

Sahaja Yoga

13th September, 2002



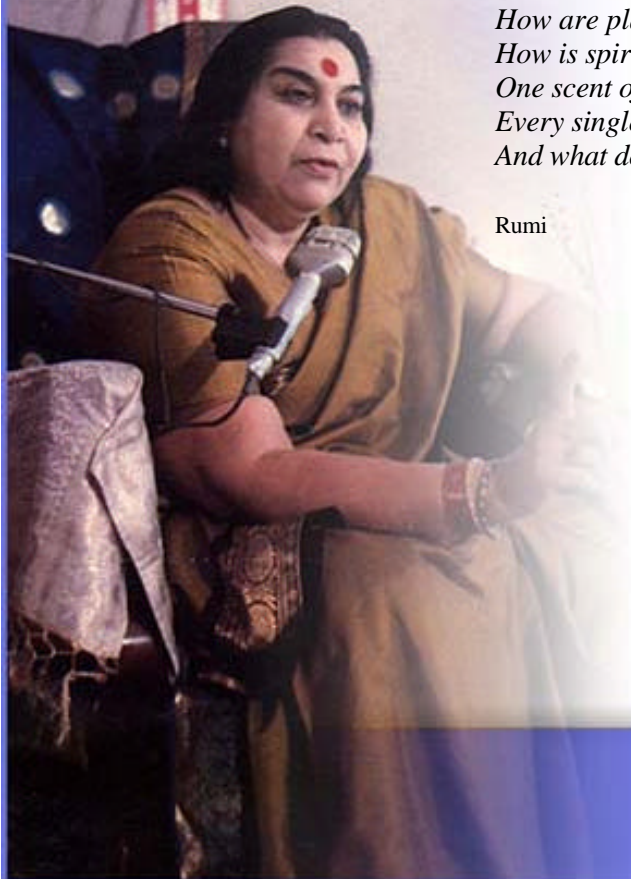
Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

*Love is an infinite Sea whose skies are a bubble of foam.
Know that it is the waves of Love that turn the wheels of Heaven:
Without Love, nothing in the world could have life.
How is an inorganic thing transformed into a plant?
How are plants sacrificed to become rich with spirit?
How is spirit sacrificed to become Breath,
One scent of which is potent enough to make Mary pregnant?
Every single atom is drunk on this Perfection and runs towards It.
And what does running secretly say but "Glory be to God"?*

Rumi



STATE NEWS

News from NSW

We are Building a Temple at Balmoral

I would like to take this opportunity of thanking everyone involved with last weekend's working weekend at our country property at Balmoral.

Our builders were there in force. Our thanks go to Paul Henwood, Matthew Cooper, Patrick Murphy and Patrick S who worked up a storm almost completing work to the floor of the Puja Hall. They completed in two long working days what was estimated to take two weeks to complete. To our dedicated builders our collective thanks for their time and commitment.

The Puja Hall is beginning to take shape. Plans are also underway to contract the sanding and polishing of the floor, which will really make the inner Puja space look really look great leading up to Navaratri.

As the builder were constructing, a dedicated team laboured away in a most concerted manner, moving building material and carting away rubbish. The largest rubbish skip available was hired and brought onsite, and a team of fit, vibrant workers left the team from *Backyard Blitz* in the dust.

The call was made for volunteers to come and labour. The work may in no way be viewed as high-profile or prestigious—it was more to the contrary. Yet to drive many hours to take on hard work bestows a type of dignity, nobility and decency that only selfless hard work done for no personal gain can convey.

So to the team of 'young' workers assembled to remove the collected and dumped refuse of many years, to Sunil and Aarti Sivaraj (great lunch and dinner) Jacob Nadas, Andrew Lewis, Narain Nadarajah, Andrew Bonneau—to the Yuva Shakti, youth-power in action, well done!

And to the Fossil Shakti, Andrew Jones, Lyndon and Jayshree deValle (another great eating feast), Jalinda Shete, and of course our inspirational caretaker Uncle Alfred who worked harder with a newly-mended broken foot than men half of his years can only dream about.

The Balmoral rubbish tip—that ever-increasing pile of collected rubbish—sadly is no more. If you can believe it, the floor of the workshop shed has been totally cleared of all material, cleaned, and a carpet covering laid down ready for male habitation come Puja time.

If you get a chance this Sunday during the Puja celebra-

tion at Balmoral have a wander down to the shed and have a look at the revolution of the shed from a neglected discarding space into transformed 'India-style' accommodation space.

This Sunday September 15 we will be celebrating Shri Ganesha Puja at Balmoral. The builders will be in attendance on Saturday to complete work to the floor in the Puja Hall. To this end a working Saturday is being arranged for this at Balmoral to help further prepare the property. It maybe quite convenient to work this Saturday and then spend the night, rested and ready for Puja the next day.

At this stage can we ask for around five men to volunteer to contribute their labour to help our builders and to help complete the preparations of the property. Can any volunteers please contact me so we can plan the various jobs required.

Sincerely,
Chris Kyriacou, Sydney

*Out hearty congratulations
to Claire & Balraj Singh
who have been blessed by Shri Mataji
with a son
named Keshav William Singh
born on 18th August 2002
weighing 4kg & 52 cm long.*

One-Day Meditation Workshop at Burwood a Great Success

The Burwood workshop on Sunday 8 Sept saw another big turnout! Of the 97 new people who had booked, 90 attended. About half were brand new (never been to Sahaja Yoga before), and the others were a mixture of those who had been a few times, through to 'regulars'.

The programme had an emphasis on practical & clearing sessions, with several videos of Shri Mataji, collective meditations, footsoaks, using the elements, how to give vibrations & live music (showing the effect of music: left or right sided & balanced). At the very end of the day, the rooms were still full, with nearly everyone staying, enjoying the vibrations of the day.

'Feedback forms' are given to the new people who've attended, to get their comments and practical suggestions about the workshop. Some of this feedback is put on the Sahaja Yoga workshop website (www.freemeditation.com/workshops).

It's wonderful to read the comments of people who have just discovered the peace of Sahaja Yoga meditation. So, we'd like to share with everyone these latest extracts:

"Absolutely beautiful."

"Most worthwhile thing I have done."

"Very generous to offer such a community service. This has helped me be calmer over the last year."

"Thank you for a wonderful informative day and kind, caring instructors."

"This is my very first attendance, I didn't know what to expect. I experienced immense calmness and peace."

"The giving vibrations session provided an extending collective experience, please continue this."

"The last speaker giving his account of Shri Mataji entering his life was extremely helpful and resonated a chord."

"I was quite impressed with the workshop today. Enjoyed the raising of the kundalini and joyous music...thank you for what you do to promote Sahaja Yoga."

"Very worthwhile. I learnt a few things that I was unclear about. Will try to bring friends next time."

"An excellent day with great music. Lots of extra information given re footsoaking and clearing chakras. I'd only learned basic techniques before. Thank you all."

"Thank you ... I enjoyed the atmosphere, music and meditation. I appreciated the sharing without threat or compelling commitment. Thanks again."

"A lovely, enlightening day."

"Loved the clearing."

"Thank you for the generosity of spirit of all presenters and helpers. Great atmosphere."

"Thanks a heap. Very informative and peaceful day."

"Raymond's talk on strengthening each chakra would be

excellent as a guided tape, as it takes a while to pick it all up."

"Wonderful day, very informative, very friendly people. Thank you for a special day."

"Loved the programme, educational, informative, relaxing."

"Have learnt much more today, going away feeling enlightened and peaceful."

"I enjoyed devoting a day to meditation; enjoyed the footsoaking and practical clearing."

"Wonderful, wonderful, thank you."

"I enjoyed the workshop and I hope to come to the next one. Thanks!"

It was a great day. Please keep collecting email addresses so we can let people know about future workshops. (We notify new people mainly by email, or post if necessary).

Please tell everyone that as well as local Sydney meetings, we also have these one-day workshops. People are usually very keen to go onto the contact list to be notified about future workshops...so collect their name, email address and phone number and send the details to Rajen (phone: 9706 4930).

Jai Shri Mataji.

Love from Charles Tiralongo and the workshop team

Mantras in Arabic

The Self Realisation Mantras have been translated into Arabic. If you need it for some seekers, please let me know. I can give you a copy.

It was done because a person from Lebanon who got his Realisation explained to me that to be able to feel the meaning directly from his heart, he would prefer to have it in Arabic language. This language does not work with words which have each a meaning but with signs or symbols which carry a concept, a feeling.

It has been translated by a person from my work, who received his Realisation a few months ago. To translate each mantra he had to get the concept of each...a good introspection exercise! When he reached the last mantra "*Mother, please, give me my Self Realisation*", he said to me: "what does Self Realisation mean exactly?" He even involved another Lebanese colleague and they were looking at getting the right meaning. The closest concept I could give him after trying "liberation", "spiritual awareness", "connection to the Divine", was "baptism", "second birth". And the Sahasrara opened! Jai Sri Mataji

Jean-Michel Huet, Sydney

Booklet: *Prophecies about Shri Mataji*

Some pages of the booklets sold at Krishna Puja or at Burwood last Friday have some pages missing due to a mistake at the shop (photocopier). They have been so kind as to re-copy all the books properly.

Anyone who has purchased a book is welcome to exchange it or get another one at Burwood on Friday night or at Ganesha Puja at Balmoral.

Jean-Michel Huet, Sydney

News from the ACT

Canberra prepares for Navaratri

The start of Navaratri is to take place in Canberra the weekend of 28th & 29th of September. Dr Ramesh Manocha has agreed to do a Medical Research, Meditation Programme on Saturday the 28th at 7.30pm in the Bogong Theatre at Gorman House which is in the City Centre.

The following morning the 29th there will be a puja at the Canberra Ashram in Scullin.

The cost for the weekend is \$21. We will need names by Sunday the 22nd September for catering purposes.

Please come and enjoy a weekend in Canberra, for bookings contact the Ashram on 02 6254 4986 or Alan Napper on 02 6254 0797 or email napper@tpg.com.au.

Regards,

Alan Napper, Canberra

GENERAL INTEREST

Some Children's Letters to God

"Thank you for not putting tornadoes down here. Are the angels your friend? Circle yes or no. God, I am a good kid in school. God are you dead or just faking? God, I'm a boy, not a girl. Girls are smart and the boys are tougher. Thank you."

"Why do people swear and why do people do drugs? How did you die anyway? God, I love you."

"How many friends do you have? Who made us? How many angels are up there? Who made you? Why do people talk different? Why is the sun hotter than the moon?"

"How come people in different countries write different than us? Why do we have one life to live? How come big kids beat up other little kids when they are not supposed to!"

"How did you make the Earth? Or, who made it? I wish I had good days all the time, and I mean it. Of course, you are good aren't you? But I hope you will write to me."

"May you please let my mom have a baby boy? How is it up there? Why did you make the world? I wonder if Mary is OK? The same with Jesus. God you're OK. Thank you for bringing me into the world. I wish I can see you."

"Why do people lie? Why do you watch over people? How is my kookum up there? How do the angels look like? Why did they crucified Jesus?"

"How many friends do you have up there? Do you have lots? How is my grandpa up there? Who made the water, did you? Sorry God, I have to go now."

"How is my sister, is she all right? How big is my sister, is she as big as my chest? I wish that I can see her in the sky, I real miss her. Could you kiss her for me. Good bye."

Ethel Winnipeg at the Alberta Sweetgrass (Alberta's Aboriginal News) received a letter from teacher, Marion Dick from Driftpile, Alberta. She sent these letters that her grade 2 class wrote to the Creator.

INTERNATIONAL NEWS

News of Indonesia

Sahaja Yoga Program Tour through Java and Bali

By the grace of Shri Mataji, from 31 August to 8 September Indonesian and Australian Sahaja Yogis travelled through Java and Bali giving realisation and holding follow-up programs. The highlights of the programs and visit were:

- realisation was given to around 1800 people
- around nine new Sahaja Yoga groups each in Jakarta and Yogyakarta and around five new groups in Semarang were set up
- four public programs and three follow-up programs were held
- advertisements were placed in five major Indonesian daily newspapers with total circulation of perhaps 10 million people. Two significant articles on Sahaja Yoga appeared in major newspapers. Shri Mataji's face will now have been seen by millions of Indonesians
- around 500 people came to follow-up programs with many more to come in Jakarta, which is holding its follow-up programs in the next few days
- we visited the major historical/religious/cultural sites of Borobudur (one of the largest Buddhist structures in the world with more than 1500 panels carved in stone), Prambanan (an immense Hindu temple complex centring around temples to Shri Vishnu, Shri Brahma and Shri Shiva and featuring the Mahabharata in stone carving) and Ubud (Balinese arts and craft—including attendance at a dance drama depicting Shiva)

The following gives a brief account of the programs and our travels. The Australian Yogis (Phillip Frankcombe, Alin and Anna Chicos plus me) arrived in Indonesia's capital, Jakarta—a city of 12 million—on 30 and 31 August. We stayed at Robert Felix, Indonesia's SY Coordinator's, house and his lovely wife Jeanne made us most welcome.

The Jakarta Yogis had organised a program at the Department of Forestry the following morning (31 August). The venue catered to around 250 people sitting in chairs. Approximately 750 new people came to the program (to get a seat you had to arrive half an hour early!) so we had to hold two consecutive programs with a hundred or more people standing or sitting on the floor during each session. The second session was held directly after the first but the keen seekers were more than happy to wait. Some nine local groups for the suburbs of Jakarta were then set up as Jakarta is as spread out as Sydney and travelling times are at least twice as long. The crowd was very enthusiastic to learn about Sahaja and to take the next steps in their spiritual journey. That night we had a small havan to re-

move any obstacles for the success of the rest of the programs and to neutralise the activities of false gurus in Indonesia – Reiki, for instance, has a strong presence.

At 6am the next morning we (seven Indonesian Yogis led by Robert and the four Australians) left by comfortable bus (24 seats—11 yogis!) for Semarang, the capital of Central Java—a nine-hour drive. Semarang is a largish city and that night we held a public program at a local hotel—organised by the new local leader Mr Purnomo. The room had 108 seats—yes, I did count them—but over 300 people came. So again we had to hold two sessions. Having given realisation in four large sessions over 36 hours we were all pretty tired but very pleased with the results.

The next morning, a work day, we held a follow-up in Semarang and around 130 people came. We explained meditation, giving vibrations to charkas and clearing left and right channels and the importance of collective meditation and meetings—which were the themes of the all the programs in the tour.

That afternoon we went sight-seeing on the way to Yogyakarta—visiting first a Chinese temple commemorating a Ming Dynasty Chinese admiral who assisted in spreading Islam in Indonesia—an interesting theme given a majority of the Indonesian yogis are of Chinese origin (but have been in Indonesia for hundreds of years). Some of the candles in the temple were two feet in diameter and eight feet high! We then went to the 8th century Borobudur complex which has 5 kilometres (six terraces) of stone carvings of the Buddha's life and 72 stupas enclosing larger-than-life-size Buddha statues around a central stupa.

In Yogyakarta the following morning we visited the 8th century Prambanan temple complex of six major temples (housing statues of Shri Shiva, Shri Vishnu, Shri Brahma, Shri Ganesha, Garuda and Nandi and depicting the Mahabharata in stone. It was as awe inspiring as Prambanan. (At that time Buddhist and Hindu kingdoms lived side by side and the royal families intermarried.) After that we stopped for breath.

Not for long, as that evening we held another public program in Yogyakarta. The room held about 250 people – but it soon became obvious that the walls would not stretch to cater to the around 550 who turned up. So we opened the room into another – doubling its size. Still many people were left standing or sitting on the ground. Thankfully we did not have to hold two realisation sessions, which would have been very tiring. Yogyakarta has a long spiritual tradition and the response reflected this. We even had people coming from Bandung (on the overnight train) and Solo (two hours by bus) to attend the program. One lady said that Sahaja Yogis were acting like Jesus—giving spirituality for free (many spiritual charlatans are in operation in Indonesia charging up to a month's average local salary for a program). Everywhere we stressed that our guru, Shri Mataji, was uniquely placed to give realisation en masse through Her disciples and that it was Her principle

that we could never charge.

The next morning (Wednesday) we had a follow-up program proceeded by live Gamelan music (Java and Java's traditional gong-orchestra music which is very meditative) to which 300 people turned up. Fifty had yet to receive their realisation, so Robert did another small realisation program. And again we set up local groups with coordinators so that the newly-realised souls could be catered for. In the afternoon we let for the sister city of Solo where we stopped for the night.

We left at 7.30 am the next morning and after a 20 hour bus journey we reached our hotel in Seminyak, Bali—right on the beach—at 4.30am and most of us collapsed. After a day of recuperation beside the pool (sigh) and a bit of shopping we went to Bali's Arts Centre, where we held the last public program—organised jointly by Australia and the Balinese coordinator Mrs Etty. Mrs Etty organised fabulous newspaper advertisements at very low prices. Unfortunately we learned that the next day was the celebration of Bali's Shri Saraswati Puja and most of the population had gone back to their villages that night to prepare. A good number (130 people) still came to the program.

The next day the Indonesian Yogis returned to Yogyakarta where they met the new local coordinators for some additional instruction before returning to Jakarta. One of the Jakarta yogis comes from a place near Yogyakarta and was very excited at the prospect of being able to help out there.

The Australians remained in Bali and had the good fortune to have the day free. We spent it visiting the art museum at Ubud, wood and stone carving galleries/shops and eating in the "best restaurant in the world". As well the textiles were superb. That night we saw a performance of Balinese traditional dancing—which is something of a cross between Thai and Indian dancing. It was superb. There was just too much to see and do. Truly Bali has the blessings of Shri Sita (who, Shri Mataji has said, dropped her jewels there as she was being abducted) and of Shri Saraswati.

On Sunday morning the Australian and Bali yogis had a follow-up program in at the Bali Arts Centre to which 110 people came—including 15-20 new people. We were then treated to lunch by Mrs Etty and visited her home—where she has a large meditation room and where we stayed last year. That night the Australian yogis completed the gastronomic part of their tour of Java and Bali by feasting on fresh fish and squid at a restaurant on the sand dune overlooking the sea at Jimbaran Bay—the scene of many Sahaj farewells to Bali.

Truly Shri Mataji's work is now beginning in earnest in Indonesia. There are committed yogis in Jakarta, Semarang and Bali and newcomers in Yogyakarta and other cities who are ready to learn and spread Sahaja Yoga. We were blessed by Our Holy Mother to be part of Her tremendous work in Indonesia this year and to spend time enjoying the

company of our brothers and sisters in Indonesia. They have come of age and are dynamic and committed.

Great thanks must go to Robert Felix for organising much of the tour, to the other Indonesian yogis (Alex, Adriana, Teguh, Purnomo, Mr Lie, Purnomo, Aciap, Atung, Menke and Arief) who organised, helped fund and attended the programs, the Australians who attended and benefactors from both countries who provided funds to make the tour happen.

Although Indonesia has quality yogis it is not yet a mature collective and our assistance will continue to be needed to help them spread Sahaja Yoga. The international programs/tours in Indonesia have now been held for three years running. Realisation has been given to over four thousand people. With Her blessings and guidance we intend to continue this initiative next year and every year while it is needed. If you are interested in going on this tour it is likely to be for about 10 days in August/September next year—let me know of your interest so that I can keep you informed. If you are able to help support it financially (the costs of halls and advertising) please contact me for details.

Jai Shri Mataji

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