

OVERVIEW OF '21 DAY' MONTHLY ONLINE COURSES

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| <p>Presented by Sahaja Yoga Meditation</p> <h2>LET'S MEDITATE FOR 21 DAYS</h2> <p>Freedom from thoughts</p> <p>DAILY MEDITATION SESSIONS FOR 21 DAYS 31st July - 20th August 2021 8:45pm to 9:45pm (Sydney time)</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/21days</p> | <p>Presented by Sahaja Yoga Meditation</p> <h2>NEXT 21 DAYS OF MEDITATION</h2> <p>Freedom from Thoughts</p> <p>DAILY MEDITATION SESSIONS FOR 21 DAYS 23rd August - 12th September 2021 8:45pm to 9:45pm (Sydney time)</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/next21days</p> | <p>Presented by Sahaja Yoga Meditation</p> <h2>21 SERIES - ADVANCED MEDITATION</h2> <p>Freedom from thoughts</p> <h3>ACHIEVE YOUR DEPTH IN SAHAJA YOGA MEDITATION.</h3> <p>19th September to 25th December 2021</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/21Series</p> | <p>Presented by Sahaja Yoga Meditation</p> <h2>MEDITATION FOR STUDENTS</h2> <p>Love yourself - Meditate! Sunday 23rd & 30th January 2022 1pm - 2:30pm (Sydney time)</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/students</p> |
| <p>Presented by Sahaja Yoga Meditation</p> <h2>7 SERIES - ENLIGHTENED MEDITATION</h2> <p>Beginners • Intermediate • Advanced Sessions</p> <h3>TRUE MEDITATION FOR ENLIGHTENED AWARENESS</h3> <p>Every Monday and Thursday • 12PM (Sydney time)</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/7Series</p> | <p>Presented by Sahaja Yoga Meditation</p> <h2>DAILY MEDITATION COURSE - DEC 2021</h2> <p>3 Week Beginners, Intermediate & Advanced Sessions</p> <h3>DISCOVER THE PEACE AND JOY OF TRUE MEDITATION</h3> <p>2nd to 22nd December 2021 • 8PM (Sydney time)</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/Dec2021</p> | <p>Presented by Sahaja Yoga Meditation</p> <h2>DAILY MEDITATION COURSE - JAN 2022</h2> <p>3 Week 'Journey Within' Course - Beginners and Regular Meditators</p> <h3>A SPIRITUAL JOURNEY FOR AWAKENING, NURTURING & DEEPENING OUR CONNECTION.</h3> <p>10th to 30th January 2022 • 8PM (Sydney time)</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/Jan2022</p> | <p>Presented by Sahaja Yoga Meditation</p> <h2>DAILY MEDITATIONS</h2> <p>Join with Zoom Join on YouTube Facebook</p> <p> www.freemeditation.com.au/webcasts</p> |
| <p>Presented by Sahaja Yoga Meditation</p> <h2>FEBRUARY DAILY MEDITATION COURSE • 2022</h2> <p>3 Week Beginners, Intermediate & Advanced Sessions</p> <h3>A PRACTICAL APPROACH TO SAHAJA YOGA MEDITATION</h3> <p>7th to 27th February 2022 • 10PM (Sydney time)</p> <p>Join with Zoom Join on YouTube</p> <p> freemeditation.com.au/Feb2022</p> | <p>Presented by Sahaja Yoga Meditation</p> <h2>MARCH LET'S MEDITATE FOR 21 DAYS • 2022</h2> <h3>FREEDOM FROM THOUGHTS</h3> <p>5th to 25th March 2022 • 8:45PM (New York time)</p> <p>Join with Zoom Join on YouTube</p> <p> freemeditation.com.au/March2022</p> | <p>Presented by Sahaja Yoga Meditation</p> <h2>MEDITATION COURSES</h2> <h3>DISCOVER THE PEACE AND JOY OF TRUE MEDITATION</h3> <p>Beginners, Intermediate & Advanced Sessions</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/Courses</p> | <p>LIVE 24/7</p> <p>Presented by Sahaja Yoga Meditation</p> <h2>MEDITATION</h2> <p>Freedom from thoughts</p> <p>Join with Zoom Join on YouTube</p> <p> www.freemeditation.com.au/webcasts</p> |

PRESENTED BY SAHAJA YOGA AUSTRALIA • FREEMEDITATION.COM.AU/COURSES

DEDICATED TO OUR HOLY MOTHER

H.H. Shri Mataji Nirmala Devi

**Shri Mataji, may everything we do,
be pleasing to You and our Spirit.**





LET'S MEDITATE FOR A MOMENT

DISCUSSION POINTS

- Guiding principles
- History
- Course delivery platforms
- Mentoring a Seeker's Online Journey
- Advertising
- Resources for Seekers
- Resources for Course team
- More information



<https://www.youtube.com/watch?v=az6r1KeuU4Y>



<https://www.youtube.com/watch?v=BxfEFyyMSpE>



<https://www.youtube.com/watch?v=D2cUAs1MnZg>

GUIDING PRINCIPLES

- Course is aimed to nurture true seekers into Sahaja Yogis.
- Hosted by a collective for a global audience.
- Course follows Shri Mataji's public program structure
 - start with Sahaj music, introduction, Shri Mataji's video, Self-Realisation, lots of meditation and end with Sahaj music and follow-up information.
- A daily theme to introduce Sahaj techniques and knowledge.
- Seekers encouraged to join local centres or online virtual ashram.
- Yogis (mentor) assigned to seekers.

HISTORY

DAILY MEDITATIONS

- [Weekly schedule](#) of daily meditations and Courses.
- [24/7 Channel All day, Every day.](#) Guided meditations, talks and music.

COURSES

All completed courses have recordings of the daily sessions.

- [April 2022 – 3 Week Course.](#) Hosted from Singapore and Malaysia
- [March 2022 – 3 Week Course.](#) Hosted from USA and Canada.
- [February 2022 – 3 Week Course.](#) Hosted from Perth, Western Australia.
- [January 2022 – 3 Week Course.](#) Hosted from Sydney, Australia.
- [January 2002 – ‘Meditation for Students.’](#) Hosted by global team.
- [December 2021 – 3 Week Course.](#) Hosted from Melbourne, Australia.
- [November 2021 – ‘7 Series’ 3 Week Course.](#) Hosted from Canberra, Australia.
- [October 2021 ‘Series 3 – Advanced 21 Days Meditation’.](#) Hosted from Brisbane, Australia
- [September 2021 ‘Series 2 – Next 21 Days of Meditation’.](#) Hosted from Brisbane, Australia
- [August 2021 ‘Series 1 – Let’s Meditate for 21 Days’.](#) Hosted from Brisbane, Australia.

ONLINE DELIVERY PLATFORMS



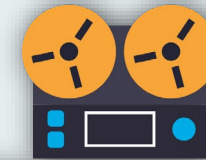
SAHAJA YOGI PRESENTERS



SAHAJA YOGI PRESENTERS



DEDICATED COURSE WEBSITE WITH LINKS TO ZOOM, YOUTUBE, RECORDINGS & RESOURCES



INTERACTIVE SESSION ON ZOOM



LIVE STREAMING

VIEW LIVE SESSION ON YOUTUBE



RECORDING



WATCH RECORDING ON YOUTUBE



24/7 CHANNEL



GLOBAL AUDIENCE & YOGIS

MENTORING A SEEKER'S ONLINE JOURNEY

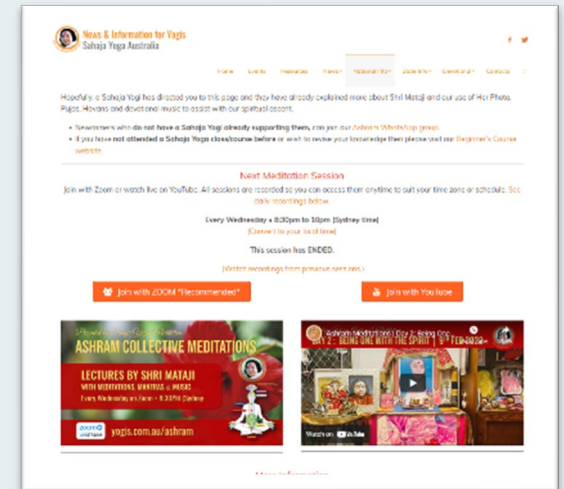
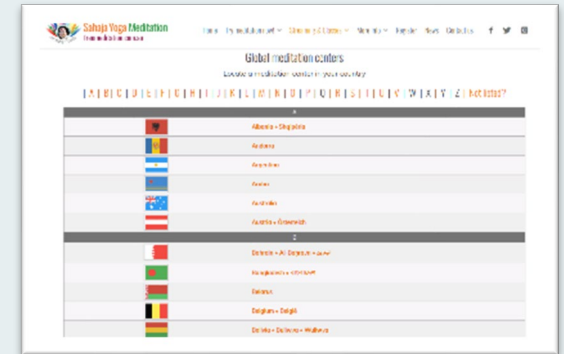
21 DAYS COURSE



ONLINE MENTOR SUPPORT



GUIDE SEEKERS TO THEIR INTERNATIONAL CENTRES



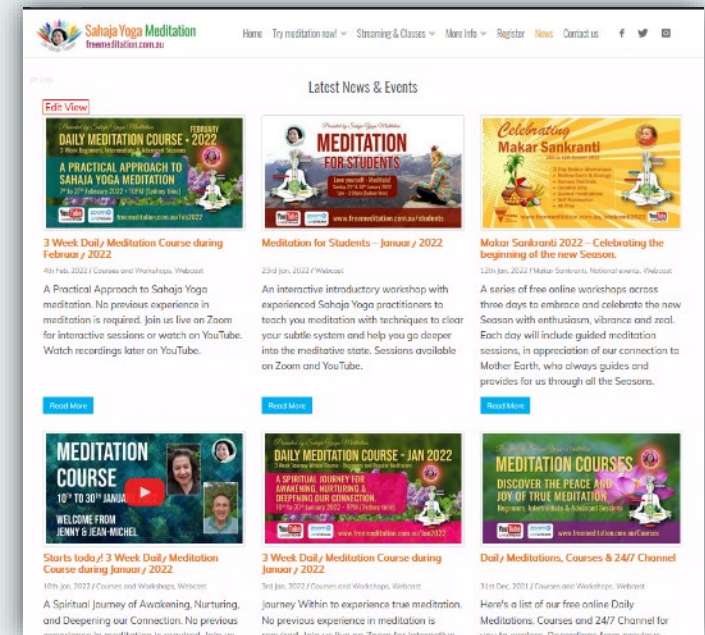
WHATSAPP USED EXTENSIVELY TO SUPPORT SEEKERS.
SEEKERS ENCOURAGED TO JOIN LOCAL COLLECTIVE OR ONLINE VIRTUAL ASHRAM.

VIRTUAL ASHRAM
[YOGIS.COM.AU/ASHRAM](https://yogis.com.au/ashram)

ADVERTISING

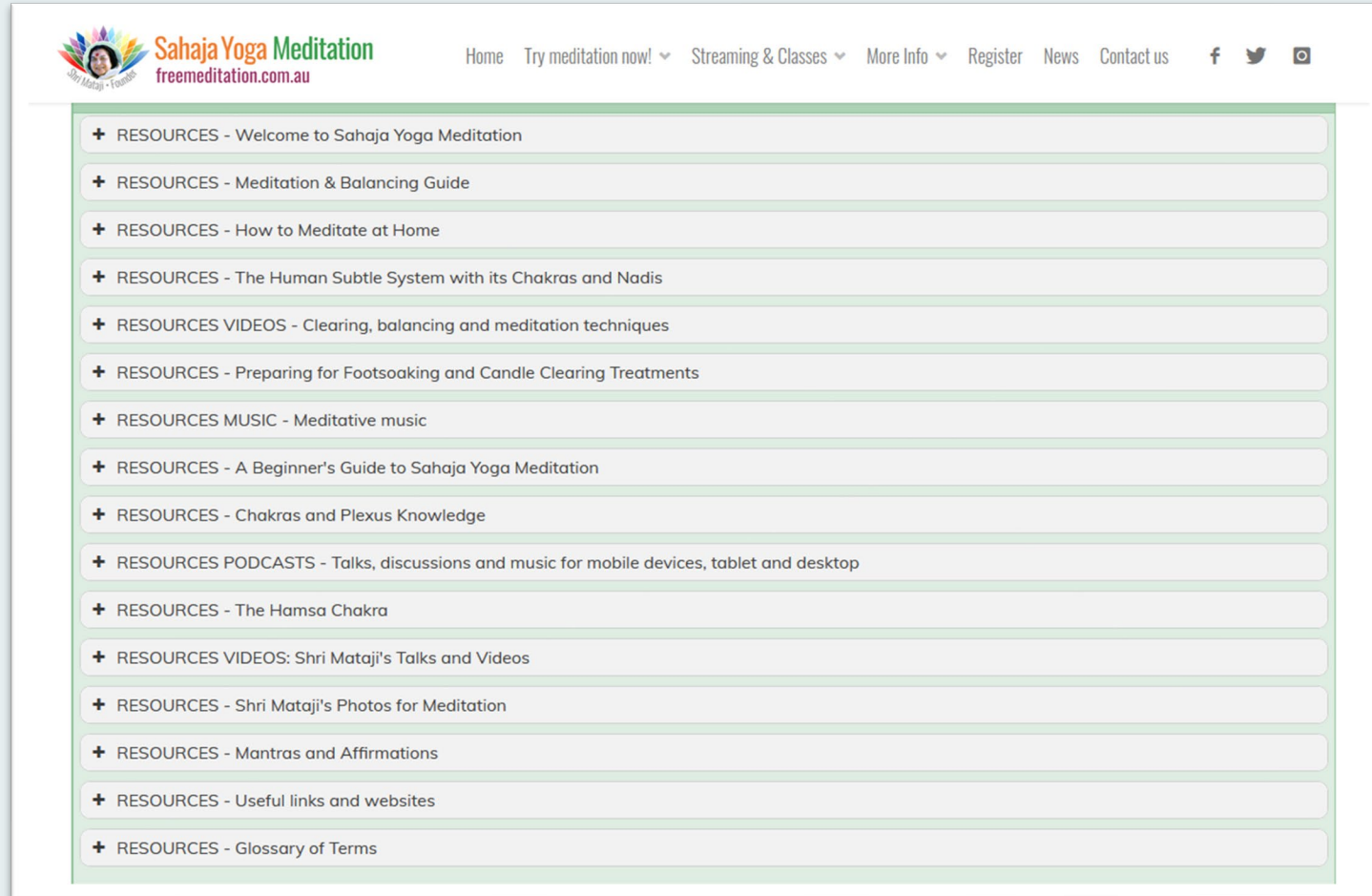
- National website
- Facebook
- Twitter
- Email to 20,000 international yogis.
- Email database attracting 300 seekers per month.
- Seekers can join or are assigned to Course WhatsApp

NEWS ON WWW.FREEMEDITATION.COM.AU



News of Free Meditation Worldwide

RESOURCES FOR SEEKERS



The screenshot shows the Sahaja Yoga Meditation website. The header includes the logo with the text 'Sahaja Yoga Meditation' and 'freemeditation.com.au'. Navigation links include 'Home', 'Try meditation now!', 'Streaming & Classes', 'More Info', 'Register', 'News', and 'Contact us'. Social media icons for Facebook, Twitter, and Instagram are also present.

- + RESOURCES - Welcome to Sahaja Yoga Meditation
- + RESOURCES - Meditation & Balancing Guide
- + RESOURCES - How to Meditate at Home
- + RESOURCES - The Human Subtle System with its Chakras and Nadis
- + RESOURCES VIDEOS - Clearing, balancing and meditation techniques
- + RESOURCES - Preparing for Footsoaking and Candle Clearing Treatments
- + RESOURCES MUSIC - Meditative music
- + RESOURCES - A Beginner's Guide to Sahaja Yoga Meditation
- + RESOURCES - Chakras and Plexus Knowledge
- + RESOURCES PODCASTS - Talks, discussions and music for mobile devices, tablet and desktop
- + RESOURCES - The Hamsa Chakra
- + RESOURCES VIDEOS: Shri Mataji's Talks and Videos
- + RESOURCES - Shri Mataji's Photos for Meditation
- + RESOURCES - Mantras and Affirmations
- + RESOURCES - Useful links and websites
- + RESOURCES - Glossary of Terms

Typical resources for seekers on Course website

RESOURCES FOR COURSES TEAM

The screenshot shows the 'Webcasting Resources for Yogis' page. At the top, there is a navigation menu with links for Home, Events, Resources, News, National Info, State Info, Devotional, and Contacts. The page title is 'Webcasting Resources for Yogis' and it includes a sub-header: 'For yogis who are presenting, researching and supporting online programs and classes or for personal use. Enjoy! If you have content that we should include on this page, please contact us at info@sahajayoga.com.au'. The main content area is titled 'Extracts of Shri Mataji's video talks.' and contains a paragraph about short videos with subtitles. Below this are two bullet points: 'The "Grouped by Topic" section has videos grouped by key topics – some videos may appear under several topics.' and 'The "Master List" section lists all the videos in alphabetical order.' There is a contact email sarahfrankcombe@gmail.com for questions. A 'Live streaming?' section explains how to use videos in Zoom or YouTube sessions. There are two expandable sections: '+ Shri Mataji's Video Extracts (with Subtitles) - Grouped by Topics' and '+ Shri Mataji's Video Extracts (with Subtitles) - Master List'. A 'More videos' section lists '+ Shri Mataji's Videos for public programs' and '+ Online Hard drives with Resources'. A 'Music – Audios and Videos' section includes '+ Music audios by Sahaja Yogis and others' and '+ Music videos by Sahaja Yogis'.

- Presentations, slides, PowerPoint slides, Talks with subtitles.
- Available on various websites and Google drives

Typical resources for Course team on yogis.com.au website

MORE INFORMATION



A GLOBAL PROJECT PRESENTED BY SAHAJA YOGA MEDITATION

VISIT [FREEMEDITATION.COM.AU/COURSES](http://freemeditation.com.au/courses)

CONTACT US: [INFO@SAHAJAYOGA.COM.AU](mailto:info@sahajayoga.com.au)

www.freemeditation.com.au/courses

Jai Shri Mataji!

