



## Australian Newsletter

***Jai Shri Mataji!***

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Publication deadline for contributions  
is midnight each Tuesday

*The man of God is drunken without wine,  
The man of God is full without roast meat.  
The man of God is (ne'er) confused, distraught,  
The man of God needs neither food nor sleep.*

*The man of God: a king in dervish's frock,  
The man of God: a treasure in the dust.  
The man of God is not of air nor earth,  
The man of God: of water not, nor fire.*

*The man of God, he is a boundless sea,  
The man of God rains pearls without a cloud.  
The man of God has hundred moons and skies,  
The man of God has hundred radiant suns.*

*The man of God knows through the Truth Divine,  
The man of God is learned without books.  
The man of God: no heresy nor faith,  
The man of God knows not of wrong or right.*

*The man of God rode from Not-Being, look!  
The man of God comes here in glorious state.  
The man of God is hidden Shamsuddin!  
The man of God: you seek and find him, heart!*

Jalaluddin Rumi (1207-1273)

Jalaluddin Rumi was a young professor of theology in Konya (Turkey) when he was transformed into an ecstatic mystic by his meeting with the wandering dervish Shamsuddin of Tabriz, who became for him a reflection of the Divine Beloved. Inspired by his beloved friend, Rumi poured out thousands of verses expressing a wonderful, high-soaring love for God.



# STATE NEWS

## News from NSW

### Medical Research Programs: Occupational Stress Study

Many thanks to all the yogis who attended the 12-week Migraine Research Programme. The patients have responded well to treatment and the patient data is currently being compiled.

A new 8-week Occupational Stress study is starting in the first week of September (Monday, 3<sup>rd</sup> September) and will take place on Mondays and Thursdays (venue to be determined). This time we need a larger group of yogis – 12 per programme.

Please phone me on 9489 0907 or email me at [hauke\\_horn@hotmail.com](mailto:hauke_horn@hotmail.com) if you would like to participate in this programme.

*Hauke Horn, Sydney*

### Cabella Calls

Each Wednesday commencing at 8pm at Burwood a *Shri Ganesha Puja-planning meeting* will be held at Burwood, whereby competitions are to be held as to who can consume the most number of biscuits washed down by the largest amount of tea whilst brainstorming the most appropriate manner by which we may collectively host Shri Ganesha Puja in the joyous, spontaneous, blissful, and dynamically vibrant tradition for which the Australian collective has become renowned

Whether or not you are planning, or desiring, to attend the Puja this year, or you wish to come along and share your past experiences, or your sheer passion to contribute: everyone is most welcome to donate their ideas, eagerness, fervour, zeal and passion to the planning of this most important National annual event.

Come one, come all.

Sincerely,  
*Avinash Nickkawde and Chris Kyriacou, Sydney*

### Invitation to attend Collective Havan Randwick Ashram, Saturday 18th August

Dear all, Randwick Ashram are having a Havan this Saturday night 18th August. Please phone 9326 5039 and let us know if you can make it. Jai Shri Mataji

*Sunil Sivarajah, Sydney*

### India School Travel Arrangements

During early July we wrote to ISPS parents to let everyone know of the collective arrangements for travelling to India this year to meet our children.

Thank you to all those who have responded to this request. Bookings have already been made through *Open World Travel* to avoid the congestion seen around this time of year.

Could everyone with children at the school please advise us if you are travelling to India this year to accompany your child, and if not, who will be the official minder or person responsible for your child(ren).

Can everyone also let us know of their travel arrangements, including Date / Airline / Travel Plans (with the main group) regardless of whether you plan to travel with the group so we can organize everything appropriately.

Do you know of anyone who doesn't yet know what they are doing? Please tell us, or get them to contact us as soon as possible.

Thank you all in advance for your assistance and cooperation in the planning of this year's journey to India

Regards,  
*Avinash Nickkawde and Chris Kyriacou*  
Sydney

### Brass Collection

#### in time for the September New People's Program

We were wondering if, considering all the unused brass candlesticks, oil lamps, burners, etc we always seem to have laying around, perhaps we could polish them up and bring them along to the next new people's program. These could then be made available to new yogis and yoginis to take an item (or items) home that they may need.

If there are any items left over, they could be donated to the Radio Program Garage Sale later in the month.

We'll place a basket at the front of the meditation room in which to place your polished brass at the next new people program which will be on Friday, 7 September.

Jai Shri Mataji!

*Gillian Patankar and Liallyn Fitzpatrick*  
Sydney

# INTERNATIONAL NEWS

## News from the UK

### Program as Puja

The first public program at Royal Albert Hall felt like the cosmic dance of Shri Shiva. The follow-up program at Holland Park felt like the bliss and joy of the Heart chakra dancing in unison with the Sahasrara chakra.

On Monday evening, July 16th, I was lucky to arrive early enough to procure a seat quite near the front of the auditorium at the Holland Park School for the follow-up program. It is a school auditorium with space for approximately seven hundred. This space quickly filled up. Yogis met and chatted. The vibrations were very clear.

The bhajan group began singing and it felt like the time before puja in Cabella, before our Holy Mother arrives. If everyone had been dressed in kurta and sari, one would not feel any difference to Cabella.

Derek Lee, the leader of the UK, spoke in more detail about Sahaja Yoga. He was often quite funny and the audience was relaxed and in a good humour. The bhajans continued, the meditation and joy were overwhelming and then Shri Mataji arrived.

The evening continued as a puja. Aarti was performed, a garland was given and then Shri Mataji spoke to us. I do not remember much of what She said until questions were asked and answered. There were many questions and many answers. We all hoped it would continue forever so we could remain in the presence of our Holy Mother.

There were a few different questions asked about going into thoughtless awareness. At least one of those who asked about this was a Sahaja Yogi. The other two must have been going to programs for some months. It was very nice and brave of them to stand up and ask for us all.

Shri Mataji gave us three exercises to go into thoughtless awareness. I realize that this information has been given to us more times. I would like to share it once again because I felt that it suddenly cleared the Agnya chakra. First Shri Mataji said that we must forgive. The boy who asked the question said that he says this, but he doesn't mean it. Shri Mataji said that it does not matter. He should continue saying "I forgive everyone." It is a mantra and will work. We should also forgive ourselves.

To a second question, Shri Mataji responded that when a thought comes we say "not this, not this." In addition, we should practise watching the thought and find out from where it has come.

The third question was asked. "Shri Mataji, please, You tell us to forgive and to go into thoughtless awareness. It sounds so easy and simple when You tell us this. How-

ever, when we try to practise this and go into meditation, it becomes difficult and frustrating." Shri Mataji simply said that we can practise watching things without thinking, without reacting. In this practice the Agnya chakra will clear.

After a long session of questions and answers, Shri Mataji asked everyone to experience their Self Realization. Afterwards bhajans continued, children brought flowers to Shri Mataji, food was served and we worked on new people.

After Shri Mataji left the hall, the bhajans leapt into a joyous frenzy and we danced and danced. Prasad was given to all and chairs were stacked together. People slowly wandered out to the entrance and we awaited the departure of Shri Mataji. We awaited the departure amidst chatting and more chatting. At one point we all suddenly hushed and everyone stood, waiting... within themselves in meditation. It was nearly perfect silence for twenty minutes until Shri Mataji arrived and those lucky enough to be along the pathway were able to offer flowers. Shri Mataji left in Her auto towards Her home and we departed quietly to the different little ashrams in all the parts of London.

It was nice to be in England. Everything was so delightful, spontaneous and unexpected. I would imagine that being able to go to America now for Shri Krishna Puja would feel much the same.

*Dara Tittjung (Sahajnews)*

### "Calling the Sahaja Yogi"

I would like to share an experience that happened after spending a day in the company of Sahaja Yogis at a wedding reception.

Midway on my return journey, I was waiting for a tube at Green Park. A train came in and I got on board and sat down. An announcement was then heard on the intercom requesting, "Colin, the Sahaja Yogi, to come forward to the driver's compartment," which startled me.

I got off to run along the platform to the driver's compartment, to be greeted by Obi, a Sahaja Yogi, in the driver's seat with a big smile on his face!

So the rest of the journey was spent in good company sharing a driver's eye view of the London Underground. Thanks to Obi for being attentive in spotting me and giving me an interesting spontaneous event to complete a nice collective day.

*Colin Heinsen, London*

*(Open Heart)*

## News from the USA

### Shri Krishna Puja 2001

*"The one who is one with Shri Krishna enjoys everyone who is there. Specially if they are all realized souls, that person enjoys their company very much. That is something so easily understood in your lives if you see how you live happily.... It's something surprising that has happened to you, that you are all living so happily in one place together."*

Shri Mataji Nirmala Devi

### Satisfaction His Blessing

We gathered at *Nirmal Nagari*, Shri Mataji's land in New York state, to worship our Divine Mother. It was the third year that we have been there all together. But this time, in the last days of July, it was Shri Krishna Puja - the first international Krishna Puja in North America in sixteen years.

It is hard to describe the days in Canajoharie. They passed so seamlessly, one into the other. They were not so much days, as each of our lives stitched one to the next.

If you were to visit heaven, what would you say? "It was heavenly." Nirmal Nagari was heavenly. As it should be. Seven hundred Sahaja Yogis, brothers and sisters together, their Mother in Her house on the same land - that simple.

"Imagine in this place, you are all enjoying so much," Shri Mataji said in the puja talk, "You are living here so happy. Shows what? You are so satisfied." And the satisfaction was deep. It was clearly a collective union, a blessing of Shri Krishna.

We lived together, the mild hardships and inconveniences giving us opportunity to help each other, to serve our larger self. We enjoyed and laughed and moved in circles of love. Two days of entertainment, the puja and weddings. These were the events. The truth was something larger.

Before leaving for Canajoharie, I asked a question, that I could discover who I am. "Who am I really?" My answer came on a small rock, gifted from the Yuva Shakti to each yogi in attendance. On the stones were written qualities. Some said "wisdom" or "forgiveness" or "joy". On mine was penned "collectivity".

At *Nirmal Nagari*, I met myself in that collective, moving as one, in worship and satisfaction.

Richard Payment  
Vancouver, August 5

(Sahajnews)

## Birthdays!

*Our very best wishes to all Australian Sahaj yogis whose birthday falls in the coming week. May they have many happy returns of their special day...*

Lorraine Hirst  
Ramesh Manocha  
Chris Worsfold  
Isolde Auer  
Philip Lewis  
John Miles  
Chris Lee  
Heather Sattarshetty  
Mark Beaven  
Sandra Grant  
Savita Noone  
Rodney Woodhouse



# GENERAL NEWS

## The Fate of Two Young People at the Hands of the Caste System

I found myself talking to myself. Silently fuming over the injustice at the fate of two young people who were hung in the Indian State of Uttah Pradesh for daring to love each other across the great caste divide. Then I thought why not write what I'm thinking? Why not articulate it and express it? Put it out there. Stand up for what I believe in!

I'm sure it never crossed the minds of the parents of the girl, and the brother and sister-in-law of the boy, who did the nasty deed, as to how they might have felt if they were the ones to have been hung! And how could anyone cross such limits of human decency as to hang someone just because they believed differently? I know, history just keeps repeating itself. But let the question stand as if it were being asked for the first time!

According to the newspaper article it reported that the government couldn't do anything about it in its laws because it was not considered a social issue but a biological one. Biological, that is to say, one is born with it.

Now in the world, as I understand it, there are just four types of blood groups: A, B, AB and O. This is extended a little further by assigning a negative or a positive to each of these blood groups. So, for example, when a blood sample is taken from a newborn baby somewhere in India, does the doctor then find out while looking through the microscope, that the blood he/she is examining is AB Nat caste, or AB Brahmin caste, or AB Kshatriya caste and so on? I am absolutely sure that nowhere on our blood cells or genes is recorded the caste we belong to. If this were the case, the whole world would have to belong to one or another of these castes as well. And, we do, believe it or not! At least to the four major groups but don't tell the Indians that! Not yet! Let them cross the ocean of illusion called the Caste System first!

The Brahmin caste considers itself to be above all the other castes. A Brahmin is the one who knows Brahm. And the one who knows Brahm is the one who is Self Realised through the awakening of Kundalini energy. In these modern times Kundalini awakening is possible only through Sahaja Yoga. Prior to the advent of Sahaja Yoga, this was more of an intellectual knowledge passed down through the written word. Actualisation was rear.

The questions then arises as to how it is possible for millions of well-educated, semi-educated and uneducated people of the Indian population to believe themselves to be Brahmins if they do not have their Kundalini awakened. Also, to believe oneself to be above another is not true of a real Brahmin. A real Brahmin, the one who is Self Real-

ised, is one who is truly humble. And, a truly humble being places themselves at the lowest possible position, just like the ocean. As H.H. Shri Mataji explained in one of Her lectures, everything runs into the ocean because it is at the lowest point.

If people were to be type-cast then it stands to reason that there are 'Brahmins' all over world made up of people who are practising Sahaja Yoga or have touched upon Sahaja Yoga and have got their Kundalini awakened. And, the Kshatriyas would be those people who work in either the military or security forces, etc. etc.

Racism between black and white or yellow and red is comprehensible but not acceptable, because the difference, although only skin deep, is discernible through the eyes. On the other hand, racism practised through the caste system in India is not comprehensible because there is nothing in the physical to say that one Indian is different from another Indian. It is a concept.

Going back to the example given above, the only way the doctor is going to know that the blood group he/she is examining under the microscope belongs to someone from the Nat caste or Brahmin caste is by what that newborn's parents tell them. The knowledge of the caste that a person belongs to being handed down word of mouth from generation to generation and perpetuated through rigid fundamentalism.

The solution is for the Sahaja Yogis and Sahaja Yoginis of India, in particular, to put their enlightened attention onto the problem. Shuddha Iccha is also needed to eliminate this great negativity from the face of India. The next task is for the Sahaj collective of India to make a concerted effort to spread Sahaja Yoga in Uttah Pradesh so that such Hindu fundamentalism is washed away forever by enlightened reasoning and perception.

I imagine that it is not easy to be Indian nor is it easy to live in India. But then again, it is said that only those with great punyas have been allowed to take birth in India because of it being a favourite place for Divinity to take form. It is also the birthplace of our Holy Mother, Shri Mataji, the founder and teacher of Sahaja Yoga. It stands to enlightened reason then, that those Indians who have been blessed with being in Sahaja Yoga in India must possess such qualities within themselves that can achieve such a great, but yet so simple, task. A much-needed achievement not just for the benevolence of India but for the whole world because of the position India holds in Mother Earth's virata.

*Greta More,*  
Valla Beach, New South Wales, Australia.

## Old Marathi Letter

*The following is a translation of the original letter written in Marathi by Shri Mataji to all Sahaj Yogis on receiving rakhees from them:*

"Date :17 Aug 1978

Many many blessings to all.

I have received the beautiful RAKHEES lovingly sent by you. RAKHEE denotes a protective power. This protective bandhan is very powerful and at the same time delicate as it represents pure love between a brother and a sister. Whenever a sister ties this RAKHEE on a brother's hand, it establishes a relation of enduring protection by the brother for the sister.

Unfortunately, the sensitivity of human beings to the feelings of love has become so weak that tying a RAKHEE has become a mechanical ritual. In absence of a deep living faith all human actions and rituals become dry and lifeless. We are born in this life with a purposeful responsibility towards all Sahaj Yogis and are all the time aware of their love and devotion. Myself being desireless, I depend entirely on their desires.

It is customary for a brother to ask for something from the sister on this day. All Sahaja Yogis should therefore collectively let me know whatever they desire from my side. I am keeping very good health as this is the pure desire of all of you. I have to undergo a minor surgery for ear which is not a problem, and you need not worry about it nor feel unduly concerned.

RAKHEE bandhan is a very important day and one should desire on this occasion to become a 'whole', you should always have high aspirations and your attention should be to larger perspectives. Sahaj-yogis are not expected to waste their attention in petty small things. We have to work very hard. Those of you who have achieved good progress should still work out much more. We should open more centres. We must help the sick to cure their ailments and above all strive to bring people on the path of TRUTH.

Please circulate this letter to all the Sahaj Yogis.

Always remembering you all,

*Nirmala"*