



Sharing the Joy Newsletter - Feb 28th 2025



HH SHRI MATAJI NIRMALA DEVI

# SHARING THE JOY

## LIFE ETERNAL TRUST AUSTRALIA



Dear brothers and sisters.

Jai Shri Mataji!

We pray to HH Shri Mataji to keep us all in Her Heart and Divine Attention and for us to not get distracted by the mayas currently trying to steal our joy and love for one another.

Please enjoy the offerings in our third Newsletter.

With love from the LETA Trustees



## In this 3rd edition: February 2025

- Enjoying HH Shri Mataji's homes – Cabella Photos
- From the heart - Poems and offerings
- MahaSamadhi at Burwood - Shivaratri Puja at Burwood
- HH Shri Mataji meets Queen Elizabeth 11
- Resources - Shri Mataji's Video Extracts
- Geography of the Virata
- Food Safety Policy - Food Safety Questionnaire
- 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/>



# HH SHRI MATAJI'S BEAUTIFUL HOMES

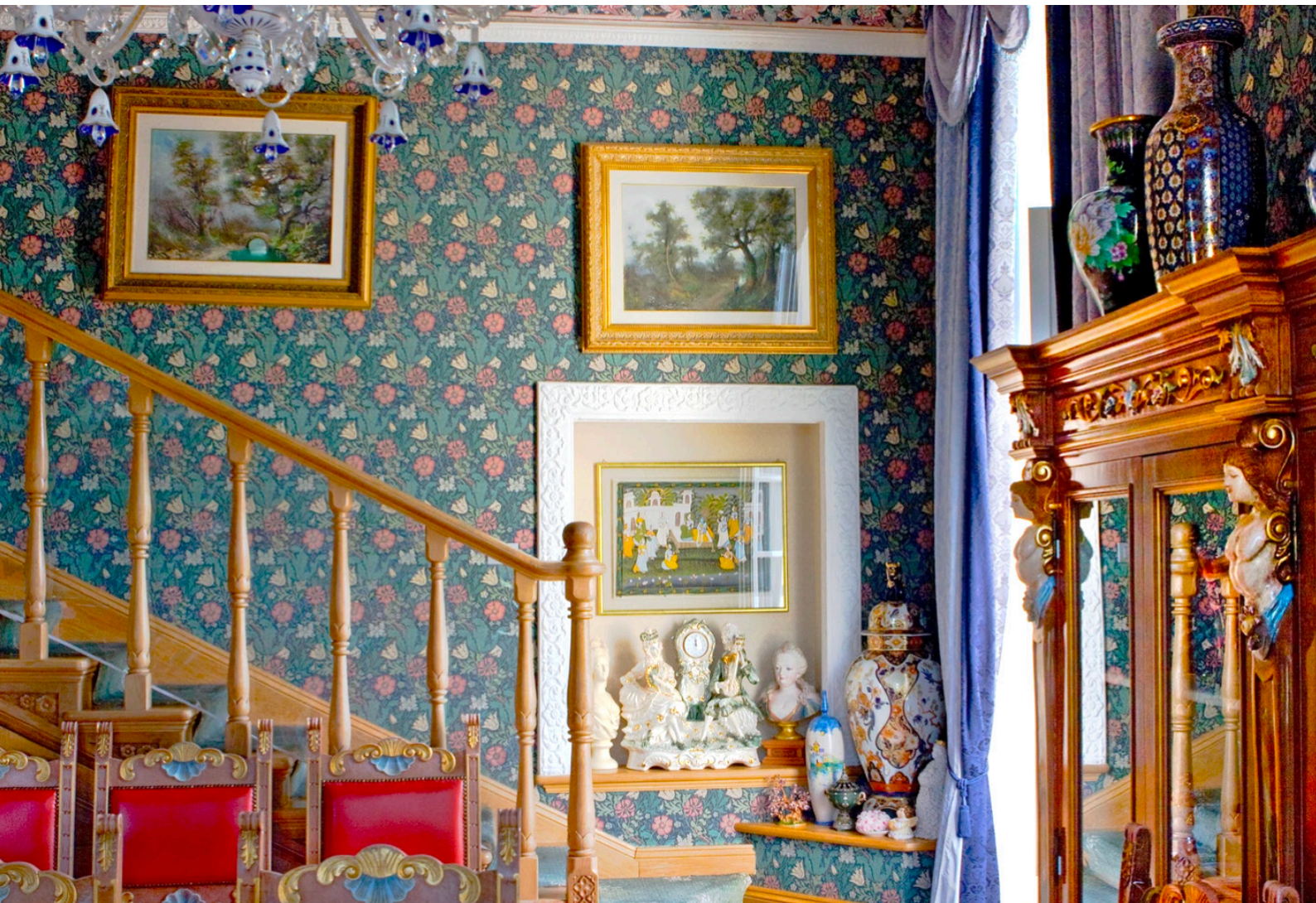
HER HOLINESS SHRI MATAJI'S CASTLE HOME,  
'PALAZZO DORIA' IN CABELLA LIGURE, ITALY.





























## *From the Heart*

In the past many Yogis have been inspired to express their love and deep gratitude in poems and stories to HH Shri Mataji, and we 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](mailto:sahaja.sharingthejoy@gmail.com)

Below are some offerings from Yogis.

### **It all comes from the Father**

I was fortunate to be in Mother's company and with my earlier seeking being nourished by the words of Kahlil Gibran, I asked Mother how he could know in so much detail about Her incarnation of Mother Mary and Her role with Lord Jesus.

Mother said your Father wants you to know all these details and so he uses individual souls to pass the information through, but we shouldn't over appreciate the writers.

The same with music. He wants us to enjoy music inspired in heaven and passed through composers like Mozart and others, but instead of being in awe of the vehicles He uses we need to understand and appreciate all things of Divine beauty and Joy come from Him.

### **Count your blessings**

On an early India Tour I found myself in the left and seeing all the 'problems'. I was sitting amongst a crowd of yogis and local seekers and part way through Mother's talk She suddenly stopped and looked straight at me and said '(my name) Count your blessings.'

Her completely unexpected attention and words cleared the obstructions and have served as a very useful mantra to this day. We really receive so many blessings and its good to regularly take time to count them all.

Thank You Dearest Shri Mataji!



## Some precious words from The Adi Shakti

“Declare to all the nations now that I am the Holy Ghost  
and I have come for this Special Time,  
that is, the Resurrection Time.”

“Announce it to all the seekers of truth,  
to all the nations of the world,  
so that nobody misses the blessings  
of the Divine to achieve their meaning,  
their absolute, their spirit.”

“I am here to do the job of God Almighty.”

“I am the Adi Shakti.”

“It is the Divine love and grace of God which has  
made you a human being and it is His grace which  
is going to make you a supreme  
human being in Sahaja Yoga.”

“Through our love we can absorb the defects  
of others and cleanse them.

This is the power of Love.”

“Meditation is nothing but the state of remaining  
in the constant company of the ever-loving Bhagawati.”

*[The Primordial Divine Mother]*

But this is the Last Judgment, I tell you,  
and you are all going to be judged through Sahaja Yoga,  
whether you can enter into the Kingdom of God or not.”



MahaSamadhi at HH Shri Mataji's Burwood Centre - 23 February 2025





Shivaratri Puja at HH Shri Mataji's Burwood Centre - 26 February 2025



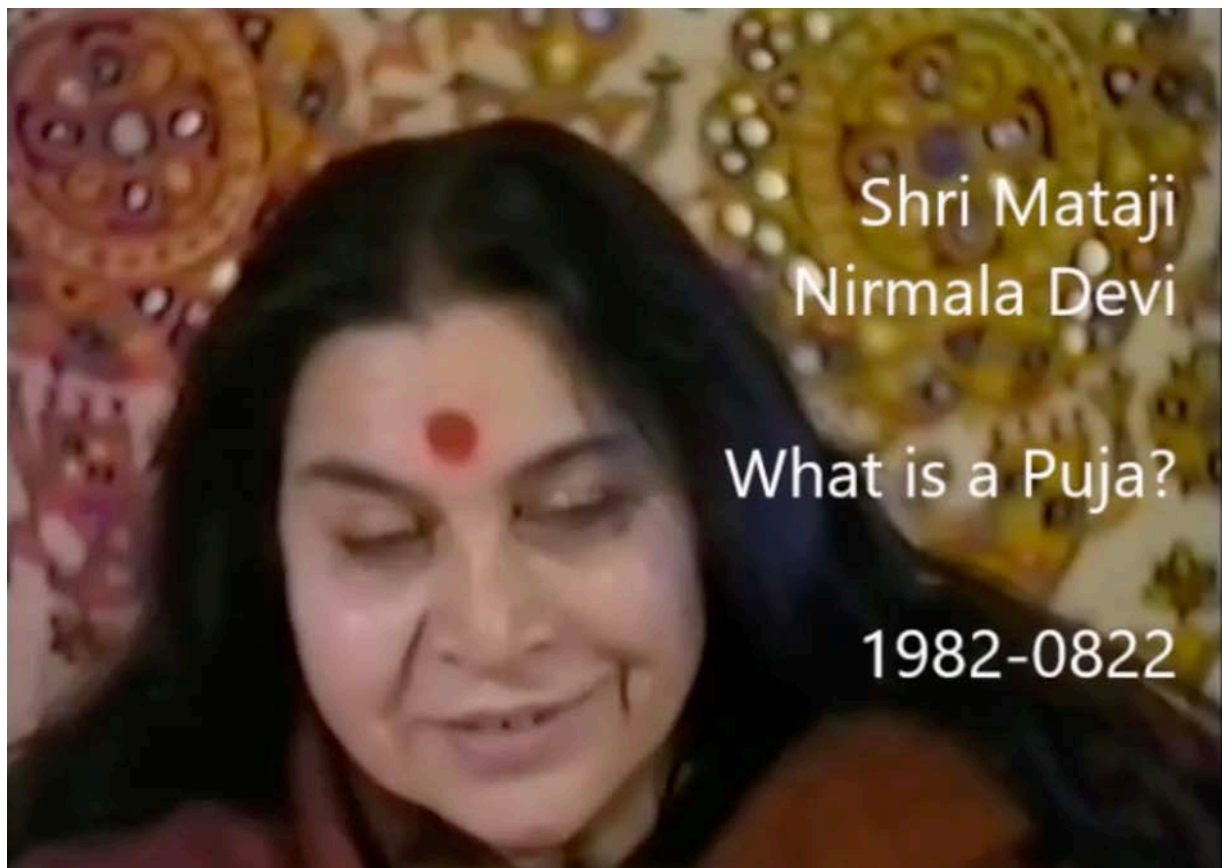
HH Shri Mataji meets Queen Elizabeth 11

# *Sharing* our **RESOURCES**

Our [www.yogis.com.au](http://www.yogis.com.au) website has a wide selection of Resources to assist Yogis wanting to arrange programs or conduct on-line courses via various media.

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

**Shri Mataji's Video Extracts (with Subtitles) - Grouped by Topics**



## **Resources for all Yogis hosting online Courses & Programs**

For yogis who are presenting, researching and supporting online programs and classes or for personal use. Enjoy!

(Also see our **Online Courses** page.)

## Extracts of Shri Mataji's video talks.

Short videos, with subtitles, that can be downloaded for online programs and classes. Use the icons in each section to search, download videos, sort the list and preview the videos. Videos have been classified as Advanced (Adv), Beginners (Bgn) or Intermediate (Int).



The **“Grouped by Topic”** section has videos grouped by key topics – some videos may appear under several topics.

The **“Master List”** section lists all the videos in alphabetical order.

### Live streaming?

If you wish to use a video as part of your live Zoom or YouTube session, then it is highly recommended to first download the video file to your computer and then stream it from your computer during the live session. This will help to overcome any video ‘lagging or buffering’ issues during a live session.

If you have content that we should include on this page, please contact us at [info@sahajayoga.com.au](mailto:info@sahajayoga.com.au)

Videos in this section are grouped by key topics – some videos may appear under several topics. The legend below shows how to download a video and how the file names are structured. Use the “Date” information to locate the full talk and video on [amruta.org](http://amruta.org)

The screenshot shows a video player interface with the following elements:

- Header:** "HOW TO DOWNLOAD AND SEARCH FILES, AND HOW THE FILE NAMES ARE STRUCTURED." with a search bar "Search (Titles & Keywords only)" and a "Download file" button.
- Breadcrumbs:** "Start > 1. Mooladhara".
- Video Info:** A video player showing a video titled "Bgn-08 First Know How Do You Become Spontaneous (Swadishthan, Nabhi, Using Vibrations) 11mins 1989-0801.mp4" with a size of "59 MB".
- Labels:** Lines connect parts of the file name to labels: "Bgn-08" to "Video ID", "First Know How Do You Become Spontaneous (Swadishthan, Nabhi, Using Vibrations)" to "(Keywords)", "11mins" to "Duration", "1989-0801" to "Year-MonthDay", ".mp4" to "Video file type", and "59 MB" to "Video size".
- Audience Legend:** "Audience: **Bgn** = Beginners (New to Sahaja Yoga) **Int** = Intermediate (Attended several programs) **Adv** = Advanced (Aware of the devotional aspects)".

## Video List Subjects include:

- Mooladhara
- Swadishthan
- Nabhi
- The Void - Guru
- Heart
- Vishuddi
- Agnya
- Sahasrara
- The Right channel
- Attention
- The Left Channel
- The Central Channel
- Clearing
- Creation
- Devi
- Interviews
- Kundalini
- Meditation and Mantras
- Miscellaneous
- Music Arts Paramchaitanya
- Public Programs
- Public Programs with Self Realisation
- Pujas
- The Elements
- The Spirit

**There are additional Resources on the page including:**

**Shri Mataji's Videos for public programs**

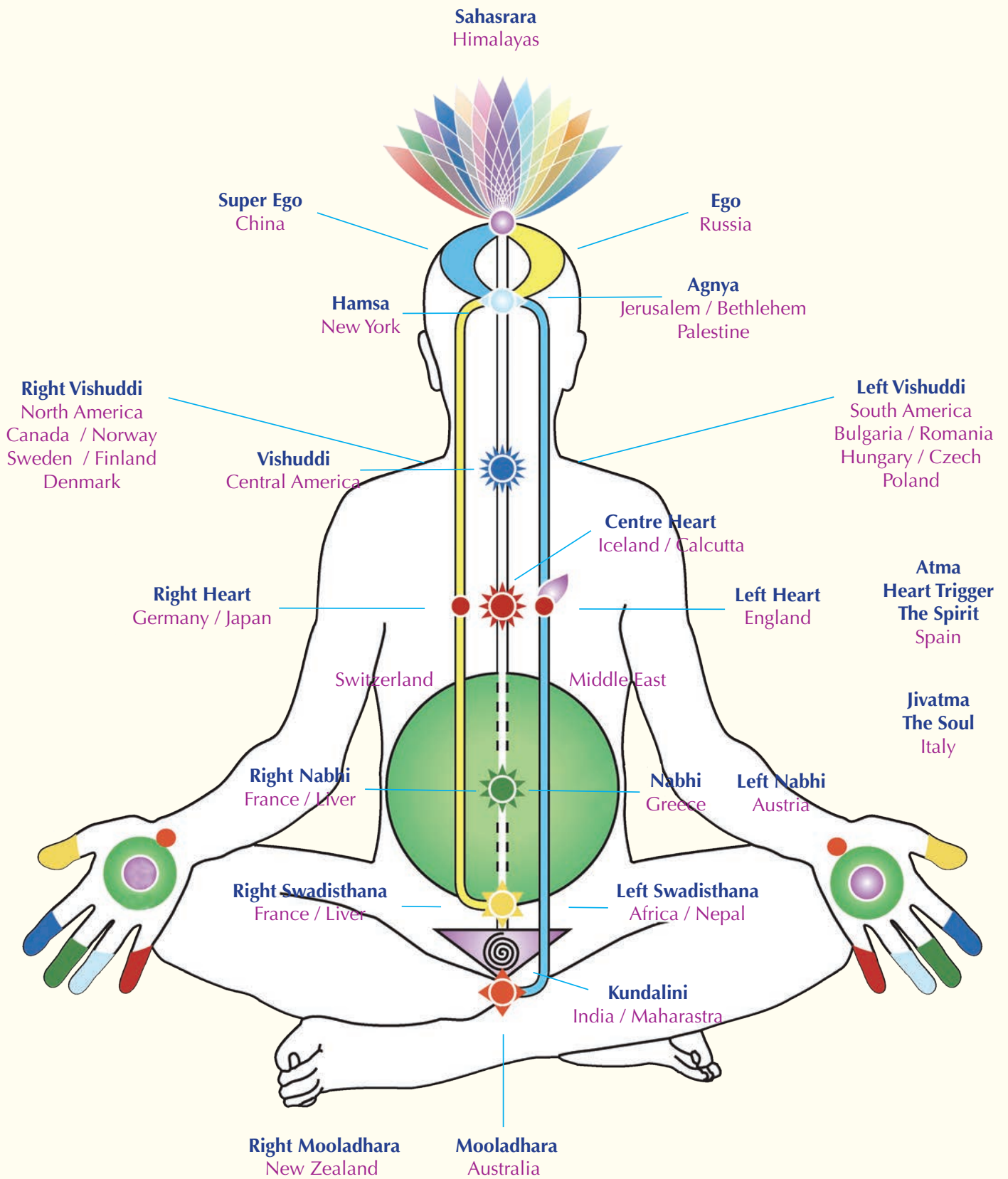
**Online Hard drives with Resources**

**A Selection of HH Shri Mataji's Photos to download, share or frame**

Should you have any questions please contact the Resources Team at:  
[info@sahajayoga.com.au](mailto:info@sahajayoga.com.au)



# GEOGRAPHY OF THE VIRATA



**Ida Nadi** - River Ganga  
**Pingala Nadi** - River Yamuna  
**Sushumna Nadi** - River Saraswati



# 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 *'Food Safety Policy'* and *'Food Preparation Questionnaire'*.



## Food Safety policy

LETA/LEPA often provides free of cost food to the yogis attending its premises, events, training, and camps. LETA/LEPA operates a fully functional commercial kitchen at several premises. Even though LETA/LEPA is not a food business under the Food Act 2003, LETA will adhere to high standards of food selection, hygiene, preparation, distribution and storage.

Food prepared at LETA/LEPA kitchen may contain dairy, gluten and nuts and LETA will provide information that the food may contain allergens such as dairy, gluten and peanuts

and other nuts. LETA/LEPA will implement food safety procedures and ensure that from food selection to distribution of food is done under supervision. LETA/LEPA will ensure that unauthorised access to food with malign intent is not permissible at any time.

LETA/LEPA will ensure that the food is prepared from fresh ingredients under strict hygienic conditions and served within 2 -3 hours of preparation. Any food leftovers are appropriately stored for short duration only in a fridge or freezer, as required. Some LETA/LEPA events may be catered by an external caterer.

LETA food procurement procedure will require organisers to ensure that the caterer is reputable, has a valid licence and meets the required Food Standards ANZ. Volunteers preparing and serving food must complete a provided Food Training Course.

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

## Food Preparation Questionnaire

Australian Health Regulations require those preparing food to complete a Training Course. The provided questionnaire is to be completed and submitted by all Sahaja Yogis preparing and serving food at Sahaja Yoga event.

The questionnaire includes a 9 minute video with extensive information on Food Preparation and Hygiene which provides information for the questions. A PDF download is included to be completed with name/address etc and signature.

The 4 page questionnaire then needs to be scanned or photographed and attached to an email and sent to the recording volunteer.

Download the Policy and Food Preparation Training Questionnaire at:

<https://docs.google.com/forms/d/e/1FAIpQLSet3T80WqwBaPzZIBWEn0oE2F5uZ8WVSGuvqzd9hYK59uNcDg/viewform>

**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>

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

## 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](mailto:life.eternal.trust.australia@gmail.com)

**WEBSITE:** [www.syletanews.com](http://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](mailto:sahaja.sharingthejoy@gmail.com)

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

Thank You Dearest Mother for this beautiful world and our wonderful brothers and sisters.

Jai Shri Mataji!

Until next time ... Love to everyone

