

Mind, Soul & Meditation

SAHAJA YOGA: Self-Realization for Good Health and Stress Relief
50 Glorious Years of Sahaja Yoga - 1970-2020

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You cannot know the meaning of life until you are connected to the power that created you.

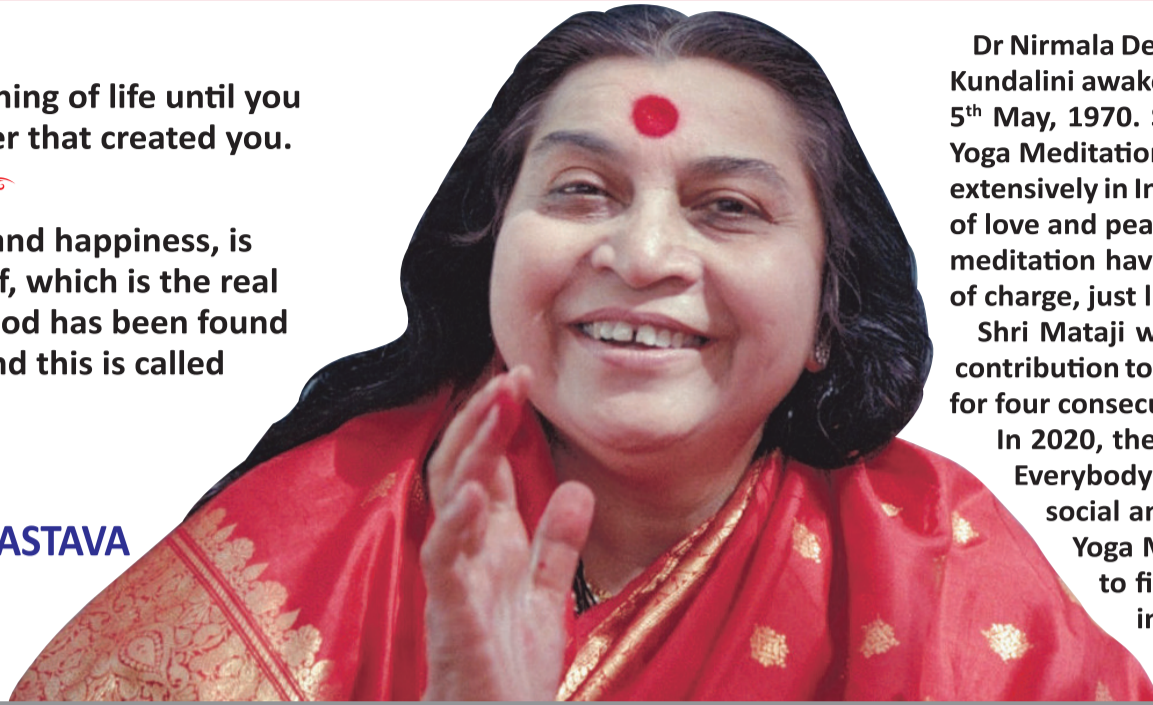


Man, in his search for joy and happiness, is running away from the Self, which is the real source of joy. Now, a method has been found to tap the divine power, and this is called Sahaja Yoga.

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DR NIRMALA DEVI SRIVASTAVA

Founder of Sahaja Yoga
 (21st March 1923 - 23rd February 2011)



Dr Nirmala Devi Srivastava, founder of Sahaja Yoga, discovered the way of en masse Kundalini awakening during deep meditation at the seashore of Nargol in Gujarat on 5th May, 1970. She started with just 12 disciples, explaining the method of Sahaja Yoga Meditation (SYM) to achieve self-realization. Throughout her life, she travelled extensively in Indian villages and cities, and around the world, spreading the message of love and peace in more than 140 countries. Beneficiaries and practitioners of this meditation have been giving self-realization to new seekers and training them free of charge, just like Shri Mataji.

Shri Mataji was awarded the UN Peace medal in recognition of her outstanding contribution to the humanity and world peace. She was invited by the United Nations for four consecutive years (1990-1994) to speak on how to achieve world peace.

In 2020, the COVID-19 pandemic has severely impacted the daily life of people. Everybody is experiencing heightened levels of stress and uncertainty in political, social and economic arenas. A large number of people are turning to Sahaja Yoga Meditation to manage their stress and boost their immunity, the key to fighting COVID-19. Sahaja Yoga Meditation strengthens the immunity in the practitioner and has been scientifically proven to benefit in respiratory disorders like bronchitis, asthma, and viral infections.

SAHAJA YOGA - The Only Way Out

Einstein once said, "Science without religion is lame, religion without science is blind." When asked from where he got the idea of his world-famous theory of relativity, he said, "I was lying in my garden and playing with soap bubbles and from somewhere unknown the theory of relativity dawned upon me." Newton, another great scientist who discovered 'gravity', humbly said, "I do not know what I may appear to the world, but to myself I seem to have been only like a boy playing on the sea-shore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me."

Why Einstein advocated spirituality added to science? No wonder our great country, once called 'Yog Bhumi', 'Jagat Guru' as well as 'Sone ki Chidiya (golden sparrow)', was condemned to Mughal & British slavery for centuries, only because our great knowledge of spirituality turned into blind faith! Our country, where world's first university was established, where zero was discovered, where world's first surgery was performed & scholars from all over world used to come in quest of knowledge and wealth (Columbus was in search for India, not America).

Now, in western science-oriented culture, where materialism has reached its peak, inspite of possessing all materialistic resources & money, people have become unstable, disturbed & insecure, all due to lack of spirituality.

After completing my MBBS and DMCH, I started my practice in 1990. Being a medical student, I was far away from things like spirituality. Call it destiny or some unavoidable circumstances, in March 1993, I found myself in Sahaja Yoga, founded by H H Shri Mataji Nirmala Devi, who herself had been a medical student in Lahore, but could not complete her MBBS due to partition. And with 30 years of medical and 27 years of Sahaja Yoga practices, I now find myself in the position to compare both the sciences, just like a person who has been to Mumbai & Kolkata has the right vision to compare both the cities. I consider Sahaja Yoga as a science as well, because although spiritual, it gives you proof of its being on your central nervous system, unlike traditional discourses and lip services. Researches have been carried out on Sahaja Yoga worldwide. In fact in India, it was a subject for thesis for 4 MD students.

H H Shri Mataji received numerous awards worldwide and honorary citizenships of many countries. She was awarded

Honorary Membership of the Petrovskaya Academy of Sciences & Arts, Russia, an honour given to only 12 persons including Einstein.

How does Sahaja Yoga work?

Our old medical teachings taught us that Diabetes, Hypertension and numerous other diseases are hereditary. And now with new researches, we have discovered 'stress disorders' which we don't know how to cope with.



DR PRATAP UDHWANI
 (MBBS, DMCH),
 Amravati, Maharashtra

In medical science it is taught that along with the Central Nervous System, we have the Autonomous Nervous System which has two parts:

1. Two sympathetic chains (left and right) which make us ready for stress
2. One central parasympathetic chain which soothes our system

The interesting thing is that both are involuntary (can't be controlled by our conscious minds). For example, if there is a sudden bomb blast, our heart rate increases automatically (sympathetic activity), but after a while, it becomes normal too (parasympathetic), both beyond our conscious control.

Now in current times of cut-throat competition, uncertainty and insecurity, COVID-19 pandemic, Amphan and Nisarga cyclones etc., our sympathetic system gets excessively stimulated, which creates stress, but parasympathetic system cannot cope up with this extra and sustained dose of stress, and to soothe the system, as said, parasympathetic is there, but there is no way in modern science to stimulate the whole parasympathetic channel.

And herein comes the role of spirituality. Our ancient incarnations, saints, sages like Patanjali, Bhargu, Markandeya, Adi Shankaracharya, Guru Nanak, Gya-

neshwara etc. knew this secret and have mentioned it in their scriptures but this knowledge has vanished gradually due to slavery of Mughals and British.

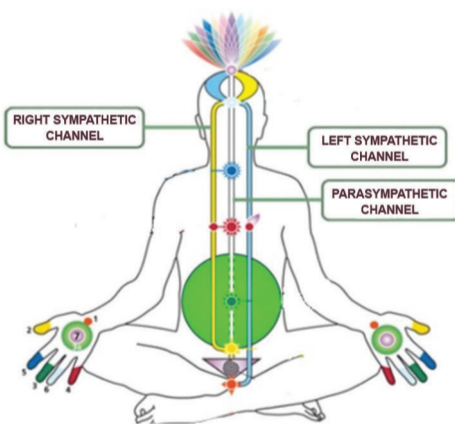
This limitation (no access of this knowledge to a common man) was overcome by H.H. Shri Mataji Nirmala Devi on May 5, 1970, when she discovered Sahaja Yoga, a method of en masse awakening of Kundalini (a dormant divine energy beneath sacrum bone), which in turn stimulates the parasympathetic. The great thing about this is it makes one aware about the reality on his nervous system.

Maybe due to prolonged slavery, we ourselves accept our own knowledge only after acknowledgment of outsiders. Once in a British journal, a report regarding oxytocic property (ability to contract uterus) of Papaya fruit was mentioned, there was a footnote that it has always been advised by our grandmas to avoid Papaya in pregnancy. And although we have always ignored turmeric and basmati, we protest when America applies for their patent.

To summarise, Sahaja Yoga is the only way to stimulate the Parasympathetic by Kundalini awakening, and when it crosses the Optic Chiasma it makes us thoughtless and calms us, and connects us to the divine resulting in greater efficiency, energy and aura.

Scientifically, it can be considered as a hypothesis, and should be honestly tried before either accepting or rejecting it straightaway. Otherwise it would be unscientific, same as the person who was sentenced to death, for claiming earth is round against the popular belief of earth being flat. So, please try it to discover that Sahaja Yoga is indeed the only way out.

For more information about this article, you may contact the author at -
Email: pudhwani@rediffmail.com
Mobile: +91-9326865717



Sahaja Yoga Meditation (SYM) is unique, simple and effortless. People practicing SYM have reported multiple benefits, primarily improved health and peace of mind. There are more than 3,000 SY Meditation centres in India, but due to lockdown in the wake of COVID-19 pandemic, SY Meditation is now conducted using various online platforms. According to some sections of the press, more than three million people from 72 countries have been attending the online meditations being conducted from India. Researches have clearly established the positive impact of SYM in health conditions like epilepsy, asthma, high BP, heart disease, diabetes, and even cancer. People from all over the world visit the resting place of Shri Mataji - Nirmal Dham in Chhawla village in Delhi, for paying their respect.

Relieving Stress through Sahaja Yoga Meditation

DR SANDEEP RAI and DR (MRS) MADHUR RAI

What is the role of yoga and meditation in reduction of stress, especially in the time of COVID-19 pandemic?

The world is fighting against the COVID-19 outbreak, which has now spread to more than 200 countries worldwide. There has been loss of life, rapid changes in our way of life and disrupted plans due to travel restrictions and social distancing, in our efforts to slow the spread of virus transmission. People don't know how exactly they will be impacted or how bad things might get and that makes it all too easy to spiral out into overwhelming dread and panic. Mental health experts say that during this time of heightened stress and anxiety, finding ways to cope and create stability are key to maintaining a healthy outlook. Mind-body interventions are increasingly being used these days in the general population to assist with stress reduction. The Harvard Medical School has said in its latest health guideline that yoga and meditation are "some tried and true ways to relax".

How does stress impact our bodies?

Prolonged or unremitting stress exacts a stunningly toxic toll on the body, brain, mind and soul. Its ongoing assault wears us down tremendously, measurably ageing — or "weathering" — our insides, for some of us much more than others. Chronic stress zaps brainpower by damaging neural pathways and skewing judgment. It compromises the immune system. It taxes the heart, kidneys, liver, and brain. Modulation of stress can in turn lead to improvement in numerous life style diseases like Diabetes, Hypertension, Ischemic Heart

Can Sahaja Yoga Meditation help?

At present, considerable evidence exists for the place of Mind-Body Medicine in maintaining and improving psychological health. Ten million American adults now regularly practice some form of meditation, twice as many as a decade ago. But what's exciting about the new research is how meditation can train the mind and reshape the brain. It may not be an easy task to change the present day stressors of competitive, aggressive fast-paced lives, but certainly a change can be brought in an individual's perceptions and coping abilities to combat negative effects of stress on health and diseases. In fact, new research reveals that only 20 minutes of Sahaja Yoga Meditation a day now can keep you free of stress.

Are there any scientific researches to prove its efficacy in stress reduction?

Sahaja Yoga Meditation has been shown to reduce autonomic activity which included a reduction in heart, respiratory and pulse rates, systolic blood pressure and oxygen metabolism, and reduction of urinary vanillylmandelic acid (VMA) a breakdown product of the stress hormone Adrenalin. These physiological alterations are indicators of deep parasympathetic activation, and therefore physiological relaxation that have been related to stress relief and may have a role in the prevention of stress-related illness, most notably, hypertension and other cardiovascular diseases.

Are there any scientific researches to prove its usefulness in relieving stress, anxiety and depression?

Rigorous researches on SY Meditation have demonstrated significant benefits on

depressive mood and work stress in full-time workers. In other studies, on SY Meditation, promising effects have been shown in depression and anxiety, on enhanced quality of life, and on improving psychological health in a diverse group of population consisting of different nationalities and age groups.

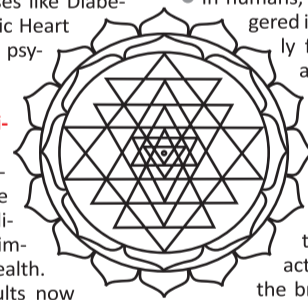
Benefits of SY Meditation

- Provides sense of peace and balanced state
- Reduces feeling of anxiety and anger
- Reduces stress and pain
- Increases energy and blood flow
- Helps reverse heart disease
- Helps control thoughts

Two large controlled studies recently completed in the Physiology & Medicine Department of MGM Institute of Health Sciences, Navi Mumbai by us on effects of Sahaja Yoga Meditation, found a very significant improvement in heart rate variability, endothelial function and serum cortisol levels and also found significantly decreased oxidative stress and perceived stress levels in long term Sahaja Yoga meditators as compared to general healthy population who were not practicing any meditation. A recent research showed that long-term practice of Sahaja Yoga Meditation is associated with larger grey matter volume with regional enlargement in several brain regions that are associated with self-control, compassion.

How does Sahaja Yoga Meditation reduce stress?

In humans, stress response can be triggered in situations which occur frequently in daily life such as meeting deadlines etc. Repeated activation of the stress response is thought to result in deregulation of physiology of the body which leads to diseases. It is hypothesised that this subtle energy (Kundalini) actualises in limbic system of the brain and therefore by its effects on the limbic system, it modulates the emotional response of an individual. The limbic system also acts on the HPA axis and thereby modulates the release of various hormones released in response to stress. Modulation of stress can in turn lead to improvement in numerous life style diseases like, Diabetes, Hypertension, Ischemic Heart disease and host of other psychosomatic diseases, the proof of which already exists in scientific literature.



Is Sahaja Yoga being practiced globally or is it limited to India?

Sahaja Yoga Meditation is now a central feature in corporate wellness and youth development programmes globally and is increasingly being prescribed by doctors as a part of holistic health recommendations. It is non-intrusive and self-regulating in nature. It is taught free of charge at all the Sahaja Yoga Centres in more than 140 countries around the world. For her significant contribution to understanding of subtle energy systems, H.H. Shri Mataji Nirmala Devi received numerous awards and recognition from around the globe. She received her PhD (Honorary Doctorate in Cognitive Sciences) from Romania University. She has received United Nations Peace Prize. She received Honorary Membership to the prestigious Presidium of Petrovskaya's Academy of Arts and Sciences, Russia (Einstein being one of the members among only 12 till date). The simple technique of Sahaja Yoga can be learnt from the internet also, always free of cost.

AUTHORS

Dr Sandeep Rai, MBBS, DNB (Medicine), PGDHS (Diabetology), MNAMS, FRCP (UK), Senior Consultant Physician - Apollo Hospital, Mumbai, Professor & Unit Head - Post Graduate Department of Internal Medicine, In-Charge Division - Diabetes & Metabolic Disorders, MGM Institute of Health Sciences - Navi Mumbai
 E-Mail : doctorsandeeprai@gmail.com Mobile : +91-9324435249

Dr (Mrs) Madhur Rai, Assistant Professor, Post Graduate Dept of Physiology, MGM Institute of Health Sciences, Navi Mumbai. Former CMO & CEO - International Sahaja Yoga Research & Health Centre, Navi Mumbai
 E-Mail : drmadhurrai@yahoo.co.in Mobile : +91-9819426654

BELIEVE IT OR NOT!

Dr S.C. Nigam, a retired medical practitioner from the MBBS batch of 1969 of GSV Medical College, Kanpur, had a brilliant medical practice for more than 10 years before his life suddenly came to a standstill. He says, "At 36 years of age I suffered a major paralytic stroke. Despite best medical treatments, my condition worsened, I was totally broken - physically, mentally, emotionally and financially. At this juncture, when I wanted to finish my life, I got to know of Sahaja Yoga in Delhi. With the blessings of Shri Mataji, practicing meditation not only cured me but transformed me to a very healthy state. Today I can say with full confidence that Sahaja Yoga is the simplest and most scientific yoga, and millions of people around the world are leading a joyful and balanced life through its practice."



Abhishek Kadri from Silvasa has been practising Sahaja Yoga for the last 20 years. During his 1 year M.Tech. internship at LRDE, DRDO in Bengaluru, he was asked to work on an Electromagnetic Reverberation Chamber. The problem was that the Chamber in the lab was defunct since many years, inspite of several attempts to repair it. He says, "My first task was to repair it. I was worried, as I had no prior experience of working on such complicated machinery. I researched every part of the chamber online, tested it, but could not find the problem. After a week of constant effort, I gave up. In the lab itself, I went into meditation, and surrendered the problem to the divine. My surrender to the divine power, which is also known as cosmic energy, helped resolve my problem. A few minutes later I pressed the 'ON' switch of the chamber, and to my surprise it started working. I was appreciated by my project guide and other scientists. After a year of working on the chamber I published two research papers at international conferences and received the Best Paper Award for both papers. This made it easy for me to get a job in an MNC in my desired field. I am thankful to Shri Mataji Nirmala Devi for teaching me Sahaja Yoga Meditation which has made my life problem-free."

Vishnu Shanbhag, an expert in the repair of electronic gadgets, left his business to pursue music. Says Shanbhag, "Deep insight into Sahaja Yoga Meditation has made me successful. Initially, I had no inkling of how to play music at all. After taking lessons from various masters, today I am able to play 8-10 instruments. I teach instrumental music to about 100 students in different shifts." Shanbhag has been chosen by the Gandharva Mahavidyalaya to teach instrumental music to students in its Mumbai branch called Vyas Sangeetalya.

Sahaja Research Centres & Schools

Advanced medical research and treatment is carried out using Sahaja Yoga techniques at the International Sahaja Yoga Health and Research Centre, CBD-Belapur, Navi Mumbai and Sahaja Yoga Health & Research Centre, Greater Noida.

Sahaja Schools

For educating the children following Sahaja Yoga principles of universal brotherhood, peace and harmony, International Sahaja Public School was established in 1990 in Dharamshala, Himachal Pradesh, where parents from various countries admit their children for study from Standard 1 to 10. Other schools run on Sahaja protocols have been established at Jaipur, Kannur in Kerala, and at Jambut village in Ahmednagar.

Shelter Home for Destitute Women

Out of her unending love and compassion, Shri Mataji also founded in 2007 at Greater Noida, Vishwa Nirmala Prem Ashram, a shelter home for destitute women and poor girls, where they are looked after and trained to be self-sufficient in life.

This is brought to you by **M B Ratnannavar and Team of Sahaja Yogis**
 Email: mbratan@gmail.com