
Sahaj Marg Study Group

Set 1: Spirituality, Religion and Sahaj Marg

Introduction

Contents

The program has five 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 given by Chariji from Principles of Sahaj Marg Set 1.

The five sessions

1. Introduction.
2. Religion and Spirituality – (Principles of Sahaj Marg, Set 1, Page 3-11).
3. Needs and Wants of Life – (Principles of Sahaj Marg, Set 1, Page 25-34)
4. Sahaj Marg, Raja Yoga of Modern Times – (Principles of Sahaj Marg, Set 1, Page 68-73)
5. Some Common Questions Answered