

# an ABC of SAHAJA YOGA for NEWCOMERS 000

## an ABC of SAHAJA YOGA for NEWCOMERS - 000

(accompanying e-mail) A little over a month ago, (on looking back, it now seems it started back in June 2015) the "ABC of Sahaja Yoga for Newcomers" was launched, with a view to meeting & filling the gap that existed for those people coming to Sahaja Yoga for the first time. For them there must seem to be such a cavernous abyss that needs to be gradually filled, with Correct and True knowledge as given by our Guru, Shri Mataji Nirmala Devi, so that we all may rise to the same levels in our understanding & practice of Sahaja Yoga.

Since then some 10 additional issues have been sent out, but it seems that the e-mail that was used, although fully functional, was in some way not working correctly on the 'Community' mailing list. So, here we are now changing the e-mail that is to be used, and will monitor it regularly from now on. To assist in this endeavour we will request a 'Read receipt' from those willing to oblige, to hopefully prevent the same thing recurring in future.

In addition we are changing to using the more stable ".pdf" format, and as this will also form the basis for inclusion on the SahajVidya.org.uk website, all the new files will be configured for correct display when they will be opened in your browser, saving time later on when the new site is established. So for now when you open the .pdf files, they will display without the toolbars showing. To bring them back, simply click on the F8 & F9 keys.

The new format means you can now save all the pdf attachments to your new ABC Folder, whilst discarding the accompanying e-mail that comes with it. Apologies for all this, and we shall as a result be continuing with issuing the replacement pdf files, until we reach No 10, when we will continue where we left off some 3 weeks ago.

With much love to all - Jai Shri Mataji

Any replies or correspondence can be sent to: [nick@sahajvidya.org.uk](mailto:nick@sahajvidya.org.uk)

PS - The temporary suspension in the issuing of periodic new updates is also shortly to be resumed, now that the rebuilding of the Website is complete, starting with ABC 20

**Note:** Since then, there have been a series of mishaps, leading to further interruptions, til now, when it appears that we are now back on track once more - this time hopefully for the duration, while this website is being finally completed.

[2 September 2017]