

## **Sahaj Education**

What is Sahaj education and why is it important? How is it different from the education our children would receive at their local school? These are questions many of us in Sahaja Yoga have asked ourselves over the years.

We decided to ask these very same questions to the principals of our Sahaj schools and they came back to us with many excellent answers.

The majority of our Sahaj schools are boarding schools (with the exception of Vienna Kindergarten), which are located in a number of countries, where children come to study and learn. During that time, they receive a standard education comparable to what they would get in a regular school, but they also learn about Shri Mataji and how to bring Sahaja Yoga into their lives – while being in a safe space surrounded by vibrations.

The headmasters of these different schools shared with us what they feel are the essential components of a Sahaj education:

- **The Spiritual Component:** our children learn about Shri Mataji, the chakras and vibrations, but they also learn about dharma, brother and sister relationships, collectivity and how to integrate Sahaj into their everyday life. They get to live a Sahaj life every moment of every day.
- **The Social Component:** our children are surrounded by their peers and other yogis who become an extended family. In this nurturing and caring environment, they spend their time meditating, studying, and having lots of fun together. They learn to respect, trust and truly love each other. These bonds remain with the children for years after their education has finished.
- **The Personal Development Component:** our students learn traditional subjects like math, history and sciences. They do sports and develop their creative qualities. Students are also encouraged to connect to the diverse natural world that serves as an idyllic backdrop for action, adventure and exploration. Most importantly, staff at our Sahaj schools teach our children to develop their sensitivity to vibrations and knowledge of spirituality.
- **Protection of Innocence:** our Sahaj schools nurture the innocence within our students and help them develop it as they grow. They also provide them with a refuge against the incessant attacks on their innocence that take place in the wider world.

**Why are Sahaj schools important to our Sangha?** Sahaj Schools shape the next generation of Sahaja yogis and mold our children into people who will impact the wider world around them through their vibrations and values, thus contributing to our Mother's vision of transforming this World. But to survive, our schools rely on our time, generosity and attention. This project extends beyond the parents who send their children to Sahaj schools; it is a gift for the World Sangha and society as a whole.

We would like to thank all our Principals for their time and responses:

Borotin Kindergarten: Diana

Canajoharie school: Theresa

Cabella International Sahaj School: Mathieu

DEVI School: Mary

Vienna Kindergarten: Soma

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