

Jesus Christ – the Symbol of Love, Peace, Compassion, Forgiveness

Celebrated on December 25 every year, Christmas marks and commemorates the birth of Jesus Christ. From children to adults, everyone enjoys this day mostly by decorating Christmas trees, baking cookies

Christmas, while commemorating the birth of Jesus Christ into the world, also symbolises a spiritual reality. The personification of Divinity is Jesus Christ. He was born at a time when the land was ruled by ignorance, superstition, greed, hatred, and hypocrisy.



and exchanging gifts.

## **Divine Revelation of His Arrival**

Almost 2,000 years ago, a young woman from the town of Nazareth named Mary was visited by an angel named Gabriel. He told the Jewish woman that she would have a son named Jesus, who would be God's Son.

At this time, Mary was engaged to her soon-to-be husband, Joseph. When told, Joseph was hurt and confused because he did not believe Mary. The angel Gabriel visited Joseph and told him, "do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit," and her son, Jesus, would save the people from their sins.



# **PSALM 23 - A PSALM OF DAVID**

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

# Merry Christmas

**Celebrations** 

Birth

HER

HOLINESS SHRI MATAJI NIRMAL

Sahaja Yoga Family Wishes You All A Very Merry Christmas

Atrocities of King Herod & Journey to Egypt

Meanwhile, King Herod of Judea had heard from the three wise men about the arrival of 'the new king' and was afraid this new "king" would replace him as king of Judea. He did not understand that Jesus would grow up to be king of God's spiritual kingdom, not the king of Judea.

What Herod really wanted was to find Jesus and kill Him. Herod was furious when he realized the wise men had not come back to tell him where to find Jesus. He sent his soldiers to Bethlehem to kill all the children under two years old, thinking Jesus would certainly be one of the ones killed.

But God had told Joseph in a dream to flee to Egypt. Joseph took Mary and Jesus to live in Egypt where they would be safe from Herod. Joseph, Mary and Jesus stayed in Egypt until Herod died, and then they returned to Nazareth. People around Jesus began to witness one miracle after the other.

#### **The Miracles Of Jesus Christ**

The miracles of Jesus Christ and the countless wonders He performed during His time on earth are amazing. Jesus our Saviour changed the lives of everyone around Him wherever He went. The Gospels of Matthew, Mark, Luke, and John document many of the miracles performed by Jesus.

These miracles represent only a tiny fraction of the innumerable wonders Jesus had worked in people's lives. This is best explained in the Gospel of John:

And there are also many other things that Jesus did, which, if they should be written everyone, I suppose, that even the world itself could not contain the books that should be written. Amen. (John 21:25)

Her Holiness Shri Mataji Nirmala Devi, Founder of Sahaja Yoga, on Lord Christ

"...this day is for us to remember that Christ was born on this earth. As a human being, He came on this earth. And the task that was before Him was to enlighten human awareness with the sense of understanding, but we can say it is actualization, within the awareness of human beings, that they are not this body but they are the spirit. The message of Christ is His resurrection. That is you are your spirit and not your body. And He showed by His resurrection, how He ascended into the realm of spirit.... And when He came on this earth, in a body, like a human being, He wanted to show another thing that spirit has nothing to do with money, has nothing to do with power.

(10 December 1979, London, UK)

#### The Message of Jesus Christ to Humanity

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. Thou shalt love thy neighbour as thyself" (Matthew 22:37–39)

How to imbibe this message for a peaceful and joyous life? The Sahaja Yoga way:

This is a big and deep message of Jesus Christ to humanity.

The resurrection of Jesus Christ symbolises the enlightenment of human awareness, and Sahaja Yoga is the actualisation of this awareness through the process of Self-Realisation. Sahaja Yoga imbibes the truth of all religions yet it transcends the boundary to firmly seat the seeker in the bedrock of true spirituality. Sahaja

#### Journey to Bethlehem & Birth Of Jesus

Mary and her husband-to-be, Joseph, lived in a town called Nazareth. But they had to travel to the city of Bethlehem to register for a census ordered by the Roman emperor, Caesar Augustus. Both Nazareth and Bethlehem are in the country now called Israel. It is about 65 miles (105 km) from Nazareth to Bethlehem, and the trip probably took them several days.

When Joseph and Mary got to Bethlehem, they had no place to stay because the inn was already full. They ended up spending the night in a stable where animals were kept. There was probably fresh hay on the floor that they used for beds.

That night, Jesus was born. There was no crib, so they laid baby Jesus in a manger, a feeding trough for animals. The manger had fresh hay in it and made a comfortable bed for the newborn.



Sometime later, wise men, or magi, from the eastern countries saw a star in the sky that signalled the birth of a new king. They came to Judea, the region around Jerusalem and Bethlehem, to worship Jesus, the new king.

The wise men continued on to Bethlehem and followed the star until it was directly above the house where Jesus was. They found Mary and Jesus in the house and knelt down to worship Him. They brought Jesus gifts of gold, frankincense, and myrrh, some of the finest things in the ancient world.

The miracles of Jesus Christ were of a wide variety from turning water into wine to raising the dead. There were around 17 specific healing miracles that are recorded. The miracles of Jesus Christ included healing incurable diseases and the ability to heal without being physically present. Also, Jesus Christ exercised authority over all realms. He demonstrated His authority over nature, demons, life, and death.

Moreover, all the miracles of Jesus Christ were performed publicly in front of large crowds such as the feeding of the five thousand and providing food for the four thousand. The miracles were beneficial to people, recorded by eyewitnesses, and were done for a specific purpose without any props.

When performing supernatural acts of love and power, Jesus revealed His divine nature, limitless compassion, absolute authority over nature, and showed that He is the Son of God and the promised Messiah.

The miracles of Jesus Christ are a testament to His divinity and absolute power over everything. During His time on earth, many people witnessed His miracles first hand. People believed in the miracles since there was a sufficient number of them and He performed more miracles than recorded in the four gospels. 影

### **Crucifixion of Jesus Christ -**The Forgiveness Key to Resurrect!

Jesus Christ's crucifixion was the most horrifying, painful, and disgraceful form of capital punishment used in the ancient world. This method of execution involved binding the victim's hands and feet and nailing them to a cross of wood. The Lord gave up His life for the sins humans had committed and He gave us the greatest weapon to cut through the worldly ties & resurrect our true divine self - FORGIVENESS!



Spirit represents the reflection of God in our being and to make the union happen there is divine energy called the 'Kundalini' that is placed in the sacrum bone waiting for a chance to awaken and nourish those who desire it. In essence, this divine energy is the reflection of the Holy Ghost that lies in a slumber state. But when the seeker desires Yoga the Kundalini rises integrating six energy centres and after piercing the fontanel bone makes way for the cosmic energy or 'Brahmashakti' to enter into the inner being. The Yoga takes place and is manifested as a soothing experience within, and a flow of subtle energy in the form of divine cool breeze or 'Chaitanya' (as mentioned in the Bible) on the palms of the hand and on top of the head. This state is to be strengthened with regular sessions of morning and evening meditation and once a week in the collective at a designated meditation centre. Thus, begins the path of true spirituality and the seeker enters the Kingdom of God to be ever with Him for enjoying eternal bliss and overall well-being. This also signifies the time of Judgement, all those who seek God will be saved as enshrined in the Holy Bible.

The experience of Self-Realisation has been made very easy by Her Holiness Shri Mataji Nirmala Devi by awakening the primordial energy 'Kundalini' and seekers of truth are following Sahaja Yoga in over 140 countries for their benevolence as promised by the Lord. For further details and benefits of Sahaja Yoga please visit the website or contact us by phone.

May the coming year bestow you with true yogic life to enjoy peace within and be instrumental in bringing lasting peace to the world - Amen.

Sahaja Darshan Prachaar Prasaar Samiti adlakhagk@gmail.com | +91 98712 78936

> www.nirmaldham.org www.sahajayogamumbai.org



www.sahajayoga.org.in | Toll Free - 1800 2700 800

