

Rationale

The attached notes are offered here as a suggestion only... to fill a gap that seems to exist in the establishing of people coming to Sahaja Yoga... in the years to come.

It is envisaged that the initial 'threads' offered here as starting points, might be developed in subsequent weeks... and expanded or added to as the participants grow deeper in their awareness and experience... at the discretion of the local Sahaja Yogi.

The presentation of information, all of which comes directly from the 'Source of All Knowledge' Shri Mataji Nirmala Devi is in loose-leaf form to enable easy copying of individual topics for distribution to participants.

May we all focus on the Joy of participating in this unfolding of the emancipation of humankind the world over.

Jai Shri Mataji - Shri Mataji Prasanna