

Sahaja Yoga

14th September, 2001



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

"...Artists have to raise the public eye to their standards of taste; and not to stoop down to the cheap demands of the public, thus surrendering their freedom. This can be done by contacting of educational and social institutions, by the enlightened artists. Through articles in magazines and newspapers, the ideas of such artists can be propagated. Through dramas, films and radio talks, people can be educated for the understanding of real art. Thus the dignity of art can be maintained.

By coming in contact with the public at large through these societies, the social-self of an artist will develop into a keener and more sensitive being. It will react to the slightest unrest in the nation; to the slightest imbalance in the society. If he sees a leper on the street, his heart will go out with such sympathy that, through his art, he can create an atmosphere by which social workers, doctors, scientists, and the people in charge of the state will be forced to think of some solution to the problems of leprosy. If an artist finds his countrymen being unpatriotic or cowardly, he can, through others, create a deep impact on their minds. Such is the motivating power of an artist. They are the loveliest flowers of the creation, the sweetest dreams of the Creator, and the dearest parts of the human society.

Perhaps they do not know how they are loved, worshipped and followed by their spectators..."

Mrs. N Shrivastava
(extract from souvenir - India 1961)



STATE NEWS

News from NSW

Mother's Love Pre-School

The preschool in Burwood is very nearly finished and looks just great. It has brightened up the whole street.

In the next month names will be taken and places will be filled. The amount of children attending can reach a maximum of 27, so I think it will fill up very quickly.

This has been a tremendous undertaking from the very concept to the completion. A genuine collective response has been responsible for the quick progression of this auspicious project and for those who have taken part in one way or another it has been the greatest privilege.

For some people it is obvious that not just Sahaj children, but all children are our greatest concern and our greatest hope for the continuity of Sahaj culture, so I would like to think that this is just one of many preschools to take root and sprout up all over this country of innocence.

Jai Shri Mataji
Mark Beaven, Brisbane

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...

Nadine Licht
Lyndon DeValle
Bevan Pearce
Jessica Salehian
Maria Sandery
Sharon Nangle
Judith Evans
Belinda Mascarenhas

News from Western Australia

Divine Cool Breeze News

Dear Brothers and Sisters,

From the feedback I have received, everyone is very pleased with the new format and it is truly wonderful to have Shri Mataji's talks being presented to us in this form once again.

The July/Aug issue has been delayed, so please do not think you are forgotten. Missing issues I am told will be sent too. Please be aware that your expiry date appears near your name on the address label. When it is due the next month, it will be highlighted in yellow, when it is due within that month, it will be highlighted in pink. It is vital for your renewal cheques be sent on time (or before) so you do not miss any issues. Please make the cheques payable to Suzanne McHutchison and forward them to PO Box 364, Exmouth 6707, Western Australia.

My email and phone number are:
suzanne@nwc.net.au
08 99 492054.

Online payment can also be sent or direct deposit, but please inform me that you are doing this, as the deposits on the statement are not reflecting the person's name.

Bank Account details are:

Bank:	Challenge Bank, Exmouth
Account Name:	Suzanne McHutchison
BSB:	736 180
Account No:	523942

For new subscribers, the cost of 12 months' subscription is Aus \$63 which covers (hopefully) the cost of the magazine, postage, envelopes and bank charges (even though we no longer pay FIDS, we are charged \$5/month service fee and \$10.70 per bank cheque to the States).

Happy reading!

With much love,
Your sister *Suzanne*
Exmouth, Western Australia 9/9/01

INTERNATIONAL NEWS

News from Bali

Sahaja Yoga Programs in Bali

Sahaja Yogis from Australia will be travelling to Bali over 18-25 November to hold public programs and develop the local sahaja yogis. We will be joined by our brother and sister yogis from Jakarta and assisted by the nascent collective in Bali.

If you are interested in participating in these historic programs please contact:

*John Fisher in Canberra -
jdfisher@hotmail.com 02 6232 4455
or Ramesh Manocha in Sydney*

News from USA

Appreciation for Collective Concern from the Yogis of New York

Dear Brothers and Sisters:

Many people have been calling to check in, to make sure that everyone in the New York collective is OK. Thank you all for your concern and your well wishes.

At the moment we have heard from a number of the yogis who live or work in New York, but the phone lines are completely clogged, so there are many that we have not been in touch with yet. Everyone that we have heard from or about is OK.

Once I know more, I will send around another message, but for now, I am just going to send this to everyone in my address book, because I know there are many who have been trying to get through but are unable.

Let us all have confidence that, by our Mother's grace, the collective has been and will be protected and that some positivity will come out of this calamity. And let us all give a strong bandhan and a prayer for the thousands of people who have been killed or injured and for their families and friends.

With love,
Your brother,
Paul Ellis, New York

News from New Caledonia

Sculptors of Noumea (Part 2)

We have the great joy to présent our latest collective-creation....

In two afternoons full of joy, Shri Ganesha took birth in our small collective, by the grace of Our Mother (see picture below). It was a great expérience for us, who have never done any sculpture before, or any other manual art!

Please, all our brothers and sisters of Australia and New Zeland, and every where, come and visit us for few days of holidays.

Five of us are preparing themself for India in December. It will be a joy to meet every body. Lots of joy for your days before Shri Ganesha Puja.

*from Catherine
for New Caledonia Collective*



News from India

Notes from Maharashtra Seminar 2001

Here are some brief points discussed in the seminar recently held at Ichalkaranji, Kohlapur on 7-9 September, 2001.

1. False ideas about Sahaj yoga are due to the left-sided bhoots and such kind of people are not dedicated hence they speak wrongly.
2. Shri Buddha is the God of knowledge, hence the whole of Sahajyoga can be encapsulated in the three sayings of Shri Buddha ie
 - a) '*buddham sharanam gachami*': Surrender to the God who is Giver of pure knowledge that is Sahaj knowledge.
 - b) '*buddham dhamam sharanam gachami*': Surrender to the Sahaj dharma which in one word can be said to be humbleness.
 - c) '*buddham sanghamam sharanam gachami*': Surrender to the collectivity that is the Virat collectivity.

All the Sahajyogis must follow these things in their life and this was the main aim of the seminar.

3. Knowledge is scattered all over the world and in order to collect that sahajyogis must have vision so that he can gain knowledge from every where around him.
4. One must have pure desire and dedication in sahajyoga. All the miracles we witness in SY are just a manifestation of supreme power of truth. By complete dedication, one will receive all glory, ego will be destroyed and one will become 'Buddha'.
5. Shri Mataji has said that whenever you get any kind of disease just keep water in front of Mother's photo and pray to Mother that 'please Mother convert this water into medicine', say Atharvasheersha and drink that vibrated water or apply that water on skin.

Dedication to Mother and five elements can heal any kind of disease. Mother has suggested a remedy for white patches on the skin: take pure coconut oil, add 'bhimsen camphor' in it and keep it in front of Mother's photo and say atharvasheersha seven times and just apply it to the skin.

6. One must get rid of the six enemies. one can get anything by praying and also when one is attacked by any negativity one can come out of it by praying and by humbleness.
7. One can not grow spiritually when sahajyoga is brought to mental level. If mind stops working one goes in coma, but still the person is alive as his heart still beats. But if heart stops beating the person is said to be dead. Accidents occur when one is imbalanced. The whole universe is created out of seven energies which are placed in humans in the form of chakras.
8. Maharashtra is said to be most blessed as it is located in the India - the land of saints. The world's Kundalini and the 'Ashtavinayaka' are located in here, which is the base of spiritual accent. Also Shri Mataji opened the 'sahasrara of the world' in Nargol, near Dahanu. All the 35 crores of Gods and Goddess requested Shri Mataji to incarnate, then Shri Mataji, individually spoke to each God and then at end Shri Mataji agreed to incarnate. Also during the opening of sahasrara all the 35 crores of Gods and Goddess were present at that moment. Hence the start of spirituality and the peak point of it is in Maharashtra.
9. We have not come into Sahajyoga by our wish but 'paramchaitanya' has enlightened us and pulled us into Sahaj.

After enlightenment, chaitanya started flowing through air, reached our hearts by our ear and all this occurred by Mother's compassion. She picked out all those people who worked for Sahaj. It is like water flowing from height generates electricity which is then transported to homes which are then lighted and darkness is destroyed. Similarly the light of Sahajyoga must reach all the homes of people. We are in need of Sahajyoga and hence in order to obtain that we must be humble enough to receive it.

One must realise our responsibility in this, our job is to be like lamp poles at station that give light. We must not keep this enlightened lamp under table but on table and light up the whole room. In this whole process it must be remembered that the flow of this divine comes from Shri Mataji and not from us. Hence we must be good instruments that spread this Divine light. Shri Mataji is creator of everything even the Maya ie illusion, one must not get entangled in this Maya. Each seeker is tested after getting Sahajyoga. Mother has given us a diamond to everyone who desired to obtain it. Then all such people are tested afterwards. All the protocols are made out of Love and we must be a Sahajyogi.

10. During meditation, it is very beneficial to keep attention at 1 or 2 feet above sahasrara. We don't have much time left and hence we can't afford to lose what it obtained.

Morning meditation is very important. If chakras are not kept clean accidents can occur. Our sole objective must be how to go more deep. Listening or watching or reading of Shri Mataji's speeches must be done daily to go deeper whatever is heard must be followed with respect. All things are done sahaj with attention on Sahasrara. Music or speech must be listened through Sahasrara. One must desire and work accordingly and desire must be depending on capacity.

11. Science in Sahaj yoga: While taking tying our Kundalini in bandhans 1st time our hands moves Kundalini rises like spring, 2nd time in upward in clockwise direction and 3rd time it rises straight. Why tie kundalini 3 times? These three times symbolise the 3 powers of Maha Kali, Maha Saraswati and Maha Lakshmi. After that while taking 'kavacha' Kundalini when it is on Sahasrara it scatters all its powers around us to form a protection. As one meditates that path of Sushumna widens and as a result we can enter into a state of deep meditation. Our Kundalini is in sacrum bone and Shri Mataji must see our Kundalini, hence we touch Earth we bow down to Her. While we bow down to Mother Earth, all the negativities form Agya chakras are absorbed by Mother Earth and hence we feel light. Why say Maha-mantras only? All the description of Mother is given in the Maha-mantras that is 'Ohm' is made from 'a'+ 'u'+ 'm'. Adishakti then created the whole universe after the formation of 'aum' took place.

12. If meditation in 'nirvichara state' is done for 24 hours long the powers are active and flowing in Sushumna which is the real power.

13. It was requested to every SY to pray for the completion of various projects under taken in Maharashtra. Some of them are 'Music Academy in Vaitarna', 'School in Sherre, Pune', 'Plantation of various medicinal plants at different places all over Maharashtra'.

14. Also the demonstration for some treatments were given along with the explanation. We also had the Question hour where the new SY asked lots of questions.

Jai Shri Mataji, Hemangi Pitale, Sahajyogi