**Sahajyoga Meditation**

**Kundalini & Self-Realization-**

1. Sahaja Yoga teaches that the [chakras](http://en.wikipedia.org/wiki/Chakras) (Plexus or energy centers) can be balanced by awakening the [kundalini](http://en.wikipedia.org/wiki/Kundalini_energy) in the [sacrum bone](http://en.wikipedia.org/wiki/Sacrum), which is a normally dormant 'mother' energy.
2. As the kundalini rises through these centers, the qualities of the chakras are said to begin manifesting spontaneously. Whatever Problems come through the damage of these energy centers can be repaired by awakening of kundalini.
3. It teaches that when the [sahasrara](http://en.wikipedia.org/wiki/Sahasrara) (topmost) chakra is pierced by the kundalini, a person will feel a cool breeze on top of their head and/or on their hands. The chakras and nadis have associated places on the hands.
4. These sensations (referred to as 'vibrations') are indicating [Self-Realization](http://en.wikipedia.org/wiki/Self-Realization) or "an encounter with Reality.

**Experience your inner power-**

It is based on our subtle nervous system. The dormant primordial energy is present in every individual in three and a half coils in the triangular bone called "sacrum"- The Kundalini, at the base of the spine. When this gets activated on doing Sahaj Yoga, it ascends and activates one's six subtle chakras and piercing through Brahmarandhra, it unites with the all pervading cosmic energy."And with this actualisation in the limbic area of the brain, subtle cool vibrations start flowing from both palms and the top of the head. In this vibratory awareness, while one can feel what chakras are blocked, on the other side one can work out the correction of these chakras to cure different diseases.

**Through Sahaja Yoga meditation one can experience the benefits such as:**

* Curing of different types of disease- Diabetes, Hypertension, Asthama, Spondlytis, Heart problems, Kidney troubles,Cancer etc.
* Improved health and strengthened immune system.
* Inner peace and joy.
* Achieve a balance in body, mind and spirit.
* Reduce stress, anxiety and irritability.
* Better focus and concentration.
* Strengthening ones self confidence and self esteem.
* Improvement of communication skills.
* ETC….