been awakened, Sahaja techniques will help you diagnose problems within your own Inner Energy system. The special sensitivity, or vibratory awareness, you will gain through awakening your Inner Energy will serve as a reliable gauge of your true inner state.