



SAHAJA YOGA

MEDITATION

Void (Ocean of Illusion)



Location.

The Void is the region located within your abdominal cavity. It contains your Nabhi chakra. You may feel the vibrations of the Void within an area formed by concentric circles around the center of your palm.

Qualities.

The Void is represented by the color green. It is aligned with the elements of sky and saltwater. It is symbolic of the ocean within each of us.

Void qualities include:

- Balance
- Righteousness (or dharma)
- Sense of personal dignity
- Self-discipline
- Self-guidance
- Decisiveness
- Patience
- Thirst for truth and knowledge
- The guru principle (or the ability to guide yourself and others in spiritual evolution)

The Void, along with your Nabhi and Swadisthan chakras, represents an integrated spiritual group. Together, these three elements dictate the course of your

evolution, from your creation to your ultimate awareness of spirituality and your journey thereon.

An essential quality of the Void is the “guru” principle. This quality enables you to become a guru, or teacher, offering guidance to others. This doesn’t mean that you become a famous TV personality or “self-help” speaker. Nor does it mean that people will line up around the block for your advice. What it does mean is that you can possess a cool, pleasant and friendly personality. You’ll know the right thing to do (at least most of the time), and the people in your life will appreciate it.

The Void is so named because it represents the ocean of unenlightened awareness (or void) within an individual’s knowledge. Each individual may require the guidance of a true master or truthful spiritual teachings in order to realize his or her true spiritual nature. When you learn the truth of the spirit, your Void, or the gap in your central channel, is filled. This event occurs as you receive your Inner Energy awakening and awareness.

Experience and Benefits.

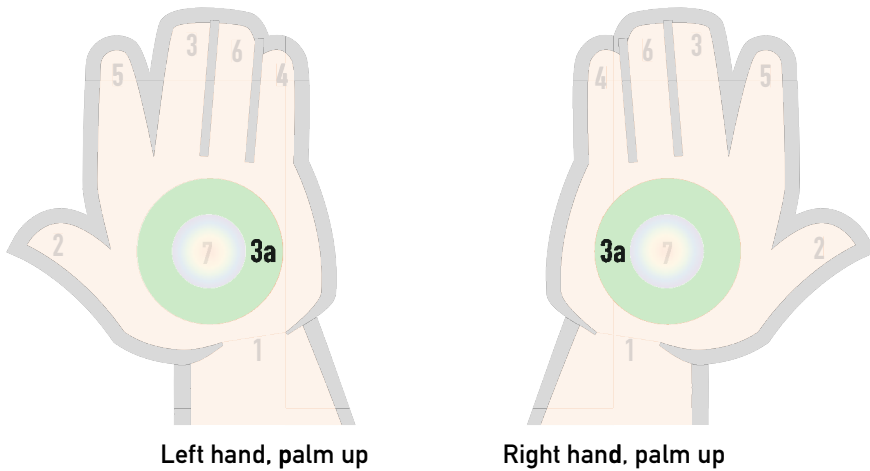
At the physiological level, the Void’s main function is to oversee the functioning of the abdominal organs (along with the Nabhi and Swadisthan chakras). Your liver nourishes the awareness and power of attention, both of which lie within the Void region as well.

Every natural element has basic qualities



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that sustain it. For example, we say that gold cannot be tarnished. That is the sustaining quality of gold. In the same way, each of us has basic qualities that are responsible for our sustenance and balance. These qualities make up the code by which we lead our lives. For example, the Ten Commandments in the Bible. This aspect of human sustenance is represented by the Void.

When your Inner Energy first rises, it flows across your Void region, bridging the gap within your central channel in the ascent to the Sahasrara chakra. The result is establishment of righteousness, or dharma, within you. You essentially become more virtuous. Again, this does not mean that you'll become a saint who never does anything wrong. It does mean that you'll be able to discern the right thing to do in nearly every situation. Your virtue will keep you honest (at least most of the time), and will help you keep everyone around you honest as well.

Over time, any negative energy inside you will be eliminated. This is the essence of the guru principle. Your personality becomes balanced and magnetic.

People begin to see you as a person they can count on for sensible advice. Your character and temperament are no longer easily influenced by the latest opinions or expectations. You will find yourself rock-solid and steady, even if false information is floating around. Your guru principle makes you unafraid to stand up and do the right thing.

Self-Assessment.

Any time you find yourself swayed somewhat in life (lying, the impulse to steal, impure thoughts, or committing adultery, for example.), it is a sign that your Void is likely affected. You need to strengthen your chakras and steady your guru principle. We all have moments of weakness. However, once your Inner Energy is awakened, you are able to triumph over them. Denouncing God or spirituality, or following the teachings of false gurus (the ones that never lead you to real spiritual knowledge but are busy trying to take your money) can also cause an imbalance within your Void. Other causes of problems with the Void may include excessive alcohol usage and materialistic tendencies.

How to Balance.

You can balance the Void by soaking your feet in salt water. Salt water is a powerful symbol of the guru principle. Use of this symbol will make your meditation more effective at cleansing you of negative energies.