A Moment of Pure Transformation

Celebrating 55 years of Sahaja Yoga

5th May 1970 - 2025

HH Shri Mataji Nirmala Devi

Celebrating 55 years of Sahaja Yoga

CONTENTS

3 Introduction
4 Reaching the Seekers photos
6 Shri Mataji's Mission
6 Opening of the Sahasrara Chakra
7 En masse Spiritual Awakening
7 A Simple, Easy form of Meditation
8 You are your own Master
9 A Glimpse into HH Shri Mataji's Life
9 Her Birth
9 Descendants of Shalivahana Dynasty
10 Shri Mataji's Mother and Father
10 Parents love for India - Time with Ghandi
11 Shri Mataji's husband 'Sir C.P.'
12 A Spiritual Mother
13 Internationally Recognised
14 A Selection of Awards and Recognitions
16 A global personality
16 Founded NGO's
17 Travelled the World with Her Message
17 At Rest - Her Gift continues giving
19 Meditation & Balancing Guide
23 Affirmations
25 Subtle Chart system
26 Who is Shri Mataji?
27 Quotations & Testimonials
28 More Information

INTRODUCTION

On 5th May 2025, we celebrate the 55th year Anniversary of the introduction of Sahaja Yoga meditation by Her Holiness Shri Mataji Nirmala Devi.

In the seaside town of Nargol, on the West coast of India near Mumbai, the most significant event in the spiritual evolution of mankind occurred on 5th May 1970 when HH Shri Mataji opened the Sahasrara chakra, the energy centre of the limbic area. This event has enabled individuals to achieve Self Realisation by simply asking for the precious gift of kundalini awakening - which provides mental, emotional, physical and spiritual wellbeing through HH Shri Mataji's free Sahaja Yoga meditation.

"When the Kundalini reaches the Sahasrara, the lotus petals open and enlightenment takes place (Samadhi). You may feel a powerful pulsation in the crown of the head, followed by a melting sensation and a flow of cool vibrations from the fontanel area." - Shri Mataji Nirmala Devi

HH Shri Mataji knew that the key to understanding the human dilemma lay in the ancient knowledge of the subtle body composed of channels, energy centres and a primal energy source known as Kundalini. Her opening of the Collective Sahasrara created the unprecedented opportunity of pure transformation for all human beings to evolve and to connect with the Divine.

We take this opportunity, on behalf of all Sahaja Yogis of the world, to offer our heartfelt appreciation and thanks to HH Shri Mataji on the 55th anniversary of Her greatest gift of opening the Sahasrara chakra.

THE '55 YEAR ANNIVERSARY'

To celebrate this Anniversary, we offer this special booklet which covers HH Shri Mataji's life, from childhood to Her later years, Her unique family and upbringing, and Her discovery of the Sahaja Yoga meditation moment in 1970 which attracted international recognition from governments, dignitaries, educational institutions and humanitarian organizations.

Photos from the many international public events HH Shri Mataji held to share Her meditation are included along with meditation guides and simple steps to help you start on your spiritual journey using Sahaja Yoga's meditation, clearing and balancing techniques. Free online courses and in-person classes are available around the world to support you in your personal discovery of Sahaja Yoga Meditation.

With love from Life Eternal Trust for Sahaja Yoga Australia.

Photos from HH Shri Mataji's many International Public events offering Self Realisation and the introducing Her Free Sahaja Yoga Meditation.

Shri Mataji's Mission

Shri Mataji decided that Her true mission in life was to make a contribution to the spiritual transformation of mankind. She bade Her time, however; upon Her marriage to C.P. Srivastava, Shri Mataji told him that she would embark upon Her true vocation only once their children were grown up and settled.

It was thus not until 1970 that Shri Mataji finally felt that the time had come to begin Her real mission on earth. She had already studied human beings and their problems and knew that the real answers lay in their spiritual awakening, a potential just waiting to be triggered. She was aware that religions although based on the teachings of true prophets were unable to deliver this spiritual triggering in human consciousness.

One evening, after being disgusted by the false gurus in India who were looting money from people in false promises of spirituality, She decided not to wait any longer.

Opening of the Sahasrara Centre

While meditating on a lonely beach, in the early morning of 5th May, 1970, at the cusp of a new moon night, she felt the awakening of the primordial power of creation within Her own subtle being.

This deep spiritual experience gave Her all the answers which she was seeking in Her life as to how to trigger the awareness of the eternal Spirit in human beings seeking the truth.

This historic event marked the pivotal movement in Her life, and the unique discovery of en masse spiritual awakening.

She later on founded a technique which she termed as ‘Sahaja Yoga’, which literally translated means the Union with the Divine Eternal Power with which every human being is born with but unaware of.

En Masse Spiritual Awakening

Shri Mataji found that through Her own enlightenment others could also have their spirits awakened and a physically tangible connection can be made to the Spirit. Once this connection is established and strengthened the recipient not only receives great personal blessings and improvements in their enjoyment of life, but they also have the ability to share this connection to others seeking it, creating an en masse phenomenon. We invite you to find out more about this incredible leap in the spiritual evolution of mankind.

A Simple, Easy Form of Meditation

Sahaja Yoga is a simple and easy form of meditation, awakening the subtle yet powerful spiritual energy residing in every human being. This moment of truth is known as self-realization: the elusive goal of religious mystics the world over since time immemorial.

“There is a subtle living power which is the Divine love which does all the living work.” HH Shri Mataji

You are Your Own Master

Shri Mataji declared that self-realization is something that can be attained here and now, as opposed to a distant goal reachable only through a lifetime of penance and sacrifice. At Her public programs she always said "you are your own master", stressing that each of us has to be our own teacher, relying on our own direct experience of the truth, and not depending on an intermediary to lead us to our enlightenment.

Shri Mataji always made it clear that what she said was a hypothesis that people should test for themselves, and that blind faith leads one nowhere. She held that true religion is based not on dogma and hierarchy, but rather, upon an absolute knowledge of the self as the spirit. As she put it;
"All the religions have come out of one tree of life, which is spirituality… Religion is there to give you peace, joy, happiness…

There is no difference (between them) whatsoever – but (when) you don't know yourself; how will you know anything about religion? So, it is important that first of all, you should know yourself.

"When you recognize yourself as a spiritual being you will understand whatever religion you're following and the greatness of all these prophets and gurus…"

Celebrating 55 years of Sahaja Yoga
A Glimpse into HH Shri Mataji's Life

HH Shri Mataji as a baby with Her mother

Her Birth

At exactly twelve o'clock on the day of the spring equinox, March 21st, in 1923, Nirmala Salve was born in Chhindwara, a town in the geographical center of India.

The noble qualities of Her ancestors could be seen from an early age in Nirmala's character.

Descendants of Shalivahana Dynasty

HH Shri Mataji's grandmother, Sakhubai Salve, displayed the courageous and virtuous qualities that had accompanied the family dynasty through the centuries.

In 1883, while in the late stages of pregnancy, Sakhubai lost her husband under tragic circumstances.

Threatened by relatives she took her four children and left late one monsoon-soaked night. Under these difficult circumstances, Prasad Rao Salve, Shri Mataji's father, was born.

Sakhubai and Her children adapted to a life of extreme frugality. Her children's education, however, was essential and they pursued their studies under streetlamps when there was no kerosene at home.

Shri Mataji's Mother and Father

Prasad Rao, was a particularly brilliant student and received scholarships throughout his academic career. He studied law and joined a well-known firm in the city of Chhindwara.

A young woman from Nagpur named Cornelia Karuna Jadhav, the first woman in India to receive an honours degree in mathematics was also a scholar of Sanskrit and very well versed in ancient Indian culture. Being so highly educated, it was difficult for Her father to find a partner for Her with equal academic qualifications.

Through mutual friends, Prasad Rao sent a marriage proposal to Cornelia and Her father. They were married on the 21st of June, 1920.

Shri Mataji's family members.

Parents Love for India - Time with Ghandi

Prasad Rao and Cornelia shared a deep love for their country and its great spiritual tradition and values. Their daughter Nirmala was only two years old in 1925 when they met Mahatma Gandhi for the first time and they recognized and shared his vision for a free India achieved through a non-violent struggle. As a young girl living in Gandhi's ashram, he regular discussed spiritual matters with Her.

Shri Mataji's Husband 'Sir CP.'

Shri Mataji Nirmala Devi is known around the world as the inspirational force behind Sahaja Yoga. Alongside Her is a parallel story: the extraordinary career of Her husband, Sir Chandrika Prasad Srivastava.

Sir CP with his Knighthood, Shri Mataji, with daughters Kalpana and Sadhana

Those fortunate enough to spend time with Shri Mataji in person will also have been familiar with the tall, dignified and softly spoken figure of 'Sir C.P.', as he was affectionately known.

Sir C.P. was appointed as Personal Secretary to the then Prime Minister of India, Lal Bahadur Shastri and also served four successive terms as the Secretary General of the UN International Maritime Organization and was knighted by Queen Elizabeth II.

A Spiritual Mother

More than a guru or a teacher, Shri Mataji could be described as a 'spiritual mother', driven by compassion and love and anxiously concerned for the well-being and evolution of all mankind. Due to Her vision and Her tireless efforts, Sahaja Yoga has been established in over a hundred countries and millions of people have achieved balance and satisfaction in their lives, some overcoming serious mental and physical disabilities through the experience of self-realization and the regular practice of Sahaja Yoga Meditation.

Internationally Recognised

Shri Mataji's humanitarian and spiritual work draws admiration not only from countless individuals in more than 95 nations who have personally benefited from Her teachings, but also from governments, dignitaries, educational institutions and humanitarian organizations. Recognizing the scientific and verifiable nature of Her teachings, the Petrovskaya Academy of Arts and Sciences in St. Petersburg bestowed an Honorary Membership upon Shri Mataji, telling Her, "You are even higher than science."

Others, such as Claes Nobel, thanked Her for giving hope to humanity. She accepted all awards with characteristic humility, praising the efforts of others and insisting on collective, rather than individual, achievement.

Despite relentless traveling, Shri Mataji never referred to Her demanding schedule as tiresome, equating it rather with the work of a loving mother looking after Her children's wellbeing.

A Selection of Awards and Recognitions

Shri Mataji has been recognized worldwide by prestigious institutions for Her selfless work and for the remarkable results of Her spiritual teachings through Sahaja Yoga, but a few are listed below.

Italy, 1986
Declared 'Personality of the Year' by the Italian Government.

Moscow, Russia, 1989
Following Shri Mataji's meeting with the USSR Minister of Health, Sahaja Yoga was granted full government sponsorship, including funding for scientific research.

New York, 1990-1994
Invited by the United Nations for four consecutive years to speak about the ways and means to achieve world peace.

St. Petersburg, Russia, 1993
Appointed as Honorary Member of the Petrovskaya Academy of Art and Science. In the history of the Academy, only twelve people have been granted this honour, Einstein being one of them. Shri Mataji inaugurated the first International Conference on Medicine and Self-Knowledge, which became an annual event at the Academy thereafter.

Brazil, 1994
The mayor of Brazilia welcomed Shri Mataji at the airport, presented Her with the key to the city and sponsored all of Her programs.

New York, 1994
September 26 proclaimed 'Shri Mataji Nirmala Devi Day.' Police escort was offered for a welcoming parade honouring Shri Mataji and celebrating Her association with Mahatma Gandhi.

British Columbia, Canada, 1994
Letter of welcome was proffered by the Premier of the Province of British Columbia, Mr. Mike Harcourt, on behalf of the people of Canada.

Romania 1995
Awarded Honorary Doctorate in Cognitive Science by Prof D. Drimer, head of the Ecological University Bucharest.

China, 1995
Official guest of the Chinese Government to speak at the United Nations International Women's Conference.

Pune, India, 1996
On the occasion of the 700th Anniversary of Saint Gyaneshwara, Shri Mataji addressed the 'World Philosophers Meet '96 - A Parliament of Science, Religion and Philosophy,' where she was felicitated for Her movement, Sahaja Yoga.

London, 1997
Mr. Claes Nobel, grandnephew of Alfred Nobel, chairman of United Earth and The National Society of High School Scholars, honoured the life and work of Shri Mataji in a public speech at the Royal Albert Hall.

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

Cabella Ligure, Italy, 2006
Shri Mataji was awarded honorary Italian citizenship, which was followed by the unveiling of the foundation stone for the 'Shri Mataji Nirmala Devi World Foundation of Sahaja Yoga.' This Foundation has its home in Cabella Ligure.

New Delhi, India 2024
The Government of India, through the Ministry of Finance, issued a "Commemorative Coin" to honor the selfless service of Shri Mataji Nirmala Devi for the welfare and spiritual uplifting of all mankind.

A Global Personality

Shri Mataji began delivering lectures and above all, sharing the experience of self-realization with all who desired it. She attracted people wherever she went with Her message of truth, her inexhaustible energy and Her wonderful sense of humor.

Sahaja Yoga became established in the United Kingdom and India, then across Europe, the United States and eventually the rest of the world. She was nominated for the Nobel Peace Prize and Claes Nobel, the grandnephew of Alfred Nobel and Chairman of the United Earth Foundation, declared that "Shri Mataji empowers us to become masters of our own destiny."

She was invited to speak at the United Nations headquarters in New York as well as the UN Conference for Women in Beijing. Countless city and regional governments established a special day in Her honour.

Founded NGO's

Shri Mataji founded a number of non-governmental organizations, including the International Hospital and Cancer Research Centre near Mumbai and Nirmal Prem, a home for destitute women on the outskirts of New Delhi. Shri Mataji remained the compassionate, kind and unassuming personality She had always been. Her purpose did not change, nor did Her message.

Travelled the World spreading Her Joy

Shri Mataji travelled around the world until the very end of Her life sharing Her gift of Sahaja Yoga and Self Realisation.

In later years as she spent more time with Her immediate family at Her home overlooking Genoa in Italy.

Shri Mataji's resting place at Nirmal Dham, Delhi, India

At Rest

On the twenty-third of February, 2011, Shri Mataji passed away peacefully at the age of 87 and was laid to rest in Delhi, India.

Her Gift Continues Giving

HH Shri Mataji's gift of Sahaja Yoga and the experience of Self Realisation for the masses continues to spread, reaching to the far corners of the world transforming the lives of individuals and their communities.

We invite you to find out more about this incredible leap in the spiritual evolution of mankind on the following pages.

Welcome to this new state of enjoying the inner peace, love and joy of the Spirit within, and the connection to the All Pervading Divine Power.

Meditation & Balancing Guide

Use this Guide to learn simple meditation and balancing techniques to you help experience the peace of true meditation. If this is your first meditation, then please follow the 'Affirmation for Meditation' steps below for your Self-Realisation to activate your inner-being.

Affirmations for Meditation - Self Realisation

These Affirmations can assist with settling the attention before or during meditation. You do not need to do these affirmations every time you wish you meditate. Use any one or all of the Affirmations as you prefer. Place the right hand on the centres as shown with following requests. You may preface each request with the word 'Mother or Kundalini' for example "*Mother, I am the pure spirit.*"

1. Mother, please give me the pure knowledge.

2. Mother, I am my own master.

3. Mother, I am the pure spirit.

4. Mother, I am not guilty at all.

5. Mother, I forgive myself and I forgive everyone in general. Please forgive me.

6. Mother, please give me my Self-Realisation and deepen my experience of silent meditation.

How to meditate at home

1. Choose a place where you can sit quietly and undisturbed for about 10 minutes each morning and/or evening.
2. Remove your shoes, to give you a connection with Mother Earth. Sit on a chair or on the floor, as you wish.
3. Sit comfortably with both hands open, palms up on your lap. Take a few deep breaths, then breathe in a quiet, relaxed way.
4. If desired, try the above Affirmations. (You do not need to do the affirmations every time you wish you meditate. Use any one or all of the Affirmations, as you prefer).

5. Keep your attention above your head. Let thoughts go without following them.
6. If thoughts continue, say gently within yourself, "Not this thought" or "I forgive myself, I forgive everyone".
7. When you are peaceful, see if you can feel a gentle cool breeze on your hands, or gently blowing upwards above your head.
8. When you feel the cool above your head, leave your attention there and rest both hands on your lap, palms up.
9. Relax and enjoy the peace and silence.
10. Meditating daily for 10 minutes will help to strengthen your experience.

The Balancing techniques on Page 2 can assist with the clearing the Subtle System and enhancing meditations. Use the Meditation Exercises on Page 2 to commence and conclude your meditation.

Meditation exercises

Commence and conclude your meditations with these exercises. They will help to establish and maintain the meditative state.

1. Raising the Kundalini

Place the left hand in front of your lower abdomen, palm facing the body. Raise the hand up vertically, until it reaches a position above your head. While the left hand is ascending, the right hand rotates around it clockwise, until both hands are above the head. Use both hands to tie a knot. Repeat three times. The third time, tie the knot three times.

2. The Bandhan

Placing a bandhan gives protection to the subtle system from attention disturbances and also protects the aura. Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip and slowly raise your right hand up the left side, over your head and down the right side of your body. Then raise the right hand up the right side, over your head and down the left side. This is one bandhan. Repeat seven times (one for each Chakra).

Balancing techniques

Thoughts are generally about the past or the future - but in true meditation we gradually have the realisation of being purely in the present, without thought. The left and right channels of our Subtle System look after our past and future. Use these balancing techniques to balance these channels.

Clearing the Left Side

Use when over emotional, dwelling in the past or feeling tingling, heat or heaviness on the left hand: hold the left hand out, palm upwards and place the right hand on the earth, or direct it towards the earth.

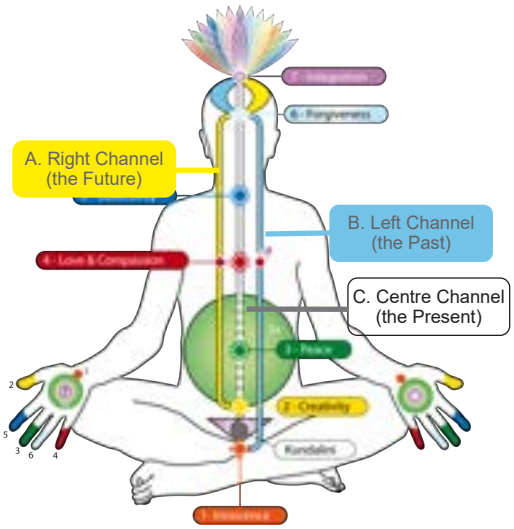
Clearing the Right Side

Use when over planning and stressed, can't stop thinking, can't sleep or feeling tingling heat or heaviness on the right hand: hold the right hand out, palm upwards, bend the left arm at the elbow and direct the palm towards the back.

The Subtle System

Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world. At the same time, within us resides a Subtle System of channels ('Nadis', see A , B & C on diagram) and centres of energy ('Chakras', see 1 to 7 on diagram) which look after our physical, mental, emotional and spiritual being.

Each of the seven chakras has unique qualities. These qualities are intact within us, and even though they might not always be manifest, they can never be destroyed. When the Kundalini mothering energy is awakened, these qualities start manifesting spontaneously and express themselves in our life as a result of meditation. Through regular meditation, we strengthen and nourish the chakras and the subtle system.



What is meditation?

Meditation is the personal experience of going beyond one's thoughts, worries and upsets, and being in a state of peace and calm. In meditation, one is fully alert and aware but free of the unnecessary thoughts or worries that lead to many of life's day to day stresses.

This state of peace and calm occurs spontaneously when one learns how to focus on the experience of the present moment. Through a simple process, known as Self-Realisation (kundalini awakening), this meditation state can be quickly established, maintained and, most importantly, enjoyed!

About Sahaja Yoga meditation

Sahaja Yoga meditation was started in 1970 by Shri Mataji Nirmala Devi. After studying the field of medicine and focusing on the scientific terminology of the anatomy and human physiology, Shri Mataji started this unique meditation, which she insisted be shared with all, at no cost.

Shri Mataji's core teaching is that within us all, lies a transformative potential which can be awakened using her method. By doing so, we can bring peace and wellbeing to ourselves, our families, our social institutions, our nations and our world. In keeping with her principles, Sahaja Yoga meditation is now offered in over 100 countries, free of charge.

More Resources

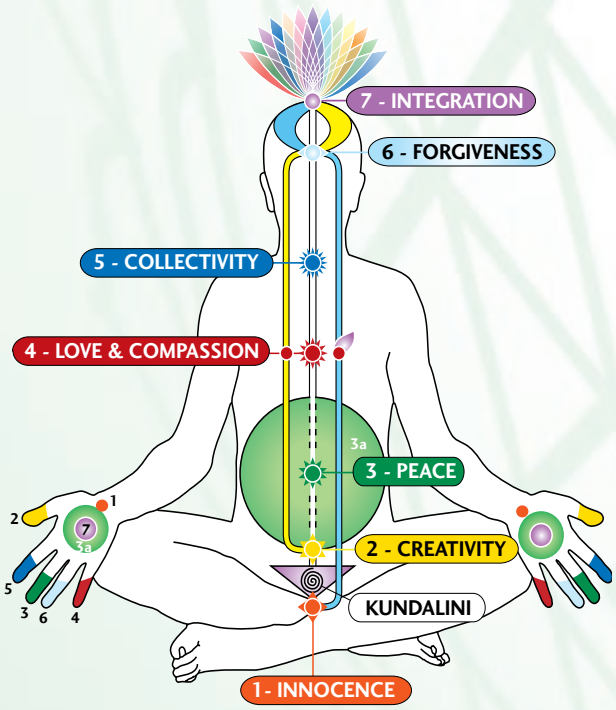
Free online courses in over 10 languages.
In-person classes in over 120 countries.
Meditation guides, videos and audios • meditation music • podcasts • workshops • newsletters.

Scan the QR code for website

Visit www.freemeditation.com.au • Presented by Sahaja Yoga Meditation

SAHAJAYOGA MEDITATION

Shri Mataji Nirmala Devi



Welcome to Sahaja Yoga

True Meditation is a state of deep peace which occurs when the mind is calm and silent, yet completely alert. Sahaja Yoga is used by millions of people worldwide as a practical means to achieve a balanced state and enjoy improved mental, physical, emotional and spiritual wellbeing.

The word Sahaja means “inborn” because the purifying and healing energy that is gently awakened lies waiting within every human being from birth. Sahaja Yoga is a genuine, solid experience: an actual physical reality verifiable on one’s own nervous system. It leads to spontaneous improvements in one’s interactions and relationships with the world.

The new state transcends religious, ethnic, economic and political differences and clearly manifests the oneness of mankind. Sahaja Yoga is freely available to anyone with a genuine desire to know the true self with a quest to evolve to a higher level of awareness, understanding and enjoyment.

How do I meditate?

Meditation is a state of thoughtless awareness, where everyday activity of the mind ceases, but one remains peaceful and aware in Mental Silence.

To begin, place Shri Mataji's photograph in front of you (on a table) with a lit candle before it. The candle flame contains the elements of light and fire which help to neutralise any subtle problems affecting meditation. The photo emanates very positive feelings of peace, love and compassion, which will help you reach the state of meditation and thoughtless awareness.

Rest your hands, palms up, on your lap with your fingers pointing towards the candle and photograph. Place your attention at the top of the head and allow yourself to enter into mental silence. Sit quietly for 10 to 15 minutes.
The Affirmation exercises (inside this brochure) can assist in settling the attention and deepening your experience..

How does Sahaja Yoga benefit me?

There can be immediate benefits in stress relief and a feeling of peace and contentment. Physically, it has been scientifically proven that regular Sahaja Yoga meditation can reduce the severity of certain illnesses. Mentally and emotionally, it helps one to attain balance, and spiritually to achieve Self-realisation and enlightenment.

What does it cost?

There is no charge for the teachings of Sahaja Yoga. Expenses for venue hire, advertising and printing etc are met by voluntary contributions.

How can I learn more?

To help establish and understand this new experience you are invited to attend the weekly meetings where collective meditations will enhance your experience.

You will also learn how to detect and correct any subtle system problems through the various clearing, balancing and deepening techniques.

More information & Online resources

Scan QR code with mobile device for website.

Free class in Australia and Worldwide. **Online resources** with video and audio meditations, meditative music, balancing techniques, printed guides and talks by Shri Mataji (founder). **Podcasts** with guided meditations, music and talks.

www.freemeditation.com.au/moreinfo
Sahaja Yoga Meditation Australia Phone 1300 724 252

Affirmations

These Affirmations can assist with settling the attention before or during meditation. You do not need to do these Affirmations every time you wish you meditate. Use any one or all the Affirmations as you prefer. Place the right hand on the centres as shown with following requests. You may preface each request with the word 'Mother' or 'Kundalini' for example "Mother, I am the pure spirit."

With your right hand on your heart, ask your Kundalini three times **"Mother, am I the spirit?"**

Right hand on your upper stomach, just below the ribs, ask three times **"Mother, am I my own master?"**

Right hand on your left lower stomach, just above the left hip, ask six times **"Mother, please give me the pure knowledge"**

Return the right hand to the upper stomach and say confidently ten times **"Mother, I am my own master"**

Right hand to the heart, say confidently twelve times **"Mother, I am the spirit"**

Right hand at the point where the left shoulder meets the neck. Turn the head to the right and say sixteen times **"Mother, I am not guilty"**

Place your right hand across the forehead, gently grasping the temples, and say **"Mother, I forgive everyone"**

Right hand on the back of the head, say **"Mother, for any mistakes I have done against myself, please forgive me"**

Right hand on top of the head, stretch the fingers upwards, centre of the palm on the fontanel area, slowly rotate clockwise and ask seven times **"Mother, please give me my self-realisation"**

Basic Techniques

Raising The Kundalini Commence and conclude your meditations with this and the following exercise. Place the left hand in front of your lower abdomen, palm facing the body. Raise the hand up vertically, until it reaches a position above your head. While the left hand is ascending, the right hand rotates around it clockwise, until both hands are above the head. Use both hands to tie a knot. Repeat three times. The third time, tie the knot three times.

Bandhan Placing a bandhan gives protection to the subtle system from attention disturbances and also protects the aura. Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip and slowly raise your right hand up the left side, over your head and down the right side of your body. Then raise the right hand up the right side, over your head and down the left side. This is one bandhan. Repeat seven times.

Balancing The Left And Right Sides For tingling, heat or heaviness on the left hand: hold the left hand out, palm upwards and place the right hand on the earth, or direct it towards the earth. For tingling heat or heaviness on the right hand: hold the right hand out, palm upwards, bend the left arm at the elbow and direct the palm towards the back.

Foot Soaking

This is best done last thing at night before going to bed.

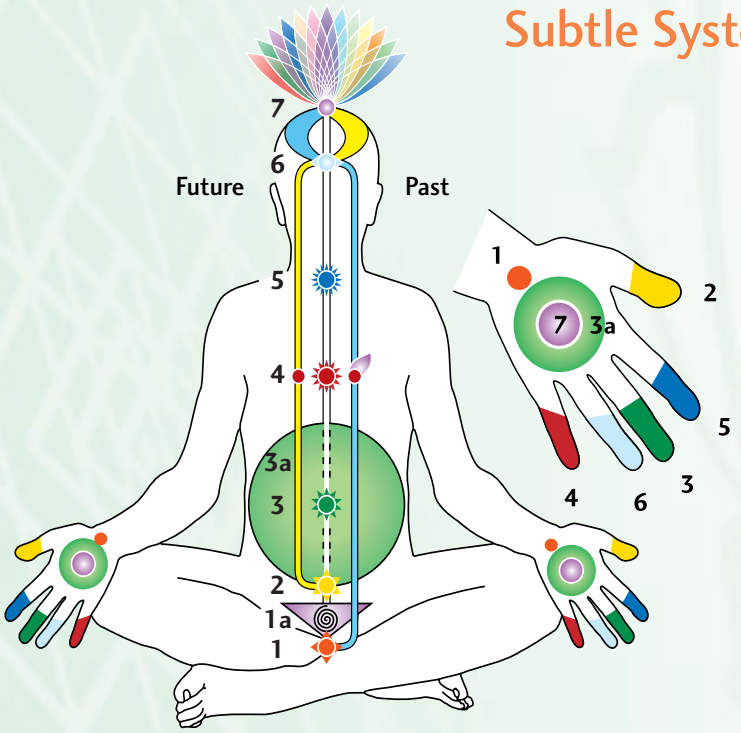
Sit comfortably in a chair with your hands on your lap, palms upwards.

Place your feet in a bowl of warm water with a handful of salt.

Meditate for around 10 to 15 minutes.

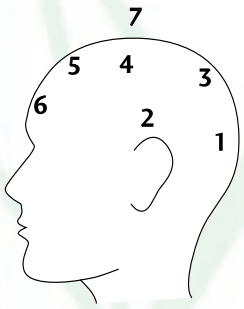
Rinse and dry your feet. Then flush the water down the toilet and wash your hands.

Subtle System Chart



Chakras

7 Sahasrara
6 Agnya
5 Vishuddhi
4 Heart
3a Void
3 Nabhi
2 Swadisthana
1a Kundalini
1 Mooladhara



Chakra	Qualities	Gross expression	Manifestations
7. Sahasrara	Integration Mental Silence	Limbic area	Cool vibrations
6. Agnya	Forgiveness	Crossing of optic chiasma (Pineal & pituitary glands)	Conditioning, sight, hearing, thought, "I"-ness
5. Vishuddhi	Collectivity Diplomacy Witness state	Cervical plexus (thyroid)	Neck, arms, mouth, tongue, face
4. Heart	Love Compassion	Heart Cardiac plexus	Heartbeat Breathing
3a. Void	Self-mastery	Abdomen	Liver, kidney, spleen pancreas, uterus
3. Nabhi	Peace Satisfaction Wellbeing	Solar plexus	Stomach Liver
2. Swadisthana	Creativity Abstract thought Aesthetics	Aortic plexus	Liver, kidney, spleen pancreas, uterus
1a. Kundalini	Motherly love	Sacrum bone	Parasympathetic system
1. Mooladhara	Innocence Wisdom	Prostate gland Pelvic plexus	Reproduction Elimination

"Within us lies the peace, the beauty, the glory of our being. We cannot seek it outside. We have to go within."

Shri Mataji Nirmala Devi

Who is Shri Mataji?

Shri Mataji Nirmala Devi quietly transformed lives. For over forty years, she travelled internationally, offering free public lectures and the experience of Self-Realisation to all, regardless of their race, religion or circumstance. She not only enabled people to pass this valuable experience on to others but taught them the meditation technique necessary to sustain it, known as Sahaja Yoga meditation which she founded in 1970.

Born in 1923 into a Christian family in India, Shri Mataji worked with Mahatma Ghandi and was involved in India's fight for independence. She was a mother and grandmother and a descendant of an Indian royal family. Her father was a member of India's first parliament.

Shri Mataji maintained that there is an innate spiritual potential within every human being, and it can be spontaneously awakened. She emphasized that this awakening, described as Self-Realisation, cannot be purchased. Money has never been charged, nor will it be, for the experience of Self-Realisation or for the teaching of Sahaja Yoga meditation.

Nominated twice for the Nobel Peace Prize, Shri Mataji was honoured by the US Congress and the United Nations and received numerous awards for her contribution to the peace, health and wellbeing of humankind.

Quotes from HH Shri Mataji

Blossom Time

"But today it is Blossom time where many have to get their Realization. It's the last breakthrough in your evolution that you have to become the spirit."

Truth

"The truth is, first one, that you are not this body, this mind, these conditionings or ego, but you are pure spirit."

Enlightened Temple

"The body of a human being is a temple of God. But this temple has to be enlightened and has to be auspicious so it's a beautiful temple for God to reside."

Attention

"Now the best thing is to put attention to your spirit. If you start putting your attention to spirit, the sweetness of the spirit itself will make the whole thing very sweet and beautiful."

Love

"You may be very great, you might be very intelligent, you may be earning lots of money, whatever it is. It's not so important. What is the most important thing is that you are loved."

Meditation

"Only in meditation you are in present and you grow in your spirituality."

Feedback from Class & Workshop Participants

"In this age of commercialisation and business orientated activities, I am delighted to see such activities being done on a volunteer basis and no cost to the participants. This speaks a lot of the true intentions of the organisers, who are there to really help the community. Keep it up!"

"What a fantastic day! Thank you so much for this, I found it very helpful and peaceful."

"It was beautiful, amazing, life changing - all at no expense."

"Very interesting, peaceful and calming. A wonderful experience.".

About HH Shri Mataji's Life and Legacy

Visit: www .shrimataji.org

More about Sahaja Yoga Meditation

Sahaja Yoga Meditation is always taught Free of Charge.

In-person classes in over 120 countries.

Online live and recorded courses in over 10 languages on Zoom and YouTube.

- English by Australia; Malaysia / Singapore; Nordic & European languages; UK; USA
- Arabic - عربي
- Chinese - 中文
- French - Français
- German - Deutsch
- Hebrew - עברית
- Hindi - हिंदी
- Italian - Italiano
- Portuguese - Português
- Spanish - Español

Online resources

Meditation guides • videos and audios • meditation music • podcast • newsletters.

Visit: www .freemeditation.com.au

YouTube Channel

Guided meditations, interviews and courses in over 10 languages.

Visit: youtube.com@FreeMeditationW orldwide

Download this Book

Download and share this book.

Visit: www.freemeditation.com.au/55years

Published by Sahaja Y oga Meditation Australia