

# Sahaja Yoga

24th November, 2000



## Australian Newsletter

*Jai Shri Mataji!*

### Contributions:

Sydney ph & fax: 6 12 9579 2293

email: [sahajnews@yahoo.com](mailto:sahajnews@yahoo.com)

Publication Deadline each Tuesday

### Seek God Within Yourself

O mind, know yourself:  
You remain deluded  
Life after life,  
When will you shake off this spoofery,  
If not today?

The musk-deer, smelling musk  
Runs here, there and everywhere  
In search of it,  
Not knowing that it is within him.

So too we search for God  
Outside ourselves,  
Unaware  
That he is seated in our hearts.

When one devotee knows God,  
Then alone  
Delusion's veil is lifted from his mind.

Says Suradasa: be as the water which  
washes away all dyes and makes the cloth white:  
Fix your wandering mind on the Almighty;  
Thus alone will you be purified.

*Soordas*

*(born in Delhi 1478)*



## STATE NEWS

### *News from Western Australia*

#### **New Program at Bibra Lake**

A new program has commenced at the Bibra Lake Community House, Park Way, Bibra Lake. It is held every Monday between 12 noon and 1.30 pm. Contact Sissy or Suzanne for details.

#### **Introspection Weekend at Gidgiegannup Retreat**

An Introspection Weekend will be held starting on Friday night, 8 December, going through Saturday, and maybe the rest of that weekend.

#### **Bhajans & Realisation during November**

The Bhajan group played at the Multicultural Festival at Hillarys Boat Harbour, Sorrento Quays on Sunday 12 November and at two separate venues during the Fremantle Festival on Sunday 19 November.

Yogis and yoginis provided a self-realisation opportunity for seekers at the Bassendean Fair on 5 November. Self-realisation was also given to people at the Freo Festival and food stall was organised to spread vibrations at the Conscious Living Health & Lifestyle Expo in Claremont during the same week. A follow-up public program was organised for Sunday 26 November at Gidgiegannup.

*Chris Szydlowski*

#### **Birthdays!**

*Our very best wishes to...*

Nirdosh Kumar

Rajiv Dara

Rakesh Arora

Radhika Richardson

John Tedesco

## *News from NSW*

#### **Zephyr CD**

Thank you for the overwhelming response to *Zephyr* (especially international S.Y.s!). 500 copies have been sold in just 7 weeks! Hopefully the CDs will be in record stores soon.

The CD is now available mail order with Bankcard/Mastercard/Visa payment options, as well as at Burwood.

Fax or e-mail or post orders to  
Liz Henshaw at

*Fax:* 02 9402 5345

(+61 2 9402 5345)

*Email:* [johndobbie@innocent.com](mailto:johndobbie@innocent.com)

*Address:*

9 Turramurra Ave

Turramurra NSW 2074

Australia

with your credit card details & mailing address. Cost \$27.00 This includes \$10 Sahaj donation & postage. (Overseas orders US\$20).

*Liz Henshaw*

#### **Lidcombe/Parramatta Program**

Parramatta program has stopped for now. People interested in Parramatta programs can be directed to Lidcombe, 10 mins from Parramatta on M4. Lidcombe program is now on Wednesdays 7:30pm.

#### **Room(s) available at Lidcombe Ashram**

Two rooms are available at Lidcombe Ashram.

Please phone 9649 6879.

*Rajesh Bhasale*

## Radio Program Feedback

We had a *Knowledge of Reality* magazine giveaway to the first seven callers again last Sunday. As it's practically the only time we can get feedback from listeners who are not regulars at collective meetings, we usually ask them if they listen every week, what they like about the program, don't like, etc. What follows are comments from last Sunday:

Effie (Greek Australian) in Lawson: *"I try to listen every week, but I miss sometimes. It's a GREAT [her emphasis] program and I really like listening. Keep up the good work!"*

Marianne (Asian) in Seaforth: *"I listen almost every week and I like your program very much."*

Mother of Hungarian family in Turramurra: *"Thank you so much for lovely program. Do you have programs in my area?"* [gave her info number] *"My children will like the magazine, thank you."*

Edith (Chilean) in Lalor Park: *"I really appreciate your program and I always listen since January this year. I believe that, what we are wanting and needing, the universe somehow organises your life so you find what you want or need. This is the way I found your radio program, flicking through the dial on a very difficult day for me. I hope your program is on for a very long time. I like the way you talk about these things. I've told my sisters they should also listen and meditate. I'm learning how to drive so I can go to a meditation program."*

Ben (Persian) in Normanhurst: *"I lis-*

*ten to your program every week. Thank you so much and thank you for spelling Sahaja Yoga when you gave the website address - I hadn't been able to find it. It is a great program and I like it very much."* [I mentioned the many Iranians in USA who practise SY and that Shri Mataji spoke at one of their gatherings, and he was quite interested in that. He told me there are 1 million Iranians living in Los Angeles and he wasn't surprised that they practice SY meditation]

Eva (Swiss/German?) in Castlecrag: *"I like the program very much and go to Judy's programs in the week. I would like to give the magazine to my child(ren)."*

John (Polish) in West Marrickville: *"Do you speak Polish? I am ringing for free international phone call when I ring this number. Yes, I'll have a magazine, but do you have number to dial for a free international telephone call?"* [Can't win 'em all!]

*Liallyn Fitzpatrick*

## GENERAL NEWS

### Excerpts from *Markings*, the thoughts and reflections

of Dag Hammarskjöld

(1964, Faber & Faber, London)

1925-1930

What you have to attempt – to be yourself.

What you have to pray for – to become a mirror in which, according to the degree of purity of heart you have attained, the greatness of life will be reflected.

\*\*\*\*\*

Every deed and every relationship is surrounded by an atmosphere of silence. Friendship needs words – it is solitude delivered from the anguish of loneliness.

\*\*\*\*\*

I am being driven forward  
Into an unknown land.  
The pass grows steeper,  
The air colder and sharper.  
A wind from my unknown goal  
Stirs the strings  
Of expectation.

Still the question:  
Shall I ever get there?  
There where life resounds,  
A clear pure note  
In the silence.

1941-1942

'Hallowed be Thy name'. When all your strength ought to be focused into one pencil of light pointing up through the darkness, you allow it to be dissipated in a moss-fire where nothing is consumed, but all life is suffocated.

1950

A heart pulsating in harmony with the circulation of sap and the flow of rivers?

A body with the rhythms of the earth in its movements?

No, instead: a mind, shut off from the oxygen of alert senses, that has wasted itself on 'treasons, strategies and spoils' – of importance only within four walls.

A tame animal – in whom the strength of the species has outspent itself, to no purpose.

\*\*\*\*\*

Hunger is my native place in the land of the passions. Hunger for fellowship, hunger for righteousness – for a fellowship founded on righteousness, and a righteousness attained in fellowship.

1951

When you have reached a point where you no longer expect a response, you will at last be able to give in such a way that the other is able to receive, and be grateful. When Love has matured and, through a dissolution of the self into light, become a radiance, then shall the Lover be liberated from dependence upon the Beloved, and the Beloved also be made perfect by being liberated from the Lover.

Early 1950s

"...The explanation of how man should live a life of active social service in full harmony with himself as a member of the community of the spirit, I found in the writings of those great medieval mystics for whom 'self-surrender' had been the way to self-realisation, and who in 'singleness of mind' and 'inwardness' had found strength to say Yes to every demand which the needs of their neighbours made them face, and to say Yes also to every fate life had in store for them.... Love – that much misused and misinterpreted word – for them meant simply an overflowing of the strength with which they felt themselves filled when living in true self-oblivion. And this love found natural expression in an unhesitant fulfillment of duty and an unreserved acceptance of life, whatever it brought them personally..."

1952

'Thy will be done' – To let the inner take precedence over the outer, the soul over the world – wherever this may lead you.

1953

To be free, to be able to stand up and leave everything behind – without looking back – To say Yes.

1956

Understand – through the stillness,  
Act – out of the stillness,  
Conquer – in the stillness.  
'In order for the eye to perceive colour, it must divest itself of all colours.'

1961

Tired  
And lonely,  
So tired  
The heart aches.  
Meltwater trickles  
Down the rocks,  
The fingers are numb,  
The knees tremble.  
It is now,  
Now, that you must not give in.  
On the path of the others  
Are resting places,  
Places in the sun  
Where they can meet.  
But this is your path,  
And it is now,  
Now, that you must not fail.  
Weep,  
If you can,  
Weep,  
But do not complain.  
The way chose you –  
And you must be thankful.

*Liallyn Fitzpatrick*