



## Sahaja Yoga in Sri Lanka

### Announcing the First National Sri Lanka Seminar and Sahaja Yoga Tour 2012

Soon after the ending of hostilities in **May 2009**, there was a greater need to reach seekers in Sri Lanka in a bigger way. Sahaja Yoga was introduced to Sri Lanka a couple of years earlier, but due to distance and civil unrest constraints, the

spreading was limited to only one part in the North ie Kaitady. In December 2009, a few yogis from Malaysia and India went to kaitady to impart and share more Sahaj knowledge to growing seekers there. Subsequently, Malaysia started coordinating bi- yearly SR programmes in Colombo, Nuwaraeliya, Jaffna and Kaitady with the help of Sri Lanka born yogis in foreign countries, local yogis and new seekers. These programmes were assisted by Australia, India Dubai and USA. Malaysia also sent facilitators on a bi- monthly basis for a year to groom the seekers and new facilitators. Currently, weekly collectives are being held in Jaffna, Kaitady and Colombo. There are about 50 yogis in total in Sri Lanka, though thousands have got their realization over the past 3 years by Mother's grace. The Yogis are new but they are very devoted to Shri Mataji.



Last year in Oct 2011 over 600 people received their self-realization. In 2012 year we are organizing more Self Realisation tours and hopefully more seekers come forward. There is a strong need to keep spreading and growing the Sahaj Shangha in Sri Lanka and reaching the seekers as fast as possible.

Thanks and acknowledgement to the Malaysian Sahaja Council, and to the collective for their vision and to their commitment to this great cause. A bigger thanks be to Mother for this opportunity to bring various countries together in doing Her work.

Love must be re-established and righteousness be upheld. For a small country there has been many challenges to deal with.



A long time ago, this land had once belonged to Ravana and through the Maya of Shri Sita, evil in this land was destroyed through Shri Rama.

This time through the love of Shri Mataji this country will again be saved. Despite the immense constraints and conflict over decades, seekers are plentiful. Many realizing that only peace of mind is the ultimate freedom and salvation.

From **July 6<sup>th</sup>** to **July 15<sup>th</sup>** the First National Sahaja Yoga Self realisation Tour is being hosted in Sri Lanka. A self realisation Tour is also being hosted to commence just after the completion of the seminar. A notice was sent to India as well and to the other parts of the world and 14 people are coming to assist.

The itinerary for the First National Sri Lanka seminar and Sahaja Yoga Tour is included with this note and we request the goodwill, positive attention and support of the world collective to help the seekers of Sri Lanka help commence a new spiritual beginning for this country in so much need of healing and reconciliation.

## **SRI LANKA 1<sup>st</sup> NATIONAL SEMINAR & SR TOUR: 6-15 July 2012**

<b>Date</b>	<b>Time</b>	<b>SEMINAR</b>	<b>By</b>
6 July Friday	10am-1200pm	Collective meditation with Mother's talk	
	12-130pm	LUNCH	
	130-430m	What is Pooja and Havan Protocol for Pooja and Havan Importance of SR Programmes How do I deepen myself	Malaysia and Austalia
	430-5pm	TEA BREAK	
	5-630pm	Footsoak, Bodysoak and Vishudhi Clearing	Malaysia
	630-730pm	DINNER	
	730-930pm	Cultural Night	Kaitady, Jaffna, Colombo, Australia, Malaysia, other guest countries
7 July	730-930am	National Havan by the beach	Kaitady and Jaffna
	1030-1pm	National Pooja at RKM	Colombo
	1-230pm	LUNCH	
	230-430pm	Sharing Experiences	
	430-5pm	Q&A	
	5pm	END OF 1ST NATIONAL SEMINAR	
		<b>SR TOUR</b>	<b>VENUE:</b>
8 JULY	10-1pm	SR Programme	Kotena, Colombo
	3-6pm	SR Programme	RKM, Colombo
		Departure to Nuwaraeliya	
9 JULY	1230-2pm	SR Programme	Saumniya kalaiyaham punnitha thirutuva kaloori -Trinity College (for students)
	230-4pm	SR Programme	Saumniya kalaiyaham punnitha thirutuva kaloori -Trinity College (for public)
	5-7pm	SR Programme	Gayathri Peetham

10 JULY		Sightseeing of Waterfalls Tea Plantation visit Visit to Seetha temple river Departure to Hatton	Nuwaraeliya
11 JULY	11-1pm	SR Programme  Departure to Trincomalee	Hillside Development Centre Hatton
12JULY	2-4pm  5-7pm	SR Programme  SR programme	RKM Srikoneshwara Hindu College, Trincomalee Kali Temple Trincomalee
13 JULY		Fun at the beach and sightseeing Departure to Katharagama Departure to Colombo	Tincomalee and Kataragama
14 JULY		Rest and Relax	Colombo
15 JULY		BYE BYE	

\*Accomodation and Travel arrangement in Sri lanka can be arranged for foreign yogis if needed. Kindly contact [gejalaxmi@yahoo.co.uk](mailto:gejalaxmi@yahoo.co.uk) to make bookings before the 20 May 2012.

\* Check out our websites of previous programmes:

<http://spreadingsahajayogasrilanka.blogspot.com/>

<http://srmalaysiasrilanka-srmalaysiasrilanka.blogspot.com/2011/08/new-beginningsreading-sahaja-yoga-in.html>