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 taught 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 consist 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 connect to the divine power of God and we feel cool breeze, all 3 nadis become balance and our chakras get purified.

By sahaj 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 7th chakra sahastara and it comes to baby and it gets in consiousness 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 awaken 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 yogakhemamvahamyaham means when you are connect with divine power then only your kshem will be possible.

In ‘Bible’ Chriest said that when you connect to the divine then you feel cool breeze of Holy Ghost. In Kuran it was said that when kayama (kalyug) come your hand will speak. Adiguru Shankarachrya 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 is 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.
Ardhanareshwar swaroop of shiva: In this photograph if Shiva is male then female is his power and also balancing of both male and female.
MATAJI SHREE NAIRMALA DEVI
FOUNDER OF SAHAJ YOAGA MEDITATION

Source:- Sahajyoga Meditation by Shri Mataji Nirmala Devi

www.sahajyoga.org