



NO.8

## SACRED ECHOES

BY MOHANJI ACHARYAS

DEC 2025

WELCOME TO OUR

# Monthly Newsletter

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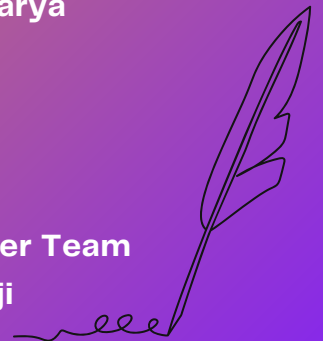
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### Important Dates

1. Weekly Talk with Mohanji Every Sunday.



Mohanji  
FOUNDATION

# Mohanji's Message

What does every sunrise bring to you? ☀️

**A new chance. A chance to turn the page of your life and move on. A chance for a new beginning. Never spoil a new day or a new opportunity with the hangover of the past. Leave your past behind while the time takes you to the future through the present.**

**May everyone remain blessed and kind on earth always.**

*Mohanji*



## A message from Acharya Board

The year 2025 has been a rollercoaster ride, and it flew by so quickly. It is a great opportunity to look back and see what has been accomplished during the last 12 months and how far we have progressed toward our goals and priorities.

Also, the upcoming new year helps us to review, plan, and strengthen our goals and resolutions. A few weeks back, Mohanji has provided us with the guidelines for a Raja Yogi. These were presented during the December Acharya monthly meeting and are also published in this edition. These guidelines are a powerful reminder for all of us on the Raja Yoga path, and this new year brings in new opportunities and a newer approach to implementing these guidelines in our day-to-day life.

Acharya Board is implementing new processes this new year to assess and induct qualified Apprentice Acharyas into an Mohanji Acharya. We are delighted to implement this new process and are also planning additional training to further strengthen our Acharya team. Being a Mohanji Acharya is a lifelong commitment and demonstrates one's resolve and dedication to living Mohanji's teachings.

In addition, the one-year commitment period for newly certified Apprentice Acharyas will also to be implemented next year. This provides them an opportunity to display their consistency and commitment, to be a beacon of light and add value to the world.

The application process for Apprentice Acharyas training is still open, and we are excited to start the training for the new batch in the new year.

Acharya Board would like to wish all our readers a very happy new year and may this new year bring in more harmony and brightness to the world.

With love and light,  
Acharya Board



## Know your Acharya

ALPA ACHARYA, MOHANJI  
APPRENTICE ACHARYA

Hello everyone,

I am Alpa Acharya, currently based in Canada, with roots deeply grounded in India. I moved to Canada in 2002 with my husband, Sanjay Acharya, carrying with me a rich blend of tradition, education, and an enduring love for learning. Raised in a strong academic environment where higher education and lifelong learning were paramount, I naturally evolved into a knowledge-oriented and curious individual.

By the age of 23, I had completed my master's degree in science and a bachelor's degree in education—a year that remains the fastest and most transformative phase of my life. Soon after, I began my professional journey as a lecturer and also embraced marriage, marking the beginning of a life shaped by growth, responsibility, and purpose.

Growing up in a religious and ritual-oriented family, I was introduced early to traditional practices and developed a profound understanding of Sanskrit. Astrology, another treasured family tradition, continues to fascinate me, especially when viewed through the lens of science, logic, and numbers. Strong family bonds and close relationships define who I am; they are both my greatest strength and, at times, my most tender vulnerability.

Sports have always been woven into my life. Childhood memories of watching cricket with my siblings nurtured a deep technical understanding of the game, and I proudly played cricket during my university years. Even today, I enjoy watching cricket and following soccer with equal enthusiasm. My love for Indian food reflects my belief that cooking is both an art and a science. I enjoy preparing meals with balanced spices and positive energy – believing that food cooked with love and mindfulness is inherently nourishing. I consider myself a thoughtful cook who values health, harmony, and flavour.

My professional and social engagements have opened diverse opportunities, including serving as a judge for dance and debate competitions. One of the most unique and enriching experiences of my life in Canada has been serving twice as a juror for the Superior Court of Justice. Each 12-day term involved attentive listening, evaluating evidence, thoughtful discussion, and collective decision-making—experiences I deeply value, especially as they challenged common assumptions about who gets selected for such civic duties.

With over 25 years in the teaching profession, my love for reading, meaningful conversations, and continuous learning remains unwavering. Despite life's many ups and downs, my curiosity and adaptability have stayed intact, guiding me through rapid changes and defining moments.



In my quieter moments, I find peace in watching meaningful television programs, listening to soft music, and spending time in nature, especially under open skies and among mountains, which restore my inner balance and positive energy.

My spiritual journey has been profoundly shaped after connecting with Mohanji. With constant support and inspiration from my husband, Sanjay, whose devotion and discipline strengthened my own faith, I have gained deeper clarity about the purpose of life. Mohanji has offered me invaluable opportunities for inner understanding, and I hold the humble hope that one day I will fulfil this purpose and merge in completeness. This is my journey—rooted in knowledge, enriched by tradition, guided by service, and inspired by spirituality.





## Pulse Check

SAROJ SHAH, MOHANJI  
APPRENTICE ACHARYA

Grace in Every Step: My Transformational  
Journey with Mohanji

When I first met Mohanji at a Kriya initiation in Skanda Vale, I didn't realise that moment would become the turning point of my life. For years, I was known as the smiling, hardworking woman—yet behind that smile rested a quiet world of pain, responsibility, and unspoken tears.

"Behind every smile was a strength I had not yet discovered."

After my marriage, I moved from Kenya to the United Kingdom with three young children. With no family support—my parents and in-laws still in Kenya—and with a demanding home environment, life felt overwhelming. I carried everything silently, doing my best for my family while struggling inside.

Everything shifted the day I found my Guru. Mohanji brought with him a wave of strength, clarity, and unconditional love. Through Raja Yoga and his profound message "Be You," I learned to stand again—not just as a mother or a wife, but as myself.

The Blessing of Becoming an apprentice Acharya.

One of the greatest blessings came through my daughter, Bijal. She applied to become an apprentice Acharya and told me gently, "Mum, you can be one too." Her faith in me opened a doorway I would never have walked through alone. With Mohanji's grace, I applied.

Becoming an apprentice Acharya changed my inner world. The training deepened my awareness. I noticed my words, my reactions, and even my silences more clearly. Sometimes, when I said something unnecessarily, I would immediately pause and think, "Why did I say that?"

This self-reflection became part of my growth—a daily inner cleansing. The Inner Victories Movement became a guiding light, showing me where I needed to grow and how I could evolve consciously. Slowly, I became more stable, more resilient, more fearless.

Being an apprentice Acharya has not only changed my life; it has purified it. But the greatest joy of this path is sharing it. As an apprentice Acharya, I love introducing people to Mohanji's teachings—explaining the beauty of Raja Yoga, guiding seekers who feel lost, and helping new volunteers understand the deeper essence of seva. Speaking with them, listening to their stories, and watching their transformation gives me immense satisfaction.

"Spreading Mohanji's teachings is not a duty—it is a blessing." I feel honoured to carry his message to new people, to inspire them, and to hold space for their spiritual journey.

### A Life of Seva and Purpose

Through the Mohanji Foundation and ACT Foundation, I stepped deeper into seva. At first, I lacked confidence—even leading Zoom meditations was intimidating. But Mohanji's presence inside me gave me courage. Today, I confidently guide weekly sessions and participate in various seva platforms with joy. Our seva team visits a care home once a month, offering chair yoga and companionship to the residents. Their gratitude fills my heart. Our environmental projects continue to thrive, nurturing harmony and respect for the Earth.

### A Moment of Divine Protection

One morning, while feeding deer and birds in the park—an act Mohanji always encourages—an unforgettable moment occurred. A herd of bulls and cows was grazing. Suddenly, one bull charged toward me. I had no time to run. Instinctively, I stood still and called out, "Jai Mohanji!" twice.

The bull stopped instantly. As if held by an unseen force. Calm. Still. Harmless. I offered him carrots, and he accepted them peacefully. In that moment, I felt my Guru's protection surrounding me.



## A Life Elevated by Grace

Today, I stand stronger, clearer, and more fearless than ever. Mohanji has reshaped my life—my thinking, my actions, my purpose. As an apprentice Acharya, I am committed to living his teachings, spreading his message, and uplifting every life I touch.

With the deepest love and gratitude, I offer my humble pranam to my Guru, my Father—Mohanji.



## Mohanji's video



## Monthly highlights

MOHANJI ACHARYAS

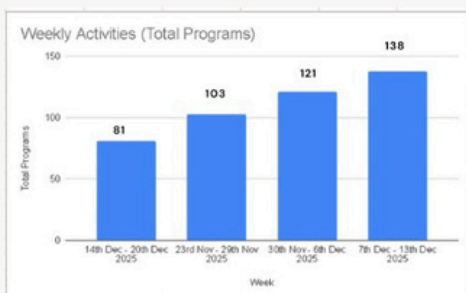
— DEC,  
2025

### DATA INFOGRAPHIC

A collective of committed Acharyas has delivered impactful programs across regions, creating meaningful transformation. With an expanding Acharya community, thousands have experienced healing, clarity, and inner stability through these initiatives.

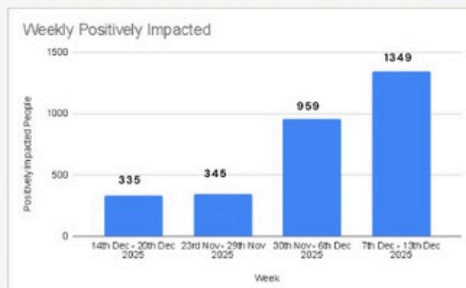
#### TOTAL PROGRAMS

Total number of programs conducted across the world by Mohanji Acharyas



#### TOTAL POSITIVELY IMPACTED

Through dedicated Acharya-led programs, a growing community of active Acharyas has touched and transformed countless lives. Each initiative reflects selfless service, spiritual depth, and measurable positive impact on individuals and society



23rd Nov - 29th Nov 2025 - 345

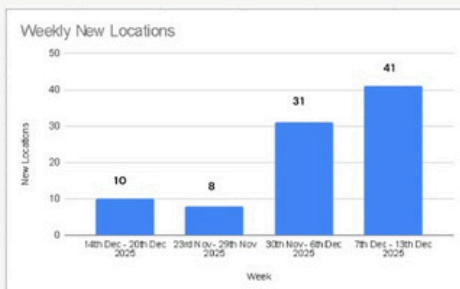
30th Nov - 6th Dec 2025 - 959

7th Dec - 13th Dec 2025 - 1349

14th Dec - 20th Dec 2025 - 335

#### TOTAL NEW LOCATIONS

Acharyas have expanded their outreach by conducting programs in new cities and regions. This growing presence has enabled Mohanji's teachings to reach diverse communities across geographies.







[Click here to find out where Mohanji is...](#)

## A message from the Newsletter Team

We hope you enjoyed this newsletter. One day, your inspiring story could be featured here too!

Any questions or suggestions, please get in touch with us.

See you next month.

Lots of love,

Cini, Moushumi and Pooja



## Rajayogi guidelines by Mohanji

- A. Living self connection as a priority
- B. Practicing self acceptance at all times
- C. Being kind and being love
- D. Living righteousness
- E. Helping helpless without expectations
- F. Self awareness and being aware of the self in all beyond their personalities
- G. Practicing Ahimsa in thoughts, words actions
- H. Responding using intellect at all times. No emotional reactions.
- I. Regulated expressions, no suppression
- J. No intoxication
- K. Acceptance as a key life attitude
- L. Practicing time as the most valuable wealth of life. Time is money.
- M. Sharing and caring unconditionally

