

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

Life Eternal Trust (UK)

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

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

	Notes	Unrestricted fund £	Restricted funds £	31.7.24 Total funds £	31.7.23 Total funds £
FIXED ASSETS					
Tangible assets	4	1,903,219	632,129	2,535,348	2,514,412
CURRENT ASSETS					
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>
CREDITORS					
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>
NET CURRENT ASSETS					
		<u>971</u>	<u>134,378</u>	<u>135,349</u>	<u>139,614</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		1,904,190	766,507	2,670,697	2,654,026
CREDITORS					
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>
NET ASSETS					
		<u>1,588,330</u>	<u>766,507</u>	<u>2,354,837</u>	<u>2,309,677</u>
FUNDS	10				
Unrestricted funds				1,588,330	1,296,112
Restricted funds				<u>766,507</u>	<u>1,013,565</u>
TOTAL FUNDS				<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

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

Basis of preparing the financial statements

Income

Expenditure

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 2024 nor for the year ended 31 July 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 July 2024 nor for the year ended 31 July 2023..

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

4. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
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
DEPRECIATION			
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
NET BOOK VALUE			
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

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.7.24	31.7.23
	£	£
Other debtors	58,511	43,975
	<u>58,511</u>	<u>43,975</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	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>97,607</u>	<u>89,732</u>

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

	31.7.24	31.7.23
	£	£
Bank loans (see note 8)	285,860	314,349
Other creditors	30,000	30,000
	<u>315,860</u>	<u>344,349</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>28,000</u>	<u>28,000</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	285,860	314,349
	<u>285,860</u>	<u>314,349</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>313,860</u>	<u>342,349</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 £
Unrestricted funds				
General fund	1,296,112	28,129	264,089	1,588,330
Restricted funds				
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>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	322,234	(294,105)	28,129
Restricted funds			
Italian Centre	266	-	266
Farm Improvements Project	16,765	-	16,765
	<u>17,031</u>	<u>-</u>	<u>17,031</u>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	1,220,615	75,497	1,296,112
Restricted funds			
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>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	373,704	(298,207)	75,497
Restricted funds			
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>
TOTAL FUNDS	<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 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	285,905	416,989
Tax reclaimed from HMRC under Gift Aid	50,737	39,497
	<hr/>	<hr/>
	336,642	456,486
Other income		
Bank interest	2,623	1,705
Re-designation of loan	-	25,000
	<hr/>	<hr/>
	2,623	26,705
Total incoming resources	<hr/>	<hr/>
	339,265	483,191
EXPENDITURE		
Other trading activities		
Bad debts	-	20
Charitable activities		
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
Support costs		
Management		
Insurance	24	179
Printing, postage and stationery	2,761	2,562
Internet and website	3,898	6,718
	<hr/>	<hr/>
	6,683	9,459
Finance		
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
	£	£
Finance		
Governance costs		
Legal fees	71	262
Independent examiners fee	1,890	1,800
	<hr/>	<hr/>
	1,961	2,062
	<hr/>	<hr/>
Total resources expended	294,105	316,165
	<hr/>	<hr/>
Net income	45,160	167,026
	<hr/>	<hr/>