

The Life Eternal Trust

Unit No 1111, 11th Floor, Hubtown Solaris, N. S. Phadke Marg, Andheri (E), Mumbai 400 069
+91-22-2684 3169 +91 7738 1111 85 mumbaillet@gmail.com www.sahajayogamumbai.org
Charity Comm. Regd.No. E/4884 (B) 1972



Founder

H. H. Shree Mataji Nirmala Devi

Jai Shree Mataji

“Today is a very important day in our lives as Sahaja Yogis. This is the day when Sahasrara was opened out, which was clearly a very charismatic thing that happened...”

I never expected that in my lifetime I'll be able to work it out, but it has been. And so many of you have got your Sahasrara opened. Without that, you could never have known what is the Truth. You were all lost, as everybody is. First of all, Sahasrara is the only way we can perceive, understand and know the Reality. You have come to know as to what is the Reality, and you are enjoying that state where you know what is the Reality...

It's a great blessing that Sahasrara was opened out, and all of you got your Realisation. Otherwise, all talks are just talks; has no meaning, has no understanding, and that's why my first anxiety was to open Sahasrara. That worked out, worked out well. And all of you have got your Sahasrara opened. It's a remarkable thing. Nobody can believe that so many of you have got your Sahasrara open. But I can see, now, clearly, the light on top of your heads...

So it's a big achievement for human beings to get it so much collectively, Sahasrara opened: by which you know the Truth, Absolute Truth. Whatever you know after your Realisation is the Absolute Truth...

Knowledge from the books is no knowledge. Their knowledge must come from within, from within themselves, and that has happened because of Sahasrara opening...”

Her Holiness Mataji Shree Nirmala Devi, Italy, May 2004.

“For us sahaja yogis, of course, Sahasrara is the biggest event. Or we should say – whatever work all the incarnations have done, all the seers and saints and prophets have done, this is the culminating point. They did it for individuals, but to do for masses, that it should go to every nook and corner of this world, is the ultimate end of all spiritual growth all over, in every religion, through every great incarnations and prophets....

In the same manner, when it comes to Sahasrara, it is your Sahasrara itself gives you the full idea as to how you are. The diagnosis comes from your own Sahasrara. Your own Sahasrara tells you what centres are catching because all the peethas of these seven centres are in the Sahasrara. As if the Sahasrara is now watching yourself and reporting to you, “See, this is wrong with you. This is wrong with you, this is wrong with you.” So, Sahasrara being the best well-wisher that you have, gives you the right information about yourself, so the best is that you correct yourself...

But the capacity of enjoyment only comes when your Sahasrara is absolutely open. Otherwise the capacity to enjoy is much less and you become like a person who is running all the time after something which you never achieve...”

Her Holiness Mataji Shree Nirmala Devi, Italy, May 1993.

“It's very gratifying to see so many Sahaja Yogis have come to celebrate the Sahasrara day. Without breaking the Sahasrara we could not have achieved the ascent en masse...”

Her Holiness Mataji Shree Nirmala Devi, Italy, May 1985.

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H. H. Shree Mataji Nirmala Devi

All Sahaji brothers and sisters,

Subject: Sahaja Yoga - 50 years Celebrations (1970-2020)

Jai Shree Mataji

Her Holiness Mataji Shree Nirmala Devi started Sahaja Yoga on May 5th, 1970, with the Opening of Sahasrara Chakra, which made en-masse spiritual ascent (self realisation) of human beings possible. The opening of the Sahasrara made it possible for us to get connected to the living force that created us and also helped us to experience the truth and reality on our central nervous system. This is indeed the last breakthrough of our human evolution and is a very important happening for entire mankind.

This year we complete 50 years of the opening of the Sahasrara. Sahaja Yoga is now practised in more than 150 countries, irrespective of caste, creed, religion and race.

To celebrate 50 years of Sahaja Yoga, and to express our deep gratitude to Shree Mataji, we are organising an event on Sunday, May 3rd, 2020 as under:

Venue : Sri Shanmukhananda Chandrasekharendra Saraswati Auditorium,
292, Comrade Harbanslal Marg, Sion East, Mumbai 400022

Day : Sunday, May 3rd, 2020

Time : 10.00 AM to 1.00 PM

This event is free for all.

We cordially extend our invitation to all the Sahaji brothers and sisters to join us in the celebrations.

With warm regards,

The Trustees of The Life Eternal Trust

Place : Mumbai

Dated : February 11, 2020