



Australian Newsletter

Jai Shri Mataji!

Contributions:

Burwood ph: 6 12 9747 4835

Burwood fax: 6 12 9745 4927

email: sahaja@eagles.com.au

Deadline is 7.00pm Tuesdays

O Thou, Saint and eternal Providence of human beings, always ready to raise the wishes of mortal beings. Thou givest unstintingly Thy sweet motherly affection to unfortunate people in disgrace. Not a day, not the least rest, not even a small moment slips by without Thy blessings, without Thy protecting people on Land and Sea or pushing away the troubles of existence.

Thou holdest Thy right helpful hand with which Thou lullest the storms of Fortune. Thou undoest the entangled knots of fatal destiny and holdest the dangerous passage of planets. Gods of Heaven honour Thee. Those from below respect Thee. It is Thee who makes the Earth turn, who makes the Sun shine, who leads the world, who tramples underfoot Tartarus.

It is Thee that the Stars answer, that Seasons belong, that Elements obey. It is Thee that Gods celebrate. It is on a sign from Thee that winds blow, that clouds accumulate, that seeds germinate, that germs grow.

Thy force terrifies birds which furrow the sky, wild animals which haunt the mountains, snakes which hide in the ground and monsters which swim in the Ocean.

I am wordless to enumerate Thy praise. I am poor in goods to satisfy Thee in offerings. I do not have the eloquence to tell Thee what I perceive in front of Thy Majesty. Neither thousands of mouths, nor as many tongues, nor the unceasing chain of an unending speech would be enough.

Everything which is in the power of a devoted but poor man, I will do it conscientiously. I will keep the picture of the Divine lines of Thy Countenance and of Thy very saintly will in the temple of my heart.

Praise to the Goddess Isis
Apuleius of Madauri (125-180 AD)



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

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 Nickkawde

STATE NEWS

Queensland News

Country Tours

On Sunday 18th June a programme was held at Gympie where six new people got their self-realisation and four returnees attended. On the same day, the Bundaberg collective held programmes at Hervey Bay and Gin Gin. At Murwillumbah and Lismore programmes were held on the weekend of 1st-2nd June.

Hot-line for Programmes

A dedicated phone line has been established with a recorded message giving programme venues, dates and times. The message can be updated as programmes change. Callers have the opportunity to leave a message if they so wish. The number is 07-3343-8620.

Wamuran Vacancy

There will shortly be a vacancy at Wamuran for a couple or family. If anyone is interested in staying at Shri Mataji's house, please contact Mark or Peter on 07-5496-6716.

Seminar for New People

There will be a seminar for new people at Wamuran this weekend, Saturday 24th June at 10:30am. This is intended to make people aware of the nature of Sahaja Yoga and abilities that they have to give it to others.

Peter Hewitson

Victorian News

Sahaja Yoga Weekend Winter Workshop July 15th & 16th

All Sahaja Yogis are invited to a very special weekend in the Victorian countryside. Accommodation has been arranged at an idyllic retreat where we can all get together for a couple of nature filled days of fun, community and cleansing. (Thanks Rob!!)

This weekend is ideal for people new to Sahaja, so if you're new to Sahaja make a special effort to be with us for the mid July weekend.

If you are running programmes let all the people coming to your weekly programmes know that this is a weekend for them (and us too!)

Interstate yogis very welcome!!

The workshop is being held on the shore of Waranga Basin, a tranquil rural setting 10 kilometres from the country town of Rushworth. The weekend is principally aimed at newer people wishing to share an extended period with Sahaja Yoga to build and enhance their vibrational experience and skills but is also an opportunity for us to all spend some time together and clear out some baddhas.

The weekend will be full of practical solutions to vibrational and other imbalances using the range of Sahaja Yoga techniques. It is also a great opportunity to develop the ideal of thoughtless awareness in meditation and maintain that state of being for extended periods in a collective rural setting.

Accommodation is in comfortable dormitory style bunks with separate sleeping and amenities for the men and ladies. The cost is minimal and is based on cost recovery for accommodation and meals. Tuition is free as per Sahaja Yoga principles. Costs and what to bring are indicated below.

The agenda is structured to allow a relaxed atmosphere.

Finally, it is an opportunity to just enjoy the company of like-minded seekers who are also striving for a better existence and a better world.

Program:

Saturday 15/7/00

12.00pm Registration and Settling-in.
12.45pm Collective Meditation
1.30pm Lunch and free time
2.30-4.00pm Sahaja Clearing Techniques and practical sessions (I)
4.30pm Afternoon Tea
5.00pm Havan (Ancient collective fire cleansing technique)
7.00pm Dinner and free time
8.30pm Collective Meditation followed by Bhajans

Sunday 16/7/00

6.00am Arise to Adjwan & Ginger Tea
6.30am Collective Meditation
8.00am Breakfast and free time
9.30am-11:00am Sahaja Clearing Techniques and practical sessions (II)
11.00am Morning Tea
11.30am-12:30pm Q & A Seminar
1.00pm Lunch
2.00pm Collective Meditation
3.00pm Recap & Collective Evaluation
3:30pm Close of weekend

Where:

Waranga Basin Recreation Camp
Tatura Road
Rushworth VIC
Melway Map Ref H8 521

Cost:

\$40.00 per adult
\$10.00 per child (school age)
Free 0 to 5 years

What to Bring:

Warm clothes, sleeping Bag or doona/blankets (mattresses & pillows supplied)
Camping also available on site at the same charge.

Registration:

Name:
No. Adults (*\$40)
No. School Age (*\$10)

Total \$
=====

*Cheques or money orders payable to SAHAJA YOGA,
care of Phil Noone
25 Saxonwood Drive
Doncaster East VIC 3109
(or cash/cheques/money orders accepted on the weekend.)*

For further information ring Rob or Bel Henshaw on 03 59762116

NSW News

Music of Joy & Sahaj Qawwal Tour to Coffs Harbour

On the long weekend in June about 50 yogis plus the small local collective descended (should that be 'ascended?') upon our household for the Music of Joy tour of Coffs Harbour and Nambucca Heads. Helena and I both feel that the tour and weekend have given a real, significant boost to the deepening of Sahaja yoga for the local collective as well as giving much benefit to those newish yogis visiting from other country areas. It brought the Sahaj culture to areas and to new yogis and to the public, who otherwise wouldn't have had the opportunity to experience or embrace it.

The evening music programs in Coffs Harbour and Nambucca Heads were generally well-received from all the feedback we've been given. Some of our friends and acquaintances who we have spoken to about Sahaj and who have said that they'd like to come along (but never got around to it) actually made it to the concerts and got their realisations.

The vast majority of people at the concerts were on their feet dancing and really enjoying themselves. It must strike people these days as quite refreshing that a group of people including children, teenagers and up to retiree age can be exuberantly enjoying themselves without being off their faces and be inclusive of the greater audience at the same time.

One of our local yoginis who has been taking some time to fully establish in Sahaj said that at the concert she "felt the cool breeze very strongly for the very first time" and that "it has cemented her dedication a thousand-fold." She had been asking only recently for Mother to show her the cool breeze.

One of our friends who attended the Coffs Harbour concert commented that not one of the Music of Joy group had any worry creases on their faces and could see that the people were different (meant in a positive way). He commented that he noticed the "warm inner glow" that they exuded "not unlike (he has) seen at some modern Christian gatherings" although the music was different (ie. much better). This was meant

as a compliment from a fairly committed Christian. Not only that but it was "so peaceful at the end during the meditation"!!

The unseasonably bleak weather really put paid to any of our tentative plans or ideas about havans and collective clear-out sessions on our nearby deserted pristine beaches. Instead, we found the group spending most of their time around our property with an ensuing big and cosy family atmosphere, which I'm sure was arranged for us to enjoy. We really felt the hearts of the yogis open up over the weekend and people getting on without any obvious problems. This, together with the music programs, provided a really positive exposure to Sahaja Yoga both for the new(-ish) people who were visiting and for most of our collective who weren't yet fully established in Sahaj. A new seeker from the far north coast who had only been practising Sahaj for one month said he felt he had now found the family that he had always wanted.

One of our local collective really got a lot out of the weekend and felt the benefit of being part of a much bigger collective. He wasn't meditating regularly but since the weekend he has made some big steps and deepened his commitment to Sahaj and to meditation. Although it is hard to say when a turning point does occur, the country tours really did provide the impetus to getting the local collective established and this recent tour has really consolidated things and been the icing on the cake.

Therefore, from your country brothers and sisters we would like to extend our thanks and gratitude to you all for making the effort to travel so far. Too many of you to name and thank individually for organising various things, helping with the cooking and making the weekend run as smoothly as it did.

Also a big thankyou for your individual and group gifts – Helena and I were quite touched. In my earlier days in Sahaj when I was questioning so many things about Sahaja Yoga and particularly about Sahaja yogis I was really struck by their (your) generosity and it was one of the significant things that tempered my judgementalism and kept me in Sahaja Yoga. I'm sure we're not the only ones who notice.

Another part of Sahaj culture is the leaving behind of articles and possessions so give us a call if you're missing something. We note that not as many things were left behind as is traditional practice, and we wonder if this signals any change in awareness. Perhaps this has something to do with the collection of rolled-up tissues of ear-canal-size that were found in the sleeping area?

Kind regards
Graeme & Helena Campbell

Election Campaign

Onward! Valiant Nirmalites are getting together on Saturday 24th June at 8:00am at Burwood ashram to collectively spread positivity, vibrations and hope to the people of Burwood in line with the directions from Shri Mataji.

Barbecue lunch to follow for the dedicated ones at Burwood.

Contact Charles Tiralongo to claim your punyas.

Avinash Nickkawde

Medical Programs: New Migraine Study and others

We live in a very rational world where people are often more convinced by science than by religion, even for those supposedly practising religion. By presenting scientific proof of the effectiveness of Sahaja Yoga in curing diseases we can counteract these tendencies and provide another method by which Sahaja Yoga can be brought into mainstream society. Apart from that, the medical programs have also been a very good way to give realisation to doctors, nurses, practitioners of alternative medicines and to the general public.

Following the successful completion of the pilot Migraine Study at the Royal Prince Alfred Hospital and the Menopause Program at the Royal Hospital for Women, and with Sri Mataji's ongoing support for these programs, it has been decided to run a larger Migraine Study which will ensure greater scientific credibility. Two groups of 30-40 patients will participate. Yogis will use and demonstrate the use of various Sahaja methods

for curing migraines, using experience gained from the pilot study. The control group will be taught other forms of relaxation.

In order to ensure that the study does not run for more than 10-12 weeks, it will take place at two venues simultaneously: the Royal Prince Alfred Hospital and the Royal Hospital for Women. The aim is to have 15-20 patients at each location, which also means that we need a lot of yogis to attend the meetings! We need your help to make this work so we would be grateful if you could set aside just one day each week for the 10-12 week period.

Migraine Study - Where and When

Venues:

(1) Royal Prince Alfred Hospital
Missenden Street, Camperdown
(off Paramatta Rd) and

(2) Royal Hospital for Women,
Barker Street, Randwick

Dates: latter half of July, for 10-12 weeks

Times: 6:30 - 8:30 pm,
Mondays and Thursdays

Other events

1. This weekend, Sat 24th - Sun 25th June, there will be a Natural Therapies Expo at Sydney University, running from 9:00 am - 5:00 pm, in the Wentworth Building (Butlin Avenue, off City Road).

2. July 4th, 7:00 - 9:00pm : there will be a talk and realization given to nurses at the Lecture Theatre, Royal Hospital for Women, Barker St, Randwick.

3. August 12th , from 12:00 - 2:30 pm : a talk and realisation will take place at the Nature Care College, Nicholson St, near St Leonards Station and the Pacific Highway, on the.

4. August 18th, from 6:30 - 8:00 pm : a talk and realisation will take place at the Nature Care College, Nicholson St, near St Leonards Station and the Pacific Highway.

5. August 22nd 7:00 - 9:00 : a Meditation Stress Buster will be held at the Lecture Theatre, Royal Hospital for Women, Barker St, Randwick.

If you would like to participate in any of these events please phone Hauke Horn on (02) 9849 0907.

Hauke Horn

Entertainment Books - Fund-Raiser for Radio Programme on Community Radio

The Entertainment books are available again. A book full of coupon savings, \$10,000 worth for only \$50.00, if you buy in the next two weeks. (\$55.00 after July 1st - GST). \$10.00 goes towards fund-raising, \$11.00 after July 1st.

There is a sample booklet at Burwood, please have a look, there are all sorts of coupons for all kinds of eating tastes and entertainment ideas.

You can tell people at your work, family and friends. There will be even greater savings with this book with the implementation of GST. Most coupons are "two for the price of one" deals at local restaurants, hotels, take away (eg pizza, Dellfrance, Nandos and Noodle King etc) activities, (Imax theatre, Taronga Zoo, Oceanworld, Sega world!, Opera Australia etc), also discounts on dry cleaning, buying flowers at Pearsons florist (25% discount) and Carwashes and Car hire with Avis.

For travellers there is also discounts on hotel fees in Australia (all states) and Internationally as well, 50% off rack rate, including London, Milan!!! Rome and Florence and of course New York!!!! and bonus bargains at Club Med!!

There are two kinds of books. Both have the same deals for Sydney CBD, plus the book called *Sydney* has deals for Sydney CBD and Sydney South, and *Sydney North* has deals for the Sydney CBD and North of Sydney.

So, have a look, see if you can sell a book or two...it's an easy way to fund raise.

Contact Leanne Huet for books and further details on 9403 1621

Burwood Thursday Night Cleansing & Introspection Programme

7.30pm to 8.30pm:

Footsoaking, Candle Treatment, Camphor Treatment, Head Rub, Giving Vibration to the Chakras, together with physical cleansing techniques using chakra Ragas and Introspection to open the heart, so that the all-pervading power of love can cleanse the subtle catches. If anybody has got any problems regarding clearing and depth, they can discuss with others.

(Ingredients for cleaning will be available at Burwood for everyone. To cover the cost we request that everyone contributes \$1.00.)

8.30pm to 9.30pm:

Meditation and Introspection intending to purify our own subtle being and collective being, to awaken the all-pervading power of love of the cosmic heart. To feel and understand the Virata form of Shri Adi Shakti Mataji and becoming part and parcel of the Virata.

Finish the programme with the Aarti.

Those who can stay longer can stay back and listen to Shri Mataji's Talk. Listening to Shri Mataji's talk and trying to internalise some of the things our Divine Mother tells us. Then over the next week experimenting and introspecting to improve our selves accordingly.

Those who have experiences that can help with the collective growth are welcomed to either write to us or come and help with the programme.

The only thing that is important is that you do it from the heart. Try to be spontaneous. When people use their head too much their ego takes over and the vibration disappears. Everyone is welcomed!

We would like to share some of our ideas and experiences which have brought a new collective dimension to our awareness.

Over the last four weeks in our Thursday programme we have been introspecting and experimenting on becoming part and parcel of the all-pervading Virata form of Shri Mataji and cleansing our being with

the power of love of the Virata. We used the same technique for one of our recent Friday night collective programs to share it with others. It was amazing. It was like taking a shower in the divine vibration and love.

Since then a number of people and collectives have tried this method of meditation and have had amazing experience of depth.

Idea behind the meditation:

We are all part and parcel of Shri Mataji's Virata (collective) form. We are cells in her body. When Shri Mataji took us into her body she took all our filth also. This meant that it is extremely difficult for one cell to become pure if it is connected with other filthy cells all around it. Through months of introspection the idea came; that we should pray to Shri Mataji to awaken the power of the love of her Virata form. We pray to Shri Mataji with her love to wash away all the impurities from every cell of the Virata and intergrate them together as a whole.

Introspection and Meditation.

Step 1: Work on the Heart Chakra to open the Universal Heart. Open your heart fully and freely to Shri Mataji (don't hold back). Feel the love for our divine mother in our heart. Take your attention to your heart and pray:

"Shri Mataji please open our heart chakra and the heart chakra of the whole of the cosmos (universe) fully, and enlighten it.

"Let Shri Maha Jagadamba in the Virata form awaken in our heart and the cosmic heart."

"Let all the powers and love of Shri Maha Jagadamba fill our open heart and the open cosmic heart like the vast ocean."

"Let this vast all-pervading ocean of love flood the heart washing away all the impurities from the cosmic heart and our hearts, purifying every cells of our being and cosmic being."

"Shri Mataji please make our heart and the cosmic heart strong as thunderbolt. and soft and gentle as a flower."

Say the mantra for:

•Shri Maha Jagadamba Virata,

•Shri Maha Durga Virata,

•Shri Mahishasura Mardini Virata.

"Om twameva sakshat Shri Maha Jagadamba Virata sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namah."

Then say the same Mantra as above:

- 1) Replace *Shri Maha Jagadamba Virata* with *Shri Maha Durga Virata*
- 2) Replace *Shri Maha Jagdamba Virata* with *Shri Mahishasura Mardini Virata*

Step 2: Work on the Agnya chakra to purify it. Take your Attention to the Agnya Chakra and pray:

"Please Shri Mataji open our Agnya chakra and the Cosmic (universal) Agnya Chakra fully."

"Let Shri Jesus Mary in the Virata form awaken in our Agnya Chakra and the Cosmic (universal) Agnya Chakra."

"Let all the powers of Shri Jesus Mary and Ekadesha Rudra fully manifest in our Agnya chakra and the Cosmic Agnya Chakra fully."

"Let the vast all pervading ocean of Forgiveness and Compassion flood the Cosmic Agnya chakra and our Agnya, washing away all the impurities, purifying the agnya fully."

Then say the same mantra as above and replace *Shri Maha Jagdamba Virata* with *Shri Jesus Mary Virata*

Step 3: Take your attention to the Sahasrara and establish yourself in the Sahasrara. Like your spirit, sitting above the Sahasrara at the lotus feet of Shri Adi Shakti and Sada Shiva, extending the attention to each of the chakras. Feel each of your chakras in the centre of the cosmic Chakras of the Virata.

From the Sahasrara extend your attention to each of the chakras:

A) Mooladhara Chakra. Pray:

"Shri Mataji please open our Mooladhara chakra and the cosmic (universal) Mooladhara Chakra fully."

"Let Shri Ganesha in the Virata form, awaken in our Mooladhara chakra the Cosmic (universal) Mooladhara Chakra."

"Let all the qualities and Virata powers of Shri Ganesha fully manifest in our Mooladhara chakra and the cosmic (universal) Mooladhara chakra fully."

"Let Shri Ganesha's Virata powers awaken like the vast ocean and flood the whole of the cosmos (universe) with purity innocence and auspiciousness."

"Let it wash away all the impurities from the whole of the cosmos (universe) and every cell of our being."

Say the Mantra of Shri Ganesha Virata:

"Om Twameva Shakshat Shri Ganesha

Virata shakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh namah."

B) Swadisthan Chakra. Pray:

"Shri Mataji please open our Swadisthan chakra and the Swadisthan chakra of the whole of the cosmos (universe) fully."

"Let all the qualities and Virata shakti (powers) of Shri Bhramadeva Saraswati fully manifest in our Swadisthan chakra and the Swadisthan chakra of the whole cosmos (universe)."

"Let Shri Bhramadeva Saraswati's Virata shakti (powers) awaken like the vast ocean and flood the whole of the cosmos (universe) with pure knowledge, pure creativity and pure attention."

"Let it wash away and purify the whole of the cosmos (universe) and every cells of our being."

Say the mantra of *Shri Bhramadeva Swaraswati Virata shakshat...*

Continue the same process as above, praying to Shri Mataji at each of the other chakras:

Say the mantras using Virata:

- Shri Radha Krishna Virata*
- Shri Adi Guru Dattatreya Virata*
- Shri Jesus Mary Virata*
- Shri Laxmi Vishnu Virata*
- Shri Kundalini Mata Virata*
- Shri MahaJadamba Virata*

Also mantras for the three channels – right, left and central channel.

End the programme. Say the Maha Mantras. Say the mantra for *Nirvikalpa Samadhi swamini*. Ask Shri Mataji to take us into very deep meditation. Make us part and parcel of her Virata form.

Meditate for 10 to 15 minutes.

Then Sing Shri Mataji's Aarti.

Sing the maha mantras.

Enjoy the silence for 5 minutes.

Final Note – Please introspect on what are our responsibilities as cells in the body of Shri Mataji.

If we form groups and talk or act against each other, we cause great pain in the body of Shri Mataji. It is same as the cells and different organs in our own body starting to oppose and act against each other. Is this the gift that we want to give our Divine Mother?

Jay Shri Mataji

Anirupa Devi Shaw (Annie)

INTERNATIONAL NEWS

News from America

Dear Center Leaders:

Attached is the registration form we are wanting to use for the puja. If possible we would like each center to pre-register before arriving in Canajoharie. If you can collect all the money for your center and enter the information into the file, then when you arrive in Canajoharie, you need only hand us a diskette (along with a printout) and the cash. In this way, we can avoid spending a lot of our time with registration, and more of our time enjoying our brothers and sisters and the nature in Canajoharie... (If you do not have Microsoft Excel, then please write down whom you are registering, along with age, sex, and center name).

The fees are as follows:

Adults: \$250

Students \$150

Children 6-18: \$125

Children 2-5: \$21

Babies under 2 - free

Thanks for your help! With love,
Finance Committee

Jai Shri Mataji!!

Yuva Shakti are trying to organize various ways to welcome Shri Mataji when She arrives for entertainment evenings. One evening we would like to wave flags on either side of the path - international flags as well as those of as many states and provinces as we can get. Could the center leaders please arrange for one yogi from every state to bring their respective flag to Canajoharie and give it to Radha Partridge?

Thank you very much and looking forward to seeing everyone!

Jai Shri Mataji!

Love,

Radha

GENERAL NEWS

Brazilian Congress is now voting on a project that will reduce the amazon forest to 50% of its size. The area to be deforested is 4 times the size of Portugal and would be mainly used for agriculture and pastures for livestock.

All the wood is to be sold to international markets in the form of wood chips, by multinational companies.

The truth is that the soil in the amazon forest is useless without the forest itself. Its quality is very acidic and the region is prone to constant floods. At this time more than 160.000 square kilometers deforested with the same purpose, are abandoned and in the process of becoming deserts.

We cannot let this happen. Copy the text into a new email, put your complete name in the list below, and send to everyone you know. (Don't just forward it cos then it will end up with rows of > > 's)

If you are the 100th/200th/300th person to sign please send a copy to fsaviolo@openlink.com.br </cgi-bin/compose disk=209.185.130.55_d1401&login=loosiec&f=33792&curmbox=ACTIVE&_lang=&mailto=1&to=fsaviolo@openlink.com.br&msg=MSG961109371.10&start=1994169&len=6114&src=&type=x>
Thank you.

- 01 - Fernanda de Souza Saviolo - Rio de Janeiro - RJ - 18/06/83
- 02 - Nara Maria de Souza - Rio de Janeiro - RJ - 11/08/50
- 03 - Julio Cesar Fraga Viana - Rio de Janeiro - RJ - 01/01/54
- 04 - Monica Grotkowsky Brotto - Sao Paulo - SP - 23/08/77
- 05 - Mauricio Grotkowsky Brotto - Sao Paulo - SP 29/09/78
- 06 - Ricardo A. Corrallo - SP 16/08/75
- 07 - Sunny Jonathan - SP 18/10/1970
- 08 - Leonardo Larsen Rocha - SC 23/01/1972
- 09 - Evandro Sestrem - SC 26/06/1979
- 10 - Marco AurElío Wehrmeister - Blumenau - SC 18/06/1979
- 11 - Angela Maria GonAalves - Blumenau - SC 25/07/1959
- 12 - Alessandra Bernardino - Blumenau - SC - 25/12/1980
- 13 - Pedro Carstens Penfold - Rio de Janeiro - RJ - 12/09/82
- 14 - Annelena Porto Delgado - Sao Paulo - SP - 27/07/77
- 15 - Erica Couto - Sao Paulo - SP 29/09/78
- 16 - Elaine Couto - Sao Paulo - SP
- 17 - Tatiana de Almeida Voivodic - Sao Paulo - SP
- 18 - Solange B Furlanetto - Sao Paulo / SP
- 19 - Marcos de Souza Mello - Sao Paulo / SP
- 20 - Eliane Santiago - Sao Paulo / SP

- 21 - Francisca J. Bezerra Alves Ara*jo - Sao Paulo / SP
- 22 - Carlos Alberto Dantas Junior - Rio de Janeiro / RJ
- 23 - Daniel Rodrigues da Cruz - Rio de Janeiro / RJ
- 24 - Gabriella Gaida - Rio de Janeiro - RJ - 04/05/72
- 25 - Cecília Silva Teixeira Pinto - RJ - 03/06/75
- 26 - Tania Santos Miguel
- 27 - Celso Henrique Diniz Valente de Figueiredo - RJ - 10/08/49
- 28 - Marcelo Lopes Rheingantz - Rio de Janeiro - RJ - 20/12/80
- 29 - Rodrigo Tassinari de Oliveira - Rio de Janeiro - RJ - 19/04/83
- 30 - AndrE Lobato Pinheiro - Rio de Janeiro - RJ - 07/07/81
- 31 - Ismael dos Santos Silva - RJ - 28/08/79
- 32 - Gustavo Alexandre Caelano Correa - RJ - 08/09/80
- 33 - Juana Varella Barca de Amorim - Rio de Janeiro, 14/03/83
- 34 - Nara Faria Silva - RJ- Rio de Janeiro , 15/12/82
- 35 - Isabella Jaggi - SP - Sao Paulo, 03/12/82
- 36 - Diana de Andrade Freitas - Rio de Janeiro - RJ - 21/06/83
- 37 - Karina Dourado - Sao Paulo - 18/01/80
- 38 - Pablo Genuncio Garcia - Rio de Janeiro - 27-06-81
- 39 - Fabiola Morais de Lucca - Sao Paulo - 03/02-78
- 40 - Alexei Morais de Lucca - Sao Paulo - SP - 12/08/75
- 41 - Renata Regina Roxo - Sao Paulo - SP - 03/11/74
- 42 - Fernanda Teixeira - Sao Paulo - SP - 17/09/76
- 43 - Patricia Freitas - Sao Paulo - SP
- 44 - Cintia Regina K*mer - Alemanha - DE -
- 45 - Wolfgang K*mer - Alemanha - DE
- 46 - Roseani Vieira Rocha - San Francisco - CA
- 47 - Angela Ichimura - Sao Paulo - SP
- 48 - Assunta Viola - Sao Paulo - SP
- 50 - Marina Amaral - Alemanha - DE
- 51 - Fabian Rodrigues Caetano - Sao Paulo - SP - 15/01/1971
- 52 - Luciana Cabrera- Santa Barbara- Ca
- 53 - Andrea Torres- Lahaina, Hawaii
- 54 - Carla Duarte- New York, NY
- 55 - Sergio Goes- New York, NY
- 56 - Itaal Shur - New York, NY
- 57 - Hiroyoku Sanada-New York, NY
- 58 - Marianne Ebert-new york, NY
- 59 - Gloriana M. Calhoun - New York, NY
- 60 - Roger Jazilek - New York, NY
- 61 - Cheryl To - New York, NY
- 62 - Judy Mercer - Paris, France
- 63 - Evelyn Pouget- Woodstock, NY
- 64 - Hera-Woodstock, NY
- 65 - Nicos Peonides - Cyprus - New York NY
- 66 - Fiona Cousins - new York, NY
- 67 - Alistair Millington - London, UK
- 68 - Edgar Craggs - Bristol, UK
- 69 - Chris Hastie - Nottingham, UK
- 70 - Adam Barley - Bristol, UK
- 71 - Dawn Morgan - Bristol, UK
- 72 - Saryo van Lakerveld - Den Haag, The Netherlands
- 73 - Joya Isabel van Lakerveld - Den Haag, The Netherlands
- 74 - Mati Engwerda - Den Haag, The Netherlands
- 75 - Melle Broeksma - Baarn, The Netherlands 10/07/68
- 76 - Mireille Verheyen - Baarn, The Netherlands 23/06/68
- 77 - Levi Broeksma - Baarn, The Netherlands 26/07/92
- 78 - Rosa Broeksma - Baarn, The Netherlands 21/01/95

- 79 - Mark Anthierens - Brussels, Belgium, 12/02/62
- 80 - Marleen De Frenne - Brussels, Belgium, 24/10/62
- 81 - Veerle Vaes - Brussels, Belgium, 03/11/61
- 82 - Wim Wabbes - Gent, Belgium
- 83 - Giannina Urmeneta Ottiker - Gent, Belgium
- 84 - Philippe Vandenweghe - Gent, Belgium
- 85 - Rodney Vlasis, Perth, Australia
- 86 - David Hancock, Sydney, Australia
- 87 - Jane Collings, Los Angeles, USA
- 88 - Sarah Broadbent, Sydney Australia
- 89 - Chris Knight, Melbourne, Australia.
- 90 - Lorna Clarkson, Sydney Australia
- 91 - Alex burn, Sydney Australia
- 92 - Jonathan Hunter, Sydney Australia
- 93 - Mike Walker, Sydney Australia
- 94 - Sarah Marr, Sydney Australia - 15/06/00
- 95 - Victoria Marr, Sydney Australia
- 96 - Belinda Davies, Alice Springs Australia
- 97 - Vaughan Monamy, Sydney, Australia
- 98 - Tanya Mason, Sydney, Australia
- 99 - Nina Lansbury, Sydney, Australia
- 100 - Natalie Stevens, Sydney , Australia
- 101 - Martina Meckel, Sydney, Australia
- 102 - Claire Dunn, Newcastle, Australia
- 103 - Annabel Boyer, Sydney, Australia
- 104 - Luke Frankcombe, Canberra, Australia
- 105 - Leela Frankcombe, Canberra, Australia
- 106 - Sarah Frankcombe, Canberra, Australia
- 107 - Marilyn Hart, Cooloom Beach, Australia
- 108 - Prashant Hinge, Canberra, Australia
- 109 - Michelle Hinge, Canberra, Australia

Prashant and Michelle Hinge
phone: (02) 6251 3134
mailto: the_hinges@eisa.net.au

"The white man knows how to make everything, but he does not know how to distribute it."

Chief Sitting Bull

Birthdays!

Our best wishes to...

David Flessner, Mark Nangle,
Rajen Maharaj, Fred Millar,
Sno Bonneau, Ione Docherty,
Jan Rajak, Phillip Frankcombe,
Anna Wickham, Jacqui Hodge,
Carmen Robinson, Greg Kenyon,
Suzanne McGovern