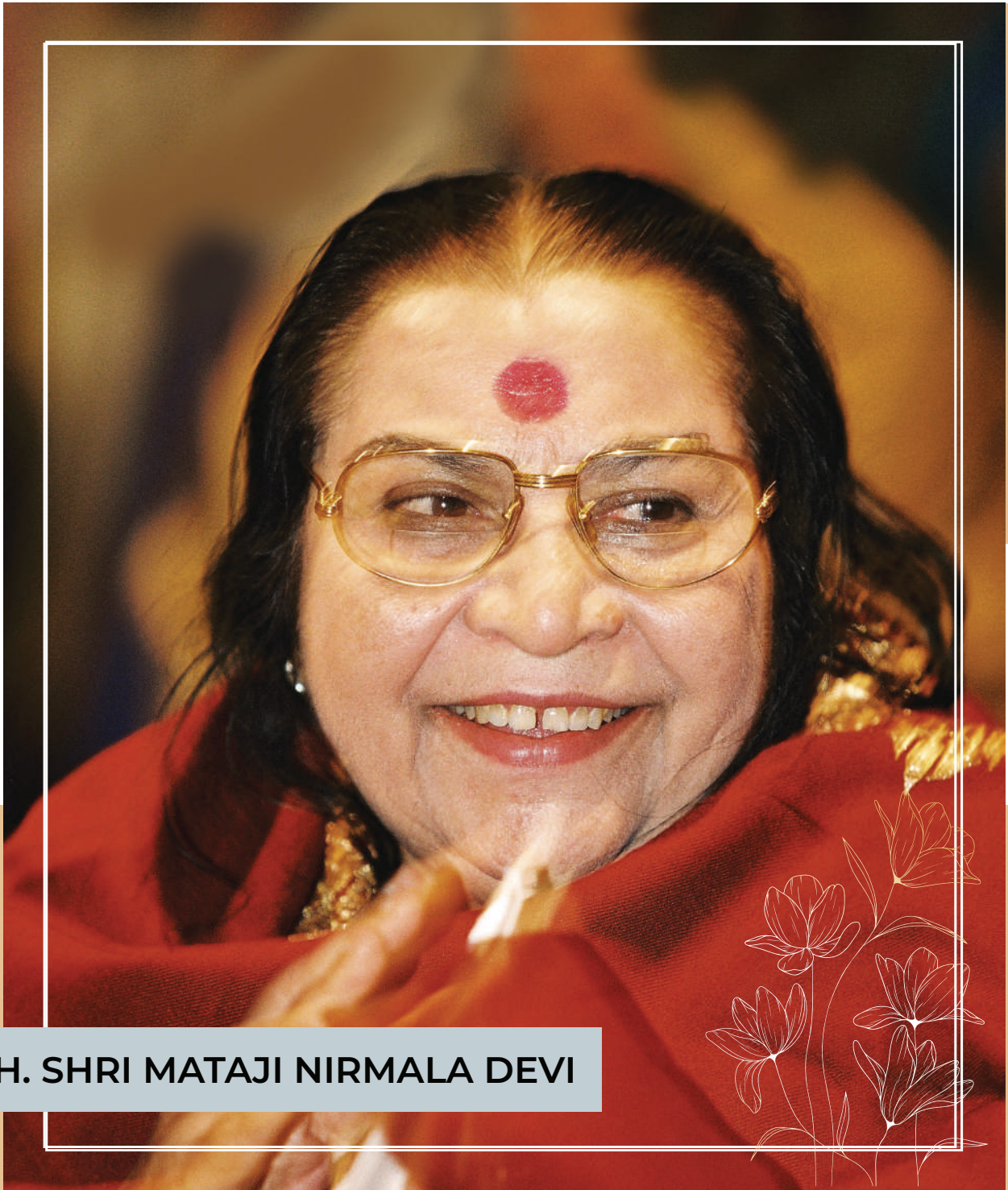


The Blossom Times

Second Edition

Issue II, June 2025



H.H. SHRI MATAJI NIRMALA DEVI

Editorial

With deep love and heartfelt gratitude, we welcome you to the second edition of Blossom Times. As always, this magazine is a humble offering at the Lotus Feet of our beloved Mother, Shri Mataji Nirmala Devi, whose boundless compassion and divine wisdom continue to guide our lives like a lighthouse in stormy seas.

As we bring this edition to you, the world around us is witnessing unsettling times. Across continents, we see the flames of conflict and war, growing divisions among nations, and a rising sense of fear and instability. The very values that sustain peace—humility, forgiveness, compassion—seem to be slipping away amidst the noise of ego and aggression.

Yet, in this backdrop of turmoil, Sahaja Yoga stands as a silent revolution—a powerful force that can transform hearts and purify collective consciousness. Shri Mataji once said, "Only through inner transformation we can bring real peace in the world." It is through this individual awakening, through the awakening of the Kundalini and the establishment of our spirit, that the seeds of lasting peace are sown. Sahaja Yoga gives us the means to transcend the chaos around us—not by escaping reality, but by anchoring ourselves in reality that is divine.

Through thoughtless awareness, we begin to rise above the noise, connect with universal love, and radiate the qualities of the Spirit—love, peace, wisdom, and joy. Each balanced, realized soul becomes a channel of collective harmony, reducing the darkness simply by the light they emit.

This edition is therefore more than just a compilation of experiences and articles—it is a call to deepen our collective attention, to become stronger, subtler, and more effective instruments of transformation. Let us meditate not just for ourselves, but for the whole world. Let us dedicate our silence to those who are suffering, our vibrations to those who are lost, and our love to those who have forgotten they are loved by the Divine.

Within these pages, you will find reflections on collective meditation, self realization programmes, spiritual insights and reminders of our Mother's teachings that remain eternally relevant. We invite you to read, reflect, and reawaken the sense of mission that each one of us carries. Let us remember that even in the darkest hour, the blossom time is here. And it is up to us—Her children—to help the world feel it.

In this newsletter you can expect:

- Editorial
- Self Realization Programmes
- International Day of Yoga - 2025
- Uluru (Ayers Rock) in Australia
- The Life Eternal Trust, -a vision of Shri Mataji
- H.H. Shri Mataji - A Supreme Source of love
- Translation of Shri Mataji
- Nirmala Devi's 'Old Marathi Letter'
- Pearls of Wisdom
- Poem written by Shri Mataji
- Sahaja Quizz

Self Realization Programmes - Karnataka

Jagruti Abhiyan

Jai Shri Mataji, with the divine blessings of Shri Mataji, as part of Sahaja Yoga Karnataka Jagruti Abhiyan – a project by The Life Eternal Trust Bengaluru to reach out to 7,000 villages in Karnataka, a mobile Van prepared exclusively for the propagation of Sahaja Yoga has been launched by Dr. C.N. Manjunath, Hon. Member of Parliament, Rural Bengaluru at an event in Bengaluru today. Vehicle is fully customized as per the requirements and can carry 12 volunteers apart from driver. Dr. Manjunath also accorded the initiative and mentioned that Meditation is essential for a healthy life. We thank Shri Mataji for her Divine Blessings for making this initiative a great success.



Park realisation at Bangalore



Public Programme at Coorg, Karnataka



Self Realization session at Arena Multimedia, Jaya Nagar.



Self Realization Session at Nightingale, Bangalore

Self Realization Programmes - Karnataka



Govt. Middle School, Taverekere, Bengaluru



Poornaprajna School, Bengaluru



Baldwin Public School, Hongasandra



RV Engineering College campus at Mysore Road



Moulana Azaad, School, Bengaluru



Government School, Gottigere, Bengaluru

Self Realization Programmes - India

Kerela Realization Tour

A self realization tour was conducted at Palakkad district in Kerela, involving more than 100 volunteers from India and abroad. Several 100's of people took self realization during the tour.



Narayana Collage, Hyderabad



Pazhayannur

Realisation programme at Pazhayannur Panchayat Hall as part of Stress Management program for teachers by Her Supreme Grace.



"If you want to know the reality, you have to become the spirit. 1992 – July 24 – Public Talk, Paris Gaveau, France"

1992 – July 24 – Public Talk, Paris Gaveau, France

Bengaluru sets World Record with Grand Yoga Day & Music celebrations.

I
D
Y
20
25



A landmark event organized by Sahaja Yoga received the recognition from the London book of world records at an event in Bangalore, 21st June 2025, Tripura Vasini Palace Grounds.

With the infinite blessings of Her Holiness Shri Mataji Nirmala Devi, a grand event was held in Bengaluru on the occasion of International Yoga Day and The World Music Day by The Life Eternal Trust Bengaluru, where more than 5000 seekers experienced Kundalini awakening and Self-Realization through Sahaja Yoga.

Large scale campaign prepared for this event had a coverage of more than 10 million people through electronic & print media at large. More than 20 large holdings across the Bangalore city had spread the message of Sahaja Yoga. Event was addressed virtually by Shri Prataprao Jadhav, Hon'ble Minister of Ayush, Govt of India.

As part of this event, "Purna Vande Mataram" presented by 200 artists from 20 countries, was officially included in the World Book of Records, London.

The program began with the lighting of the lamp at the Holy Lotus Feet of Shri Mataji, accompanied by the powerful sound of South India's traditional Pancha Vaadya. This was followed by the practice of yoga postures as prescribed by the Government of India, after which the seekers experienced Kundalini awakening and Self-Realization through Shri Mataji's unique technique — deeply felt by all present.

This grant event received the recognition from the London book of world record.

A special highlight of the event was the grand presentation of "Purna Vande Mataram," a mesmerizing blend of music, Bharatanatyam dance, Kathak and Indian as well as Western musical instruments, creating a divine expression of patriotism. This presentation was dedicated to the Indian Armed Forces.



A special highlight of the event was the grand presentation of “Purna Vande Mataram,” a mesmerizing blend of music, Bharatanatyam dance, Kathak and Indian as well as Western musical instruments, creating a divine expression of patriotism. This presentation was dedicated to the Indian Armed Forces.



Participants included children from 14 countries studying at the International Sahaja Public School; Ms. Preeti Sondur and team from Natarang School of Dance; Mrs. Snigdha D.S. and her team; Jyoti and her disciples from Bharatam Academy; Mr. Anil Marar's Pacha Vaadya team; Dr. Jayant Das; Pt. Iman Das; Pt. Dhananjay Dhumal; Nishikant Pathak; and the Yakshagana folk dance troupe — comprising over 200 artists and more than 100 musical instruments.

Several audio albums from leading artists including Dr. Rajesh Universe, Dr. Shobha Ramesh et al were released during the event.



Book written by Shri Mataji named '**Chaitanya Nidhi**' was digitalised and published during the event.

To grace the event, several dignitaries were present, including renowned Kannada actress Mrs. Namrata Gowda, Mrs. Usha Iyer (The Green School, Bengaluru), B.H. Lokesh (Vande Bharat Foundation), retired IFS officer Puneet Sridhar, R. Chetan, former Vice-Chairman of NITI Aayog Dr. Rajiv Kumar, Kalpana Didi, Praveen Jawalkar, Dr. Manoj Kumar, Sadhana Didi, along with many senior Sahaja Yogis, Several members of Central Committee of India, Yuva Shakti, and Mahila Shakti members all over India representing a mini Bharat. We pray to Shri Mataji for her divine blessings for making this programme as a grand and the international recognition Sahaja Yoga received. For more details on the event, pl. visit <https://www.sahajayogakar.org>





Sahaja Yoga Team with Prataprao Jadhav
Hon'ble Minister of Ayush



Yoga Dance During The World Music Festival



Team Sahaja Yoga met Shri Thawar Chand Gehlot
Hon'ble Governor of Karnataka



Kathakkali Performance



Sahaja Yoga team met Shri Yaduveer Krishnadatta Chamaraja Wadiyar
Royal scion from the Wadiyar dynasty, currently serving as a Member of Parliament during the visit at Mysore



Chaitanya Needhi Book Launch



Vande Mataram Performance at the IDY Celebration



Digital Campaign Display, Bengaluru

Uluru (Ayers Rock) in Australia



"Now this Ganesha has appeared in Australia as Uluru, is a very big mountain which looks like Shri Ganesha. It has also a very big trunk, going down. Vibrations itself will prove that it is Shri Ganesha, from the mother earth. He has appeared in many places, Shri Ganesha not only here."

**HH Shri Mataji Nirmala Devi – Shri Ganesha Puja, Cabella
25th September 1999**



Shri Maha Ganesha is the supreme manifestation of Shri Ganesha within the Virata who aids in the creation of the Universe and all beings. Shri Maha Ganesha is He Who existed before the Creation. Before the universe and before all things. He will exist after the end. Shri Maha Ganesha is the guardian to the pathway to realise the Supreme State. One of the highest principle of Sahaja Yoga is that Shri Mataji created one family of all races, creeds and religions. Shri Mataji created the oneness of Humanity. Devoid of all separation. No separation of gender.

"An innocent person is really like a magnet and it attracts, he attracts, the people towards himself, just like a flower attracts a bee towards itself."

1981 – March 24 Public Program Sydney, Australia

No separation of race. No separation of nationality. One world to witness the One God. The One Creator of creation. In this pilgrimage Shri Mataji requested that all peoples of all nations are invited to come together as one to worship Shri MahaGanesha at the Shri Ganesha Swayambhu of the Universe: Uluru.

**"But when you mature, you become
Maha Ganesha."**



*Image: Shri Mataji Nirmala Devi Shri Mahaganesha
Puja, 1st January 1986, Ganapatipule, India*

"The Ganesha at Mooladhara becomes Maha Ganesha in the Virata, that is the brain. That means it is the seat of Shri Ganesha. That means Shri Ganesha governs from that seat the principle of innocence."

"But when you mature, you become Maha Ganesha."

Then Maha Ganesha is established in you and you become a satguru, you become a divine guru; you can teach others."

"Only singing the praise of Shri Ganesha may not be sufficient, Shri Ganesha needs to be awakened within us and he should evolve to the state of Mahaganesha."

HH Shri Mataji, Shri Maha Ganesha Puja, Ganapatipule, India, 1st January 1986.

"So the principle of ascent is to be in the centre"



"So many centres I had to achieve and also I was born on the Tropic of Cancer as you are on the Tropic of Capricorn, and Ayers Rock is on the Tropic of Capricorn – just in the centre. So, so many combinations had to be worked out. So the principle of ascent is to be in the centre, to be in the balance, to be in the maryadas of the centre, to be in the boundaries of the centre, is the principle."

HH Shri Mataji Nirmala Devi – Birthday Puja, Melbourne 17th March 1985

"Once you start growing in your self-realization, you develop such a personality that you see the whole world as one."

1984 – Sept. 5, Radio Interview Vienna, Austria

The Life Eternal Trust -a vision of Shri Mataji

She registered the Trust with the Charity Commissioner, Greater Mumbai, under the Bombay Public Trusts Act, 1950, Regn. E 4884 (B) dated 08/03/1972.

The Trust deed was drafted and signed by Her Holiness Shree Mataji Herself. The Trust deed contains 22 objects, which clearly describes HER vision of emancipating the entire mankind. These

These Objectives of Life Eternal Trust to facilitate the work of Mataji as follows:

- 1) To expedite the process of spiritual evolution by exciting the residual consciousness i.e., Kundalini, to rise, ultimately leading to self-realisation (Second Birth as defined in the Bible, the Koran, the Indian Scriptures and by the great ancient prophets and sages all over the world).
- 2) To achieve the evolution described in the foregoing para through the method of "Sahaja Yoga" which means effortless, easy, relaxed methods of meditation evolved by Shri Mataji. To organise meditation centers for this purpose. This completely precludes all the external human efforts like rituals, worships, prayers, recitations, reading, renunciation (i.e. Sanyasa), worship of the preceptor (Guru) or any other physical expressions.
- 3) By this process, to reach a Zero point where one becomes effortless and starts feeling the play of the Supreme. Ultimately to reach the stage where one loses the Ego ('I') and one becomes one with the Creator and His creation.
- 4) To open the minds of people through meetings introducing "thoughtless awareness" which discovers the subtle which at present is lost in gross words, books, and dogmas.



4) To open the minds of people through meetings introducing "thoughtless awareness" which discovers the subtle which at present is lost in gross words, books, and dogmas.

5) To introduce the only one internal living religion lying dead and camouflaged under external practices and precepts of religion in all the human beings and for this to organise tours and hold spiritual meetings as per wishes of Shri Mataji.



6) To spread the news of the descent of the Divine Grace, with the help of self-realised disciples of Shri Mataji.

7) To cure people of their physical and mental ailments by blessing them with divine healing touch of Shri Mataji and other disciples who have developed their collective consciousness through self-realisation.

8) To give the taste of real joy that is within the self. To practice different methods of meditation evolved by Shri Mataji and to hold meditation camps.

9) To create a new generation of self-realised people and to render motherly protection to all such children against evil intentions and to look after their well-being.

10) To build and run Ashramas of Sadhakas (Sahaja Yogis) for their use during Sadhana and to promote all activities expressing the new dimensions of creativity.

11) To introduce this work in Schools, Colleges and other institutions and groups and to run schools for younger people.

12) To improve the aesthetics of behaviour and beauty by holding exhibitions of art, culture, and music and through all activities which speak the universal language of love and beauty by developing the inner sense known as 'Ati-Indriya', that enlightens the subtle sensitivities.

13) To employ the energy of love to overcome hatred that is the cause of wars, disintegration and destruction by publishing and relating the spiritual experience of Sadhakas which prove the universal laws of love.

14) To overcome the void between the material saturation and the unknown which is causing fear, restlessness, sleeplessness, and tension leading to escapism from reality and false renunciation.

Life Eternal Trust Office Inaugurated
at 10th floor, west wing Raheja
Towers, MG Road, Bengaluru
at a function held on 20th June 2025

15) To print, edit and publish journals, books and literature written by Mataji and her disciples with her approval by the means of vibrations, for conveying the knowledge of truth so that the human beings who are the highest in evolution, rise in their glory, dignity, and freedom, as also for publicising the activities of the institutions run by the Trust.

16) To distribute to patients simple medicines and oils with Shri Mataji's vibrations and of any disciples on instructions from Shri Mataji.

17) To hold press conferences to give a correct picture of the activities of cosmic powers by demonstration or by discussion, as well as of the Life Eternal institutions.

18) To collect books suitable for spiritual ascend for libraries.

19) To build sanatoria, hospitals, nursing homes for the sick and invalid.

20) To counteract through mass spiritual power the destructive forces against spiritualism such as evil spirits, the cult of hypnotism, siddhis, and the use of "religion" for the exploitation of the innocent.

21) To unite all genuine seekers of truth divided by dogmas and ignorance so that Satya Yuga (the Age of Truth) is born out of the present Kaliyuga (the Age of Darkness) rather than complete annihilation. To harness all the human resources to achieve this great task for which mass evolution will be needed.

22) To open, organise and run local centres of the Life Eternal Institution at the place of the trust, the centres being opened on the distinct understanding that meditation is the path of the entire human destiny, and that all barriers of states, nations and races are artificial and irrelevant to Life Eternal.

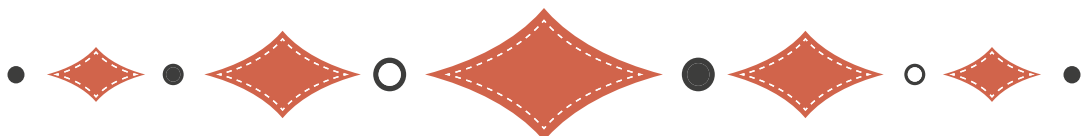


Activities of The Life Eternal Trust, as laid down by Her Holiness Shree Mataji :

Sahaja yoga activities have been organized under this Trust since 1972. The Trust has in its name immovable properties at various places in Maharashtra viz; Nirmal Nagari Ganpatipule, Shere village Mulshi, Sangam Village Solapur, Kothrud Pune, Aradgaon- district Rahuri, International Sahaja Yoga Research and Health Centre- CBD Belapur, Vaitarna, ...etc. These were bought by Her Holiness Shree Mataji in the name of The Life Eternal Trust. The Life Eternal Trust Bengaluru was established in 2024.

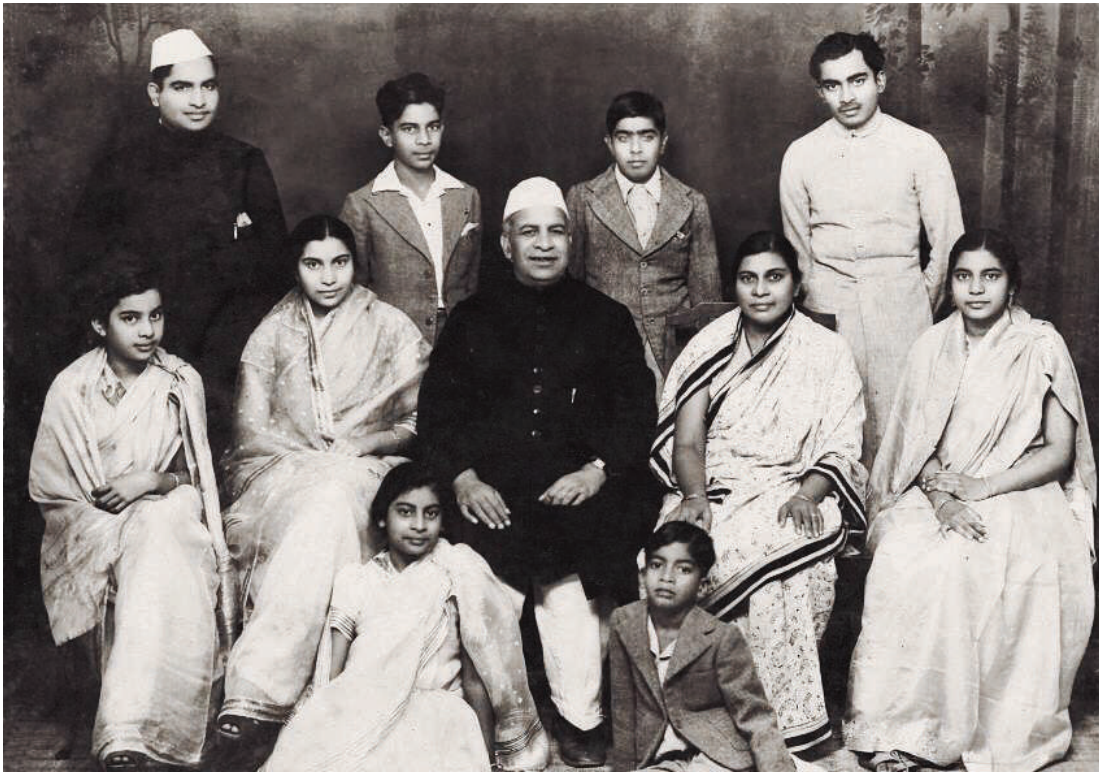
"Freedom is when you really get your own powers which are within you."

1982 – April 22, Sahaja Yoga Public Program Hampstead, UK



H.H. Shri Mataji Nirmala Devi

-A Supreme Source of love



Family

An Enlightened Upbringing

Shri Mataji, born Nirmala Salve, took birth in an illustrious family descended from the royal Shalivahana dynasty of India. The character of this exceptional family can be seen through the generations, as can their uncompromising adherence to the highest moral and ethical standards.

Going against tradition and widely-accepted beliefs, Shri Mataji's forefathers converted to Christianity when they saw how cruelly Hindu widows were treated at the time, especially child widows.

Her brother H.P. Salve described his grandmother, herself a premature widow, in his Memoirs as "a towering personality full of courage and strength of conviction in her fight against injustice;

a person who had the qualities of immense valour and courage on one side and a mother's love and benevolence toward her children on the other. I am emphasizing this because all these qualities have permeated through to her children and grandchildren, especially Shri Mataji."

Shri Mataji's parents continued to live a life dedicated to justice and equality. They joined Mahatma Gandhi in the struggle for Indian independence and it was understood that no one was to shed tears when any of the family members were arrested and jailed. After independence, her father and many of her siblings went on to serve in the newly-formed government.

Shri Mataji's husband Sir C.P. Srivastava also led an exemplary life of dedication to the highest standard of public service. His books include the biography Lal Bahadur Shastri: a Life of Truth in Politics[1] and Corruption: India's Enemy Within[2].

Translation of Shri Mataji Nirmala Devi's 'Old Marathi Letter'

Man wants peace, wealth, power, etc., but God is the origin of all these. Then why should there not be the desire for God? Why should there be no aspiration and ambition to meet God? We should pray to God for peace, and keep the desire to meet God who is peace itself. This should be the difference in satisfaction of a common man and that of a Sahaja Yogi. One should be ready to surrender the very desire to meet God at God's holy feet. All attention must be on Him. For that – one must have dedication, determination and concentration (tapasvita), in that all material attachments should be destroyed. What is there in this world to cling to? You must realize the glory of those feet in which all fades, and becomes peaceful. Only then, will you have your glory!.

Why should one brag of one's achievements? You must understand that whatever is being done by you, is all God's power, that is, the working of the Adi Shakti and you are only the witnesses to see these miracles. For achieving that stage, you should pray:

"May our 'I consciousness' fade away. May the truth that all of us are a small part of your being be assimilated within us,

so that your Divine bliss would resonate every particle of our bodies and this life would be filled with beautiful melodies enchanting the whole of mankind, and showing the light to the rest of the world".

Let love flow from your hearts. Love is unlimited. Your love is unlimited. Your attention is on material things and you are talking about eternity. Your attention should merge in eternity, so that you will have eternal life.

You are officials of God's kingdom – then why are you sulking? All deities are your elder brothers in this kingdom. They are present in many forms along the path of Kundalini. You should recognize them and attain them. Kundalini is your Mother. Learn to always remain under Her care. Be Her child, and She will take you to the Ultimate. Once you accomplish that, from where everything is born, you will have the rest very easily!

But you are not consistent in the practice of meditation, love, and a peaceful life. You are talking casually even to me. But how eager you are in worldly matters! How adamant you become on having what you want! Why are you not casual in that respect instead? Do not run away from the reality because I am Mahamaya! Attain Me; I am yours! I am for

you. I have given you that which has been beyond the reach of very great sages and saints. How will you make use of it? You have been given a very big asset. Thousands of stars and planets were created with just its one wave!

There is great significance to your rebirth. But you, yourselves, have to achieve that – you, yourselves have to find the meaning of "SWA" (Self)! Sahaja Yogis can do it. It is a big contrivance.



I have told you the secret, but what have you achieved? Nobody sulks, having been benefited. 'You are unhappy' means you have not been benefited! If you achieve the trick, you will open the gate of Joy and forget yourself, while enjoying the bliss!

Nobody becomes happy from worldly matters. I have given you the key to the treasure, which others haven't got. But you must work to open the Door! You have taken everything casually. You want Mataji to feed you, to wake you up in the morning, to make you sit in meditation, and to clean you of anger, hatred etc...

Today is the day of Guru Puja. What 'Guru Dakshina' (Gift to the Guru) have you given me?



Understand that your money is not worth the dust on the feet of your Mother Guru! You should give your hearts – only clean and holy hearts. You must clean your physical beings.

Do not be lazy in that. Make a vow! You must get up early in the morning and spend at least one hour on meditation and worshipping. Perform 'Aarti' and meditation in the evening.

Satan's disciples work hard at a funeral place [a dead place]. I cannot understand why you are taking everything so casually! Stop all gossiping! Leave all jealousies and quarrels! Time never waits for anyone. Do you want to go empty-handed, despite having the Key to the Treasure?!

If you do not accept God's kingdom, Satan's kingdom will come, and you will have yourself to blame for it! Remember, because you Sahaja Yogis are dear people, [that] you have been selected as officials. If you ignore it, on the one hand you will be deprived of a great source of joy, and on the other hand, you will lose your authority, due to the incomplete knowledge of Sahaja Yoga. Hence, be wise and stand firm! Every movement has thousands of directions. Let your ray; spread in different directions. You will do the welfare to the whole world. Get over your 'inaction to act'! You are to be captains! Let God's melodies be sounded from your flutes.

Transcend in your feelings above those who have not been realized and blessed, and God's kingdom will be yours. May you get that auspiciousness? All my efforts are for that! You have been made like temples. Keep it clean.

Some of you are enjoying yourselves in the ocean of bliss! My blessings are that all of you should be happy. Your worldly life and satisfaction should be of the same level.

A Sahaja Yogi's satisfaction and the circumstances he is in, are balanced. Both of our legs grow together! If one leg is shorter than the other, you will become lame! I do not want to tell you to lower the level of your circumstances, if the contentment is less. But a Sahaja Yogi's satisfaction does not depend on circumstances. He is happy in the circumstances that are prevailing. If he is not, then his satisfaction is superficial, and not from within! May God grant you an eternal place at His feet!

Your Mother.

Nirmala

Shri Mataji Nirmala Devi – Translation of Old Marathi Letter –

(Letter Nirmal Yoga 15-1)

Kannada Audio Album :

Jai Shri Mataji, with the Divine Blessings of Shri Mataji, first ever **Kannada Audio album** comprising of Sahaja Yoga devotional songs in praise of Shri Mataji was screened at Prayog Studio theatre, Banshankari, Bangalore. Theatre hall was packed by Sahaja Yogis, musician's and artists. 3 decade old dream of Sahaja Yoga collective of Karnataka to have Kannada Bhajans recorded came true with the Divine Blessings.

Also distribution of digital kit comprising of free Sahaja Yoga learning videos to 1 Lac+ educational institutions in Karnataka was inaugurated at the event. We pray to Shri Mataji for her blessings for many more such programmes.

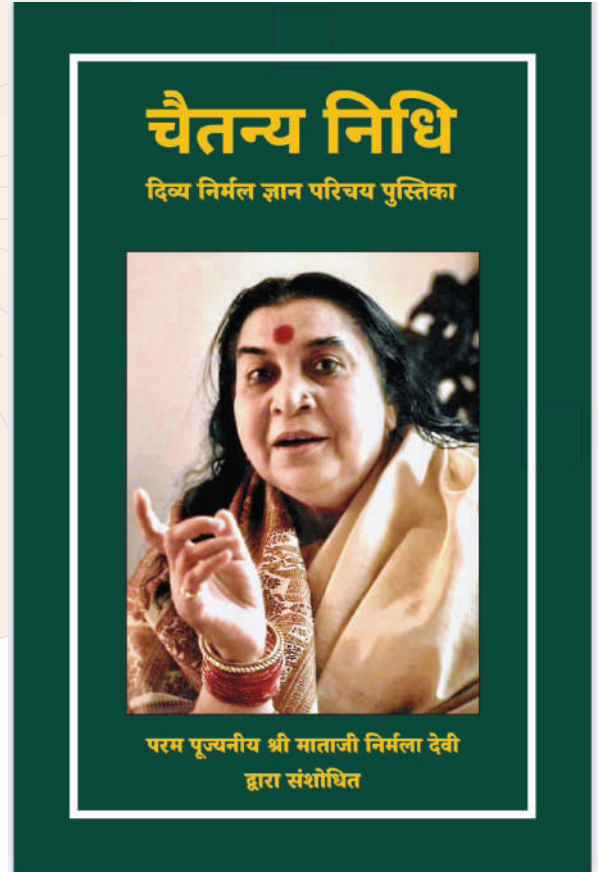
You may enjoy the Kannada Devotional bhajans at below play list by **visiting the Sahaja Yoga Karnataka Official Youtube page.**

SAHAJA QUIZZ:

1. Whats the color of Agnya Chakra
2. The year & place Shri Mataji announced Satya Yuga
3. Name of Shri Mataji's parents
4. Name of the award received by Sir CP Srivastava in 2005 from A.P.J. Abdul Kalam
5. The year Shri Mataji gave the last public speech
6. The year in which Shri Mataji wrote the First Trust deed by herself
7. Name of the award given to Shri Mataji by Italian Government in 1986
8. Name of chakra represented by the right index finger

Chaitanya Nidhi Book

Jai Shri Mataji, as we all are aware, on the occasion of International Day of Yoga, a book written by H.H. Shri Mataji 'Chaitanya Nidhi' was launched. It contains the original description of Sahaja Yoga, subtle system, kundalini etc written by Shri Mataji herself. With the blessings of Shri Mataji, after almost 4 decades, efforts have been made by a team led by The Life Eternal Trust Bengaluru along with yogis in India to publish the book with out any modifications and is a treasure of knowledge. This book is available for Sahaja yogis to order online.



You can order the book online at <https://www.sahajayogakar.org> by visiting E-Store section or by scanning the QR code.



Pearls of Wisdom

Excerpts from Guru Ashtakam

(by Shri Adi Sankaracharya)

शरीरं सुरूपं तथा वा कलत्रं ।
यशश्चादु चतिरं धनं मेरुतुल्यम् ।
मनश्चेन्न लग्नं गुरोरङ्घ्रिपदमे ।
ततः कतितः कतितः कतितः कम् ॥ १ ॥

śarīraṁ surūpaṁ tathā vā kalatraṁ |
yaśaścāru citraṁ dhanam mērutulyam |
manaścēna lagnaṁ gurōraṅghripadmē |
tataḥ kiṁ tataḥ kiṁ tataḥ kiṁ tataḥ kim || 1 ||

Even if one possesses a beautiful body, a lovely spouse, wonderful fame, and wealth equal to Mount Meru (immense wealth) – if one's attention is not devoted to the lotus feet of the Guru (spiritual teacher), then what is the use? What is the use? What is the use? What is the use?

कलत्रं धनं पुत्रपौत्रादिसर्वं ।
गृहं बान्धवाः सर्वमेतद्धिजातम् ।
मनश्चेन्न लग्नं गुरोरङ्घ्रिपदमे ।
ततः कतितः कतितः कतितः कम् ॥ २ ॥

kalatraṁ dhanam putrapautrādi sarvaṁ |
gr̥haṁ bāndhavāḥ sarvamētaddhi jātam |
manaścēna lagnaṁ gurōraṅghripadmē |
tataḥ kiṁ tataḥ kiṁ tataḥ kiṁ tataḥ kim || 2 ||

Even if one possesses a beautiful body, a lovely spouse, wonderful fame, and wealth equal to Mount Meru (immense wealth) – if one's attention is not devoted to the lotus feet of the Guru (spiritual teacher), then what is the use? What is the use? What is the use? What is the use?

Poem



To be a dust particle

I want to be like a dust particle
which moves with the wind.

It goes everywhere.

Can go, sit on the head of a king,
or can go and fall at the feet of someone.

And it can go and sit on a little flower,
and it can go and sit everywhere.

But I want to be a particle of dust.

That is fragrant,

that is nourishing,

that is enlightening.

Shri Mataji Nirmala Devi,

aged seven and as narrated by her in Dhulia,
India, 14th January 1983.

“Now the best thing is to put attention to your spirit. If you start putting your attention to spirit, the sweetness of the spirit itself will make the whole thing very sweet and beautiful.”

1980 – Sept. 27 – Public Talk London, England





"Now the best thing is to put attention to your spirit. If you start putting your attention to spirit, the sweetness of the spirit itself will make the whole thing very sweet and beautiful."

1980 – Sept. 27 – Public Talk London, England

I bow to all the seekers of truth. At the very outset we have to know that truth is what it is. We cannot think about it, we cannot conceptualize it. Unfortunately at this human level we cannot feel it, we cannot know it. We have to be the spirit to know the truth.

1992 – July 24 – Public Talk, Paris Gaveau, France

National Sahaja Yoga Seminar Shri Krishna Puja 2025

With the divine blessings of HER HOLINESS MATAJI SHREE NIRMALA DEVI, The Life Eternal Trust Pilani is delighted to invite and welcome you to the National Sahaja Yoga Seminar & Shri Krishna Puja 2025 at Bagar, Distt. Jhunjhunu (Raj.)-333023.

The Life Eternal Trust Pilani has arranged the National Sahaja Yoga Seminar & Shri Krishna Puja for 3 days i.e. from August 15, 2025, to August 17, 2025. For more details, please contact us: **+91 9887619595,**
+91 9680800946

Answers to Quizz:

1. White
2. 1978 at Caxton Hall in London
3. Prasad and Cornelia Salve
4. Lal Bahadur Shastri National Award for Excellence in Public Administration and Management Sciences
5. February 6th, 2006
6. 1972 in Mumbai
7. In 1986, the Italian Government declared Shri Mataji Nirmala Devi as the "Personality of the Year".
8. Right Visuddhi Chakra.

Online Donation

You can generously donate for
The Life Eternal Trust Bengaluru
for the projects and activities.

<https://donate.sahajayogakar.org>



*All donations are exempted from taxes under 80G.



The Blossom Times Bengaluru Edition - June 2025

Published by: The Life Eternal Trust Bengaluru | 10th Floor, West Wing, Raheja Towers, MG Road, Bangalore- 560001

Powered by SITA Team | www.blossomtimes.org | www.sahajayogakar.org

Pl share the news, events & testimonials to news@blossomtimes.org