

The Central Coast collective invites everyone to a picnic at Pearl Beach on Saturday 13th May '95 starting 11am. There will be a "how to get there" map on the notice board at Burwood. For more details ring. Helene (043) 422 469 or Suzanne (043) 51 2292

PICNIC BY THE SEA.



For more information ring Patrick (02) 570 8562. Programmes start 10am Sunday.

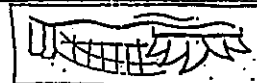
Sunday programmes have started at Burwood (10 Clarence St.) the programmes are designed for "new" people who have completed the 7 week course, and established yogis.

SUNDAY PROGRAMMES.

Coogee	May 19th.
Haberfield	May 26th.
Hornsby	June 2nd.

BURWOOD FRIDAY COLLECTIVE PROGRAMME ROSTER.

SAGIN BEACH



# THE AUSTRALIAN STRATHFIELD Sahaja Newsletter



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MAY 12th '95



Blessings of the Devi

There are so many blessings waiting for you, to be manifested. Just you have to concentrate your efforts in devotion and dedication. The enjoyment of life is only possible if we could get connected to the Spirit and that connection to the Spirit is only possible if you sprout into that; you become the Spirit as Christ has said in simple words, that you have to be born again. The whole existence itself will have no meaning if we do not become the Spirit. We all have to become the Spirit otherwise we are useless, we're good for nothing, our life has no meaning.

— H.H. Shri Mataji



## BODY, HEALTH & HARMONY FESTIVAL



25th - 28th MAY '95. R.A.S. Royal Hall of Industries.

There will be a Sahaja Yoga stand at the Body, Health & Harmony Festival, so we will need volunteers to attend the stand. The festival times are :-

THURSDAY FRIDAY SATURDAY SUNDAY  
10am-8pm 10am-9pm 10am-9pm 10am-6pm

Mathew Cooper is making up a roster, please contact him A.S.A.P. and sign up. It is a big festival, so lots of help will be needed. Mathew has a limited number of passes, so be quick if you can come, otherwise the entrance fee is \$8.

For more information ring Mathew at Coogee Phn. (02) 665 8210.

Weekend away at Robertson was an outstanding success.

Last weekend the yogis from Canberra and Wollongong got together at Robertson home of Joe and Lorraine Griffith. This get together was to reciprocate the visit of the Wollongong yogis to Canberra last year.

It was a memorable occasion for all involved, particularly the 'bush walks' along the windy and windy tracks. On Saturday some us went on a 1.5 kilometre walk. The scenery was quite spectacular. The wise amongst us made sure we had cars to transport us back for the return leg. The rest of the day was taken up with preparing a very tasty Indonesian chicken - mostly prepared by our sisters - vegetables - home grown and expertly chopped by Madhav. In between numerous cups of tea, plenty of laughter and lively dialogue some of - that is the men-engineered - a magnificent and irresistibly tasty desert - tasty apple crumble with custard. Much to the amusement and mirth of all present (including the women) the men served themselves first - sampled deeply of the delicious desert and only when they had completely and absolutely satisfied themselves that the apple crumble was absolutely and perfectly delicious did they venture to offer a morsel or two to their long suffering sisters and wives. I better not mention any names!! Needless to say the actions of the men can be perfectly justified.

Somewhere in between our bush walks, our talks, our preparation for the evening meal and subsequent consumption we found time and space for Shri Mataji to come into our hearts as we sang bhajans late into the night under a star filled sky.

On Sunday, after meditation, we journeyed to the Morton National Park for a two kilometre walk to view the Belmore Waterfalls.

The waterfalls together with the panoramic view over Kangaroo Valley made for a most spectacular sight.

Of course as always this weekend, as indeed many others came and went all too quickly. To leave such a beautiful and scenic place - so green and lush in appearance and the wonderful hospitality extended to us by the Wollongong collective was rather difficult to do. But we hope in some small way, through these collective togethers, something is given and something received which helps us to enjoy the special blessing of collectivity, which Shri Mataji has given us in a more joyous and open way.

FROM CANBERRA NEWSLETTER

CANBERRA NEWSLETTER  
12 April 1995  
Founder: John Fisher  
Editor: Chris Lee  
Phone: (06) 2203110

What can I say on my own birthday! I see so many beautiful Sahaj Yogis here before me - what more can a Mother ask for, on Her birthday! You all have got your Self-Realisation, so today is your birthday as well. You have been prepared for a great task, a task which has never been done before. You all are the foundation and the organisers of Sahaj Yoga. I had never imagined that I would be able to see so many realised souls in this lifetime and experience so much joy.

If you look at the world today you will find that people are surrounded by illusion everywhere. Take a look at the West, the people are absolutely lost. No one follows the path of truth and virtue. People feel that it is a matter of pride and sophistication to follow an adharmic life. They are heading straight towards the hell and it is very difficult to stop them. Although there were a few realised souls born there who wanted to tell people the truth. There were also many Saints born there who preached that we have to strictly bind ourselves into a dharmic life and if we commit any adultery, our eyes should be pulled out or our hands should be chopped off. But these preachings were meant for saints and not for humans.

You should feel honoured and privileged that you are born in this country (India). The culture here is in balance. Actually, we have not been told so much about dharma, nobody has discussed about it in details, but still most of the Indians are found to innately follow a dharmic life. Of course, if somebody is extremely rich or if somebody gets a lot of power, then he may go in the wrong direction, but even then, he will not have the courage to openly do anything wrong because our society has a very strong influence and will not allow anybody to follow the wrong path. That is why, today I have to tell you something very important, and that is - our country's culture is still very highly looked upon. And you should realise who is responsible for making this country an epitome of good virtue and dharma.

This great job has been done by the Shakti of Indian women! With the help of this Shakti (Power) she has brought a very good influence on her children and has established dharma in the society. Although the Western culture is trying to influence us and some of us do get influenced by it, we don't go into extremes because we are still bound by our country's heritage and culture. So many great saints and prophets have taken birth on this land, not only in the Hindu religion, but also in the Muslim and Sikh religion. The speciality of this country is that the land itself influences people to be dharmic.

And now coming into Sahaj Yoga we can clearly see the good and bad in our religions; and we have to throw away all that is bad. But we are so accustomed to certain customs that it is hard to get rid of them. Say for e.g. now we are sitting in North India. Here I find that women, especially in the Muslim community are treated very badly. They are ill-treated and harassed. A woman who is the Shakti herself is given no respect at all. It is said that where a woman is respected and worshipped, the Gods reside there.

But firstly, the women should have all the qualities that can be respected. If she does not respect her husband, quarrels with him, does not do her duties towards her children and does adharmic things in life then she can never be called as a woman. A woman who is extremely compassionate and full of love is cherished and respected. She must possess an ocean of love within her. In our country, a woman is called as the Shakti. Look at this beautiful display of lights in this hall. Now these lights are not the Shakti itself, the Shakti (Power) is coming from somewhere else, but we see its effect in the form of these beautiful lights.

In the same way, a woman is Shakti personified but her power is manifested in her men. Her love and compassion is reflected in her husband, children, father, her relations; and they being influenced by her, display gravity and balance in their personalities. But where this situation does not exist, where a mother or wife does not display her love and compassion, where she is full of anger, hatred or jealousy, those homes are always devoid of love and happiness. This ability of bringing joy to the family is only possible by a woman, but in doing so she should never feel suppressed or unimportant. Like the Shakti behind these lights think that giving light is her sole responsibility and she is fulfilling it. She never thinks that she is unimportant but is happily giving us light! Similarly, women should understand this and learn to be giving in nature.

But in our society, women have been pushed too much in the background and as a result, today they feel that they will not tolerate the dominance of men anymore. They want to fight the men, make their lives miserable and put them right. But you can see for yourself what is happening in other countries where women feel like this. Look at their children and their society! So all of us should realise what is the right way of behaving. Not only the women but also the men must realise that a woman is the Goddess Lakshmi herself and she must be respected.

In Sahaj Yoga marriages, I see the relations improving much better now. But still sometimes if I get Indian girls married to Westerners, the husbands get totally dominated by their wives, while those girls who get married to an Indian get dominated by their in-laws. So I find no balance here nor there! To bring this balance Sahaj Yogi couples should understand each other very well. We should judge ourselves and evaluate how much we are in balance before judging others and finding faults with them. You might have noticed that when I started Sahaj Yoga, I gave all importance to family life and only after you established a good family life, I taught you higher things. It has been 25 years since the first Sahasrara Day and for 25 years you have been nourished, looked after and have finally reached the state you are in now. Now where do we go from here?

Let us start from the family life. We have to establish peace within our family life. Nothing can bloom and grow if there is no peace of mind. Say for e.g. if these flower pots start wobbling and shaking, do you think the flowers will bloom? No, they will die. So first of all we have to maintain peace within our homes. The wife must understand her duties towards her family, and her husband must respect her. In such a home the children feel very secure and loved. They feel happy that they have Sahaj Yogi parents and they think it is their duty to bring good name to their parents.

Now Sahaj Yoga has spread all over the country and out of the country too. But I see when people from different communities come together they quarrel or form groups with their own people. This shows that we have still not understood the meaning of collectivity. If we do not come into collectivity, then we will not be in balance. Another factor is the language. Now India has 14 different languages and it is not possible for me to learn all of them! So it is necessary for you to learn Hindi as it is the language spoken by your Mother. Many Westerners have learnt Hindi just by listening to my tapes but here people say, "Mother, please give your lecture in Tamil or Telegu!" We have to finish off these little, little differences we have among ourselves. Of course God has made everyone different because if there was no variety then we would look like an army regiment! But we should not identify ourselves with these different caste systems. Our scriptures say that saints do not have any caste and since we are saints now, how can we have any caste discrimination? On the contrary, we should see what good qualities are there within us and how do we develop them.



People in the West are very educated and they believe in science and technology, but the moment they come into Sahaj Yoga, they dissolve themselves in this ocean of love! They have so much love for Me and they tell Me, "Mother, the moment we think of how much we love You, we feel Your love and affection totally surrounding us!" But the Indians still ask me to cure their relations, it is so trivial, you don't have to ask me at all! There was this Sahaj Yogini from Mexico whose son, who was not a Sahaj Yogi, was suffering from an incurable disease. She wrote 3 letters to me saying that, "I pray to you Mother, and I know You will cure him" and in the 4th letter she wrote that the doctors have found he was absolutely cured! If you have strong faith and devotion, things will work for you. Just saying, "I respect You Mother" is not enough. You have to realise what you are and what you have gained. You have to put yourself to test.

The Westerners have been deprived of love all their lives and now that they have found it, they don't want anything else. See how they enjoy at Ganapatiphule! They tell me, "Mother, we have had enough of physical and material comfort all our lives, but now we only want to experience the joy of the Spirit." The more we seek material comforts, the more we move away from the Spirit; and the more we think about bringing joy to others, the more we grow and become one with the Spirit.

People ask me, "Mother, how do you remember everything you see?" That's because I am all the time with my Spirit. I have no time to think about myself or about who has misbehaved with me, I just forget it. The moment you see the light of the Spirit within you, you will feel that you are part and parcel of the whole universe. Wherever you see, you will find the Spirit manifesting itself. Then you just don't forget an object of beauty, but you just witness it and experience joy! This is the state you have to attain. Like I said before, we must all be different,

but different only in way we reflect the joy of the Spirit! Yesterday all of you were dancing with joy, each of you had your own style of showing your joy and that is what made it look so beautiful! In the same way we must find different ways and means to bring joy to others.

I bless you all that your lives may be filled with joy so that you can spread it to others. There is no need to earn a lot of money or fame or power, that is not your aim in life. In Sahaj, you have to ascend higher and bring about a change in this world. You have to be concerned about the problems of this world and find solutions to the problems. You have to spread the knowledge everywhere. I bless you all to ascend higher in Sahaj Yoga.

## "SAYINGS OF SHRI MATATI"

A True Sahaja Yogi

A Sahaja Yogi is happy in the circumstances that are prevailing. If he is not, then his satisfaction is superficial and not from within. A river starts with a very small, little drop, and then it expands, expands, expands. You go to the source, "absolutely" to the central point. The person who is a generous person, for him the whole world is his family. So expand your self. When you 'become' the parents and 'then' you enjoy other children as much as you enjoy your child, then your generosity has started. You have to be a peaceful person, not an aggressive person. The person who is peaceful is powerful—the one who doesn't react to anything else, is the most powerful. You have to be kind to others. You have to be neat and clean. First is forgiveness, second the detachment leading to compassion. These are the wheels of your chariot which moves you. You have been made like temples. Keep it clear. We are moving towards the soothing qualities of the Spirit. You have to 'soothe' others and not to excite, but to soothe. Let God's melodies be sounded from your flutes. You must have the capacity to deepen your meditative power, so that these ideals go and settle in your heart, as a part and parcel of your being. Once the saints know this is the principle on which we have to live, they become one with the principles. You become the mother, and you, whatever you are which has to grow, is the child. If you are a Sahaja Yogi you have to be a flower, and a strong flower, and an eternal flower that always grows, does not fade out, always growing, never fades, such a flower you have to be.

Sahaja Yogis should never be angry. Without getting annoyed, they should improve everything tactfully and intelligently. Never get angry.

Every individual has to work it out for himself so the Whole can be alright. There could be some people who are only worried about others. Worry about yourself and see the good points of others. If somebody has to tell you that you must organise, go fast and all that, do not feel bad. We have to do so much work in this world we have no time to waste. Till you keep the maryadas of Sahaja Yoga, saying morning-evening-night that, "I am a Sahaja Yogi", nobody can harm you, hurt you. Nobody can trouble you. On the contrary you will be enjoying life if you keep to the 'maryadas'.

One must promise to God also that we will know about Sahaja Yoga, through proper understanding, reading every word of it. We'll master the knowledge of Sahaja Yoga. We'll keep ourselves clean. And completely surrender our lives to Sahaja Yoga. Surrendering to Sahaja Yoga is actually surrendering to joy, bliss and peace.

Language should be sweet, your behaviour should be good, it should be very gentle and soft. You should move like a Yogi, live like a Saint, and people should see through you the greatness of Sahaja Yoga. See the trees when they get their flowers, they are not so respectful; but when they are laden by the fruits, they bow down to Mother Earth. In the same way when you have got the fruits of Sahaja Yoga, you all must bow down. You have to be sensitive to God and not to bad things.

You have to change your methods. A Person who cannot change his methods cannot spread Sahaja Yoga because he sticks to only one way, with which people get bored. You should find new ways.

An established Sahaja Yogi is the one who becomes completely one with God and wins Him over. He has to do everything for that.

FROM NIRMALA YOGA

724 • Buy ladders, extension cords, and garden hoses longer than you think you'll need.

725 • Don't confuse mere inconveniences with real problems.

726 • When asked to pray in public, be quick about it.

727 • Show extra respect for people whose jobs put dirt under their fingernails.