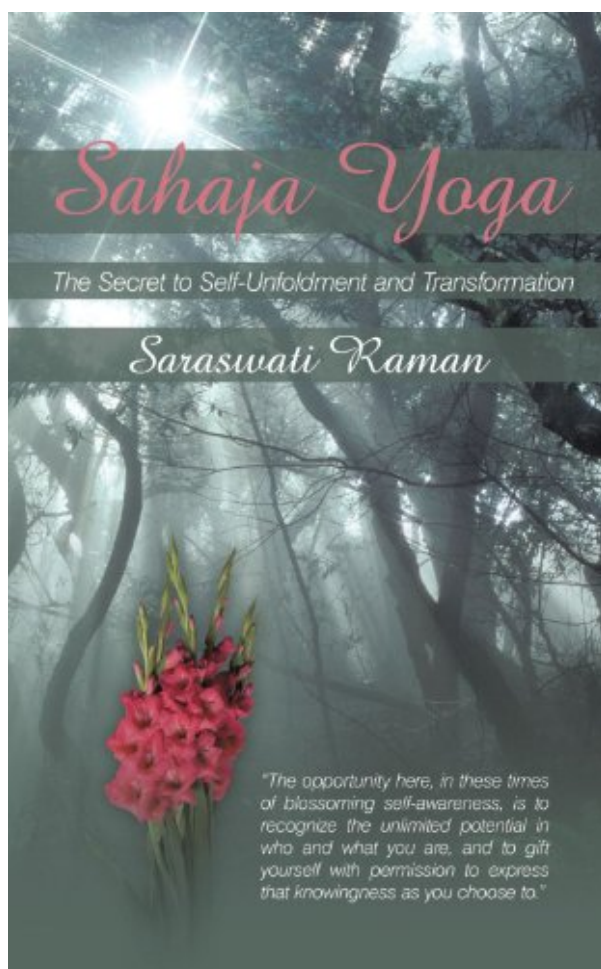
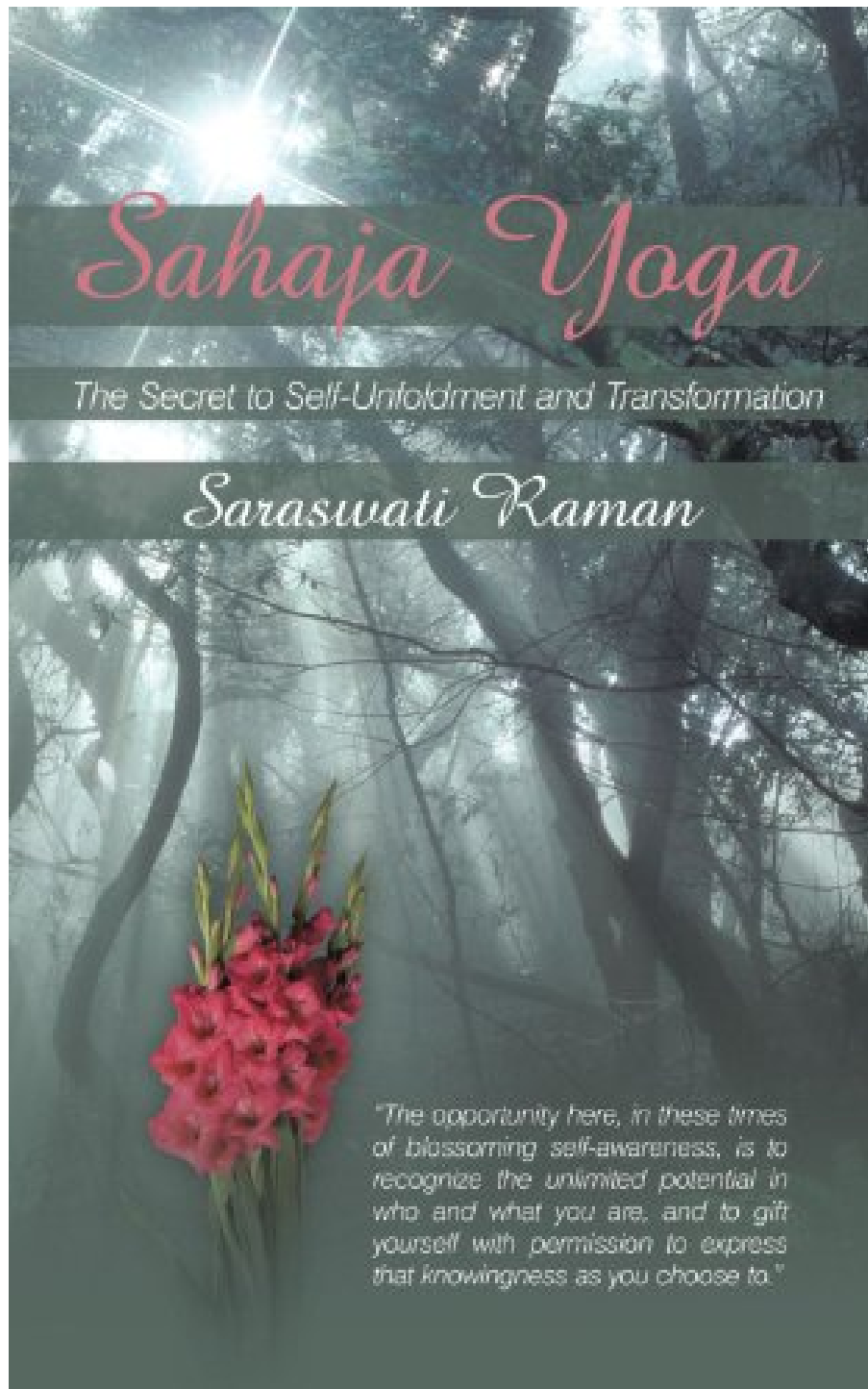


SAHAJA YOGA-THE SECRET TO SELF-UNFOLDMENT AND TRANSFORMATION BY SARASWATI RAMAN



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About the Author

Sahaja yoga, a unique integration of the ancient knowledge of Kundalini or the primordial energy and its actualization through the practice of meditation techniques, is what Saraswati Raman, a Banker by profession, has found to be the secret to self-unfoldment and transformation as she passionately explores in this book. She looks at how through introspection in moments of thoughtless awareness at normal everyday emotions of guilt, forgiveness, giving and generosity, likes and dislikes, trust, criticism, and creating positive patterns of thought and behavior can allow a person to make that all important shift in consciousness. She owes this all important nirmal vidya to her spiritual teacher Shri Mataji Nirmala Devi, who has been transforming millions of people all over the world by establishing the lost connection with the all pervading cosmic power that gives an individual a new energy, meaning and purpose in all that they do. Saraswati Raman who has been practicing meditation since her college days, took up Sahaja yoga ten years ago, and life has changed dramatically for her. Her career got uplift, she could complete her ambition for an MBA degree with specialization in Banking and Finance. She even has an MD in Alternative medicine from the Indian Board for Alternative Medicine, Kolkata. As she emphasizes, when the kundalini awakening happens, there is an all-round integration of the personality, not only spiritual, but physical, mental, emotional, and at the intellectual levels as well.

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The other day, I was listening to the talk given by Shri Mataji on the occasion of Her birthday Puja celebrations at Sydney on 21st March 1990.

Expressing how overwhelmed She felt at the lovely messages, beautiful decorations, thoughtful gifts and letters of devotees not only from Sydney but from all over the world, She said that what had started off from a single point had now encompassed the whole world like an ocean of joy and fulfillment. What more could one ask for than ruminate over the sweetness and find out an occasion to return to that joy through loving gestures, caring actions and nice thoughtful words. She had expressed on that occasion that it would be a good idea to bring out a collection in the form of a book of all the nice things that can be said and done, provided it is done at the right time, right place and on the right occasion.

This book is an endeavor to put together a few of the introspective transformations that one can bring about in moments of thoughtless awareness to brighten up one's own life as a part of the evolutionary process that we are all undergoing. And what better gift could be than to present this creative endeavor at the holy feet of our Dear Mother who has given us so much all in a span of one life time and that too actualizing it for us. I hope you will enjoy reading it and picking up the right flower from the garden of this collection and presenting it to the right person on the right occasion as we so often have found our beloved Mother taking all the care in the world to do so for us.

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About the Author

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0 of 0 people found the following review helpful.

Three Stars

By SSR

I may have expected a little regarding learning about sahaja yoga itself and how to practice it.

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