

Sri Mataji Nirmala Devi Adi Shakti

"Sahaja Yoga is not so simple as you think," Shri Mataji told us in 1998. "It is full of temptations." Over twelve pages, in a collection of short quotes, Shri Mataji clearly tells us what Sahaja Yoga is not. The magazine also includes several other articles created from her words. She speaks of collectivity, beauty, fear and incarnations. She speaks at a 1982 Shri Durga Puja, calling it "the Day of the Goddess" and she assures us that there is no problem because there is a

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special grace.

Bhakti is devotion. Shraddha is dedication. "Unless and until you develop that bhakti within you, you cannot rise." And yet Shri Mataji explains, "I do not know how to create that bhakti within you." It is up to us. Also in this magazine: how to be a guru, Sufis and Sufism, "The Joy is Reflected," and Shri Mataji's story about Buddha and the villager.

It is only possible for people who are of a subtler nature to understand the value of Sahaja Yoga, to hold to the values of Sahaja Yoga and to retain it in this fragmented world. In this

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magazine, one landmark talk from 1980 is presented in full. Shri Mataji tells us that, as subtler people, we are "a little different from the mundane crowd." Her message is then expanded with related excerpts of Shri Mataji words from other years.

The other day, I was listening to the talk given by Shri Mataji on the occasion of Her birthday Puja celebrations at Sydney on 21st March 1990. Expressing how overwhelmed She felt at the lovely messages, beautiful decorations, thoughtful gifts and letters of devotees not only from Sydney but from all over

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the world, She said that what had started off from a single point had now encompassed the whole world like an ocean of joy and fulfillment. What more could one ask for than ruminate over the sweetness and find out an occasion to return to that joy through loving gestures, caring actions and nice thoughtful words. She had expressed on that occasion that it would be a good idea to bring out a collection in the form of a book of all the nice things that can be said and done, provided it is done at the right time, right place and on the right occasion. This book is an endeavor to put

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together a few of the introspective transformations that one can bring about in moments of thoughtless awareness to brighten up one's own life as a part of the evolutionary process that we are all undergoing. And what better gift could be than to present this creative endeavor at the holy feet of our Dear Mother who has given us so much all in a span of one life time and that too actualizing it for us. I hope you will enjoy reading it and picking up the right flower from the garden of this collection and presenting it to the right person on the right

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*occasion as we so often have
found our beloved Mother
taking all the care in the world
to do so for us.*

*Words of Guidance and Wisdom
for Each Day of the Year*

A Gentle Guide to Chakra

Activation and Spiritual Growth

Eight Aspects

Forgiveness is the Greatest

Weapon

Recognition Gives Protection

Every Day with Shri

MatajiLulu.com

*When in the great wheel of
evolution of this Universe
another turnaround has to be
given, when some new form,
new type of life is coming
forth, then the Supreme*

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reveals Himself, embodying the type which He seeks to initiate in His Cosmos. Time and Time again, He has incarnated to give that much required push for human beings to go to the next step in their evolution. "In her latest book, *Incarnations: Steps for Momentum in Human Evolutio*, Saraswati Raman has nicely interwoven Shri Mataji Nirmala Devi's clarifications on the occasion of several pujas on the meaning of various Avataras, together with the incidents in the lives of the great Avataras. She has brought home, in a lucid manner, how the human

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evolution has been actualized in the form of incarnations taken by the supreme being. I wish her all the best for this beautiful book." –Mrs.

Chandrika Nair, MA, Dip. Ed., M.Ed., retired principal

The words begin on the front cover: "It is said that God is love." The entire content of this magazine is dedicated to one landmark talk: the 30th of December 1979 in Mumbai. Shri Mataji's words echo across the years: "The ocean of love is your Sahasrara. When your Sahasrara is filled with love, then life is changed." She goes on to

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speak of innocence and satisfaction, dharma and security, the Virata, Hamsa and Atma. And she speaks of vibrations. It is all in one talk, advice on all the chakras.

Meta Modern Era by Shri Mataji Nirmala Devi is a loving, compelling and powerful book that introduces a tangible spiritual breakthrough for the 21st century – spontaneous Self Realization through Sahaja Yoga meditation – which opens a new dimension in human awareness. Written by Nobel Peace Prize nominee and one of the greatest voices on spirituality, Shri Mataji

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Nirmala Devi, the book offers stunningly deep insights on the crises of our modern times and the solutions to their root problems.

The Advent

Every Day with Shri Mataji

An Experiential Treatise

Meta Modern Era

Shri Mataji Tells a Story

The book Sahaja Yoga: Healing and Integration of Your Subtle Energy System, written by Saraswati Raman, describes at length the process of activating the dormant Kundalini energy lying within the sacrum bone in each one of us and raising it upward through the chakras along the spinal

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column through the Sushumna Nadi until it reaches the Sahasrar, or the fontanel bone area, where it unites with the cosmic energy. She speaks of the various healing benefits of Sahaja Yoga: stress management and its utility in attaining an emotional balance. The second part of the book deals with the use of sound, musical notes, and ragas in the activation and energizing of chakras. Music also has been widely used as therapy through its impact on the energy vortices and, thereby, its influence on the various glands and systems within the body. The third part speaks about

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incarnations and how the various Avatars incarnated to give an impetus to evolution on earth more particularly toward helping the momentum in the evolution of humanity. The work is the outcome of her own application of Sahaja Yoga and its impact in bringing about an all-around integration of the personality—physical, emotional, intellectual, and spiritual.

Who are we? Who are we really? What is our purpose here? And how can we make this a better world? Sahaja Yoga answers these questions. It answers them not only intellectually, in

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the form of an idea, and not only as a felt response, in the form of a mood of the heart, but also as an actual living happening. Practical, simple, and free, it transforms us from within and thereby brings about the evolution that we seek. Shri Mataji Nirmala Devi, the founder of this Yoga, advised the author of Sahaja that he should write a substantial account of her discovery. This book, whose aim is to offer a rounded understanding of and thorough grounding in Sahaja Yoga, is the result. One talk from 1977 stands alone: Creation. "You are the people who are on the

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stage," Shri Mataji told us. "You are created for this purpose." This single talk fills all the pages of this richly illustrated magazine. She begins with these words: "It is a very difficult subject. And I will try to make it intelligent for you, but I would request you to pay full attention for such a difficult subject like creation."

Shri Mataji writes that "India is a very ancient country and it has been blessed by many seers and saints who wrote treatises about reality and guidelines on how to achieve it." This is just such a book. This book is both an introduction

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to Sahaja Yoga, describing the nature of the subtle reality within each of us, and a step-by-step handbook on how to be a good Sahaja Yogi, the nature of Sahaj culture, how to be a leader and how to raise children. "The knowledge of Sahaja Yoga cannot be described in a few sentences or one small book, but one should understand that all this great work of creation and evolution is done by some great subtle organization, which is in the great divine form."

Incarnations

Know Thyself

*An Introduction to Sahaja
Yoga*

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ABC: Aarti Bhakti & Chakra Creation

The book Sahaja Yoga- An Experiential Treatise is a translation of the original Marathi work titled Sahaja Yoga- Anubhavache Bol written by Mr. V. N. Phadke which was written by him at the request of our Holy mother, Shri Mataji Nirmala Devi. The book is based on his own experiments with application of Sahaja Yoga for treatment of various ailments, to find intuitively solutions to some common problems faced by man and also to find the truth as to certain beliefs of his community for which the encouragement

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came from Shri Mataji Nirmala Devi herself. Saraswati Ramans interest and dedication to Sahaja Yoga and its meditation led her to explore a course in medicine leading to an MD in Alternative Medicine from the Indian Board for Alternative Sciences, Kolkata and started off on her journey in Music too by learning, just to discover the treatments of various diseases through Music and Sahaja Yoga meditation. A lady full of positive vibes and approach, towards every aspect of life; ever smiling, her journey to explore the Culture of our country and its tradition has taken this form of a beautiful

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compilation of this literature. We are proud to have her as one of the gems of Sahaja Yogis that are blooming on this Earth. Jai Shri Mataji. With lots of love, Pramila Rao, Krez Creations, Real Estate, Ad-films & Media. The best way to be happy is to count your blessings. Count them: how much God has given you. Then you will be cheerful. Thank God. Start thinking what has happened to you. Start thinking about what you were and what you are. Just start. Know it for sure. The first thing one should do is to thank. All your gloom will vanish. This ebook combines the content of

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both paperback books, "Anant Ashirvad: Eternal Blessings" and "Anant Ashirvad: Infinite Blessings."

Kundalini Awakening delivers a universe of easy benefits for readers seeking to find relaxation, harmony, and inner peace. Kundalini Awakening demystifies the complex science of Kundalini in a compelling content of:

- A full understanding of the seven Chakras, from the first Root Chakra located at the base of the spine to the brain's Crown Chakra
- The power of mantras and complete instructions for their use
- Breathing techniques for

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relaxation and stress reduction .
Meditation exercises using the
guided imagery and the
magnificent full color Chakra
paintings of Zachary Selig that
clarify the color coding of the
Chakras Kundalini Awakening
presents a dynamic
humanization solution through
Chakra models framed in
meditations to address the
challenges in our world and the
way we interact with ourselves.
On 5th May 1970 Sri Mataji
Nirmala Devi introduced a
unique method of inner
transformation called Sahaja
Yoga. Within the following years
Sahaja Yoga grew dramatically

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and transformed the lives of thousands all over the world. the Ascent is a sequel that records the process of that transforming force and how each individual can ascend to his own ultimate collective being.

Eternal and Infinite Blessings
Heal and Integrate Your Subtle
Energy System

Anant Ashirvad
Subtlety

"That is what we have to achieve: that one's with ourselves." Shri Mataji tells us about "this power hidden within your hearts." It is simple, she explains: "the main

problem that we have is that we do not realize that we have no problem." Also in this magazine is the message that love is the greatest guru and that our ascent is the point.

The wider view: more than fifty photographs of Shri Mataji, cropped wide and captioned by her words.

In the summer of 1984, in a period of eighteen days, there were four Sahaja Yoga public programmes in London. In Lambeth, Hampstead, Ilford and

***Chiswick – the south,
north, east and west –
Shri Mataji spoke on four
evenings in what could be
considered to be the
longest and most
complete introduction to
Sahaja Yoga. These four
programmes, collectively
known as “The
Experience of Truth,”
totalled more than five
hours. She spoke,
continuing from one
lecture to the next, with
the understanding that
the same audience was in
attendance. There was
very little repetition, only***

recap. The description was in depth. The wisdom was unique. Questions were answered. Shri Mataji spoke about the truth within — truth known to us through our senses and the truth perceived through vibrations. She spoke about truth as an unchanging absolute and our ability to become that truth in a new collective consciousness. And finally she spoke to us about the enjoyment of that truth — the very nature of the Divine. “You become the

joy,” she said, “the source of joy and the giver of joy. You enjoy yourself because your Self is glorious.” We could not have asked for more. It was a summer to remember.

This is a user-friendly and practical guide for UK practitioners and those managing UK firms on the day-to-day legal issues that arise in the specialist field of partnerships and LLPs. The book is written by three authors: a leading partnership and LLP

barrister with many years of litigation experience, a solicitor with specialist expertise in partnership and LLP structures and agreements, and a respected academic in the field. It provides clear and practical guidance on the main issues that arise time and again in UK partnerships and LLPs. While there are many important differences between traditional partnerships and LLPs, the practical issues that they face are often similar, and the book

therefore tackle both areas. The focus is mainly on those areas that regularly cause difficulty in firms (be they traditional partnership or LLP). Subjects covered include: the legal nature and characteristics of partnerships and LLPs * factors influencing choice of legal entity * the essential elements of partnership and members' agreements * management structures including management boards and partnership councils * conduct of

***meetings *
partnership/LLP property
and profits and losses *
accounts, taxation, and
audit * partner and
member retirements and
expulsions * duties of
partners and members *
Equality Act implications
* suspension and garden
leave * personal liability
issues * dissolution and
winding-up * goodwill *
disputes: mediation,
arbitration, and court
proceedings * mergers,
acquisitions, and
conversions.***

Introduction to Sahaja

Yoga

Sahaja Yoga - an Experiential Treatise The Book of Adi Shakti Preview

Sahaja Yoga-The Secret to Self-Unfoldment and Transformation

Sahaja Yoga

An alphabet sampler of Sahaja Yoga. A is for Aarti, B is for Bhakti, C is for Chakra. She is the one who forms the alphabets. "You cannot describe it in words, but you can really feel it inside yourself, that joy of being the Self."

It's all about forgiveness:

"There are very few

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principles which you have to accept in Sahaja Yoga," Shri Mataji tells us. "One of them is to forgive everyone." In this magazine Shri Mataji also tells us about our responsibility and the power of just sitting down and letting it happen. "The unconscious cannot talk to you. It has to come on this Earth as a human being and tell you with a language." Shri Mataji tells us of eight aspects of spiritual ascent: Religion, Atma, Guruship, Spirit, Kundalini, Desire, Surrender and Becoming. "I am like the mouthpiece of the unconscious to tell you what is to be done. I am just

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your mother, absolutely concerned about your ultimate well-being." These are eight aspects of the Divine. Eight aspects. One God.

Sixteen key moments with Shri Mataji Nirmala Devi between 1979 and 1990 and what she told us on each occasion. From the gift of clay swans, under a banyan tree on a beach at the US-Mexican border, a Mother Earth Puja in the gentle rain of suburban London, sitting for a portrait in oils in an Italian market square, a summer visit to Stonehenge, the launch and publication of *The Advent* with each book signed by

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Shri Mataji - you are there.

"The complete dynamism and the memory of each moment is so deep that you will see the whole thing like a picture and the joy of that moment completely flows into you."

The Tenth Incarnation

One Year in Sahaja Yoga:

1994

Sahaja

Between Emotion and

Intelligence

Advice on All Chakras

This book is not the story of creation, nor its a description of God Almighty; It is about an experience of love, devotion and sheer joy with the incarnation of the all pervading power of Divine Love, Shri Adi Shakti Shri Mataji Nirmala Devi. No mortal can possibly know Her multi-

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dimensional forms but what mortal does see is so breathtaking that his two eyes are not enough to see all Her marvels.

There is one guru mantra. It is "We are Sahaja Yogis." In this magazine, Shri Mataji's speaks of revolution, recognition, her mission and existence, and that Sahaja Yoga was always known to her. "Believe me," she reassures us. "No one can harm you. We are all Sahaja Yogis."

Yogi Mahajan chronicles amazing moments with Shri Mataji during travels and various occasions."Before the play of the flute there was silence. But it did not mean that music was absent. In the same way the Divine was throughout conscious of its awareness.It had a face but it could not see itself, as there was no reflector. As it was alone in solitude, it could not know itself. There had to be another, through which it could be known. Thus the Braham Chaitanya manifested as the Adi

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Shakti. The All Pervading had to take a form. The All Pervading Ocean had to limit itself by the shores. The clouds of the All Pervading Braham Chaitanya drizzled the Chaitanya to give awakening to the universe." - H.H Shri Mataji Nirmala Devi

Since its publication in 2013, *The Book of Adi Shakti* has proven to be one of the foundational books in Sahaja Yoga. Carefully edited from unpublished manuscripts and illustrations, we have a book from Shri Mataji's own hand. "I hope to write some book on Sahaja Yoga," she once said. "The whole knowledge will be dawned upon you. You will have a meaning and you will understand." This magazine from *The Divine Cool Breeze* also includes two additional articles created from Shri Mataji's words: "What is Your Position?" and "Smiling."

To Understand the Value of Sahaja Yoga
Kundalini Awakening

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Sahaja Yoga Songbook

Sixteen Moments

The Absolute, Dedicated to Shri Mataji
Nirmala Devi

The events of 1994: Shri Mataji's
travels, talks, pujas and advice.

From Bangalore to Bucharest,
Brisbane to Buenos Aires, this year
can be described as a vision of
beauty. "Many people who really
have achieved a very great height
in their spiritual life did not need a
birthday, but every day they felt it is
a birthday to start, to go ahead, to
understand, to learn. Every day is a
new year for them."

An introduction to Sahaja Yoga
created from the words of Shri
Mataji Nirmala Devi: this power
knows who you are.

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This book proposes and describes a new category of perception ("vibratory awareness") beyond thought, feelings or instinct, by which all kinds of absolute questions are answered. This awareness itself thinks, organizes and loves. It balances, neutralizes and heals human problems, and relates man to the Divine. In different scriptures it has been named as divine breath or the flood of bliss. It is innate in every human being, though unconscious for most. Great prophets and founders of different world religions preached the lifestyle which would optimize man's awakening to its conscious knowledge ("self-realization," "second birth," "mukti"). Divine

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incarnations, who came on this earth at different stages of man's evolution, prepared the setting for its manifestation, on a mass scale, as the phenomenon of "collective consciousness." Every reader is invited to verify personally the existence and the validity of this new awareness; many already have.

Shri Mataji's words of advice, guidance and wisdom given between 1999 and 2001 in the rural setting of Canajoharie USA, a land of refuge and retreat, an immortal portal of joy, vibrations and peace. It is, Shri Mataji told us, "such a far-fetched place, away from the madding crowd. It is such a beautiful place, which has

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vibrations."

The Ascent

Steps to Momentum in Human
Evolution

Bhakti is Devotion

Every Day With Shri Mataji

The Experience of Truth

The latest book Sahaja Yoga- An experiential Treatise is filled with practical application of the powers of Sahaja Yoga to problems that we encounter in daily life. The book "Sahaja Yoga- An experiential Treatise", originally written by V N Phadke in Marathi and the English translation by Saraswati Raman extols the incarnation of Adi Shakti to strengthen the qualities of human beings gripped by disillusionment. Adi Shakti, who incarnated in the

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embodiment of Shri Mataji Nirmal Devi, spread the knowledge of Sahaja Yoga, a method of Self- Realization by awakening the Kundalini in the ordinary man. Sahaja Yoga is a movement founded in 1970, by Her Holiness Shri Mataji Nirmala Devi, popularly known as Mother or Mataji by her followers. According to the movement meditation is followed by Self-Realization produced by Kundalini awakening accompanied by thoughtless awareness or mental silence. Shri V. N Phadke, who had the good fortune to be with Shri Mataji since the time She began Her work in the 70s and seek personal guidance in experimenting with Sahaja yoga in proving or disproving certain practices or rituals, also put in

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concerted efforts in applying Sahaja Yoga techniques to cure various illnesses of the body. V N Phadke who writes about his experiences in the awakening of the Kundalini and attaining Self-realization had applied the technique to the Dumb and Deaf students of the school where he was a teacher. In this book, Saraswati Raman, presents the English translation of the anecdotes and experiments of Shri V. N Phadke in using Sahaja Yoga to cure health problems like kidney stone, fever, stomach aches, rashes, heart problems and paralysis. The book reveals the possibilities of Sahaja Yoga and with patience and courage, can be used for various purposes. This amazing book on Sahaja Yoga deals with the

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adventure and scholarly research of Nirmala Mataji. The English translation of the book by Saraswati Raman is a master piece of all times. The episodes reveal the true characters, their experiences and their strengths- a step out of unrecorded history not of one era but for all eras and for all times.

The 2020 edition of the Sahaja Yoga songbook with 275 most commonly sung bhajans with diacritics and guitar chords for many of the songs. Also available in a coil-bound edition. This collection of sixty-four stories, all told to us by Shri Mataji Nirmala Devi, includes The Creation of Shri Ganesha, The Sanyasi and the Rain and Padmini and the Palanquin. They are tales of inspiration, guidance and

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humour, "The stories are there," she said, "but behind these stories, you have to see the subtle things."

Shri Mataji tells us how recognition gives us protection, as well as five other articles created from her words, including How to be Collective and The Elements.

Canajoharie: Away from the Madding Crowd

The Wider View

That Oneness with Ourselves

The Face of God

We Are Sahaja Yogis

Shri Mataji asks the question, "How can religion make you hate?" Her answer is simple: "Religion is there to understand love, imbibe love and compassion." Also in this

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magazine are reports of her travels to North America and Hong Kong in 2000 and we are told about Shri Adi Guru Dattatreya, and two landmarks in Sahaja Yoga - Canajoharie and Chhindwara - as well as the essence of puja.

The first full-length examination of Sahaja Yoga, a new religious movement led by Sri Mataji Nirmala Devi, which claims up to one hundred thousand members from around the world. This is the first full-length examination of Sahaja Yoga, a new religious movement led by Sri Mataji Nirmala Devi, which claims up to one hundred thousand

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members from around the world. The author examines how newcomers adopt new practices and allegiances on becoming full-time members, and how most develop a radically new awareness of 'spiritual vibrations' as a result of the regular meditation suggested by Sri Mataji. To do so, she reflects upon current theories of socialisation, in particular building up understandings about new social worlds than has so far been appreciated. This accessible and informative account is of particular value to scholars working in the study of religions and new

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religious movements, and of interest to those working on theories of socialisation.

However, the book is required reading for anyone who wants to know more about the contemporary religious landscape.

Words of guidance and wisdom from Shri Mataji Nirmala Devi for each day of the year, selected from thousands recorded talks, presented on the day of the year on which they were spoken.

Sahaja Yoga is Not