

# SAHAJA YOGA - THE MAHAYOGA

(Sahaja Yoga Meditation is taught for free)

For more information, please contact-

Jagpal Singh, Uttarakhand 6397904625 Shrichand Chaudhary, Rajasthan 9829010470 Dr.M.B. Kulkarni, Pune 9921173439

G.D.Pareekh, Rajasthan 9828451514 Rajesh Desari, Hyderabad 9652148965 Dr. Virendra Singh, HP 09418045229

Prakash Patel, MP 9617262117 Tarun Chaudhary, Dadri 80100 06868 Vijayraj Singh, MP 9806231877

Mohan Naayar, Kerala 9447839465 Punjabrao Bihade, Maharashtra 9552273001 Chotu Lal, Rajasthan 9116604049

## Benefits of Sahaja Agriculture

- Increased production of food grain
- Improved growth of plants/ development
- Protection from natural calamities
- Improvement in the quality of animal food
- Improvement in the health of animals
- Improved Immunity
- Increase in Milk Production

Let's all materialize Sahaja Agriculture Mission, the gift of Shree Mataji, in the whole world Sahaj Agriculture is based on the principles of Organic Farming.



# SAHAJ AGRICULTURE MISSION

## Mission

Spreading Sahaja Yoga and Sahaja Agriculture in Rural Areas

## Vision

Enhanced peace and prosperity among rural community, Increased Agriculture, live stock production through Sahaja Meditation to bring about second Green Revolution.



Know about the effect of the vibrations originating from the divine power on Agriculture, Gardening, Cottage industry and Animal Husbandry

TAKE TO SAHAJ AGRICULTURE FOR INCREASED PRODUCTION & CONSTANT FLOW OF DIVINE BLESSINGS

Let Everyone Know About Sahaja Yoga Meditation & Sahaj Agriculture

Sahaja Yoga is totally free of cost. For more information visit: [www.sahajkrishi.org/english](http://www.sahajkrishi.org/english)



Please continue to share detailed information of Sahaj Krishi miracles. Please share farmer's name with pictures, videos & phone nos.etc. We humbly request all of you to send your suggestions on What's App for the success of Sahaja Agriculture Mission

G.D. Pareekh : 98284 51514 | G.K. Adlakha : 98712 78936



## About Sahaja Yoga

Sahaja Yoga was founded by H.H. Shri Mataji Nirmala Devi in 1970 for the welfare of mankind. In Sahaja Yoga, one can easily achieve Self-Realization through Kundalini Awakening. This Yoga helps in overall improvement in human beings' life by upliftment of Physical, mental as well as emotional health.

In Sahaja Yoga, meditation is done while sitting in comfortable posture. During the meditation, one can feel the all pervading power in the form of cool breeze blowing out from top of head and from palms. This is peace and joy giving state. Medical science has established that Sahaja Yoga helps in reducing the tensions and stress. It helps in spontaneous treatment of many difficult diseases too. It also improves everything around us, including Agriculture, business and workplace.

The words 'Sahaja Yoga' have a deep meaning. 'SAH' means "along with us". 'JA' means "born" and 'Yoga' mean "connection with the Divine". The word "Sahaja" also means "spontaneous". In totality "Sahaja Yoga" means "Connection with the Divine by awakening of the power (Kundalini) born with us".

There is a Subtle System in every human being. Primarily, it consists of three nerves (Nadi), 7 Subtle Centers (Chakra) and the living force called "Kundalini". The Kundalini resides in a dormant state in our Sacrum Bone.

**Kundalini Awakening spontaneously happens in Sahaja Yoga by the grace of Shri Mataji Nirmala Devi.**

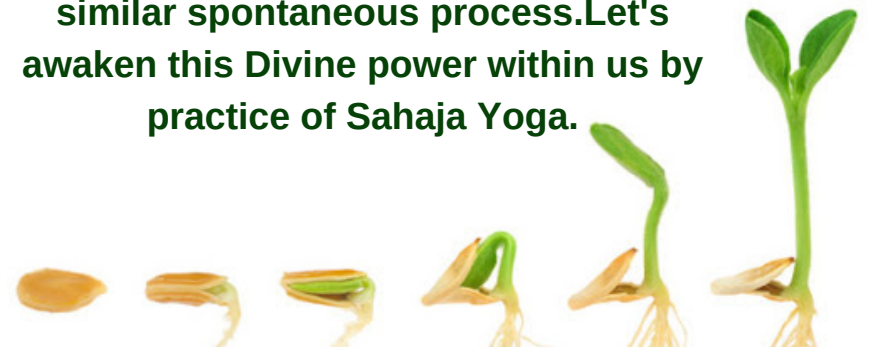
Many saints like Guru Nanak Dev and Gyaneshwar have described Sahaja Yoga in their teachings.

By learning and daily practice of Sahaja Yoga, one can lead a healthy, peaceful and prosperous life.

# Human Subtle System



**Germination of seeds is a spontaneous process. Kundalini Awakening too is a similar spontaneous process. Let's awaken this Divine power within us by practice of Sahaja Yoga.**





## Practice Sahaj Agriculture after learning Sahaja Yoga

1. **Get your self-realization:** All those farmers or other people who have a pure desire to do Sahaja Agriculture should first get their self-realization. This is the first step of this process. One can get the experience of self-realization at a nearby Sahaja Yoga meditation center or from a Sahaja Yogi.

2. **Meditate for maturity in Sahaja Yoga:** After getting self-realization, it is mandatory to develop yourself spiritually through regular practice of Sahaja Yoga meditation. Only when you mature spiritually, the body becomes an instrument of the Divine. Then the Divine power of God starts flowing from the fontanelle bone area of the head and from the hands in the form of vibrations (Chaitanya Lahari). It is such a joy giving experience that we desire to sustain that state. This is the energy which we use in Sahaja agricultural activities.

Although, the beginner will get to know the process of Sahaja Yoga at the time of getting Self-realization, for the purpose of familiarization, the process is explained below with images and text.

## Raising the Kundalini

This process helps us to raise our kundalini energy and to stabilize our attention. It is a good practice to do it before as well as after the meditation.

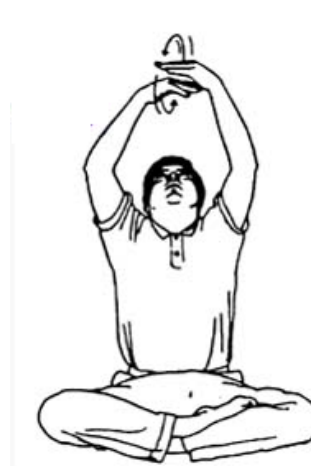


**Keep the left palm below the abdomen and in front of the body.**

1. Slowly raise the left hand and take it up to the fontanelle bone area (over the top of head). During this, rotate the right hand in clockwise direction around the left hand.



2. The right hand is to be rotated from inside to outside till both the hands reach the fontanelle bone area of the head. Keep your attention on your left hand during this whole process.



3. Now rotate both the hands above the head and tie a symbolic knot.



4. We'll repeat this process thrice for the three channels. First time, one knot, second time two knots and third time three knots are to be tied on top of the fontanelle bone area.

## Take Bandhan (Protection)



Taking bandhan not only protects us, but it also balances our right and left channels. It is helpful to take Bandhan before starting the meditation and after doing the meditation. For this process, keep your left hand in your lap with palm facing upwards.

Right hand is to be moved from left side near the hips

1. Raise the right hand slowly over the head and bring it down the right side of the body.
2. Now, trace back the path by raising the right hand from the right side, through the top of the head (where Divine vibrations are flowing out), down to the left side from where it started.
3. This is one count of Bandhan. To provide protection to each Chakra (center), repeat the above process seven times.

## BALANCE AND MEDITATION

To achieve the meditative state, the first step is to do balancing (Balance means to be in the present- away from thoughts of past and future). One can be balanced by clearing right and left channels. The process is as below:



Look at the Bindi (Red mark on the forehead) of Shri Mataji with reverence. Keep the left palm open in front of Shri Mataji's photograph and right palm on earth. Pray, **"Respected Shri Mataji, please cleanse my left channel from all negativity and make it pure"**. Sit in this position for some time.



Then change the hand positions. Now open the right palm in front of Shri Mataji's photo and take the left hand up with the fingers towards the sky. The palm should be facing backwards. Pray, **"Respected Shri Mataji, please cleanse my right channel from all negativity and make it pure. Please remove all the anger and ego from me and give me humbleness"**. Sit in this position for some time.



Now take the palms at heart level and open both the palms in front of Shri Mataji's photo. Pray, **" Shri Mataji please give us Thoughtless state. Please give me a meditative state"**.

## MEDITATE DAILY

After getting the self-realization in Sahaja Yoga, one should do regular meditation every morning and evening. It enables spiritual growth. As a result, sensitivity to recognise the Divine Vibrations increases. As the flow of Divine Vibrations increases from the hands and body, it can be used for positive aspects. This is the power that a farmer can use in the agricultural field to increase the production of his crops and for other good needs.

## PARTICIPATE IN COLLECTIVE (GROUP) MEDITATION

Although one should meditate twice a day at home, once a week collective meditation is also necessary for spiritual ascent.

## FEEL THE DIVINE VIBRATIONS DAILY

By doing daily meditation, spiritual vibration flows through our hands. This is what a farmer uses in his agricultural field. Not only on the farm but in his personal aspects too. He can get happiness and prosperity in his life. These vibrations one should feel daily while meditating, then only he can use them.

## USE THE SAHAJA YOGA TECHNIQUE IN AGRICULTURE

After getting stability and depth in Sahaja Yoga, the Divine Vibrations flowing out of the practitioner's body helps in increasing production and Quality of the farm produce. To know the proper technique of Sahaja Krishi, it would be good to take the help of established Sahaja Yogis, especially the experts in this field. For this the nearby Sahaja Yoga meditation center can be contacted. Some more useful tips are given below:

## SAHAJA YOGA- A BOON FOR AGRICULTURE

In agriculture, we have done lots of research. One expert in agriculture has done a lot of research on Chaitanya Lahari after getting Self-realization. He found out that if you vibrate the water and if you water the plants with that, then you can get even ten times more production. This research was done in Rahuri Agriculture University (Maharashtra). They have found that there is a tremendous difference between the growth of an ordinary plant and the plant irrigated with vibrated water. Another thing that I found out in agriculture, that if you give vibrations, then even an ordinary cow can give a lot of milk.

So this can help in agriculture in India. The government has allotted us a lot of land on lease where we are going to start experimentation to show how we can use these Divine Vibrations. Some Sahaja Yogi farmers have done a good job. They have found the positive effect of Divine Vibrations on animals and farm production.

**H.H. Shri Mataji Nirmala Devi; (Excerpt from Book 'Nirmal Fragrance', page 234).**

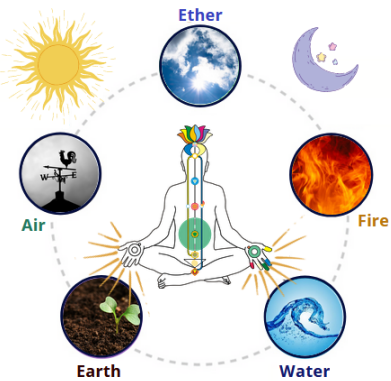




## Essence of Sahaja Yoga

Shri Mataji has said that Divine Vibrations ( called Chaitanya Lahari) are a living process, they think and act. The action is similar to a magnet attracting iron.

These Divine Vibrations affect all sentient things like the earth and water elements, vegetation, environment, and also the evolutionary process in human beings. Through Sahaja Agriculture ( Sahaja Krishi) in gardening, horticulture, growing vegetables, spices, medicinal plants, animal rearing, bee-keeping, vermi compost, poultry, mushroom cultivation, fisheries, etc, we can achieve prosperity through improved produce.



Our subtle energy centres known as ' Chakras ' get cleansed and become pure, balanced, through meditation. It results in curing of our various physical, mental and emotional diseases . And through this authentic and verifiable meditation, all other problems of life also get resolved .

**Sahaj Agriculture is acknowledged by the Government of India.**



**Her Holiness Shri Mataji Nirmala Devi**



# Sahaja Krishi (Agriculture) Technique

The divine vibrations, known as Chaitanya Lahari, not only uplifts human life, but it also works on other sentient things like Earth and Water Elements, Vegetation and Environment. It helps in Quality and productivity in Sahaja Agriculture, Gardening, Animal Rearing, Bee-Keeping, Poultry, Mushroom Cultivation, Fishery, Tissue Culture, Food-grains, Horticulture, Vegetables, Spices, Medicinal Plants, Floriculture, etc.- leading to farmer's prosperity.

**The technique of Sahaja Krishi is quite simple as explained below:**

1. The Farmer should practice Sahaja Yoga regularly- daily at individual level and weekly at collective level.
2. Initially the farmer should personally validate the benefits of Sahaja Agriculture by following Sahaja Krishi method of use of vibrated water and seeds in one part of the field and traditional methods of improving yield, like fertilizers and pesticides, in another part of the field.
3. In this technique, all the seeds etc (grains, pulses, oilseeds, fruits, flowers, vegetables, plant/rice saplings, rose cuttings, sugarcane buds) for sowing are kept before morning meditation in front of the photograph of Shri Mataji. An unused earthen pot, filled with water, is also kept in front of the Photograph for vibrating with divine vibrations (Chaitanya Lahari). Next morning, this water is sprayed over the whole field by hands or by using a sprayer. Thereafter sowing is done. When doing 'Paleva' or flood irrigation, the earthen pot, fitted with a tap or small hole, is kept over the main irrigation channel so that the vibrated water drips into the water channel and reaches every portion of the field. The earthen pot is to be continuously refilled so that the vibrated water doesn't finish. Take care to use vibrated water for every irrigation.
4. To remove negativity from the field, coconuts ( having water, not the dried ones) are vibrated and buried in the corners of the field with recitation of **Ganesh Atharva Sheersha**. Sahaja Yogis/Yoginis can do collective prayers after collective meditation. Collective Sahaja havan can also be done in the field.
5. Water, crops and other sentient things are to be regularly given the Divine Vibrations that flow from Sahaja Yogi farmers hands. Recitation of the **Shakambhari Devi** and **Ritambhara Pragya Mantra** can be done during this process.
6. Surrender to Shri Mataji with prayers, **"this field, this crop, everything is Yours. You are the Doer, You are the Enjoyer. Please improve this agriculture"**.



Krishi Vigyan Kendra, Ahmednagar,  
Maharashtra.  
Cluster Beans Test Report Year 2021  
**Yield (Quintal per hectare)**  
Vibrated: 9.40  
Non Vibrated: 8.60



**Cauliflower of Weight 5 Kg**  
Palampur, Gujarat



**Groundnut Yield Improved 73%**  
Maharana Pratap Agriculture University,  
Udaipur, Rajasthan.



**Weight of Animals Increased 15%**  
Scientist Dr. Hamid Mailani,  
Vienna, Austria.



**Rahuri Agriculture University Research**  
**Yield Increased : 14.3 - 50%**



**Sunflower and Corn Yield**  
**Increased 20-25%**  
Scientist Dr Hamid Mailani, Vienna, Austria.





# Few Results of Sahaj Agriculture



**Punjabrao Behade,**  
Maharashtra  
9552273001



**Tarun Chaudhury, Dadar**  
80100 06868



**Naresh Kr. Sahu, Rajasthan**  
90792 38021



**Capt. Rajesh Kr. Sahoo**  
Badayu, UP



**Sandeep Deshmukh**  
Maharashtra  
Pomegranate



**Purkha Ram Captaan,**  
Rajasthan  
9414560444

# Result of Vibrated Water Treatment on Food Products



# Sahaj Agriculture Procedures Training






# Scientific Research Studies done on Sahaja Agriculture


**Scientific Research studies on Sahaja Agriculture**  
 Gouind Ballabh Pant University Of Agriculture And Technology, Pantnagar, Uttarakhand

- The gourd is 2.5 to 3 feet long while the control is 1.5 feet long.
- Tomato yields
- Attractive, enchanting large size flowers yield




**Scientific Research Studies on Sahaja Agriculture**  
 Mahatma Phule Agriculture Vidyapeeth, Pune

- Increased growth in plants 0 - 42.9 %
- Increase in germination 0 - 20.0 %
- Improvement in different product character 4 - 80 %
- Increased Yield of crops 14.7 - 50 %
- Improvement in body weight gain in birds
- Improvement in egg laying capacity

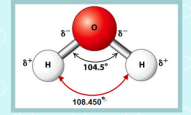


**Scientific Research Studies on Sahaja Agriculture**  
 Dr. Hymid Mylany Vienna, Austria, Europe



**Increase body weight PIĞ about 15% gain**

**Scientific Research Studies done on Sahaja Agriculture**  
 Dr Hymid Mylany Vienna, Austria, Europe



**Change in the molecular structure of water from 104.5° to 108.45°**

**Scientific Research studies on Sahaja Agriculture**  
 Crop Research Centre Gaghara - Ghat District Bahraich U.P Narendra Deu Agriculture University Faizabad U.P.

- Paddy yield increased by 29 %
- Wheat yield increased by 28 %
- Papaya 1.5 times big size, lustrous without any disease




**Scientific Research Studies on Sahaja Agriculture**  
 Central Arid Zone Research Institute Jodhpur (Rajasthan)




**Increase in Moong (pulse) yield by 30 %**

**Result of Sahaj Agriculture on Crops**  
 Shri Shamal Bhai Patel Palanpur Gujarat Mob. 9429088269



**Result -**  
 Cauliflower weight: 5kgs. Increase in production of vegetables like Potato, Pumpkin, Bottlegourd and Cucumber

**Result of Sahaj Agriculture on Crops**  
 Shri Rajesh Maali Ujain Madhya Pradesh Mob. 9981508848



**Result -**  
 Attractive, lustrous, scented huge sized roses. Increase in production and income from rose.

**Scientific Research Studies on Sahaja Agriculture**  
 Mustard Research Station Bharatpur (Rajasthan)



**Increase in Mustard yield by 12 %**

**Scientific Research Studies on Sahaja Agriculture**  
 Central Arid Horticulture Institute Bikaner (Rajasthan)




**Increase in Oats Fodder yield by 20.61 %**

**Result of Sahaj Agriculture on Crops**  
 Shri Priyaranjan Palmu Daitongang Jharkhand




**Result -**  
 Drastically benefited in Poultry farming, Paddy and Papaya production

**Result of Sahaj Agriculture on Crops**  
 Shri Sandeep Deshmukh Sangli Maharashtra Awarded Krishi Bhushan 2018 Mob. 9665946189



**Result -**  
 Sahaj Agriculture technique has doubled the production and thus fetched more income from Pomegranate (weight of pomegranate 800 gm to 1 kg)

**Scientific Research Studies on Sahaja Agriculture**  
 Krishi Vigyan Kendra Dahigaon Ahmednagar (Maharashtra)




**Guar (Cluster Bean) Yield increased by 9.3 %**

**Scientific Research Studies on Sahaja Agriculture**  
 Sahaja Yoga Centre Jaipur (G.D Pareek, Joint Director Agriculture, Rajasthan Government)



**Wheat Yield increased 20-25 % (2 years experimentation)**

**Result of Sahaj Agriculture on Crops**  
 Shri Bharat Kumar Patel Palanpur Gujarat



**Result -**  
 Increase in watermelon yield

**Result of Sahaj Agriculture on Crops**  
 Shri Tanka Gautam Chitwan Nepal




**Result -**  
 Increased production of Papaya; All free of disease

**Scientific Research studies on Sahaja Agriculture**  
 Maharana Pratap Agriculture University & Technology Udaipur (Rajasthan)



**Groundnut yield increased by 73 %**

**Scientific Research Studies done on Sahaja Agriculture**  
 Dr Hymid Mylany Vienna, Austria, Europe



**Sprouting ratio of Sunflower increased to 95 - 100% from 75 - 80%**

**Result of Sahaj Agriculture on Crops**  
 Shri Naresh Sahu Chawada Baran Rajasthan Mob. 9079238021



**Result -**  
 More production noticed in Khol and Garlic

**Award of Excellence to Sahaj Agriculture**



Award of Excellence to Sahaj Agriculture by the Vice Chancellor Agricultural University, Ajmer, ICAR New Delhi, Krishi Upaj Mandi Ujjain, Shetkari Mela Ahmednagar, Orissa and Government of Maharashtra.

## RESULT OF SAHAJ AGRICULTURE ON CROPS