



**Sahaja Yoga Thailand, news/feature series.**

### **Sahaja Yoga arouses increasing interest in Thailand**

By Wanphen Sreshthaputra

*September 2003, Bangkok* - « Since my encounter with Sahaja Yoga a little over a year ago, my life has improved tremendously... I am less prone to stress, my mind is clearer, more focused and works faster. I am also more patient and serene. In general, I can say I encounter less problems in life », comments Darwin Yang, a Bangkok-based Singaporean who has been living in Thailand for the past 15 years.

« Among the things that impress me the most is that one becomes aware of one's true value, that one's real self is pure and this inner beauty gets to manifest... This enhanced self-esteem brings about a genuine respect for others as well. All that is so crucial », Mr. Yang says.

A free-lance sales development and motivation trainer, Mr. Yang and his Thai wife Linda, a nurse, are one of the many enthusiastic practionners of Sahaja Yoga Thailand, who alike a few hundreds throughout the country are happy to dedicate a few hours a week for the practice of meditation.

Translated literarily as the « spontaneous, easy-to-achieve yoga or union », Sahaja Yoga has been introduced in Thailand some 13 years ago, gaining a steady interest among people from all walks of life, age groups, nationalities and religions. Alike in over 100 countries around the

world, Sahaja Yoga in Thailand is taught totally free of charge and on a voluntary basis.



« It is the birth-right of any individual to access to a higher and subtler dimension of awareness... It is so vital that one cannot pay for it. Or, one could say, it is so precious that no amount of money could purchase it », explains Pascal Sethabutr, the principal coordinator of Sahaja Yoga Thailand and an automotive industry senior executive.



H.H. Shri Mataji Nirmala Devi, the fonder of Sahaja Yoga - twice Nobel Peace Prize nominee and recipient of the United Nations Peace medal- puts it in these words: « How can you pay for your self-realization? How much do you pay to the Mother Earth for sprouting a seed? It is as simple as switching the light on in a darkened room. Suddenly, everything becomes clear to you.... The marvelous thing is that, once you have got it, you can pass it on to others – like one candle enlightens another one .... This is the final breakthrough of our evolution ».



And if one believes Sahaja Yoga practitioners, accessing that higher level of awareness is easier than one may think. « Self-realization is the experience proposed during the first meditation session. The hypothesis is that there exists, within every human being, a latent sacred energy called

***Kundalini,***



coiled inside the sacrum bone. It is known to many cultures around the world and also well-known in ancient India... This unifying energy only awaits to be awakened. With Sahaja Yoga, as the name of the method implies, that can be done easily, spontaneously, through a simple process of meditation that hardly takes more than 10 minutes», the Thai-French meditation instructor explains, who has been practicing this method for the past 20 years.

A lasting state of balance, inner peace, joy, enhanced self-esteem, improved communication skills but also physical, mental and emotional improvements are said to be among the first benefits acquired after a few weeks of practice.

« Self-realization means also self-knowledge in that people become aware of their subtle system of energy. This system actually regulates our entire psychological, emotional and physical well-being. Not only do people become more aware, but they actually get to feel the state of

balance or imbalance of their channels and *chakras* [nervous plexuses], on their very central nervous system. Depending on individuals, they might feel like on the palms of their hand, the sole of their feet, their back or on top of their head...”

**“Once the *Kundalini* is awakened, it manifests as a gentle, soothing cool breeze that comes out on top of the head, passing through the various *chakras* along the spinal cord. It is an actualization, a becoming, not something to believe in...”**

explains Mr. Sethabutr. According to him, this experience is referred to in many spiritual traditions but made accessible at a mass scale only now.

He continues: « In these modern times, especially in Bangkok, everyone is subject to a lot of pressure. The stress may be work-related or might come from the general environment, the living conditions, the traffic congestion ... What is beautiful is that there are actually simple clearing techniques that people can learn and practice back home to correct the various imbalances and alleviate stress ».

Confident of the value of the method and fortified by the benefits it is said to bring forth within a few weeks, practitioners dedicate a few hours a week for the practice of meditation and sometimes, for taking part in some of the numerous activities undertaken by the group.

« The gains are many-fold the time dedicated to it. It is the nourishment of one’s spirit...», Linda Yang comments.



Holding open-air meditation sessions in parks early morning on Saturdays and Sundays, holding a session for beginners every Sunday afternoon at the Novotel Lotus hotel, teaching self-development techniques in vegetarian restaurants, or self-confidence boosting techniques to underprivileged and abused children are among some of the activities carried out by the association.

On an occasional basis, a host of activities are also undertaken such as taking part in health fairs, organizing week-end retreats or seminars upcountry. Bangkok is the main center of operation for the not-for-profit association, but branches also exist upcountry including in Ayutthaya, Chiang Mai, Nakhon Sawan and Phitsanulok.

Paima Srivejchadit, nicknamed Phung, a young marketing officer, is another dedicated volunteer who practices this method. « I think this knowledge of the flow of energy and the ways to balance it is very important and can prove very helpful. So many people nowadays are enduring great sufferings or living under terrible stress... Once they understand how to master their own being, emotions and correct their imbalances - actually the root cause of most human problems- they can regain hope, » she says. She concludes: « Then, inner peace and satisfaction, a state of mind most people are intuitively looking for, becomes very easy to achieve».



**Note:** For more information on Sahaja Yoga Thailand, please call: 02 253 33 98 or visit <http://www.thaisahajayoga.com>

