

Upper Lip — Sahaj

Sahaj is becoming able to live your life centered in your true self — enlightenment. When you awaken, through the meditation process, and go through the transformations which enable you to experience the give-and-take of life from the consciousness of your inner being, you have fulfilled the purpose and the definition of meditation. You have, in reality, centered in your true self. You have found the source. You have solved the mystery of your life and purpose.

How to Practice

Many people prefer to focus on the region just beneath the nose in the center of the upper lip. Holding their awareness at this point as they go through the day, they tend to feel more love and emotional sensitivity with others than at the third eye, while at the same time they sense the inner self more deeply. This center helps them to sense the soul while feeling more connected and related to other people. They sense the divine Presence more intimately and personally, whereas at the third eye they felt too abstract and detached. This center in the upper lip provides a greater sense of warmth and appreciation of one's humanness. However, both the third eye and this upper lip center are truly great. It simply depends on your nature which one you will prefer.

Benefits

Centered in your true nature, you also feel connected to the life in everyone else. You become a friend, or a brother, or a sister, to humanity. You are filled with love, insight, and bliss. You are a new creature and live your life in a new dimension of awareness. Your senses, mind, and emotions now serve your inner self and no longer confuse or preoccupy you. Your senses, mind, and heart become willing allies, no longer foes. You know what love is and you live in love. Love is your nature. Each day you also experience ever-new joy, an inner joy from the source of joy — your spiritual nature.