

Sahaja Yoga

7th June, 2002



Australian Newsletter

Jai Shri Mataji!

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is midnight each Tuesday

*I am the Source of All:
Everything is produced out of Me.
Knowing thus, the wise worship Me with devotion.*

*With their mind and senses directed to Me,
Explaining Me to each other and talking of Me -
They are always pleased and happy.*

*To these who are thus ever devoted to Me
And worship Me with love,
I give that Yoga of understanding
By which they come unto Me.*

*Just to bless them,
I, residing in their intellect,
Destroy the darkness born of ignorance
By the resplendent Light of Knowledge.*

Shri Krishna to Arjuna
(Srimad Bhagavad Gita)



STATE NEWS

News from Queensland

Cause for Celebrations in Bundaberg

Alan and Pam welcome the arrival of a granddaughter, Nikita Grace, born 29th May. Mother Melanie and baby are very well. Melanie said the Sahaja music she had playing during the birth helped her a lot. Nikita was born to the beautiful sound of *Zephyr* being played. It started raining very heavily just as she started emerging into the world and when she arrived it stopped. That felt very auspicious. Jai Shri Mataji.

The Bundaberg collective is very happy to have the privilege of hosting Adi Shakti Puja and have invited all Sahaja Yogis from Brisbane and surrounding areas to share in this special weekend. 22nd & 23rd June. A seminar is planned for the Saturday starting at 10:30am till 2pm. including a buffet lunch at a cost of \$5. The topic of the seminar will be *Thoughtless Awareness and how to go deeper in meditation*. The afternoon will consist of a trip to the zoo and playground just across the road from the ashram and will conclude with a BBQ tea at about 4pm. We will sing some bhajans in the evening. The Puja will start at 11am Sunday. The address is 2 Bingera Street. Please advise if you would like to attend. Phone 0741541590 or email apjenner@hotmail.com

Our Wednesday night intermediate programs are going very well with the average attendance of about six people. Two of those also now attend the Sunday night collective program every week. Jai Shri Mataji.

*Alan and Pam Jenner
and the Bundaberg Collective.*

News from Victoria

Alternative Therapies Conference

The *Alternative Therapies Day* held in Melbourne on May 10th was a resounding success, with nearly 700 nurses receiving their Realisation. Around 330 meditation guides were collected by participants, and around 150 had mini workshops throughout the day.

The catering was also a great success, as Jeff (last weeks newsletter) has mentioned. One of the nurses commented to our Sahaja registration person, Dianne (who, of course knew NOTHING about the caterers) "Aren't these caterers focused." She had to exercise great self control not to say "That's because they all do Sahaja Yoga!"

As a follow up to this day, on Sunday 26th May, we held a one-day workshop at the Oakleigh ashram. Despite the fact that only 10 of the expected 35-40 new people actually turned up, the day proved to be a great experience for both Yogis and newcomers.

Rob, Bruce, Jeff and Dianne all gave excellent presentations as the participants were taken through Realisation, footsoaks, giving and receiving vibrations, meditation, some great explanations and stories and a delicious lunch. Many of the participants were tickled pink when they realised they could actually feel vibrations, and all except one seemed to do so quite strongly, especially after Mother's talk on video.

It was a good opportunity for all the yogis who attended to learn a little more about the different approaches we can take with new people. I feel Mother may be preparing us for busy times around the corner.

Jai Shri Mataji,
Carolyn Reid

News from New South Wales

A visit to Villawood Detention Centre reaps Great Rewards

We arrived at 11 am on Sunday 26/5/02 at the barbed wire fences surrounding the Villawood Migrant Detention Centre.

We were all gradually let into the guards office, where a guard was giving us a little taste of his authority which he seemingly enjoyed immensely. We felt a bit like the "circus come to town" standing there being sniffed by the locals who knew the rules. All cases had to be checked for dangerous materials, and all our belongings stored in lockers. A Christian band had preceded us and came out looking at this large gathering - probably one of the largest musical contingents encountered there. They asked us what we were doing. One of the yogis explained that we were going to hopefully give these people a lift with inspirational devotional music "just like what you have just been doing" to which the Christian musician answered "Sort of...".

It was quite a business getting through the many sets of fences, barbed wire and double doors, making sure we all were tagged with pink labels. We quickly set up and started off with Shri Mataji's 3 Great Mantras. We were inside a large "ish" fenced-off area which was a meeting area, to which the detainees had to pass through 2 gates to get to. The mantras finished and there was not a sign of life anywhere. We then sang *Namostute* - still no signs of life, looking at empty chairs...John then decided to sing a Ganesha song to remove the obstacles and this seemed to help, as it always does. First a cook turned up (looked like he was on break) and one other person. But within minutes the space started to fill with many faces - mostly very sweet and innocent eyes were there. All so far were single men, but after some

time a few ladies and a 5-year old boy turned up. This boy started to smile and it was this beaming smile which melted everyone who caught his eye.

We sang *Jogawa*, and most of the audience were doing all the actions without any prompting. We could feel the joy and the vibrations rising, and as we were probably one of the biggest *Music of Joy* groups (all assistants included) assembled, it became very powerful. As we started the qawwali, I felt that some of the listeners went from smiling joyful faces to drifting in and out of a thoughtless state. The joy just increased and it all became magical. Smiling, clapping faces all around, and now starting with John and Tony dancing, a detainee stood up and did his bit of dancing. Much laughter and more joy proceeded and I really felt we all merged together as one people, with no distinction of race, language and circumstance, just immersed in the joy of the moment. I will never forget their smiling faces - it was like an ocean with waves of them coming, never ceasing. The depth of the experience really demonstrated the power of having a very large group of yogis, the power of collectivity!

The audience asked for the same qawwali one more time, and we gladly obliged. We had to finish within a strict time frame, and after the performance so many of them came and shook our hands individually, thanking us profusely and very sweetly. So many faces had changed so much in the course of the hour. We gave them some cakes, fruit and sweets we had brought which they whisked away to be shared, but I really felt that they didn't really want these things very much, they just wanted our company. We left the compound feeling elated.

We all floated out forgetting to show the guards our arm bands. They were quite shocked to find that they had let us out forgetting to take off our bands - I think they became a bit thoughtless as well. With haste they

called us all back to cut our bands, and we emerged to find a long queue wanting to come in for visiting time. We were helped to yet again fill out papers to re-enter and avoid the long queue. Because it was visiting time we had to nominate who we wanted to see, and if we spelt the names wrong, we would not be let back in. However it did not seem difficult at all. Shri Mataji had made the whole entry thing very smooth and effortless for us, and the guards gradually became quite friendly.

We re-entered and ended up setting up a meditation area in the furthest corner away from everyone, in the open air. It was growing cold and grey and the ground was quite muddy, but despite all this some of the single men we sang for in the morning started to emerge. They looked shyly in our direction and we invited them over, and explained in as simple a language as possible what this was all about. A few Indian men and a Pakistani man came and sat as we started the realization process. Gradually throughout more people came and joined in. And then to my great joy the mother of the little Afghani boy and her friend, a young Iranian lady, whose parents live in Brisbane, came and greeted us warmly with kisses on our cheeks.

The Afghani woman had told us of how her husband was dead, and she and her 5-year old boy had had to jump off a burning boat in the Pacific. She had come here for treatment, and her son had gone crazy for 2 months from trauma. Her son was better now, but she looked quite aged from her experiences. She gestured to Claire as if to ask "What/ who is she?" pointing to Shri Mataji. Claire simply answered that "She is a Mother..." and tears immediately rolled gently down her face...

She and her friend felt the cool breeze very clearly as did the others. A young man from Poland, keen to go back home to his country, sat completely still in meditation for a very long time and just wouldn't move. I talked to him afterwards, but

could tell that he had not yet fully emerged from his meditative state. His face was so changed. Hopefully he can now go back and start a new life as a realized soul, bringing home with him a special gift from the Adi Shakti!

It is hard to summarize so many different impressions, and I am sure we all had many and varied feelings about the day. It is certain that Shri Mataji looked after the whole event, and that she created for the detainees, as well as all of us, a most joyful and vibrating experience. I would like to thank all those who were there to help make such a powerful impact as a large group, as well as the many yogis who put their attention and desire on the working out of the programme. It really demonstrates the power of large collective attention that we have. May we always use it as much as possible in our every pursuit.

One little request to finish, if we could use our collective power of bandhan for the sweet lady and her son who have been through so many hardships. If you can please put her in Shri Mataji's attention, along with her Iranian friend. The two ladies names are: Mariam Hamidi (and her 5-year-old son) from Afghanistan and Sara Faraji from Iran. I am sure with letters, shoebeating and bandhans, a better life (whatever that may be) can work out for them.

We are planning to go back "inside" with more music and meditation programmes, so will keep you posted!

Much love from Lene & Music of Joy.

Jai Shri Ganesha! Jai Shri Adi Shakti Mataji, Shri Nirmala Devi Ki Jai!

Sunday Workshop Team

Our next Sunday workshop will be held on Sunday June 30. Venue and time details will be released in mid June.

If you'd like to join the Workshop team then please come along to our Burwood meeting this Saturday, June 8 at 4.00pm. We'll be discussing the agenda, format and logistics of our next workshop. Everyone is most welcome to join in.

*Please contact Charles
on 8900 7062.*

New Meditation Classes at Longueville

By the grace of Sri Mataji we commenced new people's Meditation Classes on 22nd May. They are on Wednesday evenings at 7.30pm.

Yogis who would like to help are very welcome. Calorie-less cakes will also be served.

Neil & Clare Avoledo

Sahaja Writers' Seminar

The second session will be held at **Ashfield Ashram, 85 Bland Street, on Sunday 16th June at 2.00pm.**

Any yogi interested in developing writing skills is welcome.

Please bring something of your own to read.

Contacts:

*Lyndon De Valle 9326 3852
Brian Bell 9747 0310*

Attention all Artists!

A few Sahaja artists have contacted me regarding the new Australian Sahaja Yoga Song Book. But we need much more. Share the talents that Shri Mataji has blessed you with with the wider collective. If you know any Sahaja artists that may not have heard this request, please invite them to contribute. We are lucky to have many artists and with contributions from all round Australia, the book should become something to treasure.

For the new edition of the songbook, we are seeking to have some art included where space is available. Particularly on the dividers between the various sections we are seeking to have some artistic contributions. As an example, if you were to choose to illustrate the divider at the beginning of "Marathi songs", look at some of the translations, and then see what inspiration comes to you. The illustration should be in black and white and at A5 size.

In addition, we are also looking to have a colour cover for the songbook, and invite any artists to submit artwork for the front or back covers.

*Please contact John Smiley
jsmiley@vtown.com.au (9747 0310)
or Chris Dobbie
chrisdobbie@innocent.com*

*in the next couple of weeks if you
can assist in making a contribution.
It would be great if there was some-
thing from each part of Australia.*

GENERAL NEWS

Mother replies to Sahaja queries

1) Why my nails are thick?

Once a Sahaja Yogi was cutting nails of Shri Mataji, and he found the nails bit big and thick. Hesitantly he asked Mother, why the nails are like that!

Shri Mataji replied, "During my Narashima incarnation (When Vishnu incarnation came to protect Prahlada) I had to grow my nails like a tiger to kill the Devil Hiranyakashipu, and that's why these are like this...."

2) Why there are limited Sahaja Yogis in the world?

Some Sahaji asked Mother this question and mother replied that when She was fighting in Her Durga form with Mahishasura (the chief of devils), in that battle, Her huge necklace was broken and all the pearls in that necklace got scattered all over. Now in this era, all those pearls, in fact, are here in the form of Sahaja Yogis, and She is picking those scattered pearls from all over the world to remake Her broken necklace again.

*How fortunate we Sahaja Yogis are,
that Mother gave us the place near
Her Heart...in Her Necklace!*