

## *The Music*

*Bhajans are songs performed in a mood of devotion – Bhakti Rasa.*

*Bhajans are songs of the Spirit. Bhajans are Music of Joy.*

*When knowledge of the Kundalini energy and the subtle body*

*was discovered, sages found that the seven notes in music*

*had a relationship to the seven Chakras*

*(energy centres) in our subtle body.*

*The first note, known as 'do'*

*(Western system) and 'sa' (Indian system), corresponds*

*with the vibrations of the first centre, the Mooladhara Chakra,*

*(which is known as the support or root) and each of the*

*other notes correspond with the six remaining Chakras.*

*In the song Jogawa, the Divine Energy of Kundalini*

*is invoked to please rise, to purify and to enlighten,*

*to grant the ultimate gift of Yoga.*

*When these auspicious songs are performed by realised souls*

*then both listener and performer are lifted into the state of Yoga.*

## *Dedication*

*These recordings are dedicated to the founder of Sabaja Yoga,*

*Her Holiness Shri Mataji Nirmala Devi.*

*It is through Her inspiration that this joyful music is created.*

*'Saba' means with, and 'ja' means born. 'Yoga' means union.*

*Sabaja Yoga is the state of communion with the Divine.*

*This state can be achieved through the awakening*

*of the primordial energy within us, Kundalini.*

*Shri Mataji Nirmala Devi has the ability to awaken*

*this latent Kundalini energy en masse.*

*Since 1970 Shri Mataji has worked tirelessly to bring*

*the joyful experience of Sabaja Yoga to the World.*

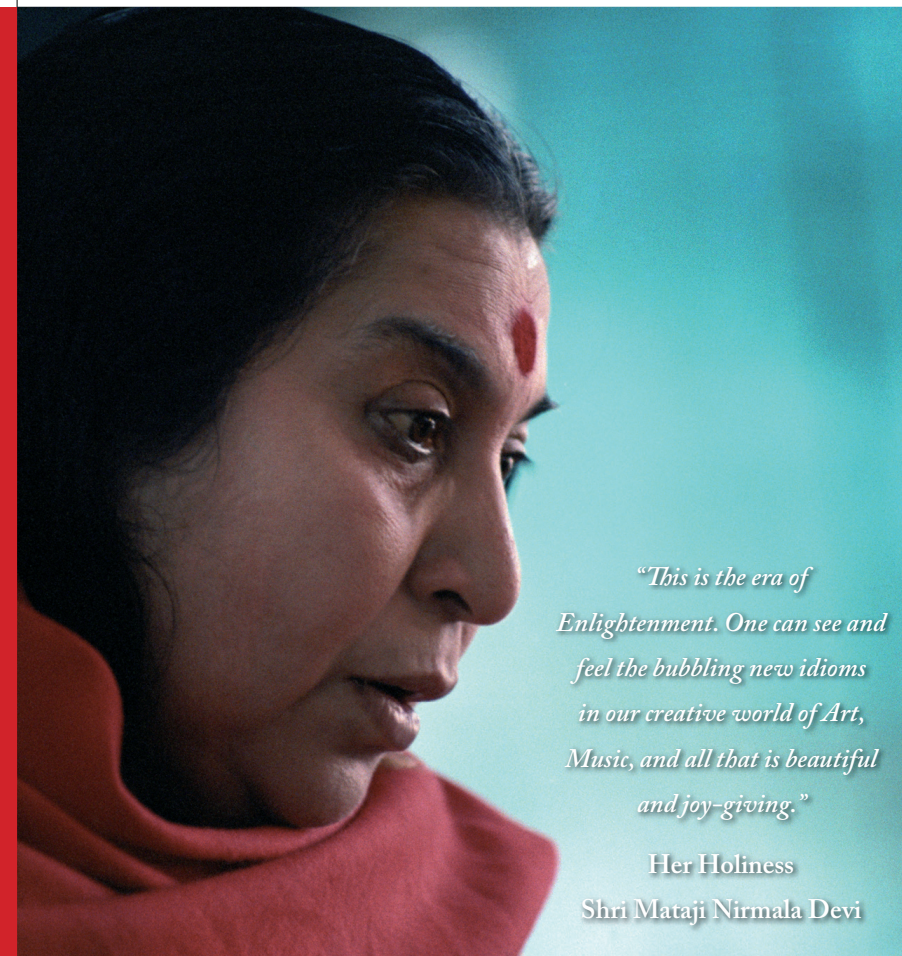
*The Music of Joy Group has had the great privilege*

*of accompanying Shri Mataji at major public programmes.*

*All the musicians in the group are eternally thankful to*

*Shri Mataji for revealing the beauty that lies within.*

*We trust your Joy will awaken with this music.*

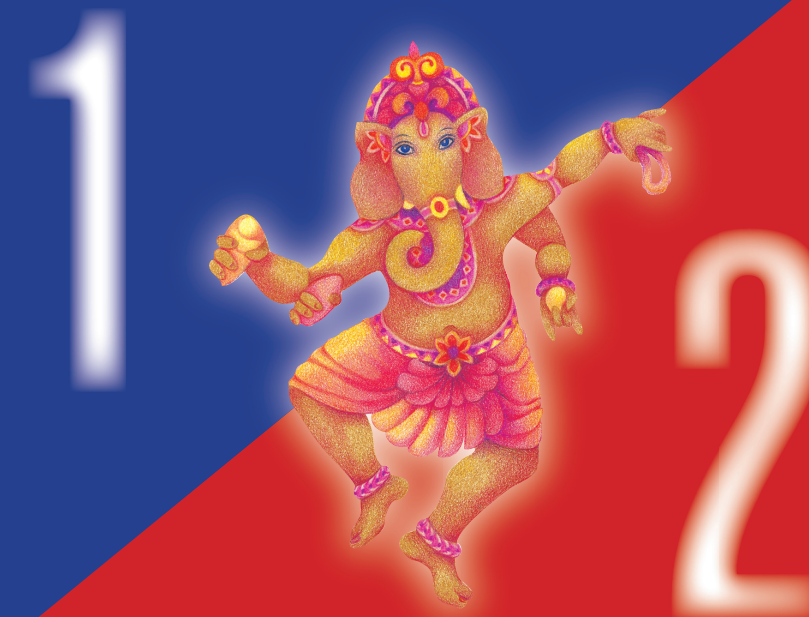


*"This is the era of  
Enlightenment. One can see and  
feel the bubbling new idioms  
in our creative world of Art,  
Music, and all that is beautiful  
and joy-giving."*

Her Holiness  
Shri Mataji Nirmala Devi

Double CD Set Music of Joy 1 & 2

# MUSIC OF JOY





1. **Three Great Mantras (Sanskrit)** . . . . . 2'46"

Mantras which establish the Divine energy in Sahasrara (Crown) Chakra.

2. **Jai Ganesh (Hindi)**. . . . . 8'48"

Invocation to Shri Ganesha, composed by the Sahaja Yogis of Noida, Delhi.

3. **Jogawa (Marathi)**. . . . . 9'00"

"I shall go and ask Mother for Yoga ...O Mother Kundalini, please rise..." poetry by the Maharastran saint Eknath (16th Century).

4. **Mataji Qawwali (Hindi)**. . . . . 20'43"

Inspired by the great Qawwal, Nusrat Fateh Ali Khan, in the Sufi tradition "God alone exists... there is nothing but God".

5. **He Nirmala Ma (Hindi)**. . . . . 5'41"

"Your unbounded love is like the bliss of complete fulfilment of Moksha" original composition by Anup Jalota, new words by Avinash Nickkawde.

6. **Shankara Bhole Bhale (Hindi)**. . . . . 9'02"

A Divinely inspired praise of Lord Shiva, taken from the film *Shiva Shakti*, learned by the Australian Sahaja musicians at Shri Mataji's request in 1992.

7. **Sarvamangala (Sanskrit)** . . . . . 7'12"

Poetry from the ancient text *Devi Mahatmaya*, music by Swiss Sahaja Yogis "When You have been lauded as the embodiment of all beings... what words, however excellent, can praise You?".

8. **Mahamaya Mahakali (Hindi)** . . . . . 7'30"

Praise of the Goddess who is protective and yet illusive, composed by the Sahaja Yogis of Noida, Delhi.

9. **Shri Mataji Vandu Tavacharana (Marathi)**. . . . . 8'26"

Composed for the 70th Birthday celebrations of Shri Mataji in 1993, poetry by Anil Sattarshetty, music by John Smiley.

## MUSIC OF JOY 1

### Credits

#### Male Vocals

Peter Aerfeldt  
Rajesh Bhasale  
Peter Brownscombe  
John Smiley

#### Female Vocals

Annie Arora  
Claire Becket  
Lene Jeffrey  
Gillian Patankar  
Anna Potts  
Michelle Shette

#### Instrumentalists

Flute: Prue Page

Saxophone: Nicholas Buff

Guitar: Jonathan Salomon

Harmonium: John Smiley

Synthesiser: Liz Henshaw

Tabla: Asheesh Kalmath & Peter Schwartz

Dholak: Anil Sattarshetty & Rakesh Kapil

Chimta: Lakshman Toledo

Percussion: Chris Dobbie



Produced: Michael Henshaw & John Smiley

Engineer: Michael Henshaw

Recorded: "The Living Room" and "The Loft" at the Dobbies', Lindfield, Sydney  
November and December 1994

Remixed: "The Cottage", Burwood, Sydney, Feb 2005



## MUSIC OF JOY 2

### Credits

#### Male Vocals

Peter Aerfeldt  
Rajesh Bhasale  
Peter Brownscombe  
Raymond Hampton  
John Smiley

#### Female Vocals

Annie Arora  
Claire Deness  
Lene Jeffrey  
Gillian Patankar  
Kim Pearce

#### Instrumentalists

Flute: Prue Page

Saxophone: Nicholas Buff, Matthew Fogarty

Guitar: Colin Berry, Kevin Fitzgerald,  
Andrew Perusco & Paul Donaghue

Mandolin: Bevan Pearce

Harmonium: John Smiley

Synthesiser: Liz Henshaw

Tabla: Asheesh Kalmath & Bobby Singh

Dholak: Chris Dobbie

Chimta: Lakshman Toledo &  
Jean Michel Huet

Percussion: Chris Dobbie,  
John Smiley & Juan Vega



Produced: Michael Henshaw & John Smiley

Engineers: Michael Henshaw & Lawrence Dowsett

Recorded: Paradise Studios, Woolloomooloo, Sydney,  
March and August 1997

Remixed: "The Cottage", Burwood, Sydney, Feb 2005

1. **Namostute (Marathi)**. . . . . 7'21"

One of the first *Sahaja* bhajans, written by Videh Saundankar, Nasik, 1985.

2. **Omkara Pradhana (Marathi)** . . . . . 7'46"

Hymn praising Shri Ganesha, by Maharastran saint Tukaram (17th century).

3. **Sahasrara Swamini Durga Ambe (Hindi)** . . . . . 7'06"

A praise of the Goddess who protects Her children and destroys all evil, taken from the repertoire of Anup and Pushottamdas Jalota.

4. **Aya Mata Ka Pujan Dinaya (Hindi)** . . . . . 6'10"

'The Great and Auspicious day has come' A rousing and joyful celebration of the festival of Shivaratri.

5. **Vishwavandita (Hindi)**. . . . . 7'39"

An extollation of the Goddess who is worshipped by the whole universe, composed by Ravindra Jain.

6. **Dhyana te Rangerle (Marathi)** . . . . . 11'27"

Composed by Sahaja Yogis from Satara, Maharastra in early 1980s. "Whenever we take your name, you place us in Your Sahasrara".

7. **Mata O Mata (Hindi)** . . . . . 2'46"

"The expectation of Your auspicious arrival makes us joyful beyond belief", composed by Ravindra Jain.

8. **Bolo Shiva Shiva Shambhu (Hindi)** . . . . . 2'46"

A simple joyful praise of Shri Shiva; from the film *Hara Hara Mahadev*.

9. **Apani Panaaha Me (Hindi)** . . . . . 6'49"

Shri Mataji requested that we learn this wonderful song From the Hindi film *Panaah*. Words adapted by Avinash Nickkawde "Mother, please keep us in Your protection all the time".

10. **Three Great Mantras (Sanskrit)** . . . . . 3'52"

The place where the true seekers find their fulfillment...

11. **Ayi Singha Pe Sawara Maiya (Hindi) Bonus Track** . . . . . 8'59"

Traditional Bhajan of North India "Behold the Mother riding the lion".