

# Sahaja Yoga Central Committee of India

(Formed as per instructions given on July 20, 2008 by Mataji Shree Nirmala Devi, after Guru Puja)



communications@syccindia.org

www.syccindia.org

Her Holiness Mataji Shree Nirmala Devi  
(Founder of Sahaja Yoga)

**Date:** July 10, 2025

***Subject: General Guidelines for Running Sahaja Yoga Meditation Centres***

Dear Centre/City /District /State Leader and Sahaja Yogis,

Jai Shree Mataji,

With the divine blessings of Her Holiness Mataji Shree Nirmala Devi, and in keeping with Her teachings and guidance, Sahaja Yoga Central Committee of India (SYCCI) is pleased to share the following general guidelines for the proper conduct of weekly Sahaja Yoga meditation centres across India.

These guidelines are to be sincerely followed in all centres to maintain collective discipline, ensure consistency, and nurture spiritual depth. Adhering to these practices will also help prevent any unusual or non-Sahaja methods from being introduced in the future.

We lovingly request all Centre Leaders and Sahaja Yogis to uphold these practices with sincerity and devotion. Let our collectivity deepen and our vibrations grow stronger through regular and heartfelt participation at our meditation centres.

With Sincere regards,

For and on behalf of

**Sahaja Yoga Central Committee of India (SYCCI)**

A handwritten signature in blue ink that reads "Sudershan Sharma".

**(Sudershan Sharma)**  
**Leader SYCCI**

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## Communication from The Sahaja Yoga Central Committee of India (SYCCI)

### *General Guidelines for running Sahaja Yoga meditation centers:*

- Centres should start **on time**. Centres should be conducted once a week
- Bhajan (1-2 bhajans, may be taken at the start of the centre or after aarti) (optional)
- Vandan/ Bow down to Shree Mataji
- Bandhan
- Three Mahamantras
- Shree Ganesh Mantra
- Balancing (occasional Shree Ganesh Atharvashirsha / occasional clearing through Affirmations): 5-10 mins
- Shree Mataji's Speech at least for 25-30 minutes or till completion of speech (if shorter than 30 minutes)
  - Preferably, center coordinator should first listen to the speech before playing it at the centre.
  - The selection of talk needs to be appropriate, and clearly audible
  - Longer speeches can be played in parts, however, it should be at the end of Shree Mataji's sentence and change of topic
- Self realization to new seekers.  
(This can also be done at the start also, if new seekers are more in numbers)
- Aarti (only one person)
- Three Mahamantras, Jayakara (with Shree Adi Shakti's name)
- Bandhan and Meditation (5-10 mins). Preferably in silence without instrumental
- Announcements (to the point by the centre coordinator or person authorized by him, not exceeding 5 minutes)
- Preferably Centres should be completed within 60-75 minutes. Those desiring to leave can leave after Prasad and others wanting to sit further can do so
- Prasad can be of Chana and peda/misri/gud
- Personal celebrations like birthdays, anniversaries etc should be avoided at centres
- Centres should **not be made very rigid and ritualistic**. Meditation at the centre is most important. Long guided meditation should be avoided at centres. People should leave the centre joyous and relaxed.
- New comers should be given brief written instructions to follow, when they come to the centre.
- Every Centre should maintain:
  - A register containing details of sahaja yogis and new seekers attending the center such as name/phone no./email id etc.
  - Proper record of contribution / donations and expenses

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## Extracts from Shree Mataji's speeches on importance of attending meditation centres:

..I'm sure, you'll make it convenient to come there and also you **must attend the centres** here so you know how to use this power, how to grow.....

<https://www.amruta.org/1989/05/07/public-program-117/>

It is a collective happening that's all. You have **to just attend our centres**, whatever they have, they'll tell you all about it, they'll give you all the knowledge and then they'll make you the Spirit.

<https://www.amruta.org/1990/06/21/public-program-day-2-athens-1990/>

This is a collective work. And in a collective work, it is essential that **you attend the centres**.

<https://www.amruta.org/1994/11/30/1994-public-program-paise-ke-peeche-daur-noida-india-hindi/>

Now you have felt the cool breeze for the first time. This is the sprouting. You **must attend our centres**. No money will be charged. Nothing will be asked for.

<https://www.amruta.org/1990/02/13/1990-public-program-day-2-bangalore-india/>

Your saintly life has started but you must value it, you must grow. For that we have **a centre here, centres everywhere. Please attend**, you don't have to pay, again and again I am telling you. But respect your self-realization.

<https://www.amruta.org/1995/03/12/public-program-in-kuala-lumpur-1995/>

Now check in your regions and **where ever you have centres, go and attend** and try to become deep sahaja yogis. There you will know all kinds of intricate knowledge of Sahaja Yoga....

Now, whatever you have to do further, **please learn from the centres**, which is near to you or even if it is far from your house, find out on which day it is functioning and attend it.

<https://www.amruta.org/2001/03/26/public-program-jn-stadium-delhi-2001/>

Let them listen to my tape then go into meditation and then do the aarti and finish it off. Because these tapes are to be heard again and again.

Now those who get any questions out of those tapes can, next time, discuss it before starting the tapes. That's a very good thing and that works. In India, nobody speaks, they just put my tapes on or show my video. After that, they just have meditation and aarti — finished.

<https://www.amruta.org/1990/09/12/shri-mahakali-puja-le-raincy-ashram-1990/>

If you are collective, I am there. Wherever you are collective, wherever you gather, I am there. And nothing gives me greater pleasure to hear that all of you are attending this programme.

<https://www.amruta.org/1990/09/12/shri-mahakali-puja-le-raincy-ashram-1990/>

So **whichever centre is near to you, please attend** the follow-up program there

<https://www.amruta.org/1998/12/17/public-program-new-delhi-india-dp-hindi/>

So, humble down yourself in your hearts and **come to the centres and try to establish yourself**. We have many Sahajyogis like that—they just come when I am here and then say, "Mother we lost all the vibrations". "Did you go to your Centres". They would say, "No, Mother we did not".

<https://www.amruta.org/1979/03/28/release-of-advent-1979-ficci-hall-new-delhi-anant-jeewan-issue-1/>