

Sahaja Yoga

1st September, 2000



Australian Newsletter

Jai Shri Mataji!

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Deadline is 7.00pm Tuesdays

*"I have reached the inner vision
And through Thy Spirit in me
I have heard Thy wondrous secret.*

*Through Thy mystic insight
Thou has caused a spring of knowledge
To well up within me,
A fountain of power,
Pouring forth living waters,
A flood of love and of all-embracing wisdom
Like the splendour of Eternal Light"*

Book of Hymns,
Dead Sea Scrolls



NATIONAL NEWS

National

Navaratri Puja Seminar
6th – 8th October 2000-



The Navaratri Puja will be hosted nationally in Perth at Giddegannup.

The dates are October 6th to 8th.

The nominal program will be:

Friday evening

arrival and convivial get together

Saturday

public program at Giddegannup

Saturday night

entertainment program

Sunday

Puja

Sunday evening

return to home

This coincides with cheap airfares being announced (e.g. \$165 from Sydney with Qantas).

The yogis of WA and NT most cordially invite and urge all our brothers and sisters to attend. A good time is guaranteed.

Navaratri Puja 2000

- Invitation to all Yogis on the East Coast

This has been the first opportunity to extend an invitation to the East Coast Collectives on behalf of the Western Australian collective for an opportunity to share and enjoy and experience the newly-awakened national spirit through the celebration of the Navaratri Puja at Giddegannup, Western Australia over the weekend of October 7th - 8th

This represents a rare opportunity to collectively travel to Western Australia to celebrate a National Puja. As Sahaja Yogis we are able to look forward to an eternal and joyful spiritual occasion where we may all come together from all over the country to worship the Devi.

During the recent National Guru Puja at Wamuran many Yogis had expressed the desire to keep alive the deep spiritual experiences close in their memory, for it keeps alive in ourselves the desire for our true home and country, and for a reality and brotherhood which one day we can make the same as our day to day reality.

What better way to make this a reality than to re-live those unique spiritual experiences together again, and for many of us to journey for the first time to the home of our brothers and sisters of the West Coast.

Transport arrangements will need to be made. Unfortunately, distance means that a bus cannot be arranged for this occasion. However, when the desire is pure the Divine will always come to our assistance.

Both **Qantas** and **Ansett** have recently announced **\$333** return airfares to Perth just in time for the Puja. This is about a half to a third of the normal airfare.

Anyone wishing to take advantage of these airfares will need to act **immediately**. Seats at this price range are limited and will fill quickly.

There is not much more that needs to be said, nor the need to worry about how far it is, how much it will cost, what we will be doing, or not doing. If you are a position to attend the Puja, then let us do the needful thing and commit to ourselves, and to follow that commitment through to attend Navaratri Puja.

Can everyone attending Guru Puja also let me know so that we can pass on numbers to our hosts.

Together again at the celebration of Navaratri Puja we will for a time be reunited with each other, and with Shri Mataji; and together again we shall experienced Her splendour and power and joy and timelessness.

Jai Shri Mataji

Sincerely, *Chris Kyriacou*

STATE NEWS

NSW News

The Celebration of Shri Ganesha Puja at Camp Kariong Central Coast

September 16th – 17th

"The best way for a Sahaja Yogi to cleanse his Mooladhara chakra is to be pure in heart and to lead a chaste life full of good thoughts and good deeds.

Through innocence one can make the attention very pure and unattached. He is a living God, and is active all the time. No human words can describe His glory.

Shri Ganesha has created the spiritual fire in nature which ignites every petal of every chakra.

All Sahaja Yogis must know how to worship Shri Ganesha so that He is kept awakened in them, and they may remain in the eternal bliss of His innocence."

On behalf of the Central Coast Collective we wish to extend an open invitation to all NSW Sahaja Yogis for an opportunity to share, enjoy, and experience the joyful celebration of Shri Ganesha Puja. The Puja celebration will be conducted as a weekend seminar to be held from September 16th - 17th hosted by our brothers and sisters of the Central Coast.

This will be the NSW Shri Ganesha Puja – the first for some time to be held in one of our regional centres. We request all NSW Sahaja Yogis to demonstrate their support for their regional brothers and sisters who normally have to travel many hours to Balmoral or Burwood by attending the weekend event on the Coast.

The weekend will commence with a Public Program to be held at the Gosford Art Centre on Saturday afternoon, followed by dinner and a Concert to be held at the campsite.

The Puja will be the highlight of a weekend event held at the Kariong Scout camp on Sunday.

The arrival of many Sahaja Yogis to the Central Coast for the Shri Ganesha Puja weekend will help to lift the vibrations of the area, and what better means to support the local collective, and to promote Sahaja Yoga, than to provide our assistance for a major public program. In this manner perhaps the greatest gift and legacy of the weekend may be a number of newly realised souls.

The evening's festivities following the Public Program will most likely end quite late and will be followed by music, dancing and singing as is most fitting and appropriate for the worship and commemoration of the birth of Shri Ganesha.

The camp has adequate overnight accommodation for the NSW collective. The two dorms located on site will be allocated to the ladies, with approximately 40 sleeping spaces (on the floor) and 36 bunk beds. The beds will be allocated to those in most need.

There are also a number of Sahaja Yoga households within a short drive of the camp for mothers and babies. There is also a comfortable Motel within close proximity of the camp.

The men will be accommodated on the floor or the main hall so that they will have the best opportunity to enjoy the full extent of the music and festivities late into the night, and until the rise of the sun on Sunday.

Sincerely, Chris Kyriacou

Friday Night at Burwood

Central Coast Yogis will present the evening of 1st September to run a video of Camp Kariong, which is the venue for the Sydney collective Shri Ganesha Puja on 16th and 17th September. Also, a handout outlining the weekend itinerary will be given out along with a short discussion on the event.

Apart from this, we will run a video of Shri Mataji where She encourages us to be the best of friends and enhance collectivity, followed by a Kundalini Meditation.

We want to encourage everyone to come to this Central Coast celebration weekend, and to encourage all other yogis to do likewise.

Next week's newsletter will have a map and details of the weekend so everyone can find us easily.

Don't forget, if you want a bed at a motel or a nearby house please call Diane Harper on 02 4342 0556.

Peter Corden

Balmain Programme 22 September

Just a reminder that we need more art by sahaja yogis for the proposed exhibition- paintings or calligraphy (framed & ready to hang), sculptures, etc. Please don't be shy, and you don't have to sell if you want to keep the work - the main thing is to give the public a taste of Sahaja creativity. If you can contribute please contact Graham Brown 02 94117641 or Jean-Michel Huet 02 9403 1621.

Works from interstate are welcome, but you need to send return postage.

INTERNATIONAL NEWS

News from Kazakhstan

Offer to all

European Sahaja Yogis

Hello, dear brothers and sisters!

We, sahaja yogis from Kazakhstan, have a nice idea. We don't have many opportunities go on international pujas or tours because of our weak nabhi and low level of material wealth. We have to work hard during a year to collect for going to Ganapathipule or to Cabella. But we are good masters in the building construction.

So, maybe this year somebody of you want to build home, or to repair your own flat or office. We can make it for you with good quality and do it quickly. So you will have a nice new-repaired house and good vibrations. And it will be cheaper cost for you than if you use specialists from your own country. For you it will be a good chance for you to enjoy our work and meet with us.

We are 4 good boys who are working with ceramic tiles, marmor, wall paper etc. So, if you are interested in this idea, please, send us your offer. We hope on your help, and want to be with you more often.

With respect Sahaja builders from
Chimkent /Kazakhstan.

With love,
Dima Bondarenko

News from USA

Sahaja Yogis take *The Magic Flute* to New York!

In the early hours of September 28th, 1791, candle light still burned dimly in a window above a cobble-stone avenue in the walled city of Vienna. In his modest rooms at 790 Rauhensteingasse, Wolfgang Amadeus Mozart, the greatest musical genius ever to grace the Earth, poured his heart and soul into his beloved composition *Die Zauberflöte* (The Magic Flute). This opera, a wholly unique endeavor conceived in German and for the common folk, was due to premiere in a second-class theatre on the outskirts of the city on September 30th - two days later. The proprietor, Emmanuel Schikaneder, who had approached Mozart with the initial idea some months before, was now prodding him to complete the work. Mozart had been interrupted by a disappointing engagement for the monarchy in Prague, and was struggling with deteriorating health. He now devoted his precious attention to the final touches of his masterpiece, breathing life into some chorus parts and manifesting the beautiful overture on this cool autumn morning.

Any anxiety that Mozart may have endured regarding public acceptance of this work, vanished during that first performance. The audience, first taken aback in silent amazement, soon abundantly expressed their delight. At one point, a member of the orchestra, himself a composer, stood up and kissed Mozart's hand. The master smiled at him knowingly, continuing to conduct the or-

chestra with the other hand. Eventually, every musician in Vienna ventured out to the *Theater auf der Wieden* to take in a performance of *Die Zauberflöte*, and it even became fashionable for the elite society to attend.

As Mozart lay sick at home in the following weeks, he was visited regularly by his friends from the theatre company. They would, sitting around his bed, sing with Mozart, pieces of his choice, as one of them accompanied on the piano. (Little known to them, far away through the hazy blueness of space, a new nation had just been born. Its first president, George Washington, and other seekers of Truth, were presently working to create a symphony of peoples living together in the highest ideals. In eighteen years, another great soul, Abraham Lincoln, would be born to set forth that noble cause.)

At one o'clock Monday morning, December 5th, the Musical Genius broke away from the burden of his thirty-five year old diseased body to fly Homeward to rejoin the Heavenly Hosts.

Two hundred and eight and a half years later, in a magical, divine stretch of land near the East Coast of America, Tamino, the prince and hero of the *Magic Flute* (Wolfgang from Vienna) can be seen rushing through the bushes with a shovel in his hand. He must be hurrying to dig a trench around his feeble, vinyl tent before the next summer morning cloud-burst. As the dark air is filled with the gushing sound of falling water, we know his efforts will be in vain. Not far off, Papageno, the jolly bird-catcher and sort-of-hero (Robert

from Prague) upon hearing the deluge thunder down on his own tent, screws up his boyish face and pulls the top of his sleeping bag over it.

We are witnessing the beginnings of one of the most important creative adventures since Mozart put his quill to parchment, manifesting the first notes of his masterpiece over two centuries ago:

~ SAHAJA YOGIS TAKE THE MAGIC FLUTE TO NEW YORK ~

After months of individual efforts, everyone started landing with pent-up enthusiasm in Paradise, in Canajoharie, is in Mud. As the first musical pioneers arrived by bus into the wet darkness there, they knew the real training had just begun. In the short time leading up to the Premiere, Mother Nature was bent on making masters out of them - detached, universal masters who were capable of anything! Today, there still linger some vague memories of that first night, trudging through the darkness in ankle-high mud, lashed by the relentless rain, with a piece of stage-lighting equipment in one arm and a child in the other. Mile after mile (or was it just half a mile?) from the road to the hangar across that ancient holy-land.

The first days of those two weeks of intense rehearsing included on-going commuting: to the motel to shower; to the local high school auditorium for international orchestra-rehearsal; to the camp to meditate and eat. Only the stage-crew was a constant. An island in the storm. Piece by piece, the work-of-art went up. Touch-up by touch-up, the stage-set came to life. Night and day, its engineers toiled until there,

in the hangar, out there in the middle of nowhere, the magic setting of the Magic Flute stood in all its glory! Gunther (from Prague and Vienna) and Mason (Seattle and Vienna), assisted periodically by excellent helpers like Thomas and Jeffrey, invested over two months of creative attention and unfailing physical energy.

There were other inspiring figures in this unfolding, historic drama. The ever-buoyant (naughty?) face of the young conductor, Manny Schultz, the pinnacle of many generations of Austrian musical talent, could always be seen shining in the center of the action. His parents, Walter and Inge, recognized professionals in the field, also took part. His wife, Sissy, (and later, his father) played first cello. His cousin, Engelbert (rumored to have been a distant relative of Mozart in a past life!) was frequently spell-binding the other members of the group by his versatile talents on the glockenspiel.

On occasion, one could have the chance blessing of rounding a corner and being swept up in the Divine Vibrations of the Austrian (and American, Israeli, etc.) chorus as they practised that which Mozart had so beautifully created for them to express. And always to be found at the focus of their attention was their tireless leader, Gerald (director of the *Vienna Boys Choir*), who had magically created a world-class singing group out of the lot of them. Best of all were the all-pervading Star Singers who could be heard from a field of high grass, or a tool-shed or tent as they poured out their heavenly streams of notes. Among them were

a whole bunch of Swedes (the entire Sahaja Yogi population of Sweden?) who never ceased to amaze listeners by their virtuosity. Even in the solitude of sleep, we dreamt each night of the multi-faceted diamond called the Magic Flute with its brilliant singers, dancers, actors, musicians, and other artists.

Special mention must be given of the Director, Mr. Tilmann Krishna Schillinger who can even inspire uplifting, creative visions in his viewers as he brushes his teeth on the edge of a wind-swept field. And of course, the second-in-command of Dramatic Wonders, Gita, who seemed to be everywhere at the same time! (And an Austrian guy named Martin, a producer, supported by his wife, Sita, who somehow managed, and professionally, to sing bass in the chorus, play two or three parts on center stage, drive everyone around, keep track of all the eighty members, and organize finances, almost at the same time!) And no less, all those others (like Stephanie, Vanessa, Ursula, Michi, Poorna, the Bellans, and the Leonis, and the enlightened musicians, etc.) whose deeds of merit are already eternally registered in the heavenly Akashic Records.

The grand climax to all the efforts, all the smiles and tears, all the obstacles and all the hopes, came far removed from the fresh, muddy reality of the Sahaja Yoga campsite: It peaked on Friday, June 23rd, 2000, in the other-worldly fable-land of New York City. The outcome of all that rehearsing was about to present itself on stage in the Big Apple. As seven pm approached and the 'me-me-mes' and 'la-la-las' were becoming less frequent back-stage, a whisper ran through the ranks: "Shri

Mataji's here!" Maybe there was never really any doubt that She, our Divine Mother, would actually come in Person. But now the sight of Her through the chinks of the stage decorations settling down into a seat in the middle of the theatre, was the hope above all hopes miraculously answered for each member of the company.

The house-lights dim, the conductor raises his baton, and it feels like the world is about to change forever, like that legendary moment in Vienna when the Master himself was at the podium. Even from backstage the famous overture sounds new, vital and magical as it rises from our enlightened orchestra. Then voices begin filling the air with waves of honey-tones. Time passes and so do the many characters going to and from the stage and dressing-rooms. Robert, in his bright feathers, moves slowly by with a concentrated look on his otherwise happy-go-lucky face. The half of the chorus sitting impatiently on this side listen for their cue. Karin from Sweden (and later, Stella), looking wonderful and terrible in her robes and make-up as Queen of the Night, takes her position backstage, ready to make her entry. The others give smiles of encouragement and a powerful collective bandhan for her to reach the high F in her aria (though no one, even for a moment, doubts her amazing ability). Now the chorus assembles in place, all eyes fixed on their conductor through the openings. Manny is a priceless treasure. No one can get lost because he is mouthing everyone's lyrics while he conducts! A life-saver! As the First Act draws to its glorious close, the stage is filled with a great ensemble, every voice and instrument in joyous

harmony.

And so, similarly, do the events of the Second Act unfold - like those in an intense, colorful dream. Backstage we see Monastatos (Goeran, brother of Karin) hurry by, green-skinned, to cause some mischief in the drama. The mighty guru, Sarastro (Thomas), goes out to bring order and light with his powerful baritone voice. The chorus welcomes him into the temple. Tamino is learning all his lessons well. Papageno is almost learning his lessons (well?). The evil-doers are punished. The heroes are rewarded. The princess Pamina (Meta, and later, Dorthe) and Papagena (Theresa) take turns melting all the hearts with their outstanding skills. There is singing and singing and Vibrations flowing. Universal Love is victorious! Suddenly, it's all over. The audience is applauding. The stage is full of Sahaja Yogis in beautiful costumes, radiating joy and gratitude. The dream has come true. Shri Mataji smiles down on Her children, and maybe there, among the heavenly beings surrounding Her, Mozart himself nods with heartfelt appreciation. And this is still the beginning.

By the Grace of Shri Mataji, all motivated Sahaja Yogis are expected to further share Her precious message of Enlightened Creativity by performing the Magic Flute in Los Angeles next year. Even the director of the high school in Canajoharie where highlights were performed, and other local residents, are urging the Sahaja Yogis to return to establish a permanent base in their community. The prospects for spreading Sahaja Yoga through the medium of the per-

forming-arts are proving to be unlimited. So many hearts and minds have been elevated by this production - of yogis and non-yogis alike.

The greatest moments came then in Nirmal Nagari (Canajoharie) as all performed for Shri Mataji, Her family, and hundreds of Realized brothers and sisters. The act of expression, becoming so super-charged with the flow of Divine Love, was an act of euphoria. The Heart of the Creator was really in each action, bringing it to joyful fruition. The creativity became a collective bond, enveloping everyone. No one wanted to be separated after that.

The final word comes from a neighbouring farmer's wife who attended the spectacle. As yogis stopped by to say good-bye a few days later, she remarked: "It was wonderful! Who could have imagined something like that, out here in the fields!" (God could - and did.)

With love,
Edward Saugstad

Letter of appreciation for *The Magic Flute*

Dear Gerald,

I hope that you and all of your friends had a pleasant and safe trip home. I continue to receive praise from all corners on *The Magic Flute* that you and your group produced. More importantly, you will never know how much fun it was for me to work with the *Theatre of Eternal Values*.

I have spoken with several community leaders about the idea we discussed in terms of providing our high school building to your organization as a Cultural and Meditative Center.

They are equally enthusiastic about the notion. I do not mean to be too pushy in attempting to have your group explore this option, but I would hate to see the building torn down. Instead, I would hope that it could become a place where the arts and the practice of yoga were centered in the Mohawk Valley.

Everyone in our community was very impressed with the nature of the people they met during your stay. We would like to have you and your colleagues adopt our village as your home away from home.

Please forward my note to others in your group. I look forward to hearing from Wolfgang, Englebert, and the rest.

By the way, my wife wanted me to add her gratitude to mine for your kind gift of the *Calgary Boys Choir* CD. She is particularly taken with the music and plays the CD constantly.

Don Bowden
Principal of Canajoharie High School

News from Fiji

Of Fijians, False Gurus, Churches with Threateningly Corporate Initials and Children

Well we did not see any trouble in Fiji during our stay (13th-20th August) although we did see smiling soldiers at lazy checkpoints with unmanned machine guns aimed not very threateningly into the clear blue sky. Given that troubled Suva is 150-odd kilometres to the South-East this was hardly surprising in a still-relaxed country where the people are proud of sticking (somewhat rigidly) to "Fiji-Time", which is a bit like Sahaj-time; i.e they're always late for everything.

The purpose of our visit to Fiji this year was to make inroads into establishing Sahaja Yoga in the Fijian-Fijian community (as opposed to the Fijian-Indian community). The Fijian-Fijians are mainly Christian while the Indians are Hindu. There is quite a large following by the latter of false gurus especially the false Sai Baba.

There are about 10 established yogis in Fiji, all Indians living in the Nandi area. There are no Fijians as yet. So, all four of us having arrived from all four corners of Auckland and Sydney, we headed off on Sunday morning to Prakash's farm. Prakash is the leader who's just got married to a Ukrainian wife and she's getting there in October.

Given the perceived "difficulty" of not only giving realisation to, but also getting the Christian Fijians estab-

lished in Sahaja Yoga, we thought a good place to start was at the roots. So first thing we did was to have a havan in which we said the 108 names of Lord Ganesha. This seemed to do the trick, as over the next six days we were lucky enough to be just about always in the company of young children with huge, innocent, beaming, happy, expectant, glorious, negativity-destroying, making-you-want-to-jump-and-shout-and-have-fun-like-they-were, faces. It seems to suggest that it's the kids who are going to remove all obstacles to the progress of the Fijian-Fijians. And their Kundlinis were so strong!

We got the impression that the parents were a bit weary of Sahaja Yoga, but not at all threatened by it because they entrusted their children to it. We felt this weariness was because the Chiefs and preachers wield quite a bit of influence and if they get wind of "funny goings on" in the village, there might be trouble. So maybe the villagers were subtly encouraged not to attend. But there were a few moms here and there. The church is also factional, and people have been known to be asked to leave villages if they are attending a different church. All the churches seem to be known by threateningly-corporate initials such as CMGC or ABC or BBC or ATV etc etc etc.

We held two programs in Nandi on Monday and Tuesday. We used a miracle picture of vibrations of Sri Mataji as opposed to using Her Face, as the Fijians might not take to an Indian guru immediately. On Monday about 7 Fijians attended (they all arrived late) and most of them felt the vibrations. On Tuesday

only 2 came along (they arrived very late), one of them having quite a bad case of asthma. We worked on them for a long time, including shoe-beating round the back of the hall. After the program was over we drove off to Prakash's farm and talked late into the night, accompanied by music from the cicadas, frogs and various other nighttime things. Prakash's mother makes very good chai which we drank quite a lot of; a bit like her food which we ate quite a lot of.

Doc Bohdan's desire for our ad. to appear beneath the cartoons in the Wednesday newspaper was realised. This was a good spot. Clearly a lot of young children thought so too, as they were the ones who trooped into the village hall at 7pm Wednesday evening (they weren't at all late). They all could feel their Kundalinis very strongly and enjoyed themselves nearly as much as we did. They returned on Thursday night with the rest of the kids in the village. But 20 minutes into the program there was a power cut and we sent them home, but not before they had asked us to come back on Friday night. Then the power came on again, and while we were deliberating whether or not we should resume the program all the kids came streaming back and set up the seats that we had stacked (without being asked) and sat and waited expectantly, so the decision was taken out of our hands. There were a couple of programs during the days; one at a refugee camp for Indians who had been kicked off their land and one at a School. There are now going to be regular meetings at the refugee camp while at the school there is mediation every morning as two of the teachers are Yoginis. We were told the children love it and it cer-

tainly looked like it too. We also tried to give realisation to a village chief but he politely declined by asking us to return to his home the next day at 9.30am and then when we did he promptly didn't turn up.

Talking with the locals about the current situation left us with the feeling that in Nandi area at least, the Indians and Fijians are still getting along fine on the face of it, like anywhere else. But Speight has caused a subtle rift which, unless caught in the bud, will deepen. The Fijians are being told by Speight's cronies that the Indians are going to take their land from them, and despite the fact that this is Constitutionally illegal, it is hammering a subtle racial wedge between them.

So we hope that the last week has done something to neutralise all negativity causing friction between the Fijians and Indians, and negativity from all the false Gurus that the Indians are following. The Ganesha Tattwa was so strong and the children were so keen about Sahaja yoga that it may be that they are Shri Mataji's secret weapons in this particular hot-spot.

Regards, *Justyn Tiptaft*

Birthdays!

Our very best wishes to...

Rajashree Fogarty
Martin Purcell (Healesville)
Barbara Armstrong
Surabhi Webber
Peter Hodge
Megan McLaughlin
Sandhya Miles

GENERAL NEWS

Calling all yogis!

The experience of the kundalini rising in the subtle system can have various nuances, and may vary from one meditation, puja, or day, to another. The kundalini within may feel like a stream flowing through the body; or the serpentine nature of the primordial mother may simply be as gentle as a white lotus in a breeze above the head. The yogi may have no other physical sensation except the cool breeze on the hands and on the top of the head, thoughtlessness and a sense of peace within. Space may open out. What is your experience?

Coming close to the end of a PhD Thesis on the subject of Consciousness, I am interested to hear of the experience of kundalini awakening and recognition of its being within, in the words of yogis, and also the different kinds of feelings that accompany the experience of the primordial awakening, whatever the dimensions of these experiences are.

Please write in your own words what you feel. Samples collected may be included in the body of the thesis to accompany discussions on the nature of kundalini awakening and awareness.

In general, literature on kundalini written by unrealized individuals does not provide a lucid background to this subject, hence I am asking for assistance from the collective, to add to the overall veracity of kundalini awareness in an academic and scholarly arena.

With thanks, *Mary Ann Ghaffurian*
Melbourne, Australia