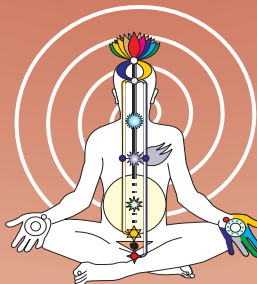




*H.H. Shri Mataji Sirmala Devi*

# Sahaja Yoga

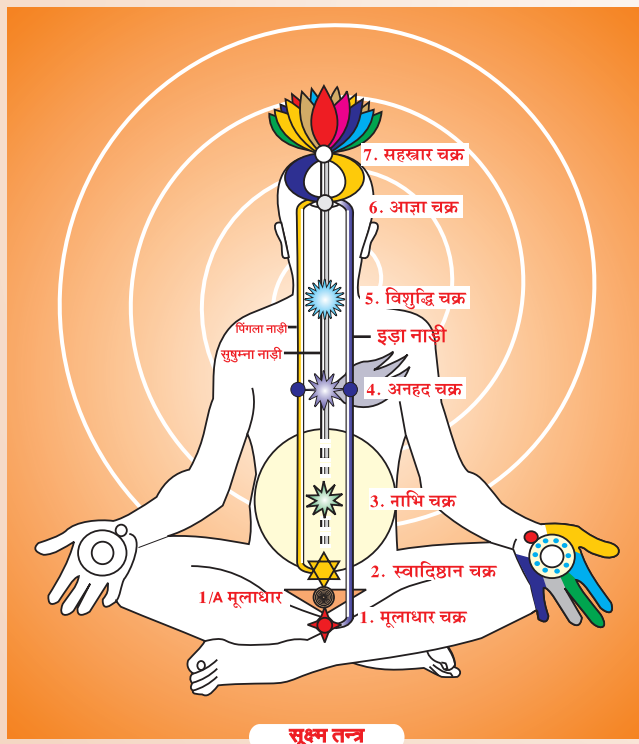


**Introduction**

# Sahaja Yoga

The word '**Sahaja**' in Sanskrit has two components: saha meaning 'with' and ja meaning 'born'. Sahaja means natural, simple or innate and **Yoga** means union and refers to a spiritual path or a state of spiritual absorption.

Sahaja means easy, innate, and yoga means union. Thus, **Sahaja Yoga** is a simple method that connects us to our inner self with no physical or mental efforts. When this connection is established through meditation, it enables one to live in the present moment rather than worrying about the past or the future. A constant practice of this meditation technique can reduce stress, restlessness, anxiety and improve sleep patterns. In the weekly Sahaja Yoga classes basics of meditation are being taught together with simple meditation exercises.



Sahaja Yoga is a unique method of meditation based on an experience called Self Realization (Kundalini awakening) that can occur within each human being. Through this process an inner transformation takes place by which one becomes moral, united, integrated and balanced. One can actually feel the all pervading divine power as a cool breeze, as described in all religions and spiritual traditions of the world. This is the actualization of such transformation, which is taking place now, worldwide, and has been proved and experienced by hundreds of thousands in over 125 countries. It is entirely free of charge.

Chakras are spinning vortexes of energy and light that greatly affect our well-being, whether we are aware of them or not. It is generally agreed that there are seven major chakras distributed throughout the human body. There are also many more minor energy points known as meridians which play a slightly less important role in your well-being.



# Shri Mataji Nirmala Devi

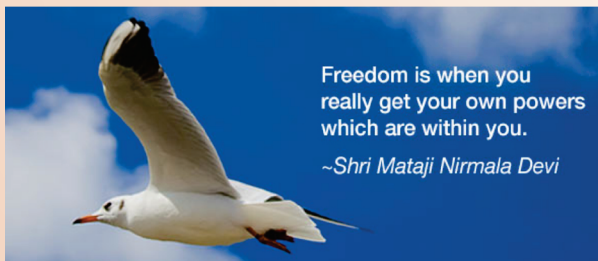
**Shri Mataji Nirmala Devi** was born on March 21, 1923 in Salve family in Chindawara, India. Her parents were Prasad and Cornelia Salve, direct descendants of the royal Shalivahana dynasty.



As a child, Shri Mataji lived with her parents in the ashram of Mahatma Gandhi. Gandhi saw the wisdom of this child and used to appreciate her immensely, affectionately calling her Nepali due to the Nepali features of her face. Even at a young age, her deep understanding was evident to Gandhi, who frequently sought her advice on spiritual matters.

Shri Mataji's involvement in the freedom struggle is extremely remarkable. She was very courageous and played a daring role as a youth leader of this campaign. In the 1942 Quit India Movement announced by Gandhi, she was even arrested and put in jail along with other freedom fighters for actively participating in this movement. Shortly before India achieved independence she married Sir. C.P. Srivastava, one of India's most dedicated civil servant officers, who was knighted by the Queen of England. He held the post of the Joint Secretary to the Prime Minister's office of the late Shri Lal Bahadur Shastri in the years 1964-66.

On the 5th May 1970, she began her spiritual life-work, at the age of 47 years, she found a way and develop a method of giving enmasse self-realization. She desired to offer a genuine experience that people could use to transform and heal themselves. Later on she came to be known by the multitudes by the name of Shri Mataji Nirmala Devi - the revered Mother who was born with her complete Self Realization and knew from a very young age that she had a unique gift which had to be made available to all mankind.



Freedom is when you  
really get your own powers  
which are within you.

~Shri Mataji Nirmala Devi

Shri Mataji made this experiment of awakening the spiritual power of every human being. She tried it first on people near to her and noticed they were transformed physically, mentally and spiritually. Slowly she found out that only this process had the potential solution for all human problems and therefore she decided to spread it on an en-masse level. She invested her own time and money to talk to people and give them the key to their own spiritual power.



# Sahaja yoga meditation Technique For Stress Management And Inner Personality Development



Sahaja yoga is a unique method of meditation introduced in 1970 by Shree Mataji Nirmala Devi. Every human being has dormant energy in the sacrum bone and it can be awakened spontaneously and easily with your pure desire. When we awaken the divine motherly energy through sahaja yoga meditation from our sacrum bone which is the last bone of the spinal cord. This is a standby energy kept in our sacrum bone secretly by God almighty. This motherly energy rises through the spinal cord passing through the energy centres (plexus) and then the energy comes out of the head and you. Enter into the state of yoga. You start experiencing cool or hot breeze (Vibrations) on top of the head or on the palms and fingers. This experience of the Motherly energy on our central nerves system is the yoga that is the union of our inner motherly energy with the all-pervading divine Father energy. By regular awakening of the Sacred Motherly energy from the sacrum bone and by meditating every day both morning and evening for 5 to 10 Mts improve our Qualities. Improve physical and mental health. When the yoga takes place above our head our inner personality slowly transforms. Our Intelligence, Emotional and Spiritual coefficient, improves very much.

**WHAT IS STRESS** Stress is anything that 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 medical professionals, 90-95% of illnesses in modern era can be blamed on psychological forces; 98% headaches originate due to stress and stress also manifests itself into many other physical ailments like indigestion, acidity and life-killers like heart attacks.

**HOW STRESS DEVELOPS** Stress comes in all shapes and sizes, and has become so pervasive, that it seems to permeate everything and everybody. Stress and Tension occur because of the uncontrolled flow of thoughts relating to our future or past that keep our mind in constant turbulence. These thoughts deviate us from working in the present - which only is the reality. It is usually these thoughts related to our excessive thinking of future and past which makes us tired and not the hard work.

**Sahaja Yoga Meditation**

SAHAJA YOGA IS SPIRITUAL DISCOVERY IN THIS MODERN TIMES BY H.H. SHRI MATAJI NIRMALA DEVI, IN THE YEAR OF 1970

Sahaja Meditation Is Effortless & Spontaneously Makes One "Thoughtless". The Actual State Of Meditation

Thoughts From Past & Future Stop. And Attention Enjoys The Bliss Of Present

**MEDITATION IS BEING IN THE PRESENT**

**MEDITATION REFERS TO THOUGHTLESS AWAKENED STATE**

**Sahaja Yoga Meditation**

*Always Free And Open To All*

**EFFECTS OF STRESS** Stress causes real "wear and tear" on our bodies as we adjust to our continually changing environment and so it has numerous physical and emotional effects on us

**PHYSICAL SYMPTOMS:**

Change of facial expression and bodily postures  
Withdrawal from social relationships  
Low task performance (sometimes its opposite also manifests –i.e high productivity but which is highly detrimental for our physical and mental health  
Impediment of speech

All the above symptoms originate because of stress but their causes are also described by their sufferers & medical experts as: Anxiety  
Worry, Sleeplessness, Emotional Disturbances , Aggression  
Tension, Phobic Disorders, etc. The eventual result of all the symptoms or their causes (as defined by our modern-day terms) leads to many physical problems like, Stomach ulcers, Bad heart conditions, Loss of appetite or overeating  
Sweating, Headache  
Obsessive behavior such as heavy smoking and drinking and many other problems

**HOW TO OVERCOME STRESS?** Medical science has nothing to offer to combat the dreadful effects of stress except tranquilizers, habit forming toxic drugs, etc. Every & any event we face can bring us into a challenging and a threatening situation. Thus stress is an inner reaction rather than an outer phenomenon. To be really stress free we have to develop SELF-AWARENESS – The knowledge of our self: Its likes and dislikes, its harmony and conflicts. The key for gaining self-awareness lies in a process of shifting one's focus from the external environment to internal makeup, including physical, emotional and spiritual system.

**HOW TO ACHIEVE SELF-AWARENESS TO OVERCOME STRESS ?** Meditation – is the best relaxation technique and the accepted solution all over the world to combat stress effectively. Sahaja Yoga a highly developed and unique system of meditation that enables the person to reach onto a level of complete self-awareness.

**Sahaja-Yoga meditation brings us into balance.**

As mentioned about the human subtle system, we have a subtle body within us that consists of seven energy centres and three channels. In our daily life, either one of these channels can be more active leading to a certain state of our behavior. If we move to the right channel, we

become overactive, restless, stressed and tense. If we move to the left channel, we become depressed and lethargic. But if we remain in the centre channel, we become dynamic, energetic, moral – all leading to an integrated personality. The regular practice of Sahaja-Yoga helps us to activate the centre channel.

**Procedure to awaken the divine Mother energy placed in our sacrum bone**

1 Left hand open on the lap, right hand on the heart and say from your heart "O Mother. I am the pure spirit." Say few times.



2 left hand open on the lap, Right hand on the forehead, and say from your heart "O mother. I forgive everyone. And I forgive myself." Say few times



3 Left hand open on the Lap, right hand on the head and say from your heart "O mother please give me the state of yoga"



4 Left hand open on the lap, Right hand on left side of the neck, and say from your heart "O mother I am not guilty at all". Say few times



5 Left hand open on the lap, right hand on the back side of head. And say from your heart "O mother please forgive me for all the mistake which I have committed so far knowingly or unknowingly" say few times



## Meditation procedure for 10 Minutes in the morning and 10 Minutes in the night before going to bed.



1. Left hand on lap, right hand on mother earth” O mother please clear my left side problems. Remove all past thoughts, worries, my lethargy, depression into the earth element and keep me in the present state”



2. Right hand on the lap, left hand towards sky “O mother please clear my right side problems. Please remove my aggressive attitude, domination on others, roughness in my words, fighting attitude with others, excess heat in my liver and entire right side into the sky element and Keep me in the present state”



3. Now keep both hands on the laps open, and pray, “O mother please keep me in balance, keep me in the present, keep me in reality”

Now slowly start experiencing the mother energy flowing through the spinal cord, palms, and fingers and on top of the head. Now you keep the attention on top of the head and

surrender your thoughts to divine and meditate for 5 to 10 mts Let us thank the founder of Sahaja Yoga Shri Mataji Nirmala Devi for giving us such beautiful meditation technic.

“Thank You Mother”

Benefits of Sahaja Yoga Meditation at each energy centre

**1 At Pelvic plexus.** Improves wisdom, discriminative power, memory power and makes us humble. Improves functioning of reproductive and excretory organs.

**2. At Aortic plexus** Improve attention, creativity. Our desire becomes pure. improves functioning of liver, intestines, pancreas, spleen etc.

**3. At Solar plexus.** We become peaceful, satisfied, generous person. improves digestive system.

**4. At Cardiac plexus** Improves self-confidence makes us fearless and loving person and we feel more and more secured with in. Improves the functioning of heart, respiratory system. Any asthma and cough related problems vanish.

**5. At cervical plexus** improves our witnessing state, takes away our reactions and makes us proactive. Make us friendly with everybody. Help us to stop verbal and physical fighting with others. We develop sweet Voice Improves functioning of ENT

**6. At Optic chiasma** Gives us capacity To forgive others and forgive our self. Improves our eye sight. Our eyes starts sparkle and clears all headaches, brain related problems.

**7. At seventh centre** Integrates all the six Energy centre functions and qualities and makes us totally balanced, peaceful, silent and blissful. We receive the love of God almighty directly through the experience of yoga

# Sahaja Yoga Meditation & Medical Research Information

Meditation is essentially a hypometabolic state with parasympathetic dominance – different from sleep – that elicits physical and mental calm, and has been reported to enhance psychological balance and emotional stability.

## Conclusions

- Enhances the parasympathetic nervous system  
=> restoration of bodily functions
- Mental Silence is a different state of consciousness
  - Activation of areas of attention
  - The limbic system (joy)
  - “Happy” mood-stabilizing brain chemicals

## “Sat-Chitta-Ananda”: to be pure Attention & Joy

- The state of mental silence is associated with better health => illness prevention
- Sahaja Yoga Meditation has a positive effect on a wide range of diseases  
=> disease therapy
  - Mental illness: Depression/Anxiety, Work Stress, Drug abuse, ADHD
  - Physical illness: Epilepsy, Asthma, Menopause, Diabetes
- The benefits are associated with the state of mental silence & are superior compared to other meditation techniques that do not lead to the state of mental silence

# Sahaja Yoga Meditation

Experience • Practice • Transform



*“Your own attention is important,  
not the attention of others or your  
attention on others.”*

- H.H. Shree Mata ji Nirmala Devi



# Educational Benefits of Sahaja Yoga



Sahaja Yoga positively influences overall mental health through many different mechanisms. Several studies have documented meditation's ability to regulate emotion, both in the short term and, through regular meditation, over the longer term. Because meditation promotes neuroplasticity and helps "train" neural mechanisms, meditation can, over time, literally rewire brain circuitry in positive ways. Thus, short-term "state" effects may ultimately become long-term "trait" effects.

Combined evidence from clinical and neurobiological studies has demonstrated meditation's ability to influence brain chemical activity and alter brain structures in specific ways that help regulate attention, mood, and emotional processing, thus meditation can help treat mental health conditions such as mood, anxiety and attention-deficit disorders, as well as improve overall mental health and well-being.

Many studies have shown that, in altering our state of consciousness, meditation produces positive neurophysiological effects. In fact, Sahaja Yoga's state of thoughtless awareness has been shown to have measurable effects on the brain's electrical activity.

A 2005 EEG study demonstrated that Sahaja Yoga increases positive emotions, reduces negative emotions, improves emotional resilience and coping skills. Regular training of attention, paired with positive emotional experiences during the meditation, increases psychological stability.



SRI MATAJI NIRMALA DEVI has made a gift to the students, a simple technique of meditation called SAHAJA YOGA. By practicing this, they will improve in totality i.e. Self Consciousness, self discipline, wisdom honesty, purity, courage, spontaneity, satisfaction, soft spoken, brilliancy and attentiveness etc. the student has to sit & meditate for 5/7 minutes in the morning and 5/7 minutes in the evening, by closing the eyes and keeping his attention on the top of the head.





## Educational Benefits ...



**Sahaja Yoga** helps students to improve their attention and ability to focus, as well as increasing their sense of self-confidence and self-understanding. Young people from around the world thrive at Shri Mataji's schools in India, Italy, Canada, Austria, the United States, the Czech Republic, Russia and Australia, where they continue to build deep relationships.



Children need a balanced education, now more than ever. This education should not only nurture intellectual and emotional growth, but also address their spiritual well-being. When children understand their inner capacities and strength, they can flourish in any environment. Focused attention and a global perspective are two other keys to an enlightened education.



Shri Mataji placed great emphasis on building a solid foundation with early childhood education, believing it should be a collective process shared by parents and teachers. The natural environment, too, plays a teaching role. As children learn about plants, animals and conservation, they gain respect for mother earth and her precious resources.

To instill a sense of self-esteem and dignity, Shri Mataji placed great value on discipline rooted in love and respect. "It's our duty to see that our children grow as great people. Greater than us", said Shri Mataji. "They have to look after the world".



*As well as nurturing intellectual and emotional growth, education should also encompass the spiritual well-being of children.*



## Educational Benefits ...

Meditation can help improve symptoms in children with attention deficit hyperactivity disorder (ADHD). **The Australian study** in 48 children diagnosed with ADHD found Sahaja yoga meditation led to an average 35% reduction in symptom severity over six weeks, and enabled many to reduce their medication. Study co-author, Sydney general practitioner **Dr Ramesh Manocha**, told the World Psychiatric Association conference in Melbourne that improvements occurred in behaviour, self-esteem and relationship quality. Children said they slept better and were less anxious at home. They also said they could better concentrate and had less conflict at school. Parents were happier, less stressed and more able to manage their child's behaviour. The trial, at the Prince of Wales Hospital, Randwick, taught the technique to children under 12 taking ADHD medication and their parents.



For six weeks they attended two sessions a week at the hospital and meditated twice a day at home while soaking their feet in cool salt water.” We had remarkable results. Overall there was about a 35% improvement in symptoms, which was significant,” Dr Manocha says.”Six were able to go off medication and their behaviour normalised, 12 halved their medication and another group reduced it by about one-quarter.”Feedback from children was the best, things like ‘I always knew what I was doing was not good and upset people but now I can control it’.”





# Agricultural Benefits of Sahaja Yoga

**Sahaja Yoga** has been successfully tried and tested to provide extraordinary agricultural production and livestock quality in various countries. Through the harmonization of individual with paramchaitanya, many Sahaja yogis associated with agriculture have shown, that it is possible to achieve:

- Higher food production
- Better growth of plants
- Protection against natural calamities
- Improved quality of cattle feed
- Robust health of cattle
- Increased milk production

And all this has happened without any extra money being invested.

Research on benefits of Sahaja yoga in agriculture has been performed by Maharana Pratap Agriculture & Tech University, Udaipur. Senior research scientists have successfully proved that by using seeds invigorated through vibrations, usage of vibrated water for irrigation and other Sahaja yoga methods, the plant quality & food production has been much higher than the normal yield

Extensive research is also being undertaken by co-operative milk producers and the university to explore the possibility of utilizing the benefits of Sahaja yoga, for increasing milk production.

## **Bhogpur Village : an agricultural island of excellence :**

Near the holy city of Haridwar, in Bhogpur village, a Sahaja yogi has been using the grace of Shri Mataji to continuously produce extraordinary agricultural output through simple Sahaja yoga methods. In fact, the whole village has adopted his methods and has become quite popular in surrounding areas for its high food grain productivity. The vegetable and cattle feed size and quality is also much higher than that in surrounding villages. The effects have also been extended by its initiator, Jagpal Singh, in dairy sector, as a result of which the quality and quantity of milk of the dairy has shown very high improvements. This has also resulted in the dairy being awarded for having Highest Purity and Quality in the whole district.



Speech by Dr. Hamid Mehrani-Mylany in Rahuri, Maharastra, India about the effects of vibrated water -

" Since 1984, I have been working with the Government of Austria's Forestry Department. I lead groups of new Forest Engineers and also instruct farmers and private forest owners how to manage and preserve forests. Now I am specializing in plant diseases caused by air pollution and use an electron microscope to determine the various types of diseases.

After getting my realisation in 1982, I met Shri Mataji personally and was astounded at her knowledge on every subject. She taught me how to use vibrations.

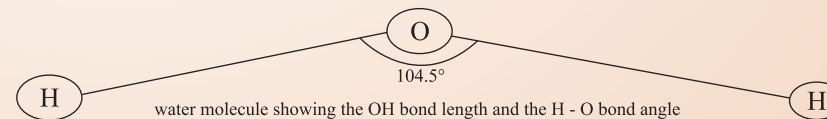
I tried to establish divine vibrations, which is the all-pervading power, visible through an experiment. At this time I was working in an International Plant Breeding Company. I had the possibility to experiment with a lot of things, also with vibrated water. I tried a small experiment with vibrated water on tomato plants. It was surprising to find out that the tomatoes watered with vibrated water were much bigger, a better colour and even the taste was excellent compared to the ones watered with normal water. The results of this experiment developed my curiosity. It is remarkable to note that in her compassion, Shri Mataji has given vibrated tomato seeds to many people free. They have all been planted.

The next time I expanded my experiment to an aeroponic system. In this system one doesn't use soil - only water with different nutrients added. The result of this experiment showed the same pattern of growth which persuaded me to continue my great interest in vibrated water experiments. After receiving permission from Shri Mataji, I decided to make a field experiment using maize and sunflowers. I sowed a field with 6 repeats of maize and 6 of sunflowers and did the same for the non-vibrated block. Each field was approximately 2 sq. meters. I sowed the field on 27th May, which was much later than the farmers in this area. I didn't have a lot of time to take care to irrigate daily so I made up an automatic irrigation system. This had several advantages in that it was independent from me, if the field was watered by someone they could give more water to vibrated crops. So as it was run by computer the crops received water at exactly the same intervals. The results of this experiment were that the vibrated field produced much greener plants and were about 1 ft. higher. The average weight of the plants were 25% heavier. With the sunflowers we measured the diameter of the flower to be 2 inches more than the non-vibrated. It is again to be mentioned that Shri Mataji has experimented with sunflowers in her farmhouse research work in Pune and produced sunflowers tremendously big more than 12 inches in diameter, very heavy and gave on the average 250 mm. of oil. This was reported in the newspaper. I found the results again positive and this gave me an incentive to try and find a way to care for the dying forests of Europe.

We were given a section of forest in 1986 to begin the experiment. This experiment is going very well. I measured the sap flowing through the trees with a SHIGOMETER. It showed that the sap flow in the vibrated area of the forest was much easier. This means that the forest trees have a greater capacity to draw nutrients, resulting in it's improvement in growth. I have published the results of this experiment in my book "what is wrong in our forest" which will be published in February, 1989.

The results of Sahaja Yoga are to a human mind unbelievable. They are so miraculous and the working is so simple that to us the scientist it is so incredible. But in my honesty and sincerity to humanity I must tell you that this water is made by Shri Mataji and even a few drops can transform ordinary water. It has to be humbly accepted that Shri Mataji's photographs emit vibrations. You will not believe I used my ring with her photograph in a hose pipe and this water gave the results. Moreover lately, I fixed badges of Shri Mataji's photograph on the trees which were to be saved from the disaster of acid rain: And within a year's time the trees have become alive and growing very well."

Bond Angle Water : Normal = 108.45° , Vibrated = 104.5°



## Sahaj Agriculture Mission

Think Global | Act Global

# VISION

Enhanced peace & prosperity  
among Rural Community,  
Increased Agriculture , Live Stock  
production through Sahaja  
Meditation to bring about second  
Green Revolution.

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Spread Sahaja Yoga and  
Sahaj Agriculture in rural area..  
Work for overall prosperity.

Enhanced peace and prosperity  
among rural community,  
Increased Agriculture, live stock  
production through Sahaja  
Meditation.

Think Global | Act Global

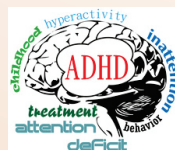
# Health Benefits of Sahaja Yoga



**Sudipta Basu** in conversation with **Dr. Umesh C. Rai** (left), MBBS, MD, FIMSA, Director of the International Sahaja Yoga Research & Health Center, Mumbai

Doctors in Madrid had given up on her condition of Polyarteritis Nodosa. And Emilia Moreno lived in a state of semi-paralysis for 20 years - she could barely walk or use her hands. And yet, after spending a couple of months at a health centre in Navi Mumbai, she wrote in her farewell note stating : "I was not able to balance and my eyesight was poor. Today I can walk and write and paint ... ."

Dr Rai has researched at the Lady Hardinge Medical College and Associated Hospitals, New Delhi, on the role of Sahaj Yoga in the treatment of psychosomatic diseases.



"To cure patients is very simple. If a tree is sick and if you try to cure the leaves, then it will not work. If you become subtle and cure the roots, then it will work out. If we can get to the roots, then we nurture their centers and achieve the balance that would make every thing so wonderful, through the connection with the energy called 'kundalini' .

Latest Scientific experiments prove that regular Sahaja Yoga meditation can prevent various physical and mental disorders e.g.: hypertension, angina, heart attack, bronchial asthma, epilepsy, aplastic anemia and hemiplegia, leukemia, cancer, diabetes, spondylites, depression, anxiety and neurosis and migraine.

All the problems of the human beings are because of their chakras. Some how if you can cure these chakras or put them right, all our problems can be solved.

Asthma has been cured through Sahaja Yoga very easily. All liver patients are getting rid of diseases through the regular meditation. Mainly diabetes is caused due to too much thinking. Sahaja yoga helps diabetics patients to achieve the balance.

**Etienne Loyson**, a 62 year old architect from **Belgium**, is just spell-bound, "Earlier I had high blood pressure. Doctors abroad had suggested taking several tablets ongoingly as the only treatment method. But today, with Sahaj yoga treatment and the blessing of Shree Mataji Nirmala Devi, I am full of energy. I have stopped all medicines and I feel I am just 30 years old."

48-year-old **Shirley Ellerbee** from **New York** who has been here for the past two months and thinks she has been cured of her condition of breathlessness. "The doctors in New York suggested operation for my weak heart. But I am rather cynical about modern medicine and chose to come here for cure. I used to be breathless even while living in suburban New York. But after about a couple of months here I actually feel much better," says she.



# Health Benefits of Sahaja Yoga

**Katherine Reid** from **England** (who suffered from irritable bowels syndrome) is a happy woman today, in contrast to her life previously when she had to take several medicines prior to her arrival in Navi Mumbai. "I feel much better having stopped my medication completely. My health has improved by about eighty per cent."

**Anna Kargaity**, a **Canadian** who suffered from depressive psychosis is full of smiles today. "I now have a positive outlook towards life, being able to develop my own personality and express my feelings", she says.

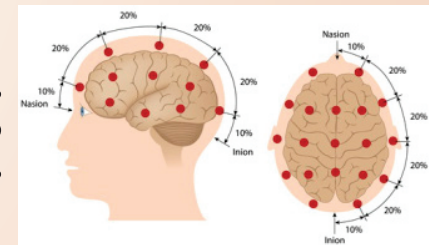


**Sahaja Yoga** meditation increases activity in the parasympathetic nervous system and reducing activity in the sympathetic nervous system, which restores balance and homeostasis and reduces autonomic nervous system activity, ultimately reducing blood pressure, pulse rate and respiratory rate.

- A 2012 study of stress and hypertension compared Sahaja Yoga to conventional medical treatment. Meditators in Sahaja Yoga significantly improved systolic and diastolic blood pressure and increased blood pressure control, compared to participants who received conventional medical treatment and showed no improvement.

## Stress Relief:

Several studies of Sahaja Yoga have demonstrated that thoughtless awareness significantly improves our ability to cope with adverse events by reducing stress and anxiety levels and boosting our ability to introspect and regulate negative thoughts and emotions. We are able to appraise distressing situations with detachment and objective, nonjudgmental awareness, which reduces the associated stress.



BELAPUR (March 17, 1999) An increasing number of foreigners are getting attracted to the International Sahaj Yoga centre at CBC Belapur.

The International Sahaj Yoga Research and Health centre at Navi Mumbai is also guiding and coordinating research activities of Sahaj Yoga research centers in London, Paris, Vienna, Moscow, Kiev, Toronto and Sydney.



# International Recognition

An official guest in the former Soviet Union, she enabled over 100,000 people to experience their Self-Realization. She regularly speaks to audiences of 10,000 to 20,000 in the former Eastern bloc nations and has filled year after year the Royal Albert Hall in London for her conference on Sahaja Yoga.

Shri Mataji has delivered thousands of lectures, given many television and radio interviews, and been the subject of hundreds of newspaper articles around the world. An articulate speaker, Shri Mataji is the founder and sole director of Sahaja Yoga or "Vishwa Nirmala Dharma", which is an established non-profit organization in many countries worldwide.



## "Shri Mataji's discovery brings genuine hope to humanity" - Claes Nobel

(grand nephew of Alfred Nobel, Nobel Peace Prize Foundation) Chairman of the United Earth Organization.

Tribute to Shri Mataji at the Royal Albert Hall by Claes Nobel (Chairman of United Earth Organization and grandnephew of Alfred Nobel, creator of Nobel Foundation). In his admiration speech Mr. Nobel acknowledged: "Shri Mataji's discovery brings genuine hope to humanity".



For more than forty years she travelled internationally, offering free public lectures and the experience of Self-Realization to all, regardless of race, religion or circumstance. Only in 1990, Shri Mataji conducted more than two hundred events in twenty-six countries, including Brazil, India, Australia, New Zealand, Russia, France, England, Poland, Spain, Italy, the United States, and many more.

An **International Health Center** to help patients from all over the world to use Sahaja Yoga Meditation techniques in order to treat their ailments. This health center has been producing very successful results in alleviating the symptoms of a number of incurable diseases such as cancer, epilepsy and multiple sclerosis. (CBD Belapur, Vashi, India)

A charity organization for poor people "**Nirmal Prem**" in Greater Noida, India to provide shelter to destitute and homeless women, where they can also optionally learn Sahaja Yoga (Greater Noida, India).





# International Recognition

*All the while, she deepened her perception of human nature, focussing her attention on the best way to help human beings rise to their highest potential. She came to understand that this transformation could only occur through the process of self realization, which is the activation of the inbuilt subtle energy present in all of us. The awakening of this energy was something she would experience herself, before dedicating her life to sharing it with others.*



**New York, 1989-1994:** Invited by the ‘**United Nations**’ - Sahaja Yoga Organization for four consecutive years to speak on ways to achieve world peace.

**105th Congress, 1997 and 106th Congress, 2000:** Honorarium read into Congressional Record by Congressman Eliot Engle commending Shri Mataji for her dedicated and tireless work for humanity.

**Romania, 1995,** Awarded PhD in Cognitive Science from the Ecological University of Bucarest

**China, 1995,** Official guest speaker at the Women's Conference in Beijing as a guest of the Chinese Government

**Brazil, 1994,** Presented with the key to the City of Brasilia following official sponsorship of the series of Sahaja Yoga programs in the country

**St. Petersburg, URS 1993,** Invited to inaugurate the now annual International Conference on Medicine and Self-Knowledge.

**Moscow, 1989,** Government sponsorship of Sahaja Yoga research granted after meeting between Shri Mataji and the Russian Minister of Health at that time.

**Italy, 1989,** Named Personality of the Year by the Italian Government.



**Our Vision**

*A world in which human beings are spiritually enlightened, endowed with the power of pure love and compassion and equipped with the judgement and discernment to overcome the differences between men, and work together towards a world of peace, harmony and benevolence.*

**Our Mission**

*To perpetuate, document and facilitate the spreading of the teachings of Shri Mataji Nirmala Devi and the practice of Sahaja Yoga, the meditation founded by her.*



1. Sahaja Yoga is not merely philosophical, but an experience first and philosophy later.
2. It is a simple system in which Self Realisation i.e., the union with your Divine Self takes place spontaneously.
3. The process of Kundalini awakening is done enmasse by Shri Mataji in Her public programs.
4. Sahaja yoga can be practiced by everyone irrespective of one's caste ,creed, race, religion and nationality,etc. Sahaja Yoga is now practiced worldwide, in as many as 90 nations.

5. Sahaja Yoga is based on experience and not obtruse philosophy. It seeks to clarify than mystify. It provides a real basis for a verification of its claims.
6. Based on Vibratory Awareness which can be attained after Self Realisation and establishment in Sahaja meditation, the seeker can judge for himself the truth.
7. It has no rituals, no do's and don'ts but the practitioner of Sahaja Yoga automatically gives up all bad habits and starts leading a Dharmic life.

Just as one light enlightens another, in the same way one can enlighten many i.e., through the grace of Shri Mataji the self realized person can give realization to other seekers.



# Sahaja Yoga at Eiffel Tower (Paris) on International Yoga Day



The Power is within you



# Shri Mataji Nirmala Devi

*A Life Dedicated to Humanity*



“As Soon as you open your heart, you will widen yourself, you’ll grow”  
- Shri Mataji Nirmala Devi