

CHANNEL NINE'S A CURRENT AFFAIR. WILL BE COVERING HOBBYFEST ON OCTOBER 1 (THE NIGHT BEFORE HOBBYFEST OPENS)

**GANESH VISARJAN FESTIVAL**

SYDNEY NEWS

THE AUSTRALIAN

# Sahaja Newsletter

**Contributions:**

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SEPTEMBER 17th '93



SAT. 18th

GANESH-PUJA  
Burwood  
11.30 a.m.

Dear everyone,

I just got a phone call this morning from my father and a beautiful and long email from our brother Adrian who just came back from there. So here is the news about Shri Mataji's recent visit to Romania.

\*\*\* JAY SHRI MATAJI NIRMALA DEVI !!!

Subject: News from Romania  
Date: Monday, 13 September 1993, 13:15



August 11, 1993

Dear Sahaja Yogis,

On the occasion of the Durga Kali Puja in Paris in 1992, Shri Mataji proposed to publish a "non-sahaj" newspaper in France because the flow of international information is very poor in this country.

Some months later, a group of professionals presented a concrete project to Shri Mataji at Her birthday celebration in New Delhi. Our Mother encouraged us very much to continue and advised us to contact the seekers in all the countries.

Today we have worked out the main administrative details and we are ready to go! Now we are seeking the assistance of You, the Sahaja Yogis of all countries.

We therefore kindly ask you to send us ANYTHING that could appear in this newspaper to denounce, to educate or to simply present something beautiful to elevate the spirit of the readers. Please send us your cooking recipes, your scientific discoveries, a portrait of an artist or philosopher of your country and inform us about any kind of injustice you have become aware of. (In this last case we need well founded and undeniable proofs).

Please start righting now to the address below, such kind of information in your proper language (cut out articles or reports written by yourselves) as well as photographs of all kinds, cartoons, comics, date of cultural events or exact details about any well-made newspaper or magazine (if possible send us a copy).

We thank you in advance for all your efforts and your cooperation to support this project which is in the attention of our Mother.

We also need your holy enlightened attention.

**JAI SHRI MATAJI**

## Lionel Millon

P.S. If you are working with the medias, if you have access to information of any kind, if you can organise and make interviews, please contact us as soon as possible at the address below:

## SAHAJA YOGIS GIVE REALISATION AT PSYCHIC FAIR - CANBERRA

The Canberra Collective had a highly successful and rewarding time at the Psychic Fair held last Sunday in the Albert Hall (near Lake Burley Griffin) where possibly up to 100 seekers received their realisation.

The Psychic Fair presents a colorful spectrum of the various healing techniques from those who rely on external mediums (eg crystal balls to aura photography) to those who attempt to address the imbalances of the subtle system by using their hands (eg reflexology to Reiki Healing techniques).

By the end of the day, Sahaja Yoga had made a significant contribution in showing seekers exactly what it is they are looking for - how to tap into their subtle system and where to come to find out more information about clearing, balancing and achieving a state of meditation.

Of all the ventures we have undertaken to bring Sahaja Yoga to public attention - the seekers in particular - the Albert Hall proved to be the perfect venue; this Fair the perfect opportunity.

The response was quite amazing and reminiscent of the success achieved at the Mind, Body and Soul Festival in Sydney last year.

On arrival at Albert Hall (not quite the equivalent to the one in London) we quickly found our allotted spot (near the wall and close to the main entrance) and set about the task of putting everything together. We had a simple altar arrangement - a sizeable framed photograph of Shri Mother together with incense and one candle. Stretched across above we had a banner (designed and painted (red) by the Yogis/Yoginis of Canberra with the words SAHAJA YOGA.

Affixed to the lower part of banner on the left an A3 size diagram of the subtle system and to the right a large cotton woven illustration of Shri Ganesha.

To help us with the anticipated load of negativity we position a bowl full of lemons and chillis underneath the altar table. A few lemons and chillis in our pockets did not go astray either.

On one side we made use of some panels to set up an exhibition in which we showed a selection of miracle photographs together with information on what Sahaja Yoga is all about plus and illustration of the brain highlighting the limbic area. Thanks to the panels the activities of the Reiki group did not intrude or distract too much from the vibrations coming from Mother's photograph.

Up front, to attract the attention of passers by, we had the Silent Revolution/Global Community Video running continuously together with leaflets and copies of the Knowledge of Reality Newspaper.

This 'shop front window' set up evoked mild interest but not sufficient to get people's sustained attention or to voluntarily view the exhibition. Perhaps initially we thought we were there just to let seekers know we are established in Canberra. But on second thoughts if that is all they need to know then we can be easily found in the Yellow Pages.

It soon became apparent that if we continued in this 'passive role' our vibrations would become diluted - unfocused - as the activities of the other groups, in close proximity, were playing on our attention.

We noticed that many of 'psychic healers' were drawing 'customers' to their stalls by actively engaging them in practical 'hands on' demonstrations and exercises. All designed of course to make them feel 'wonderfully better' with their clearing, balancing and healing techniques.

Recalling to mind the success achieved at the Mind, Body and Soul Festival in Sydney last year we decided to adopt a similar tactic here. We began exchanging vibrations - whilst we busily involved ourselves in this activity one or two of us kept an eye out to explain to interested 'seekers' what was happening and inquire if they too would like their self realisation. In no time at all a queue had formed and we were in business. The activities of the other groups in the hall were completely dissolved from our attention as we immersed ourselves in taking care of the Seekers.

From about 10.30 am to about 5.00 pm we worked non stop explaining the subtle system giving self realisation and clearing and balancing the chakras of the seekers.

So many of the seekers already had an understanding or working knowledge of the chakras and nadis; so many seemed to know what they were looking for; and receiving their realisation seemed like the most natural step to take to achieve the state of meditation.

Consequently it was quite easy to tell them that they are the Spirit and that with realisation they can see everything through the Spirit rather than relying on the gross senses.

Many appeared to be attracted to the photograph of Shri Mother - quite a few of us observed Her to be shining at the seekers.

A mother had brought her son along and when explained to her that the balloons of ego and superego start to cover the fontanelle bone around the age of twelve she was very keen for him to receive his realisation. The boy was eleven years old. Afterwards it was explained to the young boy - called Henry - that he could now give vibrations to his mother. His mother appeared quite aware of what she was looking for and exclaimed she could feel movement of her kundalini whilst we were raising our own kundalini!

One young man (David) said that he thought the Krishna movement had something going for it and how did this yoga fit in with that one? He explained to us that he had already received his realisation (from his Master) and pointed out the hazards of awakening the kundalini. We answered his questions one by one explaining the role of Krishna, Rama and Shri Ganesha. He thanked us for our honesty and straightforwardness. Then just when we were beginning to think does he really want the experience he admitted to having a persistent sore throat. We were not surprised and indicated that he could give vibrations to that part of his subtle system. He became quite co-operative and willingly went along with our suggestions.

One of the yoginis gave realisation to a baby cradled in her father's arms - this was particularly touching as the father got his soon after!

One of our little idiosyncrasies is to turn the back of the chair 45 degrees to the right so that it is easier for us to work from behind. Quite a few seekers managed to get completely confused by this requirement sometimes (no matter how clearly and carefully we explained which way to sit) ended up in every which way direction except facing the photograph of Mother. It had its amusing touches and served as sweet little ice breaker (if one was ever needed). For a few this arrangement was completely impractical as they had bad backs. We just obliged accordingly.

Some we are sure got their realisation by just looking at what we were doing or at Shri Mother. One senior couple standing as if waiting for their turn appeared very serene and joyous as if finally finding something of true value. I wished I could have talked to them but like everyone I was fully occupied. Many were very impressed that we did not charge any money - we politely pointed out that how can we charge for something that is 'in born'; how can we charge for true spiritual awakening?

For many of us it seemed that our day had arrived to really show 'in public' what we have to give. Such was the response; so light was our work; so strong the vibrations that it seemed the day could go on for ever and still we'd keep going! None of us had experienced a day quite like it. To meet so many deep seekers and give them self realisation and to share their experience their joy and sense of wonderment was surely a most satisfying and memorable encounter. These encounters, these moments we will treasure for a long time.

Some 44 seekers left their name, address and phone number in our 'Visitor's Book'. Overall it seems that close if not more than a 100 seekers got their realisation. Many of us are quite definite that more than a 100 seekers received their realisation! I think most of us gave up counting quite early in the day. All this without any expense for advertising and very little preparation on our part. At 5.30 pm we were asked to vacate the hall. I'm sure if there had been more seekers waiting we would have found a somewhere else to carry on. It had been a great day - something we had all longed for had finally manifested. We all felt very joyous and very much in thoughtless awareness very much like we had been doing puja at Mother's feet all day. We hope that this is just a foretaste of what is to come and sincerely desire for many more opportunities to arise for us to give realisation on this scale.

Maybe we need to be closer to where the seekers 'hang out' and take our place alongside these other groups. From this vantage point people can see who we are and why we are here and so on.

### Footnote:

After arriving home and placing Shri Mother's photograph back on the altar one yogi happened to exclaim "Mother's face looks so joyous" to which another replied "Yes Her face has been shining all day". Indeed Her face was aglow with joy. At the end of the day to have our Mother looking so joyous - radiating so much love and happiness - is to know that Her children have done what she desires of us.

We anticipate the next public encounter, of this type, will be at the Queanbeyan Festival on Saturday 2 October 1993.

With love and respect from  
the Canberra Collective

## SAHAJA YOGA, MALAYSIA JAI SHRI MATAJI

### RE: PROPOSED VISIT TO KUALA LUMPUR ENROUTE TO INDIA

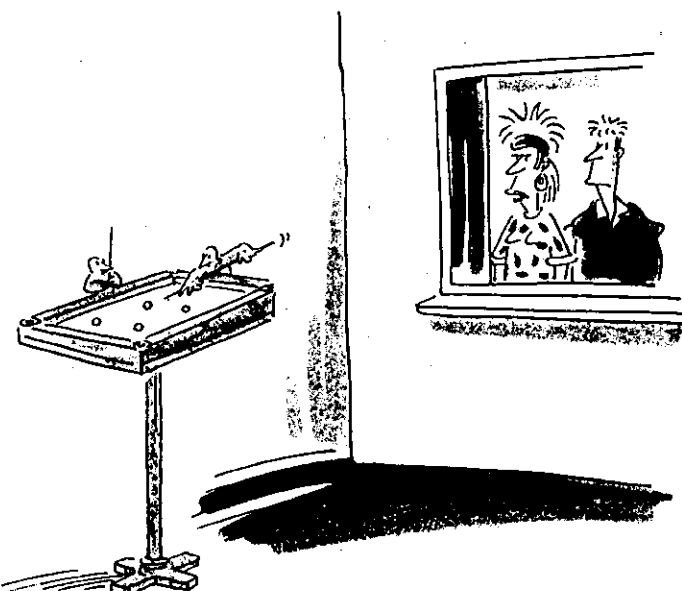
We have checked and found YMCA Hostel in Kuala Lumpur the cheapest.

28.06 AUS  
NON-airconditioning - RM 46.00 per room - 4 beds.  
46.92 AUS  
Air-conditioned - RM 77.00 per room - 3 beds.

7.01 AUS 15.66 AUS  
which works out to RM 11.50 per person for non-aircond room and RM25.57 per person for air-conditioned room excluding 5% Government Tax.

Malaysian Simple Meals: BREAKFAST - Approx. RM2 to RM3.00 per person. 1.83 AUS  
LUNCH - " RM3 to RM4.00 per person. 2.44 AUS  
DINNER - " RM4 to RM5.00 per person. 3.05 AUS

An organised Tour to Malacca to meet the Sahaja Yogis/Yoginis will be arranged. This visit will take approximately a day including sight seeing tour of Malacca town.



"It's not the kind of bird table I had in mind, Roger."

### "NIPPON NEWS"

Charles Tiralongo has brought the following back from Tokyo:

"Greetings from the Sahaja Yogis of Japan"

They have a small core of new people coming along and all of them (new and old) look forward to hearing from their brothers & sisters from all over!

Bruno and Misao are expecting a new yogi/yogini in February. This will be number two.

If you would like to write, this is their address:

Bruno & Misao Descaves  
YANADUKI/cho 301, #403  
SHINJUKU - KU, Tokyo 162  
Japan