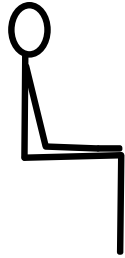


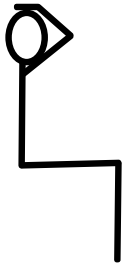
SAHAJA MEDITATION – FOUR STEPS

A SIMPLE TECHNIQUE



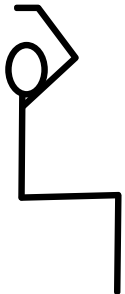
STEP ONE - SIT FOR MEDITATION

Sit comfortably. Place your hands, palms up, on your lap.



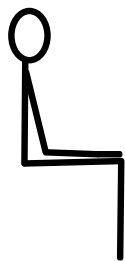
STEP TWO - ATTENTION

Let the attention go to the top of the head. To help find that spot, put your right hand, palm down, on top of your head, for a short time.



STEP THREE - RAISE THE ATTENTION

Raise your hand about six inches above your head, and keep it there for a short time. Now return to the meditation pose.



STEP FOUR - TIME FOR MEDITATION

Sit quietly and enjoy the state of meditation. Allow yourself to go deep into meditation. You might sit for a short while, or you might sit in meditation for a long time.