

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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"..For a child, enjoyment is complete. Whatever he sees, he makes a joyful thing out of it. Look at children. I've seen children, they find anything, they make a joy out of it. The other day we had gone to Genoa and I saw there were blocks kept there. Some children came from somewhere. They just climbed on that and made horses out of them. And they were enjoying them. You see, they find anything, any space, they make a joyful thing from it, a play for them. For them, life is also a play. Just a thing of enjoyment. And they make you also enjoy everything. If you are not in a good mood, they'll come and behave in such a manner that you'll have to come round and become a very simple, natural person. So to see a simple, natural person, we always say they are like children. It means they do not understand the cunning. They do not understand the stupidity of the people, and they live in a world of innocence.

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..."

Shri Mataji Nirmala Devi
(Shri Ganesha Puja, September 2000)



NATIONAL NEWS

National Diwali Puja Adelaide

The beautiful Adelaide hills set the scene for a memorable weekend with our brothers and sisters from around Australia. On a hundred acres of scout land we stayed in the grand "Woodhouse", a stately mansion of 12' ceilings and dado timber-lined walls.

The first night saw joyous bhajans performed till late into the night. The next day puja preparations were in full swing while others enjoyed relaxed walks in the open spaces and creeks. Two unnamed Melbourne Yogis could not quite reach the second rope swing to cross the creek and you guessed it, landing smack in the middle, a new clearing technique was born.

After a sumptuous lunch we sat around the Havan fire in round iron building with a central hearth and chimney. The fire cleansed the group in preparation for Puja in the evening.

We gathered in the evening in a marquee just outside the main house and sat in meditation throughout the Puja. We saw Diwali Puja from 1981 in England, which was filled with so much advice for yogis, well worth another viewing. During the meditation after Puja, the vibrations were tremendous and many yogis commented that they felt Shri Mataji was there in person.

The next day we were treated to 2 plays and a delightful dance by the children. The first play was based on *David and Goliath* with David be-

ing a Ganesha Bhakta who used the ring of Shri Ganesha as his protection. Goliath was a big Melbourneite with big horns and black hair and beard, really scary! David overcomes Goliath and the battle is won with the power of Shri Ganesha.

The next play was a traditional story of when Indra lost the blessings of Shri Lakshmi when he became arrogant. He then had to convince some local asuras to help churn the ocean with a mighty mountain to please Shri Mahalakshmi without them tasting the nectar of immortality. After completing the difficult task, Indra is blessed with the nectar and the asuras miss out and get destroyed by the now invincible Indra. And Shri Mahalakshmi garlands Vishnu who instructed Indra on the careful plan. After lunch and cleanup it was back home for most, and preparations for the program on Monday night.

Monday night saw around 50 new seekers attend the public program in the Goodwood Community Centre, an inner suburb of Adelaide. On probably the first occasion in Australia if not the world, we had two *Auslan* (sign language for the hearing impaired) interpreters for the whole program. After a short introduction and a segment from one of Shri Mataji's Public Program talks, we simply asked the audience to put their hands toward the photo and ask for self realisation. The vibrations became very cool and after checking above their heads all but five felt the cool breeze. Even those five felt very relaxed and quite inside and were worked on afterward. Well over 30 signed up for the follow up course and some others who

missed the program night.

What a great way to complete the weekend. Many Adelaide yogis felt it was start of a new era in Sahaja Yoga and their collective would grow faster than before.

Our collective thanks and love to all in the Adelaide collective who gave their heart, souls and sweat during this time and hopefully felt rewarded for all their efforts.

Jai Shri Mataji
Robert Henshaw
Melbourne

Letter from Adelaide Collective

Hello Everybody,

The Adelaide collective would very much like to thank all the interstate yogis who attended the Diwali Puja weekend and the public program.

Adelaide may have been the host, but the success of the weekend was because of a much broader collective action. Whether it was in the kitchen, the puja itself, the Bhajan music, the entertainment program, farewell speeches or the public program, the help from the interstate Yogis was always very significant. Indeed, it really seemed that Shri Mataji Herself picked interstate Yogis to send to Adelaide (sometimes "against the odds") to ensure that the events and the vibrations flowed smoothly and joyously.

So, once again, Thanks from the Adelaide Collective.

Jai Shri Mataji

STATE NEWS

News from NSW

*"We are going to raise
a Temple –
High to the Sky"*

In the words of that great English bhajan the time is now at hand when we are to begin in earnest the great task of the re-construction, re-development and re-invigoration of the country property at Balmoral Village.

Over the next few weeks the architects, planners and builders will be working overtime to do the needful things in order for all of us to begin the building work in December and so to prepare a residence for Shri Mataji.

As many of us are already aware in regards Balmoral Shri Mataji has recently said:

"complete the building at Balmoral and I will come and stay."

Shri Mataji has also expressed the aim of staying at Balmoral in order to establish the Shri Ganesha quality at the property.

Last weekend during a meeting held to confer about the development of Balmoral and Shri Mataji's residence discussions centred upon the possible appropriate renovations to the existing cottage to make it a more suitable for Shri Mataji's needs.

It was felt that an expressed strong desire to accomplish something new and exciting, specifically de-

signed and built for Shri Mataji seemed the more appropriate course. The architects were then given the brief of designing.

"a residence expressing the aesthetic and sentiment of an Australian temple built to the Goddess."

Sahaja builders have agreed to work in tandem over the period between December and January and will need a large, consistent, and dedicated work force of Yogis to support them in this great task.

This will require the manual labour of our men, but also the nurturing and caring of our ladies.

Balmoral Building Projects to be immediately undertaken include:

- *Shri Mataji's residence.*
- *Further extension and completion of work to the Puja Hall.*
- *Construction of an amenities block and an on-site water treatment system.*
- *Upgrading of the new access road and construction of the car park.*
- *Lightning and landscaping*
- *Kitchen Building.*

The Balmoral building projects will commence with the following nominated working weekends:

December 2nd – 3rd

December 9th – 10th

December 18th – 19th

January 6th – 7th

January 13th – 14th

January 20th – 21st

January 27th – 28th

February 3rd – 4th

If we are to complete the work in time for the possible hosting of Shivaratri Puja in February we will need **every man** within the NSW collective to nominate at least **three weekends** from those listed above when they are able to commit to working at Balmoral.

Over the next week the coordinators from each of the Puja workgroups will be contacting the men from each of the groups for lists of weekends from the above list where they will be available to work.

In this manner we hope to bring some surety to the planning of working weekends without the need for last minute attempts to pull together working crews.

Each individual's commitment to the outlined working program in a real manner can demonstrate the difference each one of us can make through the contribution of our effort, labour and work, to help with the realisation of an important Sahaja project.

The challenge before each one of us is to really commit our time and strength, all of our abilities to Sahaja Yoga, and to see it through to the completion of the project both in regards the completion of the building work but also in regards the contribution of the necessary funds necessary to see these important projects through to completion.

Now is not the time for complacency, for this takes no effort at all, and is far easier to do than what we are trying to do, which is to become active in pursuing the tasks before us.

Completing the work outlined will take real effort and commitment but in a real sense will leave a lasting legacy for future generations of Sahaja Yogis to enjoy.

Chris Kyriacou

Christmas Art Fest

Another Art-Fest is scheduled for December. Jai!

We are looking for a venue on the North Shore. Please let us know of any suggestion (Jean-Michel on 0407 010607)

Thanks again to all the Artists who made the Bondi Art-Fest a successful and joyfull evening.

Each artist is invited to produce especially for this event, one (or more) piece of art or song on the theme of CHRISTMAS: Jesus Christ, Mother Mary, Resurrection or second birth, Opening of the 6th Chakra, etc.

Again we would like to invite the musicians and singers, the Sahaj and medical exhibitions, the Pottery Display, the found raising stands, ...

New ideas to make it even more FUN are Welcome.

This time we would like not to limit the number of pieces displayed by each artist. We can organise more panels. Please let us know in advance ASAP how many art work you intend to bring for the Exhibition.

The contacts for general coordination are:

*Graham Brown 9411 7641 and
Jean-Michel Huet 9403 1621 /0407 010607.*

Jai Shri Saraswati Adi Shakti.

Country Tour

3-4 November 2000

After a few unfortunate hiccups at departure time, Hauke, Patrick and Sue finally got under way late Friday evening and arrived safe and sound at their accommodation for the night.

Armidale

The program in Armidale went really well. Normally there are the regulars plus a trickle of new people from time to time, but things seem to be picking up again. This trip we felt was a little more positive in vibrational quality. We had a new seeker who read about the program in our classified ad and who felt very positive about the program, plus one lady who had not attended the Saturday programs for over five months. She was really pleased that she is now able to understand Shri Mataji's voice while listening to the SY Radio Program recordings, and she is finding it easier to meditate. The vibrations, as a whole, were very strong (even before the program started, as Kerri joyfully attests) and the heavy negativity of Armidale's past seems to be at an end. Afterward we made our way to Kerri's for lunch then headed out to Tamworth.

Tamworth

Not all the regulars came due to other commitments. Two new ladies came along for their second time and they seemed to be enjoying meditation with the assistance of the SY Radio Program recordings. Both of these women commented that the tapes reminded them to footsoak and this helped them to move more easily into meditation. With the help and enthusiasm of certain brothers

and their own enquiries, we will be looking at the possibility of getting SY into the Tamworth Western Music Festival in January. More news on this as it happens.

Collective Matters

This trip was a very fulfilling and productive. The locals seemed more confident and were pleased to help us with the arrangements where they could, providing background to the towns, info re coming events, etc. It's clearly working in our attention now – please, let's help keep the momentum rolling by putting our attention on the tour, using bandhans, etc.

Upcoming Tour 1-2 December

Patrick Murphy is going to coordinate the next trip north (another short tour leaving Friday evening and returning Saturday night). Please contact Patrick on 0412 667 709 to 'book in'. The more the merrier!

Liallyn Fitzpatrick

Birthdays!

Our very best wishes to...

Jaya Naidoo

Leela Brown

Peter Brownscombe

Eve Chapman

Judith Groube

Barbara Lorey

John Fisher

Beena Kapodistrias

Ilona Cheema

Kevin Pauling

Kay Alford

Josina Van Den Houten

Lee Kenchington

Sandhya Sandford

Shannon McIlroy

INTERNATIONAL NEWS

These two photos of the
Canajoharie Swayambu were
shown to Shri Mataji at
Diwali Puja this last weekend.





News from Canada

An Important Day for the World

Diwali Puja in Los Angeles (October 28 and 29th) was more than a blessing. For me, it was revelation, a new era for my Nabhi.

The first event of note occurred while I was still on the airplane. We hit some bumpy air and then had one very big shake. I wasn't concerned. I was looking around, doing a little studying, when an enormous wave of Mother's Love washed right over me and just enveloped me. It was like a greeting, since I was not actually meditating when it happened. I was just like, "Wow, Jai Shri Mataji!"

As soon as we got to the meeting point at the airport, the fun started, as I met new brothers and sisters and strengthened my bond with those I had met long ago on India tour.

We eventually caught a ride to the camp and drove straight down to the pendal, which was set up below the camp by a remote area of the lake. There were lights and Diwali greetings strung up around and on the tent and the atmosphere was one of festivity. Shri Mataji had just stepped out of the room and there were more joyous greetings, time to find a spot and settle down before Mother came back. We watched a video about Switzerland, detailing the swayambus and saints of the area. After this, I'm a little foggy.

Eventually, Shri Mataji left, we piled back into that van with many extra yogis and drove up to the campground. I then sat up most of the

night chatting with brothers and sisters and, when I finally got to bed, I only slept after a long time. It was exceptionally cold and I finally had to get up and work on myself.

In the morning, my sisters asked me how I slept and I, of course, smiled and said I had a wonderful sleep. To my surprise, they all replied that I was lucky since none of them had slept. We had discovered the LA liver and spent most of Saturday trying to put out the fire. It's always nice to blame it on someone else.

After a footsoak in Piru Lake, all these problems disappeared and we got ready and went down for the program. I had a wonderful meditation and was overwhelmed with bhakti when Mother arrived. The bhajans that started after Mother's arrival were absolutely divine and I found myself determined to not let my attention waver from the Adi Shakti's presence. As I sat there with a clear view of Her, I blocked out all else and completely surrendered to the vibrations, putting my attention on my kundalini and Heart chakra and just absorbing Mother's love. I had tears running down my cheeks for I don't know how long, as I just got lost in Mother's Love and Presence.

Then came a south Indian ~~wena~~ performance by a local resident who runs a music school. Mother said it was the first south Indian music performed for Her in the West. Next was Nishat Khan with what was the best performance I have so far experienced. He played Raag Darbari, Shri Mataji's favourite raag and one of the most difficult to perform. It was absolutely outstanding and, at

the end, he received a standing ovation, which lasted for quite a while. After we quieted down, Mother said although Nishat Khan, as He has been performing in front of Shri Mataji for the past fifteen years, he only received his Self Realization that night, which was the reason for the amazing performance.

We then had a break, after which two plays were offered, the first being about France and a troubadour with great bhakti for Mother Mary. The second play was very good and obviously the subject of a lot of preparation, but my previous sleepless night finally caught up and I had to enjoy it without really focusing on the words. At the end, about 3 am, Mother told us the time for the puja the next day and gave us the first ominous warning not to talk during the gift-giving and prasad distribution.

Sunday. It rained and rained and rained. I managed to get a footsoak in with one sister and, by the end, had to retreat to the pendal, where we meditated and worked on each other, then went sari shopping and finally decided that the puja was coming and we were going to have to face the rain sooner or later. After getting ready, we immediately went to the hall, where lunch was served.

Mother arrived for the puja at around seven or eight o'clock. She was radiant in Her pink sari and began Her talk soon after coming in. "Today is a very important day for the whole world..." She explained that pink is the symbol of love and compassion and that is the reason Shri Lakshmi holds a pink lotus in Her hand and sits on a pink lotus. To attain the Lakshmi tattwa, you have to develop the qualities of generosity, hospitality

and compassion and, after that, you can achieve Mahalakshmi tattwa.

The talk was absolutely amazing and I felt that every word was meant for me. She talked about men and women who think too much about money and how to make money "yes, right over here" and reminded us that a Gruha Lakshmi's greatest treasure is her family and children. She spoke about the need to become more than just a lakshmi, but a Mahalakshmi.

Shri Mataji said that there are nine forms of Lakshmi (Navadha), of which She explained about two forms. One was Gruha Lakshmi and the other Gaja Lakshmi. Speaking of Gaja Lakshmi, She said that women should walk like the Gaja (elephant) and not gallop like the horses. Men should not dress like women, but can gallop like horses if they wish.

Mother also spoke about the need for all yogis to become social workers, that we should protect those who are less fortunate than ourselves, just as Shri Lakshmi holds up one hand in protection and, with the other hand, gives.

She mentioned orphans more than once and said one yogini is going to India to work with an orphanage, or begin one, and said She was very pleased. I can't remember Her exact wording, but the idea was that Sahaja Yoga has to be more than just a nice meditation. It had to take care of the community and people have to see that.

Mother said that we are to try and take care of problems ourselves now and not to send Her such letters, as She gets a very thick pile every day.

Also we should not ask or have lots of Agnya-related questions. She also said that women should take to mouna (silence). They should not keep gossiping about others. The ones who are really working for Sahaja Yoga always talk less.

Speaking of hospitality, She said that a person who has enough Lakshmi (money) should have a house and he should be very hospitable to others. You have to treat guests like gods, whether they are Sahaja Yogis or not. This quality has to be developed, otherwise we will be ruined with our own money. The rich countries have to learn this from the poor countries.

After the wonderful speech, there was the washing of the Lotus Feet of Shri Mataji and then aarti. It seemed as if Shri Mahalakshmi was sitting there in Her full form.

National gifts from various countries were offered to Shri Mataji. Before leaving Shri Mataji wished everyone a very happy Diwali and She reminded us about the maryadas (protocols) to be followed in the presence of the Adi Shakti. She asked everyone to be quiet and absorb the vibrations of the puja. Mother almost left, but decided to stay out of Her compassion for us. She had so many vibrations to give us, but we were just talking like it was a fish market and, therefore, didn't get the full benefit.

She also reinforced that our money isn't being used for Her own benefit, but for ours and that many of Her properties were bought with seminar funds, many of which will eventually

be donated to Sahaja Yoga. She then gave a short message to the leaders. Shri Mataji said that the Sahaja Yogis should solve their own problems through meditation and should go to the leaders when they are not able to solve them. Leaders should try to solve the problems of the Sahaja Yogis in their centre and, if they are not able to, they should give up the so-called leadership. Leaders should not write letters to Mother about anyone nor should they telephone to Mother about the problems in their centres, but first try to work it out themselves.

Some people present felt this second talk was the real puja talk. Others called it historic. After Her talk we felt quite chastened and everyone was finally quiet and appropriately humble in the Adi Shakti's presence. She sat with us for a little longer, compassionately washing us with the vibrations we had earlier neglected. Then it was time to part and we watched the Adi Shakti leave us. We sang as She drove away, with hearts full of gratefulness for the amazing vibrations She had showered on us.

The next day I caught a ride in to the airport and met new sisters and brothers along the way. We had some time before departures, so we all went for lunch together at the Tom Bradley terminal, the very place our adventures had began.

Jai Shri Mataji!
Shannon Shopfloor
(with additional material from Shoba)
Vancouver November 6th