



# SAHAJA YOGA

## MEDITATION

# How to Meditate at Home

1. Find a quiet place to meditate.
2. Sit in a chair or sit on the floor. Remove your shoes. If sitting on a chair, keep your feet slightly apart. Place your hands on your lap, palms upwards.
3. Relax. Close your eyes. Take some deep breaths.
4. Raise your right hand and place it palm down on top of your head. Press down while saying silently, “I want to experience the state of meditation.”
5. Raise your right hand slowly upwards from your head. Move it gently up and down until you locate a subtle energy between your head and your hand. You may feel it on your palm as either warm or cool.
6. Bring your hand back on to your lap. Keep your attention at the top of your head.
7. Sit in silence for 5 to 10 minutes. If a thought comes, just watch it rise and fall. Don’t get involved in it. Or, say: “I forgive.”

### Notes

The meditation should be without effort. Don’t try, just let it happen. The idea is to be in the present moment.

Meditating in mental silence is like learning to play a musical instrument. The more frequently you practice, the better you become at doing it.

Enjoy!



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