

# Sahaja Yoga

9<sup>th</sup> November, 2001  
16<sup>th</sup> November, 2001



## Australian Newsletter

***Jai Shri Mataji!***

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*"If you treat an individual as he is, he will remain as he is. But if you treat him as if he were what he ought to be and could be, he will become what he ought and could be."*

Johann Wolfgang von Goethe

# STATE NEWS

## News from NSW

### Hunter Valley News

At last we have restarted programs in Newcastle.

James Lovett has been helping to keep the Newcastle Sahasrara in our attention by having weekly programs at John Hunter Hospital, but has now ceased in favour of helping us with a new Tuesday evening program in Colin Bower's house at 11 Northumberland Street Maryville. Phone 49697682.

Our other programs at Pelaw Main, 10am Tuesday and 7:30pm Wednesday are going well, with Albie, Judy and Greg from the Central Coast blessing us with their vibrational presence on the Wednesday evenings and other established Sahajis joining us when they can.

Also in this period of human turmoil we are having a Collective Havan at around every full Moon. And we have just started daily collective readings of the *Shri Lalita Sahasranama*, (1000 names of the Goddess). It's not always possible for us to get together every day up here, but with our attention on Shri Mataji and each other the collective love will increase.

With love to all

*Jacqueline Coulter*  
Pelaw Main

### A Break in the Clouds

Brian and Elisabeth O'Gorman of Wollongong were blessed and privileged to witness an event, a synchronicity, which was of great significance personally and no doubt has an important message for all yogis.

On Monday, November 12th, while driving south of Wollongong, they observed a dense black cloud approaching rapidly. Suddenly a break appeared in the centre, and through a perfectly-shaped heart a great shaft of sunlight shone through, revealing a clear blue sky.

### Christmas Hamper Raffle

A Christmas hamper raffle has been organized as a fund raiser for the Childcare Centre and National projects. With this raffle we would like to sell as many tickets as possible to our friends and co-workers, so that we can bring in money from outside the collective.

Tickets will be available at Burwood, and if each yogi could manage to sell some, the raffle will be a great success. To actually make the hamper we need all yogis to donate items.

Following is a list of suggested items that can be given to anybody from Ashfield Ashram or placed in the large box at Burwood:

- Any non-perishable food item
- Tins of ham or salmon
- Packets of nuts and dried fruits
- Jams and chutneys
- Teas
- Marmalades
- Shortbread
- Christmas puddings and cakes
- Caviar
- Lollies and chocolates
- Soft drinks and juices
- Pringles
- Any other items that you think would be suitable.

*Sarita Murphy 02 9716 6516*  
Ashfield

### Collective Picnic

#### Colo River, Saturday 24th November

You are cordially invited to join us for an end-of-studies-year and family picnic. All are welcome. Bring a barbecue lunch which we can all put together, and have an enjoyable day relaxing, swimming, canoeing etc.

**Date:** Sat 24th November

**Time:** 10.00am till evening. (Some vans may be available \$20 for overnight stay or pitch your own tents \$5)

**Place:** Colo Holiday Park. 20mins via Windsor on Putty Road (follow signs to Singleton). First park on right after Colo Bridge

*Please phone Shanti or Raelene Wright 02 4782 4965  
(or just turn up!)*

## Contributions Invited to Update Sahaja Yoga Song Book

We are about to reprint our songbook here in Australia, and would like it to be as up-to-date as possible. We are currently up to Marathi P: 58, Hindi P: 84, Sanskrit P: 16 and English P: 49. (I have seen a photocopied page from overseas with Hindi P: 108 at the top, so we must be a bit out-of-date).

If anybody is able to email us with more up-to-date page numbers, that would be great. We want to go to the printers in two weeks' time, so we would appreciate a fairly prompt response.

Emails can be sent to  
Chris Dobbie at [chrisdobbie@innocent.com](mailto:chrisdobbie@innocent.com) or  
[jsmiley@vtown.com.au](mailto:jsmiley@vtown.com.au)

Kind regards to everyone,

*John Smiley*  
JAI SHRI MATAJI!

## *Birthdays!*

*This week's birthday list spans the fortnight from 9th November to 22nd November. Our very best wishes to all Sahaj yogis whose birthday falls in this period. May they all have many happy returns of their special day...*

Jaya Naidoo  
Leela Brown  
Peter Brownscombe  
Eve Chapman  
Judith Groube  
Barbara Lorey  
Beena Kapodistrias  
Ilona Cheema  
Kevin Pauling  
Kay Alford  
Josina Van Den Houten  
Sandhya Sandford  
Shannon McIlroy  
Nancy Blanch  
Antje Blecken  
Sandhya Tedesco  
Shannon Bennett  
Dev Daby  
Ron Lorey  
Diana Reeves  
Neil Avoledo

# INTERNATIONAL NEWS

## *News from Greece*

### **After This War There Will Be No More Love is Not Difficult**

At the Navaratri Puja in Athens Her Holiness Shri Mataji Nirmala Devi spoke about the hatred in the world and in particular the hatred which still persists within the Sahaja Yogis and the inability to love and use the power of love, which is the only way to defeat the hatred.

Shri Mataji often stopped speaking, as though She was in the midst of a terrible battle. She even said that She was partly inside and partly outside.

She spoke about the hatred in the world and in particular the hatred which still persists within the Sahaja Yogis and the inability to love and use the power of love, which is the only way to defeat the hatred.

The overriding message repeated several times was that the Sahaja Yogis really have to face themselves, to look deeply within our hearts and see if we are as we should be, if we truly have love or whether there is still hatred.

Before starting the talk, Shri Mataji had Her chair moved right to the front of the stage as though She wanted to talk to us in a very direct way and get through to us.

During the talk She asked several times, "Have you understood what I am saying?"

In the talk, Shri Mataji said that She would never say anything against Islam or Mohammed, who was an incarnation. Islam means "surrender to the Divine", which is Sahaja Yoga. But in Islam there are seventy-four different groups and, amongst these, some are just using the name of Islam to spread hatred. There is even a group that does not even believe in Mohammed or in the Koran, but just in Allah, with whom they have no connection, so they can do anything they like and justify everything. It is impossible to reason with them. In actual fact, they are devils disguised as human beings and their aim is to bring hatred into the world and bring forth destruction. They have schools where, from childhood, they teach people how to hate. Even Pakistan is now realizing that these people have to be stopped, but in the past even they promoted these schools.

She said that it is a terrible thing that She should come on this Earth in this time and see this hatred in Her creation that has evolved from the amoeba to the human state.

It is not difficult to love and it is the thing that gives us the

most happiness and yet we cannot do it.

So what must we do as Sahaja Yogis? The most important thing is to introspect and see if we still have any hatred within us. In the past, the evil and demons could be easily recognized and destroyed by the Devi, but nowadays it is more subtle. It is important that Mahishasura and the asuras who are trying to spread hatred in the world be destroyed. So we really have to look deep into our hearts and see if we are all right, do we have any hatred, do we really love? First of all, we have to destroy any hatred in us. If Sahaja Yogis do not have love for each other and for others, then who will have it?

Shri Mataji said that we are all in Her heart and that She cannot fight this war on Her own, declaring that Her powers are available to us and She asked us to stand up and fight this war beside Her.

Developing our powers, in particular the power of love, is the only way that hatred can be destroyed.

After this war, there will be no more wars.

The problem with Sahaja Yoga is that people come and they start enjoying themselves and forget that they have to spread it to everyone.

It is a very serious situation and this hatred wants to destroy the world.

If we don't fight it, there may be no more human beings, no more children.

So Shri Mataji asked us to go into meditation and look into the bottom of our hearts and eliminate all that is not all right within us and use the power of love.

The puja that followed was very short and intense - no washing of Mother's Feet, no elements. Puja was done to the Devi with the desire to remove anything from our hearts that is causing distress to Shri Mataji.

Jai Shri Mataji!

*Antony Visconti*  
Milan, October 23

*For a fuller understanding of this puja talk, listen to the audio or video tape. A synopsis of Shri Mataji's words will also be published in the Divine Cool Breeze.*

*(Sahajnews 27 October 2001)*

## News from America

### In Balboa Park, San Diego

On September 16th the Sahaja Yogis of San Diego held a free meditation workshop in beautiful Balboa Park.

It was all very spontaneous. Nothing was planned way in advance. With the help and guidance of three yogis from the Los Angeles ashram, the spreading of Sahaja Yoga was both fun and successful. All in all, probably about twenty people received Self Realization.

It was suggested during our Saturday meditation meeting that maybe we could have a Self Realization workshop on Sunday. Given what had happened on September 11th, we were a bit hesitant about giving Realization on a week when people were mourning the loss of so many lives. However, by Mother's grace, the meditation workshop was successful. We had a lot of fun and felt so much joy giving Realization to others. We found a nice, shaded area of the big park and put up our canopy along with a big picture of Mother, as well as a chart of the chakras. Then we gave a collective bandhan to take away any negativity preventing the seekers from getting their Self Realization.

It was very disorganized in the beginning. We were told that there was going to be an event in the park to mourn the lives lost on Tuesday, with more than ten thousand people expected to attend. We found a place in the park that was in front of a pool of fish and floating lotuses. We had a sign to attract the seekers to the tent, as well as brochures for them to pick up and read. While some yogis and yoginis waited in the tent, other yogis went out to the main part of the park to attract the seekers by giving them brochures and asking them if they wanted to attend a very brief, free meditation workshop. The words "*free, short meditation workshop*" seemed to attract people. We also asked people if they would like to "learn how to meditate". Then we lead them to the tent where the yogis gave them a very brief description of the subtle system and then gave them their Realization. Some people said they could feel the cool breeze while others said they felt calm and relaxed. Afterwards, they were treated to some food and drinks.

The yogis of San Diego have decided that we should have these meditation workshops every month to get seekers familiar with Sahaja Yoga.

*San Diego September 16*

*(Sahajnews 27 October 2001)*

## News from the UK

### British Fair Draws Large Numbers

Over five hundred people received their Self Realization at the *Mind, Body and Soul* Exhibition in Colchester England on the weekend of September 29th and 30th.

We had eight chairs and eight yogis working on people non-stop for eight hours. Often people were queuing and could not get in. Most had very strong experiences and all were very receptive. Many brought their friends, parents, children later on.

*Grazyna Anslow*

October 3

*(Sahajnews 27 October 2001)*

## News from India

### Teachers Wanted

The International Sahaja Public School is currently interested in receiving applications for the posts of primary and secondary school teachers for the year 2002.

*Successful candidates will be*

- Established Sahaja Yogis
- Dynamic, versatile and adaptable
- Willing to offer services for at least one year

*They will have*

- A relevant university degree
- Relevant teaching qualifications
- One year of teaching experience is preferable

We are particularly interested in applications for the post of sports and outdoor activities teacher.

***Applications should be faxed asap to  
The Principal,  
International Sahaj Public School, Talnoo,  
Dharamsala Cantt.,  
Kangara, HP, India 17621***

Fax: +91 (0)1892 21535

Tel: +91 (0)1892 21225

or +91 (0)1892 21766 robert\_nathalie@yahoo.it

Interviews will be held in December 2001, at Ganapatipule

*(Sahajnews 27 October 2001)*

## To Welcome You Home

Approximately 350 Sahaj brothers and sisters from various towns in Maharashtra collected at Ganapatipule.

The occasion was to worship our Beloved Mother as Shri Ganesha to seek Her Blessings before starting work on the Ganapatipule Seminar. After the puja, havan was also performed to remove all obstacles that may come in the way of organizing the seminar this December. The atmosphere was full of vibrations.

Mr RD Magdum informed the collective about the importance of Ganapatipule and wished that, like previous years, the seminar this year will be a pleasant experience for thousands of Sahaj Yogis and Yoginis coming to Ganapatipule.

The collective wish was to welcome home the thousands of Sahaja Yogis and Yoginis who left the shores of Ganapatipule last year and that they will return with more and more friends and relatives this year.

Jai Shri Mataji.

*Sushil Pugalia*  
Ganapatipule October 7

*(Sahajnews 27 October 2001)*

## News from Africa

### Message from Benin

Here in Benin, in West Africa, we are very well and have done the special puja to our grand brother Shri Ganesha and we pray to Mother in this form to destroy all the obstacles and rakshasas at this moment which is Satya Yuga.

At the Ganesha Puja we absorbed a lot of cool breeze, which resolves the problems of this world. Thanks and recognition to our Mother. Jai Shri Nirmala.

*Innocent Ahoglele*  
Cotonou, Benin

*(Sahajnews 27 October 2001)*



## This is What is to be Asked

‘So today’s puja is specially to be done with a prayer in your heart that

*“Shri Ganesha, please be kind and merciful and forgiving that You manifest within ourselves.*

*Let all these hypocritical things, all these conditionings and all these wrong ideas we have or all the wrong life we have had should just disappear like thin air and let the beautiful moonlight of your soothing qualities of innocence be manifested through us.*

*Let us manifest these qualities.”*

This is what is to be asked.’

*Her Holiness Shri Mataji Nirmala Devi*  
Shri Ganesha Puja 1990

*(Sahajnews 27 October 2001)*