

# Sahaja Newsletter

## Contributions:

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FRIDAY 20th AUGUST '93



Nothing can harm you...  
Nothing can catch you...  
Because I have taught you  
how to face life.

## Visit of Her Holiness Shri Mataji Nirmala Devi to America in October 1993

Revised as of August 6, 1993

3 Sunday	3:35 p.m. arrive in New York from Milan
4 Monday	U.N. program 5:00pm
5 Tuesday	Flight to Toronto, 9:10 a.m. Toronto public program
6 Wednesday	11:00 a.m. flight to Vancouver
7 Thursday	Vancouver public program
8 Friday	12:15 p.m. flight to Los Angeles
9 Saturday	Program for Muslims and Iranians
10 Sunday	North American Puja
11 Monday	Los Angeles public program
12 Tuesday	11:00 a.m. flight to Washington D.C.
13 Wednesday	Washington program by invitation
14 Thursday	Washington public program
15 Friday	11:24 a.m. flight to Philadelphia - public program
16 Saturday	11:40 a.m. flight to N.Y. - public program
17 Sunday	7:30 p.m. depart New York for Milan

This schedule has been approved by Shri Mataji. Naturally it is still possible for it to change according to Her plans.

Please contact Phil Trumbo for updates.

Some notes from Krishna Puja, thanks to Alan Wherry in England!

1. Look at green grass - it's good for the vishnud.
2. Krishna rules the brain: Vishnu the heart.
3. The relationship between Vishnu sitting in the Void and Sri Krishna in the vishnud, is responsible for dharma.
4. USA has democracy without morality: it's too open, hence anything goes.
5. Why in spite of the fact that there are so few yogis there, she goes so often.
6. That she hopes for Jews and Iranians in the USA to get realization so that the country can develop in a Sahaj way. She's rather given up on the Indians there and likened them to a banyan tree which has been uprooted and is trying to grow apples!
7. That 65% of American will die.
8. That America always gets involved in conflicts: e.g. Korea and Vietnam. It always tries to help the world out.

9. That USA has never been an aggressor, probably due to the qualities of people such as Lincoln and Washington.

10. That Krishna gave wealth to the USA and now he's started to punish them for their wrong doings.

11. That although we must forgive because we are human beings, Krishna doesn't forgive and that after we forgive them, he will deal with them

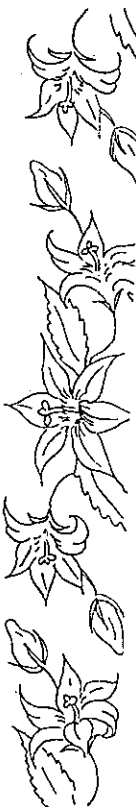
12. That in South America everything is so left sided and that Black Magic has produced a situation which is rare in that you have

13. Right vishnud and the need for us to speak sweetly. She told again of how she went to the sunyasin and got drenched. He was furious that she would not allow him to stop the rain, but she said "If I had allowed you to stop the rain, I wouldn't have been able to take this beautiful sari from you that you gave me as a present!

14. That we shouldn't use our eyes, nose, tongue to show expression of sarcasm, contempt and derision etc.

15. Of how a man tried to teach her to say "Thought" in England by sticking her tongue out!

16. That she's going to see the Big Johnnies in Washington. A.W. 18.8.93



Nominal dates 7.10 returning 13.10

AIR FARE RESEARCH  
Air fares to L.A.

Asia Express: Using Continental \$1180

Harvey Norman Travel: Using Northwest \$1480

" Air NZ \$1450

" United/Qantas \$1480

Flight Centres: Using Air NZ \$1340

Amazing Travel: Using Air NZ \$1330

Deal Beaters: Using Air NZ \$1320

Exact Travel: Using Continental \$1420

" Air NZ \$1390

Premier Travel: Using Qantas \$1360

(was Penthouse) " Air NZ \$1340

" Northwest \$1360

It is quite clear we can not do better than Asia Express at \$1180.

This incidentally, is the same travel agent who has obtained excellent India tour fares over the years. His fare in this case is approx \$140 better than any other.

So if you feel you can make it to LA for Sri Mother's North American Puja, let me know ASAP. She is expecting some Australian yogis to be there!!

Styl

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Sydney News

\* HAVAN this Sunday 2 p.m. sharp

At Strathfield Ashram The havan will be outdoors, so please bring something to sit on.

Scrumptious afternoon tea afterwards. All welcome.

\* SCREENING of Music of Joy Concert (the last one)

To be held at Roseville Ashram. This Saturday at 3 p.m.

All welcome.

\* Programs in the University of Technology, Sydney

To be held in Room 1914, Tower Building

Tuesday 6 p.m. onwards

UTS has finally approved a venue for Sahaja yoga meditation. Last Tuesday there was a small puja in the room provided and the very next day, a stall was given for Sahaja yoga as a part of the University's Health Week celebrations. The stall is also a means of advertising the forthcoming programs.

The response from both students and staff has been encouraging. If anyone is interested in helping, please phone Hari on 716-7538.

From India

Wonderful news that Delyn Battacharya has had a son. No other details.

Lots of love Delwyn xxxxxxxx

From: Phil Ward DEC Geneva Mgmt. Sci. 13-Aug-93  
To: All Yogis  
Subject: Request from US Yogis for Press Clippings  
Date: Friday, 13 August 1993

Dear Sahaja Yogi Brothers and Sisters:

We are trying to put together a press kit here in Philadelphia, USA. Shri Mataji is scheduled to come here on October 15, 1993. We will be very grateful if all Sahaja Yoga related press clippings (or their photocopies) can be mailed to us. We require this soon. We will also be grateful for any suggestions and new ideas for success of our public program in University of Pennsylvania campus.

With best wishes and regards,

Deepak K. Chugh  
164 Springton Road  
Upper Darby, PA 19082  
USA

We begin our day by waking up at 5.30 in the morning. Our Juniors that is Class I, wakes up at 6.00 a.m.

After we get up, we discover our brushes like Columbus (the great discoverer) and go to the bathrooms for brushing our teeth. In the bathrooms, we are sometimes naughty. We also discovered that it is quite fun to splash water on others.

After all the fun of bathrooms, we come back into the dorms we change our clothes and put oil on our faces. Some children take a lot of oil and so they put it on their hair. The oil drips from their faces and hair and it looks as if they took a bath in oil. We get our hair combed and then sometimes we also try to do our beds, but the bags fall again and again, so we just leave it for the dorm aunts. We then come out....

Once we are out of dorms, we run up to the school-gate and for this adventurous deed, Miss Chitnavis rewards us with biscuits. Then at 6.00 a.m., the bell rings and we go for the meditation. In the meditation, some children mix meditation with sleep, they say the result is quite refreshing. During meditation, we say the mantras and meditate for while, then say the next mantra. After we finish the meditation we come out at 6.00 a.m. and then do shoe-beating. At 6.30 a.m., we go to the play-field for our P.T. and Games. We have learned Dumbbell P.T. and playing for 45 minutes, at 7.15 a.m., some of us go for a class, it is mostly a shloka's (Indian hymns) class which Sir Principal taken, some go for the breakfast and the children of Class I go for meditation. Now the **BREAKFAST** is a very enjoyable and a recommendable session, but the children who waste their food or do not take everything, get hot words from Aunt Darshi. She does not like food being wasted.

We still have some time to play or take bath before the bell. A warning bell at 8.20 a.m. is given for assembly. Assembly starts at 8.30 a.m. In assembly, we stand class-wise. Principal Sir takes the assembly. We sing the Extollation of the Devi and the three great mantras. Every day three most obedient children get chocolates (**NOT FAIR, its not a full one!**) from the school leader. After this we move to our class-rooms, and the school starts at 8.45 a.m.

The class room sessions are boring for some children (we heard it is so world over). Right from Class-I to Class-IV, we have English, Hindi, Maths, Science and Social Studies in different orders. Every period is for 40 minutes (**we wonder why we need to learn so many subjects**). There is an interesting thing in between and that is the break time after every 3 periods. So the first break (**BRUNCH**) is a fruit-break at 10.45 a.m.

We all get a fruit and a drink like, lassi, lemon-juice or ajwain tea. Then at 11 O'clock, we go back to our respective class-rooms and eagerly wait for the lunch break, but there are three periods in between. For Classes I and II (**the lucky ones**) there are only two periods and at 12.20 p.m. they go for the lunch. We have our craft periods also now.

And finally it is 1 O'clock and that's the time we were waiting for. We all run like great athletes to the dining hall and take the plates.

Now, with the plates and spoons, we make such a sound just because we love that sound. Sometimes we take too much and so waste the food, the result is a round-up by Auntie Darshi and also those who serve us.

After finishing our lunch, we have sometime to play before the bell rings for school again. At 2 O'clock the bell is given and we go back to our class rooms. We have only two hours of school left now and that too we have Art, Music and Dance, and we are normally very naughty in the dance class.

After all these classes are over, at 4 p.m. we have the **TEA-BREAK**. We take cake, biscuits or sandwiches, drink the herbal tea and use all our capacities to achieve 2nd, 3rd and even 4th helpings. Then most of us run down to play. Some children have their language classes.

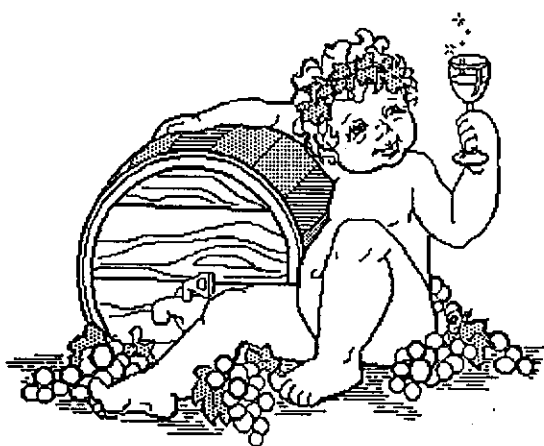
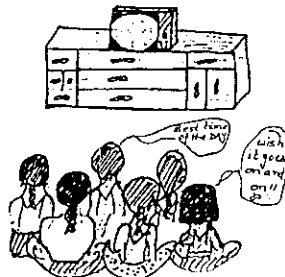
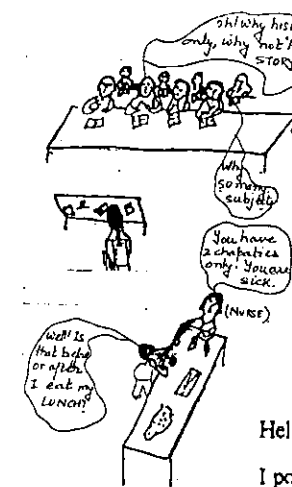
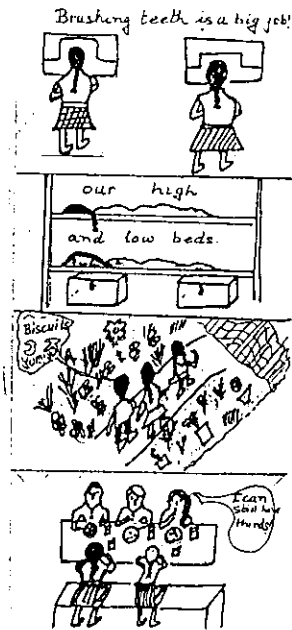
In the play-ground, we skip, play Kho-Kho and other games. Sometimes in the evenings we have the sports-meet or a cultural programme.

At 6.20 p.m. a bell is given and we move to the meditation room, we go inside hastily putting our shoes in a random order (otherwise we get into trouble). At 6.30 p.m. another bell is given and we start our meditation. The meditation is led by Miss Archana or Miss Jyoti and sometimes one of us is also given a chance to lead. During the meditation we sing Bhajans, say the mantras and meditate in between the mantras on different chakras. Some children are naughty in the meditation and some are sleepy too. We finish the meditation by saying the three great mantras. 7 p.m., now the **lucky ones i.e. Classes I and II** go for their dinner and others to their class-rooms for the home-work period.

We complete our left over work of the day or do hand-writing then at 7.30 p.m. a bell is given and Classes III and IV go for dinner.

After dinner, from 8.00 to 8.45 p.m., we watch Ramayana on video. At 8.45 p.m. we go back to our respective dorms, change our clothes, take milk and Chyavanprash (black medicine as we all call it) then brush our teeth (some children skip it) and then we finally say good night to everyone just before sleeping.

**JAI SHRI MATAJI**



There has been an idea within the world collective that is very strong and is starting to take off and this is the idea of a world-wide artists network.

One aspect of this idea, which has been discussed in various parts of the Sahaja world, could be to get together various artworks of Sahaja Yogis for the purpose of exhibitions which have vibrations, the spreading of these vibrations by relating creativity or other aspects of life to Sahaja Yoga and thereby furthering the growth of Sahaja Yoga.

Another aspect could be to establish an international group of 'agents' who would further promote the work of Sahaj artists on perhaps an international exchange basis. This could be in an ongoing gallery setting in the respective agents' countries.

Yet another aspect could be regular workshops and studios in various countries for instruction and development of established or lost crafts, perhaps on a skill-share basis. The possibilities for the Artists Network are endless and very inspiring.

This is a call to all artists and anyone wishing to contribute in administrative or other ways to the Artists Network. Consider these few ideas and alter them or add your own. Also include any ways in which you have already been active in this regard and what has worked for you. This is the dream of many and represents a major inroad to reaching seekers and sharing the beauty and purity of creativity with others.

We suggest that to begin we nominate one or two national representatives to compile our ideas and suggestions so that we may present these to an international meeting at the upcoming India Tour, and ultimately to Shri Mataji. Knowing Shri Mataji's love of all art forms and the importance in which She places them, we also feel a desire to promote the arts in a Sahaj way and the Artists Network seems a viable avenue.

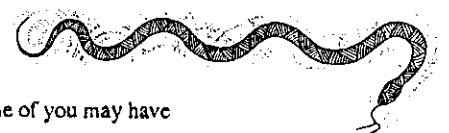
Meanwhile, it would serve well for the Artists Network representatives to circulate the enclosed Information Form for all interested yogis and yoginis to fill in. Once this is done, would the national representatives please keep a copy for themselves and forward the original to:

INTERNATIONAL SAHAJA YOGA ARTISTS NETWORK  
10 CLARENCE STREET  
BURWOOD NSW 2134  
(SYDNEY) AUSTRALIA

for database purposes. This is preliminary stage and any further action will be undertaken after Shri Mataji has heard the idea and what we have determined in terms of creative resources, direction, allocated responsibilities, etc.

We have a few months in which to get ourselves and our creative ideas and talents together. With Shri Mataji's blessings and with a strong collective pull, the creative world could take on a whole new Sahaj dimension through this project.

**JAI SHRI MATAJI!!**



Hello -

I posted this to talk.religion.newage so some of you may have seen it.....

I was glancing through a book that I've got called "Book of the Hopi", by Frank Waters when I came across the following, which will blow you Eastern and NewAge devotees away:

**"Tokpela: The First World**

....The First People, then, understood the mystery of their parenthood. In the pristine wisdom they also understood their own structure and function -- the nature of man himself.

The living body of man and the living body of the earth were constructed in the same way. Through each ran an axis, man's axis being the backbone, the vertebral column, which controlled the equilibrium of his movements and functions. Along this axis were several vibratory centres which echoed the primordial sound of life throughout the universe or sounded a warning if anything went wrong.

The first of these in man lay at the top of the head. Here, when he was born, was the soft spot, kopavi, the "open door" through which he received his life and communicated to the Creator. For with every breath the soft spot moved up and down with a gentle vibration that was communicated to the Creator. At the time of the red light, Talawva, the last phase of his creation, the soft spot was hardened and the door was closed. It remained closed until death, opening up then for his life to depart as it had come.

Just below it lay the second centre, the organ that man learned to think with by himself, the thinking organ called the brain. Its earthly function enabled man to think about his actions and work upon this earth. But the more that he understood that his work and actions should conform to the plan of the Creator, the more clearly he understood that the real function of the thinking organ called the brain, was carrying out the plan of all Creation.

The third centre lay in the throat. It tied together those openings in his nose and mouth through which he received the breath of life and the vibratory organs that enabled him to give back his breath in sound. This primordial sound, as coming from the vibratory centres of the body of earth, was attuned to the universal vibrations of all Creation. New and diverse sounds were given forth by these vocal organs in the forms of speech and song, their secondary function for man on this earth. But as he came to understand its primary function, he used this speed centre to speak and sing praises to the Creator.

The fourth centre was the heart. It too was a vibratory organ, pulsing with the vibration of life itself. In his heart man felt the good of life, it's sincere purpose. He was of One Heart. But there were those who permitted evil feelings to enter. They were said to be of Two Hearts.

The last of man's important centres lay under his navel, the organ some people call the solar plexus. As this name signifies, it was the throne in man of the Creator Himself. From it he directed all the functions of man.

The first People knew no sickness. Not until evil entered the world did persons get sick in the body or head. It was then that a medicine man, knowing who man was constructed, could tell what was wrong with a person by examining these centres. First, he laid his hands on them: the top of the head, above the eyes, the throat, the chest, the belly. The hands of the medicine man were seer instruments; they could feel the vibrations of each centre and tell him in which life ran strongest and weakest. Sometimes the illness was just a bellyache from uncooked food or a cold in the head. But other times it was "from outside," drawn by the persons own evil thoughts, or those from a person of a Two Hearts. In this case the medicine man took out from his medicine pouch a small crystal about an inch and a half across, held it to the sun to get it in working order, and then looked through it at each of the centres. In this manner he could see what caused the trouble and often the very face of the Two Hearts person who had caused the illness.

There was nothing magical about the crystal, medicine men always said. An ordinary person would see nothing when he looked through it; the crystal merely objectified the vision centre which controlled his eyes and which the medicine man had developed for this very purpose....

Thus the first People understood themselves. And this was the First World they lived upon. Its name was Tokpela, Endless Space. Its direction was west; it's colour was sikyangpu, yellow; it's mineral sikyasvu, gold; significant upon it were kato'ya the snake with the big head; wisoko, the fat-eating bird; and muha, the little four leaved plant. On it the First People were happy and pure."

This is part of a description of the First World of the Hopi people. A part of their creation "myth." Hopi means "peaceful," the Hopi are known as the "Peaceful People." The legend was spoken to Frank Waters by a group of 30 Hopi elders, none of whom spoke English.

I had the privilege of meeting a Hopi elder in Stillwater, Oklahoma; at a Friends Gathering Conference, or Quaker gathering. The peaceful people invited the Peaceful People to speak on the topic of healing the Mother, earth.

Let the light enter us and heal the earth.

Wm T.