

To All "Divine Cool Breeze" Subscribers

In case you were wondering, things have been a little delayed in the States and we have only just sent out the first DCB issue for 1997.

The yearly subscription is still A\$52.00 with back issues A\$6.00 each.

Please remember to include us in your list of change of address advices to ensure that your issues are sent to the correct address! There are currently 70 Australian subscribers to "The Divine Cool Breeze".

If anyone would like to subscribe or ask any questions, please do not hesitate to contact us:

With love,

Ian & Judy Hamilton
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1 for \$10 or 3 tickets for \$20.

Another beautiful saree (similar to the last) is to be raffled at Diwali Puga. For \$10 you could win a \$850 saree and at the same time support Sahaja projects. See the saree and get your tickets at Burwood on the 18th Oct. or at the puga. Tickets are -

SAREE RAFFLE

Wednesday 1 October 1997

By M P K Kuty
The Times of India News Service

New Delhi: University of Pennsylvania organised a public programme on Sunday to honour the memory of Mahatma Gandhi and also to introduce techniques of Sahaja yoga propagated by Ma Nirmala Devi, a spiritual leader and an associate of Mahatma Gandhi in India's freedom struggle according to a report received here on Monday.

The function is being organised by some of the disciples of Nirmala Devi, one of the leading figures of the world today and an outspoken critic of all New Age cults and false gurus. She has been travelling all over the world since 1970 to share her wisdom and spiritual experiences.

Nirmala Devi who entered Gandhi's ashram at a young age played a daring role as a youth leader in the freedom struggle. She had also courted arrest in the 1942 Quit India movement.

According to Nirmala Devi Gandhi wanted the people to have total freedom,

swatantrata, which is achieved through self realisation. She is reported to have had a spiritual experience on a lonely beach of Nargol, 150 km from Mumbai, while pondering over the problems confronting the human race. Subsequently she had tried to pass on this spiritual power, known as Kundalini, to persons known to her with amazing results. They claimed that they had undergone physical, mental and spiritual transformation. Since then she had invested her time and money to help people realise their spiritual power. It is claimed that whoever practised her method of self realisation known as Sahaja yoga, had been able to make remarkable progress in all spheres of life besides acquiring an ability to transfer such spiritual power to others.

An articulate speaker, she has also founded the Vishwa Nirmala Dharma, a non-profit organisation dedicated to the teaching of Sahaja yoga. She has set up an international hospital in Mumbai to help patients suffering from incurable diseases to cure themselves through the practice of Sahaja yoga. An international cancer centre in Bombay and an international music school in Nagpur and a charity house in Delhi are other organisations set up in pursuit of her humanitarian services.

Smog alert as dry winds ignite new fires

Jakarta: Hot, dry winds across Indonesia have caused a dramatic fourfold increase in forest fires and new smog warnings, after last week's light rains and initial successes in fighting the fires on the ground.

The Ministry of Environment said yesterday that the number of major fires had increased from about 16 to 62 since Friday night, prompting renewed smog warnings in Singapore.

Changing wind patterns have produced strong, hot and dry westerlies which are pushing smoke from fires in Sulawesi into Kalimantan, and smoke from Kalimantan into Sumatra, Singa-

apore and southern Malaysia.

The Singapore Government issued a new smog warning at the weekend as air pollution levels rose above the safe limit.

The Ministry of Environment said the most seriously affected areas were central and west Kalimantan, where airports remained closed and dozens of major fires were burning. In central Kalimantan, large tracts of peat are on fire and cannot be easily extinguished even with heavy rain.

Last week, residents of many areas which have suffered the choking smoke haze for two months celebrated rain, but the

falls were patchy and light and meteorologists warned that the monsoons would be delayed, probably until next month.

In Sumatra, where Australian water bombers are tackling fires in the far south, two new blazes were reported in Lampung and 21 in South Sumatra. Thick smoke and visibility as low as 10 metres means the planes cannot operate in South Sumatra.

An environmental expert in Kalimantan said the damage to the rainforest would take at least 25 years to repair and predicted that devastating floods would accompany the rains.

LOUISE WILLIAMS

S.M.H. OCT 19

How Man Raises Himself Higher

There are two things: good and that which has to become good - reality and pseudo-reality. There is God and there is man.

If a man seeks Truth, he must be eligible for the reception of truth. He does not know this. Consequently, believing in the existence of Truth, he assumes that he is therefore able to perceive it. This is not in accordance with experience, but it continues to be believed.

After my time, as an example, people will continue to use parts of what has been carefully attuned as a means to contact truth, using it as a sort of spell or talisman, to open a gate. They will play and listen to music, will contemplate written figures, will collect together, simply because they have seen all these things done.

But the art is in the right combining of the elements which help to make man worthy of his connection with real Truth, not in a pale imitation of them.

Remember always that the science (ilm) to effect the bridge between the external and the inner is rare and passed down only to a few. Inevitably there will be many who prefer to convince themselves of the reality of a lesser experience rather than to find the purveyor of the essence.

Hadrat Muinudin Chishti

From "THE WAY OF SUFI"
BY IDRIES SHAH.



Australian
Sahaja
Newsletter

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18th OCT 97

SONG TO THE DEVI

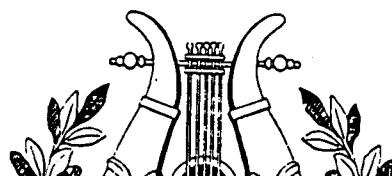
O, MOTHER! WE HAVE COME OUT FROM THE DARKNESS AND HAVE ENTERED INTO ENLIGHTENED WORLD.
WE COULD GET PURE KNOWLEDGE FROM YOUR DIVINE LAP WHICH THE MORTAL WORLD COULD NOT GIVE SO FAR.
ALL THE THREE LOKAS RESPECT YOU FROM HEART.
YOU, THE ORIGINATOR OF PURE KNOWLEDGE, HAVE GIVEN US TRUE REBIRTH.

O, MOTHER GODDESS, YOU HAVE TAKEN BIRTH IN HUMAN FORM TO AWAKEN OUR KUNDALINI SHAKTI.
MAHALAKSHMI, MAHASARASWATI AND MAHAKALI ARE ONLY YOUR POWERS.
THE DEVOTEES SING IN PRAISE OF YOU.
WE HAVE RECEIVED ALL BLISS FROM YOU.

BY TAKING YOUR INCARNATION ALL THE HUMAN RACE HAS BEEN OBLIGED.
THOUSANDS HAVE GOT SELF REALISATION FROM YOUR LOTUS FEET.
WHEREVER YOU GO, THE WHOLE NATURE FILLS WITH JOY.

O, MOTHER! NOW TAKE US UNDER YOUR SHELTER SINCE WE HAVE BEEN IN THE DARKNESS AND FILTH AFTER WE HAD TAKEN BIRTH.
EVEN YOUR DEVOTEES HAVE TAKEN CARE OF THOSE WHO WERE NOT REALISED.

O, MOTHER! WE FULLY SURRENDER TO YOU, PLEASE GUIDE US FURTHER.
WE SHOULD DO ONLY GOOD DEEDS,
SPEAK ONLY TRUTH AND REMAIN IN THOUGHTLESS AWARENESS.
WE HAVE COME UNDER YOUR SHELTER, KINDLY STABILISE OUR ATTENTION ON OUR SAHASRAR UNDER YOUR LOTUS FEET.



last December and decided spontaneously to join us during this summer. As you all hear, Israel is in the news with many bad news and many people are afraid to come or have some strange ideas and stereotypes about the country. He did the best thing: to come and see by himself the reality, to give and to receive vibrations from each other. Let us relate to you some of the big moments that occurred during his stay:

>From the beginning, we were worried about how to organize, the organization being a reflex of the human being! We thought: what will happen to him, how it will be because we never had such an experience, because we are a very small collectivity and every one is supposed to be busy with their own occupation.

But surprisingly, everything was flowing as if somebody had already organized everything? Who? As you all know about this who. First, we had a collective meditation on Saturday evening with several new people and yogis.

He brought with him some fresh air, some fresh vibrations and some changes to an evening that is sometimes without any color or light. People were happy to see a new face, and each one started to talk with him after the meditation on different subjects and sometimes with a translator: you have to know that most of the yogis in Israel are actually Russians who arrived not long ago. If they speak another language apart from Russian, it is Hebrew and not many understand English. So many languages were combined with each other during the evening and everybody started to ask when it would be good for him to share their house and the program started spontaneously.

He first stayed several days in Tel-Aviv at Philippe who lives in the center of the town in the Shenkin district which is a bit like the Village in New-York, a hot atmosphere, a bit like the department of advertising of hell with the presence of him, Philippe never had felt so much in his own fingers the vibrations of the people and of the place. The left vishudi was very heavy because of the atmosphere of this area.

He kept saying that our role is to spread vibrations, and slowly slowly it will be better and it was better. It was also a good thing to go to the sea which is, as you know, in summer where people are burning their skins and disrespect the holiness of the sea.

We went there also and started to work out the place by doing footsoaking and giving vibrations. It started to work out and slowly slowly we could nicely meditate near the sea. On Monday night, we had a collective meditation at Oleg's house. He made a nice surprise, the meditation started

with beautiful Indian Classical dances that he performed. He put in his feet a special instrument with bells for Indian classical dances. It was a combination between Katak dance and modern dance on the Indian classical music especially devotional songs. He first explained us about the meaning of these songs and then performed some beautiful dancing. Our kundalini rose very well and easily, this was a great way to start the meditation! We never had this joyful moment before this evening.

Another strong experience that non yogis had with him was in Jerusalem. He went to the old city and up to the holy place, the mosque, the dome of the Roc where Mohamet went to heaven. He was in deep meditation near the step of the departure to heaven. Suddenly he saw some young Japanese tourists and asked them if they felt the holiness of the place. It was a way for him to approach the subject of giving them realisation. They said that they did not feel anything. He brought one of them near the steps and made her feel the vibrations. She said: "it is fresh, it is fresh, you are fresh! where does it come from?" She then called her friends so that they would feel it also. Within a couple of minutes, he was surrounded by about 10 people inside the mosque. They all started to feel the vibrations!

The guardian of the temple came and asked what was going on. He gave him the realisation by easily raising his kundalini. He started to feel the cool breeze and asked what it is the meaning of it. He explained to him about the muslim tradition then the guardian asked him: "Are you a muslim?" In a very subtle way, he realised that this man would be very crossed if he answered him that he was not. In order to perform easily the divine work, he answered this man "we can say, I am also a muslim."

As you know, Sahaja Yoga is a union of all the religions. The guardian made a big public talk about him to all the people in the temple. He started boasting off that because he is a muslim - the religion of the whole world - Mohamet enlightened his soul and gave him the ability to give realisation to people. The guardian tried to take this opportunity to spread his own religion over this experience of Sahaja Yoga. These people received their realisation and for him, it was over and he did not want to go into more details with this man. When he went out of the mosque, all the people started to follow him and he told them that now that they have received it, they can give it to others. It was a great joy of that day.

After that, we went to visit other holy places of Jerusalem and there were also vibrations but the most vibrated place was the temple of the Roc. He went an evening with 2 other yogis to a festival of music in Jaffa. They sat on the grass and each of them was feeling how through them Shri Mataji was working on all the people. There was music from different cultures, and religions as if the world is going to the process of peace through the help of artists.

He visited and stayed in different houses of the yogis and for each of them, it was a pleasure and a way to realise the importance of exchanging

The Israeli collective will be happy to see more yogis coming to Israel, to share experiences with us and spread vibrations in this country where it is needed. With the help of all the yogis of the world, Jerusalem will really be come its own meaning which is the city of peace - shalom.

- Phillip, Israel.

NAVARATRI PUJA RECOLLECTION

We had the program on Saturday night which began at 8.30 PM. The English yogis put on a play which was a modern adoption of "The pilgrims progress" complete with modern rock tunes and a great rendition by Chris Marlow to the tune of "king of the jungle" (Jungle Book). It followed the seeker-pilgrim through the forest of doubt, river of illusion and Guru shopping until he got to the celestial city. Then the Swiss yogis put on a play about the Swiss Banks. Shri Mataji requested some songs by an American lady, they were "Love is not the enemy" and "the greatest love of all". (both pop songs). She had a great voice. After Shri Mataji gave a long talk covering 3 main topics.

1. Swiss Banks

She was angry with them because they would not pay the Jewish people back their money.

2. Materialism

We should look after the environment and Mother Earth, because She gives us everything we need. Our productivity and materialism are putting a strain on her. We should not buy plastics but try to buy and support crafts and handmade things. Shri Mataji especially likes terra cotta. She said we don't need that many possessions. We should not pursue money for the sake of it, but only for our needs. We will always have enough but there is no need to have too much. Material is for expressing our feeling of love for each other. It is better to buy things for other people than for ourselves.

3. Marriage

It is the women that make the society so they should try to please their husband and everyone else. Shri Mataji gave few examples of Herself and Sir C.P. When they first got married, he did not like her wearing flowers in her hair. So even though she came from Maharashtra, she did not wear flowers in her hair. Shri Mataji also said that man should try to please their wives and that we should be happy with each other. This is important because Her left Nabhi has been paining lately.

The next day we settled for the Puja at 5 PM. Shri Mataji arrived at 9 PM. The talk was short and delivered in a direct way. Not stern but serious, even though She was talking about matters of the heart. Shri Mataji began by saying that just as we

have "taboos" or Dharma that we should stick to it in order to be protected. The Goddess has also given human beings certain powers. She referred to "Ya Devi sarva bhuteshu".

Nidra - Sleep. The Goddess gave us sleep so we can relax. When we get into the right our natural balance of sleep is disturbed.

Bhranti - "form of illusion"

This is to help us learn by our mistakes. We get distracted and go off. Then we see this is not the way and we learn by it. It is important to make mistakes because it is how we learn.

Khsudha - "hunger"

The Goddess has given us the feeling of hunger, to understand that all this obsession with the body and form is wrong. Shri Mataji said that She does not like designers and the way they project an image of what women should look like. This is also connected with materialism, because they just want to make money out of people. Further She said anorexia is disease came out of this.

Lajja - "modesty"

Also to do with the body form and how we especially women should be shy of showing their bodies. That is one reason why Shri Mataji likes handicrafts in clothes, because of its creativity in adorning the body that God has given us.

Khsanti - "forgiveness"

This is a power Shri Mataji has given us and is greater than revenge.

Daya - "compassion"

A quality of the heart that humans can love each other and have compassion for each other. Generally if we do not keep to these powers, we will get into trouble i.e. disease etc. We are the only ones that can destroy these powers.

Shri Mataji then talked about the picture on the front of the card. It was painted by an English Sahaja Yogi. She said the ring of fire we see when Shiva is dancing is when Shiva was killing a rakshasa who was disguised as a boy. After this Shiva was very tired, so the Goddess who is the power of Shri Shiva regenerates him by putting Her foot on his heart. She gives him shakti!

Helen

