

## Sahaja Yoga 50th anniversary

*unfolding an era of inner transformation towards a better world*

Where did we all originate from? Why are we here? What is the true nature of ourselves beyond this transitory physical body, mind and intellect.

Since time immemorial, these fundamental questions have often been visited by many a seer. The limited few who arduously sought the absolute truth, attained enlightenment, whereas, the masses remained oblivious to this great knowledge.

With time, human civilisation progressed outwardly. In these modern times, as our world continues to advance at unimaginable speeds across all frontiers of education, science & technology, economy, and lifestyle, we've further distanced ourselves from the answers which mankind sought ages ago.

The year 2020 has proven that we live in very turbulent times. The unprecedented global crisis, isolation, and uncertainties have placed our collective physical and mental health under immense pressure. Many have begun to realise the transient and illusionary nature of our world and the need to seek the true essence of our lives that brings everlasting happiness, peace and joy not only to ourselves but also to all our fellow beings, global societies and allows us to live in complete harmony with earth's ecology..

India, which was also known in ancient time as the land of Bharat, has since ages played a vital role in making unparalleled contributions to the spiritual knowledge and cultural heritage which have influenced and shaped many great civilisations and nations. Whenever the modern world has faced an existential crisis, it has always sought answers and solutions from the treasure trove of spiritual wisdom that India possesses in the form of Vedas, Upanishads, Bhagvad Geeta, and the enlightened knowledge of the countless avatars (incarnations) and profound spiritual masters. Still the access to real spiritual transformation in our daily life remains illusive to the common man. This opportunity has led to many who try to capitalise on the booming spiritual market, offering only a sticking plaster solution which unfortunately cannot address the deep rooted problems affecting all spheres of life.

History has shown that in the midst of a crisis our human race always found the most enduring courage, wisdom and presence of mind to steer its destiny to a more benevolent path of common good. One such unique discovery is silently revolutionising a global transformation, offering a true solution for inner peace, harmony and complete well being.

***“MAN in his search of joy and happiness is running away from his Self, which is the real source of joy. He finds himself very ugly and boring because he doesn't know his Self. A human being seeks joy in money or possessions, in power or human limited love, and ultimately in religion that is also outside. The problem is how to turn one's attention inward. The inner being, which is our awareness, is energy. I call it the energy of Divine Love. All evolution and the manifestation of material energy is guided by the supreme energy of Divine Love. We do not know how powerful and thoughtful this unknown energy is. The silent working of awareness is so automatic, minute, dynamic, and precious that we take it for granted. After self-realisation, this energy appears to us as silent throbbing vibrations flowing through our being. But we have been unable to achieve self-realisation***

***because we cannot fix our attention on something that lacks form (abstract Being).  
Instead, our attention wanders outside on forms.***

***Now there is a method to tap the Divine power – Sahaja Yoga”*** H.H.Shri Mataji Nirmala Devi,  
1979

On the 5th of May 1970, exactly 50 years ago, Shri Mataji Nirmala Devi initiated a unique method for human beings to access their true potential through the spontaneous awakening of the mothering and nurturing spiritual energy, called ‘Kundalini’ in Sanskrit. This spiritual energy which resides in a dormant state within human awareness holds the key potential for a complete transformation of our limited human consciousness by establishing a state of silence (known as ‘nirvichaar samaadhi’ or ‘thoughtless awareness’) and true meditation (also called dhyaan-samaadhi, a natural state of awareness among ancient meditation practitioners), which is beyond the body, mind and our ego, connecting us to the true nature of our eternal self. This connection, this ‘Yoga’ (union with our inner non-transient self), is achieved in a spontaneous, ‘Sahaja’, way. When this actualisation takes place within us, we achieve our ‘Self-Realization’. Hence Shri Mataji called this process as Sahaja Yoga (spontaneous union with our own true self).

Through the method of Sahaja Yoga, thousands of people worldwide have enjoyed the bliss of the meditative state of thoughtless awareness and have seen their lives transformed. With the awakening of the Kundalini, the blockages in our subtle spiritual energy centres (known as “chakras” in Sanskrit) drop out and we can live stress-free and blissful in the present moment. This state enables and manifests clear comprehension of absolute truth, consciousness, and joy.

On this special day of 5th May 2020, Sahaja Yoga practitioners (whom Shri Mataji lovingly addressed as Sahaja Yogis) from all over the world celebrate Shri Mataji Nirmala Devi’s unique discovery and gift to mankind. She dedicated her whole life to sharing this spiritual experience and knowledge with anyone who desired it, completely free of charge, as She believed that it is the birthright of every human being to achieve their true potential through Self-Realization. She tirelessly travelled to remote villages in India and to many nations and cities across the globe, to liberate mankind by giving them access to the true power of their innate eternal being. This unique experience of Self-Realization through Sahaja Yoga has brought a state of higher consciousness to countless people, manifesting a complete balance in their physical, emotional, and spiritual being. The practitioners of Sahaja Yoga also experience a higher state of collective spiritual awareness (which the famous Swiss psychologist CG Jung called “collective consciousness”) and a true connection with the principles of peace, morality, and brotherhood.

May we all, as a society, as citizens of the world, as the family of human beings, overcome the confusion and the fears, by connecting with our true selves through Sahaja Yoga meditation.

The Sahaja Yogis of the world thank Shri Mataji Nirmala Devi for giving this precious gift to humanity and invite everyone to experience this unique Yoga from the comfort of their own home, through the following web link - <https://www.sahajayoga.org/experienceitnow/default.asp>

To know more about how Sahaja Yoga can bring about global inner transformation and true peace to our society, please visit the following websites.

[www.shrimataji.org](http://www.shrimataji.org)

[www.sahajayoga50.org](http://www.sahajayoga50.org)

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