



**Sharing the Joy Newsletter** - March 15th 2025



HH SHRI MATAJI NIRMALA DEVI

# SHARING THE JOY

## LIFE ETERNAL TRUST AUSTRALIA



Dear brothers and sisters.

We, your LETA Trustees look forward to sharing the beautiful vibrations of Her Holiness and all our family members when we worship and express our love and deep appreciation to HH Shri Mataji on the occasion of Her 102nd Birthday celebrations.

We also look forward to welcoming everyone to HH Shri Mataji's Balmoral property for the Australia and New Zealand hosted International Easter Puja.

With love from the LETA Trustees





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- Enjoying HH Shri Mataji's homes – Pratishtan
- Resources - New hand-out cards to order
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## HH Shri Mataji talks about little children

“Little children – they are the ones who are incarnations. They are the ones who are going to lead humanity into some great advancement. The humanity has to be looked after. They are tomorrow’s humanity and we are today’s.

And what are we giving to them for them to follow? What is their aim in life? It is very, very difficult to say. But with the Sahaja Yoga they will all go in the proper way. They’ll behave in a proper way and the whole thing will be a different mass of Sahaja Yogis coming up.

But it is the duty of bigger Sahaja Yogis to look after them, to have better moral standards, to have better lives so that they follow your life and become genuinely good Sahaja Yogis.

It’s a very big responsibility. Perhaps we don’t recognize it, we don’t understand, but all these are little creatures who are after the image of great souls and they should be brought up in that way, respected in that manner and loved with great care. This is to be understood.”





## **They are all incarnations of Shri Ganesha**

“But today when we are sitting here to worship Shri Ganesha, we should know they are all incarnations of Shri Ganesha and they should be given proper attention, proper understanding about themselves.

I find certain amount of children who are very well-behaved, which are very spontaneous, and there are some who have no idea to what they are doing. So it is the duty of the elders to put ideas into their heads, to proper understanding about themselves and the self-respect.

Same thing I would say for the elder Sahaja Yogis who have to look after their younger brothers and sisters. In this family of ours which we call as Sahaja Yogis, there are all kinds of people, all types, all behaviors.

Of course they should not be regimented, there should not be uniformity, but in that variety there should be this beauty, there should be the beautiful trend of being one with each other.”





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.



## **Mother's Miracle Sari Gift**

### **The story of how the sari was given to Australia**

On arriving in Italy in 2011, the Australian representatives, who were few in number at this time, prayed that all obstacles surrounding the Ganesha Puja would be removed.



While preparing for the Puja arrangements, the Yogis realised that they needed a new sari to offer to HH Shri Mataji at the marriage ceremony in Cabella in two days time, so they gave a bandhan to find an appropriate sari.

They had to go to Genoa to deliver some marriage veils to Shri Mataji's house there, so they drove to Her house, feeling very strong vibrations all the way. While at Her Genoa home, the housekeeper came to the Yogis with a box. She said "I'm not sure what to do with this - it was brought to the house but was never offered to Shri Mataji. What should I do with it?"

The box was opened and inside was a beautiful emerald green silk sari, bangles, kum kum, perfume oil, turmeric and coconut – all items ready for presentation to the Goddess.

The Yogis were left in complete awe that Mother had foreseen their predicament and had solved it so beautifully and quickly! They were delighted and thanked Her a lot!

So our Mother at Her house in Genoa gave the sari to us to offer to Her at the 2011 marriages in Cabella. It came back to Australia and circulated around Sahaja centres for Pujas so that everyone could enjoy Her vibrations.

And always know that our smallest desires are always taken care of where we surrender them at Her Lotus Feet.

Jai Shri Mataji!





SHRI MATAJI NIRMALA DEVI

## **Invitation to International Easter Puja and Seminar 2025 In Australia**

**Saturday 12 April to Sunday 20 April 2025**

H.H. Shri Mataji Nirmala Devi Balmoral Ashram  
233 Railway Parade, Balmoral Village, near Sydney  
(Balmoral Ashram is located 100kms south west of Sydney)

Jai Shri Mataji!

Life Eternal Trust Australia for Sahaja Yoga Australia, together with the New South Wales Collective, look forward to hosting our brothers and sisters and sharing a wonderful time during the forthcoming International Easter Puja and Seminar at Balmoral Ashram. Balmoral Ashram is one of our National Sahaja Yoga collective properties located 100kms south of Sydney.

This international event is being hosted by the Australian and New Zealand Collectives.

It really is such a precious opportunity for all of us to spend time together in the vibrated beautiful natural surrounds of Balmoral, meditating, enjoying and worshipping our Holy Mother in Her Divine aspect as Lord Jesus Christ.



## Key dates and events

**Fri 18th - 20th April 2025:** International Easter Puja, Havan and Evening music programs.

**Sat 12th - Thu 17th April 2025:** Wellness Camp with Dr Nayana and experienced Sahaja Yoga doctors.

**Wed 16th - Fri 18th April 2025:** Academy Classes - Music with Rhitom Sarkar. Arts including drawing & sketching, classical Indian vocals, and instrumental music, along with other arts which are shared on the Puja website.

## Website

All the information you need to attend this Auspicious event, including full Program details, Registration and Costs, can be found on the Easter Puja website and we encourage all Yogis to register as soon as possible.

Easter Puja & Seminar 2025 website

<https://sahajayogapujas.com/easter2025>







*Shri Mataji – Easter Puja and Seminar Bundilla Scout Camp, near Sydney March 1991*

## **The Easter Puja Chair**

Shri Mataji's 1991 Australian Easter Puja Chair

In 1991, when HH Shri Mataji came to Australia, the Land of the Mooladhara Chakra, the seat of innocence, the Sahaja Yogis decided to make a chair for Her. It was used at the Easter Puja in Sydney that year, at which Shri Mataji talked about purity, morality and children.





The work involved in constructing the chair involved a carpenter, those who could do upholstery and sewing, and quite a few painters to provide the decoration – all working together in complete harmony and unison. There was a rough design, but things evolved and improved as various yogis contributed their skills and inspiration.

We wanted to make the chair bright and colourful, expressing the child-like quality Shri Ganesha, and it spontaneously turned out that the colours were those of all the chakras.

The motifs were elephants, representing Shri Ganesha, and peacocks, the vehicle of Shri Kartikeya, for the right side aspect of the Mooladhara Chakra. Also 'paisley' motifs which are symbolic of the Shakti, the feminine aspect of the Divine. At the top we fixed a sandalwood figure of Shri Ganesha, within a golden, four-petalled Mooladhara Chakra. The image of Shri Ganesha was anointed with auspicious red kumkum paste and fragrant sandalwood oil.

Shri Mataji expressed interest in the chair, and was very pleased to know that it had been made by Her children, working collectively.

Jai Shri Mataji!



# Memories









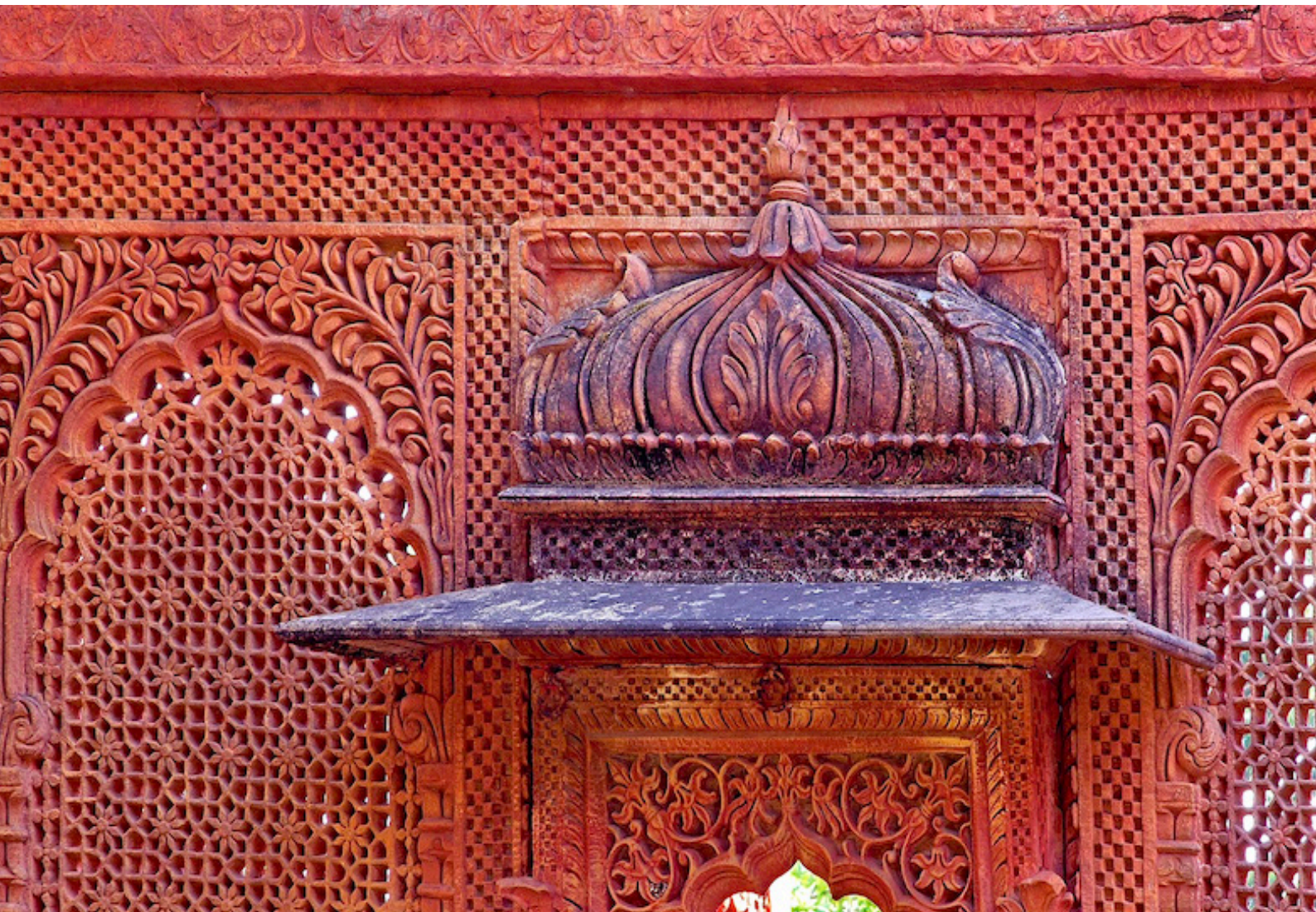
# HH SHRI MATAJI'S HOMES PRATISHTHAN



































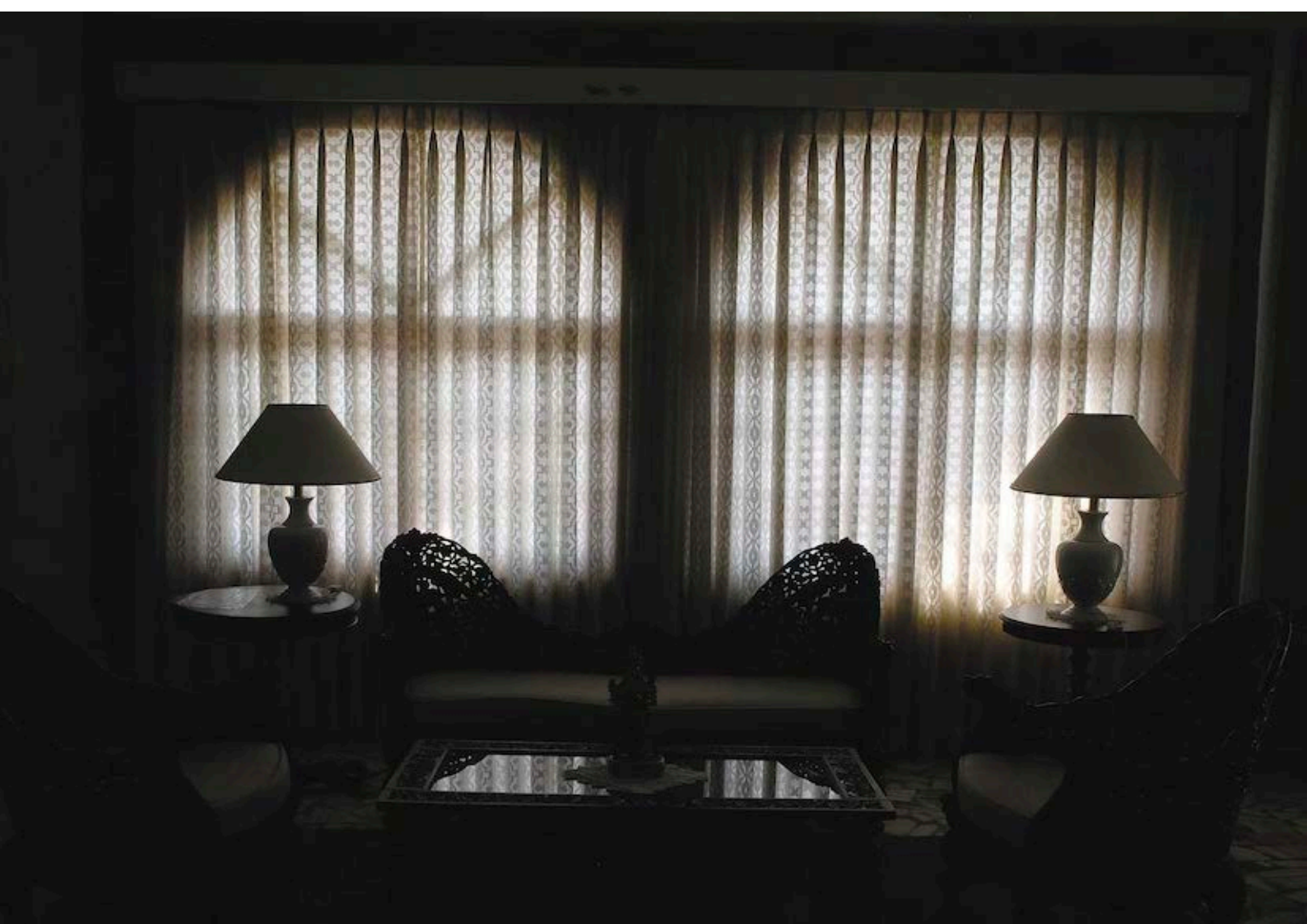






















# *Sharing* our RESOURCES



## **New Handout Cards available to order**

Our Promotions Team have produced three beautiful new small hand-out cards with three variations of different photos of HH Shjri Mataji and wording including a simple self realisation process to give to seekers who attend fairs and programs.

The cards are thinly laminated to preserve them so seekers can keep them for many years to come. The cards will be available at Easter Puja at Balmoral.

We request representatives from each state attending Easter Puja to collect a quantity of cards to distribute to their Collectives.

When folded, the card is 85.5 mm x 53 mm (A standard credit card size).



## FREE IN-PERSON AND ONLINE CLASSES AND COURSES

- Experience silent meditations for mental, emotional, physical and spiritual well being.
- Everyday clearing and balancing techniques for deeper meditations.



Find worldwide classes, online courses, music and resources at:  
**freemeditation.com.au**

Call: 1300 724 252

Always presented free of charge by Sahaja Yoga Meditation Australia



THE SUBTLE BODY AND CHAKRAS.  
(Our energy centres and their qualities.)

## Sahaja Yoga MEDITATION

Self Realisation through Kundalini awakening.

*"Now the time has come - the blossom time has come. People have to receive their connection with the Divine."*

Shri Mataji Nirmala Devi - Founder



Shri Mataji Nirmala Devi - Founder

## ENJOY THE PEACE OF TRUE MEDITATION

Follow these 3 meditation steps daily...



Say: "I am the Spirit."



Say: "Please give me my Self Realisation."



Sit quietly in meditation for 10 to 15 minutes.

Use this meditation card for your daily meditations. Place your hands open, palm up, on your lap and put your attention at the top of the head. If any thoughts come, say.. "I forgive everyone and I forgive myself."

## FREE IN-PERSON AND ONLINE CLASSES AND COURSES

- Simple to learn. Help reduce stress.
- For beginners and experienced meditators.
- Everything explained.
- Chairs provided. No physical exercises, postures or special clothing required.



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## Sahaja Yoga MEDITATION

For mental, emotional, physical and spiritual well being.

*"You cannot know the meaning of your life until you are connected to the Power that created you."*

Shri Mataji Nirmala Devi  
(Founder)



Shri Mataji Nirmala Devi - Founder

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Say: "Please give me silent meditation."



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# 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 *'Will Bequests policy'* and *'Confidentiality and Privacy policy.'*

## **Will Bequests / Donations to Sahaja Yoga**

A bequest is a planned gift to Sahaja Yoga to continue to support Shri Mataji's work and Her legacy.

By leaving a gift in your Will to Sahaja Yoga via Life Eternal Trust Australia you can support the needs of Sahaja Yoga and play a continuing part to support Sahaja Yoga Meditation Australia into the future.

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

## **Confidentiality and Privacy policy**

During its operations, LETA/LEPA may collect personal information about the donors, volunteers, yogis, children enrolled in LETA/LEPA's activities for children. LETA/LEPA will not collect sensitive or health information about its donors, volunteers, yogis and children.

Any personal information will be collected directly from the individual whom it belongs to. Personal Information (as defined by Privacy Act 1998) is the information or an opinion about an identified individual, or an individual who is reasonably identifiable, whether the information or opinion is true or not, and whether the information or opinion is recorded in a material form or not.

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





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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](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 our  
self realisation and all the blessings.

Jai Shri Mataji!

Until next time ... Love to everyone

