

# Sahaja Yoga

24<sup>th</sup> May, 2002



## Australian Newsletter

***Jai Shri Mataji!***

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*A Mother's Day Message*

*"The mother's name is full of kindness and love.  
The mother's name is reminiscent of glory for all children.  
The mother is the refuge for the children from danger.  
The pen cannot appreciate the emotion and affection for mothers,  
or appreciation for the mother's love and kindness.*

*The mountain in nature is the symbol of the mother.  
The ocean is the symbol of her love and care for the children.  
Mothers are the angels of the empire of God.  
I hope that this day is the best forever for your wishes..."*

Love, Mohsen  
(Villawood Detention Centre inmate)  
Sydney



# STATE NEWS

## News from South Australia

### Letter from Adelaide

Hello from the land of river Torrens. First and foremost, congratulations to dear Tony and Teresa on the birth of their angelic baby boy, Emmanuel Salvatore Esposito. Born on 7th May 2002 a healthy 9-pound baby.

I seem to recall mentioning re a new seeker suffering from acute asthma and degenerative lung disease who comes to our Tuesday daytime course (have 4 ladies coming regularly to it now!). She's now been coming for over 4 weeks. After a week she mentioned that her breathing seemed to be easier, and the next couple of weeks she said there was a marked improvement in her energy and attitude. For the first time in months she had walked down the street and driven to her dental appointment herself. Last Tuesday evening I got a call from her. She was so thoroughly excited and thrilled - her blood pressure had registered normal after quite a few years. Her doctor was very surprised and has taken our phone number to see if he can refer some of his patients to us!!!! Jai Shri Mataji!!

Our Monday night Intermediate course are going fantastically. Another couple of weeks to go and we'll have 4 more new people coming from our regular Friday night programs. Tuesday nights remain our main focus, being central to all areas. Its amazing to see how strongly the paramchaitanya is working things out, and how easy it's been for seekers to not only achieve realisation but to sustain it, and how the stronghold of negativity in the form of doubts, questions, hesitation etc. seems to be dissolving. The individual experiences of the seekers themselves are stronger and deeper. So by the Grace of our Divine Mother we've got over 10 seekers coming for the past 4 months. So our numbers are slowly but steadily increasing. Actually, now that we can include baby Emmanuel make that 11 yogis!!!!

Our Weekend workshop was a huge success. As usual we played the "Breaths of Shri Mataji" tape with meditation, then a short introduction speech. Our focus this week was on "feeling vibrations and chakras of others" and "use of elements". So the seekers worked on people to feel the effects of clearing out the chakras of others and how the vibrations differ in each individual. This was followed by footsoak and candle treatment, and meditation/clearout on the lawn. As our focus is always on meditation, we finished with a short meditation. This was followed by a delicious fundraising curry dinner!

Anyway, a couple of years ago when I went to India my sister-in-law told me about this treatment that they were using in Czech. Not sure if you have heard about it, so here it is:

### Salt Treatment

To be done in front of the Altar. Settle your attention. Take a fistful of salt in your right hand. Say the *Ganesh Atharvashesha* one or three times. Then bandhan yourself with the salt seven times saying "Shri Mataji Nirmala Devi namo namaha, verily you are the remover of all negativities and baddhas". Raise the kundalini three times with right hand, third time bandhan sahastrara three times, and without looking at the salt, flush it down the toilet. Finish with bandhanning yourself.

That's all for now. Love from all of us down in Adelaide. Hope to see you all here soon for Diwali Puja.

T.T.F.N,  
*Rita Skipper, Adelaide*

## 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...*

John Adams  
Ailsa Hohnan  
Denise Berry  
Barbara Fitzgerald  
Una Nadarajah  
Erin Redfern

## News from New South Wales

### Inspiration to perform Sahaj Music and give Self-Realisation to Political Refugees in Detention

*Over the past few months there has been a spontaneous inspiration among a number of Sahaja Yogis to see whether we could somehow offer the blessings of Sahaja Yoga to the asylum seekers being held in detention by the Australian Government.*

*The following sweet letter is a beautiful expression of this desire...*

Hi John & everybody,

I have had a sign, in fact several! On Friday night I was talking to a few people about going out give realisation in the Migrant Detention Centre at Villawood (which was my own "home" for a few months!). I thought at the time that they probably would not let us in!

BUT the two days following I happened to meet 2 persons who both had been there and were going there. These were signs to me!

The "inmates" there are extremely depressed and it is a tough environment, but I feel it would be great to offer them some inner peace. A lot of them may also come from countries where there is no Sahaja Yoga established yet and may well be sent back there.

The first person I met was a lady from Katoomba, who is going out there to sing with her Bulgarian a capella group. (Apparently the management doesn't tell anybody that music is coming, so they just have to "find" the performance themselves). They are only allowed a 50 minute time slot, which is very strict. They are "going in" on the 22 of May, and she told me to ring her afterward to give me some tips.

We talked about how many of them don't speak English and that is what led me to the conclusion that music would be the best way to give them some joy, and if the vibes really get going, we could end the concert with realisation. I thought as there are quite a few Iranians there, some qawwalis might go down really well.

The next day I talked to Guy's Dad's wife Sally, who is part of a group called "Chill Out", who basically are trying to get children out of detention. She goes to visit the refugees, and this apparently gives them a lot of hope. The management makes it very difficult for people to visit and deliver gifts, and one has to queue a long time to get in. But it appears that we can apply to come and perform. We will

have to be very organized and committed in terms of timing and exact numbers of performers, and may have to sign confidentiality agreements. We can't get too political either.

I strongly feel there is a perfect opportunity for us as Sahaja Yogis and musicians, to help these desperate people achieve their realisation, and in this case music may be the most immediate way to go about it. Those whose visa applications get rejected and get ordered to be sent home apparently get drugged in the night (so as to avoid attention at the airport) and sent on planes. I am sure the music will lift their spirits if nothing else.

If some or most of us think it is a good idea and can commit to a time and date, I will pursue the application. Please let me know.

Best regards  
Lene Jeffrey

*It appears that Shri Ganesha himself has answered our prayer. Following the circulation of this letter, a number of very positive contacts were quickly established and any obstacles have been overcome. We are utterly delighted to announce ...*

### Concert and Self Realisation at Villawood Detention Centre 11.00am this Sunday

Singers and non-singers are all cordially invited to join in the *Music of Joy* and *Sahaj Qawwal* concert this Sunday at the Villawood Detention Centre, followed by self-realisation.

Please see the flyer at the back of this newsletter (Sydney edition only) for details of this event.. Don't be late!

*From the bottom of our hearts we wish to thank you, Shri Mataji, for providing this wonderful opportunity to spread your Love and Joy.*

### Public Programs Resuming on the South Coast

Shortly I will be resuming public programs in Moruya, 30k south of Bateman's Bay, after a very long absence from the area. There are loads of seekers all along the coast.

If you are available to help, contact me on mob 0408 863 261, and email [freemeditationsahajayoga@yahoo.com.au](mailto:freemeditationsahajayoga@yahoo.com.au).

Love to all,  
Jenny Watling, Bateman's Bay.

# INTERNATIONAL NEWS

## News of Italy

### Annual Yuva-Shakti Camp at Daglio: an Invitation to all Sahaja Yogis

First of all, we would like to extend an invitation to all children aged 8 upwards, to the Yuva Shakti, and to all adults, to come together and collectively enjoy each other and all that Daglio has to offer.

#### Children

As for the last 2 years, there will be a separate camp for boys and girls. This allows the camp to focus on doing boys' things with the boys (including camping out, building shelters, woodwork, film making, photography, painting, pottery, nature studies) and girls' things with the girls (also camping out and building shelters, pottery, nature studies etc, plus mehendi, dancing, drawing, silk painting, Indian design).

#### Yuva Shakti

Following the very positive and dynamic influence of a small number of Yuva Shakti in previous years, for 2002 we would like the camp staff to include more members of the International Yuva Shakti (young Sahaja Yogis from 18 upwards. Yuva Shakti aunties coming to the boys camp must be at least 21 years old). If you are prepared to take on a responsible job as a member of Daglio staff, but with a slightly different role to the older adults, you will find Daglio an unforgettable experience.

Devadat from Italy will be sending out a separate email to Yuva Shakti with more details.

#### Adults

As ever, the success of Daglio depends largely on those who come to help make it happen. Regardless of previous experience of working with children, or of your particular talents and abilities, the camp combines so many things that there is a space for everyone: actors, artists, builders, cooks, carpenters, managers, mothers, musicians, photographers, fathers, plumbers, sculptors, secretaries, students of aikido, teachers, undergraduates etc etc.

The range of activities available for the children (usually during a morning block of activities each day), depends on what people can offer, and is endlessly varied. Adults are also needed to manage whole groups of 8 to 10 children, to drive the minibuses, organize running maintenance and repair jobs, play volleyball, cook for everybody, organize the camp administration, run the accounts, tell stories at bedtime, supervise hiking and overnight camps, make sandwiches, add to and improve the site infrastructure, and so on.

The number of adults required obviously depends on the number of children who come, but approximately 20-plus adults are needed for each camp. Also, please remember that if your country is sending more than 3 children, at

least one adult should come from that country.

Although every adult role at Daglio is important (we couldn't function for long without the kitchen team, for example) there are a few specific individual roles that need to be filled for both camps:

1. Administration. Narayan is the current expert, and will be able to provide a lot of advice and support. This is a vital area for the smooth running of the camp, and centers on initial registration, organizing dormitory and activity groups, and general on-going administration throughout the camp.

2. Accounts. Again, this is a specific role that is very important for tracking and controlling the fairly large income and expenditure of the camp.

Neither of these will be totally full-time jobs on the camp, but if you have some experience in either of these areas, or you would like to gain some, then please let us know!

#### Girls' Camp

We need someone to take on the position of overall leadership and coordination for the girls' camp. This should ideally be an aunty who has been to Daglio before, and is familiar with what is involved. Please get in touch!

#### Dates

Boys' Camp: Monday 22nd July (day after Guru Puja) to Sunday 4th August

Girls' Camp: Sunday 4th August to Saturday 17th August (day before Shri Krishna Puja)

#### Further Information

We are not yet ready to start proper registration, so please wait for the main information message in a couple of weeks.

A much fuller email, with more specific information for the camp, registration forms etc, will follow soon. This will include the theme for the camp in 2002, which was discussed at Sahasrara Puja, and will center on Shri Mataji's message of LOVE, and on creating a habitat for the Daglio Giant (the Universal Daglio Being - the power of the collective).

In the meantime, let us continue to use the Daglio Group's address for any discussion etc on Daglio this year (please contact Roosa in Finland, or Jamie in Scotland to be added to this list).

*Contact address for any further information:*

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With much love to everyone.

Jamie



# GENERAL NEWS

## Shri Mataji's visit to Melbourne, Australia in 1983

*A dear rakhi sister of mine recently contacted me for some information regarding press coverage of the torrential rain in Australia during the week of Shri Mataji's 60th Birthday. This rain came as welcome relief for one of the worst droughts Australia had ever experienced.*

*The memories awakened by this enquiry prompted me to pen the following words. I humbly ask for Shri Mataji's forgiveness for any inaccuracies they may contain.*

1983 was a special year for me. I was Shri Mataji's driver during Her Melbourne visit and was in Her presence on many occasions during this time. It was on the way to a press conference at the Windsor Hotel after receiving Shri Mataji at the airport that I mentioned to Her about the bushfires and severe drought conditions. Her reply to me was "It will rain now. That is the least I can do". (I have since reflected that perhaps there may have been a slight rebuke in this reply - as if to say "Silly boy! Ask for something of spiritual value.")

At the conclusion of the press conference it began to rain. We yogis were overjoyed that the promise had been fulfilled so quickly. As Shri Mataji was getting into the car She pointed out the rain to the journalists. That shower of rain lasted until we arrived at the new ashram at Kew, when it ceased. Alighting from the car, Shri Mataji walked around the house (which was set in an acre of grounds) before making Her entrance.

Shri Mataji's visit that year had an extraordinary intimate and informal quality which I have never seen repeated. In order to heal the wounds many sahaja yogis had suffered at the hands of a 'leader' who had committed many anti-sahaj acts, She encouraged us to just behave as children playing at the feet of the Mother, and to tell Her of all the injustices we had witnessed. All our activities, such as our meals, watching TV, shopping, a trip to the movies to see *The Man from Snowy River*, and of course, the puja at the sea were spent with Shri Mataji in a relaxed, informal atmosphere in which everyone was able to converse freely with Her.

Shri Mataji had requested that we have a havan (which, as was the custom in those days, was to be held in Her presence) in order to clear the negativity besetting the collective and the city of Melbourne. On the day appointed for the havan there was a total fire ban. It was with some embarrassment that we conveyed this information to Shri Mataji, thinking that if the havan did not go ahead it would be a victory for the negativity. Shri Mataji immediately suggested that we have a puja at the sea instead, so we

quickly made the necessary preparations. That morning Shri Mataji asked me "When does it rain in Melbourne?" I replied that it seemed to me to be mostly in summer and in winter. She said "That is not good. It is a sign of imbalance. It should rain in spring and autumn. That will change now."

So we had a wonderful outing to the sea, with a puja to Shri Mataji as the Vishnu principle, followed by a picnic. The puja is recorded on a video. It conveys the informal atmosphere of the occasion. Shri Mataji made a Ganesha in the sand and decorated it with kumkum, turmeric and flowers, then encouraged us all to do the same and make our own Ganeshas. We all felt like children building sand castles under the watchful eye of our loving mother.

A couple of points I recall were that during the puja ceremony, Shri Mataji instructed me to go out to the edge of the rocks and pour some oil into the sea for Shri Krishna, as it was Saturday. Before the puja Shri Mataji had asked which direction was south. She sat down on a rock facing south with Her Lotus Feet placed upon the sand, and throughout the puja looked south to the horizon. At the end of the puja Shri Mataji pointed to the horizon, where we could see a blue-grey haze. Shri Mataji said that if we looked carefully we could see the vibrations as vertical lines shooting up from the horizon. Half closing our eyes made this easier.

Driving back from the puja was one of the most privileged tasks I have ever been called upon to perform. Shri Mataji slept in the front passenger's seat, which we had partially laid back to make Her comfortable. The three passengers in the back also slept. It felt as if Shri Mataji was probing into the left side of the whole collective. With the afternoon sun streaming into the car, staying awake became quite difficult. I felt a tremendous burden of responsibility, realising that if I nodded off while driving at speed, not only would my own existence be finished, but perhaps even Existence itself.

The sad day of departure soon arrived. We all assembled at Melbourne Airport to bid farewell to our Holy Mother and to wish Her a safe journey to Sydney for the next part of Her Australian Tour and the celebration of Her 60th Birthday. She spoke to every one of us individually, giving last-minute instructions in response to the problems in the collective. She looked around at all our shining faces. We were all struggling to hold back the tears - a mixture of sadness and joy. Shri Mataji's departing words were "Alright now? All the problems are now finished. No more talking (about negativity). I'll see you all in Sydney."

*Peter Brownscombe,  
Sydney, Australia  
May 2002*