

Sahaja Yoga

23th August, 2002



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday



*Be utterly humble
And you shall hold on to the foundations of peace.
Be at one with all these living things which, having arisen and
flourished,
Return to the quiet whence they came,
Like a healthy growth of vegetation
Falling back upon the root.
Acceptance of quietism has been condemned as 'fatalism.'
But fatalism is acceptance of destiny
And to accept destiny is to face life with open eyes,
Whereas not to accept destiny is to face death blindfold,
He who is open-eyed is open-minded,
He who is open-minded is open-hearted,
He who is open-hearted is kingly,
He who is kingly is godly,
He who is godly is useful,
He who is useful is infinite,
He who is infinite is immune,
He who is immune is immortal.*

Lao Tzu

VIC NEWS:

We have booked a shopping tour to help raise funds for Sahaj. Based on the success of the previous years trips it should be a good one! Start saving and get those Christmas presents cheap from factory outlets in Melbourne.

When – Saturday 31st August, 7:30am sharp from Penguin Books car park, 30 Center Rd Scoresby.

Cost – approximately \$31 depending on numbers.

Food – This will be an all day tour with lunch included at a city restaurant. A two course lunch (main & dessert), with unlimited Tea & Coffee.

Outlets –

ARMORNI LEATHER - An extensive range of handbags, wallets, luggage, belts, jackets, vests, & shoes.

CORNINGWARE - Kitchen range of Corning, Pyrex, Corelle dinner sets, stainless steel pots & pans, Bakers Secret Tinware, knives & cutlery, etc.

HOLEPROOF – Socks, underwear, sleepwear, baby wear and most of the Bonds/Hole proof lines.

PERFECTLY PRICED CLOTHING - Ladies clothing sizes 8 to 24 - casual to dressy fashions.

Good quality at low prices.

STAFF SHOP – Small electrical products, cookware, portable heating & cooling, & much more. Mistral, Ring grip, Linda, Chief, Black & Decker, Revlon (exceptional value)

JUNIOR WORLD - Sizes 000 to 16. Great clothing for kids, & well priced. Barbie brands, & novelty gifts.

MANCHESTER EXPRESS - Sheets, towels, doonas, napery, blankets, tablecloths, etc.

LE SPECS – Australis, Le Tan, Browns talcs & gift sets, Sunglasses, & make up, etc.

MT ROMANCE – All natural skin care products for Arthritis, Psoriasis etc. Emu oil products. Santalia (Australian sandalwood), & essential oils & perfumes

OZ CONCEPTS – Licensed Products (t-shirts, mugs, caps etc) AFL, Disney, Harley Davidson, LooneyTunes, Barbie, WCW, Simpsons & good quality Australiana. Sizes 2 – XXXL.

If time permits

LE VON – Quality sleepwear & lingerie at very reasonable prices

NEWMANS/ERNEST HILLIER - Yummy outlet for lollies & our chocoholics.

BOLLE - Casual wear for men, women & children

A great variety to suit everyone for those Christmas gifts, or why not treat yourself!

We will have a \$5 raffle for 1 night accommodation for 2 staying at a Luxury City Hotel (value approx \$200) As well as free prizes (donated by each outlet), given out during the day. Deposit – \$10 NOW to secure your seat. The more people, the cheaper it is, & the more funds we raise (10% of all sales) so ask all your friends & families! We are hoping to have at least 40 people, as this will keep the price at \$31. Balance of monies – this will be due on Tuesday 20th August.

Cheques can be sent to: Andrea Bowley 60 Gardenhill Rd. Launching Place. VIC 3139.

Queries – please call Andrea

(w) 03 9811 2520

(h) 03 5967 3397

(m) 0409 975545 (email)

andrea.chapple@penguin.com.au

Chris Clear

Melbourne Collective are running a raffle with the prize being:

\$2000 travel for any international puja

Ticket prices are
1 for \$20
2 for \$30
3 for \$40
4 for \$50

Tickets can be purchased from your weekly collective meeting or contact Andrea Bowley hm: 03 5967 33997 wk: 03 9811 2520 mob: 0409 975545 email: andrea.chaple@penguin.com.au

Chris Clear

NSW NEWS

A COLLECTIVE IS GROWING ON THE MID NORTH COAST.

Since the start of the meetings in Wingham at the end of July, run by Sarah Connell, which attracted 14 new people, vibrations have been flowing abundantly here on the Mid North Coast! What with weekly meetings in Taree, Wingham and also Forster, we now have about 32 people attending programmes regularly in the area. This has really boosted vibrations and all of us have noticed a big difference in the depth of our daily meditations. At last things are taking off!!!

All the people attending the programmes seem very deep and dedicated, and the ones who were attending before the new influx have also noticed a difference in the meditations at the meeting since the new seekers arrived.

We (that is Coffs Harbour, Port Macquarie and Forster area) have also decided to perform Krishna Puja in Port Macquarie in an attempt to further establish vibrations in the area. Anyone who wishes to join us for this occasion would be more than welcome. Our puja will be taking place on Saturday evening in Port Macquarie.

Jo Boland

Burwood Workshop News:

Our next workshop will be held on Sunday, September 8th at BURWOOD.
Please advise your new people of this date and the change of venue back to Burwood. Further workshop details are attached to this week's newsletter.

Please contact Lyn Vasudeva (ph 9747 2820) with names and email (preferred) or postal addresses of any new people wishing to be added to our email/postal database. We plan to send the workshop invitations out on August 26.

Best wishes,
The Workshop Team
www.freemeditation.com

New From Arnhem Land

Dear Yogi Brothers and Sisters,

I have been on Elcho Island, Arnhem Land, for three weeks now and things make less and less sense every day!

The island itself is very beautiful. It is the dry season so red dust abounds, clouds threaten but there is no rain, and the heat is hot but bearable! White beaches surround the island, there are mangrove forests which look like ancient bonsai forests, and dried salt lakes. In the wet everything will be muddy and green! I don't mind that I haven't seen a crocodile yet. Meditations overlooking the ocean at sunrise are a daily highlight.

The Yolngu people are very open-hearted, joyful and welcoming. Here I have seen some of the most amazing children in the world, whose innocence is the absolute embodiment of Shri Ganesha!!

In the ten weeks I am here as a teacher it seems very difficult to do very much in terms of giving realisation. I have advertised a meditation class on Monday afternoons, but no one has approached me about it, and no one turned up to the first meeting. I shall persist, so your bandhans will be welcome!

In terms of bringing Sahaj knowledge to the local people it seems that it will be a process of learning about their cultural/spiritual understandings so that there is some common ground to parallel the knowledge of Sahaj. This seems possible through the building of trusting relationships over time. This community began as a mission in the 1940's so there is a considerable Christian population, both indigenous and non-indigenous.

In my solitude I have realized the value of collectivity more than ever! Things are very left sided and I find it tricky not to get caught up in the waves. There is so much to witness. I am discovering many things and am beginning to see that the problems facing the Aboriginal people of this country are many and complicated. There is plenty for you to shoe beat and give bandhans!!...

The health problems here are as bad as many third world countries. STD rates are among the worst in the world. This community is dry (alcohol is not permitted) but petrol sniffing is infiltrating even here on an island. Suicide is not uncommon in Aboriginal communities, nor is child Abuse. The mortality rate of Aborigines is about 30 years less than other Australians, and has been declining.

There seems to be an ingrained lack of infrastructure in community development and constructive politics. There is a lack of motivation and morale among the people, a situation that is not helped by welfare. High school attendance is very low. Those who do come have very poor English literacy which means everything else is difficult to teach and learn. This situation is exacerbated by the high turnover in teachers.

Added to all this is the lack of constructive and/or honest attention given by the national media. In contrast there is some deliberately racist and sensationalist reporting, as I have witnessed first-hand with the Northern Territory newspaper.

As we are in the Mooladhara of the world, I find myself wondering if the world can be whole until the wounds of Australia's past have been healed. It seems that as a nation

we need to face the facts about the past, overcome the guilt that has resulted from this and make practical actions towards resolving the current situation. In places such as this the negative effects of colonization are still being felt in profound ways. Our country cannot be healed until the many problems in Aboriginal communities are given much national and practical attention.

Surely this can happen with the loving and sustained attention of the Yogis!!
Please can we give a collective bandhan.

Jai Shri Mataji!!

Much Love from Melissa.

Bhagavad Gita Play

"On the Field of Truth
On the Battlefield of Life"
thus begins the Bhagavad-Gita

From within the great and vast epic poem,
the Mahabharatha,
comes to us these the greatest Spiritual
lessons ever told.

Shri Krishna, the incarnate, Lord God, our
Father, speaks directly to Arjuna
and explains to him the two great Truths of
our existence.

- 1) That there is an eternal essence in Man, it is his Spirit and
- 2) That there is a great and all-powerful God who is Lord of all.

Shri Krishna explains that we all, have been,
for all time,
and that we all, shall be, for all time.
That our Spirit is beyond destruction and the
Spirit is everlasting,
Omnipresent, never changing, never
moving, ever ONE.

Shri Krishna speaks of the wisdom of Yoga,
and freedom from bondage,
arising beyond the three Gunas, beyond
Earthly opposites,

to rest there unshaken, in divine meditation,
the goal of Yoga.

Arjuna asks Shri Krishna "By what path may
I attain the Supreme?"

Shri Krishna explains the path of
detachment, of consecrated action,
of sacrifice and of holy work.
Of going beyond Karma, of finding the Joy of
the Spirit,
of liberation and of true freedom.

And then Shri Krishna begins to reveal more
about Himself to Arjuna,
of how Seekers, and Yogis approach Him,
and come to Him, and attain their
Nirvana.

He entreats Arjuna to arise, to strive, to
become and to Be, a Yogi.

He reveals that He is the Source and
Nourishment of all Life and Power, of
all that is.

Yet he explains that He is not seen by all,
that He is hidden,
by a Veil of Mystery, and Delusion.
He explains that beyond this Creation, there
is an invisible,
and higher, everlasting Reality.
And he tells Arjuna that this ultimate Spirit
Supreme
is to be attained by an ever-living Love.

Finally Shri Krishna explains to Arjuna that
He is the Aum,
The Father and The Mother, The Source,
Creator and Evolution of all that
there is,
both within the vast Infinity of the Creation,
and beyond, that It is, That
He is, the I AM.

INTERNATIONAL NEWS

Sahaja Marriages in Cabella

During the Ganesha Puja celebrations in
Cabella on the 13th, 14th and 15th of
September, Sahaj marriages will be held.

News From The Heart

Dear all,

We must all feel greatly encouraged by the
constant flow of news from different parts of
the UK reporting on the ever-growing
number of people who have been able to get
Self-realization through the spread of the
folding chair and A frame formula. This last
month in particular seems to have establish-
ed this method as being effective,
spontaneous, simple and importantly one in
which every SY can participate. in terms of
increasing the sense of collectivity and
enhancing its strengths it has also been a
great blessing. Our experience here in
Scotland has been no different.

From the very first days of the caravan on
Princes Street last winter, when we had a
few chairs outside on the pavement under
the awning and a couple of A frames, it
seemed that so many of the obstacles which
hindered our ability to give people their self-
realization were overcome effortlessly once
any initial hesitancy was dissolved through
the actual response of the people who came
to sit down. It was as if the Divine was
saying to us: 'Look how simple it is!'

And so it was again this past week, but on
an excitingly different scale. The City council
were happy for us to set up our chairs etc in
a very serene spot in Princes Street
Gardens, on a spacious area of grass,
flanked by flower beds, surrounded by
majestic trees and opposite an enormous
fountain dedicated to the arts and sciences;
this provided a permanent background of
water music. We were immediately below
the great rock on which the castle stands.
Our part of the Gardens was just far enough
from the noise of an open-air stage with its
loud music but near enough to be passed by
a steady flow of people taking their ease.

We began on the Saturday at mid-day and for the next five hours it was virtually non-stop. The Sunday posed a real problem, as heavy rain was the order for most of the day; abandoning our Garden site, we attempted to set up the chairs outside the major shopping mall at the end of Princes Street, only to be moved on by the management after just a few people had come - the canopied pavement belonged to the property company! Waverley Station also proved a no-go area and so, although sustained by the previous day's activity, spirits were not so high - but soon revived through a spontaneous collective supper in one of our flats! From Monday, however, right through to this past Saturday, apart from the odd little shower, we were blessed with fine warm weather and were amazed at the number and variety of people who came. Our universal experience seemed to indicate by what people said that virtually everyone could positively feel the benefit of their brief meditation and the Self-realization, which perhaps still comes as a surprise! We were struck by the number of Muslim people giving it a go, again with very positive results; children, old people, couples pushing each other to have a go, and then being drawn to it themselves; people who sometimes felt years of problems dissolving in a few minutes. In a sense it is also a very humbling experience for us, to witness the power of the Paramchaitanya.

On this past Saturday we split forces, with half the team going to Dundee, the other half manning the Garden site. Over the week, we usually managed to field between 6 to 10 yogis throughout, sometimes more, and our especial thanks are due to the wonderful support given by those who ventured over the Border and were with us the whole week. On the basis of the little leaflets handed out to those who got their Self-realisation, we reckon over a thousand people will have got their Realisation over the week. Let us pray that some of those also find their way to weekly meetings somewhere at sometime.

Jai Shri Mataji!

Ian

Hi there John...

This is Nick... don't know if you remember, but when you were living in England, we met a few times in the company of Jason. I understand that an email that was sent out has somehow reached Australia... and has prompted the question as to what Photo was used.

I don't think that it was because of any particular photo that we were getting such good response... but that things had changed here in some way... and any effort to go out and give Realisation in public places was greeted with much success. People were ready to get it... and were coming towards us, rather than shying away.

It is happening seemingly all over. Some are using specially built 'A' boards with the Charlie chakra enlarged, and a small photo of Shri Mataji... whilst we are using adapted Albert Hall posters, with a big picture of Shri Mataji, and a small Charlie chakra.

The boards are carrying a large photo front and back and can stand alone as a single A board... or 3 are linked together, each folded flat, to act like a triangle of boards, each having a photo facing in as well as out. Then with a different local venue mentioned on each board we have a choice by folding differently, of displaying 3 out of a choice of 6 venues.

Then with simple, inexpensive fold-up, 3-legged camping stools, arranged in a big circle all round, we start by working on each other so people can see what is going on. Then we can approach people who come to watch, or go and speak to groups sitting on the grass nearby.

We have also discovered that one Sahaja Yogi can speak to a group of people whilst standing up anywhere, without bringing them to the stools, and simply by showing the leaflet and talking to them using the Charlie chakra and then the photo, which are on the leaflet, it is possible to give Realisation to several at one time - this is also much quicker and simpler too... and less tiring.

Nick has this way given to several groups of from 2 or 5 say up to one lot of around 10 or 12.

The boards are big enough to hold, comfortably, double crown size posters... with some inches to spare all round - around 3 feet high, and clipped together with a single office style stationary tag... and then with

A luggage style securing strap circling the 3 boards top and bottom, it becomes quite stable. With a bit of ingenuity it is possible to also secure the whole assembly to the ground with a tent peg and 3 of these elastic luggage straps. The whole lot can be folded and carried in a portable protective type of clothes or suit carrier... and is easily carried by one person.

We are trying to go out as often as possible - it's quite exciting!!

By the way as we are in contact for a moment... this Nick is working on as many of Shri Mataji's tapes, that have been recorded over the years, as he can... and taking extracts on all subjects... sorting them all out and collecting together again under many different subject headings.

As a result he has a fairly sizeable database, which he is using to build a web site for established Sahaj Yogis only... parts of which can be selected for training those who are in process of establishing.

There is still much that is not yet completed... but already there is much on the site. Also there are many things that are missing... simply because the relevant tape is not to hand - see the item "Help !" on the home page.

If you have any such missing and needed material, a copy of the appropriate tape would be most helpful. There is much available in Australia, which we do not have here.

The web address is:

<http://www.sahajvidya.freeuk.com/jsmsy>

lots of love... and very best wishes for all in Australia

Nick

What's been happening in the Midlands to spread SY:

On the 1st June, we organized an "Anti Stress Drop in Sessions" at the central library in Coventry City center (have a look at this web site it will give you an idea of what Coventry is like <http://www.cwn.org.uk>) we did some little hand outs that said "come in sit down relax" we gave them out around the city centre shopping area. In addition to that we wore some sandwich type boards which said, "R U Stressed, then try our drop in relaxation/meditation sessions at the library now!" that was for the braver yogis. We didn't give big explanations about SY we just told them about the Kundalini coming up, and then we raised their Kundalinis and sent them away with the details of our regular meeting on Monday evenings. We had a room in the Library from 10am until 3.00pm and during that time about 145 people had their realization.

The week afterwards on the 8th June, we had a stall and Gazebo at a 'fair' it was more ordinary than the 'mind body thing'. The stalls were like those you would find in any Saturday market. People were giving out leaflets according to the charity they represented, there were; double glazers, Amnesty International or a group who represented a charity for animals. There was also an arena area where people played music or showed off their brand of martial arts or whatever. So we had the gazebo there and we had about 140+ through, giving self-realization, again, a minimum 2 minute chat, whilst pointing to the centers out on the charka chart, then raising their Kundalini. Typical of England the Sunday was a wash out, it rained all day.

The next week, 15th/16th June. The Leamington Peace Festival, that's a little bit more alternative. The younger people call them 'Hill Billy festivals' as they are full of aging hippies, never-the-less we had a lot of people come through including no end of teenage school children. The weather for Saturday and Sunday was great and again we had about 400+ people come through the gazebo and get their self realization.

The weekend after, 22nd June, there was another fair type thing with bouncing castle,

donkey rides and the like at Kingsheath park in Birmingham. Again we set up the gazebo and we had about 100+ people come through.

On the weekend of the 27th and 28th, we had the gazebo at another fair in a suburb of Birmingham called Sutton Coldfield. The venue was Sutton Park again we would say that over 300+ people had their realization over the weekend.

On Wednesday 3rd, we had an invitation to do a 'Stress Management' seminar at the North Warwickshire College, Nuneaton. We have a meditation advert in the 'Yellow Pages' for this area and I think it's in the stress management section. So we did a Lunch time session and we had about 22 people attend.

One Thursday afternoon, July 11th, a few of the yogis were able to set up the gazebo in the market town of Hinckley, Leicester area. They had about 60 people attend the sessions.

They also ran a meditation in one of the local schools in Hinckley and had a very good reception from the Headmistress. There maybe an opportunity to do more sessions in the future with the staff and children.

John Firth has been running meditation classes in a special school where he works in Coventry. It's a small school with 6 classroom teachers and about 12 classroom assistants. Up to now the Headmistress and Deputy Headmistress have had their realization and at least 5 classroom teachers and 11 helpers. The Head as asked him to run meditation classes for the children.

On the 27th July, there is a 'Natural Living Show' at Ryton Gardens, Nr. Coventry. Ryton Gardens is quite famous, it's the one they have on TV holding up the virtues of Organic gardening. We hope that this will be a success too.

Katya Rubia

About Koran:

"It is true that there is plenty of material in the Koran that is more egalitarian than the western Christian tradition, which was heavily influenced by the misogyny of Greek thought. Perhaps the most fundamental is that the Islamic God does not have a gender. Arabic may refer to him by use of the male pronoun, but he is never described as "father" or "lord" as he is in the Judaeo-Christian tradition. Indeed, the Islamic God has characteristics that are expressly feminine; one of his most important "names" is al-Rahman (the All-Compassionate) from the Arabic rahma, which comes from the word rahim, meaning womb. In Islamic mysticism, the divinely beloved is female, unlike in Christian mysticism - for example, Bernini's famous statue in Rome of St Teresa of Avila is in love with the male Christ. As one Muslim woman, Sartaz Aziz, writes, "I am deeply grateful that my first ideas of God were formed by Islam, because I was able to think of the Highest Power as one without sex or race and thus completely unpatriarchal."

" Saturday December 8, 2001 The Guardian

"It might come as a stunning revelation to many that the word ALLAH itself is Sanskrit. In Sanskrit language Allah, Akka and Amba are synonyms. They signify a goddess or mother. The term ALLAH forms part of Sanskrit chants invoking goddess Durga, also known as Bhavani, Chandi and Mahishasurmardini. The Islamic word for God is., therefore, not an innovation but the ancient Sanskrit appellation retained and continued by Islam. Allah means mother or goddess and mother goddess."

www.hinduism.co.za