

# Sahaja Yoga

20<sup>th</sup> July, 2001  
27<sup>th</sup> July, 2001



## Australian Newsletter

***Jai Shri Mataji!***

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Publication deadline for contributions  
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*Mother has knocked on your door  
Now, friend, cross the ocean  
(of Maya by getting your realisation).  
In the bandhan of Sahaj, the Divine Vibrations  
Will be showered upon you incessantly.*

*Control the horse of your attention  
by applying the reins of your vibrated heart,  
Then you will become an expert horseman.*

*Your attention which is drifting  
with your external sight  
Should be pulled in for introspection  
So that you become a witness to your own deeds.*

*Neither am I guilty, nor are you guilty of anything  
Because the unending massive ocean of Sahaj  
has plenty of tide which can absorb all the guilt*

Mauline Thothavile Daar  
(Marathi bhajan)



# STATE NEWS

## *News from NSW and the ACT*

### **New People's Seminar / Workshop**

#### **Burwood Ashram**

#### **Sunday 5<sup>th</sup> August**

Our second major NSW Seminar / Workshop will be held at Burwood on Sunday August 5<sup>th</sup> for all people who have recently been attending local programs. The plan is to hold a seminar of this type every six weeks.

Hopefully the seminar will help people take the next great step in the establishment of their realisation. Can everyone begin to inform the people attending their programs of the seminar so the date can be added to dairies

By all accounts the first one held in June was a great success in helping to bridge the gap between people attending their local programs and really becoming integrated into mainstream Sahaja Yoga and the wider collective.

The seminar will commencing at 10am then proceed until lunch at midday, then recommencing at 1pm for a 3pm finish.

The seminar will be held about six weeks after the first seminar and is aimed at deepening the Sahaj experience and enabling seekers to meet with each other, and the established Yogis of the collective.

Seekers should see an expression of our collective love, experience deep meditations and collectivity. If we need deep seekers to be made into deep yogis we have to satisfy their deeper seeking by helping them take the next step in the establishment of their realisation.

The Seminar will begin to be promoted on the Radio Program from this weekend on.

We will start to Email, phone and send letters to everyone who has given us their contact details. This has already begun to give everyone at least two weeks notice.

There are plans to have bhajans there for the Workshop at the beginning of the day when people are arriving, during the luncheon break, and at the conclusion of the day. After the first seminar many people favourably commented on music being played.

The format for the day is open for suggestions. We need to progress from the first seminar to maintain the interest and enthusiasm of our new people.

### **Suggestions to hand so far:**

- Morning session should perhaps focus on the Subtle System.
- We should also plan for a new peoples session in the front verandah for those attending for the first time.
- Moving on from the basic clearing techniques of the first seminar perhaps we could break up into three groups each covering.
- Shoe beating (Back lawn)
- Camphor for Left Side / Ice for the Liver and Right Side (Courtyard)
- Lemons / Chillies Clearing treatment. (Meditation Room)
- Everyone should then come together for a collective meditation. This should take us through to lunch around 12:30.
- We will also need some volunteers for the provision of lunch.
- Afternoon session, a Video / Audio of Shri Mataji, If anyone would like to research a Video or Audio they feel would really help to inspire the new people attending this would be of assistance.
- Then a talk about "Seeking after Self-Realisation" presented around 2pm., ending the day with collective meditation.

We may need some additional chairs as last time they were in need.

We would encourage Yogis hosting programs around Sydney to attend the seminar with their new people to help them feel more welcomed.

Could representatives from the St Leonards', Southern Suburbs' and Eastern Suburbs' follow-up programs contact us and to inform us of numbers likely to attend.

Any feedback, suggestion, ideas always welcomed.

Sincerely,  
*Chris Kyriacou*  
Sydney

### **Saree and Fabric Sale at Burwood** **10.00am Saturday 11th August**

Please come and enjoy a fresh coffee while you browse through the sarees and fabrics chosen by Shri Mataji which will be for sale.

*Kim Pearce*, ph 8746 0360 Sydney

**Monthly New People's Program  
Burwood Ashram  
Friday 3<sup>rd</sup> August**

The third new persons program will be held at Burwood on August 3<sup>rd</sup>.

This initiative has better enabled us introduce new people to the larger collective. The first Friday night program of each month has started to become established as the night for New People.

The program is aimed at helping people who have been coming to local programs to take that next step into our larger Sahaja family.

If we are holding programs we should begin to inform people of this new strategy and ensure that we attend the Friday program to introduce and welcome them to the larger collective.

For a time the Eastern Suburbs Roster Group will still be hosting the newcomers program each month, but any help especially with serving refreshments at the end of the program would be welcomed.

To really help this initiative to achieve its aims we will need to promote this program to the newer Sahaja Yogis and encourage them to join with us as part of the main Sahaj collective.

Sincerely,  
*Chris Kyriacou*  
Sydney

**Bhajan and Dance Practice  
at Burwood  
Friday Evening 27<sup>th</sup> July**

Dear one and all  
We will be having a practice in preparation for Shri Krishna Puja this Friday night at Burwood Ashram at 7.30pm. We will be hopefully learning a few new bhajans for the Puja including the 108 names of Shri Krishna by Shri Adishankaracharya.

A number of the Indian ladies are getting together to work out a new stick dance to the song *Brij. se ayi* (one of Baba Mama & Guruji Dhakade's songs). They would also like to rehearse with us, and so they will also be there on Friday evening.

Regards,  
*John Smiley*  
Sydney

**Sri Krishna Puja Update  
Balmoral Village  
Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> July**

The National Collective is invited to worship our Holy Mother, Sri Mataji Nirmala Devi, at Shri Krishna Puja in Balmoral this weekend. The themes for the weekend remain meditation and enjoyment. We have programmed a number of different events to make the weekend light without being light-weight.

There will be a Mastery Door Prize for the zaniest answer to the following question: *"What is the significance of the hosts of the Puja tying light and dark blue ribbons to the wrists of those attending the Puja?"* (The prize is a beautiful picture of our Mother.)

We will be providing pairs of sticks to the first 150 adults - one per family - for the stick dancing on Saturday evening.

Don't forget to bring your rakhis/presents for the raksha bandhan ceremony - or buy presents at Balmoral.

**Costs for the whole weekend will be**

Adults \$40  
Concessions/Students \$30  
Primary and pre-primary children free  
(Dakshina is included)

Any monies not spent will be used for renovating Balmoral.

The program will run something like this:

**Saturday 28 July**

12-2pm	Registration, Mediation, Lunch
2-4pm	Fun and Games for Adults and Children
4-5pm	Raksha Bandhan/sweet meeting
5-6pm	Meditation and Announcements
6-7pm	Dinner
7pm-onwards	Evening program, including Sri Krishna video (tbc), stick-dancing, bush dancing, bhajans

**Sunday 29 July**

6-7am	Meditation
7-9am	Breakfast
9-11am	Puja Preparation/pack up tents etc
11am-2pm	Puja
2pm	Puja lunch

We look forward to hosting you (with a little help from the NSW collective).

*John Fisher*  
for the Canberra and Wollongong Collectives

# INTERNATIONAL NEWS

## *News from New Zealand*

### **Weekend in Wellington: Public Program & Collective Get-Together over Easter Weekend**

It was a boon for Wellington Yogis to be able to host this wonderful weekend where we could enjoy the collective company of our brothers and sisters from all over New Zealand and also strengthen the vibrations of Wellington.

The venue for our stay was at *Kohanga Reo* (or 'nest' in Maori language) which is like a preschool where the children learn everything in the medium of Maori. It was a good place in a way, because there were little play areas for the children.

The weekend was very successful. Collective meditations, havan and listening to Birthday Puja 2001 were but a few of the highlights of the weekend.

The venue for the public program on the Saturday had wonderful views of Wellington Harbour and we were blessed with calm sunny weather after a good wind and rain clear on the Friday night. Although numbers of new people were few, the fact that we were able to be together collectively made the time very special.

On Sunday all of us decided to visit the local Museum - *Te Papa*, and later in the evening we were treated to the video: *Xmas Puja 2000*.

Vibrations were spread to Palmerston North, as many of the yogis were able to stop off to visit Dorota and Kinshuk on the way home and share in their hospitality.

By our Mother's grace, this will be the first of many more national get-togethers this year, that will help us work together and to grow and strengthen as a Collective.

Jai Shri Mataji!  
*Meri*, Wellington

### **Auckland Seminar 2<sup>nd</sup> to 4<sup>th</sup> June**

A wonderful time was held at the Auckland Ashram. We started the weekend off with a delicious lunch and then a workshop describing various cleansing techniques which everyone contributed to. A new yogi called Bruce (who is a chef) cooked an amazing dinner for us all, totalling nearly 30 people. We then went on to an outside Havan to Shri Durga. The evening was clear and cool and the vibrations flowed beautifully as we sang bhajans. For those with extra energy a comical video went on. Sunday started with a collective meditation and then on with preparations for Puja. Quite a crowd was seated as we started the Puja and many new yogis participated in a truly joyous occasion. We meditated, danced and ate all evening.

Monday took us down to the beach since the day was warm and sunny followed by coffee at Starbucks and a final meal at the Ashram. The weekend was a great opportunity for us all to get together, share and enjoy.

*Janie Frith*, Auckland

## Adi Shakti Puja Synopsis

Adi Shakti is the most important puja as She has given you your Realisation. The Kundalini is a reflection of the Adi Shakti within man. Some people think the Kundalini is the Adi Shakti, this is wrong as She is very powerful therefore it is a reflection of Adi Shakti in man.

Man bit into the apple of knowledge this was very important as he had to be above the animal state. When he bit the apple he immediately realised he did not have clothes and covered his body. This was the recognition of chastity.

There are many galaxies, but the Planet Earth was placed carefully in the solar system so that it would sustain life with its own moon and sun positions just right between them. The Earth is made of nations with their diversity of people. This creation is so beautiful, but what are these nations doing today? Just fighting for pieces of land. Why does man do this? Doesn't he recognise he is born with his hands clinched and closed and when he dies the hands are open. So why do they fight for pieces of land.

Adi Shakti has given us Realisation and we should understand this. Understand that these are exceptional times in which you live. Never before have the sages and saints been given the powers you have got and this time will never be repeated. It is through the Adi Shakti's love and compassion this has come about.

Understand you have the powers to solve the problems. Sometimes people have problems, for example cancer, and they come to Shri Mataji and expect to be cured. Why not use your own powers go to Washi hospital and get cared for by the doctors. Realise you have the powers.

Some people still have these money attachments after Realisation and some still doing criminal activity. Why should we follow these wrong things after Realisation. We must live for Sahaja Yoga, go all out because the only thing is the Spirit.

Shiva is watching the Sahaja Yogis and if the Sahaja Yogis are not going all out, He gets upset that is why these natural disasters occur. The Adi Shakti cannot stop him when he gets something in his head. Understand Shiva is watching you.

Sahaja Yoga is not about being first, but is about love and compassion. It is no good you being an excellent Sahaja Yogi, you must help others, you must bring everyone up and that is only possible through love and compassion. You must understand your Mother has worked very hard for you but people do not appreciate this fact. It is like I have made the road on which you walk but you often do not recognise this and that you the Sahaja Yogis must build it wider.

*"At one time I thought I would need to take a rebirth because it was so dangerous. I have had to work hard all my life. Jesus spoke about the seed being dropped on the marsh - does not grow as it is drowned in the water. Once we have the pure desire to pass on Sahaja Yoga, once we have the light, we must share it. Always know that if you are doing Sahaja work, you will be protected. "*

*Hugh Frith, Auckland*

*(New Zealand Newsletter)*

## ***Birthdays!***

*This week's birthday list spans the two weeks from 20th July to 2nd August.. Our very best wishes to all Sahaj yogis who recently had a birthday or whose birthday will occur in the coming week...*

Phil County, Suzanne Rosier, Vivek Jain, Edith Traynor, Reema Hampton, Colleen Keetley, Margaret Carbone, Manju Dobbie, Elizabeth O'Gorman, Rajeshwari Sharma.



# GENERAL NEWS

## Why Pearl Harbour?

My husband Fred had a birthday recently, and I took him to the movies as part of his birthday celebrations.

We went to see *Pearl Harbour*, one of the films of the moment. Part way through the story I was sitting there rather vaguely wondering to myself what I (a Sahaja Yogi) was doing sitting here watching a war film. The scene on the screen was of a young airman wandering along a pier or dockside. He was a fine figure of a man; his character was portrayed as an intelligent, brave, moral, decent, reliable sort of chap, in love with a young lady, but somewhat troubled.

I thought to myself, there is a fine human being. Good qualities etc. What a wonderful thing a human being is. What a magnificent job God made of human beings. After all he did make us in his own image. Then I thought, as marvellous as the young man might be (It's OK everybody - I know he's only a character in a movie, but I'm thinking in broader terms of general humanity) he still has not reached his full potential! He does not have his self-realisation! How much more he could achieve in his lifetime as a realized soul.

Then it struck me. I'm a realized soul, but as such have I reached my full potential? Or am I just basking in the sublime sunshine of my self-realisation? Shri Mataji's words came back to me from some of the videos I've seen over the years, along the lines of; *"You are all here to do my works."* *"The future of this world is in your hands"* *"You have the powers, you must use them"* etc. etc. How often do I do the things I know Shri Mataji is wanting us, all of us, to do? How much do I take Her talks to heart, and commit to memory the tasks she wants us to pay attention to? How much effort do I put in everyday towards helping to correct the troubles of the world?

One talk came particularly to mind when Shri Mother asked all Yoginis to pay attention to the daily news broadcasts and to read the newspapers. She said to put a bandhan on the problems and keep those problems in your attention. She made the point that if enough of us do this, we can solve most of the troubles of the world.

I came to the conclusion that I definitely have not reached anywhere near my full potential as a Sahaja Yogini, and most probably I am not alone. I have resolved in my heart to try harder and make the most of this opportunity. We are all so very fortunate to be in the position that we are in, to be alive at this stage of history and to have our self-realisation. Shri Mataji has said this is our last chance.

I felt very strongly about these musings of mine and won-

dered if anybody wanted to share them so please accept this story in the vein it is intended, from the heart, and with feeling.

It is such a good opportunity to make the most of our lives, let's not waste it.

With love,  
Linda Millar. Jai Shri Mataji!

*Linda suggested, for a reason that will become obvious, that I should add a rider to her story...*

## Was it a Good Idea?

Linda thought that she was giving me a pleasant surprise by taking me to the pictures as a Birthday present. Normally this would have been true as we have few outings unrelated to Sahaj. However the choice of film was unfortunate.

On the surface it would seem, that after 31 years of Army Service including 5 years of personal and close-up experience of the frightful horrors of War and the awesome destructive capacity of atomic weapons, that just viewing a War film would not bother me in any way. But watching the re-enactment of the factual destruction of Pearl Harbour and the death of thousands of once human beings, albeit actors, backed by outstandingly realistic technology, it was difficult not to allow one's old, long-buried memories to come to the fore together with the emotions and fears of the past.

A few days ago I was asked by Sahaj Yogini Sandra Corpe what I thought of the film. At first I was unsure of what to really say. Do I give a diplomatic answer or the truth? After a moment or two to think about it I decided on the latter. I replied that it was very realistic but I found the combat scenes somewhat disturbing, and would have preferred to watch a different type of film.

But, and a very important BUT, I would recommend that although the film is not historically correct, with the help of modern technology it is sufficiently realistic to convey the horror, hopelessness, material destruction and total waste of human life that is War, it should be seen by all those who have no knowledge or experience of war as a vivid lesson and essential reminder that there is no winner.

I guess everything we do has a purpose and this unpleasant experience reminded me that we in Sahaj must continuously use the powers we have been given by Shri Mataji to ensure that mankind is never again subjected to any type of war, be it Conventional, Atomic, Biological, Chemical or Space-Based Warfare.

Frederick Millar  
Melbourne Collective