

“Learn and Grow”



SAHAJ MARG

The Natural Path

What is Sahaj Marg in your view today?

- Something your parents do
 - What you come to the Ashram for
- Reason for staying put in a room for an hour with nothing to do
- Something you're sure you'll be asked to do when you grow up, but don't know what it is

What is the Purpose of Life as you know it?

- Make Earth a better place
- To become better people
- All of the above are more like temporary goals
 - There is something more to life
- What we don't often realize is that everything is changing, including ourselves

The only thing that is permanent is the one which gives us life, some call it God

What *is* Sahaj Marg?



- Thinking continuously about one thing while focusing on your heart
- Modified version of ancient Indian Raja Yoga, “Yoga of the Mind”
- This practice has been made extremely easy to do in modern day

How does Sahaj Marg help you look at life in a new way?

- Mean kid at school
 - Usually you react, and get annoyed
- Sahaj Marg gets you to change yourself, rather than change the other kid
 - You look at the person in a new way
 - You yourself are peaceful and calm
- You no longer feel bothered by the same person

Who is it for? Who does it?

- For anyone 18 and above, who is willing and able
- Practiced all over the world by different people



Abhyasi, Prefect, and Teacher

Abhyasi- The Student

Prefect- The Tutor

The Teacher

There to guide us and to serve us.

Spirituality is like climbing a mountain. In the beginning it is easy, but if you are trying for the highest peaks, the path becomes more and more difficult. The guide knows the way. Our guide is Chariji.

What's the point?

Like a bird balances its two wings, we must also balance our life, with equal amounts of spirituality and outer life.



Sahaj Marg is a way to calm our minds and to closer connect ourselves to what gives us life.

Side effects:

- Peacefulness
- Life with a Purpose
- Ability to Focus



What are the 3 main practices in Sahaj Marg?

The practices of Sahaj Marg are...

Meditation

Cleaning

Prayer

What's Meditation?



Meditation means thinking about one thing continuously.

In Sahaj Marg we meditate on divine light in the heart.

We don't concentrate on one thing or repeat any chant!

What's Cleaning?

A *samskara* is a mental impression hardened into a habit, good or bad.

During meditation, the Master or prefect is there to help get rid of old *samskaras*.

Cleaning is for the abhyasi to rid of any new *samskaras* that may come.

What's the Prayer?



O Master!

Thou art the real goal of human life.

We are yet but slaves of wishes

Putting bar to our advancement.

Thou art the only God and power

to bring us up to that stage.

- We find ourselves begging to God for things
- In Sahaj Marg, we pray to be closer to God, and rise above our fears
- We are not speaking to Chariji, instead to the Master within us

This prayer should be said mentally in the morning, and again 2-3 times at night.

It is **NOT** to be like a mindless chant.

THINK about the meaning of each line as you say it.

Previous Masters

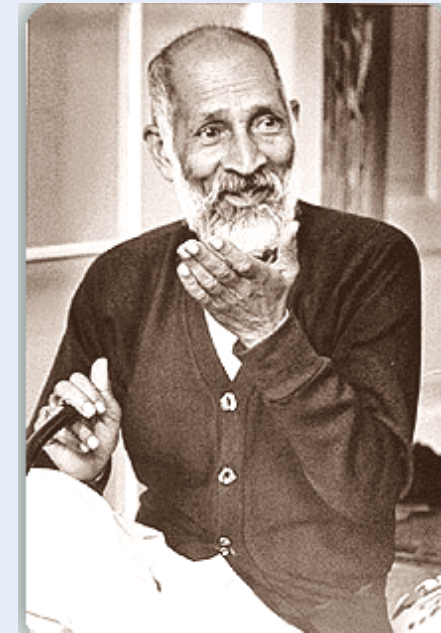


Lalaji Maharaj

- 1873-1931
- The first Teacher of Sahaj Marg
- He rediscovered the ancient method of transmission of spiritual power.

Babuji Maharaj

- 1899-1983
- He perfected Lalaji's Method
- Started SRCM in 1945



Chariji Maharaj

- He is the current teacher
- Born 1927 in Chennai, India.
- Before becoming the teacher, he had a **LIFE!** He still does!
- Chariji is a family man who balances his devotion to a spiritual life with the daily demands of family and work.
- He has expanded the borders of Sahaj Marg to include the world!



Quotes

“For me, spirituality is nothing more than becoming like a child, because the ego is what is associated with becoming adult.”

- Chariji

“Babuji said we are all children of God. In religion, you go to Him groveling in the dirt, which God will not like... No father likes to see his children groveling before him... God wants a son or daughter proud, upright, with their head held high, proud to be the son or daughter of such a father.”

-Chariji

What is the Point in Living?

- “Life is like school,” Chariji says
 - There is a point in living
- Going through life is like learning and moving forward in school
- Sahaj Marg helps you get through school



THE END

This presentation was made possible by:
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