

Dearest meditator,

Dear family,

Again welcome to the global Sahaja Yoga family! It's been such an honor to share this meditation technique with you and provide the tools for you to be your own master. Don't take anything from us, find out the truth for yourself.

Here is the email with the long list of links that are useful to start getting familiar with everything Sahaja Yoga has to offer.

General Websites

Sahaja Yoga Worldwide

The general Sahaja Yoga website you can find

here: <http://www.sahajayoga.org/worldwidecontacts/>

On this website you can find the contacts to Sahaja Yoga centers worldwide. So if you want to know if Sahaja Yoga is present in your country, this is where you can find out! Some of the contact information may be outdated, if so, don't be afraid to contact any one of us and we'll be able to give you the contact details of someone we know.

Mantra Book

Sahaja Yoga has a lot of mantras. Luckily for you (and us), there is a book with all of them! :)

[SY Mantra Book.pdf](#)

The Soundcloud to recordings of the mantras: <https://soundcloud.com/nirmala-vidya-portal/sets/sahaja-yoga-mantra-book>

Chakras

There has been so much information given, that we totally understand if things get forgotten. Here a Google Drive folder with a handout of each chakra, containing basics like qualities, causes of catches & affirmations.

<https://drive.google.com/drive/folders/1j85suyZlfRb0U3JjRQqIrQR2xQluZNa1?usp=sharing>

Cleansing Techniques

In this document you will find different Sahaja Yoga treatments with their explanations. The document is organized per chakra so you can look up how to treat a specific catch.

[SY Treatments Book.pdf](#)

[42 Clearance Techniques and 20 Meditation Types...](#)

Medical A-Z

Here is a PDF with a list of diseases and other physical pains with extracts from Shri Mataji how to work on them. This list doesn't contain all the diseases and of course doesn't guarantee that you will be 'cured', but it does however give a good insight into where the problem might come from. So you can introspect and work on it. If you want more information about a certain topic or problem you have, you can always search it on the website Nirmala Vidya.

[Medical A-Z v2.4.pdf](#)

Books in Sahaja Yoga

A list of all the books that are related to Sahaja Yoga. From books written by Shri Mataji to Theses and Dissertations by Sahaja Yogis.

<https://sahaj-az.blogspot.com/p/books.html>

<https://www.divinecoolbreeze.com/sahajayoga/all> (you can order them here)

Events Sahaja Yoga

Some time ago some yogi's made a website that they update regularly to see all the events that are happening related to Sahaja Yoga. Now there is a global pandemic going on and there are no events in person. Which is why the page isn't updated. If you want to really stay up to date with everything it's good to subscribe to the 'News' list of Sahaja Yoga Netherlands and the different Facebook pages like: 'Sahaja Tours'.

<http://events.sahaja.yoga/>

Sahaja Yoga Netherlands News (email)

In the Netherlands we have a Sahaja Yoga New list where you can subscribe to and receive information about events and things that Sahaja Yogi's are organizing. So if you want to stay up to date we recommend subscribing. You can do that by simply sending us an email you wish to do so and we'll add you to the list.

Sahaja Yoga Scientific Research

<http://www.researchingmeditation.org/>

<http://meditationresearch.co.uk/>

World Foundation

In Cabella, Italy there is the World Foundation of Sahaj Yoga. This is their website:

<https://sahajaworldfoundation.org/>

Shri Mataji Nirmala Devi

Shri Mataji

On this website you can find more information about Shri Mataji herself, her life and travels.

<http://shrimataji.org/>

A short and beautiful brochure on Shri Mataji:

[Mother brochure-ENG.pdf](#)

Nirmala Vidya Amruta

The recordings of the teachings of Shri Mataji Nirmala Devi are most sacred. Nirmala Vidya Amruta is a project that has built a virtual library on the life and teachings of Shri Mataji Nirmala Devi for the development of each individual Sahaja Yogi and the collectivity. This website has almost all the talks, speeches, seminars, public programs etc. transcribed in multiple languages with the video&audio, if present, that Shri Mataji has given in her lifetime of sharing the teachings of Sahaja Yoga. There is also an app for your phone! Super handy to read/listen to talks on the go.

<https://www.amruta.org>

Extracts of Shri Mataji Nirmala Devi

<https://www.youtube.com/user/bcuvellier/videos>

Meditation

Meditations with Shri Mataji

https://www.youtube.com/channel/UCtQS6Gi1M_PE9qli8mHxikw

Wemeditate

There is a website called Wemeditate that is very nice to follow guided meditation at home. They have an online Sahaja Yoga course. Even though it's a beginners course, it's still nice (and easy) to listen to an audio and just follow the meditation: <https://wemeditate.co/meditations>

Raga for Each Chakra

<https://www.youtube.com/playlist?list=PL63DDB89D9B578E48>

Sahaja Yoga Health centers

For those of you who missed it. A Sahaja Yoga Health Centre is a center that is founded by Shri Mataji to cure yourselves using Sahaja Yoga techniques. This can be anything from vibrationally working things out to treating a particular physical disease.

Health Centre Vashi

On 19th February 1996, Her Holiness Shri Mataji Nirmala Devi founded as a gift to humanity, the International Health Centre, located at CBD, Belapur, Navi Mumbai, India.
<http://www.sahajahealthcentre.com/index.html>

Health & Research Centre

This Health Center is located in Greater Noida. Find more information on their website.
<https://www.sahajayogahealthcentre.org/index.html>

Sharing the experience of Sahaja Yoga

Inner Peace

Inner Peace is a project from Sahaja Yogis to spread meditation to children by going to schools all over the world and offering Inner Peace Workshops.

Inner Peace began as Inner Peace Day, an international celebration of 21 March as the World Day for Inner Peace. The idea behind it was to establish a day in schools dedicated to World Peace, where students could experience inner peace for themselves, through meditation.

<http://innerpeaceday.org/en/>

The World Day for Inner Peace has seen success and appreciation in nearly 51 countries, involving more than 3.200.000 students. Every year the countries involved as well as the participating schools have increased in numbers; so much so that the event has marked the start of permanent meditation courses in many of the schools that took part.

Inner Peace events

As you are now Sahaja Yogi's, it's possible to go and participate in an Inner Peace Day. With an Inner Peace Day coming up there is always a weekend beforehand where you get trained by experienced Sahaja Yogis using Inner Peace. To participate in the next Inner Peace Day you can join this Facebook group here.

Meditate to Regenerate

Meditate to Regenerate is a non-profit organization founded by Sahaja Yogis to share Sahaja Yoga meditation in countries where it's complicated to use Sahaja Yoga under its own name, due to politics or religious restrictions. There have been tours in Turkey, Lebanon, Jordan, Egypt, Morocco and more.

<http://www.meditatetoregenerate.org/>

Sahaja Yoga meditation tours

There are a lot of tour that spread Sahaja Yoga all over the world. Become a group of the Facebook page Sahaja Tours to stay updated of all the tours. Also the events website is a good reference.

<http://events.sahaja.yoga/>

Sahaja Yoga Schools

ISPS

The International Sahaja Public School is situated high in the Himalayan foothills above Dharamshala in Northern India. The International Sahaja Public School was started in 1990 with twenty children from Europe, India and Australia. This was in response to the desire of the children and their parents for an education in an atmosphere of purity away from the increasing turbulence of modern society. ISPS goes from class one to class twelve.

<https://www.isps.edu.in/>

Cabella School

Since 2009, the Shri Mataji Nirmala Devi Sahaja Yoga World Foundation has promoted the “Cabella International Sahaja School” inspired by the teachings of Shri Mataji Nirmala Devi and the practice of Sahaja Yoga meditation. It's located in Cabella, Italy.

<https://www.cabellaschool.org/about-us/>

Borotin

Borotin is a kindergarten that is situated in the rolling hills of Czech Republic.

<http://borotin.org/wordpress/>

Devi School

The DEVI School is a non-profit, international boarding school located in Nova Scotia, Canada, serving the world-wide community of families practicing Sahaja Yoga meditation.

<https://www.devischool.org/>

Canajoharie

<http://sahajschool.org/>

Staying in contact

During the weekend there was an initiative to create a Whatsapp group with all of us to stay up to date, share meditation stories, make it easier to have events etc. If you wish to be a part of this group, please reply with you phone number so we can add you! :)

Soo..... that's a very long list. Now there are so many Sahaja Yogi's all over the world, actively doing so many many amazing things. It's impossible to know about all of them. With this list at least you'll have a good start. Again, welcome to the Global Sahaja Yoga. There are so many beautiful yogi's around waiting to meet you!

All our love.

The Course Team