



Australian Newsletter

Jai Shri Mataji!

Contributions:

Burwood: 02 9747 4835

Burwood Fax: 02 9745 4927

email: sahaja@eagles.com.au

Deadline is 7.00pm Tuesdays

“I don’t know on my Birthday which deity’s puja you are doing. It’s where there are all the deities, all of them being worshipped together, it works out much faster. I think when all of you are together things work out much faster.”

(Birthday Puja, New Delhi, 20 March 1995)

“I would request all the Sahaja Yogis, whether they are women or men, even children, can spread Sahaja Yoga because they have got the powers in them to spread it. They have the Shakti to do it. That should be a case, not only for India, but all over the world it can be done. This is the promise as a present you have to give me on my Birthday, if you think it’s nice.”

(Felicitations Talk, New Delhi, 21 March 1995)

*May God Bless You
Shri Mataji Nirmala Devi*



STATE NEWS

Old News

Birthday Puja - Wamuran

Birthday Puja has been set for Tuesday 21 March 2000 at Wamuran, to commence at 7.30pm. Wamuran and early arrivals will do setup. There will be no dinner arrangements, just prasad (please bring some). As there is no roster for preparations, could Wamuran yogis please coordinate all procurements (eg five elements etc).

Change of Leadership for Queensland

For those who may not yet have heard, the role of leader of Queensland is now with Mark Bevan. Congratulations and best wishes to Mark!

To Uncle Albert

Notwithstanding any collective thankyou, which I'm sure is in the offing, may I take this opportunity to express my thanks for your services in establishing Sahaja Yoga and its culture in the Brisbane region. Over the last 17 years, you have helped to germinate Sahaj here and nurtured it with your endearing and wise leadership to the present. This leadership was extended for a good many of those years, to Queensland as a whole.

Through a period when being a "leader" in Sahaja Yoga has invariably proven a difficult mission, you have not only survived numerous others in leadership, but have reached the point where, at Shri Mataji's behest, you can hand over the leader's hat, knowing you have worn it well. A difficult job well done. I hope you enjoy all the more the perspective of Sahaja Yoga from the "rank and file"! Again, and on everyone's behalf I'm sure, our thanks, and love.

Peter Cavanagh

Clearing and Practices Nights

Following the success of the recent clearing, deepening weekend, and after reading of similar regular gatherings interstate, we wish to start a fortnightly clearing and practices night. Fortnightly, Friday nights will be set aside, beginning March 17, for established Sahaja Yogis to improve their vibrations through collective clearing techniques.

In order to gain most benefit from the evenings we would ask that adults only

attend. Once the evenings are up and running, it would be an excellent opportunity to encourage suitable established new people to participate and deepen. If desired, the evenings could become a weekly event, thereby allowing parents to alternate with babysitting.

The evenings will be kept simple with full attention on deepening our vibrations through footsoaking, shoebeating, burning, headrubs etc., with selected deeper talks by Shri Mataji. The evening will begin at 7.30pm and finish no later than 9.00pm, and the venue will be Wishart ashram, with a view to rotation amongst any willing homes.

PS: Please bring your own footsoak buckets.

New Public Program details - Brisbane Region

The following programs have been organised:

Saturday 18/3 at Gympie and
Sunday 19/3 at Hervey Bay. We will be camping overnight at Hervey Bay.

Contact Matthew for details.

Mondays at 7.30pm at the
Lawnton Community Centre,
Cnr Ellis Rd & Todds Rd Lawnton
commencing 27/3 for four weeks.

Contact Bob Rankin for details.

WA News

Gidgegannup

We enjoyed another lovely weekend, just past, at Gidgegannup. It really is such a great thing to be getting together regularly with a whole bunch of yogis. You can feel the bonds becoming stronger and feel more united in our collectivity. Craig and Kitty shared all the great and wonderful news from their whirlwind journey to and from Shivaratri puja. Five days and no sleep!

The pizza oven is almost finished and other maintenance work continues. The last few weeks have really given us a taste of what Gidgegannup is really all about and why it has been created. It really is such a paradise and we are pleased to announce a reconfirmation of Sahaja Yoga's commitment nationally to making it work, in that Shri Mataji has agreed for the time be-

ing for the property to be in Her name. So in every sense (literally and subtly) it is now Mother's Property, for us to respect, develop and utilise to its fullest potential.

University Program

Last Sunday we held a stall at the Murdoch University open day. About 1 dozen yogis attended throughout the day and although the event was not so well attended, (well down on the organisers' expectations) it was nice to give realisation to about 20 seekers. Thank you to all those who assisted.

Call To Attend Puja

During Shivaratri Puja I received the message loud and clear that I must go to Birthday Puja. Having had no intention of going prior to that I tried to discard the thought from my mind, but it was too strong! After the long weekend I began to make travel arrangements but everything was fully booked - I had left it too late the agent said! After a few days of being fully tested, of course it all worked out as it always does in Sahaja Yoga, and I found myself with a direct flight and, even better, travelling with a friend who was already booked with an unsuitable itinerary and she too was able to get a direct flight! The travel agent got his realisation too - the power of the Divine - Jai Shri Mataji!!

The following is a poem that came to me suddenly:

The Mother Speaks

I heard the voice inside my head
"You must to Birthday Puja go" it said
And in my usual way I fought
Knowing all the time I ought
To listen to my Mother

I told myself that I must go
To get another chance to grow
More vibrations and more love to share
With brothers and sisters who really care
And be close to my Mother

To be back in the Holy Land
And feel my feet upon the sand
I know that I've received her call
I must give over to it all
And surrender to my Mother

Marilyn Lantzke
Perth Collective

NSW News

Birthday Puja

The Sydney collective Birthday Puja will be held at Burwood on Tuesday 21st March at 7.30pm. Puja roster as follows:

Set up & Dismantle:	Blue Mountains
Cooking:	Lewisham
Washing up:	North Shore

Yuva-Shakti Seminar

Good news for all collectives. Sydney yuva-shakti is going to organise a yuva-shakti seminar at Balmoral on Sahasrara Day weekend (6-7 May). The motive for the seminar is to impart to yuva-shakti the divine knowledge of Sahaja Yoga.

All the suggestions and ideas to make it a successful seminar are most welcome. We invite all yuva-shakti to come forward and enjoy.

Deepak Kumar

News Flash from India!!!

Much has been happening here and Shri Mataji has really been sending great blessings to our country. Her attention has very much been with the Yogis here, and of course through them to the rest of the country. We only wish that we could convey something of what is like to be here and now. All that we can say is that the time is at hand to really move forward both individually and as a collective. As part of this process many projects and initiatives which have been dormant for many years should now be acted upon.

To this end we wish to call a **meeting for all the collective at Burwood on Sunday the 2nd of April at 4pm** which is a few hours after we touch down (having returned from India) and when the blessings of Shri Mataji are still fresh within us all.

The aim of this meeting will be to convey to the collective the messages from Shri Mataji and to relay some of the things which She has directed that we do. In line with this new direction, areas to which She has directed Her attention include:

1. Balmoral
2. Sahaja Pre-School
3. Finances / contributions
4. Support for National Projects
5. Shri Mataji's comments and opinions

During this time of Shivaratri Shri Mataji has placed tremendous attention upon Australia, similar to that which is felt when She has visited our country. Those fortunate to have attended the week long celebrations will attest to the level and degree of love which Shri Mataji poured upon us. The time is at hand when we should really take to heart the messages which She has for us and the projects which She has directed that we take up with a full heart.

Jai Shri Mataji
Avinash Nickkawde

INTERNATIONAL NEWS

News from Scotland

I don't think there has been a report from this part of the UK before, but this is just to let everyone know that a very warm welcome awaits any SY visiting Scotland. We are a comparatively small collective of about 15 people, largely based on the capital city, Edinburgh, where meetings have been held regularly for a number of years. In the last five years meetings have been extended to various towns, though it has been hard work, probably in view of the two great conditionings which the country has been carrying - drink and religion.

Last August we held a public programme in Glasgow - Scotland's largest city in terms of population - in conjunction with a seminar for all of the UK. This was a very joyous weekend, and we took over part of the international scout centre in lovely countryside north of Glasgow.

Surprisingly, in the past, it has been very difficult to encourage yogis from the rest of the UK to visit us. On the occasion of TEV's visit to the Edinburgh Festival Fringe two years ago some were brave enough to venture over the Border. For the seminar however, we welcomed about 165 yogis and it was wonderful to have the benefit of the collective's attention on Scotland which as you may know, is tentatively re-discovering its confidence and enjoying its own parliament for the first time in 300 years. This attention is important, as relationships between the constituent parts of the UK are now undergoing changes and at the subtle level it is important that harmony

and mutual understanding are not only maintained but increased.

The follow-up programmes in Glasgow were very encouraging, no doubt helped, through the vibrations spread throughout the city in the lead up to the public program (which incidentally was the first one to be held there since Shri Mataji's visit in 1981). We are holding a seminar over the next weekend for those who have been attending the meetings regularly over the past four months to help them go deeper. We acutely feel the need for some yogis to be living in Glasgow. At the moment those doing the meetings have to travel considerable distances sometimes, from other parts of the country. It is a vibrant, open, outgoing and friendly city with a warm heart. So if anybody would like to join us?....

We have participated in several alternative health fairs, and hundreds of people have got their self-realisation. However, they don't seem to have resulted in people really taking on SY. Perhaps it is because those going to these fairs are just overwhelmed by the distractions of so many different paths. We have decided not to carry on with these for the present, but rather to devote our energies to providing as many opportunities as possible for people to discover and enjoy the benefits of the collective on occasions outside the regular meetings which are now held in Edinburgh, Glasgow, Stirling and Falkirk, with others starting up in the Borders and elsewhere over the next months.

It is encouraging that our small collective is beginning to grow, and through Shri Mataji's Grace, will continue to do so, in a country which is entering a very exciting period in its long history. As mentioned at the beginning of this letter, a very warm Scottish welcome awaits you all, whenever you choose to come.

Jai Shri Mataji!

"No task, rightly done, is truly private.
It is part of the world's work"
Woodrow Wilson

GENERAL NEWS

Memories Project

There are many, many stories and memories of our Divine Mother, experienced and treasured by hundreds of Her children. If these memories are not recorded, they will be lost for ever and with them a huge source of richness that future generations of Sahaj Yogis will never know about or be able to share.

Linda Williams brought this to our Mother's attention at Ganapatipule and asked Her if we might collect stories of the beautiful memories of Her care and love; of the laughter; of actually being with Her and experiencing first hand how it was; of the warmth and simplicity and all the many ways in which She showers Her love and the great play of Shri Mahamaya that makes seekers love and trust Her, often without yet understanding the Truth about Her.

Oral memory is very fresh and spontaneous: it has a lively quality often lost in writing (and according to academics is increasingly being seen as of fundamental importance to the historical record.) It was thought a good way to start the project would be to invite those Yogis who share the earliest memories to meet. In England they are starting with a small group to experiment with recording their memories, hopefully with great enjoyment and so offer a blueprint for others to follow if they so wish. From then on the project will be open to everyone, and a suggestion is for Yogis who share a common experience to get together so the conversations will have a 'shape' eg in England they are looking at times spent at Brompton Square, Shudy Camps, etc.

In Australia maybe we could do it by years, (eg starting at 1980) However, any suggestions would be welcome. The up-coming Australia/NZ pujas would be great places to get together to talk and record.

The spirit of this project is to help future brothers and sisters to know the beauty and glory of Shri Mataji as a human Mother whose wonderful power of love dispels all our fears and trepidations.

Suggestions:

- to speak over a meal, tea, in a relaxed

group.

- to be spontaneous and enjoy and let the conversations flow.
- to monitor what is being said so that at any time the recording can be stopped if it's felt a story or memory is inappropriate to the spirit of the project.

On the weekend of 7th-8th April, yogis will be meeting in England, and those invited are: David and Hesta, Patti and David, John and Shailaja, Kingsley, Paul Winter, Danya, Maureen and Mark, Ray, Sarah and Anna, Auriol Williams, Pat and Grazyena, Graham, Douglas and Deviani, Pamela, Patricia Proenza. All the material to be collected and transcribed.

From Linda Williams:

I heard from Arun Goel and he confirmed that Mother is quite happy for us to go ahead with the memories project. I am enclosing the email which Richard Payment, who looks after the Canada/US newsletter, is putting in theirs.

Here's Richard Payment's email:

With Shri Mataji's guidance, there is a project underway to create a book (or perhaps series of books) offering a collection of memories of our Mother, gathered from Sahaja Yogis from around the world. These would include:

- One-on-one memories of times with Mother .
- Memories of times where more than one person was present, but which were not recorded in any way.
- Memories of stories which involve Shri Mataji doing miracles in Her normal physical form.
- Miracles where Mother has appeared to people or other miracles concerning deities, such as Lord Ganesha.
- Other Sahaj-related miracles and experiences.

These stories can be emailed or handwritten in English (or any language), or even recorded on audio or videotape. In England a group of long-time Sahaja Yogis are scheduled to gather to record their memories for this project.

There has also been a lot of enthusiastic interest around in this project in several countries, especially South Africa from where it is being coordinated.

These memories could all become a beautiful part of Sahaja Yoga history, so

we can pray that by Mother's Grace it will work out.

In Australia, please send any memories in any form to Gillian Patankar at 2 Nursery St, Hornsby NSW 2007, or email me on gpatankar@hotmail.com.

Anyone interested in helping to co-ordinate this project, or transcribe tapes in Sydney and in other states please let me know on 02 94774645 or by email.

If anyone would like to write a memory or two before 19th March, I will send them to India where Linda is hoping to collect some at Birthday puja.

It is such a beautiful project and the vibrations and joy just flow when we remember all the wonderful blessings we have had from Our Divine Mother, please take a moment to reflect and record these memories so they can always be shared and enjoyed. *Jai Shri Mataji*

Water Cure

Dear Brothers & Sisters,
Jai Shri Mataji !

Amazing! But True !! 6 glasses of water (1½ litres). Without spending on medicine, tablets, injections, diagnosis, Doctor fees, etc., just by drinking pure water and Meditation, the following diseases will be cured. You can never believe before practising. Let us see the list of diseases being cured by this therapy:

Diseases cured by Drinking water

1. Headache
2. Blood Pressure/Hyper Tension
3. Anemia (Blood Shortage)
4. Rheumatism (Pain in joints/ muscles)
5. General Paralysis
6. Obesity
7. Arthritis
8. Sinusitis
9. Tachycardia
10. Giddiness
11. Cough
12. Asthma
13. Bronchitis
14. Pulmonary Tuberculosis (T.B.)
15. Meningitis
16. Kidney stones
17. Urogenital diseases
18. Hyper acidity
19. Gastro-enteritis
20. Dysentery
21. Rectal Piodapse
22. Constipation

23. Hostorthobics
24. Diabetes
25. Eye diseases
26. Ophthalmic Hemorrhage
& Ophthalmia (reddish eye)
27. Irregular Menstruation
28. Leukemia (white Blood)
29. Uterine cancer
30. Breast cancer
31. Laryngitis

How to do this water therapy?

1) Early morning after you get up from bed (without even brushing your teeth). Drink 1½ litres of water (i.e. 5 to 6 glasses). Better to pre-measure 1½ litres of water. Let us all know that our Indian ancestors termed this therapy as "Usha Paana Chikitsa". You may wash your face thereafter and sit for meditation.

2) Here it is very essential to note that nothing else (neither drinks nor solid food of any sort) should be taken within 1 hour before and after drinking this 1½ litres of water.

3) If required, boiled and filtered water may be used for this purpose.

Is it possible to drink 1½ litres of water at once for me?

1) To begin with, one may find it difficult to drink 1½ litres of water at one time, but one will get used to it gradually. Initially, while practising, you may drink four glasses first and the balance two glasses after a gap of two minutes. Initially you may find the necessity to urinate 2 to 3 times within an hour, but it will become normal after some time. By research and experience the following diseases are observed to be cured with this therapy within the indicated days as below:

Constipation 1 day
Acidity 2 days
Diabetes 7 days
BP & Hypertension 4 weeks
Cancer 4 weeks
Pulmonary TB 3 months

Note: It is advised that persons suffering from Arthritis or Rheumatism should practise this therapy thrice a day, i.e., morning, midday and night, 1 hour before meals - for one week; and twice a day subsequently till the disease is cured.

How does water help?

Consuming ordinary drinking water by the right method purifies the human body. It renders the colon more effective

by forming new, fresh blood, known in medical terms as Haematopais. That the mucousal folds of the colon and intestines are activated by this method, is an undisputed fact, just as the theory that new fresh blood is produced by the mucousal fold. If the colon is cleaned, then the nutrients of the food taken several times a day will be absorbed, and by the action of the mucousal folds they are turned into fresh blood. The blood is all-important in curing ailments and restoring health, and for this water should be consumed in a regular pattern. We make an earnest request that the above method should be read and practised carefully. Please spread this message to other Yogis, friends, relatives and neighbours. It is a great service to the cause of humanity.

Best regards,

NIRANJAN KUMAR SHARMA,

Scientist-SC

URL: <http://www.plasma.ernet.in>

INSTITUTE FOR PLASMA RESEARCH

FAX: 91-79-2864310

NEAR INDERA BRIDGE, BHAT |

TEL.: 079-2864742, 2864745, 2864023

GANDHINAGAR (GUJRAT)

Birthdays!

Many Happy Returns to.....

Frank Giannasi

Susanne Malone

Jo Reid

Kamlesh Szydlowski

Liby Filiatrault

Lynne Vockler

Leon Kay

Geeta Manocha

Pavan Keetley

Heather Churchill

Inder Cheema

James Mow

Silvia Vega

"He has the right to criticise, who has a heart to help"

Abraham Lincoln

Mother Nature

She is the Creator of all

Dearest Mother Nature of mine

Pure, holy and divine

In abundance her graceful radiance
shines

Spreading absolute joy and bliss around

Her ingenuity knows no bounds

Ever-witness of her play of powers

Omnipresent, omniscient, soul of God its
pure love she showers

Existing as earth wind water fire and sky
She is an innocent charmer who

mystifies

An essence of all forms of manifestations

In subtle ways an expression of
ideations

In her bosom does all her creations lie

In her pure consciousness time remains

unchanged - it never flies

She is the embodiment of love and

beauty of existence

The truth of life: She is its divine essence

Shivani Chandna

Delhi

Love

'Try to love each other in dedication, because you're all my children, created out of my love., In the womb of my love you all have resided. From my heart I've given you these blessings. A deep love should exist. Selfishness has no place in Sahaja Yoga. Miserliness has no place in Sahaja Yoga.

You must have a heart as your Mother has: pulsating with love, with compassion, with joy, with happiness, with giving. That should be the attitude, not rationality, nothing. It is to feel. Feel for the pains of others. Feeling for their longing and feeling for their aspirations. Just feel within yourself "is there desire to be the Whole, to be the Ocean itself?" is so fulfilling.

All that is sustaining, all that is nurturing: all that comes from this sense of love which is within us very much developed, but within others also who are not yet realised.'

Shri Mataji

