

The Blossom Times

BENGALURU EDITION

◆
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New Era has begun, lets spread the message of Love!

Welcome to **The Blossom Times** Bengaluru Edition First Issue! We are thrilled to share with you the latest developments in our mission to revive the **The Blossom Times** E-News Letter.

Firstly, we would like to express our gratitude to all those who have contributed articles, news and messages. Your generosity and dedication have allowed us to publish the first newsletter smoothly and effectively.

As **H.H. Shri Mataji Nirmala Devi**, the founder of Sahaja Yoga had mentioned, a new era had begun in these modern times which She had mentioned as "**Blossom Times**". Truth seekers from all over the world can experience now the divinity at their fingertips by the process of Self Realization.

Lets awaken this light of divinity in us through the Self Realization for the inner transformation which is happening now worldwide.

Also lets spread the message of Sahaja Yoga - the love and peace - to the seekers around us so that they will also receive the experience of divinity through Sahaja Yoga.

Lets break out from our conditionings & limitations to to explore the light within us so that we witness a great era of Love & Divine Joy around us!

Let the Divine light of wisdom & pure desire inspire us to work towards fulfilling the vision of Shri Mataji Nirmala Devi for the transformation of the world.

Enjoy this month's newsletter! We have covered a lot of articles and news we have received as much as possible. Due to limitations, we could not publish some of them, we hope to publish those in the upcoming releases.

Regards
Editorial Team

In this newsletter
you can expect:

Editorial

Self Realization
programmes

National News

Quizz

Life History of
Shri Mataji

Discover the
Bliss at
Ganapatipule



Self Realization Programmes



Session at Dr. Ambedkar Institute of Technology

Dr. Ambedkar Institute of Technology, Bengaluru have applied Sahaja Yoga as a tool for personality Development and have conducted 3 days sessions from 7th Oct to 9th Oct 2024 for the students who have joined for various Engineering Programmes.

Approximately 600 students took Self Realization and undergone 3 day Meditation sessions. Sessions covered Self Development, Personality Development, EQ, IQ & SQ. Overall feedback have been very positive and management have expressed their interest to continue the programmes.



Students Meditating at Baldwin

Students at New Baldwin School Bengaluru practices Sahaja Yoga meditation on a regular basis. Daily meditation is conducted at the school assembly and had benefited the students in academic studies and extra curricular activities as well.

“Sahaja Yoga Meditation is a breakthrough in the evolution of student in his life and regular meditation helps them to lead a moral life”

- Management of New Baldwin School



International Day of Yoga at PES

Sahaja Yoga in association with PES Medical College University Electronic City Campus celebrated International Day of Yoga. Several medical students including staff had participated in the session.



Medical College Students during the session

Programme started with presentation introducing Sahaja Yoga meditation followed by narration on medical benefits and experience session. Medical students and staff at PES Medical College campus had a unique experience and felt the inner silence.

Programme was presided by Pro Vice Chancellor of PES Medical College and Principal, PES College of Engineering.

The Programme was well received by the medical students at PES.



Celebrated the independence with the inner freedom



On August 15th 2024, it was a day for many from Electronic City, Bengaluru to come out and spread the message of Sahaja Yoga. A team of 12 to 15 Sahaja Yoga practitioners started their journey in the early morning hours and visited villages and several parks and many truth seekers took Self Realization.

Many who were celebrating the independence day in Attibele, in the outskirts of Bengaluru took Self Realization. Team have visited various villages and towns and several parks. One of the Govt school in the village has welcomed the volunteers and requested to conduct sessions for children. Sessions concluded evening 7 PM at a park where several seekers took Self Realization.



Sahaja Quizz



Preeti Sondur during performance

Preeti Sondur, a well known Bharata Natyam Dancer and a practitioner of Sahaja Yoga had performed Bharata Natyam Performance at Sri Mahan Odukathur Matt Auditorium at Ulsur, Bengaluru. She and her institute Natarang School of Dance, is a certified member of the International Council for Dance, CID, UNESCO, France. She is a also member of the National Classical Dance Academy. She is also the Winner of several national & international awards.

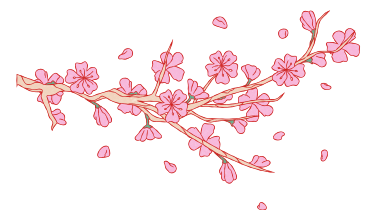


Stress Management Session at Sri Devaraj Urs Medical College

Sahaja Yoga Meditation was introduced to **Sri Devaraj Urs Medical College** students on the auspicious occasion of Ayurveda Day. Students have felt the tremendous experience during the session. Many have shown their interest to practice regular meditation. Ayurveda Day is celebrated in India on the occasion of Dhanvantari Jayanti. The day is dedicated to the traditional system of medicine known as Ayurveda.

- 1.The Date of beginning of Sahaja Yoga (Shri Mataji opened the Seventh Center)
2. 'Bathing in the Sea' is suggested as a treatment for which Chakra?
3. How many petals are there in the Nabhi Chakra?
4. The Chakra associated with Music Raaga "Bhoopali"
5. In which Sanskrit script (Stotra), Kundalini was mentioned as "Thinner as the root of Lotus"?
6. The Deity residing over the Left Vishuddhi Chakra?
7. The great astrologer who wrote "Nadi Granth" who have prophesized the advent of Sahaja Yoga
8. There is a small gap, space between two successive thoughts, which is called as?

(See answers on Page 9)



Rakshabandhan at ISPS, Himachal Pradesh

In August, on Rakshabandhan Day, the sisters at ISPS invited 15 Army Jawans to celebrate by tying Rakhis and exchanging gifts. We prayed to Shri Mataji for their long lives and for the protection of Shri Vishnumaya's powers. The bond of brother-sisterhood deepened when we were invited to the Army Cantonment the following month to conduct a Stress Management Programme for their administrative staff of 30.

Due to the success of this program, we were invited again in September to hold a workshop for 100 soldiers. Our Class XII students took the lead, effectively delivering the message of Shri Mataji and performing a skit that demonstrated the foot-soak technique, illustrating how it helps achieve balance in body, mind, and soul. A total of 145 army officials received their self-realization through these efforts.

We humbly thank our Holy Mother, H.H. Shri Mataji Nirmala Devi, for blessing all the army officials with self-realization. We also express our gratitude to our Principal, Sir Baby Sasheej Oram Pokkil, for his unwavering support for these initiatives from the heart of Talnoo, ISPS. As we gather, we sing for our Holy Mother: "She's got the whole Cantonment in Her Hands... She's got all the soldiers in Her Hands... She's got the whole world in Her Hands.

Shri Nitin Gadkari Unveils ₹100 Commemorative Coin Honouring Spiritual Legacy of HH Shri Mataji Nirmala Devi Ji's Birth Centenary



Shri Mataji Nirmala Devi's Coin



The Minister of Road Transport & Highways, Shri Nitin Gadkari, released a ₹100 commemorative coin in honour of HH Shri Mataji Nirmala Devi Ji to mark her Birth Centenary celebrations. The event, organized at National Museum, was a heartfelt tribute to the immense contributions of HH Shri Mataji Nirmala Devi Ji in promoting spirituality, inner peace, and self-realization globally.

In his address, Shri Nitin Gadkari highlighted the significance of HH Shri Mataji Nirmala Devi Ji's teachings, emphasizing her lifelong dedication to uplifting humanity through the practice of Sahaja Yoga and her message of universal love. He mentioned that the release of this ₹100 commemorative coin is a symbol of appreciation for her profound impact on spiritual and cultural values.



Stress Management Session at ISPS



Raksha Bandhan Celebrations

Pearls of Wisdom

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".

**Shri Mataji Nirmala Devi – Translation of
Old Marathi Letter –
(Letter Nirmal Yoga 15-1)**

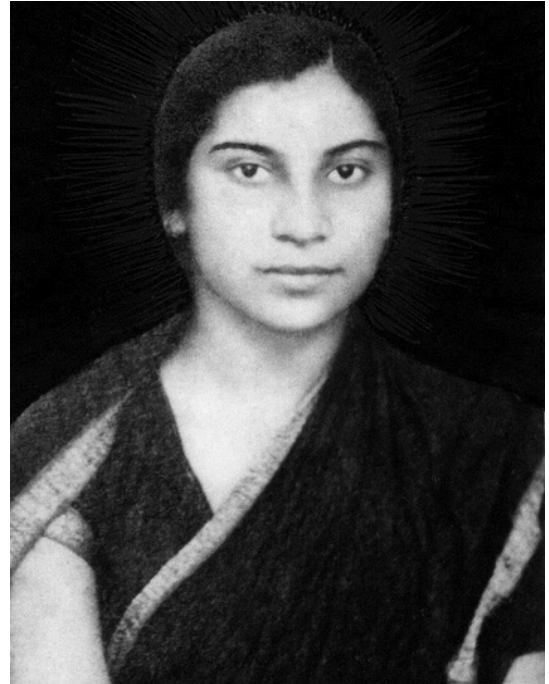


SHREE MATAJI'S BIRTH AND CHILDHOOD



"While Jupiter is in Pisces a great Yogi will incarnate on the Earth. By 1970 it will have become quite evident to many people that a new era will have started. Kaliyuga will end and Krutayuga will start. The axis of the Earth will depress and the Earth's orbit will come closer and closer to the Sun. Human life will undergo a complete revolution. A great Yogi will incarnate at this time." [1]

- excerpt from Kak Nadi written by Kakayyar Bhujander nearly 2000 years ago.



"You must be knowing that I was born in Chhindwara, and Mecca and Chhindwara are on the same Cancer Line (Tropic of Cancer) – How is it?....." -H.H. Shri Mataji Nirmala Devi (Cabella Ligure, Italy, 25.05.1997) [2]

Nirmala's parents were direct descendants of the royal Shalivahana dynasty, known for their strong sense of righteousness, honesty, and truthfulness. They were deeply patriotic and held a liberal attitude toward all religions. Her father, Shri Prasad Salve, was a renowned scholar and a master of 14 languages. He famously translated the Koran into Marathi. Her mother, Shrimati Cornelia Salve, was the first woman to earn a master's degree in mathematics from Fergusson University and made significant contributions to algebraic methods that are still in use today. [8]

Nirmala spent her early childhood in Chhindwara, a cold hill station, where she lived in a large house her father built. The house was designed to host guests, with spacious guest bedrooms and bathrooms. Nirmala lived there until she was four years old but retained vivid memories of the house and the surrounding area. [2]

The family later moved to Nagpur, where Nirmala grew up with her 10 siblings in a joyful, loving household. She had a lively, energetic childhood, often inspiring her playmates of all ages with her enthusiasm for drama, song, and dance. At times, however, she would retreat to a quiet corner of the house, absorbed in inward joy and meditation.

Even from a young age, Nirmala showed an exceptional appreciation for music and the arts, with a natural, refined taste. She was drawn to what was genuine and authentic. Raised in traditional Indian schools, she developed a strong intuition and deep spiritual qualities. Nirmala often walked to school barefoot, feeling a profound connection with Mother Earth [9]

Both of Nirmala's parents were deeply committed to their country's spiritual heritage and values. From 1928, they were frequently imprisoned for their involvement in the independence movement. During their absence, Nirmala took on the primary responsibility of caring for the family

At an early age, Shri Mataji displayed an exquisite taste and refined appreciation for music and the arts. She loved everything that was genuine and natural. She was brought up in the traditional Indian schools that contributed to the development of her intuition and spiritual qualities. She would even go to school barefoot in order to feel Mother Earth.

Mr. and Mrs. Salve both shared a deep love of their country, its great spiritual tradition and values. From 1928, (5 years) Shri Mataji's parents were regularly in jail. In the absence of her parents, Shri Mataji bore the main domestic responsibility of raising the family.

(Will be continued in the next edition)

Discover the bliss at Nirmal Nagari, Ganapatipule



Shri Mataji arriving at Ganapatipule in 1996

History of Ganapatipule

Ganapatipule is a sacred site where Mother Earth has naturally created the Swayambhu (self-originated idol) of Lord Ganesha. The name Ganapatipule comes from 'Ganapati' (the Lord of Ganas) and 'Pule,' meaning sand dune. The temple features a Swayambhu murti that faces west and attracts thousands of devotees from across Maharashtra each year.

Ganapatipule holds special significance because it is home to Mahaganesha. The Ganesha at the Mooladhara transforms into Mahaganesha in the Virata, which represents the brain. The main root, or taproot, is innocence, symbolized by Shri Ganesha, who attains his full, mature form here. Surrounded by the Father Principle and the Guru Principle represented by the Indian Ocean, he embodies a Guru. In this way, visitors can cultivate their own Mahaganesha within. Ganapatipule is one of the Asthavinayakas—eight Swayambhus of Shri Ganesha—and is regarded as a place of great importance, with Mahaganesha overseeing all the Ganesha Swayambhus.



Located nearly 4,000 years old in the western Ghats of Maharashtra, near Ratnagiri, **Ganapatipule** is surrounded by the Sahayadri Mountains and lies on the seashore, adorned with mango, cashew, coconut, and casuarina trees. It is situated about 35 km from Ratnagiri Railway Station and was chosen by H. H. Shri Mataji Nirmala Devi as the site for Christmas Puja celebrations for about ten years. Thousands of Sahaja Yogis from India and around the world have gathered here for these celebrations and Sahaja marriages.



How was Ganapatipule discovered? In Shri Mataji's own words...

"One day, someone asked Me how I found this place. At that time, Ganapatipule was not well known in Maharashtra; people often visited the Ashta Vinayakas but overlooked this Maha Vinayaka. While returning from Ratnagiri, I noticed an unusually large star above the temple, which no one else could see. I suggested we follow the star, even though my companions couldn't perceive it. They complied, and we took a different road, traveling late into the night. When we finally reached Ganapatipule at dawn, the beauty of the place captivated me. I declared it the ideal location for gathering Sahaja Yogis.

Rabindra Nath Tagore had already foretold that people from all over the world would come to this shore. The miraculous discovery of this beautiful, vibrating place was unexpected. I spent two days there and decided we had to secure the land despite facing numerous challenges".

**Shri Mataji Nirmala Devi, Ganapatipule,
December 25, 1999**



(Article from Page 10 continued...)

Regarding the profound significance of Ganapatipule, Shri Mataji further emphasized the unique purpose of visiting this beautiful and serene location. She noted that it is a place where attaining consciousness is accessible, but it requires genuine desire. This visit should not be for mere relaxation or fun; instead, it is an opportunity for tapasya and purification. The temple of Shri Ganesha here is pure and holy, capable of awakening the Ganesh element within each visitor.



Shri Mataji urged Sahajyogies to meditate, contemplate, and dedicate their time to awakening the Ganesh element within themselves. She shared her own experience of staying awake for two nights alone on the beach before the opening of the Sahasrara, highlighting the commitment required to achieve spiritual goals.

Many Indians visiting for the first time express amazement at the beauty and sanctity of Ganapatipule, recognizing the wisdom in choosing this place. Shri Mataji hoped that the transformative experience of this site would leave a lasting impact on all who come here.



Swayambu at Ganapatipule

Practitioners of Sahaja Yoga at large visits the Swayambu of Shree Ganesha at Ganapatipule every year and meditates to experience cool vibrations emanating from this place.

Quizz Answers (From Page 4)

- 1.1970 5th May
- 2.Sahasrara
- 3.Ten
- 4.Agna
5. **Lalitha Sahasra Nama** by Shri Adi Shankaracharya
6. Vishnumaya
7. Sage Brigu
8. Vilamba



The truth is, first one, that you are not this body, this mind, these conditionings or ego but you are pure spirit. And the second truth is that there is a all-pervading power of divine love which works out all the living work.

-H.H. Shri Mataji Nirmala Devi, July 24, 1992 – Public Talk, Paris



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

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