

Kingston Sahaja Yoga Meeting  
At John Lewis Community Room each Friday from 12 noon til 2pm  
On 3rd floor (entry & tuition absolutely free)

Issue 2

We apologise for the slow start to this 'conducted tour' of this specially built web site Called as "Sahajvidya.org.uk/jsmsy" which attempts to record at least some of the Advices given to us all by She Who is above all, the Holy Incarnation of Shri Adi Shakti Mataji ShriNirmala Devi.

We do not want to bombard you with a mountain of information, but just to feed to you a moderate amount that will it is hoped satisfy your needs, and slowly lead you on to find for yourself much more, that will be ample reward for all your seeking thus far

The full address of this website is:

<http://www.sahajvidya.org.uk/jsmsy> - this leads one to a short 'Intro' which is there to warn of the dangers of too much use of our brain power in trying to understand and rationalise everything that is going on in Sahaja Yoga.

If we follow the link at the end of this intro, we are taken to the Homepage, from where we will access quite much that is there, given by our much Beloved Holy Mother, who has come here all the way from Her Heavenly Abode.

She lived here, in London mainly, for 16 years whilst with Her husband who was himself quite an important person, being the Secretary General of a United Nations Body, the International Maritime Organisation, based here in Piccadilly. The British Government rewarded him for all his efforts by the conferment of a Knighthood, a very rare honour at the time for a non-uk national, shortly before their return to India. Sir CP, whilst he himself was never a practicing Sahaja Yogi, being far too busy with his professional duties, nonetheless supported Shri Mataji in all Her work. Shri Mataji can talk in depth on a whole range of subjects as is well recognised by all who knew Her.

[http://www.sahajvidya.org.uk/SV\\_WEB/SahajVidya/0\\_1\\_SahajVidya\\_HP/001\\_HOMEPAGE\\_GMF.htm](http://www.sahajvidya.org.uk/SV_WEB/SahajVidya/0_1_SahajVidya_HP/001_HOMEPAGE_GMF.htm)

Still, it has to be said that what there is here, on this website, represents, it is thought only around 10% of all that Shri Mataji has spoken of, most of which was recorded mostly on audio, but also on video. Many have been the Sahaja Yogis who have travelled with Shri Mataji around the world, but none who could in any way keep up with Her, even in Her advancing years.

The whole Web Site may be quite easily thought of as one huge 'sitemap' and can easily be treated as such. There are many ways of dealing with this huge amount of information, but the best way is to use the inbuilt Sahaja quality of Spontaneity.

Why don't we start perhaps by looking up what Shri Mataji says about the word SAHAJ or SAHAJA in the Index section. Then we also see "Sahaja Yoga is learned through experience, & through nothing else - you have to experience, & then believe into it. Those who have penetrating intelligence, penetrating love & emotions, penetrating movement of the understanding, they experience & learn... experience & learn.

We will try to suggest a few pointers along the way... But also why not try to view some of the many miracles related at the end of the list of 'Quick Access Links' - just to show some of what is possible in Sahaja Yoga, but also check out the collection of 'Pitfalls', so we do not fall into the same traps, that many others have succumbed to . A copy of these 'Notes' may be seen any time by going to 'ABC' in the Quick Access Links and seeing the links on the right hand side of the screen. - Good Luck

These Miracles and many others like them around the whole world are becoming, indeed have become quite commonplace since the Advent of our Mother, Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi

One final suggestion:

Most Sahaja Yogis find that a regular commitment to a daily schedule as follows works absolute wonders

On waking: Greet Shri Mataji and just sit quietly for around 5 - 10 mins Then after meditating for a short while Remember to Raise your Kundalini & Apply the Bandhan. Also remember to do a daily Footsoak to clear the system.
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Saturday, 26 May 2018