

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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"She was slender and beautiful and girlish – and she was both girl and woman. She remained both girl and woman to the last day of her life. Under a grave and gentle exterior burned inextinguishable fires of sympathy, energy, devotion, enthusiasm, and absolutely limitless affection. She was always frail in body, and she lived upon her spirit, whose hopefulness and courage were indestructible. Perfect truth, perfect honesty, perfect candor, were qualities of her character which were born with her. Her judgments of people and things were sure and accurate. Her intuitions almost never deceived her. In her judgments of the characters and acts of both friends and strangers, there was always room for charity, and this charity never failed.

I have compared and contrasted her with hundreds of persons, and my conviction remains that hers was the most perfect character I have ever met. And I may add that she was the most winningly dignified person I have ever known. Her character and disposition were of the sort that not only invites worship, but commands it. No servant ever left her service who deserved to remain in it. And, as she could choose with a glance of her eye, the servants she selected did in almost all cases deserve to remain, and they did remain.

She was always cheerful; and she was always able to communicate her cheerfulness to others...The love which she bestowed upon those whom she loved took the form of worship, and in that form it was returned – returned by relatives, friends and the servants of her household. It was a strange combination which wrought into one individual, so to speak, by marriage – her disposition and character and mine."

Samuel Clemens (aka Mark Twain)
-excerpt from a description of his wife



STATE NEWS

News from South Australia

Greetings from Adelaide

Last month our collective was involved in Mental Health Week and gave Realisation to several aborigines and refugees at the *Mental Health Expo* run by the Nunkuwarrin Yunti of SA.

Our small collective is growing steadily and we are desiring an ashram. A property in the Adelaide Hills has come to our attention. If any yogis feel that they would like to spend some time in Adelaide to help us in our many endeavours we would appreciate this, as there is so much demand at the moment and we do not have the numbers to respond effectively.

We have also been actively fund-raising through our Indian Cuisine stall at an Adelaide Hills produce market. This has been a great exercise in collectivity and most enjoyable. In addition we have put out the *Anna Purna Cookbook* which has a beautiful photograph of Shri Mataji cooking on the front cover. If you wish to obtain a copy please contact Uma Nadarajah on 08 83386598. The cost is \$7 plus postage.

We would also like to take this opportunity to thank the Melbourne collective for a wonderful Diwali Puja weekend at your glorious property. For your great hospitality and to the great lengths you went to make us all so comfortable and welcome.

Jai Shri Mataji

Maria Sandery
Adelaide

News from Queensland

Yogis wanted

We are looking to start an ashram in Brisbane.

Anyone interested please phone Joanne Bhasale on (07) 3420 0883.

News of Victoria

Reflections of Diwali at Hiawatha

This is not a literal account of the great event which was the National celebration of Diwali Puja at Hiawatha, but is a mere reflection upon that beautiful place, and of time spent in the company of Yogis from around our wide and fair land, who had together gathered for the solitary and sacred aspiration of collectively worshipping Shri Mataji Nirmala Devi.

There is nothing as elevating as leaving all personal considerations aside, and to immerse oneself within the one collective, drawn from all collectives, and in unison, seek to worship our Creator.

It was an occasion of great consequence enacted with great love, and vision, by the Victorian collective, who brought great credit to their State.

Many of us had travelled by long and winding roads, and for many hours from homes far away, yet somehow we were made more sanctified, and made better by such discipline, by overcoming any discomfort, and inconvenience; recognising the grandeur in the beatings of the heart, and in shared fellowship, and kindness, as we watched the misty morning haze rolling down the green valleys, which made a lovely scene even more lovely; here amongst the Australian wilderness.

One last turn, one last rise and we are there at Hiawatha. The camp is situated upon a plateau, at a place where the forest covered mountains have all opened out themselves, and made a hidden valley of their own, far from sight known to only those who reside within this place.

From the road no habitation can be seen; but they who have journeyed here soon find themselves alone, with a few sheep, with rocks and stones, and tall trees and birds that overhead are sailing in the sky.

Here far from the teem and bustle of the works of Man we live amongst Nature's high objects, and Her enduring things, of life and nature; purifying us all, our feelings and thoughts.

We wander and move about and if from the public path one turns, then perhaps by chance you will find the bubbling brook, and within the flowing water appears smooth worn stones, and to that simple object you may wander towards placing your feet within cool clear waters, or along the steep upright path your feet may struggle; in the bold ascent of the mountains before of you, for courage is needed to conquer these inclines.

It is moments in truth of utter solitude summon us up to the mountains: to be alone with Nature amidst the mists that come upon the heights, and there we looked below to the green valleys, and the stream and rocks, and rolling fields, and where clear air can be breathed creating pleasure in

the heart.

The presiding Spirit here this weekend leads one to revel in the joy of nature and our collectivity, made all one through Shri Mataji's grace, and though we are ranging up and down the valley and along the banks of the running river our sole employment; our Life, is one enjoyed in the Presence of Holy Shri Mataji, who is like the air for our life,

To be with yourself, and with your own enjoyment, amidst the sheltering trees, and gusting breeze, and shadows, and sunny radiance upon leaves, amongst nature's cathedral, where we all know happiness.

Shri Mataji Nirmala Devi is the wisdom, and the spirit of the universe, the Eternity of all thought, and gives the breath of life to all forms and images. Here amongst the assembly of Yogis the pressures that build up within the human soul are put at rest.

Beneath the trees' boughs that shed their leaves and blossoms upon green fields of grass, the brightest sunshine spreads around us. On Saturday we enjoyed spring's unclouded weather, and sat upon the earth surrounded by birds and flowers, we were indeed the happiest of guests in this company of the blessed, who through fate had brought us far from the busy world.

At noon, amid the calm of midday, beneath the rolling hills, we gathered for cleansing Havan, collectively and in solitude, such communication is made with our inner spirit

When the sun set it was visible for many miles, and in the west the amber sky of evening died away, the lights from the windows of our Hall, through evening night blazed, it was a happy time for all of us; it was a time of great joy, clear, and loud, while above the stars were sparkling clear as we witnessed a display of fireworks which delighted us all.

It is a beautiful evening, calm and free, the holy time for Diwali Puja has come, it is quiet and still as one takes their place sitting down together in tranquillity.

Although it is maybe but a mere Scout Hall, through our worship it has become a Temple, the inner most shrine where we can be with God, and where She perhaps maybe with us.

Following the ancient protocols made anew through Sahaja Yoga we sing Her praises, to Almighty Shri Adi Shakti, so that Her formless form is worshipped, and the mighty presence of Her Divine aspects are awakened within us, and bless us with their eternal vibrations and presence, and that we may be touched by solemn thought, and through our worship our Nature is therefore made less human, and we become more realised soul, and that we maybe moved to deeds which will help Our Divine Mother with Her great vision to enlighten and transform our world.

Chris Kyriacou, Sydney

News from NSW

New People's Seminar at Burwood Ashram

Sunday 9th December 10am until 3pm

Please keep in mind the coming major seminar / workshop to be held at Burwood Sunday December 9 and encourage all those people to attending your local program to be present.

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

The seminar is aimed at deepening people's experience and enabling the seekers to meet with each other, and the wider collective.

The seekers should see an expression of our collective love, experience deep meditations, miracles of Sahaj, and Shri Mataji.

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.

Can everyone continue to encourage those attending their programs to participate in the seminar.

From our perspective we need to keep a track on the numbers of people attending to ensure Burwood can cope with those attending so can we take bookings.

A notice is also being sent to over 800 nurses who attended the *Alternative Therapies Conference* earlier this year, so they will have an opportunity to follow up upon their experience (see last page of this newsletter).

After this week's Friday night program can we ask for volunteers to stay back and help us place the notice within the envelopes we will be sending out.

Chris Kyriacou
Sydney

Relief Teachers needed for Childcare Centre

Needed—a list of possible relief teachers for Mother's Love Childcare Centre.

Anyone interested in taking on this rewarding part-time role please contact Raymond Hampton on 0409 986 591 or 9498 6591.

SMND University

We need to do an academic audit of the NSW collective.

All those with degrees please contact Raymond Hampton urgently on 0409 986 591 or 9498 6591.

Christmas is Fast Approaching

Christmas is fast approaching and so is the draw of the Christmas Hamper Raffle.

Could all raffle tickets please be returned by next Friday 7th December. At the very latest they must be brought to Burwood on the 14th as we will be drawing the raffle that evening.

The hamper itself still looks a little small. All donations greatly appreciated.

Sarita Murphy, Sydney

Lost and Found

Lost at Diwali Puja in Victoria: one grass-green Kashmiri shawl with pink and yellow embroidery.

Found at Diwali Puja: one darker green shawl (reverse side red), very new and very beautiful

Please contact Prue Page (02) 9556 4021

Birthdays!

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

Tatiana Hewitson

Alfred Hewitt

Claire Pisani

Lisa Barron

Annette Scott

Paul Henwood

Alison Lockyer

Peter Corpe

Gulshan Fisher

Rajashree Smiley

Helena Campbell

Dianne Dellow

Richard Magers

INTERNATIONAL NEWS

News from Bali

Bringing Sri Mataji's vision to Bali – the land of Sita's jewels

Over 19-25 November four yogis from Australia (Perth, Canberra and Darwin) and six from Indonesia's capital, Jakarta, visited the Indonesian island of Bali to hold public programs and help establish the people we gave realisation to last year. Sri Mataji had requested us to hold programs last year. The local yogis had also received at least three separate follow up visits from Australian yogis and one from a Finnish yogini in the interim. (If you are going there – or can stop by on your way elsewhere – please make contact and help them establish in Sahaj.)

To remove any obstacles and built the auspiciousness for the events, on 21 November the yogis held a Mahakali havan and Ganesha puja at the house of the Balinese coordinator, Mrs Etty, to which around 12 local yogis came. Despite the yogis having very little experience of pujas the vibrations were strong. The yogis keep on going with mantras far in excess of those we had planned. Mrs Etty has built a room on top of her house for Sahaja Yoga programs and it should form a strong base for the growth of Sahaja Yoga and the spreading of the news of our Mother's advent.

To alert the local seekers to the public programs, we arranged for advertising in the local paper and for some handbilling and posterage as we did last year. The two public programs and one follow up program were held at the Denpasar (Bali's capital) Arts Centre. We also arranged for some local gamelan players to come and play local gamelan (gong) music before the programs. (Gamelan has some resemblances to Indian classical music.) The musicians also got their realisation. The leader was ecstatic and said he planned to begin composing spiritual music. Before the program, at which Robert Felix – the Indonesian coordinator – played a lead role, Ramaa Purcell sang the Sri Mataji's three great mantras. Even hearing these some of the new people said they felt the cool breeze.

Both public programs were well attended, with around 220 new people coming to the first and 250 to the second. The first program was reasonably light and people enjoyed it a great deal. As was the case last year, the second program was harder work vibrationally for the yogis. Bali is very attuned to the spiritual side of life (they conduct ceremonies very frequently and it actually consumes a large proportion of their incomes). There is consequently a great interest in things spiritual – and, unfortunately, black magic and false gurus – in Bali.

Around 190 people came to our follow up program on the Sunday – of which around 60 had not yet received their self-realisation. We introduced them to true meditation and handed them over to the local yogis. At this stage they will meet in a school and a government office – which means that there are now three venues for Sahaja Yoga in Bali. The people were very keen although there was a some heat around as well.

Although reasonably inexperienced, the local yogis already have a strong devotion to Sri Mataji. We conducted two small seminars for the local Yogis and reinforced/taught them about puja, footsoaking, shoebeating and three-candle treatment. They were very keen to learn and we started the main seminar at 7am on the Sunday before the public program at 9am. The yogis came back again later that evening and hosted us to a dinner on the beach – coconuts, fish, squid and prawns in a restaurant right on the sand. Local musicians played Cuban Samba music as we watched the lights and the water.

By Sri Mataji's grace, around 500 new people received their Self-realisation over the week we were there – taking the total to over 1200 since mid-last year. For our information we asked the new people how they had come to know about Sahaja Yoga. Around 5 percent said they had come through posters or handbills, 10 percent through friends and 85 percent through the four adverts we placed in Bali's premier newspaper (as a non-profit community organisation we received a remarkable 75 percent discount on the advertising).

Of course it was not all work. We managed to fit in some shopping for the art, craft and textiles for which Bali is justly famous. We went to Ubud – Bali's artistic centre in the hills - a couple of times. There we dined in what one yogi maintains is the best restaurant in the world – reasonable, great menu, great cooking and fabulous atmosphere. National pride dictates that I record it is run by a Melbourne woman living in Bali. We also went to the beach (only once!) for a swim and to the cool mountain resort of *Bedugul* (1100metres) for a break from the heat.

We are very grateful to Mrs Etty and the Bali yogis (Mr and Mrs Tirus, both of the Nyomans, Mr Mahendra, Wira and all the others) for hosting us and ensuring the programs went well. Thanks also to Robert Felix and the Jakarta Yogis (Mr and Mrs Teguh, Atung, Aciap and Adriana) and the Australians (Linda, Ramaa and Leonard) for making the visit such a success. The Jakarta yogis travelled some 36 hours over difficult roads each way to participate in the Bali programs – such is their dedication. They also held additional small programs in the Javanese towns of Semarang and Klaten where some 30 people got their realisation. I would also like to convey our appreciation to the National and Canberra collectives for funding the hall hire and advertising.

Sri Mataji has been very kind to Bali – She insulated it from the difficulties during Indonesia's transition to democracy in 1998 and from the economic crisis continuing in Indonesia. But now She is offering its people the chance they have been preserving the culture of the spirit for. It is a privilege and a joy to be part of Her great vision – a global society based on the true values of the spirit: love, truth and ascent. In Bali the people now have the opportunity to find their true selves through the grace of the Great Goddess.

We will shortly begin planning a further visit to Indonesia for mid to late 2002 – an overland trip from Jakarta to Bali running programs and follow-up seminars in 5 or 6 major cities. The visit will last about 10-12 days and traverse the island of Java where around 120 million people live. We will also visit some of the major cultural sites in Indonesia such as the *Borobudur* (one of the most ancient Buddhist temples in SE Asia) and the *Prambhanan* temples (Hindu temples in the heart of Java). It will involve great joy, fun and a lifetime chance to help realise the Adi Shakti's vision. The tours in Indonesia seem to have some of the magic of the early India Tours – but you get the blessings of being able to help more. If you are interested please contact John Fisher (jdfisher@hotmail.com or 02/6232 4455) to receive planning updates on the tour.

Jai Sri Adi Shakti

John Fisher, Canberra, Australia

Diwali around the World

The LA Diwali Experience

Diwali was amazing. We enjoyed two nights of entertainment but Shri Mataji didn't attend the Saturday night program as She said that She would kill two rakshas. The next day it was reported that Bin Laden's right hand man had been killed.

The Puja was held on Sunday evening after Shri Mataji said we will hold it at 11am. Everyone was ready early so I guess She wanted us to have a long preparation. Shri Mataji delivered such a powerful and joyous speech where She said that the negative forces had been suppressed. She looked radiant and was smiling a lot so it was a relief after Navaratri Puja, where there must have been a massive battle going on. (Did you see the talk?) In essence it was a wake-up call to all yogis to remember what our purpose in life is and that we must work to spread the truth. Only through love will it work out and we have a respite this year to make it happen. Shri Mataji said that there is a great opportunity to spread SY and that all the seekers will be looking for it more now than ever before. She also requested that people stop writing letters about their personal problems and family and health dramas. We have all the powers to solve these problems and shouldn't bother Shri Mataji anymore. She said we have to be like soldiers but our weapon is love. It is the most powerful thing

Alex Henshaw, Hong Kong

Diwali in Australia

Hi Alex, Now with a moment to spare... Diwali ... Yes it must have been truly fabulous in LA. I promised Robert I'd write up something for the newsletter. Robert and the Victorian Sahaja Yogis have been doing a great job in Melbourne.

We had a wonderful time going to the Melbourne-National Puja. (Colleen has some clients in ACT and south coast so) we left from Canberra, via Cooma and then travelled by car down the unmade road through the Kosciuszko, Alpine and Snowy River national parks. A beautiful and pristine part of Australia with some snows left still and lots of flowers, vistas, and just inside Victoria a very special Ganesha swayambhu, with His face, crown, eyes, tusk and trunk in rocky outcrop on a grand scale. Not long after this we stopped to watch 7 wedge-tail eagles at a place called *Red-Soil Creek*...Hmmm. (One observation on watching these great Garudas was how they were sometimes harried by a couple of other, less majestic, birds.) So this was our preparation as we wound our way South to Bairnsdale and onto De'Lights of Diwali.

We have no end of praise for the Vision and work of the Victorian collective in repairing and preparing this superb Gift for this inaugural event. This place is a 'deeper valley'

for sure and we experienced that from the moment we got there. (Not since some memorable early days in Kew in Melbourne have I enjoyed my Victorian brothers and sisters in such a great way.) The bridges going in, the awesome natural and very green beauty and the buildings which all seemed purpose-designed to house the yogis and take them beyond their minds. The deep creek suggests damming possibilities like Gidgiegannup, only easier to build, and the surrounds are just fantastic. Walking in this part of the Earth suggests we are in a Heaven, indeed in a Haven in a heaven. The oneness of being became very evident here.

Staying here was so easy. It felt like we had always been there. The facilities were super and the food, support and goodwill were just Sahaj. The level of entertainment was epitomised by exquisite Veena recitals at both the Puja and the entertainment programs. We simply enjoyed everything. The havan was very clearing, the Puja was very deep and the video talk of the latest Navaratri talk was a fitting and monumental climax to such a great event that words really cannot convey what it has meant to us all.



Somehow there has been a culminating finale, or commencement, here, not just in terms of beauty and collectivity but somehow there is a strong sense of completion, perhaps on a national scale. As we prepared to leave, some hail fell and someone said this was a strong heart-strengthenener if we ate some.

It was a very heart-felt time and something special, so we felt, for all. On our way home we stopped overnight at Eden on the coast and awoke at 4:20 am to catch the meteor showers through some timely holes in the heavens. It was also awesome and very much an augury in step with the Festival of Lights.

One thought occurred to me over this time. Many a times we seem to weigh up our contributions to Sahaja Yoga. I wonder if we were to reflect on our blessings from Shri Mataji and Sahaj Yoga how much of our health, wealth and fulfillment we might ATTRIBUTE, on a percentage basis, to Her gifts to humanity, and how then we might assess our CONTRIBUTIONS, on a similar basis, to SY and Her Work?

Love, Pavan and Colleen Keetley, Sydney, Australia