



Sharing the Joy Newsletter - February 14th 2025



HH SHRI MATAJI NIRMALA DEVI

SHARING THE JOY

NEWSLETTER
FROM LIFE ETERNAL TRUST AUSTRALIA



Dear Brothers and Sisters.

Jai Shri Mataji!

Another Newsletter Already? We had such a positive response to the first edition of 'Sharing the Joy' and Yogis were asking for more, especially the photos of HH Shri Mataji's homes and memories from the past. So in response we will be sharing the newsletter every two weeks for a short period.

We hope everyone is settling into the relaxed, joyful state that comes when we surrender everything to Our Divine Mother and rise above the maya which seeks to distract us. We are introducing a 'Resources' section, and we hope you are enjoying the '*Speech of the Week*', an initiative of the Trustees.

With love from the LETA Trustees



In this 2nd edition: February 2025

- Poems written by HH Shri Mataji
- Enjoying HH Shri Mataji's homes – New Jersey Home Photos
- Early photos of Family, Pujas, Yogis
- HH Shri Mataji's letter to Australians - 1985
- From the Heart - Poems and offerings
- MahaShivaratri Puja - around the country
- Yuva Seminar - Romania
- Resources - Pamphlets and brochures
- Spreading the Love
- Workplace, Health and Safety Policy´
- Prevention of Bullying Policy
- Something to share?

See all 'Speech of the Week' episodes at:

<https://www.yogis.com.au/category/speech-of-the-week/>

See all "Sharing the Joy" Newsletters at:

<https://www.yogis.com.au/category/sharing-the-joy/>



This beautiful poem was written by H.H.Shri Mataji to the seekers in
1972, on Her first trip to America for the first public program

To My Flower Children

You are angry with life,
Like small children,
Whose mother is lost in darkness.....

You sulk expressing despair,
At the fruitless end to your journey.....

You wear ugliness to discover beauty,
You name everything false in the name of truth....

You drain emotions to fill the cup of love,
My sweet children, my darlings,
How can you get peace by waging war
With yourself, with your being, with joy itself....

Enough are your efforts of renunciation,
The artificial mask of consolation....

Now rest in the petals of the lotus flower,
In the lap of your gracious Mother....

I will adorn your life with beautiful blossoms,
And fill your moments with joyful fragrance....

I will anoint your head with divine love,
For I cannot bear your torture anymore....

Let me engulf you in the ocean of joy,
So you lose your being in the greater one....

Who is smiling in your calyx of Self,
Secretly hidden to tease you all the while....

Be aware and you will find him,
Vibrating your every fibre with blissful joy,
Covering the whole Universe with light...

Your Mother,
Nirmala

A poem by Shri Mataji Nirmala Devi, aged seven
and as narrated by Her in Dhulia, India, 14th January 1983.

To be a dust particle

I want to be like a dust particle
which moves with the wind.

It goes everywhere.

Can go, sit on the head of a king,
or can go and fall at the feet of someone.

And it can go and sit on a little flower,
and it can go and sit everywhere.

But I want to be a particle of dust.

That is fragrant,
that is nourishing,
that is enlightening.



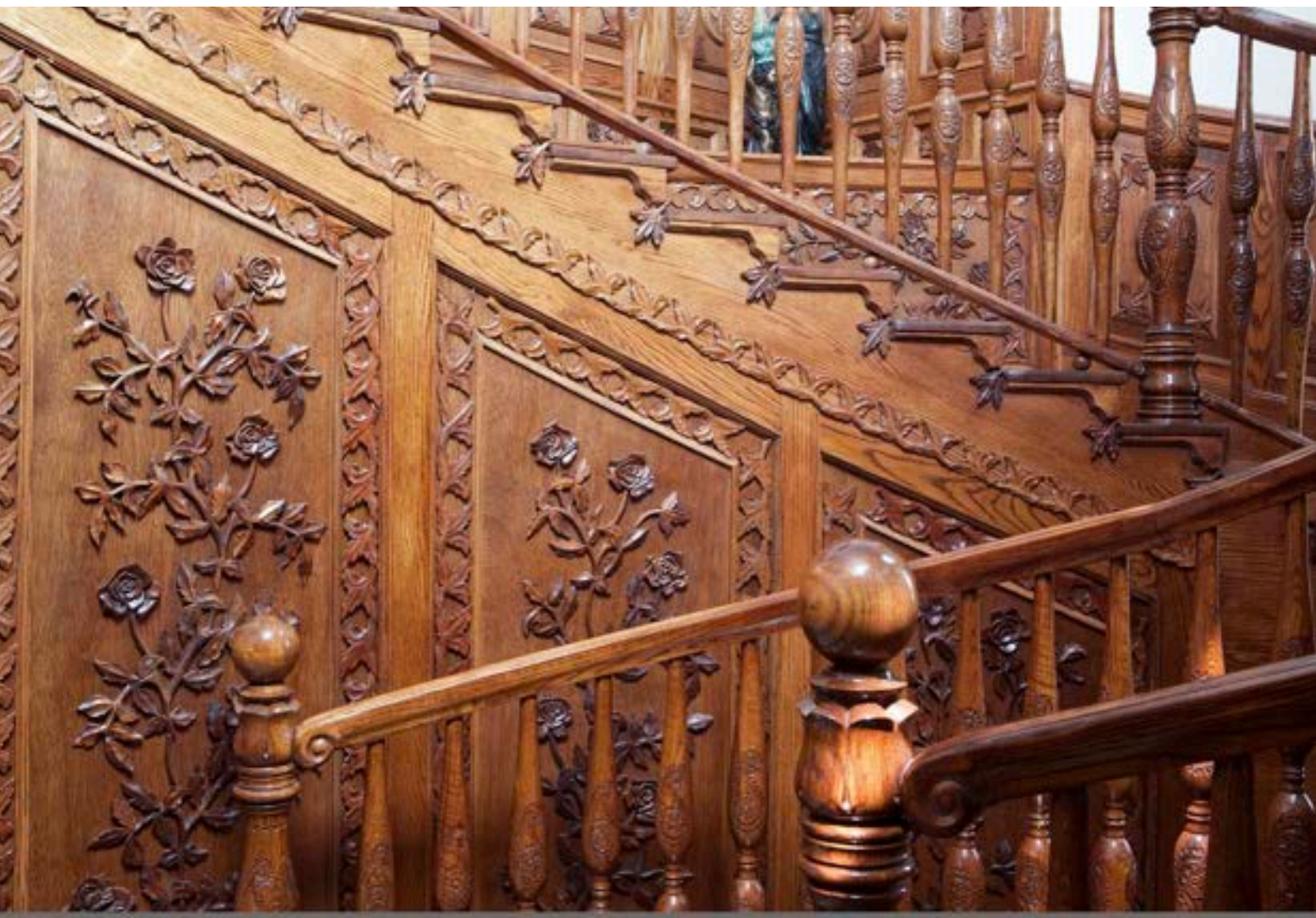
HH SHRI MATAJI'S BEAUTIFUL HOMES



NEW JERSEY - NEW YORK - USA
The home was built for HH Shri Mataji by the USA Yogis













Next Newsletter - CABELLA Photos

Sweet Memories



Engagement



Passport



Wedding - 7th April 1947



HH Shri Mataji's letter to the
early Australian Sahaja Yogis - 1985

Typed version below

*Mataji Nirmala Devi Srivastava
56 Ashley Gardens London SW1
Telephone (01) 828 6061*

My dearest Children of Australia,
What a pleasure it is to read
your letters! You all are very fortunate
people to be born in that virgin
land surrounded by unpolluted sea.
My fate is no so good. I am working
very hard in England. It is a stupendous
task to awaken people from inertia.
But England is very important. It is
the heart of the universe and if it gets
into the grip of negativity the whole
game would be over. There are so many
problems that I feel I may give up.
Only the letters from positive Sahaja Yogis
like you Australians and Indians are
keeping Sahaja Yoga alive in my heart.

Mataji Nirmala Devi Srivastava
56 Ashley Gardens London SW1
Telephone (01) 828 6061

I have got all the photographs which show how the seeds of Sahaja Yoga are taking roots. The quality of people is very good and they have lot of innocence intact. I see your sparkling eyes and know that you are my children - my very own.

May you all be blessed more and more. Enjoy the waves of bliss and love in the ocean of your mother's care and concern.

Still we have to do a lot for the other parts of the world. I have no 'desire' so pray for English people. They are very weak and need your help. They keep me over busy. So I can not write to you. But you are always in my heart. With all my love and blessings
Yours as ever your mother - Nirmala -

Wording in letter

***Mataji Nirmala Devi Srivastava
56 Ashley Gardens London SW1
Telephone (01) 828 6061***

My dearest Children of Australia

What a pleasure it is to read your letters! You all are so very fortunate people to be born in that virgin land surrounded by unpolluted sea.

My fate is not so good. I am working very hard in England. It is a stupendous task to awaken the people from inertia.

But England is very important. It is the heart of the Universe and if it gets into the grip of negativity the whole game would be over. There are so many problems that I feel I may give up.

Only the letters from positive Sahaja Yogis like you Australians and Indians are keeping Sahaja Yoga alive in my heart. I have got all the photographs which show how the seeds of Sahaja Yoga are taking roots. I see your sparkling eyes and know that you are my children my very own.

May you all be blessed more and more. Enjoy the waves of bliss and love in the ocean of your Mother's care and concern.

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With all my love and blessings.

Yours as ever,

Your Mother - Nirmala



HH Shri Mataji on a train trip to Scotland with a tear in Her eye while reading the works of Robbie Burns



In the past many Yogis have been inspired to express their love and deep gratitude in poems and stories to HH Shri Mataji for Her great gift of Self Realisation and the many blessing She provides, and we want to encourage everyone to express and share this love in our newsletter.

Please send anything you would like to offer Her Holiness and share with Her family to: sahaja.sharingthejoy@gmail.com Below are some beautiful offerings from the past.

O Great Spirit,
Shri Mataji Nirmala Devi
Whose voice we hear in the winds
And whose breath gives life to all the world,
Hear us!
We are small and weak,
We need your strength and wisdom.
Let us walk in Beauty, and make our eyes
Ever behold the red and purple sunset.
Make our hands respect the things you have
Made and our ears sharp to hear your voice.
Let us learn the lessons
You have hidden in every leaf and rock.
We seek strength, not to be greater than our brother
But to fight our greatest enemy – Ourselves.
Make us always ready to come to you
With clean hands and straight eyes.
So when life fades, as the fading sunset,
Our spirit may come to you – Without Shame

This poem was presented to Shri Mataji by Canadian Sahaja Yogis in 2006.

The miracle of life

The beatitude of that blissful morn'
With finger lines on the window's frost
The rays of dawn when strike thy face

Did you smile an' bow in awe
The aromas of the morning glory
And soothing shrills of the little starling
The wild flowers brushing shades on the pickets
And rain drops touching each pore

Little children walking in joy
And splashing puddles without a 'morrow
The motherly aroma of the wet soils
And calming sway of the firs and pines
With each step a magical moment

If only to open the eye
And embrace the divine's greatest present
Grass blades cushioning the seeker's feet
And dew drops awashing each wrinkle
As a butterfly gently brushed past
Which of us noticed in the chaotic vast

So is the blessed seeker
With joys of the eternal play
Dramas unfolding all 'round us
Every moment of the day.

Rahul Shinde

The Sacred Tree of Life

“And all the men gathered around Jesus,
and their faces shone with the desire to hear
the words which would come from his lips.

And he lifted his face to the rising sun,
and the radiance of its rays filled his eyes as he spoke: ...”

“And the Communion are fourteen in number,
As the Angels of the Heavenly Father
Number seven,

And just as the roots of the tree
Sink into the earth and are nourished,
And the branches of the tree
Raise their arms to heaven,

So is man like the trunk of the tree,
With his roots deep
In the breast of his Earthly Mother,
And his soul ascending
To the bright stars of his Heavenly Father.

And the roots of the tree
Are the Angels of the Earthly Mother,
And the branches of the tree
Are the angels of the Heavenly Father.

And this is the sacred Tree of Life
Which stands in the Sea of Eternity.”

*From ‘Communion’ in the Gospel of the Essenes, translated from
the original Hebrew and Aramaic texts by Edmond Bordeaux Szekely.*



Sharing our **RESOURCES**

Our www.yogis.com.au website has a selection of Resources to assist Yogis wanting to arrange programs or conduct on-line courses via various media.

Resources for all Yogis hosting online Courses & Programs

Extracts of Shri Mataji's video talks.

More videos & Resources

Music – Audios and Videos

Photos

How to Live stream from Zoom to YouTube Tutorial

Zoom training and presentation tips

Presentation resources

Websites for seekers, and much more

Please visit:

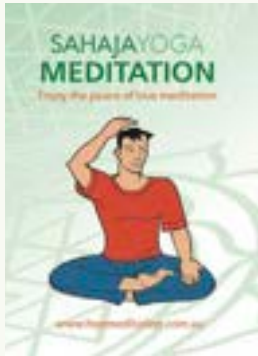
<https://www.yogis.com.au/webcasting-resources/>



Samples of brochures available to download

under - Publications for New People

<https://www.yogis.com.au/webcasting-resources/>



Small Information Pamphlet

Double - sided 4 pages, folded size: 100mm H x 70mm W.
Contains overview of Sahaja Yoga, Shri Mataji and meditation.
Intended for people briefly visiting or walking past a Self-Realisation stall at a fair or festival etc.

MORE INFORMATION & ONLINE RESOURCES

Free classes in Sahaja Yoga and Sahaja Meditation, meditation music, listening techniques, guided meditations and talks by Sri Mataji (Sri Mataji Sri Swamiji) live streaming meditations, podcasts with guided meditations, music and talks. Newsletter sign up for news and events.

www.meditation.com.au/sahaajayoga

Sri Mataji Sri Swamiji
Sahaaja Yoga Meditation Australia
www.meditation.com.au
Phone: +61 8 938 3363

THE INNER-SUBTLE SYSTEM QUALITIES OF EACH ENERGY-CENTRE

Realize the Self!

INVITATION

Regular meditation leads to a transformational change in our attitude to living. It can be done at the moment. There is no charge for learning Sahaja Yoga meditation as the intention is not to be attached to anything. Being, why not give it an experiential invitation for yourself?

About our free weekly classes:

- Learn to meditate with simple techniques
- Get to know something to understand
- Contribute to building a better global environment
- Regulate and experience meditation for the self and for everyone, anytime and anywhere, anytime
- Chairs provided - refresh at any time.

www.the-sahaajayoga.com.au

MEDITATION

This meditation is a state of deep sleep where the mind is absolutely calm and clear, yet completely alert - a state of being known as 'thoughtless awareness'. Throughout history, seekers have pursued paths from quest of the infinite. As the time, they evolved from letters from society, sought ways to liberate themselves of human suffering and entered their path to achieving spiritual ascent. Their aim was to achieve 'Self-Realisation' - a state of being where the human self transcends and with the Divine, with enlightened attributes in Sahaja Yoga meditation. This experience is now available to everyone after this.

KNOW YOURSELF!

SAHAJAYOGA

Self-Realisation occurs when the Subtle System dormant energy within us is awakened. When activated, the energy brings more balance to the physical, mental, emotional and spiritual aspects of our being, allowing the peace of inner silence. Sahaja Yoga Meditation teachings enable us to learn how to activate, realize and maintain the state of being in daily life. You can learn how to give others the same experience. All your questions will be happily answered. Most your Subtle System energy is awakened you receive peace of your subtle mind self!

44% of people have the meaning of life and purpose answered in the past few months past.

See Shree Swamiji Do!

SHRI MATAJI

Heritage of the Divine. Deeply rooted in the past, for over 70 years, she has been internationally offering free public lectures and the experience of Self-Realisation to all, regardless of their background or education. She was only invited people to see this valuable experience in her own country from the meditation technique history to realize it. Known as Sahaja Yoga meditation which she founded in 1971, the Shree was nominated for the Nobel Peace Prize. Awarded by the UN, European Union and the UN, and received many awards for her contribution to the wellbeing of humanity.

44% of people are proud of the world with their a good reason.

See Shree Swamiji Do!

Sri Mataji Swamiji Do!

Her name is Sri Mataji Swamiji. To qualify for a Self-Realisation and hold out your hands, please stand towards the photograph. You may feel a cool or warm breeze and your thoughts may quieten. This is only the beginning. If you would like to know more, please contact us.

Meditation and Balancing Guide

Double - sided A4 - Self Realisation, balancing and raising Kundalini and Bandhan.

Discover the peace of true meditation

Only in meditation you can experience the peace of your mind. In meditation, you can experience the peace of your mind. In meditation, you can experience the peace of your mind.

www.the-sahaajayoga.com.au

Meditation & Balancing Guide

Use this Guide to learn simple meditation and balancing techniques to give you the experience of the peace of true meditation. It will help you to understand the importance of meditation and how to practice it. Use this Guide to learn simple meditation and balancing techniques to give you the experience of the peace of true meditation. It will help you to understand the importance of meditation and how to practice it.

Affirmations for Meditation - Self-Realisation

These affirmations can assist with setting the intention before or during meditation. You do not need to do these affirmations every time you meditate. Use any one or all of the affirmations as you prefer. Place the right hand on the ear and the left hand on the knee. Repeat each affirmation with the word 'Mother' or 'Kundalini' for example: 'Mother, I am the pure soul'.

1. Mother, please give me the pure knowledge.
2. Mother, I am the pure soul.
3. Mother, I am the pure soul.
4. Mother, I am the pure soul.
5. Mother, I forgive myself and I forgive everyone in general. Please forgive me.
6. Mother, please give me my Self-Realisation and awaken my awareness of true meditation.

How to meditate at home

1. Choose a place where you can sit quietly and undisturbed for about 10 minutes each evening and/or morning.
2. Remove your shoes. To give you a connection with Mother Earth, sit on a mat or on the floor, as you wish.
3. Sit comfortably with both hands open, palms up on your lap. Take a few deep breaths. Relax, breathe in a quiet, relaxed way.
4. If directed, by the above Affirmations, (You do not need to do the affirmations every time you wish you meditate, use any one or all of the Affirmations, as you prefer).
5. Keep your attention above your head. Let thoughts go without following them.
6. If thoughts continue, say gently within yourself, "let me thought" or "I forgive myself, I forgive everyone".
7. When you are peaceful, say if you can feel a gentle cool breeze on your hands, or gently blowing upwards above your head.
8. When you feel the cool above and head, draw your attention there and rest both hands on your lap, palms up.
9. Relax and enjoy the peace and silence.
10. Meditating daily for 10 minutes will help to strengthen your awareness.

The Balancing techniques on Page 2 can assist with the opening the Subtle System and enhancing meditation. Use the Meditation exercises on Page 2 to enhance and activate your meditations.

Meditation exercises

Commence and conclude your meditations with these exercises. They will help to establish and maintain the meditative state.

- 1. Raising the Kundalini**
Place the left hand in front of your lower abdomen, palm facing the body. Place the hand up vertically, until it reaches a position above your head. While the left hand is ascending, the right hand remains pressed to the chest, with both hands are above the head. Use both hands to be a ball. Repeat three times. The third time, be the last three times.
- 2. The Bandhan**
Place a hand over your forehead to the subtle system from the crown chakra and place the other hand on the right side of your head. Place your right hand over your left leg and slowly raise your right hand up the left side, over your head and down the right side of your body. Then raise the right hand on the right side, over your head and down the left side. This is one bandhan. Repeat seven times (one for each chakra).

Balancing techniques

Thoughts are generally about the past or the future - but in true meditation we gradually have the realization of being purely in the present, without thought. The left and right channels of our Subtle System look after our past and future. Use these balancing techniques to balance these channels.

- Clearing the Left Side**
Use when over emotional, dwelling in the past or feeling lonely, loss of inspiration on the left hand. Hold the left hand out, palm upwards and place the right hand on the neck, or about 1 inch towards the right.
- Clearing the Right Side**
Use when over planning and ambition, not stop thinking, just sleep or feeling tingling head or heaviness on the right hand. Hold the right hand out, palm upwards, bend the left arm at the elbow and direct the palm towards the back.

The Subtle System

Inside every human being there is a network of channels and energy centers that energize the outside physical world. In the same way, we can use a Subtle System of channels (chakras) - see A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, AA, AB, AC, AD, AE, AF, AG, AH, AI, AJ, AK, AL, AM, AN, AO, AP, AQ, AR, AS, AT, AU, AV, AW, AX, AY, AZ, BA, BB, BC, BD, BE, BF, BG, BH, BI, BJ, BK, BL, BM, BN, BO, BP, BQ, BR, BS, BT, BU, BV, BW, BX, BY, BZ, CA, CB, CC, CD, CE, CF, CG, CH, CI, CJ, CK, CL, CM, CN, CO, CP, CQ, CR, CS, CT, CU, CV, CW, CX, CY, CZ, DA, DB, DC, DD, DE, DF, DG, DH, DI, DJ, DK, DL, DM, DN, DO, DP, DQ, DR, DS, DT, DU, DV, DW, DX, DY, DZ, EA, EB, EC, ED, EE, EF, EG, EH, EI, EJ, EK, EL, EM, EN, EO, EP, EQ, ER, ES, ET, EU, EV, EW, EX, EY, EZ, FA, FB, FC, FD, FE, FF, FG, FH, FI, FJ, FK, FL, FM, FN, FO, FP, FQ, FR, FS, FT, FU, FV, FW, FX, FY, FZ, GA, GB, GC, GD, GE, GF, GG, GH, GI, GJ, GK, GL, GM, GN, GO, GP, GQ, GR, GS, GT, GU, GV, GW, GX, GY, GZ, HA, HB, HC, HD, HE, HF, HG, HH, HI, HJ, HK, HL, HM, HN, HO, HP, HQ, HR, HS, HT, HU, HV, HW, HX, HY, HZ, IA, IB, IC, ID, IE, IF, IG, IH, II, IJ, IK, IL, IM, IN, IO, IP, IQ, IR, IS, IT, IU, IV, IW, IX, IY, IZ, JA, JB, JC, JD, JE, JF, JG, JH, JI, JJ, JK, JL, JM, JN, JO, JP, JQ, JR, JS, JT, JU, JV, JW, JX, JY, JZ, KA, KB, KC, KD, KE, KF, KG, KH, KI, KJ, KK, KL, KM, KN, KO, KP, KQ, KR, KS, KT, KU, KV, KW, KX, KY, KZ, LA, LB, LC, LD, LE, LF, LG, LH, LI, LJ, LK, LL, LM, LN, LO, LP, LQ, LR, LS, LT, LU, LV, LW, LX, LY, LZ, MA, MB, MC, MD, ME, MF, MG, MH, MI, MJ, MK, ML, MM, MN, MO, MP, MQ, MR, MS, MT, MU, MV, MW, MX, MY, MZ, NA, NB, NC, ND, NE, NF, NG, NH, NI, NJ, NK, NL, NM, NN, NO, NP, NQ, NR, NS, NT, NU, NV, NW, NX, NY, NZ, OA, OB, OC, OD, OE, OF, OG, OH, OI, OJ, OK, OL, OM, ON, OO, OP, OQ, OR, OS, OT, OU, OV, OW, OX, OY, OZ, PA, PB, PC, PD, PE, PF, PG, PH, PI, PJ, PK, PL, PM, PN, PO, PP, PQ, PR, PS, PT, PU, PV, PW, PX, PY, PZ, QA, QB, QC, QD, QE, QF, QG, QH, QI, QJ, QK, QL, QM, QN, QO, QP, QQ, QR, QS, QT, QU, QV, QW, QX, QY, QZ, RA, RB, RC, RD, RE, RF, RG, RH, RI, RJ, RK, RL, RM, RN, RO, RP, RQ, RR, RS, RT, RU, RV, RW, RX, RY, RZ, SA, SB, SC, SD, SE, SF, SG, SH, SI, SJ, SK, SL, SM, SN, SO, SP, SQ, SR, SS, ST, SU, SV, SW, SX, SY, SZ, TA, TB, TC, TD, TE, TF, TG, TH, TI, TJ, TK, TL, TM, TN, TO, TP, TQ, TR, TS, TT, TU, TV, TW, TX, TY, TZ, UA, UB, UC, UD, UE, UF, UG, UH, UI, UJ, UK, UL, UM, UN, UO, UP, UQ, UR, US, UT, UY, UZ, VA, VB, VC, VD, VE, VF, VG, VH, VI, VJ, VK, VL, VM, VN, VO, VP, VQ, VR, VS, VT, VU, VV, VW, VX, VY, VZ, WA, WB, WC, WD, WE, WF, WG, WH, WI, WJ, WK, WL, WM, WN, WO, WP, WQ, WR, WS, WT, WU, WV, WW, WX, WY, WZ, XA, XB, XC, XD, XE, XF, XG, XH, XI, XJ, XK, XL, XM, XN, XO, XP, XQ, XR, XS, XT, XU, XV, XW, XX, XY, XZ, YA, YB, YC, YD, YE, YF, YG, YH, YI, YJ, YK, YL, YM, YN, YO, YP, YQ, YR, YS, YT, YU, YV, YW, YX, YY, YZ, ZA, ZB, ZC, ZD, ZE, ZF, ZG, ZH, ZI, ZJ, ZK, ZL, ZM, ZN, ZO, ZP, ZQ, ZR, ZS, ZT, ZU, ZV, ZW, ZX, ZY, ZZ.

Each of the seven chakras has unique qualities. These qualities are used within us, and are also used to help us to understand the world. They can never be destroyed. When the Kundalini energy is awakened, these qualities start manifesting spontaneously and express themselves in our life as a result of our meditation. Through regular meditation, we strengthen and expand the chakras and the subtle system.

What is meditation?

Meditation is the personal experience of going beyond one's thoughts, senses and ego. In meditation, one is fully alert and aware but free of the unnecessary thoughts or senses that lead to many of our ills. It is a state of peace and calm that occurs spontaneously when one learns how to focus on the experience of the present moment. Through a simple process, known as Self-Realisation (Kundalini awakening), the meditation state can be quickly established, maintained and, most importantly, enjoyed!

About Sahaja Yoga meditation

Sahaja Yoga meditation was started in 1971 by Sri Mataji Swamiji. After studying the field of medicine and knowing the scientific terminology of the anatomy and human physiology, she brought about the unique meditation, which she called 'Self-Realisation', which she needed to share with all, at all times.

Sri Mataji's core teaching is that within us all, lies a transformational potential which can be awakened using her method. By doing so, we can bring peace and well-being to ourselves, our families, our whole nations, our nations and our world. In keeping with her message, Sahaja Yoga meditation is now offered in over 100 countries. This is the gift.

More Resources

Class videos - Sahaja Yoga audio - meditation music - podcasts - e-newsletters - meditation
Go to www.the-sahaajayoga.com.au/resources or view the QR Code with your mobile device

Presented by Sahaja Yoga Meditation Australia | www.the-sahaajayoga.com.au | Phone: +61 8 938 3363 Sahaaja Swamiji

Meditation card

Contains information on how to meditate, affirmations and balancing.

Includes a large photo of HH Shri Mataji that can be framed.

Intended for people who have received their Self-Realisation at a program, fair or festival.

Meditation Affirmations

These Affirmations can assist with settling the attention before or during meditation. You do not need to do these Affirmations every time you wish you meditate. Use any one or all the Affirmations as you prefer.

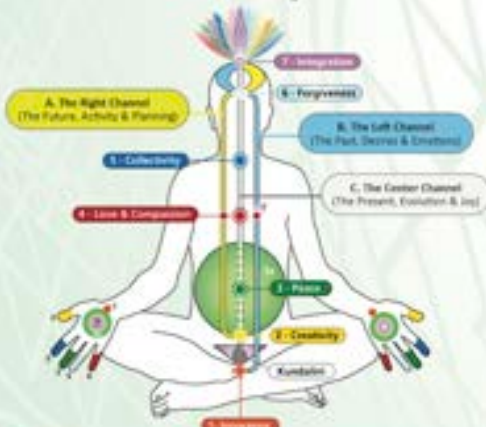
Place the right hand on the centres as shown with following requests. You may preface each request with the word 'Mother' or 'Kundalini' for example 'Mother, I am the pure spirit.'

- Please give me the pure knowledge
- I am my own master
- I am the pure spirit
- I am not guilty at all
- I forgive, I forgive everyone in general also I forgive myself and please forgive me
- Please give me / deepen my self-realisation and deepen my experience of mental silence



Shri Mataji Nirmla Devi - Founder

The Subtle System



Overlaying our nervous system, resides the Subtle System which comprises of energy channels (Nadis, A to C on diagram) and energy centres (Chakras, 1 to 7 on diagram). This system looks after our physical, mental, emotional and spiritual wellbeing. Upon 'Self Realisation', our spirit is awakened, and the system connects to the all-pervading life force that nourishes and balances it through true meditation.

More Information & Online Resources
Free classes and resources to help establish your Self Realisation through true meditation.


- Free class locations in Australia and Worldwide.
- Online resources with guided meditations, meditative music, video and audio meditations, balancing techniques, printed guides and talks by Shri Mataji (founder).
- Podcasts with guided meditations, music and talks.

www.freemeditation.com.au/moreinfo
Sahaja Yoga Meditation Australia Phone (300) 724 252

SAHAJAYOGA MEDITATION

General Instructions on How To Meditate

- 1 Find a relatively quiet space with minimum disturbances and, if you like, light a small candle in front of the photo, and some incense to help you to establish a calm, peaceful environment.
- 2 Remove shoes, spectacles, and loosen any tight clothing.
- 3 Sit comfortably with both hands open, palms up on your lap.
- 4 Take a few deep breaths, then breathe in a quiet, relaxed way.
- 5 Try the Meditation Affirmations and hand positions sequence.
- 6 This sequence will help you to develop the experience of deeper peace and mental silence - 'the space between the thoughts'.
- 7 If you find it difficult to quieten the mind, repeat the affirmation sequence, or simply say "Not this thought, Not this thought" or try to clear your left side or right side as below



- 8 Allow your attention to dissolve into the silent space that is just above your head, in deep mental silence, in Meditation.
- 9 Leave the hands palms-upward in the lap, and eyes closed, when silent inside, check above the head for cool vibrations.
- 10 Take time to enjoy the peace, and the flow, of mental silence.

Hard copies available for Yogis

Hard copies of all the items (except for the 'Meditation and Balancing Guide') are available from Burwood Ashram's Resources Room in Sydney, or please contact Radhika Richardson (radhika.richardson@gmail.com) to place an order and have them shipped to you.

'Welcome to Sahaja Yoga' Pamphlet

Double-sided 3 pages, folded size: 210mm H x 150mm W

Contains information on HH Shri Mataji, Affirmations, bandhans and chakra qualities.

Intended for people who have attended several meetings.



"Within us lies the peace, the beauty, the glory of our being. We cannot seek it outside. We have to go within."

Shri Mataji Nirmala Devi

Who is Shri Mataji?

Shri Mataji Nirmala Devi quietly transformed lives, for over forty years, she travelled internationally, offering free public lectures and the experience of Self-Realisation to all, regardless of their race, religion or circumstance. She not only enabled people to pass this valuable experience on to others but taught them the meditation technique necessary to sustain it, known as Sahaja Yoga meditation which she founded in 1970.

Born in 1922 into a Christian family in India, Shri Mataji worked with Mahatma Gandhi and was involved in India's fight for independence. She was a mother and grandmother and a descendant of an Indian royal family. Her father was a member of India's first parliament.

Shri Mataji maintained that there is an innate spiritual potential within every human being, and it can be spontaneously awakened. She emphasised that this awakening, described as Self-Realisation, cannot be purchased. Money has never been charged, nor will it be, for the experience of Self-Realisation or for the teaching of Sahaja Yoga meditation.

Nominated twice for the Nobel Peace Prize, Shri Mataji was honoured by the US Congress and the United Nations and received numerous awards for her contribution to the peace, health and wellbeing of humankind.

Basic Techniques



Making the Bandhans: Commence and conclude your meditations with this and the following exercise. Place the left hand in front of your lower abdomen, palm facing the floor. Raise the hand up vertically until it reaches a position above your head. While the left hand is ascending, the right hand moves around it clockwise, until both hands are above the head. Use both hands to tie a knot. Repeat three times. The third time, for the best results, use:

Bandhans: Wearing a bandhan gives protection to the subtle system from external influences and also protects the aura. Hold the left hand over your forehead. Place your right hand over your left hip and slowly move your right hand up the left side, over your head and down the right side of your body. Then move the right hand up the right side, over your head and down the left side. This is one bandhan. Repeat seven times.

Feet Soaking: This is best done last thing at night before going to bed. Sit comfortably in a chair with your hands in your lap, palms upward. Place your feet in a bowl of warm water with a handful of salt. Meditate for around 10 to 15 minutes. Relax and dry your feet. Then hold the water above the feet and wash your hands.

Affirmations

These Affirmations can assist with settling the attention before or during meditation. They do not need to be done every time you meditate. Use any one or all of the affirmations in your practice. Place the right hand on the forehead as shown with following requests. The key phrase must repeat with the word "Mother" or "Bandhan" for example: "Within" or "the pure spirit".



With your right hand on your forehead, ask your Bandhan: "Mother, am I the spark?"

Right hand on your upper stomach, just below the ribs, ask three times: "Mother, am I my own master?"

Right hand on your left lower stomach, just above the left hip, ask six times: "Mother, please give me the pure knowledge."

Turn the right hand to the upper stomach and say confidently ten times: "Mother, I am the spark?"

Right hand to the heart, say confidently ten times: "Mother, I am the spark?"

Right hand on the palm where the left shoulder meets the neck. Turn the head to the right and say seven times: "Mother, I am not guilty."

Place your right hand across the forehead, gently grasping the temples, and say "Mother, I forgive everyone."

Right hand on the back of the head, say "Mother, for any mistakes I have done against myself, please forgive me."

Right hand on top of the head, stretch the fingers upwards, centre of the palm to the forehead and study these features and ask seven times: "Mother, please give me my self-realisation."

Subtle System Chart



Chakra	Qualities	Orbit expression	Health/illness
7. Sahasrara	Integration Mental/Ethical	Indic area	Cool vibrations
6. Ajna	Progression	Crossing of ajna (Pituitary & pineal glands)	Confusion, night-seeing, thought, T-maze
5. Vishuddha	Culturally Diplomatic Witness style	Cervical plexus (Thyroid)	Neck, sinus, mouth, tongue, lips
4. Heart	Love Compassion	Heart	Heartbeat Breathing
3a. Yoni	Self-mastery	Matrices	Uter, kidney, spleen, pancreas, uterus
3. Manipura	Power Intuition Willpower Creativity Abstract thought Aesthetics	Solar plexus	Stomach Liver
2. Swadhisthana	Emotion Abstract thought Aesthetics	Aortic plexus	Uter, kidney, spleen, pancreas, uterus
1a. Kundalini	Motherly love	Sacral base	Pituitary gland Spleen
1. Muladhara	Survival Willow	Perineal gland Pituitary gland	Reproduction Elimination

How do I meditate?

Meditation is a state of thoughtless awareness, where everyday activity of the mind ceases, but one remains peaceful and aware in Mental Silence.

To begin, place Shri Mataji's photograph in front of you (at a table) with a lit candle before it. The candle flame contains the elements of light and fire which help to resolve any subtle problems affecting meditation. The photo evokes very positive feelings of peace, love and compassion, which will help you reach the state of meditation and thoughtless awareness.

Rest your hands, palms up, on your lap with your fingers pointing towards the candle and photograph. Place your attention at the top of the head and allow yourself to enter into mental silence. Sit quietly for 10 to 15 minutes. The Affirmation exercises (inside this brochure) can assist in settling the attention and deepening your experience.

How does Sahaja Yoga benefit me?

There can be immediate benefits in stress relief and a feeling of peace and contentment. Physically, it has been scientifically proven that regular Sahaja Yoga meditation can reduce the severity of certain illnesses. Mentally and emotionally, it helps one to obtain balance, and spiritually to achieve self-realisation and enlightenment.

What does it cost?

There is no charge for the teachings of Sahaja Yoga. Expenses for travel fees, advertising and printing etc are met by voluntary contributions.

How can I learn more?

To help establish and understand this new experience you are invited to attend the weekly meetings where collective meditations will enhance your experience. You will also learn how to detect and correct any subtle system problems through the various clearing, balancing and deepening techniques.

More information & Online resources

Free class in Australia and Worldwide. Online resources with video and audio meditations, meditative music, balancing techniques, journal guides and talks by Shri Mataji (founder). Podcasts with guided meditations, music and talks.

www.beyondmatia.com.au/newsinfo
Sahaja Yoga Meditation Australia, Phone 1300 794 212

SAHAJAYOGA MEDITATION




Welcome to Sahaja Yoga

The Meditation is a state of deep peace which occurs when the mind is calm and silent, yet completely alert. Sahaja Yoga is used by millions of people worldwide as a practical means to achieve a balanced state and enjoy improved mental, physical, emotional and spiritual wellbeing.

The word Sahaja means "Inborn" because the purifying and healing energy that is gently awakened lies waiting within every human being from birth. Sahaja Yoga is a genuine, solid experience, an actual physics of reality verifiable on one's own nervous system. It leads to spontaneous improvements in one's interactions and relationships with the world.

The new state transcends religious, ethnic, economic and political differences and clearly manifests the oneness of mankind. Sahaja Yoga is freely available to anyone with a genuine desire to know the true self with a quest to evolve to a higher level of awareness, understanding and enjoyment.



MahaShivaratri Puja Glenrock, NSW, Feb 29 1992

MAHASHIVARATRI PUJA CELEBRATIONS AROUND THE COUNTRY

NEW SOUTH WALES

Shivaratri Puja will be celebrated at the Balmoral property
on the 1st of March 2025 at 2pm

ACT (CANBERRA)

National MahaShivaratri Puja will be celebrated between
Sat 28th Feb to 2nd of March 2025 at
Outward Bound Camp in Thawra south of Canberra
Live streaming of Puja - See below

VICTORIA

Shivaratri Puja will be celebrated at
Lower Templestowe Community Centre - 2nd of March - 10am

SOUTH AUSTRALIA

Shivaratri Puja will be celebrated on Saturday 1st March
Cheltenham Community Centre 1:00pm -6:00pm

WESTERN AUSTRALIA

Shivaratri Puja will be celebrated at Gidgegannup
on Sunday 2nd of March 2025 - 12.30pm

QUEENSLAND

Shivaratri Puja will be celebrated at Wamuran
on the 1st of March 2025

MahaShivaratri Puja will be **streaming from Canberra** on Saturday 1st
March 2025 at 6.30pm Sydney time. Visit website for streaming link at:
<https://sway.cloud.microsoft/.X9fcpsGSEYY7GGaO?ref=link>



INTERNATIONAL YUVA SEMINAR IN ROMANIA 20TH – 24TH MARCH 2025

Dear Yuvas,

We're back with the official registration form for the International Yuva Seminar in Romania.

Many of you may know that we're going to have a Yuva seminar in Romania during the auspicious occasion of Birthday Puja.

The dates for the seminar are 20-24 March and the cost is 50€

You will find all the information on activities and our schedule for the weekend here:

<https://www.garlandofdevotion.com/project/yuva-seminar-25>

The link to register is also on the website.

For any other questions that you may have, please feel free to contact us

@Shivangi +40 770 112 962 @Shankar +40 771 297 582 @Georgi +40 730 983 964

Register now!

Jai Shri Mataji!

LINK TO YUVA SHAKTI NEWS: <https://globalyuva.com/>

Spreading the Love



‘Innovative’ meditation program on the Gold Coast - 2016

Programs designed for the outdoors using clearing techniques have proven popular with seekers with no prior experience in meditation. Dozens of new people have received Self-Realisation and experienced clearing techniques using natural elements like water, fire, air and earth.

The location is specially created to enhance the meditative state in nature and is positioned near the lake at the back of the Arts Centre Gold Coast, near a structure called “Peace Pavilion”.

In addition to an introduction in Sahaja Yoga followed by Self-Realisation, the meditation program also includes:

- A series of exercises/stretchers to assist the flow of Kundalini in chakras and nadis as taught by Shri Mataji.
- Light form of exercise/stretchers such as Pilates or Gyrotonics. This form of movement consists of exercise sequences intended to increase the functional capacity of the entire organism in a harmonious way. The continuous flowing movements are synchronized with corresponding breath patterns.
- Clearing techniques for chakras and nadis
- Meditation



OUR REQUIRED POLICIES



Dear Family

To help everyone become aware of and understand our required LETA policies we will feature some in each Newsletter with a brief summation and a link to the full policy. Sahaja Yogis are encouraged to learn about these important guidelines to ensure we all get to enjoy our family without disturbances and comply with all legal requirements.

This edition features the '*Workplace, Health & Safety*' and '*Prevention of Bullying*' policies.

Workplace, Health & Safety

LETA/LEPA is committed to make every reasonable and practical effort to ensure that its volunteers, participating members of public and yogis visiting its premises or attending events organised by LETA/LEPA are safe from Injury and risk to health.

LETA/LEPA will implement following measures to achieve the objectives of this policy:

- implement safety procedures to be followed at LETA/LEPA's premises and during participation in LETA/LEPA events;
- communicate the safety procedures to its volunteers and regular visitor and casual visitors;
- The LETA/LEPA premises are maintained to ensure ;
- no slip & trip hazards;
- adequate ventilation;
- adequate and clean amenities;
- adequate lighting in the evening or in dark areas;
- adequate drinking water supply;
- no overcrowding;
- no rubbish accumulation;
- free from electrical hazards;
- free from fire hazards;
- no emergency exits being obstructed;
- minimise and protect against sun exposure during outdoor events
- secure premises against entry by unwanted persons;

- prepare and display emergency evacuation plan;
- assess risk of fire before puja/havan involving fire, flames, candles or incense;
- display general rules of attending its premises at prominent location within the premises;
- ensure that a first aid qualified volunteer is in attendance along with a first aid facility at significant events;
- conduct annual review of the Health and Safety Management system and identify areas of improvement

See the full policy at: <https://www.syletanews.com/policies>

Prevention of Bullying & Sexual Harassment Policy

LETA/LEPA is committed to prevention of bullying and sexual harassment within its domain.

Bullying is repeated, unreasonable, intimidating, offending, demeaning, degrading, threatening or humiliating behaviour by one or group of persons towards a person or group of persons and such behaviour may create safety and/or mental health issues for the person or group of persons.

Bullying is persistent in nature and can involve a range of behaviours noted above. Instances of bullying can include but not limited to following:

- abusive, insulting or offensive language or comments
- Physical intimidation
- unjustified criticism or complaints
- deliberately excluding someone from routine activities
- withholding information that is vital for effective performance
- setting unreasonable timelines or constantly changing deadlines
- denying access to information, supervision, consultation or resources to the detriment of the targeted person or group

Allegations of bullying should be promptly reported along with all details including the date, time, any witnesses and other information to assist an investigation to the National Compliance Coordinator (compliance.syaus@gmail.com)

See the full policy at: <https://www.syletanews.com/policies>





KEEP UP TO DATE WITH MOJ TOURS AND NEWS
VISIT: <https://www.musicofjoy.com.au>

PUJA DATES 2025

Mahasamadhi 23rd Feb

Krishna Puja 24th August

MahaShivaratri Puja 2nd March **Ganesha Puja** 30th August

Birthday Puja 21st March

Marriages 1st September

Easter Puja 20th April

Navratri Puja 28th September

Sahasrara Puja 4th May

Diwali Puja 19th October

Shri Adi Shakti 8th June

Shri Bhairavah 20th November

Guru Puja 13th July

Christmas Puja 25th December

CONTACT TRUSTEES: life.eternal.trust.australia@gmail.com

WEBSITE: www.syletanews.com

SOMETHING TO SHARE?

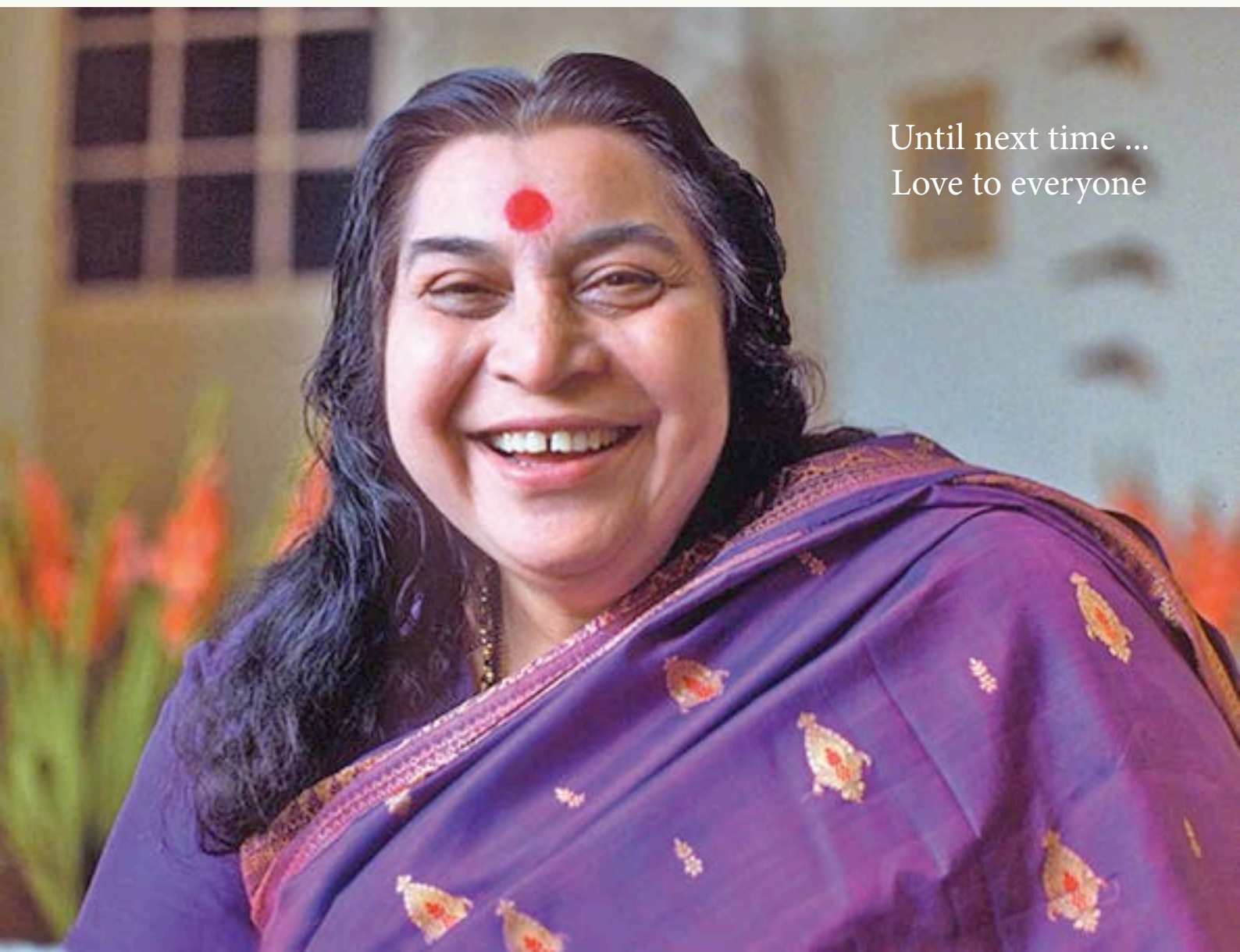
Please send us any positive news to share, including photos, artwork, poems, stories, recollections, new ideas for spreading Sahaja Yoga, weddings, new arrivals and anything joyful to:

sahaja.sharingthejoy@gmail.com

(All contributions will be subject to approval by the Newsletter Team)

**Thank You Dearest Mother for our
self realisation and all the blessings.**

Jai Shri Mataji!



Until next time ...
Love to everyone