



Universe to Celebrate H.H. Mataji Nirmaladevi's Birthday

Thousands of people from all over the world will gather to celebrate the 85th Birthday of H H Mataji Nirmaladevi, the Founder of Sahaja Yoga, on March 21 at Linga village near Chhindwara in Madhya Pradesh.



The child Nirmala was born in this house on March 21, 1923. This house will be known as International Sahaja Yoga Ashram, Chhindwara. A meditation hall is located behind the Ashram..

Born on March 21, 1923 to a direct descendants of the royal Shalivahana dynasty Prasadarao Salve family in Chhindawara in central India, Nirmala completed primary education in Chhindwara and further studies in Nagpur.

Young Nirmala took part in the freedom struggle and courageously played a daring role as a youth leader. In Mahatma Gandhi's call for the 1942 "Quit India Movement", she was jailed along with other freedom fighters for active participation.

She studied medicine and psychology at the Christian Medical College in Lahore. Married to C.P. Srivastava, IAS in 1947.

Spread of Sahaja Yoga

Nirmaladevi's relentless mission to offer en-mass self-realization started after she had a divine spiritual experience on the morning of 5th May 1970 at Nargol, about 150 km from Mumbai. She had discovered the process of en-mass self-realisation through which thousands of people could get the connection with their spirit and resulting in inner transformation. Today She is revered and adored by millions of enlightened seekers all over the world.

The first group of twelve seekers near to her got their kundalini awakened, were transformed physically, mentally and spiritually. When she found that this process had the potential solution for all human problems, she decided to spread it on an en-mass level. Sahaja yoga spread very fast in some villages in Maharashtra. The villagers were ready to receive this divine gift with open heart. Investing her own time and money she talked to people and gave them the key to their own spiritual power. Those few people who experienced the flow of cool breeze in the palms of their hands and on top of their head (around the fontanel bone area) and all over the body, started giving this power to others under the care of Mataji.

Travelling around the world since 1970, she explained the techniques of Sahaja Yoga meditation to thousands of people, today sahaja yoga followers are spread across more than 100 countries. She has demonstrated her capacity to awaken the spiritual power in human beings (Kundalini) at an "enmass" level. Large number of people, without distinction of race, religion, age or social status have acknowledged the value of her teachings by establishing Sahaja Yoga centers all over the world. These people who live a normal family life, tap their inner spiritual power through daily meditation and have achieved a complete balance of their lives on the physical, emotional, mental and spiritual levels. They understand the integration of all religions and spiritual paths not at a mental level, but through their direct experience on the central nervous system.



Chhindwara

Chhindwara, the birth place of Mataji Nirmala Devi, known to be the centre of India, is the district headquarters in Madhya Pradesh. Located in the Satpura mountain range at 1465m MSL, this town was inaccessible and fully inhabited by tribals. Its development began after 1807 when five Marwari families (Sharma, Kabra, Bakliwal, Lalchand and Hazarilal Patni) from Rajasthan came to Chhindwara for business purpose. All these families have not only established their business but have also contributed to the development. They built their houses in a circular way which is known as Goal Ganj. Today Chhindwara has developed in a big way. The companies like Raymonds, Haldiram, Hindustan Liver have set up their units nearby. One family descendant Prasann Kumar Bakliwal, a renowned Advocate, looks after the sahaja yoga activities in Chhindwara.

The four day Celebration includes Felicitation, Puja, Devotional Music etc. According to Prasann Kumar Bakliwal, around 30,000 sahaja yogies are expected to visit Chhindwara from all over the world. A 32 acre site, near Linga village, 12 kms from Chhindwara on the Nagpur-Chhindwara road, is ready for the program. Chhindwara can be reached from Nagpur – by metre gauge train – by road 128 kms – from Itarsi by broadgauge.

London became home when Mataji's husband, Sir C.P. Srivastava was appointed as the Secretary General of the International Maritime Organization. Sahaja Yoga spread throughout Europe and North America. It was difficult for the seekers at that time to accept sahaja yoga as their understanding was "Truth" cannot be obtained without paying large sums of money. From 1989 onwards, sahaja yoga spread widely in Russia and the Eastern Block countries, where thousands of seekers attended to listen to her lectures and received their Self Realization.

In India, most of the state capitals, major cities and towns and some cities/villages have sahaja yoga centres and sahaja yoga has been expanding rapidly. In Hyderabad, management of Bharat Heavy Electricals Limited (BHEL) has permitted to conduct sahaja yoga centres in its township school premises on every Sunday and in its complex on Monday for collective meditation. According to BHEL Dy. General Manager A.K. Jha, who is benefited by sahaja yoga meditation, collective meditation by some employees has definitely made a positive impact on the productivity and profitability despite problems. A team led by former Professor of Osmania University, Narasimha Reddy, World Bank Consultant on Social Development, has been organizing sahaja yoga programs every month in rural areas and districts in Andhra Pradesh. According to Reddy, in a programs held at Vizag and other places in just last two months around 50,000 people have got their realization.

In Maharashtra alone, number of sahaja yoga centres operate at various cities where sahaja yogis gather for collective meditation and also guide the new comers. In Mumbai alone there are around 120 such centres. The Municipal Corporation of Greater Mumbai permits its school halls to conduct meditation programs on a nominal charge. In other States too, sahaja yoga centres are run by the experienced sahaja yogis.

Today sahaja yoga is established in all the five continents and coming with full force to the attention of scientific, political, ecological and spiritual communities as a solution to the current crises.

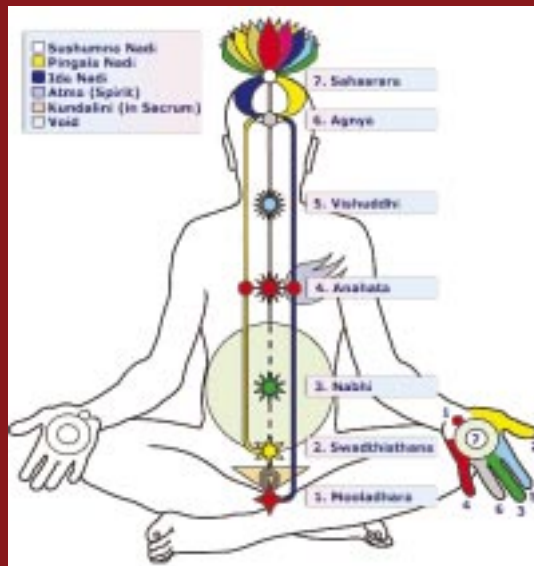


Meditation Simplified

Human beings are always busy with one or the other worldly things in the material world. Plan after plan go through the human minds whether the plan is successful or not. With this kind of situation any body will say "I can't get thoughtlessness". One has to try and retry. After all it is he who can get that thoughtlessness after his constant efforts. The founder of Sahaja Yoga, Shri Mataji Nirmala Devi, has been giving this precious knowledge to the mankind since May 1970.

Sahaja yoga meditation is very simple process. One can receive his/her Self Realization (connection with Self) while sitting in a simple posture. The only condition is he should have sincere desire to have it. While sitting in a comfortable posture, keep both left and right hand on lap with the palm upwards. The right palm has to be placed on various parts of the body on left side as advised by experienced sahaja yogis, while keeping eyes closed for the entire duration. This way the seeker will be free from distractions and able to keep attention (chitta) inside.

After the end of meditation, one feels relaxed and thought process slows down or gradually disappear. This is the first stage of meditation - thoughtless aware-



ness - where there is full alertness without any thought, in a state of pure and peaceful consciousness.

Seeker experiences a sensation of a gentle cool breeze flow in palms and above the head. This breeze may be warm in the beginning which is a sign that Kundalini energy is purifying the chakras, but it will eventually cool down. If the seeker is unable to feel it, then probably he has not forgiven everyone. He has to say again from heart,

"Mother, I forgive everyone" a few times and check again the flow of cool breeze.

Mataji has said, "This is the beginning of a fantastic journey into your own spiritual existence. It is a door opened to a new dimension of your awareness, which you can open and explore. If sustained through regular meditation, you will be able to feel your subtle centers (chakras) as well as the chakras of others on your fingertips, and correct them using your spiritual energy (Kundalini). It is everyone's right to achieve this state of ones evolution and everything necessary is already inbuilt. But as I respect your freedom, you have to have the desire to achieve this state, it cannot be forced upon you."

Mataji Nirmaladevi in her address at Lake Piru, USA in 2000, said, "Don't do anything, When you are in meditation, you must allow yourself to be in thoughtless awareness. Just try to go to the thoughtless awareness. If you can get into that condition of thoughtless awareness, you can do your job because that's the point where you are with the truth, with the reality, with the joy. When you are in thoughtless awareness, what happens to you is that you get the complete confidence of divinity. You know you have it. It's very important to become thoughtlessly aware because then there are no thoughts coming from the left or the right, from the past or the future. Just in the present you are there. It's something you all have. You have to steady yourself at thoughtless awareness. How long - that's not the point. The point is once you've touched it, you'll go on touching it. It is always described in all the great books, but not so clearly as I am telling you. Even for a second, if you get it, it's a very good idea. Then you go on increasing that second."

Mataji says, "All work is done by Nature. You cannot even sprout a seed into a flower. Nature does all the living work. Man only does dead work." After Self Realization, we become connected with the 'All Pervading Power', which we can feel as a cool breeze in our palms. Seekers always look for the absolute Truth. The drive within the seeker keep him in search of something and the search ends when his self unites with the Greater Self. This seeker's journey can be a short or long one which depends upon his quest.

The doctors normally don't have a treatment for the psyche of human beings, except giving tranquilizers, sedatives and anti-depressant drugs. These are not only harmful, but also habit-forming. After trying all the necessary forms of treatment and if there is no improvement in patient's condition, doctors' advice to relatives is "now only God can help you". Meditation which can control the psyche of human beings, has become very popular to the treatment and prevention of psychosomatic diseases like bronchial asthma, migraine, irritable bowel syndrome, infer-

To combat corruption

In his book on "Corruption – Indian Enemy Within", the author Sir C.P. Srivastava acknowledging the contribution and support by various personalities, says, "My wife, Nirmala, has been the principal source of inspiration for this book. She believes that an unbridled pursuit of self-interest regardless of means, extreme consumerism and materialism are responsible for the present day corrupt and immortal society and that the only secure way to deal with these evils is to promote a true inner transformation of human beings through a personal experience. She has pursued this belief by initiating and promoting a movement – Sahaja Yoga – which now has thousands of adherents who belong to different faiths, races and nationalities and live in different parts of the world, who are now leading a life of truth and uncompromising integrity in all aspects of life. Most of those who have helped me with research work are her devoted followers. Nirmala agrees with me that the proposals in this book for administrative and legal measures to prevent and control corruption are steps in the right direction for keeping men and women in power on the right path. But she maintains that spirituality is the only true ultimate answer. That subject is, however, beyond the realm of this book".

tility, multiple sclerosis and spondylitis, to name a few.

Today in the competitive environment in almost all fields employees and managers are more stressed and are looking for solutions to their problems. The good news is that an increasing number of business people have realized that the rational thinking has its limits and that the solution may come from very different directions such as the spiritual path and sahaja yoga in particular. In a sahaja yoga seminar at Yamkeshwar in Uttaranchal in 2006, where more than 350 residents of nearby villages attended the program to see the benefits of meditation, the local Block Officer Ms Renu Choudhary said, "I am happy to see such a big crowd in this remote and inaccessible location. I am sure, this meditation will help the residents, some of whom are accustomed to alcohol etc. Their quality of life can be improved without alcohol and tobacco chewing that may result in saving money for their family."

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Believe it or not - Experiences

THOSE practicing sahaja yoga meditation have experienced behavioural transformation, relief from stress and tensions and relaxed state of body and mind. Added to this are the qualities like increased will power, and enhanced decision making skills. It has also improved blood circulation and normalized body weight and sleep in some seekers. For details on Sahaja Yoga see www.sahajayoga.org Tens of thousands have different experiences with sahaja yoga meditation. Some experiences -

It is impossible to believe but it is a fact. While traveling, I came across a builder from Nashik, in Maharashtra, India. On probing about his faith in spirituality, he narrated his experience of how he was transformed after practicing sahaja yoga. He said,

"Earlier I could not sleep at night without taking sleeping pills and the quantity of pills had to be increased every three months as advised by the doctor. When I came across SY and practicing it sincerely and regularly, today I don't need a pill to get sleep."

Possessed with anxiety and some unknown fear, Custom Officer, Prabhakar Chavan (M:91-9892192484) visited various specialist doctors. One specialist even guaranteed that his treatment will make him all right in one year. There was no success. When he came across Mataji through an ad in a vernacular newspaper, he straightway went to the program after office hours. To his surprise, whatever he was suffering from was vanishing gradually and felt relaxed. "Sahaja yoga meditation has helped me

in keeping good health even today," he says. Even after superannuation from Customs Department in 1992, healthy and strong will powered P.D. Chavan helps the seekers and explains nitty gritty of sahaja yoga.

Mrs Nalavade, wife of a lecturer in a city college in Kudal suffered from spondylitis experiencing severe pains. She was taken to various doctors for treatment and even admitted to a hospital in Kolhapur. Mr. Nalavade was seeking solace from some eternal power. Though he came across sahaja yoga through his friend Kulkarni in Kudal, he went to Nashik to have degrees in Patanjali Yoga Shastra and completed some courses successfully. Again when he came back to Kudal, Kulkarni took him to



RECOGNITIONS

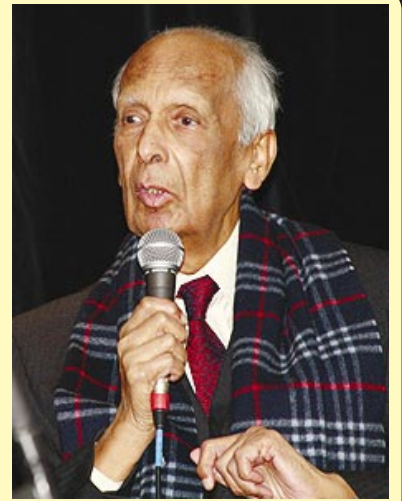
Sir C.P. Srivastava IAS
Padma Bhushan in 1972
Lal Bahadur Shastri National Award
for Excellence in Public Administration,
Academics and Management,
from the Government of India.
Queen of England conferred Knight-
hood (KCMG)
Secretary-General Emeritus, of the
International Maritime Organization,
United Nations,
Similar high national awards have
been bestowed by the
Kings of Sweden, Norway and Spain
and by the Presidents of
Germany, Poland, Portugal, Brazil,
Argentina, Egypt and
many other countries

Sir C.P. Srivastava has achieved his glorious heights through his life simplicity and sincerity. His achievements are inspirational to the young generation, Sahaja Yogis, and all people.

Sir CP has led an incredible life, and his record of achievement stands alone, and provides a clear message about his accomplishments. Yet it is his role as Shri Mataji's husband which is definition of who he is, and how he sees himself, and the primacy with which Sir CP sees for Sahaja Yoga in the world. A journalist once asked Sir C.P. that being so highly decorated how he remained sincere to which Sir CP replied :

"My life has been greatly influenced by my wife, now known globally as Mataji Nirmala Devi, the founder of Sahaja yoga. Her vision of one Almighty God and one human family has motivated me in all aspects of my life. I am sure this can be done worldwide as well. I also practice Sahaja Yoga meditation that my wife Nirmala founded. This is a meditation which changes people from the core. It helps them become more balanced and strong. It's always taught free of cost all over the world as we believe that spirituality cannot be paid for in money".

Sir CP places Sahaja Yoga in a unique position in the world today when he speaks of the unique transformation that can only be possible through Sahaja Yoga.



sahaja yoga centre. It was a big surprise for Nalwade when he along with his wife started attending meditation centres, neck pain started disappearing. He then cancelled his further studies in Nashik. For the last more than five years, Mrs. Nalavade is enjoying the bliss through meditation without any pain.

Mrs Nilima and Sunil Mane, a hardworking couple had everything in life. Only worry for them was even 14 years after marriage they were childless. Their devotion and commitment to follow sahaja yoga principles, they received blessings in the form of a child. Says Nilima, now the mother of collegian Radhika with inborn music qualities, (Radhika is a versatile mandolin player), "Though doctors advice was against our wishes of having a child, we both believe that it was only after we took to sahaja yoga that it was possible for us to have a child."

"I had been seeking life's purpose and meaning all my life and tried out many religious practices. Somehow, none satisfied me. When Shri Mataji spoke,



in a public program, she began with 'Truth is what it is..', her dignity, authority and intrinsic majesty touched the core of my heart. I felt as though I had finally been brought home after many many years of wandering and seeking."

"An amazing experience happened almost two years after I received my self realization in 1992. I had been born with partial facial paralysis affecting the left side of my face. Also, I had no outer ear on the left side. All through my childhood, I struggled with these physical and social "limitations". My left cheek sagged since there was no movement on that side, the left side of my lips drooped, and my left eye could never be closed properly thus, always, my eye would be teary and watering during to the dust etc. Over time, I had become used to this part of me, and took it for granted."

"I had the opportunity to present a gift to Shri Mataji,during a seminar in India. I was told later, that She had gently stroked the left side of Her Own Face when I was with her (I did not know this). Since that day, I began to notice that bit by bit movement started on the left side of my face. Now 14 years later, my face is more balanced, the left cheek does not droop, my lips are fuller and my left eye closes much better than before. There has been so much gradual improvement. This, to me, is the Sahaj love of the Divine Mother, who blesses even when you have no words to ask for it, and whose blessings are gentle and gradual, like the soft touch of cleansing rain".

— Ms Latha Nayar, 43, Kuala Lumpur

Sharad N Jagtap, a workholic, worked for the Mumbai Port Trust. Visiting temples, undertaking fast on different days for different deities was his routine. One day during lunch time, one of his colleague Tawde suggested him to go to Mataji Nirmaladevi for kundalini awakening instead of visiting temples and fasting. His words to Tawde at that time, he still remembers, "If any one awakens my kundalini, I shall remain not only grateful to the person but also dedicate and devote myself for that cause". He collected the address and visited the sahaja yoga centre in

Byculla near to his residence.

Says Jagtap, "On the first day itself, I could feel the param chaitanya flowing from my palms in the form of vibrations. With my social, political and unionist background, I have seen ups and downs in my life. I am proud to say that this sahaja yoga meditation transforms human beings. This is not a miracle but a fact of life that I have experienced for the last 25 years. I continue to enjoy the state of thoughtlessness. This is most appropriate for all the members in a family. Today I am devoted and committed to the cause and travel at my own cost to spread the message of sahaja yoga."

— S. N Jagtap, Mumbai. Ph:022 24309560



Shubhi(23)'s father, Surendra Singh Negi, a senior IPS officer in Uttaranchal says, "I traveled to various hospitals including the Escorts (finally) in New Delhi, for diagnosing and treatment of my daughter. The ailment was missing pulses, which made Shubhi nervous in life and getting tired frequently. With no interest in studies, she discontinued post graduate course half way. There was no proper response from the doctors for treatment. A suggestion from Shubhi's friend that she should try the method detailed in the website of sahaja yoga. She took it seriously and tried herself practicing sahajayoga meditation. In a matter of months she had the result that brought balance in her nervous system. She had surpassed the ailment. We were surprised to see our daughter's smiling face and improved health. Later this was certified by the same doctors that she is completely cured. Shubhi is married and leading a happy life in Delhi. First of all I got peace of mind. This meditation has helped me in crime detection too. After meditation I get some clues that lead to solving some cases." Negi is determined and has made arrangements to train some officers and constables who in turn also can benefit.

— Surendra Singh Negi, IPS, Uttaranchal.

"Suffering from various mental, physical and emotional problems, at the same time I had serious desire to seek the truth. I stopped idol worship, going to church and temple but started worshipping the five elements. When I was told about Sahajayoga in 1989, I ignored due mainly to my ego. I really felt very bad that I wasted two years. After my realisation in sahaja yoga in March 1991, I suffered more in the first year than previous years. I continued meditation regularly and now since last 16 years my life is balanced and in good health. I really enjoy every moment of life. Once I meditate, the power within me gives strength to solve problems. I have overcome even my 2 year old daughter's



problems. My child's severe throat and ear pain was solved and I was free from tensions. I still wonder and surprised about this incident. She has not faced any such problem till today. After this incident I had urge to learn more about sahaja yoga and give aware-

ness to people and I am working on it".

— Mrs Lalitha Kumar, Malad (W), Mumbai

A short tempered, deputy general manager in-charge of tele-communications in a large public sector undertaking, with full of health problems (diabetes, heart problem, spondylitis) is a transformed man today. His usual replies at the office to his colleagues complaining about the telephones used to be, "I know your complaint. You have to wait for 4-5 days" and put the receiver down. But today, he is transformed and replies, "Hello, how are you, I have received your complaint. I am attending to it. It will be corrected in a day or two at the most." When asked what made him to get transformed, he responds, "the sahaja yoga meditation. This has corrected my imbalances and also corrected my systems".

— A. K. Jha, Dy.GM in a PSU in Hyderabad

"I am originally from West Bengal and settled in Andamans. Sahaja yoga meditation has helped me to come out of all tantrism around him. I have decided and taken oath to spread the message of love through sahaja yoga to people blinded by the tantriks."

— Manoranjan Saha, Port Blair, Andamans

Richard neither knew nor had a clue about meditation. His friend's magic word 'free program' attracted him and both attended a public program of



Shri Mataji (at that time he did not who She was). He says, "After the self realisation process when asked to raise our hands if we felt anything, I did not do so as I was not sure.

Although I did not feel anything initially, I dutifully continued the meditation and the various clearing techniques as these did not do any harm and I could afford the time (10-15 minutes twice a day). As time went by, I began to realise that the meditation started to produce benefits for me. I used to have quite severe headaches and quite often. After sometime, I noticed that the frequency of such occasions became very much less and the headaches were not so severe when it happened."

Another problem Richard had was worry. He says, "If there is a prize for worrying, I can win one. I used to worry practically about everything and used to face great difficulty of sleeping which affected my work. I noticed that worrying reduced and I began to feel more confident and that things will work out some how. Now I know why".

Richard Ng, Petaling Jaya, Malaysia

"Confronted with some unpleasant situations some years ago, my life became difficult losing the charm and beauty of life. My life became very monotonous and insecure with depression, anxiety and fear. With high blood pressure, my health started deteriorating, affecting my routine life. I could not look at my family properly. This made me a frequent visitor to the doctor who prescribed me a handful of pills. These pills did not help me. I was struggling in the ocean of life to get a raft and reach the shore of peaceful and serene environs.



At this juncture, one of my students introduced me to Sahaja Yoga. It was a real Light House for me. Initially I could not feel any difference. I had a strong intuition that something better is in store for me through Sahaja Yoga. My understanding was correct. With my continuous practice I started feeling the difference in myself. I had reached the desired shores in the illuminated and radiant rays of this Light House. With blood pressure becoming normal, I felt rejuvenated and regained my good health. My wife, daughter and niece joined me in sahaja yoga meditation. We all started enjoying the beauty of life. Now I am able to overcome such frustrating situations which make one like a handicapped. Though life is full of thorns, Sahaja Yoga guides and leads a person to pass through safely, peacefully and in pleasant manner in this modern stressful life.”



— **J. Suresh, Lecturer, Vivek Arts, Commerce & Science College, Goregaon (W), Mumbai. 91 9820185494** ■

“Since my college days I follow Sahaja Yoga. While studying I saw my friends addicted to habits under the pretext of ‘lets enjoy the life’ My attention never took me to those lines. Today I know what is Meditation, When the light is lit from inside in the form of Kundalini awakening, one can see the truth without any distortion. When I became a software engineer, I could see that I am writing software without the help of algorithm or a flow chart as normally is the norm, later on some Sahaja Yogi told me that if you write software in ‘thoughtless-state’ your software will become more dynamic. And he was right. All the software I wrote, were implemented successfully. I have learned how

to combat the stress, by not reacting and just witnessing the event without getting involved. Many times I have traveled 220 km at a stretched by car, but still when I reach home, I am fresh like a morning sun.”

— **Bankim Bhatt, Dubai** ■

This incident happened just after I received my realization in 1992, after dropping my husband at the old International airport in Subang I was returning home alone in the car on the 2- lane road in the morning at about 9. I was on the left lane and driving quite slowly at about 40 km/hour, Two young motor cyclists over took me from the left side and suddenly the motorcyclist behind accelerated and hit the rear of the bike in front, causing rider to fall on left side, and overtaking sped off. Both the bikers were just a little ahead of me. When the rider, however, fell into the path of my car. I cried out “Shri Ma!” before thinking about the falling biker and brought my car to a halt on the shoulder of the road. My hands and knees were shaking, with increased heartbeat and I couldn’t turn to look back. Slowly I looked into the rear view mirror and saw the biker lying in the middle of the left lane, getting up slowly, brushed off his trousers, walked to his bike. He checked his bike and starting the engine began to move. I was expecting verbal abuses from him. As he passed by me, he did not even look at me. I watched as he rode ahead, until he was out of sight. It took me a full 5 minutes to come to normalcy from shaking knees and little more time to just calm down.

— **Ms Malathi Menon, 43, Kuala Lumpur** ●



I was going through a lot of pain, emotional stress

and fear after delivering my second child through a caesarian operation. It was in 1992 that my friend took me and my husband to her house where Sahaja Yoga classes were conducted. The facilitators were such nice and loving couple who welcomed us with a lot of warmth that made us to stay on and attend all their classes. In a few months, I got over my fear and stress. My health too improved and I could then feel my vibrations better. Financially too we became better and with Shri Mataji’s blessings we even managed to buy a new house. When my friend had to leave for Kuala Lumpur to join her husband we continued classes in our house. It started only with my family members it spread out to friends and then to the public. We slowly grew in numbers and hence Sahaja Yoga Centre was formed in Penang.

— **Ms Viji Kali, 53, Penang, Malaysia** ●

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In a seminar held at Yamkeshwar, in Uttaranchal, a hilly terrain in Himalayas Dr. Bhim Sen Seth, Dr. Narendra Gupta, Dr. Basu from New Delhi, Dr. Jaiprakash from Lucknow, and Dr. S.K. Verma, PRP and DAE from Kalpakkam in Tamil Nadu, who follow Sahaja yoga, were present. Some doctors explained how this effortless meditation helps the patients and gave some examples. Dr. Gupta’s first prescription is meditation for some time for the waiting patients followed by check ups and medicines.

In her address at the Inter-regional Round Table Fourth World Conference on Women, at Beijing on September 13, 1995 Dr (Mrs) Nirmala Srivastava said, “It is a great honour for me to talk about global problems of women in front of this distinguished assembly. First of all I would like to offer my profound gratitude to the government and the people of our host country, the People’s Republic of China. I have had the privilege of visiting China on two previous occasions and I am a great admirer of the wisdom and culture of this great nation that I have visited.”

“This is, beyond my imagination, the most glorious time in the history of the world that at this time we are so much aware of the problems of women. Women as a whole have definitely suffered over the ages because we have not realised what their importance is and what their proper role is in human society. Society itself, which is her creation, tries to control or put down the womanhood.”

Mataji Nirmaladevi, in Cabella Italy, June 26, 2007 said, “If people become loving and affectionate, this soil itself will become fragrant. First thing you must learn is to love each other. But still the world is going on with wars, fighting and all kinds of troubles The whole world has to come up to love each other. There is no other solution but to love and in that love there is no selfishness but enjoyment, and that enjoyment you should feel and give it to others.”

Mataji has dedicated her life to the spiritual ascent of mankind through self realization, reclaiming the role of women in the spiritual evolution, and guiding humanity to correct today’s moral dilemmas. It seems that the light of Gandhi’s vision is being brought to fulfilment by this great lady who is revered as the compassionate Divine Mother by her followers. Though there are many spiritual organizations, it is destiny of individuals that invite them to reach their destinations. When individual’s search continues, the destiny is reached through different roads. Sahaja Yoga is one such destiny.

To know Self i.e. self-realization has been made easy through sahaja yoga practice. The way technology changes rapidly, the same way the Creator also provides new ways to come closer to his powers and experience/realize the realities. Now it is time for those who have followed and understood the benefits, to take initiatives to promote the movement of sahaja yoga and spread its message to countries where it has not reached. ANY WAY VERDICT is yours. ■



A group of Sahajyogis with Shri Mataji at Bordi in Maharashtra in the seventies

Sahaja Yoga Schools

VISHWA NIRMALA Vidya Mandir, an educational institution based on Sahaja Yoga principles has come up at Kannur in Kerala commencing its operations a year ago. This institution follows co-education principle, CBSE syllabus with medium of teaching in English. Having started with a 40 students from different sections of society, the Vidya Mandir has earned a place of pride in the hearts of the parents, which is evident from the feedback available in the Parents and Teachers Association meetings. Its students have brought distinctions, 4th and 20th rank from zonal level talent search conducted by the Holy Faith International that testifies the efficiency and ability of the management and faculty.

The students, staff and people associated with the Vishwa Nirmala Vidya Mandir are given realization through Sahaja Yoga techniques. They regularly meditate in the morning and evening at the school. This has brought in positive and significant changes in them which is acknowledged and appreciated by the parents. ●

PROJECTS

VISHWA Nirmal Prem Ashram – an NGO project at Noida dedicated to the rehabilitation of the weakest section of the society, namely, destitute women and orphan children, with focus on the girl child without any differentiation of caste, religion, region, race or colour.

P K Salve Kala Pratisthan – an Academy of Indian Classical and Fine Arts at Vaitarna

Sahaja Yoga Schools at Dharmashala (Himachal Pradesh) and Kannur (Kerala)

International Centre for Sahaja Yoga Research & Health, at Belapur, Navi Mumbai – a unique Centre of its kind in the world where treatment is done by vibratory awareness, developed by sahaja yoga meditation. Many patients from India and abroad have benefited from the sahaja treatment at the Centre ●

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 – with inputs, contribution and support from his colleagues and www.sahajayoga.org