

Sahaja Yoga

7th September, 2001



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

*Oh! Nirmala Ma,
Thy unbounded love is like the bliss
of complete fulfilment of moksha.*

*Thou art the Goddess of Music, and this song:
All its words and tune, comes from Thee.
Only with Thy compassion we become paar in Sahaj.
Please grant us the boon of Shri Nirmala Vidya.*

*Devas and great sages understand the language of vibrations
and the great prophecies of the Puranas.
May the seekers of Truth understand, may Humanity realise
these precious moments and Thy great incarnation.*

*Thou art the Adi Shakti seated on the cosmic Sahasrara
Showering Chaitanya and heralding the beginning of Satya Yuga.
Thou art the Mother of the Universe, and Thou art the Mahadevi.
Mother please grant us all the qualities and virtues
by which we can be Thy children in Reality.*

He Nirmala Ma
(Hindi Bhajan)



STATE NEWS

News from NSW

Sydney Collective Shri Ganesha Puja 22nd/23rd September 2001

The Hunter Valley and Central Coast Collective are pleased to invite you all to Shri Ganesha Puja 2001, to be held at last year's venue at Kariong Scout Camp. (See program at the back of this newsletter)

The purity of the pristine bushland breathes with the peace and innocence of Shri Ganesha. We hope to worship this tremendous son of Shri Mataji, and together as a collective imbibe his qualities.

Bohdan Shehovych
Central Coast, NSW

Bhajans this Saturday Evening 8th September

You are cordially invited to come for an evening of Bhajans on Saturday 8th September at 8 Chunooma Road Wahroonga, commencing at 7.30pm.

Please phone 9489 0907 if you need directions to get there.

Hauke & Dorothy Horn
Sydney

You are invited to...

A Sahaja Yoga One-Day Seminar NSW North Coast

At: Helena's – Lot 6 Fuerte Drive, Valla.
(rural side of highway)

On: Sunday 16 September starting at 10am
Earlybirds' cuppa at 9 am

Programme: (to be finalised) to include

- Individual treatments
- More mantras
- Special emphasis on Ganesha's qualities and the Mooladhara Chakra
- Bhajans and the use of music in Sahaja Yoga
- The role of the elements in clearing our chakra system
- Video and audio sharing
- Shoebeating and paper burning
- Collective silent meditation

Bring a plate to share for lunch, morning and afternoon tea provided. See Helena about these arrangements. If anyone would like to sleep over on Saturday night, you will be most welcome.

This programme is designed to help people new to Sahaja Yoga to enjoy the collectivity, joy and peace.

Be there and be cleared! Put this date in your diary now - Sunday 16th September.

Ph 6569 5153 for locality instructions.

Helena Campbell
Valla, NSW

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...

Peter Hodge
Megan McLaughlin
Sandhya Miles
Peter Corden
Juleen Sloan
Nutan Aerfeldt
Preeto Bolton
Chris Dobbie
Philip Noone
Reena Mehta
John Brownscombe
Nadine Licht

INTERNATIONAL NEWS

News from Uruguay

Rising Curtains Reveal Reality

On the 29th of August, we had the great satisfaction to receive 140 seekers in a public program in Montevideo.

It is a blessing for our very small collective to see how almost all seekers raised their hands as they felt the cool breeze. But the most joy was to me in witnessing how our Divine Mother does the work - whether we notice it or not. It is like being on a big stage, but with many curtains, one after another.

When the first program takes place, the first curtain is raised and one feels excited to have many seekers and wishes many of them become Sahaja Yogis.

Then, one raises the second curtain and realizes that very few or even none are going to stay and there is disappointment. But this time, raising another curtain, it was possible to see the divine work through all this program - no matter what are the results.

Montevideo is being cleaned. It is possible to see this fact, observing the continuously increasing number of seekers who come and receive Realization, their better quality and depth. For the first time, very young people came - even teenagers, who were very much receptive and helpful. When there was no place left, they sat immediately on the floor leaving their seats to elder people.

It is a big joy to see Mother working through Her little players and realizing that what really counts is to do what is needed with commitment and love.

Monica Almansa

Montevideo, Uruguay August 30

(Sahajnews 8 Sept 2001)

News from Niger

Niger now a Sahaj Nation

It is with joy that I am able to say that the African Sahaj collective grows, as Sahaja Yoga now exists in the country of Niger, of which the capital is Niamey.

This information has been provided by a Nigerian brother who got his Realization of Abidjan in Ivory Coast and who wanted to share this light with his brothers in Niger, a country located on the northeastern border of Benin.

He has said that a small group of Sahaja Yogis is already formed in Niger. Let us note that Niger is a purely Islamic country.

Our great prayer is that our Divine Mother Shri Mataji Nirmala Devi blesses this new collective.

Innocent Ahoglele

Porto-Novo, Benin August 21

(Sahajnews 8 Sept 2001)

International Puja Dates

Ganesha Puja: September 21 to 22nd in Cabella

Navaratri Puja: October 19 to 24th in Greece

Diwali Puja: November 16 to 18th in Los Angeles



News from USA

Reflections on Shri Krishna Puja

Outside of some very hardworking carpenters remodeling the stage and putting finishing touches on Mother's new house at Canajoharie, this year's Shri Krishna Puja was much more relaxed than the previous two years of Mission Impossible tasks - assembling the hangar in six and a half days and last year's mud fest.

What a treat to see hosts doing the normal puja preparation jobs in typical sahaj fashion - lots of smiles and great collectivity. It really felt like playing in Mother's garden with eight hundred of your siblings.

Shri Mataji's new house - a modest four bedroom home - is maybe a hundred metres from the road on its own winding driveway. The front of the house is nicely landscaped with local varieties of trees and shrubs. The hosting lakshmis, lead by the South Americans, did an outstanding job of furnishing and decorating the interior. Shri Mataji and Sir CP were able to accommodate members of their family there and were only a short drive away from the evenings' events at the hangar.

Some nice amenities have been added to the camp including lights and running water in the bathhouse, a new play area with swings and slides for the children, a courtyard next to the kitchen for serving and eating the food (including benches for sitting) and picnic tables next to the cappuccino bar (which also served sodas, snacks and root beer floats). Plus straw was placed under the canvas tarps on the floor in the hangar for some unfamiliar comfort. This year at Canajoharie was so different!

Of the puja itself, I remember how beautiful Shri Mataji looked, how the vibrations flow so strong and how clear and joyful and playful I felt afterwards. Thank you Shri Mataji again and again and again.

Mark Mays
Seattle August 30

(Sahajnews 8 Sept 2001)

Dreams Come True

All of us have a dream. Great saints, prophets, and even God have the vision of paradise on Earth, but we know that we are just characters in this great play. We don't decide anything, so we just hope that the desire of God is going to come true and we surrender our small dreams. But what would you do if all your dreams came true in a short space of time? Enjoy!

When I heard about the construction of Shri Mataji's house in America, I had the feeling that this event was one of the great opportunities that happens just once in life. However, I was not able to come. I was not even thinking about coming. Then suddenly Brazil's leader called me and just a few weeks later I was working in the Temple of God.

I always had the desire to attend the Yuva Camp in Daglio, to meet new yuvas and to know more about the yuvas around the world. And then in three weeks I was attending a USA Yuva Shakti seminar and I discovered what I already knew. We just speak different languages. The Yuva Shakti is in our hearts, is universal.

The time was coming to an end and I was supposed to go back in the middle of March, when Marcelo Peluso, another Yuva Shakti from Brazil, and I received the present from the Mother - one ticket to India to attend Birthday Puja. Amazing! And Shri Mataji gave us more. When we gave the present from Brazil, She knew that we were working on Her house, so She comforted us from all the suffering that we had in the hard, cold days of New Jersey, saying, "Are they working there? Must be very cold." And She smiled. Those were the simple words that just one Mother can say to Her sons to give them the strength to continue on their way, now with fire in their hearts.

I continued in my way, having the experience of living in the ashram, enjoying the wonderful vibrations of Canajoharie, discovering new brothers and sisters, working with brothers from all over the world. But it isn't over yet. Hopefully many dreams are still going to come true.

Every day here, working on Shri Mataji's house, I remember how great these six months of my life have been, how many things I have learned, how many things I've seen. And this helps me to go ahead and continue to believe that your pure desire can come true ... one day.

Daniel Jesus
Ridgefield Park, New Jersey

(Akashwani, July 2001)

GENERAL NEWS

An Experience to be Shared

Recently a seeker finally found her way to the divine lotus feet of our Holy Mother, Shri Mataji. She was quite unwell with the flu virus and had been diagnosed with having a too-high white blood cell count. A few people had recommended to her to try Sahaja Yoga. When I saw her I briefly explained why Sahaja Yoga would work and if she wanted to she could come to my house on a day when the children were at preschool.

She came and we immediately went into the meditation room. We were on the right foot so we got straight to the point. I explained the workings of the subtle system but do not recall at all what exactly was said. Then we went through the guided meditation to awaken the kundalini. After which, because of the urgency to normalise her centre heart, I took her through a gentle meditation using affirmations.

Somewhere, sometime after this I became aware that I could no longer feel her physical presence in the room. I couldn't figure out where she was seated in relation to me. All I could perceive was this golden light pervading everywhere. The walls of room had disappeared. My awareness was completely one with this all-pervading golden light. There was a deep silence that was tangible which was so soothing and nourishing to the soul.

In becoming aware of being in this state I almost panicked. And, this brought me out of that state to another awareness that only a small sliver of myself, on the far side of her, was left as a physical form which was acting as an anchor. The silence was so profound that I had to sit in meditation for a while longer. Then being respectful of her time constraints, I brought her out of that state. I was amazed to realise that she had been sitting only an inch or so away from me on my left. The golden light that had pervaded the room had emanated from her Spirit.

When I asked her to feel the vibrations at Sahastrara she was feeling warm breezes on her palms, so I took her through a cool footsoak and then went on to balance her left side using the mother earth, at the end of which she felt the cool breeze.

She left a radiant joy-filled being. She also graciously accepted a photo of Shri Mataji and a booklet explaining the subtle system. She is back at work now and is her usual dynamic self. She has also said that she will be joining the Friday evenings' after-school/before-dinner programmes that have recently started up here at Valla Beach. This young woman was totally unaware of the profound experience she had gone through but I will always remember it now that I have also shared it with you.

Jai Shri Mataji.

Greta More, Valla Beach, NSW, Australia

When Your Vishuddhi is Established

*When you are having a lot of difficulties
and, despite that, you stay in the Sahaj collective,
your Vishuddhi is established.*

*When you can see every event, bad or good,
as a film shot in life and you are a spectator,
your Vishuddhi is established.*

*When someone insults you and you stay indifferent
and don't react,
your Vishuddhi is established.*

*When people harm you by their speeches
and you respond with the silence of a bandhan,
even if you are right,
your Vishuddhi is established.*

*When a Sahaj brother, a Sahaj sister or anyone
expresses to you his or her problems and, by your advice,
you relieve him and calm his anxiety,
your Vishuddhi is established.*

*When you take the floor somewhere
and people seem to hear a divine melody and relax,
your Vishuddhi is established.*

*When you dress properly
without exposing the ultimate parts of your body,
your Vishuddhi is established.*

*When opening your mouth, you tell only the truth,
your Vishuddhi is established.*

*When you have something
and you can share it with your brother, sister or anyone,
without ego,
your Vishuddhi is established.*

*When you make people happy by your presence only,
your Vishuddhi is established.*

*When you can easily talk to someone about Sahaja Yoga,
your Vishuddhi is established.*

*When people are from the American continent
and you have all these qualities ...
America is established.*

Millefort Lando
Cotonou, Benin

(Akashwani July 2001)