

SAHAJA YOGA FOR STRESS FREE LIFE AND GOOD HEALTH

A Tribute to the Founder of Sahaja Yoga Shri Mataji Nirmala Devi

“Man in his search for joy and happiness is running away from the Self, which is the real source of joy. Now a method has been found to tap the Divine power, and this is called Sahaja Yoga.” — **Shri Mataji Nirmala Devi**

Dedication of Mahasamadhi to the World Collectivity of Sahaja Yogis



Two day program was organised at Nirmal Dham by the Life Eternal Trust, Delhi on 22nd and 23rd February 2012 to commemorate and dedicate the Mahasamadhi to the world collectivity of Sahaja yogis. Addressing the gathering of Sahaja yogis from all over India, the Delhi State Coordinator of the **Life Eternal Trust, Delhi**, Desraj Kaundal said, "We dedicate this Mahasamadhi to all the Seekers of Truth, to the whole Sahaja Yoga family spread all over the World. This Mahasamadhi Shrine is a nucleus which will emit the light of Divine Love to the Whole World and enlighten the path of all the Seekers. Nirmal Dham was built in the First quarter of Year 2000. But for various reasons its full fledged development could not take place it is only after 23rd Feb. 2011, when Shri Mataji chose this Ashram to be Her Permanent Dham (Abode) that overall development started. It was in the month of May 2011 that the construction work of the Samadhi could begin. It is only by the grace, blessings and guidance of the Divine Mother, with the support of Delhi and NCR Sahaja Yogis dedicated Sahaja Yogis took up the challenge."

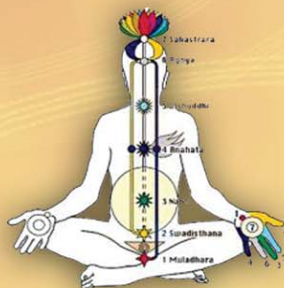
"A little is done, but the actual work on construction of a magnificent monument and acquiring land around Nirmal Dham, has yet start. It is a Herculean task without the active participation of the world Sahaja Yoga family. So, all those who feel this necessity should come up, take up the challenge and find solutions," urged Desraj Kaundal.

SAHAJA YOGA IS UNIQUE

Meditation is effective form of stress reduction and has the potential to improve quality of life and reduce health care costs. Sahaja Yoga Meditation helps to achieve a state of 'thoughtless awareness' when the actions of the mind is neutralized without reducing alertness and effectiveness.

According to Amravati based Dr. Pratap Uddwani, MBBS., DMCH., Dip USG, patients practicing Sahaja Yoga regularly are definitely more benefited. He said, "Sahaja Yoga is unique. After realization (joining Sahaja Yoga) as a medical person, the first thing which attracted my attention was the description of autonomous nervous system by H.H. Shrimataji Nirmala Devi, which was different from whatever was taught to us in medical books. For e.g. in medical books we were told that we have two systems, i.e. Sympathetic (right and left) and Parasympathetic."

"Nothing more was taught, in fact, the chapter of Autonomic nervous system started with the line 'nothing more is known about Autonomic nervous system'. While Shri Mataji has described beautifully about Autonomic nervous system saying that



Sympathetic systems (right & left) do exist but these are not identical rather these two work exactly opposite to each other balancing each other, while parasympathetic system gives energy to both of them."

"Since this thing was novel to me I started observing my patients in this context. I found that many diseases can be divided according to Shri Mataji's classification of a person being right-sided or left-sided according to his dominant sympathetic system. An experienced person practicing Sahaja Yoga can make out this. In the last 18 years many of my patients (including me) have been benefited by simple remedies told by Shri

Mataji to treat imbalance in both sympathetic chains. Many patients even not practicing Sahaja Yoga have been benefited especially on migraine, asthma, insomnia, irritability, isolated systolic hypertension etc. Stress brings mental and emotional pressure that leads to fear, anxiety, worry, apprehensions, anger and even excitement and the body responds in a prompt, speedy and inefficient way. According to Dr Ramesh Manocha from Australia. "Despite the tremendous advances in modern medicine, we are still to develop truly effective strategies to deal with the common public health problems that cause most of the mortality and morbidity in the wider community. The use of stress reduction has been shown to be beneficial in many diseases, as it improves psychological and physical health and life-style awareness."

Many people practicing Sahaja Yoga meditation have benefitted immensely by spiritually, mentally and physically. The outcomes of the research by late Dr. U. C. Rai and Dr Ramesh Manocha have shown that practice of Sahaja Yoga meditation has various healing effects on the mind and body leading to improvements in quality of life. Various other benefits of Sahaja Yoga on all living things including plants growth etc. are being considerably researched around the globe.

Shri Mataji's Profile

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

— H.H. Shri Mataji Nirmala Devi

The founder of the worldwide meditation movement called Sahaja Yoga, H.H. Shri Mataji Nirmala Devi, aged 87, passed away peacefully on 23rd February, 2011. On the Second Maha Samadhi Day on 23rd February, more than ten thousand people from various countries and all over India, assembled at Nirmal Dham in Delhi to pay their homage to Shri Mataji.

Regarded by many as the most significant spiritual personality of our times, Hers was a life unlike any other. Whether walking with kings or walking barefoot with Gandhi, it was a journey of extremes managed effortlessly. Although at birth she was named Nirmala, meaning 'Immaculate', eventually she came to be known as Shri Mataji Nirmala Devi - the Revered Mother.

Born in a family of freedom fighters, She conferred as a child with Mahatma Gandhi, lived for some time in his Ashram, was a medical student and a freedom fighter, was an adored Mother, grandmother, great grandmother and the wife of a distinguished diplomat who himself was decorated by the Kings and Presidents of innumerable countries and Knighted by the Queen of England. But incredibly, after all this, with her family settled, She embarked on an even more extraordinary mission. She said, "There can be no Peace in the World until there is Peace within."

Shri Mataji's parents Cornelia and Prasad Salve, a direct descendants of Shalivahana family, played a key role in India's liberation movement from British rule. Her

father, a close associate of Mahatma Gandhi, was a member of the Constituent Assembly of India and helped write free India's first Constitution and translated the Koran into Marathi. Her mother was the first woman in India to receive an Honors Degree in Mathematics.

As a child, Shri Mataji lived with her parents in Mahatma Gandhi's Ashram, where he affectionately called her Nepali, because of her facial features. Even at a young age, her wisdom and deep understanding was evident to Gandhi, who was known to have sought her advice on spiritual matters. Shri Mataji studied medicine until becoming a student activist in the Quit India Movement, when both her parents were jailed.

Spiritually enlightened, Shri Mataji knew her unique spiritual gift and that must be made available to everyone. It was in 1970 that She founded Sahaja Yoga meditation, which She shared freely. She discovered simple techniques of self-realization through which huge masses of people could easily achieve the peace of true meditation. She charged no money, and instead insisted this was a birthright of every human being. Thus began the next outstanding stage of Her life. For the next forty years, She was a loved and loving spiritual leader, acclaimed public speaker and philanthropist, travelled the globe continuously for teaching meditation.

In India She established an International Music Academy in Vaitarna (in Thane district of Maharashtra) to promote Classical Music and Arts, a Charity House for Destitute women and Children in Delhi, a School in Dharamshala (Himachal Pradesh) and an International Holistic Health and Research Centre in Navi Mumbai and Noida. This Health Centre is unique with no parallel in the world, where patients are treated with cosmic vibrations generated by practice of Sahaja Yoga Meditation. Travelling tirelessly around the world teaching Sahaja Yoga meditation, showing how to effortlessly awaken the individual's spiritual power, at times to a large audience. Whether speaking in the Sydney Town Hall, the Royal Albert Hall in London, Stadiums in India, addressing the UN in New York, or travelling by bullock cart to dusty fields in rural villages, She always maintained that people cannot pay for spiritual enlightenment.

Shri Mataji's achievements received UN Peace Medal, nominated for the Nobel Peace Prize, official guest of China as keynote speaker at Beijing International Women's Conference, proclamation by the US Congress, Unity Award for international understanding, declared Personality of the Year by Italian Govt, Mayor of Brazil's capital gave keys to the city and sponsored all Her programs, officially greeted by North American Mayors of Los Angeles, New York, British Columbia, Cincinnati, Philadelphia, Berkeley and invited by Officials of many countries to address their people.

Sahaja Yoga: A Way to healthy life

Spreading Self-Realisation through Sahaja Yoga to the mankind was the Mission for Shri Mataji Nirmala Devi. Sahaja Yoga, started by Her from May 1970 onwards, today has reached over 130 countries. Sahaja Yoga centers all over India and abroad organized programs to pay homage to Shri Mataji. The sahaja yogis benefitted with her teachings are putting their best efforts to reach Sahaja Yoga to as many people as possible.

Sahaja Yoga is unique and simple to follow. In recent years Shri Mataji Nirmala Devi has shown simple ways that it is easy for anyone to follow. When followed seeking from the heart, seeker achieves a state of realization and experiences ever flowing divine vibrations (chaitanya lahari). After about ten minutes, one starts feeling coolness or warmth on the Sahasrara and cool or warm flow in the palms. This is beginning of the process and if continued regularly, the benefits follow.

Those practicing Sahaja yoga meditation have experienced behavioural transformation, relief from stress and tensions and relaxed state of body and mind. Added to this are the qualities like increased will power and enhanced decision making skills. It has also improved blood circulation and normalized body weight and sleep disorders.

After getting self-realisation through sahaja yoga, the followers have experienced benefits physically, mentally and even in some cases financially. In fact they are the messengers of spreading SY.



Babarao Charpe & Rajani Charpe

The transformed person is **Babarao Charpe**, a farmer interested in politics (an aspiring Sarpanch) and has his own grocery shop. He contested to become Sarpanch several times but always lost with few votes.

Babarao's daughter, **Pooja Charpe**, pursuing her D.Ed at the College in Warud came across sahaja yoga meditation organized in the college by visiting sahajayogis. By learning and practicing sahaja yoga meditation regularly she understood the benefits of meditation. She attended the meditation session regularly in the nearby sahaja yoga centre at Warud. She expressed her desire to her father for conducting a session for the benefit of her colleagues in Gadhegaon. Babarao agreed with slight hesitation knowing it was difficult for him to live without alcohol.

The session organized at Gadhegaon by Pooja alongwith Sharad Jagtap, a SY practitioner from Mumbai was a turning point

for Babarao. Keeping him away from alcohol that day, following all the advice given at the Centre, it was a miraculous escape for Babarao from alcohol from that day on. Babarao said, "That day is a great day for me. Since that day I have not touched alcohol and advising others too to follow. I am really surprised how events are turning positive. When election was last held, Rajani, my wife, got elected as Sarpanch without any opponent. What I am today is because of sahaja yoga meditation. I really benefitted from abstaining." For the transformed Babarao Charpe, though he is not Sarpanch, he is happy that his desire is fulfilled.

Temple built in memory of H H Nirmala Devi at Gadhegaon



Punjabrao Choudhary, another farmer with business interests in Mumbai who follows Sahaja yoga since 1986 created a historic event by building a temple 'Shri Nirmala Devi Mata Mandir', at Gadhegaon, in memory of the founder of Sahaja Yoga. The temple is visited by number of people and meditation sessions are held there regularly. Shri Choudhary said, "Though She is not amongst us, this temple is dedicated to her for spreading Sahaja Yoga in not only Amravati district but also all over India. I am doing my bit, out of my profits, for the spread of Sahaja Yoga. I am sure, sahaja yogies from different countries, when they are in India make it a point to visit the temple in Amravati district."

Sahaja Yoga meditation has helped Choudhary's son Suraj too. Studying in St. Augustines High School in Nerul, Suraj is always keen to take part in competitions. After securing first place in Regional Round of Texas Instruments - Science & Technology Quiz 2011, held in KC College Mumbai, his team of two qualified and came 5th at the national level quiz held in Bangalore. Both father and son are happy that Sahaja Yoga meditation is what is helping them in their successful pursuit. Suraj said, "This yoga has benefited me in my studies, enhanced memory and given me peace of mind."

Vilas Kathe Patil, from Amravati, now in Bolliwood, in Sahaja Yoga for last ten years, has built a 3000 sq. ft hall at Achalpur

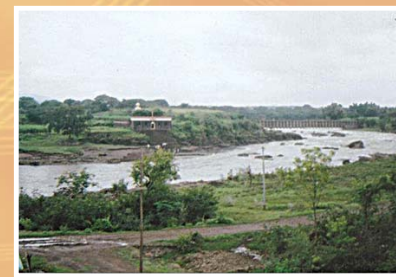
near Amravati. He says, "Everything works out positive when we are connected with the divine and maintain divine connection by regular meditation. I am doing my bit to spread the message of Sahaja yoga."

J. Suresh, a lecturer in the city college in Goregaon said, "Following Sahaja Yoga meditation helped me. I had strong intuition that something better is in store for me. With continuous practice I started feeling the difference. I had reached the desired shores in the illuminated and radiant rays of this light house. With blood pressure becoming normal, I felt rejuvenated and regained good health."

Mrs Landge, professor in Sterling College, Nerul (E), who experienced herself effect of sy meditation, organised special programme on meditation for students of 12th std. to help them to control examination stress.

Vinod Kadri, an electronics engineer from Mumbai, practicing Sahaja Yoga meditation regularly and continuously for few years, got rid of his chronic ailment. Convinced of the benefit of sahajayoga meditation, Vinod, now based in Silvassa (Gujarat), has taken lead and established meditation centres there. Those who attend meditation centre, include corporates apart from common people.

Brahmapuri Trust



Shree Vishwa Nirmala Dham Charitable Trust has been established with the approval of Shri Mataji Nirmala Devi in Brahmapuri on the banks of Krishna River, near Satara. "We have charitable dispensary at Brahmapuri and provide ayurvedic medicines and treatment to outpatients. People from here and nearby villages, including Sahaja Yogis from abroad, attend meditation regularly. Every year on 26th January we organize special programs on meditation here. Apart from existing structure for meditation hall and rooms for stay, we are building a temple dedicated to Anahat Chakra," said Dr. Hemant Kenjale, Head of the Center at Brahmapuri.



Health Centre at Belapur

Founded by Shri Mataji Nirmala Devi in February 1996, the International Sahaja Yoga Research and Health Centre at Belapur in Navi Mumbai, headed by Dr. Madhur Rai, Chief Medical Officer, where patients are treated with vibratory awareness, developed by Sahaja yoga meditation.

Number of foreigners have visited and continue to visit the International Sahaja Yoga centre at CBD Belapur for treatment. According to Center's CMO, Dr (Mrs.) Madhur Rai, during the last 15 years the Centre has given treatment to 16,000 indoor and 64,000 outdoor patients, who came from United States, UK, Switzerland, Belgium, Austria, New Zealand and Australia, Malaysia including Indians. Dr. Rai said, "While the treatment is free here one has to pay for the stay and for the food." Looking at the increasing number of persons desire to get treatment through Sahaja yoga, The Life Eternal Trust, Mumbai is in the course of Center's expansion by building a three storied structure in the same complex.

- On March 21, 2012 Birth Day of Shri Mataji will be celebrated at all Sahaja Yoga centers in the world.
- D Y Patil University's Department of Business Management has permitted its students to attend Sahaja yoga Meditation programme on every Wednesday for half an hour (12.30 to 1.00 pm)
- With the blessings of divine mother, Sahaja yogis of Asia-Pacific region (China, Hong Kong, Indonesia, Japan, Philippines, Singapore, Taiwan, Thailand, Vietnam and Malaysia) have invited Sahaja Yogis the world over to join them on the occasion of Shri Buddha Pujā at Penang in Malaysia from 26 to 29 April 2012
- Sahaja yoga followers have meditation centers in some educational institutions and Municipal schools in Mumbai and Thane, and also in various cities and towns in India and abroad.
- To know Centers near you, visit the website www.sahajayoga.org to know centres nearby with contact numbers. **SAHAJA YOGA HELPLINE:** 91 9773331333. The Life Eternal Trust, Mumbai Phone: 91-22-26843169 Fax 91 22 26831314

DIVINE MUSIC CARRIES DIVINE VIBRATIONS

"Music has a way of carrying these divine vibrations, but music has to be divine also. The music which is erotic or something very base or related to something very ugly does not work out. But if it is a proper music of a proper type then it communicates. But that discretion only comes after realization. What you enjoy there is the vibrations. You feel the cool vibrations soothe you down."

— **Shri Mataji Nirmala Devi**

Vishnu Shanbhag, an electronics engineer, an expert in repair of electronic gadgets, left his business to pursue music. "Deep insight into Sahaja Yoga meditation has made me successful. Initially I had no inkling of music at all. Taking lessons from various Masters, today I am able to play 8-10 instruments. Due to inner silence achieved through SY, I am able to pass out various music exams. I teach instrumental music for about 100 students in different shifts," said Vishnu Shanbhag.

Shanbhag has been chosen by the Gandharva Mahavidyalaya to teach instrumental music to students in its branch Vyas Sangeetatalaya in Mumbai.

Children born to Sahaja Yogi families, Radhika Mana, Shreela Tambe and others have excelled in studies, music and in various professions.