

# Sahaja Yoga

22<sup>nd</sup> December, 2000



## Australian Newsletter

*Jai Shri Mataji!*

**Contributions:**

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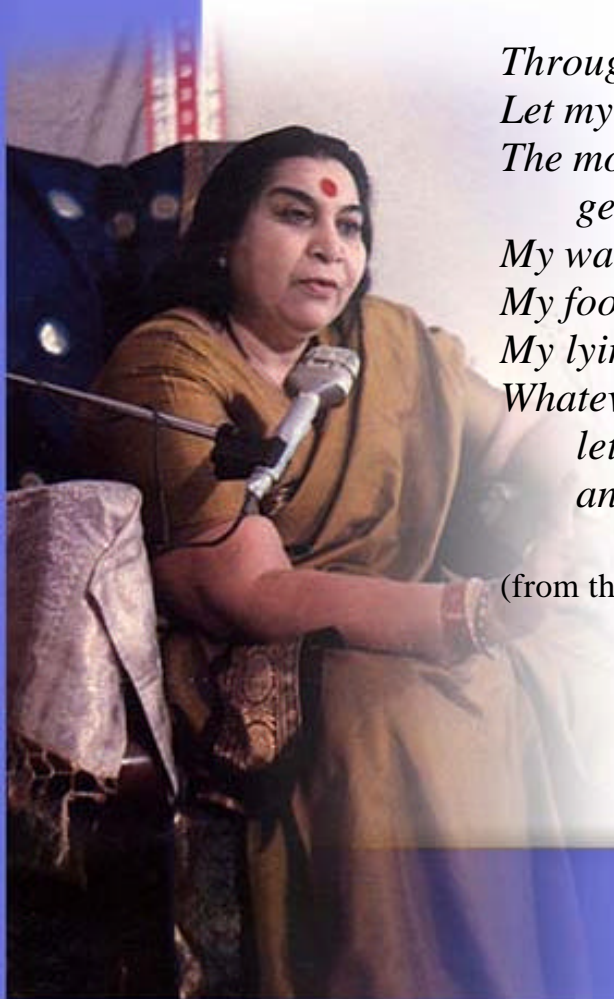
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### *A Prayer to the Divine Mother*

*Through the sight of self-surrender  
Let my prattle become recitation of Your name;  
The movement of my limbs,  
gestures of Your worships;  
My walk, perambulation around You;  
My food, sacrificial offering to You;  
My lying down, prostration to You;  
Whatever I do for my pleasure,  
let it become transformed into  
an act of worship to You.*

(from the Sahaja Mantra Book)



# STATE NEWS

## *News from Queensland*

### Greetings from Cairns

Recently the Yuva Shakti performed a children's version of *The Magic Flute*. It was a wonderful team effort which brought out the very best in all participants. Yogis and non-yogis alike really enjoyed the play. Many thanks to all the Aunties who made it such a success.

In November we started country programs in the Atherton Tablelands. Through the blessings of Shri Mataji we have twelve ladies who regularly meet and are seeking to go deeper in their spirituality. Most enjoyed the program and a few extra keen folk are continuing through the Christmas holidays.

We received an invitation to teach Sahaja Yoga for an under-18s Christmas holiday program which will be held at the Graft'n'Arts Centre. There will be a variety of other activities including martial arts! We all hope our contribution will be a great success.

Have a wonderful, joyful Christmas and New Year!  
Jai Shri Mataji!  
*Angela Kiely*

### Sahaj Recipes Wanted

A book of Sahaj recipes is being compiled which it is hoped to be published and sold to raise money for Sahaja Yoga. Categories are: Shri Mataji's recipes, Puja meals, Prasad, breakfast, lunch, dinner, and snacks.

Please submit your favourite recipes, together with details of the origin of the recipe, your name, address & phone number and/or email address to

*Attention: Peter Hewitson  
95 McClintock Rd,  
Wamuran Qld 4512*

*Tel: 07 5496 6716  
or email: wamuran@bigpond.com*

## *Birthdays!*

*Our very best wishes to...*

Peter Aerfeldt  
Donna Jones  
Tyna Leach  
Gregory Noone  
Narain Nadarajah  
Asmira Woodward-Page  
Ruth Cross  
Chris Kyriacou  
Jaye Clinton  
Bandu Barve  
Susan Cavanagh  
Pam Jones  
Patsy Vlachou  
Alicia Gonzales

## *News from NSW*

### Music Workshop for Children Postponed

The children's music and voice workshop proposed to be held at Graham & Helena Campbell's home on the NSW Mid-North Coast (described in last week's newsletter) has been postponed until later in the year.

*Leanne Holland  
Helena & Graham Campbell  
John Smiley*

### A baby named...

Vijay and Gillian Patankar have announced that their son who was born on 20th October 2000 at 2:34pm will be named Sameer Patankar. *Sameer* means "the breeze" and "the early morning".

Jai Shri Mataji!

### Bhajan Practice Saturday Evening 23rd December

You are cordially invited to an evening of bhajan (and Christmas carol) practice at Lewisham ashram commencing 8:00pm on Saturday 23rd December.

*John Smiley*

## The Building of Shri Mataji's House at Balmoral NSW

Great progress has been made at the country property since the first group of yogis began the construction of Shri Mataji's house. The Burwood group went to Balmoral last weekend (15<sup>th</sup> – 17<sup>th</sup> Dec). The weather was fine and sunny, and very hot. A great deal was accomplished. We went down as a family, all together about 30, including several yogis from other groups. People came covering most skills needed. Especially valuable are the "experts" – the tradesmen and handymen. This was collectivity at its productive best, with the central aim of pleasing our Divine Mother and showing our love. We never cease to wonder at the skills of Paul Henwood and his amazing group of building yogis, with special mention of Robert Webber and Mike Merritt.

Progress on Shri Mataji's new building has been dramatic. We arrived to see the basic foundations laid and the floor in place. With typical Sahaja division of labour, we all went to our area of expertise, or wherever Paul or Alfred suggested. We stacked all the useful timber, roofing tiles and plumbing equipment, plus enough bricks to finish Hadrian's Wall. In effect a huge cleanup took place, enabling the manicuring of grass areas to happen, landscaping and pruning of shrubs and trees. It is starting to look stunning, as the lawns are still so green.

While this was happening, with vanloads after vanloads of building materials being stacked away, frames were fabricated for the house on Saturday. On Sunday they were

erected. Bricks were cemented into place to form square piles and a verandah area formed with timber joist supports. We were all engrossed in our activities.

I slipped away to have a swim with the children in the beautifully refreshing top dam, which seemed very clean. Such an ideal summer swimming and cooling-off area. I was away for perhaps half an hour. When I returned the frame of the roof was nearly finished.

So much was accomplished in such a short time. It all goes well for a Maha Shivratri celebration with – let us hope, wish and pray – our Divine Mother in attendance. All this happened in an atmosphere of enjoyment, dedication and fun. What a blessing to be there.

One of the highlights was singing bhajans led by the children, some of whom were Dharamshala students. For those who haven't taken part in the activities, they could even miss out. Be quick, ring Charles Tiralongo and tell him when you are going down.

### A few reminders:

- For adults \$5 per day covers all food (children free).
- People with any space in vehicles please let Charles know. Yogis planning to go and require transport should also let Charles know, and could make a small donation towards petrol.
- We should also leave the puja hall, the property, bathrooms and kitchen even nicer than when we arrived.

Thank you. See you there,  
Jai Shri Mataji

*David Sharp, Burwood*

## INTERNATIONAL NEWS

### *News from Taiwan*

#### Welcome to Taiwan

On behalf of our Taiwan leader, Henry Ho, we are extending our welcome hands to our brothers and sisters with English teaching experience and with a teacher's certificate. Please come to Taiwan and join us for the Sahaj work here while jobs of teaching are plenty.

Taiwan with a size of about New England put together, population around twenty-two million people, is now preparing the conferencing of the World Trade Organization (WTO) membership for both the People's Republic of China and Taiwan for the great opportunity of international trade with the Western World. Both schools (starting from elementary school to university) and industries of all levels are working on English as a secondary language.

Once you are in Taiwan, you are closely near the heart of Asia and will have more opportunity to visit India, southeast Asia Pacific countries, Hong Kong and greater China. It is absolutely exciting and you will see how Asia is evolving into the next centre stage for the world economy.

When Shri Mataji was in Taiwan last time, She promised that Taiwan will have many of you to come and join us in helping people to get their Self Realization. So please come and receive that great blessing as an instrument of Shri Adi Shakti.

Please contact Henry Ho by e-mail (richland@tpts5.seed.net.tw) or your humble brother here (sarvesh@iii.org.tw) with your resume. We look forward to seeing you and join us in Taiwan.

Kind regards,  
*Sarvesh (Paulo) Su*  
*Taipei, 16<sup>th</sup> December*

*(SahajNews 23 Dec)*

## News from America

*This is an excerpt of a longer report about Shri Mataji's time in Los Angeles, which can be read in full in the next issue of the Divine Cool Breeze...*

### Your Efforts Will Be Fruitful

While Shri Mataji was in Los Angeles, She turned Her full attention to the US presidential election. Favouring Bush for his moral character, She remarked that his popularity reflected well on the American people. She followed the protracted events of the most unusual election in American history, watching CNN and often giving bandhans.

She urged the yogis to meditate more and to do it collectively and effectively. It is not enough that we sit before the photo and feel vibrations on our hands. She stressed that those are Her vibrations we are feeling. But what about our vibrations? When we get up and walk away from the photo, do we maintain thoughtless awareness?

The next big event was the weekend of Her great-grandson Anant's second birthday when She graced us with Her presence over two days. On Saturday evening (December 2nd) She hosted a birthday party in the ashram. Her immediate family and over two hundred yogis from all over the States enjoyed Her boundless generosity. She played, by turns, the glittering hostess, the doting grandmother, the adored matriarch of Her family and the guru who is fulfilled by the love of Her disciples.

The yogis decorated the ashram and provided the entertainment, but Shri Mataji took care of everything else. She radiated love for everyone. She provided a sumptuous dinner and lavished gifts on all the yogis. Many of the ladies received gemstone jewelry and the children were delighted with wonderful toys, hand-picked for each. She melted all our hearts. After She left, everyone seemed euphoric and drifted off to sleep around two in the morning.

The next day around noon, She returned to the ashram with even more gifts, as well as personal advice for some of the yogis. She gave candy to all the children and sent them outside to play. Then She turned Her attention to the yogis and softly and clearly stated that She had something important to tell us. She proceeded to outline in detail what She wants from us and how we are to fulfill Her plans for working out Sahaja Yoga in Los Angeles and, by implication, all of America. Her talk was clear and absolutely straightforward, without any parables or anecdotes. I will give some of the main points, but everyone should get the tape when it is available.

- The yogis have to be more bold and outgoing in spreading Sahaja Yoga. We have nothing to fear. We have to have *shraddha*, complete faith, that we are protected and helped by the Divine. She gave the example of Her grandson Anand, who tells one new person a day about Sahaja Yoga.
- Every yogi must participate in the public meetings. It is the power of collectivity itself which works things out.
- She gave detailed instructions on

when, where and how meetings are to be held. She advised the LA yogis to concentrate the effort on one central location, rather than having many meetings which are sparsely attended.

- Self Realization makes us very creative. We should devise projects for spreading Sahaja Yoga on our own and take responsibility for them.
- A long response to the negative attacks on the Internet was read. It should be made available soon.
- She spoke again about George W Bush. He has sent Her birthday greetings for the last several years and She felt that he could be very positive for the spread of Sahaja Yoga.
- She reminded us that we have to save the world. For that, the attention needs to be absolutely pure and dedicated to Sahaja Yoga.

That Shri Mataji has decided to take up residence in the US for four to six months of the year is a tremendous blessing. In a recent phone call, She thanked all the yogis who took care of Her during Her stay. She also expressed Her pleasure in the final outcome of the presidential election. She said that Bush's victory represents a victory for morality, goodness and integrity in America and marks a turning point in the history of Sahaja Yoga. She said that now our efforts will be fruitful.

*Mary Yelesin  
Moorpark, California  
18th December*

*(SahajNews 23 Dec)*