

# LIFE ETERNAL TRUST (UK)

England & Wales · Charity number 292011

## Details

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**Status** Registered

**Legal form** Trust

**Registered** 1985-08-30

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 14 Essex Road  
Enfield  
EN2 6TZ

**Phone** 02083632711

## Activities

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**Objects:** 1. THE ADVANCEMENT OF SAHAJA (INNATE) RELIGION (WHICH IS THE INTEGRATION OF ALL RELIGIONS) AND IS OTHERWISE KNOWN AS THE UNIVERSAL NIRMALA RELIGION OR VISHWA NIRMALA DHARMA AS TAUGHT BY HER HOLINESS (HEREINAFTER REFERRED TO AS "THE SAHAJA RELIGION). 2. THE ADVANCEMENT OF EDUCATION THROUGHOUT THE WORLD.

**Activities:** Disseminating the knowledge which promotes and actualises physical, mental, emotional and spiritual health, balance and well-being; in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi. Fostering music, arts and crafts from different cultures. Promoting the idea and practice of tolerant and spiritually-centred living.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Religious Activities, Arts/culture/heritage/science
- **Who:** The General Public/mankind

## Geography

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- **Area of benefit:** THROUGHOUT THE WORLD
- Ireland
- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-07-31		-	-	-
2024-07-31	£339,265	£294,105	-	-
2023-07-31	£454,706	£316,236	-	-
2022-07-31	£252,401	£170,360	-	-
2021-07-31	£263,379	£122,794	-	-
2020-07-31	£290,618	£209,289	-	-

## Trustees

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Name	Role	Appointed
Life Eternal Trust (UK) Ltd		

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**LIFE ETERNAL TRUST (UK)**

England & Wales - Charity number 292011

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# Accounts

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**Report of the Trustees and**  
**Unaudited Financial Statements for the Year Ended 31 July 2024**  
**for**  
**Life Eternal Trust (UK)**

**Life Eternal Trust (UK)**

**Contents of the Financial Statements**  
**for the Year Ended 31 July 2024**

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## **Life Eternal Trust (UK)**

### **Report of the Trustees** **for the Year Ended 31 July 2024**

The directors of the trustee company present their report with the financial statements of the charity for the year ended 31 July 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Life Eternal Trust (UK) - LET(UK) - began operating in 1985. The Charity's activities involve the dissemination of knowledge promoting spiritual health and wellbeing, and in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi.

Life Eternal Trust (UK) Limited, a company limited by guarantee, registered in England and Wales company number 06534285, is the sole trustee of Life Eternal Trust (UK). The Directors of the company are listed below and the Company Secretary is Stephen Martin.

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Objectives and aims

The aims of the charity are as set out in the trust deed and centre on the dissemination of knowledge which promotes and actualises physical, mental, emotional and spiritual health, balance and well-being. This knowledge comprises in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi, which constitute "Vishwa Nirmala Dharma" (Universal Pure Religion) - the synthesis and integration of the world's major religions. The charity promotes the idea and practice of "Sahaja Dharma" as a model for a tolerant and spiritually-centred way of life. The charity seeks to advance education throughout the world and fosters the understanding and practice of music, arts and crafts from different cultures.

##### **Significant activities**

It has always been one of the Charity's core activities to provide regular free classes in Sahaja Yoga techniques and the teachings of Shri Mataji Nirmala Devi. The classes are usually offered to the general public in community premises, across London and throughout the UK, and hosted by established practitioners of Sahaja Yoga (acting as unpaid volunteers). Some online classes are provided (developed during Covid-19 restrictions), including the recent successful 21-day Meditation Program, but it is recognised that physical "local" meetings are a preferable means of communicating Sahaja Yoga knowledge and techniques. The charity continues to develop its online methods to advertise Sahaja Yoga meetings and to establish and maintain contact with people interested in Sahaja Yoga.

The charity continues its programme of regular and repeat attendance at exhibitions and festivals. Organisers of these events have for many years welcomed the charity's participation, providing as it does the beneficial effects of Sahaja Yoga meditation for their show visitors, and continue to give the charity favourable terms. In particular the London Ideal Home Show (March 2025) was, as in previous years, one of the charity's more successful public-facing events. Each year the charity offers several special One-Day Retreats at its National Centre at Bloxham Barn Farm to enable newcomers to deepen their experience of Sahaja Yoga. A series of public events has been established at mainline railway stations in London and other cities which has generated considerable interest amongst rail users. In 2024 a two-week tour took place bringing music and meditation sessions to the public in towns and cities across northern England.

The Charity has secured, for the twelfth consecutive year, a "Google Adwords" grant for publicising the Charity's meditation meetings. The value of the grant is \$120,000.

The charity continues to make improvements to its Bloxham Barn Farm property, and a significant active contribution by the charity's volunteers helps to save costs. Major works are funded by donations raised specifically for the purpose, to avoid financial impact on the charity's other activities.

The charity's property in Cantalupo Ligure, Italy, acquired in June 2014, is now leased to Casa Madre Impresa Sociale Srl Ets (part of Fondazione Mondiale Shri Mataji Nirmala Devi Sahaja Yoga based in Cabella Ligure, Italy), who have assumed responsibility for all property expenditures for compliance with Italian national and regional requirements. Under the management of Casa Madre, use of the property continues to fulfil the aims and objectives of the charity, to an even greater degree than previously.

The charity has continued to provide funds for international education projects run by sister organisations in Italy and the Czech Republic. As in previous years, financial and volunteer support has been provided to carefully selected international projects devoted to spreading Sahaja Yoga in various parts of the world.

The Charity continues to take the necessary steps to fulfil its obligations under the General Data Protection Regulation.

##### **Volunteers**

The charity relies solely on volunteers for its administration and its charitable work and has no paid employees.

## **Life Eternal Trust (UK)**

### **Report of the Trustees for the Year Ended 31 July 2024**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

Voluntary donation income from Sahaja Yoga practitioners, much of it as regular monthly standing orders, is used to provide the equipment and facilities necessary for Sahaja Yoga meetings and functions in the UK, and to give financial support to international activities as noted elsewhere in this report.

##### **Charitable purposes and public benefit**

The directors of Life Eternal Trust (UK) Ltd have considered the requirements of the Charity Commission in relation to charitable purposes and public benefit, and are fully satisfied that the charity meets those requirements.

#### **FINANCIAL REVIEW**

##### **Principal Funding Sources**

It is a key tenet of the Charity that the knowledge and experience of Sahaja Yoga is always provided completely free of charge. Activities are financed by voluntary donations from Sahaja Yoga practitioners as the Charity does not raise donations from the general public.

##### **Reserves policy**

At 31 July 2024 reserves totalled £2,354,837 (2023 - £2,309,677) of which £766,507 is restricted. Unrestricted reserves of £1,588,330 are to be used in line with the aims of the Charity as set down in the trust deed.

##### **Review of the year**

Total incoming resources for the year amounted to £339,265 (2023 - £483,191). During the year, direct charitable expenditure was £294,105 (2023 - £316,165).

Net incoming resources for the year amounted to £45,160 (2023 - £167,026). There is an accumulated balance on unrestricted funds of £1,588,330 as at 31 July 2024 (2023 - £1,296,112) and restricted funds totalled £766,507 (2023 - £1,013,565).

#### **FUTURE PLANS**

The charity continues to have two main areas of focus. It will continue to spread the knowledge of Sahaja Yoga meditation, promoting spiritual health and wellbeing for all, through public meetings and events.

Alongside this, the charity will continue to provide the means for Sahaja Yoga practitioners to deepen their spiritual development through participation in cultural activities.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Charity is administered under a Trust deed dated 28 May 1985 as amended by further deeds dated 18 May 2000 and 29 February 2008. Life Eternal Trust (UK) is registered with the Charity Commission for England and Wales, number 292011.

##### **Recruitment and appointment of new trustees**

The directors of Life Eternal Trust (UK) Limited bring their own personal and professional skills to bear when acting as trustees of the charity. They identify the mix of skills, knowledge and experience necessary for the efficient and effective operation of the charity and ensure that all needs are met, calling on external professional help as appropriate.

##### **Organisational structure**

During the financial year reported on herein the directors of Life Eternal Trust (UK) Ltd were responsible for setting strategies and policies for the charity and for ensuring that these are implemented. The directors meet on a regular basis to review the work of the charity and to deal with its detailed financial and administrative affairs. The directors of Life Eternal Trust (UK) Ltd have appointed a number of working groups to deal with the various areas of the charity's activity such as publicity, education, social affairs, property, finance, and so on. Each working group includes at least one director of the trustee company.

##### **Induction and training of trustees**

Directors of the trustee company who have held office for many years take care to share the knowledge they have acquired. Advice from the charity's advisers is fully reported to all trustee company directors, in particular the risk assessment procedures recommended by the charity's insurance broker. The trustee directors recognise the need to assess whether any training might be required in order to improve the way they manage the charity.

##### **Wider network**

The charity cooperates with organisations in other countries having the same aims and objectives. In particular, the charity supports the Shri Mataji Nirmala Devi Sahaja Yoga World Foundation based in Cabella Ligure, Italy, and Nirmal Intellectual Property Corporation in the USA which is responsible for the preservation and distribution of the recorded teachings of Shri Mataji Nirmala Devi.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

292011

**Life Eternal Trust (UK)**

**Report of the Trustees**  
**for the Year Ended 31 July 2024**

**Principal address**

14 Essex Road  
Enfield  
EN2 6TZ

**Trustees**

**Directors of the trustee company**

Alison Bauzys  
Prasad Benjamin Beaven (appointed 25 April 2025)  
Sheng-Chia Chung  
John James Glover  
Geoffrey Godfrey  
Victoria Raie Halperin  
Raymond Philip Harris  
Stephen James Martin  
Philippa Newman (appointed 08 May 2025)  
Qasim Wazir Rashid (appointed 11 October 2024)  
Dr Zafar Iqbal Rashid  
Dr Sarah Loveday Setchell

**Solicitors**

Stone King LLP  
Boundary house  
91 Charterhouse Street  
London  
EC1M 6HR

**Independent Examiner**

Natasha Cassidy

Peter Upton Ltd  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

**Bankers**

National Westminster Bank Plc  
PO Box 3AW  
104 Tottenham Court Road  
London  
W1A 3AW

Approved by order of the board of trustees on 17 May 2025 and signed on its behalf by:

Stephen James Martin - Trustee

**Independent Examiner's Report to the Trustees of  
Life Eternal Trust (UK)**

**Independent examiner's report to the trustees of Life Eternal Trust (UK)**

I report to the charity trustees on my examination of the accounts of Life Eternal Trust (UK) (the Trust) for the year ended 31 July 2024.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Natasha Cassidy

Date: .....

**Life Eternal Trust (UK)****Statement of Financial Activities  
for the Year Ended 31 July 2024**

	Notes	Unrestricted fund £	Restricted funds £	31.7.24 Total funds £	31.7.23 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		319,877	16,765	336,642	456,486
Other income		2,357	266	2,623	26,705
<b>Total</b>		<u>322,234</u>	<u>17,031</u>	<u>339,265</u>	<u>483,191</u>
<b>EXPENDITURE ON</b>					
Raising funds		-	-	-	20
<b>Charitable activities</b>					
Events and meetings		221,422	-	221,422	224,486
National Centre - Bloxham Barn Farm		72,683	-	72,683	73,701
Italian Centre		-	-	-	17,958
<b>Total</b>		<u>294,105</u>	<u>-</u>	<u>294,105</u>	<u>316,165</u>
<b>NET INCOME</b>					
Transfers between funds	10	28,129	17,031	45,160	167,026
		<u>264,089</u>	<u>(264,089)</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<u>292,218</u>	<u>(247,058)</u>	<u>45,160</u>	<u>167,026</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		1,296,112	1,013,565	2,309,677	2,142,651
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>1,588,330</u></u>	<u><u>766,507</u></u>	<u><u>2,354,837</u></u>	<u><u>2,309,677</u></u>

**Life Eternal Trust (UK)****Balance Sheet****31 July 2024**

	Notes	Unrestricted fund £	Restricted funds £	31.7.24 Total funds £	31.7.23 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	4	1,903,219	632,129	2,535,348	2,514,412
<b>CURRENT ASSETS</b>					
Debtors	5	58,511	-	58,511	43,975
Cash at bank		144,909	29,536	174,445	185,371
		<u>203,420</u>	<u>29,536</u>	<u>232,956</u>	<u>229,346</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	(202,449)	104,842	(97,607)	(89,732)
		<u>971</u>	<u>134,378</u>	<u>135,349</u>	<u>139,614</u>
<b>NET CURRENT ASSETS</b>					
		<u>1,904,190</u>	<u>766,507</u>	<u>2,670,697</u>	<u>2,654,026</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
<b>CREDITORS</b>					
Amounts falling due after more than one year	7	(315,860)	-	(315,860)	(344,349)
		<u>1,588,330</u>	<u>766,507</u>	<u>2,354,837</u>	<u>2,309,677</u>
<b>NET ASSETS</b>					
		<u>1,588,330</u>	<u>766,507</u>	<u>2,354,837</u>	<u>2,309,677</u>
<b>FUNDS</b>	10				
Unrestricted funds				1,588,330	1,296,112
Restricted funds				766,507	1,013,565
<b>TOTAL FUNDS</b>				<u>2,354,837</u>	<u>2,309,677</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 17 May 2025 and were signed on its behalf by:

Sarah Loveday Setchell - Trustee



**Life Eternal Trust (UK)****Notes to the Financial Statements - continued  
for the Year Ended 31 July 2024****3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	347,124	109,362	456,486
Other income	26,580	125	26,705
<b>Total</b>	<b>373,704</b>	<b>109,487</b>	<b>483,191</b>
<b>EXPENDITURE ON</b>			
Raising funds	20	-	20
<b>Charitable activities</b>			
Events and meetings	224,486	-	224,486
National Centre - Bloxham Barn Farm	73,701	-	73,701
Italian Centre	-	17,958	17,958
<b>Total</b>	<b>298,207</b>	<b>17,958</b>	<b>316,165</b>
<b>NET INCOME</b>	<b>75,497</b>	<b>91,529</b>	<b>167,026</b>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	1,220,615	922,036	2,142,651
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>1,296,112</b>	<b>1,013,565</b>	<b>2,309,677</b>

**4. TANGIBLE FIXED ASSETS**

	Freehold property £	Fixtures and fittings £	Totals £
<b>COST</b>			
At 1 August 2023	2,670,627	74,220	2,744,847
Additions	22,026	15,339	37,365
At 31 July 2024	2,692,653	89,559	2,782,212
<b>DEPRECIATION</b>			
At 1 August 2023	214,000	16,435	230,435
Charge for year	-	16,429	16,429
At 31 July 2024	214,000	32,864	246,864
<b>NET BOOK VALUE</b>			
At 31 July 2024	2,478,653	56,695	2,535,348
At 31 July 2023	2,456,627	57,785	2,514,412

The last independent professional valuation of the property was carried out in March 2010 and was considered to be in the region of £1,600,000. The directors consider that in the light of improvement expenditure and current market conditions, the market value at the year end is not significantly different from net book value, and there are no indications of further impairment.

**Life Eternal Trust (UK)**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 July 2024**

<b>5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	31.7.24	31.7.23
	£	£
Other debtors	58,511	43,975
	<u>          </u>	<u>          </u>
<b>6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	31.7.24	31.7.23
	£	£
Bank loans and overdrafts (see note 8)	28,000	28,000
Trade creditors	9,565	8,341
Other creditors	17,827	10,298
Accruals and deferred income	42,215	43,093
	<u>          </u>	<u>          </u>
	97,607	89,732
	<u>          </u>	<u>          </u>
<b>7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR</b>	31.7.24	31.7.23
	£	£
Bank loans (see note 8)	285,860	314,349
Other creditors	30,000	30,000
	<u>          </u>	<u>          </u>
	315,860	344,349
	<u>          </u>	<u>          </u>

The mortgage is from National Westminster Bank plc for a term of 5 years and was re-negotiated in August 2018 and is being repaid on a capital and interest basis.

**8. LOANS**

An analysis of the maturity of loans is given below:

	31.7.24	31.7.23
	£	£
Amounts falling due within one year on demand:		
Bank loans	28,000	28,000
	<u>          </u>	<u>          </u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	285,860	314,349
	<u>          </u>	<u>          </u>

**9. SECURED DEBTS**

The following secured debts are included within creditors:

	31.7.24	31.7.23
	£	£
Bank loans	313,860	342,349
	<u>          </u>	<u>          </u>

The mortgage from NatWest is secured by a legal charge over Bloxham Barn Farm dated 19 July 2010.

**Life Eternal Trust (UK)****Notes to the Financial Statements - continued  
for the Year Ended 31 July 2024****10. MOVEMENT IN FUNDS**

	At 1.8.23 £	Net movement in funds £	Transfers between funds £	At 31.7.24 £
<b>Unrestricted funds</b>				
General fund	1,296,112	28,129	264,089	1,588,330
<b>Restricted funds</b>				
London Centre	-	-	29,536	29,536
Farm mortgage initiative	523,625	-	(293,625)	230,000
Italian Centre	427,720	266	-	427,986
Farm Improvements Project	62,220	16,765	-	78,985
	<u>1,013,565</u>	<u>17,031</u>	<u>(264,089)</u>	<u>766,507</u>
<b>TOTAL FUNDS</b>	<u>2,309,677</u>	<u>45,160</u>	<u>-</u>	<u>2,354,837</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	322,234	(294,105)	28,129
<b>Restricted funds</b>			
Italian Centre	266	-	266
Farm Improvements Project	16,765	-	16,765
	<u>17,031</u>	<u>-</u>	<u>17,031</u>
<b>TOTAL FUNDS</b>	<u>339,265</u>	<u>(294,105)</u>	<u>45,160</u>

**Comparatives for movement in funds**

	At 1.8.22 £	Net movement in funds £	At 31.7.23 £
<b>Unrestricted funds</b>			
General fund	1,220,615	75,497	1,296,112
<b>Restricted funds</b>			
Farm mortgage initiative	523,625	-	523,625
Italian Centre	398,411	29,309	427,720
Farm Improvements Project	-	62,220	62,220
	<u>922,036</u>	<u>91,529</u>	<u>1,013,565</u>
<b>TOTAL FUNDS</b>	<u>2,142,651</u>	<u>167,026</u>	<u>2,309,677</u>

**Life Eternal Trust (UK)**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 July 2024**

**10. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	373,704	(298,207)	75,497
<b>Restricted funds</b>			
Italian Centre	47,267	(17,958)	29,309
Farm Improvements Project	62,220	-	62,220
	<u>109,487</u>	<u>(17,958)</u>	<u>91,529</u>
<b>TOTAL FUNDS</b>	<u>483,191</u>	<u>(316,165)</u>	<u>167,026</u>

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 July 2024 or 31 July 2023.

**12. ULTIMATE CONTROLLING PARTY**

The ultimate controlling party of the charity is the board of directors of the trustee company.

**Life Eternal Trust (UK)****Detailed Statement of Financial Activities  
for the Year Ended 31 July 2024**

	31.7.24 £	31.7.23 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	285,905	416,989
Tax reclaimed from HMRC under Gift Aid	50,737	39,497
	<hr/>	<hr/>
	336,642	456,486
<b>Other income</b>		
Bank interest	2,623	1,705
Re-designation of loan	-	25,000
	<hr/>	<hr/>
	2,623	26,705
<b>Total incoming resources</b>	<hr/>	<hr/>
	339,265	483,191
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Bad debts	-	20
<b>Charitable activities</b>		
Rates and water	9,002	7,915
Insurance	7,852	6,266
Light and heat	8,098	16,550
Advertising	9,795	7,507
Sundries	994	-
Event and function costs	155,338	138,512
Motor and travel expenses	-	949
Repairs and maintenance	11,158	30,980
Books and publications	2,818	4,033
Office administration	-	1,292
Exchange rate adjustment	175	21
Courses	-	1,764
Storage	-	148
Skips, waste disposal	1,844	1,479
Adjustment to prior year	11,851	-
Fixtures and fittings	16,429	5,928
International project contributions	14,933	50,234
	<hr/>	<hr/>
	250,287	273,578
<b>Support costs</b>		
<b>Management</b>		
Insurance	24	179
Printing, postage and stationery	2,761	2,562
Internet and website	3,898	6,718
	<hr/>	<hr/>
	6,683	9,459
<b>Finance</b>		
Bank charges	1,763	1,692
Mortgage interest	33,411	29,354
	<hr/>	<hr/>
	35,174	31,046

This page does not form part of the statutory financial statements

**Life Eternal Trust (UK)**

**Detailed Statement of Financial Activities**  
**for the Year Ended 31 July 2024**

	31.7.24	31.7.23
	£	£
<b>Finance</b>		
<b>Governance costs</b>		
Legal fees	71	262
Independent examiners fee	1,890	1,800
	<u>1,961</u>	<u>2,062</u>
Total resources expended	<u>294,105</u>	<u>316,165</u>
<b>Net income</b>	<u><u>45,160</u></u>	<u><u>167,026</u></u>

**LIFE ETERNAL TRUST (UK)**

England & Wales - Charity number 292011

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# Accounts

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**Report of the Trustees and**  
**Unaudited Financial Statements for the Year Ended 31 July 2023**  
**for**  
**Life Eternal Trust (UK)**

Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

**Life Eternal Trust (UK)**

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for the Year Ended 31 July 2023**

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## **Life Eternal Trust (UK)**

### **Report of the Trustees** **for the Year Ended 31 July 2023**

The directors of the trustee company present their report with the financial statements of the charity for the year ended 31 July 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Life Eternal Trust (UK) - LET(UK) - began operating in 1985. The Charity's activities involve the dissemination of knowledge promoting spiritual health and wellbeing, and in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi.

Life Eternal Trust (UK) Limited, a company limited by guarantee, registered in England and Wales company number 06534285, is the sole trustee of Life Eternal Trust (UK). The Directors of the company are listed below and the Company Secretary is Stephen Martin.

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Objectives and aims

The aims of the charity are as set out in the trust deed and centre on the dissemination of knowledge which promotes and actualises physical, mental, emotional and spiritual health, balance and well-being. This knowledge comprises in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi, which constitute "Vishwa Nirmala Dharma" (Universal Pure Religion) - the synthesis and integration of the world's major religions. The charity promotes the idea and practice of "Sahaja Dharma" as a model for a tolerant and spiritually-centred way of life. The charity seeks to advance education throughout the world and fosters the understanding and practice of music, arts and crafts from different cultures.

##### **Significant activities**

It has always been one of the Charity's core activities to provide regular free classes in Sahaja Yoga techniques and the teachings of Shri Mataji Nirmala Devi. The classes are usually offered to the general public in community premises, across London and throughout the UK, and hosted by established practitioners of Sahaja Yoga (acting as unpaid volunteers). Under Covid-19 restrictions physical meetings were not possible, and the Charity's volunteers developed a comprehensive substitute programme of online classes. With Covid-19 restrictions now removed, most of the in-person Sahaja Yoga public classes have re-started, although in addition some online classes are still being conducted. An incidental benefit of online classes, compared with physical "local" meetings, is the absence of a geographical constraint on who can attend. The Charity continues to develop its online methods to advertise Sahaja Yoga meetings and to establish and maintain contact with people interested in Sahaja Yoga.

The Charity has resumed its programme of regular and repeat attendance at exhibitions and festivals. Organisers of these events have for many years welcomed the Charity's participation, providing as it does the beneficial effects of Sahaja Yoga meditation for their show visitors, and continue to give the Charity favourable terms. In particular the London Ideal Home Show ( March 2024) was, as in previous years, one of the Charity's more successful public-facing events.

The Charity has secured, for the eleventh consecutive year, a "Google Adwords" grant for publicising the Charity's meditation meetings. The value of the grant is \$120,000.

Further to obtaining the certificate of lawfulness for the Charity's use of its Bloxham Barn Farm property, the Charity continues to make comprehensive building improvements. Local tradespeople are being engaged and the Charity's volunteers have made a significant active contribution, thus saving costs. Works are funded by donations raised specifically for the purpose, to avoid financial impact on the Charity's other activities. In June 2023 the Charity hosted a major international event at Bloxham Barn Farm, attended by more than 1,000 Sahaja Yoga practitioners from the UK and over 25 countries.

As a significant and symbolic example of international collaboration in advancing the common aims of the Charity and its sister organisation in Italy, the Charity's property in Cantalupo Ligure, Italy, acquired in June 2014, is now being leased to Casa Madre Impresa Sociale Srl Ets (part of Fondazione Mondiale Shri Mataji Nirmala Devi Sahaja Yoga based in Cabella Ligure, Italy). Under the terms of a full repairing and insuring lease agreement, with peppercorn rent, entered into in April 2023, Casa Madre assumes responsibility for all expenditures related to the property and for compliance with all Italian national and regional requirements. Under the management of Casa Madre, use of the property will continue to fulfil the aims and objectives of the Charity, to an even greater degree than hitherto.

The Charity has continued to provide funds for international education projects run by sister organisations in Italy and the Czech Republic. As in previous years, financial and volunteer support has been provided to carefully selected international projects devoted to spreading Sahaja Yoga in various parts of the world.

The Charity continues to take the necessary steps to fulfil its obligations under the General Data Protection Regulation.

##### **Volunteers**

The charity relies solely on volunteers for its administration and its charitable work and has no paid employees.

## **Life Eternal Trust (UK)**

### **Report of the Trustees for the Year Ended 31 July 2023**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

Voluntary donation income from Sahaja Yoga practitioners, much of it as regular monthly standing orders, is used to provide the equipment and facilities necessary for Sahaja Yoga meetings and functions in the UK, and to give financial support to international activities as noted elsewhere in this report.

##### **Charitable purposes and public benefit**

The directors of Life Eternal Trust (UK) Ltd have considered the requirements of the Charity Commission in relation to charitable purposes and public benefit, and are fully satisfied that the charity meets those requirements.

#### **FINANCIAL REVIEW**

##### **Principal Funding Sources**

It is a key tenet of the Charity that the knowledge and experience of Sahaja Yoga is always provided completely free of charge. Activities are financed by voluntary donations from Sahaja Yoga practitioners as the Charity does not raise donations from the general public.

##### **Reserves policy**

At 31 July 2023 reserves totalled £2,281,121 (2022 - £2,142,651) of which £989,298 is restricted. Unrestricted reserves of £1,281,121 are to be used in line with the aims of the Charity as set down in the trust deed.

##### **Review of the year**

Total incoming resources for the year amounted to £454,706 (2022 - £252,401). During the year, direct charitable expenditure was £316,236 (2022 - £170,360).

Net incoming resources for the year amounted to £138,470 (2022 - £82,401). There is an accumulated balance on unrestricted funds of £1,291,823 as at 31 July 2023 (2022 - £1,220,615) and restricted funds totalled £989,298 (2022 - £922,036).

#### **FUTURE PLANS**

The charity continues to have two main areas of focus. It will continue to spread the knowledge of Sahaja Yoga meditation, promoting spiritual health and wellbeing for all, through public meetings and events. Online classes, developed as a result of Covid-19 restrictions, will continue to be offered although on a limited scale. Furthermore, the charity will provide the means for Sahaja Yoga practitioners to deepen their spiritual development through participation in cultural activities.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Charity is administered under a Trust deed dated 28 May 1985 as amended by further deeds dated 18 May 2000 and 29 February 2008. Life Eternal Trust (UK) is registered with the Charity Commission for England and Wales, number 292011.

##### **Recruitment and appointment of new trustees**

The directors of Life Eternal Trust (UK) Limited bring their own personal and professional skills to bear when acting as trustees of the charity. They identify the mix of skills, knowledge and experience necessary for the efficient and effective operation of the charity and ensure that all needs are met, calling on external professional help as appropriate.

##### **Organisational structure**

During the financial year reported on herein, the directors of Life Eternal Trust (UK) Ltd were responsible for setting strategies and policies for the Charity and for ensuring that these are implemented. The directors meet on a regular basis to review the work of the Charity and to deal with its detailed financial and administrative affairs. The directors of Life Eternal Trust (UK) Ltd have appointed a number of working groups to deal with the various areas of the Charity's activity such as publicity, education, social affairs, property, finance, and so on. Each working group includes at least one director of the trustee company.

##### **Induction and training of trustees**

Directors of the trustee company who have held office for many years take care to share the knowledge they have acquired. Advice from the charity's advisers is fully reported to all trustee company directors, in particular the risk assessment procedures recommended by the charity's insurance broker. The trustee directors recognise the need to assess whether any training might be required in order to improve the way they manage the charity.

##### **Wider network**

The charity cooperates with organisations in other countries having the same aims and objectives. In particular, the charity supports the Shri Mataji Nirmala Devi Sahaja Yoga World Foundation based in Cabella Ligure, Italy, and Nirmal Intellectual Property Corporation in the USA which is responsible for the preservation and distribution of the recorded teachings of Shri Mataji Nirmala Devi.

**Life Eternal Trust (UK)**

**Report of the Trustees**  
**for the Year Ended 31 July 2023**

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**  
292011

**Principal address**

14 Essex Road  
Enfield  
EN2 6TZ

**Trustees**

**Directors of the trustee company**

Alison Bauzys  
Sheng-Chia Chung  
John James Glover  
Geoffrey Godfrey  
Victoria Raie Halperin  
Raymond Philip Harris  
Stephen James Martin  
Dr Zafar Iqbal Rashid  
Dr Sarah Loveday Setchell

**Independent Examiner**

Peter Upton FCA CTA  
Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

**Solicitors**

Stone King LLP  
Boundary house  
91 Charterhouse Street  
London  
EC1M 6HR

**Bankers**

National Westminster Bank Plc  
PO Box 3AW  
104 Tottenham Court Road  
London  
W1A 3AW

Approved by order of the Board of Trustees on 31st July 2024 and signed on its behalf by:

.....  
Stephen James Martin - Trustee

**Independent Examiner's Report to the Trustees of  
Life Eternal Trust (UK)**

**Independent examiner's report to the trustees of Life Eternal Trust (UK)**

I report to the charity trustees on my examination of the accounts of Life Eternal Trust (UK) (the Trust) for the year ended 31 July 2023.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Peter Upton FCA CTA

Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

Date: .....

**Life Eternal Trust (UK)****Statement of Financial Activities  
for the Year Ended 31 July 2023**

	Notes	Unrestricted fund £	Restricted funds £	31.7.23 Total funds £	31.7.22 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		347,124	109,362	456,486	245,955
Other income		26,580	125	26,705	6,446
<b>Total</b>		<u>373,704</u>	<u>109,487</u>	<u>483,191</u>	<u>252,401</u>
<b>EXPENDITURE ON</b>					
Raising funds		20	-	20	-
<b>Charitable activities</b>					
Events and meetings		224,486	-	224,486	122,674
National Centre - Bloxham Barn Farm		73,701	-	73,701	30,897
Italian Centre		-	17,958	17,958	16,789
<b>Total</b>		<u>298,207</u>	<u>17,958</u>	<u>316,165</u>	<u>170,360</u>
<b>NET INCOME</b>		75,497	91,529	167,026	82,041
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		1,220,615	922,036	2,142,651	2,060,610
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>1,296,112</u>	<u>1,013,565</u>	<u>2,309,677</u>	<u>2,142,651</u>

**Life Eternal Trust (UK)****Balance Sheet**  
**31 July 2023**

	Notes	Unrestricted fund £	Restricted funds £	31.7.23 Total funds £	31.7.22 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	4	1,882,283	632,129	2,514,412	2,388,571
<b>CURRENT ASSETS</b>					
Debtors	5	43,975	-	43,975	56,517
Cash at bank		-	185,371	185,371	227,166
		<u>43,975</u>	<u>185,371</u>	<u>229,346</u>	<u>283,683</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	(89,733)	1	(89,732)	(207,433)
		<u>(45,758)</u>	<u>185,372</u>	<u>139,614</u>	<u>76,250</u>
<b>NET CURRENT ASSETS</b>					
		<u>1,836,525</u>	<u>817,501</u>	<u>2,654,026</u>	<u>2,464,821</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
<b>CREDITORS</b>					
Amounts falling due after more than one year	7	(540,414)	196,065	(344,349)	(322,170)
		<u>1,296,111</u>	<u>1,013,566</u>	<u>2,309,677</u>	<u>2,142,651</u>
<b>NET ASSETS</b>					
<b>FUNDS</b>	10				
Unrestricted funds				1,296,111	1,220,615
Restricted funds				1,013,566	922,036
				<u>2,309,677</u>	<u>2,142,651</u>
<b>TOTAL FUNDS</b>					

The financial statements were approved by the Board of Trustees and authorised for issue on 31st July 2024 and were signed on its behalf by:

.....  
Sarah Loveday Setchell - Trustee



**Notes to the Financial Statements - continued**  
**for the Year Ended 31 July 2023**

**3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	171,669	74,286	245,955
Other income	322	6,124	6,446
<b>Total</b>	<b>171,991</b>	<b>80,410</b>	<b>252,401</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Events and meetings	122,674	-	122,674
National Centre - Bloxham Barn Farm	30,897	-	30,897
Italian Centre	-	16,789	16,789
<b>Total</b>	<b>153,571</b>	<b>16,789</b>	<b>170,360</b>
<b>NET INCOME</b>			
Transfers between funds	18,420	63,621	82,041
	(28,870)	28,870	-
<b>Net movement in funds</b>	<b>(10,450)</b>	<b>92,491</b>	<b>82,041</b>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	1,231,065	829,545	2,060,610
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>1,220,615</b>	<b>922,036</b>	<b>2,142,651</b>

**4. TANGIBLE FIXED ASSETS**

	Freehold property £	Fixtures and fittings £	Totals £
<b>COST</b>			
At 1 August 2022	2,593,361	20,935	2,614,296
Additions	77,266	54,503	131,769
Disposals	-	(1,218)	(1,218)
At 31 July 2023	<b>2,670,627</b>	<b>74,220</b>	<b>2,744,847</b>
<b>DEPRECIATION</b>			
At 1 August 2022	214,000	11,725	225,725
Charge for year	-	5,928	5,928
Eliminated on disposal	-	(1,218)	(1,218)
At 31 July 2023	<b>214,000</b>	<b>16,435</b>	<b>230,435</b>
<b>NET BOOK VALUE</b>			
At 31 July 2023	<b>2,456,627</b>	<b>57,785</b>	<b>2,514,412</b>
At 31 July 2022	<b>2,379,361</b>	<b>9,210</b>	<b>2,388,571</b>

The last independent professional valuation of the property was carried out in March 2010 and was considered to be in the region of £1,600,000. The directors consider that in the light of improvement expenditure and current market conditions, the market value at the year end is not significantly different from net book value, and there are no indications of further impairment.

**Life Eternal Trust (UK)**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 Julv 2023**

<b>5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	31.7.23	31.7.22
	£	£
Other debtors	43,975	56,517
	<u>          </u>	<u>          </u>
<b>6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	31.7.23	31.7.22
	£	£
Bank loans and overdrafts (see note 8)	28,000	49,313
Other loans (see note 8)	-	25,000
Trade creditors	8,341	16,063
Other creditors	10,298	89,757
Accruals and deferred income	43,093	27,300
	<u>          </u>	<u>          </u>
	89,732	207,433
	<u>          </u>	<u>          </u>
<b>7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR</b>	31.7.23	31.7.22
	£	£
Bank loans (see note 8)	314,349	322,170
Other creditors	30,000	-
	<u>          </u>	<u>          </u>
	344,349	322,170
	<u>          </u>	<u>          </u>

The mortgage is from National Westminster Bank plc for a term of 5 years and was re-negotiated in August 2018 and is being repaid on a capital and interest basis.

**8. LOANS**

An analysis of the maturity of loans is given below:

	31.7.23	31.7.22
	£	£
Amounts falling due within one year on demand:		
Bank loans	28,000	49,313
Interest free facilities loans	-	25,000
	<u>          </u>	<u>          </u>
	28,000	74,313
	<u>          </u>	<u>          </u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	314,349	322,170
	<u>          </u>	<u>          </u>

**9. SECURED DEBTS**

The following secured debts are included within creditors:

	31.7.23	31.7.22
	£	£
Bank loans	342,349	371,483
	<u>          </u>	<u>          </u>

The mortgage from NatWest is secured by a legal charge over Bloxham Barn Farm dated 19 July 2010.

**Life Eternal Trust (UK)**

**Notes to the Financial Statements - continued  
for the Year Ended 31 July 2023**

**10. MOVEMENT IN FUNDS**

	At 1.8.22 £	Net movement in funds £	At 31.7.23 £
<b>Unrestricted funds</b>			
General fund	1,220,614	75,497	1,296,111
<b>Restricted funds</b>			
Farm mortgage initiative	523,626	-	523,626
Italian Centre	398,411	29,309	427,720
Farm Improvements Project	-	62,220	62,220
	<u>922,037</u>	<u>91,529</u>	<u>1,013,566</u>
<b>TOTAL FUNDS</b>	<u>2,142,651</u>	<u>167,026</u>	<u>2,309,677</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	373,704	(298,207)	75,497
<b>Restricted funds</b>			
Italian Centre	47,267	(17,958)	29,309
Farm Improvements Project	62,220	-	62,220
	<u>109,487</u>	<u>(17,958)</u>	<u>91,529</u>
<b>TOTAL FUNDS</b>	<u>483,191</u>	<u>(316,165)</u>	<u>167,026</u>

**Comparatives for movement in funds**

	At 1.8.21 £	Net movement in funds £	Transfers between funds £	At 31.7.22 £
<b>Unrestricted funds</b>				
General fund	1,231,065	18,420	(28,870)	1,220,615
<b>Restricted funds</b>				
London Centre	-	12	28,870	28,882
Farm mortgage initiative	259,083	63,610	-	322,693
Italian Centre	398,411	(1)	-	398,410
Farm Improvements Project	172,051	-	-	172,051
	<u>829,545</u>	<u>63,621</u>	<u>28,870</u>	<u>922,036</u>
<b>TOTAL FUNDS</b>	<u>2,060,610</u>	<u>82,041</u>	<u>-</u>	<u>2,142,651</u>

**Life Eternal Trust (UK)**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 July 2023**

**10. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	171,991	(153,571)	18,420
<b>Restricted funds</b>			
London Centre	12	-	12
Farm mortgage initiative	63,610	-	63,610
Italian Centre	16,788	(16,789)	(1)
	<u>80,410</u>	<u>(16,789)</u>	<u>63,621</u>
<b>TOTAL FUNDS</b>	<u>252,401</u>	<u>(170,360)</u>	<u>82,041</u>

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 July 2022 or 31 July 2021.

**12. ULTIMATE CONTROLLING PARTY**

The ultimate controlling party of the charity is the board of directors of the trustee company.

**LIFE ETERNAL TRUST (UK)**

England & Wales - Charity number 292011

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# Accounts

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Unaudited Financial Statements for the Year Ended 31 July 2022  
for  
Life Eternal Trust (UK)

Peter Upton  
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for the Year Ended 31 July 2022

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Life Eternal Trust (UK)

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### **Objectives and aims**

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It has always been one of the Charity's core activities to provide regular free classes in Sahaja Yoga techniques and the teachings of Shri Mataji Nirmala Devi. The classes are usually offered to the general public in community premises, across London and throughout the UK, and hosted by established practitioners of Sahaja Yoga (acting as unpaid volunteers). Under Covid-19 restrictions physical meetings were not possible, and the Charity's volunteers developed a comprehensive substitute programme of online classes. With Covid-19 restrictions now removed, most of the in-person Sahaja Yoga public classes have re-started, although in addition some online classes are still being conducted. An incidental benefit of online classes, compared with physical "local" meetings, is the absence of a geographical constraint on who can attend. The Charity continues to develop its online methods to advertise Sahaja Yoga meetings and to establish and maintain contact with people interested in Sahaja Yoga.

The Charity has resumed its programme of regular and repeat attendance at exhibitions and festivals, now that Covid-19 restrictions have been removed. Organisers of these events have for many years welcomed the Charity's participation, providing as it does the beneficial effects of Sahaja Yoga meditation for their show visitors, and had given the Charity favourable terms to carry forward bookings made pre-pandemic. In particular the London Ideal Home Show (March 2023) was, as in previous years, one of the Charity's more successful public-facing events.

The Charity has secured, for the eleventh consecutive year, a "Google Adwords" grant for publicising the Charity's meditation meetings. The value of the grant is \$120,000.

Further to obtaining the certificate of lawfulness for the Charity's use of its property at Bloxham Barn Farm, the Charity continues to make comprehensive building improvements. Local tradespeople are being engaged on various works and the Charity's volunteers are making a significant active contribution, thus saving costs. Works are funded by donations raised specifically for the purpose, to avoid financial impact on the Charity's other activities. As an example of the increasing use of the property that the Charity now enjoys, there will be a major international event in June 2023 at which the Charity will welcome to Bloxham Barn Farm more than 1,000 Sahaja Yoga practitioners, from the UK and over 25 other countries.

As a significant and symbolic example of international collaboration in advancing the common aims of the Charity and its sister organisation in Italy, the Charity's property in Cantalupo Ligure, Italy, acquired in June 2014, has been leased to Casa Madre Impresa Sociale Srl Ets (part of Fondazione Mondiale Shri Mataji Nirmala Devi Sahaja Yoga based in Cabella Ligure, Italy). Under the terms of a full repairing and insuring lease agreement, with peppercorn rent, entered into on 3rd April 2023, Casa Madre assumes responsibility for all expenditures related to the property and for compliance with all Italian national and regional requirements. It is considered that, under the management of Casa Madre, use of the property will continue to fulfil the aims and objectives of the Charity, to an even greater degree than hitherto.

The Charity has continued to provide funds for international education projects run by sister organisations in Italy and the Czech Republic, and financial support was given to the spreading of Sahaja Yoga internationally.

The Charity continues to take the necessary steps to fulfil its obligations under the General Data Protection Regulation.

### **Volunteers**

The charity relies solely on volunteers for its administration and its charitable work and has no paid employees.

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

Voluntary donation income from Sahaja Yoga practitioners, much of it as regular monthly standing orders, is used to provide the equipment and facilities necessary for Sahaja Yoga meetings and functions in the UK, and to give financial support to international activities as noted elsewhere in this report.

### **Charitable purposes and public benefit**

The directors of Life Eternal Trust (UK) Ltd have considered the requirements of the Charity Commission in relation to charitable purposes and public benefit, and are fully satisfied that the charity meets those requirements.

## **FINANCIAL REVIEW**

### **Principal Funding Sources**

It is a key tenet of the Charity that the knowledge and experience of Sahaja Yoga is always provided completely free of charge. Activities are financed by voluntary donations from Sahaja Yoga practitioners as the Charity does not raise donations from the general public.

### **Reserves policy**

At 31 July 2022 reserves totalled £2,142,651(2021 - £2,060,610), of which £922,036is restricted. Unrestricted reserves of £1,220,615 are to be used in line with the aims of the Charity as set down in the trust deed.

### **Review of the year**

Total incoming resources for the year amounted to £252,401 (2021 - £263,379). During the year, direct charitable expenditure was £170,360 (2021 - £122,794).

Net incoming resources for the year amounted to £82,041 (2021- £140,585). There is an accumulated balance on unrestricted funds of £1,220,615 as at 31 July 2022 (2021 - £1,231,065) and restricted funds totalled £922,036 (2021 - £829,545).

## **FUTURE PLANS**

The charity continues to have two main areas of focus. It will continue to spread the knowledge of Sahaja Yoga meditation, promoting spiritual health and wellbeing for all, through public meetings and events. Online classes, developed as a result of Covid-19 restrictions, will continue to be offered although on a limited scale. Furthermore, the charity will provide the means for Sahaja Yoga practitioners to deepen their spiritual development through participation in cultural activities.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The Charity is administered under a Trust deed dated 28 May 1985 as amended by further deeds dated 18 May 2000 and 29 February 2008. Life Eternal Trust (UK) is registered with the Charity Commission for England and Wales, number 292011.

### **Recruitment and appointment of new trustees**

The directors of Life Eternal Trust (UK) Limited bring their own personal and professional skills to bear when acting as trustees of the charity. They identify the mix of skills, knowledge and experience necessary for the efficient and effective operation of the charity and ensure that all needs are met, calling on external professional help as appropriate.

### **Organisational structure**

During the financial year reported on herein, the directors of Life Eternal Trust (UK) Ltd were responsible for setting strategies and policies for the Charity and for ensuring that these are implemented. The directors meet on a regular basis to review the work of the Charity and to deal with its detailed financial and administrative affairs. The directors of Life Eternal Trust (UK) Ltd have appointed a number of working groups to deal with the various areas of the Charity's activity such as publicity, education, social affairs, property, finance, and so on. Each working group includes at least one director of the trustee company.

### **Induction and training of trustees**

Directors of the trustee company who have held office for many years take care to share the knowledge they have acquired. Advice from the charity's advisers is fully reported to all trustee company directors, in particular the risk assessment procedures recommended by the charity's insurance broker. The trustee directors recognise the need to assess whether any training might be required in order to improve the way they manage the charity.

### **Wider network**

The charity cooperates with organisations in other countries having the same aims and objectives. In particular, the charity supports the Shri Mataji Nirmala Devi Sahaja Yoga World Foundation based in Cabella Ligure, Italy, and Nirmal Intellectual Property Corporation in the USA which is responsible for the preservation and distribution of the recorded teachings of Shri Mataji Nirmala Devi.

Life Eternal Trust (UK)

Report of the Trustees  
for the Year Ended 31 July 2022

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

292011

**Principal address**

14 Essex Road  
Enfield  
EN2 6TZ

**Trustees**

**Directors of the trustee company**

Alison Bauzys  
Sheng-Chia Chung  
John James Glover  
Geoffrey Godfrey  
Victoria Raie Halperin  
Raymond Philip Harris  
Alan Henderson (resigned 15.03.2023)  
Stephen James Martin  
Dr Zafar Iqbal Rashid  
Dr Sarah Loveday Setchell

**Independent Examiner**

Peter Upton FCA CTA  
Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

**Solicitors**

Stone King LLP  
Boundary house  
91 Charterhouse Street  
London  
EC1M 6HR

**Bankers**

National Westminster Bank Plc  
PO Box 3AW  
104 Tottenham Court Road  
London  
W1A 3AW

Approved by order of the board of trustees on 26th May 2023

and signed on its behalf by:

.....  
Stephen James Martin - Trustee

**Independent examiner's report to the trustees of Life Eternal Trust (UK)**

I report to the charity trustees on my examination of the accounts of Life Eternal Trust (UK) (the Trust) for the year ended 31 July 2022.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Peter Upton FCA CTA

Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

Date: .....

Life Eternal Trust (UK)

Statement of Financial Activities  
for the Year Ended 31 July 2022

	Notes	Unrestricted fund £	Restricted funds £	31.7.22 Total funds £	31.7.21 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		171,669	74,286	245,955	263,361
Other income		322	6,124	6,446	18
<b>Total</b>		<u>171,991</u>	<u>80,410</u>	<u>252,401</u>	<u>263,379</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Events and meetings		122,674	-	122,674	73,723
National Centre - Bloxham Barn Farm		30,897	-	30,897	32,458
Sheffield Centre		-	-	-	(818)
Italian Centre		-	16,789	16,789	17,431
<b>Total</b>		<u>153,571</u>	<u>16,789</u>	<u>170,360</u>	<u>122,794</u>
<b>NET INCOME</b>		18,420	63,621	82,041	140,585
<b>Transfers between funds</b>	10	<u>(28,870)</u>	<u>28,870</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<u>(10,450)</u>	<u>92,491</u>	<u>82,041</u>	<u>140,585</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		1,231,065	829,545	2,060,610	1,920,025
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>1,220,615</u></u>	<u><u>922,036</u></u>	<u><u>2,142,651</u></u>	<u><u>2,060,610</u></u>

Life Eternal Trust (UK)

Balance Sheet

31 July 2022

	Notes	Unrestricted fund £	Restricted funds £	31.7.22 Total funds £	31.7.21 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	4	1,765,712	622,859	2,388,571	2,315,034
<b>CURRENT ASSETS</b>					
Debtors	5	56,517	-	56,517	93,737
Cash at bank		1	227,165	227,166	300,422
		<u>56,518</u>	<u>227,165</u>	<u>283,683</u>	<u>394,159</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	(279,445)	72,012	(207,433)	(271,781)
		<u>(222,927)</u>	<u>299,177</u>	<u>76,250</u>	<u>122,378</u>
<b>NET CURRENT ASSETS</b>					
		<u>1,542,785</u>	<u>922,036</u>	<u>2,464,821</u>	<u>2,437,412</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
<b>CREDITORS</b>					
Amounts falling due after more than one year	7	(322,170)	-	(322,170)	(376,802)
		<u>1,220,615</u>	<u>922,036</u>	<u>2,142,651</u>	<u>2,060,610</u>
<b>NET ASSETS</b>					
<b>FUNDS</b>					
	10			1,220,615	1,231,065
Unrestricted funds				922,036	829,545
Restricted funds				<u>2,142,651</u>	<u>2,060,610</u>
<b>TOTAL FUNDS</b>					

The financial statements were approved by the Board of Trustees and authorised for issue on . 26th May 2023  
signed on its behalf by:

and were

.....  
Sarah Loveday Setchell - Trustee

## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 25% on cost

Freehold buildings are not depreciated as the directors believe that the estimated residual value is not materially different to the carrying value of the buildings. The directors claim exemption under the SORP from the requirement that these assets are subject to an annual impairment review, but will carry out such a review when there is some indication that the recoverable amount of the asset falls below its net book value. Land is not depreciated.

### **Taxation**

The charity is exempt from tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

### **Financial instruments**

The company only has financial assets and liabilities of a kind that qualify as basic financial instruments, which are initially recognised at transaction value and subsequently measured at their settlement value.

## 2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 July 2022 nor for the year ended 31 July 2021.

### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 July 2022 nor for the year ended 31 July 2021.

Notes to the Financial Statements - continued  
for the Year Ended 31 July 2022

**3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	155,224	108,137	263,361
Other income	16	2	18
<b>Total</b>	<u>155,240</u>	<u>108,139</u>	<u>263,379</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Events and meetings	73,723	-	73,723
National Centre - Bloxham Barn Farm	45,166	(12,708)	32,458
Sheffield Centre	(818)	-	(818)
Italian Centre	-	17,431	17,431
<b>Total</b>	<u>118,071</u>	<u>4,723</u>	<u>122,794</u>
<b>NET INCOME</b>	37,169	103,416	140,585
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	1,193,896	726,129	1,920,025
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>1,231,065</u></u>	<u><u>829,545</u></u>	<u><u>2,060,610</u></u>

**4. TANGIBLE FIXED ASSETS**

	Freehold property £	Fixtures and fittings £	Totals £
<b>COST</b>			
At 1 August 2021	2,517,639	21,117	2,538,756
Additions	84,993	1,845	86,838
Disposals	(9,271)	(2,027)	(11,298)
At 31 July 2022	<u>2,593,361</u>	<u>20,935</u>	<u>2,614,296</u>
<b>DEPRECIATION</b>			
At 1 August 2021	214,000	9,722	223,722
Charge for year	-	4,030	4,030
Eliminated on disposal	-	(2,027)	(2,027)
At 31 July 2022	<u>214,000</u>	<u>11,725</u>	<u>225,725</u>
<b>NET BOOK VALUE</b>			
At 31 July 2022	<u><u>2,379,361</u></u>	<u><u>9,210</u></u>	<u><u>2,388,571</u></u>
At 31 July 2021	<u><u>2,303,639</u></u>	<u><u>11,395</u></u>	<u><u>2,315,034</u></u>

The last independent professional valuation of the property was carried out in March 2010 and was considered to be in the region of £1,600,000. The directors consider that in the light of improvement expenditure and current market conditions, the market value at the year end is not significantly different from net book value, and there are no indications of further impairment.

Notes to the Financial Statements - continued  
for the Year Ended 31 July 2022

**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.7.22	31.7.21
	£	£
Other debtors	56,517	93,737
	<u>          </u>	<u>          </u>

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.7.22	31.7.21
	£	£
Bank loans and overdrafts (see note 8)	49,313	21,000
Other loans (see note 8)	25,000	55,000
Trade creditors	16,063	48,448
Other creditors	89,757	80,130
Accruals and deferred income	27,300	67,203
	<u>          </u>	<u>          </u>
	<u>207,433</u>	<u>271,781</u>

**7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	31.7.22	31.7.21
	£	£
Bank loans (see note 8)	322,170	376,802
	<u>          </u>	<u>          </u>

The mortgage is from National Westminster Bank plc for a term of 5 years and was re-negotiated in August 2018 and is being repaid on a capital and interest basis.

**8. LOANS**

An analysis of the maturity of loans is given below:

	31.7.22	31.7.21
	£	£
Amounts falling due within one year on demand:		
Bank loans	49,313	21,000
Interest free facilities loans	25,000	55,000
	<u>          </u>	<u>          </u>
	<u>74,313</u>	<u>76,000</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	322,170	376,802
	<u>          </u>	<u>          </u>

**9. SECURED DEBTS**

The following secured debts are included within creditors:

	31.7.22	31.7.21
	£	£
Bank loans	371,483	397,802
	<u>          </u>	<u>          </u>

The mortgage from NatWest is secured by a legal charge over Bloxham Barn Farm dated 19 July 2010.

Notes to the Financial Statements - continued  
for the Year Ended 31 July 2022

**10. MOVEMENT IN FUNDS**

	At 1.8.21 £	Net movement in funds £	Transfers between funds £	At 31.7.22 £
<b>Unrestricted funds</b>				
General fund	1,231,065	18,420	(28,870)	1,220,615
<b>Restricted funds</b>				
London Centre	-	12	28,870	28,882
Farm mortgage initiative	259,083	63,610	-	322,693
Italian Centre	398,411	(1)	-	398,410
Farm Improvements Project	172,051	-	-	172,051
	<u>829,545</u>	<u>63,621</u>	<u>28,870</u>	<u>922,036</u>
<b>TOTAL FUNDS</b>	<u>2,060,610</u>	<u>82,041</u>	<u>-</u>	<u>2,142,651</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	171,991	(153,571)	18,420
<b>Restricted funds</b>			
London Centre	12	-	12
Farm mortgage initiative	63,610	-	63,610
Italian Centre	16,788	(16,789)	(1)
	<u>80,410</u>	<u>(16,789)</u>	<u>63,621</u>
<b>TOTAL FUNDS</b>	<u>252,401</u>	<u>(170,360)</u>	<u>82,041</u>

**Comparatives for movement in funds**

	At 1.8.20 £	Net movement in funds £	Transfers between funds £	At 31.7.21 £
<b>Unrestricted funds</b>				
General fund	1,193,896	37,169	-	1,231,065
<b>Restricted funds</b>				
Farm mortgage initiative	259,083	112,686	(112,686)	259,083
Italian Centre	407,681	(9,270)	-	398,411
Farm Improvements Project	59,365	-	112,686	172,051
	<u>726,129</u>	<u>103,416</u>	<u>-</u>	<u>829,545</u>
<b>TOTAL FUNDS</b>	<u>1,920,025</u>	<u>140,585</u>	<u>-</u>	<u>2,060,610</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 July 2022

**10. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	155,240	(118,071)	37,169
<b>Restricted funds</b>			
Farm mortgage initiative	99,978	12,708	112,686
Italian Centre	8,161	(17,431)	(9,270)
	<u>108,139</u>	<u>(4,723)</u>	<u>103,416</u>
<b>TOTAL FUNDS</b>	<u>263,379</u>	<u>(122,794)</u>	<u>140,585</u>

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 July 2022 or 31 July 2021.

**12. ULTIMATE CONTROLLING PARTY**

The ultimate controlling party of the charity is the board of directors of the trustee company.

**LIFE ETERNAL TRUST (UK)**

England & Wales - Charity number 292011

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# Accounts

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Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 July 2021  
for  
Life Eternal Trust (UK)

Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

Life Eternal Trust (UK)

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for the Year Ended 31 July 2021

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## Life Eternal Trust (UK)

### Report of the Trustees for the Year Ended 31 July 2021

The directors of the trustee company present their report with the financial statements of the charity for the year ended 31 July 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Life Eternal Trust (UK) - LET(UK) - began operating in 1985. The Charity's activities involve the dissemination of knowledge promoting spiritual health and wellbeing, and in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi.

Life Eternal Trust (UK) Limited, a company limited by guarantee, registered in England and Wales company number 06534285, is the sole trustee of Life Eternal Trust (UK). The Directors of the company are listed below and the Company Secretary is Stephen Martin.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

The aims of the charity are as set out in the trust deed and centre on the dissemination of knowledge which promotes and actualises physical, mental, emotional and spiritual health, balance and well-being. This knowledge comprises in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi, which constitute "Vishwa Nirmala Dharma" (Universal Pure Religion) - the synthesis and integration of the world's major religions. The charity promotes the idea and practice of "Sahaja Dharma" as a model for a tolerant and spiritually-centred way of life. The charity seeks to advance education throughout the world and fosters the understanding and practice of music, arts and crafts from different cultures.

### **Significant activities**

It has always been one of the Charity's core activities to provide regular free classes in Sahaja Yoga techniques and the teachings of Shri Mataji Nirmala Devi. The classes are usually offered to the general public in community premises, across London and throughout the UK, and hosted by established practitioners of Sahaja Yoga (acting as unpaid volunteers). Covid-19 restrictions prevented such physical meetings and the Charity's volunteers developed a comprehensive substitute programme of online classes.

Although online classes lack the in situ person-to-person interaction which is so important in welcoming new practitioners and sharing with them the techniques and benefits of Sahaja Yoga meditation, the Charity's volunteers did successfully adapt their individual techniques to enable virtual classes to provide a worthwhile provisional replacement for in-person meetings. One incidental benefit of online classes, compared with physical "local" meetings, has been the absence of geographical constraint on those who can attend. Increasingly in recent years the Charity has used online methods to advertise Sahaja Yoga meetings and to establish and maintain contact with people interested in Sahaja Yoga, and the techniques learned have been put to good use in managing the new type of online classes. Many of the physical local meetings are now being re-started, in London and other parts of the UK.

Whilst Covid-19 restrictions were in place, the Charity had to suspend its programme of regular and repeat attendance at exhibitions and festivals. Organisers of these events had for many years welcomed the Charity's participation, providing as it does the beneficial effects of Sahaja Yoga meditation for their show visitors, and had given the Charity favourable terms to carry forward bookings made pre-pandemic. The Charity has in the last few months re-started participation in events, in particular the London Ideal Home Show (March 2022) which has always been one of the Charity's more successful public-facing events

The Charity has secured, for the tenth consecutive year, a "Google Adwords" grant for publicising the Charity's meditation meetings. The value of the grant is \$120,000.

After obtaining the certificate of lawfulness for the Charity's use of its property at Bloxham Barn Farm, the Charity has carried out comprehensive building improvements. Two significant contracts have been completed, and local tradespeople are being engaged on the various works needed to complete the project. The Charity decided that the improvements should be funded by donations raised specifically for the purpose, to avoid financial impact on the Charity's other activities. The Charity's volunteers are making a significant active contribution, thus saving costs.

The Charity's property in Cantalupo Ligure, Italy, acquired in June 2014, continues to be available for meditation and cultural events, in furtherance of the aims of the Charity. Use of the venue, and associated donation income, was much reduced owing to Covid-19 restrictions, but is now increasing following the easing of restrictions. Any shortfall after meeting maintenance and other running costs is covered by a substantial restricted reserve fund held by the Charity. The local volunteer manager of the Centre reports regularly to the Charity

The Charity has continued to provide funds for international education projects run by sister organisations in Italy and the Czech Republic, and financial support was given to the spreading of Sahaja Yoga internationally.

The Charity continues to take the necessary steps to fulfil its obligations under the General Data Protection Regulation.

Life Eternal Trust (UK)

Report of the Trustees  
for the Year Ended 31 July 2021

## **OBJECTIVES AND ACTIVITIES**

### **Volunteers**

The charity relies solely on volunteers for its administration and its charitable work and has no paid employees.

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

Voluntary donation income from Sahaja Yoga practitioners, much of it as regular monthly standing orders, is used to provide the equipment and facilities necessary for Sahaja Yoga meetings and functions in the UK, and to give financial support to international activities as noted elsewhere in this report.

### **Charitable purposes and public benefit**

The directors of Life Eternal Trust (UK) Ltd have considered the requirements of the Charity Commission in relation to charitable purposes and public benefit, and are fully satisfied that the charity meets those requirements.

## **FINANCIAL REVIEW**

### **Principal Funding Sources**

It is a key tenet of the Charity that the knowledge and experience of Sahaja Yoga is always provided completely free of charge. Activities are financed by voluntary donations from Sahaja Yoga practitioners as the Charity does not raise donations from the general public.

### **Reserves policy**

At 31 July 2021 reserves totalled £2,060,610 (2020 - £1,920,025), of which £829,545 is restricted. Unrestricted reserves of £1,231,065 are to be used in line with the aims of the Charity as set down in the trust deed.

### **Review of the year**

Total incoming resources for the year amounted to £263,379 (2020 - £290,618). During the year, direct charitable expenditure was £122,794 (2020 - £209,289).

Net incoming resources for the year amounted to £140,585 (2020- £81,329). There is an accumulated balance on unrestricted funds of £1,231,065 as at 31 July 2021 (2020 - £1,193,896) and restricted funds totalled £829,545 (2020 - £726,129).

## **FUTURE PLANS**

The charity continues to have two main areas of focus. It will continue to spread the knowledge of Sahaja Yoga meditation, promoting spiritual health and wellbeing for all, through public meetings and events. Of necessity, during a period of restrictions on social gatherings, greater emphasis will be given to online classes. Furthermore, the charity will provide the means for Sahaja Yoga practitioners to deepen their spiritual development through participation in cultural activities.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The Charity is administered under a Trust deed dated 28 May 1985 as amended by further deeds dated 18 May 2000 and 29 February 2008. Life Eternal Trust (UK) is registered with the Charity Commission for England and Wales, number 292011.

### **Recruitment and appointment of new trustees**

The directors of Life Eternal Trust (UK) Limited bring their own personal and professional skills to bear when acting as trustees of the charity. They identify the mix of skills, knowledge and experience necessary for the efficient and effective operation of the charity and ensure that all needs are met, calling on external professional help as appropriate.

### **Organisational structure**

During the financial year reported on herein, the directors of Life Eternal Trust (UK) Ltd were responsible for setting strategies and policies for the Charity and for ensuring that these are implemented. The directors meet on a regular basis to review the work of the Charity and to deal with its detailed financial and administrative affairs. Meetings are in-person whenever possible, but, under Covid-19 restrictions, have of necessity been online. The directors of Life Eternal Trust (UK) Ltd have appointed a number of working groups to deal with the various areas of the Charity's activity such as publicity, education, social affairs, property, finance, and so on. Each working group includes at least one director of the trustee company.

### **Induction and training of trustees**

Directors of the trustee company who have held office for many years take care to share the knowledge they have acquired. Advice from the charity's advisers is fully reported to all trustee company directors, in particular the risk assessment procedures recommended by the charity's insurance broker. The trustee directors recognise the need to assess whether any training might be required in order to improve the way they manage the charity.

Life Eternal Trust (UK)

Report of the Trustees  
for the Year Ended 31 July 2021

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Wider network**

The charity cooperates with organisations in other countries having the same aims and objectives. In particular, the charity supports the Shri Mataji Nirmala Devi Sahaja Yoga World Foundation based in Cabella Ligure, Italy, and Nirmal Intellectual Property Corporation in the USA which is responsible for the preservation and distribution of the recorded teachings of Shri Mataji Nirmala Devi.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Charity number**

292011

### **Principal address**

14 Essex Road  
Enfield  
EN2 6TZ

### **Trustees**

#### **Directors of the trustee company**

Alison Bauzys  
Sheng-Chia Chung  
John James Glover  
Geoffrey Godfrey  
Victoria Raie Halperin  
Raymond Philip Harris  
Alan Henderson  
Stephen James Martin  
Helen Ann Miller (resigned 01.03.2021)  
Dr Zafar Iqbal Rashid  
Dr Sarah Loveday Setchell

### **Independent Examiner**

Peter Upton FCA CTA  
Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

### **Solicitors**

Stone King LLP  
Boundary house  
91 Charterhouse Street  
London  
EC1M 6HR

### **Bankers**

National Westminster Bank Plc  
PO Box 3AW  
104 Tottenham Court Road  
London  
W1A 3AW

Approved by order of the board of trustees on 27th May 2022 and signed on its behalf by:

.....  
Stephen James Martin  
Director of the Trustee Company

Independent Examiner's Report to the Trustees of  
Life Eternal Trust (UK)

**Independent examiner's report to the trustees of Life Eternal Trust (UK)**

I report to the charity trustees on my examination of the accounts of Life Eternal Trust (UK) (the Trust) for the year ended 31 July 2021.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of \_ which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Peter Upton FCA CTA  
Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

Date: .....

Life Eternal Trust (UK)

Statement of Financial Activities  
for the Year Ended 31 July 2021

	Notes	Unrestricted fund £	Restricted funds £	31.7.21 Total funds £	31.7.20 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		155,224	108,137	263,361	288,733
Other income		16	2	18	1,885
<b>Total</b>		<u>155,240</u>	<u>108,139</u>	<u>263,379</u>	<u>290,618</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Events and meetings		73,723	-	73,723	106,347
National Centre - Bloxham Barn Farm		45,166	(12,708)	32,458	75,027
Sheffield Centre		(818)	-	(818)	(200)
Italian Centre		-	17,431	17,431	28,115
<b>Total</b>		<u>118,071</u>	<u>4,723</u>	<u>122,794</u>	<u>209,289</u>
<b>NET INCOME</b>		<u>37,169</u>	<u>103,416</u>	<u>140,585</u>	<u>81,329</u>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>1,193,896</u>	<u>726,129</u>	<u>1,920,025</u>	<u>1,838,696</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>1,231,065</u></u>	<u><u>829,545</u></u>	<u><u>2,060,610</u></u>	<u><u>1,920,025</u></u>

The notes form part of these financial statements

Life Eternal Trust (UK)

Balance Sheet

31 July 2021

	Notes	Unrestricted fund £	Restricted funds £	31.7.21 Total funds £	31.7.20 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	4	1,725,688	589,346	2,315,034	2,145,427
<b>CURRENT ASSETS</b>					
Debtors	5	93,737	-	93,737	62,690
Cash at bank		50,953	249,469	300,422	205,467
		<u>144,690</u>	<u>249,469</u>	<u>394,159</u>	<u>268,157</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	(262,511)	(9,270)	(271,781)	(89,733)
		<u>(117,821)</u>	<u>240,199</u>	<u>122,378</u>	<u>178,424</u>
<b>NET CURRENT ASSETS</b>					
		<u>1,607,867</u>	<u>829,545</u>	<u>2,437,412</u>	<u>2,323,851</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
<b>CREDITORS</b>					
Amounts falling due after more than one year	7	(376,802)	-	(376,802)	(403,826)
		<u>1,231,065</u>	<u>829,545</u>	<u>2,060,610</u>	<u>1,920,025</u>
<b>NET ASSETS</b>					
		<u>1,231,065</u>	<u>829,545</u>	<u>2,060,610</u>	<u>1,920,025</u>
<b>FUNDS</b>	10				
Unrestricted funds				1,231,065	1,193,896
Restricted funds				829,545	726,129
<b>TOTAL FUNDS</b>				<u>2,060,610</u>	<u>1,920,025</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 27th May 2022 and were signed on its behalf by:

.....  
Dr Sarah Loveday Setchell  
Director of the Trustee Company

The notes form part of these financial statements



2. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 July 2021 nor for the year ended 31 July 2020.

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	188,545	100,188	288,733
Other income	1,885	-	1,885
<b>Total</b>	<b>190,430</b>	<b>100,188</b>	<b>290,618</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Events and meetings	106,347	-	106,347
National Centre - Bloxham Barn Farm	62,319	12,708	75,027
Sheffield Centre	(200)	-	(200)
Italian Centre	-	28,115	28,115
<b>Total</b>	<b>168,466</b>	<b>40,823</b>	<b>209,289</b>
<b>NET INCOME</b>	<b>21,964</b>	<b>59,365</b>	<b>81,329</b>
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	<b>1,171,932</b>	<b>666,764</b>	<b>1,838,696</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>1,193,896</b>	<b>726,129</b>	<b>1,920,025</b>

**4. TANGIBLE FIXED ASSETS**

	Freehold property £	Fixtures and fittings £	Totals £
<b>COST</b>			
At 1 August 2020	2,345,693	19,365	2,365,058
Additions	171,946	1,752	173,698
	<hr/>	<hr/>	<hr/>
At 31 July 2021	2,517,639	21,117	2,538,756
	<hr/>	<hr/>	<hr/>
<b>DEPRECIATION</b>			
At 1 August 2020	214,000	5,631	219,631
Charge for year	-	4,091	4,091
	<hr/>	<hr/>	<hr/>
At 31 July 2021	214,000	9,722	223,722
	<hr/>	<hr/>	<hr/>
<b>NET BOOK VALUE</b>			
At 31 July 2021	2,303,639	11,395	2,315,034
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 July 2020	2,131,693	13,734	2,145,427
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The last independent professional valuation of the property was carried out in March 2010 and was considered to be in the region of £1,600,000. The directors consider that in the light of improvement expenditure and current market conditions, the market value at the year end is not significantly different from net book value, and there are no indications of further impairment.

**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.7.21	31.7.20
	£	£
Other debtors	93,737	62,690
	<hr/> <hr/>	<hr/> <hr/>

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.7.21	31.7.20
	£	£
Bank loans and overdrafts (see note 8)	21,000	21,000
Trade creditors	48,448	23,459
Other creditors	202,333	45,274
	<hr/>	<hr/>
	271,781	89,733
	<hr/> <hr/>	<hr/> <hr/>

Life Eternal Trust (UK)

Notes to the Financial Statements - continued  
for the Year Ended 31 July 2021

7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.7.21	31.7.20
	£	£
Bank loans (see note 8)	376,802	403,826
	<u>          </u>	<u>          </u>

The mortgage is from National Westminster Bank plc for a term of 5 years and was re-negotiated in August 2018 and is being repaid on a capital and interest basis.

8. LOANS

An analysis of the maturity of loans is given below:

	31.7.21	31.7.20
	£	£
Amounts falling due within one year on demand:		
Bank loans	21,000	21,000
Other loans - three interest-free facilities	55,000	-
	<u>          </u>	<u>          </u>
	76,000	21,000
	<u>          </u>	<u>          </u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	376,802	403,826
	<u>          </u>	<u>          </u>

9. SECURED DEBTS

The following secured debts are included within creditors:

	31.7.21	31.7.20
	£	£
Bank loans	397,802	424,826
	<u>          </u>	<u>          </u>

The mortgage from NatWest is secured by a legal charge over Bloxham Barn Farm dated 19 July 2010.

10. MOVEMENT IN FUNDS

	At 1.8.20	Net movement in funds	Transfers between funds	At 31.7.21
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	1,193,896	37,169	-	1,231,065
<b>Restricted funds</b>				
Farm mortgage initiative	259,083	112,686	(112,686)	259,083
Italian Centre	407,681	(9,270)	-	398,411
Farm Improvements Project	59,365	-	112,686	172,051
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	726,129	103,416	-	829,545
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<u>1,920,025</u>	<u>140,585</u>	<u>-</u>	<u>2,060,610</u>

**10. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	155,240	(118,071)	37,169
<b>Restricted funds</b>			
Farm mortgage initiative	99,978	12,708	112,686
Italian Centre	8,161	(17,431)	(9,270)
	<u>108,139</u>	<u>(4,723)</u>	<u>103,416</u>
<b>TOTAL FUNDS</b>	<u><u>263,379</u></u>	<u><u>(122,794)</u></u>	<u><u>140,585</u></u>

**Comparatives for movement in funds**

	At 1.8.19 £	Net movement in funds £	At 31.7.20 £
<b>Unrestricted funds</b>			
General fund	1,171,932	21,964	1,193,896
<b>Restricted funds</b>			
Farm mortgage initiative	199,718	59,365	259,083
Italian Centre	407,681	-	407,681
Farm Improvements Project	59,365	-	59,365
	<u>666,764</u>	<u>59,365</u>	<u>726,129</u>
<b>TOTAL FUNDS</b>	<u><u>1,838,696</u></u>	<u><u>81,329</u></u>	<u><u>1,920,025</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	190,430	(168,466)	21,964
<b>Restricted funds</b>			
Farm mortgage initiative	72,073	(12,708)	59,365
Italian Centre	28,115	(28,115)	-
	<u>100,188</u>	<u>(40,823)</u>	<u>59,365</u>
<b>TOTAL FUNDS</b>	<u><u>290,618</u></u>	<u><u>(209,289)</u></u>	<u><u>81,329</u></u>

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 July 2021 or 31 July 2020.

**12. ULTIMATE CONTROLLING PARTY**

The ultimate controlling party of the charity is the board of directors of the trustee company.

**LIFE ETERNAL TRUST (UK)**

England & Wales - Charity number 292011

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# Accounts

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**REGISTERED CHARITY NUMBER: 292011**

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 July 2020  
for  
Life Eternal Trust (UK)

Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

Life Eternal Trust (UK)

Contents of the Financial Statements  
for the Year Ended 31 July 2020

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Life Eternal Trust (UK)

Report of the Trustees  
for the Year Ended 31 July 2020

The directors of the trustee company present their report with the financial statements of the charity for the year ended 31 July 2019. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Life Eternal Trust (UK) - LET(UK) - began operating in 1985. The Charity's activities involve the dissemination of knowledge promoting spiritual health and wellbeing, and in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi.

Life Eternal Trust (UK) Limited, a company limited by guarantee, registered in England and Wales company number 06534285, is the sole trustee of Life Eternal Trust (UK). The Directors of the company are listed below and the Company Secretary is Stephen Martin.

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The aims of the charity are as set out in the trust deed and centre on the dissemination of knowledge which promotes and actualises physical, mental, emotional and spiritual health, balance and well-being. This knowledge comprises in particular the techniques of Sahaja Yoga meditation and the teachings of Shri Mataji Nirmala Devi, which constitute "Vishwa Nirmala Dharma" (Universal Pure Religion) - the synthesis and integration of the world's major religions. The charity promotes the idea and practice of "Sahaja Dharma" as a model for a tolerant and spiritually-centred way of life. The charity seeks to advance education throughout the world and fosters the understanding and practice of music, arts and crafts from different cultures.

## **OBJECTIVES AND ACTIVITIES**

### **Significant activities**

It has always been one of the Charity's core activities to provide regular free classes in Sahaja Yoga techniques and the teachings of Shri Mataji Nirmala Devi. The classes are usually offered to the general public in community premises, across London and throughout the UK, and hosted by established practitioners of Sahaja Yoga (acting as unpaid volunteers). Owing to Covid-19 restrictions in the past year, such physical meetings have not been possible and the Charity's volunteers have developed a comprehensive substitute programme of online classes.

Although online classes lack the face-to-face interaction which is so important in welcoming new practitioners and sharing with them the techniques and benefits of Sahaja Yoga meditation, the Charity's volunteers have successfully adapted their individual techniques to enable virtual classes to provide a worthwhile temporary replacement for in-person meetings. One incidental benefit of online classes, compared with physical "local" meetings, is the absence of geographical constraint on those who can attend. Increasingly in recent years the Charity has used online methods to advertise Sahaja Yoga meetings and to establish and maintain contact with people interested in Sahaja Yoga, and the techniques learned have been put to good use in managing the new type of online classes.

Owing to Covid-19 restrictions it has been necessary for the Charity to suspend its programme of regular and repeat attendance at exhibitions and festivals. Organisers of these events welcome the Charity's participation, providing as it does the beneficial effects of Sahaja Yoga meditation for their show visitors, and have given the Charity favourable terms to carry bookings forward to future events.

A two-week programme of advertising on London buses was arranged for May 2020. However, following concerns over lack of buses and foot traffic on London streets at that time, and after considerable discussion with London Transport and their agents, the advertising was re-scheduled for August 2020, with the special terms negotiated earlier being maintained.

The Charity has secured, for the ninth consecutive year, a "Google Adwords" grant for publicising the Charity's meditation meetings. The value of the grant is \$120,000.

The certificate of lawfulness obtained for the Charity's use of its property at Bloxham Barn Farm will, in due course, enable the Charity to carry out a wider range of its activities at the premises. Comprehensive building improvements have been planned, designed and costed, and contractors started work on site in late 2020. The Charity decided that the improvements should be managed in phases and funded by donations raised specifically for the purpose, and this income already covers the majority of the works, without significant impact on the Charity's other income.

The Charity's property in Cantalupo Ligure, Italy, acquired in June 2014, continues to be available for meditation and cultural events, in furtherance of the aims of the Charity. Use of the venue, and associated donation income, has been much reduced owing to Covid-19 restrictions. Any shortfall after meeting maintenance and other running costs is covered by a substantial restricted reserve fund held by the Charity. The local volunteer manager of the Centre reports regularly to the Charity.

The Charity has continued to provide funds for international education projects run by sister organisations in Italy and the Czech Republic, and financial support was given to the spreading of Sahaja Yoga internationally.

The Charity's collaboration with the international Inner Peace programme, reported in previous years, has been discontinued. It had been a minor part of the Charity's overall activity.

The Charity continues to take the necessary steps to fulfil its obligations under the General Data Protection Regulation.

### **Volunteers**

The charity relies solely on volunteers for its administration and its charitable work and has no paid employees.

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

Voluntary donation income from Sahaja Yoga practitioners, much of it as regular monthly standing orders, is used to provide the equipment and facilities necessary for Sahaja Yoga meetings and functions in the UK, and to give financial support to international activities as noted elsewhere in this report.

### **Charitable purposes and public benefit**

The directors of Life Eternal Trust (UK) Ltd have considered the requirements of the Charity Commission in relation to charitable purposes and public benefit, and are fully satisfied that the charity meets those requirements.

## Life Eternal Trust (UK)

### Report of the Trustees for the Year Ended 31 July 2020

#### **FINANCIAL REVIEW**

##### **Principal Funding Sources**

It is a key tenet of the Charity that the knowledge and experience of Sahaja Yoga is always provided completely free of charge. Activities are financed by voluntary donations from Sahaja Yoga practitioners as the Charity does not raise donations from the general public.

##### **Reserves policy**

At 31 July 2020 reserves totalled £1,920,025 (2019 - £1,838,696), of which £726,129 is restricted. Unrestricted reserves of £1,193,896 are to be used in line with the aims of the Charity as set down in the trust deed.

##### **Review of the year**

Total incoming resources for the year amounted to £290,618 (2019 - £339,131). During the year, direct charitable expenditure was £209,289 (2019 - £302,040).

Net incoming resources for the year amounted to £81,329 (2019- £37,091). There is an accumulated balance on unrestricted funds of £1,193,896 as at 31 July 2020 (2019 - £1,171,932) and restricted funds totalled £726,129 (2019 - £666,764).

#### **FUTURE PLANS**

The charity continues to have two main areas of focus. It will continue to spread the knowledge of Sahaja Yoga meditation, promoting spiritual health and wellbeing for all, through public meetings and events. Of necessity, during a period of restrictions on social gatherings, greater emphasis will be given to online classes. Furthermore, the charity will provide the means for Sahaja Yoga practitioners to deepen their spiritual development through participation in cultural activities.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Charity is administered under a Trust deed dated 28 May 1985 as amended by further deeds dated 18 May 2000 and 29 February 2008. Life Eternal Trust (UK) is registered with the Charity Commission for England and Wales, number 292011.

##### **Recruitment and appointment of new trustees**

The directors of Life Eternal Trust (UK) Limited bring their own personal and professional skills to bear when acting as trustees of the charity. They identify the mix of skills, knowledge and experience necessary for the efficient and effective operation of the charity and ensure that all needs are met, calling on external professional help as appropriate.

##### **Organisational structure**

During the financial year reported on herein, the directors of Life Eternal Trust (UK) Ltd were responsible for setting strategies and policies for the Charity and for ensuring that these are implemented. The directors meet on a regular basis to review the work of the Charity and to deal with its detailed financial and administrative affairs. Meetings are in-person whenever possible, but, under Covid-19 restrictions, have of necessity been online. The directors of Life Eternal Trust (UK) Ltd have appointed a number of working groups to deal with the various areas of the Charity's activity such as publicity, education, social affairs, property, finance, and so on. Each working group includes at least one director of

##### **Induction and training of trustees**

Directors of the trustee company who have held office for many years take care to share the knowledge they have acquired. Advice from the charity's advisers is fully reported to all trustee company directors, in particular the risk assessment procedures recommended by the charity's insurance broker. The trustee directors recognise the need to assess whether any training might be required in order to improve the way they manage the charity.

##### **Wider network**

The charity cooperates with organisations in other countries having the same aims and objectives. In particular, the charity supports the Shri Mataji Nirmala Devi Sahaja Yoga World Foundation based in Cabella Ligure, Italy, and Nirmal Intellectual Property Corporation in the USA which is responsible for the preservation and distribution of the recorded teachings of Shri Mataji Nirmala Devi.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

292011

##### **Principal address**

14 Essex Road  
Enfield  
EN2 6TZ

Life Eternal Trust (UK)

Report of the Trustees  
for the Year Ended 31 July 2020

**Trustees**

**Directors of the trustee company**

Alison Bauzys (appointed 12.02.2020)  
Sheng-Chia Chung  
John James Glover  
Geoffrey Godfrey  
Victoria Raie Halperin  
Raymond Philip Harris  
Alan Henderson  
Stephen James Martin  
Helen Ann Miller (resigned 01.03.2021)  
Dr Zafar Iqbal Rashid  
Dr Sarah Loveday Setchell

**Independent Examiner**

Peter Upton FCA CTA  
Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

**Solicitors**

Stone King LLP  
Boundary house  
91 Charterhouse Street  
London  
EC1M 6HR

**Bankers**

National Westminster Bank Plc  
PO Box 3AW  
104 Tottenham Court Road  
London  
W1A 3AW

Approved by order of the board of trustees on .....25th May 2021..... and signed on its behalf by:

.....  
Stephen James Martin - Trustee

Independent Examiner's Report to the Trustees of  
Life Eternal Trust (UK)

**Independent examiner's report to the trustees of Life Eternal Trust (UK)**

I report to the charity trustees on my examination of the accounts of Life Eternal Trust (UK) (the Trust) for the year ended 31 July 2020.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of \_ which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Peter Upton FCA CTA  
Peter Upton  
Bridge House  
2 Bridge Avenue  
Maidenhead  
Berkshire  
SL6 1RR

Date: .....

Life Eternal Trust (UK)

Statement of Financial Activities  
for the Year Ended 31 July 2020

	Notes	Unrestricted fund £	Restricted funds £	31.7.20 Total funds £	31.7.19 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		188,545	100,188	288,733	338,942
Other income		1,885	-	1,885	189
<b>Total</b>		<u>190,430</u>	<u>100,188</u>	<u>290,618</u>	<u>339,131</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Events and meetings		106,347	-	106,347	145,943
National Centre - Bloxham Barn Farm		62,319	12,708	75,027	59,771
Sheffield Centre		(200)	-	(200)	9,909
Italian Centre		-	28,115	28,115	86,417
<b>Total</b>		<u>168,466</u>	<u>40,823</u>	<u>209,289</u>	<u>302,040</u>
<b>NET INCOME</b>		<u>21,964</u>	<u>59,365</u>	<u>81,329</u>	<u>37,091</u>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>1,171,932</u>	<u>666,764</u>	<u>1,838,696</u>	<u>1,801,605</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>1,193,896</u></u>	<u><u>726,129</u></u>	<u><u>1,920,025</u></u>	<u><u>1,838,696</u></u>

The notes form part of these financial statements

Life Eternal Trust (UK)

Balance Sheet

31 July 2020

	Notes	Unrestricted fund £	Restricted funds £	31.7.20 Total funds £	31.7.19 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	4	1,514,029	631,398	2,145,427	2,137,011
<b>CURRENT ASSETS</b>					
Debtors	5	62,690	-	62,690	50,694
Cash at bank		110,736	94,731	205,467	169,338
		<u>173,426</u>	<u>94,731</u>	<u>268,157</u>	<u>220,032</u>
<b>CREDITORS</b>					
Amounts falling due within one year	6	(89,733)	-	(89,733)	(99,564)
		<u>83,693</u>	<u>94,731</u>	<u>178,424</u>	<u>120,468</u>
<b>NET CURRENT ASSETS</b>					
		<u>1,597,722</u>	<u>726,129</u>	<u>2,323,851</u>	<u>2,257,479</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
<b>CREDITORS</b>					
Amounts falling due after more than one year	7	(403,826)	-	(403,826)	(418,783)
		<u>1,193,896</u>	<u>726,129</u>	<u>1,920,025</u>	<u>1,838,696</u>
<b>NET ASSETS</b>					
<b>FUNDS</b>					
Unrestricted funds	10			1,193,896	1,171,932
Restricted funds				726,129	666,764
				<u>1,920,025</u>	<u>1,838,696</u>
<b>TOTAL FUNDS</b>					

The financial statements were approved by the Board of Trustees and authorised for issue on 25th May 2021 and were signed on its behalf by:

.....  
Dr Sarah Loveday Setchell - Trustee

## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 25% on cost

Freehold buildings are not depreciated as the directors believe that the estimated residual value is not materially different to the carrying value of the buildings. The directors claim exemption under the SORP from the requirement that these assets are subject to an annual impairment review, but will carry out such a review when there is some indication that the recoverable amount of the asset falls below its net book value. Land is not depreciated.

### **Taxation**

The charity is exempt from tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

### **Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

### **Financial instruments**

The company only has financial assets and liabilities of a kind that qualify as basic financial instruments, which are initially recognised at transaction value and subsequently measured at their settlement value.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 July 2020 nor for the year ended 31 July 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 July 2020 nor for the year ended 31 July 2019.

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	247,049	91,893	338,942
Other income	189	-	189
<b>Total</b>	<b>247,238</b>	<b>91,893</b>	<b>339,131</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Events and meetings	145,943	-	145,943
National Centre - Bloxham Barn Farm	54,295	5,476	59,771
Sheffield Centre	9,909	-	9,909
Italian Centre	-	86,417	86,417
<b>Total</b>	<b>210,147</b>	<b>91,893</b>	<b>302,040</b>
<b>NET INCOME</b>	<b>37,091</b>	<b>-</b>	<b>37,091</b>
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	<b>1,134,841</b>	<b>666,764</b>	<b>1,801,605</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>1,171,932</b>	<b>666,764</b>	<b>1,838,696</b>

**4. TANGIBLE FIXED ASSETS**

	Freehold property £	Fixtures and fittings £	Totals £
<b>COST</b>			
At 1 August 2019	2,345,693	16,612	2,362,305
Additions	-	12,143	12,143
Disposals	-	(9,390)	(9,390)
	<hr/>	<hr/>	<hr/>
At 31 July 2020	2,345,693	19,365	2,365,058
	<hr/>	<hr/>	<hr/>
<b>DEPRECIATION</b>			
At 1 August 2019	214,000	11,294	225,294
Charge for year	-	3,727	3,727
Eliminated on disposal	-	(9,390)	(9,390)
	<hr/>	<hr/>	<hr/>
At 31 July 2020	214,000	5,631	219,631
	<hr/>	<hr/>	<hr/>
<b>NET BOOK VALUE</b>			
At 31 July 2020	<u>2,131,693</u>	<u>13,734</u>	<u>2,145,427</u>
At 31 July 2019	<u>2,131,693</u>	<u>5,318</u>	<u>2,137,011</u>

The last independent professional valuation of the property was carried out in March 2010 and was considered to be in the region of £1,600,000. The directors consider that in the light of improvement expenditure and current market conditions, the market value at the year end is not significantly different from net book value, and there are no indications of further impairment.

**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.7.20 £	31.7.19 £
Other debtors	62,690	50,694
	<hr/>	<hr/>

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.7.20 £	31.7.19 £
Bank loans and overdrafts (see note 8)	21,000	24,000
Trade creditors	23,459	21,774
Other creditors	45,274	53,790
	<hr/>	<hr/>
	89,733	99,564
	<hr/>	<hr/>

**7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	31.7.20	31.7.19
	£	£
Bank loans (see note 8)	403,826	418,783
	<u>403,826</u>	<u>418,783</u>

The mortgage is from National Westminster Bank plc for a term of 5 years and was re-negotiated in August 2018 and is being repaid on a capital and interest basis. To satisfy the Bank's requirements, some of the outbuildings had been excluded from the Bank's mortgage security and were held temporarily by a third party. The buy-back agreement that was in place has been executed and the property is now owned in its entirety by the charity.

**8. LOANS**

An analysis of the maturity of loans is given below:

	31.7.20	31.7.19
	£	£
Amounts falling due within one year on demand:		
Bank loans	21,000	24,000
	<u>21,000</u>	<u>24,000</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	403,826	418,783
	<u>403,826</u>	<u>418,783</u>

**9. SECURED DEBTS**

The following secured debts are included within creditors:

	31.7.20	31.7.19
	£	£
Bank loans	424,826	442,783
	<u>424,826</u>	<u>442,783</u>

The mortgage from NatWest is secured by a legal charge over Bloxham Barn Farm dated 19 July 2010.

**10. MOVEMENT IN FUNDS**

	At 1.8.19	Net movement in funds	At 31.7.20
	£	£	£
<b>Unrestricted funds</b>			
General fund	1,171,932	21,964	1,193,896
<b>Restricted funds</b>			
Farm mortgage and renovation initiatives	259,083	59,365	318,448
Italian Centre	407,681	-	407,681
	<u>666,764</u>	<u>59,365</u>	<u>726,129</u>
<b>TOTAL FUNDS</b>	<u>1,838,696</u>	<u>81,329</u>	<u>1,920,025</u>

**10. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	190,430	(168,466)	21,964
<b>Restricted funds</b>			
Farm renovation initiative	72,073	(12,708)	59,365
Italian Centre	28,115	(28,115)	-
	<u>100,188</u>	<u>(40,823)</u>	<u>59,365</u>
<b>TOTAL FUNDS</b>	<u>290,618</u>	<u>(209,289)</u>	<u>81,329</u>

**Comparatives for movement in funds**

	At 1.8.18 £	Net movement in funds £	At 31.7.19 £
<b>Unrestricted funds</b>			
General fund	1,134,841	37,091	1,171,932
<b>Restricted funds</b>			
Farm mortgage initiative	259,083	-	259,083
Italian Centre	407,681	-	407,681
	<u>666,764</u>	<u>-</u>	<u>666,764</u>
<b>TOTAL FUNDS</b>	<u>1,801,605</u>	<u>37,091</u>	<u>1,838,696</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	247,238	(210,147)	37,091
<b>Restricted funds</b>			
Farm renovation initiative	5,476	(5,476)	-
Italian Centre	86,417	(86,417)	-
	<u>91,893</u>	<u>(91,893)</u>	<u>-</u>
<b>TOTAL FUNDS</b>	<u>339,131</u>	<u>(302,040)</u>	<u>37,091</u>

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 July 2020 or 31 July 2019.

**12. ULTIMATE CONTROLLING PARTY**

The ultimate controlling party of the charity is the board of directors of the trustee company.