

# THE LIFE ETERNAL TRUST, MUMBAI

(FIRST SAHAJAYOGA TRUST Founded by Her Holiness Mataji Shree Nirmala Devi on March 8, 1972)



H. H. Mataji Shree Nirmala Devi

## Newsletter

ISSUE: October - December 2019

### About Newsletter Initiative

Jai Shree Mataji

Her Holiness Mataji Shree Nirmala Devi started Sahaja Yoga on May 5, 1970, with the opening of Her Sahasrara Chakra. This Divine breakthrough made en-masse spiritual ascent (self-realisation) of human beings possible for the first time in human history. The opening of the Sahasrara made it possible for humanity to get connected to the living force that created us. It made it possible for Homo sapiens to take the evolutionary leap into becoming Homo Spiritualis - the true and ultimate goal of human life. It also helped us to experience the absolute truth and reality on our central nervous system, thereby achieving true knowledge. This is indeed the last breakthrough of our human evolution and is the most important happening for entire mankind.

As you all are aware, within two years of opening the Sahasrara Chakra, Shree Mataji formed the First Sahaja Yoga Trust, The Life Eternal Trust (LET Mumbai) on 8 March 1972. The Objectives for the written by Shree Mataji for LET Mumbai, offer an insight into Her first articulated vision about Sahaja Yoga. It also reminds us and of the enormous task that lies before us as Sahaja Yogis to achieve these lofty and globally relevant objectives.

This year on May 5th, we will complete 50 years of the opening of the Sahasrara. In this Golden Jubilee year, we are delighted and privileged to bring before you the FIRST newsletter of LET Mumbai. The Newsletter is dedicated to making a humble contribution towards carrying forward the glorious mission initiated by Her. We start the publication by placing this first number at the Lotus Feet of Shree Mataji.

This Newsletter seeks to keep you informed of all the activities of the LET as also of important events on the Sahaja Yoga Family all over India and indeed also from other countries.

For any contributions to the contents of the Newsletter, you may please write to us on [newsletter@sahajayogamumbai.org](mailto:newsletter@sahajayogamumbai.org).

For any feedback/suggestions, which we hugely value, you may please write to us on [mumbailet@gmail.com](mailto:mumbailet@gmail.com).

With immense gratitude to Adishakti Mataji Shree Nirmala Devi for having invented and established Sahaja Yoga for the benefit of the entire mankind.

The Trustees of The Life Eternal Trust, Mumbai



HER HOLINESS MATAJI SHREE NIRMALA DEVI

Today we are going to perform a Puja in a place close to Mumbai, or Bombay. The original name of Bombay was Mumbai. This contains three words – Mum, Amba, and Aiyee. In Marathi language we address Mother as Aiyee. Even in the Vedas, Adi Shakti was referred to as Eee. So the reflection of Adi Shakti is Aiyee. That is why Mother is called Aiyee. Also, the Mother is called Ma in many languages. That is why the first sound is mm in Mumbai. And Amba, as you all know, is verily the Kundalini. So this Trigunatmika is three words.

And in Mumbai also the three Devis, Mahalakshmi, Mahasaraswati, Mahakali are in an awakened state, and a beautiful temple has been dedicated to all three Shaktis, where, from Mother Earth, all these three Devis emerged. A lot of wrong activities and rituals have been brought into use by many people. But in spite of this, these three Devis exist in an awakened state here. So the people of Mumbai should try to understand and realise the special reason why this happened here. Nowhere else have these three Devis manifested together; so something must have caused this to happen.

So with great understanding we should make a resolution, that if we are living in Mumbai, it is the fruits of these saints' labours that all of you are here in Sahaja Yoga today; and all of us should introspect today as to what is our responsibility towards Sahaja Yoga. Every night we should sit and introspect.

**New Year Puja, Kalwe (India),  
January 1st, 1991**

## Sahaja Musical Evening

A Sahaja Musical Evening was organized on 2<sup>nd</sup> October 2019 at Pracharya B.N. Vaidya Sabhagruha Dadar. Top class performances by various artists including Pandit Dhanjay Dhumal (synthesizer), assisted by Manish Madankar (Tabla), Raghavendra Baliga (Flute), Jaiswal. Mugdha Pawar (Pune), and Mumbai Music team (Mahesh Jayaraman, Archana Srikant, Camelia Pramanik, Niranjana Chandra, Praful Panchal, Abhishek Panchal, Dhananjay Salunkhe, Shivani, Swanand, Sheetal, Jayesh, Jigar, Priyanka, Pratik, Vikas).



Sahaja Musical Evening-2<sup>nd</sup> Oct. Pt. D. Dhumal & team

## Sahaja Music and Bhajan program

A Sahaja Musical & Bhajan program was organized at International Sahaja Yoga Health & Research Center, CBD Belapur on 13<sup>th</sup> October 2019, on the occasion of Kojagiri Poonima. Nirmal Sangeet Sarita artists performed Sahaja Bhajans. Mrs. Akansha Nagarkar-Deshmukha (Vocal), Mr. Rahul Deshmukh (Tabla) & Mr. Kapil Deshmukh (Harmonium) performed during the event.



Sahaja Musical Evening-2<sup>nd</sup> Oct. Mumbai Music Team

## Public program at Kharbao, Bhiwandi

Kalyan Zone collectivity organized public program at Sonya Patil Ground, Retibandar, Kharbao Village, Bhiwandi on 15<sup>th</sup> December 2019. Program started in the morning with collective meditation, followed by leaflet distribution and invitation for the public program for new seekers. Evening program started with Bhajans sung by Russian collective followed by self-realization program. More than 500 seekers attended and got their self-realization.



Sahaja Musical Evening-2<sup>nd</sup> Oct. 2019

## Maharashtra Tour

You will surely recall that Her Holiness Shree Mataji had herself led several batches of Sahaja Yogis from all over the world on two week long tours of Maharashtra, the land of the AdiKundalini and AshtVinayaka Swayambhus. We are seeking to keep alive this practice started by Her Holiness Shree Mataji.

This Years' Maharashtra tour was organized from 16<sup>th</sup> to 22<sup>nd</sup> December 2019 (6 Nights and 7 days) by The Life Eternal Trust, Mumbai and outsourced to Kesari tours, a leading tour operator.

About 51 tourists from various countries like Germany, UK, Bulgaria, France, China, Thailand, Austria, Romania, and India attended the tour. The tour started from Shri Siddhi Vinayaka temple, Dadar & ended at Nirmal Nagari, Ganapatipule on 22<sup>nd</sup> December.

The tour itinerary included visit to the International Research and Health Center, CBD Belapur, Shree Saptishrungi temple, Nashik, Ajanta-Ellora, Ghrushneshwar temple, Newasa (Santa Dnyaneshwar wrote Dnyaneshwari here), Ekadasha Rudra – Swayambhu (Rahuri), Sahaja Yoga Ashram (Aradgaon), Ranjangaon-Ashtavinayaka, Sajjangad fort, Brahmapuri, Shree Mahalaxmi temple (Kolhapur) and Shree Mahaganapati swayambhu temple (Ganapatipule).



Public Program at Kharbao



A Glimpse of Maharashtra tour, 2019



## Public Program at School in Thane

A Public program was organized by Thane collectivity on 1<sup>st</sup> December 2019 at Anmol Vidyamandir, Vasant Vihar-Thane wherein more than 300 students got self-realization. 4 follow-up programs also got huge response.

## Exhibition during Malvani Mahostav

Sahaja Yoga exhibition was arranged by Mumbai East zone collectivity during Malavani Mahostav (Fair) at Vikhroli on 1<sup>st</sup> December 2019. During exhibition, more than 200 new seeker got their self-realization.

## Public Program at School in Ratnagiri

By the blessings of Her Holiness Mataji Shree Nirmala Devi, a public program was organized, just after International Sahaja Yoga Seminar, Nirmal Nagari, Ganapatipule at Jambhekar Vidyalaya, Ratnagiri. More than 500 students got their self-realization during the event.

## Sahaja Yoga Workshop – West Zone

A workshop on various topics related to Sahaja yoga such as Attention, Vibrations and Meditation was conducted by Mumbai West Zone collectivity at Prabhodhankar Thakre Hall, Borivali West on 24<sup>th</sup> November 2019. More than 200 Sahaja Yogis participated in the same.

## Workshop for Center Co-ordinators

Mumbai South zone arranged a workshop for Center co-ordinators at Sahaja yoga Meditation Center, Hubtown Solaris, Andheri East, on 17<sup>th</sup> November 2019. More than 70 Sahaja Yogis attended this workshop. The workshop was also attended by Sudershan Sharma, trustee who clarified their doubts through Q & A.

## Public Program at IIT Bombay

Mumbai West zone collective arranged the program at Indian Institute of Technology Bombay, Powai on 1<sup>st</sup> December 2019 morning. More than 300 NCC students got their self-realization. In recognition of this program, a trophy was awarded by NCC Commander during Combined Annual Training Camp.

## Self-realization at municipal schools

By the divine blessings of Her Holiness Shree Mataji Nirmala Devi, Mumbai East zone collectivity organized self-realization programs in the municipal schools located at Mulund, Vikhroli, Ghatkopar and Thane. More than 2000 students and 300 teachers got their self-realization.

## Havan at Nirmal Nagari, Ganapatipule

A Havan was organized on 13<sup>th</sup> October 2019 at Nirmal Nagari, Ganapatipule to seek divine blessings of Her Holiness Shree Mataji Nirmala Devi for the smooth conduct of the International Sahaja Yoga Seminar & Christmas Puja.

The Havan was attended by more than 400 Sahaja Yogis from all parts of India.



Public Program at Anmol Vidyamandir



Public Program for NCC at IIT Bombay



Self-realization at Municipal Schools



Havan at Nirmal Nagari, Ganapatipule

# International Sahaja Yoga Seminar, Ganapatipule

With the divine blessings of Her Holiness Shree Mataji Nirmala Devi, the Life Eternal Trust organized International Sahaja Yoga Seminar 2019 at Nirmal Nagari, Ganapatipule. As we all know, Ganapatipule is the place of Shri Mahaganesha. It is also the place which was specially selected by Holy Mother who has immortalized it by celebrating Christmas there with thousands of us continuously for nearly two decades. You all will agree that it is a special location vibrated over the years with Mother's Divinity and vibrations of the global collective. The seminar was organized from 23<sup>rd</sup> December 2019 to 26<sup>th</sup> December 2019. About 8000 Sahaja yogis from all over the world attended the seminar and enjoyed divine vibrations for spiritual ascent.

On 23<sup>rd</sup> December 2019, the first day of the seminar started with Morning meditation followed by Havan. Sahaja Marriages matches were announced after the Havan. Evening session started with various musical/dance programs viz; dance performance by Ms. Preeti Sondur, Classical music program by Pandit Shri Chandrashekhar Vaze, Classical music & Sahaja Bhajans by Nirmal Sangeet Sarita & Sahaja Bhajans by Shri Mukhiram and team.

The second day started with morning meditation followed by cultural program by Sahaja Yogis. The evening session included Classical music performance by Shri Kashish Mittal (vocal), Instrumental fusion by Pandit Dhananjay Dhumal, and Qawwali s by Nizami Bandhu.

Third Day of the seminar started with morning meditation followed by the Christmas Puja. Yuva seminar was conducted in the afternoon. Evening session included various music and dance performances by Sahaja yogis from all over the world.

On 26<sup>th</sup> December 2019, the day started with morning meditation followed by Haldi Program. About 38 Sahaja Marriages were solemnized in the evening.

Sahaja Yogis enjoyed foot soaking at the sea and the divine vibrations and joy of the collective.



Dance Performance by Ms. Preeti Soundur



Classical Music by Pt. Chandrashekhar Vaze



Classical Music by Shri Kashish Mittal



Dance by Chinese Collectivity



Sahaja Bhajan by Russian Collectivity



Qawwali by Nizami Bandhu



Sahaja Bhajans by Nirmal Sangeet Sarita



Dance by Geetika Tiwari & Neha Verma



Sahaja Marriages at Nirmal Nagari, Ganapatipule



*Shree Mataji at Beach House,  
Bombay (Mumbai)*

So, they don't know how to pronounce many words, you see, so that's how they couldn't call Bombay, Mumbai. So they use to called it Bombay. See, but Mumbai is a very big word it means primordial Mother. She's the mother of Mumba and Mumba is the mother Amba, is Mumba. And she's the mother of, who is that? That's the Mahakali that's the Primordial Mother. They couldn't pronounce that word so they called it Bombay. That's how we've got Bombay and all those all words were ruined by them.

**Puja in Madras (Chennai),  
25th January 1986**

## About The Life Eternal Trust

**The Life Eternal Trust, Mumbai is the FIRST and the OLDEST Sahaja Yoga Trust, formed by Her Holiness Shree Mataji Nirmala Devi on March 8, 1972. Shree Mataji formed this Charitable Trust** within two years of her starting Sahaja Yoga movement for transformation of human beings by opening the Sahasrara at Nargol on May 5, 1970. She also registered the Trust with the Charity Commissioner, Greater under Charity Commissioner, Greater Mumbai, under the Bombay Public Trusts Act, 1950, Regn. E 4884 (B) dated 08/03/1972.

The Trust deed was drafted and signed by Her Holiness Shree Mataji Herself. The Trust deed contains 22 objects, which clearly describes HER vision of emancipating the entire mankind. These objects are as under:

### **OBJECTIVES of The Life Eternal Trust, Mumbai as laid down by Her Holiness Shri Mataji:**

To facilitate the work of Mataji as follows:

1. To expedite the process of spiritual evolution by exciting the residual consciousness. Kundalini, to rise ultimately leading to self-realisation (Second Birth as defined in the Bible, the Koran, the Indian Scriptures and the great ancient prophets and sages all over the world).
2. To achieve the evolution described in the foregoing para through the method of "Sahaja Yoga" which means effortless, easy, relaxed method of meditation evolved by Mataji. To organize meditation centres for this purpose. This completely precludes all the external human efforts like rituals, worships, prayers, recitations, reading, renunciation (i.e. Sanyasa), worship of the preceptor (Guru) or any other physical expressions.
3. By the process, to reach a Zero point where one becomes effortless and starts feeling the play of the supreme. Ultimately to reach the stage where one loses the Ego (T) and one becomes one with the Creator and His creation.
4. To open the minds of people through meetings introducing "thoughtless awareness" which discovers the subtle which at present is lost in gross words, books and dogmas.
5. To introduce the only one internal living religion lying dead and camouflaged under external practices and precepts of religion in all the human beings and for this to organise tours and hold spiritual meetings as per wishes of Mataji.
6. To spread the news of the descent of the Divine Grace, with the help of self-realised disciples of Mataji.
7. To cure people of their physical and mental ailments by blessing them with divine healing touch of Mataji and other disciples who have developed their collective consciousness through self-realisation.
8. To give the taste of real joy that is within the self. To practice different methods of meditation evolved by Mataji and to hold meditation camps.
9. To create a new generation of self-realised people and to render motherly protection to all such children against evil intentions and to look after their well-being.
10. To build and run Ashramas of Sadhakas for their use during Sadhana and to promote all activities expressing the new dimensions of creativity.
11. To introduce this work in School, Colleges and other institutions and groups and to run schools for younger people.



Shree Mataji in Bombay (Mumbai)  
Year. 1979

For twenty-one years I have been fighting in Mumbai city. So I wanted to say to Mumbai people that Sahaja Yoga has to spread more in Mumbai. Just for me or just to attend the center is not enough, and you have to go beyond that. There are now many centers, but what work happens in those centers? People are coming to the center, doing meditation, listening to Shri Mataji's speech and so on. You have to go beyond that. You should meet people and tell them about Sahaja Yoga. There are many small villages. You should go there and organize big programs, and you should be totally involved in such types of Sahaja Yoga work.

**Shri Laxmi Puja, Alibaug**  
**29<sup>th</sup> December 1991**

12. To improve the aesthetics of behaviour and beauty by holding exhibitions of art, culture and music and through all activities which speak the universal language of love and beauty by developing the inner sense known as "Ati-Indriya", that enlightens the subtle sensitivities.
13. To employ the energy of love to overcome hatred that is the cause of wars, disintegration and destruction by publishing and relating the spiritual experiences of Sadhakas which prove the universal laws of love.
14. To overcome the void between the material saturation and the unknown which is causing fear, restlessness, sleeplessness and tension leading to escapism from reality and false renunciation.
15. To print, edit and publish journals, books and literature written by Mataji and her disciples with her approval for conveying the knowledge of truth so that the human beings who are the highest in evolution, rise in their glory, dignity and freedom, as also for publicising the activities of the institutions run by the Trust.
16. To distribute to patients simple medicines and oils with Mataji's vibrations and of any disciples on instructions from Mataji.
17. To hold press conferences to give a correct picture of the activities of cosmic powers by demonstration or by discussion, as well as of the Life Eternal institutions.
18. To collect books under the guidance of Mataji for libraries.
19. To build sanatoria, hospitals, nursing homes for the sick and invalid.
20. To counteract through mass spiritual power the destructive forces against spiritualism such as evil spirits, the cult of hypnotism, siddhis and the use of "religion" for the exploitation of the innocent.
21. To unite all genuine seekers of truth divided by dogmas and ignorance so that Satya Yuga (the Age of Truth) is born out of the present Kaliyuga (the Age of Darkness) rather than complete annihilation. To harness all the human resources to achieve this great task for which mass evolution will be needed.
22. To open, organise and run local centres of the Life Eternal Institution in various parts of India and in foreign countries, the centres being opened on the distinct understanding that meditation is the path of the entire human destiny, and that all barriers of states, nations and races are artificial and irrelevant to Life Eternal.

Sahaja yoga activities have been organized under this Trust since 1972.

**Regular meditation centres:** The Trust conducts regular weekly Sahaja yoga meditation centres at various locations. At these centres, self-realization is given and Sahaja yoga is taught free of cost to desiring new people irrespective of any religion, caste, background or beliefs. The expenses of the centres are met through small contributions / donations from established practitioners.

**Regular public Programs:** Regular programs for self-realization through Sahaja yoga are being periodically held at various schools, colleges, corporates, public places etc. Regular workshops are also being undertaken to impart better understanding of self and balanced lifestyle. All these public programs are conducted free of cost to the newcomers.

**Regular events:** Regular events like Seminars, workshops, musical programmes, and informative programs are also being periodically conducted at various locations.

**Research on Sahaja Yoga and healing:** Research on Sahaja Yoga and healing of energy centres through Sahaja yoga meditation is also done at International Sahaja Yoga Research and Health Centre, CBD Belapur. The Trust does not charge anything for self-realization as per the principles propounded by the founder Her Holiness Shree Mataji Nirmla Devi. It is the endeavour of the Trust to impart the mental, physical emotional and spiritual benefits of Sahaja yoga en masse to as many persons as possible.

## Digital Initiatives

In moving in line with India's vision of digitisation, and for Improving Sahaja Yoga related work and spread through transparency, convenience and cost effectiveness, the Trust has launched various Digital initiatives.

1. Websites: Following websites have been made operational :  
<https://www.sahajayogamumbai.org/>  
<http://www.thelifeeternaltrust.org/>  
<http://www.sahajahealthcentre.com/>  
<https://www.pksacademy.com/>
2. Receipts and Donations :
  - ✓Credit and debit cards enabled even before demonetisation
  - ✓Payment gateway enabled on Trusts' web sites
  - ✓Online collection of donations for various Sahaja Yoga projects.
  - ✓International seminar collections- now more than 3/4ths are by digital methods like credit and debit cards, UPI, wallets, net banking etc.
3. Social media : We have already enabled
  - ✓Trust's Facebook page  
<https://www.facebook.com/TheLifeEternalTrustMumbai/>
  - ✓Vashi Health Centre Facebook page  
<https://www.facebook.com/Vashi-Healthcenter-124571651537577/>
  - ✓Various WhatsApp groups for various activities
4. Launched official YouTube channel of The Life Eternal Trust in October 2019.  
<https://www.youtube.com/c/TheLifeEternalTrustMumbai/>

This will host the official videos of the Trust programs and events.

Various other digital initiatives are under implementation.

**List of YouTube videos uploaded on the Channel so far are as below:  
International Sahaja Yoga Seminar, Nirmal Nagari, Ganapatipule, India,  
December 2019**

2019-1223 Live play of Music & Dance by Ms. Preeti Sondur

[https://youtu.be/MSYe\\_LmVVhg](https://youtu.be/MSYe_LmVVhg)

2019-1223 Classical Music program by Pandit Shri Chandrashekhar Vaze.

<https://youtu.be/bmW2c-1xbl4>

2019-1223 Nirmal Sangeet Sarita - Part1 (Classical Music)

<https://youtu.be/EV0aqsDS1gl>

2019-1223 Nirmal Sangeet Sarita - Part2 (Sahaja Bhajans)

<https://youtu.be/zf4OIFMghag>

2019-1223 Sahaja Bhajans by Shri Mukhiram & Group.

<https://youtu.be/np7AzuX7hKw>

2019-1224 Classical Music program by Shri Kashish Mittal.

<https://youtu.be/XGKj6MLmD44>

2019-1224 Instrumental Fusion by Pandit Shri Dhananjay Dhumal.

<https://youtu.be/0901BCxreaE>

2019-1224 Qawwali by Nizami Bandhu.

[https://youtu.be/LG\\_JaE4Zwz](https://youtu.be/LG_JaE4Zwz)

2019-1225 Shri Christmas Puja 2019 at Nirmal Nagari Ganapatipule.

[https://youtu.be/fsuD7aa0\\_Co](https://youtu.be/fsuD7aa0_Co)



Nirmal Dham Shrine, New Delhi



Shree Mataji's Birth Place, Chindwara

There's only one pure desire and that is to be one with the Divine.

**H.H. Mataji Shree Nirmala Devi  
16<sup>th</sup> January 1983**

## International Sahaja Yoga Seminar, Nirmal Nagari, Ganapatipule, India, December 2018

A short video of the International Sahaja Yoga Seminar 2018, held during December 23-26, 2018

[https://youtu.be/3WBVT\\_4kIMw](https://youtu.be/3WBVT_4kIMw)

2018-1223 Dance Performance Geetika Tiwari, Analuza Shah & Collectivity

<https://youtu.be/DjDDsGGJibY>

2018-1223 Classical Program by Shri Kashish Mittal

[https://youtu.be/4rbMi8Fa\\_Uo](https://youtu.be/4rbMi8Fa_Uo)

2018-1223 Shaadi ka Laddu - Play on Sahaja Marriages

<https://youtu.be/oNRL7om8584>

2018-1223 Bhajans by Russian Sahaja Yogis.

<https://youtu.be/SXp3-l6CUM>

More videos will be uploaded in due course.

But to enjoy the positivity in every negativity is the capacity of a Sahaja Yogi.

The negativity doesn't exist – it's a ignorance. Also it is not ignorance because ignorance also doesn't exist. If everything is the all-pervading power, then how can there be ignorance?

**Shri Bhairavnath Puja, Garlate, Italy, 6<sup>th</sup> August, 1989**

## Central Committee of India – Puja Calendar

Sahaja Yoga Central Committee of India Puja Calendar 2020		
PUJA	PUJA/SEMINAR DATE (DAY)	PROPOSED DETAILS OF PUJA & VENUE
Sahasrara Day Puja	5 <sup>th</sup> May (Tuesday)	Local Main Centers (Celebration of 50 Years of Sahaja Yoga at Delhi & Mumbai on May 3 <sup>rd</sup> , Sunday)
Shri Adi Shakti Puja	7 <sup>th</sup> June (Sunday)	Local Main Centers
Shri Adi Guru Puja	5 <sup>th</sup> July (Sunday)	National Puja at Shirdi, Maharashtra
Shri Krishna Puja	9 <sup>th</sup> August (Sunday)	Local Main Centers
Shri Ganesha Puja	6 <sup>th</sup> September (Sunday)	Local Main Centers
Shri Navratri Puja & Havan	25 <sup>th</sup> October (Sunday)	Local Main Centers
Shri Mahalaxmi/Diwali Puja	22 <sup>nd</sup> November (Sunday)	International Puja & Seminar at Nirmal Dham, Delhi from 20 <sup>th</sup> to 22 <sup>nd</sup> November 2020
Christmas Puja	25 <sup>th</sup> December (Friday)	International Puja & Seminar at Ganapatipule from 23 <sup>rd</sup> to 26 <sup>th</sup> December 2020. (Christmas Puja on 25 <sup>th</sup> December 2020 & Sahaja Marriages on 26 <sup>th</sup> December 2020)

## Contribute to this newsletter

We hope that you have liked our Newsletter initiative. If you want any event, program, event notice or information **pertaining to Sahaja Yoga**, to be part our Newsletter, then please write to us on our email [newsletter@sahajayogamumbai.org](mailto:newsletter@sahajayogamumbai.org). Please include 1 to 4 photographs, preferably of high resolution, wherever required. Please remember "A picture is worth a thousand words". However, the final decision regarding their publication remains with "The Life Eternal Trust". Articles may also be edited for space, style, and readability considerations.

**Please note:** By submitting a *contribution* to the *newsletter*, you are agreeing that the content submitted will be publicly available.

**Feedback/Suggestions:** Your feedback is valuable. Please write to us at [mumbaillet@gmail.com](mailto:mumbaillet@gmail.com)