

# Sahaja Yoga

25<sup>th</sup> October, 2002



## Australian Newsletter

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***Jai Shri Mataji!***

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Publication deadline for contributions  
is midnight each Tuesday

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*We have to introspect what we have received in these nine days and just not meditating or doing the Pujas. It won't help. The tenth day is to be attained through introspection and achieving Vijaya over the negativity lying dormant within us. The main ascent starts with Sixth day which we say the sixth Chakra the Agnya Chakra. Shri Mataji explains that we have Seven Chakras and two chakras above which makes nine, also coincides with the nine days. But the sixth day is the toughest as in Kolkata it is also said Devi comes on the Naav. It's the Agnya where we float. We have to cross it to get through the nine days. This is authorized to them who may cross it. It's needless to say the Sahaja Yogis are the blessed ones.*

*May Shri Mataji bestow the strength to fight these evil within us and spread the love and recognize the truth. May She bless us with complete surrendering heart to recognize Her in Her Nirakara form within our heart.*

*Aum Twameva Sakshat Shri Durga Mata  
Sakshat Shri Adishakti Mataji  
Shri Nirmala Devaoi Namoh Namah*

(our thanks to Rabi Gosh for this contribution)



# STATE NEWS

## *News from NSW*

### **Sahaja Yoga programmes have a profound effect on the lives of inmates at Villawood Detention Centre in Sydney**

A small group of us have over the past 2 months been going out to Villawood Detention Centre to do meditation and to give realisation there. The programme co-ordinator drew up the plan so that Tuesday mornings are in the area designated to mainly families and men who are not considered a "danger". We do compete with numerous Church groups and indeed another meditation lady of some description, so people there have plenty of choice in how to spend their morning. Thursday mornings are in another compound with only single men, and those that have been suicidal, and are mostly "doomed" for deportation. Deborah Keetley has bravely looked after the latter group herself, or rather as she says they are entirely sweet and extremely receptive and not at all any trouble, but a joy to work with. She can relay to you more about Thursdays men's programme, which is extremely well-attended, and indeed those who do not speak English hover around the outside of the hall discreetly trying to join in.

I would like to relay some of our experiences from the Tuesday visits in order for everyone to understand some of the situation there, and ask to everyone for their collective attention to be with these people - especially the "gems" we have discovered there: of such genuine and ready seekers whom I wish could experience the joy of the larger collective some time soon, somehow.

The numbers we have had on Tuesdays have, unlike the men on the Thursday, not been huge. But the size of the cool breeze coming from the kundalinis of those persons from varying nations who have attended have been large enough to make up for it! These people are not sophisticated queue-jumpers, but sweet and very innocent people, with glowing eyes. A Russian lady walked by and saw the poster. All she wanted to know was "Who is she?" in that very direct way we recognise from our Russian Sahaj sisters and brothers.

We had 4 islander women one morning who all had the most massive cool breezes over their heads. We could hardly believe the strength of their vibrations and we felt they had given us a huge clearout with their kundalini power alone. One day we had a Phillipino lady, who nearly lumped out of her chair as she felt the breeze both in her hands and above her head. She just exclaimed "What is this, WHAT is it???" Later it turned out she had a

huge locket with a picture of Virgin Mary on her, which she obviously never took off, and was totally devoted to.

Another sweet lady called Lisa from China had fled her country when pregnant with her third girl. She wants to delay going back to China for as long as possible, as she knows for certain that she will then have to separate from her little girl for good, for someone else to bring her up. Her other 2 girls are in China with the grandparents and her husband is living illegally in the Sydney community somewhere - he did not get caught. He cannot visit her. Her English is very poor so she is very shy about coming, although she usually hovers around the outside, despite our insistence to come in. She and her little girl Bonnie both got their realisation on our first visit. She also has this wonderful clear & innocent face.

Across the way from our meditation room, equipped with a video player for us to play videos of Shri Mataji(!) lives a Kuwaiti man, quite handicapped with hardly any eyesight and a bad heart problem. He was from a desert tribe, and many of them live like that in Kuwait without papers - as they never had any in the first place, and are never given any. Therefore Kuwait does not want him back, claiming he is not a citizen. Australia does not want him here either as he cannot prove his identity. He wants to go home, but has to live in no-mans-land every day. We asked him inside one day, and he got his realisation, but the next week he did not come - he was very upset. It was 3 years to the day he had come to Villawood. I think he will be back again another time soon.

Our most special and keenest seeker is a man by the name of Abdul. He is from Iraq. His story is probably, and unfortunately, typical of his part of the world. He told us that from a young age he knew there was no future for him in his country. He said he has seen many people murdered and slaughtered right in front of his eyes. He also told us of how, when he was sent to war, he just prayed to God and aimed his gun above the heads in the battlefield. 3 Years ago, when he was 35 years old, he fled across the desert with his wife, son and daughter. They barely survived the trip and arrived in Syria. He left his family there, not knowing where to go, and just jumped on any boat to seek a better future. Ending up in Australia, he was detained at Port Headland. His family is living illegally in Syria having to move from place to place not to be found out. He only managed to make contact with them 6 months ago.

The Immigration Department will not send him back to Iraq, which of course could be very dangerous. How his family survives without a breadwinner in his prime, one can only begin to imagine. But why he has eaten into our hearts is because of his immense desire to learn ALL there is to learn about Sahaja Yoga. He is caught between this intense feeling of excitement and of frustration. He feels something great has happened, but cannot picture or un-

derstand what to do with it. He could feel his heart clearing so strongly a few weeks back; his eyes filled with tears last week as we worked on him; an Australian friend was going to Syria to visit his wife & kids, and the whole time we worked on him our attention came to his wife and kids. He appears to have studied many ancient texts and prophecies and is concerned as to how he can practise Sahaja Yoga back in Iraq - if he gets there. He just keeps stressing how he wants to learn more & more about it and especially about Shri Mataji! His English is quite good, but if anyone has any Sahaj literature in Arabic, or indeed any of the more "obscure" languages in terms of Sahaj world coverage, or any ideas on where to obtain such literature, please contact any of us!

Abdul said that if we came to Port Headland where he started his detention, he felt certain that we would get 150 people at a time. They really need it there, he said. Perhaps down the track something could be started in other states, although I believe Villawood is the only detention centre within a capital city. But perhaps somehow it will happen.

Abdul comes back every week because he senses something deepening within him. Something about Shri Mataji; you know when a seeker is on the verge of a major inner revelation to do with who Shri Mataji is! We told him that perhaps he came here just for his realisation and that what he has received is something more valuable than he could ever imagine.

We feel he is hungry for more. For such a seeker the next logical step in his advancement would be to experience the joy of the wider collective, and of course that is so heartbreakingly impossible. You would all know and feel that he is one of us if you met him. I don't know how much longer he will be made to feel so powerless, but perhaps his new-found inner power will kick in and spur him on. We pray for all these genuine seekers of truth who have all seen the worst sides of human nature both in their homelands and now here in this, to them, so cruel land of Australia in the 21<sup>st</sup> Century. Many battles and much injustice has been fought through the ages, and now only the ultimate weapon can be of use. Please join us in our prayers for a solution to the many problems of such seekers who have come here, most of them in the hope of escaping untruth. We do have the power to help.

*Lene Jeffrey on behalf of  
Heather Jeffrey, Anna Chickos and Deborah Keetley*

## GENERAL INTEREST

### Sahaja Yoga affirmations translated into Arabic

At the end of this newsletter is a translation into Arabic of the Self Realisation affirmations.

Could any Sahaja Yogis speaking Arabic please check if the translation is correct. It was translated by a new Sahaja Yogi.

Jai Sri Mataji! Allah Hu Akbar!

*Jean-Michel Huet, Sydney, Australia*  
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### Call for yogis' stories of experiences with Shri Mataji

Whilst in Cabella for Ganesha Puja I met a lady named Linda Williams. At Shri Mataji's request, Linda and a couple of other yogis are putting together some books. The books contain stories by sahaj yogis about personal experiences they have had in Shri Mataji's presence. These can be miracles or memories but they must be first hand.

When I read a few of these stories I realised what an important project this is. It is not often that the Divine incarnates on earth and these stories are like pieces of treasure that can be handed down for generations to come.

So, if you would like to contribute please send your story to [lindawilliams108@hotmail.com](mailto:lindawilliams108@hotmail.com)

*Brett Johnson*  
*Perth, Australia*



# SAHAJA YOGA MEDITATION

## SELF REALISATION — TRANSLATION IN ARABIC

ايتها الهم ، ارجو منك ان تهينني لمعرفة الجهرية ؟



ايتها الهم ، هل انا الروح ؟

With your right hand on the heart Ask.

**"Am I the Spirit"**

Repeat three times (In every case the repetition is for guidance)



ايتها الهم ، هل انا سيد نفسي ؟

Right hand on your left upper stomach (just below the ribs) Ask

**"Am I my own Master"**

Repeat three times (You can say guru or teacher also)



Right hand on your left lower stomach (just below the hip) Ask

Repeat three times (You can say **"Please may I have the pure knowledge? or Please give me the true knowledge."** You may say this six times.



ايتها الهم ، انا سيد نفسي .

Raise the right hand to the upper stomach (as in 2)

**"I am my own master"**

Repeat ten times



انا لا ذنب لي

With your right hand on the heart again and say

**"I am the Spirit"**

Repeat twelve times.



انا اسامح الجميع .

Place the right hand on the left side of the neck where it meets the shoulder. Turn your head to the right and say

**"I am not guilty."**

Repeat sixteen times.

ايتها الهم او ايتها الآب ، ارجو منك السماح

ايتها الهم ، ارجو منك ان تهينني الوعي الروحي



Right Hand on your forehead pressing the sides. Say

**"I forgive everyone"**

Forgive everybody for everything Say as many times as you want from the heart



Place the right hand on the back of your head and lean your head back onto your hand. Say

**"Please forgive me if I have made any mistakes"**



Place the palm of your right hand on the top of the head, stretch your fingers upwards pressing down, slowly rotate clockwise, ask seven times

**"Please may I have my self realisation?"**

على اي خطأ ارتكبته في الماضي في حق نفسي او روحي ، عن قصد او غير قصد .