

The Presence — Sahaj

There are forms of "natural" meditation called *sahaj* (which means "natural"). In natural meditation you'll find a way to center a part of your awareness while occupied in the outer world. That is, you strive to contact your true self, or direct a part of your mind toward contact with the true self, at the same time as you direct much of your awareness into work and recreation.

How to Practice

You can go through your day living in meditation by sensing or believing that you are living in God's presence. Think, no matter what you're doing or where you're going, that you are always in the Lord's presence. Think of the Lord of your heart as infinite Spirit or as a divine Person.

If you think of the Lord as infinite love and light, visualize and feel that you are moving about surrounded by light and filled with light, that wherever you go the light and the love of God surround you and those with whom you deal.

If you think of the Lord as Person, develop your favorite way of thinking of being in the presence of that Person. For example, when you drive your car, you might think of the Lord sitting beside you in the passenger seat. When you are sitting at table, you may think of the Lord sitting in the chair beside yours or across from you. At the office you may think of the divine Person sitting beside you as you work, or in a corner of the room enjoying the unfolding of your day with you.

Or, you may prefer to feel that the divine Beloved lives and resides within your heart center and is experiencing your life with you, loving you and caring about you and caring about all who come into your life from the drawing room, from the dwelling place, in your heart center.

Benefits

This is one of many ways you can live centered in meditation throughout the day. One or more of these natural meditations can be enjoyed for a lifetime. And as you practice natural meditation, you will become more and more able to move through the sheaths and become enlightened and dwell in your true nature.