



The Breeze of Sahasrara

Linda J. Williams

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'The Breeze of Sahasrara' is an introduction to Sahaja Yoga, a simple, spontaneous method of achieving self realisation, a state of inner peace and heightened awareness, developed by Her Holiness Shri Mataji Nirmala Devi. In this book we would like to tell you of our experiences, first-hand accounts of close coincidences, unusual occurrences and miraculous events that could happen to anyone who reads it with an open mind.

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