



The  
**Divine Cool Breeze**

March-April 2006





# Divine Cool Breeze

## Sahaja Sangha News & Information

(Special Issue)

Issue : 3-4, 2006

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# Diwali Puja Seminar 2005, Pune, India

(A Report)



## Dear Brothers and sisters of the world

The much-awaited two day long Diwali Puja seminar (12th-13 Nov.) turned out to be one of the most beautiful seminars of this year. The Pune climate was cool, so were its vibrations by the blessings of Her Holy presence in this blessed land (Punya Bhoomi).

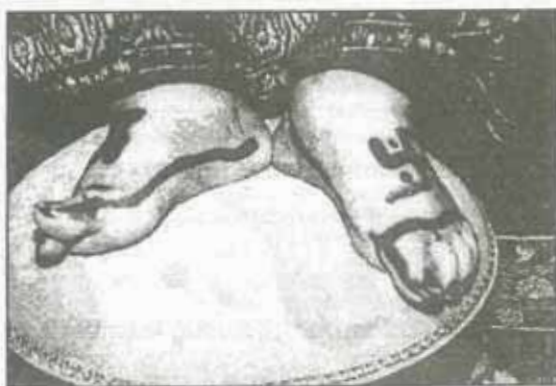
Approximately 6,000 yogis attended the 12th Evening Diwali seminar, in the Chhatrapati Shivaji Stadium of Pune. Sir CP and Kalpana Didi were the guests of honour who graced the evening's programme. Papaji addressed the collectivity after a brief musical performance on this day and spoke about the message of Shri Mataji. The message emerged as a powerful resolution and introspection of the eve of Diwali Puja for Sahaja Yogis. Concluding his speech he assured, as he confided... "Your Mother will be looked after, yes! I am there with Her 24 Hours and there can be no better privilege than that. I am with Her, because that is the only duty I have now. It's my duty and I am living just for that purpose, there is no other purpose in my life. So be assured that everything that is possible - the best possible treatment, the best possible attention, on your behalf, is being given to her and I have no doubt at all, I wanted to tell you something... that "She is better today than what She was two years ago". So, with these words I thank you and I

take leave of you and I beg of you, I urge you to pick up the banner and go forward".

Interesting, there was a simultaneous hosting of small musical programme in the Holy presence of Shri Mataji on 12th November evening in Pratisthan while the main musical programme was being hosted in the stadium amidst the collectivity. It was an informal gathering in Pratisthan, where Shri Mataji blessed the musical evening along with Her family members. Shri Mataji was seen radiating brilliantly like a thousand suns. A couple of bhajans were offered at Her Holy Lotus Feet. Entire collectivity at the stadium was blessed to enjoy the vibrations of this event as the recorded video was screened within half an hour of the same evening.

On the 13th of Nov. although the puja was announced for half past seven in the evening, collective meditation started in the Stadium with a vibrant gathering of approximately 8500 yogis. It was indeed a wonderful sight to see the beautiful children of Shri Adi Shakti humbly brushing the past each other in colourful dresses with a smile expressing the joy of their inner state.

The stage was beautifully decorated with a touch of oriental style of art and craft work. Kolkata, the Eastern State of India had their repertoire of love expressing through the exquisite decor on the walls and the roof with especial kind of natural thermocol like material called "sola". The







stage was a living temple that exhibited a number of statues in the niche of the backdrop wall, while the roof had very fine art work of ancient temples. The entire set up was accentuated by the exclusive electric lighting every where. The light decorations in entrances, gates and everywhere not only expressed the joy on this day, but also constituted an integral part that helped enlightenment in the heart of flow of vibrations. The altar of Shri Mahalaxmi on stage had two elephants on the hands and the theme of Ashta-Laksmi (Eight Laxmis) at the backdrop in carvings.

Two videos were shown at the beginning of the evening programme. First, was the "Award receiving ceremony in Rashtrapati Bhavan (President's House), New Delh, India on First of October", where Sir CP was being honoured with the prestigious Shri Lal Bahadur Shastri award for excellence in the field of Management and Administration. In his speech, Sir CP expressed the emotions, the wisdom and the dedication in praise of the late Prime Minister of India that was really moving. (One can enjoy the citations; the award and the speech details compiled and documented in websites.)

The second video was a recording of the Puja offered at the Holy Lotus Feet of Shri Mataji hosted in Pratisthan premises of Pune, India on first of November. After the puja in Her Holy presence, Sir CP delivered a very moving speech that spelt the message of love and wisdom that

should prevail in us. It was about the discretion that we must have within. It was about the truth that Shri Mataji had been struggling for ages through out Her life to establish its victory on earth. He said "let us celebrate the victory of that joy today". Shri Mataji all the while was keenly observing every minute detail in the Puja and accepted the Puja offered at Her Holy Lotus Feet. She seemed very pleased. It was so absorbing, the entire collectivity stood up during the Arti and sang together "Sabko Dua Dena" and offered Pranam with the three Mahamantra. It was'nt a Nirakar Puja (Formless) but seemed like Puja in Her Holy presence in the Stadium.

Then it was the turn of the Sahaja musicians who sang a number of bhajans and the shower of vibrations flowed and filled the stadium. Pt. Subramaniam, Jain, the Nirmal Sangeet Sarita team, Rajiv and others rendered a number of vibratory bhajans. A few bhajans were from the popular numbers like 'Aei Maan Ma Ke sharan mein rahiyo...., Yeh hain.....Nirmal Dham, Apne dil mein sahaj ko basaya karo'.

At quarter to Nine the projections in the screen, suddenly focused on the much lighted scenario resulting out of the fire crackers on the ground at the entrance of the gate that announced the arrival of our Holy Mother. To this was added the shooting of the high-air firecrackers in the sky that spread the flower-like sparklers all over the clear sky. The sparklers blossomed with the expression of joy that was welcoming Her Holy arrival. The blowing of conches and the lighting of firecrackers on high air on Her Holy arrival on the stage seemed to enlighten every heart. The collectivity was overwhelmed with joy, as it joined the choir with the welcoming bhajan. Swagata Agata Swagatam.

The puja started with the bhajan "Vinati Suniye Adi Shakti Meri". As the children silently came up to the stage to perform Ganesha Puja, Shri Mataji lovingly watched them. The puja continued with the recital of Shri Ganesh-artharva-shirsham and then the Mahalaxmi Stotram. The entire



...some where transformed into a heaven (Brikuntha) as the couplets were being recited and sung in praise of Shri Mahalaxmi. Then came the time for the Shringar of the Devi that continued through offering necessary shringar by the Seven Yoginis on stage with the bhajans of Namostute...Namostute.. and then.... Jago Savera Aya hai (Bhajan with the 108 names of Shri Mataji). The Shringar of the Devi concluded with the song of Vishwa Vandita.... Nirmala Mata. As the Shringar was done the collectivity witnessed yet another rare mudra (gesture/form) of Shri Mahalaxmi in Her Shri Mataji form, bedecked and resplendent in Her shingar. What a tremendous flow of vibrations...how fortunate was our Sahaja Family to witness this divine moment!

International and National Gifts on behalf of their respective collectivity queued up as the names were being read out. Shri Mataji was seen very very pleased receiving the Yogis and Yoginis from various countries. At times She expressed her love through certain words of praises, as the gifts came from hosting countries. India, Portugal,

France, Switzerland besides other countries like Dubai, Turkey, Argentina, Austria, New Zealand, Romania, South Africa, Nepal, Oman, Bahrain, Kuwait, Malaysia, Thailand, Holland, USA, Russia, Kazakhstan, Estonia, Ukraine, Hong Kong, Germany, UK, Iran, Algeria, Australia, Italy and concluding with Laxmi gifts from the hosting countries where again Yoginis queued up with various gifts of household items to the Devi in Her Mahalaxmi Form.

With the signal of drawing the stage curtain announcing the Holy departure of Shri Mataji, the invitation for the forthcoming Christmas Puja was announced for 24th, 25th and 26th December in this stadium. Arneau de Kalbermatten, Coordinator of the "World Council for the Advancement of Sahaja Yoga" expressed his humble vote of thanks and gratitude to the hosting countries for hosting this great Puja. He expressed his heartfelt gratitude on behalf of the World Council and the collectivity to the management committee that welcomed this huge gathering and extended all facilities to the collectivity to spend their stay in Pune with all possible comforts.

It was time for Her Holy departure at half past ten. Her face was glowing like the thousand Suns... Shri Mataji left behind a trail of cool breeze that brought quietude in all hearts. The silence could be felt as Her Van drove out of the stadium.

Mother, we enjoyed every moment of the day and we would like to thank you time and again for this wonderful experience - Your kind gesture of accepting our puja at Your Holy Lotus Feet. We thank You for this wonderful gathering of collective. We celebrated our Diwali within our hearts as You enlightened the light of joy in us with Your endless love and compassion on this day. Kindly accept our prayers at Your Holy Lotus Feet to awaken the Mahalaxmi Principle within us.

Jai Shri Mataji, SITA India



# VISHNU - TATTWA (Principal)

(Internet Version)

Shakuntala Tandale (U.K.)

(This article comes out of a conversation Dr. Rustom had with Shri Mataji, in London, in which she wondered why Sahaja Yogis are not more blessed by Shri Lakshmi.)

They say that the 1000 heads of Lord Shesha hissing above Lord Vishnu represents the constant mental activity, a brain constantly trying to sustain and balance the world. Lord Vishnu is Vishwapala and the Lord of the Sushumna Nadi. He is the essence of the nervous system controlling all the different angas or limbs of the Virata as the nerves penetrate every last, minute portion of the body, so he permeates every last portion of the Virata and, like the nerves, receives, transmits, and integrates information. All the great charkas, and nerve plexuses are placed ultimately in the Sushumna and it is He who, in various forms, and using various powers, controls them. In the Nabhi, the Void and Swadisthana, in the Anahata, in the Vishuddhi and eventually as Maha Vishnu, in the Agnya and the two cerebral hemispheres. He is the Sukshmatikuskhama that penetrates the deepest levels of the Sushumna-the Brahma Nadi and it is through His Grace, by the ascent in the Brahma Nadi that we get and give realization.

Hence He is the coordinator and there is no detail too small to escape His attention - by Him the beggar is fed and sustained, the family and planetary horoscope of every birth is approved and arranged, marriages take place etc. In a sense He is the great bureaucrat organizing every aspect of the universe. If we were idle or inattentive for one moment, think what the consequences would be; He is the one who, in constant 'Leela and 'Maya' maintains the creation and writes the drama. For without 'Leela' and 'Maya' there would be no creation and no drama, only Atma. It is he who stands in the middle between the Maya of the Adi Shakti and the pure witness of the Paramatma Shri Shiva Sadashiva

neither one, nor the other, connecting them both. It is thanks to His sense of responsibility and detached balance from both left and right that we are sustained.

It is very easy for a Yogi to say, "I am a Yogi, I am not interested in material things" and it is true that one should remain detached. But yet Lord Vishnu is a far greater Yogi than most of us and yet through the nerves in the body of the Virata his energy flows to every minutest aspect of material nature-transforming, enlightening, and making all auspicious. So, while detached, one should pay attention to one's sustenance, for, as realised souls, we are like the nerves in the body of the Virata and that enlightened energy that flows into matter through our attention can enlighten it, so we act as instruments of the Lord.

This is a very subtle point and one should not underestimate it, for the key words are detachment and responsibility; and there are many dangers for those not absolutely in the centre. If one is not detached there is no point pretending one is, for in the end one's suppressed attachment and greed will rise up and hit one on the head when one least expects it. Rather one should acknowledge what one is and witness it. We cannot fight ourselves, we can only leave it to the Kundalini and the Atma to work things out for us, by the constant practice of Sahaja Yoga shoe-beating, foot-soaking, Dhyana etc. and since it all happens automatically, there should be no room for ego intervention or mental activity.

Lord Vishnu is the one who oversees the four Ashramas or stages of life-and one of them, is 'Grihastha' or house-holder. For a man who is Atmasakshatkari and a realised soul-such a thing



can be a great Tapasya but without the collective cannot survive and it's evolution and the drama, which is the basis of the creation, is harmed. This drama is born of Divine Will and Desire, and therefore that is opposed. In the West, one has an ideal that 'Grihastha' and marriages are given to us to enjoy - and it is true that this is the outer manifestation - but there is a deeper hidden meaning :-

that, by it we fulfill our duty to our God who has manifested as the Virata-so that in spite of being one with the Atma we accept the burden and responsibility of matter, to be one with Him and prove our Love and Bhakti for Him. There is a very subtle and twisting play here, for, the Sadhaka seeking the Atma gains it, but with it also matter - as tapasya this time and not indulgence. If one accepts one's material responsibilities, then one has to go down into the world of filth and commonness - and our vibrations get spoilt. However, we have been given the capacity to cleanse ourselves and by doing so, we cleanse also that, from which we caught- and by doing so, we clear our Mother's creation and, in some small part, repay to Her the enormous debt we owe Her.

If we are not prepared to face the world we go against the Vishnu tattwa, and His Shakti Shri Lakshmi forsakes us. Further, we deny the fact of our birth and material existence in this world gained through the grace and auspices of Lord Vishnu supported by Lord Ganesha. If we do

not accept our responsibility to maintain our Lakshmi, it will be hard for Sahaja Yoga to penetrate the material universe, for who will build the Ashrams and hold the programmes?

**Often in Sahaja Yoga one is asked to pay for this and that and people grumble. But they see only the gross drama - not the deep subtle meaning: that one is being asked to pay attention to the Lakshmi Vishnu tattwa so that the Virata can be enlightened by the enlightened Atmas we all possess by Shri Mataji's grace. It is very small thing we are being asked for, to help enlighten our Mother's universe. The attacks of left and right that endanger this are familiar to all-and it will not elaborate. But we should know that the Lakshmi of Sahaja Yoga is our responsibility, not our Mother's. We should shoulder the burden, not our Mother-and we should find ways to work it out somehow or the other. As I said, Lakshmi is a tapasya and we should not expect to earn money easily or effortlessly except by our Mother's grace.**

For the enlightenment to have meaning, we should enlighten the universe and enter gross matter regardless of the consequences for we are pure Atma.

We should not forget that our Mother, who is the Purest of the Pure, took birth in the darkest night of Kaliyuga to help us, and we should now stand by Her side and fight it out. Let us hope we can all work it out.

Jai Shri Mataji!

# *Sahaja News & Information*

Saturday, 15<sup>th</sup> October, 2005, Gurgaon, India

## *Message to the world collectivity of Sahaja Yogis and Yoginis from Sir. CP Srivastava (Papaji)*

".....One year ago She decided that She has already for 30 to 35 years done Her best to create the message of Sahaja Yoga and to spread it. As you know She has traveled all over the world by plane, by helicopter, by train, by bus, on foot, in bullock carts and She has been all over the world, cities and villages etc. and She has created a world wide fraternity of Sahaja Yogis and Sahaja Yoginis. She felt that after She crossed the age of 80, it was the time for Her to sit back and ask Her children that yourselves to take over the responsibility of spreading Sahaja Yoga further. You don't have to create Sahaja Yoga. She has done it. But, the message has to be spread and She came to the conclusion that while, She will be sitting there and She will be the source of inspiration, the Sahaja Yogis and Sahaja Yoginis should take up the responsibility for spreading Her message throughout the world. And therefore, She decided that this responsibility should be performed collectively, not by individual leaders, but by a collective group every where, all over the world in every country in every city. So collective leadership is Her wish and Her desire. And in effect collective leadership means that all of you sitting here are involved in that process. The whole Sahaja collectivity has now been given the responsibility of spreading Her message of Sahaja Yoga.

I want to make one proposal before you. I want to make a submission. I hope you will agree with me, I have no doubt you would, as far as Sahaja Yoga is concerned, there is only One Creator.... Shri Mataji Nirmala Devi ..... And there is only one Leader that is Shrimati Mataji Nirmala Devi.

And I request you, if you agree to endorse my words when I say that, "She is today the sole leader in Sahaja Yoga and She will ALWAYS...ALWAYS remain the sole leader in Saakar or Nirakaar form". Do I take it that you all agree and you would like this message to

be sent from here to the world?

Now dear Sahaja Yogis, Sahaja Yoginis, there is a task before us, and the task is to preserve Her message of Sahaja Yoga. That message is contained in numerous audio cassettes, video cassettes and so on. And the first responsibility which we all have in all parts of the world is to make sure that what ever She has said, where ever She has said, all that should be preserved in such a form that it becomes the lasting wealth in Sahaja Yoga. And that is the effort which is being made in all parts of the world.

Following Her desire of collective leadership, She has created a World council and She has created collective leadership in number of countries and that movement is on. And now, individual leaders will be replaced by collective leaders. And they are performing the task in a very very joyous and combined manner.

In India also new Trust have been established for the same kind of work namely for the collective leadership. And I am happy to be able to tell you that Trust has started working".

(Eve of Navratri Puja, Gurgaon, India,  
15.10.2005)

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## *S.W.A.N.—Sahaja Worldwide Announcements and News*

### *The World Council for the Advancement of Sahaja Yoga (WCASY)*

Tuesday, December 02, 2003

Dear Sahaja Yogis and Sahaja Yoginis of the World,

We are extremely honored to share with you the great news concerning a dynamic event in the history of Sahaja Yoga world wide regarding creation of **The World Council for the Advancement of Sahaja Yoga** by H.H. Shri Mataji Nirmala Devi.

In December, 2003, before She left America,



Shri Mataji created **The World Council for the Advancement of Sahaja Yoga**. The purpose of this body is to stimulate the further growth of Sahaja Yoga and to provide support to the efforts of all the national collectives.

The World Council for the Advancement of Sahaja Yoga is composed of 34 members designated as world leaders. Advisors of the Council for financial, legal and communications affairs have also been identified. The Council is expected to meet twice a year.

The announcement from Shri Mataji reads as follows:

"The world is in turmoil today. People everywhere are anxious about the future. What they need is the soothing, uniting, elevating spiritual message of Sahaja Yoga. They have to be enabled to experience "Self Realization" and thereby attain inner transformation. Only then will they begin to regard all human beings as members of one global family regardless of their race, culture etc. Only then will they discard hatred and violence.... Sahaja Yogis have a momentous responsibility at this crucial time in human history. They have to spread Sahaja Yoga in all the parts of the world by written and spoken word.... For this purpose, a well thought out approach is required."

### *The Updated World Council Membership*

**CHAIRPERSON: SHRI MATAJI NIRMALA DEVI**

**Members ( All designated as World Leaders):**

- |                            |                             |
|----------------------------|-----------------------------|
| 1. Rajesh Shah             | 2. Gregoire de Kalbermatten |
| 3. David Spiro             | 4. Vijay Nalgirkar          |
| 5. Manoj Kumar             | 6. Eduardo Marino           |
| 7. Wolfgang Hackl          | 8. Majid Golpour            |
| 9. Phillip Zeiss           | 10. Derek Lee               |
| 11. Arneau de Kalbermatten | 12. Nese Algan              |
| 13. Ivan Tan               | 14. Karan Khurana           |
| 15. Alex Henshaw           | 16. Aldo Gandolfi           |
| 17. Rajiv Kumar            | 18. Brian Wells             |

- |                       |                           |
|-----------------------|---------------------------|
| 19. David Dunphy      | 20. Zafar Rashid          |
| 21. Bohdan Shehovich  | 22. Gagan Ahluwalia       |
| 23. Paul Ellis        | 24. Alan Wherry           |
| 25. Alan Pereira      | 26. Sandeep Gadkary       |
| 27. Mihaela Balasescu | 28. Viktor Bondar         |
| 29. Dmitry Korotaev   | 30. Alexander Solodyankin |
| 31. Chris Kyriacou    |                           |

#### *Advisors to the Council:*

1. Gagan Ahluwalia: Financial, Accounting and Property matters
2. Paul Ellis: Legal Affairs
3. Alan Wherry : Publication Issues

### *Message From H. H. Shri Mataji - World Council For The Advancement of Sahaja Yoga*

**Thursday, November 04, 2004**

In complete accordance with my expectations, Arneau de Kalbermatten has made an excellent beginning in the performance of his important responsibilities as CO-ORDINATOR of "THE WORLD COUNCIL FOR THE ADVANCEMENT OF SAHAJA YOGA". His reports show that the fundamental subjects for present study and future planning have already been identified carefully and entrusted to well constituted committees of THE WORLD COUNCIL.

I am also very happy to be advised that all Members of THE WORLD COUNCIL are working together with SAHAJ VISION and total dedication. They know that they have the crucially important task of spreading the SAHAJ message of love and togetherness in a deeply divided and troubled world.

I wish the World Council all success and in order to ensure continuity, I extend the term of Arneau de Kalbermatten as CO-ORDINATOR of THE WORLD COUNCIL FOR THE ADVANCEMENT OF SAHAJA YOGA till 31 December, 2006.

**MATAJI NIRMALA DEVI**

**3 November, 2004**

## ***Acceptance of Resolutions by The World Council Of Sahaja Yoga***

**Thursday, November 24, 2005**

Dear Brothers and Sisters of the world collective,

The World Council for the Advancement of Sahaja Yoga (WCASY) would like to share with you all the seminal resolutions establishing the initial formation of the World Council by Our Holy Mother and our humble acceptance of Her charge, our commitment to the principles of collective leadership as established by Shri Mataji in 2001, and finally, the Mission Statement of the World Council describing its mandate as homage to Shri Mataji and a service to the world collective.

It is intended that these resolutions and mission statement will establish the basis to fully preserve and enhance Shri Mataji's legacy for generations to come and create a code of ethics and procedures for the Council to discharge its responsibilities in a manner in accordance with Sahaja principles. The following documents are attached hereto for your information and understanding:

1. **The resolution for the Humble Acceptance of Responsibility and The resolution of Commitment to Collective Leadership**
2. **The Mission Statement of WCASY**

It is our sincere hope that this will be one of many regular communications from the WCASY in our efforts to keep you all apprised of developments taking place in the Sahaja Sangha all over the world.

*With Love and Respect,*

*Your Brothers and Sisters of the World Council*

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## ***World Council for the Advancement of Sahaja Yoga***

### ***Resolution for the Humble Acceptance of Responsibility***

#### **Background on Formation of the World Council**

The formation of the World Council for the Advancement of Sahaja Yoga took place on November 20th, 2003 at the Residence of Shri Mataji in Los Angeles, USA. A number of Sahaja

Yogis were present at the time when She made the decision to form the World Council including Grégoire deKalbermatten, Karan Khurana, Manoj Kumar, Gagan Ahluwalia and Paul Ellis.

Shri Mataji clearly affirmed that the document She was signing was an expression of Her will and desire. She was actively engaged in the discussion and talked to those present at great length. She spoke with complete clarity in Her inimitable style that we all know so well. Shri Mataji personally reviewed the list of the people on the World Council and made changes as She saw fit. All of the above mentioned Sahaja yogis, who were present on that occasion felt privileged to be a part of this moment in the formation of the World Council and be witness to Shri Mataji creating this expression of Her will.

#### **Preamble**

Sahaja Yoga is a spiritual movement inspired by the sincerity and the devotion of its members to the person and legacy of the Maha Avatar Adi Shakti Shri Mataji Nirmala Devi.

Shri Mataji has placed each one of us on this Council for a purpose and role only She fully knows by Her eternal principle of Divine knowledge, and it is by this consciousness that She guides us as Her devotees. It is not for us to question whom or why, but to always remember that Shri Mataji is our Eternal Guru and Her choice is the only one. As none of the Council members are infallible, and as integral part of our Sahaja collective existence we will search with humility for wisdom and guidance through our permanent connection with Her, to discover the divine direction She continually gives us, and to humbly follow Her directive in selflessly working to fulfill Her vision in helping to bring the experience of en-masse self-realization to all humanity.

It is our responsibility to fully preserve and enhance the legacy of Shri Mataji for all time to come. To do this, we must do the work of Sahaja Yoga as one body united in our devotion to Shri Mataji, and fully responsive to our vibrations and collective consciousness.



### **Resolution**

Under the direct mandate of our Divine Mother and Guru, Shri Adi Shakti Mataji Shri Nirmala Devi,

We, the members of the World Council, accept that as long as Shri Mataji chooses to withdraw from routine matters of Sahaja Yoga, it is our responsibility to provide leadership, guidance and decisions on all institutional and governance aspects, and matters that impact the world collective, and on global matters that would otherwise be guided directly by Shri Mataji through Her pure, omnipotent and omnipresent attention.

The Council will formulate and adopt its code of conduct and rules of procedures to carry out its responsibilities in a Sahaja way following the vibrations of divine love, the Paramchaitanya.

We fully dedicate ourselves to the task of sharing Shri Mataji's gift of Sahaja Yoga with the world and to nurturing a Sahaja environment that strengthens the bonds of love and collectivity amongst all the Sahaja Yogis of the world.

We pray to Shri Mataji to bless us with wisdom, as we continue Her work with humility and courage; we beg Her forgiveness for any mistakes that we make, and pray that She give us a place at Her lotus feet and in Her heart.

### ***World Council for the Advancement of Sahaja Yoga***

#### ***Resolution of Commitment to Collective Leadership***

#### **Background on the principle of collective leadership**

Collectivity is the binding force of Sahaja Yoga that fulfills our consciousness and our existence. In our collective meditation the vibrations are the strongest, and when Sahaja decisions are made collectively by dedicated and sincere Sahaja Yogis, it reflects the will and desire of Shri Mataji.

Shri Mataji defined and established the direction and guidance on this matter on a historic day in December 2001. She gave Her first guidance on Sahaja governance and signed into effect the creation of collective leadership of Vishwa Nirmala

Dharma - USA (VND). Shri Mataji personally chose the seven Directors of VND to work closely with the national leader and carry out a collective decision making process in all matters related to national significance. A second layer of officers was added by Her to work closely in carrying out the processes and represent VND in its operations. On this occasion She provided us with a deeper insight in to Her wishes on the subject of Sahaja governance with a global perspective that all Sahaja decision making, ought to occur in this collective committee format. She further added that all countries should follow this model that She has created.

#### **Preamble**

Collective consciousness is the most fundamental principle of Sahaja existence, by which the Paramchaitanya communicates Her divine message, and we communicate with each other. She inspires and guides us in our collective existence as Her nature molds our character as one collective living being, and allows us to participate and fulfill the role we must play for Her and therefore we must resolve to function as one.

We hold these truths as self-obvious: That yoginis and yogis are their own masters and that they do not need a clerical establishment as intermediary between their Sahasrara chakra and their God. The Council is fully aware that the need for legislation is minimal as knowledge and guidance in Sahaja Yoga is vested in the teachings of Shri Mataji Nirmala Devi that are contained in the written, audio and video records of Her lectures.

This is why the leadership institution in Sahaja Yoga, including the membership of the World Council, is not considered as a spiritual hierarchy but as an enabling and empowering force. Shri Mataji is our example and our ideal. She is Sakshat Shri Adi Shakti who has come on this earth to give God's creation its true meaning through Sahaja Yoga and has dedicated Her life in selflessly working to spread Sahaja Yoga all over the world.

The World Council, national leaders and associated committees are to uphold, channel and

facilitate in a benevolent manner the harmonious and dynamic progress of their collectives.

### **Resolution**

We the members of the World Council fully commit to the Sahaja principle of collective decision-making. We solemnly affirm that the functioning of the World Council will be in keeping with the protocol of collective decision making with at least 75% majority agreement, by either direct consultation or by means of committees, in each of which there must be at least a minimum of three members in keeping with the collective process.

Further, we affirm the commitment of the World Council in providing guidance, direction and support in putting the appropriate collective decision-making processes in place for all national collectives and all levels of Sahaja collectivity.

The Council aims at maintaining the highest standard of spirituality and ethics in the operation of all the Sahaja institutions and committees, thereby insuring worldwide consistency in the operations of all the Sahaja messages and approaches in conformity with the teachings of Shri Mataji Nirmala Devi. We humbly pray to Shri Mataji to allow the Paramchaitanya to guide us and keep the living work of Sahaja Yoga in a manner She has personally taught each one of us. As our compassionate and loving Mother, our benevolent Guru, and the Devi whom we worship, we offer our prayers that She always be present within us.

## ***The World Council for the Advancement of Sahaja Yoga***

### ***Mission Statement***

#### **Preamble**

Society cannot be improved or transformed without first improving or transforming its members. Shri Mataji Nirmala Devi Srivastava, Founder of Sahaja Yoga, has dedicated Her life to the cause of the spiritual empowerment of all those who seek Self-enhancement and Spiritual Evolution.

The Shri Mataji Nirmala Devi Sahaja Yoga World Foundation (also known as the World Council for the Advancement of Sahaja Yoga) exists to propagate and continue Her great work. It is an international non-profit organization dedicated to promoting, spreading and perpetuating the teachings and message of the global spiritual work of Shri Mataji Nirmala Devi.

The Shri Mataji Nirmala Devi Sahaja Yoga World Foundation carries out its mission by sustaining the inner science and practice of Sahaja Yoga worldwide through special events (such as conferences and seminars), knowledge management (such as communication material and skills), institutional developments (such as advancements in education, health and ecologically sustainable practices), creation of centers and places of worship and meditation (such as ashrams, temples and public centers), and through support to the financial, legal and research needs of the Sahaja Yoga collectivity.

The World Council discharges its mandate as homage to its Teacher and as a service to the world collective. With a view to advancing the collective awareness of all of its members in an atmosphere of mutual support and understanding, the World Council abides by the spirit of two resolutions embodying fundamental principles that all prospective members of the World Council are expected to agree to:

**The Resolution on the Humble Acceptance of Responsibility and**

**The Resolution on the Commitment to Collective Leadership**

### ***Manifestation of the Knowledge***

The World Council recognizes that the knowledge of Sahaja Yoga is a living knowledge carried, developed and manifested by each yogini and yogi who truly follows the guidance of Shri Mataji Nirmala Devi through his or her own inner enlightenment. To facilitate and sustain the spreading and the benefits of this spiritual experience, the World Council stands for the faithful custody and active promotion of the body of teachings of Shri Mataji Nirmala Devi, as



enshrined in speeches, written texts and discourses contained in print, audio and video formats.

### **Spiritual and Cultural Integration**

En masse Self-realization is now possible for the first time by the teachings and methods of Shri Mataji Nirmala Devi, and is a happening of enormous historical significance in the evolution of world spirituality. The World Council acknowledges that the experience of Self-realization that is now an accessible reality through Sahaja Yoga, is indeed at the core of the messages of the great religions of mankind. The World Council thus understands its responsibility to be a driving and binding force for a new understanding and tolerance among diverse cultures, religions and civilizations.

### **Governance**

Under the chairmanship of Shri Mataji Nirmala Devi, the World Council is responsible for providing leadership, decisions and advice in all institutional and governance aspects concerning the Sahaja Yoga collectivity as a whole.

The World Council will collaborate with national collectivities in the appointment of their national leadership committees. It is also the final arbiter in the unlikely event that dissenting views on matters of importance cannot be settled at the national level. Through its Committees, task forces and action programs, the World Council will address global matters that impact the world collective and will advance related projects and initiatives.

### ***Announcement of new collective leadership in Italy***

**Tuesday, July 26, 2005**

We are pleased to announce that Shri Mataji has approved and blessed a new collective leadership of Italy. Aldo Gandolfi will be the Coordinator of The Italian National Sahaja Yoga Committee, the other members of which are set forth below.

- *The World Council for The Advancement of Sahaja Yoga*

With immediate effect, I appoint the following to constitute THE ITALIAN NATIONAL SAHAJA YOGA COMMITTEE for providing collective leadership in respect of all activities for the advancement of SAHAJA YOGA in Italy, always in full compliance with the decisions of the WORLD COUNCIL FOR THE ADVANCEMENT OF SAHAJA YOGA:

1. Aldo Gandolfi (Coordinator)
2. Andrea Antoniani
3. Marco Arciglio
4. Duilio Cartocci
5. Massimo Cesetti
6. Sandra Castelli
7. Giampiero De Michelis
8. Giancarlo Fuente
9. Michela Cavalletti
10. Sandeep Gadkery
11. Alessandro Giannotti
12. Ernesto Kuhn
13. Sanjay Mane
14. Tommaso Merella
15. Felicia Micolucci
16. Luigi Piccinini
17. Ezio Prandini
18. Alessandro Scarno
19. Antonio Scialo
20. Maurizio Taddei
21. Rubens Tommasi
22. Antony Visconti

### **SHRI MATAJI NIRMALA DEVI**

### ***Announcement of a New Collective Leadership in Russia***

**Sunday, August 07, 2005**

We are pleased to announce that Shri Mataji has approved and blessed a new collective leadership of Russia. Dmitry Korotaev will be the Coordinator of The Russian National Council for the Advancement of Sahaja Yoga, the other members of which are set forth below.

The appointment of the new collective leadership committee follows Shri Mataji's acceptance of the resignation of Sergey Perezhognin from all the offices he has held in Sahaja Yoga.

With immediate effect, I appoint the following to constitute THE RUSSIAN NATIONAL COUNCIL FOR THE ADVANCEMENT OF SAHAJA YOGA for providing collective leadership

in respect of all activities of SAHAJA YOGA in Russia, always in full compliance with the decisions of the WORLD COUNCIL FOR THE ADVANCEMENT OF SAHAJA YOGA:

1. Dmitry Korotaev
2. Alexander (Sasha) Solodankin  
(National Coordinator)
3. Valentina Kushnarenko
4. Slava Ivanov
5. Viktor Chaschin
6. Tamara Sostamoynen
7. Viktor Fedorov
8. Anatoly Gromov
9. Kontstantin Nazrachov
10. Viktor Yevstaviev
11. Anatoly Kozuhov
12. Bohdan Shehovych
13. Alan Wherry

**SHRI MATAJI NIRMALA DEVI**

### *The United Kingdom National Committee For The Advancement Of Sahaja Yoga*

**Monday, October 10, 2005**

Time has come for collective leadership at all levels in order to provide greater impetus to the advancement of Sahaja Yoga. Such arrangements have been made already in several countries.

I have now decided to appoint the following as THE UNITED KINGDOM NATIONAL COMMITTEE FOR THE ADVANCEMENT OF SAHAJA YOGA:

1. Dr. David Spiro (Co-Ordinator)
2. Derek Lee
3. Dr. Zafar Rashid
4. Dr. Brian Wells
5. Alan Pereira
6. John Glover
7. Hesta Spiro
8. Guy Beaven
9. Dr. Sarah Setchell
10. Vinayaka Francis
11. Ray Harris
12. Alan Henderson
13. Nigel Powell
14. Patty Prole
15. Pasquale Scialo
16. Martin Watt
17. Peter Yeboah
18. Geoffrey Godfrey

19. Robbert Ruigrok 20. Bhanu Prakash Reddy  
21. Anthony Headlam 22. Daniel Wagner  
**MATAJI NIRMALA DEVI**  
**10 October, 2005**

### *New Leadership Structure In Switzerland*

**To the attention of our Beloved and Divine Mother Shri Mataji  
Beloved Shri Mataji,**

Switzerland has been able to expand its Sahaja collective in the last years. Our country needs however a new impulsion to spread further your Divine Work and to project spiritual dynamism in each town and village. In this perspective, we felt that the time has come to implement a new leadership structure, which would successfully fulfil your vision of human inner emancipation.

We recognized that a collective leadership structure would appropriately meet these requirements of Spiritual enforcement. Therefore, I humbly ask you Shri-Mataji to bless this new Swiss leadership structure, and I pray to You that You would graciously guide them and counsel them in their future responsibilities. The names of the Sahaja Yogis and Sahaja Yogini that I would humbly suggest for this group and would be best suited for this work are the following:

1. Arneau de Kalbermatten (National coordinator)
2. Bernd Treichel
3. Christian Mathys
4. Eric Deladoëy
5. Franca Clendon
6. Gilbert Jeanneret
7. Gilles Rode
8. Harsha Mohan
9. Jean-Pierre Koller
10. Jose Di Munno
11. Richard Mathys
12. Thibaut Denblyden

**The above list has been blessed by Shri Mataji Herself on November 12th 2005 in Prathisthan.**

**With eternal love and respect  
Arneau, November 20th 2005**



**National Trust—India****8th April, 2005**

Dear Brothers and Sisters,

We are glad to inform that H.H. Shri Mataji has formed the "H.H. SHRI MATAJI NIRMALA DEVI SAHAJA YOGA TRUST" for India. Listed below are the details.

**CHAIRPERSON****H.H. MATAJI SHRI NIRMALA DEVI****VICE CHAIRMAN****SIR C.P. SRIVASTAVA****JOINT VICE CHAIRMAN**

Rajesh Shah

**TRUSTEES:**

V.J. Nalgirkar	Rajiv Kumar
Dinesh Rai	Suresh Kapoor
Ashok Agarwal	Kalpna Srivastava
Sadhana Varma	Vijay K. Gautam
R.K. Pugalia	Y.P. Singh

The following are appointed as **Special Invites** to meetings of the National Trust:

Bhagwati Singh	Kiran Walia
S. Ram Mohan Rao	Chandra Prabha
Karun Sanghi	G.L. Agarwal
Parag Raje	

With my blessings and best wishes,

(Signature)

**MATAJI NIRMALA DEVI**

Pratishthan, 16th April, 2005  
Pune.

**MESSAGE ON THE OCCASION OF  
THE TRUST MEETING OF TRUSTEES  
OF H.H. SHRI MATAJI NIRMALA  
DEVI AND SAHAJA YOGA TRUST,  
MUMBAI 25 APRIL 2005**

I have established Her Holiness Shri Mataji Nirmala Devi Sahaja Yoga Trust (the National Trust) on 8 April 2005. The objective of the

National Trust is to spread my message of Sahaja Yoga and of love, harmony and Kundalini awakening to the farthest corners and to every seeker in this ancient land of ours. This is a historic responsibility, which I am entrusting to you all. I am sure that you will work selflessly, tirelessly and with ever more commitment to spread this message and strengthen the Sahaja collective through sharing joy and love amongst all Sahaja yogis. At the same time I know that you will strive continuously to become deeper in your meditation and evolve spiritually.

In the above context I will like the Trustees to adopt the following Code of Conduct, which will become the guiding framework for the working of the National Trust.

With my blessings and best wishes,

(Signature)

**MATAJI NIRMALA DEVI**

***Gift of Cabella Properties to the World  
Sahaja Collective***

**Thursday, September 15, 2005**

A few days back, Shri Mataji and Sir C.P. gave the wonderful news confirming the announcement of last year that the four properties in Cabella — Palazzo Doria, the hangar, Centrassi and Daglio — are to be gifted to a Sahaja foundation. This will be in addition to Shri Mataji's generous donation of Her house in New Jersey.

In connection with this gift, Sir C.P. explained, with Shri Mataji listening on, that there should be one Puja each year in Cabella—Guru Puja—which should be a global gathering for yogis from all over the world, and that we should continue to hold many other activities on these properties to spread Sahaja Yoga and strengthen and expand the Sahaja collective. One activity in particular that was mentioned that should continue is the camp for the children at Daglio each summer.

Following Her announcement, it has now been determined that a new foundation will be created in Italy for the purpose of receiving these properties. This will occur over the coming weeks in order to officially receive Shri Mataji's generous donation during the next couple of months.

On behalf of the entire Sahaja collective, we have conveyed our gratitude and thankfulness to Shri Mataji for the immense generosity that She and Sir CP and their entire family have expressed in giving to the posterity of Sahaja Yoga these properties which hold such a unique position in the annals of Her great work and in the hearts of Sahaja Yogis around the world. We have pledged that, as a worldwide collective, we will dedicate ourselves to utilizing these properties to perpetuate the vision that She has bestowed upon us, a vision of Divine Love, a Vision of complete inner transformation, a vision of a new era of the Holy Spirit's Spiritual supremacy.

Jai Shri Mataji!!

The World Council for the Advancement of Sahaja Yoga

### *A productive second session of the WCASY at Guru Puja in New Jersey*

**Monday, August 01, 2005**

One year after its creation and as it met in the land of Shri Krishna, the world Council for the Advancement of Sahaja Yoga (WCASY) is gaining a wonderful feeling of oneness and dynamism.

At the recent Guru Puja in New Jersey, the WCASY met several times. In a first informal meeting on Saturday, consensus was achieved to move together beyond the events of Adi Shakti puja in Cabella. While all members of the sangha are invited to pray from the depth of their heart for Mother's long life and good health, we need to trust those in whose care She has entrusted Herself.

### **FIVE COMMITTEES OF THE WCASY TO SERVE THE SANGHA**

At its recent session, the World Council adopted its code of conduct and rules of procedures and it turned the existing task forces into standing committees. The creation of the Committee on Legal Affairs was ratified and accepted by the Members of the World Council. Paul Ellis was elected as Chairman of this committee until the end of 2006. Similarly the Committee on Communication and Publication was created with Alan Wherry as its Chair and the Committee on Budget and Financial Matters was created with Gagan Ahluwalia as its chair. The meeting at Guru Puja created two new committees:

1. A new **Committee on Health** was formed, chaired by Dr David Spiro. Over the next few months it is intended to recruit the members of this committee and they will explore the function this committee can fulfil. National Leaders are requested to assist in this process. The committee hopes to support the very good work that is already going on, for example at the clinic at Vashi and the research project taking place in Australia and will submit its report and programme at the 3rd session of the Council.
2. The **Committee on Education**, chaired by Dr Wolfgang Hackl, shall represent the World Council on the trusts of boards of the various Sahaja Yoga education institutions, such as the schools in India, Europe and America. National Leaders are invited to liaise with Wolfgang and to refer to him potential resource persons and inform him of any pertinent developments. The Chair will likewise report to the Council at its 3rd session.

The Chairmen of the committee were given the authority to set up sub committees in order to recruit personnel with appropriate skills to advise and implement the tasks in hand. The authority was also given to co-opt personnel outside the



World Council. In other words, national leaders can help in identifying qualified member of the sangha that are willing to volunteer and join in the work at hands.

It was understood that the Chair of the respective Committees would prepare a work plan, report to the Council and seek the Council's approval to endorse their Committee's decisions. Between the sessions of the Council they would consult the Coordinator and the Secretary as appropriate.

#### **INTRODUCING THE "SHRI MATAJI NIRMALA DEVI SAHAJA YOGA FOUNDATION"**

An introduction was given by Paul Ellis to the new Shri Mataji Nirmala Devi Sahaja Yoga Foundation and the constitutive formal board meeting took place on Monday 25th July.

We were reminded that the Council was not proceeding with setting up a foundation in Italy. The new nonprofits corporation foundation set up in America was to accept the generous gift of the house in New Jersey given by Shri Mataji; it is also the legal vehicle doing business as the World Council for the Advancement of Sahaja Yoga.

This nonstock, nonprofit corporation was filed in the state of Delaware on the day of the occasion of Guru Purnima, on 21st July 2005. Sir CP Srivastava was offered to be an honorary member of the board of director of the Foundation in recognition for his constant support to Sahaja yoga and he graciously agreed.

#### **COORDINATION WITH NATIONAL LEADERS**

The WCASY seeks its inspiration from the nurturing leadership of Our Mother and Guru Shri Mataji. It was clearly recognized by the Council *Members that WCASY should support, encourage and sustain the National Leaderships, but that it may, from time to time, need to intervene in the*

*affairs of a country when global or institutional situations arise or when there is a need for arbitration.* Shri Mataji gave a personal endorsement to the role of the Council in a wonderful session of evening bhajans at Her residence on Saturday evening.

There is a common desire to keep close contact with the National Leaders and to share experience and suggestions. In this respect a very positive meeting took place the same evening with national leaders present in New Jersey. It emphasized the spirit of the Council and of the national leaders forming one united global team. Information was exchanged and feelings of mutual respect, affection and support were expressed. It was agreed, whenever possible, to have similar coordination meetings at each Pujas.

#### **OTHER DECISIONS TAKEN**

Beyond the above mentioned significant developments, the Council entrusted specific tasks to some of its members such as advancing on issues of resource mobilization and intellectual property or liaising to support developments in specific countries or regions. In this respect Majid Golpour was requested to act on behalf of the WCASY in support of Africa.

Appreciation was expressed by all for the hard work that some of us were privileged to deliver in the service of the Council. Gathering in New Jersey, we were all grateful to have moved ahead in a wonderful spirit of togetherness and deeply aware of the protection that Our Guru bestowed on this second session of the WCASY.

On behalf of the Coordinator and with love and respect to the world sangha,

*Signed*

*Alan Pereira*

*Secretary WCASY*

## ***Major Event In The History Of Sahaja Yoga***

**Thursday, September 29, 2005**

**New Jersey, USA**

**Friday, 16 September 2005**

In a short, simple ceremony on Friday, September 16th, with a small group of World Council members and U.S. leaders as witnesses, Shri Mataji signed several documents that legally transfer ownership of all Her work - Her entire life's teachings to the trusteeship of the Shri Mataji Nirmala Devi Sahaja Yoga World Foundation.

This is a momentous event in the history of Sahaja Yoga, for it places the responsibility for the propagation and dissemination of Shri Mataji's teachings fully with Sahaja Yogis.

Paul Ellis, speaking on behalf of the World Council and the Sahaja Yoga world collective, affirmed the historic significance of this event and expressed gratitude for this gift whose value is beyond measure.

Upon the completion of the signing, we pledged to Shri Mataji that, as a world collective, we would take up this important responsibility of preserving and maintaining Her talks in perpetuity and making them readily available in every corner of the world.

Additionally, Sir C.P. signed the papers to transfer title of their house in New Jersey to the Foundation.

While Shri Mataji and Sir C.P. enjoyed their cake, we reflected on the great significance of this event.

We observed that, while no other incarnation has left a record of his or her actual words, we have the great blessing to have thousands of tapes of our Mother in which She has memorialized the sacred and subtle knowledge of Sahaja Yoga.

We also acknowledged to Shri Mataji and Sir C.P. that, given that these 35 years worth of talks represent the entire body of Her life's teachings, for Her to give them to the Foundation in this manner signifies the generosity not only of our Holy Mother, but of Sir C.P. and of their entire family. Through this act, the entire family has expressed, in a beautiful and gracious manner, their commitment to the great vision that Shri Mataji has offered to the world.

As Sir C.P. said to us at the closing of the evening, "The whole family is united and forcefully behind all this. No two opinions about it. Anything more we can do, we will regard it as our first duty."

We now embark on a huge project. A formal committee has been established under the supervision of the Sahaja Yoga World Council that will strengthen national and international resources to make the knowledge of Her Holiness Shri Mataji more widely and easily accessible.

*!Jai Shri Mataji!*

*Manoj Kumar, Paul Ellis and Alan Wherry*

*On behalf of the World Council for the  
Advancement of Sahaja Yoga*



# *Sahaja Yoga Projects*

## *1. Nirmal Infosystems and Technologies Pvt. Ltd.*

### **Back ground:**

Her Holiness Shri Mataji desired that all Sahaja publications and materials should be made available to Sahaja yogis all over India and eventually the entire world would also come under one platform. With this objective, Nirmal Infosys, the erstwhile Pune based company, blessed by Her Holiness Shri Mataji in the year 2000, was rechristened as Nirmal Infosystem and Technologies Private Limited for this divine purpose.

Papaji (Sir CP) also announced to the world collectivity of Sahaja Yogis and Sahaja Yoginis recently regarding the need and the appeal for preserving Mother's messages for propagation of Sahaja Yoga. Papaji's message was loud and clear when he said "...Now dear Sahaja Yogis, Sahaja Yoginis, there is a task before us, and the task is to preserve Her message of Sahaja Yoga. That message is contained in numerous audio cassettes, video cassettes and so on. And the first responsibility which we all have in all parts of the world is to make sure that what ever She has said, where ever She has said, all that should be preserved in such a form that it becomes the lasting wealth in Sahaja Yoga. And that is the effort which is being made in all parts of the world".

**(15<sup>th</sup> October, Gurgaon, India).**

It is in this direction that Nirmal Infosystem is dedicated to act as a window to the world, through which the entire world will get its desired access to the message of Mother. It will not only help propagation of Mother's precious message to the world, but will also indirectly help archive

the rare documents published since earlier times in Sahaja Yoga".

This will enable an easy accessibility and flow of Sahaja materials at an affordable price from one central channel to the farthest corner. Also, many of whom, who may have never had the opportunity to attend Sahaja Yoga seminars or Puja seminar to access Sahaja material in form of books and audio visual documents that helps us treasure Shri Mataji's teachings and insights can also have easy access to all these materials from their local meditation Centers.

### **Aim and Objectives:**

This project was blessed by Her Holy grace of Shri Mataji in the year 2004 and has since then been dedicated to the cause of publishing, creating/generating and maintaining sustained supply of all Sahaja related materials to the Sahaja Yogis across the globe, with especial attention to the Sahaja Yogis in India at affordable price to spread the message of Sahaja Yoga. The functions of the company include maintenance of all forms of Sahaja books /literature, magazines, periodicals and compilations besides all the published and unpublished audio - video cassettes, CDs, DVDs, Puja materials, music and bhajans cassettes.

Nirmal Infosystem is operative on a centralized system of distribution of Sahaja materials through authoritative and appointed Sahaja Yogi Agents across the country, to meet the growing demands and requirements of the local city and State centre in India. It has its central repository in Pune. Procurement of the Sahaja Material is made available through the published catalogue from this channel of Nirmal Infosystem to the city

centers, from where an individual can exercise his/her direct access to this company.

However, efforts are in progress to adopt the latest and modern state of the art technology to guide, edit, publish, print, and reproduce the Sahaja related materials with utmost care and quality. Hence forth, seeking approval of the Nirmal

Infosystem prior to publishing of any Sahaja related material (documents in any form of literature/audio/video) in India, is mandatory which otherwise shall be treated illegal. The governing body shall hold all rights over the published documents and materials for Sahaja Yoga in India.

**H.H. Shri Mataji Nirmala Devi**

Chairperson

**Sir C.P. Srivastava**

Vice chairperson

***Board of Directors***

Mrs. Sadhna Verma

Mrs. Kalpana Srivastava

Mr. R.K.Pugalia

Mr. Anil Sud and

Mr. Rajesh Gupta

Mr. Muneesh Pande (General Manager)

**Address for contact:**

**Nirmal Infosystems and Technologies Pvt. Ltd.**

8, Chandragupt Hsg. Society,

Kothrud, Paud Road,

Pune -411 029

Tel No. +91-20-25286537, Fax +91-20-25286722

Email: [marketing@nirmalinfosys.com](mailto:marketing@nirmalinfosys.com)

Website: [www.nirmalinfosys.com](http://www.nirmalinfosys.com)

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## *2. Acquisition of Shri Mataji's house in Chhindwara Chhindwara, India The Birth place of H.H. Shri Mataji Nirmala Devi*

**Tuesday, July 26, 2005**

On 7 April 2005, Shri Mataji established H. H. Shri Mataji Nirmala Devi Sahaja Yoga Trust to manage all the affairs of Sahaja Yoga in India. She is the Chairperson of this National Trust. Sir C. P. Srivastava is the Vice Chairman and Shri Rajesh Shah the joint Vice Chairman. The Trust, which will henceforth provide the collective leadership for Sahaja in India is made up of 12 Trustees and 7 Special Invitees. The Trust's offices are in New Delhi in the Sahaja Temple at 17-C Qutab Institutional Area.

From the very inception the National Trust placed the highest priority to the acquisition of the holy birth place of Shri Mataji (the Chhindwara House) for the international Sahaja collective and build a Memorial. The task was entrusted to the Asset Management Committee of the National Trust.

With the collective efforts of all the Trustees and of Sahaja Yogis from Nagpur, Bhopal, Pune and Mumbai and the tireless follow up by Shri Dinesh Rai, the chairman of the Asset Management Committee, this holy task was accomplished on 14 July 2005. The property has been officially transferred in the name of the H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust and all legalities have been completed. A collective havan and puja were held on the premises on 14 July. Following instructions from Shri Mataji, sign boards declaring it as Shri Mataji Nirmala Devi Sahaja Yoga World Ashram and the Holy Birthplace of Shri Mataji have already been put in place.

It is important to mention that funds collected through an international appeal for the acquisition of the Chhindwara House has been transferred in full to the accounts of the newly established National Trust in India. Moreover, members of Shri Mataji's family (namely Sir C.P. and the two daughters, Kalpana and Sadhana) have donated generously towards the cost of acquiring the holy birthplace. Sahaja Yogis from all over the world and for all times to come will be beholden to this extremely gracious donation by Shri Mataji's family that demonstrates their commitment to perpetuating the legacy of our Holy Mother.

The Indian collective leadership, represented by the National Trust, will now take up the holy and important task of building the World Sahaja Yoga Ashram and the most beautiful Memorial to our Mother on Her birthplace. A special committee will soon be constituted for this task and everybody is invited to contribute to this Holy task through ideas, resources and voluntary work. Those interested in contributing to this effort could contact Rajiv Kumar, Executive Secretary, Indian National Trust at [arkey1951@yahoo.co.in](mailto:arkey1951@yahoo.co.in) or at 91 9818098072.

The Indian collective leadership recognizes the immensity of this historic task and prays to Shri Mataji to give us the wisdom, courage and humility to undertake this task.

*For the Indian Collective,  
Rajiv Kumar*

**The most holy place for all Sahaja Yogis of the world**

"...the birthplace of Shri Mataji Nirmala Devi in Chhindwara, that house has been acquired by the Trust and it will become the permanent shrine for Sahaja Yogis all over the world. That shrine will be renovated in order to ensure its permanence. And the Trust proposes to have another building where visiting Sahaja Yogis both from India and from foreign countries could go to stay, when they go to pay their homage to that shrine. And the land is proposed to be acquired soon, where a building will be constructed, so that any of you or any other from any parts of India or the world can go there. It will now become really one of the most holy places or perhaps the most holy place for all Sahaja Yogis of the world.

We will go on all together, and I invite you all, each one of you to join in that effort to propagate individually, group wise, collective wise the message of Sahaja Yoga which your Mother has given to you".

**(Excerpt from the speech of Sir. CP (Papaji) to the World Sahaja collectivity on the Eve of Navratri Puja, Gurgaon, India, 15.10. 2005)**

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### 3. *Vishwa Nirmala Prem Ashram*

Home for the destitute women and orphan children,  
(A project of "H.H. Shri Mataji Nirmala Devi Foundation")  
(A Non Government Charitable Organization)



**Regd.office:** C-17 Qutab Institutional Area,  
New Delhi-110016(India)  
Tel:+91-11-26966652,Fax: +91-11-26866801  
**email:**delhiashram@rediffmail.com

**Ashram Address:** Vishwa Nirmala Prem Ashram,  
Plot No. 9, Institutional Area, Greater Noida,  
U.P.(India)Tel:+91-120-2230681, Mob:+919810774865,  
**email:**Gisela\_oma\_7@yahoo.com

Vishwa Nirmala Prem Ashram is the first Project of its series in India and abroad inaugurated on 27<sup>th</sup> March, 2003 by H.H. Shri Mataji Nirmala Devi as a non Government charitable organization dedicated to the rehabilitation of the destitute women and orphan children with focus on girl child.

The Ashram is providing temporary stay with free boarding, lodging, clothing, vocational training and medical care to helpless destitute women of the society. After training for the period of 6 to 24 months, they are expected to earn their livelihood independently and lead their lives with dignity. They will also be assisted in securing suitable employment. Destitute women up to age of 40 years will be admitted. The orphan children from 2 to 8 years are being admitted who are provided free food, clothes, accommodation, education, medical care up to age of 18 years. Thereafter, they will be rehabilitated in their life.

The residents at the ashram enjoy a loving family atmosphere with a very clean and hygienic living, rich food, games etc. housed in a two storey spacious

building and a huge garden on a plot of about 10,000 sq.mtrs. in the prestigious knowledge Park/ Institutional Area of Greater Noida. They are also guided spiritually so that they are transformed to a state of inner peace and balance enabling them to face life in a much better way.

**You can help the cause of such destitute women or orphan children by:**

- Directing them to us for seeking shelter on the address and phone numbers of the Ashram.
- Sending donation by cheque/ draft in the name of "H.H. Shri Mataji Nirmala Devi Foundation" on the addresses of the Ashram.
- Adopting a child by reimbursing expenses incurred by the Ashram.
- All donations are exempted from the Income tax under section 80G.
- Donating directly in the name of "H.H. Shri Mataji Nirmala Devi Foundation" at Standard Chartered Bank, E-10, Connaught Place, New Delhi-110001, India.



### ***The Governing Body***

The Names and Designations of present Members of the Governing Council of the Society to whom by the Regulation of the Society, the management of its affairs is entrusted are:

**H.H.Shri Mataji Nirmala Devi**

**Chairperson and Founder**

Mrs. Sadhna Verma	Member
Mrs. Kiran Walia	Secretary
Mr. Vinay Anant Deopujari	Treasurer
Mrs. Gisela Matzer	Member
Mrs. Vineeta Kumar	Member
Mrs. Nita Rai	Member
Mrs. Malini Khanna	Member
Mrs. Malati Prasad	Member
Mr. R.D. Bhardwaj	Member
Mr. G.L. Agarwal (Special Invitee)	Auditor

### ***Guidelines for Helpless Destitute Women seeking shelter in the Ashram***

1. Women up to 60 years of age may seek shelter in the Ashram for limited period with a view to get vocational training for 6-24 months in the area they are suitable for.
2. The women will have to accept the prevalent rules of the Ashram and Sahaja Yoga meditation.
3. They will have to appear for health check up to ensure they are free from a disease which can harm other residents.
4. the women seeking shelter shall come through Sahaja Yoga centers, police, jail, NGO's, social servants or referred by some authorities etc. with necessary documents / papers showing that they do not have any family ties or rejection by society.
5. The Ashram reserves the right to restrict / refuse the shelter to any women without assigning any reason.
6. The women found suitable for long term assignment in the Ashram may continue for long durations if the authorities of the Ashram desire so. She will be suitably rewarded.

7. The governing council has the right to waive any of above conditions.

### ***Guidelines for admission of Orphan Girl Child in the Ashram***

1. Normally an orphan girl child between the ages of 2-8 years will be admitted. However, with the permission of Trustees, an orphan girl beyond the age of 8 years could also be admitted in special circumstances.
2. The child will be sent for the health check up before actual admission to avoid the chance of communicable harmful diseases
3. The orphan children can be admitted by Sahaja Yoga centers, police, NGO's, religious organizations or any reliable organization / person / distant relatives.
4. The person getting the girl child admitted will produce death certificates of the parents or any other proof so as to ascertain that the girl child is orphan and financially poor.
5. Lost girl child can be admitted by police or local magistrate. If the guardian is located later, he will pay all the expenses incurred by the Ashram.
6. All children admitted will follow the discipline rules of the Ashram and Sahaja Yoga meditation.
7. The Ashram shall have all rights on the admitted children as that of parents as per rules of the Government.
8. The trustees will have full rights on an admitted orphan girl child for her up bringing, education, marriage, adoption etc. as may be deemed fit by them.
9. If any child leaves the Ashram, is lost on her own or dies, the Ashram shall not be responsible for any compensations etc.
10. The Trustees of the Ashram reserve the right to restrict admission of any child or expel anyone to a safe place without assigning any reason.
11. The governing council has the right to waive any of above conditions..

## 4. International Sahaja Public School Talnoo, Dharamshala



The international School is situated at Talnoo, a beautiful spot in the lap of the Himalayan range called Dhaulagiri. The word *dhaula* means 'completely pure', *nirmal*. *Dhar* means 'range.' (The mountain range is called Dhauladhar). It is at a height of 2000m and is approximately 16 Kilometres drive from Dharamshala, the well known tourist centre of Himachal Pradesh in India.

### **The Aim and Objectives of the School**

A unique system of education evolved by H.H. Shri Mataji Nirmala Devi dedicating to the cause of grooming the humanity with moral values on one hand and wisdom on the other. The system of Sahaja Education imparted here not only extends an opportunity for children to enjoy the purity of innocence, but also makes them a valuable citizen of this world to understand the essence of living. Shri Mataji says "Innocence is an eternal quality which can never be lost or destroyed", while the basic objective of this school is to reflect such divinity in all students who come across the globe to be intellectually and spiritually evolved. In yet another revelation Shri Mataji says "Our present day educational system is failing to bring out the great potential inherent in human beings, as proven by the terrible state of affairs in the west. Born realized as well as our Sahaja Yogi Children need an enlighten school system where they can grow and manifest the great soul that have taken birth".

This School popularly named as ISPS extends an opportunity to inculcate love for nature, care for environment, gentleness, nobility, honesty, wisdom and yet a lure for adventure. Children are surrounded with everything that enriches the Spirit in a human being in this divine land. It not only helps transformation of individual but encourages and helps stimulate ones' natural curiosity, creativity

and imagination power in this serene majestic environment. The vibrations in the air help the pupil understand the essence of spiritualism and the realized style of living. Shri Mataji says "I have seen children coming from our school in Dharamshala, extremely confident and extremely humble and I asked them, "What do you do?" They said, "Mother, we meditate. We meditate in the school in the evening and that meditation helps." Imagine these small children can say that".

Besides, the essence of developing spiritualism, the school also allows the children to develop personality and individuality and yet retains the ability to relate, work, share and play harmoniously without evoking competition and enjoy the reality of the collectivity. The children are made mindful of their individual and collective responsibilities such as respect and duty towards his parents, elders, teachers, fellowmen, public property, country and world at large.

That's why an ex-student who graduated from the school prefers to reserve his comment as ... "They often say that the Himalayas are like the seat of the Universe. And we know they are the Sahasrara of India and the Sahasrara of the world. It is where "the sky is always lit with the brilliance of vibrations and Mother's divine love." It is Her school and She is always there to bless Her children."

### **Education, Standards, Academics and Routine**

- The School is affiliated to the Indian Council of Secondary Education Board and the admissions for children are held for Std. I to Std. X.
- The medium of instruction is English.
- The school is residential with lodging and boarding facilities. There are 15 dormitories and one care taker authority is attached to



approximately a group of 8 students. The dorm Aunties and the authorities take care of the children as parents do.

- The School Session starts from the 23<sup>rd</sup> March and end on 21<sup>st</sup> December. There are five tests, three Unit tests, a half yearly exam and an Annual Exam held for each session. The Annual Report is based on the overall performances of all the Tests undertaken.
- The school has a library with an excellent repertoire of 6-7 thousands books on various subjects besides a special Sahaja library with Sahaja literature, audio and video cassettes.
- The school has a provision for Indian and continental food. Special attention is given to the nutritional values. The school has its own bakery that caters fresh items to the students.
- As a part of recreation the student enjoy regular watching video cassettes besides Sahaja cassettes. The children enjoy periodical trekking, excursion and educational tours besides various sports and games in the School premise.
- The daily routine starts from morning meditation, breakfast, and then academic classes from 8:45 to 10:45 a.m. with 15 minutes short break. The Lunch is served at 12:20 p.m. for the junior classes, while the seniors at 1:00p.m. The classes resumes after lunch for the senior classes while the juniors are taken care of as they have an hour siesta. The after noon session concludes with a break for sports in the evening. The evening session starts with evening meditation at 6:15 p.m. and then is the time for homework preparatory classes for all. After the dinner usually the students go to bed by 10:00 p.m. The routine is subjected to revision with the seasonal changes.
- Regular subjects opted are English as first Language, Hindi /German as the second, Mathematics, Science covering Physics, Chemistry and Biology, Social Sciences including History, Geography and Civics, Computer science is taught from standard -III.
- While the other co curricular subjects cover Music (Vocal and Instrumental) Dance (Classical, Folk and Mime), Wood work, Drawing and Painting, Clay works and paper

craft.

All children must apply for a student visa. Any other type of visa will not be accepted by the local foreigner Registration Office (FRO). Students who arrive with a tourist visa will have to leave India after six months. Parents who require a letter from School in order to request a student visa should email to the school account with the following references:

- The name and the surname of the child and his/her class
- The date and place of Birth of the child
- Passport number, its expiry date and nationality, Fax number and the addresses to the accountant's email at: [ispsjm@yahoo.com](mailto:ispsjm@yahoo.com)
- Email address for communicating with
- Junior wing –in charge: [isps\\_office@yahoo.co.uk](mailto:isps_office@yahoo.co.uk), [ispsoffice@rediffmail.com](mailto:ispsoffice@rediffmail.com) and senior wings in charge at : [isps\\_senior@rediffmail.com](mailto:isps_senior@rediffmail.com)
- Contact address: **International Sahaja Public School , Talnoo, Dharamshala(H.P.) at [www.sahajapublicschool.org](http://www.sahajapublicschool.org)**

### *Graduates remember Shri Mataji's School in the Lap of the Himalayas*

- I can think of no school to do this job better than the International Sahaja Public School. This school doesn't just give the best possible grounding for a development of an ideal human being, but also the spiritual guideline that we all need to become better individuals in society. Analyzing the totally unique nature of the school, the International Sahaja Public School is not only the ideal school for students, but also a ground where better human beings are made and creativity is acknowledged. I would have no hesitation in recommending this school to any parent who cares about the welfare of their children and their development into better human beings. It is a society of better human beings that, ultimately, will result in a better world for all.— *Rishi Nicolai, Australia*
- At Dharamshala, in a pure and healthy environment, we were given the chance to grow into adults without the threats and dangers of today –no drugs, no alcohol, but an absolutely

strong feeling of security and love. This school let us grow up in something comparable to an intact family. At such a young age, the feeling of being protected is one of the greatest needs and the school gave it to us, totally in contrast to the situation I found later in Europe. I have met many people who have no back-up from their families and I have seen their state. Aggression, hatred, insecurity have become their guidelines. Quarrel and disorder within families of this Western world are the cause. I was taught to respect my parents. I was taught to search for answers within the family and I found them. Although we were often separated from our parents for months, I never felt left alone. In fact, the bond to my parents grew and so did the respect. It was they who had to let loose and overcome their conditionings on how children should be brought up, to give me the chance to grow up in a functioning and working community. My experience in the school enriched my personality in several ways. Firstly, it gave me an open and tolerant attitude towards other cultures that I found was lacking in some European public schools I went to later. Being at boarding school and far from home, it also developed my skills of handling situations independently. I also learnt how to cooperate, coordinate and live with other students my age, with each of us, our habits, likes and dislikes. The different system of teaching lead to the fact that, when coming back to Europe, my levels of math and sciences were superior to those of my classmates. My years at the school have been of the most instructive and enriching of my life, precisely because it offered so much more than just the usual academic curriculum.— *Niranjana de Kalbermatten, Switzerland*

I can not express in words how lucky and how privileged I feel to have been able to attend school in India, at the Sahaj Yoga School in Dharamsala. I cannot even pretend to imagine

the difference to myself, my personality, if I had not been there, for it is what I learned during those young years in my life that has made me who I am today. Most obviously, the education I received was of a much higher standard than what is offered in Canada, where "perfect" in the Western education system is the "satisfactory" that is expected by the Indian International Board of Education that I studied under. Along with a second language, the experience of Indian classical music, dance and art, I have come away with an international perspective on a very diverse world. But it is not just the academic education I received at the International Sahaj Public School which is of such a high standard, but more importantly the deeper values that I learned through the spiritual aspect that underlies the way in which the school is run. These are values that developed qualities of my personality and matured them much beyond my peers back in Canada. Most importantly, I was allowed to learn about myself and the world around me and, in doing so, become more self-confident and secure in who I am, a quality very much lacking in the West, where insecurity, problems of personal identity, family and social dysfunction are dominant everywhere. It is also due to the simple meditation techniques I learned that allow me to reduce any stress in my life that comes from university course work, job work and even day-to-day problems that arise. My friends are envious that I am able to remain peaceful and balanced in my life while under pressure and, at the same time, top the class in almost every course and receive high praise from my lecturers. My attention is more focussed and my mind is clearer. I fall asleep with no effort at night and wake up in the morning well rested, something I have come to know that most people around me do not enjoy.—*Gautama Payment, Canada*



## *5. International Sahaja yoga Research & Health Center, CBD, Belapur*

Situated in a sylvan surrounding, the International Centre for Sahaja Yoga Research and Health Centre stands as a unique centre of its kind in the world, where treatment is done by vibratory awareness, developed by Sahaja yoga meditation.

On 19<sup>th</sup> February 1996, Her Holiness Shri Mataji Nirmala Devi, founded and graced this sprawling International Health centre as a gift to humanity at CBD, Belapur, Navi Mumbai. Late Dr. U C Rai, former Head Physiology Department Jawaharlal Institute of Post graduate Medical Education and Research, Pondicherry, and professor in various medical colleges of Delhi, was appointed as its first director by Shri Mataji. After his demise, Shri Mataji appointed Dr. Madhur Rai as the next in charge of this Health Centre.

Mother's Divine Grace has cured many patients from all over the world. About thirty-five countries including U.S.A., Australia, England, Africa, Malaysia, Singapore, Russia, Canada) have benefited from the Sahaja treatment in this Health Center;

Cases of varied etiology like Hypertension, Bronchial-Asthma, Diabetes, Migraine, Epilepsy, Depression, & Cancer have been cured at Health Center. Not only patients with physical ailments but also yogis with subtle system imbalance visit Health Center. The total number of patients (indoor admissions + out patient) has risen progressively from a figure of nine hundred and fifty four in 1996 to five thousand and twenty five in 2004.

For admission at this Health Center one needs to send in (fax/post or e-mail) their brief medical history or brief account of subtle imbalance experienced to Dr. In charge. Subsequently, the bookings and reservations for the accommodations of Rooms in the Health Centre are made at the reception.

### **Contact Address:**

**International Sahara Yoga Research & Health Center,**

Plot.1, Sec-8, H.H.Shri Nirmala Devi Marg CBD, Belapur

Navi Mumbai -400614.

Telephone details:

Tel: Reception:(022) 27571341, (022) 27576922

Tele-Fax: (022) 27576795

Timing: 10 a.m. to 4 p.m.

Email: sahasa\_center@vsnl.net

### *Some important Quotes from our Mother, while talking to Doctors in the International Health Centre on 19<sup>th</sup> February 1996*

...“Through our evolution we have become human beings, We have become human beings and what we have all the things within us about which we have no knowledge, we have knowledge whatever we see outside but what is within us we have no knowledge so far because we have not yet studied or have tried to find out what is written in so many ancient books about what we have inside ourselves. So it is a question of understanding that all these things written since ancient times in our country by many saints, many incarnations must be some reason why they wrote about it. Now this power is nothing mysterious today it's the power that is to sprout for our last breakthrough of our evolution. After the human awareness which is a complete understanding of ourselves, this new awareness that has been talked about, told about by Zen system which you know that is followed very well in Japan, then also by Lao Tse in China, by so many people it has been talked about that one has to become a person who is beyond the mind”.

“... Seekers of truth. It's a very different thing today that I have to speak to people who are professionally doctors and are following a kind of

a medical practice which is supposed to be absolutely scientific. I am not here to in any way denounce or put down any one of the theories that are prevalent and are practiced by the doctors all over the world. In no way one has to degrade any knowledge whatever is available. But the problem is when you find any knowledge is not fully developed or not competent we should open our minds to something that could be something better than what we are following. Because we have studied in a medical science, because we know about medical studies it's not necessary that we should be so conditioned that we can not take to anything that is new, is available. In the ethics of medical science as far as I know, it is for the benevolence of the people that we are working, we are not working for just pocketing money or for propagating a one kind of theory that we know of.

As it is you know, every time in the science theories are challenged. Starting from earlier times, you see all becomes hypothesis then becomes laws and then the laws are challenged. Another thing is the science is amoral. It doesn't look at that aspect of human being where it is important that morality must be imbibed. Thirdly it's a limited thing, it's limited because it is dealing with our efforts through our mind. With our mind, whatever we try to know need not be absolute truth, that is the reason there is always difference of opinion. If it was absolute truth there would have been no difference of opinion. So what we have to do is to get to a point where we can know absolute truth, absolute meaning that every doctor should feel the same way, diagnosis should be the same. From all these point of views we have to a little bit humble down and see for ourselves what knowledge lies before us in this great country of India. We have no idea as to this knowledge of Sahaja Yoga existed thousands and thousands of years back."

"..... In Sahaja Yoga you don't have to take any money or anything just works out through your powers. You can help the poor people very well. Of course if there are very rich people, they

are available to you, we don't want to bother them too much and neither they are bothered about us. They only depend on doctors so you can have them. But for us more important is the middle class and the lower middle class especially the people who can't afford to go to doctors and hospital".

"..... This science is absolutely free to you, you can learn it in one month. For medical science you have to work for seven years. What is the advantage for doctors to know it because they can locate it very well, they can grasp this much better. They can understand that it's so scientific. It's so beautifully working out. They are amazed at it. I would say that, this is so great a science, we can call it a meta science as Doctor sahib (referring to Late Dr. UC Rai) has said, but this science can explain it logically but science cannot encompass the whole. Science is still a little cup can't get all the ocean in to it. So for that all the scientific people who think science is great should try to understand what is such a wealth of our country. May God Bless You All".

### *A few interesting experiences shared by the Sahaja Yogis who visited the Centre*

Etienne Loyson, a 62 year old architect from Belgium, is just spell-bound, "Earlier I had high blood pressure. Doctors abroad had suggested taking several tablets on routine as the only treatment method. But today, with Sahaja yoga treatment and the blessing of Shri Mataji Nirmala Devi, I am full of energy. I have stopped all medicines and I feel I am just 30 years old."

Katherine Reid from England (who suffered from irritable bowels syndrome) is a happy woman today, in contrast to her life previously when she had to take several medicines prior to her arrival in CBD, Belapur Centre. "I feel much better having stopped my medication completely. My health has improved by about eighty per cent." Anna Kargaity, a Canadian who suffered from depressive psychosis is full of smiles today. "I now have a positive outlook towards life, being able to develop



my own personality and express my feelings", she says. Similar benefits were highlighted by Belinda from Australia, Kumar from Canada, Bryan from USA and others.

On being asked as to why so many foreigners are coming to India, when advanced medicines are available with doctors of modern medicine all over the world, Late Dr. UC Rai once commented, "The doctors abroad don't have a treatment for the psyche of human being, except giving tranquilizers, sedatives and anti-depressant drugs. These are not only harmful, but also habit-forming. In view of this, Sahaja yoga, which can control the psyche of human being by meditation, has become very popular to the treatment and prevention of psychosomatic diseases like bronchial asthma, migraine, irritable bowel syndrome, infertility, multiple sclerosis and spondylitis, to name a few. It is all due to the blessings of Shri Mataji Nirmala Devi, who founded Sahaja Yoga centre, and has enlightened thousands of people all over the world."

#### **Theodore Efstathiou From Greece**

In February of 2002, I was at the Sahaja Yoga Health Centre at Belapur, in order to dust off some more negativity from my subtle system. On the 19th of February, it was the sixth anniversary of the operation of the centre. For the occasion, a puja was offered to our Divine Mother. Vibrations were very strong and it was very auspicious to have attended such a puja. The event marks a milestone and it is a good opportunity to say a few things about the centre, about its operation and the need for it.

#### **Those with medical problems**

The question was raised in the past, as to why Sahaja Yogis need to come to the centre for treatment. The question hardly needs any answer when one has some evident medical or severe emotional problem. In such a case, one should consult a physician and determine the ailment and its cause. Normal practice is for Sahaja Yogis to

follow the recommendations of doctors.

It should be noted that the centre has achieved cures or improvements in cases where medical science could offer no relief whatsoever. Even if you receive the full medical treatment specified by your doctor, you may still wish to come to the clinic. Sahaja Yoga practice is the way to cure a medical problem. This must be emphasized.

In sickness, the medical profession simply eliminates the symptom. Medical practice does not cure. A cure is effected only when the negativity in the subtle system that caused a disease to manifest is itself eliminated. Otherwise, the cause is still in the subtle system and the patient simply begins to work himself into something worse.

Only fragments remain of the works of the ancient Greek philosopher Heraclitus from Ephesus (circa 500 BC). In one of them he says, "The doctors, by cutting and burning, they work up the same as the diseases and they receive payment, which they do not deserve." This is as applicable then as it is today, despite all the progress in medicine.

Socrates has explained this more fully by saying that "No doctor knows himself. This is the reason he is a doctor." Putting this in the language of our Sahaja culture, it says that "No doctor is self-realized and this is the reason he is a doctor."

Yogis with medical problems should consider going to the centre to benefit from the experience and focused attention of the Sahaja Yoga doctors there.

#### **Those without medical problems**

With respect to persons who have no medical problems, the natural question is why one should take the big step and come to the health centre. Once Prof. Rai quoted our Holy Mother, who said that the negativity in Sahaja Yogis is so strong, that they cannot feel their catches.

This is a very strong statement by our Holy Mother. It indicates that unless you can feel your

catches, your spiritual ascent may be very difficult to achieve. It is after you understand your problem that you can eliminate it.

In order to appreciate Shri Mataji's remark, She has stated that the number of diseases that exist is the total number of combinations and permutations of the chakras. On the three channels there are twenty-one chakras, so the total number of combinations and permutations can be computed as the product of  $21 \times 20 \times 19 \times 18 \dots 3 \times 2 \times 1$ .

I tried to compute this expression on my computer in integer format and the computer run out of numbers. So I used Stirling's approximate method to estimate the value of this product and it turns out to be of the order of ten raised to the eighteenth power. This is a fantastically big number and is of the order of a quintillion. This shows the hopeless task with which the medical profession and the bio-technologists are faced in trying to determine the genetic code of diseases in order to effect cures.

At the same time, it also gives an idea of the fact that in each one of us, the condition of the subtle system is not as simple as it might be indicated because we feel a chakra catching. Of course, no human ever attains this fantastic number of catches.

To ascertain the condition of the subtle system and to treat the various catches and cross-catches, a person who has a well developed vibratory awareness is required. Such people are the doctors to be found in the health centre at Belapur. Such people are the ones who can balance a subtle system and get a person on their way to spiritual ascent.

What this points out is the fact that when people who have lived a average life and have had no unusual experiences, it is not easy to feel and understand the inner workings of affirmations, mantras and treatments.

### Routine at the centre

During your stay at the health centre your attention is set on your spiritual progress and on nothing else. There is a morning meditation at 8 am and an evening meditation at about 7 pm, which includes watching a video or listening to a talk by our Holy Mother from an audio tape. You will have the opportunity to get up at 4 am, in order to get to the lawn for a very early meditation and prayers. In this way, you will get the experience of the difference it makes to have early meditation, as our Holy Mother urges us. You will also get the experience of feeling Mother Earth as a Goddess who is there to help you by sucking from your feet all your negativity, when at this early hour you walk around saying Her mantra and asking Her to absorb the negativity.

The doctors see you twice a day and they prescribe to you the treatment that you have to give to yourself until the next time they see you. The idea of the treatment is to get the Ida and Pingala Nadis to balance, so that you are always on the Sushumna Nadi. In so doing, they can tell which chakras need to be corrected next, thus finding the way in the labyrinth of the cross-catches that exist in you.

The techniques used in the health centre are not different than what has already been published either in the *Sahaja Yoga Prayer Book* or in other treatment publications. What really counts is that the grounds are highly vibrated. Our Holy Mother has Her attention on the health centre and She effects all cures. It must be appreciated that the Goddess is realized by devotion. Once you are here, you are devoted, for there is nothing else to distract your attention. Mother has said that prayer is the greatest weapon of a Sahaja Yogi. The health centre is a very good place to learn devotion and surrender to our Holy Mother and to learn how to pray effectively.



## 6. *Shri P K Salve Kala Pratishthan, (Academy)* *Vaitarna, Maharashtra*

The academy of Indian Classical Music and Fine Arts at Vaitarna, Maharashtra has been established and blessed by Her Holiness Shri Mataji Nirmala Devi as a prestigious project.

Vaitarna, surrounded by Dams and Lakes in the vicinity of scenic greenery, is about 100 kilometers from Mumbai and about 80 kilometers from Nasik off National Highway 3 (Mumbai Agra Highway), easily accessible from Khardi Railway Station (25 kilometers) of the Central Railways.

The Institute is situated within an area of 40 acres of land comprising of the streams, undulations and natural landscape. Modak Sagar and Tansa Dams are in the vicinity with a thick reserved forest cover.

The buildings have been architecturally planned under the instructions of our Divine Mother, with a central courtyard and a covered stage.

### **Course Durations**

Term Academy Course Duration

1st Term: 1st January to 15th April (15th to 30th March Holidays)

2<sup>nd</sup> Term: 15th June to 15th September

3rd Term :16th September to 16th December

Individual Course durations are stated in the Syllabus of the particular course.

### **Mission Statement**

Music is a Divine Inspiration to become the Spirit. This is the prime goal of the Music Academy.

### **The Academy**

An Academy is an Institution of learning Art and a Research centre where people get generous time to introspect, contemplate and conduct a spiritual research on themselves. On a Subtle and Gross level Art is the medium to know and experience their inner selves and raise it to a higher degree of divinity.

### **Preamble:**

The rules have been framed upon the underlying fundamentals of Sahaja Yoga as expounded by the teachings of Shri Mataji Nirmala Devi. Students must respect the pertinent statutes at all times within and outside the academy premises as they represent

the academy during the duration of their studies.

A proper attitude needs to be adopted. Students of this academy are NOT clients, but rather students of Indian Spiritual Music, which is being taught in the holy context of Shri Mataji's academy. Throughout their stay they must be aware that being here is not a prerogative of theirs but rather a blessing that the Divine has bestowed upon them. An understanding of this reality is required if a student is to apprehend the nature of this.

### **Information for the students willing to join the Academy**

#### **Infrastructure:**

The following infrastructural provisions exist for making your stay comfortable & your learning experience memorable:

1. Comfortable Indian style accommodation on twin-sharing basis for individuals and single rooms for family.
2. Hygienically prepared Healthy and Nutritious Indian Vegetarian & Non - Vegetarian food.
3. Library, Study & Practice rooms with Books, CDs, Cassettes & study material provided for reference.
4. Electronic devices like TV, VCD / DVD & Audio equipments.
5. Communications :-
  - a. Internet facility for email, web conferencing and surfing.
  - b. Phones & Faxes (Calling card can be purchased for international calls)
  - c. Scanning and Photocopying
6. Music studio for recording (under construction), useful for students and teachers.

#### **Visa & Immigration:**

1. Students who wish to stay in the academy for more than six months should arrange for their Indian visa from their respective countries. For the Indian Embassy locations in your respective countries click on any of the following links:
  - a. <http://passport.nic.in>
  - b. <http://www.india-visa.com>

## 2. Musical Instruments:

Musical instruments can either be purchased or the instruments at the academy can be used for learning purposes. Having your own instrument is recommended.

### Contact Information:-

#### Academy address:

Near Vaitarna Dam

(also known as Modak Sagar Dam),  
Village Belvad, At Post Vaitarna, Taluka Sahapur,  
District Thane - 421 304 (Maharashtra, India)  
Phone: +91 2527 248 528 / 248 530  
(Call only between 10.00 am to 06.00 pm  
as per Indian time)

#### Principal: Dr. Arun Apte

Mobile No: +91 9325316580

Academy-homepage: [www.pksacademy.com](http://www.pksacademy.com)

#### Mumbai Office:

Shri P. K. Salve Kala Pratishthan  
612-B, Urmila Co. Hsg. Soc., Shivaji Chowk, Sahar  
Road, Andheri East, Mumbai - 400 069  
Phone: +91 22 2684 3169, Fax: +91 22 2683 1314  
E-mail: [draruapte@yahoo.co.in](mailto:draruapte@yahoo.co.in)  
(Call only between 10.00 am to 06.00 pm  
as per Indian time)

## Experience shared by yogi who visited this Academy in the recent past

### 1. Anand Schreuer, from Austria

With the Grace of Our Holy Mother I had the opportunity to study a few months in this blessed place which I call Our Academy.

Looking back I can see how much weight has been lost of Ego and other enemies of the Spirit.

Staying in this Divine place was such a joyous experience. So many aspects are incredible and hard to describe. There is the multi-cultured flavour of being in a big Ashram together with Sahaja students from all over the world. There is the stage where not long ago, where Puja was offered at Her Holy Lotus Feet of Shri Adi Shakti Herself on the occasion of opening the Academy. On this same stage we Sahajis are allowed to meditate. There are the buildings that are incredibly beautiful as

well as practical which is not very surprising as they were designed fully by Our Mother Herself.

The whole Ashram emits vibrations and we are constantly bathing in this bliss. Moreover there is the jungle which is all around the Academy as well as rural area with a small village nearby named Vaitarna. There is the Attention of H.H. Shri Mataji on this new project of Hers which is very evident to all of us. Shri Mataji Herself inquires in detail about the ongoing activities of the Academy, how it is going and who is there and so on. We can feel the warmth and affection of Our Divine Guru in every step we take in that blissful abode.

Looking back to what has happened to me in Sahaja terms is that Mother has carefully lifted me up in vibrations and I feel so much lighter (in vibrations) than before the trip.

This Indian Classical Music which I study is such a beautiful thing that only this Music itself has lots of vibrations and is capable of changing a lot in human beings. It touches the hearts of the listener and the singer at the same time. The combination of Sahaja with Indian traditional Art like Music, Dance and Miniature Painting is an explosion of Vibrations at least for me.

The Academy student had opportunity to perform before Her Holy Lotus Feet in the recent past. Our youngest student was a 7-year-old girl studying Kuchipudi. Together with her elder sisters (in Sahaja) she gave a touching performance just in the presence of Mother on the 24<sup>th</sup> December. After that many Indians have registered for the Academy as they were so touched by the performance.

The Academy provides you a nice room which is usually shared by two brothers/sisters. Every room has a bathroom attached. All the work is done by Sahaja Yogis. They cook and clean for you. We are completely free to attend our lessons and study and have fun.

What a blessing to be born in this time and able to use all this Divine Facilities Our Mother created for us.



## *Books Published and Projects related to Sahaja Yoga*

The list is not all that Sahaja Yoga has treasured over the period of its evolution since 1970. But, it's an attempt to compile most of them from all corners of the globe that speaks of the volumes of books or booklet or such publications (known so far in wide collectivity or information received). However, a few of these (earlier ones) may still be available in newer editions or reprints, while, a few may not be in circulation as of now. This list does not reflect recommendations for literature study, but is an attempt to refresh our awareness of the works ever attempted in Sahaja Yoga, including the verses and text in form of book from divine nectar blessed by our beloved Mother Herself at one place

### ● **The ongoing Projects related to Sahaja literature**

Keeping in view of the compilation and archival works done on the Holy Scriptures of various religions across the globe today, it is high time that we the Sahaja Yogis of the world collective, must collectively pray at Her Holy Lotus Feet that this beautiful world be blessed with compilation of volumes that archives the words of Divinity for our ascent and our self Realization for today and of future long after we are gone. Her talks that are the mantras for the world, those will be our Vedas, Puranas and the epic Holy Scripture, the world shall ever witness with the Advent of greatest incarnation on Earth, Shri Adi Shakti, Shri Mataji Herself on Earth.

*The objective and the intention of project undertaken in these direction, is to accurately transcribe as many talks as possible that were given in the English language so that an important resource is created as a by product, that will be available to researchers, academicians and to countries who wish to translate transcripts of talks into other languages.*

However, the list of Research papers and other related documents already published in magazines, periodicals and journals are not included in this exhaustive list. At the same time compilation of the list of such articles or papers published from

time to time on Sahaja yoga is underway and not ignored.

### ● **International Sahaja Yoga Book Project (From SWAN)**

#### **Background**

This project was personally approved by Shri Mataji in 2003, and has been in progress since September of that year.

#### **Objective**

To publish internationally in mainstream bookshops, between 10 and 11 books by H.H. Shri Mataji Nirmala Devi. The books will be initially published by daisyamerica LLC and then through an expanding network.

This will allow the general reading public, many of whom may never attend a Sahaja Yoga meeting, to have access to Shri Mataji's teachings and insights. It will enable such readers to experience Self-realization and later, if they so wish, to connect to the Sahaja collective.

#### **Method**

A team of Sahaja Yogis, from numerous countries have begun to produce new, accurately verified transcriptions from the large body of Shri Mataji's talks in the English language, currently in audio and video format.

From these transcripts, editors will compile books on various topics as suggested by the following provisional titles:

1. **An Introduction to Sahaja Yoga**
2. **The Keeper at the Gate - (Innocence and Wisdom, Shri Ganesha and Lord Jesus Christ)**
3. **How to be your own Guru (Adiguru Datatreya)**
4. **The Cool Fire (Kundalini and Self-realization)**
5. **The Inner World (The Subtle System and Chakras)**
6. **The Praxis of Transformation (Clearing Techniques, Balance, How to Meditate, How to Introspect)**
7. **The Enlightened Mind (The Buddha, Buddhism and Hamsa)**

8. **The Pantheon of Light (The Deities)**
9. **Fortune and Misfortune of Religions (Islam, Christianity, Hinduism, Judaism)**
10. **A Day Book (Random quotes from Shri Mataji's Talks)**

Alan Wherry from New York is Director of the project; Ken Williams, from London, UK, is the leading Managing Editor. Shruti Gupta and Ann Capazzoli, both from New York, and Anton Grabmayer from Austria are also Managing Editors and are heading up teams of Yogis, working in pairs, for the initial transcription phase of the project.

Team members must be established Sahaja Yogis, with balance, good hamsa qualities and a working knowledge of Sahaj terms. They must be able to work with accuracy in the English language.

From the completed body of transcriptions, editors will compile books on the above topics into a cohesive whole with the essence of the work being that it can be read, understood and enjoyed by a reader with no previous knowledge of Sahaja Yoga.

Each book will finally be reviewed by David Spiro and Grégoire de Kalbermatten before going to press.

The intention is to accurately transcribe as many talks as possible that were given in the English language so that an important resource is created as a byproduct, that will be available to researchers, academicians and to countries who wish to translate transcripts of talks into other languages.

### **The Sahaja Yoga Mantra Book**

Monday, April 04, 2005

We are pleased to inform the sangha that the Publication Committee of the World Council for the Advancement of Sahaja Yoga (WCASY) has taken up the task of producing an updated, accurate Sahaja Yoga Mantra Book.

In due course, this will be complemented with a second publication, a Sahaja Yoga Book of Worship. This will contain prayers existing in the old mantra book and completed with a few selected texts from world religions that have a specific relationship to Sahaja Yoga.

The Mantra Book should be based on Sahaj shastras, the existing body of texts that were prepared for and accepted by HH Shri Mataji at different pujas over the years. The draft will be scrutinized by Sahaja yogis who are Sanskrit experts and reviewed by members of the Committee and interested members of the WCASY prior to final clearance and printing. In this manner each yogini and yogi will know that the utmost care has been invested in the production of this important document.

There are now a number of differing Mantra Books in circulation and we are aware that, this year, a text entitled Sahaja Yoga Mantra Book has recently been circulated on the web and printed in a limited number of copies in India with the mention on the cover page of rights to Shri Mataji and the Life Eternal Trust. It should be clear that this work represents an individual effort, which has not been cleared in its present form by the Committee.

No matter how well meaning attempts by individual yogis may be, they will create unnecessary confusion. While recognizing the concern of the author, some of the changes he brought to the texts of the old book are not called for. Many texts that are changed in this edition have been read to and accepted by HHSM and have become part of our devotional practice and there is a need to further improve on Sanskrit translation and to ensure objectivity.

**Therefore the Publication Committee does not encourage or authorize at this stage the publication or circulation of a new SY Mantra Book other than the one to be soon developed and approved in the context of the WCASY. In the meantime the old (green) mantra book is the one recommended for use by the sangha.**

We are grateful for everybody's understanding in this matter. As Mantras are a corner stone of Sahaj practices, we are conscious that the sangha expects a Book carrying the needed authority. We are confident that the above process shall serve well the need for a universal and consistent SY Book of Mantras.

For the Publication Committee of the WCASY  
Alan Wherry - Grégoire de Kalbermatten - Philipp Zeiss



<b>Name of Book</b>	<b>Author</b>	<b>Language</b>
➤ Corruption-India's Enemy Within (2001)	Sir C P Srivastava	English
➤ Bhrashtachar-Bharat ki Bheteri Shatru (Hindi Version of Corruption) (2002)	Sir C P Srivastava	Marathi/ Hindi
➤ Nirmalanjali	Prayer/ Song Book	Hindi/ Marathi
➤ Sahaja Yoga Songbook	Compilation	English
➤ Pushparpan	Compilation	Hindi
➤ Sahaja Pushpanjali (1995)	compiled by Sushil Kejriwal(Songs)	Hindi
➤ Sahajamala(Book of Poems) (2000)	Armaity.H. Bhabha	English
➤ Sahaja Geetarpan (1995)	compiled by Sushil Kejriwal(Songs)	Hindi
➤ Sahaja Yoga Geetanjali	Compiled book of songs (English,Hindi, Marathi)	English
➤ Sahaja Yoga Parichay Pustika	Compilation	Hindi
➤ Sahaja Yoga The Unique Discovery	H.H. Shri Mataji Nirmala Devi*	English
➤ Sahaja Yoga - A Guide for Parents, Teachers and Students	Helga Fein	English
➤ Mantra Folder	Compilation	English
➤ The Joy of spreading Sahaja Yoga (2005)	Excerpt from Speeches of Shri Mataji Nirmala Devi	English
➤ Divine Light- Miracle Photographs of Shri Mataji (1998)	Geoferey Godfrey. & R K Pal	English
➤ The Divine Mother- 1008 Photographs of Shri Mataji- The Great Guru (2000)	Geoffrey Godfrey,	English
➤ Islam Enlightened (1998)	Javed Khan	English
➤ The Light of the Koran- Knowledge through Sahaja Yoga (1998)	Flore Descieux, Transl: Caroline Mc Carthy	English
➤ Geeta Enlightened (1986)	Yogi Mahajan	English
➤ Bible Enlightened-Religions and Yoga (Vol. First, Second and Third) (2003)	Dr. Dan Costian	English
➤ Music & Sahaja Yoga (1997)	Dr.Arun Apte and D.V. Athavale	English
➤ Sahaja Yoga 1991(Eng)/1998(Hindi)	H.H Shri Mataji Nirmala Devi	English/Hindi
➤ Sahaja Yoga Research and Health Centre	H.H Shri Mataji Nirmala Devi	English
➤ Education Enlightened- A Guide for Schools	H.H Shri Mataji Nirmala Devi	English
➤ Meta Modern Era (1996)	H.H Shri Nirmala Devi	English
➤ Para Aadhunic Yug (Hindi Version of Meta Mordern Era) (2000)	H.H Shri Mataji Nirmala Devi	Hindi
➤ My Memories (2000)	Babamama(HP Salve)	English

➤ Mere Sansmaran (Hindi Version of My Memoirs) (2002)	Babamama(HP Salve) Translation. O.P Chandna	Hindi
➤ Sahaja Yoga Praktik Jadi Bution Dwara Rog Niwaran	Compilation- Booklet	Hindi
➤ The Advent (1979)	Gregoire De Kalbermatten	English
➤ L'Avènement (French edition of The Advent) (1985)	Trans:Lotus heart	French
➤ El Advenimiento (1994) (Spanish Version of The Advent)	Gregoire De Kalbermatten	Spanish
➤ The Third Advent (2003)	Gregoire De Kalbermatten	English
➤ Jail Break	Yogi Mahajan	English
➤ Miracles of God		English
➤ The Search for the Divine Mother (1997)	Gwenaël Verez	English
➤ Cooking With Love- Divine Recipes (2003)	Recipes of H.H Shri Mataji Nirmala Devi	English
➤ Lal Bahadur Shastri— A Life of Truth in Politics (1995)	Sir C.P. Shrivastava	English
➤ Lal Bahadur Shastri— Rajneeti Mein Satyanishth Jivan (2000) (Hindi version)	Sir C.P. Shrivastava (Trans: Shankar Nene)	Hindi
➤ Navaratri Talks—Pune 1988 (2002)	Talks of H.H Shri Mataji on Navaratri 1988, Pune	English
➤ Navaratri Pravachan— Pune 1988(Hindi Vesion) 2003	Talks of H.H Shri Mataji on Navaratri 1988, Pune	Hindi
➤ Medical Science Enlightened— New Insight into Vibratory Awareness for Holistic Health Care (1993)	Professor Dr. Umesh C Rai, M.D.	English
➤ New Delhi Medicos Vol.13 April&May 1997 Nos. 4&5 (1997)	Ed. Dr. JJ Sood, Dr. MN Sood & Dr. R Garg	English
➤ The Ascent	Yogi Mahajan	English
➤ Utthan (Hindi Version of The Ascent) (1994)	Yogi Mahajan translation by CL Patel	Hindi
➤ Realized Saints	Yogi Mahajan	English
➤ Sufi Odes to Divine Mother	Yogi Mahajan	English
➤ Great Women of India	Yogi Mahajan	English
➤ The Face of God/Parmatma Ka Swaroop	Yogi Mahajan	English/Hindi
➤ New Millenium Fulfills Ancient Prophecies	Yogi Mahajan	English
➤ Nav Sahasrabdi (Hindi Version of New Millenium Fulfills Ancient Prophecies) (2000)	Yogi Mahajan translation by O.P. Chandna	Hindi
➤ Unique Discovery	Booklet	English
➤ Divine Knowledge through Vibrations (1992)	PT Rajasekharan & R Venkatesan	English
➤ A Collection of Prayer & Praise—Sahaja Yoga (1990)	Compilation	English



➤ Sahaja Yoga Puja Book (1990)	French Compilation— From Le Puja	English
➤ Sahaja Yoga Mantra Book 1989	H.H. Shri Mataji Nirmala Devi	English
➤ Prayers, Praises & Protocol to Her Holiness Shri Mataji Nirmala Devi	Collection	English
➤ Come the Mother Calls— A Tribute of Love to Shri Mataji Nirmala Devi	Compilation	English
➤ Children in Sahaja Yoga (1991)	Compilation	English
➤ Cabella 94 (photographs by Michael Markl, Vienna) (1995)	Compilation—printed by Adolf Holzhausens Nfg., Vienna	English
➤ Nirmal Dham— A Project of H.H. Shri Mataji Nirmala Devi Foundation	Compilation Souvenir	English
➤ Grace	Compilation	English
➤ Sant Kabir Aur Sahaja Yog (1999) (Ek Vaigyanik Drishti)		Hindi
➤ Shree Ganesha Puja—1999	Compilation- Souvenir	Hindi/English
➤ The age of Ascent	Compilation- Souvenir	English
➤ Vibrations (2000)	Compilation- Souvenir	English
➤ Shiva Tattwa (2000)	Compilation	English/ Hindi
➤ Birthday Messages		
➤ Health, Peace, Morality Culture "East-West" (9th. All Russian Scientific and Practical Conference) (9-10 June, 1998)	Compilation Moscow, Russia	English/ Russian
➤ A Seeker's Journey – Searching for clues to life's meaning (1995)	Greg Turek , Australia	English/French Russian German, Chinese
➤ Actualise Your Self-Realisation	Edwin Hou	Chinese
➤ Sahaja Yoga Meditation Beginners Guide	Kwong Ming Wai	Chinese
➤ Nirmal Fragrance	Compilation	English
<b>Periodicals and Magazines</b>		
➤ Akashwani Volume I	Yuva Shakti, bound	English
➤ Akashwani Volume II	Yuva Shakti, bound	English
➤ Anant Jeevan (1979-1980)		English/ Hindi
➤ The Divine Cool Breeze USA (1987-2005)	English	
➤ Chaitanya Lahiri		Hindi
➤ The Divine Cool Breeze, India		English
➤ Yuvadrishti		English/ Hindi
➤ Hermes		Germany
➤ The Knowledge of Reality		English
➤ The Life Eternal		English/ Hindi
➤ Maha Avatar (1980)		English/ Hindi
➤ Nirmala Yoga (1981-1985)		English/ Hindi
➤ Sahaj Amrit		English
➤ Open Heart		English



Pratisthan, Gurgaon, India



***List of a few Important Sahaja Yoga establishments and Projects alongwith addresses for contact / online information / Newsletter /Newspaper and Magazine subscriptions, published regularly worldwide.***

**Sahaja Yoga Mandir**

(Ashram at Delhi, India)  
C-17, Qutab Institutional Area  
New Delhi 110016 (India)  
Tel. 91-11-26966652  
Fax. 91-11-26866801  
e-mail-[delhiashram@rediffmail.com](mailto:delhiashram@rediffmail.com)

**Pratisthan**

NDA Road  
Near Chandni Chowk,  
Pune-411023,  
Maharashtra, India

**Nirmal Dham**

Sahaja Yoga Ashram  
Behind BSF Camp  
Chhawala Gaon  
Delhi - 110041, India  
Ph. 91-11-25023190

**Vishwa Nirmala Prem Ashram  
(NGO)**

Home for the destitute women  
Plot No. 9, Institutional Area,  
Greater Noida, U.P. (India)  
Tel. 0091-120-2230681

**International Sahaja Public School**

Talnoo, Dharamshala Cantt.  
Distt. Kangra H.P. - 176216 India  
site: [www.sahajapublicschool.org](http://www.sahajapublicschool.org)

**Sahaja School at Jejuri, India**

Vishwa Nirmala Vidya Mandir  
C/o Old Sadashiv Medicals,  
Jejuri-412303  
Distt. Pune, Maharashtra, India

**Principal : Mr. Patrick Redican**

**International Sahaja School**

Canajoharie  
[Canajoharie.school@sahajayoga.org](mailto:Canajoharie.school@sahajayoga.org)

**Sahaja Kindergarden and Ashram**

Borotin, Czech Republic  
<http://www.nirmala.cz/borotin>,  
[borotin@nirmala.cz](mailto:borotin@nirmala.cz)

**Nirmal Infosystems &  
Technologies Pvt. Ltd.**

Plot No.8, Chandragupt Hsg. Society,  
Kothrud, Paud Road,  
Pune - 411029. Maharashtra,(India)  
Ph No. 020-25286537  
Fax: 020-25285232 ,  
email: [marketing@nirmalinfosys.com](mailto:marketing@nirmalinfosys.com)

**Sahaja Yoga Health &  
Research Center,**

Plot # 1, Sector # 8,  
Shri Mataji Nirmala Devi Marg,  
CBD, Konkan Bhavan, Belapur,  
Navi Mumbai - 400 703.  
Maharashtra, (India)  
Phone : (91) + (022) 27576795,  
27571341, 6795.

Director: Dr. (Mrs.) Madhu Rai  
{Contact From  
10.00 Hrs IST - 14.00 Hrs IST}  
[sahaja\\_center@vsnl.net](mailto:sahaja_center@vsnl.net)

**Shri P K Salve Kala Pratishthan**

Near Vaitarna Dam,  
Village Belvad, Taluka Sahapur,  
District Thane. Maharashtra, India  
Phone: +91 2527 248528 / 248 530  
URL: [www.pksacademy.com](http://www.pksacademy.com)

**Publications :**

Subscription rates are subject to revision. The  
quoted rates are updated as on Jan. 2005.

**Chaitanya Lahari (Marathi)** Rs. 225/- annually  
6 issues per year

Correspondence: Nirmal Infosystems &  
Technologies Pvt. Ltd.

Plot No.8, Chandragupt Hsg. Society,  
Kothrud, Paud Road,  
Pune - 411029. Maharashtra, (India)

For Subscription: Demand Draft in favour of  
"Nirmal Infosystems & Technologies Pvt. Ltd."  
payable in Pune.

**Yuvadrishti** (magazine managed by Yuva Shakti in India)

Correspondence: Nirmal Infosystems & Technologies Pvt. Ltd.

Plot No.8, Chandragupt Hsg. Society,  
Kothrud, Paud Road, Pune - 411029.

Phone: +91-20- 5286105

[yuvadrishti@yahoo.com](mailto:yuvadrishti@yahoo.com)

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**Chaitanya Lahari (Hindi)**

Correspondence: Nirmal Infosystems & Technologies Pvt. Ltd.

C/o G. L. Agrawal, 222, Deshbandhu Apartments,  
Kalkaji, New Delhi - 110019.India

Ph.: 011-26216654 Fax: 011-26422054

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**Divine Cool Breeze (Indian Edition)** 350/- annually 6 issues per year

Correspondence: Nirmal Infosystems & Technologies Pvt. Ltd.

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Kalkaji, New Delhi - 110019.India

Ph.: 011-26216654 Fax: 011-26422054

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**Bharat Vidhata** (Hindi-Marathi Weekly Newspaper)

Publisher: RT Manuja, Mumbai, India

Phone:3793578/32956124

**Divine Cool Breeze** Annual

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Herndon, Virginia 20172 USA

US (\$11.00)\* for the special issues.

(703 471-8484)

(\* for Credit Card System)

<http://www.sahajayoga.org/store/subscription.asp>

Cheques or money orders payable to "The

Divine Cool Breeze" [dcb108@yahoo.com](mailto:dcb108@yahoo.com)

Stories, photos and artwork can be sent to The Divine Cool Breeze,

881 Frederick Road, North Vancouver

British Columbia,

Canada V7K 2Y5 or to [coolbreeze@shaw.ca](mailto:coolbreeze@shaw.ca)

**Akashwani** (Yuva Shakti Magazine)

C/O. Shreya Payment,

8272,141 A Street,

Surrey, BC,

Canada V3W 0V6

[editors@akashwani.org](mailto:editors@akashwani.org)

### **List of on going Sahaja Projects :**

Under the auspices of the World Council for the Advancement of Sahaja Yoga, a new subsection of the [www.sahajayoga.org](http://www.sahajayoga.org) web site has been created so that yogis around the world can see details of various projects and activities that are happening in the Sahaja collective.

This site has a number of benefits:

- to communicate the range of our activities to advance Sahaja Yoga
- to allow Sahaja Yogis to participate in these activities where appropriate
- so that we can learn from each other, and possibly avoid unnecessary duplication of effort.
- Details of the project should be written in English, and sent to Alan Wherry, email : [info@daisyamerica.com](mailto:info@daisyamerica.com) and to Dave Dunphy, email : [dunphitect@aol.com](mailto:dunphitect@aol.com).
- The email should be copied to the relevant country leader in all cases, it should be clear from which country it comes and it should contain a contact address with the text so that queries or requests can be sent to the right person.



An example of the suggested style of an article can be seen at [http://www.sahajayoga.org/current\\_projects.asp](http://www.sahajayoga.org/current_projects.asp) For International Sahaja Yoga Book Project

## A few selected URLs (online site address) to view International Sahaja Yoga sites and related Sahaja information like Newsletter:

- <http://www.sahajayoga.org/> Sahaja Yoga International Site
- <http://www.sahajayoga.org/swan/> Sahaja world wide Announcement and News
- <http://www.sahajayoga.org/sahajnews/> North American News letter
- <http://www.sahajayoga.org.in/> India News Letter/ SITA India
- <http://www.theatreofeternalvalues.com/docHTML/newsletter.htm> TEV (Theatre of Eternal Values) Newsletter
- [contact@sahajayoga.ca](mailto:contact@sahajayoga.ca) Sahaja Path (Sahaja Yoga Canada Newsletter)
- [sahajnews@yahoo.com](mailto:sahajnews@yahoo.com),
- [johndobbie@innocent.com](mailto:johndobbie@innocent.com) Australian Newsletter.
- [dalysean@hotmail.com](mailto:dalysean@hotmail.com) Australian National Yuva Shakti Newsletter (Until publish)
- <http://www.sol.com.au/kor/home.htm> Knowledge of Reality; Australia Magazine
- [ramoodley@worldonline.co.za](mailto:ramoodley@worldonline.co.za) African Newsletter. A few more URLs: That may interest Sahaja Yogis to view on the net
- <http://www.valaya.co.uk/IN-DEEP.htm> Mother's talk Excerpts
- <http://www.daisyamerica.com/> Sahaja Book Publication
- <http://www.sakshi.org> Sakshi Pokhari - The Pond of the Witness
- <http://www.sahajavidya.freeuk.com/jsmsy> Excerpts of Mother's talk
- <http://www.sahajayogasardegna.it/musica.htm> Music related site, Nirmal Tarang in MP3
- <http://www.yuvashakti.com/> Yuva Shakti International
- <http://www.yuvadrishti.com/> Indian Yuva Shakti Magazine
- <http://www.geocities.com/seattleyoga/> Sahaja Yoga in Seattle
- <http://sahajabhakta.org/nysahajayoga/> Sahaja Yoga New York and New Jersey
- <http://www.shrimataji.net> rare photographs of Puja and other
- <http://www.geocities.com/vndsybenin/nigeria/> Sahaja Yoga in Nigeria and Lagos
- <http://www.poetry-enlightened.org/ecrire/> enlightened poetry section
- <http://www.sahajayoga.es/uma/> Promised land of Spain
- <http://sahasrara.nirmala.info/> Sahaja Yoga contacts and other related information.
- [http://homepages.ihug.co.nz/~sahaj\\_nz](http://homepages.ihug.co.nz/~sahaj_nz) Seeking Sahaja Self Realization.
- <http://www.sahajayogamumbai.org> Seeking Sahaja Knowledge.
- [www.nirmala.cz](http://www.nirmala.cz) Czech Sahaja WebPages.
- [www.sahajayoga-arabia.com](http://www.sahajayoga-arabia.com) Arabic Site for Self Realization.
- <http://sitemaker.umich.edu/sahajayoga> Sahaja Yoga of Michigan / USA Sahaja Related Information (evidence based outreach).
- <http://bayyoga.intelligentfilms.com/> San Francisco / Oakland Sahaja Yoga website( A video testimonial from a Sahaja Yogi).
- <http://www.yogacolorado.org/login.php?page=leela> Sahaja Yoga Colorado/ Leela Game. Also video film 'vision'.
- [http://www.chicagoyoga.org/seeker\\_cd](http://www.chicagoyoga.org/seeker_cd) Sahaja Yoga Chicago.
- <http://www.bhajan.nirmalvihar.info> Sahaja Bhajan.
- <http://www.nirmalbhakti.com> Devotional Indian Music.

