

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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Deadline is Anytime on Tuesday

“...We devote ourselves to that Devi who resides at the centre of our lotus hearts, whose glory is like that of a rising sun, whose face is pleasing, who is granting the boons and protection, who is three-eyed and has put on red clothes and is fulfilling the desires of Her devotees.

“We salute to that great Goddess (Mahadevi) who destroys great fears, who removes great calamities and who is the great compassion personified.

“Her form cannot be known even by deities like Brahmadeva and others and is therefore called as ‘unknown’. She has no end and is therefore called ‘endless’. It cannot be known what is Her aim and therefore She is called ‘one without aim’. She has no birth and is therefore called ‘unborn’. She is alone everywhere, hence She is called ‘the one and only’. Although She is one, yet the whole universe is Her form, hence She is called ‘not one’. Therefore She has the names as *Agnyeya, Ananta, Alakshaya, Ajaa, Aika, Naika* etc.

“That Devi is *Matruka* (ie letters which make mantras) in mantra. She is knowledge in words. In the knowledge She is beyond pure intelligence. In the nothingness She is the witness. There is nothing beyond Her, hence she is described as *Durga*.

“We, who seek to rise above the constraint of the ocean worldly affairs, salute to that Durga, who is inaccessible, who is the destroyer of all wickedness and the saviour of the people from the ocean of illusion...”

Shri Devi Attharva Sheersham



NATIONAL NEWS

Ganesh Puja 2000

It has been a memorable time, not only for the Australian Sahaj yogis who attended the puja, but also for all the hosting country yogis (especially the country leaders) and in fact all the Sahaj yogis.

Shri Mataji was very kind for having worked out the whole puja weekend in a way that only divine could do: Smooth, Tensionless, Effortless, Joyous, Collective, Harmonious and Agya-less. Shri Mataji was very pleased that all the hosting countries worked very well together and that Australians were able to present the play together with everyone with a global vision of Shri Mataji. She said "The play was a PUJA. It gave a global perspective".

Everyone involved with the play has received so much joy, punyas and blessings from Shri Mataji that I feel it is not my place to thank anyone. The play did not have an official script, no full practice until the event, no definite actors until the play, no professional actors, NO well-known director nor any "big musicians". Yet, everyone commented that the vibrations were very strong and most importantly Shri Mataji enjoyed it immensely. The lesson is, if you want to go beyond agya and present something to Shri Mataji from heart in a collective way, She will look after it.

Puja and the marriage ceremony went extremely well. We would soon be getting the videos to watch it all.

Shri Mataji's visit to Australia 2001

Shri Mataji said that her legs are alright now and that if we can build a proper residential accommodation at Balmoral, She would like to come to Australia and stay there. I thanked her on behalf of everyone for her blessing of coming. She has asked me to appoint some outside architect and oversee the project. She would like Paul Henwood to play a major role in building and construction.

Let us all get behind all the national projects that we have initiated which includes Gidgegannup, Wamuran, Balmoral etc. I take this opportunity to thank everyone who has contributed to the national projects so far and for those who are thinking of contributing in the very near future.

New Directions

Shri Mataji said on one occasion that "We have enough numbers now. Now we should try and bring unity among everyone and to bring more depth". This does not mean we stop doing programs and spreading Sahaj Yoga, but now our main focus should be on dissolving divisions, unifying all the yogis and taking a fresh look at ways to rekindle our pure seeking and a deep urge to grow spiritually. Every centre, city and state should introspect on the new directions from Shri Mataji.

Marriages

Shri Mataji commented that we should look after the purity and the brother-sister relationship in Sahaj yoga. She was concerned and unhappy in instances where the yuwa shakti was encouraged to find partners among themselves, and when proper maryadas are not maintained among boys and girls. This is true even for adults. The roving eyes, finding partners and then trying to seek Shri Mataji's approval for marriage is not proper.

The other myth that needs to be addressed is that Shri Mataji does not select the couples in all instances. This is untrue. Only in instances where the couples have indicated that they wish to marry among themselves that Shri Mataji stands back from any responsibility for such marriage. In all other instances Shri Mataji spends long time trying to select the right partner. The general rule of Sahaj Marriage is "your partner and married life is directly related to your surrender, depth and commitment to your spiritual life". Most of the attacks in the land of Ganesha is at the level of Mooladhara, and it is our collective responsibility to take a proper stance at such attacks and look after and protect each other.

Diwali Puja 2000

Everyone is invited for the Diwali puja at Los Angeles. If you are thinking of going to LA please let me know. If anyone knows of any special Australian handicrafts which are not too expensive please let me know as we take some to LA.

Ganpatipule 2000

The Ganpatipule seminar will start on 23rd Dec and will end on 31st, most probably at Kalwe. The children from Dharamsala are expected to be in Jaipur on the 15th Dec. There may be some SAHAJ program and a visit to Dairy, Sugar factory and Bournvita factory near Kolhapur on way to Ganpatipule. The school management has requested that all parents who wish to join the school should join the school at Jaipur and not make individual and special request for bookings etc. All Australian requests should be routed through Toby Patterson from Burwood.

Navratri Puja

National Seminar 2000

The WA collective has been buzzing with activities and I am told it is looking forward to hosting the national seminar. I request all those who can go to visit the magnificent Gidgegannup, but more importantly the beautiful collective which is very rich in Sahaj hospitality and sharing of joy. We wish them all the best and pray to Shri Mataji that everything works out well.

Avinash Nickkawde

STATE NEWS

News from Victoria

Here in Victoria we have been experimenting with different formats for our weekly collective program. Recently we had a program, spread over three successive Saturdays, entitled *The Ten Incarnations of the Primordial Master*. Michael Davies, Gloria Davies, John Noyce and Amjad Ali gave presentations on each of the Incarnations, and we watched a film on the life of the Prophet Mohammed. A 70-page booklet was also produced (copies available from John Noyce 03 9802 2749). Last Saturday we watched a Nusrat Fateh Ali Khan concert on DVD and in surround sound (our thanks to Gerry Sullivan for use of his video/sound system). In two weeks' time we have been promised a program on the bhakti saints of India, entitled *1200 years of Sahaja*.

Our video lending library is currently undergoing an extensive maintenance program to conserve this unique resource for the future, and we still need volunteers from the Victorian collective to help with this. Running concurrently with this is a similar overhaul of the national video masters collection. We can make copies of any video from either collection.

contact John Noyce on 03 9802 2749

LET Video and the GST

The next mailing of videos to subscribers will be in November, once Rob Henshaw returns with the master tapes! In preparation for this we need to update our database. All those groups and individuals who have standing orders need to confirm their order and their requirements (pujas only, pujas and public programs, pujas and music programs, etc). It is likely that the cost of each video will rise to \$36 to cover increased costs, and we will also have to charge GST at 10%. Under the internal transfer provisions of the GST regulations, it is probable that state branches and local groups can be exempted from the 10% GST. Those claiming an exemption will need to be part of the Life Eternal Trust structure and be able to show that the videos are collectively owned. To avoid problems later during any Taxation Office audit, those groups claiming GST exemption need to

- supply us (*before* our next mailing) with a group name that includes 'L. E.T.'
- preferably pay from a bank account that includes 'L.E.T.' in the a/c title
- and hopefully maintain a catalogue/ list of the videos they have acquired.
- Ashrams claiming GST exemption should note that videos thus acquired should stay in collective ownership, and not revert to private ownership when the ashram closes.

Correspondence to
johnnoyce@hotmail.com
or phone 03 9802 2749

John Noyce, Melbourne 3/10/2000

News from NSW

Art Fest at Bondi

Art / Music / Meditation Program at Bondi Junction on FRIDAY 20 OCTOBER 2000 from 6pm to 11pm (Set up time 5pm).

Address: Mill Hill Centre, 31-33 Spring Street (close to train station)

It will include:

- Art exhibition -paintings, sculptures and pottery
- Sahaja Yoga Exhibition
- Music of Joy
- Sahaja Meditation Workshop
- Food and Drinks stand for fund raising
- Pottery and textiles stand, for sale

Please contact Graham or Frances urgently to organise for your ARTWORK to be displayed. If you wish, your work can be for sale.

[Sri Mataji mentioned recently at Cabella that Australia has a lot of good artists.] Please support this program to make it successful.

Duties:

- Handbilling by everyone;co-ordinated by Group 6 (John Brownscombe)
- Stage Set-up and dismantling by Group 7 (Jalindar Shete)
- Art Exhibition: Graham Brown / Frances Petrou
- Sahaja Yoga Exhibition Group 5 (Paul Stainsby)
- General Co-ordination Jean-Michel Huet (0407 010607)

Sahaja Yoga

"Stressbusters"

Workshops held at the Main Press Centre, Olympic Site 2000

One can scarcely comprehend the deep and subtle impact of what was working out having Shri Mataji's photo and attention on the Olympic site while Sahaja Yogis were talking to and putting their attention on members of the international media, translators and Olympic volunteers. All we know is it felt wonderful and we trust that some important seeds have since been planted.

We were certainly privileged to be a presence on the site at all and that was due to the Divine working through a "chance" relationship between a local Sahaja Yogini (a French teacher) and her student, a man who turned out to be the Manager of the Olympic Main Press Centre who, himself, is a lovely, generous and open-hearted man. He showed no hesitation at offering us a spot to use - the Prayer Room at main press headquarters - for the benefit of the media who would be stressed as a result of working up to 20 hours per day covering the events. We were allotted four evenings, Tuesdays and Fridays, with four workshops per evening.

From the start there was a complete acceptance of our presence and purpose at the MPC. Many volunteers manning the gates and news desks at the MPC commented that they had heard how well our workshops were being received. As far as numbers attending the workshops, there weren't the hoards we had prayed for, however, many did come along, all of whom were very receptive and felt the cool vibrations of self-realisation. The vibrations of the venue itself changed almost from moment to moment,

sometimes so blissfully deep and very cool and at other times very difficult with lots of right side. However, all meditation segments were very good and you could see on their faces and feel subtly that much was working out. Everyone gave us thanks as they departed, some very heartfelt and tender, but always sincere.

Attending the workshops were representatives of Germany, Scandanavia, USA, Canada, Australia and a few others, and at the end of the two weeks we were quite pleased to realise that the majority of attendees were French. Every person felt the coolness and seemed to understand the practical, natural systems that operate within us to achieve true meditation. We hope and pray that the fact these journalists and translators experienced their self-realisation at the official venue of the International Olympics will go far to exploding any negative views propagated in their respective countries concerning Sahaja Yoga and, in time, will be replaced by solid credibility.

Upon completing our last workshop we rang our friend, Reg, Manager of MPC, to thank him again for the opportunity. He gave a hearty thanks to us, again was interested to know how was the turnout for the night, and told us that all the feedback he'd received was very good and everyone appreciated our presence. Reg made a point of saying that nothing of this kind had ever before been done at an Olympic venue and he was very pleased it had gone so well for us and for the media reps. Madhavi, his French teacher, kindly sent a box of French sweets from Europe for Reg in thanks for allowing us this opportunity. When leaving it at the news desk for him, the volunteers there were again

so open and accepting and expressed their sincere pleasure it had all gone so well.

This, combined with the amazingly uplifted spirits and open hearts of our general population as a result of a very enjoyable, entirely collective two weeks, has made the whole Olympic experience a marvellous one.

Whatever it is You've done, Shri Mataji, thank You from the bottom of our hearts we hope it continues! And thank You for providing such a unique opportunity to spread Your vision!

Jai Shri Mataji!
With love and respect,
*Madhavi, Marcus, Hauke, Hari,
Pavan, Colleen, Chris, Jean-Michel,
Helen and Liallyn*

Birthdays!

Our very best wishes to...

David Morgan
Andrew Skipper
George Dejanovic
Radhika Hewitson
Joe Salomon
Ann Arora
Mike Merritt
Elizabeth Gaikwad
David Ingles
Brad Miller
Barbara Napper

GENERAL NEWS

During the puja talk at Mahavira Puja Perth, 1991, Shri Mataji spoke about the eight receptors on the cell surface, 7 chakras and the Mooladhara, Sri Adi Shakti and Sri Ganesha, worship of the Devi during Navraratri to destroy negativity. Here's how your body does it...

"Zip Codes" That Direct Cells In The Bloodstream

*(Excerpt from Science Daily
28/9/2000)*

"Researchers at the University of Pennsylvania and Cornell University have pinpointed a fundamental mechanism that controls how cells coursing through our blood "know" when to exit the bloodstream and go to work in the body's tissues. The secret, they report in the Sept. 26 issue of the *Proceedings of the National Academy of Science*, are so-called "Goldilocks molecules" that bind blood cells to the walls of veins and arteries neither too strongly nor too weakly, but with just the right level of adhesion.

Lead author Daniel A. Hammer, Ph. D., professor of bioengineering and chemical engineering at Penn, likens this process, known as cell trafficking, to the use of ZIP codes to direct mail to communities nationwide. The presence of one of a handful of key molecules on the surface of a cell, he says, guides the cell just as surely as a five-digit number on an envelope ensures that a piece of mail reaches a particular city.

"Trafficking of blood-borne cells into tissues is crucial to the proper function of the immune response," says Dr. Hammer, a member of Penn's Institute for Medicine and

Engineering. "Inflammation, lymphocyte function, and bone marrow replenishment after transplantation all depend upon it."

While cell trafficking is ordinarily a beneficial and necessary process, researchers also suspect that it's responsible for the metastasis of cancerous cells that move with great precision from the site of an initial tumor to colonize secondary areas. Virtually all primary tumor locations are strongly associated with secondary locations where cancer is most likely to reassert itself later on, Dr. Hammer says. For instance, people who develop skin cancer often subsequently develop lung cancer - suggesting that melanoma cells may be programmed to direct themselves to the lungs.

Cells exit the bloodstream millions of times per second, binding fleetingly to vessel walls before slipping through them into the surrounding tissues. The process begins with what's called "rolling adhesion": blood cells skipping along the walls of veins and arteries pause occasionally when molecules on their surfaces form transient bonds with vessel-bound receptors. But only if a bond forms between just the right molecules will the cell be ushered out of the bloodstream? ..."

Jai Shri Mataji
Craig Armstrong
Perth, Australia