



**SHRI RAM CHANDRA MISSION**  
[www.srcm.org](http://www.srcm.org)

## **Sahaj Marg Meditation**

*"...a raja yoga system of spiritual training  
based on heart-centered meditation simplified for modern day life..."*

Welcome to the practice of Sahaj Marg meditation!

We hope this brief introductory guide will help you with both your practice and with understanding the concepts and teachings of Sahaj Marg.

The spiritual seeker, the *aspirant*, who desires to start the practice of Sahaj Marg meditation has to take a minimum of three introductory sittings (meditation sessions) from a preceptor over a period of two or three days, consecutively. Each session will last about half an hour during which the preceptor directs the Master's transmission to the abhyasi's heart and cleans it of *samskaras* or impressions.

The essence of any spiritual practice is in the experience. Try the practice of Sahaj Marg meditation three to six months to discover its efficacy. In order to fully evaluate the effects, you are asked to practice only Sahaj Marg during this period, leaving any other practices you may currently be doing.

Note there is no fee charged to practice Sahaj Marg meditation.

Please feel free to contact your preceptor or coordinator at any time to answer your questions about the practice or if you require any clarification. We hope that you will find this guide useful.

We wish you all the best in your pursuit of the goal of human evolution to the Highest.

---

### ***World Headquarters***

Shri Ram Chandra Mission Road • Manapakkam • Chennai - 600 116 • INDIA  
Tel: +91 (44) 2249-5099 • Email: [manapakkam@srcm.org](mailto:manapakkam@srcm.org)

## The Practice of Meditation

The daily practice consists of three steps: morning meditation, evening cleaning and night prayer meditation. Taking individual sittings from a preceptor and participating in group meditation (*satsangh*) is also essential to the practice.

### Morning Meditation:

*Sit in meditation for an hour thinking that divine light is present in your heart. Do it in quite a simple and natural way without forcing your mind. Never mind if you do not see the light there. Start with a mere supposition, so to say, and sit meditating in one posture with your attention turned towards the heart in a natural way without any effort to concentrate. Try to be unmindful of the thoughts arising at that time.*

The prayer (see below) is to be recited once mentally before commencing your morning meditation. The word 'meditate' means 'continuously paying attention' or 'resting the mind on one thought'. We become that on which we meditate. In other words, we acquire the nature, quality or condition of the object on which we meditate.

### Evening Cleaning:

*Sit for half an hour with a suggestion to yourself that all complexities and impurities including grossness, darkness, etc. are going out of the whole system through the back in the form of smoke or vapor, and that in their place the sacred current of the Divine is entering your heart from the Master's heart. Do not meditate on those things which we want to get rid of. Simply brush them off.*

The evening cleaning is to be done at the end of the day, when you are done with the routine daily activities. After doing this for half an hour, you should feel mental lightness which is the proof of cleaning.

### 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.*

Note: "Master" in this context refers to God and God alone, the ultimate Master who resides in each and every heart. Thus it is meaningful for persons from any religious background.

Just before going to bed at night, offer prayer. The proper and the most effective method of prayer is to sit in a supplicant mood and repeat it mentally two or three

times. Then meditate over its true sense and try to get lost into it. It should be the last thing we do before the day is brought to an end. By this practice, we will be able to maintain the link with the Divine in the heart at the sub-conscious level. When we wake in the morning, the thought of the Divine will again be uppermost in our mind.

**Individual & Group Sittings:** Abhyasis (practicants) are encouraged to receive individual sittings once a week (especially at the beginning) or once every two weeks. This is because there is really no end to the cleaning process, considering the innumerable layers of samskaras we have accumulated. Therefore, repeated sessions of cleaning during individual sittings and weekly group meditation (*satsangh*) done by Master or his preceptors create and progressively enlarge the vacuum in the heart. This automatically opens the heart to the entry of divine grace and the resultant experience is one of expansion, subtlety and other manifestations of transformation. It is advised to arrive about 30 minutes before a group *satsangh* to clean and prepare yourselves to receive the transmission.

## About the Masters

**The Role of the Master:** The Sahaj Marg system believes in the need for a master in human form because, for most human beings, it is difficult to attain God-realization through self-effort. A guru (teacher) of the highest caliber who has attained the goal can guide the aspirant on the spiritual journey and make it easily achievable. The Masters of our system have been householders themselves and have taught us that people must live full and natural lives (without any extremes) which can then carry them with the current of Nature towards the ultimate goal of existence. The Master's duty is to awaken and nurture the Divine in all who seek such assistance.

**Lalaji:** The adi-guru or first guru was Shri Ram Chandra of Fatehgarh, U.P. who lived from 1873 to 1931. He is fondly referred to as Lalaji. He rediscovered the ancient method of *pranahuti* — transmission of the spiritual power of the guru into the heart of the aspirant to remove the impurities therein and to accelerate one's spiritual progress. He had a small band of disciples. He worked in the Collector's Office in Fatehgarh and lived the life of a householder, supporting his family on a meager income.

**Babuji:** Lalaji's most devoted disciple and his spiritual successor was Shri Ram Chandra of Shahjahanpur, U.P. (1899-1983), affectionately called Babuji. His life was also full of worldly troubles and noble sacrifice for fellow human beings. He perfected the method of Sahaj

Marg, established Shri Ram Chandra Mission in 1945 (in memory of his Master) created a network of preceptors (trainers), and toured widely in India and abroad. Due to his work, the Mission experienced speedy growth in his lifetime. His book *Reality at Dawn* and others (available as the *Complete Works* series) on raja yoga and personal letters to abhyasis reveal his deep and wide-ranging research in the little-known area of spirituality.

**Chariji:** The present spiritual teacher, Shri Parthasarathi Rajagopalachari (born 1927 and affectionately known as Chariji) lives in Chennai, India. He began his abhyas with Babuji in 1964, served as the General Secretary of the Mission and contributed greatly to the strengthening of the organizational structure of the Mission and publication of the Mission literature. He accompanied his Master on travels abroad and ably assisted him in his spiritual work. His book, *My Master*, is a monumental tribute to his beloved Babuji. After Babuji's *mahasamadhi* in 1983 (mahasamadhi occurs at death and is the final murgence of a liberated soul with the Ultimate Reality), he became his spiritual representative and President of the Mission. He is a retired Executive Director of a private group of companies in Tamil Nadu state. His other books include diaries of his overseas travels with Babuji, his spiritual autobiography and several volumes of his talks in India and abroad expounding and amplifying his Master's teachings.

## Further Practices

The following practices will help to accelerate your spiritual progress and create an all-encompassing inner connection with divinity.

### Ten Maxims of Sahaj Marg:

1. Rise before dawn. Offer your prayer and *puja* (meditation) at a fixed hour, preferably before sunrise, sitting in one and the same pose. Have a separate place and seat for worship. Purity of mind and body should be specially adhered to.
2. Begin your puja with a prayer for spiritual elevation, with a heart full of love and devotion.
3. Fix up your goal, which should be 'complete oneness' with God. Rest not till the ideal is achieved.
4. Be plain and simple to be identical with nature.
5. Be truthful. Take miseries as Divine Blessings for your own good and be thankful.
6. Know all people as thy brethren and treat them as such.

7. Be not revengeful for the wrongs done by others. Take them with gratitude as heavenly gifts.
8. Be happy to eat in constant divine thoughts whatever you get, with due regard to honest and pious earnings.
9. Mould your life so as to arouse a feeling of love and piety in others.
10. At bedtime, feeling the presence of God, repent for the wrongs committed. Beg forgiveness in a supplicant mood, resolving not to allow repetition of the same.

**Universal Prayer:** At 9:00 p.m. sharp, every abhyasi, wherever he or she might happen to be at that time, should stop his or her work and meditate for fifteen minutes, thinking that all brothers and sisters are being filled with love and devotion and that real faith is growing stronger in them. It will be of immense value which only practical experience shall reveal.

**Constant Remembrance:** Babuji states that constant remembrance of God can be easily accomplished if we treat all our action and work to be a part of divine duty, entrusted to us by the Great Master whom we are to serve as best we can. If we think that while doing a work we are really serving one or the other of the God's creatures and not our own purpose, we are all along following the path of service, although we are outwardly busy with our usual routine of work. This practice allows universal love to become predominant and we begin to love every being of God's creation without any feeling of attachment with it. It leads us to devotion and sacrifice. Devotion makes our passage smooth and creates a channel for the Godly current to flow into our hearts.

**Diary:** Maintain a daily diary with brief entries regarding your practice, experiences, condition of the mind, changes observed, problems encountered, etc. Read Babuji's and Chariji's autobiographies for guidance. One must observe oneself, be self-aware and not self-critical. This develops sensitivity.

*Suggestions of what to note in the spiritual diary:*

*Condition:* how do I feel—light, calm, subtle, centered, disturbed, gross, agitated, etc.

*Stated Progress:* more tolerance, self-confidence, simplicity, openness, discipline, acceptance, awareness, responsibility; and/or less dissatisfaction, aggressiveness, etc.

*Difficulties encountered:* lack of will, confidence, sensitivity; fears, resistance to change, unsteadiness, selfishness, laziness, greed, guilt, emotion, desires, fantasies, etc.

## Terminology

**Abhyasi:** A spiritual aspirant who practices the Sahaj Marg system of meditation.

**Mission:** Shri Ram Chandra Mission, India, was established in the year 1945 by Shri Ram Chandraji of Shahjahanpur, U.P. (Babuji) in loving memory of his Master, Lalaji. Its objectives are: "To educate and propagate the art and science of Yoga, made to suit present day conditions and needs; To promote the feelings of mutual love and universal brotherhood, irrespective of any distinction of caste, creed, color, etc.; To conduct research in the field of Yoga." The Mission is a voluntary organization and no fees are charged. There are several hundred centers in India and in most countries around the world.

**Center:** A center is the local venue where regular Mission activities occur and where satsangh is regularly conducted by a preceptor.

**Preceptor / Prefect:** A preceptor / prefect is an abhyasi who has been prepared and permitted by the Master to introduce people to the Sahaj Marg system and conduct group meditation. Preceptors also give individual sittings, directing the transmission and cleaning the deeper impressions and impediments of the abhyasi. Just as the daily impressions may be cleaned by your own efforts, the deeper impressions can only be removed by a capable Master. The Master works through the preceptor to do this deeper cleaning.

**Sahaj Marg:** The system goes by the name of Sahaj Marg (the natural or the simple way) because it integrates one's physical, mental and spiritual aspects without employing any pressure or force. It does not call for austerities, self-denial, penance, external renunciation, celibacy, etc. The basic objective of this system is God realization, i.e. Self-realization. This is modified raja yoga to suit modern day life, particularly the life of a *grihasta* (householder).

**Transmission:** The most unique feature about Sahaj Marg is called transmission (*pranahuti*). It is defined as the utilization of divine energy for the transformation of a human being. The transmission fills our heart with a force higher than our self and, therefore, our evolution or progress becomes very much quicker, but also becomes in essence independent of our own capacity for progress. This transmission gives us the possibility of growing without limitations. Secondly, it erases by Master's power, all past impressions (called *samskaras*) which we have built up in our minds and which condition our behavior and existence. When the past impressions are eradicated, material existence falls into its proper place, as does every facet of existence.

The effects of this transmission is something which is capable of being felt by anybody who makes the effort of practicing this system for a brief period. Transmission under the Sahaj Marg system can be received directly from the Master or through the preceptors.

## Information

**Ashrams & Meditation Centers:** Abhyasis are encouraged to participate in Mission activities that are scheduled at the Ashrams and Meditation Centers. A listing of the Ashrams and Meditation Centers, along with directions, is available on the Mission's web site at <http://www.srcm.org/srcminfo/servlet/CenterTree?NodeId=0&ShowChildren=0>

**Correspondence with Chariji:** Abhyasis should develop the habit of writing to him regarding your abhyas, progress, spiritual experiences and problems. Correspondence guidelines are available at <http://www.srcm.org/members/guidelines.html>.

**Meeting with Chariji:** Whenever your heart prompts you, arrange to meet Chariji and spend time in his company. It is suggested that abhyasis are required to obtain permission prior to traveling to visit Chariji. The *Travel Guidelines* are available at <http://www.srcm.org/centers/bma/visiting/guidelines.pdf> and the *Travel Request* form is available at <http://www.srcm.org/members/forms/indtravelrequest.pdf>.

**Publications:** A large selection of print, audio, video publications and quarterly periodicals are available at the Mission's book stores. <http://www.srcm.org/bookstore/index.html>

**Sahaj Sandesh Newsletter:** Sahaj Sandesh electronic newsletter periodically broadcasts news updates, via email, about SRCM activities worldwide. There is no fee for subscribing to Sahaj Sandesh and subscription is limited to members of SRCM. Subscribe or unsubscribe for the newsletter at <http://www.srcm.org/members/forms/sahajnet.html>

**Related Links:** Sahaj Marg Spirituality Foundation and the Sahaj Marg Research and Training Institute ("SMRTI") – <http://www.sahajmarg.org>



*Love Him Who Loves All* - Babuji

*Love All Whom He Loves* - Chariji