

It is thought that it might simplify things somewhat if rather than print out relatively largish quantities of various charts and handouts, and try to maintain constantly variable stockpiles, of an ever growing collection, that would necessitate a matching set of equally large cupboards to house it all... it might be easier to do it and retain some degree of control, if we were to simply print out and bring with us a single sheet of paper on which we would give instructions with a kind of Guided Tour of a specially built, specially constructed Website, built to enable Shri Mataji to use it to guide each new person through their journey through Sahaja Yoga on and on to their final destiny, to their final and ultimate Goal.

So it has taken some time to get things organised. But we think that now we are here, & this week we start with our first presentation. We hope all goes well... and one of our first lessons will be to demonstrate how to make it a really Collective Effort that will involve everyone who takes part.

First we will need to connect to:

<http://www.sahajvidya.org.uk/>

Then by simply following the links til we find the Homepage:

[http://www.sahajvidya.org.uk/SV\\_WEB/SahajVidya/0\\_1\\_SahajVidya\\_HP/001\\_HOMEPAGE\\_GMF.htm](http://www.sahajvidya.org.uk/SV_WEB/SahajVidya/0_1_SahajVidya_HP/001_HOMEPAGE_GMF.htm)

Near the bottom of the screen you will see some 'Quick Access Links' running from 'Index' through to 'Miracles and then to 'Pitfalls'

After first familiarising yourself with the general layout of the site, you can click on 'Index' when you will be taken to the "Main PDF File Index" screen. Here select the letter of the alphabet that you are interested in, to get the full list for that Letter displayed in a column on the left. Any topic that you select will be displayed in the centre, for you to read, to save or to print off whatever is your desire.

Also you will be able to select from a quite large range of charts, which can also be saved or printed off for later reference..

We would suggest looking at the following just to start off with:

First find: **- SOME QUICK ACCESS LINKS -**

Now click on **Charts** and choose from any of the following:

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|----------------------|
| A - Chakras on Hands |
| A - Chakras on Head  |

|                                   |
|-----------------------------------|
| B - First Steps & Chakra Chart A4 |
| B - Kundalini/Bandhan A4          |

|                    |
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| B - Footsoaking A4 |
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These and any others that you choose to add to your selection, you will be able to download and print off if you so choose, in order to 'gen' up a little in advance, before the next week's meeting. A word of caution here would not be amiss. We have all been through the mill in many different ways in our lives so far... it has not been easy to separate the wheat from the chaff, so to speak, and we have been left sometimes very confused as a result.

We here seriously suggest that to avoid a further repetition of this process that we make every effort to keep them apart from the start. Do not mix what you learn here with what you will undoubtedly hear from other places. Also do not mix up with whatever you have been doing thus far. We feel absolutely certain that we all shall always be eternally grateful for any move that we make in that direction.

Best of luck and May Shri Mataji's Abundant Blessings be constantly with you.