

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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*“...and He created life, and from life faith
and space and air, light, water and earth,
the senses and the mind. He created food
and from food strength, austerity, sacred
poems, holy actions and even the worlds.
And in the worlds, name was created.*

*As when rivers flowing towards the ocean
find there final peace, their name and form
disappear, and people speak only of the
ocean, even so sixteen forms of the seer all
flow towards the Spirit and find there final
peace, their name and form disappear and
people speak only of Spirit.”*

words of the sage Pippalada
to his disciple Sukesa Bharadvaja
(Prasna Upanishad)



STATE NEWS

News from NSW

Australia Day Festival at Bicentennial Park, Homebush Bay Saturday 26th January

This festival is being hosted by the Olympic Park Authority and Auburn Council. Sahaja Yoga will have a representation in the Community Marquee, giving information about Sahaja Yoga and self-realisation.

The festival starts at 10:30am and there are fireworks at 9:00pm. The stall will continue till around 5:00pm or longer if people are still interested. Please come along!

Transport: Train to Olympic Park, or park in P3 Sarah Durack Ave for \$2 an hour or \$10 day.

Location: Further North from the Sahaj picnic venue - closer to the Bennelong Rd Exit/Entrance

Contact: Lidcombe Ashram - 9649 6879 or on Saturday 0412 834 441. Please ring and let us know if you're coming so that we can have people there all day.

Alice Bhasale, Sydney

ADHD program

This program is into the 4th week of a 6-week program. We are starting to see some very positive changes in the kids, who are all coming along as a result of interest generated by the article in the Sunday Herald earlier this month.

Time: Wednesday evenings and Saturday afternoons at RHW until Feb 13.

We're having parallel sessions for the kids and their parents. Yuva Shakti are especially welcome, especially guys (most of the kids are boys).

Please ring Alice Bhasale (9649 6879) if you're interested in coming.

Radio Program News

You probably recall the staffing/management dramas at Radio 2SER last year and then finding out that the programming/User Group issues at the station would be dealt with in January 2002.

Well, we've received a letter stating that the programming review is now underway, that it will focus on programs broadcast on Monday through Saturday, and that those programs which broadcast on Sundays (mainly User Groups) will NOT be affected. Jai Shri Ganesha!

Thanks to all for your bandhans, attention and your personal and financial support.

Thank you, Shri Mataji, for allowing us to continue with this very fulfilling (and evolving) project which, by Your grace, has been on the air for 6 ½ years now! Jai Shri Mataji!!

Liallyn Fitzpatrick

The Radio Team

**Tune in to Radio 2SER 107.3FM every Sunday 10-11am*

Pendants and Rings

Robin Reid's pendants and rings, with Shri Mataji's face, that have been sold in Sydney by Barbara Fitzgerald will now be available from Therese O'Leary.

Barbara is travelling overseas with her family, so please see Therese for further purchases and her contact details are in the phone list.

There is a range of silver available and orders will be taken for other sizes. All requests for gold will need to be ordered and paid for in advance. The gold designs are the same as for the silver range.

Therese O'Leary, Sydney

INTERNATIONAL NEWS

News from Hong Kong

My Heartfelt Kowtow

Thank the Divine. It is out of my expectation to have such a blessing to see the Holy Mother in person in Hong Kong and enjoy Her boundless love.

The encounter has transformed me from an ordinary woman to a Sahaja Yogi. Just for a period of several days, I have found miraculous changes in life, my heart seems opened up all of a sudden and I have a very strong desire to share with others this boundless joy and love. Before that, I used to be introverted and did not like to talk much. It is Mother who gave me a second life and made me fully understand that the Divine chose us not for our individual blessings, but to spread out this love for others.

The long quest for the meaning of life eventually ended up with an answer. Everything comes in such a natural, living way and I have done nothing for it. It just happened as a result of a pure heart of desire.

My first encounter with Mother was receiving Her at the airport. We waited with an extremely reverent mind. Suddenly, She appeared in front of us with the most beautiful and touching smile.

I do not know whether it was out of the strong emotion or gratitude that tears dropped non-stop like beads falling from a broken thread. Later, I realized that lots of yogis had the same experience.

The Hong Kong collective even allowed someone as new as a baby, like me, to be so close to Mother. It was my luck to get to know of a group of dynamic and compassionate yogis.

I remembered the first time we meditated. It was very quick for me to feel the kundalini up onto the top of the head. In my belly, there was a strong churning, but it gradually subsided. As such, all problems, as well as the chakra and nadi imbalances were treated and cleared all together, gracefully. I felt the cool breeze on the head and my hands, as well as the infinite joy. Everything around turned infinitely beautiful.

Before that, members of my family brought back bits and pieces of knowledge on Sahaja Yoga. My knowledge is merely skin deep. I did not even know the basic techniques. Yet, simply, by the heart, to surrender and seek the truth, as well as the love from Mother, I did nothing. I got cleansed. This experience is totally beyond words.

On the third night, after 10 pm, the unfurnished hotel function room was filled up by the holy yogis and some lovely

children. We all sat down, got into meditation.

Not long after, Mother appeared at the door with a charming smile. We all greeted Her with hands closed in namaskar to show deep respect. At that moment, the feeling of gratitude rushed out from my heart again. Her touching smile deeply moved everyone there.

Mother made an hour-long speech. I listened with great awe, like a child, watching Her face without turning my eyes. Though I could only understand twenty percent, I could feel the strong vibration from Mother spreading to everyone of us.

It is Mother who saves us from the disturbed mind and uplifts and corrects us. Such an indescribable feeling of gratitude could not be stopped. I only feel I have received, just overwhelmingly, too much.

Then Mother gave each Hong Kong yogi a ring as a gift. It turned out to be the first time She did that. It was also my first time in life to bow and do my heartfelt kowtow to Mother. Right at that moment, a strong desire to surrender spontaneously rose.

May everyone enjoy this nicest blessing on Earth.

After that, Florence played the Chinese traditional instrument, the *zhang*. The music was enjoyable, sometimes as soft as water in a small stream, sometimes dashing with great enthusiasm, thus manifesting the depth of Chinese culture.

Finally, we sang in praise of Mother. Though I did not know the songs, I tried to follow and enjoyed the beauty of oneness and unity.

What a feeling beyond words.

Xiaohe
Hong Kong

(Sahajnews 23 Jan 2002)

News from India

New Year Puja

Kalwe, India 31.12.2001

Shri Mataji's Talk (in Hindi)

"I'm telling them that how a Sahaja Yogi should feel. You should be satisfied people. Firstly and foremost you have to be satisfied. You just see within yourself if you are satisfied or not. You've got the highest that you wanted, you have got the peace, you've got the joy, and all the blessings of the Divine. Despite that, if you are dissatisfied, you want to do something always that is disturbing. Always some people want to show Me off, want to come forward – or they want to escape Sahaja Yoga.

Firstly, you must spread Sahaja Yoga. How many people have you brought to Sahaja Yoga? Just think of it! We are Sahaja Yogis – Sahaja Yogis means what? You are saints! In this world all the saints who became saints, with very great difficulty, going through lots of tortures, have done so much work. One single saint has so many people whom they have attracted. Of course he couldn't give them Realisation, because I have taught you how to do that. But you just find out what are you doing about Sahaja Yoga.

Only meditation is not the point. Meditation for what? For equipping yourself to help others;

we need it very much in this Kali Yuga, people who will go all out to help. On the contrary, I find that they are very anxious just to meet Me, to see Me. I have seen all the Indians who come to Cabella must meet Me, must see Me, as if they have a special right with Me. What is the need? What is the need to meet Me? But this is the trouble of, say, our conditioning, that supposing there is some leader, some Minister coming, everybody will go and show off, like to meet him and talk to him – but not a Sahaja Yogi.

You must have self-esteem. Self-esteem by which you should know what is your dignity and how you should be. There are Sahaja Yogis who are excellent, who are very good, who are very self satisfied – I know who they are. And you have to be like that, otherwise you cannot enjoy Sahaja Yoga, you are like all other people trying to hinder into all nonsensical activities.

Now this is it. Today's was a real test, because I just couldn't come earlier. You know what is the traffic nowadays, I just couldn't arrive; and still you were sitting here – this gives me great satisfaction. That they really love Me, and they are really Sahaja Yogis.



If you really love Me you must love others who are not Sahaja Yogis and try to give them Realisation. Because you know My age is quite a lot, and how far can I go? I am not going now to many countries, but Sahaja Yoga is growing fast, though I am not going there. It is growing – why? Because people of that country understand their responsibility. You should know what is your responsibility – it is not only towards yourself but it is for the rest of the world, (that) you have to work it out and do something about it. Whatever people you can approach, or whatever people you can meet, go all out!

I have also said before, I have seen people who go to some horrible gurus go on talking about their guru, describing their guru. Anybody who meets them, they go on telling them. Not Sahaja Yogis. I don't know, maybe they want to preserve their Realisation.

They think if they tell somebody their Realisation will drop out. If you don't spread Sahaja Yoga, what is the use of getting your Realisation? All my labour is wasted on such people, who are for themselves. They want something for themselves.

Now for example, so many girls wanted to marry. There are four times more, five times more than all the boys put together. But if they are not married, they feel very unhappy about it. Doesn't matter! You are now connected to

God! Marriage is not always a very great blessing, I tell you, it's not. On the contrary, it can be very binding, it could be very troublesome. So better not feel bad. You should feel bad when you cannot give Realisations to others.

How many people have I given Realisation? Just think about it. All the time, like all the ordinary people, thinking about marriage, and this and that. It's not going to help you. You are something special. And what speciality do you have? What are you doing about it?

I'm sorry at the end of this, our great Ganapatipule, I have to tell you this. But sometimes one has to tell, also. I know you are all, all very good Sahaja Yogis. Also that you have achieved so much. But what is My desire is, that all of you should become like a light and start spreading Sahaja Yoga. In some countries it has happened, it is working out, and people feel so responsible. I am amazed at them, how they are spreading Sahaja Yoga.

Now the same request I have to make to you. That please look at yourself, introspect, what have you done? What have you achieved in Sahaja Yoga? Such a satisfaction lies when you really, when you really work hard to spread Sahaja Yoga.

Many people think that coming nearer Me I feel pleased – I am not. That's no recognition. You should never do that. On the contrary, when you will grow really, I will know, Myself.

Today is not the day I should have said all this, because it is the day for New Year's Day. But only good decisions are to be taken on the New Year's Day – that's the custom with human beings. So today you all have to take the decision that 'What are we doing for Sahaja Yoga?' 'What are we giving Sahaja Yoga?' 'What is our achievement?' 'Are we sharing with others?'

It's the greatest Truth you have got. Nobody got it – people worked so hard, did so much – nobody could give Realisation! It's only you can give Realisation, it's very surprising. Kabir could not give Realisation to anybody. Gyanadeva could not give Realisation to anybody. All of them have been great, great Saints of great value system and with great understanding. Whatever poetry they have given, people are singing – that's all.

But, they cannot give Self Realisation which you can do. With all that power, if you are not giving Realisation, what's the use of giving power to someone like that?

So today's New Year's message is that 'Next year you must give Self Realisation to many people. (To) How many people have you given Realisation?'. That's the main thing. Just find out. What have you done throughout the year? I don't know how to count it. But you, yourself count. 'What have we done all these years?' 'What have we achieved?'

Attending My Puja is no favour to Me. Or doing anything for the Puja is no favour to Me. My greatest Puja is that of human beings; and if you can achieve and spread Sahaja Yoga that fast, I'll be very, very grateful to you.

I have worked very hard, I have really worked very hard. This Body, this Mind, all My Health, everything, I have done for saving people. And you please also tonight decide and take a view that what Mother is saying is very important and precious. We have to, we have to rise and give Realisation to people. But which is not so common – I am surprised why people are behaving in this manner who are Realised Souls.

All my blessings for the New Year, for all of you 'Happy New Year!' But – next year should be full of many Sahaja Yogis who have done work and who have achieved something great.

May God bless you."

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...

Sita Riches
Joanna Srivastava
Leanne Huet
Jean-Michel Huet
Jayashree De Valle
Richard Kennett
Mark Williams
Peter Leece
Neil Riches
Diana Selentin
Leonard Reeves