



## Australian Newsletter

***Jai Shri Mataji!***

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Publication deadline for contributions  
is midnight each Tuesday

*"As far as how my time in Dharamsala has influenced my life is concerned, I don't know where to begin. To begin with, I believe that growing up away from the sex/alcohol-focused culture that we now see in our societies today has proven very beneficial and influential to me in the way I now lead my life. Dharamsala is a very special place, almost a second home to me although I haven't been there for a few years. Growing up there ensured exposure to a whole new culture, one which many will agree is very beautiful and moral. Small class sizes and good teachers also meant that I could always rely on good contact with the teachers. On this point I would also like to state the fact that eastern schools are far ahead of any western curriculum at the same level. This meant that when I did come back to continue my schooling in Scotland, I had no problems whatsoever in quantitative and scientific subjects. Furthermore, unlike in western schools the teachers were our friends and we often enjoyed a good pillow or snowball fight. Hence, whenever we had any problems we always felt that we had someone to speak to. We also grew up in a huge amount of freedom, which has had a huge influence on the way I am today. Unlike many people my own age, I have seen and experienced much more of the world making me a lot more independent, strong in character and very open-minded. Whilst at the school I also practised meditation which has had a profound effect on the way I lead my life. I still meditate every morning and I know that it helps me to lead a moral, fulfilling and above all an intensely enjoyable life – unlike an increasing amount of people who are now looking for something that will bring meaning to their life.*

*Above all however, the school has brought me many many friends from around the globe, all of whom are very good friends of mine and are like my brothers/sisters. My sister is currently studying at the same school and I know that she will benefit from it in the same way that I have."*

(This is another of many testimonials received from ex-pupils of the International Sahaja Yoga School at Dharamshala in India. More will be published in future editions)



# NATIONAL NEWS

## Enrolments sought for Vaitarna Music Academy

The Late PK Salve Academy of Music is about to re-open on 1st January 2003 at its new location in Vaitarna. Applications are invited from sahaja yogis around the world wishing to study at the Academy, which was founded by Shri Mataji.

### Enrolments are now being accepted for the following classes:

- 1st January to 15th March 2003
- July to September 2003
- October to December 2003

Please use the official application form at the end of this newsletter.

Shri Mataji has asked how many Australians are going, so anyone thinking about, or wishing to join, should let Avinash know immediately as he is going overseas shortly. Mobile: 0414 281 567 Office 02 8251 4201, fax 8251 4299 avinash8888@yahoo.com.au

# STATE NEWS

## from NSW...

### Last chance to get Vibrated Clothes!!!

Remember the many suitcases of vibrated clothing that Shri Mataji sent to Australia, to spread Her vibrations, four years ago? They are about to be returned to India. Shri Mataji has asked for them to be brought back to Ganapatipule next week, unless sold.

This is definitely our last chance to buy or lay-by them. Prices have been dropped dramatically to 50% off the normal price.

PLEASE COME AND BUY!

This Friday night, before and after the program, and during this weekend, they can be bought or lay-byed at Burwood. Donna Jones is coordinating the sales, phone 9746 5161.

The clothes must be sold! How embarrassing if we have to return so many cases full of Shri Mataji's vibrations to Her. Please help by rallying round and buying or lay-bying them NOW. They make marvellous Christmas gifts!

URGENT:

Also, all those who have collective saris or terracotta items which have not been sold or accounted for, please contact or e-mail Avinash immediately on avinash8888@yahoo.com.au

These will also need to be returned immediately unless sold.

## Book now for Shivaratri and Birthday Pujas 2003

Jai Shri Mataji! Hi Yogis, the puja place and venue dates for the Shivaratri / Birthday Programmes have been announced by Mr Nalgirkar as follows:

### 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

There will be a Public Programme addressed by HH 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. Mr Nalgirkar has asked for numbers from each country so he can book the train from Pune to Delhi on the 17th of March. We need to begin to plan for the NSW and ACT Yogis and gather numbers at least from those who are certain of attending. This will enable us to book the required seats and give our hosts some idea of numbers. Neil Avoledo has kindly volunteered to help with the arrangements needed to facilitate a group booking. Those who wish to book and ensure they have a seat on the Pune to Delhi train need to book ASAP. Please Email Neil at: solacefivedock@bigpond.com

### Probable Group Travel Arrangements:

- Depart Sydney 13<sup>th</sup> March for Mumbai
- Return 24<sup>th</sup> March

*When responding please provide the following details:*

- Wish to be included with the group booking Y/N
- Name
- Age
- M/F
- Passport Number
- Pune to Delhi train Y/N

*Chris Kyriacou, Sydney*

## Realisation in the Parks

Last weekend 14th & 15th December was the sixth weekend in a row that programs have been held in Hyde Park, Sydney.

Each day was continuously filled with seekers gaining their self realisation. We attracted a lot of attention in such a high profile area. There was the gentlemen who sometimes came twice a day for vibrations after getting his realisation on the first weekend, then attended the weekend workshop and kept coming back to the park because of such depth of experience - such a happy, shiny-faced fellow that we all got to know.

There were people pulling out their electronic translators to discover there was no such word as *chakras* in Korean. Chinese people with relatives translating. Yogis trying to revive their long-forgotten French language skills with a little help from the Mothers Love international pre-school songs, eg *Le vent frais*. And a continual flowing of joy.

As before we can still not estimate the numbers but to tell you that it was hundreds per day. The numbers would rocket when yogis arrived and approached people in order to offer them the meditation experience. It seems to be the case that in our society people are very much focused on where they are going. To step up and offer them their realisation suddenly and very easily pulls them in, where otherwise they would have blindly walked on.

All yogis who have attended have shown their fantastic ability to open heartedly approach people and offer this experience. It has resulted in so many people getting their realisation as they would in a program, but with the added beauty of the outdoors and everyone taking part.

This was the last one for the year. BUT WAIT! A PLACE HAS BEEN BOOKED ON MANLY CORSO FOR THE 29TH DECEMBER - YOGIS NEEDED. Is there a better way to see out 2002? Watch for details.

The last article had a mention of "We are at last getting rid of our reticence". This and the following paragraph were not the words of the author. We have experienced only collective activity and joy and invite all yogis to come along and do what ever they feel capable of.

Jai Shri Mataji

*Raymond Hampton*  
*Sydney*

## INTERNATIONAL NEWS

*from India...*

### India contact details for Ganapatipule 2002

Hello everyone. The contact persons for Ganapatipule Seminar 2002 are as follows

#### Reception

Mr Jagdish Bhatnagar (091 22) 8307023, 8213594  
Mobile (091) 98205 27886  
E-mail address: jagdishb5@hotmail.com

#### Mumbai contacts for emergencies

Mr Sudershan Sharma (091) 98212 37087  
Mr Parag Raje (091 22) 5378308 / 6843169 / 6831314  
parag\_raje@hotmail.com

#### Your stay arrangements at Mumbai are made at

Atma Darshan  
opposite Shere Punjab bus stop  
Near Canossa Convent School  
Mahakali Caves Road  
Andheri (East)  
Mumbai 400 069.

#### Address of Organisation Committee

Life Eternal Trust  
B-612, Urmila Society  
Koldongri, Andheri (East)  
Mumbai 400 069  
Telephone (022) 684 3169 or Fax (022) 683 1314.

*Dear Family,*

*As we are gearing up to catch up the last bus to audit our closing accounts before we arrive in the land of Shri Adishakti at Ganapatipule to submit all our accounts of Self realization that we have accrued during this span. Sahaja Yogis are hurrying to catch up more and more. To excel more. Such is the example of our bro. and sis from Jharkhand collectivity. Here is Rajeshbhai, he has so many things to convey and so little time he has got. We pray Shri Mataji bestows more blessings on our bro and sis of Jharkhand to do more and more.*

*Rabi Ghosh  
Dehra Dun*

## **Dynamic public programs in Jharkhand**

We had two programs yesterday and today. The details as under:

### **Program in Dakra Village near Ranchi**

The desire of one of our yogini sister (initially from Ranchi) was so powerful that she decided to conduct a self realization program in one of the remote village of Jharkhand state called Dakra, 70 kms from Ranchi which is basically a colony of collieries. In fact she was the one to start afresh from this village and due to her efforts she could establish a new sub-centre in this village by the grace of Shri Mataji. She often travelled 70kms to attend the Main centre in Ranchi and then returned to conduct the collective meditation in the sub-centre of this Dakra village.

The collectivity in this village grew up gradually with mainly the Yoginis as the strength and then within next four months of her efforts the strength of the collectivity grew around 60 by the grace of Shri Mataji in that village.

Yesterday, we were invited in the village to attend the sub-centre, where again a self-realization program was being conducted by her effort. The entire colony was invited to join. As the programme started we were amazed to witness initially the numbers of new seekers turning up were 40 and then total strength gradually swelled up to more than 100 within no time.

As the centre started the entire atmosphere was filled with vibrations and entire new seekers present in the programme received their self-realization. At once one could feel the essence of Shri Ganesh tattwa in form of innocence on face of the new seekers. Then Aarti in praise of Shri Mataji was performed to acknowledge the gratitude and the heartfelt gratefulness at Her Holy Lotus Feet. As we completed our collective prayers it seemed as if a magic spell had completely diffused in the thin air with total experience of Nirvicharita (thoughtless awareness). The

whole episode was so instant and spontaneous - especially when the innocence of the seeking villagers took every one to a doubtless awareness state as they began expressing their inner Bhakti and Shraddha recognising Shri Mataji as the Goddess who has come to redeem us all from evils. We experienced entirely a blissful time as if we were witnessing a Divine drama there amidst the coolness of the vibrations, while the ganas were taking care of the drama.

The Yoginis shared their personal experiences and also sang Bhajans in their local language in praise of Shri Mataji.

We request the world collective to pray and give bandhans for the Sahaja Yoga establishment in this remote village of Jharkhand ....called the Dakra village

### **Program in School in Jamshedpur, Jharkhand**

Today we had a program for children and the teachers of Gujarati school. About 150 students and 10 teachers got their self-realization by the grace of our Divine Mother and now there is a proposal for a follow-up program tomorrow along with brief lecture demonstration on Sahaja Yoga to all the teachers for next four days before we all leave for Ganapati-Pule.

We collectively thank Shri Mataji for bestowing upon us this wonderful opportunity to spread Sahaja yoga in the Education Establishment. May Her blessings be showered upon this backward state of India to have a powerful spiritual ascent through Sahaja Yoga. We pray for a world collective attention to continue this noble Divine work across this state until the last man gets his realization.

Regards and Jai Shri Mataji.

*Rajesh and Collectivity of Jharkhand*



*from Singapore...*

### **Cooking for Shri Mataji**

The most extraordinary vibrational experience of our lives occurred last week. During the Austral Asia Seminar held in Singapore, the ladies representing all of Australia had great pleasure in accepting the invitation to prepare lunch for Shri Mataji and Sir CP.

We only had a couple of hours notice. As well as this for some of us it was required that we had to pack to move to another resort that morning.

Collectively, with great anticipation and willingness, the menu was prepared and a shopping list was organized. Then in five taxis we set out to Mr & Mrs Vikas Vig's apartment to prepare our offering. We were indeed challenged, as we had no idea of the local shopping area, especially where to buy Australian food. We formed shopping groups with specific food group lists to buy.

Back in the kitchen the preparation began in earnest with the fruit and cheeses being cut into bite size pieces to be presented. Twenty-one ladies working harmoniously, with open heartedness and devotion, cut, chopped and mixed the ingredients, peeled and de-veined prawns and started cooking all the food for our Divine Mother. Then the message came that we needed to be finished in fifteen minutes so that the food could be delivered. The desert needed to be completed, the fish to be filleted, boned and cooked, as well as the final touches on the other dishes and all packed up for transport. It was amazing that we were ready with a few minutes to spare, waiting for our transport.

While we were on our way, Raymond presented an assortment of Macadamia nuts which had been given as a gift from ? Australia to Shri Mataji. Then we were there, in time, in the serving kitchen, after being escorted through the luxurious Raffles Hotel.

Our Puja was delicately set out on the serving plates and offered to Shri Mataji. Quickly the plate of red papaya was presented followed by a platter of a variety of young cheeses, thin slices of smoked salmon rolled around philly cheese and dill and little heart shaped watermelon pieces.

Shri Mataji sent word that She would like persimmon. The persimmon was at a stage of perfect ripeness after being bought by Rosemary three days before.

Next the soup, a delicately-flavoured pink dhal, served in a wide-rimmed finely-decorated soup bowl was served. Following this, the main meal consisting of garlic prawns decorated with tiny rings of shallot. Lightly marinated Australian lamb cutlets served with minted yoghurt. Steamed

fillets of red grouper (said to be the best fish in Singapore), served with a very fine white parsley sauce and garnished with parsley. As well as steamed vegetables of thin asparagus spears; broccoli flowerets and baby carrots topped with butter were all taken on individual serving plates in to Shri Mataji.

Then the dessert arrived escorted by two ladies. The desert was allowed to set for only 5 minutes before being brought to the hotel by taxi. The rosewater mousse was served in a glass ramekin dish placed in the centre of a large white porcelain bread-and-butter plate. Surrounding the pink coloured mousse, deep red rose petals were placed in a bandhan around the edge, with a large red rose placed beside the dessert.

To our great joy Shri Mataji enjoyed our Australian-style meal. Our overwhelming experience and expression of love will always be in our hearts.

I hope the description of this wonderful event has been adequate. Everyone will have their own story to tell. Jai Shri Mataji

*Katharine Tollfree  
Australia*

*The editorial and distribution staff of the  
Australian National Newsletter would like to  
thank all our readers and contributors  
for their support over the past year.*

*Our next edition is planned for Friday 10th  
January 2003. Contributions welcome!*

*Best wishes for a Merry Christmas and a  
Happy New Year filled to overflowing with  
the love and vibrations of Shri Mataji and  
Sahaja Yoga*

*from Peter Brownscombe, John Dobbie and  
Rajen Maharaj*