

Jai Shri Mataji!

Dear Vishwa Nirmala Dharma Sangha,

We are so excited to announce that the Sahaja Yoga Course in Amsterdam is now ready to share with our dear brothers and sisters from around the globe!

How it all started

In 2017, a small team got together in Amsterdam dedicated to sharing Shri Mataji's message in a fresh and structured way. We started to develop a 12-week course, where the seekers follow a journey and step by step and get to know themselves from within. Our team now has 13 members, of which 8 are Yuva Shakti. All of us have a different way of explaining the universal truth. Together we hope we have created a beautiful, diverse and balanced way of presenting plenty of information to satisfy the enquiring mind and at the same time open the heart every evening.

Successful Facebook promotion

After giving the beginners course for over a year, we felt that the programme was ready for the next step. We set up our first Facebook campaign to promote the course. The Facebook event exploded! All of a sudden we had reached 58,000 people, got 3,200 views and had 1,300 interested in following the course - what a blessing from Mother! From then on we have had to host the first night of our new courses starting in September and January in a large conference room as we can no longer fit in our centre! The halls are always full - over the last 3 years the first evening has been attended in person by around 120-160 seekers with many seekers also viewing the Facebook Livestream. We have had to split the beginners course into two groups and host the meditation evenings two nights a week, each session starting out with around 60 seekers.

Three years on, our collective is growing

Now we have been lucky enough to give over three years of beginners, intermediate and advanced courses. And our collective is growing. Several seekers from the courses have now joined us or other collectives! They are regularly and enthusiastically attending, participating and contributing to Sahaj events, meditations and pujas!

And now for the course!

How to present an evening using the Amsterdam Course structure is explained in this document: https://drive.google.com/file/d/1ohD62LTezEMxla_IJRRX9SCKDwkTfDOO/view?usp=sharing

Here is the link to the Google Drive Folder that contains all the information, presentations, how-to and video links: <https://drive.google.com/drive/folders/1dFKi2G3bOZDRG5oIAjFBVqososDtBkDX?usp=sharing>

This link gives you access to view the material only, to use the material download the files onto your own device or google drive. You will then have a copy of it that you can adjust. This will in no way affect the original document.

The folder structure is as follows:

1. Beginners Course
 1. Weeks 1 - 12 (see below for overview of course materials for each week)
 2. Weekly schedule
 1. structure of the evening
 2. cleansing techniques introduced
 3. Links and videos spreadsheet
 1. all excerpts of mother used in presentations
 2. additional videos
2. Intermediate Course
 1. Weeks 1 - 12
 2. Weekend Seminar
 3. 12-week schedule
3. Advanced Course
 1. Weeks 1 - 14
 2. 14-week schedule

The folders for each week/topic contain the following materials:

- The PowerPoint presentation
- Pdf of the PowerPoint presentation to send to the seekers after each session
- Information used for the presentation
- Videos (to share the link in the email)
- Additional information to send to the course participants in an email the next day

Presentations online

We realise that getting all the material, especially the power points (that are basically bullet points to develop upon), could be a bit 'overwhelming'. For this reason we have made recordings of all presentations of the beginners course, and we're in the process of recording all presentations of the intermediate course. These presentations are not meant to be copied by any other collective, but it might be helpful for a better understanding of how the power points are developed, the relationship with the background information, etc. You can find these presentation in the following link

<https://wemeditate.co/articles/course-videos>

An ongoing process, feedback welcome!

This Sahaja Yoga course is something that we have been creating, adjusting, fine-tuning for 3 years now. It will continue to be an ongoing process. We in no way claim that this is an effective way to bring people into Sahaja Yoga. We are merely sharing our time and effort with you to support our family, at large, in any way we can. We encourage you to take whatever works for you and use the material as you see fit. Don't be shy to let us know if anything is unclear and if you have any feedback for us. We are all here to learn from each other.

We wish you the best of vibrations and success attracting seekers using the material in your country! May Mother's grace shine upon us all! All our love, The Amsterdam Course Team