

# Sahaja Yoga



## Australian Newsletter

***Jai Shri Mataji!***

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Publication deadline for contributions  
is midnight each Tuesday

*Though your body be comely and remain in perfect health,  
Though your name be unsullied,  
and mountain-high your hoarded gold,  
Yet if the mind be not absorbed in the Guru's Lotus Feet,  
What will it all avail you? What, indeed, will it all avail?*

*Even if Fortune bless you with riches and a virtuous wife,  
With children and their children, With friendship and the joys  
of home  
Yet if the mind be not absorbed in the Guru's Lotus Feet,  
What will it all avail you? What, indeed, will it all avail?*

*Though the lore of the Vedas take up its dwelling on your  
tongue,  
Though you be learned in scripture, gifted in verse,  
Yet if the mind be not absorbed in the Guru's Lotus Feet,  
What will it all avail you? What, indeed, will it all avail?*

*Even if you be honoured at home and famed in foreign  
lands,  
Given to pious deeds, and ever averse to wickedness,  
Yet if the mind be not absorbed in the Guru's Lotus Feet,  
What will it all avail you? What, indeed, will it all avail?*

*Though you become, at last, the emperor of the universe,  
Though you possess for servants  
the mightiest of the kings of the earth  
Yet if the mind be not absorbed in the Guru's Lotus Feet,  
What will it all avail you? What, indeed, will it all avail?*

(continued overleaf)



*Even if every nation resound with your beneficence,  
Yet if the mind be not absorbed in the Lotus Feet of Him,  
By grace of whom, alone, everything in this world is won,  
What will it all avail you? What, indeed, will it all avail?*

*Though you pursue no pleasures,  
Derive no joy from wealth or wife,  
Reject the powers of Yoga,  
and scorn the fruits of sacrifice  
Yet if the mind be not absorbed in the Guru's Lotus Feet,  
What will it all avail you? What, indeed, will it all avail?*

*Even if you be ready to dwell in the forest as at home,  
No more attached to work, untrammelled by an ugly form,  
Yet if the mind be not absorbed in the Guru's Lotus Feet,  
What will it all avail you? What, indeed, will it all avail?*

*Of novices and monks, of rulers and worldly men,  
That noble soul who ponders these verses  
in the Guru's praise,  
And to the Guru's teaching applies his mind  
with constant zeal  
He will attain to Brahman, the treasure coveted by all.*

Shri Adi Shankaracharya

## STATE NEWS

### *News from Queensland*

#### National Guru Puja Wamuran Program of Events

##### **Friday 19th July**

?7:30pm Public Programme at 80 George St Brisbane  
?Evening Dinner (after return from programme)

##### **Saturday 20th July**

?6:00am Meditation  
?11:45am Lunch  
?12:45pm Havan  
?5:00pm BBQ  
?7:00pm Music Programme

##### **Sunday 21st July**

?6:00am Meditation  
?11:00am Guru Puja

### *News from New South Wales*

#### **Villawood Detention Centre Revisited**

The *Sahaja Qawwals* sang at the Villawood Detention Centre on Sunday July 7. Two announcements were made informing the detainees that the SY Meditation group had arrived. The sound system was still being set up when three men ambled in. When the music started however, people poured in. Many had to stand as there were not enough chairs.

The group played an equal mixture of bhajans and Sufi music. After giving them their self realization the three great mantras were sung and we went straight into *Ayi Singa Pe Sawar Mayia*. Many appeared to be in meditation.

One of the Qawwal group called out 'Bolo Shri Adi Shakti Mataji Shri Nirmal Devi...' and before any of us could respond some of the audience called 'Ki Jai'. It brought smiles to all our faces. The vibrations were very strong and peaceful. Both groups sat smiling at each other. Three North Indian men sat with the group and clapped. It was one man's birthday and he thanked us for sharing it with him.

There were many more women this time and some of the men who got their realization last time were there again. One man came up with tears in his eyes saying it had been too long since we were there before.

We were treated very well by the authorities last time and again this time. The guards watched us and watched the detainees. Clearly Shri Mataji wants us there. She has streamlined our entry to the center. There were no obstacles and the authorities are very pleased with the response.

At the moment Sahaja Yoga has put a proposal forward to hold meditation classes at Villawood. They are requesting that we hold meditation classes on Tuesday and Thursday mornings. If you would like to be involved please ring Anna Chicos or Deb Keetley.

Best Regards, *Mercy Perusco*

#### **Laxshmi Puja at Hurlstone Park**

You are cordially invited to attend a Laxshmi Puja at the newly-formed ashram at Hurlstone Park:

11am on Sunday 28th July  
12 Gower St Hurlstone Park

RSVP phone 9591 5295. All Welcome!

*Max Lieberman*  
maxli33@yahoo.com.au

## INTERNATIONAL NEWS

### *News from Bali*

*Below is a report from Anita Ikonen, a Sahaja Yogini from Finland, on small programs she ran in Ubud, Bali's cultural centre, in the last few weeks. Anita has family connections with Bali.*

*John Fisher, Australia*

### **Sahaja Yoga: Healthy and Spreading in Bali**

We have had four small programs here in Ubud. There were around 5 newcomers at each program, all foreigners. I only put advertisements on Ubud information board, at restaurants, net cafes and places like that, so the locals were too shy to come. Many came to meditate with us regularly after that, too: some from Australia, Spain, Mexico.

Ubud is a place of culture, art and tourist business, so there seems to be some kind of meditation shops and yogas going on everywhere. Anyway, I had posters from Finland with Mother's picture on it. Every program was full of joy and vibrations and Mother seems to have vibrated all the village.

Yesterday we had a program at Etty's [Bali coordinator's] house. There were some new local yogis again. We had the Adi Shakti Puja there as well, simple but so beautiful.

I am so happy to be able to witness SY spreading here. Sahaja Yoga has definitely come to Bali to stay! So I wish all the best to all you Australian brothers and sisters for the Indonesian tour. In my heart me and my children will be there with you.

With best regards,

*Anita Ikonen*

PS I would be interested to know which chakra is Indonesia and Bali. Has Mother said anything special about Bali (or Indonesia)?

## GENERAL NEWS

### **Request for Photos for *Divine Cool Breeze***

Jai Shri Mataji

We are once again looking for photographs that can be used in *The Divine Cool Breeze* magazine.

The next issue will be the Adi Shakti Puja and the Guru Puja.

If you have any pictures of Adi Shakti Puja (or anticipate taking any at Guru Puja) and you feel them to be suitable for the Cool Breeze and the world collective, please send them this way.

Technical considerations: All pictures have to be at least 300 dots per inch, and ideally should be usable at half page size (about 8 inches or 20 cm wide). The front and back cover pictures are in colour and need to be CMYK in format, if that is possible.

Most pictures in the magazine are those of Her Holiness Shri Mataji, but we always also use other photographs from events surrounding the puja, views of Cabella, art-work (such as the puja backdrop or commemorative card) or scenes of nature.

We have a storage website for transferring files. (Ask and I will tell you more.) Or you can send your pictures on a CD to the postal address below.

The *Divine Cool Breeze* is as much a photo magazine as it is a word magazine. We really count on the many Sahaj photographers to make it successful and beautiful.

One South American yogini bought a subscription to the magazine, saying, "I can't read English, but it's worth it just for the photographs." That says it all.

Thanks for anything you are able to send,

Jai Shri Mataji.

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