

ANNUAL NEWSLETTER

The Life Eternal Trust
Mumbai



APRIL 2024 – MARCH 2025

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“If you want to know the reality, you have to become the spirit.”

Her Holiness Mataji Shree Nirmala Devi

Editorial – Message from the Trustees

Jai Shree Mataji

The Life Eternal Trust is the name given by Her Holiness Mataji Shree Nirmala Devi Herself, and the name itself is very spiritual with deep meaning. The Life Eternal Trust, Mumbai is the **First Sahaja Yoga Trust**, established on 8th March 1972, by Her Holiness Mataji Shree Nirmala Devi Herself. The objectives of the Trust as contained in the Trust Deed were written by Shree Mataji Herself. Shree Mataji's vision is clearly expressed in the **Trust's objects - they go much beyond Sahaja Yoga**. As She says: "Sahaja Yoga is just one of My aspects".

Being the first Trust, The Life Eternal Trust, Mumbai has a special historical significance from the point of view of Sahaja Yoga and also from the spiritual history of mankind. From the Trustees point of view, following are our non-negotiable priorities:

- Protecting Shree Mataji's legacy and purity of Her teachings
- Ensuring collectivity of Sahaja Yogis increase both horizontally (in numbers) and vertically (depth)
- Ensuring transparency in working of Trust affairs
- Rendering Motherly protection to all seekers – so that they grow in environment of love, peace and without any domination from others.

This Annual Newsletter for April 2024 - March 2025 briefly covers the Sahaja Yoga activities and the project initiatives of the Trust. For the sake of transparency, the Trust will continue with such newsletters to highlight its activities. For any content, you may write to us on newsletter@sahajayogamumbai.org. For any feedback/suggestions, you may write to us on mumbailet@gmail.com. With immense gratitude at Shree Mataji's Lotus Feet- the source of all knowledge, creativity and joy.

Sudershan Sharma

“In Sahaja Yoga I don't know you by your faces so much; I know you by your chakras, by your Sushumna, what sort of a Sushumna you have. If you have a deep Sushumna, I know you as a deep person. If you have a superficial Sushumna, I know you as a person with a very superficial type of a Sushumna. And even if you make up something by sort of being very nice or good, or talking about Sahaja Yoga or knowing too much about Sahaja Yoga and saying things which will baffle normally anyone as if you are masters of Sahaja Yoga, I know how deep you are.

So, the depth on the axis is more important than anything else. Your axis has to be very deep. Now you will say that “Mother, the axis is the same as it is, so how can it be deep?” So, in the axis as you see is made in human beings, is like a three-and-a-half coiled paper-like thing, and the inside of it is the Brahma Nadi. The Brahma Nadi is a very, very small little, we can call a very, very hair-like thing where only a hair-like Kundalini can pass through. But when the person is deep this Brahma Nadi is bigger, and all the rest of them which are coiled into each other are smaller; while the people who are not deep, their outside what you call the folding are bigger than the inside small thing.

Now such people could be apparently very dynamic, may look very intelligent, may look very smart, may look to be very good-looking or whatever it may be outwardly, but inwardly they are not deep. Inwardly if they are deep, their whole attitude is beautiful. They are very joy-giving people, they are very joy-giving. And the more if you meet a person of another kind, he may look joyous, he may try to give you joy, but the joy won't be really that deep; it would be like a joy-killing.

So, it is important for us to make our axis deeper, and that is where we lack the proper assiduity, the proper effort we have to put in.”

Makar Sankranti Puja, Mumbai (India), January 10th 1988

Self-Realisation/Prachar Prasar Programs (Synopsis)

- ❖ Sahaja Yoga Collectivity organised self-realisation program at the **Police Training Centre, Marol, Mumbai** on 14th April 2024.
- ❖ On May 12th, 2024, Sahaja Yogis carried out Prachar Prasar across **Gorai, Borivali**. Coverage included each chawl and building, coaching institutes and gardens. Approximately 5,000 pamphlets were distributed during the event, and new seekers visited Gorai centre.
- ❖ 21st June 2024, On the occasion of International Yoga Day, self-realisation programs were organised at various places such as **Terna Vidyalaya High School and Junior College, Happy Medicare centre Nerul, NMMC school No 10, A. C Patil College of Engineering** etc.
- ❖ Prachar Prasar was organised by **Malad West collectivity** on June 30th 2024. Sahaja yogis covered nearby residential societies and parks. New seekers attended the Malad Centre.
- ❖ On August 11th, 2024, Prachar Prasar was conducted in **Bandra East**, covering areas near **Purushottam High School**, chawls, buildings, coaching classes, and garden.
- ❖ On 17th August 2024 Self Realisation programme was conducted at **Hamid bhai Dalwai Urdu School Kalyan West Syndicate (KDMC School)** for 5th, 6th and 7th class students and for the staff.
- ❖ On 16th November 2024, Prachar Prasar was conducted at **Samel Pada, Nalasopara**, where the local community participated in the program. New seekers attended the Nalasopara centre and experienced self-realisation.
- ❖ On 1st December 2024, Prachar Prasar was organised at **Borivali West** by Sahaja Yoga Collectivity. More than 5,000 pamphlets were distributed, the realisation program was conducted in the evening on the same day, visited Borivali centre.
- ❖ In December 2024, Sahaja Yogis participated in **Malad Masti** to conduct self realisation program. This event was organised for all 4 Sundays, in which dedicated space was allocated for self-realisation program.
- ❖ **Nalasopara Collectivity** organised a Prachar Prasar on 4th January 2025 at Vrindavan Garden.
- ❖ From 9th January to 12th January 2025, A **Goregaon Collectivity** arranged self-realisation program at **Hindu Spiritual & Service Fair** which is hosted at Laxmi Park, Goregaon West. Separate stall was allotted for the program.
- ❖ Prachar Prasar was conducted by **Ghatkopar Collectivity** on 19th January 2025. Sahaja Yogis covered nearby residential societies.
- ❖ On the occasion of **Haldi Kum-Kum**, a self-realisation program was organised at **Navi Mumbai Mahanagarpalika School No. 10, Nerul and A.C. Patil College of Engineering, Kharghar** by Navi Mumbai Collectivity on 20th and 26th January 2025, respectively.
- ❖ On 26th January 2025, Prachar Prasar was conducted at **Tata New Haven Society, Boisar** where residents participated in the Realisation program.
- ❖ On 29th January 2025, Prachar Prasar was conducted at **Birwadi, Boisar**, where Sahaja Yogis gave self-realisation to local residents.
- ❖ On February 16th, 2025, Prachar Prasar took place in **Kandivali East**, covering each chawl and building, coaching classes, and gardens. Approximately 5,000 pamphlets were distributed. New seekers attended Kandivali centre.



Police Training Centre, Marol, Mumbai



Terna Vidyalaya, Navi Mumbai



Self-realisation program at Malad



Self-realisation program at Borivali



Self-realisation & Haldi Kum-Kum at Nerul



Self-realisation & Haldi Kum-Kum at Kharghar

Self-Realisation/Prachar Prasar Programs (Synopsis)

- ❖ On 20th March 2025, Prachar Prasar was conducted at **Wisdom School and Umroli Pioneer School, Nalasopara**, where sessions were held for the students.
- ❖ On March 22nd, 2025, Prachar Prasar was organized at **Borivali East**, covering each chawl and building, coaching classes and gardens. All new seekers attended Borivali centre.
- ❖ On 23rd March 2025, Prachar Prasar was conducted at **MHB Colony, Borivali West**, where the team reached out to the local residential community.
- ❖ A Prachar Prasar was conducted for **staff of Railway Institute**, Byculla on 27th March 2025.
- ❖ Several Self-Realization programs were organised in **Pune**, during the year 2024-2025. Prachar Prasar was organised at various places such as **Adarsh Vidyalaya, Pavsha Temple, D.Y. Patil College of Pharmacy**.
- ❖ During the year 2024-2025, Prachar Prasar was conducted at a **school of Boisar** for students.
- ❖ In 2025, Prachar Prasar was conducted at a public program in **Boisar**, where the message was shared with the local public.



Prachar Prasar at Birwadi, Boisar



Prachar Prasar at Wisdom School, Nalasopara



Prachar Prasar at MHB colony, Borivali



Prachar Prasar in Boisar



Self-realisation at Railway Institute, Byculla



Self-realisation at Adarsh Vidya Mandir, Pune



National Sahasrara Puja

On May 5th, 2024, Sahaja Yogis from across India gathered at the **International Sahaja Yoga Research and Health Centre, Navi Mumbai** to celebrate Sahasrara Day. This puja was attended by over **2,200 Sahaja Yogis**. Many members of **The Sahaja Yoga Central Committee of India (SYCCI)** also attended the Puja.



Shree Adi Shakti Puja

Shree Adi Shakti Puja was solemnized on 16th June 2024, at **Sterling College, Nerul, Navi Mumbai**. Sahaja Yogis from all over the Mumbai and nearby districts attended the Puja.

Shree Adi Guru Puja

On July 21st 2024, Shree Adi Guru Puja was performed at **CKP Hall in Thane** to express reverence for the Guru Principle and worship Shree Mataji as the Primordial Master. Around **1,900 Sahaja Yogis** attended the Puja.

Independence Day Celebrations

78th Independence Day was celebrated on 15th August 2024 at Sahaja Yoga Ashrams & Health Centre.

National Sahasrara Puja, CBD Belapur

- International Sahaja Yoga Research & Health Centre, CBD Belapur, Navi Mumbai
- Shri P. K. Salve Kala Pratishthan, Vaitarna
- Nirmala Dham Ashram, Aradgaon, Rahuri



Independence Day at Aradgaon Ashram,

Yuva Shakti Seminar

On August 18, 2024, **Yuva Shakti** from across Mumbai attended the seminar at **International Sahaja Yoga Research and Health Centre, CBD Belapur**. The seminar began with Shree Mataji's speech on Vishuddhi Chakra and meditation, followed by group activities. Post-lunch, Yuva Shakti performed skits and engaged in discussions on ideal Yuva qualities. The event concluded with Raksha Bandhan celebration, strengthening bonds. It was a day of unity, learning, and spiritual

Shree Krishna Puja

Shree Krishna Puja was performed on August 25th, 2024 at **Agri Koli Samaj Hall, Nerul, Navi Mumbai**. Sahaja Yogi children and Yuvas formed human pyramid to reach the Dahi Handi, symbolizing Shree Krishna's playful acts.

Shree Ganesh Puja

Shree Ganesh Puja was solemnized on September 15th, 2024 at **Agri Koli Samaj Hall, Nerul, Navi Mumbai**. Sahaja Yogis prayed to Shree Mataji for establishing Shree Ganesh Principles within themselves.

Yuva Shakti Seminar

Yuva Shakti seminar was organised on 2nd October 2024 at the **Bolinj Centre in Virar**. The seminar began with Shree Mataji's Speech on the importance of Nirmal Shakti Yuva Sangh (NSYS) and meditation. Discussions followed on balancing work with Sahaja Yoga and the value of steadfast faith in Shree Mataji. After lunch, engaging activities like Sahaj Charades and Antakshari brought joy. The seminar fostered connection, reflection, and collective growth.

Navaratri Puja

Havan and Navratri Puja were performed at **CIDCO Exhibition Hall, Vashi, Navi Mumbai** on 6th October 2024. Sahaja Yogis prayed to Shree Mataji to protect the world from evil and destroy all negative forces.



Yuva Shakti Seminar, Virar

Sahaja Yoga Seminar, Vasai

A seminar was organized on October 13th 2024 in Vasai. The Seminar was conducted for Sahaja Yogis as well as to welcome new seekers and introduce them to the **basic principles of Sahaja Yoga and health benefits by practicing Sahaja Yoga**. Other topics covered included the importance of giving Self-Realization, guidance on Puja, and interactive Q&A sessions that encouraged open discussion and sharing of experiences.

Inauguration of Meditation Hall at Nirmala

Nagari, Ganapatipule

New Meditation Hall in Nirmala Nagari was inaugurated on 27th October 2024 followed by a Havan for the smooth conduct of International Sahaja Yoga Seminar & Christmas Puja 2024 hosted during 22nd to 25th December 2024. This new meditation hall will be open for all Sahaja Yogis throughout the year and has the **capacity to accommodate 400 Sahaja Yogis**. The meditation hall is equipped with **state-of-the-art sound system & CCTV surveillance**. An interactive seminar was also conducted after the inauguration followed by Q&A Sessions by the Trustees.

Shree Mahalakshmi (Diwali) Puja

Shree Mahalakshmi Puja was performed on November 10th, 2024 at **International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai**. After the puja, Yuvas and children joyfully celebrated Diwali by lighting firecrackers.

Maharashtra Tour 2024

Following the blessed tradition established by Her Holiness Mataji Shree Nirmala Devi, Sahaja Yogis came together to visit the sacred sites of Maharashtra, the land of Adi Kundalini, Mahalakshmi, Mahasaraswati, Mahakali and Ashta-Vinayaka Swayambhus. The six-day tour from December 16th to December 21st, 2024, took Sahaja Yogis through spiritually significant locations, ancient temples, natural wonders, and vibrant cultural experiences, all filled with divine vibrations and collective joy. Sahaja Yogis from various countries enjoyed the tour.

The tour began from International Sahaja Yoga Research & Health Centre, CBD Belapur, Navi Mumbai to visit the serene **Sahaja Yoga Ashram in Alibaug**, where they gathered for collective meditation and settled into the peaceful atmosphere. The ashram provided a perfect foundation for our spiritual journey ahead, with its tranquil surroundings creating an ideal space for introspection and collectivity. The evening was spent at the beautiful Alibaug Beach, where the coastal vibrations and gentle sea breeze created a deeply meditative atmosphere.

Day 2 – Sahaja Yogis had darshan at **the Swayambhu Shri Pali Ganapati Temple**, one of the Ashta-Vinayaka temples. Experiencing the powerful vibrations at this sacred Swayambhu, Yogis felt deep peace in the presence of Shree Ganesh. The temple's spiritual energy set a blessed tone for the day ahead to visit **Mahabaleshwar**. The scenic beauty of Mahabaleshwar captivated everyone. We visited Elephant Point & Venna Lake which offered breathtaking panoramic views of the valleys and hills. Visit to the Mahabaleshwar Temple, situated at the source of the **Krishna River**, held immense spiritual significance with its ancient Shivalinga.

DAY 3 – The visit to the majestic **Pratapgadh Fort** stood as a testament to Maratha valor and history. Built by Chhatrapati Shivaji Maharaj, this historic fort offered not only stunning views of the surrounding landscape but also vibrations of courage and dharma. Next, the tour reached the blessed **Sahaja Yoga Ashram at Brahmapuri**, a place of deep meditation and spiritual significance in Sahaja Yoga. The ashram's peaceful environment allowed for profound collective meditation and sharing of experiences. Many Sahaja Yogis felt a special connection with this sacred place.

DAY 4 – First stop was at **Shree Ram Mandir, Chaphal built by Samarth Ramdas Swami** dedicated to Shree Rama. It has two Swayambhu Hanuman temples in its vicinity and is also a memorial to mark the first meeting of Samarth Ramdas Swami and Chhatrapati Shivaji Maharaj. The serene atmosphere and the temple's architectural beauty created a perfect setting for prayer and meditation. In the



Inauguration of Meditation Hall, Nirmala Nagari



Diwali Puja, CBD Belapur



Maharashtra Tour 2024



evening, Sahaja Yogis enjoyed a magnificent **Mardani cultural performance showcasing Maharashtra's rich martial arts tradition**. The energetic display of traditional warrior skills combined with folk music and dance was both entertaining and spiritually uplifting, connecting tourists to the region's dharmic heritage. They also enjoyed exploring the local markets, experiencing the warmth of Maharashtra's culture and picking up traditional items and souvenirs.



DAY 5 – Tourists explored the lush wilderness of **Radha Nagari Wildlife Sanctuary** offered us a glimpse of nature's pristine beauty surrounded by dense forests and diverse wildlife. They experienced the harmony between all of creation, a reminder of the Divine's perfect design in nature. This was followed by the visit to the ancient **Mahalaxmi Temple at Kolhapur**. This powerful Shakti Peetha radiated immense divine vibrations. At this sacred **temple of Katyayani Devi**, where they experienced the fierce yet protective energy of the Divine Mother. The vibrations were extremely strong, purifying and elevating their consciousness.



DAY 6 – The peaceful **Rankala Lake in Kolhapur** offered a moment of tranquil reflection as our journey neared its conclusion. The calm waters and morning ambiance provided the perfect setting for meditation and gratitude for the wonderful experiences of the past days. Their journey culminated at the sacred **Ganapatipule**, home to **the Swayambhu Ganapati** facing the sea. This ancient and powerful temple provided the perfect conclusion to the tour. The sound of waves combined with the divine vibrations of Lord Ganesha created an atmosphere of complete surrender and peace.



The Maharashtra Tour 2024 was truly a blessed experience that deepened Sahaja Yogis connection with the sacred land of Maharashtra and strengthened their collective consciousness. Each location they visited carried the vibrations of centuries of devotion, dharma, and spiritual energy. From the coastal serenity of Alibaug to the majestic hills of Mahabaleshwar, from the historical grandeur of Pratapgadh to the divine presence at the Mahalaxmi Temple, every moment was filled with grace and learning. The natural beauty, cultural richness, and spiritual depth of Maharashtra touched every heart. Sahaja Yogis expressed their deepest gratitude to Her Holiness Mataji Shree Nirmala Devi for establishing this beautiful tradition and for blessing them with the opportunity to walk in Her footsteps through this holy land. The collective vibrations, the joy of togetherness, and the profound spiritual experiences will remain with the collective always. Their spiritual journey continued by joining **the International Sahaja Yoga Seminar at Nirmala Nagari, Ganapatipule** from December 22-25, 2024, extending their divine immersion.



Maharashtra Tour 2024: Some glimpses

International Sahaja Yoga Seminar and Christmas Puja 2024, Ganapatipule

With the divine blessings of Her Holiness Mataji Shree Nirmala Devi, The Life Eternal Trust, Mumbai organized **International Sahaja Yoga Seminar 2024 at Nirmala Nagari, Malgund, Ganapatipule**. As we all know, Ganapatipule is the place of Shree Mahaganesha. It is also the place which was specially selected by Shree Mataji who has immortalized it by celebrating Christmas therewith thousands of Sahaja Yogis continuously for almost two decades. **The seminar was organized for 4 days from 22nd December 2024 to 25th December 2024** which included meditation sessions, cultural programs, seminars, classical music programs & Christmas Puja. More than **6500 Sahaja Yogis** from all over the world attended the seminar and enjoyed the divine vibrations.

On 22nd December, the day began with morning meditation at 6:00 am with Shree Mataji's Amrutwani. Then Sahaja Yogis had a break for tea, breakfast and cleansing at sea. **Havan was performed** thereafter with prayers for hurdle free completion of the Ganapatipule Seminar. After Havan, Sahaja Yogis arrived for the seminar from all over the world and were welcomed by the organizers. **A Seminar was conducted on Sahaja Marriages**, wherein guidance was given on importance of Sahaja marriages, responsibilities of boys & girls willing for Sahaja marriages. This concluded the morning session. The evening session began with meditation followed by **cultural programs that started with a beautiful folk dance 'The Diversity of Indian Culture' by Mumbai Collectivity**. Respected Kalpana Didi was invited on stage by Trustees of The Life Eternal Trust and Didi addressed all with a few words about love of Shree Mataji towards all Sahaja Yogis. The program then continued with **classical bhajans performed by Pandit Shri Kandalgaoonkar, Bharat Natyam dance by Ms. Preeti Sondur and instrumental fusion by Shri Milind Tulankar and the team**. All artists were felicitated by the Trustees/co-ordinators with flower bouquets and Memento as a token of love. The evening program concluded by thanking Shree Mataji and by collectively singing 'Your face shines like a thousand Suns'.

The second day, **23rd December**, began with morning meditation. Various cultural programs by Sahaja Yogis were performed like Kathak, Bharatnatyam & Kuchipudi dances, **The Dance Drama Performance-Play on Shree Jesus Christ by NCR group, singing bhajans by Gurugram collectivity. Seminar on Health Care** was conducted by **Doctors of the Health Centre**; wherein preventive health tips were explained with the guidance through Shree Mataji's videos. Also, a **seminar was conducted on Finance and Money matters in Sahaja Yoga by Shri Pravin Sabharwal (CA)**, in which the importance of maintaining centre accounts and care during handling of money was explained in detail. The evening musical programs started with meditation. The highlight of the evening was a **Dance by Uttarakhand Collectivity, Bharatnatyam dance by Ms. Ananya Kale, Instrumentals (Flute) performance by Pandit Shri Ajay Prasanna and Sufi music by Shri Murtuza Khan, Shri Faiz Khan and team**. Sahaja Yogis were overwhelmed by the divine music and vibrations.

The third day, **24th December**, began with morning meditation. After a break for breakfast & cleansing at Sea, morning cultural programs/ Seminars started with a few performances in front of Shree Mataji. Some notable performances include a **dance 'Ambabai Gondhalala Ye' by Nirmal Sakhi group, Sahaja Bhajans by Dubai Collectivity, Pune Music Team, a dance by Pune Balshakti**. A Questions and Answers session was conducted for all with questions invited in writing as well as verbally and most of the questions were answered by panelists. Evening music programs included **Kathak Dance and Qawwali by Nizami Bandhu**. At 12.00 am, **Sahaja Yogis from India and abroad collectively sang Christmas Carols** followed by cake cutting to celebrate the birth of Shree Jesus Christ.

On 25th December, the day began with morning meditation. Following this, the morning session included **Bhajans by Aradgaon Ashram collectivity, Bharatnatyam Dance, Drama 'Mahalaxmi & Her forms' by Pune Yuva Shakti. Seminar was also held on Puja - Importance, preparation & protocols, followed by a Yuva Shakti Seminar**. The **Christmas Puja** was solemnized in the evening which concluded the seminar. The seminar concluded with joy and peace, full of vibrations and by thanking Shree Mataji. All the preparations for the Ganapatipule Seminar began a month ago. About **40 Teams/ Committees along with 300+ volunteers worked day and night to ensure the successful completion of the Seminar**.



International Sahaja Yoga Seminar,
Ganapatipule



Havan at Nirmala Nagari, Ganapatipule



Classical by Pt. Kandalgaoonkar & team



Dance by Ms. Preeti Sondur & team



Instrumental fusion by Pt. Tulankar & team



Cultural Programs - 23rd December afternoon



Seminar on Finance & Money matters in Sahaja Yoga



Seminar on Health



Dance by Uttarakhand Collectivity



Bharatnatyam by Ms. Ananya Kale



Classical Music by Pandit Ajay Prasanna



Sufi Music by Shri Murtuza Khan, Shri Faiz Khan and team



Cultural Programs – 24th December afternoon



Seminar, Panel discussion, Q&A Session



Kathak Dance by disciples of Mrs. Vidha Lal



Qawwali by Nizami Bandhu



Christmas Carols



Cultural Programs – 25th December afternoon



Yuva Shakti Seminar



Christmas Puja

Maharashtra Seminar & Shree Ekadasha Rudra Puja Puja 2025

Maharashtra Seminar and Shree Ekadasha Rudra Puja were organised from 31st January to 2nd February 2025 at **Nirmala Dham Ashram, Aradgaon near Rahuri**. The seminar started with the Havan on 31st January followed by Instrumentals and Sahaja Bhajans by Shri Dhananjay Dhumal. On 1st February 2025, Seminars on various topics including Health, Sahaja Marriages, Q&A Session, Sahaja Krishi etc was held followed by Sahaja Bhajans by Shri Rajiv Bagadthey. Shree Ekadasha Rudra Puja was performed on 2nd February 2025, with more than **2300 Sahaja Yogis** attended the Puja.

Anniversary Day of Health Centre

International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai celebrated its **29th anniversary** on 19th February 2025, marking nearly three decades of dedicated service to the Humanity. In the evening, Shree Mataji's Puja was performed in the form of **Shree Dhanvantari**. After the Puja, few Sahaja Yogis shared their experiences and expressed their gratitude towards Shree Mataji. And all the Sahaja Yogis enjoyed Sahaja Bhajans by Mumbai Music Team.

Shree Shiv Puja

On the auspicious occasion of Mahashivaratri, Shree Shiv Puja was performed on 3rd March 2025 at **International Sahaja Yoga Research and Health Centre, CBD Belapur Navi Mumbai**. Sahaja Yogis prayed to Shree Mataji and sought the qualities of Shree Shiva.

Birthday Puja

March 21st, 2025, Sahaja Yogis celebrated Shree Mataji's 102nd Birthday at **International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai**. Birthday Puja was performed by more than 2000 Sahaja Yogis. They expressed their gratitude towards Shree Mataji for taking Birth on this Earth for the emancipation of the mankind.

Women's Seminar at The Health Centre

A women's seminar held at the **International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai** on 9th March 2025 empowered Sahaja Yoginis through meditation and collaborative activities, highlighting women's unique role in the Sahaja collective and society. Sahaja Yoginis of all age groups attended the seminar. Various topics like horizontal & vertical growth in Sahaja Yoga, guidance on puja & protocols, practical session on vibration exchange and women's health & wellness were addressed to celebrate womanhood.



Maharashtra Seminar & Shree Ekadasha Rudra Puja



Anniversary Day of Health Centre



Shree Shiv Puja, CBD Belapur



Birthday Puja, CBD Belapur



Women's Day Seminar at Health Centre

PROJECTS DEVELOPMENT UPDATE

International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai

The **International Sahaja Yoga Research and Health Centre at CBD Belapur** continues to evolve as a place of deep meditation, healing, and transformation. Several upgrades were recently completed to enhance the experience for seekers and patients alike:

1. Meditation Hall

The meditation hall received a major facelift, making it even more serene and welcoming.

- Ceiling work was completed for better acoustics and aesthetics
- New lighting fixtures were installed to create a warm, meditative glow
- Fresh wall painting was done to brighten the space
- A beautiful chandelier was added, giving the hall a divine and elegant feel – a perfect setting for collective meditation

2. In-Patient Department (IPD)

The IPD section was renewed with care to provide a more comfortable healing environment.

- Plastering and Ceiling work were completed for a fresh, clean look
- Shree Mataji's altar was renewed, filling the space with vibrations and love
- Walls were repainted, creating a peaceful and soothing atmosphere for patients and visitors

3. Terrace Transformation – A Space to Unwind

- The terrace has been transformed into a functional and inviting space:
- Shades installed to provide comfort from sun and rain.
- Flooring repaired to prevent water seepage.
- Clothes-drying area created for resident seekers and patients.
- Benches placed so everyone can sit in the evening, enjoy cool breeze and even attend pujas when the garden area is full.

These upgrades not only improve the physical infrastructure but also deepen the spiritual experience for all who visit the Health Centre.



Meditation Hall



IPD



Renovation of Meditation Hall

“Our priorities must change and you can change them easily once you start enjoying, once you have tasted the nectar of Divine Love (Amrit), then you are not going to drink dirty water.”

Talk On Attention, Bordi, Maharashtra
21st January 1977





Shree Mataji at Aradgaon, Rahuri

“Rahuri is a place where a rakshasa (demon) called ‘Rahu’ was killed by Goddess and this is the place where My forefathers reigned as kings and they had a dynasty also. There is another place called Aradgaon where he was running and screaming, so it’s called as ‘Arad’. ‘Arad’ means ‘screaming’ (‘Gaon’ means village).”

**Talk About Leadership,
Rahuri, Maharashtra
22nd January 1985**

Nirmala Dham Ashram, Aradgaon, Rahuri

Nirmala Dham, Aradgaon – Rahuri Ashram has witnessed significant upgrades this year, further enhancing the spiritual atmosphere and facilities for visiting Sahaja Yogis. Here’s a glimpse of the key developments:

Earth Filling & Hall Expansion

To accommodate more seekers, extensive earth filling was carried out on three sides of the main hall (35 ft width × 4 ft depth), increasing the sitting capacity by **1,500 people**. Additionally, **5 gunthas** of land at the back of the plot was raised by 10 ft, making it fully usable for ashram activities.

Modern Gents & Ladies Toilet Units

A **70 ft × 30 ft ground-floor toilet block** was constructed, equipped with modern facilities such as WC, bath areas, urinals, wash basins, hot water systems and efficient cleaning systems – ensuring comfort and hygiene for all visitors.

Kota Stone Flooring for Main Stage

The main stage in the hall received a beautiful Kota stone flooring makeover, enhancing its elegance and spiritual ambiance.

Structural Plastering of Hall

All columns and beams of the new hall have been treated with structural plaster, strengthening the structure and giving it a polished look.

Construction of Main Road

The main road inside the Ashram premises was constructed, making movement easier and the Ashram more organized.

Compound Wall Construction

A strong compound wall was built on three sides of the ashram, providing safety and a defined boundary to the premises.

Tree Plantation Drive

To create a serene, green environment, **250 coconut trees** were planted along the road inside the ashram.

New Singhasan for Puja

A new Singhasan was made for Shree Mataji’s puja, adding to the sanctity of the ashram.

Solar Hot Water System

A solar system was installed for providing hot water in the old building, ensuring eco-friendly and cost-effective energy usage.



Nirmala Dham Ashram Aradgaon, Rahuri

Nirmala Nagari, Malgund, Ganapatipule

Nirmala Nagari, Malgund, Ganapatipule has a significant importance for the ascent of all the Sahaja Yogis. It witnessed the major developmental work to provide better facilities to the Sahaja Yogis. The major development work carried out this year include:

New Meditation Hall

A new meditation hall was built and inaugurated on 27th October 2024. The hall 100ft x 30 ft, has a seating **capacity of 400 Sahaja Yogis**. This hall is equipped with a state-of-the-art sound system, CCTV surveillance etc.

Construction of New Rooms

A new building is under construction to provide the accommodation for the Sahaja Yogis visiting Nirmala Nagari. The building also includes Store Room for Plumbing & Electrical materials, Diesel Generator room.

Street Lights

Street lights were installed along the road connecting the Nirmala Nagari entrance and fountain area.

Dormitory Renovation

The existing gent's dormitory, toilet & bathroom renovation is completed. This **dormitory can accommodate more than 200 Sahaja Yogis**.



Sangam Village Land, Malshiras, Solapur

History of the temple situated in Sangam, the two rivers meet here near temple that's why named as Sangam.

- **Total land - 25 acres (330 kms from Mumbai and 175 kms from Pune)**
- Levelling, road marking and fencing of one side completed of 23 acres
- 2 sides of land touching Nira River
- Shree Mataji has mentioned in the speech about this land and also Nira River as in Her childhood Her family use to call Her Nira
- Levelling, road marking and fencing of one side completed



New Meditation Hall



Sangam village land



Dormitory Renovated



Rooms under construction

Shri P. K. Salve Kala Pratishthan, Vaitarna

Under the guidance of Her Holiness Mataji Shree Nirmala Devi, **Shri P. K. Salve Kala Pratishthan, at Vaitarna in Thane district of Maharashtra**, has been encouraging students to tap their true potential in Indian Art and Culture. Students from diverse cultures across the globe, have experienced their untapped potential flourishing. Through their holistic understanding of Sahaja Yoga, one of the precious gifts by our Holy Mother to the mankind, they have gained/achieved distinctive insight while learning music and art at the Academy. Shri P. K. Salve Kala Pratishthan is a unique place in India where music and enlightenment combine to produce harmonies that uplift the spirit. **The academy witnessed a major repair and renovation work of the roofing of the Kitchen. Also, a new stage as well as roof was built.** This allows us to perform the Pujas during Monsoon season.



Vaitarna Music Academy

To be a dust particle



I want to be like a dust particle
which moves with the wind.

It goes everywhere.

Can go, sit on the head of a king,
or can go and fall at the feet of
someone.

And it can go and sit on a little
flower, and it can go and sit
everywhere.

But I want to be a particle of dust.

That is fragrant,
that is nourishing,
that is enlightening.

Her Holiness Mataji Shree Nirmala Devi

Technology Update

In moving in line with advancement through digitization, **the Trust has launched various Digital initiatives to Improve Sahaja Yoga related work through transparency, convenience, and cost-effectiveness.**

1. Websites: Following websites have been made operational:

- <https://www.sahajayogamumbai.org/>
- <https://www.sahajahealthcentre.com/>
- <https://www.thelifeeternaltrust.org/>
- <https://www.pksacademy.com/>
- <https://www.thelifeeternaltrustmumbai.org/>
- <https://www.syccindia.org/>

2. Donations and Receipts:

- ✓ A new Payment gateway system is enabled on the website at the link below:
<https://www.sahajayogamumbai.org/contribution/index.html> for online donations. Where collection of donations for various Sahaja Yoga projects is possible conveniently. **The payment gateway supports various payment methods like UPI, Wallets, Credit/Debit cards, net banking, etc. The donation receipt is issued immediately after payment via email.** This new portal supports the Donor login, where donor can create his/her profile and can also view transaction history.
- ✓ **More than 85% of total donation was received by online payment mode.**

3. Social media: Facebook & Instagram pages

Official Facebook Pages

- ✓ The Life Eternal Trust, Mumbai
<https://www.facebook.com/TheLifeEternalTrustMumbai/>
- ✓ International Sahaja Yoga Research and Health Centre, CBD Belapur
<https://www.facebook.com/ISYRHCCBDBELAPUR/>
- ✓ Shree P K Salve Kala Pratishthan, Vaitarna
<https://www.facebook.com/SPKSKPVaitarna/>
- ✓ Nirmala Nagari, Ganapatipule, India
<https://www.facebook.com/NirmalaNagariGanapatipule>
- ✓ Nirmala Dham Ashram, Aradgaon
<https://www.facebook.com/LearnSahajaYoga/>
- ✓ Sahaja Yoga Mumbai Music Team
<https://www.facebook.com/symmtoofficial>
- ✓ Learn Sahaja Yoga: For New seekers.
<https://www.facebook.com/LearnSahajaYoga>
- ✓ Sahaja Yoga Central Committee of India
<https://www.facebook.com/syccindia>

Official Instagram account

<https://www.instagram.com/letmumbai/>

4. YouTube channel

- ✓ The Life Eternal Trust, Mumbai
<https://www.youtube.com/c/TheLifeEternalTrustMumbai/>
This YouTube Channels hosts videos of Sahaja Yoga events, Pujas, Seminars, and daily online meditation at 8.00 PM IST except Sundays.
- ✓ Sahaja Yoga, Mumbai (For New seekers)
<https://www.youtube.com/c/SahajayogaMumbai>
This YouTube Channel host self-realization program, videos for new seekers.



"Sahaja Yoga is a science of integration which results in man's mental, physical, and spiritual wellbeing. The union of mind heart and spirit is achieved through the working of a subtle energy system within each one of us. "That you are not this body, this mind, these conditionings, this ego but We are the spirit".

Sahaja Yoga: The Essential Medicine, 1st January 1991



Scan QR to join the The Life Eternal Trust, Mumbai official WhatsApp Channel

5. WhatsApp

Various Sahaja Yoga WhatsApp groups and communities, Channels are available to circulate Puja, Seminar and related messages.

Featured Videos:

International Sahaja Yoga Seminar, Nirmala Nagari, Ganapatipule, India, December 2024.

<https://www.youtube.com/playlist?list=PLO3L1quh-DBZuMILLvLaNVhD-cOIPNTQG>

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

www.sahajayogamumbai.org/newsletters

Sahaja Yoga Central Committee of India Puja Calendar 2026

PUJA/SEMINAR	DATE (DAY)	PROPOSED DETAILS OF PUJA, SEMINAR & VENUE
Shri Maha Shivaratri Puja	15 February (Sunday)	International Puja at Bhugaon, Pune, Maharashtra on 15 February
Shri Param Chaitanya Puja	23 February (Monday)	International Seminar & Puja at Nirmal Dham, Delhi from 21 to 23 February
Birthday Puja	21 March (Saturday)	International Seminar & Puja at Nirmal Dham, Delhi from 19 to 21 March
Shri Sahasrara Day Puja	3 May (Sunday)	National Sahasrara Puja at The Health Centre, CBD Belapur, Navi Mumbai
Shri Adi Shakti Puja	28 June (Sunday)	Local Main Centres
Shri Adi Guru Puja	26 July (Sunday)	National Seminar & Puja at Shirdi, Maharashtra on 25 and 26 July
	2 August (Sunday)	Local Main Centres
Shri Krishna Puja	6 September (Sunday)	National Seminar & Puja at Palwal, Haryana on 5 and 6 September
Shri Ganesha Puja	20 September (Sunday)	Local Main Centres
Shri Navaratri Puja & Havan	18 October (Sunday)	National Seminar and Puja on 17 and 18 October at Mirzapur, Vindhyachal, UP
Shri Mahalakshmi / Diwali Puja	15 November (Sunday)	Local Main Centres
	15 November (Sunday)	International Seminar & Puja at Nirmal Dham, Delhi on 13 to 15 November
Christmas Puja	25 December (Friday)	International Seminar & Puja at Ganapatipule from 22 to 25 December

Contribute to this Newsletter.

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

Please note: By submitting an information to the *newsletter*, you agree that the content submitted will be publicly available.

Feedback/Suggestions: Your feedback is valuable. Please write to us at mumbailet@gmail.com