

# Sahaja Yoga

16<sup>th</sup> June, 2000



## Australian Newsletter

***Jai Shri Mataji!***

**Contributions:**

Burwood ph: 6 12 9747 4835  
Burwood fax: 6 12 9745 4927  
email: [sahaja@eagles.com.au](mailto:sahaja@eagles.com.au)  
Deadline is 7.00pm Tuesdays

*“Without beginning, middle or end; of exhaustless potence, countless-armed, with Moon and the Sun for Thine eyes; I behold Thee, with the blazing Oblation – consuming fire – for Thy mouth, and in Thine own radiance, searing-up the universe.*

*“This mid-space between Heaven and Earth has, by Thee alone, been filled, as also all the quarters. Beholding this Thine wondrous, terrific Form, the world-triad is in trepidation, Oh Mighty Spirit.*

*“For here are entering within Thee the hosts of Gods, some in fright, with folded hands, hymning Thy praise. The congregations of the great Sages and Siddhas crying ‘All Hail’ extoll Thee with abundant eulogies.”*

-Arjuna to Krishna  
from the *Gnaneshwari*



## NATIONAL NEWS

We are thankful to our Divine Mother for allowing us to be with Her for a week in America. There have been amazing stories of her love, compassion and miracles that have been taking place recently. I will try and bring some of the highlights of our tour.

**1. Fiji.** Shri Mataji has requested that Australians (including New Zealanders) should go and help in Fiji. She wants us to give realisation to the native Fijians. She said we could do the programs with the theme "Know Thyself". I wish to invite all those who would be willing to go to Fiji to contact me or Geoff Platford in Auckland. If there is enough interest we could run it like "country tour" where we can follow up very regularly. The programs are being organised very soon, so feel free to express your interest at the earliest.

**2. Bali.** Bali is another place that Shri Mataji has indicated should be part of our country tour. She wants Indian Sahaj yogis (all men and ladies sent to Australia mainly to do Sahaj work and spread Sahaj culture??) to go and actually conduct programs there. Everyone is welcome to support it with their auspicious presence. Shri Mataji has said that we can talk openly about Sahaj Yoga and who she is. "If it works out I would like to visit myself" Shri Mataji said. Ramesh has indicated he would like to take lead in organising Bali, so anyone who can help should talk to Ramesh or myself.

**3. America.** With her compassion for the "city/country of Lost Angels" Shri Mataji has indicated that she would be residing more in America from the next year. It signals a big change in the Sahaj horizons. The world which is so influenced by America both through Hollywood, Business and Politics may be up for a big correction. She said that She does not have to come to Australia as it is starting to do so well. We can only hope and pray that Shri Mataji can come to Australia one day, but we should be prepared now to travel anywhere, anytime to see her and attend as many pujas as possible with the changing times.

**4. Council Elections.** Shri Mataji has nominated Raymond Hampton to

stand as an "Independent" in the forthcoming Burwood council elections on July 15. This is a purely Sahaj project. She wants him to stand on the sahaj principles. She has indicated the election campaign to include: "honesty; integrity; courage to stand up and fight the wrong; and the respect we have for all the religions". This whole episode started when we applied to the Burwood council for the legalisation of child care at Burwood. In spite of doing everything legally and following every rule, we were exposed to corruption, racism and an attack on Sahaj Yoga in a very subtle way. And so we are fielding our own candidate. Let's all put the elections in the bandhans.

It is a new dimension for all of us. We are not interested in politics, but until the Sahaj yogis reach out to the society and help cure some of the social ills we are not doing justice to our realised self. We thank Shri Mataji for giving us the courage and power to stand up tall and united on the Sahaj Dharma and help reshape our society. A collective bandhan from everywhere would help a lot.

I take this opportunity to bring to everyone's attention the efforts of an unsung Sahaj hero "Sno Bonneau" of Cairns, a sahaj yogi of long standing who has fought the ills of the society very boldly and who has been an elected councillor for many many years with Shri Mataji in his heart.

**5. Letters to Shri Mataji.** While in Berkeley Shri Mataji commented that Australians write too many and too long letters to Her. She has requested that first we should try and sort out all our problems through meditation. If we have to write, we should try offering our letter on the altar. In the last scenario, if nothing is working (m?e?d?i?t?a?t?i?o?n?) please send the letter to me and I will seek Shri Mataji's response. Let us all respect Shri Mataji's time and attention.

**6. Youth and Studies.** Shri Mataji has indicated that She would like all the youth to take up studies in a proper way. She is concerned about the trend in the west where due to the short term vision the kids prefer to work, for instance, as garbage collectors instead of studying for degrees because they start to get money a bit earlier. She wants us to excel in our field of study,

jobs, profession and businesses.

**7. Divine Mathematics.** In Berkeley, a 31 year old mathematics lecturer and a long-standing Sahaj yogi met Shri Mataji. His professor has won a Nobel prize in mathematics and if the papers of this Sahaj yogi is accepted he would be up for a Nobel Prize, too. While talking to him Shri Mataji started talking about Divine Mathematics. She said for the Divine everything is calculations and mathematics. "When I see a person, I know everything about him/her and it is all divine mathematics. The vibrations do all the instant calculations". "The growth of the trees, flowers, music – everything is nothing but divine mathematics". She asked him if he knew why the kundalini was in 3½ coils? Her explanation was, "The Kundalini's job is to nourish all the chakras which are seven, but all the energy on each of the chakras is pulled by both left and right sides when the kundalini is rising, and hence it is 7 divided by 2, which is 3½".

**8. Shri Mataji Nirmala Devi University (SMND University).** Shri Mataji has given her blessing for the first Sahaj University to be set up in the land of Shri Ganesha. A few documents, including the mission statement, curriculum development and action plan, were presented to Shri Mataji which she read with great interest and encouragement. Some of her comments included: "For literature studies we can go in the deeper, subtle and sublime aspects of the literature. Religious and Philosophy studies to include Geeta enlightened, Koran Enlightened and Bible enlightened. For medicine "We would concentrate on the Sahaj medicine."

She wants every student to have self realisation. Modern universities give us a means of living, but SMND University will couple it with giving balance and a way of life.

The project is at a very preliminary stage and we foresee about 3 to 5 year span for it to be operational. The location does not have to be Sydney – it can be anywhere in Australia. If Melbourne or Perth yogis desire it may work there. It can also have international campuses for different faculties. 5 top academics have offered their help and support already, including the mathematics lecturer from

Berkeley. The dimension is endless, the opportunities are endless for visionaries who want to help our youth who will shape the future of the world.

Shri Mataji is happy for Michael and Gloria Davies from Melbourne who have helped with the foundation documents to be part of the lead team, with myself to oversee this project.

Any suggestions and comments are welcome on my email [avinash@oziiwiz.com](mailto:avinash@oziiwiz.com)

**9. Ganesha Puja 2000.** Shri Mataji asked if we all were coming for Ganesha Puja? It would be good if we can combine music from different states and present it as a fusion. A video presentation is underway courtesy Rob Henshaw. Some nice souvenirs to be given at puja will be good. Any ideas? Search lights are out for witnessing the play of the play. How is the "Miracle book" coming along?

**10. National Finances.** As our vision enlarges to help all seekers and reach to every cornerstone of the society and offer them realisation, hope, courage and confidence in these difficult times, it is inevitable for those with pure desire and commitment to fund these projects.

From a management point of view we are taking steps to ensure that there is (a) a complete transparency (b) all monies collected are used in an auspicious and effective manner (c) recognition that monies collected are the hard-earned monies of our sahaj yogi brothers and sisters (d) fully document and have proper accounting and reporting mechanism in place, and lastly (e) to ensure that an efficient administration of the GST takes place.

With this confidence, I call upon all Sahaj Yogi brothers and sisters to support the call to fund all of the national projects which include (a) Gidgegannup in Western Australia (b) Wamuran in Queensland (c) Balmoral in New South Wales etc. It is estimated that we require about \$500,000 and so we obtained Shri Mataji's permission to ask everyone to contribute \$1,000 each. The cutoff date for this call is 15 AUGUST 2000, but the earlier we start receiving funds the earlier we can start working out the projects.

\$1,000 is a suggested amount per person. Please do not feel under any coercion or undue pressure to contribute fully if it is not possible, and on the other side if your financial ability coupled with your desire and commitment permits, feel free to contribute more. As a national leader, I would like to lead by example by committing to \$10,000 personally. I hope this will inspire everyone to open their hearts and wallets to help create history.

Cheques or Money orders can be made out to "LET NATIONAL PROJECTS ACCOUNT" and should be posted to 10 Clarence St BURWOOD NSW 2134 Australia. Please include your address and telephone number so that receipts can be mailed back to you.

Let us all keep all the above issues in bandhan. If you are participating in havans please do not forget to include in your list all above issues. We thank Shri Mataji for all Her love and compassion. The fight is more on the subtle, so let us all rise individually through meditation. Let us all join together in these difficult times of the final judgement through our collectivity and with full love, devotion and commitment for Shri Mataji in our heart. Let's all pray to make us all good Sahaj yogis and good instruments of the Divine.

Jai Shri Mataji  
*Avinash Nichkawde*

## STATE NEWS

### *News from Victoria*

#### **Enlightening the Brownies in Melbourne**

Little nine year old Jessie Maclean had to give a presentation to her Brownie group as part of her Baden Powell certificate studies. Jessie decided to give a talk on India, and on the evening of the presentation Jessie and her Mum sat before Shri Mataji's photograph and said the Jagadamba mantra before going off to the Brownie meeting.

At the Brownie meeting Jessie gave a very successful talk, which finished off with Jessie telling the group of fifteen or so Brownies about the Spiritual Mother of India, Shri Mataji Nirmala Devi, and the spiritual energy kundalini that is in everyone waiting to be awakened. Jessie then told her Brownie sisters to put their hands on their hearts and ask Shri Mataji to be with them. Then she explained how if they put their hand on their heads and asked Shri Mataji for realisation then something special would happen.

The group followed Jessie's advice and soon all but two of the Brownies reported feeling a very strong cool breeze on their hands and over their heads. (The two who did not reported a lot of heat and found that their hands were suddenly shaking – curiously these two had been giving Jessie a bit of a hard time in the Brownie group).

The grown-up Brownie leader said "Oh that was just so peaceful!" and thanked Jessie and her Mum for a very interesting presentation. (Jessie's Mum had helped a bit by playing a tape of some Sahaja Bhajans during the presentation and helped Jessie with the realisation process a bit too).

Jessie found the whole evening a very exciting one – one that she will not forget for a long time and one that she wanted to share with her Sahaja sisters (and brothers) of her age in Australia who might be Brownies too.

#### **New Ashram**

The Melbourne collective has a new ashram, thanks to the hard work and collective desires of a group of young Sahaja

Yogis. Maruthi, Christine, Derek and Paul have decided to move in to a huge house very centrally located in Oakleigh. The long weekend was a busy one with the move and a hunt for furniture and crockery. The house is five bedroom and suitable for pujas and collective programs and at a reasonable rental.

### ***Thoughts on letting go***

It's all a leap of faith  
letting go with both hands.  
The path gets narrower still  
could get lost even with the best of plans.

I have no dread of fear or flight  
or travelling into the night.  
For deep inside the knowledge grown  
"mai kulpā mai kulpā" - without guilt - is  
the drone.

As free as a bird  
a second birth as well  
none are as big  
as the big johnnies that already fell.

I place not my trust  
in perceived objective  
yet rather I stay close with Mother  
and be protected.

There are no atheists  
in a fox hole  
no cares where they sit  
in the last lifeboat.

It's all a leap of faith  
of how much can you let go  
where is your attention  
what is your desire.

Take that connection and let's go higher.

*Jeff Lyons*

*(Jeff is currently over in New York preparing for The Magic Flute performance before Shri Mataji. Jeff is a very gifted musician and has played oboe with a number of world class symphony orchestras.)*

### **Ladies' Weekend**

Invitation to the ladies of the Victorian Collective to come together for an informal weekend of collectivity, vibrations and enjoyment in each other's company.

Weekend to commence on Friday 16th June (for those that can) and continue until Sunday 18th June at *Richard and Eileen Robbin's, 6 Mashie Court, Rosebud South. ph 5981 2662.*

All the ladies are asked to bring sleeping bags/duonas, as well as some food that can be shared.

Following the great success of last year's fundraising, ladies are also requested to bring along something to sell. Second-hand clothes, (particularly saris and punjabis) were in great demand. As were home-made jams and biscuits (if we don't sell them, we'll eat them!).

By the grace of Shri Mataji we will have a Laxshmi Puja on Sunday. Through this may we express our devotion and gratitude to our loving Mother and by expanding our Laxshmi Tatwa may we bring prosperity of the collective.

Love and bandhans to all.

*Eileen Robbins*

### **Ganesha Puja**

It looks like we will be able to send nine people from Melbourne to Ganesha Puja in Cabella this year!

Jai Shri Mataji

*Michael Davies*

June 12<sup>th</sup> 2000

## **NSW News**

### **Ladies' Seminar**

#### **Balmoral, June 2000**

Forty ladies braved the cold weather to take part in a weekend of peaceful collectivity. We began with only a handful of ladies and their husbands arriving on Friday 2nd June to set things up for the weekend. In the evening we listened to an excerpt from Shri Laxshmi Puja (Moscow 1996) then had an early night.

On Saturday we woke for a 5.30am meditation and listened to Part 1 of Hamsa Puje (New York 28.4.91) before having our porridge breakfast. Shortly afterwards we began a maha-session of exchanging vibrations, during which most ladies began to arrive. No sooner than hopping out of their cars the ladies took their places in groups of three to give vibrations to a fourth yogini in their group. We listened to Navaratri Puja 1999 whilst pin-pointing our chakra problems. Some mums commented that this was the first time they had experienced Nirvichara since their children had been born, and they were grateful to Melanie Stainsby who was caring for some of the children at this time.

With cups of tea and cake we then ventured outside onto the grass to sit in the generous sun (which by this time had made a beaming appearance) and we began our first talking 'session' about women's health and Sahaja Yoga. The attention of all the ladies was firmly in their hearts and at Sahasrara while we spoke about concerns relating to the physical, mental and emotional health of the yoginis in the collective. We shared advice and experiences on this subject, and at all times remained completely in connection with Shri Mataji who poured her love into the group as it continued to expand with more car-loads of ladies arriving.

We managed to drag ourselves away from the discussion at 2.00pm to have a barbecue lunch cooked for us by a supportive group of husbands together with Uncle Alfred. Some of us then rested, whilst others bush-walked or did shoe-beating. As it began to get colder we gathered inside again and listened to a short excerpt from a tape called *Sahaja Works Only* (England) before all together standing and singing as the Indian ladies

collectively did Aarti to Shri Mataji. We had a question-and-answer session for the Indian ladies which enabled all of us to gather information relating to the formalities of Puja and other subjects concerning Indian culture.

After a pasta dinner we convinced Annie Arora to dance Katak for us and then Gillian Patankar and Debbie Stainsby sang some ragas with the harmonium which they had learnt at the Music Academy. This led us into a deep, quiet meditation, after which we all went to sleep happily.

Meditation in the morning was silent and deep. Everybody looked fresh and glowing at breakfast time, and shortly after having porridge we began another session of exchanging vibrations. Some ladies who had expressed a desire to know more about Puja were led through a small puja by Jayashree De Valle whilst the rest of us exchanged vibrations. We listened to Shri Mataji speaking about *the Role of Women*. Auntie Marilyn and Auntie Heather did Aarti to Shri Mataji and we stood to sing.

We all helped to get a soup on the boil before setting off again with our tea and cake onto the sunny, grassy 'chatting-patch' outside where we spread some carpets. We discussed subjects relating to our attitude toward Sahaja Yoga work and Sahaja Culture. We shared advice concerning meditation, attention, compassion and other more ethereal subjects. We tried to put forward ideas which would help us to manage the difficulties, responsibilities and priorities in our lives. This was all followed by a maha-shoebeating session which became endless, at which stage somebody suggested that we shoebeat all negativity stopping us from eating our lunch! Somebody mentioned later that during this shoe-beat she saw Shri Mataji's face in the sky.

We lunched on soup and rolls followed by banana custard and then said goodbye to each other. Many ladies expressed a desire to attend another seminar. All the ladies worked smoothly and collectively to prepare meals and clean up. The Paramchaitanya worked everything out for us, and we enjoyed the blessings of being in each other's company. As Shri Mataji has said, it is the responsibility of the ladies to maintain

Sahaja Culture, so perhaps seminars of this nature might provide us with the opportunity in the future to focus our collective attention on the progress of Sahaja Yoga and help to keep us all balanced as we do the work of Shri Mataji.

*NB: We are compiling notes from the Seminar and will try to make booklets available for sale in the near future. Let Michelle Shete know if you would like to order a copy – especially yoginis keen to organise similar seminars interstate or overseas.*

Jai Shri Mataji  
Michelle Shete

### **Update on Northern Country Tour**

There are Meditation Programs being held for a trial period once a month in Armidale on a Wednesday evening for the regular seekers that have been attending the monthly Saturday programs.

On the June country trip, one of the regular seekers, joined the tour with us and attended programs in Tamworth and Coffs Harbour.

As advised by the seekers in the country regions, there has been an increase in drug taking/crime and there is notable concern amongst the local people about this problem, we are now looking into doing some programs at the Police & Citizens Youth Centres with the help of the Yuva Shakti.

Anyone interested in coming on the next tour leaving Friday June 30 and returning Sunday July 2.

*Contact Sue Williams (02) 9799-3418.*

### **Lunchtime Programs in Sydney**

Lunchtime programs will be held on Thursdays from 12:30 to 1:30pm, commencing 22nd June in the Meeting Room at the City of Sydney Library. (located at the rear of the Town Hall)

*Please contact Bryan Fitzpatrick (02) 9386 4990 for any further details.*

### **The Australian Miracles Book**

Please send contributions to Michelle Shete c/o 10 Clarence St Burwood before July 15th. We need many more sto-

ries in order to create a book for presenting to Shri Mataji at Shri Ganesha Puja. Without your little story there might be no little book

*Michelle Shete*

### **Meeting for Radio Programs**

All the radio presenters, panel operators and anyone else interested in contributing to the Sydney Sunday morning Sahaja radio programs are cordially invited to attend an important meeting at 10 Clarence St Burwood on Friday 23rd June at 6.00pm.

# INTERNATIONAL NEWS

## *News from New Zealand*

### **Christchurch Program**

*Celebrating the 30th anniversary of the opening of Sahasrara.*

We started advertising and postering within about a week before the program. The Hurst Seager room at the Arts Centre was chosen as a central and well known place. Postering was done collectively and by individuals in their own time, handouts were placed in health food shops etc.

Thursday 4th May night was a typical autumn night for Christchurch, and by the time it came to start the talk we were blessed with 11 new people. They were all pretty young, maybe average 25 years old or so (well that seems young to me!). At the beginning the vibrations were what one would expect for the first night. However, as things went on and "The Vision" video tape was played, one could feel the difference as things started becoming lighter and vibrations did increase. Very few questions were asked publicly, and when seekers were asked if they felt or experienced something to-night, they all said "yes". The night finished with collective conversation about Sahaja Yoga and about what they had experienced.

Two follow-up meetings were organised after this program: on 11th and 18th of May at Riccarton Community Hall. Nobody from that first night came back, but 2 new people attended the meeting – both men. They asked sensible questions and one could feel that they are deep seekers. They came again the following week and one man in particular looked a lot clearer in his face. He asked for more information on treatments and affirmations. Both men appear to be much further advanced now.

Next public program will take place at the beginning of July. Please plan your coming to Christchurch already today! Your support will be appreciated!

Jai Shri Mataji

*Gordon Clark and Christchurch collective*

### **News from Wellington**

First of the public programs, which were intended, took place in Wellington on 29-30th of May. Eight Sahaja Yogis travelled to the capital from Auckland, Christchurch and Palmerston North. We were hosted with full heart by local Yoginis, especially credit for that goes to Aunty Meri and her loving attention!

We had a great time together, as usual. During the seminar we had two havans when we all felt a great thankfulness to Shri Mataji and all the Deities for clearing us and the city. Although the programs were not very fruitful, a great point of the journey was a realisation which occurred to all of us, how much our collectivity and mutual support between Yogis from different cities is necessary. After coming back from the event we all missed other Yogis and Yoginis whom we met those days.

Now next seminar is coming in July, and hopefully we all will meet again (and maybe even in bigger numbers)!

### **News from America**

#### **Adi Shakti Puja**

Dear Brothers & Sisters,

The Host Countries for Adi Shakti Puja are pleased to be able to assist our international guests with transportation to Canajoharie. The puja site is in the countryside in upstate New York, about four to five hours from Canajoharie. Because of the long distance from New York City, we encourage all yogis to fly to Albany, NY which is the nearest airport, about 1½ hours from Canajoharie. A free shuttle service will be provided from Albany every 90 minutes during peak travel times, and every two hours off-peak. This service will begin the week before the puja and will continue until Wednesday, July 5th.

For those who are unable to fly to Albany, there are two ways to travel to Canajoharie:

**By Bus** – A coach will depart twice per day from the New York/New Jersey airports, one at 2 pm and the other at midnight. It is a four to five-hour drive and will be available at no cost. This service will be available to Canajoharie on Thursday and Friday, June 29 and 30, and on Tuesday, July 4th returning to New York City.

**By Train** – The other possibility is to take the train, which is how Shri Mataji travels to Canajoharie. Yogi guides will be posted at all airports to meet and assist traveling yogis.

First, if you are flying into JFK or LaGuardia, take a shuttle bus that is run by Amtrak from these airports to Penn Station in New York City. The cost for the shuttle is \$13.00 from JFK and \$10.00 from La Guardia. If you are flying into Newark you can get a taxi to Newark, New Jersey's Penn Station train station for about \$10.00 and then take the train from Newark to New York City.

Next, take the train from York City's Penn Station to Albany. The service is run by Amtrak and is quite comfortable. The trip takes about 2½ hours. The cost is \$39.00 one-way and there are 13 trains per day. The Amtrak site at [www.amtrak.com](http://www.amtrak.com) has detailed schedule information. Access the "schedules and sample fares" page from <http://reservations.amtrak.com>. Enter NYC and ALB as the departure and destination cities. Or see the attached schedule in Acrobat PDF format.

Service from NYC to Albany runs from 6:15am to 10:50pm. In order to get the last train it would be advisable to be on the ground in New York by at least 7:30pm.

Service from Albany to NYC runs from 4:10am to 7:25pm. The first train leaving at 4:10am arrives in NYC at 6:30am.

A free shuttle to Canajoharie operated by yogis will meet the train in Albany, with service every 90 minutes during peak travel times and every two hours off-peak. This service will begin the week before the puja and will continue until Wednesday, July 5th.

Please confirm (or re-confirm) your arrival and departure times, indicating which of these three choices you prefer:

- (1) Fly to Albany;
- (2) Bus from NY to Canajoharie; or
- (3) Amtrak bus and train to Albany.

**Please send the following information:**

- Who is coming (name, M/F, age)?
- When are they arriving and departing (dates)?
- How are they arriving (plane, car, train, etc.)?
- Do they need transportation to Canajoharie?
- How will they go to Canajoharie:

- (1) Fly to Albany and take shuttle to Canajoharie;
- (2) Take bus from NY to Canajoharie; or
- (3) Take bus and train to Albany and shuttle to Canajoharie.

Provide airport arrival and departure dates, times, airline, flight numbers and airport.

*Send this information to Sarvesh Singh as soon as possible:*

*E-mail: [nidhisinghb@yahoo.com](mailto:nidhisinghb@yahoo.com)*

*Fax: (347) 521-1904*

*Phone: (804) 273-9185*

If you would like to rent a car in New York City, be advised that it is a 5-hour trip to Canajoharie. Directions have been provided to your leaders.

We wish you a pleasant trip.  
Jai Shri Mataji!

## LA Public Programs

The Berkeley Program was amazing, absolutely amazing.

This Monday night, June 5, Shri Mataji gave a program at the Julia Morgan Center for the Arts in Berkeley California. The hall seats about 400 and was filled after a short but intensive period of poster and advertising.

The mayor of Berkeley and Oakland sent very respectful proclamations welcoming Shri Mataji to the area. The mayor of Berkeley wanted very much to attend the program but was held at a volatile and hostile protest. The assistant at the mayor's office who delivered the proclamation suggested it would be more effective if the protesters could come to Shri Mataji's program. The hall, an intimate arts theatre, was transformed as the meeting started.

Several yogis offered songs. Yogi Mahajan presented a clear and powerful introduction. As Shri Mataji arrived, a warm feeling of joy and great respect filled the audience. While Shri Mataji was speaking, we felt such attention in the audience as people seemed to hang on every word. Shri Mataji was very strong and very loving, speaking directly to "Berkeley."

Shri Mataji stressed several times how strong seeking is in Berkeley. Berkeley is famous for seeking, it started here, and people come from all over to Berkeley for seeking. She said, you have to know what you are seeking and know when you have found it. So now, stop your seeking and establish yourself. She said, "You all can become saints. You must forget about all your seeking from before, and now enjoy this meditation, love, and joy."

The program seemed very long and detailed, so filled with love I cannot express. Then, Shri Mataji asked the audience, "Would you like to ask me questions?" The first man asked what does this have to do with politics? Shri Mataji answered "Everything." Then, She proceeded to explain how realization would create benevolence and truth in the politicians. The audience laughed, pleased and amazed at the possibility of truth in politics.

For the second question, a woman stood

up and shared that she first saw Shri Mataji picture on the Sahaja Yoga website. She said, "without reading a word, I knew You are the Divine Mother." She said she had been meditating and was inspired to write a poem to Shri Mataji which she wanted to offer, asking permission to sing this poem. Shri Mataji accepted. The woman came to the stage and sang very beautifully a devotional poem.

The next man stood up and thanked Shri Mataji for Her great blessings. He said he had been to a program 10 years ago in Vancouver and had been meditating since that time, but had not contacted others meditating. He offered flowers.

The questions continued. I can not recapture the power and love in this talk nor the intricacies, but listen to the tape and share with seekers. Shri Mataji gave realization after asking anyone who might not want it, to kindly leave the hall as it creates a little disturbance. After the realization, Shri Mataji asked for everyone who felt the cool breeze to raise their hands. All but a very few raised their hands.

Shri Mataji invited everyone in the hall to New York, sharing about the land in Canajoharie which is there for us to enjoy. She said to everyone, "You can do it, you can change this world into a beautiful place with this power." These words went straight into the heart.

Then, She asked for some songs by yogis. It was such a joyful evening. The young man next to me seemed a little overwhelmed at the end, but so pleased. He said, "Yes, I will be at the follow-up meetings."

Jai Shri Mataji

## Birthdays!

*Our best wishes to...*

Maggie Kitching, Margaret MacDonald,  
Shravani Hutcheon, Anne Perusco,  
David Flessner