

Dear Megan Mitchell,

Re: Self harm and suicide

The solution to 'self-harm' is 'self-knowledge'.

What is self-knowledge?

Self-knowledge is an understanding of your own subtle self and how the state of your subtle system impacts on your physical, mental and emotional well-being. To attain the knowledge of your subtle system you have to become more subtle.

How do you become more subtle?

Through Sahaja Yoga Meditation. This is a direct experience for anyone who desires it. It is as simple as that. Once the subtle self is known then you can clearly understand what the imbalances are within and what is causing the problem. The analogy here is when the roots of the tree are healthy then the tree can produce flowers and fruits; but if the roots are unhealthy and are in trouble then this will reflect outside on the limbs of the tree.

Who can benefit?

We are focusing on the children, so the main point here is to be able to offer these kids – these kids that feel that there is no way out, that there is no solution, that there is no other path – we can offer them another path. It is not only for the children and youth that are in the grips of despair and confusion, but it is also for anyone who takes an interest in these social and personal issues. Whether it be a friend, a peer or someone that they have known about, they also will very much help the situation by taking to self-knowledge; as we made the simple distinction at the beginning that the solution to self-harm is self-knowledge.

Who is susceptible to self-harm and suicide?

This is a very broad issue and can affect all levels of society. It would be very easy to get into an analytical discussion about it, to analyse the situation, look at the statistics and project into the future, but I personally think the best place to start is with the children that are in need of support. So this is the starting point to adhere to the solution, taking immediate action for those in need of immediate support.

How is this to be administered?

Offering the children themselves, self-knowledge through Sahaja Yoga Meditation, the chance to know themselves on a subtle level. This is inclusive of anyone who has been touched by this issue or anyone who has an interest in this issue, whether that be on a personal level or on a social level. If the children can get even a glimpse of peace within it can have a profound effect. If they can see that there is a pathway out of negative thoughts, that there is a sense of self-awareness, that there is a pathway to self confidence that doesn't depend upon your social position, that doesn't depend upon your family position, or even your economic position but is in fact determined upon your own subtle position. This can be a major shift in awareness and a major shift toward correcting the initial imbalances. I don't want to delve deep into the causes of self harm and suicide, for it is multi layered and multi-faceted and many influences can be attributed to an individual from a social level, a family level and a personal sense. It is so variable and impacts people in different ways. The point of the matter is that we have before us, individuals that can see no way out, individuals that have no perceived path to the future. So it is with this knowledge that I would like to address the solution to these people directly.

What are we offering?

As a practitioner of Sahaja Yoga Meditation, myself and my colleagues offer free courses as an introduction, then ongoing weekly free meetings to establish yourself in Sahaja Yoga. As we are talking about a specific pocket of the society we are able to be flexible in any way to introduce self-knowledge to people who are in need. We hold all of the resources in regards to giving introductory meetings, the only practical consideration is the physical room, hall, community building or where the meetings will take place.

Kind Regards

Sahaja Yoga Australia