

Sahaja Yoga

20th October, 2000



Australian Newsletter

Jai Shri Mataji!

Contributions:

Sydney ph & fax: 6 12 9579 2293

email: sahajnews@yahoo.com

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An eyewitness to Abraham Lincoln's second inaugural address as president of the United States said that as Lincoln stood, "a roar of applause shook the air and again and again repeated, finally died away on the outer fringe of the throng, like a sweeping wave upon the shore. Just at that moment the sun, which had been obscured all day, burst forth in its unclouded meridian splendour and flooded the spectacle with glory and with light....Looking down into the faces of the people, illuminated by the bright rays of the sun, one could see moist eyes and even tearful faces."

Lincoln finished this speech saying, "With malice toward none, with charity for all, with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in...to do all which may achieve and cherish a just and lasting peace among ourselves and with all nations."

Akashwani, March 2000
(the Yuva Shakti newsletter of North America)



STATE NEWS

News from NSW

Diwali Puja

The great celebration of Diwali is the Festival of Lights and is generally celebrated with fervour and gaiety. The festival is celebrated by all Sahaja Yogis alike throughout the world to ward off the darkness, ignorance, and to welcome the lights into our lives.

Diwali is the festival of Laxmi, and celebrates Shri Mataji in Her aspect of the Goddess of Prosperity and Wealth, whereby She brings peace and prosperity to all Sahaja Yogis.



When Lord Ram killed Ravan and was returning to Ayodhya along with Laxman, Sita and Hanuman, at that time Diwali was celebrated in Ayodhya for the first time. The people of Ayodhya lit up their homes with oil lamps and turned the night into a light-festival. From that time onwards Diwali is celebrated to mark the Victory of Lord Ram over the evil Ravan.

Diwali is also considered to be the festival of the Goddess of Wealth and Prosperity (Laxmi). Goddess

Laxmi visits all homes to bless the people and so to welcome the goddess homes are cleaned & decorated.



Traditionally people light up their homes with clay oil lamps and colourful lights and Rangolis. This new moon night or *Amavasya* as it is called is thus turned into a bright and colourful night.

The celebration of Diwali can be viewed in all its splendour at night when the homes are lit up. Diwali would be incomplete without its light.

The NSW celebration of Diwali will be held at **Burwood Ashram on Saturday October 28th**, commencing at **5:00pm**, in this way the Puja will continue into the night.

Let us collectively desire that this great celebration and festival of Diwali at our Mother's Temple at Burwood will help bless the great project for the purchase of **12 Clarence Street** with success, generosity and prosperity.

Sincerely,
Chris Kyriacou

Auburn Hospital Fete Saturday 28th October

Yogis are needed to assist at the self-realisation/information stall in Auburn Hospital grounds. Our experience spreading Sahaja Yoga to Islamic seekers in Lakemba was very positive and we hope for a similar outcome in Auburn, which is home to a large Muslim community. Expect to see live music performed by *Music of Joy* and *Sahaja Qawwal* at the fete as well. In particular, we need help setting up in the morning and some others to help meet seekers throughout the day.

To volunteer or for more information about the stall at Auburn Hospital, please call Mike Merritt at Lidcombe Ashram on 9649 6879.

These type of promotions have gone very well recently. Please call me to discuss how to have Sahaj music and an exhibition at a fair/fete/festival near your ashram to help promote your public programs. Phone 9579 2293.

Regards,
Andrew Perusco

Vacancies at Killara Ashram

Killara ashram now has **two** vacant rooms available to share with yogis.

*Please contact Jean-Michel or
Leanne Huet on 9403 1621*

Bondi Junction Art Fest

No Burwood Program this Friday! Rather, everyone needs to be re-directed to the initial ART-FEST at MILL HILL CENTRE at 33 Spring St Bondi Junction on Friday 20th October from 4pm for set-up. Spread the word.

Pavan Keetley

Art Fest

Follow-up Meetings

Follow-up meditation meetings will continue at the same venue where this Friday's Art-Fest is being held. The meetings are every Sunday at 11.00am on Level 2 of the Mill Hill Centre 31 Spring Street, Bondi Junction.

Before this Sunday's follow-up meeting, everyone is invited to join us for a collective footsoak at the southern end of Bronte Beach at 8.00am followed by breakfast at one of the local cafes.

*Phone Charles Tiralongo
on 0401 676 624.*

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)*

Birthdays!

Our very best wishes to...

Rebecca Smiley
Pam Lewis
Anson Moore
Reza Ghaffarian
Andre Maynard
Prashant Hinge
Kay McHugh

News from Queensland

New Arrival

A lovely baby girl to Meredith and Matthew Cooper, born Wednesday, 18th October.

Mother, baby and father doing well.

Jai Shri Mataji

Regards,

Peter Hewitson

Ashram Vacancy

There are two rooms available at the Bundaberg ashram for any yogis wishing to live in the sugar city. The house is situated in an idyllic spot, which overlooks the ocean and the sugar cane fields. It is a split-level dwelling with large meditation room and verandahs on two sides.

Contact 07-4159-3999 for more information.

Regards,

Peter Hewitson

07 5496 6716 or 0438 781 413
wamuran@bigpond.com

INTERNATIONAL NEWS

News from USA

Shri Mataji's Diwali visit to USA

Dear brothers and sisters,

Once again we are blessed to have another opportunity to host H. H. Shri Mataji in America. Shri Mataji arrived at Newark Airport yesterday afternoon at 4:00 PM and She was given a warm VIP welcome by the United States Customs and Immigration at the airport. Some of the yogis and the US customs officials went all the way to the plane to greet Her at Her arrival. It was absolutely a satisfying and joyful experience for us Sahaj Yogis to see 6-7 police officers assigned for Shri Mataji's welcome as hundreds of yogis and seekers peacefully offered flowers to welcome and pay their respects to Shri Adi Shakti. Shri Mataji was overjoyed to see the love of yogis as She said that She was amazed to feel the powerful kundalini of the yogis of America. She was beaming with vibrations and the divine love. When I thanked one of the officers as She was departing the airport He commented "You're kidding me! She is so special and it was an honor for them to be part of this welcome committee".

She was very happy to see the progress of Her new house construction in New Jersey and gave some valuable insights for the next phase of construction.

I was so blessed to have an honor to go to London to receive Her and to

escort Her to New Jersey. Shri Mataji will be departing for Los Angeles either on Friday or Saturday and will stay in LA until approx. December 17th. She will then go to Ganapattipule for celebrations and programs. While She is in the country, although there will be no public programs, this is a wonderful opportunity to have some high-level people/celebrities meet with Her in LA. Please let me know of any such possibilities and I will with Her permission setup a meeting.

As many of you already know that Shri Mataji with Her own funds has financially contributed so much to Sahaja Organizations (Vishwa Nirmala Dharama, Life Eternal trust etc.) in terms of buildings, lands, institutes, hospitals, schools, ashrams etc. in India and other countries. While in London, She announced that She is donating Her land(114 acres) in Canajoharie, New York to Sahaja Yoga Organization of USA (Vishwa Nirmala Dharma). We are very grateful to Shri Mataji for this and have already started working on this land transfer process. In addition, during last weekend She donated approx. 150,000 pounds of Her personal funds to Life Eternal Trust, UK towards building an official Sahaja Yoga Center near London. Derek Lee and David Spiro were overwhelmed by Shri Mataji's generous financial contribution and have started looking for an appropriate property.

I hope we will see many of you in Los Angeles for the Diwali Puja.

With love and respect,
Manoj Kumar USA

International Diwali Puja 2000

Dear Brothers & Sisters,
Nothing can replace the joy of all the Sahaja Yogis of the world who will meet at the Holy feet of Shri Adi Shakti Shri Mahalakshmi Shri Nirmala Devi Mataji, from Friday 27th to Sunday 29th of October, to celebrate the Diwali Puja 2000.

We, the organising countries of Benin, Kenya, Ivory Coast, Portugal, Switzerland and France, feel deeply blessed to have the opportunity to welcome all our brothers & sisters to Los Angeles and thus contribute to this celebration that is the expression of the collective devotion of all the Sahaja Yogis for their Holy Mother, Shri Mataji Nirmala Devi.

We are going to enjoy this air of celebration amplified by the fact that it will all take place in Shri Krishna's land with the extra blessing that the Puja will be held in a pendal on Shri Mataji's land, and you will all be staying on the LA ashram grounds in another pendal especially erected for the purpose. With your participation and attention, we will be able to offer Shri Mataji a bouquet representing all the colours of the Sahaj collectivity, to express the force, power and sweetness that is our collective. That is why we request the Sahajis from all the continents to brighten the flames of this celebration of light, of the joy and our faith, by their presence. So join us...! For those who are far away, know that the heart of a single Yogi can represent your country.

For the last month our American brothers & sisters are generously contributing to the preparation of this

Puja and we hope that our humble tentatives will permit you to experience the real 'City of Angels' - Los Angeles. To help with the organisation and to respect work already completed, we request you not to go beyond the cut-off date of **Monday October 23** to let us know how many participants will join us in Los Angeles from your countries, along with their flight details, so that we can make your stay even more comfortable by the quality of the facilities, food, transport etc. All inscriptions should be emailed to the following address:

shyampatil@ifrance.com or phone/
fax : +33 1 60 16 19 57

Further details regarding transport, accommodation, Puja contributions etc will be communicated to you on Tuesday October 17 by the organising countries' welcome team in Los Angeles

*BOLO SHRI ADI SHAKTI
SHRI MAHALAKSMI
SHRI NIRMALA DEVI
KI JAI! KI JAI! KI JAI!*

The purchase of Shri Mataji's Birthplace at Chhindwara, India

To all the Sahaja Yogis of the World

Dear Brothers and Sisters in Sahaj,
Jai Shri Mataji

As you may know, in the past we have been trying to purchase the birthplace of Shri Mataji in Chhindwara, but the present owner always refused to sell the full property. Just recently he informed us that he is ready to sell and, needless to say, we are all full of joy and enthusiasm. I am sure you all understand the subtle importance and significance of "ransoming" the birthplace of Our Holy Mother, the Adi Shakti, and we appeal to your Sahaj sense of generosity.

For this particular purpose we have opened a special account where you are warmly invited and encouraged to send your contributions. Please contact your center/country leaders for details.

With love, Guido

Navaratri Puja Report Cabella 2000

For those yogis blessed to be in Shri Mataji's presence at Navaratri Puja, a truly amazing experience occurred. Shri Mataji spoke in a way not heard before, and described in detail the built-in protection for keeping people in the centre.

She spoke on the seven Goddesses that protect human beings from going too far into the left side and pushing them toward the central channel. Shri Bhairava helps here also. This attention of the Goddesses gives the person *Shraddha*, and when they move too far into the left or right side they may lose this attention and thus be destroyed. Shri Mataji spoke about Hitler being so far into the right that he lost his *Shraddha* and protection on the left side and was destroyed at that moment. The misuse of the swastika in the reverse position also led to destruction. When humans move too far into the right side the Goddesses move the person onto the left and the sleep state to cool down.

The negativity of the left side is far more dangerous, as it can lead to serious emotional and psychological problems like depression or schizophrenia. These diseases can be cured by worshipping Ambe, as She is the one who protects us.

If people are possessed and they cause problems for Sahaja Yoga and argue all the time, then it is better they are thrown out. Some people are born into the world to be destroyed. Shri Mataji gave the example of the people in Latu in central Maharastra who, while worshipping Shri Ganesha and after placing His

image into the river, they become drinking singing all sorts of dirty songs. At this moment there was a huge earthquake and all these people fell into the earth and destroyed. The only area saved was the land around the Sahaja Yoga Centre. Some innocent people get killed also in these disasters.

Faith is the key to working out Sahaja Yoga. You only have to see this and everything work out. It is such a power. Putting one's attention on problems and having the faith that the Divine Power will work it out will solve all your problems.

False gurus exist to take all the stupid and useless people out if evolution.

Shri Mataji spoke of the fashion that women follow of the wearing straps (across the shoulder) and exposing these two chakras of Shri Lalita (on the left side) and Shri Chakra (on the right side). It is very dangerous and one can get possessed or get psychological problems from the left side and arthritis on the right side. Also the fashion of exposing the knees, what use is it exposing the knees? They say it is to attract men. What kind of men are attracted to knees? What sort of women want to attract men like this? It can give you arthritis also.

The above paragraphs are from my notes and I apologise for any inaccuracy as they can never imitate Shri Mataji's actual talk.

Just a few quick notes on the entertainment evening prior to the Puja. The evening was for a start exceptionally cold (around zero) and we were treated to such a professional

night of artists. Firstly there was yogi from Poland (or Ukraine, my apologies) who played a Paganini piece which set the night standard very high. Then the Ukraine Fusion Group played several arrangements giving everybody such joy and strong vibrations. We were privileged to witness Nusrat Ali Fateh Khan playing Sitar accompanied by superb tabla. The final act was the English play – *Jack and the Beanstalk*. It was delivered as a pantomime, with lots of songs and joyous music and such a Sahaja story of the village where Jack live being protected by a shield with Shri Mataji's face on it. The shield was stolen by the devil with red flashing horns. Jack who sold his mother's cow for the legendary beans climbed the stalk to get to the golden door and attain enlightenment. Tempted by the devil at the last moment, Jack wanted to get through the door only to be shot by the devil. He dragged himself through and recovered fully to recover the shield and return it to the village and a hero's welcome. Shri Mataji commented the next day at the brilliance of the play and how the tradition of the great English writers had been reborn. It was such a joyous production and must have taken the Sahaja Oscar for the play of the year.

Robert Henshaw
Melbourne, Australia

Profile of Sahaja Yoga in Indonesia

Sri Mataji has been working in Indonesia since the early to mid 1990s when two Australians, Robert Hutchison and Fred Meyer, ran Sahaja programs in concert with some business ventures they were then pursuing in Indonesia. One of the first people they gave realisation to was their business partner, Robert Felix, who quickly recognised the value of Sahaja Yoga and began assisting its spread. Robert is now Sahaja Yoga's coordinator in Indonesia.

An Australian yogi and his family were posted to the Australian Embassy in Indonesia's capital, Jakarta in mid-1997, and were able to assist Robert Felix in establishing Sahaja in Jakarta until late 2000. Early this year, Sri Mataji suggested Australian Yogis run programs in Bali in mid-2000. The subsequent visit by Australian and Jakarta based yogis to Bali in jump-started Sahaja Yoga in Bali - with around 700 people coming to four public programs. Subsequent follow-up visits have helped to establish the group.

By Sri Mataji's grace, Sahaja Yoga is now beginning to spread throughout South East Asia's largest country (of 210 million people). Indonesia is also one of the most tolerant Muslim-majority countries in the world. Despite it being 85 percent Muslim, there are also 20-30 million non-Muslims in Indonesia - mostly Christians, Buddhists, animists. Sahaja Yoga in Indonesia now looks a bit like this:

Jakarta

There is a collective of around 30-40 practising Sahaja Yogis in Jakarta,

which has been active since around 1995 - although it has really consolidated in the last two years. This collective (in a city of 12 million) runs three public programs and a collective program every week. They also hold pujas and occasional seminars. Robert Felix is the coordinator of the collective and Adriana Phiong is another contact point. They operate a e-mail address (SahajaYogaIndonesia@hotmail.com) for e-mail.

Bali

There are two newly-established collectives in Indonesia's Hindu island of Bali. Bali's capital, Denpasar, hosts a group of around 50 new but enthusiastic sahaja yogis. They meet on Sundays near a local beach and this collective is led by Mrs Etty. The group has a high quality of new yogis finding their feet in Sri Mataji's paradise.

The cultural capital of Bali, Ubud, has a very active Sahaja Yoga group of around 30-40 people. Mr Kadek runs this group from his Balinese cultural centre and they have been having programs four times per week. The vibrations at this collective were very good during a recent visit.

In addition, Mr Putu, an established Sahaja Yogi, holds the fort in Singaraja, Bali's old capital on the northern coast.

Other areas

Jakarta-based yogis have been sending material to all parts of Indonesia over the last three years - they have send photos of Sri Mataji and information booklets (in Indonesian) as far afield as Medan and Jayapura - a distance of nearly five thou-

sand kilometres East to West. The material has also been sent to Kalimantan (the modern name for the island of Borneo), parts of Sumatra, Surabaya (Indonesia's second biggest city), Bandung the university capital of Indonesia) and many places in between.

Jakarta-based yogis also ran a successful program in Yogyakarta (one of Indonesia's main cultural centres) in 1999 and around 40-40 people attended this program.

With the guidance and blessings of Sri Mataji, Sahaja Yoga has slowly been spreading in Indonesia. It is now established in Jakarta and rapidly consolidating in Bali. But in the last five years perhaps around 2000 people have got their realisation in Indonesia. This is a good start, but represents only one thousandth of one percent of the population of Indonesia.

Indonesians, like many Asians, are culturally attuned to spirituality and are interested in finding out about mediation and spiritual growth. In such fertile ground, Sri Mataji's love and the Her message of Sahaja should flourish.

John Fisher
Canberra, Australia

Sahaja Yoga at Edmonton Alternate Medicine Congress

From August 25th to 27th in Edmonton, a congress of alternate medicine was held. A Sahaja Yogi who also is a doctor, Ramesh Manocha, came from Australia. Additionally, one of the yogis with whom I was staying with, Andrei Harabor, is a pediatric doctor. The congress was similar to many where booths were set up and lectures were given on each alternative form of medicine that was shown at the congress.

On the ride from the airport, we started a conversation on the spreading of the Sahaja Yoga to aboriginal people in Australia and New Zealand. We talked about how certain tribes have the innate knowledge of the Kundalini and understand the spiritual depth one can achieve as a human being. The Maoris from New Zealand, from what Ramesh has gathered so far, is one of the most knowledgeable of the Kundalini and the Adi Shakti. These people have imbibed inner and higher knowledge of the Divine. As a whole, they seemed to be the closest to Sahaja Yoga in that region.

In our set-up for the congress, the Australian yogis had gotten a professional artist to draw pictures of the different parts of the human body and the organs that the chakras govern. It looked very medically professional. There were fifteen posters in all, plus graphed charts on the results from medical research done with groups of people who were treated by Sahaja Yoga versus people who were not.

Of course, the people who practised Sahaja Yoga had dramatically better results. This was all done by an independent research company, giving Sahaja Yoga more official credibility (unfortunately greatly needed in the Western part of the world). Being a medical conference the attendees were doctors, medical professionals, health awareness organizers, etc., so the approach was very clear-cut.

But when speaking to people on an individual basis, the subtle truth was brought in, talking about the spirit and the mothering energy of the Kundalini. The absolute best part was meeting so many interesting people. There wasn't a single person who was not accepting of Sahaja Yoga and just a few who visited the booth who didn't receive their Self Realization. The only person who, when I first spoke to her, sounded very skeptical, almost had tears in her eyes at the end! She had a major problem with guilt in her life and it was to the point where it was almost unbearable. But before knowing it to be a part of Self Realization, she put her hand on her left Vishuddhi to say, "I am not guilty." So this sparked something within her. After realization she said she was so happy and that she didn't believe in coincidences, that everything happens for a reason, and her coming to the Sahaja Yoga booth was meant to be!

There was another woman who was a native Canadian who sets up health awareness programs for native people on reserves. She, on several occasions, came to talk to us for over half an hour at a time, speaking exactly like a Sahaja Yogi. She honestly seemed to have the vi-

brations of a realized soul and probably was one. Right in front of me, I was experiencing the same innate knowledge of aboriginal people that was talked of earlier in the car ride from the airport. She was absolutely surrendered and had a beautiful heart. She hadn't "learned" any of this from anywhere, but had gained all on her own through inner seeking and introspection and the connection she felt with a higher power. She was looking for something that would mentally and emotionally stabilize the native people's unbalanced lives. She said Sahaja Yoga was it! Now they are going to give programs in the reserves, which is quite amazing as this doesn't happen very often, if at all.

Throughout the whole weekend, on quite a few occasions, people who had received their Self Realization and who were so amazed and overwhelmed by it became so very eager to start something in their communities that they invited yogis to give programs. One woman who was so happy said if we couldn't find a meeting room that we could come to her house and do it! Imagine only having known her for twenty minutes and here she was inviting us into her own home.

Another big success was with the doctors from Puerto Rico. Out of all the professionals who attended, these people were the most responsive to Sahaja Yoga. We usually worked with people on an individual basis, talking one-on-one, but these doctors came in groups to receive their Self Realization, all the while being so enthusiastic with the results. People were constantly arriv-

ing at our booth, saying that somebody highly recommended that they come! Even people who actually had booths themselves were coming up and getting their Realization!

So all-in-all we gave Realization to about 150 people who very much enjoyed the results. The conference gave contacts to yogis, so they can now go to the towns and other cities to give meetings. I will definitely keep this experience with me forever and it has inspired me to take steps in furthering my growth and in spreading Sahaja Yoga. I will constantly remind myself of the wonderful reactions of the seekers after they received their Realization, as it was so tremendously joyous as I shared their beaming joy, felt their joy, and felt their heart.

Nirashreya Nand

Vancouver Akashwani
(Yuva Shakti Newsletter
- Navaratri Puja issue)

GENERAL NEWS

Meditation on Mooladhara

Dear Everyone,

My wife who is in Vashi has sent me a fax today. She wrote. "I am also sending a wonderful meditation which is from India. Please photocopy and give to everyone."

(from Yogesh and Tilda Rawal in Delhi)

Last Thursday we heard a beautiful discussion about the four petals of the Mooladhara, and somehow that also has stayed with me. Such a beautiful meditation it brings and I'll try to remember as much as I can. The petals are like catchment areas for the blessings or powers bestowed upon us by Our Holy Mother.

The first petal goes in a downward direction towards the ground. It holds the joy of the Brahmanand - the pure and absolute joy of the Divinity. So here we can pray - *"O Shri Mataji, please bless us with the joy of Brahmanand."* Remember always after the prayer to wait with your attention at Sahasrara until you can feel the attention to the prayer.

The second petal goes towards the left. It holds two blessings - the first is that He removes the obstacles to our Ascent. So here we pray, *"Oh Shri Mataji, please let your Shri Ganesha Tattwa remove all the obstacles to our ascent."* Secondly, it holds the majesty and dignity that is brought by pure Spirit. *"Shri Mataji, please fill each cell of our being with the majesty and dignity of the Pure Spirit."*

Third is the petal which goes to the right. Here there are three qualities. First, the absolute dedication and surrender of Shri Ganesha to His/ Our Holy Mother. Pray *"Shri Mataji, please fill every cell of our being with the complete dedication and surrender of Shri Ganesha to your Holy Lotus Feet."* Secondly, the wisdom which Shri Ganesha endows, and thirdly the pure knowledge of the divinity. So here we can pray *"Shri Mataji, please bless us with the absolute wisdom of Your Shri Ganesh."* And *"Shri Mataji, please bless us with the pure knowledge of Your Divinity."*

The fourth petal then goes upward. Here there are two blessings, which the petal holds. The first is the complete fearlessness, which Shri Ganesha has in the knowledge that he is the child of the Adi Shakti and therefore at one with the Divinity - nothing can harm us when we are at one with God's will. Pray *"Shri Mataji, please bless us with the complete fearlessness of Your Shri Ganesha."* Secondly, this petal collects the amrut that trickles down from the Divine when the Sahasrara is open and one is at one with the Holy Spirit of God. Pray *"Shri Mataji, please fill each and every cell of my being with the nectar of Your Divine Love."*

Jai Shri Mataji !!

It's beautiful, isn't it? May Love and Peace flow within you and make every moment joyful!

Alex Schlosser

Heaven I had Seen as a Girl

A special and unforgettable event was being in the same house as Shri Mataji, the Great Goddess...

It happened in Canajoharie, on the 1st of July, 2000, when, most unexpectedly, I was invited to help in the house where Shri Mataji was staying. I was so happy that, for a moment, I was afraid that the things might change and that they may not last.

During the years, seeing Her in Brazil or in Cabella, I'd seen a lot of sisters around Her and had never imagined myself being part of this group. But some questions used to pass through my mind. "Do they offer to do it?" or "Are they invited? Do they stay near Shri Mataji? Or are they chosen by someone?" And all of a sudden I was there, in the kitchen, washing Her dishes and cutlery; in Her room, doing Her bed, cleaning Her bathroom; looking at everything in that little divine universe within reach of my hands and my eyes!

Always during these eight years in Sahaja Yoga, I had longed for a lengthy period of thoughtless awareness, but they used to come only in flashes. On this day, the first of July, I could experience what's really being the witness—for hours on end—and was really simple, soft, although almost impossible to describe. I saw everything, registering the colours and forms, but there wasn't any sound, just a silence and coolness that I would love to have around me all my life. I think the heaven I had seen as a little girl was like that. Maternal.

Valéria Ferreira

(This story is excerpted from a new book which is still being edited. It is a collection of our memories of our Divine Mother. To date, over seventy-five Sahaja Yogis have contributed their stories—many simple and personal, others insightful and miraculous, all sweet and vibrational. You are invited to send your memories, written or as an audio recording, to SahajNews, 8272 -141A Street, Surrey, British Columbia, Canada V3W 0V6 or by email to sahajnews@home.com. Tapes and transcripts can also be sent to Linda Williams in South Africa or Rosemary Maitland in the United Kingdom.)