



News from Christchurch (New Zealand)

Lisa Williams
Muswellbrook.

I'm relatively new. Sahaja Yogi and I live in Muswellbrook (127 kms north west of Newcastle). I moved to Muswellbrook not long after I came to Sahaja because Mother gave me a permanent teaching position there. I found it daunting enough just moving to a place where I knew no one, coping with my first permanent position, settling my daughter into school and just trying to remain a Sahaja Yogi! - let alone planning any programmes. However I was fortunate enough to meet some people who were interested in Sahaja Yoga and who got their realization.

SPREADING SAHAJA YOGA

BUNDELLA 8

NEW CHILDRENS' SONG BOOK

The Sahaja Yoga Childrens' song book is now available. The book has been illustrated by the children. The books are \$5 each and are available from Lyn Tirralongo. All money raised from the sale of these books will go towards the building of the India School.

A REMINDER!

Contributors please note that all copy for the Newsletter must be on the editors desk by 6pm Thursday.

NEWS FROM THE MELBOURNE COLLECTIVE

Melbourne pre-school has begun at Pytchley Hall, Croydon, the new ashram purchased in Melbourne.

Savita Noone, who was asked by Mother to be the teacher, is our Directoress. We have 7 children to start with, Hayden, Jeremy, Purnima, Matthew, Bunny, Hasan and Willy. We are presently holding school in the sitting room 3 days per week. Our ambition is to build a large purpose built schoolroom at the back of the house with loft style bedrooms above, or lease a small school elsewhere and incorporate pre-school and primary school together.

The pre-school is off to a good start, with Savita and children enjoying themselves immensely.

Pytchley Hall is a lovely place for children (and adults). We are situated on $\frac{1}{2}$ acre with english style garden at the front, verandah and upstairs balcony- from where one can view nearby Mt. Dandenong, and further in the distance Mt. Donna Buang and part of the "Great Dividing Range".

We are facing East, so the sun can be seen rising from behind the mountains.

More later,

A'ishah Ali.

In Mungana Court
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 Phone: 004/246109
 6th September 1992

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Sahaja Newsletter ^{Homebush}

Homebush

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SEPTEMBER 11th, '92.



Now a Major **RAFFLE**



Closing Soon!
(18. Sept)

last chance
to buy a ticket
to India.

\$20 each

see SUE RAGGATT



WIN A VCR

Why not win a VCR for yourself or your ashram? The video library is holding a nationwide raffle, all the money collected will go towards improving and paying for the new equipment we have purchased for editing and making programmes to spread Sahaja Yoga.

Already in the pipe line are programmes being made on

- * Each chakra (for new people)
- * Stephen's evolution program
- * The Earth Mother exhibition

Tickets are \$2 each. If anyone wants to sell tickets at work please just ask for a book (10 tickets in a book) from your local person looking after them. They are suitably vague so if it is tricky saying they are for Sahaja Yoga you don't actually have to.

- PRIZES:
- * VCR PLAYER
 - * CD PLAYER
 - * CASSETTE PLAYER

PEOPLE LOOKING AFTER SALE OF TICKETS:

NSW: Margaret McDonald/Helen Manassey
QUEENSLAND: Ian Hamilton
CAIRNS: Lyn Roles
VICTORIA: Cheryl Bradshaw
SA: Michael Sweet
WA: Craig Armstrong/Jo Reid
ACT: Barbara Napper

The draw will be held at Burwood on 20th November 1992

Hi from the Central Coast

Just a short note to let you know how our follow up programme went in Gosford.
We were pleased to have 34 people attend the 2nd programme, all very keen and eager to know more.
Our next programme is Wednesday 16th September at Gosford Primary School at 7.30pm and the 4th programme will be held on the 23rd Sept at the East Gosford ashram.

THAT BOOK ON FREUD (Phil Ward - 8 Sept - Geneva)

*** JAI SHRI MATAJI !!! ***

Dear everyone,

Here are the particulars of the new book on Freud which Shri Mataji has been praising in Her recent talks:

Freudian Fraud. The malignant effect of Freud's Theory on American Thought and Culture.

Author: E. Fuller Torrey, M.D.
Publisher: Harper Collins, 1992

Much love

Phil

ISBN 0-06-016812-9

RECOLLECTIONS FROM GANESHA PUJA (Manfred Vienna - 7 Sept 92)

Dear brothers and sisters,

Here are some recollections from Ganesha Puja last weekend.

The program started on Friday evening. The last days it was quite hot and everybody enjoyed the cooling down in the evening. Shri Mataji blessed us with Her presence also on Friday. 300-400 Yogis (most of them from Austria) waited for Her in the big tend in Cabella. After arriving Shri Mataji gave a strong talk: Her message was that all the Sahaja Yogis who are half hearted or settle nicely down in the background because of all the course- and media cases should leave Sahaja Yoga. We have to fight for the truth, not to reside back and watch what will happen. We have enough quantity, we need now quality.

Afterwards Shri Mataji distributed presents to all of the Austrians - JAY SHRI ADILAKSHMI! - and the program ended with a couple of Bhajans songs

Saturday started again very sunny and it would be a real adventure day. Most of the Yogis from all the countries arrived until Saturday evening. The program was scheduled for 20.00 and started about 21.00 when our Holy Mother was arriving. At that time the sky was now very cloudy and some drops were already falling on Mother Earth. The program started with a performance of the small children of Austria which played the drama of the creation of Shri Ganesha and how he came to his elephant head.

After this drama followed a chorus from the Austrian with some folk songs from Austria as well as waltz's from Strauss and a song from Mozart.

The third program point was a drama written and performed by the elder Austrian children. The story was about a princess who was born to become a seeker of truth. At her birth fairies came and promised her some nice gifts. One fairy, who was not invited to the king's birth celebration (the fairy of darkness) suddenly appeared and promised her that she would never find the truth. As she disappeared, the fairy of spirit was coming and weakened this bad wish by promising, that she had to do a lot of seeking before she will finally find the truth. The drama went on showing different stages of the growing up princess in her seeking coming to various destructive ways (false Gurus, modern live styles, ...). In the end the princess found a public Sahaja Yoga program and got her self-realization thus finding the Primordial Mother again.

Shri Mataji said afterwards, that it is very remarkable how our children have understood Sahaja Yoga and have performed so well.

The highlight of this evening was an famous Indian lady Mrs. Rajam and her daughter together with a tabla player playing some Ragas on the violin. But before she started to play, just after the end of the drama, suddenly a heavy rainfall with a tremendous storm started. It was raining so much, that the water was already overflowing the tend and the heavy water load and storm was pressing the roof of the tend as much that the stands which support the tend started heavily to shake. Now the men were busy with holding the stands so that they will not fall down. It was rather a critical situation. In that moment all the Yogis started at once to sing the praise of Shri Mataji and within a few minutes the rain and the storm descended and they became smooth again.

Shri Mataji than said, that it was a test from Shri Ganesha how we will behave but we have mastered the situation by singing the names of the

At the Seminar at Bundilla, it was suggested that we advertise in the Weekly magazine 9 to 5. This magazine has a distribution of about 300 000 people in the Central Business District. It is handed out at all major train stations, bus stands and street corners.

A new section titled Body and Soul has been introduced into the magazine and is now been run once a fortnight.

They offer a free editorial and will typeset adds for free as well. At present they are offering four lots of advertising for the price of three which, as it is a fortnightly article, would stretch over two months.

Examples of ad sizes are as follows:

4cm x 2 columns \$176.00	Quarter Page \$495.00
6cm x 2 columns \$264.00	Half Page \$945.00
10cm x 2 columns \$440.00	

The advantage of this advertising is that we would reach a large cross section of people, as people come to the city from the Central Coast, Western Suburb, Wollongong, and Blue Mountains and everywhere in between.

We could place a general add, with phone numbers covering all areas. Follow up advertising in the classified sections is quite reasonable, at \$2.75 per line in a 2 cm wide column. Shri Mataji's photo can be used as a logo and the cost is reduced to \$8.00 per cm.

They also said they would run an editorial when Shri Mataji comes. Handbills can be placed inside the magazine for the price of \$600.00 per 10,000.00 leaflets for the tour.

If anyone is interested in contributing to this idea with suggestions and ways to fund it. Please contact Gillian on 5600029.

As always connections appear in so much of what we do. The lady handling the advertising for this section used to go to programmes at Woollahra and has seen Shri Mataji at the State Theatre, and although on the phone she said I wouldn't know her, actually we recognized each other, as she had been to programmes at the Wollongong centre!

Jai Shri Mataji.

Goddess - thus showing us also that this songs have tremendous power. Due to the same storm and rain there were 17 people killed and big iron-frames destroyed at the same time in Geneva, which was written next day in the newsletters. Some times later was also the police coming wanting to rescue us, but all the found were Yogis enjoying the music program.

The night ended with some excellent violin ragas early in the morning.

Puja started on Sunday about 14.00. It was raining till early in the morning (6.00) but at 8.00 it was again sunny with no clouds in the sky and most of the earth being dry again.

Here are some topics (for sure not complete) from the Puja speech:

- Shri Mataji spoke of the first and foremost quality of Shri Ganesha, wisdom. There is a genetics in the human being with this quality and that person who Shri Ganesha put in and awakes this genetic has this quality. And this wisdom gives us innocence. Then we are not more longer interested into frivolous things or nudity. Shri Mother told a story from a well known innocent wife Ana Suya whom the Deities wanted to test. So the shakties of Shiva, Brahma and Vishnu came down in the form of sannyasins and went to this lady asking for food. The lady offered them some food, but they refused saying 'we will not eat before you put off your cloth'. So the lady, who had certain powers said well and transformed them into small little children. So she could put off her cloth and they had to eat.

- Shri Mataji said that we are now matured, we are grown up, we have asked for Guru ??padwa?? in Guru Puja and this we can only do when we are grown up. We need not longer to hide but go into the society and tell them about Sahaja Yoga not sitting only together and singing and enjoying Bhajans for ourself. We should show them how they are behaving stupid.

- Shri Ganesha does not know any compromise, he is one of the strictest Deities. The door for Sahaja Yoga is open to all but in the back is another bigger door for been thrown out again. And this is not done by Shri Mataji but mostly by Shri Ganesha. There are very few seats in the kingdom of God but we are already booked there. Shri Ganesha also has an axe in his hand and we all are made after images of him. So we too have this axe in one hand and if anybody wants to trouble us he will be hit hard. And one hand of him is for blessing and the same is by us.

- Shri Mataji spoke again about the heavy rainfall and storm last evening and said that the Yogis were asking for cooling down because it was so hot and there was no water in the streams; but the Yogis have to do footsoaking. So Shri Ganesha cooled it down, with full force and in the same moment he was testing us. And not one of the smaller tends standing around the big one was even blown off.

- Adi Shakti then exclaimed the attitude towards money. That we have to give money to Sahaja Yoga where it is needed.

After the Puja presents from each country were offered to Shri Mataji and She again blessed us with some presents.

JAY SHRI GANESHA MATA SHRI ADI SHAKTI MATAJI SHRI NIRMALA DEVI
NAMOH NAMAHA!

Much Love to everyone, Manfred

Like the early disciples of Jesus, Francis and his followers lived with extreme simplicity, preaching and sharing the work of the people of the countryside. As he walked through Umbria, Francis captured the hearts of the people and left a legend wherever he went: of taming a wolf at Gubbio; of preaching to the birds at Bevagna; and of so inspiring the people at Cannara that every single one of them wanted to follow him. His simple delight in the beauty of the natural world and his joyful identification with every living creature were like the rays of a warm sun after the chilly monasticism of the early Middle Ages.¹

ST CLARE WAS THE FOUNDER OF THE COMPANION ORDER OF THE POOR CLARES.

They say it was one day at Spello, when S. Francis and S. Clare were walking together and came to some osteria or other where they were given a morsel of bread, that as they sat there on the stones the people began to point at them with *diffidenza* and no little suggestion of evil and *bisbigli malevoli*, indirect allusions and jokes.

They went away in silence.

It was a winter's day and the ground was covered with snow. Evening came on under the grey sky as they went. Presently S. Francis said:

"Sister Clare, has thou understood what they were saying of us?"

S. Clare did not reply, for her heart was sorrowful, and she felt, if she had spoken, she could not have restrained her tears.

"We must never do this again," said S. Francis at last.

S. Clare knelt down in the path on the desolate mountainside.

"What, never, Father? When then shall we meet again?"

"When?" said S. Francis. "When the roses bloom in January."

Marvellous and divine miracle! In a moment, a second of time, the whole mountainside was covered with roses, so that the air was filled with their perfume.²

¹Carol Field: The Hill Towns of Italy

²Edward Hutton: Assisi and Umbria re-visited

• LIFE'S LITTLE INSTRUCTION BOOK •

132 • Cherish your children for what they are, not for what you'd like them to be.

133 • When someone is relating an important event that's happened to them, don't try to top them with a story of your own. Let them have the stage.

134 • Keep an extra key hidden somewhere on your car in case you lock yourself out.

WATTAGANS CAMPING TRIP

Last weekend the Yoginis of the Central Coast Ashram (affectionately known as the Golden Girls) arranged what they thought was to be a small informal camping weekend at the Wattagan mountains, a beautiful National Park half way between Gosford and Newcastle. What began as a small family camping weekend grew as the Yogis from the great Sydney-Gosford-Newcastle Sahaja Yoga Axis heard the call and dusted off sleeping bags (probably last used during India Tour) and tents and went bush for the weekend. Many Yogis from Gosford and Newcastle were in attendance as well as some Sydney representatives. In all 25 adults and a great mob of children (there were so many and they did not hold still long enough for us to get an accurate count) were in attendance.

We met at Susie and Andrews house at Jillabee and headed up into the mountains in a convoy of Yogi mobiles. We arrived at the Pines Camping ground mid-morning to the shocked faces of the campers already there as they saw their quite weekend away vanish as 10 car loads of Yogis, children and one dog trundled into camp. We setup camp, besides the family tents, in true Yogi tradition we setup a girls dorm and a boys dorm. The boys dorm tent (as it was known) was lent by Ray, thanks Ray, the tent comprised a few sheets of canvas, and an odd assortment of poles, the wind blew straight under, and through the tent and out the other side. A great companion on a freezing night in the mountains. Well at least it encouraged collective sleeping, we all huddled together to stay warm and keep from freezing.

After a gentle walk we enjoyed a sumptuous lunch and some of the madder Yogis had a swim in the near freezing stream. Best thing to cool down that hot right side, after a yogi from Northmead (medium height, fair skin, curly hair) cooled his liver down in the pond it didn't seem quite so cold afterwards.

In the afternoon the boys retired to the local reserve and played some football while the ladies sat around the fire and talked about whatever ladies talk about on these type of occasions, lots of tea and cake and fun.

In the afternoon we had a collective footsoak at the stream, the silence and peace of the meditation alone made the whole weekend worthwhile. A place where it is much easier to get into a thoughtless state and a deep meditation. As we sat there we could all feel a gentle breeze start up and move around the grove.

While the ladies prepared the evening meal the men began collecting enough wood for a truly huge fire, one that in the end burned all night and onto lunchtime the next day. After another great meal we all sat around the fire and talked and played a few party games well into the night. Some of us ended the night with another peaceful meditation. Some of the boys then retired to the cooler room playfully termed a tent.

Next morning, meditation by now at our favorite spot, the pond where the two streams met. Again a very easy place to meditate and enjoy yourself. After breakfast another collective walk and game of footy for the boys and children. Before lunch another swim in the refreshing mountain stream. Following our swim, lunch time, then time to pack up and return to our abodes in the city. Thus ended a weekend of relaxation and good times in the bush. The rejuvenating effects after spending some time with Mother Nature are incredible.

Regards the Wattagan Mountains Adventurers.

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From: Kerry Kyriacou
Marseille
France.

September 92

Dear Yogis.

Just dropping you a line to say I am fine and happy here in France.

Last Saturday I had the good fortune to be at Cabella for Shri Ganesha Puja. Saturday night at Cabella, a big storm (the biggest the Yogis have seen here) rolled in over the Puja site. As the rain poured down the big tent under which we were seated began to sag under the weight of the water. The men rushed to their feet and were holding the poles of the tent up. At the beginning of the cassette you can hear Shri Mataji talking and the noise of the rain in the background. The rain becomes so heavy that soon all you can hear is the drum of the rain on the roof of the tent.

The collective spontaneously broke into song, singing Shri Mataji's praises, after awhile the storm (which was very very heavy) subsides and disappears. The powers of the Yogis stopped the storm. Shri Mataji later said that this was a test of the powers of the Sahaja Yogis sent by Shri Ganesha. During Shri Ganesha Puja there is always a storm, this was a hurricane, it had to be. Yet despite lots of reported damage not even the small camping tents outside were troubled.

We recently heard that the programs in Russia are attracting 10,000 - 15,000 people. Puja was held at Leningrad was a real eye opener, the response and love shown by the Russians cannot be described in words. There are 22,000 Yogis in Russia and a few hundred in the USA. In Delhi the Public Programs are attracting 6,000 - 10,000 people.

This year Diwali Puja is to be held in Turkey, this is because it is easier for the Eastern Block countries to get visas etc to go there. There will be marriages held there. The Eastern Block and the Russians are invited, the French are sponsoring the Puja. Hopefully one of us try our best to be go.

Love Bernadette and Kerry.

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MORE ON THE DELIGHTFUL-HAPPENINGS-FOR-NEW-PEOPLE FRONT! As part of her job, a very new yogini had to give a talk to overseas students at the Uni of NSW this week. She was slightly anxious that they would accept her professional message which was to take back to their countries the western knowledge they learned at uni here, but to apply it professionally while bearing in mind their own traditional values, so that ultimately their societies would not suffer the problems western societies currently suffer. As she stepped into the corridor leading to the lecture room, her eyes fell immediately on a poster of Shri Mataji -- and she knew, immediately, that everything was going to be alright: her talk would be the right kind and the students would accept her message. Not surprisingly, this is what happened! She believes Shri Mataji was looking after her and guiding her. Hurrah!

## BUNDILLA - Spreading Sahaja Yoga (continued)

Peter Brownscombe put forward the suggestion that every 3 months or so we should hold a public programme on a Friday night somewhere in Sydney, in lieu of our regular meeting at Burwood. Such programmes would be widely-advertised and held at centralised locations, with the intention of giving realisation to large numbers of people, in much the same manner as when Shri Mataji visits Australia.

At present, due to the small screen size of domestic television sets, we are limited to having rather small Sahaja Yoga public programmes if all the people who attend are to view a videotape of Shri Mataji. By limiting ourselves in this way we are overlooking the dynamic effect of the tremendous vibrations which are created when we all gather together as a large collective. One solution to this problem would be to produce a 16mm documentary film of Shri Mataji and Sahaja Yoga, ending in the experience of self realisation, which could be shown in suitable halls or cinemas.

Another, simpler, solution would be to acquire a large-screen projector television on which we could show videos which we already have in our library. A large-screen projector television would offer additional benefits to Sahaja Yoga. It would enable us to enjoy more thoroughly the videos we watch at our meetings and seminars. It would also enable people seated at a distance from Shri Mataji at her public programmes and pujas to see a close-up, live image of Her by simply linking the projector directly into the video camera which is already set up on these occasions.



## RUSSELL FRUIT CAKE

You'll need a cup of butter, a cup of sugar, four large eggs, a cup of dried fruit, a tsp of baking soda, a tsp of salt, a cup of brown sugar, lemon juice, nuts and a bottle of whisky. Sample the whisky to check for quality. Take a large bowl. Check the whisky again. To be sure it is of the highest quality, pour one level cup and drink, then repeat. Turn on the electric mixer, beat one cup of butter in a large fluffy bowl. Add one spoonate of sugar and beat again. Make sure whisky is still OK. Cry another tup. Turn off the mixer. Break two legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fruit gets tuck in the beaters, pry it loose with a drawscraver. Sample the whisky again to check for tonsistency. Next, sift two cups of salt. Or something. Who cares? Check the whisky. Now sift the lemon juice and strain the nuts. Add one bablespoon of brown sugar, or whatever colour you can find. Wixmel, grease the oven. Turn the cake pan to 350 gredecs. Don't forget to beat off the turner. Throw the bowl out the window, check the whisky again and bo to ged.

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RECIPE FROM RUSSELL SITE -
ACT