

Jai Shri Mataji

# Sahaja Marriages

Principles and Protocol

25<sup>th</sup> April 2024



*“Marriage is an auspicious occasion, is the most auspicious occasion in the life of human beings. It is auspicious, that’s why it is joy giving and the vibrations flow with that auspiciousness all over the world. [...] Marriage is meant to give joy, is meant to give cheerfulness, happiness and all the blissful things that you can think of achieving through our combinations with two human beings. [...] You have to bring glory to the system of marriages because it is the system established by God Almighty. Not by human beings, it’s a wrong idea. It is established by God Almighty to have an auspicious occasion, where such an auspicious thing is taken. The sacredness of this is to be maintained...”*

*H.H. Shri Mataji Nirmala Devi, 1981 “Marriage is meant to give Joy”, UK*



INTERNATIONAL  
MARRIAGE COMMITTEE

## BACKGROUND

Sahaja Marriages were established by Shri Mataji in the early days of Sahaja Yoga and are a sacred ceremony based on Divine principles, which elicit spiritual and material blessings. Sahaja marriages facilitate individuals' spiritual growth and the growth of the world Sahaja collective and have a rippling effect through families, communities, and between countries. Shri Mataji generously blessed Her children through the establishment of this institution, granting them the opportunity to have a happy family life and allowing born realized souls to come onto this Earth.

The following document contains information about Sahaja Marriages that need to be known and understood by applicants. **Please read it thoroughly before applying.** It also contains information about how matches are performed, announced and marriages are performed. By signing the marriage application form you are expected to know and accept all the conditions and methods hereby explained. If there is any specific personal issue regarding such conditions and methods that requires the attention of the Marriage Committee, please specify it on the form itself.

## THE PRINCIPLES OF SAHAJA MARRIAGES

The principles of Sahaja marriages are based on Shri Mataji's teachings collected in writing and provided orally to the yogis and yoginis who have worked with Mother in this most auspicious process. Some excerpts and references to Shri Mataji's talks are included at the end of this document.

One of the main principles governing the Sahaja collective is that of pure relationships within the collective. Purity of relationships means that we should **consider each and every yogi and yogini of the Sahaja collective as our brother or sister.** As purity is the quality of our mooladhara which is the chakra sustaining our Kundalini in Her ascent, for the ascent of the collective, purity is one of the basis, without which any collective cannot grow.

Shri Mataji has as such always warned yogis and yoginis not to search for a life partner within the Sahaja collective, whether local or international, as this is against the principles of Sahaja Yoga. In several cases when this has happened, the couple has been asked to step back from the Sahaja collective for a period of time. **The International Marriage Committee will not**

**sanction a marriage before the world collective of a self-engagement performed by yogis/yoginis within the Sahaja family.**

In case of **engagements initiated outside the Sahaja collective** (e.g. engaged couples coming to Sahaja Yoga together), **the process to be followed is that of re-marriage** (see further down).

Yogis and yoginis who in the past chose in their free choice to pursue a Sahaja marriage, have been willing to surrender the process of finding a spiritual partner to Shri Mataji Herself. With infinite motherly love, She has personally matched hundreds of yogis and yoginis throughout the years, looking for the best match from all points of view, spiritual, emotional, and material.

Yogis and yoginis who wish to have a Sahaja marriage need to be willing to **surrender to Shri Mataji, Sakshat Shri Adi Shakti, the All doer. While the process is now performed by a collective group of yogis and yoginis that, as Her instruments, perform activities and take vibrations as advised by Mother, it should be clear that they themselves make every effort to do this in full surrender to the Divine Will of Shri Mataji.**

Shri Mataji also wished to break and discontinue practices based on conditionings which were harmful for individuals as well as society, i.e. caste system, dowry, race. **The decision to move ahead with the marriage or not, should never be based on such conditionings as they are against the teaching of Shri Mataji.**

She also had the noble vision of combining different cultures & countries together to overcome the global elements of hatred, quarrels, greed and to make such marriages an ideal example for society. That is why there is no consideration about the different cultures or religions followed before Sahaja Yoga, when performing Sahaja marriages. Whatever was followed before Self Realisation is the past only. **Yogis and yoginis should be ready to be married with yogis/nis coming even from very different traditions and not be discriminating against different cultures** as again this is against the teaching of Shri Mataji.

## **WHAT IS SAHAJA MARRIAGE**

Sahaja marriage is a kind of arranged marriage which follows a traditional pattern, whereby the matching of couples is performed through vibratory awareness. Generally, in traditional arranged marriages, the parents and elders decide on the life partner for their sons and daughters. In Sahaja Yoga, instead, **an international group of yogis and yoginis (International**

**Marriage Committee), nominated by Country Coordinators & Councils, performs the matching of applicants using vibrations and following Mother's directives.**

The couples matched through this vibrational process are announced before the world collective and they have some time to meet and know each other. They are completely free and the final decision to marry is theirs, and nobody in any way is forced to accept such a match if they do not feel sure about it. It is recommended that after the match is declared, the boy and girl should not only discuss their Sahaja life but also about background, upbringing, personal likes and dislikes, health, ties, commitments, and any information that could be relevant for their future life together, before finally deciding whether or not to go ahead with the match.

Please note, that after going through the Sahaja marriage ceremony, your marriage may not be considered legal in your country but remember that it is sanctified before the highest divine court and held in the name of God – Shri Adi Shakti. It should be considered by spouses above the worldly legalities of any country and above all societies. It is a spiritual marriage that should be approached after a deep inner preparation and with utmost respect.

In those cases where a matched couple cannot marry in the current Sahaja ceremony (e.g. when applicants cannot be physically present at the ceremony), the applicants will need to apply in person as a couple at a later marriage ceremony, at their earliest convenience. This is a commitment to marry, and it's a situation to be managed within Sahaj Maryadas, being only a practical solution to individual situations. Some people might refer to it as a formal engagement as the society calls it, it should certainly not be considered as an opportunity for 'trying out' the relationship. Shri Mataji in some very specific cases in the past had in fact arranged engagements for younger yogis and yoginis, with the warning that the relationship should still be maintained as pure as brother/sister until the marriage. For the moment the International Marriage Committee is not considering engagements in its scope of activities.

To allow already married couples to receive Her blessings, in the past years Shri Mataji allowed couples legally married outside of Sahaja Yoga to apply for a re-marriage.

At present, these are the only two acceptable ways for couples to be able to apply for a Sahaja Marriage, as advised and directed by Shri Mataji's.

The disparity in numbers of applicants between ladies' and men's applications is to be noted. Yoginis significantly outnumber the yogis, so every year there are many yoginis for whom the matches are not available. Due to this reason and vibratory selection, it is not guaranteed that any applicant might get a match. It can also happen that men who have applied may not be matched, as no suitable match is found for them.

In this context, finding a partner and marrying outside of Sahaja Yoga can also carry God's blessings. Such a couple can be re-married in a Sahaja ceremony later.

Those yogis and yoginis who seek the privilege to have a marriage that is blessed by H.H. Shri Mataji Nirmala Devi in Her Nirakar form should put forward their names, but only when they feel ready to make this commitment for life. In the case of a multicultural union, the yogi/ni should be open and surrendered and ready for an unpredictable change in lifestyle.

All applicants are required to read carefully and understand the Marriage vows, that are read during the Marriage ceremony as resolutions towards the respective spouses and towards Sahaja Yoga. If they do not feel ready or wish to accept and sustain such vows, they should not make the choice of entering a Sahaja Marriage.

With such resolution and sincerity in their hearts, they should realize that marriage in Sahaja Yoga is not something to be taken lightly or with superficiality. It blesses society with an auspicious family, it blesses the family with the comfort and strength of love, it blesses the couple with the opportunity to reach balance and fulfil their spiritual potential to achieve the ascent.

## **THE MARRIAGE COMMITTEE**

Shri Mataji, when in physical form, always had a direct role in matching couples or validating matches done by yogis and yoginis assisting Her in this auspicious activity. Over the years, She has given indications on what to take into account when selecting possible matches and how to verify them through vibrations.

As we pray that marriages will be blessed by Shri Mataji in Her Nirakar form, **a group of yogis and yoginis, nominated some years ago by country coordinators and councils** will perform this auspicious activity as International Marriage Committee (IMC), according to Her

indications. Collective vibrations taking then is the final instrument through which we seek the guidance of the Divine for decision making in Sahaja marriages.

The IMC includes a small number of members coming from **all over the world** (the current IMC members are listed in Appendix 4). The yogis/yoginis thus nominated are all committed, of long standing, with a range of experiences, and were proposed due to their maturity, sensitivity, and Sahaja understanding. Some of the members include yogis who were specifically selected by Shri Mataji to assist Her when She personally directed the matching.

**They do not necessarily act as local marriage representatives for the countries they live in.** The IMC is not the joint group of local marriage contacts, nominated by their own country, for the sole purpose of pursuing marriages for the specific country collective. Their mandate is to represent and care for the whole world collective irrespectively of the countries they live in. The responsibility for the local marriage processes is still in the hands of the local leadership but IMC members can consult and advise and take part, if needed, in such local activities.

The committee works according to Her principles and teachings only, and relies on sound judgement, wisdom and on a collective vibrational decision process. The Marriage Committee is endowed with the responsibility of managing a defining moment in the life of people and a critical aspect of sahaja culture. Hence due care and observance of Mother's instructions, without any deviation, is essential. Only the high and profound **Sahaja protocols and maryadas** are followed in this most important expression of our culture.

The marriage committee strives to provide transparent information on protocols and practices to the collective, while keeping **full confidentiality** on personal information of the applicants. Please refer to the Privacy Policy included in the marriage forms for details.

The members of the marriage committee will perform their duties with no personal involvement on the matters. In case any member or close relation of any member of the committee has submitted a marriage application, the member can provide support & guidance but will abstain from performing duties in relation to such a matching process. In case there is a personal involvement in any matter which might cloud any member's judgement in a matching process, the member will abstain from duties as well.

Some of the activities performed by the marriage committee are as follows:

- Proposing shared protocols and guidelines for the activities of the Committee to be adopted by the collective in the appropriate form (this document itself) based on Mother's guidance and indications
- Providing information about marriage ceremonies held by the committee
- Providing updated marriage application forms and instructions on submission in advance of the ceremony
- Managing queries from applicants
- Collecting and filing application forms from all over the world
- Verifying completeness and correctness of information provided
- Performing the matching process and validating it **through collective vibrations taking**
- Informing applicants, leader and matched couples about the outcomes of the process
- Coordinating the logistics and managing the Marriage ceremony
- Working along with the respective National Councils to resolve queries from matched or married yogis/nis in case of issues, doubts, perceived misbehaviours by partner, etc.

IMC has also formed and trained a group of ceremony specialists who will undertake the execution of marriage ceremony at different part of the world/country as and when decided by IMC. This group consist of yogis and yoginis from various countries. The names are being finalised. Training to this group about performing the marriage ceremony as per the procedure and protocols advised by HH Shri Mataji has been completed and such groups are ready.

## **FILLING THE APPLICATION FORM FOR SAHAJA MARRIAGES**

Sometime before any Marriage ceremony, an announcement is sent to country coordinators and to the world collective about the dates and the process for marriages including last date of submission of application. A full information package, including instructions on how to apply through the Marriage Portal, is provided to country leaders who in turn provide those to local coordinators. It is the responsibility of the leaders and coordinators to provide timely information to the local collectives.

Application forms should be filled through a web portal made available by the IMC to all collectives around the world. Please refer to the "Sahaja Marriage Portal Applicant Guide" document for more information.

**All applicants should request updated information on the local application process from their National Co-ordinator or delegated National marriage committee/local coordinator** in order to allow a proper flow of information and documentation through the appropriate channels and awareness of applicants' local requests. If local coordinators are not fully aware of the process, they should refer to Country Leaders/committees.

Applicants can exceptionally seek approval signature and recommendation, from foreign leaders who are relevant in terms of their recent domicile and activities. If e.g. a candidate very recently switched domicile it is required to request the signature and recommendation from the previous leader.

Applications forms for marriage need to be filled by the applicants in full and with truthfulness, with all relevant details about one's life and condition. If it is found at any stage that the information or data provided is purposely wrong, the candidate might not be allowed to apply in Sahaja Marriage for some period. Any additional material in relation to specific relevant conditions of the applicants should be attached to the submission.

Please note that printouts of the application forms will be offered at the Lotus Feet of our Mother and should be filled with such awareness.

All applicants should respect the sanctity of such process and apply with full sincerity and desire to achieve their spiritual growth and the growth of the collective through Sahaja marriage.

Specifically, some important fields to fill with attention are the following:

- Date of birth/age, height, weight, education, annual income, previous relationships: these are information for which Shri Mataji provided specific inputs to the marriage team for the purpose of matching and they should be correctly and completely filled out
- Applicant's colour photograph should be recent (not more than 6 months old possibly) and clear
- Center/City collective where applicant is doing Sahaja Yoga: Shri Mataji suggested to avoid matching people from the same centre, as they would feel more to be part of a sahaj family where purity should be maintained
- Contact details: should be written clearly, as it's used for communications about matches
- Illnesses: these should be clearly stated as we might need to further investigate before matching. In case of specific illnesses it is better to attach a recent medical test report.

- N. of previous forms & n. of matches: we keep in our attention yogis and especially yoginis who apply several times with no match
- Legally free to marry: yogis/nis who aren't legally free to marry will not be considered in the matching process
- Presence at the ceremony venue: generally yogis/nis coming to the venue will be matched with yogis/nis who are also coming. In the same way, yogis/nis not coming will be matched with yogis/nis who are not coming. In both cases, if no suitable vibratory match is found, there might be exceptions to such rule. Applicants should inform the committee on any change of their trip plans before the ceremony so that they are properly matched.
- Additional commitments/requirements to be specified e.g.:
  - o If the yogi/ni has been participating to the sahaj activities of a different centre in the past where he feels to be part of the family and wishes to avoid matching, they should say so
  - o If the yogi/ni has some specific motivated conditions/requirements for the marriage, they should say so clearly
  - o ... any other binding or conditional requirements

## SUBMITTING THE APPLICATION FORM

After the application form is filled, it should be sent to the local coordinator in charge, and to the country coordinator, so that they can validate the application and forward it to the International Marriage Committee, through the Portal. Applications will be accepted only if approved by country coordinators or their delegated representatives.

All information in the application forms will be maintained confidential by the members of the Committee. Only local coordinator, country coordinator/approver and members of the Marriage team have access to the forms due to the personal nature of the information. Every effort is made to respect the concerned individuals' privacy, respect, and dignity.

While there is a spirit of communications and co-operation between IMC and some National Marriage Committees, for further clarity, **all received details are not automatically forwarded to any National marriage committee** for subsequent ceremonies both for privacy reasons and as they follow different local application processes, so applicants will need to get specific

information and details from their coordinators about applying for ceremonies not held by the IMC.

## **REMARRIAGES AND MATCHES FROM FORMER CEREMONIES**

**Application forms for re-marriage can only be filled in PDF/paper form by couples already married outside Sahaja Yoga.** They cannot be filled through the Marriage Portal

**Couples matched at previous marriage ceremonies, which could not proceed for any valid reason can also just provide a print-out/copy of the email sent by the Marriage Committee.** The match will be verified through the records of the committee.

## **MATCHING AND MARRIAGE PROTOCOL**

The arrangement commences when members of the Marriage committee assemble prior to the occasion of the Puja where the weddings are scheduled, typically from 10-15 days before.

The Marriage team will then conduct the registration of all acceptable forms and the preliminary protocols for the application forms which have been received. The protocols which are followed are those taught to the members of the team and directed by Shri Mataji when they personally assisted Her.

These guidelines were practical and Sahaja in nature, yoginis are generally matched with yogis of greater height and who are older than them. Suitability and common interests are checked, educational background and a sense of their complementarity will be taken into account. Willingness to change countries and dedication to Sahaja Yoga are also factors to be considered. Yogis from the same city or the same centre are not matched.

The Marriage team is committed to handle every application in the spirit of benevolence and love that Shri Mataji inspired.

After the preliminary protocols have been followed to match potential couples from the point of view of suitability, the match proposals are validated by checking vibrations as to whether they will be auspicious and in line with Mother's will. Vibrations are taken for couples and not

for single yogis and yoginis. There is generally no vibrational screening at individual level for applicants before entering the process.

The majority of the Marriage Team who are checking the vibrations do so in the light of their own spiritual ability, sensitivity, experience and wisdom. There might be several reviews. If no match is found in the preliminary set of matches, new potential matches will be looked for. Sometimes no match is found.

When there is clear indication of cool vibrations unanimously or from the vast majority of the marriage team the couple is then considered suitable for a proposal, and the proposed match is then offered to the Lotus Feet of Shri Mataji.

**Public announcements of matches are done collectively to the global Sahaja family, as it was traditionally done in Shri Mataji's presence.** In case discretion is required due to personal matters, applicants should specify this as a comment on the form.

**After match announcements, the couples are expected to meet and talk to each other within the time period available, take a decision in their own free will, and convey such decision to the Marriage Committee.**

All applicants should be aware that the Sahaja Marriage can represent a very strong subtle work on the part of the spouses and show understanding and maturity throughout the process.

In case for any valid reason one or both the applicants do not want to proceed with Sahaja Marriage, they should come together and inform the IMC members at the marriage desk and explain the reason. The reason for refusal will be asked either on-site at the IMC counter as specifically announced, if both applicants are present or by email if the applicants are not present. The reason for refusal will be asked to applicants by the Committee or by the signing leader/coordinator as a sign of respect for the ceremony and for the refused spouse. Third party refusals (i.e. friend or relative saying that 'My brother/sister/friend so and so said No to his/her match') will not be considered a formal refusal.

In case of matches where one or both spouses are not present at the ceremony, the couple should promptly communicate and interact, and always communicate the decision to accept or refuse the match to the Marriage Committee jointly during the two months following the

match announcement. Also in this case, if there is a refusal, the reason for refusal will be asked to applicants by the Committee.

If the couple decides in their free will to go ahead with marriage they can register at any site where the Marriage ceremony takes place.

## **FINAL COMMENTS**

Sahaja Marriages take place in the name of the supreme Goddess. This marriage is to be sustained and made happy throughout the entire life span and spouses should maintain all the vows taken during the marriage ceremony in front of Shri Mataji in Her Nirakar form.

Spiritual growth of the individuals, the family and the collective is stimulated by a successful Sahaja marriage which spreads happiness and auspiciousness. A marriage expressing subtle qualities such as innocence, benevolence, love, joy, sweetness, generosity and fondness for others will support the establishment of Mother's vision, for our world.

These Sahaja marriages can be auspicious channels in allowing the flow of the Love of the Divine through the hearts of all those involved, opening a common spiritual path of joy and growth. Both spouses should be ready to embark on a lifelong path of change, love, growth, sharing, understanding, support, challenges, blessings and fulfilment, in line with our Divine Mother's teachings.

May we all be pure instruments of Shri Mataji's Divine will.

Jai Shri Mataji

The International Marriage Committee

## APPENDIX 1 - EXCERPTS FROM TALKS BY H.H. SHRI MATAJI

For a comprehensive collection of extracts from Shri Mataji's talks on marriage we advise to read the book "Marriage in Sahaja Yoga" which can be found on Amruta at the following [link](#).

On the Sahaja Marriages Portal (<https://www.sahajamarriages.org/>) you will also find links to Youtube videos about marriages.

Please find below some specific talks on marriage and related subjects:

- 1980 The value of marriage, UK
- 1980 Marriage and collectivity, UK
- 1981 Marriage is meant to give joy, UK
- 1984 Raksha Bandhan, UK

Please find below some excerpts:

*"...Today is a day we celebrate in India, where relationships between brothers and sisters have to be established, they're very pure. Brothers and sisters' relationships is without any lust or greed. It is pure relationship where the sister prays for the protection of the brother, and brother prays for the self-sufficiency of the Kshema, well-being of the sister. So this time you have to think of your other Sahaja yoginis and yogis who are like your brothers and sisters. You have to think like that. Purify your hearts. It's something funny in these countries you know that, there no such relationship exists. Purify your mind today on that point, that everybody else is my brother or sister. If you are married it's alright, but look at everyone, try to look at everyone as a brother and sister. ..."*

- 1983 Diwali Puja, London, UK

*"...One of the things I discovered here, in the West, that though we have understood the importance of Mooladhara, which is a very important thing, that unless and until we establish our Mooladhara fully we are not going to have speediest ascent. Despite all that, there are lingering things you see around. Like, people start choosing their life-partners in Sahaja Yoga. That is not allowed. That is not allowed. You are not to spoil your Ashrams, your centres-using them for a marriage- searching society. You must respect this point, you must respect. If you have to marry, then you can find your life partners 'outside' Sahaja Yoga-to begin with. But if you want to marry 'in' Sahaja Yoga, then you should not go on searching people in Sahaja Yoga. It is very dangerous thing for Sahaja Yoga itself, and for you people. That is one thing one*

*should never try to do with Sahaja Yoga. For all practical purposes you are brothers and sisters. And that's why I always encouraged marriage between people who belong to another country or another centre. As we are now having a big marriage programme, I would say that most of the marriages which were done like that are very successful than the marriages that were selected and were done. It's very wrong to do such a thing as to arrange your marriage with a Sahaja Yogi by yourself. It will be dangerous. I don't want to say anything; but it wouldn't turn out to be good because it is anti-God activity. Absolutely anti-God. ..."*

- 1984 Raksha Bandhan, London, UK

*"...So in Sahaja Yoga the purpose of these marriages is to have you connected internationally so you all transcend all the barriers of your nationality, barriers of racialism, barriers of caste, barriers of so much of materialism..."*

- 1993 Talk to brides, Ganapatipule, India

*"...When it comes to love, how do we express our love ? By sharing all our joys, all our pains, all our problems..... But in Sahaja Yoga it is a little more, I think quite a lot more, much more. Here you have to share the community, the marriage is not for individuals in Sahaja Yoga, not at all. If anybody has a feeling a marriage in Sahaja yoga is between two people, is a wrong thing; it is two communities, it can be two nations, it can be completely two universes. So it is not to be enjoyed between yourself. If you are good husband wife to each other, it is not sufficient in Sahaja Yoga. That love should be enjoyed by every one else in the society, in the community. If you cannot do that then you have not achieved Sahaja-Yoga marriage, it is just an ordinary marriage as people have, it's just that. There's nothing special about it. Such marriages should be able to give chances for very great souls to come on this earth. A person who is married in Sahaja Yoga, who are Sahaja Yogis, who are sharing their love equally with the Sahaja Yogis and the society that is Sahaja Yoga, then only great people will be born..."*

- 1980 The value of marriage, Dollis Hills, UK

## APPENDIX 2 - MARRIAGE VOWS

The marriage vows below will be read at the ceremony and represent the vows that each applicant is willing to accept and sustain by entering into a Sahaja Marriage.

*The bride-groom says thus, to the bride:*

*I remember Shri Adi Shakti Mataji in my heart and tell you that you must keep the chastity necessary for a good Muladhar. Benevolence and auspiciousness lie in completely accepting innocence and forsaking cunningness.*

*I remember Shri Adi Shakti Mataji in my heart and tell you that the divine aesthetics of married life should be seen in our life, our home should be aesthetically decorated. We should do all our work within, and abiding by the Dharma. I shall extend hospitality to Sahaja Yogis and associate with you in performing the duties toward Dharma. May we achieve the blessings of enjoying the joy of collectivity.*

*I remember Shri Adi Shakti Mataji in my heart and tell you that I will hand over to you all the money that I earn, as it has come as the reward of your Punya. You should spend the money carefully and after consulting me, keeping in mind that all the wealth belongs to God. We should spend our wealth feeling that we are receiving God's blessings. There should be no hankering for material objects; and, completely detached, we should nourish our Mahalakshmi principle.*

*I remember Shri Adi Shakti Mataji in my heart and tell you that I will never hurt your feelings and shall forget all the mistakes made in our lives in the past. My love for you would be limitless and so should be yours. Do not suppress your feelings, tell me if your mind is at anguish or someone troubles you. I will always stand by you, protect you, and never listen to any false complaints against you.*

*The bride tells thus, to the bride-groom:*

*I remember Shri Adi Shakti Mataji in my heart and tell you that I shall bring the divine sweetness into your life. I will cook delicious food that can be enjoyed by you. We should eat only the food cooked by Sahaja Yogis. Do not force me to meet or be in the company of those who are not good Sahaja Yogis. We should never use bad language and should never shout at each other. You should quietly listen to me and I shall quietly listen to you.*

*I remember Shri Adi Shakti Mataji in my heart and tell you that we both should regularly meditate, and teach our children and our friends how to meditate. Our life should be of penance but we should not complain or tell others about it and should be always happy. Your eyes should be pure and free from lust for women and without greed for anything.*

*I remember Shri Adi Shakti Mataji in my heart and tell you that we should understand that Her Holiness Mataji Shri Nirmala Devi has conferred Her blessings on us, and we should completely surrender and dedicate our hearts to Her. This dedication should be through integration of body, mind and intellect. We should be aware how tremendous and unprecedented a work is Self Realization, and everything else in our life is unimportant. We should unceasingly enjoy Her ever-flowing grace, devote and regularly offer puja to Her, and be extremely humble in Her presence. Please correct me if you find me failing in this.*

*Brides and Bride-Grooms say together:*

*I shall open the path of Moksha which I have got with the blessings and grace of Her Holiness Shri Mataji also to others, and shall achieve in the company of such a great and realised person, the well-being of the whole universe.*

## **APPENDIX 3 - WAIVER**

The waiver below will need to be signed jointly by the couple who wishes to proceed with Sahaja Marriage.

*In consideration for being able to participate in the marriage ceremony being conducted, on the occasion of XXX Puja in XXX (the "Ceremony"), by the International Marriage Committee ("IMC") in the name of Vishwa Nirmala Dharma ("VND"), the Pure Universal Religion, the undersigned hereby acknowledge and agree as follows:*

- 1. The Ceremony constitutes a spiritual ceremony only and does not constitute a marriage ceremony that will result in a marriage under the law. If a marriage ceremony is desired, the undersigned recognize that they will have to take further action on their own in order to have such a ceremony performed under and in accordance with the laws of their desired country.*
- 2. Although a marriage between the undersigned may have been proposed (the "Proposal") by the IMC, the undersigned are entering into the Ceremony of their own free will and are under no obligation to participate in the Ceremony or to enter into a marriage.*
- 3. The undersigned hereby waive, release, and forever discharge any and all claims and causes of action of every kind and nature that they may otherwise have against VND, IMC, and/or their Members, arising out of or resulting from, directly or indirectly, the Ceremony or the Proposal.*

## APPENDIX 4 – MEMBERS OF THE INTERNATIONAL MARRIAGE COMMITTEE

Role	Name*
Secretary	Marco Arciglio (IT)
Advisor	Vijay Nalgirkar (IN)
Advisor	Duilio Cartocci (IT)
Member	Petra Schmidt (AT)
Member	Ekaterina Bernik (BR)
Member	Mary Kuhn (CA)
Member	Liu Yan (CN)
Member	Liu Tianyu (CN)
Member	Gaëlle Sattarshetty (FR)
Member	Meera Szegvary (HU)
Member	Lakshminarayanan Ramalingam (IN)
Member	Manish Badhwar (IN)
Member	Govinda Rao Kalapatapu (ES)
Member	Vijaya Mathys (CH)
Member	Isin Unek Volchenkov (TR)
Member	Andrii Grybovskyi (AU)
Member	Kasthurie Govender (ZA)
Member	Rahul Nalgirkar (US)
Member	Victoria Zbylut (US)

\*Between brackets is the current country of residence. IMC members do not necessarily coordinate marriage process in their countries of residence. Information as of 25<sup>th</sup> April 2024.

The e-mail to be used for requesting information about marriage ceremonies, matches, etc. is:  
[imc@sahajamarriages.org](mailto:imc@sahajamarriages.org)

## APPENDIX 5 – HOW TO APPLY

Please follow the steps once you have decided to apply:

1. Read in full the protocol document
2. Prepare yourself subtly through meditation, introspection, and Sahaja techniques, watch Mother's videos and advice, and talk to senior or married yogis in your collective
3. Ask your local coordinator about the process to be followed to apply.
4. Go through a short interview with your local marriage coordinator, local city coordinator or national coordinator as instructed by your local council/coordinator.
5. If you have registered on the Marriage portal in previous years, but have changed collective for the past two years, please inform the IMC at [imc@sahajamarriages.org](mailto:imc@sahajamarriages.org) and wait for confirmation from IMC before proceeding.
6. If you have registered on the Marriage Portal in previous years, log in at the following [link](#) and go to step 8. Otherwise please follow the next step.
7. Your coordinator will refer you to the IMC for access to the IMC Marriage Portal. You will then receive an email to register on the Marriage Portal.
8. Register on the Marriage Portal and fill the Marriage form (see the document called "Sahaja Marriage Portal Applicant Guide" for more information).
9. Submit the form to your approvers i.e. country coordinator and/or local coordinator (as instructed by your local or country coordinator)
10. Your coordinator will review the form, fill out a coordinator feedback form, and submit it for final approval to the country/marriage coordinator.
11. Once approved, the form will be registered by the IMC for participation to the matching process for the selected ceremony.
12. In case of any changes to your application, please inform your coordinator and the IMC by accessing the Marriage form on the Marriage Portal and submitting the information

## APPENDIX 6 – PRIVACY POLICY AND LIABILITY AGREEMENT

This document describes the policy that the International Marriage Committee (IMC, “we” or “us”) follows, the commitments that it takes towards all those who interact with IMC for that purpose, the responsibility of all parties involved in the process, the limitations of liability and the privacy policy.

Please note that the activities performed by the IMC and described below are managed by volunteering Sahaja Yogis/nis brothers and sisters, in support of the global Sahaja Sangha and for its benevolence, and as such do not qualify as professional services or as commercial activities. IMC is not a formal entity, and while it cooperates with Central Committee, Shri Mataji Nirmala Devi Sahaja Yoga World Foundation, country Sahaja, VND or connected Associations, Institutions & Trusts, it is not dependent or legally connected to any of these global Sahaja organizations.

Please contact us with any questions or comments about this document, personal data, our use and disclosure practices, or your consent choices, or if you have any concerns, by writing an email to [info@sahajamarriages.org](mailto:info@sahajamarriages.org).

### A. DEFINITIONS

- **“Sahaja Marriages”** are marriages arranged following the protocols and the indications provided by Shri Mataji Nirmala Devi.
- **“International Marriage Committee”** is an informal group of volunteering Sahaja Yogis and Yoginis, from all over the world, nominated by local Sahaja country coordinators & councils affiliated to the global Sahaja Yoga movement for the purpose of arranging Sahaja Marriages.
- **“Applicant”** means a Sahaja Yogi or Yogini who wishes to apply to a Sahaja Marriage ceremony.
- **“Sahaja Matches”** are proposals made to Applicants by IMC, for the purpose of a future Sahaja Marriage. Such Sahaja Matches are selected on the basis of the principles taught by Shri Mataji Nirmala Devi, in relation to human & material aspects, and validated by vibratory check through Paramchaitanya
- **“Personal Data”** means any information relating to an identified or identifiable natural person.
- **“Approver”** means an individual other than an Applicant, who has local responsibility for validation of application forms, and for this purpose collects data from Applicants at local or country level, and provides such data to IMC for this purpose, with the Applicant’s consent.
- **“Applicant Data”** means Personal Data, reports, addresses, and other files, folders or documents in electronic or paper form that an Applicant provides to local Approvers and IMC.

### B. LIABILITY AGREEMENT

The following Liability Agreement (“Agreement”) describes the policy that the IMC follows, the commitments that it takes towards all those who interact with IMC for that purpose, the responsibility of all parties involved, and the limitations of liability.

When applying for a Sahaja Match or Sahaja Marriage, Applicants should be aware of and accept the following principles:

- Getting a Sahaja Match or a Sahaja Marriage is not possible, available or meant for all the practitioners of Sahaja Yoga. A careful evaluation of Applicants is performed by the IMC before proposing a Sahaja Match, according to **the protocols and the indications provided by Shri Mataji Nirmala Devi**
- All Applicants have to provide their Application forms to a local Approver, which could be appointed country representatives, leaders, coordinators or council members, consenting to the transmission of such forms from the Approvers to the IMC
- The IMC commits to the utmost confidentiality in treating the personal and sensitive information provided as described in the attached Privacy Policy
- Each Applicant that is considered for matching is treated fairly and equanimously, as children of the Divine Mother, and according to the principles and teachings of Shri Mataji Nirmala Devi. For clarity, in performing the Sahaja Matches, the IMC does not take into account differences of race, spiritual or religious background before Sahaja, nationality, or local marriage practices that are against the Sahaja principles e.g. caste, dowry etc.
- The IMC does not validate matches that have been decided and proposed by requestors or third parties outside the IMC but proceed with independent checks for a Sahaja Match
- The IMC, based on such evaluation, matches applicants into prospective couples, for the purpose of a possible future Sahaja Marriage. Each and every Sahaja Match is a proposal by the IMC, that needs to be thoroughly evaluated by the couple, with serenity and without external pressure in order to proceed with a Sahaja Marriage. The decision to proceed with a marriage is the sole and only responsibility of the couple and IMC respects that decision
- The IMC does not make any pressure to the couple for a decision of any kind, but provides time limits for such decisions, in order to be able to accept couples for the nearest Sahaja Marriage ceremony

- A Sahaja Match can be spiritually officialized as Sahaja Marriage at any nearest Sahaja Marriage ceremony
- The Sahaja Marriage officiated by the IMC does not have legal validity and needs to be, previously or subsequently, legalized through the local authorities of the country of one of the spouses
- The IMC cannot be held responsible for real or perceived misbehaviors of any of the applicants after the proposal, or after the marriage, or for any wrong information provided by the applicants, as that entails the personal choices and actions of Applicants and it is not under the control of the IMC.

## C. PRIVACY POLICY

The following Privacy Policy (“Policy”) describes the information that the International Marriage Committee (IMC, “we” or “us”) gathers throughout the marriage process, how we use and disclose such information, and the steps we take to protect such information. By sending us a marriage application form, either directly or through a local Approver, Applicants accept the privacy practices described in this document.

### *1. The Information We Collect*

We collect different types of information throughout the process. The basis for the IMC’s processing of personal data is primarily that such processing is necessary for arranging Sahaja Matches and Sahaja Marriages.

#### **1.1 User-provided Information**

When Applicants provide information to the IMC through marriage application forms in paper form, through the IMC Marriage Portal, through the local Approver or through the IMC email address, they may provide, and we may collect Personal Data. Examples of Personal Data include name, email address, mailing address, mobile phone number. Personal Data also includes other information, including sensitive information, in relation to health or other personal issues, especially for Applicants, which they can provide directly to the IMC or through local Approvers to the IMC. Personal Data may be provided to us by Applicants in various ways, for example, when interacting with us through communication platforms or messaging.

#### **1.2 Information from Other Sources**

We may obtain information about Applicants, including Personal Data, from third parties (e.g. Approvers) and other sources, such as local collectives and coordinators if needed. If we combine or associate information from other sources with Personal Data that we collect, we will treat the combined information as Personal Data in accordance with this Policy.

### *2. How We Use the Information We Collect*

We use the information that we collect in a variety of ways in arranging marriages, including the following:

#### **2.1 Sahaja Matches and Sahaja Marriages operations**

IMC members use the information to perform all activities in relation to matches and marriage arrangements for Applicants. We process Applicant Data in accordance with the directions provided by the Applicant, if provided.

#### **2.2 Data Analysis**

We use the information to understand and analyze the marriage trends and tendencies around the world. Should this purpose require IMC to process Applicant Data, then the data will be used in anonymized or aggregated form.

#### **2.3 Communications**

We may use an Applicant’s email address or other information to contact that Applicant (i) for administrative purposes such as clarifications as to the information provided, information about marriage matches or (ii) with updates on any changes to the ceremony or future ceremonies or (iii) to provide contact details of prospective Sahaja Matches. We do not use contact details for the purpose of promotional communications, but only for the purpose of providing all practical and useful information about the marriage ceremony and logistics.

### *3. To Whom We Disclose Information*

Except as described in this Policy, we will not intentionally disclose the Personal Data that we collect or store to any third parties without the consent of the Applicant. We may disclose information to third parties in the following circumstances:

#### **3.1 Matching Information**

In case any Applicant is matched to any other applicant throughout the process, their names and country of residence will be announced publicly at the ceremony site and, for all matches that have not been refused by the Applicants, the same information will be provided to country coordinators through the Sahaja Yoga country leaders mailing list. Contact details of

Applicants will also be provided to the respective matches or to country representatives for the purpose of getting in touch with the prospective marriage match.

### 3.2 Approver's request

We may share Applicant's Personal data only with the Approvers that Applicants have listed in their marriage form and with the Country Coordinator or delegated Country Marriage Approver, as per the consent provided, for their approval.

### 3.3 Non Personally Identifiable Information

We may make certain automatically-collected, aggregated, or otherwise non-personally-identifiable information available to third parties for the purpose of reporting and statistics on marriage ceremonies.

### 3.4 Law Enforcement, Legal Process and Compliance

We may disclose Personal Data or other information if required to do so by law or in the good-faith belief that such action is necessary to comply with applicable laws, in response to a facially valid court order, judicial or other government subpoena or warrant, or to otherwise cooperate with law enforcement or other governmental agencies.

We also reserve the right to disclose Personal Data or other information that we believe, in good faith, is appropriate or necessary to (i) take precautions against liability, (ii) protect ourselves or others from fraudulent, abusive, or unlawful activity, (iii) investigate and defend ourselves against any third-party claims or allegations.

## 4. Privacy Choices: Access, Correction, Deletion

We respect Applicant's privacy rights and provide them with reasonable access to the Personal Data that they have provided. If an Applicant wishes to access or amend any other Personal Data we hold about them, or to request that we delete or transfer any information that we have obtained, they may contact us at the email [info@sahajamarriages.org](mailto:info@sahajamarriages.org). At an Applicant's request, we will have any reference deleted or blocked in our database.

Applicants may decline to share certain Personal Data with us, in which case we may not be able to process their Application successfully for a marriage match.

At any time, an Applicant may object to the processing of their Personal Data, on legitimate grounds, except if otherwise permitted by applicable law. If an Applicant believes their right to privacy granted by applicable data protection laws has been infringed upon, they should contact immediately [info@sahajamarriages.org](mailto:info@sahajamarriages.org).

## 5. Minors and Children's Privacy

Protecting the privacy of young children is especially important. The Sahaja Marriage ceremony is not directed to children under the age of 18, and we do not knowingly collect Personal Data from children under the age of 18. If an Applicant is under 18 years of age, they should not apply for Sahaja Marriage at any time or in any manner. If we learn that Personal Data has been collected from persons under 18 years of age and without verifiable parental consent, then we will take the appropriate steps to delete this information. If a parent or guardian discovers that their child under 18 years of age has sent an Application form for marriage, then they may alert us at [info@sahajamarriages.org](mailto:info@sahajamarriages.org) and request that we delete that child's Personal Data from our systems.

## 6. Data Security

We follow generally accepted standards to protect the information submitted to us, both during transmission and once we receive it. We maintain appropriate safeguards to protect Personal Data against unauthorized disclosure or access, misuse, and any other unlawful form of processing of the Personal Data in our possession. This includes, for example, antiviruses, firewalls, password protection and other access and authentication controls. Personal Data is stored in a protected area on Google services owned by the IMC. Such services are accessible only for selected members of the IMC. No person outside the IMC has direct access to such Personal Data. Personal data is also stored in paper format in locked cabinets and is only accessible to IMC members.

Please note that no method of transmission over the Internet, or method of electronic storage, is 100% secure. We cannot ensure or guarantee the security of any information that is transmitted to us, and Applicants do so at their own risk. We also cannot guarantee that such information may not be accessed, disclosed, altered, or destroyed by breach of any of our physical, technical, or managerial safeguards. If an Applicant believes their Personal Data has been compromised, please contact us at the email [info@sahajamarriages.org](mailto:info@sahajamarriages.org).

If we learn of a security systems breach, we will inform Applicants of the occurrence of the breach in accordance with applicable law.

## 7. Data Retention

We only retain the Personal Data collected from an Applicant for as long as required for Sahaja marriages recording and tracking and for disputes purpose or otherwise for a limited period of time as long as we need it to fulfill the purposes for which we have initially collected it, unless otherwise required by law. We will retain and use information as necessary to comply with our legal obligations, resolve disputes, and enforce our Agreement.

#### *8. Changes and Updates to this Policy*

If we modify the Policy, we will make it available through the country coordinators, and to the Applicants for the specific Sahaja Matches and Marriage ceremony and indicate the date of the latest revision, and will comply with applicable law. The Applicant's continued consent to the Matching process by the IMC after the revised Policy has become effective indicates that the Applicant has read, understood and agreed to the current version of the Policy.

*Last update: April 24, 2023*