



SAHAJ MARG, THE NATURAL PATH

Sahaj Marg is a practical, spiritual path based on inner experience through meditation. The goal of the practice is union with God or Self.

This modern-day form of raja yoga is practised daily by people from all backgrounds and all cultures around the world. The simple practice is easily integrated into a busy lifestyle, bringing balance, joy and spiritual growth.

MEDITATION

Meditation means thinking about one thing continuously. In Sahaj Marg, we meditate on divine light in the heart. We do not try to see the light or to concentrate. Instead, we gently train the mind by turning our attention to the heart, while ignoring other background thoughts.

TRANSMISSION

Meditation in Sahaj Marg is supported by the yogic technique of transmission, the offering of the subtlest current of prana (life energy) from the teacher to the student. This greatly enhances the spiritual development of students, much as a mother's love aids her child's development. Transmission is described as the utilisation of divine energy for the transformation of human beings.

"As power can be transmitted, as thought can be transmitted, as speech can be transmitted, so also spirituality can be transmitted." - CHARIJI

CLEANING

Our thoughts, actions and reactions to experiences leave impressions on us. These accumulate over time, weighing us down and filling our minds with clutter. Sahaj Marg offers a technique to clean ourselves by removing the impressions of the past, so that deep tendencies and patterns of behaviour can also be removed. Cleaning leads to lightness of being, enabling us to live in the present and transform our behaviour and promote our spiritual growth.

THE SPIRITUAL TEACHER

The spiritual journey is a journey into the unknown. The teacher, also called the guru, is there to guide us and to serve us.

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

The current teacher of Sahaj Marg is Shri Parthasarathi Rajagopalachari (Chariji) of Chennai, India. Chariji is a family man who balances devotion to a spiritual life with the daily demands of family and work. His service is available to all who seek spiritual guidance.

The efficacy of Sahaj Marg practice can only be felt through personal experience. We encourage you to experience the benefits of the practice for yourself.

"As a bird needs two wings to fly, so a human being needs the two wings of existence, the spiritual and the material, to lead a natural and harmonious life."

BABUJI

STARTING THE PRACTICE

Sahaj Marg is offered to anyone eighteen years of age or older, who is willing and able to do the practice as prescribed.

To begin the practice, you will need to contact a local prefect. The introduction involves a minimum of three introductory meditations on consecutive days. Please see the reverse side of this brochure for our websites and contact information.

There are no fees or charges, either to start Sahaj Marg or to continue with the practice.

*“The whole idea of spirituality is to revive
in us that which is sleeping in us,
the true inner being – the Self.”*

CHARIJI

*“God is not to be found within the fold
of a particular religion or sect. He is not
confined within certain forms nor is
He to be traced out from within
the scriptures. We have to seek for Him
in the innermost core of our Heart.”*

BABUJI



ESSENTIAL ELEMENTS OF THE PRACTICE

MEDITATION on divine light in the heart,
in the morning, before the day's activities
begin.

CLEANING in the early evening, or
after the day's work is over, to remove
impressions from the day.

PRAYER meditation before sleep at night.

GROUP MEDITATION is held at least
once a week in centres around the world.
These sessions are facilitated by trainers
who are called prefects.

INDIVIDUAL MEDITATION sittings with
prefects are given on a regular basis. These
sittings focus on deeper cleaning and also
provide the opportunity for clarification
and individual support.

SHRI RAM CHANDRA MISSION

*is an international organisation established
in 1945 by Shri Ram Chandra
(Babuji) of Shahjahanpur, India,
who named it after his guru,
Shri Ram Chandra (Lalaji)
of Fatehgarh, India.*

Under the leadership of the living spiritual
guide, Shri Parthasarathi Rajagopalachari
(Chariji) of Chennai, today the Mission is
represented in almost every country of the
world. His service is available to all who seek
spiritual guidance.

*We invite you to try the practice of
Sahaj Marg and experience the
benefits for yourself.*

SHRI RAM CHANDRA MISSION

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LOCAL CONTACT