



Sahaj Marg Spirituality Foundation, Inc.

A Texas non-profit corporation

www.sahajmarg.org

In this troubled world, there is a need for a fresh approach towards obtaining peace, maintaining harmony, feeling the security, having a sense of purpose and achieving that real goal of human life. This is possible only through a proper meditation under the guidance of a capable Teacher. Meditation is the ultimate tool for human integration. Sahaj Marg, or Natural path system of meditation is practiced by thousands world wide across all continents and by people in more than 70 nations

Sahaj Marg Spirituality Foundation was incorporated for the purpose of providing a means, whereby all interested persons seeking spirituality in the Sahaj Marg system of Raja Yoga can come together in the name of the Sahaj Marg Spirituality Foundation (SMSF) and its branches, for meditation, and educational and research activities.

Consequently, this organization is organized in and functions in the same

manner as a non-denominational church for the purposes of furthering the spread of, and education in, the field of spirituality. One of the purposes of this organization is to set up a spiritual research institute in the United States and other parts of the world to further education in the field of spirituality worldwide, viz., Sahaj Marg Research Training Institute or SMRTI in short.

The Sahaj Marg Research and Training Institute (SMRTI) is a branch of Sahaj Marg Spirituality Foundation, dedicated to further the education, training and research of Sahaj Marg meditation. Its activities are broadly classified into:

Resource Center - SMRTI conducts several programs to help in the deepening of one's understanding of the Natural Path system of meditation and may help in the speedy spiritual growth of beginners, practicing aspirants and prefects in several regions of the world. These programs include introductory programs such as Meditation Classes, Open houses, Work Shops, Study Groups and Youth Programs. This section contains the downloadable resources to conduct such programs.

Training - SMRTI conducts several training programs in several regions of the world. There are introductory training programs for beginners and advanced ones for practicing aspirants and prefects. Some of these courses are available online under this section.

Publications - Under the auspices of SMRTI, several books and articles aimed at facilitating the practical understanding

of, as well as accessibility to, Sahaj Marg teachings have been published. Some examples are: the Sahaj Marg literature Index, a thesaurus/glossary dealing with the published speeches and writings from the three successive Masters of the Sahaj Marg method of meditation,

- "Meditation", "Cleaning", "Love", and "Transmission" books (published in English and Hindi) of selected quotations of the Masters, dealing with the particular theme as referenced in the title
- the series Salient Features of Sahaj Marg,
- the series Transactions of Seminars of the SRCM (in French)

Scholarships - Every year, the Sahaj Marg Spirituality Foundation offers to aspirants practicing Sahaj Marg meditation an opportunity to visit the Babuji Memorial ashram in Chennai, India. This program is offered mainly for interested aspirants from under developed and developing nations.

Other Activities –

- Participation of members in conferences and seminars organized by associations other than SMSF and
- Dealing with subjects related to spirituality Preparation of "book summaries" from the general literature on spirituality.

