

Effects of Sahaja Yoga Meditation on Awakening Spiritual Energy

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DESCRIPTION

Sahaja yoga is a spiritual practice that was founded in 1970 by Shri Mataji Nirmala Devi. It is a form of meditation that aims to awaken the inner spiritual energy within each individual. The word "Sahaja" means spontaneous and effortless and the goal of sahaja yoga is to achieve a state of spontaneous meditation, where one can experience inner peace and self-realization. The practice of sahaja yoga is based on the belief that every individual has a dormant spiritual energy, known as kundalini, which lies at the base of the spine. Through the practice of meditation, this energy can be awakened and channeled through the body, leading to a state of inner peace and spiritual awakening. Sahaja yoga is a unique form of meditation that is accessible to everyone, regardless of age, religion, or background. It does not require any special skills or prior experience with meditation. The practice is simple and easy to learn, and it can be practiced anywhere, at any time.

Benefits of sahaja yoga

Sahaja yoga has been found to have numerous physical, emotional, and spiritual benefits. One of the most significant benefits of sahaja yoga is its ability to reduce stress and anxiety. The practice of sahaja yoga promotes relaxation, which can help to reduce the symptoms of stress and anxiety, such as high blood pressure, headaches, and insomnia. Another benefit of sahaja yoga is its ability to improve mental clarity and focus. The practice of sahaja yoga involves focusing on the present moment, which can help to improve concentration and focus. It has also been found to improve memory and cognitive function. sahaja yoga has also been found to have numerous physical benefits. The practice has been found to improve flexibility, balance, and coordination. It can also help to improve cardiovascular health and strengthen the immune system. In addition to its physical and mental benefits, sahaja yoga also has numerous spiritual benefits. The practice of sahaja yoga can help to awaken the dormant spiritual energy within each individual, leading to a

state of inner peace and self-realization. It can also help to improve relationships and promote a sense of connectedness and unity with others.

Practice of sahaja yoga

The practice of sahaja yoga is simple and easy to learn. The first step in practicing sahaja yoga is to find a quiet, comfortable place where can sit undisturbed for a few minutes. Sit with one spine straight and hands resting on lap, palms up. The next step is to focus on breath. Take a few deep breaths, inhaling slowly through nose and exhaling slowly through mouth. As you breathe, focus on the sensation of the breath moving in and out of your body. Once you have established a rhythm of breathing, bring your attention to the base of your spine. Imagine a small ball of energy at the base of your spine, and visualize it beginning to rise up through your body, moving up your spine and into your head. As the energy rises, focus on each of the seven chakras, or energy centers, in your body. Visualize the energy moving through each chakra, clearing any blockages and promoting balance and harmony. As the energy reaches the top of your head, imagine it expanding outwards, filling your entire body with light and energy. Allow yourself to rest in this state of inner peace and self-realization for a few minutes, before slowly opening your eyes and returning to your daily life. The practice of sahaja yoga can be done for as little as ten minutes a day, making it an easy and accessible practice for everyone

CONCLUSION

Sahaja Yoga is a powerful practice that can help individuals achieve a state of inner peace and spiritual awakening. Its simplicity and accessibility make it an ideal practice for anyone looking to reduce stress and anxiety, improve mental clarity and focus, and enhance their physical and spiritual well-being. Through the practice of sahaja yoga, individuals can awaken their dormant spiritual energy and experience a deeper sense of connection and unity with themselves and others.

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