



ONLINE PROGRAMS & PROJECTS PRESENTATION

Streamed to the Sahaja Yoga collective from
Guru Puja Seminar at Wamuran Ashram Queensland, 24th July 2021

Presentation recording on YouTube: <https://youtu.be/DX7qFjH0Rrw>



Jai Shri Mataji!

The Presentation shared with collective has 3 parts. An overview of each presentation is provided below.

1. Interview with Online Webcast Presenters.

Overview: Interview with nine Sahaja Yogis who have been presenting public programs on YouTube, Zoom and Facebook. There are over 30 yogis involved in the online programs, covering researchers, presenters, video editors, technical support, advertising, and social media promotions. Not everyone was present for the interviews. We thank everyone for their tremendous efforts and dedication.

2. Retrospective Feb 2020 ~ July 2021.

Overview: Online activities initiated over the past 18 months to support our online public programs, international Sahaja Yoga events and Zoom training for yogis

3. Current and Planned Projects.

Overview: Planned online public programs, further utilizing podcast platforms, using the internet to spread Sahaja Yoga to other countries where there is no Sahaja Yoga presence and expand promotions to more social media platforms.

Key points, and links to websites referred to during the presentations, are included in each section below.

1. INTERVIEW WITH ONLINE WEBCAST PRESENTERS:

- A mix of live and pre-recorded public programs are presented online using various platforms:
 - Facebook: "Journey within Sahaja Yoga" Facebook page:
<https://www.facebook.com/groups/sahajajourneywithin/>
 - Youtube channel <https://www.youtube.com/c/FreeMeditationWorldwide>
 - Zoom <https://zoom.us>
- Team can provide training and support to those wishing to participate in online programs and project. Contact team via info@sahajayoga.com.au

2. RETROSPECTIVE FEB 2020 ~ JULY 2021

- It started in February 2020 - We went global!
 - marked the beginning of moving online for Yogis and public programs.
 - went from just thinking "local" to having an international outlook.
 - many yogis now hosting online program for yogis and public with international yogis.

- Daily online public programs created for Youtube, Zoom and Facebook.
 - YouTube channel: <https://www.youtube.com/c/FreeMeditationWorldwide>
 - Facebook: <https://www.facebook.com/groups/sahajajourneywithin>
- Daily webcast calendar
 - Calendar displays daily sessions on YouTube, Facebook, Zoom and FM Radio and is updated each week and used for promotions.
 - Calendar: freemeditation.com.au/webcasts
- Webcasts are promoted on websites, by email and on social platforms such as Twitter, Facebook, Instagram, LinkedIn Pinterest, Meetup, etc
 - Sample email to public: <https://sahajalink.com/uhb>
 - Twitter: <https://twitter.com/freemeditation>
 - Facebook: <https://www.facebook.com/freemeditationaustralia>
 - Instagram: <https://www.instagram.com/freemeditations/>
 - Meetup: <https://www.meetup.com/sahaja-yoga-meditation-free-classes-australia-wide>
 - Pinterest: <https://www.pinterest.com.au/freemeditationworldwide/>
 - National website: <https://www.freemeditation.com.au/our-news-events/>
- Website and YouTube channel to support Yogis
 - Website for Yogis yogis.com.au
 - YouTube channel for Yogis youtube.com/c/AustralianSahajaYogisChannel
 - Events calendar yogis.com.au/webcast-calendar
- International Puja websites created by team
 - Shri Ganesha Puja 2020 shriganeshapuja.org
 - Shri Kartikeya Puja 2020 shrikartikeyapuja.com
 - Nine Nights of Navaratri 2020 navaratripuja.com
 - Easter Puja 2021 easterpuja.com
- Shri Mataji's Travel Map on shrimataji.org
- Sir CP website <https://sircp.org>
- Support for China public music programs.
- Training for online presentation platforms
 - Zoom training provide Shaun NSW in June
 - Day 1 Session: <https://www.youtube.com/watch?v=z7KdI49EpNU>
 - Day 2 Session: <https://www.youtube.com/watch?v=-zsLM-ImMhU&t=0s>
 - OBS training planned for August by Vaibhav Qld
- Team can provide training and support to those wishing to participate in online programs and project. Contact team via info@sahajayoga.com.au

3. CURRENT AND FUTURE ONLINE PROJECTS

“Let's meditated for 21 Days” Public program

- Starting 31st July 2021
 - Daily one-hour sessions
 - hosted by Australian and international yogis
 - online support materials and videos
 - freemeditation.com.au/21days
- Realise the South Pacific
For islands where there is no SY presence
 - Tonga meditation.to
 - Papua New Guinea meditation-png.com
 - We'll do the same for Kiribati, Nauru, Samoa, Solomon Islands etc. Need yogis to sponsor a website to create new content. All in English.
 - 24/7 meditation channel on YouTube
 - Playlist of over 100 Australian and international public programs by Yogis and international Sahaja Yoga music
 - Playlists loops every 60 hours.
 - <https://www.youtube.com/watch?v=s3WdBeR-aSU>
 - Zoom recordings
 - Post-production of archived Zoom recordings
 - Produce for more podcasts
 - increase our audio and video podcast offerings
 - available on iTunes/Apple, Google, Spotify and many more platforms.
 - Audio podcasts meditationpodcasts.com
 - Video podcasts videosformeditation.com
 - Automate Meetup
 - Automate syndication of daily online events to many State Meetup accounts
 - Current process in manual.
 - Team can provide training and support to those wishing to participate in online programs and project. Contact team via info@sahajayoga.com.au

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We place everything we do, at the Lotus Feet of our Divine Mother

Her Holiness Shri Mataji Nirmala Devi

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