
Sahaj Marg Study Group

Program Guide

Introduction

There is a need for varied methods for presenting Sahaj Marg practice. The 'Sahaj Marg Study Group' format is presented here.

This Study group is designed as group activity to be lead by any one familiar with Sahaj Marg literature. A two-member moderator team is recommended to balance the views. The Study group is directed to a general audience. It can also be used with abhyasis.

The study group is designed for not only practitioners of the system but also their family and acquaintance including adolescent children that show interest in learning about Sahaj Marg system.

Contents

The program has several sessions from Five to 8 weeks. It is ideally offered as a once a week meeting. Each session may be an hour long. Participants will be provided with electronic copies via email or photocopies of the Study material. Each one is expected to read the material. One or two participants may be pre-selected to be the primary presenters for a session. The others may participate in the discussions.

The process

The coordinator's role is to start the conversation and let the participants take turns to speak. The summary that is provided for each session is a guide for the discussion. The coordinators may speak in their turn and add clarification as needed.

Differences of opinion and view are to be expected. We are expected to present Sahaj Marg as it is. Some may accept it and others may not. The conversation should always be from our heart and include everyone. There should be no hint of exclusion or rejection of any opinion.

Please try and ensure that no one unnecessarily monopolizes the discussion. Where needed move on to next point of the discussion.

Finishing on time is more important. Remind the participants of the next session's materials. If you have a photocopy of the next week's text, it may be handed over this week.

Try and translate Sanskrit words and avoid using them where possible based on the audience in order to better communicate.

Session 1

Normally session one consists of

- a) Introduction of participants
- b) Introduction of subject matter to be studied. If text for session one was already sent out, you can start with the discussion
- c) Passing out of complete text files or getting email addresses so that email files may be sent
- d) OR refer the participants to Sahajmarg.org web site to relevant portion of the web site
- e) Study group offers flexibility that the coordinator may be able to split some of the longer programs or combine the materials to come up with reading groups for six months or more and also use the materials for reading after Satsanghs