

Sahaja Yoga

6th December, 2002
13th December, 2002



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

"During my time at ISPS we stayed at the school for about 9 months and then returned to Australia for a 3 month holiday. One of the nicest parts about going to school was coming back to see your family and all those whom you love after such a long time. This somehow strengthened my bonds between my family and I, making the time I spent with them so special and precious and you just enjoy being around everyone and your love for them just seems to grow and grow. I noticed that a lot of my friends in Australia were embarrassed when they were with their families and many of them had de-facto parents. On occasions when I have stayed over night at my friends' homes I just could not understand why they were always shouting at each other and arguing. It made me concerned as I had never seen that before. Our family have always got on really well and I cannot remember ever arguing with my brother. We all love and care for each other. I received the same feeling while I was at school in India as it operates like one big family. All the students were just like my brothers and sisters. We spent so much time together, all our activities are done collectively, we learn to enjoy the different qualities that each culture offers without realising any difference. To us we are all the same, we were all just students doing the same thing, it made no difference if we were English, or French, or German, or Indian. My friends came from all over the world and so now virtually anywhere I may go I will always find a friend.

The friendships that I have made are so deeply rooted that even the problems of language and communication cannot prevent us from enjoying each other's company. I will always feel forever grateful to my parents for sending me to this school as the strength, guidance, knowledge, and experience gained I will forever cherish."

(This is just one of many testimonials received from ex-pupils of the International Sahaja Yoga School at Dharamshala in India)



STATE NEWS

from NSW

Request for assistance to run the Yuva-Shakti Camp at Balmoral next month

Dear Yogis, this is a request to help with organising and running the Yuva Shakti Camp at Balmoral from Jan 18th to Jan 25th 2003.

Already there has been tremendous interest with young Yogis from as far afield as Cairns, Perth, Melbourne and Adelaide planning to attend. This will be the first National combined Sahaja Yoga Youth camp. It is being arranged to bring young people of ages and from all quarters of our country together for a week where we envision that everyone will spend much time enjoying themselves in a range of cultural, physical, artistic and sporting pursuits as well as enjoy and explore the qualities, attitudes, behaviours that young teenagers and children can develop.

We are about to send a letter out to all young Sahaja Yogis including those who for whatever reasons are no longer actively practising Sahaja Yoga. As born-realised souls we should be reaching out to everyone to try to help them re-establish themselves if that is what they wish. One of the aims of the camp besides having a good time is to provide a position and supportive environment in which to bring the children of Sahaja Yogis together from all over our country and to enable them to develop and strengthen their experience of Sahaja Yoga and support the bonds of friendship between themselves and their elder Sahaja peers, or older Yuva Shakti brothers and sisters. To do this we - their elders - need to be involved in a very real sense. The camp is aimed at setting aside time where the care, protection and needs of all young Sahaja Yogis is our primary concern and to demonstrate our love and support for all our young Sahaja Yogis. Our children are growing and becoming mature and capable of self-determination and making their own decisions about Sahaja Yoga.

The camp aims to have fun and enjoy ourselves but also to also trigger seeking in young people to know the truth beyond the knowledge they can gain anywhere else. Each day there will be a range of activities which we will need to arrange. There will be a concert night at the end of the camp and a play will be presented. Each day there will be drama workshops and rehearsal for the play and other presentations.

Andrew Jones will be the overall camp coordinator to run the camp. We will all be working together to help put this together. Time is short, so I am requesting people with particular skills to volunteers to organise the following different activities:

- ☺ Overall direction, aims, objectives
- ☺ Bush Walking, bush skills, abseiling
- ☺ Meditation, Pujas, Sahaja knowledge
- ☺ Drama / Theatre
- ☺ Camp Administration / Rosters Activity coordination
- ☺ Drawing, Painting
- ☺ Music workshops
- ☺ Ceramics, arts and crafts
- ☺ Carpentry, woodturning
- ☺ Computer design, build a Website
- ☺ Sports (eg table tennis, cricket, volleyball, badminton, and other sports)
- ☺ Activities coordination for the younger children
- ☺ Concert Night

If you would like to co-ordinate or participate in the presentation of any of these activities can you please contact Andrew Jones as soon as possible.

This list is by no means complete. Please pass the word around. Everyone is invited to contribute in any capacity and to any degree. If anyone wishes to help they are most warmly invited but can they please let us know in what capacity they wish to contribute.

*Chris Kyriacou
Sydney*

Sale of beautiful hand-made clothes every Friday 'til Christmas

Shri Mataji's clothing store is open for business every Friday night before and after programs from now until Christmas.

Vibrated clothing will be for sale at heavily discounted prices to enable us to 're-home' dozens of suitcases of clothes from the Burwood garage to yoginis' cupboards.

*Donna Jones
Sydney*

INTERNATIONAL NEWS

from America...

The Words of Shri Mataji: Diwali Puja 2002

"We are collective, we are nice to each other, we don't tell lies, we don't try to destroy anyone. That means we are much above human failings and this is only because of the light. You can see where you are faltering. It's just you see for yourself. For that, I think meditation is the most important thing.

Every day you should do meditation. Those who do not do meditation are capable of falling down because meditation is like putting oil into the lamp. Those who do not meditate, think they can do without it, are sadly mistaken. They have to meditate morning and evening. The problem is everything comes so handily, so simple that they don't understand that meditation is very important.

Not you, but there are many I know who get Realization, who don't meditate and their style is different. Their nature is different.

Meditation is such a soothing thing ... a beautiful way of connection with the Divine, that all your problems get solved in that meditative moment.

If you are not meditating, you are not following meditation, then maybe your light will go down. It won't give sufficient light. It's important, very important to find out about yourself, about others in the meditation.

'How to do meditation?' many people ask. Don't do anything, just go into thoughtless awareness. Try to go to the thoughtless awareness. If you can get into that condition of thoughtless awareness, you can do your job because that's the point where you are with the truth, with the reality, with the joy....

When you meditate try not to make some sort of a function out of it - no. Meditation is something silent in yourself, silence in your thoughts and going to that deep ocean which is within you, itself. But supposing you don't do that, if you don't meditate. I can make out immediately those who are meditating and those who are not. It's not difficult for me.

Those who do not meditate are always hesitating. They are confused. They can't understand. And that's why meditation is the most important thing.... Just like a light burns with the electricity flowing in it, in the same way meditation is a continuous availability of the Divine Force. That will reduce all your agitations.

Not only that, but it takes out all the negative thoughts. It takes out all the discouraging things. And when you are meditating like that, thoughtless awareness, then you will be amazed how you are helped from within and without. It's a terrible power that works, this thoughtless awareness.

So those who do not meditate cannot go very much far with the advantage of Sahaj Yog....

If you are in thoughtless awareness, what happens to you is that you get the confidence, complete confidence of divinity. You know you have it....

Meditation will give you security.... It will give you are a real enlightenment and a complete connection with the Divine. Without the connection of the Divine, what's the use of doing Sahaj Yog?...

I've talked so much about meditation before, but today when I see all these candles burning, I think they are all meditating. They are all in meditation and that's how they're growing.

In the same way, Sahaja Yogis who meditate, I know. And those who don't, I know. And if they have problems, I know why the problems are there....

It's very important to become thoughtlessly aware because then there are no thoughts coming from the left or the right, from the [past] or the future.

Just in the present you are there. It's something you all have. It's not that I'm saying that to you, but all of you have this, but steady yourself. You have to steady yourself at thoughtless awareness. How long - that's not the point. The point is once you've touched it, you'll go on touching it....

It is always described in all the great books, but not so clearly as I am telling you.... Even for a second, if you get it, it's a very good idea. Then you go on increasing that second.

I think it's a reflecting mind. When you look at something, you can become thoughtlessly aware and then your mind deflects to the depth of what you see. That's how you all will become really very creative Sahaja Yogis....

Many people are here who will say, 'Mother, we don't get that state.' Try. Try that. I don't believe you cannot get it. All of you can get that thought that 'I can get it.' And you will get it. In that, you don't have to discard anything, you don't have to see anything, just go into meditation and you will be amazed how it will work out. Of course, you are very much there, most of you, but still, I would say, increase that thoughtless awareness, that area....

So today's message is that while you are meditating, go into thoughtless awareness. No thought is important because it's your own creation. But if you have to become one with the divine creation, you have to get to that state of thoughtless awareness, minimum of minimum. And that comes to you gradually if you grow and you'll be amazed how you'll be able to grow into Sahaja Yoga in a very big way."

For a fuller understanding of this Puja talk, listen to the audio or video tape. Shri Mataji's words will also be published in the Divine Cool Breeze.

Another way of spreading Sahaj

Recently we had a Sahaja Yoga spreading program in Salt Lake. There in a fair organized by a women's organization, we obtained a stall and spread the divine love and blessings of Her Holiness Shri Mataji Nirmala Devi. People of all types, ages and background came to the fair over the three days. Over one hundred people visited our stall.

This time Shri Mataji gave us a unique method of explaining Sahaja Yoga. First we explained that this is Her Holiness Shri Mataji Nirmala Devi's photograph. She is the person who has gifted Sahaja Yoga, a simple system of meditation, to this world. Currently practiced over one hundred countries, Sahaja Yoga is a simple meditation process, to be done ten minutes in the morning and ten minutes in the evening.

Our instrument has two energies - positive and negative. When there is greater balance of positive energy in our instrument, we are physically as well as mentally free of all problems. However, it is just the opposite when there is a greater balance of negative energy.

Now if there was a way by virtue of which we could always maintain a greater balance of positive energy, then we could have actually done away with physical and mental stress. Shri Mataji's Sahaja Yoga is a modern method of meditation, which accomplishes this way.

In this meditation, we have to get our own subtle system, which emits the positive energy in our instrument and controls all the automatic functions like breathing, digestion, the manufacturing of blood and other necessary automatic functions and is known as the Kundalini, to the All-Pervading Energy Bank, the Bank of Cosmic Energy.

This is done by keeping our attention on the last point of our instrument, the limbic area or Sahasrara, and just having a pure desire in our heart that we want to be connected. We keep our palms open so that the energy that will flow can do so unhindered. If you believe in God, then this Kundalini is His power inside us, which we have to get connected to His All-Pervading Power.

Please put your palms open towards Shri Mataji's photograph and seek like a child seeks from his mother, without any bias, that "Shri Mataji, please get me connected to the Cosmic Consciousness, please give me enlightenment, please give me Atmasakshatkar."

Many have asked why they should put their hands towards Shri Mataji. We replied that until this time we all were searching for a simple method of leading a stress-free life, but nobody has yet given a true, scientific, simple and fully successful method. It is Shri Mataji, who can do that. So instead of starting on our own all from the beginning, if we just ask Shri Mataji, we get connected very easily. After

that the man or woman's feelings speak for themselves.

When we were asked what will happen after regular meditation, we said that it is you who will tell that. Please do it sincerely for one month, come to our centre once a week and see the difference. We can tell you a lot of things, but then that means marketing. We are not here to market Sahaja Yoga, but to share with you what we are enjoying.

One thing we all experienced, that if we are absolutely doubtless about the fact that the seeker will get his Self Realization, then it works out successfully. Because it not us, but Shri Mataji who gives Self Realization, so at the Lotus Feet of the Adi Shakti, who will not get his or her Self Realization?

Shri Mataji has made me realize one thing, that Nirvikalpa paves the way for divine happenings. Who am I to judge whether divine work should take place or not? It is the Adi Shakti's work and there is no power in this entire creation that can stop it. Maybe when we all understand and realize this, then Sahaja Yoga shall conquer the hearts of all in every corner of this creation of Shri Mataji.

We must always remember that we are just the instruments. Whoever opens a tap gets water. The tap does not decide whether someone shall get water or not. The moment it is opened, water flows.

Similarly, we shouldn't be apprehensive that this seeker will get feelings or not because we are just the taps and Shri Mataji is the reservoir. She has connected us to Her so that She can distribute Her divine love and blessings to all Her creation. Of course, the pipe should be clean.

But then the instrument that has been created by Shri Adi Shakti Herself - who has the power to do any harm to it? If we have this subtle doubtlessness within ourselves, then we will realize that things like catches and negativity are a myth.

We can always be dissolved in the eternal love of Shri Mataji and enjoy our stay in the Virata, the collectivity of Sahasraras, the Kingdom of Our Mother.

Bhushan Hadapsarkar
bhushu108@yahoo.com
Friday 6th December

from India...

March 2003 Programs in India

Dear Brothers and Sisters,

We are very much pleased to inform you that our most Respected H. H. Shri Mataji has approved the programmes of March 2003. Following is the March '03 programme.

- **Shiv Puja - Pune**

15th March	Musical Evening
16th March	Puja

- **Birthday Puja - Delhi**

18th March	Musical Evening (Nirmal Dham)
19th March	Musical Evening (Nirmal Dham)
20th March	Felicitation
21st March	Puja

You may also note that there will be a Public Programme addressed by H. H. Shri Mataji in Delhi on 23rd March (evening) and also NGO inauguration for which the exact date is yet to be approved by Shri Mataji.

All Sahaja Yogis and Yoginis are invited to attend above-mentioned programmes and enjoy the Divine presence and large collectivity for your ascent. Detailed circular will be issued separately for local stay, transport, expenses etc.

Jai Shri Mataji.

Vijay Nalgirkar

GENERAL INTEREST

Song of the Century survey on the Internet

The BBC is conducting a survey "Song of the Century". If you have not yet voted please go to this link and vote for *Vande Mataram*, cos it's already at 5th position and we can bring it to a higher position.

<http://www.bbc.co.uk/worldservice/us/features/topten/>

Please forward this message to your familiars by contributing your side... It's hardly 2 minutes process.

Thanks and Regards,

Rajesh Mangal

(Editor's note: *Vande Mataram* was the anthem of the Free India movement prior to Independence. It is regarded by many as India's true National Anthem, and is a favourite of Shri Mataji)

Some words of Divine Wisdom

Once upon a time, the archangel Gabriel heard the voice of God speaking from paradise, blessing someone. Gabriel said, "Surely this is some important servant of my Lord, God the Father. He must be a great saint, or hermit, or wise man."

The archangel went down to earth looking for the man, but he could not find him, neither on earth or in heaven. Then he addressed God and said, "Oh Lord, my God, please show me how to find the object of your love."

God answered him, "Go to this village. And there, in a little temple, you will see a fire."

The angel went down to the temple, and he found a man praying before an idol. Then he went back to God and said, "Lord, how can you look with love upon this idol worshipper?"

God said, "It is true that he does not understand me properly. Not one man living is capable of understanding me as I am. The wisest of the whole human race are just as far from really understanding me as this man is. I look not at his mind, but at his heart. The heart of this man searches for me, and therefore he is close to me"