

Jai Shri Mataji!

Dear Brothers and Sisters,

The following news comes from Iskra <imd@vmei.acad.bg> of Sofia, Bulgari

Kind Regards From Your Brother Mark

Dear Sahaja Yogis,

As you know already from the e-mail information we have been blessed by Shri Mataji's visit in Bulgaria.

She arrived on the 6 of July and at the Sofia's airport all the Sahaja Yogis could wellcome Her by giving a flower. She was smiling to every Her child and She said that there were some obstacles for Her coming, but as She wanted very much to see us, She has come. She noticed that when the first time She came all the Sahaja Yogis were crying and now we are all smiling. This time nearly all the Sahaja Yogis who are related in some way to Bulgaria, but live in other countries, have come to receive Shri Mataji in Sofia (from Spain, Austria, Turkey) and there were also few Sahaja Yogis from Roumania and Macedonia. Later on in the hotel where Shri Mataji stayed She said to the Sahaja Yoginis who were making aarti that the flame must be inscended, it is important that there is a light, because it symbolises our desire to improve. She also mentioned that it is a great chance for the Bulgarian country and people that She has come specially in this moment, because there is a need of a strong person like Her.

On the next day 7 of July Shri Mataji gave a public program. She gave Realisation in a very quick way and all those who have come for Realisation, receive it. After the program Shri Mataji gave a tour around the town of Sofia to spread the Vibrations. She said as faster the Realisation is given, as easier is to get it. She mentioned that there are quite a few funny people in and out of Sahaja Yoga, whom She saw at the program.

For our great joy and happiness Shri Mataji decided to stay in Bulgaria one day more - 8 of July. This day She was shopping around the Bulgarian shops, She liked very much Bulgarian hand and machine made things, specially crystall and porcelaine glasses cups and plates, which She liked for Her restaurant in Milan, who is going to be opened soon. Also She liked Bulgarian clothes and the material by which the clothes are made (I miss the exact word). By buying Bulgarian glasses for the restaurant in Milan She is stimulating on a subtle level Bulgarian production and export, which is now in a very difficult situation.

Late in the evening of the 8 of July Shri Mataji left to Roumania by train and again the Bulgarian s.y. had a chance to offer flowers and to enjoy Her presence. 10-15 yogis even travelled with Her on the train to Roumania.

This is what I remember. The important is Shri Mataji has told that we have to deal with the same people to obtain our registration who helped us in organising the Health conference in May, that are the people from the Bulgarian Yoga Federation. Shri Mataji met these people and She was nicely surprised that in Bulgaria, which is a country so far from India, it exist a Yoga Federation.

All the love to all the Sahaja Yogis all over the world from Bulgaria.

Kind regards : Iskra

*'What is needed now is to raise your awakening, to raise your spirituality, to go into a realm of complete support and surrender to the movement of this spontaneous movement of Sahaja Yoga'*

- HH Shri Mataji Nirmala Devi - Shri Guru Puja, Cabella, Italy, 24 July 1994

# THE AUSTRALIAN STRATHFIELD Sahaja Newsletter



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*"Divine life does not make you serious, because it is all a play. It is maya. The so called religious people with all their rituals are too serious to be realised. A realised person is bubbling with laughter. He does not know how to control his laughter. how to hide his joy when he sees people unnecessarily serious. There is nothing in this world for a person like Christ to feel sad about. Give up your silly sadness and sulkings. See how Christ went and talked to multitudes. How He opened his heart to all the people around and how He tried to give them happiness. Seeing their insensitivity to joy one feels like crying.*

*The difference between a person who is realised and not realised is that the attention which was giving myth as reality to you is gone now, is gone higher. The attention can see that it is a myth. The illusion does not exist after enlightenment. For example, the human mind believes he is doing everything, but actually he sees that he is doing only dead work whilst all the living work is done by the Divine.*

*The mastery of your attention will come when you will start seeing that it is all a myth that upsets you. Just throw it away and understand that you are the eternal life. That the only thing that keeps you away from it is ignorance, and the ignorance is too simple to understand that you have accepted myth as truth. Just drop it, is all myth. You will be amazed how your attention will rise and you will see these nonsensical things which used to frighten you or elate you, will drop out, and you will just smile at it. Only then you will fully enjoy yourself because your attention would be completely drenched in the bliss of Self."*

HH Shri Mataji Nirmala Devi



# Murdoch warrant

Bombay: A Bombay court yesterday issued a warrant for the arrest of the media owner Mr Rupert Murdoch, claiming a TV network owned by him defamed India's founding father, Mohandas Gandhi. The Hong Kong-based STAR-TV broadcast the allegedly defamatory comments in a talk show last year. — AP-Dow Jones

Next Bhajans practice will be held at the Jeffrey's (Lindfield) on Wednesday 31st July. 8p.m.  
All Welcome.

'So if you become silent within yourself, know that you are sitting in the Kingdom of God.'

- HH Shri Mataji Nirmala Devi - Shri Guru Puja, Cabella, Italy, 19 July 1992

Update on the Radio programs on 2XX in Canberra  
→ so far three ½ hour programs have been put together by local yogis and gone to air at 11 am. on Friday.

'.. When you are worshipping your Guru, then this master within you is also worshipped. You respect it, you glorify it, you awaken it and you manifest it.'

- HH Shri Mataji Nirmala Devi - Shri Guru Puja, France 1990



## NEWSLETTER.

We are still looking for helpers, please see Heather or Carole if you would like to join us.

## INDIA SCHOOL NEWS.

New enrolments 1997:- All parents considering sending a new student to India in 1997 - Please be advised that enrolment forms must be submitted to school prior to end of November. That means forms should be posted by early November. You can obtain forms and further information by contacting me NOW!!1

School Fees:- Please be aware that school fees are payable up to end of March 1997 to cover current academic year. For up-to-the-minute state of individual accounts and dollar value of fees remaining to be paid just phone me anytime.

Collective drafts are forwarded to the school at the beginning of each month. Latest draft sent (July) was for a "monthly record" of 552,000 Rupees, almost \$21,000!

Rob Richardson  
(02) 745 2996

## INDIA TOUR 1996.

DATES Full tour Dec 1st to Jan 2nd.  
Half tour Dec 18th to Jan 2nd.

Please, URGENTLY, contact Peter Brownscombe at Burwood (02) 747 4835 NOW if you intend to go to India this year!!  
Be aware that most flights to India are already booked-out for December...  
If you leave your decision any longer you may not get a seat....Please consider!

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