



*55 Years of Sahaja Yoga*

Sharing the Joy Newsletter - April 2025



HH SHRI MATAJI NIRMALA DEVI

# SHARING THE JOY

## LIFE ETERNAL TRUST AUSTRALIA



Dear brothers and sisters.

Jai Shri Mataji!

We offer our great appreciation and love to Our Holy Mother for Her arrangements and the great joy She provided at our International Easter Puja celebrations at Her property at Balmoral, and we send our love to all Sahaja Yogis around the country as we are all together in Our Beloved Mother's heart.

All Sahaja Yogis are always welcome to come together to enjoy HH Shri Mataji's beautiful vibrations at Her and the Collective's Balmoral property and we look forward to enjoying everyone's company at Balmoral for Sahasrara Puja on the 4th of May.

With love from the LETA Trustees.



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*Celebrating*  
**55 Years**  
5<sup>TH</sup> MAY 1970 ~ 2025

# SAHASRARA DAY

*“Now at Sahasrara, you  
have to thank Me”*

HER HOLINESS SHRI MATAJI NIRMALA DEVI

## **A moment of Pure Transformation**

55 years ago on the 5th of May, 1970, 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 - the Divine Incarnation of Her Holiness Shri Mataji Nirmala Devi opened the Sahasrara, the energy centre of the limbic area so Her children could achieve Self Realisation and enter the Kingdom of God.

*“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 to offer our heartfelt love, appreciation and thanks to Her Holiness on the 55th anniversary of Her greatest gift of opening the Sahasrara, and for all the blessings She constantly bestows upon us.

**Jai Shri Mataji!**



International  
Easter Puja & Seminar 2025  
Hosted by Sahaja Yoga Australia

# HIGHLIGHTS FROM EASTER PUJA

SUNDAY 20<sup>TH</sup> APRIL 2025  
BALMORAL ASHRAM

[sahajayogapujas.com/easter2025](https://sahajayogapujas.com/easter2025)



SHRI MATAJI NIRMALA DEVI • SAHAJA YOGA

## Highlights from Easter Puja 2025, Balmoral Ashram Sydney, Sunday 20 Apr 2025

The video includes Shri Mataji's full Puja talk but some segments of the Puja to Shri Mataji have been edited and some music removed. Chapters marks have been added to the video timeline so parts of the Puja can be easily accessed. The video runs for 2hrs 15mins.

**PLEASE WATCH THE VIDEO at this link** [https://www.youtube.com/watch?v=R\\_Fd8g\\_tZbo](https://www.youtube.com/watch?v=R_Fd8g_tZbo)





Images in the Havan Fire at Easter Puja - Bamoral - 18-5-2025















HH Shri Mataji visits Cairns and Wamuran





HH Shri Mataji at Gidgegannup in Western Australia



# SAHAJA MARRIAGES

RITEs, MANTRAS & AFFIRMATIONS





## SAHAJA MARRIAGES

Sequence of Rites to be followed are as follows:

- MEHANDI for brides (on the previous night of marriage day)
- HALADI for brides and Grooms at their respective camp (on the morning of the marriage day)
- GANESH PUJA by Grooms before starting for marriage pendal
- GAURI PUJA by brides
- MANGALASHTAK (Hymns of auspiciousness)
- ACCEPTING THE VISHWA NIRMALA DHARMA
- KANYADAN
- TYING THE TURMERIC
- LAJA HOM I.e. THE HAVANA
- CIRCUMAMBULATION TO THE SACRED FIRE WITH MARRIAGE VOWS
- COMPLETION OF HAVAN
- OTI TO SHRI MATAJI

NOTE : This book explains from Mangalashatak (hymns of auspiciousness) onwards



## ACCEPTING THE VISHWA NIRMAL DHARMA

All brides and bride-grooms should take the following pledge:

"We all accept the Dharma of Sahaja Yoga that is Vishwa Nirmal Dharma. We do not accept any one religion. We accept the best of all religions which is Vishwa Nirmal Dharma. I renounce all Dharmas and surrender to Shri Adi Shakti alone. I accept the Vishwa Nirmal Dharma for achieving the God realization.

The way of life in Vishwa Nirmal Dharma is:

- The truth should be followed.
- That which is blissful, should be followed.
- That which would promote Hitam (benevolence), should be followed."

## KANYADAN

Bride should hold her both hands over the copper plate. Bride's father should hold his both hands underneath touching the bride's hands. Bride-groom should hold his both hands underneath touching the bride's father's hands. Bride's mother should drop water into the hands of bride. The water will flow from bride's hands into her father's hand and then into groom's hands and then fall into the copper plate.

Bride's father says to the bride-groom.

"My daughter is a Sahaj Yogini and she has accepted the Vishwa Nirmal Dharma. Also I and her mother are followers of Vishwa Nirmal Dharma. Considering that you are the best Sahaja Yogi, I offer my daughter to you in the auspicious and Divine presence of Shri Adi Shakti. So, keeping fully in mind the importance of this great function, please give complete respect to it."

The bride-groom says:

"Of course I will comply with it"



## TYING THE TURMERIC

The bride-groom should tie the thread with turmeric attached, on the left hand wrist of the bride and the bride should do so on the right hand wrist of bride-groom.

Both say the following:

"It is with the blessings of Shri Adi Shakti that I accept the auspicious bond of this marriage and pray:

- May Sahaja Yoga grow.
- May the self-realisation grow.
- May the satisfaction grow."

While the following Mantra is being recited, the brides and bride-grooms should sprinkle vibrated 'Akshatas' over the heads of each other.

Both say:

"May we always have, by the blessings of Shri Adi Shakti.

- The sensitivity of Chaitanya
- The life without ego
- The joy of Sahaja ethics
- The energy and enthusiasm to do Sahaja Yoga work."

## TYING OF THE MANGALSUTRA

The bride-groom should apply the "akshatas" (Rice mixed with vibrated vermilion) on the forehead of the bride and tie the Mangalsutra around the neck of the bride.

While the following is being recited.

Bride-grooms say:

"I am tying the Mangalsutra that is the thread of auspiciousness as:

- That which is of the form of Chaitanya
- That which is pure, chaste and auspicious
- That which is verily the thread of the Chaitanya and auspiciousness and hence it is called the "Mangalsutram."



## TYING OF THE SHOULDER CLOTHS

The ends of shoulder cloths, put on by the bride and bride-groom, should be tied together into a knot by a married lady (preferably the bride's mother) while the following is being recited on behalf of the bride and bride-groom.

Both say:

"While our shoulder cloths are being put together in a knot, we fully realise that this relationship has been fixed through Sahaja Yoga and it is only through Sahaja Yoga that it will become pure and strong."

## LAJA HOM I.E. THE HAVANA

The following is kept ready for the bride and bride-groom by the side of the fire-place (Havan-kunda).

- (a) Fir-wood and clarified butter (ghee), camphor etc. for burning in the Havana.
- (b) The parched grain to be offered in the oblation.

After the Mantra of Shri Ganesh is recited, Uncle (Mama) of the bride ignites the fire.

Then the bride-groom drops the ghee, three times into the fire with the following Mantra being recited three times:

"This is offered to the sacred fire. It no more belongs to me."

Then starts the performance of the Havana.

The bride's Uncle places in the hands of the bride, parched grain five times, each coinciding with the Mantra recited.

The bride-groom should hold both hands of the bride standing by her side and the bride should drop the parched grain in the fire.



## FIRST OBLATION

"While the sacred fire is the witness, we invoke our own Kundalini and pray that all our faults, negativity and conditioning be burnt into ashes, in the light of the Kundalini."

## SECOND OBLATION

"While the sacred fire is the witness, we promise that we will be like flames in Sahaja Yoga and we shall, kindle the flames in others too."

## THIRD OBLATION

"While the sacred fire is the witness, we promise that we shall evolve to maturity, all that is immature in us."

## FOURTH OBLATION

"While the sacred fire is the witness, we promise that we shall not support or take the side of those people who are not following Sahaja Dharma. We also promise that we shall have great regards to all Sahaja Yogis as they would be befitting to Saints and Sadhus and extend all hospitality to them."

## FIFTH OBLATION

"While the sacred fire is the witness, we resolve to lead the life with all humility within the Maryada (limits) of Sahaja Yoga, like the fire which limits itself inside firewood, because the Kundalini is the cool power of the Divine Agni within us."

After the offerings, the bride and bride-groom should go around the sacred fire, the bride-groom should lead the bride holding her hand.



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## CIRCUMAMBULATION TO THE SACRED FIRE WITH MARRIAGE VOWS

There are seven mounds of rice placed by the right side of the sacred fire.

These are to be moved by the bride, with the big toe of her right foot, one by one, after completing every round.

The bride-groom should lead the bride in the first four rounds, followed by, the bride leading the bride-groom in the last three rounds, while seven mantras each corresponding to one chakra, beginning from Mooladhara, are recited.

The relations should keep the sacred fire burning when the brides and bride-grooms walk around the fire.

## FIRST ROUND

**The bride-groom says thus, to the bride:**

"I remember Shri Adi Shakti Mataji in my heart, and tell you that, you must keep the chastity that would be necessary for good Mooladhara. Our benevolence and auspiciousness lies in completely accepting and keeping full respect of innocence and forsaking cunningness."

## SECOND ROUND

"I remember Shri Adi Shakti Mataji in my heart and tell you that the Divine aesthetics of married life should be seen in our daily life, our home should be aesthetically decorated like planets and stars, that are revolving within the limits of their orbits at specific distance, we should do all our work within, and strictly abiding, by the Dharma.

I shall extend all hospitality to Sahaja Yogis and fully associate with you in performing the duties towards Dharma. May we both achieve the blessings, of enjoying the joy of collectivity."



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## THIRD ROUND

"I remember Shri Adi Shakti Mataji in my heart, and tell you that, I will hand over all the money that I earn to you, fully realizing that it has come to me as the reward of your Punya.

You should spend that money carefully and only after consulting me, keeping in mind that all the wealth belongs to God, We should spend our wealth whatever possible, with the feeling that we are receiving the God's blessings.

There should be no hankering for material objects and becoming completely detached (Videhi), we should nourish our Mahalakshmi principle."

## FOURTH ROUND

"I remember Shri Adi Shakti Mataji in my heart and tell you that, I will never hurt your feelings and shall forget all the mistakes made by both of us, in our past lives. My love for you would be limitless and so should be yours.

Please do not suppress your feelings and never hesitate to tell me if for some reasons your mind is at anguish or someone troubles you. I shall always stand by you, protect you and shall never listen to any false complaints against you."

## FIFTH ROUND

**The bride says thus, to the bride-groom:**

"I remember Shri Adi Shakti Mataji in my heart and tell you that, I shall bring the Divine Sweetness in your life.

I shall cook delicious food that can be enjoyed by you. We should eat only the food cooked by Sahaja Yogis. Please do not force me to meet, or be in the company of those who are not good Sahaja Yogis.

We should never use, between ourselves, abusive or bad language and should never shout at each other. You should quietly listen to me and I shall also quietly listen to you."



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## SIXTH ROUND

"I remember Shri Adi Shakti Mataji in my heart and tell you that, we both should regularly meditate and teach our children and also our friends, how to meditate.

Our life should be that of penance (Tapasya) but we should not complain or unnecessarily tell others about it and should be happy in all circumstances.

Your eyes should be pure and free from lust for women and without greed for anything."

## SEVENTH ROUND

"I remember Shri Adi Shakti Mataji in my heart and tell you that, we should truly understand, that Her Holiness Mataji Shri Nirmala Devi, has conferred Her Great Blessings on us, and so we should completely surrender and dedicate our hearts to Her.

This dedication should be through complete integration of body, mind and intellect.

We should be aware how tremendous and unprecedented the work of self realisation is and rest everything else in our life as unimportant and of no consequence.

It is my condition that we should, day and night unceasingly enjoy the ever flowing grace, devote and dedicate ourselves to Her, regularly offer the Puja to Her photo with all the protocols and be extremely humble in Her presence.

Please correct me if you find me failing in these."

**Bride and Bride-grooms say together:**

"I shall open the path of Moksha which I have got with the blessing and grace of Her Holiness Shri Mataji also to others and shall achieve, in the company of such great and realised person, the well-being of whole universe."



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## COMPLETION OF HAVAN

**Brides and grooms to offer ghee 3 times in the Havana while saying the Purnahuti Mantra's.**

Purnahuti Mantra's (Purna Ahuti - completion of offerings)

Meaning - "God is perfect. God is infinite."

Om Agnaye Swaha, Om Agnaye Swaha, Om Agnaye Swaha

Om Tatsat, Om Tatsat, Om Tatsat

Om Purna Madaha Purna Midam Purnat Purna mudchate

Purnasya Purna Madaya Purna Mevav Shishyate

Om Shantihi, Om Shantihi, Om Shantihi (Om Shanti)

"Shri Adi Shakti Mataji Shri Nirmala Devi Ki Jai"

**All couples to do Namaskar to Shri Mataji from their place.**

## OTI TO SHRI MATAJI

One lady to offer a saree and oti to Shri Mataji on behalf of all the couples.

(Oti - + Rice + Sari + Coconut + Bangles)



**DOWNLOAD 11 PAGE PDF of MARRIAGE DOCUMENT at:**

<https://shorturl.at/qOow9>



Dear Lord Ganesha

Thank you

For clearing the obstacles

For establishing our innocence

For all Your blessings

# HH SHRI MATAJI'S HOMES - CHHINDWARA

HH SHRI MATAJI NIRMALA DEVI'S BIRTHPLACE IN CHHINDWARA, INDIA WAS PURCHASED AND RESTORED IN 2008 WHEN HER HOLINESS VISITED AND CELEBRATED HER 85TH BIRTHDAY.

IMAGES SHOW THE HOME BEFORE AND AFTER THE RESTORATION WITH THE NEW MEDITATION CENTRE.









BIRTH PLACE OF  
H.H. SHRI MATAJI NIRMALA DEVI  
जन्म स्थल  
प.पू.श्री माताजी निर्मला देवी

















# Memories











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## PUJA DATES 2025

**Mahasamadhi** 23rd Feb

**Krishna Puja** 24th August

**MahaShivaratri Puja** 2nd March

**Ganesha Puja** 30th August

**Birthday Puja** 21st March

**Marriages** 1st September

**Easter Puja** 20th April

**Navratri Puja** 28th September

**Sahasrara Puja** 4th May

**Diwali Puja** 19th October

**Shri Adi Shakti** 8th June

**Shri Bhairavah** 20th November

**Guru Puja** 13th July

**Christmas Puja** 20th December

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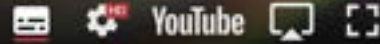


# Sahaja Yoga Meditation SELF REALISATION THROUGH KUNDALINI AWAKENING



MORE VIDEOS

0:00 / 1:07



**CLICK ON LINK to watch:**

<https://m.youtube.com/watch?v=T5NMXadiSoc>

## SOMETHING TO SHARE?

Please send us any positive news to share, including photos, artwork, poems, stories, recollections, new ideas for spreading Sahaja Yoga, weddings, new arrivals and anything joyful to:

**[sahaja.sharingthejoy@gmail.com](mailto:sahaja.sharingthejoy@gmail.com)**

(All contributions will be subject to approval by the Newsletter Team)

**Thank You Dearest Mother for our  
self realisation and all the blessings.**

**Jai Shri Mataji!**

Until next time ... Love to everyone  
Life Eternal Trust for Sahaja Yoga Australia