

# Spreading Sahaja Yoga



**How can we spread Sahaja Yoga  
effectively, rapidly, worldwide.**



# Aim is Sahaja yoga

- Actions should be approached from the perspective of Sahaja Yoga.
- Maturity is reflected in one's concern for Sahaja Yoga.
- The primary focus should always be on supporting and promoting Sahaja Yoga.
- Engaging in jobs and earning a living is encouraged, but it should contribute to the betterment of Sahaja Yoga.
- Improving personal styles and aspects should be directed towards the advancement of Sahaja Yoga.
- Sahaja Yoga should be the ultimate goal, placing it above all other considerations.
- Subtle distractions and influences should be consciously eliminated to maintain a clear focus on Sahaja Yoga.
- Recognize the prophesized significance of the work being done in Sahaja Yoga.
- Realize the tremendous impact and importance of the work being undertaken in Sahaja Yoga.
- Understand that contributing to Sahaja Yoga is not a favor to others but a favor to oneself.
- Self-improvement within the context of Sahaja Yoga enhances personal status.
- Surrendering to the cause of Sahaja Yoga is the key to resolving challenges and obstacles.

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Anything should be done from the Sahaja Yoga point of view. Are we helping Sahaja Yoga or not. I think maturity comes with age. The concern should be Sahaja Yoga. And even if you, I mean I said you must take up jobs. You must earn. Have to work. You have to improve your styles and things. Somewhat, but for Sahaja Yoga. It's to be done for Sahaja Yoga. That's not the aim. **Aim is Sahaja Yoga. That's the main point is.** That Sahaja Yoga should be placed as the highest thing and then only it will work out, because all these subtle things will disappear. Otherwise these subtle things swallow you. And they come as [UNCLEAR], you see, and they will give you ideas and things and it will start losing sight of it, because **you must know that you have been prophesized long time back.** And you are doing such a tremendous work. It's such a great work you are doing. I wish you could realize it, because even that understanding is very subtle. Then all other things you just throw away. That Sahaja Yoga itself is self established and have this self-esteem thing. It does not need from you. Only thing by taking it up yourself, you improve in your status. Like that. Now see you understand. **You're doing no favor to Sahaja Yoga or to Mataji Nirmala Devi. You're doing favor to yourself.** Now, this point is the point I tell you. All right? So you surrender. Surrendering is the only way. There is no other way. And that's how these problems can be solved.

Her Holiness Shri Mataji Nirmala Devi  
Talk to Sahaja Yogis: Spreading Sahaja Yoga in Europe  
London (England) | October 19th, 1980



## " YOU ARE COURTIERS "

You have entered into the Kingdom of God. You are now sitting in the court of God Almighty. Here, of course, as courtiers, you have to dress up well, sit properly, take up your seats. You have to be systematic and above board because you are Sahaja Yogis. You are not ordinary people. You are special people. How many people in this world are going to be Sahaja Yogis? You are special people, so try to make yourself such beautiful instruments of Raja Lakshmi that people, when they will see you, they will vote for you. (4.12.1994)

<https://www.amruta.org/1994/12/04/shri-raja-lakshmi-puja-delhi-1994/>

## " राजलक्ष्मी के सुंदर यंत्र "

आप परमेश्वर के साम्राज्य में प्रवेश कर चुके हैं। अब आप सर्वशक्तिमान परमेश्वर के दरबार में बैठे हैं। यहाँ, निश्चित रूप से, दरबारियों के रूप में आपको अच्छी तरह से तैयार होना चाहिए, ठीक प्रकार बैठना चाहिए, अपना आसन ग्रहण करना चाहिए। आपको सुव्यवस्थित और निष्कपट होना चाहिए, क्योंकि आप सहज योगी हैं। आप सामान्य लोग नहीं हैं। आप विशिष्ट लोग हैं। इस संसार में कितने लोग सहज योगी बनने जा रहे हैं? आप विशेष लोग हैं, इसलिए अपने आप को राजलक्ष्मी के ऐसे सुंदर यंत्र बनाने का प्रयास करें, कि लोगभाग जब आपको देखें, तो वे आपका समर्थन करें।

(4 दिसंबर 1994)



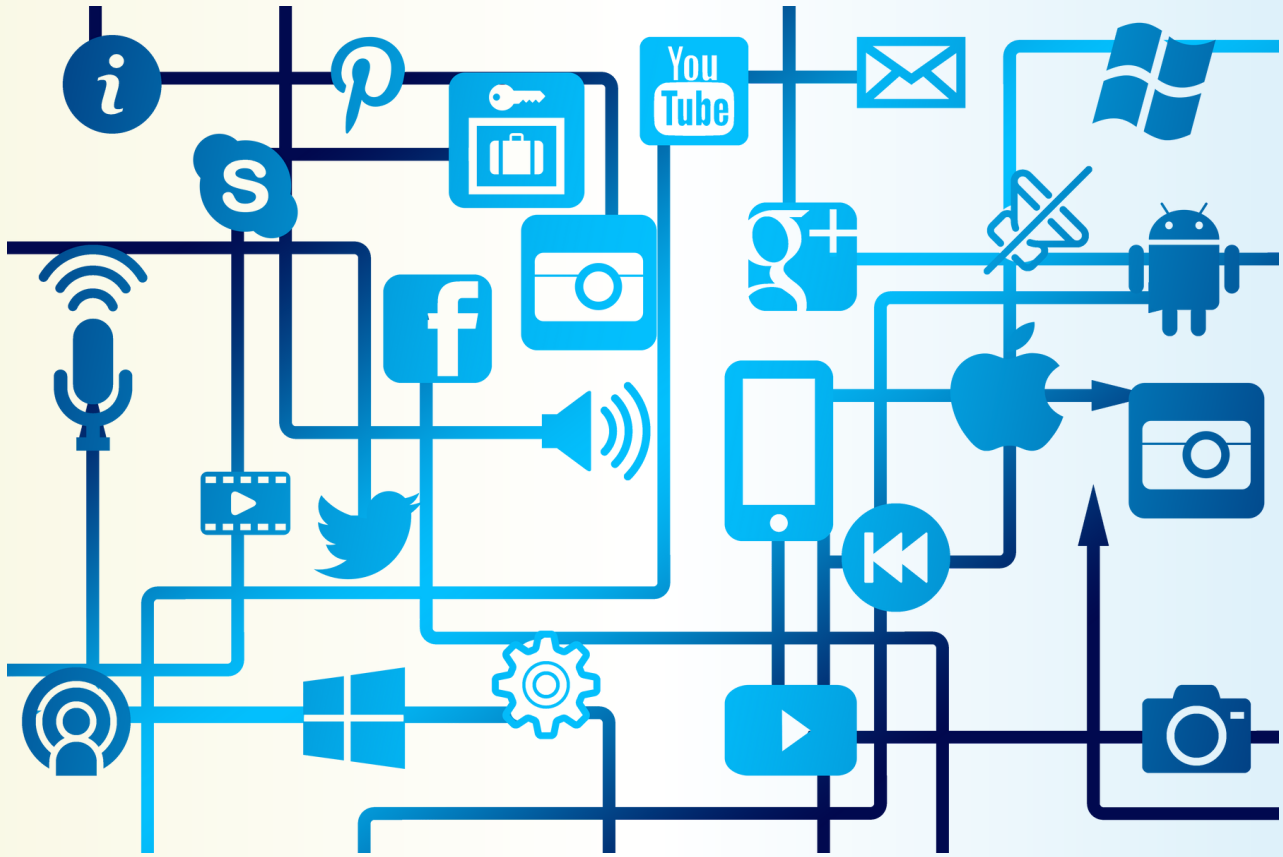
*When we are not realized, we are moving on the periphery, like a wheel and we are disturbed.  
But a realized soul is on the axis, which is silent. So he has the peace within himself.*



**Her Holiness Shri Mataji Nirmala Devi | Founder, Sahaja Yoga**  
1990 - October 17, Press Interview Bucharest, Romania



## Flood the internet with the wisdom of Sahaja Yoga.



**Create artworks with quotes of Realized souls ( to begin with) - If you are unable to do so, at least Like/ Share & comment on artworks shared by fellow Sahaja Yogies**

**The Internet runs on the power of the Ether. The Vishuddhi Chakra supports the ethers. We need to fully use the power of Shri Krishna - Communication & Collectivity & Connectivity**



Our Senior Sahaja Yogis - Mr. Yogi Mahajan and Mr. John Noyce have already done the herculean task of making a list of Realized souls as mentioned by Shri Mataji. It is available as pdfs. One can download the pdfs, study the works of realized souls and create memes or maintain blogspot/ Pinterest Board and share the wisdom of our spiritual ancestors worldwide!

## ANCIENT SAINTS & SAGES



**Samarth Ramdas**  
(c. 1608 - c. 1681)  
Samarth Ramdas, also known as Sant Ramdas or Ramdas Swami, was an Indian Hindu saint, philosopher, poet, writer and spiritual master. He was a devotee of the Hindu deities Rama and Hanuman.  
Ramdas can openly claim that there is God from his own experience. It is not that you should deny Him until you get the experience. But it's time for you, too, to trust Him.  
The Great Enlightened Souls  
Public Works Collection

### Samarth Ramdas

RAMDAS(1608-1681 A.D.)Gangadharpant did not see his brother Narayan at the evening meal. His inquiries of his ...



**Sant Eknath**  
(1513 - c. 1599)  
Sant Eknath, commonly known as Sant Eknath was a Marathi Hindu saint, philosopher and poet. He was a devotee of the Hindu deity Krishna and is a major figure of the Bhakti tradition.  
Penance or constant meditation on God and not fasting or torturing the body is needed.  
Bhakti - realizing the presence of God everywhere.  
The Great Enlightened Souls  
Public Works Collection

### Sant Eknath

SANT EKNATH(1513-1599 A.D.)A young boy of 12, had such yearning for God, he prayed fervently in ...



**Sant Namdev**  
(1270-1350)  
Namdev, also transliterated as Nam Dev, Namdev, Namdev, was an Indian poet and saint from Maharashtra, India, who was the brother of the Hindu deity Lord Vitthal of Pandharpur.  
"I wandered through the cosmos in search of the treasure but found it within me."  
-Sant Namdev.  
The Great Enlightened Souls  
Public Works Collection

### Sant Namdeo

NAMDEO (1270-1350) - Namdev, also transliterated as Nam Dayv, Namdeo, Namadeva, was an Indian poet and ...



**Sant Gnyaneshwar**  
(1275-1350)  
Sant Gnyaneshwar, also referred to as Jnaneshwar Maharishi, Bhagawan or Mahatma or Gnyaneshwar Maharishi was a 13th-century Indian Hindu Hindu poet, philosopher and one of the four bhakti masters tradition, in the state of Maharashtra, India.  
"There is no merit in renouncing the pleasures of this world with the better expectation of a better deal in the next."  
The Great Enlightened Souls  
Public Works Collection

### Sant Gnyaneshwar

SANT GNYANESHWAR, (1275-1297A.D.) Some 20 Kilometres from Pune is a quaint little village of Alandi where ...

## ENLIGHTENED SUFIS



**Bulleh Shah**  
(1810 - 1871)  
Iyyad Akbarullah Shah Qadri, known popularly as Bulleh Shah and Bulleya, was a Punjabi philosopher and Sufi poet during 19th-century Punjab.  
"You have learnt so much, And read a thousand books, Have you ever read your soul? You have gone to mosques and temples, Have you ever asked your soul? You are busy fighting Satan, Have you ever fought your ill intentions? You have reached into the skies, But you have failed to reach what's in your heart?"  
The Great Enlightened Souls  
Public Works Collection

### Bulleh Shah

readadmin | November 10, 2022



**Amir Khusrau**  
(1253-1325 CE)  
Indo-Persian Sufi singer, musician, poet and scholar.  
"Don't be impatient, God is your guardian and He will deliver your sustenance to you."  
"Let the people be content with their rights and let justice be dear to them."  
"वंतों से ज़रफ़े अर्ज़वतों से शेरें पीवें हैं और ज़ाँ बरसे बिना ग़ीबें हैं"  
The Great Enlightened Souls  
Public Works Collection

### Amir Khusrau

readadmin | November 2, 2022



**Shaikh Nizamuddin Auliya**  
(1248 - 1325)  
Shaikh Nizamuddin Auliya, also known as Nizamuddin Auliya (1248 - 1325), was known as the Great Nizamuddin and the Great Nizam. (Nizam of Aul) was an Indian Sufi mystic scholar, poet, and one of the Chishti Order, and a one of the most prominent Sufi saints of the Indian subcontinent. His predecessors were Fariduddin Ghaznavi, Qutubuddin Bakhtiar Khilji and Moinuddin Chishti, who were the founders of the Chishti Sufi order in the Indian subcontinent.  
Women are equally endowed with spiritual power and talent. They are equal to men in spiritual discipline.  
The Great Enlightened Souls  
Public Works Collection

### Shaikh Nizamuddin Auliya



**BABA FARID**  
(4 April 1174 - 7 May 1234)  
BABA FARID, also known as the Great Pir-e-Sharif was a 13th-century Punjabi Sufi mystic, scholar and poet, who was one of the founders of the most revered and distinguished Sufi tradition of the medieval period, the Chishti Order, in the Indian subcontinent. He is known for his poetry in the Punjabi language, which is still recited by Muslims, Sikhs of the Punjab region, or simply as Faridiya Sarghara.  
Look the way you are otherwise your true face will be unveiled automatically.  
- Baba Farid Gharj-e-Shakar B.A.  
The Great Enlightened Souls  
Public Works Collection

### Baba Farid

readadmin | February 1, 2022

## LITERARY FIGURES | PHILOSOPHERS

**Alain de Lille**  
c. 1128-1202

A French theologian and poet, whose extensive learning won him the title Doctor Universalis. He combined mysticism with rationality. Assuming that the principles of faith were axiomatic, he sought to refute heterodoxy on rational grounds.

God is an intelligible sphere, whose centre is everywhere and whose circumference is nowhere

The Great Enlightened Souls  
Public Works Collection



### Alain de Lille

Alain de Lille was a French theologian and poet. He was born in Lille, some time ...



**Hildegard of Bingen**  
c. 1098 - 17 September 1179

Writer, composer, philosopher, mystic, visionary, and as a medical writer and practitioner during the High Middle Ages.

"Humanity, take a good look at yourself. Inside, you've got heaven and earth, and all of creation. You're a world—everything is hidden in you."

-Hildegard of Bingen.

The Great Enlightened Souls  
Public Works Collection

### Hildegard of Bingen

Hildegard of Bingen (German: Hildegard von Bingen; Latin: Hildegardis Bingensis; c. 1098 - 17 September 1179), also ...



**Rabindranath Tagore**  
7 May 1861 - 7 August 1941

Poet, writer, playwright, composer, philosopher, social reformer and painter.

"It is very simple to be happy, but it is very difficult to be simple."

- Rabindranath Tagore

The Great Enlightened Souls  
Public Works Collection

### Rabindranath Tagore

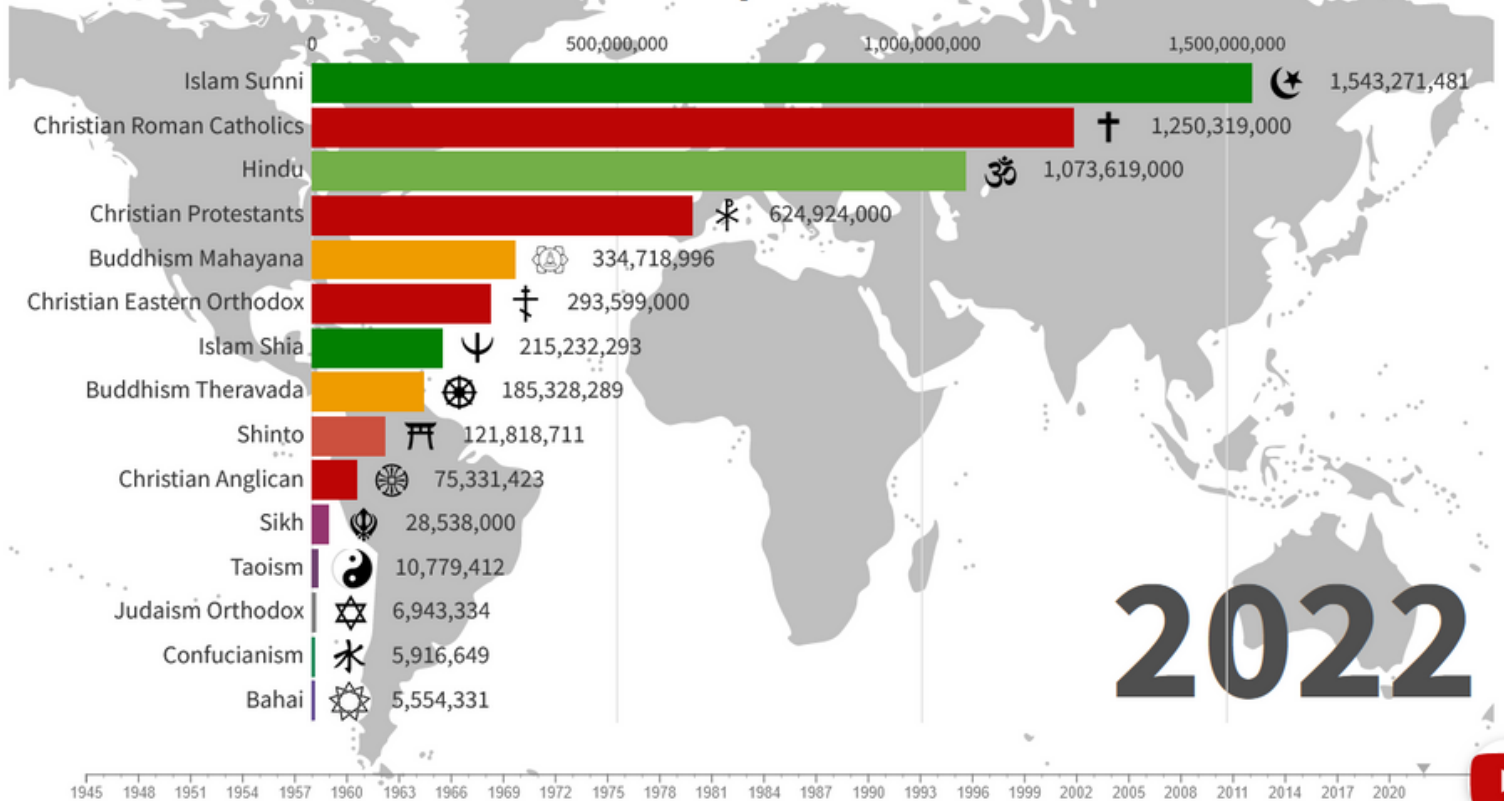
Rabindranath Tagore FRAS (born Rabindranath Thakur, 7 May 1861 - 7 August 1941; sobriquet Gurudev, Kobiguru, ...

Some of the works of realized souls are already shared in the link given below:

[Realized Souls - A Collection](#)

# Approaching people according to their faith and belief factors

## Major Religious Groups in the World - 1945/2022



[Click to visit link](#)

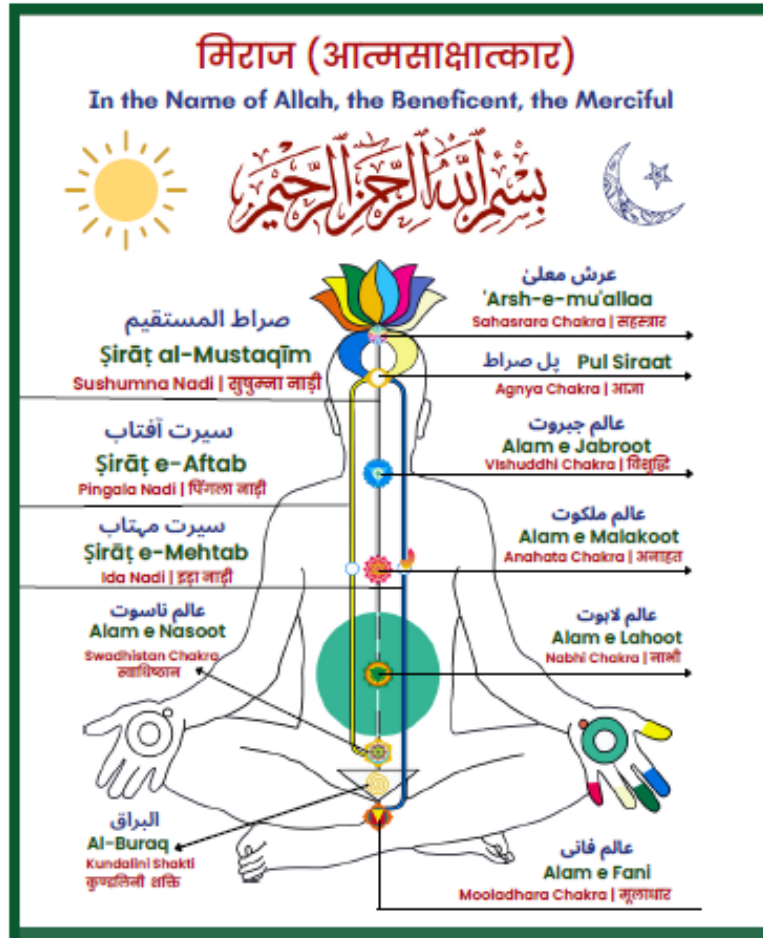


**And then I have to tell you one thing, that all these religions are just like flowers on one tree of Spirituality. They are all one if you see, in the essence.**

**Her Holiness Shri Mataji Nirmala Devi  
Why We Do Not Follow A Religion? Cairo (Egypt)  
October 28th, 1996**



There are already teams of Sahaja Yogies who are working on these lines. One can join them to help and learn more



Come, let's understand how we can awaken our own divine energy with true meditation sitting at home!

آئیے، ہم یہ سمجھیں کہ ہم گھر بیٹھے صحیح مراقبہ کے عمل کو کر کے اپنے آپ میں خدا کے روبرو کیسے بن سکتے ہیں۔



आइए, समझें कि कैसे हम घर बैठे सही ध्यान प्रक्रिया से खुद में खुदा से रूबरू हो सकते हैं।

**सहाजा مراقबे**

**Sahaja Muraquaba**



**Sahaja Yoga Meditation**

[www.sahajayoga.org.in](http://www.sahajayoga.org.in) | [www.nirmaldham.org](http://www.nirmaldham.org)

रुह से राब्ता व्हाट्सएप ग्रुप  
Ruh Se Raabta Whatsapp Group



We conduct weekly meditation  
online - Join Our WhatsApp  
Group by scanning the QR code

हम साप्ताहिक ध्यान ऑनलाइन कराते  
हैं - क्यूआर कोड स्कैन करके हमारे  
व्हाट्सएप ग्रुप से जुड़ें

QR - ہم دھیان کرائے آن لائن ہیں  
کوڈ اسکین کریں اور ہمارے ساتھ  
جڑیں۔



Our body is made up of 5 elements -  
Earth, Water, Air, Fire & Ether -  
during wudu (ritual purification), we  
pray to God to cleanse us totally.

ہمارا جسم 5 عناصر سے بنا ہے - زمین، پانی،  
ہوا، آگ اور آسمان - وضو کے دوران، ہم خدا  
سے دعا کرتے ہیں کہ وہ ہمیں مکمل طور پر  
صاف کرے۔



### Benefits of Sahaja Yoga Meditation

Personality Development  
Stress Relief  
Improved Concentration  
Improved Immunity & Physical Health  
Mental & Emotional Balance  
Increased Creativity  
Peace of Mind  
Joyous Mood

### سہجا یوگا مراقبہ کے فوائد

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Sahaja Yoga Meditation Center, Sanatan Dharam Dharamshala,  
Lal Chowk, Srinagar - 180001 (J&K) | Every Saturday 4 to 5.30 PM

Sahaja Darshan Prachaar Aur Prasaar Samiti

Email: adlakhaadlakhagk@gmail.com | sahaja-yoga-islam.blogspot.com



We conduct regular Zoom Sessions with followers of Islam not only in India but also those residing in Pakistan & Bangladesh.

Sahaja Yogies who want material/pdf/booklets/ leaflets on this may approach us. Also for queries and suggestions.



Wudu or ritual purification is a necessary element that needs to be performed before saying prayer. The ultimate purpose of Wudu is to make a person pure and ready to stand in the court of Allah Almighty with no impurity on the body or anywhere else.

In Sahaja Yoga, we have to take care of cleanliness before sitting to meditate and also wash hands often because we receive the divine vibrations during meditation. We also have to regularly perform a very important clearing techniques like Foot Soaking, Candle Treatment, Candle Pack on Liver etc.- all this will be taught for free online.

Various Clearing Techniques Are Taught in Sahaja Yoga

سہجا یوگا میں کلیئرنگ کی مختلف تکنیکیں سکھائی جاتی ہیں۔



We teach all the Sahaja Yoga related clearing techniques & meditation online, we also have videos - watching which you can easily sit at the comfort of your homes and practice meditation. In sahaja Muraqabah when you Meditate , you start feeling the cool vibrations flowing from your hand. And these cool vibrations are the indication that the Divine power has started flowing through you.

سہجا مراقبہ میں جب آپ مراقبہ کرتے ہیں تو آپ اپنے ہاتھ سے ٹھنڈی کمپنوں کو محسوس کرنا شروع کر دیتے ہیں۔ اور یہ ٹھنڈی کمپنیں اس بات کا اشارہ ہیں کہ الہی طاقت آپ کے ذریعے بہنا شروع ہو گئی ہے۔



Niyat Bandhna - Raising Kundalini (Al-Bura) & taking bandhan



Clearing & balancing the left channel



Clearing & balancing the central channel



Clearing & balancing the right channel



In a meditative state / Muraqaba

Self Realization | KhudiSas | خودی ساس (Mi'rāj)



Self Realization - خودی ساس (Mi'rāj) - Step 1

We will hold our left hand in our lap and put our right hand on our heart and pray: O Allah, we are souls & because we are pure souls, O Allah O Lord, please enlighten my heart with your divine light

ہم اپنا بائیں ہاتھ اپنی گود میں رکھیں گے اور اپنا دایاں ہاتھ اپنے دل پر رکھیں گے اور دعا کریں گے: اے اللہ، ہم روح ہیں اور کیونکہ ہم پاکیزہ ہیں، اے اللہ، میرے دل کو اپنے نور سے منور کر دے۔

Self Realization - خودی ساس (Mi'rāj) - Step 2

Then lower your forehead and place your right hand on it and pray: My Lord! I forgive everyone. I forgive myself and forgive me.

پھر پیشانی کو جھکائیں اس پر دائیں ہاتھ کو رکھ کر یہ دعا کریں کہ اے پروردگار، اے اللہ میں سب کو معاف کرتا ہوں، میں خود کو معاف کرتا ہوں تو بھی مجھے معاف کر دے۔

Self Realization - خودی ساس (Mi'rāj) - Step 3

Then he will place his right hand on the back of his head and pray, "O Allah, I confess my sins. I seek forgiveness for whatever mistakes I have made. Keep me safe from further sins."

پھر اپنا دائیں ہاتھ کو سر کے پیچھے والے حصے پر رکھ کر یہ دعا کریں گے کہ یا اللہ میں اپنے گناہوں کا اقرار کرتا ہوں جو بھی غلطیاں مجھ سے ہوئی ہیں انکی معافی چاہتا ہوں آگے سے بھی گناہوں سے محفوظ رکھنا۔

Self Realization - خودی ساس (Mi'rāj) - Step 4

Then they will place their right hand on the part of the palate above their head and move it round and round 7 times with the palm of their hand and pray that: "O Allah, please give me my self realization and increase my spiritual strength."

پھر اپنا دائیں ہاتھ کو سر کے اوپر تالو والے حصے پر رکھ کر ہاتھ کی ہتھیلی سے گول گول پرسکون گھمائیں گے اور یہ دعا کریں گے کہ یا اللہ مجھے خود سے روبرو کر دے اور میری روحانی طاقت کو بڑھادے۔

# Divine Mission Kashmir



If we approach people with love, they will respond - & we are approaching with divine love...







# Similarly we have material for followers of Sikhism

## Few lines of profound spiritual wisdom from Guru Granth Sahib

ਅਦਿ ਸਚ ਜੁਗਾਦਿ ਸਚ, ਹੈਮੀ ਸਚ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚ।

God is beyond time, He is always there, He was in the past, He is in the present and He will remain the same in the future also.

ਟੁਕਦਮ ਕਰਾਰੀ ਜੋ ਕਰੈ, ਛਾਜਿਰ ਫੁਜੂਰ ਖੁਦਾਯ।

He can be found/realized in an instance - there is no need for a seeker to look for Him in forests or by renunciation or by performing vigorous penances!

Along with Guru Nanak, the term '**Sahaj Samadhi**' was commonly used by all the Nirguna-sampradaya saints, Kabir, Namdev, Dadu and others. During the period of Guru Nanak, attaining great happiness or life's liberation in the form of a 'sahaj' state was considered the best goal and this is what Baba Nanak calls inner discipline and the experience of direct contact with divine reality. The person who has attained this divine light or spontaneous connection with the divine supreme, performs all the tasks easily. The difference between me and you gets destroyed from his heart. He is always in spontaneous meditation and bliss of soul. God drinks the nectar of love, and also gives the gift of spontaneous attention to others. His true religion is awakened. He becomes one with God, becoming thoughtless. Nanak says, he is even ready to sacrifice his life for a person who has attained such a spiritually heightened state.

### ਸਹਿਜ ਯੋਗ ਦੇ ਲਾਭ

#### ਆਮ ਸਿਹਤ ਲਈ

ਸਹਿਜ ਯੋਗ ਤੁਹਾਨੂੰ ਸਰੀਰਕ, ਮਾਨਸਿਕ ਅਤੇ ਭਾਵਨਾਤਮਕ ਤੌਰ 'ਤੇ ਮਜ਼ਬੂਤ ਕਰਦਾ ਹੈ। ਇਸ ਦੇ ਨਾਲ ਸਰੀਰ ਵਿੱਚ ਹੋਣ ਵਾਲੀਆਂ ਬਿਮਾਰੀਆਂ ਦੀ ਜੜ੍ਹ ਨੂੰ ਖ਼ਤਮ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।

#### ਤਣਾਅ ਤੋਂ ਰਾਹਤ

#### ਬੁਰੀਆਂ ਆਦਤਾਂ ਤੋਂ ਛੁਟਕਾਰਾ

#### ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਖੇਤੀਬਾੜੀ ਲਈ ਫਾਇਦੇਮੰਦ

#### ਧਿਆਨ ਟਿਕਾਉਣਾ

ਸਹਿਜ ਯੋਗ ਨਾਲ ਲੋਕਾਂ ਵਿੱਚ ਇਕਾਗਰਤਾ ਵਧਦੀ ਹੈ ਅਤੇ ਉਹ ਆਸਾਨੀ ਨਾਲ ਉਹ ਕਰ ਸਕਦੇ ਹਨ ਜੋ ਉਹ ਜੀਵਨ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹਨ।

Create balance & joy for self & others - Practice

Sahaja Yoga Meditation

For more information contact :

Toll Free No. 1800 2700 800

### Benefits of Sahaja Yoga

- Improves general health & well being
- Sahaja Yoga provides physical, mental and emotional strength. Diseases in the body are eliminated from their roots.
- Relief from stress & anxiety
- Easy & spontaneous riddance from addictions
- Beneficial for students - for increased attention, focus & creativity



Her Holiness Shri Mataji Nirmala Devi

ਪਰਮ ਪਾਵਨ ਸ੍ਰੀ ਮਾਤਾ ਜੀ ਨਿਰਮਲਾ ਦੇਵੀ

**Sikhism & Sahaja Yoga**



ਸੁਨ ਨਿਰੰਤਰ ਸਹਜ ਸਮਾਧਿ | ਤਿਹ ਘਰ ਜਾਏ ਤੋ ਸਿਟੇ ਤਪਾਧਿ।

Meaning Sahaj Samadhi (Meditative Status) is achieved by continuously remaining in Thoughtless Awareness. The person who reaches there gets relieved from all his worldly, mental or emotional troubles.

**Sahaja Yoga Meditation | ਸਹਜ ਯੋਗ ਧਿਆਨ**

[www.sahajayoga.org.in](http://www.sahajayoga.org.in) | [www.nirmaldham.org](http://www.nirmaldham.org)

In this manner we request Sahaja Yogies to get engaged in acquiring in-depth knowledge of various religions and how they are similar to Sahaja Yoga.

One can create BlogSpot (FREE) and keep accumulating important matter on Sahaja Yoga and your experiences.



<https://atmajagrati.blogspot.com>

[Click to visit link](#)





### Sahaja Muraquaba

Mir'aj, in Islam, the ascension of the Prophet Muhammad into heaven. In this tradition, Prophet Muhammad is prepared for his meeting with God by the archangels Jibril (Gabriel) and Mikail (Michael) one evening while he is asleep in the Ka'bah, the sacred shrine of Mecca.

### Mir'aj = Self Realization

With Sahaja Yoga Meditation you can awaken your dormant spiritual powers & get your self actualization/ realization.



Kundalini Shakti = Al Buraq

www.sahajayoga.org.in  
Toll Free No. 1800 2700 800  
sahaja-yoga-islam.blogspot.com

<https://sahaja-yoga-islam.blogspot.com>

Click to visit link



# Adi Guru

## The Ten Primordial Masters

Shri Raja Janaka  
Shri Abraham  
Shri Zarathustra.  
Shri Moses  
Shri Lao-Tsu

Shri Confucius  
Shri Socrates  
Shri Mohammed  
Shri Guru Nanak  
Shri Sainath of Shirdi

<https://aadi-guru.blogspot.com>

Click to visit link



Sahaja Yogies should use the powers of technology freely available to us. Maintaining diaries is something which Shri Mataji has always encouraged - we should maintain digital diaries and share among both Sahajeos and non-sahajeos

Click below on the YouTube link to learn how to create a blogspot FREE - all you need is a gmail id.

[Sahaja Yogis to maintain 'Digital Diary' with blogger.com](#)

# Benefits of Maintaining Diaries in Sahaja Yoga Practice:

## Daily Experiences Diary:

- Sahaja Yogis are encouraged to maintain a diary documenting daily experiences.
- Writing daily helps keep the mind alert and attentive to significant occurrences.

## Two Types of Diaries:

- Sahaja Yogis are advised to have two diaries: one for daily experiences and another for special ideas related to the past or future.

## Pegs for Constant Attention:

- Diaries act as pegs for constant attention, ensuring mindfulness and awareness of important events.
- Regular writing sharpens attention, leading to the discovery of brilliant ideas and recognizing miracles in daily life.

## Recording God's Blessings:

- Diaries serve as records of God's beauty, auspiciousness, greatness, kindness, and blessings.
- By documenting such moments, Sahaja Yogis deepen their connection with the divine.

## Human Style of Engagement:

Maintaining a diary aligns with the human style of involvement, allowing individuals to reflect on their spiritual journey.

## Meditation Accountability:

- Diaries include reflections on daily meditation practices, ensuring accountability for spiritual disciplines.
- Sahaja Yogis note whether they consistently allocate time for meditation.

## Monitoring Mind Movements:

- Special attention is given to noting any movements in the left, right, or center, providing insights into the state of the mind.
- Monitoring mind shifts helps practitioners stay attuned to their inner states.

## Progressive Evolution of Ideas:

- Over time, Sahaja Yogis observe the evolution of their ideas and priorities.
- Priorities shift towards real, meaningful aspects of life, highlighting the transformative power of Sahaja Yoga.

## Practical Side of Human Growth:

- Maintaining diaries is seen as a practical aspect of human growth within the Sahaja Yoga framework.

## Historical Value:

- Over time, these diaries become historical documents, offering insights into the spiritual journeys of individuals.
- Authenticity and truthfulness in recording experiences are emphasized.

## Pre-Sleep Reflections:

- Sahaja Yogis are encouraged to jot down a few lines just before sleeping, facilitating reflective and introspective moments.

## Encouragement for Future Generations:

- Diaries can serve as a source of inspiration for future generations, showcasing the sincere efforts and experiences of Sahaja Yogis.

**Shri Mataji Nirmala Devi**  
**Preparation for Becoming, Evening Seminar**  
**Old Alresford Place, Alresford (England) | May 17th, 1980**



# Sahaja Yoga In Agriculture Sahaj Rural Mission

ENGLISH सहज योग सहज कृषि सहज कृषि तकनीक अनुसन्धान कार्य सफ़तता कहानियाँ चित्रगाला हिंदी वीडियोस संपर्क

भगवान श्री कृष्ण जी के नाम की उत्पत्ति 'कृषि' शब्द से हुई!



जैसे कोई माली बाग लगा देता है और उस पे प्रेम से सिंचन करता है और उसके बाद देखते रहता है कि देखें कि बाग में कितने फूल खिल रहे हैं। वो देखने पर जो आनन्द एक माली को आता है... उसका क्या वर्णन हो सकता है ?! कृष्ण नाम का अर्थ होता है कृषि से - कृषि आप जानते है खेती को कहते हैं।



श्री माताजी निर्मला देवी , 21 जनवरी 1975, स्थान: दादर



<https://sahajkrishi.org> Hindi Website

Sahaj Rural Mission  
Spread Sahaja Yoga in Villages | Think Global | Act Global

SAHAJA YOGA SAHAJA AGRICULTURE GALLERY RESEARCH WORKS COUNTRIES CONTACT US HINDI

WELCOME TO START THE NEXT GREEN REVOLUTION



Her Holiness Shri Mataji Nirmla Devi

## Sahaj Agriculture Mission



<https://sahajkrishi.org/english/> English Website

Sahaj Agriculture Mission  
Think Global | Act Global




## VISION




Enhanced peace & prosperity among Rural Community, Increased Agriculture , Live Stock production through Sahaja Meditation to bring about second Green Revolution.

Sahaj Agriculture Mission  
Think Global | Act Global




## MISSION



Spread Sahaja Yoga and Sahaj Agriculture in rural areas.

To perpetuate, document and facilitate the spreading of the teachings of Shri Mataji Nirmla Devi and the practice of Sahaja Yoga - a meditation founded by Her, and Sahaj Agriculture in rural areas.





# We have booklets, leaflets, posters required to participate in any Agricultural Trade Fair

## SAHAJA YOGA - THE MAHAYOGA

(Sahaja Yoga Meditation is taught for free)

For more information, please contact-

Jagpal Singh, Uttarakhand 6397904625	Shrichand Chaudhary, Rajasthan 9829010470	Dr.M.B. Kulkarni, Pune 9921173439
G.D.Pareekh, Rajasthan 9828451514	Rajesh Desari, Hyderabad 9652148965	Dr. Virendra Singh, HP 09418045229
Prakash Patel, MP 9617262117	Tarun Chaudhary, Dadri 80100 06868	Vijayraj Singh, MP 9806231877
Mohan Naayar, Kerala 9447839465	Punjabrao Bihade, Maharashtra 9552273001	Chotu Lal, Rajasthan 9116604049

### Benefits of Sahaja Agriculture

Increased production of food grain  
Improved growth of plants/  
development  
Protection from natural calamities  
Improvement in the quality of animal  
food  
Improvement in the health of animals  
Improved Immunity  
Increase in Milk Production

Let's all materialize Sahaja  
Agriculture Mission, the gift of  
Shree Mataji, in the whole world  
Sahaj Agriculture is based on the  
principles of Organic Farming.



Please continue to share detailed information of Sahaj Krishi miracles. Please share farmer's name with pictures, videos & phone nos.etc. We humbly request all of you to send your suggestions on What's App for the success of Sahaja Agriculture Mission



G.D. Pareekh : 98284 51514 | G.K. Adlakha : 98712 78936



## SAHAJ RURAL MISSION

### Mission

Spreading Sahaja Yoga and Sahaja Agriculture in Rural Areas

### Vision

Enhanced peace and prosperity among rural community,  
Increased Agriculture, live stock production through Sahaja  
Meditation to bring about second Green Revolution.



Know about the effect of the vibrations  
originating from the divine power on  
Agriculture, Gardening, Cottage industry  
and Animal Husbandry

TAKE TO SAHAJ AGRICULTURE FOR  
INCREASED PRODUCTION &  
CONSTANT FLOW OF  
DIVINE BLESSINGS

Let Everyone Know About  
Sahaja Yoga Meditation  
& Sahaj Agriculture

Sahaja Yoga is totally free of cost.  
For more information visit:  
[www.sahajkrishi.org/english](http://www.sahajkrishi.org/english)



The artworks are made in an app called Canva.com. The template is available in English and Hindi. Volunteers from different states showed interest in translating the booklet in their native language. Many QR code of different language booklets are given in the next page. If anyone is interested to translate in their language, please email [aparna.gangopadhyay@gmail.com](mailto:aparna.gangopadhyay@gmail.com) - I will share the canvas with the volunteer. The websites cover reports of agricultural miracles worldwide. Monthly reports and miracles are also updated regularly.



Her Holiness Shri Mataji Nirmala Devi

FILL THE ATMOSPHERE WITH  
DIVINE VIBRATIONS!



Become a Sahaja Yogi- an effective  
instrument of the All Pervading Divine Power  
- and manifest regular miracles through  
Sahaj Agriculture!





**SAHAJA YOGA -  
ONE STEP SOLUTION TO ALL  
WORLDLY PROBLEMS**  
**www.sahajayoga.org.in**  
**Toll Free # 1800 2700 800**



**Download Sahaja Yoga related digital booklets  
by scanning the QR codes given below**



Sahaja Krishi Booklet  
Hindi



Sahaja Krishi Booklet  
English



Sahaja Krishi Booklet  
Bengali



Sahaja Krishi Booklet  
Malayalam



Sahaja Krishi Booklet  
Punjabi (Gurmukhi)



Sahaja Krishi Booklet  
Telegu



Sahaja Krishi Booklet  
Odia (Odisha)



Sahaja Krishi Booklet  
Kannada



Sahaja Krishi Booklet  
Marathi



Sahaja Krishi Booklet  
Gujrati



SahajaYoga &  
Sikkism



SahajaYoga & Islam

Digital booklets establishing how different religions talked about the same thing - emancipation of mankind. More to come soon.



Both the websites have the Google Translate plugin inserted that allows you to read the content in more than 120 different languages

**G .D PAREEK National Sahaja Agriculture Coordinator-  
Mob 9828451514**

**gdpareek@yahoo.com & gdpareek.gdp@gmail.com**

**www.sahajkrishi.org**



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

Sahaja Krishi  
Hindi Website



[www.sahajkrishi.org/english/](http://www.sahajkrishi.org/english/)

Sahaja Agriculture  
English Website



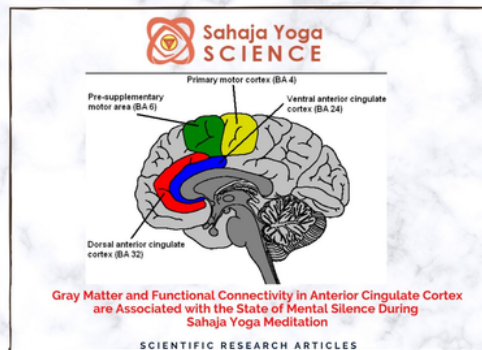
*We have the science of the tree, but not the science of the roots.*

*Sahaja Yoga is the science of the roots!*



Explore our comprehensive science and Sahaja Yoga website, encompassing articles from various scientific research journals. Simplify sharing within the medical and research community. Our dedicated team of doctors, spanning diverse fields such as Ayurveda, Homeopathy, Allopathy, and more, are passionate Sahaja Yoga practitioners ready to contribute valuable insights.

In order to add your name or some research article on Sahaja Yoga in the medical or research field, please send an email to [aparna.gangopadhyay@gmail.com](mailto:aparna.gangopadhyay@gmail.com).



**Akhilesh Aggrawal**

Naturopathy Specialist



**Anita Malik**

Radiation Oncologist



**Anu Sood**

Ayurvedic Medical Officer



**Anuradha Ghorpade**

Eye Surgeon



**Anuroop Prakash**

Dentist



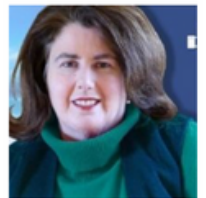
**Baskaran. K**

BHMS-Homeopathic Physician



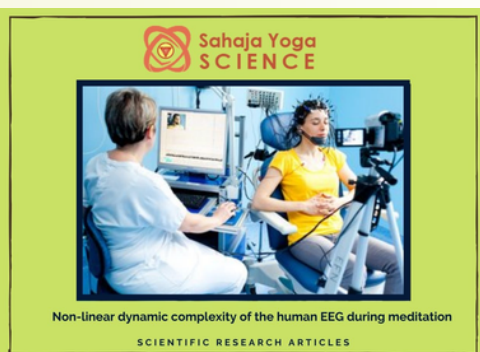
**Brian Wells**

CEO & International Liaison Psychiatrist



**Caterina Nicolosi Ganssmann**

Psychologist



**Chandrashekhar Akolkar**



**Cristina Carmen Hreniuc**



**Harshavardhan Ghorpade**



**Jyoti Aggarwal**



# Geography of the Virat

Position of chakras, Kundalini shakti on Mother Earth



Her Holiness  
Shri Mataji Nirmala Devi

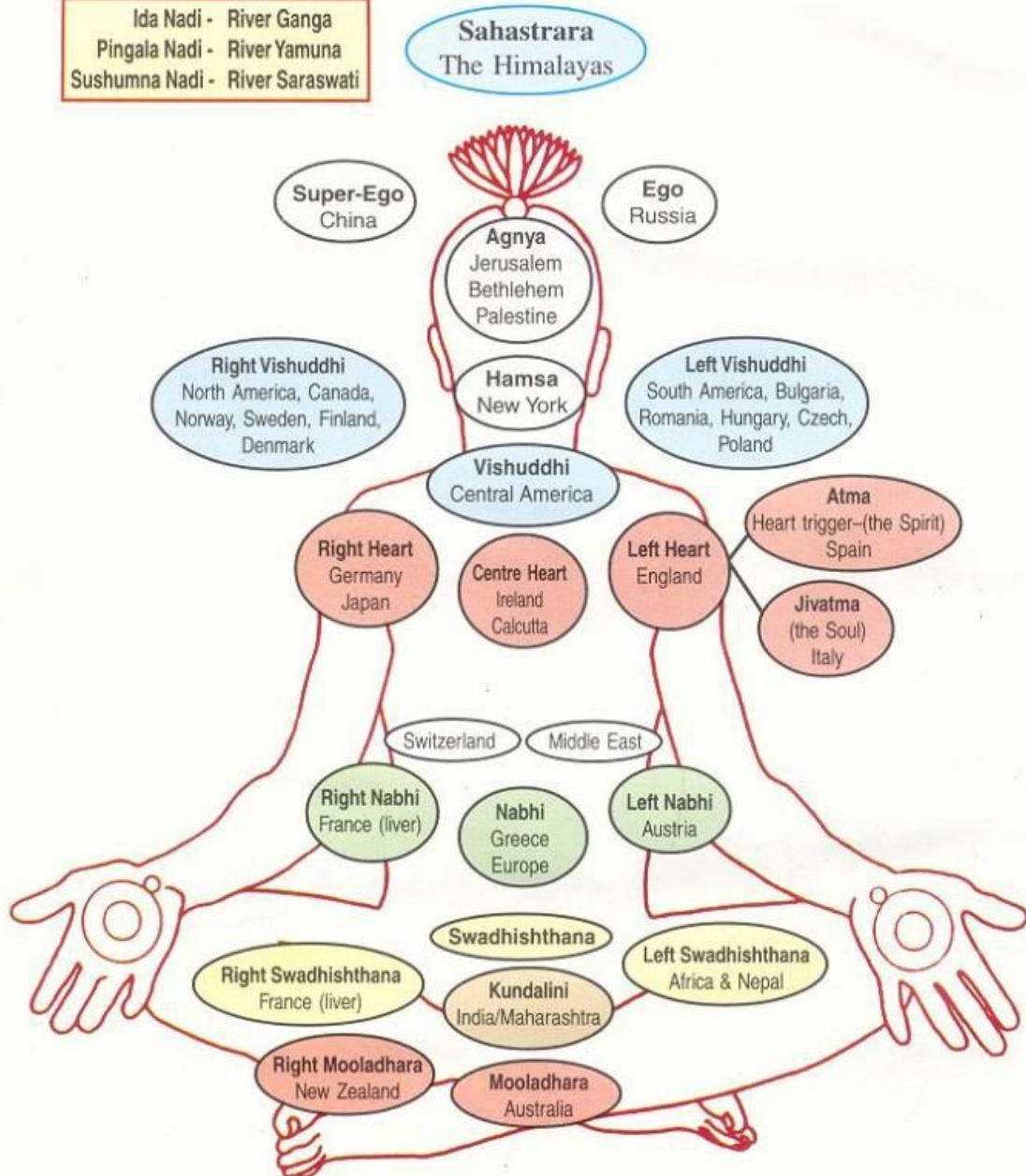
We're all a part of God's  
great big family  
And the truth, you know,  
love is all we need  
We are the world  
We are the children  
We are the ones who make  
a brighter day, so let's  
start ...meditating!

Sahaja Yoga Meditation



## The Geography of The Virata

Ida Nadi - River Ganga  
Pingala Nadi - River Yamuna  
Sushumna Nadi - River Saraswati



# List of countries representing various chakra positions on Mother Earth

## Mooladhara

Australia (Center)

New Zealand (Right)

## Kundalini

India/ Maharashtra -  
All of India is the Sacrum Bone

## Swadhisthana

Africa & Nepal (Left)

France (Liver) (Right)

## Nabhi

Greece, Europe (Center)

France (Right )

Austria (Left)

## Bhavsagar

Switzerland, Middle East

## Heart

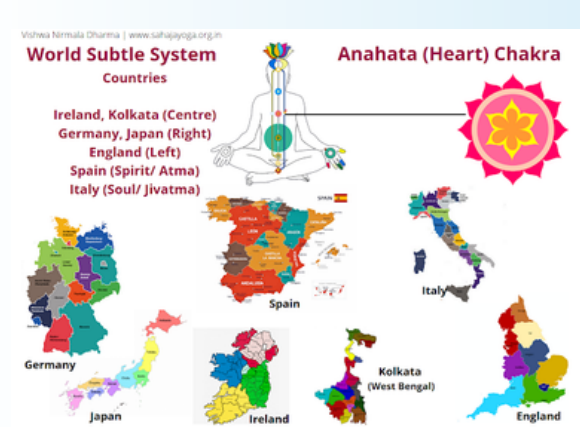
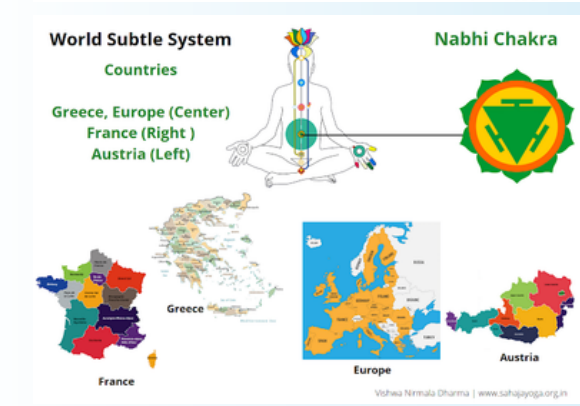
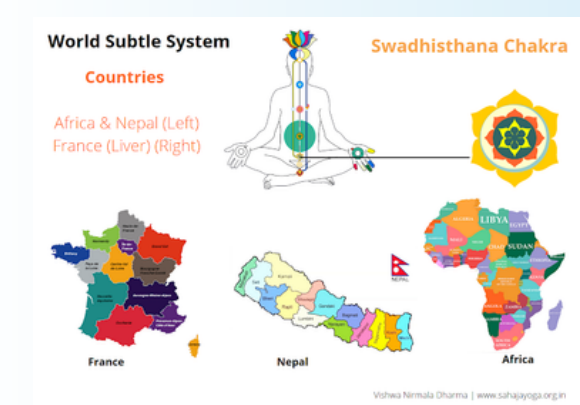
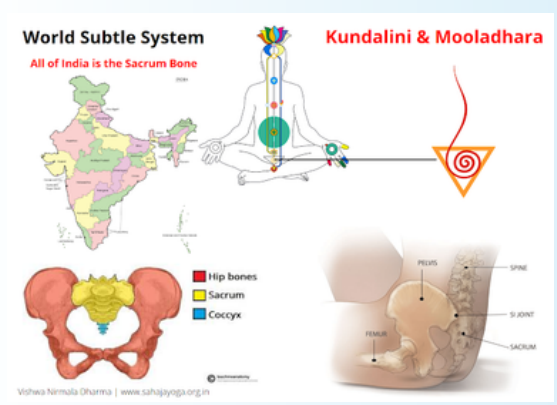
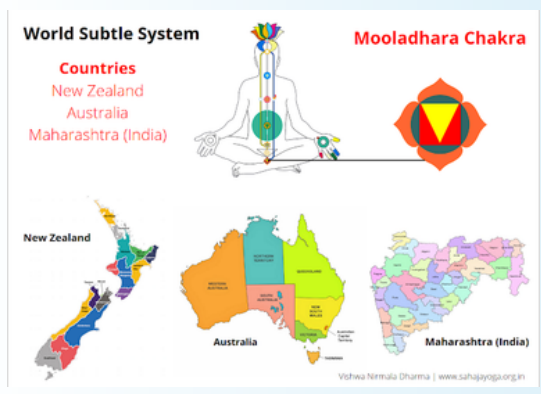
Ireland, Calcutta (Center Heart)

Germany, Japan (Right)

England (left)

Spain (Spirit/ Atma)

Italy (Soul/ Jivatma)





# Vishuddhi

Central America (Center)

North America, Canada, Norway, Sweden, Finland, Denmark (Right)

South America, Bulgaria, Romania, Hungary, Czech, Poland (Left)

**World Subtle System**  
Countries

**Vishuddhi (Throat) Chakra**  
Left

South America, Bulgaria, Romania, Hungary, Czech, Poland (Left)

South America, Poland, Hungary, Romania, Bulgaria, Czech

Vishwa Nirmala Dharma | www.sahajayoga.org.in

**World Subtle System**  
Countries - Central America

**Vishuddhi (Throat) Chakra**  
Centre

Central America

MEXICO, Belize, GUATEMALA, HONDURAS, CARIBBEAN SEA, EL SALVADOR, NICARAGUA, PACIFIC OCEAN, COSTA RICA, PANAMA, COLOMBIA

Central America

1. Belize
2. Costa Rica
3. El Salvador
4. Guatemala
5. Honduras
6. Nicaragua
7. Panama

Welcome to Central America Capitals!

Vishwa Nirmala Dharma | www.sahajayoga.org.in

**World Subtle System**  
Countries

**Vishuddhi (Throat) Chakra**  
Right

North America, Canada, Norway, Sweden, Finland, Denmark (Right)

North America, Finland, Sweden, Norway, Denmark

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Hamsa

New York

Agnya

Jerusalem, Bethlehem, Palestine (Center)

Russia (Right) EGO

China (Left) Superego

Sahsarara

The Himalayas



World Subtle System

Countries

Jerusalem, Bethlehem, Palestine (Centre)

Agnya (3rd Eye) Chakra Centre



Bethlehem



Palestine



Jerusalem

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World Subtle System



Agnya (3rd Eye) Chakra Left

Countries  
China (Left) Superego



China

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World Subtle System

Countries

Russia (Right) EGO

Agnya (3rd Eye) Chakra Right














Russia

Vishwa Nirmala Dharma | www.sahajayoga.org.in



# The World Subtle Body United We Get Well!

-  > SAHASRARA
-  > Ego / Super Ego
-  > Agnya
-  > L / C / R Vishuddhi
-  > Atma / Jivatma
-  > L / C / R Heart
-  > Void
-  > L / C / R Nabhi
-  > L / C / R Swadisthan
-  > LG / R Mooladhara
-  > KUNDALINI

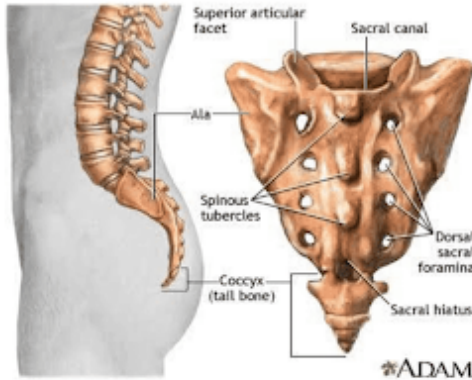




## World Subtle System

### Mooladhara Tidbits

In 1998, while discussing with Professor Dr. U.C Rai, Mother explained that these eight holes are abode of Ashtavinayaka who guard the purity of Gauri...



Vishwa Nirmala Dharma | www.sahajayoga.org.in

### Ashtavinayak Yatra Route Map



## World Subtle System



### Mooladhara Tidbits



Uluru Swayambhoo - Ayres Rock is situated on Tropic of Capricorn.

Lord Ganesh's planet is Mars and Mars exalts in Capricorn!

That's why Mother termed Uluru, Ayres Rock Swambhoo as MahaGanesh.



Ayres Rock



Tropic of Capricorn





World Subtle System

Heart Chakra - Italy (Soul/ Jivatma)

## The SOUL .... Resurrected & Revered Forever



**BEFORE**

The soul of the world in  
hopeless, dilapidate  
condition



**AFTER**

The soul of the world  
renovated & resurrected



The soul of the world  
continues to be  
revered & worshipped  
...forever til eternity!

**Cabella Ligure, Comune in Italy, is the Kingdom of Adi Shakti, a Sahaj Samaj (community) in which the Castle is Her Residence.**

Vishwa Nirmala Dharma | [www.sahajayoga.org.in](http://www.sahajayoga.org.in)

The Sahajees of respective countries have to work more on the chakras they represent. Find out the Swayambhus of your country and create memes/ blogs/ video clips about it. Talk about divine vibrations that is felt in such places.

## Become Influencers.

Now, in broad lines I can tell you, not individual problems and individual things because you are no more individuals now. You have become part and parcel of the Divine Being and you are awakened cells and so in a broad way we must understand what we have to do about it. First thing, we have to know that we are Realised souls, and that you have got Realisation and that you are saints; that you have all the powers that a saint could have. No saint ever had more powers than you have, as it is, which is manifesting. No saint had any knowledge that you have today.

**Sahaja Yoga is a very speedy thing .....**

**You'll only grow when you will keep to the speed of Sahaja Yoga.**

**“Drop out all your shackles and drop out all your misidentifications, all nonsenses of fanaticism or of misidentifications that you are British, this, that, all this”. And just become Sahaja Yogis and universal beings. It's very important. The time has come now.**

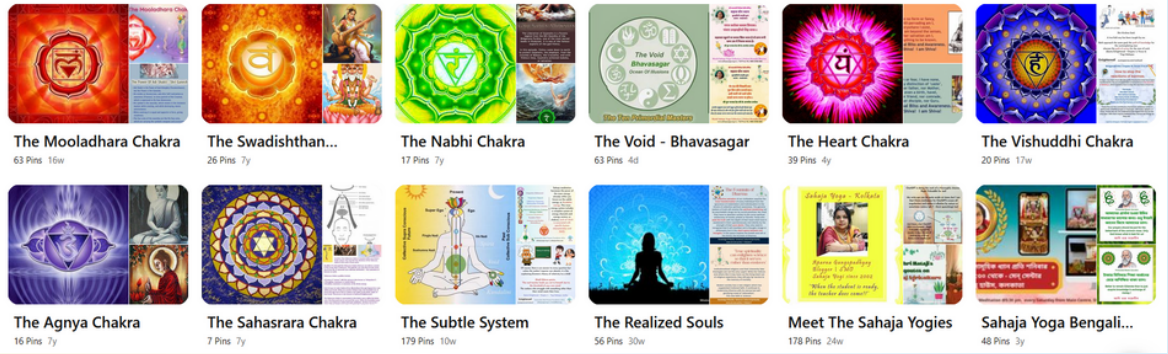
# Important Social Media Platforms to Spread Sahaja Yoga



[https://in.pinterest.com/aumaparna\\_saved/](https://in.pinterest.com/aumaparna_saved/)



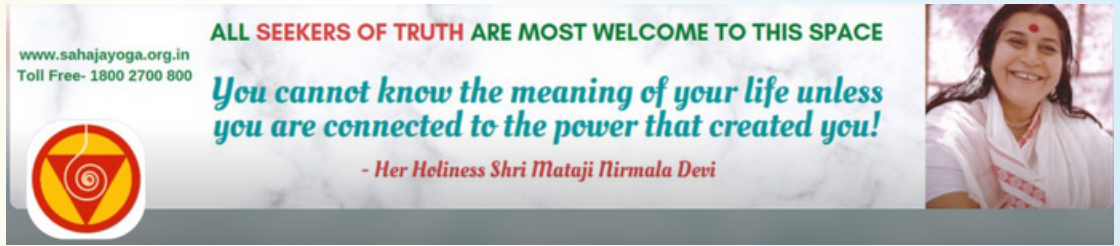
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<https://seekersoftruth.quora.com>



Click to visit link



**LinkedIn**



Click to visit link



**Instagram**

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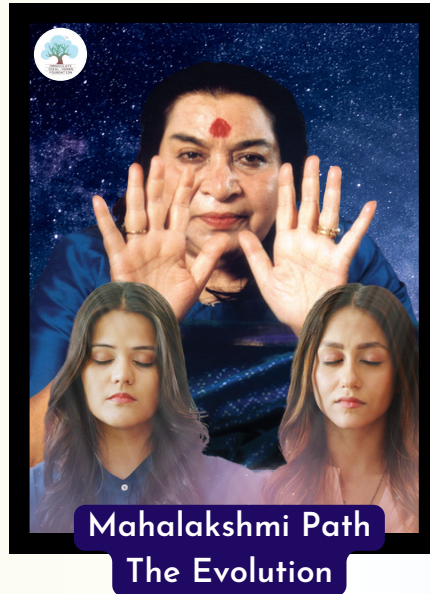
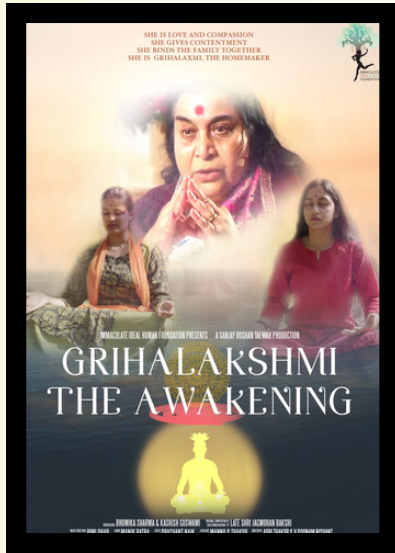
[https://www.instagram.com/immaculate\\_human/](https://www.instagram.com/immaculate_human/)



TikTok  
 Telegram  
 Snapchat...



# Spreading Sahaja Yoga via films/ Teleserials / OTT platforms



Immaculate Ideal Human Foundation has already produced 2 films based on the values of Sahaja Yoga.

The films were released in film halls and the halls turned into venues for Public Programs.

After the film, the Sahaja yogi volunteers of respective states gave realization to the audience!



<https://grihalakshmi-the-awakening.blogspot.com>

Click to visit link



<https://mahalakshmi-evolution.blogspot.com>

Click to visit link





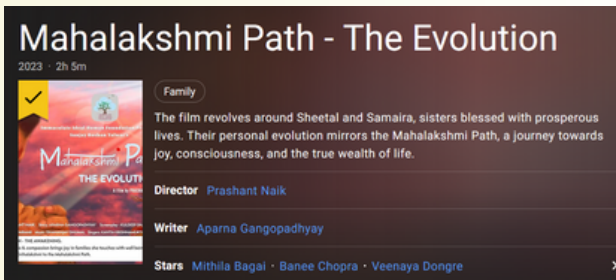


Two important platforms opened up to voice your opinions :


**BookMyShow**  
**IMDB**

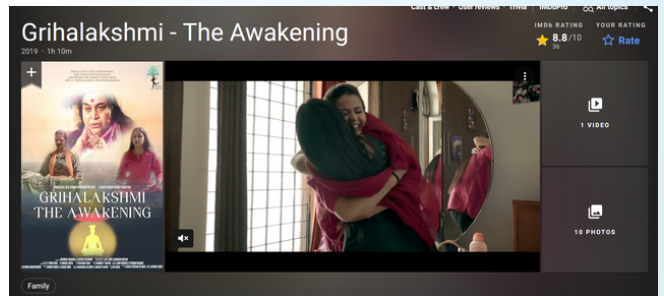
<https://in.bookmyshow.com/kolhapur/movies/mahalakshmi-path-the-evolution/ET00360710/user-reviews>

Click to visit link 



[https://www.imdb.com/title/tt29720550/?ref=rvi\\_tt](https://www.imdb.com/title/tt29720550/?ref=rvi_tt)

Click to visit link 



[https://www.imdb.com/title/tt10916104/?ref=vp\\_vi\\_tt](https://www.imdb.com/title/tt10916104/?ref=vp_vi_tt)

Click to visit link 



A beautiful collective effort shown by Sahaja Yogies of various Indian states. Both films are also dubbed in English so that the films have a universal appeal. Also available in Russian and few other foreign subtitles.



# Approach Seekers With Care, Understanding & Empathy

## **Avoid Direct Confrontation:**

- When addressing people with drug-related issues, avoid direct statements against drug use.

## **Empathize and Relate:**

- Approach the person by empathizing with their situation.
- Share a personal or close-to-home experience related to drug use, **even if it involves a little deviation from the truth.**

## **Stoop Down to Their Level:**

- Express understanding by stating, "I was also into drugs," or involve a close connection like, "My father was a drug addict."
- This approach helps in establishing a connection without triggering their defensive mechanisms.

## **Recognize Them as Seekers:**

- Acknowledge that their drug habits developed as a result of seeking something deeper.

## **Adjust Your Communication:**

- Speak in a manner that resonates with them and doesn't alienate them further.
- Approach them compassionately and with understanding.

## **Motherly Approach:**

- Use a nurturing approach similar to a mother giving medicine in a sweet form to a child.

## **Introduce Kundalini Awakening:**

- Explain the impact of Kundalini awakening and how it naturally corrects negative habits.
- Share that the rising Kundalini brings awareness and pain associated with left-sided imbalances.

## **Highlight the Timeless Nature of Realization:**

- Emphasize that realization takes one beyond the constraints of time, reducing the likelihood of boredom and, consequently, substance abuse.

## **Guide Towards Happiness:**

- Illustrate that Kundalini, when awakened, brings happiness and fulfillment, reducing the desire for external stimulants.

## **Offer Support and Understanding:**

- Convey a genuine willingness to help and support them through their journey of overcoming drug addiction.

Approaching individuals struggling with drug addiction with understanding, empathy, and a connection to **Sahaja Yoga principles** can be an effective way to guide them towards positive change.

# Full Page Articles in the Newspapers

Speak on every festival -because we are part & parcel of

Vishwa Nirmala Dharma

[Click to View details](#)

13 मंगल 05 फरवरी 2022 देहरादून

मकर संक्रांति की हार्दिक शुभकामनाएं!  
~ सहज योग परिवार ~

जन्म शताब्दी महोत्सव - १९२२ - २०२३  
परम पूज्य श्री माताजी निर्मला देवी

आज धार्मिक पावनता और पुण्य क्रांति का दिन है।

13 मंगल 05 फरवरी 2022 देहरादून

डेविड का स्तुतिगान - 23  
प्रभु मेरे स्वामी हैं; मेरे पास वह सब कुछ है जो मुझे चाहिए।

वह मुझे हरी चराचरों में विभ्राम करते हैं  
व मुझे मानव जल के पास ले जाते हैं  
क्योंकि वही सभी सृष्टियों के निमित्त हैं।

वह मेरी आत्मा को परिष्कृत करते हैं।  
वह मुझे सही राहों का मार्गदर्शन करते हैं जो उनकी भलाई को दर्शाते हैं।

मेरी जीवन की राह किन्नरी भी अंधेरी हो मुझे विनमूल भय नहीं,  
उनकी छाड़ी और चरवाड़े की लाठी मुझे सुखदाई अनुभव देते हैं।

वह मेरे शत्रुओं के सामने मेरे लिये भोजन तैयार करते हैं।  
और जब सिर पर वह आशीष का तेल उपकेलते हैं  
उनका दिव्य प्रेम छत्रकाने लगता है।

निश्चय ही उनकी दयालुता और प्रेम जीवन भर मुझ पर बना रहेगा,  
और मैं प्रभु के धाम में सर्वदा वास करूंगा।

सहज योग परिवार से  
आप सभी को क्रिसमस की बहुत बहुत बधाई

येशु मसीह - प्रेम, शांति,  
करुणा, क्षमा के प्रतीक

क्रिसमस पर्व की बधाई

जन्म शताब्दी महोत्सव - १९२२ - २०२३  
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13 मंगल 06 फरवरी 2022 देहरादून

गीता जयंती पर विशेष

जन्म शताब्दी महोत्सव - १९२२ - २०२३  
परम पूज्य श्री माताजी निर्मला देवी

गीता जयंती  
सहज योग परिप्रेक्ष्य से

13 मंगल 06 फरवरी 2022 देहरादून

श्री कार्तिकेय  
नकारात्मकता को  
नष्ट करने वाली शक्ति

जो रक्षा करते हैं।  
जो सभी बुराइयों का नाश करते हैं।  
जो आज्ञा की सेनापति हैं।

जन्म शताब्दी महोत्सव - १९२२ - २०२३  
परम पूज्य श्री माताजी निर्मला देवी

16 बुधवार 09 फरवरी 2022 - देहरादून

देश-विदेश

सिख धर्म और सहज योग

सुन निरंतर सहज समाधि  
सिंह पर जाए तो मिट्टे उपाधि।  
अर्थात् सहज समाधि निरंतर सृजन में रहने से है - जो सभी  
बर्तमान तक पहुंच जाता है, उसको सारे सार दूर हो जाते हैं।

सिख धर्म के प्रथम गुरु - श्री गुरु नानक देव जी  
सामान्यता तो गुरु ग्रंथ साहिब पूरा सहजयोग ही है!

सहज योग परिवार की ओर से गुरु नानक जयंती की लख-लख बधाइयां।

जन्म शताब्दी महोत्सव - १९२२ - २०२३  
परम पूज्य श्री माताजी निर्मला देवी

16 बुधवार 09 फरवरी 2022 देहरादून

दैनिक भास्कर

राम राज्य की ओर  
श्री राम के तत्व की अन्तः जागृति -  
राम राज्य की ओर जाने का एकमात्र मार्ग

श्री राम  
श्री राम  
श्री राम  
श्री राम

जन्म शताब्दी महोत्सव - १९२२ - २०२३  
परम पूज्य श्री माताजी निर्मला देवी

5<sup>th</sup> MAY 1970  
World Sahasrara Day

दैनिक भास्कर  
The Indian EXPRESS  
FINANCIAL EXPRESS

सहज योग परिवार की ओर से  
दुनिया भर में बसे सभी भाई बहनों को  
ईद मुबारक

अल्लाह हम सब को ईद के मुकदमस मौके पर  
तमाम खुशियां अता फरमाएँ और  
हमारी इबादत कुबूल करें

जन्म शताब्दी महोत्सव - १९२२ - २०२३  
परम पूज्य श्री माताजी निर्मला देवी

Sahaja Yoga Darshan Prachar Prasar Samiti

समाज में नारी शक्ति और  
उसके अमूल्य गुणों का महत्त्व

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः  
यत्रैतास्तु न पूज्यन्ते सर्वत्राफलाः क्रियाः ॥  
(मनुस्मृति 3/54)

परम पूज्य श्री माताजी निर्मला देवी  
सहज योग संस्थापिका एवं  
कुण्डलिनी जागरण द्वारा आत्म-साक्षात्कार दात्री

मैत्रेयी गार्गी  
अक्का महादेवी  
रानी लक्ष्मीबाई  
सरोजिनी नायडू  
शिवरामकृष्ण अय्यर पद्मावती

दैनिक भास्कर

सहज योग परिवार की ओर से  
दुनिया भर में बसे सभी भाई बहनों को  
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अल्लाह हम सब को ईद के मुकदमस मौके पर  
तमाम खुशियां अता फरमाएँ और  
हमारी इबादत कुबूल करें

जन्म शताब्दी महोत्सव - १९२२ - २०२३  
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The Indian EXPRESS  
JOURNALISM OF COURAGE

SAHAJA YOGA INTERNATIONAL  
GOLDEN JUBILEE 1978 - 2023  
50 YEARS OF SERVICE TO HUMANITY

The Only Road to  
RAM RAJYA  
Awakening the Essence of  
Shri RAMA within



# Significance of Shri Mataji's Incarnation and the Establishment of Vishwa Nirmal Dharma (VND) in Sahaja Yoga:

## Previous Incarnations and Dharma Establishment:

- Incarnations preceding Shri Mataji attempted to establish Dharma, but oral transmission led to misinterpretations over time.
- Prophets cited teachings orally, making it susceptible to distortion and misapplication.

## Hard Work of Previous Saints:

- Previous saints faced challenges like short life expectancy, starvation, and harsh conditions.
- Many saints, despite their hard work (e.g., memorizing Vedas), faced adversities like ice ages and floods.

## Writing to Preserve Teachings:

- With the realization that oral transmission faced limitations, attempts were made to write down teachings.
- Limited language skills and local dialects made deciphering ancient epic writings challenging.

## Loss of Teachings Due to Destruction:

- Many attempts to preserve teachings were hampered by library burnings and the destruction of epics.
- Libraries holding valuable knowledge were lost, limiting access to the full advantage of ancient teachings.

## Shirdi Sai Baba's Advent:

- Shirdi Sai Baba, an incarnation in the last century, had followers, but many failed to grasp the essence of his teachings.
- Limited recognition as Adiguru and localized presence restricted the dissemination of his teachings.

## Unique Contribution of Shri Mataji:

- Shri Mataji's teachings are the first to be recorded with audio and video, ensuring preservation and accessibility.
- Vishwa Nirmal Dharma (VND) has been established through Sahaja Yoga in Shri Mataji's presence.

## Recognition by French Government & many others:

- French Government, recognizing VND, granted permission for five years (potentially extendable), marking a historic achievement.
- VND emphasizes the evolution of the present generation to the level of Spirit and its guidance.

## Joyful Journey and Collective Responsibility:

- Sahaj Pariwar acknowledges the joyful journey of life guided by the responsibility to establish VND in individual and collective consciousness.
- Collective efforts aim to fulfill the dream of "Maa teri jay ho teri hi Vijay ho."

## Spreading Maha Laxmi Tatwa Worldwide:

- The current moment calls for spreading the Maha Laxmi Tatwa state worldwide, embodying the principles of VND.

## Call to Action and Behavior:

- The communication urges individuals to understand the significance of this moment and align actions and behavior accordingly.
- Collective efforts are emphasized to turn individual and collective dreams into reality.

## Emphasis on Spirit Evolution:

- The central theme is the evolution of the present generation to the level of Spirit, with VND as the guiding principle.
- Each Sahaja Yogi is encouraged to embrace this responsibility during the momentous hour.



**Sahaja Darshan Prachaar aur Prasaar Samiti**  
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www.nirmaldham.org | www.sahajayogamumbai.org



## **Project – Empower the Enlightened.**

State wise the coordinators or someone who takes responsibility can give away a google form where the Yuva shakti (and others too) can upload their skill sets and availability.

There are many who need career guidance or are looking for jobs. The Sahaja yogis having access to HR dept. of corporate offices should have access to this database and help a Sahajee brother or sister acquire a job. Or maybe take some time out and give career guidance to the Sahajee struggling to settle in the material world. In this case, you may write Career Guide in your 'Skill Set'.

What is noticed is that there are Sahajees who are keen to work for spreading Sahaja Yoga but are not getting the opportunity or are unable to express their skill sets or talents and also they have monetary issues. For this it is requested that Sahaja yogis should bring up fellow Sahajees who are struggling because of financial crunch.

Along with spreading Sahaja Yoga to new people, it is also our responsibility to maintain those who are already part of SY and have good understanding of vibrations. Losing them out because of negativity will cost us heavily. We all know how negativity has spread its wings in every nook and corner of the world – we have to just be supportive of each other so that enlightened humans don't lose their faith and vibrations and give in to negative powers!

**You must speak. You must talk about Sahaja Yoga. You must give realization. Move your hands, move your legs. You have to walk across for God's work, so even if you have to beg you have to do that. This is God's work. All of us have to do that, God's work, with all dedication, with all surrendering and with all love and enjoyment.**

**Shri Mataji Nirmala Devi**

**8 Dec 1981**