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You can learn meditation from a book or a DVD, but you have to remember that the book or DVD can only take you up to a point. If you want to grow deeper in your meditation, you will experience more growth by attending a Sahaja Yoga class. The advantage of a class is hands-on advice from instructors and immediate answers to your personal questions.

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Kundalini meditation is the safest option to raise the energy consciously. How does it feel when the Kundalini arises? The experience varies from person to person, but some general observations are a feeling of heat along the spine, euphoric sensations throughout the body, and a sense of the gentle breeze on the palms. Kundalini meditation evokes a highly creative energy that you must surrender to with absolutely no ego.

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