



100th Advent Birthday Puja and Music of Joy India Tour – Reflections STORY, PHOTOS & VIDEOS

The recently concluded 100th Advent Music of Joy Tour to India has made the dreams of many Yogis who missed out on taking part in the early India Tours with Shri Mataji come true. That decision led many Yogis to one of their most memorable and spiritually edifying experiences of their life, making their own personal Sahaja spiritual pilgrimage to celebrate Shri Mataji's 100th Birthday and to visit the sacred sites and stations upon the earth where the Advent of Shri Adi Shakti took place: of Her birth place at the shrine of Chhindawara, Noida Pratishthan the home Shri Mataji designed and built in the north, Pune Pratishthan Shri Mataji's home and world centre and Nirmal Dham Shri Adi Shakti's resting place.

A Trustee shared at the start of the Tour that approximately half of the world's Yogi population practicing Sahaja Yoga live in Maharashtra, there is around 25% of world's Yogi population who reside in the rest of India and the remaining 25% of the practicing Sahaja Yoga live in the rest of the world which is perhaps why we are drawn to India to Tour and to support the spreading and growth of Sahaja Yoga.

As part of the celebration of Shri Mataji's 100th birthday there were four major Tours that were organised with the support of Western based Sahaja Yogis. For the Music of Joy India Tour over the three weeks of the Tour it is estimated 21,000 seekers received their self-realisation.

When you include the numbers who received their self-realisation with the Yog Dhara India Tour 2023 which was a two-month long tour throughout India, as well as the Tour to Varanasi and the One Tour which also toured through Maharashtra.

The number of seekers receiving their self-realisation approach 100,000 as an offering to Our Mother in celebration of the Her 100th Birthday.

Many of the great religious traditions have as central to their faith the seekers pilgrimage seen as an individual's journey through life reflecting their personal spiritual journey of growth and exploration. This outlines a pathway which is hoped will lead the seeker to an encounter with God.

For Sahaja Yogis how much more enlightened in this journey when we undertake the Sahaja spiritual pilgrimage to Shri Mataji's sacred sites observed through Her Advent where Her heavenly abode has an intersection with the Earthly realm at the sites where Shri Mataji's Advent was enacted upon the Earth. The Sahaja holy sites are brought to life when Sahaja Yogis visit to offer Puja, to sing the sacred mantras and offer bhajans. We feel that we are meeting Shri Mataji once more.

“Had I not known that I have been to those holy places where Shri Mataji was born, lived and was laid to rest. I came as a pilgrim and at the very moment as a pilgrim aspires to see the Divine reality made real and then I saw them with my own eye. I would have thought it was a dream.

I felt within that they were like a symbol of merit, in a spiritual sense of good deeds made real in this life and to see this as a sign from Shri Mataji who sees and knows all, and that all good comes to you from God. To be here at this time and place is as an answer to the call of the Almighty.

When you hear the call from Shri Mataji then you have to go to. You have to see with your own eyes and with other Yogis and to offer Puja and prayer, then one understands their importance and how they can aid you to bring you back to Shri Mataji's Feet and illuminates the reasoning for why I was here”.

There is both the strength of the personal spiritual experience and the shared Sahaja community collective experience at play. We were in a rarefied space that attunes our senses inwards toward the spirit. Inducing experiences, moulding our awareness, and making sense of the experience of the param Chaitanya within our attention as a living experience and as the emergent nature of our life lived as spiritual beings.

The just completed journey of the Music of Joy India Tour and the other Tours of India express one of the more important and fundamental aspects of our roles as Sahaja Yogis and the spiritual rituals of our faith. This is to do all we can to spread Sahaja Yoga. Which is to increase the spread of Shri Mataji's power of love in the world. We are all equal children of Shri Adi Shakti and all we have with us the good works we offer to spread Sahaja Yoga as Shri Mataji Herself had shown us all Her life.

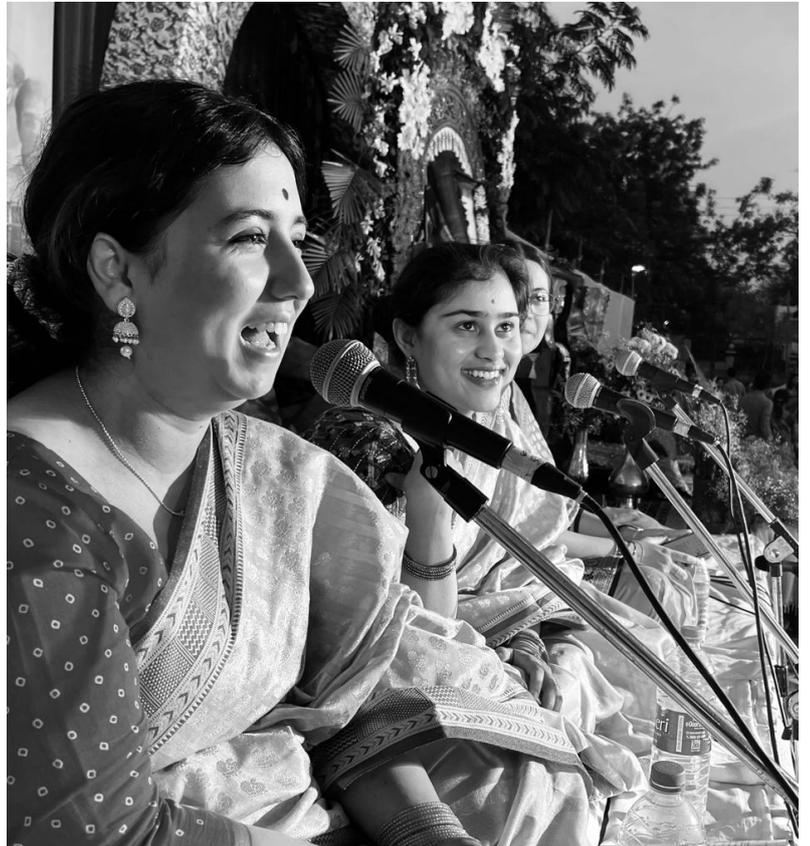
All those who are involved in this work be it the Yogis who Toured or the many hundreds of Yogis who supported this work in India were all left with increased inner peace and a sense of gratitude to Shri Mataji for allowing us to be the instruments of Her Will upon the Earth.

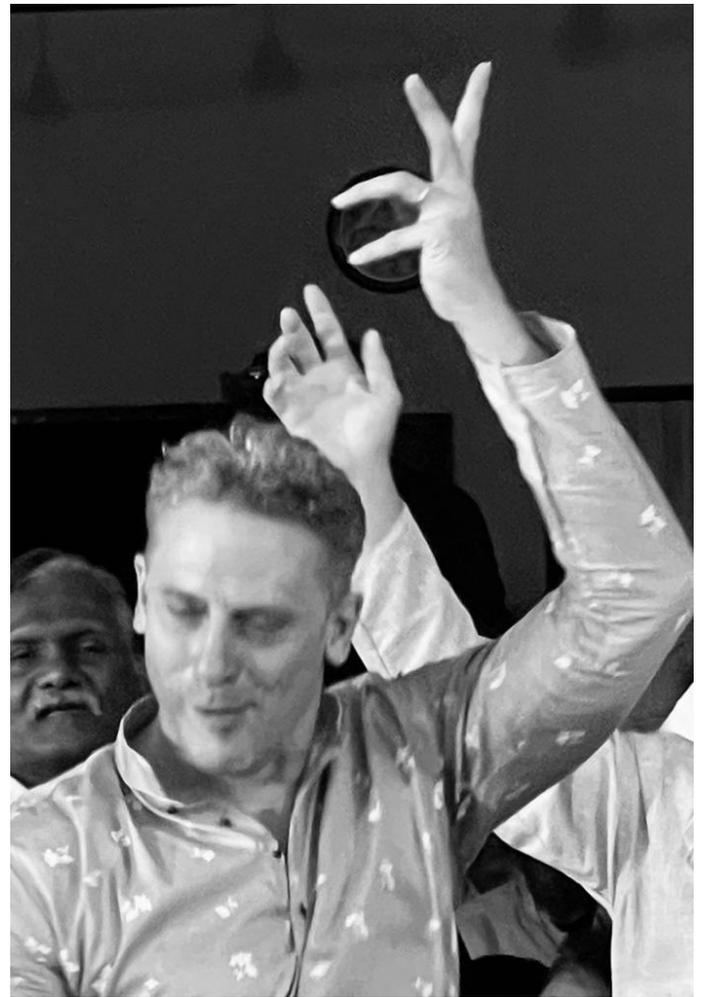
Taking part in a Sahaja Yoga self-realisation Tour is like wiping the slate clean, a new beginning. getting rid of old baggage and starting a new fresh spiritual undertaking, as if a weight is coming off one's shoulders.

One of the most noble aims for a Sahaja Yogi is to tirelessly seek to serve Shri Mataji and, in that search, every aspect of their life should be attuned to pleasing the Goddess and taking up Her work. This passion and yearning to be closer to Shri Mataji and to spread Sahaja Yoga is one of our core aspects of serving the Divine.

It was also very healing and taught us lot about the importance of humility and aspects of collectivity taught by Sahaja Mataji. Our hosts expressed the generosity of the spirit in hosting and looking after each of us.

We were amazed at the kindness of our Indian brothers and sisters who cared for us every moment of every day like we were their own family. We witnessed in our hosts the moral virtues of kindness, generosity, forgiveness, patience, humility, gentleness, and selfless service. We experienced human kindness at its best.





The Tour was a time and place where we saw these virtues being lived and practised in reality. Through their example and our own humility and observance it is one of the most effective ways of learning morality by watching others and acknowledging it and with the great expectations for ourselves that we may hope that these same qualities may further develop in us also.

What's it like to prepare for and perform this once in a lifetime Sahaja pilgrimage as part of the 100th anniversary of the advent of Shri Adi Shakti? At the end of Tour, we asked Yogis to share their experiences over the past month. Sharing some of the reflections Yogi offered:

“When I arrived in India for the Tour, I expected this to be a time of spiritual renewal. I felt it would be a very vigorous undertaking, travelling on buses for long journeys and spreading Sahaja Yoga but I felt it would also be very spiritually rewarding. I was most looking forward to being among Yogis who had come from all over the world with the same commitment and for the sole purpose of worshipping Shri Mataji on the occasion of Her 100th Birthday.

Our intentions were shared and that was to come to please Shri Mataji. I felt within my heart the prayer ‘here I am, Shri Mataji I have come here to serve you’. I felt at all times while on Tour that I was living each moment of each day in the grace and in the presence of Shri Mataji. Anything that happened to me during the Tour I knew Shri Mataji knew about it and that it was what was meant for me. This was the expression of my spiritual journey and a Yogi's personal pilgrimage.

As a Yogi there is no greater feeling than to know you are in the presence of Shri Mataji's nirkara form and that you are Her instrument".

There is an aspect of the observance of birthday Puja at Nirmal Dham and at the holy shrine of Chindawarra and it is the aspect of being presence of tens of thousands of Yogis who have all gathered together for the one and same sole purpose of worshipping Shri Mataji.

For many Yogis in our countries the number of Yogis in our collectives are in the hundreds. To look at over the pendal of Chindwarra and to see 20,000 Yogis gathered before the altar of Shri Mataji is to be granted a vision of a future where the world will recognise and come to the Feet of Shri Adi Shakti. It broadens our horizon and perspective to be global.

The awe felt during the performance of the Shri Mataji's 100th birthday Puja, in the presence of a multitude of realised souls, to be part of the rites of sacred Puja followed, to be in a sacred place and at that special time in the presence of tens of thousands of devoted Sahaja Yogis, to hear the sacred mantras and prayers uttered by the multitudes.

It is a feeling many of us will not forget. This creates a special atmosphere, which is motivational for worshipping Shri Mataji. Listening to chorus of thousands singing the bhajans and words of praise of Shri Mataji, the acts of devotions and the selfless love shown by Sahaja Yogis reinforces and deepens one's love, reaffirms and strengthens our faith and love of Our Mother and our deep yearning and longings to get nearer and nearer to Shri Mataji and to the all-pervading presence of Her love.

COMMENTS

"We're finally going to do something that I have looked forward to for a long time. It's very exciting to come to India and to take part in an India tour like when Sahaja Yoga started in the 80s. We were walking barefoot on a cool sacred earth of India beneath the open blue sky alongside our brothers and sisters. At times it could be physically demanding in some aspects but it was far more spiritually rewarding than I could have expected.

My expectations were much less than the perception of the reality of feeling the tremendous love of Shri Mataji filing one's being daily. We were just as the pilgrims from the holy books. Each day we prayed, we meditated, we worshipped our Holy Mother and we performed as part of immense public programs to spread Sahaja Yoga. You're really spiritually excited.

The entire rhythm each day there is centred around worshiping Shri Mataji. You really lose sense of time because you're doing things at all different times of day but also because you do not have to worry about your job, home or any of your normal mundane duties. I also forgot about everything that I had left behind. All day every day your attention is solely upon Shri Mataji and your spirit. Perhaps this is what it will be like one day to be in heaven with Shri Mataji."

“What is there to say? The experience is hard to describe with words. As soon as I arrived in India for the Tour, I felt much calmer and the attention more settled. Having returned home there is a certain confidence in what I'm about.

There's a greater commitment to live each day as a Sahaja Yogi because I am much less distracted by the mundane priorities that fill our life at home. The sense of 'I-nesses of individualism has diminished. It diminishes because we are more as one with this oneness of the spirit and with Shri Mataji and with the collective.

It's all very much about Sahaja Yoga which is supposed to be what it is all about which is surrender to Shri Mataji. Because as we submit to doing it the way that we are supposed to be doing we are more as one with the spontaneous flow of Shri Mataji's love at work in the world.

As the Tour concluded I came home with a greater sense of inner peace and direction. I came home excited and more recognized about what we've been given by Shri Mataji and what great things we can do with the gifts we have been given. Why does a Yogi come on Tour? Because Shri Mataji called us and this is something that we can only do for God and for yourself.”

“The emotional, psychological and spiritual journey for a Sahaja Yogi commences once one we made the intention of going, it is not a decision to be taken lightly and there are many logistical issues that need to be sorted.

However, once everything was in place, I started to intensify my prayers and meditation before leaving for India as the beginning of my spiritual journey to the land of Shri Mataji. During the Tour I reflected that the mundane reasons that led to feelings of unhappiness, indecision, sadness

and melancholy had dropped off and I was feeling the supreme joy that you feel when you raise the Kundalini of others.

As the weeks rolled by as a procession through heaven led by Shri Mataji, I had a new wealth of new and beautiful joyful moments that I will treasure forever. These are the precious moments that we live for as Sahaja Yogis which are giving pure joy and I pray will remain with me always. I hope when I return to more 'normal life' that most of the experiences that I have will be more of these joyous moments and experiences and will keep my attention more upon the Feet of my Holy Mother, always”

“The emotional, psychological and spiritual journey for a Sahaja Yogi commences once one we made the intention of going, it is not a decision to be taken lightly and there are many logistical issues that need to be sorted.

However, once everything was in place, I started to intensify my prayers and meditation before leaving for India as the beginning of my spiritual journey to the land of Shri Mataji. During the Tour I reflected that the mundane reasons that led to feelings of unhappiness, indecision, sadness

and melancholy had dropped off and I was feeling the supreme joy that you feel when you raise the Kundalini of others.

As the weeks rolled by as a procession through heaven led by Shri Mataji, I had a new wealth of new and beautiful joyful moments that I will treasure forever. These are the precious moments that we live for as Sahaja Yogis which are giving pure joy and I pray will remain with me always. I hope when I return to more 'normal life' that most of the experiences that I have will be more of these joyous moments and experiences and will keep my attention more upon the Feet of my Holy Mother, always"

" My experience and reflections with this beautiful tour. Now that the tour had ended we can reflect back. My experience was incredible as my attention was on Shri Mataji every day. It reminded me of the 1st time when we saw Shri Mataji.

It's the same experience where nothing mattered as my attention was one with Shri Mataji and for the 1st time in my life there were no thoughts that crossed my mind even if we wanted to think, wherever we went.

It was total bliss for me and just went with the flow and my being felt very light most of the time. Shri Mataji was present wherever we went. The beautiful people that we met whether it was the collectives or the Yuvas, their humility was incredible and the hospitality was so warm and welcoming.

It was a sense of belonging coming back to my roots. By Shri Mataji's Grace my gratitude and thanks goes out to all those that had organised this tour even in the smallest way. Yuvas of India had done an incredible job and Shri Mataji would be proud to have all of you'll as Her instruments and see her vision come to fruition.

Thanks to all our team in Sydney who organised this beautiful tour and made it so memorable."

A JOURNEY OF A LIFETIME

Attending the 100th Birthday Puja and touring India to spread Sahaja Yoga is one of the great devotional, motivational, Sahaja spiritual collective activities a Yogi can undertake. It is not surprising that some Yogis reflected upon their experiences and referred to as them as a "life-changing experience", "a journey of a lifetime" and "one returns home wanting to fully commit to Sahaja Yoga".

Living and experiencing Sahaja Yoga with your brothers and sisters in such a spiritually elevated place for a month is inevitably going to have a long-lasting impact on each of those of us who took part. Sharing experiences, stories, and memories. The experiences of the holy sites visited, the local Sahaja Yogis that we encountered, the food that we enjoyed, the mantras that were recited or heard, the realm of sensory experiences.

The authenticity of these experiences is at a deeply personal level. The emotional responses to significant moments and encounters during the Tour all offer an avenue to an inner spiritual journey which everyone connected to and which became a point of entry to powerful spiritual encounters. To give voice to what many initially described to be 'beyond words'.

At the group level, sharing the Sahaja religious experience stimulates personal feelings and emotions. All of us felt ourselves in a sacred time and space experiencing a religious and spiritual connectedness to the awe of the Divine experienced and invoked in the here and now and which makes the transcendental Divine experience accessible and real. Which when felt individually is both awe-inspiring and to be beyond comprehension.

Some also reflect that it is not possible to maintain the level attained during this time when we return home, yet having these experiences when we return to our normal lives, we are more tender, loving and caring towards each other and this continues to reverberate in our lives afterwards.

Also, the great sense of God's reciprocal gaze upon Her children where Shri Mataji also looks upon the Sahaja Yogis of earth and their worship offered to Her Feet and is pleased. Thankyou Shri Mataji for allowing us to come on Tour and showering us with Your blessings and love and for experiences that will live with us for all our life.

Jai Shri Mataji

Chris

PRAYERS OFFERED BY YOGIS

Holy Mother's blessings

*Blessed we are to feel strong bonds of collective oneness,
And all sense of the 'other' vanishing.*

*Blessed are we who have had our kundalini awakened,
And have awakened the kundalini of many.*

*Blessed are we who experience the profound silence of a wordless eternity,
And vibrations return with recounted memories.*

*Blessed are we who walk where You have walked in Your holy land - India,
And vibrations overflowing within from the feet upwards.*

*Blessed are we who sing Your praises,
And all the while kundalinis are dancing in their thousands.*

*Blessed are we who have felt Your love,
And a love joined in heart of others.*

*Blessings, blessings, blessings,
And we hope You are pleased.*

*Thank You Shri Mataji
Thank You Shri Mataji
Thank You Shri Mataji*

Jai Shri Mata

Love Grace and Hope

*Love, Grace and Hope are the great gifts of Our Mother.
Shri Mataji's dreams surrounded us every step of our journey.
I did not need a reason to believe once I felt my Mother's love.*

*My days are now filled with light and my halls filled with Shri Mataji's joy.
To feel the love of our Mother is what we all crave.
That will never change until the last of days.*

*I feel every drop of the grace of my Mother which lifts and carries me each day
The hope and grace of my Mother is written on all our souls
It is the spark within us all through which we see all things in life*

*With that hope, I stand and wait, I live and love
I rise above all things to feel the love of my Mother again.*

*Love, grace and hope is what we crave, and that will never change.
In simple words we can say
We need a drop of Our Mother's grace to carry us each day.
It is written on all our souls*

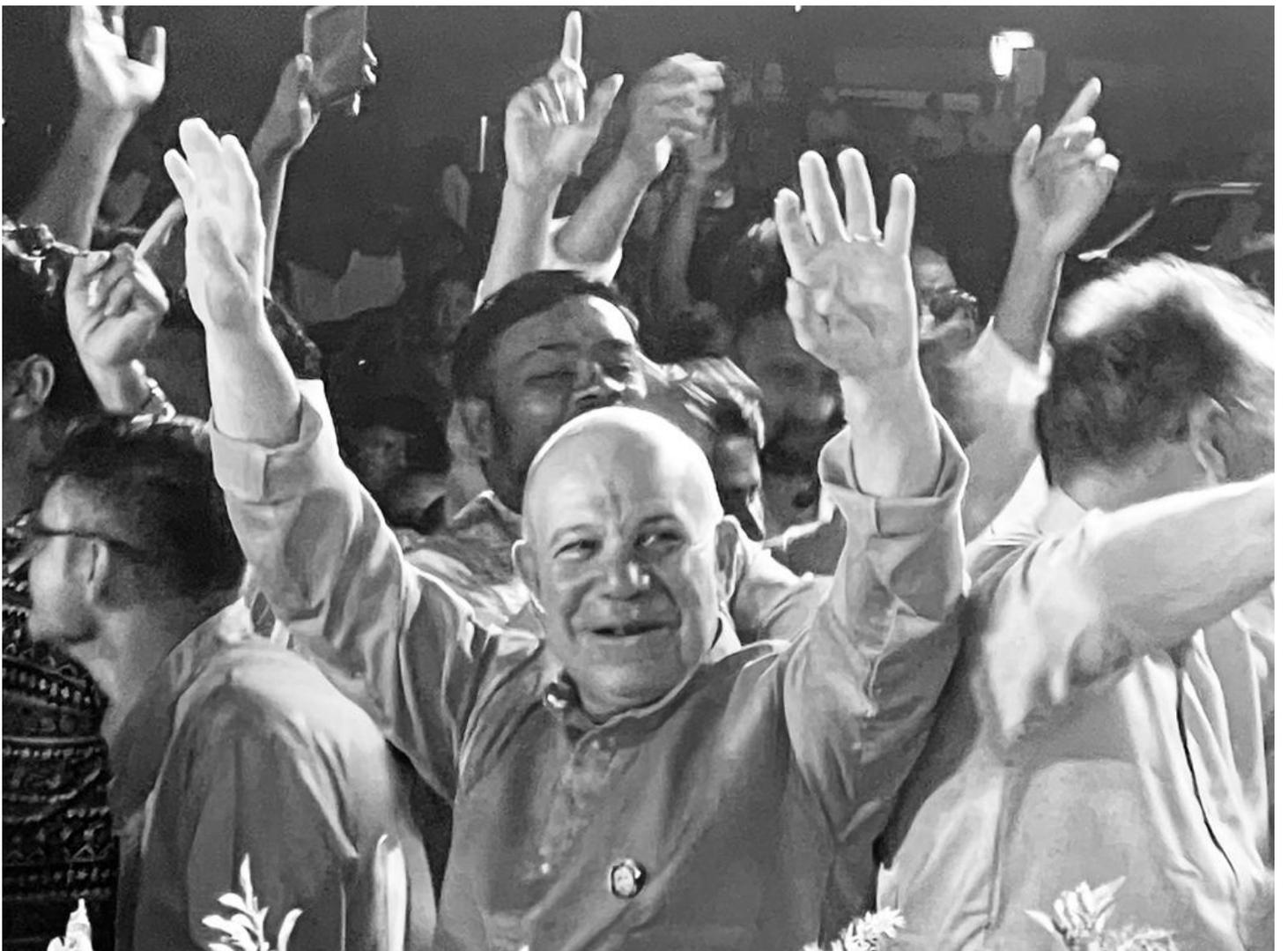
One day I will turn to dust, but my soul will treasure every drop of my Mother's grace and love.

Eternal hope is what we were given and that will never change until the end of days.

100th ADVENT Music of Joy INDIA TOUR

PHOTOS

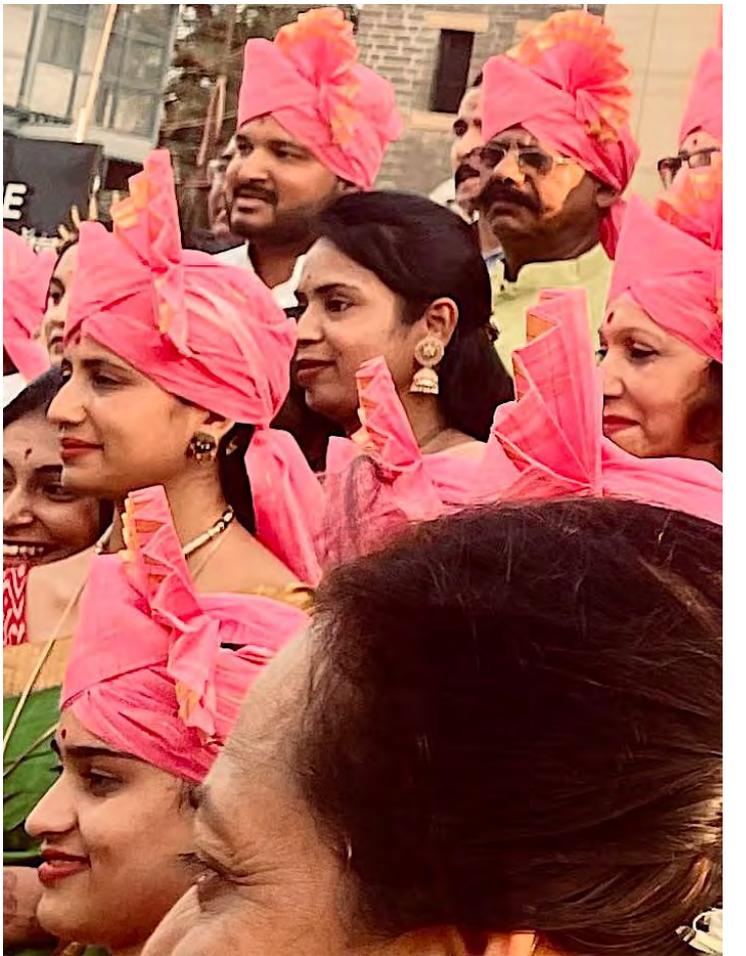
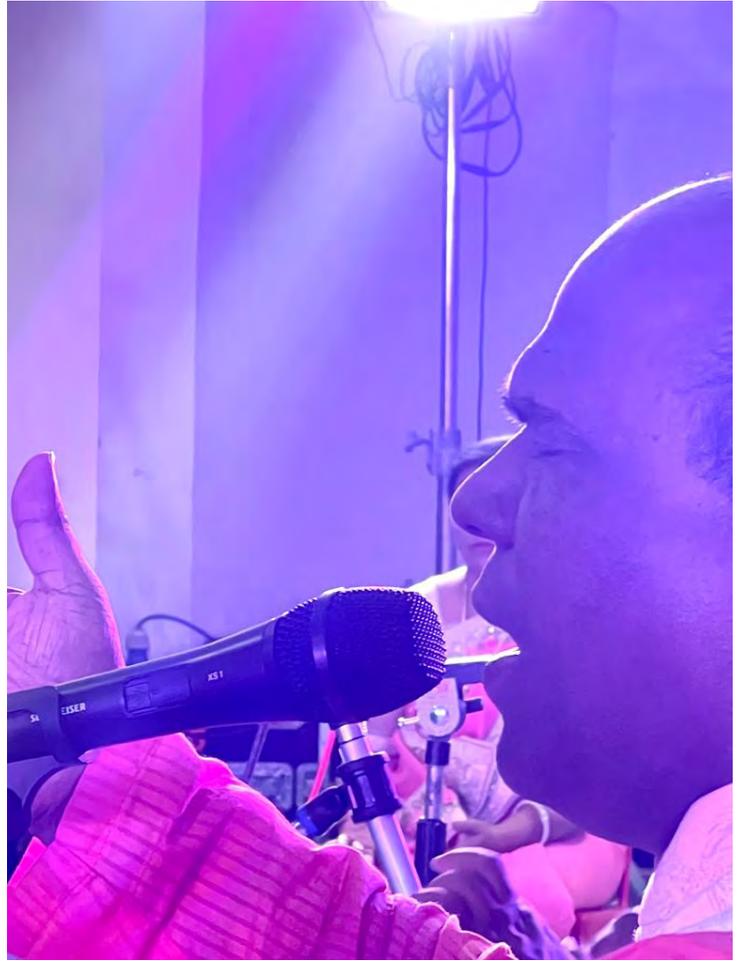
























LOKMAT TIMES • Anchor

Foreign artistes mesmerise audience

LOKMAT NEWS NETWORK
YAVATMAL

A musical meditation programme titled 'Sahajyog Meditation Music Parv' was organised by the Sahajyog Pariwar on the occasion of birth centenary of spiritual guru Nirmala Devi, on Savarkar Ground in Balaji Society in the city.

A troupe of 40 artistes from various countries made musical presentation to imbibe the significance of Indian culture, music and 'Sahajyog'

These artists from Australia, Newzealand, South Africa, Malaysia, Greece and India highlighted the salient features and useful nuances



A troupe of 40 artistes performing at 'Sahajyog Meditation Music Parv' organised in Yavatmal.

of soothing Indian music and age old Indian Yog. In addition

to exemplify Sahaja Yog, they rendered devotional songs

with thought-provoking messages before the audience.

District convenor of Sahaj Yog Meditation Centre Dr Chandrashekar Kudmethe, Sahajyog Committee members Santosh Dudhe, Rajendra Kshirsagar, Hemant Pangarkar, Dinesh Dahake, Anjali Jaiswal, Aparna Chivane and Swapnil Kapile took efforts for success of the programme.

Those prominently present in the audience were MLA Madan Yerawar, police inspector Manoj Kedare, Dr Durgesh Kunte, Kirti Raut, Rajendra Dange, Pralay Tipramwar, Pankaj Deshmukh, Chetan Bhaware, Chetan Deshmukh, Vaibhav Bhuse and a host of devotees.

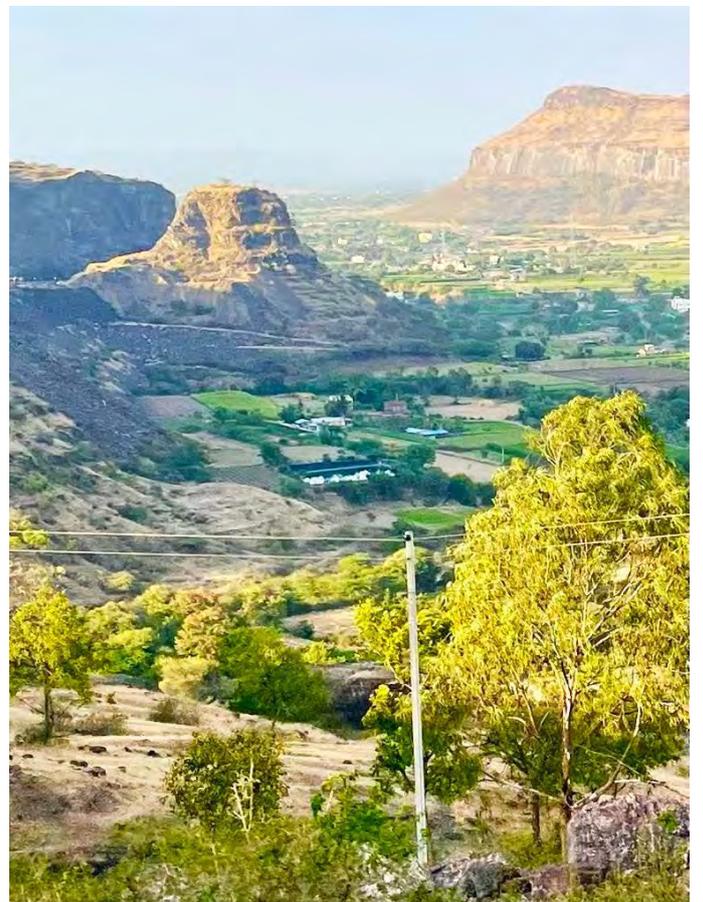




















Jai Shri Mataji!