

THE LIFE ETERNAL TRUST, MUMBAI

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



Newsletter

ISSUE: JANUARY - MARCH 2020

H. H. Mataji Shree Nirmala Devi

Jai Shree Mataji

The year 2020 started most dramatically with the outbreak of COVID 2019, which later spread to every corner of the world. WHO declared the outbreak as a Pandemic in March 2020. This can surely be counted as one of the most tragic event since the World War II. It has touched human lives in ways, never imagined before.

New rules are being written for human interaction. In the entire history of humans, one cannot visualise an event where humans are forcibly confined to their homes in such a manner or scale.

This Pandemic will really compel people to look within themselves, to seek and to find the hitherto unexplored dimensions of their life. Spirituality and Sahaja Yoga will be the biggest beneficiary of this urge to seek within. As it has been said "Seek and Ye shall find". Self-Realisation through Sahaja Yoga can lead to the ultimate fulfilment of that seeking within.

Sahaja Yoga is easy, spontaneous and natural. Self-realisation can be given en masse, which has been made possible for the first time in the history of spirituality by Shree Mataji's grace. It is easy to learn and practise, while producing tremendous positive effects on all dimensions of humans- mental, physical, emotional and spiritual health, while also integrating all these dimensions. This en masse awakening is the culmination and climax of all spiritual work done by the incarnations and saints since ages. It takes humans to the next step of human evolution of collective consciousness and of vibratory awareness by which one can know absolute truth on one's central nervous system. It will open up new areas of research in health, psyche, consciousness, energy etc in future.

This pandemic has moved Sahaja Yoga to online platforms, which has led to newer forms of Sahaja collectivity – geographical boundaries are no longer of relevance. It can be the big turning point for Sahaja Yoga and spirituality. **THY WILL BE DONE.**

The Life Eternal Trust, Mumbai



HER HOLINESS MATAJI SHREE NIRMALA DEVI

"You have to use the candle and it will be all right. Because whatever it is, you see, it's a left side virus you have got, virus, infection. And for the virus you have to use the light. Light. Light is more than the heat. It's not the heat, it's the light that will help you a lot. ... It's just a virus infection of what you call the allergic. Allergic conditions are nothing but viruses, allergic. And these viruses are the plants and things that have gone out of the circulation of evolution. So, they live on the left-side, in the collective subconscious, you see, the area which was built in. And they attack you. Once they attack you, then medical cannot cure it, you see. It's a psychosomatic trouble. And now in his case also same thing. Only the candle can cure it. ... You have to use my photograph."

Interview about Sickness, Vienna, 30/06/1990

"But Hamsa Chakra could be affected by baddhas. That's one problem, if some baddha passes through the nose, you might; some viruses pass through the nose, you might. Affected, means it can get sick. But one must understand the discrimination between the two. Say there's a virus infection outside. It can pass into your Hamsa Chakra and can give you a problem of sinus, this, that – physical. But you won't become like a person who has given you virus infection. So there is a filter. But supposing there's a person who is very hectic. And you come in contact with that person – he's very hectic, so your Swadisthana can take over. You can become hectic with that person. Being with that person, you can become hectic. But as far as the Hamsa is concerned, with anybody you live, your Hamsa doesn't carry the complete impact of that because there's filter."

Evening Talk before Shri Vishnumaya Puja, USA, 08/08/1987

Republic Day Celebration at Health Centre



26th January at the Health Centre was not just a celebration of Republic Day, but it was also a celebration of haldi kumkum for the occasion of Makar Sankranti. While the Sahaja Yogis shone brighter that evening in tri-color, the event became even more special with the bhajan program.

The sessions included meditation, followed by Shree Mataji's lecture on Makar Sankranti, bhajan, and haldi kumkum. The fragrance of flowers, tilgul ladoos, souvenirs and Sahaj bhajans made it a beautiful environment full of vibrations.

There was also a separate session for the new Sahaja Yogis to help them understand Sahaja yoga better. The new sahajis have been attending the local centers to be a part of Sahaja Yoga collectivity.

Children Seminars by East zone

By the grace of Shree Mataji, East zone conducted seminars for Children, which included collective meditation, explanation of Sahaja Yoga for children, drawing and painting. So far we have conducted eight children seminars. The 7th Balshakti seminar was conducted on 12th January 2020, at Ghatkopar west with around 20 children attending it. The 8th children seminar was conducted on 1st March 2020, at the same venue.

This time stories regarding Shree Mataji's birth were told and children made greetings for Shree Mataji.

Public programs in schools at Mulund

A Public programs were organized by East zone collectivity from 7th January 2020 to 12th March 2020 at various schools including Cambridge School, H.K. Gidwani School, Nutan Vidyalaya etc. during school timings. More than 6000 new seekers got their realization.

Public program at Titwala, Kalyan

By the Divine Grace of Her Holiness Mataji Shree Nirmala Devi, Kalyan zone organised Public Program at Regency Sarvam Club House, Titwala East on 12th January 2020 from 9:00AM to 5:00PM. More than 300 families attended the program and experienced their self-realisation.

Public programs at Andheri, Versova

Sahaja Yoga, Andheri Collectivity organized a public program on 26th January 2020 at Gulmohar Park & Kalavishar Manoranjan Park near Versova Village between 6:00 AM to 09:00 AM. More than 100 new seekers attended it. Follow up programs were conducted every Thursday thereafter.



Republic Day Celebration at Health Centre



Public Programs in School



Children Seminar- East Zone



Public Program at Titwala



Workshop for Yuvashakti, Pune

A workshop was organized on 2nd February 2020 at 10:00AM by Sahaja Yoga Dhyana Kendra & Pune Collectivity to bring together all the Yuvashaktis of Western Maharashtra and discuss about the various challenges faced by today's Yuvashakti followed by Meditation and different techniques of cleansing to overcome them. More than 190 Yuvashaktis participated.

Public program at Vasind

A public program was organized by Kalyan zone collectivity at Vasind Grampanchayat hall, Vitthal Mandir Khativali, Sai Mandir Kasne & New Ideal School Vasind West on 9th February 2020. More than 150+ seekers attended the program and experienced their self-realisation. Also follow-up program was arranged at New Ideal School, Vasind West.

Corporate program at BKC G Block

A Corporate program on Stress Management through Sahaja Yoga was arranged for Income Tax employees in Kautilya Bhavan, BKC on 13th February 2020. More than 60 seekers attended the program Follow up sessions were conducted as seekers were very much interested.

24th Anniversary Celebration of Health Centre, CBD Belapur

The Health Centre celebrated its 24th anniversary this year on 19th Feb 2020. Celebrations included meditation, musical evening and sharing of experiences at Health Centre by many Sahaj yogi patients.

An important highlight of the event was the musical evening,, where many blessed musical vocalists such as Shyam Jain and many artists from the Mumbai Music Team performed bhajans at the Lotus Feet of Shree Mataji.

Every Sahaj yogi has had miraculous experiences at the Health Centre in different ways. One such from yogi shared about his critical stage cancer. He was suffering from throat cancer, which eventually had spread to other organs in the body. When he visited the Health Centre, he realized the importance of regular meditation and treatments. With complete dedication and attention to Sahaja yoga and Shree Mataji, he left India after a few days of his treatment. It surprised all the doctors in New Zealand when they learned about the absence of cancer tumors in any of his organs. The experience made Sahaja Yogi's faith stronger ever since.



Yuvashakti workshop, Kothrud



Public Program at Vasind



Corporate program at BKC



24th Anniversary of Health Centre, CBD Belapur

Yuva Shakti Workshop at Dadar East

With the Divine Blessings of Her Holiness Mataji Shree Nirmala Devi, we had a very nice workshop for yuvashaktis on 1st March 2020, where yuvas from all across Mumbai, Navi Mumbai, Thane came collectively and enjoyed the workshop. The workshop was held at Marathi Grantha Sangrahalaya, Dadar East. Around 100 Yuvas attended the workshop. It covered various topics like Role of Yuva's in Sahaja yoga, Life of Chhatrapati Shivaji Maharaj, and practical Session on clearing left side, Attention and Attachment. The overall flow of vibrations during the entire program was very good and all the yuvashaktis enjoyed the joy of collectivity and learned a lot of things.

Kothrud Ashram, Pune-20th Anniversary

Sahaja Yoga Dhyam Kendra, Pune was inaugurated by Her Holiness Mataji Shree Nirmala Devi on 3rd March 2000. Since then there has been weekly centres, every Saturday at 06:30 PM. Daily meditation and various workshops are conducted at this place regularly. It serves as the main center for all Sahaja Yogis across Pune. To mark the occasion of the 20th Anniversary, a musical Program was organised with Shri Shyam Jain to make the event melodious. More than 400 Sahaja Yogis attended the event.

Holi Celebration at Health Centre, CBD Belapur

Like every year, at the Health Centre, we celebrated the Holi festival with all sahaji brothers and sisters. A day before the celebration of colours, sahajis burned all the negativities and badhas.

The next morning, we started with Shree Mataji's speech and collective meditation. All Sahaj yogis then offered colours at the lotus feet of Shree Mataji and started playing holi while not missing the rhythm of Sahaj bhajans.

Many sahajis joined the classic Garba dance on the beats of tabla and bhajans sung by Navi Mumbai Music team. Sahajis made sure that there wasn't unnecessary wastage of water or garbage.

Yuvashakti Workshop on Music

The workshop which was held on 12th March 2020 at Sahaja Yoga Mumbai Main Centre Andheri, was based on how different notes of Indian classical music affects the vibratory awareness or state. The flow was started by lubricating all the points of Vishuddhi chakra by Ghee so that vibrations can be felt on a more sensitive level. Then we moved each chakra starting from Mooladhara to Sahasrara reciting the respective Bija mantra, Shlok or Bhajan collectively along with the musical Team. Yuvas from West zone attended the Workshop.



Yuvashakti Seminar at Dadar



Holi Celebration at Health Centre, CBD Belapur



20th Anniversary, Sahaja Yoga Dhyam Kendra, Kothrud



Birthday Puja at Health Centre, CBD

The lockdown imposed in Maharashtra, due to the COVID-19 Pandemic, led to Sahaja Collectivity performing Birthday Puja from their respective homes for the first time. In the 50th Year of Sahaja Yoga, the Birthday Puja was offered on March 21, 2020, at the Lotus Feet of Shree Mataji at the International Sahaja Yoga Research and Health Centre, CBD Belapur and it was webcast live on the YouTube page of The Life Eternal Trust, Mumbai. It was full of vibrations and all those who attended it enjoyed it completely.



International Shree Shiv Puja, Bhugaon

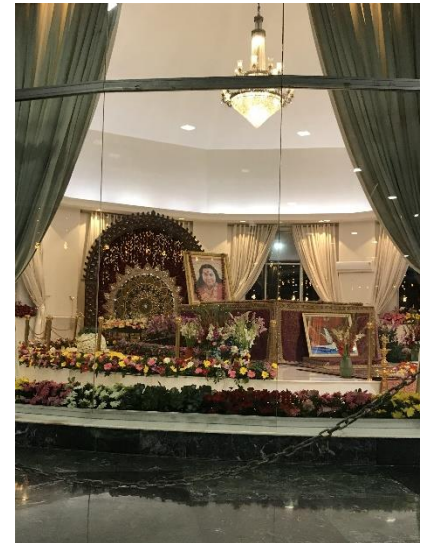
By the blessings of Her Holiness Mataji Shree Nirmala Devi, the International Shree Shiv Puja was organised on 16th February 2020 at Nirmal Nagari, Bhugaon Khatpewadi Pune. The Khatpewadi land at Bhugaon has great spiritual importance as Shree Mataji bestowed several Saakar pujas. More than 2500 Sahaja Yogis attended the Puja, organized by The Life Eternal Trust, Pune.



Birthday Puja at Nirmal Dham, Delhi

The International Birthday Puja was offered at the Lotus feet of Shree Mataji on March 21, 2020 at Nirmal Dham, Delhi. Sahaja Yogis participated in the Puja online from their respective homes. It was webcast live on YouTube page of Nirmal Dham by The Life Eternal Trust, Delhi.

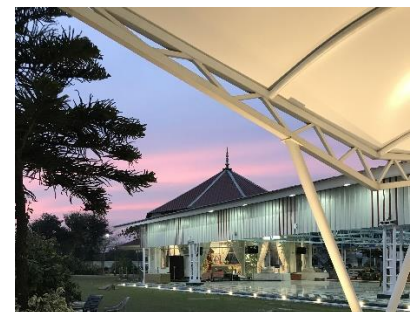
Birthday Puja at Health Centre, CBD



International Shree Shiv puja, Bhugaon



Birthday Puja at Nirmal Dham, Delhi



INTERNATIONAL SAHAJA YOGA RESEARCH AND HEALTH CENTRE, CBD



The International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai, India, **founded by Her Holiness Shri Mataji Nirmala Devi on 19th February 1996**, is a "true gift to the humanity".

The Health Centre is situated in picturesque, green surroundings and is a unique Health Centre of its kind in the world. At the Health Centre treatment for diseases is done by vibratory awareness, developed through Sahaja Yoga meditation.

The Health Centre has witnessed an increasing number of patients since its inauguration and has attracted many overseas visitors and many Indians.

Her Holiness Shri Mataji Nirmala Devi appointed the late Prof. Dr. U. C. Rai as the first Director of the Health Centre. Prof. Dr. U. C. Rai had worked as Head of the Physiology Department of Jawaharlal Institute of Postgraduate Medical Education and Research, Pondicherry, and as a Professor in various medical colleges of Delhi. He had done research at the Lady Hardinge Medical College and associated hospitals, New Delhi, on the role of Sahaja Yoga in the treatment of psychosomatic diseases. He was conferred with the 'Vladimir Verniczky Honoured Doctor' award in Moscow, for his research work on Sahaja Yoga.

The fundamental uniqueness of this Health Centre is to provide humanity with healing through vibrations generated by the practice of Sahaja Yoga. Prof. Dr. U. C. Rai was of the opinion that through Sahaja Yoga, the results in the medical field were fantastic, especially in areas where doctor's efforts had been ineffective.

At this International Sahaja Yoga Research & Health Centre, Shri Mataji's Divine Grace has cured patients from all around the world. Sahaja Yogis across the globe especially from overseas countries like United States of America, Australia, United Kingdom, France, Switzerland, Austria, Africa, Malaysia, Singapore, Russia and Canada have visited on a regular basis to get their subtle imbalances corrected as well as their physical ailments cured and have immensely benefited from the Sahaja Yoga Meditation and Sahaja Yoga techniques practiced at the Health Centre.

Cases of varied aetiology such as Hypertension, Bronchial Asthma, Diabetes, Migraine, Epilepsy, Depression and Cancer have been cured at the Health Centre. The influx of number of patients visiting this Health Centre has risen progressively since 1996. A total of more than 100,000 patients in-house admissions plus out patients, from all parts of the world have visited the Health Centre have benefited from the Sahaja method of treating the inner imbalances and thereby getting cured.

To be admitted to the Health Centre, one needs to send individual requests by fax, post or e-mail, along with a brief medical history or a brief account of subtle imbalance, to the doctor in charge. Subsequently, all information and communications for booking and reservations for room accommodation at the Health Centre are taken care of by the reception desk.

Overview of the Health Centre

The Health Centre has a very lush green milieu all around with a huge complex that houses two floors furnished with all the necessary facilities for the comfort of the visiting and the attending yogis. The main Health Centre campus seems to be amidst a concrete urban conglomerate of CBD, Belapur on the H.H Shri Nirmala Devi Marg on the highway yet from it overlooks a beautiful lush green hillock as the backdrop and one has a beautiful overview scenic view from its roof.



The main complex has a well-defined reception area, separate ward accommodation for males and females also has special Non A/C and A/C rooms. The large kitchen with high health and safety standards along with an expert chef who takes care of the balanced diet for the yogis in the indoor wards. There is a large Meditation hall adjacent to the reception area while at the other end it has a very serene room. This is where yogis are diagnosed by the attending doctors in charge and taken care of the individual Sahaja Yogis undergoing cleansing session by simple method of Sahaja Yoga meditative techniques as devised by H.H. Shri Mataji. The results are very positive in most of the cases who accepts the basic fact of recognition of the power within that created us. This positive result is achieved through the raising of the Kundalini of the individual and attending to various subtle centers that may need the attention of this subtle power to function in integration with other subtle centers within the body.

The Health Centre has beautifully furnished accommodation for Her Holiness Shri Mataji on the first floor while the ground floor underneath has been the area for the research work. Also the centre of the complex has a beautiful rectangular shaped lawn with meditation cum stage used for collective functions within the campus, under the open sky. The lawn provides a silent respite to the seeking souls as it helps generate more vibratory awareness with in as one undergoes the experience of awakening one's own energy from within. The yogis use this lawn as an ideal morning and evening meditation ground.

There is also a large stage/amphitheater with garden at the back of the Health Centre with lot of trees & greenery.

Success rate

Virtually every yogi who had come to the Health Centre has greatly benefited from the Sahaja Yoga method of treatment and numerous cases registered have been completely cured. These cases include being cured of infertility, epilepsy, thyroid carcinoma, cancer and many other illness. The Health Centre has been experiencing an overwhelming influx of yogis day by day, year after year from India as well as overseas countries. The popularity may be because of the belief and the astonishing benefits in terms of both spiritual and physical health that this Health Centre delivers to the world by the Holy Grace of Shri Mataji. All Sahaja Yogis and staff at Health Centre pray to Her Holiness to continue to shower Her Divine Blessings on the Health Centre.

Contact Address:

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Navi Mumbai - 400614, India.

Contact: +91-22-27571341/27576922. Between 10:00 am and 5:00 pm IST
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Mobile: +91 – 7738111184

Website: www.sahajahealthcentre.com

Email: sahaja.health.center@gmail.com

Facebook: <https://www.facebook.com/ISYRHCCBDBELAPUR/>

Disclaimer:

International Sahaja Yoga Research and Health Center was founded by Her Holiness Shree Mataji Nirmala Devi on 19th February 1996. The Practice & Treatments followed by the Doctors at the Health Center are solely based on the teaching of Shree Mataji. It has no branch and any other affiliate in India or anywhere in the world.



“Now [with] Sahaja Yoga I don't know how many thousands have been cured. But what is important is, if you are curing, know that you are not curing. It is the Divine Power that is curing. You are not doing anything. It's best to be like that. I feel the same way, I'm doing nothing and I'm Nishkriya, doing nothing.”

**Christmas Puja,
Ganapatipule, India,
25 December 1997**

We do not endorse any posts related to Sahaja Treatments (circulating on social media or any other medium) in the name of the Health Center, without any authority or approval. We humbly request all not to share any such treatments on social media or any other channel. Please note that the treatments share at the Health Center to a particular individual should not be generalized for everybody.

Any association, claims or prescribe treatments from its ex-employees including Doctors or any other unauthorized person in attempt to misrepresent himself/herself as member of the Health Center or any attempt to misuse Health Center name will be deemed illegally and will be actionable .

Daily Online Meditation on YouTube

By the Divine Blessings of Her Holiness Mataji Shree Nirmala Devi, The Life Eternal Trust, Mumbai started various digital initiatives. One of the initiative is collective daily online meditation. All Sahaja Yogi brothers and sisters are requested to join this collective daily online meditation through YouTube at 08:00PM IST and weekly morning meditation at 05:00AM IST every Sunday morning. To join please follow the link below:

<https://www.youtube.com/c/TheLifeEternalTrustMumbai/live>

Also to receive the alerts for meditation/programs please subscribe the YouTube channel and click on the bell icon to get regular notifications.

“And all this viruses come from left side. From the subconscious, from the collective subconscious. Sometimes when they break, it starts working on its own; this side. All this incurable diseases are, we call of the left sided attack of the viruses. And these viruses are the animals, the plants, and human being who have gone into the 'collective subconscious. Of course now doctors have reached to a point to say that these viruses come from area which is built within us since our creation. For cancer they have viruses 53, like that. They have numbers. That's all. They are only numbers.”

**Public Program
Helsinki, Finland, 1992**

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 . 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 mumbailet@gmail.com

“If you understand really, in the way that I call it part and parcel – what is a Bodha – that is, it becomes part and parcel of your nervous system, then no virus can attack you; nothing can trouble you. And even if they attack, it will come for a short time and will go away. ... But it will not stay in your body. It cannot stay long...”

Advice on the treatment of viral diseases.

Pune, 1987

“But the greatest power that is belonging to the Mother is your protection; protection from all kinds of things. All the left hand side protections are there. They are described, as you must have learned, in the Devi Mahatmyam, what a protection She gives you. So tremendous is Her protecting power, and this protecting power gives you understanding: how kind She is, and how very, very protective of you, extremely protective. She'll guide you all the time that you should be protected, on the left side, and through Her Ganas She looks after you.”

**Navaratri Puja,
Los Angeles, USA, 2002**

To read the latest and previous editions of this Newsletter, please visit:

www.sahajayogamumbai.org/newsletters