

Sahaja Yoga

18th August, 2000



Australian Newsletter

Jai Shri Mataji!

Contributions:

Sydney ph & fax: 6 12 9579 2293

email: sahajnews@yahoo.com

Deadline is 7.00pm Tuesdays

*“Does one scent appeal more than another?
Do you prefer this flavour, or that feeling?
Is your practice sacred and your work profane?
Then your mind is separated:
from itself, from oneness, from the Tao.*

*“Keep your mind free of divisions and distinctions.
When your mind is detached, simple, quiet, then all
things can exist in harmony,
And you can begin to perceive the subtle truth.”*

Excerpt from *Hua Hu Ching, The Unknown Teachings of Lao Tzu*
(Brian Walker, Harper San Francisco, 1992):



NATIONAL NEWS

National Project Financial Contribution

The purpose of this note is to finalise, encourage and reinvigorate the collection of the **National Projects Contribution**.

A number of significant and essential development projects across Australia have not been able to proceed due to the lack of adequate funds. The following projects and initiatives will provide great benefit to our Sahaja collective cannot proceed unless there is a significant injection of funds from the wider collective.

During the occasion of Birthday Puja this year Shri Mataji approved that we request each working Sahaja Yogi in Australia to contribute \$1000 to enable the commencement of the following important projects:

- **Repay monies** loaned by Shri Mataji to purchase Balmoral.
- **Gidgegannup** - the parcel of land has been donated, a deposit needs to be raised to enable the Western Australia collective to initiate a bank loan to purchase the building.
- **Wamuran** - work is required to install an adequate on-site water treatment system to allow the property to be adequately used by the collective.
- **Balmoral** - the construction of accommodation/ashram at Balmoral to provide a seminar venue and weekend meditation retreat for visiting Yogis.

We had requested that donations be received by the time of **Shri Krishna Puja**, however the lack of response to the requests for contributions means that we are unable to proceed unless there is significantly higher level of support from the collective.

We now wish to extend the period of collection until **Shri Ganesha Puja**. If you are unable to raise this amount by this time then it would also be appropriate to **commit a pledge** that you wish to contribute to this project over a defined period of time and to donate in instalments. In this manner we will have a fair idea regarding the level of support from the collective.

The time is now upon us where we are asking for a unified expression of commitment and support from all the collective towards this project. Shri Mataji has proposed on many occasions that we should donate towards the work of Sahaja Yoga and to this end the targeted contribution has been set and has met with Her approval.

Recently we received a **\$1000** donation from a gentleman who does not call himself a Sahaja Yogi, but nevertheless has attended programs over the years. He read of the call for donations in the Newsletter, and included the following note with his donation:

"Please find enclosed my donation for Sahaja Yoga which I would thank you to forward to the proper people. I present it to further help and promote the good work that is done for the commu-

nity by Sahaja Yoga. Although I attend programs infrequently I shall be forever grateful to Sahaja Yoga for the extremely positive change that it has brought about in my life. I do not know where I would be today if it were not for everything that Sahaja Yoga has given me."

This was one of the first contributions that we received from a gentleman who has experienced the benefits of Sahaja Yoga, while not necessarily identifying himself as a Yogi.

As Sahaja Yogis each of us shares the responsibility to support the work of Sahaja Yoga: a crucial and critically important part of that support is financial. This is a suggested amount and there is no final word on how much we ought to give.

Everything that we have been given is through the blessings of the Divine. If we were to devote every moment of our lives exclusively to the service of the Divine we could not be giving anything back that was not in a sense Hers already, for everything that we are, or have, has come from Her.

When we are talking about financial donations we have nothing to offer the Divine that is not already Her own, or what She has given us, and yet we may find ourselves still failing to offer even that, without keeping something back.

No one is suggesting that individual contributions should be set at levels that would endanger our own position. However this does not mean that if it were at all possible over time we should not extend ourselves to meet this financial responsibility

which will support and enable the growth and expansion of Sahaja Yoga.

We seek the commitment of those who have not as yet donated to consider deeply and seriously their ability to contribute to this National initiative.

Cheques or Money Orders can be made to "LET Australia" :

*National Projects Contribution
10 Clarence Street, Burwood,
2134*

Envelopes may also be left in the contributions box at Burwood.

Sincerely,
Chris Kyriacou, Avinash Nickkawde

Birthdays!

Our very best wishes to...

Isolde Auer
Philip Lewis
John Miles
Eva Burbury
Chris Lee
Heather Sattarshetty
Mark Beaven
Sandra Grant
Savita Noone
Rodney Woodhouse
Rebecca Dixon

STATE NEWS

News from South Australia

The first Sahaja Yoga Meeting for the Deaf at Victor Harbour

On Friday 16th June 2000, we, Deaf Women's Group, went to the camp at Victor Harbour for the weekend. The women were very excited to spend the weekend away from their normal routine. Victor Harbour is on the south coast and it's an hours drive from Adelaide. We all met at the restaurant and had our dinner together before travelling to the camp.

First thing, I set up the altar. The women were ready for their first meditation. This meeting was very different from other Sahaja Yoga meetings because they preferred to sit around in a semi-circle so that they could see everybody to enable them to read lips. Before the introduction to Sahaja Yoga, Annette Phillips, who was the coordinator of this weekend's program, introduced me to everyone because I was quite new to Deaf Women's Group.

When I spoke to them by using Australian Sign Language (AUSLAN), I felt lots of cool breeze all over me so I knew Mother was there with me all the time. We couldn't have Mother's talk on the video because of their deafness. Most of the women felt the cool breeze and wanted to continue their meditation. So we had another meditation at the beach on Saturday morning. Seventy-five percent of the women turned up for the

follow-up meditation. When we opened our eyes after meditation we saw a whale! The people who didn't come for meditation missed it. We had another session of meditation that night with about ten women. We are hoping to start a course for Deaf women in Adelaide. A few Deaf men have also indicated their interest to join us. Please put your attention and lots of Bandhans for this to succeed.

Jai Shri Mataji!
Nadia Nadarajah.

Programs

Some other news. We're starting three sets of new people's program soon: 22nd Aug (North Adelaide), 23rd Aug (South Adelaide), 24th Aug (South Adelaide for Deaf People). We've also been running intermediate courses successfully and had 6 new people attend their first puja - Guru Puja. Three new people have also started attending the Friday night programs. Slowly but steadily miracles of Mother's blessings are working things out in Adelaide.

Diwali Puja

Another request from down south was if people coming for Diwali would like to present some form of entertainment for the cultural night (dance, drama, songs, poems, instrumental music, comedy, jugglery!....), to make it a memorable occasion.

Ciao. Love from all of us in Adelaide
Andrew Skipper

News from New South Wales

Cabella Calls

Each Wednesday at 7:30pm a Cabella planning meeting is held at Burwood whereby competitions are held as to who can consume the most number of biscuits washed down by the largest amount of tea whilst brainstorming the most appropriate manner by which we may collectively host Shri Ganesha Puja. Everyone is most welcome to come along and contribute their ideas, enthusiasm, fervour, eagerness, zeal and passion to the planning of this most important annual event.

Chris Kyriacou

News from Queensland

To all Divine Cool Breeze Subscribers

A note to keep all subscribers up-to-date:

As you have no doubt gathered, the States are experiencing delays in organising and forwarding the issues of *Divine Cool Breeze*.

The last ones we received from America for distribution in Australia were Volume 13, numbers 3, 4 & 5 for 1999. We shall continue in our efforts to find out when the next issue will be arriving and advise.

with love,

Judy Hamilton, Brisbane

INTERNATIONAL NEWS

Reflections from Guru Puja 2000, Cabella

It has been a fantastic couple of days in Italy for Guru Puja. I had a couple of opportunities to see Shri Mataji at the leaders' meeting then again on Monday before I left. The program started on Friday night with a music night presented by the host countries, Italy, Holland and Belgium that was attended by Shri Mataji and Sir C.P. The Dutch put on a play on *Prabhat*, which included the traditional story about his devotion to God and then in parallel, a modern-day version.

It was very creative and involved some of the teenagers from the European collectives. There were some funny moments especially in the modern-day setting where Prabhat establishes *prabhat.com*, selling modern art over the Internet. The Belgians presented a play on the history of Belgium showing the devotion to God and the tradition of seeking. The program finished at 4am and Shri Mataji blessed and thanked everyone before leaving.

The Saturday night started around 10pm when Shri Mataji and Sir C.P. arrived. The program commenced with ragas performed by a Russian lady married to one of the Italian boys. She had such a clear and beautiful voice and Shri Mataji and Sir CP enjoyed it very much. There was a tribute to Babamama that brought tears to Shri Mataji's and many yogis' eyes. Shri Mataji said she had not cried when he died but

only at this presentation. There was video footage of Babamama at different programs and some early footage of the first time he presented the Nagpur musicians in Ganapatipule. Following this the Italians presented a classical guitar piece and a jazz band doing variations on some of the bhajans. This was followed by a play, the *Ramayana* presented by the Italians. They only had 3 weeks to produce the play but it was very well done. It was an epic and finished at 2:30am. Shri Mataji was very pleased with the play and said it reflected the way such talent could come up with self-realization. Guido then asked Shri Mataji if the Italians could sing some more bhajans. They presented a couple of Italian songs that were full of heart and got everyone up and dancing.

On the Sunday we had an opportunity to meet with Shri Mataji before the Puja. She asked the leaders if there were any problems that needed Her attention. She then spoke about her American tour and how pleased She was with the response. Senator Elliot presented a congressional record about Shri Mataji and Her great work for humanity to the congress. She said that the Americans have one great quality that they recognise and respect the talents of people. There was also another letter from the Mayoress of Berkley declaring Nirmala Devi Day in honour of Shri Mataji. She praised the spiritual work of Shri Mataji and Her achievements to create peace and harmony in the society.

Shri Mataji will hold Diwali Puja in LA where She has purchased a house so She can put more attention on the US. She said once more that people in the US take to Sahaja

Yoga then it will be much easier to work it out in the rest of the world as most countries follow the US.

She spoke about *shraddha*, which is higher than *bhakti*, and is the blissful awareness of the divinity. She also spoke of ego and how it limits our growth. She also spoke about surrender and compassion being fundamental to our spiritual development. We need to start to be compassionate to the rest of society and set an example. We can do this by helping people in need. Shri Mataji has set up a refuge for mothers and women in need. The centre is in Delhi and will provide food and shelter and vocational training to rehabilitate destitute women. In India there is a lot of mistreatment of women and Shri Mataji said it is important to help them. She is also setting up a children's home for street children and a vocational training centre in Vaitarna to teach trades to villagers and poor people. She said we should also see how we could help in the society in our countries. She also stressed the importance of spreading Sahaja Yoga as it needs to become more accepted in the society. She has established another medical research centre in Delhi so that there is more scientific proof that SY works. Once this is established then no one can question its authenticity.

Geoff went forward and presented the dakshina from NZ. She asked how things were progressing and he mentioned about the programs they were doing with the Maoris and She was very pleased. She said it is much easier for people that are not so developed to come to SY as they do not have so much ego as the well-educated westerners.

The Puja commenced at 9pm. Shi Mataji looked radiant and beamed love to everyone. She spoke for some time about the guru principal and how we need to introspect to see our ego. As usual it is hard to remember exactly what She said, but I remember Her covering what She had said in the leaders' meeting. Humility, devotion and the higher state of bakti - Shraddha. We must have compassion for others in the society and can do charitable and good work for them. Giving realization was the most important thing to do and we should have the power of the guru to transform others. It was such a beautiful talk and very powerful. The Puja seemed short with the children washing Her feet and then the ladies decorating Her. The gift giving was over by 2 am and she thanked and blessed everyone.

It was such an amazing time for me and I came away completely vibrated and full of cool. All too soon I was on a plane back to Hong Kong and back to work no time for jet lag!

Lots of love,
Alex Henshaw, Hong Kong
(from NZ Newsletter)

International Shri Krishna Puja 18 – 20 August 2000 Cabella Ligure, Italy

Jai Shri Mataji!

The Sahaja Yogis of the Americas and Scandinavia invite the World Collective to the auspicious occasion of Shri Krishna Puja in the presence of Shri Mataji Nirmala Devi.

The puja will be held in Cabella from August 18 - 20, 2000.

"Now you are a new race, blessed by the Divine and you have Shri Krishna within yourself awakened in His own glory, in His own light."

Shri Mataji Nirmala Devi,
Shri Krishna Puja, 1994

Much love
*from the Sahaja Yogis
of the Americas and Scandinavia*

GENERAL NEWS

Introspection on Raksha Bandhan

I always found it very hard to tie a Raksha Bandhan to anyone. I could not even tie Raksha Bandhan to my blood brothers. I could only tie a raksha bandhan to someone if, from the depth of my heart spontaneously without thinking, I was driven to do it. Somehow I could not tolerate weakness in people. I always felt very strongly that my brothers had to be strong and worthy of raksha bandhan. This feeling had always been in me, I couldn't help feeling that way and it had nothing to do with Ego.

When I was very young just a child I used to get very strong attacks from negativities in my dream. I used to have bad dreams and attack on the heart nearly every night in my sleep. One day I felt that I should tie a raksha bandhan to Shri Hanumana for protection. Since then those bad dreams disappeared and I always felt a strong protection and presence of Shri Hanumana.

In my 38 years of life I must have tied Raksha Bandhan to five or six people. It just happened due to peer pressure and it did not mean much. The first person I tied raksha bandhan because I really wanted to, deep from my heart, was a brother from New Zealand. I tied raksha bandhan to him last year. It was an amazing experience. It felt that I knew him from so many lives. I had tears of joy in my eyes. I gave him sweets and present, and in that joyful bliss I forgot to tie the Raksha Bhandan. I had to go back and do that. When I put my attention on this relationship, it feels that this relationship was from eternity and will go on for eternity.

Then I came to Australia. At Sahasrara Puja 2000 people were talking about their experiences in Sahaja. I knew I also had to say something. I said to Shri Mataji that I haven't done anything. Whatever had happened, it was all done by Her. I was just a channel that She chose and I knew nothing. I prayed to Shri Mataji to

come and use me as a channel to tell the experiences. I went in front and the words were just coming out of my mouth. From beyond thoughtless awareness I was just enjoying the bliss and watching. I was sitting not very far from the Australian Yogi. Suddenly, out of the blue, I had a strong awareness that he was my brother. I did not even have my attention on him.

Next day I gave lift in my car to a yogi back to the puja. Somehow we got in a conversation about weaknesses in people and collective. Suddenly I don't know why I said to him that "that was the reason why I find it extremely hard to tie raksha bandhan to people, even to my blood brothers." He did not say a lot to me about raksha bandhan, except that he is always very nice to his sisters.

Two or three weeks later after the Friday night collective programme at the local Ashram there was a discussion and a few people attacked my brother. It got into an argument. I was sitting in thoughtless awareness just watching. Suddenly, again I was aware that my brother was being attacked. I didn't understand why I was having that awareness. I just kept witnessing the drama. Then a couple of weeks later the same yogi whom I gave lift in my car to the puja and spoke about raksha bandhan, came to the Ashram. I was helping with the Thursday night cleansing and introspection programme. After the programme a few of us were having just general discussion.

Suddenly out of the blue that yogi brought the subject of raksha bandhan. He had been thinking about it for a long time. He tried to tell me and convince me that my attitude was wrong. That if sisters did not tie raksha bandhan to brothers, then brothers will not even have powers to get up in the morning. I said that everyone is brothers and sisters. I know that and respect that, but I can't force myself to tie a raksha bandhan to someone. For me to tie a raksha bandhan to someone meant that it happened spontaneously. I should feel it from the depth of my heart and it was to eternity, not a social thing. I couldn't force myself to tie a raksha bandhan to

someone. As we were talking I could feel his agnya getting stronger. We were getting nowhere, So I just decided to back off. Next morning I did Virata meditation and after the meditation my attention went to that yogi and the conversation. In my meditation I started to introspect that why I was like that. Was it a conditioning that I imposed on myself or what? Suddenly in my meditation I was witnessing a subtle battlefield, packed with troops (it was all of light). There were a few people in front who were leading the battle, they were sitting on something high, could be elephants. Then there was this energy coming through me and flowing to those people leading the army. I was non reactive, beyond thought. Just watching this energy flowing to those people. There was NO PREFERENCE to anyone. There was NO REACTION, there was NO ATTACHMENT. This being was just so neutral and witnessing the play. The people leading that particular battle were my brother from New Zealand, from Australia, another Australian Yogi and my blood brother. I was just witnessing it all blissfully.

Suddenly I was very humbled. I could understand why I was acting the way I was. I came to the Realisation that those people, although they were strong, needed the vast all-pervading divine shakti to be channeled to them for the purpose of winning the divine battle against the negative forces. Everybody had their role to play, but for the particular role that those people in front were playing at that time, the divine was using me as the instrument to channel the needed shakti or powers. It gave me a very clear understanding of why I always felt that I cannot waste my attention on my own or others individual problems. My attention was for the emancipation of the whole of the creation. I was a channel for Shri Mataji's shakti to flow to some of those people truly dedicated for that cause. They were fighting not their own battle but Shri Adi Shakti's battle. This was a very beautiful and blissful experience.

Suddenly I was aware that my blood brother needed help because of the battle going on where he lived. I made a Raksha Bandhan for him and put it in Shri

Mataji's feet. I also made raksha bandhans for Shri Hanumana, Shri Ganesha, Shri Jesus, Shri Bhairava and put it in Shri Mataji's feet. Then I prayed to them to go to his country and solve the problems there. This year I know now that I will tie raksha bandhan to these four brothers.

Another revelation about three or four weeks later...

That week I had a lot happening, I had been rushing a lot. I did not find enough time to mediate properly and do puja or introspect. On top of this my husband, who is not a yogi, had a lot of social things happening and he was having few too many drinks.

That particular morning I got up with a bad sore throat on the left side and fever. At the same time I felt that I had been wounded in the battle. I said to myself that this time the negativity got me at the weak moment. Looks like it will take few days for me to recover. I knew that I had to keep fighting the battle at the subtle level. I just had to keep going, other wise the negativity will try to overpower me. Plus I had nobody to turn to except our Mother. And She could only help if I stay deep and connected. That morning I did not have time to work on my throat because I had to drop my husband at work at 6.00 am, then had to go to take my NZ brother to the airport. Where I picked him up, I was speaking with a yogini friend. We were talking about getting up early in the morning. I said to her that I was feeling wounded in the battle. I just had too much happening and the negativity found a weak moment, a weak point to attack. She asked if I would come back to her home after I drop my brother to the airport. I said to her "No, I had to go home and work on myself to get strong and fix myself or else I will become really sick." I thought if I got stuck to cleansing now maybe in a couple of days I will be alright.

I was just about to take my NZ brother to the airport when the my Australian brother came in the hall for a footsoak. As we were about to leave, my Australian brother called me and said that they have decided to change my name because it means *small*. They have renamed me

as *Virata* (maybe because my attention was so much on virata shakti of Shri Mataji). I did not know at that time whether he was joking or he was serious. I did not say much, just smiled then we left.

Driving down to the airport, we were talking about using virata shakti for cleansing, and growing in depth. (My attention was on the name Virata at the back of my mind. I was unattached watching and witnessing it without any re-action). Suddenly my NZ brother said to me that giving me the name Virata was a good compliment from my Australian brother. I didn't realise at that time but a lot was going on at the subtle level while we were driving down to the airport.

We reached the airport. We had some spare time so my brother bought a mocachinno for me. While we were having the drink, suddenly I realised and said to my NZ brother, that my attention had been on Virata and I am starting to feel much better. Then I saw my brother off and was driving back home listening to bhajans. Suddenly I found that the feeling of being wounded was gone. The sore throat and fever was gone, I was healed and filled with gentle loving and soothing energy. I was also wrapped in a blanket of this energy. Suddenly it felt that all these loving, healing and soothing energy and strength was coming from my brothers. The name Virata was the gift from my brothers. It was the infinite source of divine energy blissful, gentle, loving, caring yet very powerful. Suddenly I was dissolved in the Virata form of Shri Adi Shakti Mataji. I just felt so strong and full and healed yet so humbled. Suddenly I felt I was so small yet I existed everywhere. I was part and parcel of the Virata. My attention went to Shri Krishna and I became aware that all these powers were coming from Shri Krishna. Shri Krishna was the ultimate brother. It brought an inexpressible feeling of joy and bliss. It was the shakti of the pure love of a brother for his sister.

It was Shri Krishna's all-pervading infinite, unlimited love for his sister who is Vishnumaya. I became aware that this feeling or experience can only be felt by the purity of

the relationship and the devotion. Raksha Bandhan was a very auspicious thing. And one should tie raksha bandhan for the right reasons.

While this was all happening, my attention went to my home place. Suddenly I had a strong awareness that Shri Mataji will fight the rakshasas head on. This would be the major battle. I felt very strong. I was fearless and strong as a thunderbolt yet there was this soft and gentle love flowing through me. I knew at this moment that Shri Mataji will fight rakshasas head on this time. Also I knew that as long as I stay dissolved in this shakti, nothing can touch me. That shakti will do all the work. I just have to be a witness. My Vishuddhi felt very cool. The vibration was flowing through me everywhere. It just felt blissful and joyful.

We will only feel the love and shakti of Raksha Bandhan if we have that purity in the relationship and we tie the Raksha Bandhan for the right divine reasons and it is auspicious. Now I know that we do not have to tie raksha bandhan to everybody. Different shaktis of Shri Mataji are channeled through different sisters or brothers for those who need that shakti. We should spontaneously do what our heart says. Not what our head says. If we can connect with this all-pervading pure divine love of a brother or sister we will feel the infinite, unlimited source of love and shakti of Shri Krishna and Vishnumaya.

I am confident now that our brothers and sisters can develop this love and shakti. We just have to touch the depth within ourselves and ask. In my case I did not even had to ask. I just needed help and I was aware that I will have to work it out.

It shows that our Divine Mother is aware of our needs. She responds without even our asking; when we become helpless and still we do not give up but continue to fight. I feel very humbled to have experienced this great revelation of raksha bandhan.

Australian Sister
(from NZ Newsletter)

Poem

from Dharamshala

Your heart is opened if you can be
with anybody without judging
Your heart is opened if you just can
be a witness to anybody's act
Your heart is opened if you are joyful
by the sight of the joyfulness of
others
Your heart is opened if you feel love
and compassion from this heart
Your heart is opened if you listen not
to the voice of your mind but to
the one of your heart
Your heart is opened if it is this heart
answering and not your mind
and judgment
Your heart is opened if you can ac-
cept anybody's imperfections
and love him anyway
Your heart is opened if this heart is
spontaneously generous
Your heart is opened if this heart
make you be where you have to
be, when you have to be
Your heart is opened if you can give
love to anybody else sponta-
neously
Your heart is opened if when listen-
ing to anybody's suffering you
can just be thoughtless
Your heart is opened if when listen-
ing to anybody's suffering you
feel only love and compassion
Your heart is opened if when listen-
ing to another point of view,
you stay thoughtless and loving
When your heart is opened
The others hear Mother's voice and
not yours
The others feel Mother's love and
not yours
The others feel Mother's compas-
sion and not yours
Everything which was yours be-
comes Her's when your heart is
opened
Everything becomes silent, you are

only a witness, you become a beau-
tiful instrument of the Universe's all-
pervading love, whose Great Mother
is Our Beloved Mother who is within
and without, when your heart is
opened.

Vidya, Belgium

