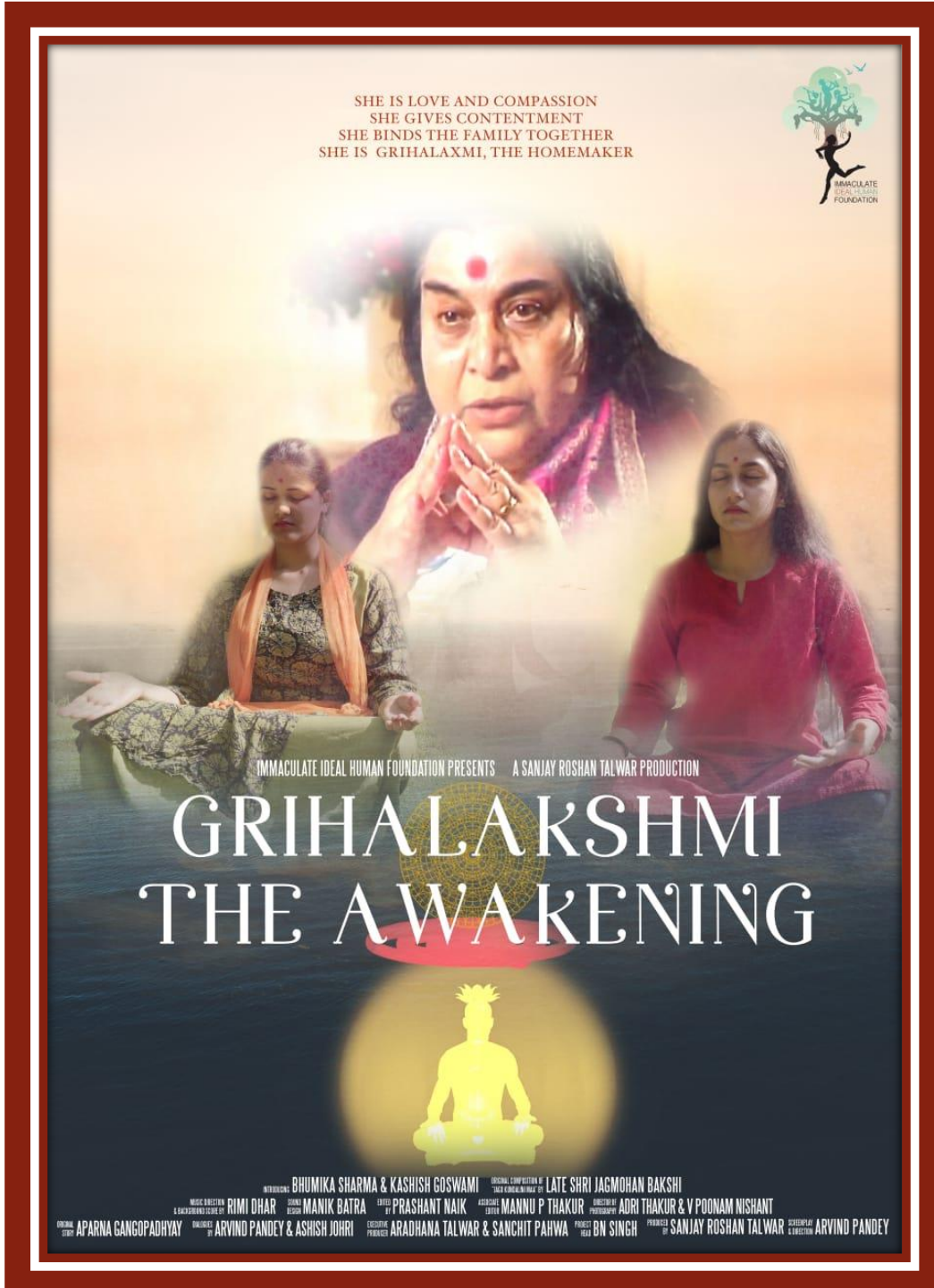


Press Kit

Grihalakshmi – The Awakening

She Binds The Family Together, She Is The Homemaker



An Immaculate Ideal Human Foundation Presentation

GRIHALAKSHMI – THE AWAKENING

Immaculate Ideal Human Foundation • Producer : Sanjay Roshan Talwar • +91 9811203017 | immaculateihf@gmail.com

Synopsis

A story about two sisters, where one shows inner strength & conviction through Meditation to win the heart of her future rich Fiancée's mother, who had lost her husband early to disease, honed the guilt of never having given companionship. She sets out seeking a perfect homemaker (**Grihalakshmi**) for her son, so he never faces same fate as his father.

In pursuit for a perfect Bride, she chooses the younger, simple-minded sister who meditates, instead of the older one, whom she imagined exactly her own mirror image. Hell breaks out when elder sister discovers that her younger sister has stolen the heart of the boy's mother.

As the story unfolds, a series of events lead to **Meditation** taking centre stage, encompassing "Bridegroom to be", who pulls a surprise to declare that all's well that ends well. There is a twist in the story where each member of the family discovers his/her own happiness during engagement ceremony of both sisters!

Film Inspiration

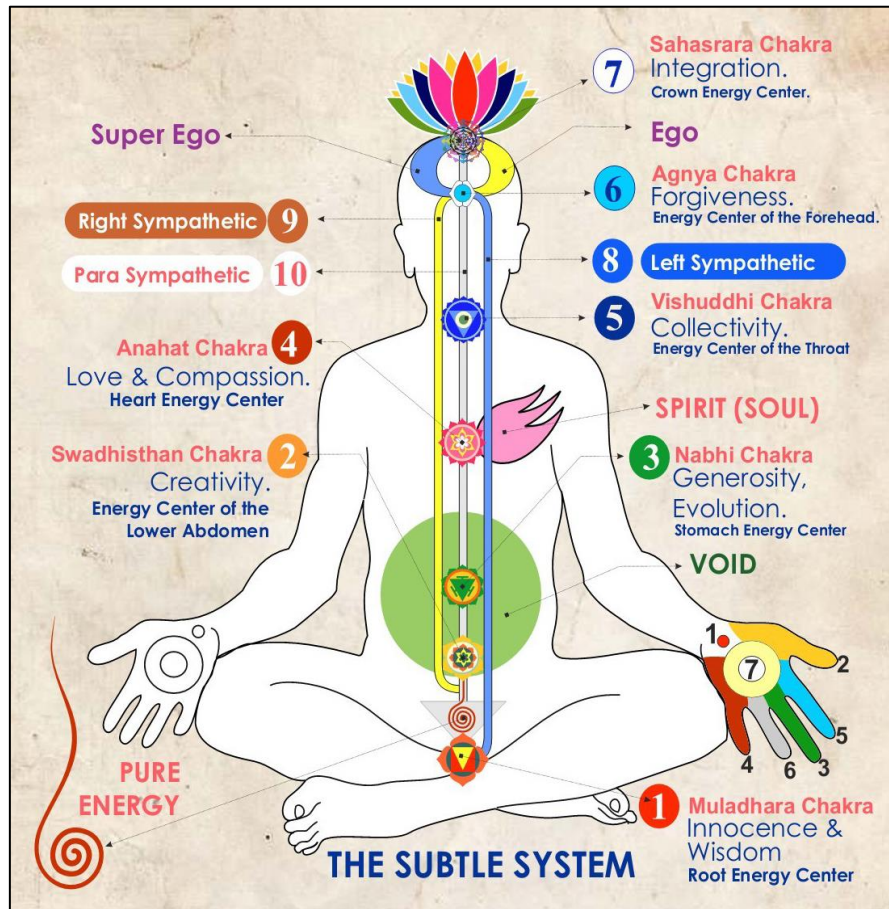
God created this beautiful world to relish.

In its pursuits, human mind somewhere lost track and embraced vices that created great confusion and turmoil; its wear and tear effecting the entire world. While peace and prosperity is most sought after, yet the challenges in the modern world have presented a detrimental impact, causing great concerns for the society. It is few minds that cause disharmony in the world, creating turbulence, leading to unrest, shock and damage.

To combat such dreadful effects in our society, these minds need transformation that will put human consciousness on the track of harmony, peace & balance. **It is here that we felt the need for a paradigm shift from an ever increasing materialistic pursuit to a divine spiritual experience.**

The biggest blessing our Nation INDIA provides today, is its spiritual & cultural heritage, where great souls were born to show the light to attaining a higher consciousness (granted by God only to man). Their lives defined a path of righteousness & courage, revealing a universal message of how one can find the correct balance to resolve any crises situation with ease and poise.

One of the most ancient Practice of Yoga & Meditation has its origins enshrined in the great **Sage Markandeya's Devi Puran - The awakening of the Kundalini Energy, bequeathed to mankind, which opens the gateway to attaining a level of higher consciousness.** In these modern times such important knowledge was never explained in its relevant context, with its practical application not fully understood.



A very simple & practical method called **Sahaja Yoga evolved in 1970 by its founder HH Shree MatajiNirmala Devi.** Through its practical application, its simple meditation format made millions of seekers of truth across 130 countries gain access to powers of a collective consciousness, which helped them to achieve self-transformation via Self Realisation.

Sahaja Yoga offers a very scientific & highly developed meditation technique, which enables man to reach a high level of self-awareness, triggering a positive transformation within. The Kundalini energy residing within each human being since birth, when awakened to its full potential, grants a stress-free life, promising to resolve all conflicts of the mind. This caught the fancy of thousands of seekers across 130 Countries, irrespective of caste, creed, colour,

nationality or borders. It embraced all human beings as the creation of one God, to coexist in complete peace & harmony, creating an atmosphere of love, compassion, tolerance & benevolence among all races on earth. **The meditation technique taught worldwide, is absolutely free of any fee. It is simple & easy to adapt in day to day life.**

Feature Film – GRIHALAKSHMI THE AWAKENING offers an introduction to this school of meditation, which in the larger interest of Society, has been well received since its release in India on **26th April 2019**. The film's outstanding results cannot escape your attention.

The film touches upon a universal subject of National Importance for every country, offering simple solutions to these turbulent times, where humans can discover their own powers through the practice of Sahaja Meditation, finding contentment in spirituality than in pursuit of materialism. The Film offers a window in finding solutions to the problems that today's Governments seek, when people will, one day become responsible, wise & law-abiding citizens of their respective countries. It has international relevance, and therefore, we the Production House of the film, most humbly seek its global release in all countries of the world with the assistance & support of our Indian Missions overseas. We seek cooperation & encouragement from all film production houses, to help us promote & release this film in Cinema Theatres in all countries they have offices, **such that the pride of our nation's Ancient Sciences of Yoga & Meditation gets enshrined in every culture of the world.**

A film that can revolutionize world cinema!

Modern man spends his entire life in pursuit of comfort from health, wealth, relationships, family well-being & social relevance. Yet he seldom finds a perfect balance of all these pursuits, falling short of his expectations or failing to do so. As a slave to his five senses, his attributes are derived from a materialistic approach, hence denying himself the capability to attain a higher order of consciousness, to which he has every right. Ignorance of his birth right to discover his own potential to redemption & freedom from this self-imposed slavery, is causing him pain to survive in an ever growing complicated lifestyle - a major source of problems he encounters today.

The entire media today is buzzing with the evils of human endeavour; instilling fear & helplessness, as no real solution seems to be coming forth to quell this increasing disorder in man's psyche. He is on the precipice of self-destruction, with wars looming large.

The most tried & tested format today is that of Yoga (derived from the word YUJ)- meaning Union. With whom? Union of one's own self, with a living divine force or energy that created & runs this entire universe – one that is eternal. This yoga is not the physical one, but is one that is found in pure meditation.

Sahaja Meditation provides a simple access to a system where man can easily connect to his energy source through his autonomous nervous system, easily correcting the imbalances in his parasympathetic nervous system, thereby granting him the ability to manifest this power within him, and help himself liberate from the bondage of his own slavery to his senses.

The awakening of an inner power, called **Kundalini** (existing in every individual), connects him directly to an energy field called collective consciousness, wherein he begins to gain his control over life and become a problem solver, slowly eradicating all evils within himself – only to discover that the entire world around him can be transformed by sharing this light with all whom he comes in contact with. He becomes a harbinger for peace and a better world order.



Indian & International Cinema has always been a source of great entertainment & knowledge, depicted through the creative insights of the Bollywood & Hollywood Industry since time immemorial. However, this medium has been rarely used to touch upon this highly sensitive subject of Self Realization through Self Awakening using the medium of Meditation.

Depiction of Horror, Sexuality, Violence, Loot & Revenge has ruled the big screen for decades, with a rare film coming up and touching the heart strings that long to find solutions to this ever growing menace in the name of entertainment. Except for instilling the thrills in the senses, and fear of the unknown, our World Cinema has never looked at this amazing medium to become a source of Good News & Solutions through self-transformation for a better world order.

There is great expectation that the film GRIHALAKSHMI THE AWAKENING will revolutionize Cinema, and as an experimental film on the subject, it will bring forth the very basic knowledge of the science working behind this unique form of Yoga, in its 73 minute run. **Audiences will take home an enthralling experience & a seeking, to further their knowledge in this vast ocean of self-transformation, through this form of Yoga.**

As has been promoted far and wide by our **Honorable Prime Minister, Shri Narendra Modi Ji**, Yoga in all forms is our national pride, that today India offers to the entire world, as an emerging Super Power. Not only in Economic development & Defence preparedness, but also as the **Harbinger of Peace through its powerful Spiritual Heritage.**

The film belongs to **Transformational / Spiritual genre** where **SAHAJA YOGA** teachings of **Her Holiness Shree Mata Ji Nirmala Devi** has been used judiciously. Though her teachings are vast, nevertheless, we chose the story that focuses on the '**Grihalakshmi**' principle, which deals with happiness and contentment in day to day household life.

INTERESTING FACTS ABOUT THE FILM

Grihalakshmi – The Awakening is a film made by a group of creative Yogis, offering a cinematic experience on an ancient concept of Meditation, with a pure desire that it be released in Cinema Theatres worldwide. The Film Introduces Sahaja Meditation to its audiences in the voice of HH Shree Mataji Nirmala Devi (Founder of Sahaja Yoga Meditation Worldwide) in both her pictorial & live Video formats, bringing forth Her Message to Mankind on Inner Awakening through Meditation.

The essence of Meditation through Kundalini awakening has been explained in the story of an ordinary middle-class family, where life of the ordinary transforms into an extraordinary existence - How a normal human desire to enjoy a good life for one's own self, evolves into a Pure Desire to seek higher consciousness through the practice of Sahaja Yoga Meditation, where all inner desires ultimately get fulfilled as a result of this seeking.

An individualistic selfish persona gives way to benevolence, experiencing the beauty of an innate love – inborn within, to discover a power that grants all wishes as a by-product.

The Process - The Attention (Chitta), that till now served selfish motives, gets enlightened by a higher consciousness, expanding its limitations & opening a whole new world of Joy and happiness in life.

The concept of Kundalini Awakening and the flow of the all Pervading Energy transforming people to discover their inner beings and reflect it in the outside world as a means to achieve the ultimate joy of living, is the main theme of this film - **Introducing for the first time in Cinema a positive notion about human emotions, that are not driven by fear to life & dignity, but have the power to feel, nurture & attain a meaningful existence based on a loving & benevolent lifestyle.**

It's an eye opener to audiences seeking a new type of content in movies, where such kind of depiction of self-empowerment is rarely seen in the world of Cinema.

Movie **GRIHALAKSHMI THE AWAKENING**
Presented by **IMMACULATE IDEAL HUMAN FOUNDATION**

Produced by	Sanjay Roshan Talwar	Dialogues	Arvind Pandey, Ashish Johri
Directed by	Arvind Pandey	Photography	Adri Thakur, Poonam Nishant
Story by	Aparna Gangopadhyay	Editor	Prashant Naik
Duration	73 minutes	Main Leads	Bhumika Sharma & Kashish Goswami
Genre	Transformational / Spiritual	Full Credit List	Click To Open pdf
Project Head	B.N Singh		

Contact Details:

Sanjay Talwar- FILM PRODUCER & Managing Trustee

Immaculate Ideal Human Foundation

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Comprehensive Show List

By Shree Mataji's Grace, "Grihalakshmi- The Awakening" Movie has been shown in **13 States & 2 UTs**, thus covering **74 cities** with **197 film shows** pan India. Around **63,445+ people** watched the film till date and about **38,234+ New Seekers** have received their **Self-realization!**

Visit our official websites : iihf.in | grihalakshmi.blog

S.No	State/UT	City	Theatre	Weblink (Click to follow)
1	Assam	Silchar	Gold Digital Cinema Hall	Silchar
2	Delhi	Delhi	Private Show For NITI Aayog	NITI Aayog
3	Delhi	Delhi	Delhi Gymkhana Club	Gymkhana Club
4	Delhi	Delhi	USI Residency Resort Auditorium	United Services Delhi
5	Delhi	Delhi	Mahadev Auditorium	Mahadev Auditorium Delhi
6	Delhi	Delhi	Ritz Cinema Hall, Kashmiri Gate	Ritz & Pitampura Delhi
7	Delhi	Delhi	Movie Time Cinema Hall, Pitampura	
8	Delhi	Delhi	Ramanujan College	Ramanujan College Delhi

9	Chhattisgarh	Bhilai	Chandra/Maurya Talkies	Bhilai
10	Chhattisgarh	Dhamtari	Amar Cinema Hall	Dhamtari
11	Chhattisgarh	Jagdalpur	Anupama Cinema Hall	Jagdalpur
12	Daman	Daman	Daman Talkies	Daman
13	Daman	Somnath, Daman	G-Cinema Hall	Somnath, Daman
14	Gujarat	Palanpur	MovieWorld Cinema Hall	Palanpur
15	Gujarat	Ahmedabad	Raj Hans Cinema Hall	Ahmedabad
16	Gujarat	Vadodara	Raj Hans multiplex	Vadodara
17	Gujarat	Mehsana	Wide Angle Theatre	Mehsana
18	Gujarat	Palanpur	MovieWorld Cinema Hall	Palanpur
19	Haryana	Gurugram, Palamvihar	Ansal Plaza Cinema Hall	Gurgaon
20	Haryana	Faridabad	INOX, Crown Interioz Mall	Faridabad

21	Himachal Pradesh	Dharamshala	International Sahaja Public School	<u>Dharamshala</u>
22	Jharkhand	Hazaribagh	Laxmi Cineplex	<u>Hazaribagh</u>
23	Jharkhand	Ranchi	Eylex Plaza Cinema Hall	<u>Ranchi</u>
24	Madhya Pradesh	Indore	Regal Cinema Hall	<u>Indore</u>
25	Madhya Pradesh	Ujjain	Metro Cinema Hall	<u>Ujjain</u>
26	Madhya Pradesh	Gwalior	Delite Cinema Hall	<u>Gwalior</u>
27	Madhya Pradesh	Neemuch	Sundaram Talkies of Carnival Cinema	<u>Neemuch</u>
28	Madhya Pradesh	Mandsore	DayaMandir Talkies	<u>Mandore</u>
29	Madhya Pradesh	Chhindwara	Shreyansh Talkies	<u>Chhindwara</u>
30	Madhya Pradesh	Ratlam	Lokendra Cinema Hall	<u>Ratlam</u>
31	Madhya Pradesh	Mahu	Dream Land Cinema Hall	<u>Mahu</u>
32	Madhya Pradesh	Aagar	Ajayshree Cinema Hall	<u>Agar Malwa</u>

33	Madhya Pradesh	Bhopal	RangMahal Cinema Hall	Bhopal
34	Madhya Pradesh	Shivpuri	Jai Durga Talkies	Shivpuri
35	Madhya Pradesh	Sehore	Lisa Talkies	Sehore
36	Madhya Pradesh	Singrauli	Russian Auditorium	Singrauli
37	Madhya Pradesh	Shajapur	Manorama Cineplex	Shajapur
38	Madhya Pradesh	Dhar	Sheshnaag Cinema Hall	Dhar
39	Madhya Pradesh	Sarangpur	Gopalkrishna Cineplex Hall	Sarangpur
40	Madhya Pradesh	Jabalpur	Samdareeya Era Cinema Hall	Jabalpur
41	Madhya Pradesh	Singrauli	TH ID 7230 Northern Coalfields Ltd.	Singrauli
42	Madhya Pradesh	Pachor, Rategerh	Maa Gayatri Chhavigriha	Pachore
43	Madhya Pradesh	Badnagar	The Box Talkies	Badnagar
44	Madhya Pradesh	Badwaha	Mamta Talkies	Badwaha

45	Madhya Pradesh	Panna	Kumkum Talkies	Panna
46	Madhya Pradesh	Bhind	Sharda Talkies	Bhind
47	Madhya Pradesh	Badwani	Mahendra Talkies	Badwani
48	Madhya Pradesh	Maheshwar	Janta Talkies	Maheshwar
49	Madhya Pradesh	Betul	Kanti Shiva Multiplex	Betul
50	Madhya Pradesh	Khargaun	Aarti Talkies	Khargaun
51	Madhya Pradesh	Vidisha	Megh Talkies	Vidisha
52	Madhya Pradesh	Khandwa	Triyug Talkies	Khandwa
53	Madhya Pradesh	Multai	Shree Krishna Chhavigriha	Multai
54	Madhya Pradesh	Guna	Jagat Darshan Cinema Hall	Guna
55	Maharashtra	Kharghar	Conference Hall	Kharghar Screening
56	Maharashtra	Kharghar	Conference Hall	Kharghar Special Screening

57	Maharashtra	Mumbai	Mumbai Morya House of IMPAA	Mumbai Special Screening
58	Maharashtra	Kanjurmarg, Mumbai	Huma Ad Lab, Carnival Cinemas	Kanjurmarg Mumbai
59	Maharashtra	Kanjurmarg, Mumbai	Huma Ad Lab, Carnival Cinemas	
60	Maharashtra	Bandra West, Mumbai	GEM/GLAMOUR at Gaiety-Galaxy Complex	Bandra West Mumbai
61	Maharashtra	Domivali East, Mumbai	Tilak Cinema (Veera Group)	Dombivali Mumbai
62	Maharashtra	Bhusawal	Pandurang Talkies	Bhusawal
63	Maharashtra	Nasik	Damodar Theatre	Nashik
64	Maharashtra	Nagpur	Janaki Cinema Hall	Nagpur
65	Maharashtra	Kaij, Beed	Mauli Cinema Hall	Kaij
66	Maharashtra	Warud	Vijay Talkies	Amrawati
67	Maharashtra	Solapur	Uma Mandir Cinema Hall	Solapur
68	Maharashtra	Nasik	Vijayanand Theatre	Nasik

69	Maharashtra	Amravati	Priya Talkies	Amravati
70	Maharashtra	Khamgaon, Buldhana	Sunny Palace Theatre	Khamgaon
71	Maharashtra	Yavatmal	Apsara Talkies	Buldhana
72	Maharashtra	Wai	New Chitra Talkies	Wai
73	Punjab	Tanda	Lakhi Palace	Tanda
74	Rajasthan	Ranthambore	National Trust Seminar	Ranthambore
75	Rajasthan	Jodhpur	Carnival Cinema Hall, Blue City Mall	Jodhpur
76	Telangana	Ameerpet, Hyderabad	Big Gold Spot (Carnival Big Cinemas)	Ameerpeth
77	Uttar Pradesh	Azamgarh	Murli Theatre	Azamgarh
78	Uttar Pradesh	Kanpur	Shyam Palace Cinema Hall	Kanpur
79	Uttar Pradesh	Hardoi	Meera Talkies	Hardoi
80	Uttar Pradesh	Vaishali, Ghaziabad	Star- X Mall	Ghaziabad

81	Uttar Pradesh	Noida	TGIP Mall	Noida
82	Uttar Pradesh	Khurja	Moon Cinema Hall	Khurja
83	West Bengal	Kolkata	Indra Cinema Hall	Kolkata
84	West Bengal	Shyam Nagar	Rajani Hall	Shyamnagar
	13 States + 2 UTs	74 Cities		

Press Releases & TV Interviews

News Update on Sahaja Film 'Grihalakshmi - The Awakening'

Glad to share that Cinema Theaters in India have been turned in Public Program venues, where thousands of seekers have taken their self realization after watching the film GRIHALAKSHMI THE AWAKENING.

- The film crossed 197 screenings in Theaters PAN India.
- Ministry of I & B granted it Tax Free Status.
- National Channel Doordarshan broadcasted the Film Crew Interview on National Channel.
- ITV Networks with 25 million on line viewership beamed an exclusive interview on their News 24 network.
- Aaj Tak has requested to bring our crew on prime time news.
- Hindustan Times HT City, published a half page interview and film review on their Sunday edition after their reporter watched the film.

- NITI Aayog screened the film for their entire staff.
- Indian Parliament has requested screening of the film for their entire staff strength of 3000.
- National Global Herald gave a live coverage of the film's first release at Indore, MP on 26th April, 2019
- Ministry of Ayush has recommended the film to Doordarshan National Channel to Broadcast it on their National Network soon.
- We are now trying to get the film released Internationally through our Indian Missions abroad.
- The Swiss Collective has sponsored the film for entry to their upcoming Film Festival in Locarno.

There are several efforts on to Release the film in the Gulf, USA, New Zealand, Brazil and several other countries in Cinema Theaters there.

The President of the Indian Medical Association has announced screening of the, film for 1000 super speciality doctors of India, followed by a Medical Seminar to introduce Sahaja Yoga Meditation in their curricula.

The Indian Armed forces have requested screening of the film for their families.

The list goes on and on, by the grace and blessings of Shree Mataji.

More Newsroom Updates:

[Hindi Newspaper cuttings on film Grihalakshmi - The Awakening](#)

[Global Herald News Channel Coverage of film Grihalakshmi - The Awakening](#)

[National Channel Delhi Doordarshan interviews Team Grihalakshmi](#)

['Think Tank' of the Government of India - NITI Aayog screens film Grihalakshmi - The Awakening !](#)

[Cinema Theaters turned into Public Program venues for introducing authentic meditation technique!](#)

[The launch of film Grihalakshmi - The Awakening as parallel cinema](#)
[newsX.com : Sanjay Roshan Talwar speaks with Sandeep Amar on film](#)
[Grihalakshmi](#)

[Interview with inkhabar.com about film Grihalakshmi- The Awakening.](#)

[Hindustan Times – Article on Grihalakshmi, The Awakening](#)

[Curiousounds : Interview With Sanjay Roshan Talwar](#)



Certificates & Awards

अशोककुमार आर परमार, भा.प्र.से.
Ashokkumar R. Parmar, IAS
संयुक्त सचिव (फिल्मस्)
Joint Secretary (Films)
Telefax No. 23387823
23384453



भारत सरकार
सूचना और प्रसारण मंत्रालय
शास्त्री भवन, नई दिल्ली-110001
GOVERNMENT OF INDIA
MINISTRY OF INFORMATION & BROADCASTING
SHASTRI BHAVAN, NEW DELHI - 110001

DO No. M-35020/34/2016-DO (FI)

Dated: 12.04.2019

The Producer of a film titled "Grihalakshmi The Awakening" has approached this Ministry requesting exemption from levy of entertainment tax on the aforesaid movie.

2. The film highlights difficulties being faced by human mind combating for health, wealth, relationships, family wellbeing and related issues. Sahaja yoga offers a developed and unique system of meditation that enables the person to reach onto level of complete self-awareness and peace.
3. This Ministry supports the initiative and forward the proposal of the Producer for consideration for exemption from levy of Entertainment Tax/ Duty in your State/ Union Territory.

Yours

Sd-

(Ashokkumar R. Parmar)

Chief Secretaries of All States.

Copy to:

Shri Sanjay Talwar, Immaculate, Ideal Human Foundation, C-674, New Friends Colony, New Delhi- 110025.

Ashokkumar R. Parmar
12.4.19

(Ashokkumar R. Parmar)

Click to View:

[Ayush Ministry Recommendation to DD](#)

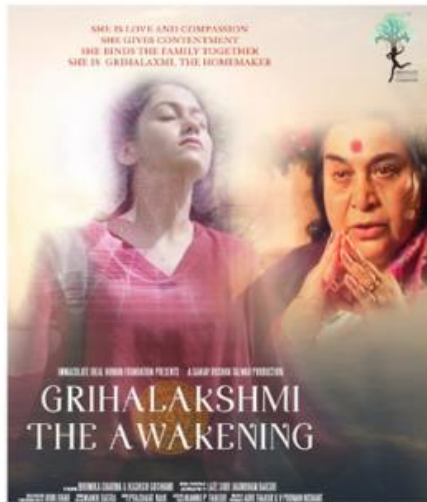
[CBFC Certification](#)

[I & B Tax Exemption](#)

[Film Grihalakshmi Comprehensive List of Shows With dates](#)

[Grihalakshmi – English Trailer](#)

Film Grihalakshmi – Comprehensive Show List



**Grihalakshmi
The Awakening**

7th INDIAN CINE FILM FESTIVAL-19

Certificate of Excellence

SPECIAL FESTIVAL MENTION

Grihalakshmi - The Awakening

Feature Film

Director

Arvind Pandey

Producer

Sanjay Roshan Talwar, Aradhana Talwar & Sanchit Pahwa

Production

Immaculate Ideal Human Foundation, India

Dr. D.C Singh
Chief Advisor

Rambhul Singh
Festival Director

Supported by



www.educationexpo.tv

Mumbai, India

Presented by



www.miniboxoffice.com



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Fest Entry

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08 Sept, 2019

Frequently Asked Questions

What Inspired you to make a feature film on the untouched subject? Were you not sceptical?

My inspiration for the film is: **Her Holiness Shree Mataji Nirmala Devi**. My inner being longed to make a Feature film even before I was introduced to Shree Mataji (in 1984). As a child I loved to watch films, and rarely missed any new release since my early years in 1961, when I was 6 years old. Music used to mesmerise me and I would spend hours delving in the beautiful melodies of Indian films. In the year 1986, barely 2 years after my initiation into Sahaja Yoga Meditation by Shree Mataji, I began to discover my creative potential as a writer, composer & singer. It started to sprout in my early tears of practice of this meditation.

In about 16 years it grew in leaps & bounds till I had reached its zenith. It simply kept flowing from the divine knowledge I had imbibed in the presence of this great Goddess. I kept learning & writing about it in prose, presenting it to Her as an offering at Her Lotus feet, Her own message to mankind, on its tremendous transformative impact it had on my life.

My Poetry got composed spontaneously, and my voice developed significantly in both texture, quality & softness. So the moment I rendered it, after She would give the Experience of Self Realisation while addressing world audiences, it begin to work on seekers of truth to help them connect deeply with their own powers within and feel their own transformations.

The real inspiration was then planted in my mind by Shree Mataji Herself, when She recommended that my songs be rendered eternal through the digital media. I already had over 21 Albums with 150 songs to my credit. In 2002, she asked me to take it to the next level ie. Cinema.

Really the untouched subject had touched my heart so much, that the sprout of my creative instinct, nourished by her words spoken 15 years back, had grown into a full tree. That is when I decided to take the plunge, and bring it all back in the highest form of Cinematic depiction – **The Film GrihalakshmiThe Awakening**. There was no question of my being sceptical. I simply knew that one day it would happen, and that day happened to be **08th Feb 2017**, when I started the Non-Profit NGO – **Immaculate Ideal Human Foundation**, that finally became the Production House of the film.

What significant change has the practicing of Sahaja Yoga meditation brought in your life?

Undoubtedly, Sahaja yoga Meditation started to work on me from day one. Firstly, it came from a Mother, who appeared before me as the Mother of all Mothers. She was simple, loving, forgiving, cheerful, Joyous & extremely generous – I can say “the most fantastic person I had ever met in my entire life”. I felt the true light of my spirit shine within me. All my falsehood & shortcomings started to become so visible, that if I glanced at them even once, they began to shed away. I could practically wish away all that was negative about me & around me. Such was the impact of the meditation, that a complete transformation of my being had begun. It worked gradually, but surely, that I started feeling a kind of empowerment in my being.

I started to see a lot of truth around me - which I could never see earlier. I started to enjoy life, its beautiful moments, that I probably had ignored earlier. It was like a second birth for me. I can sum it up with these words – **Life is beautiful. Sorrow never exists. It’s nothing but pure love of the divine that percolates one’s every pore and fills you with a light that you can share and make the world look even more beautiful.** I realised the real meaning of this life – And that was to become the harbinger of peace by spreading this light of love that I had received from Her Holiness Shree Mataji Nirmala Devi through the expression of my films.

What are your future plans to reach the larger audience?

The beauty about time is, that past was my present a while ago, and future will be my present in the next moment. The ocean is large to be reached out. So is the darkness of life that needs to be dispelled with the light of this wondrous awakening. Its profound nature is in a state called “**Thoughtless Awareness**”. This is the space or void where no thought exists, and where the Super-consciousness can permeate our beings and transform us into beautiful living beings. So that we lead a full, healthy & happy life – full of joy. So my plans are to reach out to this infinite audience through the world of Cinema. Since there are many like me spread over 150 countries who have been through similar experiences like mine, I am keen that all such like-minded persons join hands with me to help me reach out to world audiences.

Audiences must also be empowered by doing this meditation and help themselves to a better life & world order. Therefore I would like my film to be seen in most of the Film Festivals of the world. Distribution in all Cinemas of the world can happen in a phased manner. Proper

recognition of the teachings of this meditation must reach out to the common man & those who run Governments & educational institutions.

That this meditation becomes a popular means to resolve all problems of the world, so that one day our world can be freed from all man made evils. Hence, my plans are to work on this front till eternity. My NGO shall endeavour by making more such films in the future. Finally, such that it becomes popular in all forms of Media like TV, Social Media & Print. Other formats of participation are live shows, seminars, workshops in public places and corporates both in India & Overseas. One day – that it becomes breaking news.

Does Sahaja Yoga solves everyone's problems?

This is a very relative question. My answer is “**Depends if one really wants to solve, what you call as problems**” What many call as “Problems”, are not really problems for some. Unfortunately there are many such people, who think there is no problem at all, in the way things are. It is only the less fortunate ones, who really are in a problem because of such people around. There is a popular saying, that variety is the spice of life. There are those who seek the truth & want to experience it, so as to rise in their human awareness. Sahaja Meditation helps them achieve it, and no doubt, depending upon how sincerely they do it, it works for them. It worked for me in these last 35 years. So my direct answer to your question is YES, but only for such people.

Those who do not seek higher awareness or wish to connect to a higher consciousness, are the ones who do not feel the need for it, because they think they are good to go – as they are. For these non-seekers, Sahaja yoga becomes merely a subject of discussion & not experience. For them no problems ever existed, so what is there to solve. That is what makes this question relative. Hence we cannot generalise. It is meant only for those who deserve it. They have to earn it through humility. It firstly empowers you to solve all the problem of your life, provided you stay dedicated, devoted & focussed. Ultimately, it is going to be the only solution to all the problems of this world.

What other mediums are available to make the people understand the benefits of Sahaja Yoga?

Other mediums are Digital (Virtual) like Internet. It has several websites, particularly www.sahajayoga.org or www.freemeditation.ca, and several others under search words "Sahaja Yoga". Also there are several books written by enlightened & Self Realised Sahaja Yogis. Besides Shree Mataji Herself has written several books. One of them being "Meta Modern Science". There are several pre-recorded speeches of Shree Mataji during her programs of granting enlightenment worldwide.

These have been preserved in high quality audios & videos available on-line. From time to time Sahaja Yoga Meditation classes are held in all cities of the world on every day of the week. Several Meditation Centres can be found in the same city too. Both National & International seminars are held from time to time the whole year round where several seekers/new people get a better insight to the benefits. Live musical programs, concerts & performance based shows facilitate the meditation process in many of these seminars. UNESCO peace initiative based out of the US conducts several workshops across the globe to educate on its practice & benefits.

Is the entire crew follower of Sahaja yoga?

Sahaja Yoga is a way of life. Anyone practicing this meditation in all earnestness, emits positive vibrations around. Half of the crew of the 60 odd crew members were already practicing this meditation before. They came together and pooled their creative resources to contribute to the film. The other half started working with us as hired professionals, with few of them wanting to donate their time & talent, to what appeared to them as a **"good cause film"**.

Both these categories, when they mingled together on the very first day, they performed a "Havan", which is a sacred ritual to rid of all evil forces from preventing this project to complete. The positive vibrations of those already practicing seemed to have worked wonders on almost all of the rest who were new. And before we knew it almost the entire crew had started this meditation. This collective strength actually became so powerful during the shooting & the post production of the film, that at the end of it one could not differentiate one from the other. Such was the contagiousness of the positivity of this meditation.

We are curious to know if following this meditation leads as smooth a transition as depicted in the film!

Actually, life is not that complicated as one makes of it. It's all in one's understanding of it. If one is inside of the play, sometimes he cannot be an observer, and his judgement gets clouded. But

the moment he begins to see this play from outside, like an audience, he can immediately see more than what he could see when he was in it. It's as simple as that. You can yourself now answer this question.

As audience, you saw how easy & simple (Sahaja) it was, for the meditation to have become a smooth transition to transformation. But really, those who were playing this drama, and that means the real life characters, could have a different perspective & experience. Maybe not as smooth, or maybe very profound. We were limited to a lot of things when coming up with such a film. There was a story between two sisters, and how each one responded to inner desires & expectation from life. But the minute Sahaj Yoga Meditation entered in their lives, it suddenly became less complicated & rather became more enjoyable.

That is all the message we wanted to convey. Within the various constraints of having made our very first film, we do see a lot of things we can do to make it a better. We are learning from this experience. I hope that you were moved by the simplicity of the film. It was meant to appeal to our hidden innocence within. **Innocence that is very child-like. No wonder children seemed to love the film.**