

# Sahaja Yoga

4<sup>th</sup> August, 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

*Mother of India has come to America  
Mother of all the sages and saints has come to America.  
The One who has made India Holy has come to America.  
Now America will become Holy too.  
Mother of India will give the second birth to America.*

*Whenever India was in danger, Mother, You have always incarnated to save it.  
It is only by Your efforts India won the struggle for its independence.  
Now you will give freedom to America also - the freedom of Spirit  
You will free it up from the occupation of materialism and adharma.  
Mother of India will give the second birth to America.*

*When Your Lotus Feet touch American land, O Mother,  
The land itself starts singing Your praise.  
It has been always remembering the melodies that Shri Krishna wrote in  
Your Praise long time ago,  
And now the Orchestra of Nature performs them before You with great joy.  
Mother of India will give the second birth to America.*

*Mother, You brought to America the Power of Love -  
The greatest treasure without which all the wealth of this country is worth  
nothing.  
Only Your Motherly Love will redeem this country.  
It is only with Your Love the Divine Flute of America will sound,  
And spread the message of Sahaja Yoga across the world...*

*Mother of India has come to America  
Mother of all the sages and saints has come to America.  
The One who has made India Holy has come to America.  
Now America will become Holy too.  
Mother of India will give the second birth to America!*

*Mother of India will give the second birth to the whole world.*

Alla Kulkarni



## STATE NEWS

### *News from Western Australia*

#### **Ladies Day**

Inspired by our Eastern States sisters' stories about their marvellous experiences, ladies from the Perth Collective gathered recently at Gidgegannup for a Ladies Day.

The programme started on Friday night with a collective dinner for around 12 ladies followed by head rubs and massage while enjoying music evening tapes including Christmas Puja 1999. Several more ladies arrived during the evening and in the morning.

An extremely cool meditation began the day on Saturday and this peaceful mood was carried over to a brief breakfast. Then we all spontaneous rearranged and decorated the meditation room. The result was absolutely beautiful.

After that we had puja, listened to a talk on the role of women and then exchanged vibrations. The morning flowed freely and it was soon lunch-time.

In the afternoon, ladies chose their own activities such as walking in the glorious winter sunshine around the equally glorious Lake Josephine. There was also collective cooking, beauty treatments and ashram cleaning!!

In the late afternoon, we were joined by the full collective for our usual weekly programme, having benefited very much from our time together. During the day our attention was very much on the Left Nahbi and the need for us to express this in our role in society. Many ladies have already expressed the wish to repeat this joyful experience on a regular basis.

*Suzanne Rosier*

#### **Gidgegannup Seminar Sunday 6 August**

Another seminar is scheduled for Sunday 6<sup>th</sup> August. Over 80 invitations have been sent out to people who have already attended and newcomers alike.

The seekers will be guided through meditation from 10am to 1pm, after which lunch will be provided. From then on we will be able to spend time with the seekers one-on-one, should they wish.

The last seminars have all been very successful and I can't wait to see what happens this time. I certainly look forward to the vibrations and joy that these opportunities provide.

Jai Shri Mataji  
*Tyna Leach*

### *News from Queensland*

#### **Ashram Vacancy**

Sadly Paul and Shubhra Nicolai are leaving Wamuran to live closer to Brisbane. This will leave a vacancy for a couple or small family. If anyone is interested in living at Wamuran please call 07 5496 6716.

#### **Shri Krishna Puja**

The Queensland Shri Krishna Puja will be held and hosted by the Bundaberg collective on Sunday 20<sup>th</sup> August at 11am. There will be no puja at Wamuran. For those travelling to Bundaberg please contact the ashram on 07 4159 3999.

## *News from NSW*

#### **Shri Ganesha Puja, Cabella**

The time is at hand to travel to Europe and take part in a unique opportunity to attend, host Shri Ganesha Puja. For those from NSW/ACT wishing to travel to Cabella this year to and to help host.

**Charles Tiralongo** has volunteered to coordinate the Group travel arrangements of those attending who wish to travel together.

Those wishing to travel this year should contact Charles as soon as possible to provide adequate time so the necessary arrangements can be made.

**John Tedesco** can be contacted concerning bookings for accommodation in the local hotels at Cabella for those wishing to stay in the village during their stay for the Puja.

*Chris Kyriacou*

#### **Sydney Collective Program**

Sydney Collective Program at Balmain Town Hall on Friday 8th September at 6.30pm including a Sahaja Yoga Exhibition, Music concert, meditation & self-realisation, tea and cakes. Collective participation is essential for handbilling, postering, setting-up, enjoying etc.

*Co-ordinator and contact is Jean-Michel Huet (02) 9403 1621.*

#### **Room Available**

There is a room available at Killara Ashram.

*Please call Jean-Michel or Leanne on (02) 9403 1621.*

## Batemans Bay and Moruya

Nineteen people received Self Realisation at Moruya, 30k south of Batemans Bay, on 24th July, the day after Guru Puja. This is wonderful for a small country town. They came after I did the usual massive postering (30 posters up) and stories in local papers plus radio and TV ads. Three of the six settled-in weekly yogis from Batemans Bay are helping with the program - these three have meditated for more than 12 months and have all come to Balmoral. In Spring, public programs are planned for Braidwood, a small town one hour from Batemans Bay, en route to Canberra.

Jai Shri Mataji.  
Love to all, *Jenny Watling*

## Radio Program Fund-Raising Evening

An important social event will take place at 10 Clarence Street in Burwood on Sunday 13th of August at 5.00pm sharp. To discover what the event is we will see you there. Do not rely on rumours about what the mystery event could be, and if someone tells you it is a video night don't believe them. Come along to find out what it is.

*Jean-Michel Huet*

## India Tour – Dharamsala Travel Arrangements

**Leanne Huet** has kindly volunteered to coordinate travel arrangements for parents wishing to travel to India with the main group who will be meeting the Dharamsala school children, and to accompany them home to Australia.

The group will be flying on Singapore Airlines, leaving Australia for India on December 10<sup>th</sup> and returning with the children on January 2<sup>nd</sup>. Anyone wishing to travel with the group can contact Leanne who will facilitate their travel with the group.

Our Indian brothers and sisters have requested that we arrive and leave India as a group to facilitate the necessary transport and accommodation arrangements. This also makes travelling easier, as well as enabling us to transport material from India if requested.

For those from NSW/ACT wishing to travel to India this year to attend the Ganapatipule Seminar **Leanne Huet** has also kindly volunteered to help coordinate the group travel arrangements of those attending who wish to travel together to attend the Seminar.

*Chris Kyriacou*

## NSW Shri Krishna Puja and Shri Ganesha Puja

The dates for international Shri Krishna Puja have been moved from the weekend of the August 26<sup>th</sup>/27<sup>th</sup> to the weekend of **August 19<sup>th</sup>/20<sup>th</sup>**.

The NSW celebration of Shri Krishna Puja will also be moved to Sunday August 20<sup>th</sup>. Shri Krishna Puja was to be hosted by the collective of the Central Coast as a weekend seminar at the Kariong Scout camp. The camp unfortunately is not available for the new dates.

To enable the Puja weekend seminar to be held it has been agreed that the Central Coast collective will now be hosting **Shri Ganesha Puja** at the Kariong Scout camp over the weekend **September 16<sup>th</sup>/17<sup>th</sup>**.

Shri Krishna Puja will now be held at Balmoral on Sunday 20<sup>th</sup> August commencing at 11:00am, to be followed by the celebration of Raksha Bandhan.

To enable the Central Coast to host Shri Ganesha the workgroups who were to host Shri Ganesha Puja will now be responsible for Shri Krishna Puja.

***Shri Krishna Puja - Balmoral,  
Sunday 20<sup>th</sup> August, 11:00am***

## Setup/Dismantle Northern Suburbs

Contact: *Jean-Michel Huet*

## Cooking Blue Mountains

Contact: *Andrew Jones*

## Washing Up Lewisham

Contact: *John Brownscombe*

Jai Shri Mataji  
*Chris Kyriacou*

# INTERNATIONAL NEWS

## News from Belgium

### Reflections on Guru Puja

As you know, last weekend was Guru Puja in Cabella and the organising countries were Italy, Belgium and Holland. As Belgian we had the blessing to be on duty for this puja. We had the opportunity to welcome nearly 1200 brothers and sisters from all over the world. England, Austria, France and Switzerland were the most represented countries, but we had also a large number of Sahaja Yogis from the Eastern Block. Some new countries were also represented like Hong-Kong, Malaysia, Israel, South Africa, Luxembourg,...

The talk of Shri Mataji started by saying that the role of a Guru is to give the knowledge of the Self. She spoke a lot about our qualities of forgiveness, compassion and comprehension. She reminds us the importance of meditation in the morning and in the evening. She said that we are all creator: whatever we try to do we can succeed, but the most important thing is to create new Sahaja Yogis. She said that every one of us could give the realisation to hundred people. She spoke also about the different natural catastrophes that we could see around us. She said that it was the result of the wrong human behaviour. In quality of Sahaja Yogis we are fully protected but it is our responsibility to make that everyone could be protected.

I hope you will get soon the recording of this very nice Puja. We have been blessed but wonderful evening programs with some new songs from the Italian collectivity full of joy and life.

*Lucien Schockert*

## News from Taiwan.

### Taiwan Public Program June 4, 2000

Taiwan has an interesting history, being inhabited for over 1,000 years by indigenous people who are not Chinese and have dark skin similar in origin to the aborigines in the Philippines. Then came the Chinese settlers from Fujian a few hundred years ago who pushed the natives further into the interior of the island.

In 1949 General Chang Kai Shek and his supporters, fleeing the Communists invaded the island and took over everything. The idea was that some day he would build up the forces and go back to China to defeat the Communists. I guess that things were going well with a smaller more manageable island than to take on the whole of China. Through the hard work of the people Taiwan today has become very prosperous and a model of Asian development.

Finally the legacy of the Kuomintang the ruling party since 1949 has been broken with a new democratic leader Chen Sui Bien being elected. He managed to capitalize on the vote of the people who are sick of the corruption and scandals associated with the previous regime. China was very unhappy, as there was talk of independence so they were threatening to take Taiwan by force. So it was very fitting that attention should be paid to the spiritual development to "cool" down the situation.

A public program was held on Sunday June 4 in Taipei the capital of Taiwan. A lot of planning had gone into the program and Henry Ho the leader had been working hard to arrange everything. This was his first public program so it was a new experience for him. A very good venue had been booked at the Central Taipei railway station with a seating capacity of 680. All the Taiwanese yogis were keen to fill it with seekers

so a lot of promotion was done via newspaper advertisements and hand billing in the weeks leading up to the program. In order to help our Taiwanese brothers and sisters with their public program a team of yogis from Hong Kong came to Taipei to lend a hand.

The first day, in order to subtly prepare for the program, the yogis had arranged a havan on the roof of the apartment block where the centre is located. It overlooks a river with a mountain behind and is about 30 minutes from the centre of Taipei.

Henry got permission from the management company of the residential complex to do the havan and he explained that we were doing the havan to clear all the ghosts from the area so they were very happy. According to Chinese tradition the location of the residential complex has very good Fung Shui (vibrations). Taiwan has many false gurus and a tradition of ancestor worship long practised by the Chinese, so there is a lot of negativity floating around.

The wood was thick and we didn't have an axe to split it, so a lot of camphor and ghee were added to the fire and it finally took off after saying the mantra to Shri Agni Devata. The flames shot up towards the sky and we all had to move back because of the intensity of the heat. (If the building management guys could see us now we were really burning some ghosts! The building roof is ablaze! Call the fire brigade!) It felt like we were clearing layers of negativity while offering the 108 names of Shri Ganesha, but things started to clear after the names of Shri Maha Kali were read. Luckily the rooftop was higher than the surrounding buildings so we had complete privacy. Across and down the river Taipei was rumbling and the night-lights started coming on as the sun set behind the mountain.

Henry has been very open about Sahaja Yoga and many residents in the

complex have received their self-realisation. Posters were put up on all the notice boards around the complex so we all felt very much at home seeing Shri Mataji's beautiful face vibrating the area. Individuals who are not even yogis had contributed money towards the program as they could sense that it was something good.

The next day we travelled to a beautiful waterfall in the mountains about one hour's drive from Taipei. We enjoyed a day of swimming and foot soaking in the cool and clean waters. There is a large pool at the base of the waterfall and the water is so soft that it makes the skin feel so clean and supple. It is fed by natural springs so the water is very pure. We all meditated together with our feet in the water. The vibrations in this natural setting are so strong. We felt very charged and refreshed ready for the evenings program.

We returned to the centre in Taipei to rehearse the bhajans that we were going to sing at the program. We all went to the program early to set things up. Beautiful flowers had been bought to decorate the stage. We had prepared a computer presentation in Power Point that included the Virata diagram and miracle photos of Shri Mataji with her quotes in English and Chinese. The venue had a large stage with theatre-style lighting and tiered seating. We set everything up and had a sound check and a few people started to arrive. There was the usual last minute rush as things were forgotten but overall things went very smoothly. We even managed to rehearse the bhajans one more time so we felt well prepared musically and spiritually.

By 7pm people started arriving. There were a couple of Westerners, Filipinos and Indians amongst the crowd but most of them were Chinese. We spotted a couple of Buddhist nuns who called Henry earlier to ask what they should wear. I

joked and said to tell them to wear a mini skirt so we can recognize them, but they just wore the grey robes and because their heads were shaven they were easy to spot.

We started the program with the bhajans at 7:15 with *Jai Ganesh*. We managed to get a guitar, flute and dholak to accompany the singers so it didn't sound too bad. We definitely rose to the occasion! The audience applauded after the first rendition so we continued for another 15 minutes. By that time around 100 people had filed into the hall. We decided to start the program with an introduction and welcome by Henry. I then gave an explanation of the subtle body using the Power Point presentation through a video projector onto a very large screen, which was translated into Chinese by Monjei. We then watched a video talk of Shri Mataji's at the Royal Albert Hall that had been subtitled with Chinese Characters. Having such a large and clear image of Shri Mataji on the screen was tremendous for the vibrations of the program. Realization was then given and most people felt the cool breeze.

Following realisation we meditated while the miracle photos of Shri Mataji were shown and the vibrations became even stronger. Many people stayed behind to talk with the yogis and you could tell that they were all great seekers of truth. We celebrated with a dinner with all the yogis and sampled some typical Taiwanese fare.

The next day all the yogis from HK were treated to a night at a mountain spa that has hot thermal springs. It is around 2 hours' drive from Taipei over the mountains and is close to the coast on the tip of the island. It is very lush and green and the mist clung to the mountains. Hot steam rose up from cracks in the rocks. It looked like a traditional Chinese landscape painting with the mountains shrouded in mist. The whole

area is covered by geothermal pools and has become very popular for there therapeutic qualities. We spent an afternoon and morning soaking in steaming hot pools and then freezing pools. It was a very relaxing way to end our short stay in Taiwan and everyone had a really enjoyable time. In the evening we were running late for the flight back to HK but we weren't bothered. It turned out that the plane was delayed so the timing was perfect. Shri Mataji is always looking after us!

Over the past few weeks the follow-up programs have proved very successful with around 40 people attending different programs. There is also interest from people who did not attend the programs but have seen posters and advertisements. So from one public program so much has worked out.

Now China is taking a more conciliatory line so it seems that peace will prevail in the emerald island of Formosa. Let's all pray for peace and stability so that the love of Shri Mataji can transform all the seekers of truth throughout the China region.

Jai Shri Mataji  
Alex Henshaw

## News from New Caledonia

Hi all...

Collectif of Nouméa is happy to inform you that blessings of Our Holy Mother fall on us since the last Guru Puja. Martine is writing one very inspired poem by night since a week - one of those spécialement for new yogis...which are about 10 and put our number to about 20 yogis.

So a very special afternoon will be organised for them on Saturday 5<sup>th</sup> August about "how feeling better vibrations with cleaning process". We will start à 2 o'clock with an ajuan tea, practise together footsoak, camphor cleaning, shobeating, three candle méditations, and after tea time, each new person will go back home with a spécial dossier with the nice poem: "come, we was waiting for you!", a nice color photo of Our Mother, papers about cleaning techniques and chilies and lemon for a madka.

To read Australian Newsletter is so helpful for us...thanks to everybody.

Jai Shri Mataji  
Love from Catherine

## News from Canada

### Shri Mataji's Visit to Vancouver 2000

The preparations began: all week it has been very subtle and relaxing, doing some cleaning here, some cleaning there... it was a true difference from last year where everyone was caught up in the hustle and bustle.

The Seattle yogis came the Thursday before Mother's arrival. Together we worked in arranging flowers, ironing linens and polishing silverware. All Mother's things were packed into around 6 (or if not, more!) suit cases. As days grew shorter, more and more things needed to be done, but through divine vibrations things were completed spontaneously.

Friday night was more cleaning of the ashram and decorations for Mother's room by the Yuva Shakti. This happened all so beautifully. The inspiring art of one of our yogis was a headboard with a carved Shri Ganesha, which was wired on top of the brass frame. Such beauty is indescribable. Such intricacy and proportion was fascinating.

The maya started on the day of Mother's arrival. This was when transportation of all Mother's things was being transferred to the hotel. One yogini had reversed into a neighbor's car. In addition, on the way to the loading dock, an elaborate arrangement of flowers has tipped over and broken in half! (This was the main centre-piece which would be the center of attention in Mother's room). Another yogini and myself were in shock, because by the time we reached to the hotel, it was 5pm. Mother was coming at 6pm and it would take ½ hour to go back to the ashram to rearrange the flowers and 45 mins to get to the airport. By the time we reached the ashram it was 5:30pm - no time for anything. So we decided to arrange what we could and go straight to the

airport and hopefully the hotel yogis would take the flowers to Mother's room.

Then, while setting the flowers... a yogini was at the top of the garage stairs (flowers rearranged in the garage of the ashram) and she said, "Her flight was changed to 10"  
"Shri Mataji? 10pm?"  
"Yes"  
"Shri Mataji's flight?"  
"Yes"  
"No, Shri Mataji's flight for sure?"  
"Yes, around 10:30pm."

Wow! On our way back to the ashram to rearrange the flowers, we had been praying to Shri Hanumana to help us do every thing on time. Well it always works out. This gave us 4 more extra thankful hours!

The yogini who backed up into the neighbour's vehicle confronted the man and he was really, really sweet. He was not angry at all. The surprising thing is that his car was an antique, and usually they cherish these things. The insurance was all covered and no one had to pay for anything.

We gathered at the airport around 10:30pm. It was funny: actually there was a convoy of cars to the airport and we didn't even realize it, until we were bumper-to-bumper getting parking tickets for the parkade.

We waited till 11:15pm and Mother arrived. Minakshi and Dave Dunphy arrived with Shri Mataji. She took the time to greet each of us and received our flowers. It was so nice because when Mother was coming, there was a whoosh of vibrations that lingered on top of our heads and all around us. And to see Her smiling all the way... it was tremendous.

### Day Two.

Ah... Waking up was the best part; we had a great deal of duties to do. So much excitement surrounded us. We started for the ashram, since today might be the day that Shri Mataji

would come to the ashram. When we arrived, it was not busy. This Sign showed us that whatever posters and pamphlets we had left, needed to go. This was the night of the Public Program!

A couple of yogis first started at the big mall called Metro Town Centre. It is a very highly populated area and it was right next to the Hilton, where Mother was staying! We had handed out almost 200 pamphlets (only a very few yogis were able to do this) and then we were asked to leave (this is because we needed authorization first, only because shoppers take the pamphlets and throw them on the floor. - not very good). So we thought about going to another populated area. ...Hmmm... downtown Vancouver! We first stopped at the Main Skytrain Terminal, but since it was raining we had very little luck. Then we went to the biggest Mall in downtown - again not much luck. Then we tried another Skytrain terminal and we were asked to leave. We really felt disappointed that we had some pamphlets left and they were to be distributed on a personal level rather than lining them on car windshields or something. It was ten minutes to four o'clock and the preparations for the Public Program were at 4:30pm.

Before heading to the Program we had a light dinner at the ashram. All the yogis, yoginis and children were so peaceful and enjoying their time, absolute no rush. Of course my slight sense of haste entered when it was 5pm and I needed to take some screens for the backdrop. At this time it was pouring rain and there was a confusion of taking those screens. Through the lovely play of Maya, they did not need the screens, when it arrived....

The program was held at the Massy Theatre (New Westminster) near the town that Mother's hotel (Burnaby) was located. The stage was quite large. It had four stage curtains and three mezzanines on the main level.

Seekers started coming in at 7pm and soon the bhajans started. Through both the talents of the Seattle and the Vancouver collectives, the gathering crowd became very cheerful. At 7:30pm, Dave Dunphy gave a wonderful introduction. We found that the crowd was really relating to what he was saying about Self Realization. You will have to forgive me - I was in total bliss and cannot remember. David Ji integrated some jokes and the crowd laughed with him which it broke the silence.

Shri Mataji arrived at quarter after 8pm. A portion of the Vancouver symphony orchestra played a lovely piece by Schubert (quintet) for Her. Shri Mataji's speech was very strong and straightforward. Mother stressed very sweetly about staying for the follow-ups and encouraged the seekers to get to know the Sahaja Yogis. Shri Mataji talked a great deal also on the Kundalini Mother in everyone, and that once they have received their realization, they should spread it also. Again, being in total bliss is the unfortunate part, I just remember being in the true ocean of love, forgetting about my surroundings and focusing on Mother's smile. When Mother asked the seekers "whoever does not want to stay for their self-realization please leave due to the respect of those that want it", the room was absolutely silent. No one left their seats; there was a feeling of happiness. Absolute utter happiness.

Shri Mataji did the less detailed version of self-realization. When She asked who felt the cool breeze, about 99.9% raised their hands and Shri Mataji was so happy, She expressed Her complete joy over the microphone. It was beautiful. She again stressed that it was very important to go to the follow-up meetings and this was Judgement Time. The program ended with *Jogawa* under Mother's instruction that clapping would help us with the vibrations. Shri Mataji left around 9:30pm. Some yogis stayed and chatted with

the seekers and others cleaned out the Theatre. That night it stormed a great deal which brought the true seekers to the program.

**Day three** started with flipping pancakes and scrambled eggs. This was the last day of Shri Mataji's stay in Vancouver. Some yogis were called by Shri Mataji to talk on a personal level. In addition, this morning Shri Mataji met with the Media. This year, the media was a few local newspapers including one of the largest ones in Vancouver and a couple of television stations. They were all anxious to meet Shri Mataji. The discussions lasted till around 1:30pm.

Mother was not physically able to visit the ashram this year but Her presence was felt all around. Shri Mataji's flight was at 4pm. During this, the Yuva Shakti were running around getting the little things: flowers, lemons, chillies and luggage bags in hope Mother will take all the sweets that the Yoginis had prepared.

This weekend felt like the longest time we had together. We all can see a great difference from last year, which seemed to be very hectic and unsettled. This year was taken very smoothly and all chaotic situations were passed like a leaf in the wind. With total surrender to Shri Mataji, nothing could pull us away. Mother arrived at the airport at a quarter to four. All the yogis and some seekers offered flowers individually. Shri Mataji was so happy to come to Vancouver: She mentioned that She had a great rest here.

Dave Dunphy and Minakshi started pinching Rajesh Chawala. The reason was that Shri Mataji had taken the time to meet with each yogi separately and accepted all the flowers which were offered in Vancouver. Whereas in Los Angeles, Shri Mataji only met with 5 or 6 of the yogis and that was all. We are truly blessed.

There are quite a few yogis in Vancouver, and it was 5 minutes after 4pm. (This meant Shri Mataji had only ten minutes to go from one end to the other, which is not quite doable.) The desk clerks were telling Dave Dunphy to go quickly. In the end Mother's flight was delayed a few minutes, thanks to the playful nature of Shri Hanumana.

After Mother's departure all the yogis headed to the one of the yogis' house, where the yogis who were with Shri Mataji could tell us all the news while it was still fresh in their minds.

There are now two leaders in Vancouver: Rajesh Chawala wants to step down and travel to India for study (now vice-leader) and Surinder Jassel is going to be the Leader.

Just after the event of Mother's arrival, Shri Mataji wanted to spread the vibrations throughout the city. Shri Mataji said She had a great deal of vibrations for this city and She wanted to get them out.

Also, the yoginis prepared a basket of homemade goodies for Mother's arrival. Shri Mataji said that there are many yoginis here in Vancouver that we should set up a team of cooks from the Americas. This team would then be transferred to Canajoharie for Pujas!

The hotel room that Mother stayed in was at the Hilton. The living room had 10-feet-tall glass windows which displayed the city of Vancouver from a very spacious interior. The leader at that time said to Shri Mataji that this way She could vibrate the whole of the city, Mother smiled and said, "Rajesh you know, you know"...

Over all Shri Mataji was very pleased to come to Vancouver. At this moment our feelings are not in a state of understanding, but of happiness and pure bliss.

Shri Mataji we are eternally grateful,  
Jai Shri Mataji!

Much love from your sister,  
*Shreya Nand*

## *News from India*

### **Maharashtra Seminar 2000**

**13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> August**

Dear Sahajyogi Brothers and Sisters,  
JAI SHRI MATAJI.

In the blessings of  
H. H. Shri Mataji Nirmala Devi,  
Sahaja Yoga - Maharashtra Seminar  
is in Nashik.

#### **Seminar Registration Fees:**

Above 25 year Rs. 550/-  
15 to 25 year (Yuva Shakti) Rs. 450/-  
8 to 15 year Rs. 300/-

#### **Seminar Place:**

Saptapadi Hall, (Mate Nursury)  
Sawarkar Nagar, Gangapur Road,  
Nashik .

#### **Staying Arrangement:**

Prasad Mangal Karyalay  
Nirmala Convent School Road,  
Gangapur Road,  
Nashik .

**Note:** Due to rainy season please carry the umbrella. SahajYogis who will arrive on 12th August, 2000 after 5.00pm, their arrangement for staying and dinner has been made.

Railway station to CBS Bus stand is 8km. CBS Bus stand to Karyalay is 5km. From railway station catch the city bus named *Gangapur Road* up till S.T.Colony stop. From there walking distance up to 1km. (or get a taxi from railway station at the rent Rs10 up to CBS Bus stand.) From CBS Bus stand to Karyalay get an autorikshaw up to Karyalay about Rs20 rent.

#### **Contact Address:**

*Mr Sadashiv Shukla*  
1016, Shukla Lane, Nasik - 422001  
ph:- 0253 - 594897

## ***Bali Report***

Recently Shri Mataji asked Australian Yogis, especially those with an Indian background, to go to Bali. So in Late August 8 Australian Yogis (4 from Sydney, 4 from Perth) departed for a week of programmes in conjunction with 4 Indonesian yogis who had come from Jakarta, the Indonesian capital.

Since Shri Mataji spontaneously recommended that we go to this place it should be no surprise that Bali proved to be perfectly ready for the arrival of Sahaja Yoga.

Bali is 95% Hindu (the rest of Indonesia is 95% Muslim!) and unlike other south-east Asian countries the local Balinese have still got a strong connection with their culture, traditions and spirituality. In fact they have a great liking for things from India -especially Indian religion, yoga and meditation (hence the wisdom of Shri Mataji's words!)

The average Balinese knows about meditation and many do their own meditation. They are, on the whole, a very religious people. A small shrine or temple is located in every major building and fresh offerings can be seen at almost all of these shrines. It is said that there are over 20,000 shrines and temples in Bali. The Balinese seem to be particularly involved with Shiva in the formless aspect.

The culture is also very much involved with the *Ramayana* and *Mahabharatha*. Bali is very much like India in many respects: the climate, the religious life, dharmic and friendly behaviour, the dignity of women and respect for spiritual teachers and knowledge.

5 programmes were run over a one-week period. About 10,000 handbills were distributed, 500 posters, 3 large newspaper ads placed in the Bali Post and about 20 radio ads. When we were handbilling the experience of meditation became quite

intense as if we were being used as instruments to spread the vibrations around Bali. Most people gratefully received a handbill, often asking questions about where Shri Mataji was from and what was Sahaja Yoga. Very few refused a handbill.

The first programme in Kuta, the tourist centre of Bali, attracted about 25 seekers. The Second programme in Ubud, the centre for traditional handicrafts, attracted about 45. The newspaper and radio ads kicked in at the third programme (in Denpasar, the Bali capital, on Friday) which attracted about 300 people! The meditation was very deep and vibrations flowed strongly. Although it was a public programme, an altar was set up on the stage of the auditorium with chair, sari, ceremonial umbrella, large flower arrangements, incense and conch (which was blown loudly as a small puja was done just prior to the beginning of the programme), so it felt more like a kind of national puja.

During these programmes Shri Mataji's photograph became extremely intense as if it were alive. The fourth programme (again at Denpasar, on the Saturday) we thought would be little quieter but instead it attracted more than the previous evening!

The follow-up was arranged on Sunday morning and about 250 turned up for a three-hour crash course. The meditation was again very deep and despite the long sessions the attention of the Balinese was very steady. Their desire was very strong for this knowledge, they showed great respect for Sahaja Yoga. Everybody wanted a photo of Shri Mataji!

It seems that they have never before been offered anything for free so this greatly impressed them as did the fact that we described Shri Mataji as a great Guru from India.

The Balinese are very much impressed by people with spiritual power so we told them that the Kundalini is the highest form of spiritual

power available to human beings (they liked that idea a lot).

Many people describe Bali as some sort of paradise and this seems to be true both physically and subtly. This whole Island vibrates as if the soil were from India itself. The areas outside of the tourist spots seemed quite meditative. Everywhere one goes there are statues of divine beings, shrines and temples. The attention of the Divine has for some reason rested on this place for thousands of years it seems.

There are a few major negativities attacking this island which yogis should bhandan. First is the prevalence of black magic and Shamanism: there are many "tantrics" who go into trances or who profess to have spiritual powers and they often have small followings of disciples. Second is the emergence of false gurus such as the South Indian fuzzy-wuzzy, Reiki, TM etc. who are exploiting the spiritual inclination of the Balinese for their own gains. Third is the political/religious climate which is a dangerous mix of Islamic fundamentalism and nationalism. Fourth and most important is the western tourists who are like a cultural cancer that is trying to destroy the spiritual beauty with consumerism, prostitution, drugs and other forms of immorality.

Follow-ups have been arranged. An Australian contingent is being arranged for Sept 8. Another is tentatively arranged for just prior to Ganapati.

It was quite clear to us that with some sustained effort this entire island of 4 million people could get its self realisation within 12 months. This would be a tremendous gateway into Indonesia (an Islamic country) in both in the physical and spiritual dimensions.

*Ramesh Manocha*

# GENERAL NEWS

**Raksha Bandhan:**  
*the celebration of  
the love and respect  
between the brother and sister*

## Part 1

Raksha Bandhan is a special time when the relationship and bond between brother and sister is symbolized by the tying of the rakhi. The rakhi is tied, by the sister, to the left wrist of the brother. The left wrist is the left Vishuddi, and purity of the brother-sister relationship is a quality of left Vishuddi.

The relationship is a very special one in which a sister will choose a brother and ask him to be her Rakhi Brother. A sister is always the one who chooses the brother. When a brother is chosen, it means he is to care for and protect his sister. A sister adds sweetness and beauty to the relationship.

Lakshmana was the brother of Seeta and he exemplifies the qualities of a good brother. When exiled in the forest, Rama was lured away by a demon disguised as a deer. Lakshmana remained behind to take care of Seeta.

However, the demon played a trick to lure Lakshmana away from protecting Seeta by calling for help in Rama's voice. Seeta was taken in by this trick and ordered Lakshmana to go to Rama's aid. Lakshmana refused to go at first but finally Seeta implored him to go. Before Lakshmana left however, he walked around the hut making a line as he went. He told Seeta she would be safe as long as she stayed in this bandhan of protection.

It was only through the tricks of the demon Ravana disguised as a sage, that could lure Seeta out from this powerful Bandhan.

There are many stories similar to

this which display those positive aspects of this relationship.

If you have any experiences about the depth of this relationship you are invited to share them with the collective through the newsletter.

*Madhavi Rome*

## Clearing Technique

Here is a powerful mantra for the left side:

*"Om twameva sakshat Shri Rudra Kali, Bhadra Kali, Adi Kali, Mahakali sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namah Namaha".*

This mantra can be used during a candle or camphor treatment on the left side, or during mediation with your right hand on Mother Earth.

It can also be used when you feel a pressure on the heart caused by over activity. Use the balancing technique of the energy from the left side to the right side and at the same time say this mantra keeping in mind that a left side problem is sometimes connected with a right side problem. For instance epileptic fits can be stopped with this mantra.

*Jean-Michel Huet*

## Birthdays!

*Our best wishes to...*

Craig Armstrong, Rakesh Kapil,  
Maria Caris, Jasvinder Mehon,  
Natalia Barabanov, Guy Jeffery,  
Catherine Beaven, Avinash  
Nichkawde, Terry Deacon,  
Claire Singh

# F rames



The above photo was distributed at this year's Sahasrara Puja in Sydney. We have now located a frame manufacturer who will make a custom frame (same as above, 17 x 17cm) to suit this photo, provided we can order a minimum of 100 frames.

**Cost \$15.00 each**

*(All profits will go to Sahaja Yoga)*

Please send collective State orders (preferred) with cheque to Charles & Lyn Tiralongo, 62 Queen St Woollahra NSW 2025  
Tel (02) 9328 6624 Fax (02) 9328 6937 Email: [tira@zeta.org.au](mailto:tira@zeta.org.au)

**Deadline for orders with cheque - August 19, 2000**

The frames will be supplied without a photo. Please let us know if you require a photo as we still have some from the Puja.