



## Australian Newsletter

***Jai Shri Mataji!***

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Deadline is 7.00pm Tuesdays

*The Divine vibrations are very subtle. To feel them the Sahaja Yogis have to become subtler after self-realisation. All gross identifications have to be given up gradually. This becomes very easy after realisation, as Kundalini awakening takes your attention into your inner being of collective consciousness.*

*After realisation one has to create the space by withdrawing one's Ego for the realm of God Almighty to enact in its collective blissful role.*

*May you have wisdom and strength to dedicate yourself to the beautiful happening of complete dissolution of your being into the ocean of Divine Bliss "Sat-Chit-Anand".*

*Let through your enlightened life the whole world follow the path of human sustenance (Dharma), for the dawn of Satya Yuga is nigh.*

***Shri Mataji Nirmala Devi***

*Bombay 26 Jan 1978*



## STATE NEWS

Victorian News  
March 21<sup>st</sup> 2000

### *Happy Birthday Shri Mataji*

#### **Songs of innocence**

An eight year old Sahaja yogi boy sat down quietly the other day at his father's word processor and wrote this song unassisted and without any prompting at all. He showed it to me on Saturday night and asked, with a very serious look, if I thought it was O.K. After we had discussed the lyrical symmetry and metaphysical content I assured him that this song was indeed O. K. and that it was in fact very beautiful and that, with his kind permission, I would put it in the Sahaja newsletter.

He said that would be all right by him.

#### **Namostute Devas**

*By Samath Noyce, aged 8, on the occasion of Shri Mataji's seventy seventh birthday.*

#### *Chorus:*

Shri Nirmala Devi Namostute la la la la  
la la la la la {2x}

#### *Verse 1:*

Namostute Shri Ganesha Namostute  
Namostute Shri Brahma Namostute  
Namostute Shri Vishnu Namostute  
Namostute Shri Shiva Namostute  
Namostute Shri Krishna Namostute  
Namostute Shri Jesus Namostute

#### *[chorus]*

#### *Verse 2:*

Namostute Shri Kundalini Namostute  
Namostute Shri Saraswati Namostute  
Namostute Shri Laxshmi Namostute  
Namostute Shri Parvati Namostute  
Namostute Shri Radha  
Namostute  
Namostute Shri Mary Mata Namostute

#### *[chorus]*

#### **Other news**

*The very, very long country run continues.....*

The blessings of our Divine Mother were with us once more when seven Sahaja Yogis proceeded to run yet two more programs at Ballarat in the morning and Bendigo in the afternoon of Saturday, March 18.

Several hundred kilometres were driven in order to achieve a balance in time allocation between the programs being given in these two regional centres on the one day. Both programs were a great success with about 20 people turning up in Ballarat and at least 28 people in Bendigo. Both programs consisted of previous attendees with more new people turning up at both centres. All received their self realisation and some vibrations were willingly given by yogis to new people at the Bendigo program. Tea, coffee and biscuits were served and Bhajans were performed at both venues also. Thanks to Bruce Ridge for an excellent presentation at both venues and to Colin Berry for getting the Bhajan group on the road nice and early! All the people at both venues experience the joy of feeling Divine Cool Breezes and many for the first time. We promised to return again to both centres in three weeks.

During our drive at the weekend, some discussions ensued about the possibility of taking the Yuva Shakti on a weekend camping trip sometime this Autumn. Colin and I (Rohan) would be keen to run such an event should the greater Melbourne collective think it's a good idea. Time is of course a problem with Easter approaching but since this coincides with the Term 1 school holidays we may be able to work something out (before it gets too cold!).

Jai Sri Mataji!  
*Rohan*

(Our thanks to Rohan, Bruce, Colin, Maruthi, Christine, Laura and others who never fail to make the six hundred kilometre day run every three weeks to spread Sahaja in the Victorian country side.)

#### **Clearing programmes continue**

Friday night clearing programmes continue into their seventh week now and are a resounding success. Many, many yogis are reporting tangible improvements with their vibrational awareness, quality of meditation and success in clearing long term problems on a variety of levels. We were very pleased to hear of similar programmes beginning in Queensland and look forward to hearing of their progress.

Our approach here has been to simply provide the complete environment for these activities. We make sure that everything is on hand and set up before people arrive and that there are clear set out areas for the different practices and tech-

niques to be conducted. Mats in the garden for shoe beating, camphor and ajwain on the back porch together with fire proof holders for safe usage. String, string holders and mustard seed oil for the powerful string burning technique and a small iron havan for the fire are available in corner on the back patio.

In one room we have cushions and candles for left side treatment - in another room bowls of water, salt and ready made ice packs for right side and liver treatment. We try to remember to put bowls of channa around and keep up a steady supply of pure filtered water in glasses before Mother's photograph. One room is silent another has a special CD selection of classical pieces playing softly. (Prepared by Ian Lowery on his last visit down here - Thanks Ian!)

It is an utter joy to watch thirty or forty Sahaja yogis arrive in twos and threes and go about their cleansing and deepening in the manner that best suits them in different areas of the house. Most finish with long collective meditations. And of course there is always the opportunity to chat quietly and catch up on news and events especially with so many of the collective currently in India. An important feature has been the parallel children's programme at a near by yogi home allowing a special programme for the under tens as well as the opportunity for parents to focus on their own chakras and vibrations for a while.

As a Friday night activity it is an ideal opportunity to wash off the catches of the working week and settle into a weekend of Sahaja vibrations with our brothers and sisters. It is also a useful graduation program for new people who have settled into Sahaj through one of the many weekly new people's programs being run around Metropolitan Melbourne.

We cannot stress too much how much this is such an enjoyable and much looked forward to activity. We recommend this to all collectives everywhere.

Jai Shri Mataji!  
*Michael Davies*  
*Melbourne Collective, March 21 2000*

## WA news

### Why do I meditate?

It makes me feel good. I start to understand why I do things, what makes me change and develop. It's like tapping into my own personal guidance system that supports, nurtures and looks after me - giving me gentle powers to help me do what is right and proper.

I start to understand the errors that I make in my life, and with that understanding I am able to gradually change my behaviour for my own benefit and to the joy and benefit of my family, friends, and at work.

I know I am becoming a nicer, gentler, friendlier, more loving, forgiving and patient person. But it takes time and I'm not there yet. The meditation gives me the insight to know what to tackle next, and then helps me bring about that change in my behaviour without stress or pressure. Strangely though, the less I try to do and the more I just meditate and let things happen, the better it works, and in fact, ironically I feel that I am far more in control of my life than before I started meditating.

I find that the more I meditate the more I grow within myself and the easier it becomes. One wonderful benefit is the ability to become thoughtless during meditation and also at times throughout the day. Being able to just witness events without becoming emotionally involved allows the stress to drop away and the correct solution to problems emerges. What a blessing this has been for me at work and at home.

Also I find I am becoming more creative, have more confidence in myself, and have that innate feeling that all is well. My whole quality of life has improved so much; far greater than any expectation I held before I started meditating; and the changes have been in wonderful and in unexpected ways that have given me untold joy in my life. Even so, I know that I have barely begun to tap into the wonderful depths of peace, knowledge and complete health that are now open to me through Sahaja Yoga meditation.

*Hugh*

## NSW news

### Weekend of 4/5 March:

#### •NSW Northern Country Tour at Armidale and Tamworth

#### •Shiva Puja at Valla / Coffs Harbour

Four of us left from Sydney, stopping once at the Central Coast to pick up the first Central Coast yogi to join the country tours. Then on to Scone to "AAA" star accommodation – Scone Caravan Park.

Our first program was in Armidale. The regular seekers enjoyed Brian Bell's talk of about the chakra system and the significance of Shri Ganesha in relation to these chakras.

We then headed back to Tamworth community centre which was surrounded by a garden of Neem trees.

As there is no lunch stop, the Lakshmi on board served salad and cooked cheese sandwiches (a little hot that day) in the car.

No-one came to the program in Tamworth. Probably the seekers were keeping away due to the very hot weather (as the regular seekers drive for about an hour normally to attend our programs).

We then headed back to Armidale, across the top of the mountain range to Dorrigo. The view was breathtaking. The colours of the sunset in this region of Australia are quite amazing, and such a gift for all those on board to view.

We stopped at Dorrigo, for the Nabhi and feasted on fresh trout and curries before arriving in Valla. After the Morning meditation we set off to Valla beach for a foot-soak. The beach was empty except for some surfers and fisherman. The surrounding area was all virgin bushland.

The Coffs Harbour collective, including lots of little children, joined us for Shivaratri Puja. Tony Carbone and his harmonium took care of the bhajans and we sang for most of the afternoon. The Puja was enjoyed by all, and we would like to thank Helena and Graeme for their care and love in making this a very special weekend.

We set off in the Late afternoon to drive back to Sydney. The storm that travelled with us lit up the sky like a New Year's Eve fireworks display - lightning flashes, thunder and heavy rain. (The following week the roads along the coastal highway were flooded and closed to traffic).

### News of the next northern country tour:

The next Northern tour coming up on 1st April will be going to Armidale and Tamworth only, leaving Friday evening from 10 Clarence Street Burwood at 7:30pm.

I have confirmation of 3 Sahaja yogis going from Sydney. The North coast Sahaja yogis will be joining us again (two have confirmed).

**Vehicle:** as yet we have no car, could someone volunteer their car(to seat 5) for this tour ?

**Accommodation** has been pre-booked at Scone Caravan Park.

**Advertising:** Local papers in Armidale and Tamworth. Posters have been sent out to Community Centres, Libraries and Health Care Centres. Audio tape copies of the Sydney radio programs have been sent to the regular seekers in both Armidale and Tamworth. Seekers from Armidale will put up posters at the University, health food shops and Cafes. Faxes have been sent to radio stations requesting public announcements.

If any one would like to join this tour, contact *Sue Williams* 02 9799 3418 (H)  
02 9333 2423 (W)

## New Medical Research Project in Sydney

### Yogis Needed!

Treatment will be given to 12 ladies over 12 weeks to show the effectiveness of Sahaja Yoga on Menopausal hot flushes.

Any Yogi that is available on Monday and/or Thursday at Prince of Wales Hospital in Randwick from 6:30pm to 8:30 pm, please contact  
*Greg Turek: 9498 7070 or*  
*Jelena: 9971 2975*

**Collective Meeting**  
**Sunday 2nd April 4:00pm**  
**10 Clarence Street Burwood**

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*

**Bhajan Practice**

Come and enjoy at Lewisham Ashram  
On Tuesday the 28th March 7:30pm

**INTERNATIONAL NEWS**

**News from Chicago, USA**

**February 25th.**

It's been a long time since we in Chicago shared anything about our local Sahaja Yoga work and collectivity. We'd like to share with the other collectives more about what we do, and also learn more about the details of what is being done elsewhere.

In Chicago we have a core group of about thirty yogis. The group is very diverse, including yogis from North and South America, India, eastern and western Europe. The core group meets every Saturday night at our centre, an apartment which is also home to four adults and two children. We rotate the hosting of these meetings, so that everyone in the collective takes a turn providing food and being involved in planning the meeting content for the week. At these meetings we sing bhajans, watch or listen to Shri Mataji's tapes, perform havans, meditate, share news or whatever else feels needed at the time. We also share a meal and stay together for hours afterwards, enjoying the atmosphere of collectivity. These meetings are very joyful, and the collective is growing more and more like a big family all the time.

As far as spreading Sahaja Yoga, we began the new millennium with a series of four public programs, three of which were held in areas where we had never even been to hang up a poster before. As these were small, and fairly remote suburbs, we did not know what to expect at all, but were very happy to be able to give Realization to about fifty people. From these four meetings, we created two ongoing weekly classes which would serve the various groups of new people. After six to seven classes, we still have about fifteen new people and four or five intermediate people attending, and they seem to be quite enthusiastic.

These meetings are being well supported in terms of attendance by yogis. It seems to help a lot when the new people have the chance to meet a number of people and hear the message as told from different points of view. These meetings are in the far north and northwest suburbs of Chicago. A third meeting is also beginning soon in a nearby western suburb. Our general approach here has been to hold a meeting in an area, let it go on until

the people are well grounded in Sahaj and it feels like time to move on to a new area. At that point we leave it to them to either drive a bit farther to the new meeting location or to join our Saturday night collective meeting. This seems to work quite well and it is the only way that we can keep spreading Sahaja Yoga. In a city of this size, with over eight million people, it is just not possible to reach everyone without moving our meetings around.

We have found that if we focus primarily on getting people to feel and work with the vibrations, as opposed to giving them a lot of information, it works well. They establish the new awareness faster and have an easier time accepting the information that comes later on. We actually have only given our new people a photo, an introductory handout on how to meditate at home, and a handout with several versions of the chakra chart in the first seven weeks of our current class. Through workshops and discussion, people seem to get more of a working knowledge of Sahaja Yoga. We have just created a local newsletter, intended to be monthly, called *Vayuvahana*, meaning "having the wind as his vehicle" - a play on "the windy city" - to keep people up to date on meetings, dates of local events and Chicago-related news in general.

Chicago is a cold place in the winter with lots of snow, can be a pretty hot place in the summer and is generally not loved for its weather. But its greatest feature is the powerful and beautiful Lake Michigan. In summer we frequently meet on the beach for footsoaks and meditations, and have had a number of summer pujas in a shady grove near the lake. We will be holding a seminar on the lakefront for the Birthday Puja celebration this year on March 24th to 26th. We would like to extend a warm welcome for Sahaja Yogis from any part of the world to come and visit our collective, share what is going on in your part of the world with us and enjoy with us at the Feet of our Divine Mother!

Jai Shri Mataji!

*Steve Wollenberger*

**Midwest Seminar**  
**March 24th to 26th**  
**Illinois Beach State Park**  
(North of Chicago)

To register call: (847) 677-4732  
or email to [sfwollenberger@yahoo.com](mailto:sfwollenberger@yahoo.com)

## News from Indonesia

Sahaj has put down roots in Indonesia and there are now around 15-20 serious yogis, with another 15-20 practising regularly. Most established yogis are in Jakarta. Yogis hold around 3-5 programs each week in Jakarta and we get \$4 inquiries via the Internet per week. At one stage Indonesians were hifling the Sahaja web site in the USA more than any other nationality. Outside of Jakarta things have been a little slow but we have people meditating in Bandung, Yogyakarta, Bali, Kalimantan and North Sumatra (those are the ones we know about). Whether they will stick without a collective is still a question.

Although you might think Indonesia crowded it stretches 5000km east to west and about 2000km north to south. In its total spread-out-ness, Indonesia rivals the USA and USSR (including internal seas it is larger than Australia, China or Brazil).

Given the economic crisis - where the average income of Indonesians halved and tens of millions lost their jobs - we haven't managed to get any local Sahaja Yogis to India yet. If Sri Mataji comes to SE Asia we would hope to get 10-15 to meet her in Malaysia or Singapore. In any case, the collective is growing steadily - after a bumpy start due to the penetration of Reiki here. The depth of the collective is also pleasing. There are two strong informal leaders - Felix and Alex - whom we hope some of you will meet in the not-too-distant future. Sahaja now has a foothold in this country of 210 million people and we hope that it will take on naturally as the existing collective matures and becomes more capable of handling the number of potential yogis here. It is a modest start but (hopefully) a good foundation.

## News from

### Nagpur Academy

At Shivratri puja this year Shri Mataji decided to close the academy by the 19th March with a view to reopening in August 2000, and perhaps at a different site. The details are about to be discussed at Birthday puja. Please contact Mr Magdum for further information and future applications at the following:

home: 022 8074065,  
office: 022 8885353  
fax: 022 8895777  
e-mail: [srm2@vsnl.com](mailto:srm2@vsnl.com)

**As from the 19th March the e-mail address of [srm2@vsnl.com](mailto:srm2@vsnl.com) will not be used for the academy**

## Birthdays

### *Our Best Wishes to:*

Carol Calstrom  
Kenny Looke  
Raymond Hampton  
Andrew Jones  
Melissa Lee  
Violet Tubb  
Krishna Lewis  
Sarita Murphy  
Katy Cartmel  
Jennifer Donlevy  
Caroline Lynch  
Vijay Patankar

## A Sahaja Yogi

SAHAJA YOGI is always part of the answer, he is never a part of the problem.

SAHAJA YOGI always has a program. He never has excuses.

SAHAJA YOGI says, "Let me do it for you". He does not say, "That's not my job"

SAHAJA YOGI sees an advantage in disadvantage. He does not find problems in every situation.

SAHAJA YOGI says, "It may be difficult but it's possible". He never say, "It's impossible"

## A Mama in Heaven

You have a sense of ownership  
For the children of your sister  
Caring guidance and stewardship  
Are what you always deliver

You shine with the inner desire  
Of devotion to the Most High  
It glows in your eyes' black fire  
There is no telling how or why.

Your singing is echoing  
On the slopes of Mount Kailasha  
Where you rejoin the pure being  
Of the Archangel Bhairawa

He, with light; you in a laughter,  
Defeat the negativity  
While our Sangha will forever  
Cherish your songs clear and mighty

Your destiny is now even Prince of poets  
and the best friend  
We will reach towards heaven  
To touch your ever helping hand

Belos calls us from the ether  
To now rise in quiet splendour  
At the Feet of Our Shri Mother  
Where Lord Shiva grants His favour

Chandra Mama is the white moon  
On the the head of Pashupati  
Baba Mama is like a boon  
Given to us by the Devi

*Gregoire de Kalbermatten*



# Wonderful Mother



## Prayer to Shri Mataji for the Benevolence of our Children

Help us give our children the best – not of trappings or toys, but of ourselves, cherishing them on good days and bad, theirs and ours.

Teach us to accept them for who they are, not for what they do; to listen to what they say, if only so they will listen to us; to encourage their goals, not ours; and please, let us laugh with them and be silly.

Let us give them a home where respect is the cornerstone, integrity the foundation, and there is enough happiness to raise the roof.

May we give them the courage to be true to themselves and the independence to take care of themselves.

See that we discipline our children without demeaning them, demand good manners without forgetting our own, and let them know they have limitless love, no matter what they do.

Let us feed them properly, clothe them adequately and have enough to give them small allowances. And let us be moderate in all these things, so the joy of getting will help them discover the joy of giving.

See that their responsibilities are real but not burdensome, that our expectations are high but not overwhelming and that our thanks are thoughtful and given when they're due.

Help us teach them that excellence is work's real reward, and not the glory it brings. But when it comes - and it will - let us revel in each honour, however small, without once pretending that it's ours; our children are glories enough.

Above all, let us ground these children so well that we can dare to let them go.

And may they be so blessed.

Adapted from "A Parent's Prayer"  
*The Mother's Almanac Goes to School*  
- published in Sydney's *Child* magazine,  
March 2000