

Sahaja Yoga

11th January, 2002

*Happy New Year
to all Sahaja Yogis!*



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

*When I am alone with God (in meditation)
The joy which I feel is beyond any description.*

*When I am in the company of God all evils run away
All the ocean of illusion is vanished,
nobody stands against me.*

*Every time I experience the Divine Knowledge,
I experience a new satisfaction and Divine Joy
All the moments of worries and sorrows vanish.*

*Nowhere can I get the place which I get
by union with God Almighty.
God Himself is morality and love.*

Prabhu Mazha Mala Jevha
(Marathi Bhajan)



NATIONAL NEWS

Travel to India for Shivratri Puja and Birthday Puja

Dear Yogis

The dates for Mahashivratri and Birthday Puja have been confirmed.

Avinash has requested that this year all working Australian Sahaja Yogis contribute \$A108 towards our hosting of this Puja in Pune. This contribution can be collected at a State level, and for those within NSW, mailed to or deposited at Burwood.

To coincide with and facilitate our joint hosting of Mahashivratri Puja with India and the United Kingdom, Qantas has kindly arranged a very reasonably priced airfare. This special fare of \$1100 return is for travelling to and from Mumbai within 35 days. This is a very reasonably priced airfare, and in just over two weeks, those wishing to travel can attend:

- * The opening of the PK Salve Music Academy on March 7 at Vaitarna
- * Mahashivratri Puja March 8, 9 and 10 in Pune (then travel to Delhi between March 11-18)
- * Birthday Puja March 19, 20 and 21 in Delhi
- * Commencement of the new Dharamshala School Year
- * Public Program in Delhi March 24th then travel back to Mumbai March 25-26
Depart Mumbai March 26
Return to Australia March 27

A group is being arranged to leave Sydney on Wednesday, March 6 and return Wednesday, March 27.

This is a limited offer from Qantas and must be booked and paid for by March 15. Keeping in mind that we are joint hosts of Shivratri Puja, those wishing to travel with the group on this fare should contact Mr Ram from Open World Travel on (02) 9906 8700 as soon as possible.

When contacting Mr Ram at Open World travel you will need to state very clearly your travelling intentions:

1. Your desire to take advantage of the current cheap Qantas airfare of \$1100 (plus taxes), whether you wish to travel with the group and the city you are departing from. The cheaper Qantas ticket is only available if purchased before January 14. It is up to each Yogi wishing to secure a ticket at this rate to ensure they have booked and paid for the ticket within the required time. There are restrictions with this class of ticket with requested changes, this is possible but only if there are seats available on other dates within the same class of ticket.

2. If you wish to travel on another carrier (say Singapore Airlines) and enter via Mumbai and depart via Delhi, please ensure you state this clearly, together with your travelling dates and the city you are departing from.

3. If you are travelling with children, state their ages and that the children's ticket will be for one year, leaving March 2002 and returning January 2003. There is a different fare structure for these tickets compared to the current offer.

4. Ensure that you confirm the spelling of both your first and last names. Each year we somehow manage to have tickets issued with miss-spelt names and it does cause problems.

Sincerely,
Chris Kyriacou

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...

Michael Davies
Helen Splarn
Malcolm Stott
Alin Chicos
Helja Kallioinen
Ariane Duhamel
Robyn Magers
James Thou
Brian Bell
Heather Jeffrey
Preethi Lieberman

STATE NEWS

News from NSW

Collective Picnic this Sunday

13th January at 11am

Bicentennial Park, Homebush Bay

The meeting place will be near the shaded children's play area near the main Information Centre.

Enter the park via the main entry gates off Australia Ave Homebush Bay. The road is one way as it loops around the park.

Park in one of the allocated car parks near the Tea House and we will meet near the shaded children's play area adjacent to the BBQ area.

Bicentennial Park is the ideal place to relax, to meet together and who knows - we may even do some exercise. Some of the available facilities are:

- * Picnic shelters are available with free electric BBQs.
- * There are children's playgrounds under shade cover
- * Wander along the floating boardwalk through a mangrove forest
- * Climb the Treillage tower for views over the Park and Homebush Bay
- * 8 km cycle and walking paths in parkland and wetland settings

Sincerely,
Chris Kyriacou

Christmas Hamper Raffle Winner

Congratulations to Heather Jones from Lidcombe Ashram who was the winner of the Christmas Hamper Raffle.

Thank you to all those who sold tickets and donated items to the hamper, which was a great success, raising \$970 towards *Mother's Love Childcare Centre* or other National projects.

Sarita Murphy
Sydney

INTERNATIONAL NEWS

News from Benin

New Year Celebrations in Benin

Dear brothers and sisters, Jay Shri Mataji.

I'm very happy to receive here all your news and mails. It is a good thing in Sahaja Yoga to communicate because this reinforces and purifies our vishuddhi chakra. Thanks to all of you.

The 23th which passed we had the big Puja of Christmas here in Benin. Our brother who wanted to go to Ghana this year has not been able because the Ethiopian Airline (which is the only company that he can take to come in India) have a problem here of precaution against terrorism attack and other things.

Our December program here in Bénin is:

Friday 28th to 30th:

Yuva Shakti session and seminar in Ouidha. During this session and seminar we are going to do a Mahavan with 1000 names of Adishakti, a lot of sahaj techniques, watching cassette of our Mother, exchanging of vibration, learning to Mother's speech,...and finally a Mahapuja to our mother.

31st in Cotonou at beach at the beginning of night:

The big big havan by which all the negativities and rakshasas are going to be destroyed, after this we are going to enter at this moment in the new year with the great Puja to Adishakti. After this in the morning of January 1st all of yogis will go home with the power and love of our Mother which we will going to absorb at this Puja.

Happy New Year to all of you.

Jai Shri Nirmala.
Your brother Innocent of Benin

News from India

Wonderful Story from Ganapatipule!

25th December

The Puja talk started with a very simple but very serious note. Shri Mataji started with *"the Christians should know that Christ was Param Chaitanya embodiment."* She reminded as She narrated a story that a priest had approached Her for his self-realization and to take to Sahaja Yoga, but placed a condition that he be allowed to continue with consumption of wine because Christianity said so. Relating to this She again reminded us that Jesus never entertained such things. It was that Jesus had been to a party, where just by dipping His fingers into the water the water tested like grape juice. At this She said the priest was assured if that was all he desired then Mother could also easily do that. But that never gives you sanction to commit such sin against Param Chaitanya.

Then She told about the misconceptions in the Islamic dharma, how Prophet Mohammad prophesied *Meraj*, which simply means "the ascent within us". This can be achieved only through our self-realization state. It is also painful to learn about the misconception of the word *Jihad*. Mohammad Sahib never ever said to wage a war. What He meant by *Jihad* is basically derived from an Arabic word which means "to strive". It is basically referred to as the war with the six enemies within oneself to rise or have the ascent in our spiritual growth, and just not a war from outside. It is basically the fight with the *Sad Reepu* within ourselves as we have after our self-realization. It was also told that we have to strive to attain the holy self and the enlightenment through our *Meraj*. She again referred to the resurrection time of Jesus and His great works, the humility, and all should better know about it and not misinterpret.

The next vital aspect Shri Mataji touched upon was Sahaja Marriages. She said She Herself matches the couple through vibrations. But, there have been many undue requests by Yoginis and yogis and grievances. She reminded us all She even felt the marriages should probably stop. This is just not a marriage institution and Mother isn't here to get this marriages institutionalized. It should not be repeated. She expressed Her utter displeasure when we approach Her and seek for settling our trifle matters that are outcome of the marriages, like He is not doing well or she is not the type.

She referred to the recent crisis viz. the war. She was in America and especially She had to work for us that ended the war even before the Diwali. The most vital aspect She reminded us of was that we offer Pujas to the Devi and She accepts—that is alright; we meditate—it's alright, but what are we doing with Sahaja Yoga? We have to seek the divine vibrations through the spread of Sahaja Yoga

only. Without which we have no right to get the Divine attention. This seemed to be a strong warning for all of us at this time of the transformation of the world. The essence of the whole Puja talk revolved and reverberated around how much we have done to spread Sahaja Yoga. Without such action from our end we may not be blessed by as much divine vibrations as we seek merely by having our self-realization and meditating and sitting idle.

It was at around 2345hrs that the Puja with offering of water by Children between ages 5 to 10 started. A lot of vibrations flowed. Devi seemed to accept the Puja and compassion flowed from Her as we sat in meditation. It started with the *Shri Ganesh Arthavasirsham* and then a number of Bhajans were spontaneously offered at Her Holy Lotus Feet. The Puja was concluded with the Aarti and the three Mahamantra chants. We were all cool with the vibrations. So light it became. We remember as we entered the whole atmosphere was heavy—maybe the delay was just a pretext to help us go into meditation before Her Holy presence for the Puja.

The Bhajans were so aptly placed one after the other, as if it was being sung as directed by Her grace directly, until She was pleased. The National and International Gifts were then placed at Her Holy Lotus Feet. It was at 0330hrs. that Shri Adi Shakti (Shri Jesus Mary Mata) blessed us and left for the MTDC. We did not want to miss the chance of absorbing the vibrations that Shri Mataji left behind after Her Departure. So we again sat for a morning collective meditation at 0330hrs and meditated for 10 minutes and then departed for the awaiting dinner.

Shri Mataji we thank Thee for the wonderful opportunity that You bestowed upon us to offer this Puja at Your Holy Lotus Feet and that You accepted the offering in Shri Jesus Mary Mata form within You.

29th December

The collective morning meditation is at 0630hrs. After the meditation there is a meeting of the various city Centre leaders. They are appraised as how to help promotion and ultimate spread of Sahaja Yoga. Many strategies are planned and discussed as targets. The gathering is also appraised regarding the ongoing *SITA* project and the Internet awareness programme for spread of Sahaja Yoga.

Since early morning there is all colours in the collectivity for the marriage ceremony. Vibrated turmeric paste applying in body on the seashore is a special treat for the Sahaja Yogis to fall for. Dancing to the tune of the local music and getting yellow with the turmeric paste on body reminds one of the playful childhood days. The would-be grooms and the brides seemed so jubilant waiting for the evening to probably envelop the day to be together and be blessed at Her Holy Lotus Feet en-mass.

There is no morning session for the seminar. The evening

programme starts after 2100hrs. There were about 78 or so marriages where in 66 or 68 were fresh and the rest were remarriages. It was announced that about 68 eligible grooms were available against an application of more than 150 or so brides (I am sorry if this is not the exact figure, but somewhat near). The grooms congregate in a separate tent and Mother advises them and showers Motherly blessings reminding the various protocols and the duties of a good realized Husband. While in the main pandal Mother advise the waiting brides regarding various duties and the essence of marriages in Sahaja Yoga. Gradually the marriage is solemnized as the Gauri Puja is offered at Her Holy Lotus Feet. With the chants of mantras corresponding to the seven Chakras the bride and the groom proceed and the final moment comes and the curtain is unveiled between them. Then there is the havan, where with collective chants of Mantras the groom and the bride together offer the ahuties in the holy fire and the knot is tied. One at a time the brides and the grooms are invited to take the blessings of Shri Adi Shakti and She presents individual gifts to all. Then they are asked to feed one another and introduce each other before Shri Adi Shakti with couplets.

At the end of the day, the Puna Kawwali Sahaj Yogi group is called on the stage and they sing the Kawwali. Shri Mataji seemed really pleased at their performance. She even desires for another kawwali as a bonus. The brides, the grooms and the collectivity... all the Kundalinis danced before Shri Adi Shakti. The day got very cool. We did feel the need of warm clothing at this hour.

The day is done. Shri Mataji before Her Departure blesses the collectivity and bids us bye with Her hands waving gesture.

Shri Mataji we thank You millions of times. You have given us this unique opportunity to meet so many across the globe, to be blessed by your Divine presence in this Divine Vibrated land and at the very least you have chosen us to be your instruments. Shri Mataji You have blessed us with heaven on earth. We have enjoyed a lot and we resolve this day that we shall try to rise up to Your expectation. Shri Mataji, verily, "You are the doer and You are the enjoyer". Kindly bless us to be Your effective instruments to carry forward the torch of Sahaja to the remotest darkness in this world.

30th December

The collectivity gradually departed with heavy heart and a lot of vibrations to carry back home. A few stayed back to join collectivity at Kalwae in Mumbai for the New Year Puja

31st December

The Kalwae Puja as shared by a Yogini.

The collectivity was settled in the Puja Pandal at 1900hrs. The atmosphere was heavy and bhajans followed. All were in jubilant mood and slipped into meditation with a

yearning in the heart for Mother's Divine arrival and acceptance of the Puja.

Shri Mataji graces the collectivity with Her Sakar Divine presence at 2200hrs. She seemed to be very serious and also declared that She wouldn't have had accepted the puja in Her Sakar form. It was only the pure desire that brought Her Divine presence. She warned us that attending Pujas and coming down for attending Puja only is not at all needed for the growth or ascent in Sahaja Yoga. One requires the collective meditation, and without the spreading of Sahaja Yoga there is no aspect in Sahaja life. There are persons who try to come very near to the stage and make their deliberate appearance. It really does not serve any purpose as far as Sahaja yoga working is concerned. One has to exert and shall be answerable to his target, taking the torch of this great yoga to the seekers who are still waiting for their realization. In other words one has to be answerable as to how many Sahaja Yogis have you been able to contribute to the Mother's vision.

The talk was short, maybe between 30 to 45 minutes. There was no cake or wishing the heralding of the New Year at the strike of twelve. Instead the Aarti of *Sabo Ko Dua Dena* started on the dot at twelve. Shri Mataji blessed all and left at a quarter to one. May be this is sufficient hint to all of us that we have to strive to earn our ascent and the blessings of our Mother by going all out and prioritizing the Sahaja yoga works, taking the mantra of Self realization across the globe and delving into the sea of the populace. Let us not forget it is Shri Kalki's incarnation and let us ensure it does not go to waste.

Jai Shri Mataji

News from Hong Kong

Shri Mataji pays a visit to Hong Kong

Dear Brothers and Sisters,

We were all very blessed recently when Shri Mataji visited Hong Kong on Her way to India. Shri Mataji was here on a private visit, and was accompanied by Sir CP, and Kalpana Didi came from Bombay to join them. We had made all the arrangements weeks in advance and had secured a very good suite at the Park Lane hotel, close to the ashram in Causeway Bay which is on Hong Kong Island. All the cooking would be done by the ladies at the ashram and then brought to the hotel as we wanted to give Shri Mataji the very best in food cooked with love and vibrations. We found out in advanced that Shri Mataji wanted Chinese food so our talented cooks Mala from Singapore, Kate from Australia and Lily were planning the menus to give a wide variety Chinese dishes.

The night before Shri Mataji arrived the ladies transformed the hotel suite with beautiful flowers and decorations so it felt very homely. A puja was done to vibrate the suite in preparation for our Divine Mother. Shri Mataji arrived early in the morning on December 16 after a longer-than-usual 16 hour flight via Taiwan due to strong winds. A small group had gathered to welcome Shri Mataji with flowers. Shri Mataji emerged with a beaming smile looking very fresh. She was very happy to greet us and asked how everyone was. We all felt the love and compassion of our Holy Mother and the sweet smile touched our hearts and cleansed our souls. She said that the flight had been longer than expected so we quickly took her to the car and back to the hotel. She was very pleased with the hotel suite and thanked us for making all the arrangements.

Shri Mataji asked to see the news as there were some events between India and Pakistan that She wanted to follow. Her attention was very much on the current situation in the region. She said that the war was finished off very quickly, but that Osama Bin Laden was very cunning and may escape the US. As the news came through this is exactly what happened. She also mentioned that the Wahabis were responsible for the rise of fundamentalism and that Her father had mentioned this many years before that they would become a great problem as they did not follow Shri Mohammed. They have formed their own beliefs, and in the name of Allah they do all sorts of horrible things. The children have been trained to hate in schools in Pakistan and it would be very difficult to turn things around. The only way was Sahaja Yoga and if we can reach these people then they may be saved. She mentioned that most of the people were very simple but have been mesmerized and manipulated by negative forces working through Islam. She went on to say that Islam was such a great religion as taught by Shri Mohammed, but people have created such a mess and there are now so many sects within Is-

lam which are completely against what Mohammed has taught.

Shri Mataji spent the first two days resting and watching the news. She had a lot of attention on George Bush and mentioned that She had written to him and that he had taken Her advice. He was quoting from the letter She had written in many of his speeches. It was interesting that this time last year when Shri Mataji came to Hong Kong She was full of praise for George Bush and said that he was a simple man and She could work through him. Who could have imagined the turn of events and how She is working through him to defeat these evil forces.

Shri Mataji went shopping on the Tuesday morning to buy presents for various people. She is always buying for others and I have only ever seen Her buy one thing for Herself in all the years She has been coming to HK. Shri Mataji always comes when the sales are on and gets an even bigger discount on the sale price. Her eye for detail in the designs of things is amazing and She always picks out the best pieces the shop is selling. The vibrations flow and the shop assistants get their realisation.

On Tuesday evening we had arranged a dinner for Shri Mataji but as She was tired from shopping She rested and took her dinner in Her room. After dinner a concert was planned and Shri Mataji decided to come to this as She didn't want to disappoint the yogis. It was a very intimate setting in a small function room with around thirty five yogis. Shri Mataji gave all the yogis a ring and said it was for our protection. One of the Chinese yoginis, Florence, played the *Wu Zang* - a traditional Chinese string instrument tuned to a modal scale. She played some of the famous Chinese folk songs and Shri Mataji really enjoyed the performance. This was followed by some bhajans performed by the HK yogis. After the bhajans Shri Mataji gave the following talk:

Talk by H.H. Shri Mataji Nirmala Devi to Hong Kong Sahaja Yogis 18 December 2001
Park Lane Hotel, Causeway Bay, Hong Kong

"I am so happy to hear all of you singing those songs which are sung all over the world. Now you have become part and parcel of that whole. We have Sahaja Yogis everywhere. In America I was surprised to find that 300 Sahaja Yogis were saved in this crisis. That they had not a single Sahaja Yogi was lost. It is remarkable that how some of them were late, some of them ran down and some of them started running in the other direction.

All of them are Sahaja Yogis. So many people have died in America, but none of them were Sahaja Yogis. It is remarkable how you are looked after and saved by the Divine.

...that you should come all the way here, all of you, especially the Chinese. I feel that we can do a lot. They already have a tradition of Tao. I don't know how many of you read Tao. Have you read Tao? Anyone? Actually he is—Tao—is a Sahaja Yogi and he describes his mental conditions and all of the problems they have in such a beautiful manner that if you read it you will feel that you ... very well described all this. Somehow or other Taoism was not practised and it has just become books of controversy for all the scholars, that's all. But now I think they are reviving. I was told that. Tao religion has been accepted now in China and they are practising Tao, so we can also. So we are Taoist. So we can work it out because (under) communism they have avoided many religions and they don't want to have a cult so we can become Tao (again) and we can say we are Taoist. They will have no objection to that. They are also seeking.

...I was surprised that one of the ... Mr Li who was the, I think, Prime Minister of China. He had been there and there was a photograph of mine with him and the people from Austria had that photograph and then Mr Li went for some official work and then the Sahaja Yogis went and saw him and they showed him the photograph and he said, "Yes, I remember this lady. She has a remarkable personality." I don't know what made him think like that. But he said, "I would like to know how are you there." They said, "She is our Guru and She's this and She's done this for us." He was very much touched, so he told his attaché for Cultural Affairs go and meet Her because he had no time and I was not there also and you must see Her and know about Her, even though they were communist and all that. So he came to see me. Closed his eyes and then he (his Kundalini) came up. Then I told him all about it. He said there was Tao in our country. He was so respectful. He was to be there at 10.00 but he was there at 9.30. He said "There is lot of misunderstanding about religion in China - we were communist. Now we have started in a democratic way gradually, so we want to do at least. You teach me." So I said "alright" and I gave him Realisation and he's still there in China. What's his name?

And if you happen to go and you can meet him. He has started a little group there, working it out. I would like to meet Mr Li also sometime outside China. I'm sure it will work out very well.

What I liked about Chinese is that they were extremely humble, very respectful people. Then I went to their women's conference. The three boys they had sent. They gave us a complete floor of a great hotel to stay in. I don't know why they had arranged all these things, and they sent me two cars, one for my wheelchair and one for myself.

And these boys were running about and they took me out to different places. Very, very nice. One of them said, "Mother, tomorrow I won't come." I said "Why, what's the matter?" "Tomorrow I am getting married." I said "You are getting married and all the time you are with me?!" He said, "I enjoyed very much."

You see, even when I went there they took me to the conference so fast there was no time in between ... and when I came to the airport also they came. They had tears in their eyes. They were very loving, very nice people. They have suffered a lot.

But here you have been all right. I meant it's still a democratic country and one should go about in a proper way. I am sorry some of our Sahaja Yogis were lost. They were, I think, stupid. They don't understand many things. I mean they want to be on their own and all that. You have to be connected to the mains. If you are not connected to the main tree how will you prosper. I know who's who, what they are doing, what is wrong with them. I know all about them. They have no business to decide about it, but they were very new and they had come first time to Sahaja Yoga. Also, they were very much tempted I think.

So we have to spread Sahaja Yoga.

Now, luckily somebody, some Sahaja Yogis met Mr Bush and they told him about Sahaja Yoga and they gave him Self-Realisation and all that, and Mr Bush was so impressed he used to write to me. He said that I want some books and I told him, when he was in two minds, what to do. (He said he was) not spiritually equipped and the war has broken out. I wrote him a nice letter that he has to fight because if you are spiritually equipped you will have more chance. And when I went to America they were very disturbed. They arranged for our reception. He sent twenty-five people to see me. He was all the time worried about my safety and looked after me. Whatever I wrote to him he used that in his lectures. So many words he has used that I have written.

The thing is, I have seen some people who are very (important). They just recognise me. Like in India, one Home Minister, he has tremendous respect for me. He

came to my house and he got his Realisation. And also we have, I must say, in Australia also a Prime Minister (David Lange of NZ) he came. In India we have a leader called Bal Thakre. He is such a nice man, very strong. He was against all the Muslims organizing things against India, which is a fact. They are there. He used to say you have to be careful with the Muslims. They were converting people but how so many problems they have created. But he was so nice, so sweet. But people used to say that he was an atheist. But he was the first man to be, apart from the Home Minister. Even he was so much attached to me. One day he came to my house in a helicopter. The helicopter was shaking like this. So I said, "Why did you come by helicopter, why didn't you come by train, or by car?" He said, "Oh, no. I have made this special garland for you and I thought if I come by car it will take so much time that the flowers would be finished, so that's why I came by helicopter." He was so much humbled before me. But he speaks so well and he is very famous. People respect him very much in India.

So now a new system has started. Because of these conversions in India. They got these, especially these poor Muslims into their trap. Not only that but also they have trained them in such a way that they are not educated. They don't know anything. All kinds of wrong things they are doing. You see the rift between the two societies. But there are some Muslims in India who are sensible. We have some Sahaja Yogis, twenty-five young boys who are Muslims in India. They say they are all lost people. "Mother you must save them." But there're very fanatic. Some of them are very, very fanatic. I said, "All right, I'll try."

You will be very happy to know that there is a country in Africa called Benin and Ivory Coast, like that. Seven countries ruled by French. They all were Muslims. But they have all become Sahaja Yogis. I said, "Why didn't you follow the French, be Christians?" "Because the French were licentious, immoral. So we thought best is to be a Muslim." They were all Muslims. Now they have become 20,000 Sahaja Yogis and there will be many more.

Like you see, even these religious people mislead and make fool out of them. They are all very well educated. Even the President of the Ivory Coast is a Sahaja Yogi. The President himself, he's a Sahaja Yogi. So you can imagine how things are working out in so many countries. This is the time people are seeking the Truth. They want to have the Truth. That's how in every place, in every country Sahaja yoga is spreading very fast now. In Nigeria I was surprised how things are working out. Anywhere you go. People are now fed up of falsehood. In every religion I have found somehow they have created some falsehood and created groups. Because if you have the Truth you won't be divided. So they created falsehood, some sort of a .and try to create these different, different groups and now these groups have become fanatics and they are

fighting and killing. I mean killing is the only thing left in them. They have misinterpreted the Koran completely.

There's a book, a nice book by Javed Khan, the Koran Enlightened. Have you read it? I told him these are all wrong ideas. Now what they are saying that this Koran is Kundalini awakening. Now all of you have got it and he said it is not possible so what you have to do is to take this kind of religion that is against God. And that is what they are doing.

But thank God I went to America and the war was over very fast and I told them the Divine. Their philosophy is that we have to become pure. Those who become Muslims can be, otherwise those who are not Muslims should be killed. That is how they go on killing people. I hope they will understand there is Kundalini going on all over the world, and that's how they can save themselves. They are so fanatic and so power oriented that they didn't realise. But it has shook the whole world. I must say, thank God now, the war is over. People have to suffer the after-effects of that war.

So in Sahaja Yoga also we should not become fanatics. I have seen people even in Sahaja Yoga become very fanatic. Fanaticism, we are against it. We are free people. We have Self-Realisation which is a birth by your Spirit and you are not bound by anything. You will never do wrong things. All bad things will drop out automatically. You don't have to be told, "Don't do this, don't do that." After some time I have seen all Sahaja Yogis become alright and they come to their senses. Even those people who have left, I am sure, will come back, because, you see, after all, there is Kundalini. She is sitting there, She'll rise all the time. Correcting them. Many times, it will happen everywhere. People come to Sahaja Yoga, after some time they will disappear, again come back.. But once they are there, they are there quite a lot. And that's how Sahaja Yoga is growing.

I am very happy to see that in Hong Kong, also, Sahaja Yoga is sustained by you and I am sure it will grow, especially in China. I am very happy. You have to do a lot for China and work it out. Because this is the message of Tao. This is not something, I would say, absolutely new. Only thing what I have done is to make it a mass organization, mass movement. That's what it is. It is the same. All these great Sufis, all these great Saints, incarnations, all of them have said the same thing, "Seek yourself, find yourself, know yourself." All of them have said the same thing. It's nothing new I am saying. Only thing, I can work it out. That's all.

So it is something we have to work out, talk to people, tell them. I was surprised when we were coming by Cathay (airline) Avinash started talking to the air hostess and to other people. They all came to me one by one. They said you are a very powerful person, this, that. They all got

their Self-Realisation. That's how it's going to spread. We have to tell everybody, tell everyone and not to feel shy about it. These guru people I have seen, they go on talking about their gurus - who is a devil, maybe, anything. They go on talking. We should also talk and tell people about it. This is the Truth. You have to know the Truth. Talk. Of course there are people who have been criticising - it's all right, it's all falsehood, it will all go away.

I am very happy to see you all here. So thank you very much again and again.

(Presentation of flowers and thanks)

You know the flowers you have put in my room have become big, very big, automatically. They know. In our garden in Cabella such a big pumpkin has come up. It's 13 kilos. The whole village came to see it!

Thank you very much. Enjoy yourself. "

(end of Talk)

It was such a beautiful evening and all the yogis were overjoyed to have spent time with Shri Mataji in such an intimate setting. Shri Mataji was very pleased with everyone and put attention very much on the situation in China. One lady Jo Yo had come all the way from Guandong province to be with Shri Mataji. She was so happy to be able to see Shri Mataji.

The next day Shri Mataji was looking at photos of Madera Delphi's girls and she asked me for a photo of my girls which luckily I had with me. Shri Mataji asked how they were and what they were doing. She then asked me about the economic situation in HK. I explained that things have been very bad since the September 11 attacks and every business is suffering. Shri Mataji then asked about what I was doing and I explained that I was working in the computer software business and mentioned that things were very quiet for me as well. I then asked if I could go back to Australia as I was wanting to for some time so I could be with my family. Shri Mataji said that it would be a good idea as the economy in Australia would not be effected so much as HK. She obviously read my mind! She then appointed two new leaders for HK on my recommendation. I felt that they were ready for the challenge as I had seen them grow and develop into dedicated and responsible Sahaja Yogis. Edwin Hou and Lily Chen will now look after Hong Kong and China and I'm sure that they will be able to bring many more Chinese to Sahaja Yoga. For me it marked the end of a great chapter of my life as I have been running Sahaja Yoga in Hong Kong for the past ten years and seen the collective grow and mature. They will now provide the foundations for Sahaja Yoga to work out in China.

It was Wednesday morning and Shri Mataji wanted to buy

saris so we travelled to Kowloon where there is a famous sari emporium. Shri Mataji first spent time looking for jewellery for gifts and we visited a number of shops. Shri Mataji found some beautiful items and the bargaining started. Kalpana didi did most of the bargaining and managed to get the items at a much-reduced price. Such beautiful jewellery and Shri Mataji was very pleased with all the purchases at such cheap prices. We then visited the Indian Sari Emporium. The shop has been there for many years and provides saris for all the Indian population in Hong Kong. They are very famous for their French Silk Chiffon. Luckily we had a yogi, Jai who knew the manager so we had already been able to guarantee a discount. Shri Mataji selected many pieces and afterwards we gave realisation to the manager and his assistant. We got them to put their hands towards Shri Mataji and they all felt the cool breeze. Shri Mataji was very pleased that they got their realisation and encouraged them to come to our programs.

From the Sari shop we went to another Jewellery shop back on HK Island which Shri Mataji had visited the day before. She had selected some of the best pieces and the shop had stayed open for Shri Mataji to pick them up. While She was making the final selection Edwin spoke to the Chinese staff about Sahaja Yoga and encouraged them to come along to the programs. It was a very busy day and Shri Mataji returned to the hotel for a rest. She asked for us to work on Her legs with the *Space Healer* (Nuro Adaptive Regulator) which She found relieved Her pain tremendously. It was also able to remove the swelling and helped the vibrations flow. The ladies had prepared another sumptuous Chinese banquet for Shri Mataji, Sir CP and Kalpana Didi's dinner.

After dinner we arranged for the ladies to give Shri Mataji a facial and body massage so She could relax. Shri Mataji was able to rest well and the next day She packed for Her trip to Mumbai. We had planned a last minute shopping expedition but unfortunately time had run out. We left for the airport and Sir CP went with his old friend Tommy Cheung who has always met with Shri Mataji when She has come to HK. The day was sunny and warm and we were all felling sad that Shri Mataji had to go so soon.

A few of the yogis had gathered at the airport to meet Her and She spent time receiving flowers and speaking to the yogis. She thanked us all and then She went through to the immigration control. We waited and watched and She finally waved to us all as She departed to catch Her flight to Mumbai. We all felt sad but at the same time fortunate to have been so close to Her for the past four days. We knew that there were many of our Indian brothers and sisters who were eagerly waiting for Her arrival in Mumbai.

Jai Shri Mataji.

Alex Henshaw

(formerly of Hong Kong; now in Sydney, Australia)

GENERAL NEWS

A Miracle in the Work Place

I am employed in a Sydney architectural company since 5 years. We are about 15 including trainees. I always felt blessed by the Divine, firstly to have got this good job quasi effortlessly when I just arrived from France and secondly to be surrounded with gentle and generous colleagues. They are of different origins and nationalities (Iranian, Lebanese, Chinese, Taiwanese, Sri Lankan, Spanish, French).

Everybody knew that I was doing meditation and was giving yoga classes. I explained more in detail the knowledge about Sahaja yoga only to some of them, including my boss. I knew that some are not seekers, some are catholic church followers, others simply more interested in worldly matters. During 5 years I could introduce Sahaja Yoga and pass on the Self Realisation to 5 people only, 2 being trainees who already left the company. I was afraid to be argued with or be rejected and ridiculed. But deep inside myself I had some sincere love and compassion for each of them. I could see the qualities and weaknesses of each one. I have seen them getting transformed through their chakras in the presence of a Sahaja Yogi.

I remember that a man became aggressive with me, for no apparent reason from my side. A few days later he got sick and came back after a week totally changed and relaxed. A lady who was very dominating and generally 'right sided' became generous, loving and laughing type. A young lady who behaved very aggressively towards me until, feeling a right heart catch, I found out that she had a difficult relationship with her father, got transformed into a loving sister after one shoe-beating. Another man, whose desk is next to me, suffered of migraine for a few days before we happened to talk about Christianity and yoga, etc.

Two weeks before leaving for India I felt that I should inform them all about Sahaja Yoga. They had the right to know. It was my duty as being the only yogi there. And what about if I happened to change job.

I gave a bandhan to ask Shri Mataji to give me an opportunity to talk to them. Two days before going I finally went to the office manager (our boss being out) to ask her what she would think of me explaining about the yoga I am practising. She thought it was a good idea. Then I went to the middle of our office and addressed them all. "You all know that I am going soon to India for the purpose of yoga. Most of you know that I am doing meditation but I never explained you exactly what it is about. Would you be interested? To my surprise they were enthusiastic about it. At lunch time I took them all to the meeting room, pulled out a Chakra Chart, a photo of Shri Mataji and a candle and explained briefly about the subtle system and the Kundalini. Then we did the Realisation which took them all into silence. Jai Sri Mataji. I could not believe it, I

was so happy. Later, I gave a pamphlet to 3 of them who showed more interest.

Another miracle: the next morning the company's accountant came to inform me that I just received a pay rise from my boss, which I was not expecting. In the afternoon, my boss came back from his meetings and I thanked him for the pay rise. I also took the opportunity to inform him that I had presented Sahaja Yoga to the office. He started telling me about his own seeking and I proposed him to do a meditation with me. He said: "I am too busy today but when you come back from India we will do it"

Jai Shri Mataji

Jean-Michel Huet
Sydney, Australia