



## Australian Newsletter

***Jai Shri Mataji!***

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*“Blessed I am to have seen Thy feet today,  
Now that I have gone beyond time.  
Divine Anand is overflowing through my body.  
This very body becomes divine when I sing Thy praise.  
The waves and the ocean become one.  
God envelopes me all around.  
All things merge into unity  
All creatures have become divine to me  
I do not belong to any place or time.  
I witness my own death  
And this mortal merges into God.  
I am as I am”*

*“When the heart is purified with sincerity  
Then even enemies become friends,  
Tigers may come near but never attack one,  
Poison offered to such a one will turn into nectar,  
Any harm directed towards him will result into good,  
Harsh words will sound polite,  
Any pain afflicted will become the source of happiness,  
The flames of fire will turn cool,  
For God, the All-Merciful is pleased,  
If one's heart is full of compassion,  
If one loves others more than oneself,  
God will look upon such a one with an eye of mercy  
And bless his heart with His presence.’*

Tukaram 1608 – 1649



# STATE NEWS

## South Australia News

The fruits of Shri Mataji's attention on Adelaide are very evident. With renewed enthusiasm we have as a collective organised some fundraisers for Diwali, planning and working for Diwali and running 3 separate programs for new seekers. The northern group is presenting a Sahaja Yoga Meditation course consisting of a 7-week basic program plus a workshop on treatments and clearing techniques with the emphasis on meditation and establishing self realisation.

This approach has proved most successful with the majority of participants finishing the course. They are most enthusiastic, the vibrations are very strong and they have indicated their desire to continue with the Intermediate Course. This is designed to give them more knowledge on the chakras and take them deeper into their meditation. As we witness these new seekers experience the joy of the Spirit, we too are blessed and filled with joy and awareness of Shri Mataji's loving attention on us.

We would also like to take this opportunity to invite you all to Adelaide to be part of our first attempt at holding a National Puja. We are very excited and enthused and would love to see many Sahaja Yogis join us for this very special occasion. So if you are planning holidays and you would like to spend the following week after Diwali and the Monday evening Public Program we are organising "An Adelaide Experience" week where you may choose from various attractions and activities eg: sightseeing tours, art galleries or museums, bush walking, parks, cafes etc.

So, last weekend in October and first week in November - pen it in the diary (always subject to change).  
*Andrew Skipper*

## NSW News

### Hurstville Meditation and Music Program

28 new people could enjoy Sahaj Culture and Sri Mataji's Vibrations at the Hurstville Civic Theatre last Tuesday 27th of June. Everyone met in time for the setting-up; the PA system (Peter Doherty), the stage (Neil Avoledo), the music (all the musicians), the leaflets (John Dobbie), etc. The sound of the 3 mantras resonated in the hall at 7pm. Then *He Nirmala Ma* announced the coming of Sri Mataji and Her presence filled the place with Vibrations, enhanced by *Jogawa* which raised the Kundalini of the visitors already seated.

There were few more bhajans before Chris briefed the audience with simplicity and clarity about what Sahaja Yoga can give them and about Sri Mataji's Advent. In Her talk (done in Wollongong some years ago), Sri Mataji praised the musicians for their ability to sing in Hindi or Sanskrit their love for the Divine. With a gentle manner but with firmness and assurance, Trish Sharp presented Sri Mataji in Her greatness as the Master of Yoga and as the Mother of all seekers. Her soothing voice guided the people through their baptism, followed by a meditation that brought light in every soul. Andrew, John and all were ready for more bhajans, African songs, *Haida*, the now famous Irish Sahaj tunes and the powerful Qawwalis.

Thanks to all who made it to be there. Thanks to those who came all the way to Hurstville for posterings, handbilling, especially yogis and yoginis from the North Shore and the dynamic Yuva Shaktis (including Uncle David), etc. Thanks to all who gave their supportive attention. Thanks to Hurstville and Kingsgrove ashrams which made this program possible

So far, this year 2000, among the 10 main zones of Sydney, major programs have been done in Sydney-City, Parramatta and Hurstville. This is an opportunity to bring the collective Vibrations and attention to the area where you live. We all will be happy to come and support you to organise such program.

*Call Jean-Michel Huet (coordinator) on 9403 1621.*

## Queensland News

### Cairns News

This week three of our Yuva Shakti were interviewed on Community Radio. They spoke about Sahaja Yoga and it sounded great! They felt as if they had raised the collective awareness of Cairns.

The announcer, Eric, a very nice man asked some difficult questions. Nevertheless Mother saved the day and we were able to do the job well by relating most things back to our Spirit. Glowing from the interview, the announcer, who was very supportive, invited us back to talk again on his program about Sahaja. Looks like we may have a weekly slot. What a great opportunity to increase the vibrations in the ether!

During the school holidays the Yuva Shakti and a few Aunties and Uncles will be off to Fitzroy Island to camp for 4 days. There will be swimming, snorkelling on the Great Barrier Reef, singing and dancing and generally focusing on having a great time collectively.

All this should help us realise that our spiritual self is our true self and the most important aspect of our lives - our spiritual ascent.

Everything will work out if spreading Sahaja Yoga becomes the central purpose of our lives.

Jai Shri Mataji!  
*Angela Kiely*

### Guru Puja Wamuran

Would people intending to come to Wamuran for Guru Puja on the weekend 21st, 22nd, 23rd July please advise Wamuran (tel:07-5496-6716) of the following details ASAP:

- name
- date/time of arrival
- date/time departure
- method of travel (ie air, train, car, other)
- whether pickup needed from airport, train station etc,
- flight number,
- whether transport needed upon departure.
- any other special requirements.

## Seminar at Wamuran

The weekend seminar went very well with six new people attending with four from the Gold Coast area. As two people had not even been to a programme before, the proceedings started with self-realisation, raising the kundalini and putting on a bandhan. This was followed by a video of Shri Mataji's public programme in Austria. The meditation after the video was really good. After the lunch break, a few bhajans followed by exchanging vibrations. Time ran out for the planned second video but they all went away feeling much more centred and joyful.

Peter Hewitson

## INTERNATIONAL NEWS

### Fiji Tour

The New Zealand and Australian Sahaja Yogis' tour of Fiji will commence on 12<sup>th</sup> August and will run for approximately one week. It has been arranged at Shri Mataji's request to give direction and purpose to the indigenous people of Fiji, most of whom have strong Christian conditioning.

Travel bookings are suspended, for the moment, as the Fiji, NZ and Australian Governments are discouraging travel to Fiji, for obvious reasons. So for this reason we need to have our list of travellers ready for when bookings can resume.

Any yogis, especially those with a Christian background, who would like to participate in this joyful and rewarding work of the Divine should contact *Geoff Platford* at [Sahaj\\_nz@ihug.co.nz](mailto:Sahaj_nz@ihug.co.nz) or by phoning 64 9 4183824.

### Birthdays!

*Our best wishes to...*

George Secher, Paul Nicolai,  
Kim Balkovic, Jim Murname

## GENERAL NEWS

### Introspection exercise

Introspection means watching ourselves in a thoughtless state. It is conversing with our spirit and with our kundalini who knows everything about us and about everything. Introspection is related with understanding. Understanding gives us what we call as depth and wisdom. It requires our full SINCERITY to face the truth.

Be sure that Our Divine Father and Mother listen to you and will give all support and help to free your attention of any attraction other than the Pure Spirit.

Shoe-beating is a technique allowing us to surrender the concerns of our attention to Our Mother Earth while we are engaged in the process of introspection.

A few years back the reading of some words by Native Americans (Geronimo, Sitting Bull, etc) re-established the connection with Our Mother Earth, so much so that one day lying on a hill in the mountains, tears came in my eyes when I realised that I had missed my Mother for so long.

### Shoe-beating /Introspection

Settle down and stabilise your attention by sitting on Mother Earth, asking Her to absorb your tensions and all thoughts, until you feel your kundalini up on the top of your head (as if a drop of water was just put delicately there) - This is the Divine Light in your attention.

Putting both the hands on the Earth, say *"Mother Earth please absorb all negativity, problems, defects, etc. I surrender myself to Paramchaitanya."*

Start by shoe-beating your ego, then your conditionings, your past, and if any, your thoughts. Once you have a stable attention, close your eyes.

Put your attention inside your Mooladhara Chakra. Ask the question to yourself or to Sri Mataji *"What in my Mooladhara does not give me satisfaction?"* [anything that does not give you satisfaction will give you tension or heat or thoughts, etc]. Wait in silence for the information to come...

Anything that comes to you like 'I do not feel sincere enough' etc, write it on the

ground and shoe-beat it while being thoughtless about it, looking at the green nature or at the sky.

You may use the diagram describing the qualities of the chakra and ask to yourself *"Am I sincere?"*, *"Am I spontaneously honest?"*, etc.

Hands back on the lap and eyes closed, ask yourself the question *"What in my Mooladhara does not give me satisfaction still?"*. The answer could be 'my eyes are not 100% pure', etc. Then shoe-beat it.

Repeat the question about any cause of imbalance in the Mooladhara UNTIL you SINCERELY feel that nothing else comes to your attention about it.

Put your attention inside your Swadisthan Chakra. Ask the question to yourself or to Sri Mataji *"What in my Swadisthan does not give me satisfaction?"*. It could be 'Anger' (because if I look sincerely, I am not totally free of anger), etc. Repeat the question about the causes of imbalance in the Swadisthan UNTIL you SINCERELY feel that nothing else comes to your attention about it.

Continue the same process as above for each of the other chakras:

Nabhi, Void, Left Heart, Right Heart, Vishuddhi, Agnya, Sahasrara.

After that, check that ALL tensions or questions or darkness are removed. There should be joy, satisfaction and silence in us. If not, be courageous to spend a little bit more time and find out what could be still putting some shadow on our soul, and shoe-beat it.

At the end you should feel your Self Esteem completely back to you. After doing this introspection a few times it will be easier for your attention to see exactly what disturbs you on the subtle level.

To introspect on a particular chakra, one could also read the English meaning of the 108 (or 1000) qualities of the chakra and check out what is missing in us - and use it in your shoe-beating.

When the Divine attention is on us and the storm of Vibrations stirring up inside, try this technique for yourself. It may take you back to the meditation state.

Jean-Michel Huet