

# Sahaja Yoga and Islam



- खुदा एक ही हैं | एक ही खुदा के हम सब बच्चे हैं | हिंदू का खुदा अल्लाह , और मुसलमान का खुदा अलग हैं ऐसा हो ही नहीं सकता |
- करान में लिखा हैं सफ़ेद घोड़े पर सवार होकर, सातों मंजिले पार करके ये रूहानी शक्ति बहेगी |
- जब क़यामत आयेगी तब आपके हाथ-पैर बोलने लगेंगे और आपके खिलाफ गवाही देंगे |
- ये रूहानी शक्ति जब आपके शरीर से बहेगी तब आपके शरीर को पवित्र कर देगी, इस शरीर में जो भी कमियां हैं, जो भी बीमारियाँ हैं शारीरिक, मानसिक ये सब दूर कर देगी |

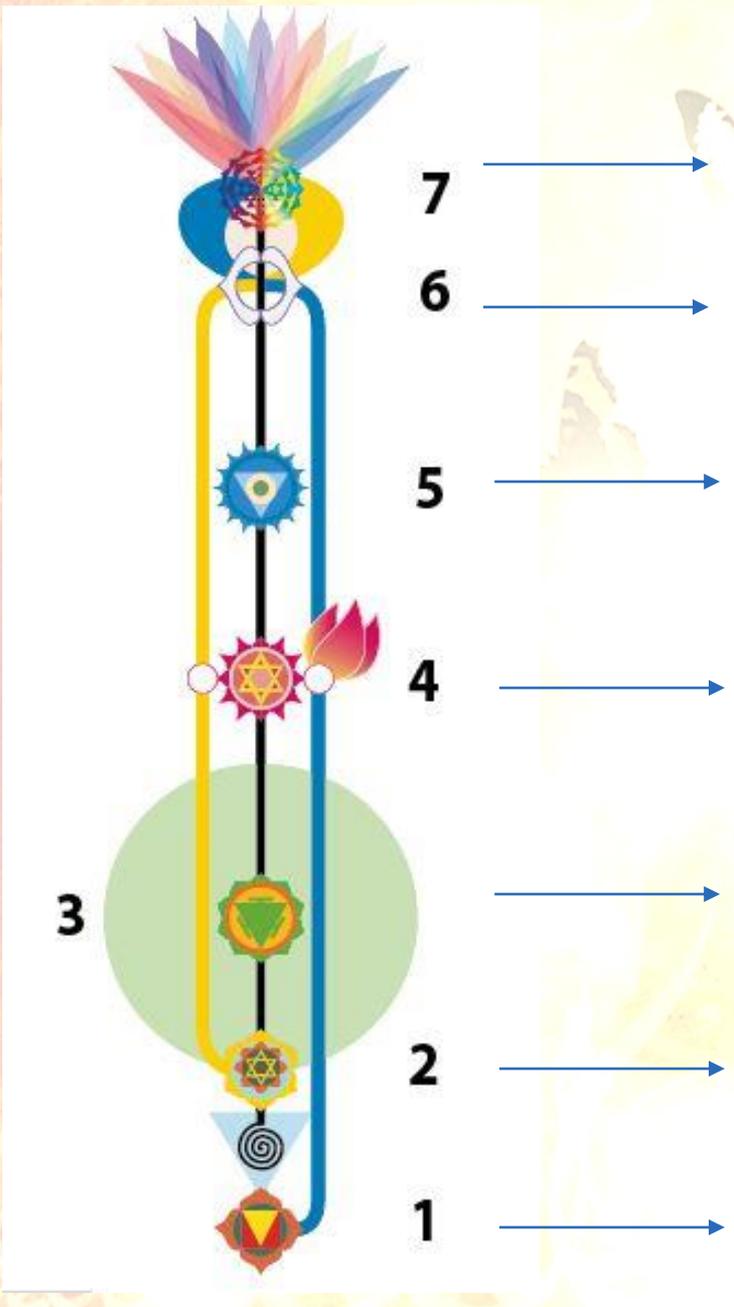
# Comparing SY and Islam

- They both guide and advice to be on central channel also called as 'Sirat-Al-Mustaqim'
- Pure desire to get your self-realization – 'Meraj' with the help of Kundalini – 'Buraq' awakening
- Importance of number '7' which is described as 7 – heavens/skies/chakras which are located on hands/legs/head and body is to be nurtured

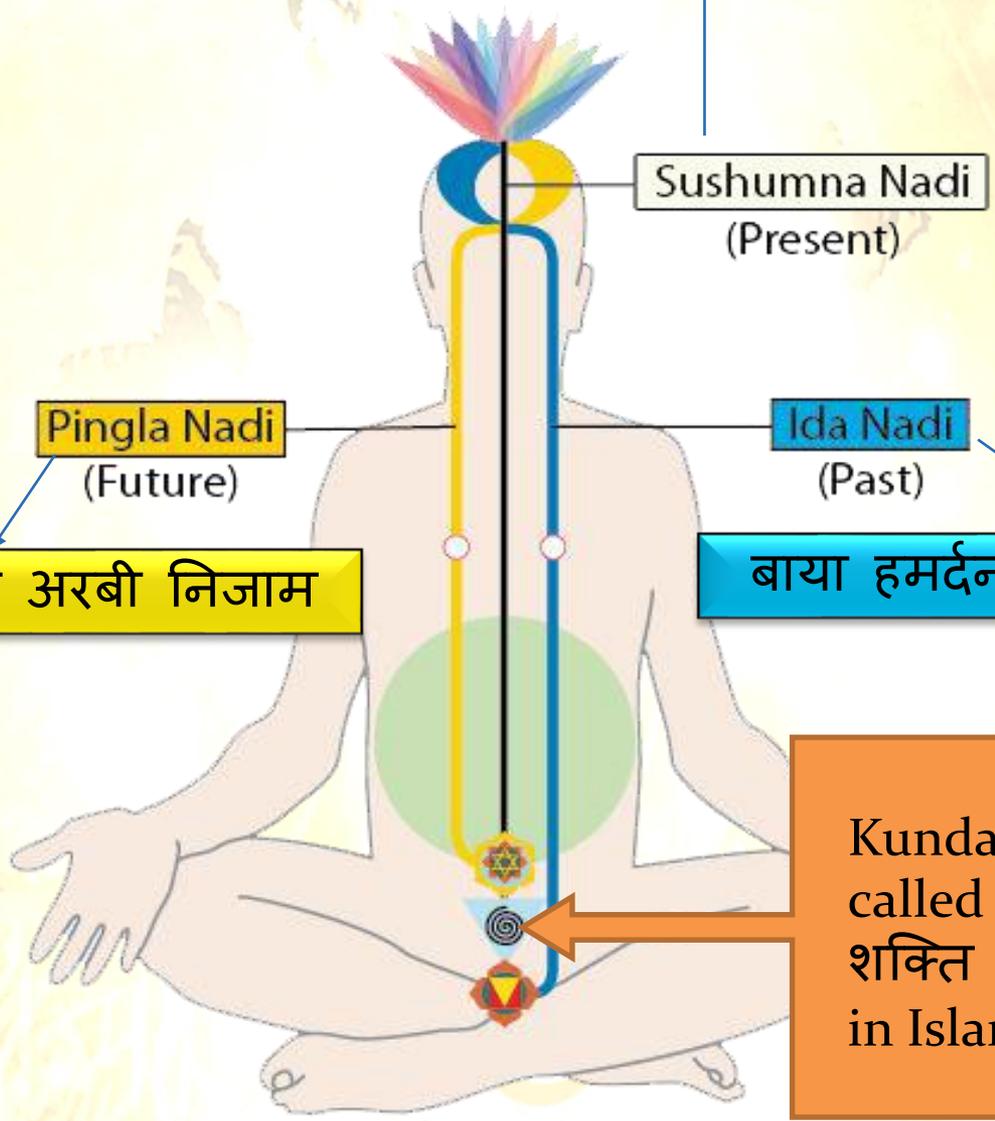
# Comparing Contd...

- These chakras are known as 'Alam' in Islam and 'Latifa' in Sufism
- One of the name for Allah is 'Al-Latif' which means the subtle one or the one who knows all subtleties
- Hence the word for chakras used is 'Latifa' which means subtle centre.

In Sufism	In Islam
Latifa - Haqqiyah	Alam-E-Lahout
Latifa - Kafiyyah	Alam-E-Jab-Rout
Latifa - Ruhiah	Alam-E-Malakhout
Latifa - Sirriyah	Alam-E-Sahout
Latifa - Qalhbiah	Alam - E- Lahout
Latifa - Nafsiyah	Alam - E- Masout
Latifa - Qalabiyah	Alam - E-Fa'ani



सिरात - अल - मुस्तकीम



Sushumna Nadi  
(Present)

Pingla Nadi  
(Future)

Ida Nadi  
(Past)

दाया हमर्दना अरबी निजाम

बाया हमर्दना अरबी निजाम

Kundalini also called as **रूहानी शक्ति** or 'Buraq' in Islam

!Prophet mohammed

# Shree Mohammed Paigumber



# Early Life... Birth

- The name *Muhammad* means "Praiseworthy"
- Born in 570 in the Arabian city of Mecca
- Muhammad's father, died almost six months before he was born. According to the tradition, soon after Muhammad's birth he was sent to live with a family in the desert, as the desert-life was considered healthier for infants. At the age of six Muhammad lost his mother to illness and he became fully orphaned.

# Early Life... Youth

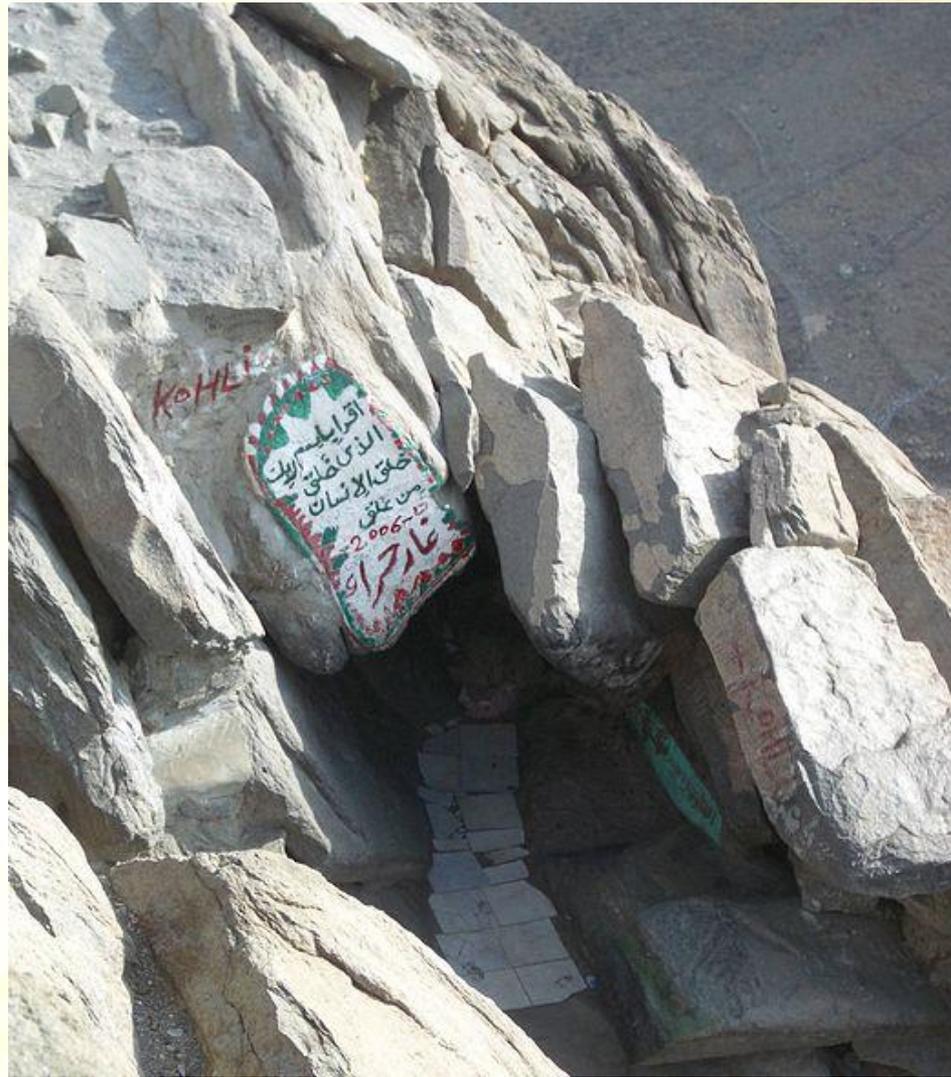
- Muhammad accompanied his uncle on trading journeys to gaining experience in the commercial trade, the only career open to Muhammad as an orphan.
- He met a Christian monk who is said to have foreseen Muhammad's career as a prophet of God.
- At the age of 25, Muhammad married Khadijah who was 40 years old at that time. The marriage lasted for 25 years and was a happy one.

# Early Life... Marriage

- Khadijah is said to have borne Muhammad four daughters, one of them was Fatimah
- Muslims regard Fatimah as a loving and devoted daughter, mother, wife, a sincere Muslim, and an exemplar for women.
- She was the first wife of Ali, Muhammad's Cousin.
- Ali had four children born to Fatimah. Their two sons Hasan and Husain.

# Early Life... Spiritual Journey

- At some point Muhammad adopted the practice of meditating alone for several weeks every year in a cave on Mount Hira near Mecca.
- During one of his visits to Mount Hira, the angel Gabriel appeared to him.
- There Muhammad received his first revelations.



The cave Hira in the mountain Jabal al-Nour where, according to Muslim belief, Muhammad received his first revelation.



A depiction of Muhammad receiving his first revelation from the angel Gabriel.

# Mohammed's Meraj or Ascent

- Prophet Mohammed was taken to Jerusalem from Mecca by Angel Gabriel.
- It was from there that Prophet Mohammed with Gabriel sitting on the Buraq, ascended into the heavens.
- The Buraq is misunderstood by the muslims.

محمد رسول الله

*Prophet mohammed*



الحمد لله  
ولا حول ولا قوة الا بالله  
هذه صورة البوراق  
الضعيفه كما انا الخليفة  
الاسلام السيد ابو بكر  
رضي الله تعالى عنه

الحمد لله  
والصلاة والسلام على  
الرسول الذي بارئنا من  
الافساق والفساد  
والله اعلم بالصواب

Al-Buraq  
Represents Kundalini

# Mohammed's Meraj or Ascent

- At the gate of every heaven the guard asked, “Who is it? And he replied “Gabriel”. Then he was asked, “Who is with you?” When he replied “Mohammed”. He was the asked “Is he authorized to come?” Gabriel replied “yes”; the angel guarding the gate then allowed them to pass

محمد رسول الله

*!Prophet mohammed*



Muhammad's ascent into  
the Heavens, a journey  
known as the Meraj.

Muhammad

# Mohammed's Meraj or Ascent

- Every heaven Prophet Mohammed met the other Prophets preceding him.
- In the seventh heaven, Prophet Mohammed met God Almighty.
- Here he saw "SIDRAT-UL-MUNTAHA". This is the radiant tree with beautiful colour leaves, each leaf having different colours.

ﷺ  
*Prophet Mohammed*

# How often do Muslims pray?

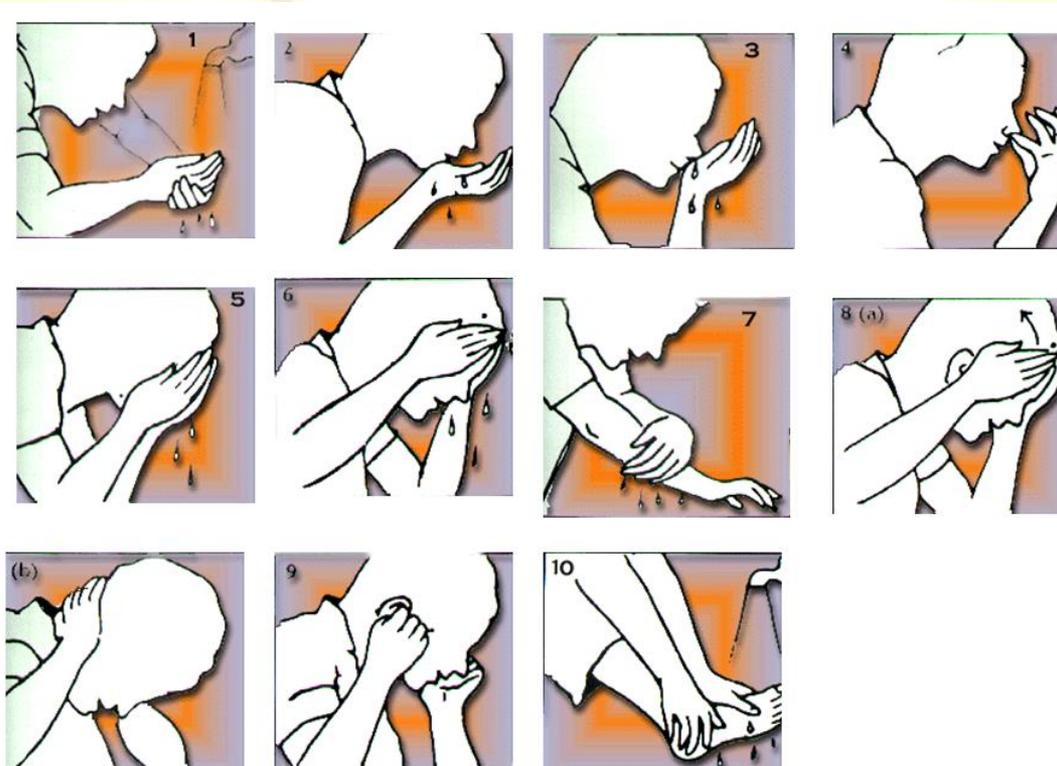
There are five daily obligatory prayers. These are the **dusk prayer (Maghrib)**, **night prayer (Ishaa)**, **dawn prayer (Fajer)**, **noon prayer (Zuher)**, and the **afternoon prayer (Asr)**.

Besides these there are a few other prayers that should be performed only on certain occasions, but not regularly, like the prayer at the burial ceremony of a Muslim who has passed away, the prayer on two specific Islmaic festivals (called "Eid"), etc.



# Process before '*Salaat*' (Namaz)

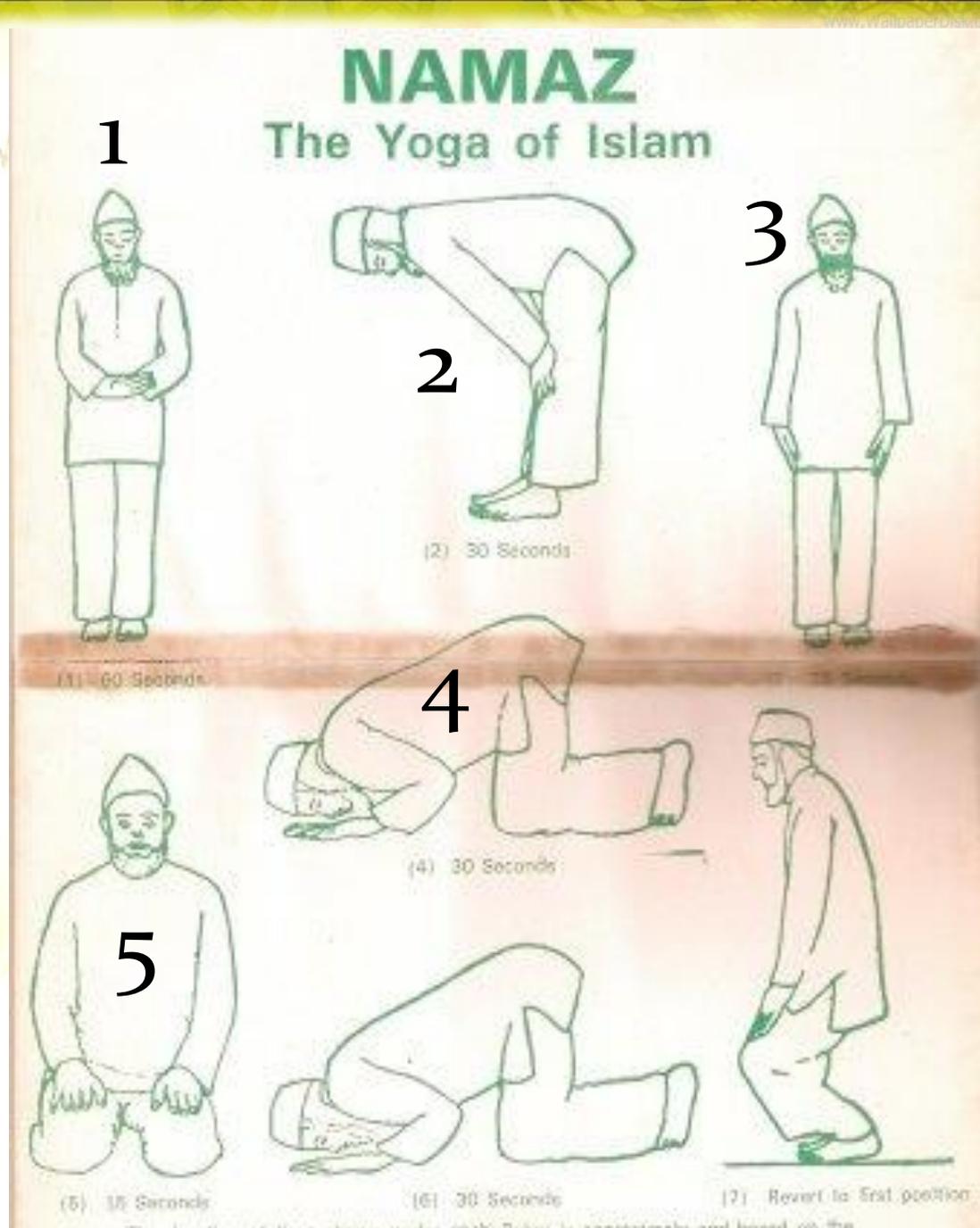
Washing of exposed portions of body like – Feet's and Ankles, Elbow to Wrist and hands, External ear, behind/front of the neck, entire face and nose, forehead and upper forehead



These are all chakras positions in our body which they clean before namaz.

Niyyat- The person should have Pure Intention before performing the namaz

1. *Qiyam* – a verse of the Quran is recited: “And guide us to the straight path.”
2. *Ruku* - "Glory to my Lord, the Most Magnificent“
3. *I'tidal* – “O our Lord! And all praise is for You.”
4. *Sujud or Sajdah*- "Glory to my Lord, the Most High Most Praise worthy“
5. *Julus* - "O my Lord, forgive me! O my Lord, forgive me!"



# What does Wudu mean?

Wudu is the ritual ablution (practice) in Islam. It is the act of washing or wiping specific parts of the body with clean water, which Muslims perform prior to certain acts of worship (primarily Salah).

***The Quran says: O you who believe! When you stand up for ritual prayer (salat), wash your face and your hands up to the elbows, and wipe a part of your head and your feet up to ankles. (5:6 Al-Quran)***

SY: as you are aware since chakras are mapped on the finger tips washing them was to draw their attention to the hand and feet and sensitivity increases after hand wash. Shree Mataji has mentioned this that SY should wash his hands no of times in a day and foot soaking any way is well known to a SY for removing the negativity in water..

# What's Tayammum mean?

Tayammum is the Islamic term for "dry ablution". This is the type of ablution performed when clean water is not readily available, or it is not feasible for a person to perform regular ghusl or wudhu because of medical reasons or similar issues.

In such circumstances, instead of water, the person wipes a small amount of sand, dust or dry earth on his/her face and hands.

SY: when are asked to put both the hand on mother earth and meditate or left/right hand depending on left side or right side mooladhar clearing.....

**That day Shall we seal on their mouths. But their hands will speak to us, and their feet witness to all that they did. Surah Ya Sin : v65**

**“When is the day of Resurrection?”  
When the sun and moon are  
joined together. Surah Al-Qiyamah  
:v 69**



|| Jai Shree Mataji ||