



Australian Newsletter

Jai Shri Mataji!

Contributions:

Burwood: 02 9747 4835

Burwood Fax: 02 9745 4927

email: sahaja@eagles.com.au

Deadline is Tuesdays 7.00pm

“After realisation you all had lots of knowledge about Kundalini and Sahaja Yoga, but without Bhakti you cannot achieve the balance. You have to get lost in Bhakti. Bhakti enriches your feelings.

Try to feel the other Sahaja Yogis without criticising them. I am enjoying your beings, the beauty and glory that you are. I wish you could all do that and feel like a drop in the ocean itself.

Bhakti will dissolve your angularities and impediments in the collective oneness”.

Shri Mataji Nirmala Devi



STATE NEWS

Vic News

Everyone in Melbourne agrees that Shivaratri was very very special this year. Perhaps it was the location of the puja on the shores of Westernport Bay. Many of us did not realise until we arrived that this was the place where a well-known photograph of Shri Mataji was taken. It is a quite unique photograph and many yogis around the world have this one: Mother is seen wading in the clear waters of an ocean along a sandy shore smiling to us. This is where Mother presided over a puja to the ocean back in March 12 1983 when Sahaja Yoga in Melbourne was just beginning. She said Melbourne is the Sushumna Nadi of Australia and that the vibrations in Melbourne were very strong. This was the puja where She put Her Feet in the ocean and built a Shri Ganesha in the sand on the beach.

It was a perfect day in March 2000 when we returned to the same shore. We found a sheltered cove and prepared the puja in perfect weather. As we sat and sang bhajans we looked out over the crashing waves and a brilliant-hued evening sky. No one disturbed us, no insects bothered us (Jai Shri Pashupati). The Divine names were read and Holy praises extolled and one could not help but recall Sri Shiva as the God of storms. His trident called Pinaka is a symbol of lightning.

In the sound of the surf roaring on the beach so near to our puja we could hear the deep rhythm of Shri Shiva's drum and remembered that where the Ganges River, which winds around Mount Meru in the Himalayas, falls in great torrents it is said that Shiva, in order to break the fall, stands beneath the water making it fall on his matted locks and divide the water into seven holy rivers. So much surf and sea and vibrations surrounding our holy puja – we could not forget the story of the vital role He played during the churning of the ocean of milk (*Amrita* - ambrosia) so that Amrita would strengthen the gods in their struggle against demons. During the churning process, Vasuki, the churning rope, vomited poison which was to contaminate the Ambrosia. Shiva came forward and caught the poison in his mouth and held it in his throat. Hence he is known as

Neelakantha (black throat).

Indeed amrita of chaitanya flowed so powerfully at the end of the puja that all of us sat enraptured in spontaneous silence and awe at the power of the vibrations of our Holy Mother as Shri Sada Shiva. Finally we poured the amrita from the offerings to Shri Mataji back into the ocean. Everyone was full of joy, full of awe and amazed at the power of the puja. We drove home along the coast road in our various vehicles talking quietly, certain of Her blessings on this marvellous day and wonderful night.

***Bolo Bhagawati Shri Shiva Sakshat
Shri Mataji Shri Nirmala Devi Ki Jai***

WA News

Gidgegannup

Since we made the collective commitment to make Gidgegannup work and to support it in every way, it has been abuzz with activity here, including...

- developing the facility with internal ad-ons such as shelving, cupboards and other amenities (Thanks, Ross)
- the near-completion of the pizza oven which is being tackled with relish by a Frank Gianassi-led team
- general support from everyone in tasks such as maintenance and cleaning, and helping to make this place feel like home, has been amazing
- More people have moved in to Gidgegannup (Heather, Maxine and Hayley) and soon Nirdosh from India will join his wife Suzanne here also. This has made a big difference to the feeling in the ashram.

Programs

There has been great collective support for us having our regular Saturday night program at Gidgegannup also. As a collective we seem to have strengthened and deepened considerably in the last few weeks. On Saturday evening we had a Havan and people stayed over. The vibrations were very strong and cleared the way for us to really feel deeply in our hearts the power of Shivaratri Puja.

Children

It has been wonderful to see the growth of our children in the collective in such a short space of time also. Thank you to Maria and her helpers who are doing wonders with the children. We have set up a permanent children's room in the ashram and apart from using it generally, this is where the children have the middle part of their Saturday night program. The kids have named the room "Daisy Fields". Maria has a great knack for all things craft-related and under her guidance the children have created some beautiful things including just recently 4 tridents, done very decoratively, which they offered up at the Puja. Currently they are working on something, which they hope can be presented to Shri Mataji at birthday puja. It is amazing how much greater the gravity of the programs are when our children participate in a meaningful way.

Yuva Shakti

As with the children's involvement, we are benefitting similarly with the support of many of our young people. Last year during one period we had a splurge of young people starting to attend Sahaj programs. Most of them stuck with it and a year on are a vital part of our collective. We are pleased to announce that 4 of them have just moved into an ashram together and are hosting a Laxmi Puja on Friday March 17, at their new place in Kardinya. You are all welcome!

Country Programs

Hugh has put his hand up to coordinate our country tour program. The first programs are to be held in Northam and York, and Hugh is currently planning and preparing for these and programs in other areas. The idea is that he will seek a firm commitment from people to undertake to look after an area and be able to go there frequently and consistently, so that there is proper follow-up.

Shivaratri and Birthday Pujas

We had 5 persons from Perth attend Shivaratri Puja and 5 will also be attending Birthday Puja. Some children are getting ready for India school and will also be attending Birthday Puja.

Exmouth

To my dear brothers and sisters
A note to let you know that 3 new seekers came to the program last week. This is quite exciting for Exmouth and all local residents too. The power of the attention is truly great....Jai Shri Mataji!

Also we were quite safe in the path of Cyclone Steve. After being forecast to cross right over us, it crossed the coast further north, weakened and passed below us, virtually cutting the Cape off and out of its path. After last year, we weren't ready for another so soon. The blessings of the divine are with us.

Love and peace to all, *Suzanne*

Old News

Collective Meetings at Wamuran Now on Sundays

For some time now there has been some expression of discontent regarding the behaviour of the children during programs at Wamuran. Several suggestions have been made and implemented and generally the behaviour is better. However, this could be at the expense of the parents who take the children out of the meditation room to quieten them down or whatever. It must be remembered that a Saturday program involves coming to Wamuran at the end of the day, children running and playing before the program, early tea, and trying to settle them down while they are tired and fractious.

For a few months now there have been suggestions of a Sunday morning program, say 9.30 to 11.00 with the accompanying benefits:

- The children have been rested.
- They have been fed.
- They are expected not to run around and get hyped-up before the program
- They are expected to participate in the program
- The program should finish at, say, 11.00 and then they could play

People wishing to stay for lunch should bring their own. This would allow people to stay and work around the house, or if they have prior commitments, to carry them out. It would also mean the discontinuance of the rostered collective meal. I was reminded that we previously has Sunday programs whilst building the house

As approximately 45% of our numbers are children, and with collective approval last Sunday, I feel we should give it a try for a month or so. People who travel considerable distances could arrange to stay overnight

See you next Sunday... *Albert*.

Calendar of Events Brisbane/Wamuran

Date	Event/Details/Comments
12 March	Program, Hibiscus group, 9.30am, Wamuran.
19 March	Birthday Puja (Wamuran date/time to be confirmed)
26 March	Program, Lotus group, Starts 9.30am, Wamuran.
02 April	Program, Daisy group, Starts 9.30am, Wamuran.
09 April	Program, Rose group, Starts 9.30am, Wamuran.
16 April	Program, Sunflower/Orchid group, Starts 9.30am, Wamuran.

INTERNATIONAL NEWS

Sahaja Yoga in Indonesia

Sahaja Yoga is now relatively established in the world's largest Muslim country and fourth most populous country on earth (205 million people). There are now 30-40 Sahaja Yogis practising regularly in Indoneisa - about 15-20 of them establishing themselves steadily. While most of them are in Jakarta, the rest are spread from Kalimantan in the north to Bali in the centre and Sumatra in the west. Around 3-4 new people get their realisation weekly and so things are motoring on. There are about 3 programs weekly for new people and we run pujas and have just begun a established people's program. We are probably now at the point where things are ready to take off - ie the political troubles have subsided, the economy is stable and, most importantly, there are just enough established yogis to handle larger numbers of new people.

We recently did a program in Yogyakarta - one of the cultural heartlands of Indoneisa and 17 new people came. This included three Catholic nuns and a priest, which was quite a challenge. They were, however, pretty open to Sahaja. (Indonesia has a syncretic culture - ie they synthesize new cultural/religious input.) We hope to get back there soon (it's about 700 kms).

Robert Felix, who some of you may know, and Alex are largely taking care of Sahaja here, and hopefully you will meet them soon. It will largely depend on the local yogis to get Sahaja going but as an archipelago just north of Australia, Australians have a special role in Indonesia. Shri Mataji once said that Australian yogis should look after the islands around them. Papua New Guinea is the closest island and after that it's Indonesia. In terms of value for effort, though, you can't go past a land of 200 million people. So if you're thinking of branching out, has Indoneisa got a deal for you!

Interestingly there is a place of thermal activity just south of Jakarta called Nir-mala and next to that is Pelabuhan Ratu - the Queen's Port. Auspiciousness is here too.

Best wishes to all from the Sahaja Yogis of Indonesia
John and Gulshan Fisher

Shivaratri Puja Mumbai India 8th March

I attended Shivaratri Puja and it was beautiful. The evening was cool and we worshipped Shri Mataji first as Shri Ganesha and then as Shri Shiva. In Her puja talk She said that Shiva is very compassionate, but His wrath should also be feared. All the natural calamities like earthquakes and hurricanes etc are because we are going against our spirit. She said the best way to deal with negative people is to give them Realization, as they would then either improve or get destroyed.

She also said that there should be no conflict between Shiv Bhaktas and Vishnu Bhaktas, as they should understand that it is all part and parcel of the

whole. On the Sushumna, one is the path (Vishnu) and the other (Sadashiva) is the destination on the Sahasrara. Mother was very happy and She blessed all Her children.

Prity Khan

Tell The World

The internet team would like to make an urgent request for everyone that practises Sahaja Yoga to come forth and tell the world about your experiences. Why is it you that perform daily meditation? What are the benefits you receive? This doesn't need to be a long explanation. In fact, the shorter and more concise the better. Your letters will be posted on the internet websites. Please don't underestimate the importance of this request.

This is your chance to let the whole world know that Sahaja Yoga is something really fantastic and accessible by any regular, normal person. If we all take a stand together and tell the world how great Sahaja Yoga is, simultaneously it will be the unified voice of one great ocean wave cresting and crashing to the shore with the impact that will delight and awe all those standing on the beach. Otherwise, we are just little drops being quickly absorbed by the sand, going largely unnoticed. For maximum impact, please submit your response no later than March 31st, using the following guidelines and procedures:

- 1) Please, only personal experiences. This guarantees 100% accuracy.
- 2) Explain in your own words how you benefit emotionally, mentally, behaviourally, physically, in personal or work relationships, or otherwise.
- 3) Please do not try to describe what Sahaja Yoga is (other than your own experiences). Do not quote Shri Mataji or scriptures or otherwise relate things that don't pertain to your direct experience.
- 4) The ideal length is one paragraph to one page.
- 5) Please submit to your country/centre leader before posting (just as a point of feedback on what you have written). This is good practice any writer would do before having something published.
- 6) Please don't respond to anyone criticizing your posting, as two people arguing look stupid to everyone watching - no matter who is right or wrong. Even if peo-

ple reply to your postings in order to twist what you said, or simply because they like to start an argument, it is very important that we should never retaliate, justify or even follow up in any way to their postings. Once we have posted our story, our reaction should be zero to any follow-up discussions. Please send all emails you want posted to Sahajnet at Steve Wollenberger's new email address: sfwollenberger@yahoo.com, along with a copy to Mark Mays at sahajnet@halcyon.com.

New Caledonia

We had decided this year to combine our family holidays with our duty of Sahaja Yogis, i.e. to pass on Self Realisation to all seekers of Truth. The place is beautiful, the nature generous and the people very friendly. We were lucky to be invited very generously by Elise, one of the sahaja yoginis.

Sahaja Yoga was introduced to New Caledonia in 1987. Today, about 10 yoginis are established. The island has about 200,000 inhabitants, including 70,000 in Noumea, the capital city. The population is composed of Melanesians or Kanaks (native people), and western people from French or British origin.

We enjoyed the first days discovering the beautiful sites and enjoying the climate in this country where the pace of life is slower than in our big cities. Then 3 programs were organised in Noumea, Mont Dare and La Foe (150 Km North), as well as some follow-ups. The intention was also to visit some tribes in some more remote places. But it did not work out this time as they were celebrating over one week the traditional festival of the ignams.

However, the message could be given to some Kanaks about our programs as we could organise an interview about Sahaja Yoga at the local radio station of the Kanaks. The interview was well conducted by a lady who was actually interested in meditation. She asked very good questions about the origin of Yoga, the meaning of Sahaja, the use of meditation in our life, etc. Her last question was: How would you define Sahaja Yoga in few words? - Pure Universal Religion - Vishwa Nirmala Dharma.

Overall, 30 people received their Self Realisation. 6 of them came back to the follow-up programs, bringing new people with them. A group of ladies who were in fact wishing to learn how to meditate were looking for a teacher to come to their country town, when they saw Sri Mataji's posters!

A lady came to us very happy at the end of a program to say that to her surprise, a permanent pain that she had in her leg for a few years disappeared completely after she had experience of Realisation. A man who practices meditation for years was amazed that he could be thoughtless in meditation. A chief of a tribe and his wife attended a program and could enjoy the vibrations a lot.

There is still a lot to do and to enjoy, for those interested. The heart of people is open and favourable to Sahaja Yoga. In the old tradition of the Kanaks the snake is present: In a shop of traditional art we saw a wooden sculpture of a man's head with a peaceful face out of which a snake was coming.

Would you wish to go, you can contact Elise on (687) 43 54 94 or Monique on (687) 25 38 61 or Mireille by Email.

Jai Shri Mataji. Thanks for Her Blessings
Jean-Michel & Leanne

To Enjoy and Give

Once you're into Sahaja Yoga, it's like you become so strong. I know from Asmira [Woodward-Page] because I watched her even before I was in Sahaja Yoga. She was always confident and she was always enjoying her music. I said "that won't last very long", but after the second year at university she was still strong and still enjoying and I was wondering, "What's this?" Asmira impressed me so much. Sahaja Yoga has made me less self-conscious, like being worried about making mistakes and being worried about impressing people. I feel I'm giving something instead of trying to impress the audience. So I feel like immediately I have to emit more and I don't feel nervous any more. I just feel I can enjoy the music.

When I'm playing I just go thoughtless. I just enjoy it because since Sahaja Yoga it's not like "Oh, will I get this passage?" or

"Will I be able to play this?" It 's more like "Oh, I really like this music and, you know, I can enjoy it.". I actually look forward to my recitals more and more. I guess the Heart Chakra is more open and that insecurity doesn't come any more.

I know a lot of musicians who are under too much pressure. Nowadays there's too much stress and they're not enjoying. They're just comparing themselves. Once I started Sahaja Yoga I started to grow and to understand what was happening - and that it wasn't because of competition. It's because music itself is to enjoy and to give.
Janaki Singh

Birthdays!

Many Happy Returns to.....

Dr Amjad Ali
Therese O'Leary
Ariane Kaub
Huguette Anglem
Sandra Corpe
Anne Noble
Ray Tollis
Bardhold Blecken
Ian Hamilton
Ross Jackson
Helene Koechli
John Noyce

NSW Country Tour News

Anyone wishing to go on country tour next weekend the 18th and 19th of March to Bathurst, Orange, Forbes and Dubbo, please contact Marcus Rome.

Birthday Puja News

(reprint from 11th Feb news)

Dear Brothers & Sisters,

Here is an update regarding Birthday Puja. My apologies for any confusion created when I edited the leaders version. The map has been faxed to many of the country leaders already, but I should be receiving an electronic copy (JPG) of the map shortly which I will also forward to the leaders. Please contact your country leader for any further information you may need to complete your registration and travel arrangements.

I know our hearts and attention will be with all of you fortunate enough to receive our Mother's Darshan in person.

Jai Shri Mataji!
Mark

SAHAJA YOGA CENTRE DELHI

Dear Brother/Sister, 26th Jan 2000

Jai Shri Mataji

It gives us immense joy to inform you that our Divine Mother has blessed us all to celebrate Her Birthday and perform Puja at Her Lotus Feet in Delhi in March 2000.

The approved programme is as follows :-
21st March 2000 : Puja
22nd March 2000 : Felicitation & Music
23rd March 2000 : Marriages
25th March 2000 : Public Programme.

Details about Contributions/charges for the programme can be obtained from your Centre/City/Country leader. At present the total programme has been planned at NIRMAL DHAM, our own Sahaja Yoga Ashram. The detailed address & map **has been** sent to your Centre/City/Country leader. Since this is the first time we have planned this programme at our own new land, it is necessary to dis-

play the map at your Ashrams/Centres, so that every Sahaja Yogi / Yogini knows it fully well.

We need information about the number of Sahajis attending the programme to arrange lodging & boarding for them. You are requested to send this information to your Centre/City/Country leader such that we receive here positively by 1st March 2000. Address/Fax No./E-mail/ Tel. No. for communication has been given to your Centre/City/Country leader.

If required and informed in time, our Reception Committee is ready to receive the Sahajis arriving in groups at airports and railway stations. The Centre/City/Country leader should send the group arrival details duly filled in to our Reception Committee at least one week in advance. Please note that such a request must come through the leader only. Sahajis should wear badges of Shri Mataji at the time of arrival for identification at the arrival points.

We seek your co-operation and extend a warm welcome to you all to attend the memorable & unique, First Birthday celebration & Puja of the new Millennium at our own new land - NIRMAL DHAM, and enjoy the Divine blessings and large collectivity.

V. J. Nalgirka

