

## When and where to meditate



When should you meditate? Whenever you want to, anytime you want to.

It is a good idea to establish a routine, especially when you're first learning to meditate.

Many find it best to meditate first thing in the morning and again just before bedtime. But choose a time that's good for you...lunchtime...bedtime...now? Whatever works for you.

Ideally, you should set aside 10 - 20 minutes, twice a day, to meditate.

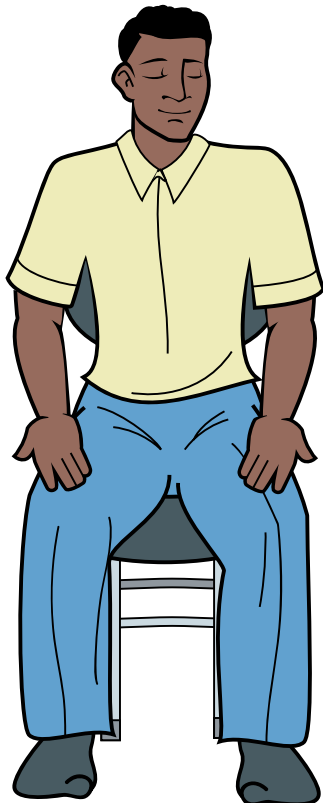
As with any other new skill, Sahaja Yoga takes a little practice. More practice means greater benefits, more energy.

As with the when, the where is entirely up to you.

We recommend a pleasant, well-lit, open environment that's relatively quiet, or at least free of disruptive noises.

Choose a place to sit that's comfortable for you... a straight-back chair, the bed, the floor, on the grass, beside a cool mountain stream.

## Practicing Sahaja Yoga at home



If you've attended at least one Sahaja Yoga class, you'll find it easy to practice meditation at home using the techniques provided in these handouts. Meditating at home, in your own environment, in your own way, can really help establish and strengthen the flow of your Inner energy and keep your energy centers in perfect balance on an ongoing basis.

We recommend practicing both meditation and foot soaking at least once a day. But rely on your own judgment as to what works best for you. Trust your experience and ability to feel and detect the energy and the energy centers yourself.

Raising the energy and establishing a protective shield for it is done at the beginning and conclusion of each session of meditation or foot soaking.