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## Gender Sensitization:-A Spiritual aspect

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**Abstract:-**The aim of this paper is to aware people for spiritual aspect of Gender Sensitization.As we know that in today scenario there is big problem of gender inequality and gender issues,but the human being is not sensible that although we are male ,female or third gender but we are equal from within and pure souls of God almighty.

**Keywords:-**Gender Sensitization,Sahajyoga Meditation,Subtle System and Kundalini Awakening.

**Introduction:-**We know that present scenario of world is very imbalance.Although we are progressing in technology but on the other hand human beings are forgetting their spiritual values and ethics.Out of this world only our nation India is spiritually strong.So we must be aware of all these spirituality which our all incarnations and ancient *Sadgurus* tauhgt us. We know that in todays time there are many issues of gender inequality arises.Many rules were developed for such issues,also there are many courses and programmes organized on gender sensitization.Thus my aim of this paper is to aware people that although we are male,female or third gender, but from within we are pure souls of *God,pure* spirits of *God* almighty.We can understand this by *Sahajyoga Meditation* .So our aim is to aware not only our nation but for the whole world.

## What is Gender Sensitization:-

**Gender sensitization:-** The awareness informed propensity to behave in a manner which is sensitive to gender justice and gender equality issues. Also it is about changing behaviour and instilling empathy into the views that we hold about our own and the other gender.

## How human beings are equal from within:-

We all human beings are equal from within, we can understand this by understanding our spiritual subtle system.

## Spiritual Subtle System :-

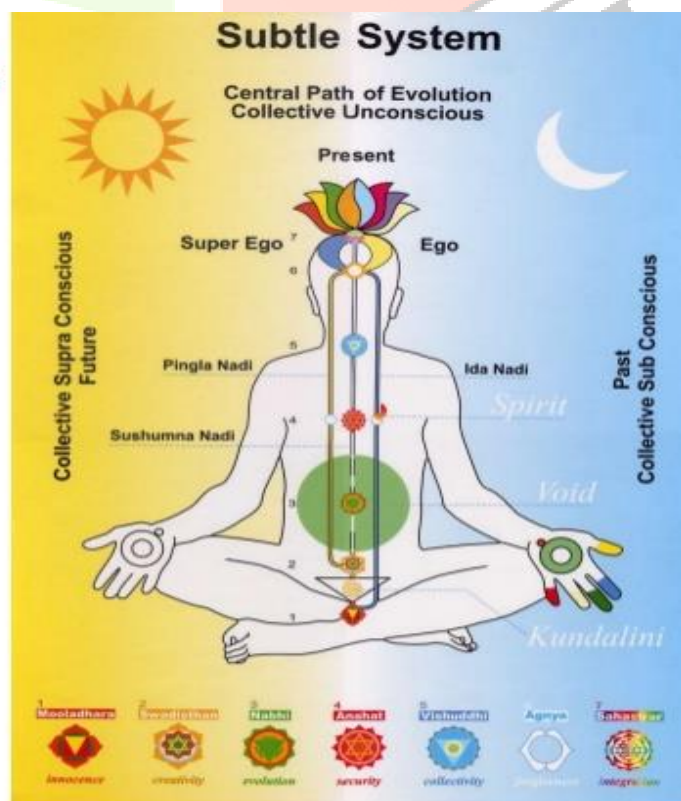
This is spiritual subtle system of human being. This consists of 3 nadis and 7 chakras. At the end of our backbone there is divine power called kundalini. When this power awakens by blessings of divine, then we get self realization and by this self realization we are connected to the divine power of God and we feel cool breeze, all 3 nadis become balanced and our chakras get purified.

## Three Channels of Energy.

- **Ida Nadi**
- ◎ **Pingla Nadi**
- **Sushumna Nadi**

### About :

- ★ **Kundalini**
- ★ **Self Realisation**
- ★ **Vibrations**



By sahad yoga meditation our kundalini rises up and we connect to divine power.

## What is sahajyoga meditation:-

'Sahaj' means spontaneous or by birth and 'Yoga' means to connect. So sahajyoga means to connect with God's power spontaneously. When fetus in mother then power of God comes in mother at 7<sup>th</sup> chakra sahasrara and it comes to baby and it gets in consciousness that is in *chetna* so divine power gives energy to all chakras of baby and residual power *kundalini* rest in end of backbone i.e *sacrum bone(pavitraasthi)*. Now in *Sahaj Yoga* by blessings of *Shri Mataji Nirmala Devi* our *kundalini* can be awakened and we get cool breeze. This is not new thing but in all religions it was said that you have to take *rebirth(punarjanm)*. In '*Geeta*' *Shree Krishna* said that *yogakshemamvahamyaham* means when you are connect with divine power then only your *kshem* will be possible.

In '*Bible*' *Christ* said that when you connect to the divine then you feel cool breeze of *Holy Ghost*. In *Kuran* it was said that when *kalyuga (kalyug)* come your hand will speak. *Adiguru Shankaracharya* said these cool breeze as *Salilam Salilam*. Thus in *Sahaj Yoga Meditation* by blessings of *Shree Mataji Nirmala Devi* we get our self realization and feels divine power and this happens in this *kalyug*.

So we are of any religion, we are male female or third gender but above all we are human beings and we must have to get our self realization (*Atamsakshatkar*), by this we will be aware that whatever we are, is just physical appearance and biological differences but from within we are nothing but the pure souls and pure spirit of God.

When human beings get realized that we are pure souls then this problem of gender inequality and such issues will be solved. Not only this but all problems which we are facing will be solved and our world will be so beautiful.



**Ardhanarishvara swarup of shiva: In this photograph if shiva is male then female is his power and also balancing of both male and female.**





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**Source:-Sahajyoga Meditation by Shri Mataji Nirmala Devi**

[www.sahajyoga.org](http://www.sahajyoga.org)