

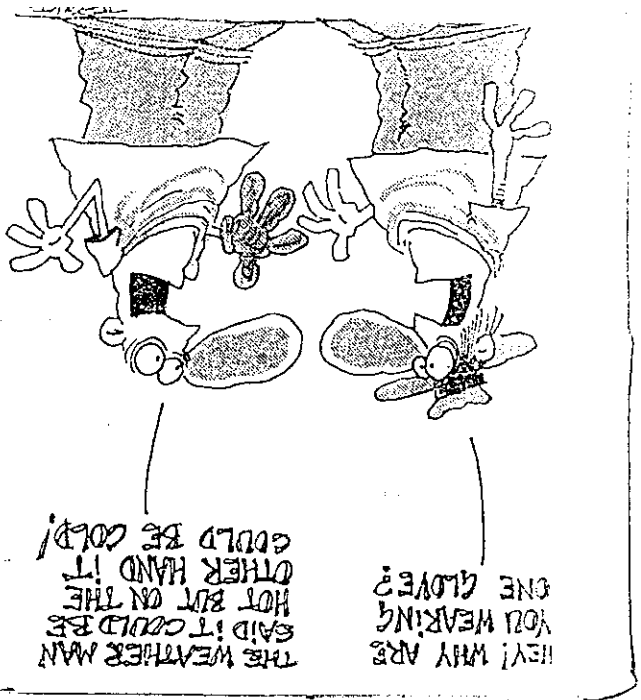


And we are that reflection that God sees.
His Shakti is the primordial light that shines on his creation.
The Virata is the primordial mirror which reflects God creation.
form that in billions of years man would be molded from.
So again the great primordial being the VIRATA was born. In the
the primordial sound AUM.
pradakshina in the form of a parabola around Her Lord, surrounding
The Shakti forms the first primordial movement by doing a
cracking the Divine Ego.
As the seed of creation sprouts it formed the primordial point
circular motions forming the primordial circle.
As the division took place it created waves of Divine Love in
other His germination power, his Shakti, Parvati.
The seed then divided into two parts, one part the seed, and the
and the seed remained that way for millions of years.
In the present cycle, the Divine in its perfect complete state as
to the imperfect state of existence, God the Father has witnessed
His creation.
In a never ending cycle from the perfect state of non-existence
The play of the Divine has continued for Eternity.

The Virata

Devil had written while back.
The programme was based on some notes someone had in their
possession which was based on something Shri Mataji Nirmala
The relationship between the Virata and Evolution on Earth.
on the subject of :
Recently a fascinating programme was held at the main Ashram
Dear Yogis.

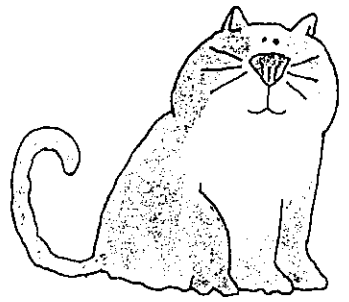
A PROGRAMME ON THE VIRATA.
(Newcastle - 12/1/93)



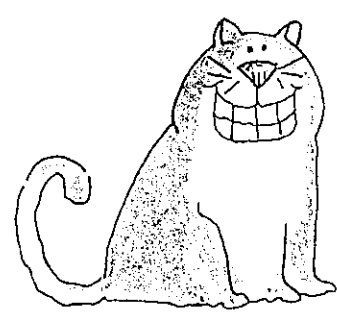
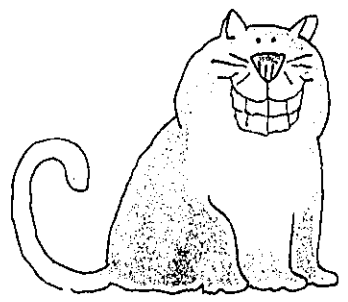
NEWSLETTER FAREWELL.
The Newsletter starts this year without Ariane Kubb who has been involved
with the newsletter from almost the beginning. Her ideas and nimble
fingers have been invaluable. TO ARIANE, A BIG, BIG THANK YOU!
ROBERT Phn. (02) 747 4835.
Robert Hutcheon as he is working in an Adventure shop at Neutral Bay or
the City. Ring Burwood most nights with your enquiries. ASK FOR
Very reasonably priced for excellent quality equipment. Please contact
feather & down, or other packs, bags or ANY outdoor or camping equipment.
If anybody, adult or children would like to purchase sleeping bags,
ATTENTION! ESSENTIAL COMFORT CAMPERS.
clothing; Inquire Annette Haines Phn. 798-5443.
size 36 suit; 2 sports jackets; trousers; plus children's and women's
shelving; assortment of household items; TO BE GIVEN AWAY: Men's
will be: A 125 Sailing dinghy and trailer; baby furniture; wardrobe;
GARAGE SALE: (moving O/S) Sat. 16/1/93 at 17 Alma St. ASHFIELD. For Sale
MANTED: URGENTLY: A couple or a single or two to go to Adelaide for
say 1 year.... You are URGENTLY needed: Rooms available in the ashram.
Can you transfer or are you self employed? Your presence in Adelaide
would be of intense value to the spread of Sahaja Yoga in S.A.
to be independent, or go for a holiday, or able to transfer.
WANTED: British subject willing to go to Hong Kong for a spell needs

S.M.H.
Saturday, January 2, 1993 2

Music to break achy hearts



According to a recent study, there is a correlation between country music and suicide rates.
The study analysed 49 major US metropolitan areas. It found the greater the radio air time devoted to country music, the greater the suicide rate among whites, its principal audience.
One of the study's authors, Professor Jim Gundlach, does not believe that country music makes people suicidal, but that its themes of loneliness, hopelessness and drinking foster a suicidal mood among people already at risk of suicide.
He said when a person felt like giving it all up, country music might do exactly the opposite of what a suicide counsellor would try to do. That is, the music could reinforce one's heartache rather than provide encouragement that things would improve.
Country music has had a surge of popularity in recent years. In 1992, the tea-tapping *Achy Breaky Heart*, by American Billy Ray Cyrus, was the highest-selling song.
Since the flagging radio station 2SM changed to a country music format in October, it has doubled its market share to 300,000 Sydney listeners.
2SM's general manager and program director, Mr Mark Spurway, said the management made a conscious decision not to play depressing music.
And there is a lot of contemporary "up" country music to choose from, he said.
"The days of taking the dog out and shooting it are gone ... Australians like James Blundell, Keith Urban and Lee Kernaghan are very contemporary. Suicide is the last thing on their minds."
One of the biggest independent record shops in western Sydney, St Marys Sound Centre, estimates that 37 per cent of its sales are country music and the market is growing.



INVITATION.

If you would like to help with the Newsletter you would be most welcome. We start about 7.30pm. on Thursday night. Learn on the job, no special skills needed.

Sahaja Newsletter

Contributions:
Sue Raggatt: (02) 746 9144
Carole McNeill: (02) 560 6921
Fax: (02) 745 4562

JANUARY 15th '93

The following are some pieces of poetry from "All Life is One...", written by Australian artist, William Ricketts, and which accompany clay sculptures situated harmoniously within the bushland of a Victorian wildlife sanctuary where he lives and works. His chosen brother, the Aborigine:

"God Love -

pulsating in a rhythm that moves and sweeps through all life.
To understand your highest self you must live in that rhythm."

"Earthly Mother

Earthly Mother Primal, Pure, Perfect
Wholeness of life - love giving of itself
She is the light of the earth
Ever flowing - all in all
Follow her light from the visible
to the invisible within your innermost self
Then the vastness of your vision
transcends the physical eye
It is then the body becomes suffused
with a light love and beauty
We then know this love light and beauty
To be the Divine Spring within us
The living waters flowing outwards upon all earth life
Your Earthly Mother's law is Reverence for life
Become this law then your body given you
by your Earthly Mother will never know
disease nor death."

***** JAY SHRI MATAJI ! *****

Dear brothers and sisters,

First of all let me wish you all a very happy New Year, full of joy and dynamism under the showering of our Divine Mother's blessings. Here is a personal account of the India Tour of this year.

We arrived with the plane in Delhi on Dec. 28th at around midnight and started to become accustomed with the camp that had been organized for our stay in Delhi, where there were already around 300 yogis. The first news we got was that Shri Mataji was in Delhi, but had not joined the Tour yet, for health reasons (actually even before leaving from New York I heard uncle Gregoire saying that Rajesh Shah had told him that Shri Mataji was not feeling well). Of course it was a surprise for all of us - almost a shock - to hear the news that seemed unconceivable. Moreover, it hadn't been announced 'officially' (i.e. publicly), but everyone knew about it. Next morning (or the day after, I don't remember exactly), Rajesh Shah told us after the morning meditation that Shri Mataji is not feeling well due to some problems of the left side (manifesting as some bacterias and viruses).

I remember that day everyone seemed to be very thoughtful, trying to figure out what was going on in reality. And soon we started to realize the subtlety, beauty and extraordinary depth of the Divine Play. Shri Mother was as usual 'shooting two rabbits with a single bullet' (I would say, in this case, 'ten rabbits') in Her fantastic way of complete mastery over the Cosmic Game. First of all, everything was but Her play and She was testing our awareness and understanding to see how soon we will realize it. Second, She was seemingly completely intent on destroying the negativity of the left side; for this, She had absorbed it and made it manifest in Her own body, which had the apparent effect of fever and the so called illness. Third, She could have easily destroyed it in no time as if it had never existed, but no! - She wanted us to do it. 'All right', She seemed to tell us, 'you say you are Sahaja Yogis; then you do it! I am not going to destroy the left side negativity, I am going to keep it in my physical body, and you are the ones who have to destroy it now, not Me.' She was absolutely watching us: 'all right, let me see, now what will you do?' You have powers, well use them. And we were literally forced to use them. We didn't use them for such a long time, we were just preparing and preparing, we didn't use them for ourselves as if shy or afraid to try it, now we had to use them for our Mother, out of love for Her. So far, nothing had been able to push us to use our powers to a full extent - neither our own experiences, nor Mother's continuous urging and assurance that we do have these powers. Then the only thing left was the love we had for Her. How much can the tides of our power of love rise and how powerfully can they come back like an overwhelming waterfall, submerging everything.

Between the 'If even Mother Herself is ill, what can we poor things do?' and 'The Powers within us know no bounds, they are above everything else', we saw the Power of Love, of the Left Side, of Shri Mahakali, of Motherhood act and the latter alternative take over. Starting with that day, at the end of each meditation we were saying in one voice the mantra: 'Shri Mataji, we all the Sahaja Yogis of the world desire Your good health and long life' and we were putting in it our whole desire, our whole love, our whole Mahakali power. We were absolutely bent on it, unflinching. To clear Mother's physical left side, to clear our left side, to clear the whole left side, everything. After a day or two (I'm sorry I cannot remember the dates as I didn't keep a diary) we had a Havan especially for this purpose (we were still in Delhi). Uncle Gregoire, who conducted the Havan, said that we should put all our willpower and anger against all negativity of the left side, and desire to clear it out completely. Our voices were raising and falling like a thunder as we were saying 'OM SWAHA' at each offering in the fire.

In the last day in Dehra Dun we went to see the Himalayas. It was an undescrivable sight - we also had to go up a bit from the point where the buses had left us and our 'balloons' had seemingly been completely dissolved into the ethereal pure air - so that reaching the top without being in meditation, we were in complete meditation. And, as beautifully organized by the great Master of the Play, the sun was just beginning to set as we were leaving, giving us a yellow and then red vision of the 'paradise world of the Himalayas range. This was the last, culminating point of our left-side cleaning process, bringing us to the point where we could see the greatness of the Creation as well as our own greatness. Now the second part of the Tour and the cleaning of the right side was beginning.

Next day we left by train to Bombay. Already there had been some curfews and a lot of bloodshed close to the place we were staying, but we passed through them (at some key point of our journey - key point in the sense that in normal circumstances we probably couldn't have passed through the curfew - the police chief of the town turned out to be a Sahaja Yogi, so we passed through it with even a military escort - Jay Shri Mataji!). We didn't stay at all in Bombay due to the tensed situation, but we headed straight to the ashram in Washi. Here we had many musical programs and the third Havan. The temperatures were high now, so we had to care of our livers and of our whole right side (I remember what a hard time I had in trying to keep all the time my attention in the present and not in the future).

But the most important was that Shri Mataji came to the ashram soon and She stayed with us all the time. The most amazing thing is that in Washi we never saw Her. When She arrived, we were waiting for Her in the inner courtyard, but She went straight to the upper floor to rest. And although we knew where was Her room, we were actually seeing it from outside (or maybe the room yielding in it), we couldn't see Shri Mataji even for a second.

It was again the play of our Divine Mother trying to lift our awareness a little bit more. Because, after all, what was the difference? What was in the difference between having Her away from us, having Her close to us but without seeing Her, and actually seeing Her? From the maya point of view there was a difference, but was there a difference in reality? And Her sweetness and great love and care for our benevolence were again to be seen, as through the Tour, overwhelming.

Next came of course the great stay in Ganapatipule. Here, during the second night (it was on Dec. 22nd), without any announcement, during the mu program in the evening, Shri Mataji arrived on the stage. It was the greatest excitement and joy for all of us to see Her after so much time. She sat down in an atmosphere of great joy and jayjaykar and told the musicians to continue. We weren't listening anymore, we were just absorbing Her beloved presence. At the end, She addressed us for the first time in the Tour. I remember very well, even the tonality of Her voice, when She began the first few words: "I was so overwhelmed..." and after these first words everybody just started to clap with joy, just at the hearing of Her voice. It was such a long manifestation of joy, before She could speak again. She said She was so overwhelmed by the love we showed Her, that She wasn't sure if She will be able to speak to us. She said She was so happy to see us all, during the Tour, so united, so collective, so much caring for each other, and so bent on what we were doing, absolutely unshakeable. She said that this is the status that Sahaja Yoga gives us - which is called in Sanskrit as 'Amara-pada', and which can be translated as 'unshakeable', like the North Pole. (I remember during Her subsequent talks, She used this expression several times, stressing the fact that we should be like the North Pole). Then She talked about the music and art and the musicians performing then on the stage (I remember at that moment Ajit Karkade, a young but magnificent vocal singer, was on the stage and She talked about the Power of Love. She said that this is what Sahaja is - is the love of the Divine. After quite a long talk, She ended by saying 'I didn't know how much I will be able to speak to you, but when I start speaking, I start speaking!' (laughter, clapping, jayjaykar).

As an aside, I remember I read in a puja text (the last Shri Ganesha puja if I remember well) that Mother has said the power of the right side which was used in the past by the ascetics through curses and other right-sided things, has been dissolved by Her during the ages, so now it cannot be used anymore in that way, full of 'heat'. I didn't pay too much attention at that time, though the fact seemed interesting, but later on in the Tour I realized that now it seems to be the time for the power of the left side, the Mahakali Power, the Mother's side Power, and it is through this power, the Power of Desire, and also the Power of Love, that Sahaja Yoga will act, destroy all the negativity and work out everything. And maybe it is this power - the power of desire, which is the strongest of all and can do absolutely anything if the desire is pure - that Shri Mataji wants us to use and master.

In the meantime, we were making short trips to give the public programs that were scheduled to be given by Shri Mataji. She had instructed to proceed as if nothing had changed, which we did. The local leaders gave the introductory talk, followed by a video projection with Shri Mataji's talk and session of Self-Realization. Also, bhajans were sung at the beginning and end of each program. All the programs were a great success: tremendous vibrations, everybody got their realization, the people were extraordinary (during one program, long before the session of realization, an Indian came right in front of me and to my amazement asked me 'please, give me my Self-Realization'; working on him, I felt the strongest vibrations ever: I could hardly feel any catch!) and, above the whole atmosphere, we felt Mother's great Presence, watching over us all full of joy, seeming to say: 'Yes, yes, you are doing it! And see how beautifully it is working out!'

Not only the programs were working out in an extraordinary way, but also we could feel Mother working on us all the time, exactly the same sensation experienced when She is physically there. Uncle Steven Taylor even saw Shri Mataji during one of the programs walking graciously through the aisle and taking Her place on Her chair!

And the Tour went on and on. We arrived to Yamunanagar, on the shores of Yamuna, where we had some great bathings, a lot of joy, again some programs (if I remember well) and the first Puja of the Tour. The Puja was extremely powerful, and I felt it (maybe many of us felt the same way), surprisingly, even stronger than the pujas with Shri Mataji physically present. (I had been among the ones who performed the puja on the stage - it was the first time for me - and I felt during all this time Mother working extremely strong on my Agnya - I almost fell asleep and the only thing that prevented this was the sensation of a burning flame in my head). It was a very particular sensation to pour the water over Mother's sandals in the silver recipient, but everything was so strong that it was impossible even for a moment to think that Mother was not there. Many pictures were taken after the puja, especially of Shri Mataji's chair (we had also been told about a picture taken previously with Mother's empty chair which came out with Shri Mataji sitting in the chair).

As the Tour was proceeding and the temperatures were going down and down, we realized that the whole first half of the Tour was meant for clearing our left side. After Yamunanagar came Dehra Dun (the coldest in the night, although during the day it was warm), at the feet of the Himalayas. As it was cold, our left side was again challenged, so we were again forced to have our attention on it and clear it out. Fires were kept lit practically all the time, and we also had there a second Havan, also for the left side. It was I must say probably even more powerful than the first one. Many pictures were taken during the Havan, and three of them were miracle pictures (actually, I'm not sure whether they were from this Havan or from a previous one). One was with the face of Shri Agni in the fire, another one with a bhoot burning in the fire, and the third one with a Goddess appearing clearly in the fire (Shri Mahakali, or maybe Shri Mary, as some yogis said). The first Havan had been offered to Shri Mataji Herself, the second one to Shri Mahakali.

Next evening we had the extraordinary Debu Chaudhuri (second performance on this Tour - he had also played in Delhi), with the no less extraordinary tabla player Somnath Mukherjee and his extremely talented son (Debuji's son) Prateek (who was praised very much by Shri Mataji at the end). They played one single raga - 'Durgavati' - for one hour and a half! It was... I have no words for it, nothing can aspire to describe it. Shri Mataji said in the end that She had never heard anything like that, and that She felt this concert was a historical one.

Next evening (24th) we had Christmas puja (I cannot remember what was said, except that Shri Mataji said Shri Ganesha and Christ are verily the one and the same, and Hindus and Christians should get over their conditionings by worshipping Shri Ganesha and Christ as the one and the same Deity, in the same way). Then we had some more musical evenings with great artists, and then the wedding ceremony on 28th (87 marriages - a new record!).

Next day we went to Kalwe, and on 30th we had the last puja - a Mahalakshmi puja, at the Ganesha Swayambhu temple. The talk was very strong, Shri Mataji talked many things for the Maharashtrians, but also a lot for the westerners. I remember She talked about the confidence and fearlessness (it seemed that throughout the Tour, She had constantly worked on our center heart), and She said that the subtle root of all the center heart catches is the ego. She explained that a person with ego will also expect others to aggress him (her) and this is where the feeling of insecurity comes from. She said that everything, absolutely all our problems come from ego and conditionings, but mainly from ego. If we can take care of it and correct it, then we won't have any problems; and that ego is the only thing which stays between us and the everlasting joy of the Spirit.

We left on the 31st (I think the Tour ended on January 1st). It is hard to find a suitable conclusion to these recollections, other than

***** JAY JAY JAY SHRI ADI SHAKTI MATAJI !!!!!!! *****

Lots of love to you all,

Calin



• LIFE'S LITTLE INSTRUCTION BOOK •

6 • Have a firm handshake.

7 • Look people in the eye.

8 • Say "thank you" a lot.

9 • Say "please" a lot.

10 • Learn to play a musical instrument.

