



COME THE MOTHER CALLS

SAHAJA YOGA: AAJ KA MAHAYOGA

3-5 MAY 2020: GOLDEN JUBILEE CELEBRATION and DEVELOPING WORLD COLLECTIVITY

Kundalini Awakening & Self-Realisation Around the world SAHAJA YOGA MEDITATION (FREE) - Practised 140 countries & 5,000 Centers in India

3 May 2020

**Tygaraja Stadium,
INA, NEW DELHI**

**Shanmukananda Hall,
King Circle, MUMBAI**

4, 5 May 2020

**Nirmal Dham, Chhawla
Village, Dwarka,
Sec. 21, DELHI**

3, 4, 5 May 2020

**Sahasrar Dham,
NARGOL, GUJARAT**

**YOUTUBE : Sahajyoga TV, Sahaja Yoga Aaj Ka Mahayoga ♦ WEBSITE : www.sahajyoga.org ♦ www.freemeditation.com/sahaja-yoga
♦ www.sahajayogamumbai.org ♦ www.nirmaldham.org ♦ www.amruta.org ♦ www.sahajaworld.org/ ...ETC**

**Toll Free No.
1800 30 700 800**

Celebrating 50 years of Sahaja Yoga

Welcome 2020. This year, Sahaja Yoga meditation practitioners in more than 140 countries will be celebrating Fifty Years of its benign presence that has been transforming their lives and blessing them with peace and good health. Millions of Sahaja yoga meditation practitioners all over the world are enjoying the benefits of this unique meditation since 1970 following the advice of its Founder that "You cannot know the meaning of your life until you are connected to the power that created you".

Sahaja Yoga meditation was established on 5th May 1970 when Shri Mataji Nirmala Devi, during a night long meditation on the beach of Nargol in Gujarat, discovered the technique of giving en-masse Self-Realisation. The global movement of self-realisation and meditation started with just 11 seekers in Maharashtra and has spread within just 50 years to over 140 countries now. Self realization programs have been held in many countries like Australia, Russia, China, United Kingdom, United States, Canada and France among others which have been attended by thousands of people seeking inner peace and meditation centres in these countries are attended by Sahaja yoga practitioners on regular basis.

Shri Mataji has quietly transformed lives of the multitudes. In the initial years of Sahaja yoga, She travelled extensively in the villages of Maharashtra, major cities in India and internationally, offering public lectures and the experience of self-realisation all, regardless of race, religion, or circumstance. She not only taught them the meditation technique necessary to sustain it but also enabled them to pass this knowledge to others.

Shri Mataji has explained that there is an innate spiritual potential within every human being, and it can be spontaneously awakened. She told that this awakening, described as self-realization (Kundalini awakening) cannot be purchased. No money is charged for attending Sahaja yoga programs for getting self-realization and to experience this meditation. Meditation practitioners in all the countries where Sahaja Yoga is practiced organize training classes for seekers free of charge. (www.freemeditation.com)

Maintaining inner balance by practicing this meditation regularly has led to stress-reduction amongst practitioners and has benefited millions of people worldwide since 1970. The ability to quickly activate our innate, spiritual energy and experience its benefits, makes it unique.

Admiring the humanitarian and



SAHAJA YOGA FOUNDER

spiritual work done for the mankind by Shri Mataji Nirmala Devi, many dignitaries and Governments, not only sent Her Birthday wishes, but also awarded medals of recognition, sent appreciation letters, and pronounced declaration to celebrate "Nirmala Devi Day" in their cities and countries. Some of these awards are enumerated below:

Italy, 1986: Declared the 'Personality of The Year' by the Italian Government.

Moscow, Russia, 1989: Shri Mataji had a meeting with the Head of the Ministry of Health, USSR. Following which Sahaja Yoga was granted a 'Full Government Sponsorship' which included funding for promotion and scientific research.

New York, USA, 1989: The U.N. Peace Medal as a recognition for Her outstanding contribution to the humanity and World Peace.

New York, USA, 1989-1994: Invited by the United Nations for four consecutive years to speak on 'How to achieve world peace'.

Cincinnati, September 1992: Dwight Tillery, Mayor of Cincinnati, September 10, 1992, said "Shri Mataji Nirmala Devi, the Mother, is recognized internationally as the most significant force in the world today and she will awaken in us the force that will change our life and change the world."

Philadelphia, USA, 1993: Edward G. Rendell, Mayor of Philadelphia, proclaimed October 15th as "Shri Mataji Nirmala Devi Day". Los Angeles, USA, 1993

and 1994: Letter of Welcome and Continued Friendship was granted by Mayor Richard Riordan on behalf of the people of Los Angeles.

New York, USA, 1994: Police escort was granted for a welcoming parade honouring Shri Mataji and celebrating her association with Mahatma Gandhi. The half day march originated on 5th Avenue and encircled Central Park.

British Columbia, Canada, 1994: Letter of Welcome was granted by the Premier of the Province of British Columbia, Mr. Mike Harcourt, on behalf of the people of Canada.

Vancouver, Canada, 1994: Letter of Welcome was granted by Mayor Philip W. Owen on behalf of the people of Vancouver, Canada.

St. Petersburg, Russia, 1993: Inaugurated the first International Conference on Medicine and Self-Knowledge, which became an annual event of the Academy.

St. Petersburg, Russia, 1994: She was appointed as Honorary Member to 'The presidium of Petrovskaya's Academy of Art and Science' and was told, "You are even higher than science." Only twelve people so far have been granted this honor; Albert Einstein is one among them.

Brazil, 1994: The Mayor of city of Brazilia welcomed Shri Mataji at the airport and presented Her with the 'Key to The City', and sponsored all of Her programs.

1994: Nomination for the Nobel Peace Prize.

Romania, 1995: Awarded Honorary

Doctorate in Cognitive Science by Prof D. Drimer, head of the Ecological University Bucharest.

Sydney, Australia, 1995: The Mayor of Sydney officially welcomed Shri Mataji during Her visit to Australia.

Beijing, China, 1995: Official guest of the Chinese Government to speak at the United Nations International Women's Conference.

India, 1995: The Indian Government granted Shri Mataji a one hour prime time television series, broadcast nationally.

Sophia, Bulgaria, July 26, 1995: General Secretary of the international 'Ecoforum for Peace' expressed appreciation to Shri Mataji and wished realization of Her goals and ideals.

France, May 2, 1996: International Award 'La Pléiade'.

1996: Nomination sent for the Nobel Peace Prize.

Yonkers, New York, USA, 1996: Letter of Welcome was granted by Mayor of Yonkers, New York. September 26 was proclaimed as "Shri Mataji Nirmala Devi Day".

India, 1997: The 'Unity International Peace Award' by the Unity International Foundations. Shri Mataji's name included to the List of The Greatest People of The Planet for her fundamental contribution to the scientific and spiritual development.

All the properties established for Sahaja yoga activities in various countries, Founder of Sahaja Yoga, Shri Mataji Nirmala Devi donated to country collectives to continue her Mission of offering self-realization to as many people as possible to achieve world peace.

All out efforts are being put in by the beneficiaries of Sahaja Yoga and Coordinators in various countries throughout the world, are spreading the loving and caring message of Sahaja Yoga in their countries. But, most importantly, some beneficiary Sahaja yoga practitioners on their own expenses as a team visit different countries to convey the pure, caring and loving message of Sahaja Yoga by organising Inner Peace Day programs. With this objective, the affordable SY meditation practitioners and the young ones have organised such programs like Love America Tour, Meditate Australia tour, and also in various small neighbouring countries like Brazil, Ecuador, Kazakhstan, Ukraine, Jordan, Egypt, Vietnam and Nepal. Thousands of people have benefited by this meditation.

Now it is for world leaders and higher ups to spare some time for such happenings within so that they work towards positive aspects to establish peace everywhere.



**CLAES NOBEL, nephew of Alfred Nobel
paying tributes to SHRI MATAJI at the
Royal Albert Hall, London on 3rd July 1997**

We are meeting here, inspired by the message and work of holy Mother Shri Mataji Nirmala Devi. I want to say, that I have a vision of the world where people live in harmony and peace with themselves and with nature. its a bold vision. I have a practical way how this global world transformation shall be undertaken, and they are right thoughts, right words, right deeds, right here and right now. The key word, is of course, right. Tonight Shri Mataji will show us what is right, tonight Shri Mataji will empower us to become masters of our own destiny, and tonight we will be guided by the knowledge of self realization in the light of truth and we shall all know absolute truth and absolute peace.

Alfred Nobel talked much about peace, he was frightened that his

awesome, explosive, dynamite which cleared up land for harbours

and tunnels, could also be used for warfare. Until we have the inner peace in ourselves, we can never have an outer peace. The safest and best way of finding world peace is to realise what inner peace is. Self realisation. What does self realisation mean?

The self in us is the divine, cosmic powers that exist in each and every individual but which is dormant. Shri Mataji, with great courage and great wisdom, decided by Herself, to come back to the Earth at this critical time in our history, in order to share her knowledge which is Sahaja Yoga. Instant Self Realisation which is to activate the dormant principle, and to help the Kundalini to rise.

That was the first category. The next one is the peace that we have among each other. The third is the sphere that pulled me in originally. After all I am a European Swedish business man,

why am I up here speaking the language of spirituality. I'm doing so because I have a deep and profound reverence for nature. In our ignorance, in our greed and in our lust for power, we are in the process of destroying the very thing that makes this planet unique and that is life on Earth. Earth is like a blue jewel in space, is fragile, and we must take care of her and we respect her. Earth is also called nature, we cannot break the laws of nature. If we break them, Mother Earth will break us. We are today bringing to extinction 250 species per day, and Mother nature will not let us continue doing that without correcting us as naughty children.

The fourth sphere, of peace, is the peace that we should know between ourselves and God. Any religion or group who raises their arms and destroys his enemy in

the name of God is not following what God has asked us to do. The

world should not know of violence. I call, as we already heard, these four spheres of peace, Earth ethics.

And you, dear audience, have come here tonight, and like you, I have also been seeking the truth. The Holy Mother, as I said, is a highly evolved soul. She has learned from many, many lives, all about laws, the unseen laws, the spiritual laws. They are always here and they work as infallible as the law of gravity works. I am very comfortable with the teachings of Shri Mataji and I am very comfortable with the Holy Mother Herself. I say so because in the Bible there is one saying: you shall know the tree by its fruit. And lately I have met the young men and women, from many different parts of the world and they are all shining, beautiful human individuals that radiate inner peace and beauty.

As per Government directives, due to COVID 19, collective meditation at most SAHAJA YOGA centres has been suspended. However all SAHAJA YOGA practitioners will be meditating regularly at their homes, praying for early deliverance from this global calamity. SAHAJA YOGA MEDITATION also helps in giving inner peace and balance during these difficult times.

Brought to you by SHAHAJA YOGA CONNECT INITIATIVE - M B Ratnannavar - Email : mbratan@gmail.com