

# Sahaja Yoga

13<sup>th</sup> October, 2000



## Australian Newsletter

***Jai Shri Mataji!***

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Publication Deadline each Tuesday

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*They asked a wise man, "What is the most important time, person and thing in life?" The wise man answered, "The most important time is the present, because at this time a person has power over himself. The most important person is the one with whom you are dealing at present, because there is no guarantee that you will ever be able to have any other business with any other person in this world. The most important thing is to love this person because everyone is sent into this world with the sole purpose of loving other people."*

Leo Tolstoy  
(from SahajNews no 225)



# NATIONAL NEWS

## Victory to The Goddess

After a year of intense neighbourly trouble that has seen Sahaj Yogis dragged into dramatic council meetings, local government elections at Burwood and a legal fight in the Land and Environment Court, Sahaj Yoga has scored a victory by buying 12 Clarence Street Burwood.

The reasons for the purchase were:

- Better prospects for future developments for Sahaj, by owning three adjoining blocks of land with buildings.
- A chance for a self funded Sahaj project such as Preschool / Child-care operation.
- No more neighbourly complaints and ad-hoc termination of bhajan practices.

The decision was made for us by Shri Mataji at the Ganesha Puja. With the new approach to involve the collective in the collective decisions (not just the trustees), the NSW collective unanimously endorsed the purchase of 12 Clarence after the Navratri puja at Balmoral. With a strong collective support, I spoke with Shri Mataji on late Sunday. Shri Mataji was offered Namaskar on behalf of the whole national collective for Navratri for which she was very pleased. Shri Mataji was very pleased to hear about 12 Clarence Street, and was very direct and clear about us buying the property. In her words "It will clear all our problems". In the past Shri Mataji has indicated it is vital to have Preschool / School in Australia.

Shri Mataji enquired about financing

the purchase, to which I related the current financial situation. Shri Mataji later offered to send all the monies to buy the property. I requested her to allow us to fund it ourselves, as it would be a very shameful thing for such a big collective to borrow money from her. Shri Mataji affirmed that "Yes it would be shameful" and blessed that everything will work. She later said that "When we contribute for Sahaj (regardless of amount) with a bit of sacrifice it improves our nabhis". She said "I know Australian yogis are blessed with a lot of money but they seem to waste & blow it uselessly".

So finally the money for the national projects is starting to be put to a good national use which will help shape the future of Sahaj Yoga in Australia.

## Wamuran

The national project account has now sent \$13,000 to Wamuran to help the collective there install new septic system.

## Balmoral

Thinking and planning has started in order to build a place for Shri Mataji to come to Australia and stay as per her wishes. We will endeavour to follow Shri Mataji's instructions fully. Actual work will commence after the Diwali puja. Anyone from the national collective who can assist in this project to welcome our Holy Mother after 5 years in Australia can feel free to contact me. My new email address is [avinash@avinash.com.au](mailto:avinash@avinash.com.au).

Shri Mataji has initiated national projects which are of great importance

both for us and for generations to come. Personally I wish to thank everyone who has contributed so far and wish to request everyone to shower good wishes for projects and prayers to Shri Mataji to make all the projects work besides any monies that they can donate.

*Avinash Nickkawde*

## Navaratri Puja Report

Australia's gifts were presented at Navaratri Puja and Shri Mataji was very happy. She asked how things were in Australia and said that the house next to Burwood should be bought for the school. She again offered to help financially if needed, but added that Avinash told Her that we should be able to manage. She expressed some concern that some yogis had not contributed to the national projects fund, but added that this would work out.

As each gift was presented She was very pleased that Australia was now producing very beautiful artwork and asked that yogis wanting to paint should come to the Vaitarna Music and Art Academy when it starts next year to learn Rajasthani miniature styles. She mentioned Mark Briscoe from UK who learned this style and now sells his work to Harrods of London.

She gave Her Blessing to Australia as we took Namaskar.

The Puja talk was the most amazing talk I have witnessed to date and needs to be expressed in a longer piece from my notes in next week's newsletter.

*Rob Henshaw,*  
Melbourne

# STATE NEWS

## News from NSW

### Northern Country Tour Update Navaratri Weekend 7-8 October 2000

*Please note on your calendars:*

*Northern Country Tour –*

*The first weekend of each month*

The country tour started with cheerful, really willing and able drivers - Brian Bell and Nikki Johnston from Avis, Artarmon, and Sue Williams. We left smoggy bushfire-ridden Sydney at about 6.00pm Friday and made our way to the fresh air of Scone camping ground for the night.

#### Armidale

The first program was held at Armidale at 11.00 am Saturday but due to yet another advertising problem with the *Armidale Extra* placing the ad incorrectly, no one came other than our dear sister, Kerri. Sue Williams knew that another regular was unable to come as she was working away from Armidale that weekend, so we were relying on the newspaper advertising to attract new seekers. Although there wasn't the usual turnout, we still played a Public Program video, and Uncle Brian explained to Kerri the meaning of Navaratri.

We have found that the women seekers in his area normally look at the "health section" or the "public notice section" of the newspaper for such ads and we have received good results by doing just that. A regular display ad also goes in once a month in the business section and

this is organised by John Dobbie (bless his heart).

The vibrations in Armidale have certainly settled - the candle was not exploding this time - and the strong pressure on the Agyna and Void due to Armidale being a base for TM, Siddha Yoga and other new age groups, has cleared. The vibrations were moving quite freely.

Kerri provided a delicious feast of sushi rolls and strawberries at her home in Uralla, after which we made our way to the Tamworth program scheduled for 3.00pm.

#### Tamworth

Tamworth, on the other hand, had a good turnout even though quite a few of the regulars were unable to come due to other commitments, plus we had two new people from the classified ads. One new lady started to feel chakra catches on her fingers during the introduction and she had a profound experience during self-realisation and when she received vibrations.

We usually get three or more seekers to each of the programs, most coming from the main town centre. Prior to altering the advertising, we had a trickle of people attending but most were from out of town more than an hour's drive away. The vibrations have really improved in Tamworth. It's interesting to note that since Sahaja Yoga has been holding programs in town, Tamworth has had a change of Councilors due to corruption (at about the same time as Raymond stood for election in Sydney), and the country music headquarters have been relo-

cated to Sydney which also might have something to do with it being lighter.

#### Puja At Coffs Harbour

We then made our way to Valla, to the sweet hospitality of Graeme and Helena and to attend Navaratri Puja with the Coffs Harbour collective. Their collective is steadily growing, with 10 regular people that are now attending pujas. The love and vibrations always flow straight away. For the puja the Coffs Harbour bhajan group's music and singing were great and we had a light and joyful puja experience.

Sue spoke to Kerri from Uralla on Monday after the puja and Kerri said her son, Poya, absorbed everything from the puja. On their journey home he sang to the Music of Joy 2 tape and has been playing and singing to Sahaj music ever since.

#### Positive Boost

Our attention to and commitment towards the seekers in outlying country areas who want to know about Sahaja Yoga is in real need of a positive boost. To alleviate problems occurring with our newspaper ads, etc we would ask for everyone's attention to the country areas, regulars and new people. Please try to arrange to come along for at least one of these very enjoyable trips, possibly get a group of friends to travel together, as the need for these programs has been proven but lately, especially with the other projects currently underway, we don't have enough yogis to back it up.

#### Costs

Very reasonable, really. Total food, accommodation and petrol costs per person would run in the \$50-75

range based on 3-6 people for the two-night tour (ie. drivers and non-drivers, plus a car or two to carry them).

It goes without saying that "The more the merrier" (also easier on the wallet)!

*For tour details and to 'book in' please contact Sue Williams.*

*Jai Shri Mataji*

### **Music of Joy Calendar:**

**20<sup>th</sup> October 6pm to 11pm**

Public program in Bondi Junction.  
Mill Hill Centre, 31-33 Spring Street

**22<sup>nd</sup> October 11am**

Performance for Diwali Festival  
at Fairfield Showground.

**28<sup>th</sup> October 11:30am-2:00pm**

Auburn Hospital Fete Fundraiser.

**11<sup>th</sup> November 7pm – 10pm**

World Music Concert  
Fairfield School of Arts.  
(see flyer for more details)

*Andrew Perusco*

### **The Shop is Open!**

Saturday 21st October 9-5pm,  
10 Clarence St Burwood.

Terracotta, Clothing, Fabric + Saris,  
all vibrating (ooh). Come and  
browse, have a cappuccino and a  
chat, shop for Diwali.

Enquiries Kim Pearce 8746 0360  
Heather Sattershetty 9747 2820  
Lene Jeffrey 9416 2969  
*from the Shop Keepers*

## ***News from Western Australia***

### **National Navaratri Puja 2000 at Giddegannup**

The celebration of the National Navaratri Puja located at Perth was a most auspicious occasion, and a highlight of the year for many of the Yogis who attended - especially for those visiting Giddegannup for the first time.

Many interstate yogis undertook the journey that would allow them to pay homage to Shri Mataji's Lotus feet. Great was the desire to begin that journey which would end at the temple which has been raised to Shri Mataji Nirmala Devi at Giddegannup, and to be part of the assembly of yogis offering salutation and exaltation to the Devi.

As befitting an occasion of a National celebration, representatives from many of the far-flung corners of our country began to gather during the days preceding Puja. The hosting Yogis had the task of housing and feeding all the local and visiting Yogis. As has become traditional in Western Australia, the Yogis gather together at Giddegannup, and are accommodated in the main Ashram. Men are generally housed on the top most level, while the ladies are accommodated in the rooms of the second level.

By Friday evening Yogis in large numbers had begun to assemble and to look forward to the weekend's celebrations.

Words fail to describe the beauty of the Valley upon which the Ashram has been constructed. Lake Josephine drains the rain which showers down from on high upon the encircling hills. The water is clear and pure, and runs cold and free, pure and blue. The waters of the lake flow as the wind blows, its waters reflecting the light of the sun, carrying the vibrations of life, sustaining an inherent capacity to not only cleanse the outer body.

The days were filled with the laughter of children playing within the Ashram. The peace and beauty of the setting has the potential to absolve and purify the heart and the soul. Young and old alike went down to lake's edge, where the waters of life are flowing, and to feel the cool water as it flowed, and to delight in time enjoyed in a place of peace and tranquillity.

The days were warm, the nights cool, the sun bathed the valley in bright light warming the Earth and the sandy banks of the lake which leads Yogis down to the waters edge, or along the path of the Sitting Stones, and along its way to the Dome, where sound and nature come together in one storyline.

As the sun set a gentle breeze began to blow. It could be heard moving amongst the trees, seen swaying amongst the grass trees, moving through the abundant wildflowers, carrying their scent through the still night air.

We were all welcomed to the celebrations of Navaratri Puja, which seemed to celebrate a re-vitalisation in the level of commitment and the application undertaken by those in-



volved in the weekend's preparations. Everything had been accomplished, there appeared to be no obstacle that could not be overcome.

During the previous weekend a most successful open day had been hosted which had attracted over 1800 people to inspect the property and its gardens.

During this occasion a self-realisation seminar had been promoted for the Saturday of the Puja weekend. The program itself was most successful with up to 80 seekers attending. The program flowed effortlessly with most people clearly feeling the awakening of the Kundalini. Everyone stayed after the program to enjoy lunch, followed by afternoon tea, followed by more expression of the abundant Lakshmi of our hosts.

The night skies were beautiful - amber horizons far away, never ending stars in a rolling heavenly sky, all were watching the moon's rise, bathing all with its soothing glow. As the night unfolded we certainly forewent our rest, but we were refreshed by something far more serene: time spent in the company of our brothers and sisters. It is at moments such as these that there is no other place that we would rather have been that together at Gidgegannup.

That evening a music program commenced with performances from the hosting Yogis. We were treated with a series of musical performances, which ably demonstrated the depth of artistic talent and depth of the Western Australia collective. The performances demonstrated both technical expertise and spiritual sensitivity.

The highlight of the night was a rendition of the *Devi Mahatmayam*, performed in two parts by the Perth Yuva Shakti. Their enactment of the slaying of the evil doers by Shri Adi Shakti demonstrated their dedication to the Devi with a heart-felt style and spiritual sensitivity that we have so much come to appreciate from the Yuva Shakti. It was a performance of joy, delight and exultation to our Devi

Navaratri Puja was celebrated on Sunday afternoon within the main meditation Hall at Gidgegannup. The puja was one of deep consequence with heavenly music provided by the Western Australian Bhajan group. It was a most fitting highlight to the weekend's celebration concluded with joyous dancing and much celebration.

The Navaratri Puja celebration was an occasion of deep effect and gravity, exhibiting a strength of purpose and commitment, and an understanding and vision unique to realised souls. Those present were privileged to have witnessed a display of pure devotion undertaken with an appreciation and understanding for that which is pleasing to the Divine, executed in equanimity, harmony and exhibiting a spiritual conception full of meaning.

The essence of the weekend is difficult to convey in words, as a visitor from a far off place it was like returning to another place which you feel and know as home, a spiritual place, one of brotherhood and kinship, of welcoming embrace and of brotherhood renewed. This powerful message of openness and love has inspired those of us who have become Sahaja Yogis to join together to

prove its reality within our own lives.

*Chris Kyriacou*

## Accommodation Available

Sahaja yogi housemates wanted in Prevally Park, Margaret River.

Awesome spot across the road from majestic beach. Great surfing, diving and fishing. Musical, fun house to share (3-bedroom house) with Johnno.

\$160/week rent +\$200 Bond

*If interested contact John Hohnan*  
08 9757 3366  
PO Box 931  
Margaret River WA 6285

## *Birthdays!*

Our very best wishes to...

Mariana Guy  
Allina Mathews  
Liallyn Fitzpatrick  
Christine Masal  
Sue Ellen Monaghan  
Malti Noyce  
Priya Rapyal  
Jayu Stott  
Leanne Tyquin  
Katharine Tolfree  
Joseph Veitch  
Sadananda Mankar  
Heather Munro  
Robin Reid

# INTERNATIONAL NEWS

## *News from United Kingdom*

### Royal Albert Hall Public Program *"The Silence Within"*

In first news from London, Shri Mataji's Royal Albert Hall program of September 26th and its two follow-up meetings are reported to have been exceptional.

At the follow-up programs "it was as though we were all sitting in Her living room intimately discussing things," one yogini writes. "She was again like the Mother, as in the old days, but this felt like something new. It felt very luxurious, as though we had all the time in the world and that everyone was going to be completely satisfied."

With a jovial touch, Shri Mataji spoke about the days of starting Sahaja Yoga in the United Kingdom and about being English. She joked about the English weather, putting Her audience at ease in an evening filled with laughter, but also with compassion and sincerity. It was "so spontaneous that you just didn't know which way it was going to go. You could only watch in awe and wonder at the divine management of the whole thing."

Shri Mataji invited questions, of which a stream followed. One person asked about angels, whom Shri Mataji said are like flowers. They are beautiful, but cannot be seen. Sometimes

they work through a human form to help you and sometimes in many other ways.

Shri Mataji invited the seekers to meditate by saying, "Let us experience the Divine." When Shri Mataji left the hall, it was to the sound of music, which still "in our hearts has not stopped."

Earlier in the week, at the initial program at London's historic Royal Albert Hall, Shri Mataji asked the seekers and yogis to put their hands towards Her and not to feel guilty, since, She explained, whatever has been done or not done is over with. "She was so nice with this request, it is almost impossible to imagine. Perhaps it is only with our yogic powers we can understand the softness, the beauty and the sweetness which was imparted during this and the concern that She had for us to really do it." Shri Mataji then put down Her Head and held up Her outstretched hands and a short, but very deep, meditation occurred. "I remember the words 'the Silence Within'. It was incredible."

*(SahajaNews no 226)*

## *News from USA*

### Visa Arrangements for Diwali Puja Los Angeles 2000

Dear brothers and sisters,  
As the time for the most auspicious event of Diwali Puja to be held in Los Angeles is quickly approaching, we would like to bring to your attention some information related to visa invitations which need to be sent well in advance to the US Consulates for processing.

All Sahaja Yogis who require visas for entry in the US are requested to kindly send by email to Dorothy at: JimdotJay@aol.com a centralized list per country with the following information for each person coming to the Diwali Puja:

- full name
- date of birth
- passport number and expiration date (important)
- address (preferably)

Please also include in the email the fax no of the US consulate in your country where the above listed persons will apply for visa, as well as the period of time for which they are all collectively applying. The puja seminar dates are October 26-29.

Another important aspect is that these invitations which will be faxed from America to the US consulates will not be sufficient for the visas to be issued - in addition, each person must still apply for visa separately using the appropriate procedures of the local consulate. We hope that the invitations will help speed up the visa process and look forward very much to receiving you in Los Angeles!

Jay Shri Mataji !

P.S. You may fax the information to Dorothy (1-215-924-9699), but email is preferred.

## Children's Meetings Blossom

*Bergenfield New Jersey  
September 28<sup>th</sup>*

Last February, we started to have some children's meditation meetings for the tri-state area of New York, New Jersey and Connecticut. The meetings have been such a joyful experience for all concerned, adults as well as children. The inspiration for the meeting was to give children up to the age of eleven or twelve years old a chance to meditate together, experience the festivals and culture of the Sahaj community, as well as enjoy each other's company and companionship.

In general, the meetings were held once or twice a month, loosely organized to coincide with an upcoming puja. At the meetings, the children learned to strengthen their attention, various mantra and affirmations for the chakras and how to perform simple pujas. Also, we celebrated the occasion with some artistic activity, which was sometimes something for each child to take home or, at times, was a collective project which we could use to beautify the altar. Many times this activity would bring something specific into their awareness. For example, they would cut out and decorate flowers shaped like the Mooladhara chakra for a meeting that was dedicated to celebrating the qualities of Shri Ganesha.

Also, the children would learn some simple clearing techniques, which

even the smallest child could enjoy doing, such as clearing the Sahasrara with vibrated water. One of the best parts was lots and lots of singing, not only children's songs, but also some of the simpler and well-loved bhajans.

At one of the last meetings, one of the older children played dholak for all the songs. He played so perfectly in the rhythm that we couldn't believe it when he said that this was his first time playing.

The meetings end with a delicious lunch collectively put together by the moms and helpers. And afterwards, there's always time for fun and games, which everyone is reluctant to finish at the end of the afternoon.

One very memorable moment was during a meeting in August. The children had collectively made a crown with precious 'gems' and a peacock feather representing the crown of Shri Krishna. At the exact moment that the crown was being offered with a prayer to receive the powers of Shri Krishna, the telephone rang. Unbelievably, it was Shri Mataji calling! We explained to the children that this was a very auspicious moment and that we should all sit and feel Shri Mataji in our hearts. Even the smallest child became so still and peaceful for such a long time. As the minutes went by, an atmosphere of grace and dignity filled the room and the children began to sweetly chat and quietly amuse each other, as we respectfully waited for the phone call to end.

On another occasion, when we began to do a simple puja, a group of

three or four children spontaneously gathered at the front and began to conduct the puja themselves. They were about five to seven years old and they had such a confidence and awareness of what they were doing.

At a meeting before Sahasrara Day, we decided to make some flowers out of pink tissues. The children all made such beautiful flowers, some on their own, some with some help from another child or an adult. We then decorated the altar we had set up with all the flowers the children had made. It was so delightful that someone who just stepped into the room ran to get his camera!

It's been such a blessing to be able to do these meetings. The vibrations are so strong and everything gets spontaneously worked out, so that the meetings have been filled effortlessly with surprises and solutions. By Shri Mataji's Grace, we hope to continue these meetings as long as possible.

*Nancy Kumar  
(SahajNews no 226)*

## News from Italy

### The Words of Children

On the morning of Ganesha Puja, a father was telling me how his three year old, while leading the meditation, said, "Now we are going to be completely quiet for seven moments." It occurred to me that with our variety of languages in Rome ashram, many quotes are missed. And, in fact, it is you, the parents, who hear and remember the 'pearls of wisdom.'

*"Children are the most interesting things, I think, in the world. For me roses are very beautiful, but children are the most interesting thing and they teach you so many things that you are surprised at their innocence. So many jokes are there about the children, how they behave, how they talk. And they are so innocent that they will tell everything to everyone.... If you write some books, writing the jokes of children, I tell you, people will just enjoy it. Because so innocently they say things which are nothing but the truth. And they cannot tell lies."*

Shri Mataji Nirmala Devi,  
Shri Ganesha Puja 2000

So I would be happy to collect quotes from all over the world! I imagine one just needs the name, age and country of the child.

Jane Antoniani [armonia@uni.net](mailto:armonia@uni.net)  
Rome, September 30<sup>th</sup>

(SahajNews no 226)

# World Music Concert

*with all proceeds to*  
Community Aid Abroad Oxfam Australia

PRESENTED BY  
**SAHAJA YOGA MEDITATION**  
IN CONJUNCTION WITH  
**SING 2001 CHOIR**

**When: 7pm –10pm,**  
**Saturday 11<sup>th</sup> November, 2000**  
**Where: Fairfield School of Arts,**  
**19 Harris St, FAIRFIELD**  
**Cost: \$10.00 (\$7.00 Concession)**

Light refreshments will be available at intermission  
Enquiries: 9579 2293



Photo: Music of Joy

### The Performers

- **Sing 2001 (Fairfield District Choir).** This choir will be fresh from performing at the opening ceremonies of the Olympics and Para-Olympic Games. They will be performing a wide range of music and will collaborate with the other performers on the night in music by Mozart and music from Israel & Africa.
- **Music of Joy - Sahaja Yoga World Music and Indian Bhajan Group.** 'Music of Joy is devotional music that carries the listener into the blissful state of 'thoughtless awareness'. Seasoned performers, they will perform Indian Bhajans in the languages of Sanskrit, Hindi and Marathi. Instrumentalists accompany the singers on harmoniums, guitars, flute, tabla and dholak (Indian drums), djembe, chimtar, tambourine and other percussion instruments. They will also collaborate with the Sing 2001 choir to present spiritual music from around the world.
- **Sahaja Qawwal (Sahaja Yoga Qawwali Group)** perform Sufi music of India and Pakistan. Their mastery of the style is evidenced by their ability to communicate the 'spiritual ecstasy' of qawwali, regardless of the cultural, linguistic or religious backgrounds of the audience. "...and the soul of the audience is drawn in and lifted up in the ecstatic power of the moment. Thus is the power of qawwali."