

---

# Sahaj Marg Study Group

## *Set 4: Teachings of Master*

### Introduction

## Contents

The program has six sessions. It is ideally offered as a once a week meeting. Each session may be an hour long. Participants will be provided with photocopies of the study material. Each one is expected to read the material. One or two participants may be pre-selected to be the primary presenters for a session. The others may participate in the discussions. The moderators are expected to guide the discussion. The study material is a selection of talks by Chariji. They are all from the *Principles of Sahaj Marg*, Set 1.

## The Six sessions

1. Regulation of the Mind (Purification and Regulation of the Mind by Sahaj Marg Yoga. *Principles of Sahaj Marg*, Set 1. Pages 50-55).
2. Godliness (Cleanliness and Godliness, *Principles of Sahaj Marg*, Set 1. Pages 74-79).
3. The Need for a Master (The Need for a Master, *Principles of Sahaj Marg*, Set 1. Pages 88-95).
4. Family and Relationships (Love, *Principles of Sahaj Marg*, Set 1. Pages 96-102).
5. Morality (*Principles of Sahaj Marg*, Set 1. Pages 130-140).
6. The Spiritual Essence (Call of Conscience, *Principles of Sahaj Marg*, Set 1. Pages 302-309).