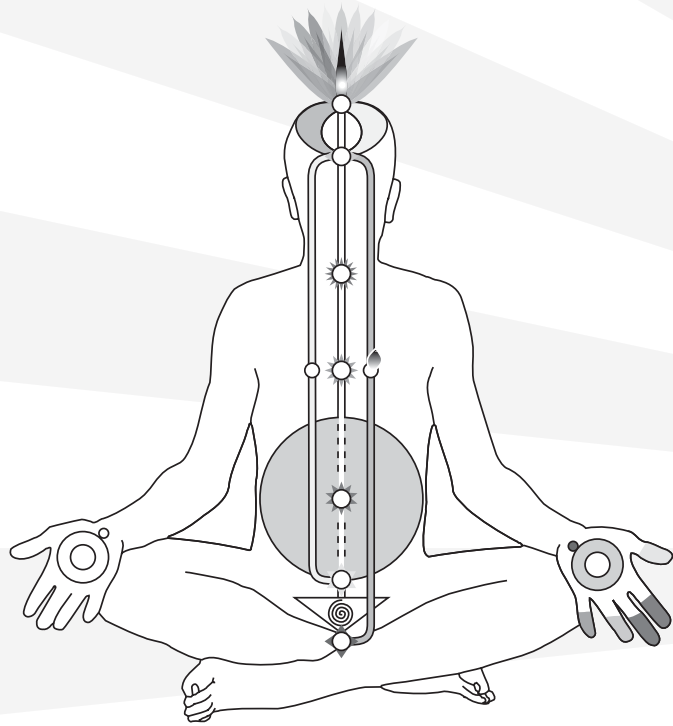


Everyone Welcome
No Booking Required
Free of Charge

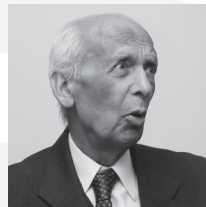


For more information visit
sahajayoga.com.au

A special evening welcoming and honouring Shri Mataji and her husband, Sir CP Srivastava KCMG.

Please join us in acknowledging Shri Mataji's 25 years of selfless work and lifetime achievements in establishing Sahaja Yoga in Australia and throughout the world. Devoting her life to the ongoing process of human transformation through Sahaja Yoga Meditation, she has travelled the world ceaselessly and has now returned to Australia for the first time in 10 years.

Shri Mataji is a Nobel Peace Prize nominee, internationally recognised for her worldwide work in the promotion of world peace, integration and unity of mankind.

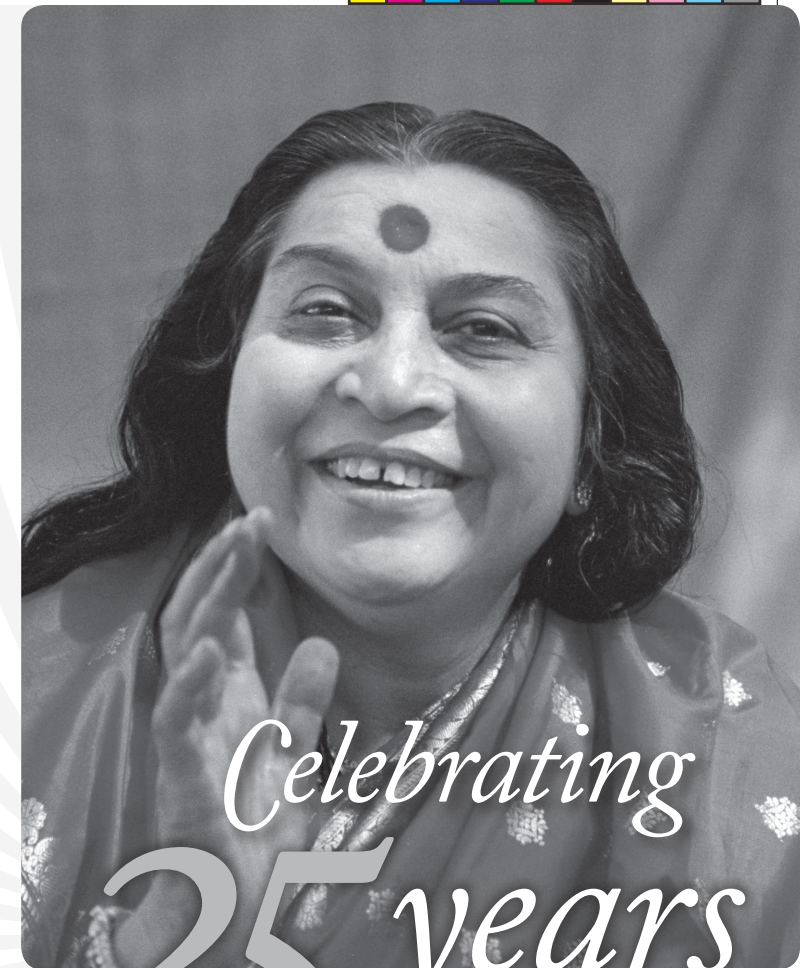


Sir CP Srivastava will also be honored for his life of service to humanity's greater good through the United Nations, public administration and good governance.

The occasion will include a world music concert and an *Introduction to Meditation*, conducted by Sahaja Yoga practitioners.

Sydney Town Hall
483 George Street, Sydney
Monday, 6th February
7pm – 9:30pm

Admission Free. No Booking required. Free follow-up meditation workshops in all locations.



Celebrating
25 years
of
Sahaja Yoga Meditation
IN AUSTRALIA

Sydney Town Hall
483 George Street, Sydney
Monday, 6th February
7pm – 9:30pm

What is Sahaja Yoga Meditation?

Sahaja Yoga is an effective meditation technique that is simple to learn. In a very short time you can experience a deep and powerful inner silence. Once you learn how to meditate, you can practice anywhere at anytime and even pass this profound awakening onto others.

For hundreds of thousands of people in more than 80 countries worldwide, Sahaja Yoga Meditation plays a positive role in reducing stress, enhancing physical and psychological wellbeing, and improving balance, equanimity and self-control.

Everyone Can Benefit Practicing Sahaja Yoga

People who meditate regularly often find that their health improves; they become calmer and adopt an improved outlook on life. Regular meditation and the mental peace that it gives us can improve our understanding of our psychological, physical and spiritual nature. It helps us understand others, making us more compassionate and positive.

Scientific research on illnesses such as asthma, ADD, stress, epilepsy and high blood pressure both overseas and in Australia has proven that Sahaja Yoga is effective in improving physical and psychological wellbeing.

Yoga: The Spiritual Connection

Yoga means union or connection. Traditionally, the aim of yoga is to connect you with your inner being to help you experience the silence that exists deep within. This is why meditation is actually the essence of all yoga teachings.

Sahaja means effortless or spontaneous. Sahaja Yoga meditation empowers us to achieve a peaceful state of balance, well-being and self knowledge effortlessly and spontaneously.

The Sahaja Yoga meditation technique encourages you to develop a new awareness of yourself, so that you can grow and evolve toward becoming truly balanced, peaceful and compassionate for the benefit of yourself and others.

Sahaja Yoga is Absolutely Free

There is no charge for Sahaja Yoga. It is a non-profit, grass roots organisation. Sahaja Yoga is taught in over 80 countries around the world - always free of charge. And it has been taught this way for almost thirty years.

Freedom of Choice

Just as a tree cannot be forced to grow, it is not possible to make someone meditate. This is why freedom of choice and personal freedom are essential for the practice of Sahaja Yoga meditation.

A Personal Journey Towards Self-Mastery

Sahaja Yoga emphasises that you must become your own teacher – your own master. Sahaja Yoga meditation achieves this by empowering you with the capacity to gauge your own progress and adjust your practices accordingly so that you can guide your own development. For this reason there is no official membership, subscription or hierarchy. There are local co-ordinators who administer the day to day activities of Sahaja Yoga in each country. They can help you to get in touch with other Sahaja yoga practitioners in your local area.

Contribute to Improving Our Society

Sahaja Yoga meditation does not require you to go to any extreme behaviour. On the contrary, the aim of this meditation technique is to help you become a more natural, normal, balanced, productive and responsible member of society. And as we become more balanced, peaceful and compassionate together, society as a whole will also benefit and improve.

Meditation is the Essence of Religion

All of the major religions taught something valuable to humanity. The experience of Sahaja Yoga improves your understanding and respect for all the religions and their founders, as they are part of the one tree of life. Meditation -and the inner peace that it gives you- is actually the essence of all these religions and the experience described by saints and mystics across every culture.

A Personal Experiment

Sahaja yoga does not require you to believe anything that cannot be proven with your own experience. There is no blind faith or dogma. The best approach is to treat it like a personal experiment – make an honest attempt at meditation for at least one or two weeks and see for yourself whether or not it gives you any benefit.

Who is Shri Mataji

Shri Mataji Nirmala Devi is the founder of Sahaja Yoga, which She established in 1970. Since then Shri Mataji has given thousands of lectures, and has taught millions how to practice the technique.

Born to Christian parents in 1923 into one of India's most reputed royal families, Shri Mataji studied medicine until becoming a student activist in Gandhi's Free India movement.

In 1949 Shri Mataji married Sir C.P. Srivastava, a distinguished diplomat who later came to serve as Secretary General of the UN International Maritime Organisation for a record term of

16 years. Sir C.P. Srivastava is himself distinguished not only as India's most decorated civil servant, but also as the first Indian to be knighted for his contribution to the United Nations.

Shri Mataji has lived a very normal family life, and has children, grand-children, and even great grand-children. Shri Mataji is the highest advocate of morality and the importance of the family.

Honours and Commendations:

Shri Mataji has been widely acclaimed around the world for her selfless efforts towards social improvement and world peace. She has initiated a number of organisations for community service, including The International Hospital and Cancer Research Centre, a charity house for disadvantaged people in India, a drug rehabilitation centre in Italy, and others.

1986: Declared Personality of the Year in Italy.

1989: The UN Peace Medal.

1993: Appointed as Honourary Member of the Presidium of the Petrovska Academy of Art and Science. In the history of the Academy, only 12 people have ever been granted this honour, Einstein being one of them.

1993: The Ayatollah Medi Rouhani of Iran, a prominent proponent of religious moderation, one of the four Ayatollahs who lead the Shi'ite Muslim faith, has called for a convocation of a World Congress of religious leaders aiming at the creation of a charter for peace based on Shri Mataji's teachings.

1995: Keynote speaker in the Fourth World Conference on Women in Beijing.

1995: Honourary Doctorate in Cognitive and Parapsychological Sciences by Romanian Ecological University.

1997: Proclamation by the US Congress which was submitted to the Congressional Records.

1998: Recipient of the Unity award for international understanding by Unity International Foundation.

Experience Meditation For Yourself

Sahaja Yoga is a medically validated, effective way to find inner peace – and it is always free. So why not come and test it out for yourself? Bring your family and friends along to join us for a truly meditative experience!