

# Sahaja Yoga

10<sup>th</sup> January, 2003



## Australian Newsletter

---

***Jai Shri Mataji!***

Phone: 612 6254 4986  
email: [sahajnews@yahoo.com](mailto:sahajnews@yahoo.com)  
Publication deadline for contributions  
is midnight each Tuesday

---

*"School is supposed to be the building of a person's life, his interests, his personality, and his career goals. It is in school that a person figures out how to live in a world with peace and harmony, how to interact with other human beings, and learns how to adjust in the huge, beautiful, interracial society we live in. I can think of no school to do this job better than the International Sahaja Public School.*

*This school doesn't just give the best possible grounding for a development of an ideal human being, but also the spiritual guideline that we all need to become better individuals in society. Analysing the totally unique nature of the school, International Sahaja Public School, it is not only the ideal school for students, but also a ground where better human beings are made and creativity is acknowledged.*

*I would have no hesitation in recommending this school to any parent who cares about the welfare of their children and their development into better human beings. It is a society of better human beings that ultimately would result in a better world for all to live in, and that is exactly what this school has been doing, is doing, and will keep on doing."*

(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)



# STATE NEWS

## *from Western Australia...*

### Twelve Perth Yogis travel to Singapore to attend International Seminar

From the moment we arrived in Singapore the sense of being present at something momentous – a kind of watershed – was apparent. The vibrations continued to deepen as we worked together to bring the news of self-realisation to as many new people as possible, and the expression of the dynamism of south-east Asian Sahaja Yogis was continuous and awe-inspiring as they revealed some of the solutions they have come up with for 'problems' – an English word which apparently means 'opportunities' to our brothers and sisters.

Twelve Perth yogis attended the seminar and were able to travel home together after seeing Shri Mataji leave from Changi Airport. Shri Mataji's presence seemed to be more deeply experienced in our hearts because She was not in attendance physically at the organized events. It's hard to find words to describe but one yogi said she had not felt her own vibrations in such strength when not actually with Mother before. Another said she felt an empowerment that was almost physical in herself. Many came up with ideas for more work at home. We learned so much from each other and from the collective Blessings showered on us by Shri Mataji that only with time will we see how we have changed.

Connections were made with old and new brothers and sisters from all over Australia as well as from Singapore, Malaysian, Taiwan, Hong Kong, Thailand, Japan, Indonesia, the Philippines and America, not to mention our brother Udo who arrived from his new home in the Czech Republic to help out. He used to be based in Singapore. In just five days there wasn't time to meet everyone - isn't that a good indication of how busy and successful the seminar was! Of course we will have to go back next year. You realize more intensely the power of the Sahasrara when so many different languages are being spoken and you feel such intense connection with speaker even though the words are often no more than rhythmic patterns to your brain.

'Small' may describe the *numbers* in the Singapore Collective but is no use when it comes to finding a word for their efficiency, effectiveness, loving attention to detail and beautiful smiles. We especially noticed how courteous and sweet they were in dealing with new people. Even when one western lady confronted them, upset about having to listen to a foreign language for a short time, the soothing, genuine attention of the yogis worked because

she was later observed settling down and learning to exchange vibrations in a small group of people of whom she was the only westerner.

About our Malaysian brothers and sisters we don't know where to start! Not content with preparing 10,000 comprehensive handout leaflets, containing information in three languages, and all the attendant large posters needed for programs; they also 'bussed' down the peninsula together, about 350 strong, occupied almost a whole hotel and provided bhajans at every event as well as arranging a fabulous concert for the Raffles Hotel Cultural evening. They value and nourish their collectivity in many other ways also – it seemed as if everyone had a part in the musical drama they wrote and many of them are helping with the full media coverage and production of a commemorative CD which will be a cherished record of this inaugural seminar and sent to every participant.

KT Tan was also cooking for Shri Mataji and Sir CP most of the time but for Thursday's lunch the Australian ladies were invited to provide the meal. With the help of Katharine Tollfree and her recipe book and Claire Alvoledo, who had been looking after Shri Mataji in the US, we used the apartment of the Singapore leader to prepare the meal which was then delivered to the Raffles Hotel. The meditation and flow of vibrations was particularly enhancing for us as we came together from all over Australia – Darwin, Cairns, Bundaberg, Newcastle, Sydney and Perth.

Singapore is ideally suited for such an event as this seminar as it is centrally located and boasts Suntec City Convention Centre with dozens of rooms and auditoriums as well as good rail and road transport and reasonably priced taxis which take four passengers. Next time yogis go there they will discover many taxi drivers who at least know Shri Mataji's photo and Sahaja Yoga, even if they couldn't get to a programme. We had a 35 minute ride from our hotel to the function rooms hired for morning meditations and discussions but all the main programs were close by in the city centre. We found out later that the reason many of the staff in our hotel seemed familiar with Shri Mataji and Sahaja Yoga was that in March this year on the way to Birthday Puja, Norm and Rose Creed of Perth stayed there and were active in giving realization! They were away when the hotel was chosen for us on our tour package so we didn't know.

At one morning meditation the Thai leader, Prakash, introduced us to a yogi who is a great inspiration to everyone. He doesn't speak any English so the leader translated for us. His story is one of depth and dedication. He understands full well that phrase: "She does it all". This gentleman works six days a week at his job and on the seventh day gets up very early and goes to the park for meditation and stays there all day giving realization. During the week at his workplace he takes every opportunity to speak about

Sahaja Yoga and Shri Mataji. The vibrations began to flow very strongly as Prakash told us about him, even before we saw him came to the microphone and begin to answer questions. Shri Mataji "made of our hearts one heart" as we listened to him. As I remember this my heart opens in the same way and I can feel all those present in the room.

It always seems easier to speak to strangers about Shri Mataji and Sahaja Yoga when you are away from your 'home ground'. However this time, by the Grace of God, we still have that power now that we are back. Our enthusiasm (the word is from the Greek 'en theos' meaning 'in God') has been conveyed to the rest of the collective in Perth via a new people's programme we attended on the same day we returned and through sharing our experiences with the collective that night. Later in the week I was buying flowers for the programme from a Vietnamese lady and I noticed she had an altar to Shri Buddha. She speaks hardly a word of English but when I said His name she smiled widely and nodded, then I said "Maitreya" and she was overcome with happiness. She gave me an extra bunch of flowers free and the others at half price! Does anyone have a leaflet translated into Vietnamese? (email christened@iinet.net.au)

At this week's collective programme all of us 'brainstormed' ideas for making ourselves more effective in spreading Sahaja Yoga in Perth and have already agreed to consolidate our many small meetings into three larger ones evenly spread over the metro area, with all yogis in attendance at as many sessions as possible. Seems as if we are to 'stop digging holes' and are getting on with 'digging the well'. The Yuva Shakti have led the way into the parks and we will be at Hyde Park this weekend and Whiteman's Park next Sunday. How empowering to realize that all around the bandhan shape of the South-East Asian-Australian rim, at approximately the same time on a Sunday, new people will be being introduced to Shri Mataji, the cause of all our joy. Jai Shri Mataji!

*Christine Driver  
for Marilyn Bullock, Clodagh Dana,  
Frank and Maria Giannasi, Suzanne Kumar, Kim Laird,  
Janet Pitman, Leonard Reeves, Diana Selentin,  
Joseph Veitch and Maxine Whitnell*

*Perth*

*from NSW...*

## Final details for NSW Yuva Shakti Camp

During the summer holidays there will be a Yuva Shakti camp at our Balmoral country property. This camp is for all children 12 years and over.

There will be several activities organized during the week and also some outings away from the camp (go-cart racing and horse riding). These outside activities will be an extra expense for anyone going on them.

Children under 12 years old are also welcome to attend, provided they are accompanied and supervised by an adult at all times. Please note there will be no planned activities for the under 12 year olds as the camp's emphasis will be on the Yuva Shakti age group.

### Dates

Sat 18th January to Sun 26th January 2003.

### Location

NSW Balmoral country property.

### Costs

Yuva Shakti (12 years and over)

\$118 for the week for NSW

\$100 for the week for interstate

or \$15/day per Yuva Shakti (daily rate for those attending weekends or for a few days only)

### Others

\$10 per day for adults

\$8 per day per child (7 to 11 years old) accompanying adult

\$5 per day per child (under 7 years old) accompanying adult

### Bookings

Please email Helen Splarn (helen.splarn@bigpond.com) with the following details:

\* Name:

\* Address:

\* Age:

\* Contact details (email & phone number):

\* Dates attending camp:

\* Travel arrangement for interstate visitors  
(flight details - flight number/time/date):

### Contact

\* Andrew Bonneau ph: 02 9591 5295

\* Andrew Jones mobile: 0407 249 845

work: 02 9688 4444

home: 02 4567 8030

*Happy New Year and best wishes from  
Helen Splarn, Andrew Jones & Charles Tiralongo  
Sydney*

## Subtle vibrations for 600 Muslims

The joy on their faces told the story. Four Sahaja Yogis had entertained 600 Muslims from the West Sydney Muslim Society with Qawwali music. This event took place at the Whitlam Centre in Liverpool. This is a complete sporting arena, so it is a very large space. The roof is over 10 metres high. Whole families attended, mainly Pakistani and Indian.

Now this story is a small miracle. Andrew Perusco had been asked to sing at this function - a celebration after the finish of the month of fasting of Ramadan. The Sahaja Qawwali group has sung for several Muslim groups and is very respected and sought-after. They not only really enjoy their performances and are really high class, but they know they are spreading Shri Mataji's vibrations. They are of course limited in what they can sing and say about Sahaja Yoga. For three of us it was the first performance we have attended. We hope it won't be the last. For Andrew, there was a 'little' obstacle as it was 3 days before Christmas and he was left as the sole representative of the group. He was determined not to miss this opportunity. He contacted Jean-Michel Huet and Lawrence Dowsett who knew their priorities and straight away they gave their support. David, who knows very little Qawwali, was persuaded by Andrew to support his powerful voice (even if only in choruses)! Frankly I did not feel up to this, but I was persuaded with the offer of one rehearsal! It lasted 45 minutes. Don't tell Andrew, but I felt worse after this rehearsal. I rang him all day Saturday before the performance next day to withdraw. I was so glad he wasn't home.

What an amazing blessing lay in wait. I had a footsoak on Sunday morning and fortunately was able to surrender to Shri Mataji, who told me in my heart that I must go. Three of us travelled together and enjoyed ourselves as Sahaja Yogis know how - being rather nervous but buoying one another up. Poor Lawrence had just finished work and went to Burwood to get the sound equipment - he looked so tired! At the end of the two sets of Qawwalis we performed, he looked so good, joyous and alert. We all felt just beautiful... Andrew's singing was even more inspired and commanding than usual.

Through Shri Mataji's love and grace we all performed far above our normal capabilities. Our Sahasraras were open and flowing all evening. We sang early just after the guests were seated. Then there were readings from the Koran, some unaccompanied soloists, a blessing from an Imam and some poetry. The acting Mayor of Liverpool gave an address. It was all very official and ceremonial. Awards were given to young Muslims for valuable work done. All the children received gifts and presents. All this took maybe one and half hours. Then a full dinner, dessert, and drinks (no alcohol) were served and we were served to. During the official proceedings Lawrence asked if they wanted us to perform again as we weren't sure of

the protocol. So we waited 2 hours to perform a second time. One of the Muslim men came and sat with us and sang. When we started playing and singing the faces looked up and you could see the surprise as their eyes fixed on us. You could actually feel the vibrations going out. Mother was somehow showing us how powerful is her love even when we are not singing to Sahaja Yogis. Quite a few people came up and congratulated Andrew and the group. Their faces were all glowing and had beautiful smiles. They asked lots of questions, so we were able to tell them we are followers of Shri Mataji Nirmala Devi and gave them some brochures about Sahaja Yoga. The memory of this wonderful event will always be with us.

Thank you Shri Mataji for yet again demonstrating the power of your Love.

*David Sharp  
Sydney*

## Havan this Saturday Night at Randwick

The Eastern Suburbs Collective invites all yogis for Havan and Bhajans at Randwick Ashram. Dinner etc provided after havan. 7.30pm, Saturday 11th January.

Everyone is welcome.

If possible, to help with catering, please ring Randwick on 9326 5039 to let us know you are coming (but you can still come even if you don't ring!)

*Eastern Suburbs Yogis*



## A thousand waves of vibrations at Manly Beach

You should have seen the beautiful energy floating in the air of Burwood Ashram on Sunday morning 29th December. Laugh explosions, everyone running in the hall... It's with a lot of joy that we were all preparing to go for the new adventure of giving realisation to the seekers of Manly Beach. The effort was so collective that we could already feel how much the day will be grand. "Are you coming to the radio program with me aunty?" asked cutely the little Sharlini. "No sweetie, I can't go with you because I'm going to the Manly beach to give realisation to many seekers". After having received the same answer from many aunts and uncles she finally said, "Daddy I don't think I'm going to come. I want to go where everyone is going"...

Then we all went to Manly beach, some by car, some by train and ferry. We arrived around 9:45 at the perfect spot mentioned by Reema, in the middle of the busiest walking pass of Manly between the ferries and the beach and under the welcoming branches of a huge tree. While the grown-ups were enjoying giving realisation in the shade, the little ones could play in the close-by playground. The perfect spot and the perfect people as over 20 yogis (might have been 30) were there enjoying themselves and proud to be part of such an event. And proud I was to be part of such a great crowd of love warriors.

Thousands of people have walked pass us that day. Probably a few hundred have stopped. Difficult to say how many. But at some stage the 17 chairs we had with us were constantly full and people were waiting (shall we say queuing?), hungry to receive there realisation, thirsty to receive the water of life they have been seeking for. Even the shy or the sceptical spotted to watch what this crowd under the tree was doing. Sahaja Yoga was definitely the attraction of Manly this last Sunday!

Old ladies, young children, Spanish, Venezuelan, French, German, Chinese, Indian ... they all come forward with a smile on there face to ask for there realisation. I recall this French lady that cried while receiving her realisation. I asked her how she was feeling and she said much better but had a by bullet on her stomach (I told her not to worry that this was a French Symptom). Before she left she ask for a photo of Shri Mataji and was looking at it with thanks full and loving eyes. I mentioned to her that she should go to meet Shri Mataji during public programs in Europe and she said "Well I guess it's what my next step is going to be as Shri Mataji today has came to me to show me the way".

The authorisation, thanks to Sean and Raymond, is at the moment allowing Sahaja Yoga to give realisation only once a month but we will definitely try to extend it to once a week so that all of you that did not get a chance to join us have plenty of future occasion. Our divine mother was taking care of everything as always and her presence has been felt by many ... including non Sahaja Yogis.

*Rodolphe et Caroline Clement, Sydney*

## GENERAL INTEREST

### To the Shore of Salvation

My Brothers and Sisters

Look without thought

The tens of thousand of you

Hand in hand

Shoulder to shoulder

Cool bliss washing away

See from afar your perfections as one

Hand in hand

Shoulder to shoulder

Facing the sun

Facing our mother

United in deed

Towards the same goal

Look not at your shoulders - your burdens - one another

Gaze in vast open heart on the realm of unlimited possibility

Endless – timeless – joyful love

*Raymond Hampton  
Sydney, Australia*

*Here is an extract of a beautiful letter received from a French Sahaja Yogini. I thought it would be interesting to publish it in our Newsletter. J-Michel Huet*

Dear uncle,

I like the English language it is sweet to my ears. My mother practises Sahaja Yoga and she finds the joy by this way. Thanks to Shri Nirmala Mataji...

Since February I was going through an ordeal: difficult for me to be thoughtless, but I went on with the meditation because I know this is the only way on Earth to get free. Today I can tell you that I am alright, back in Nirmal Darbar.

I must still be careful but, during these hard months, something called humility has evolved in me and what a fresh fragrance to smell. The better thing for me to improve is not to desire anything special, and everything will be cool.

Lots of LOVE to you and the Australian family.

Jai Sri Mataji

# INTERNATIONAL NEWS

*from Singapore...*

## Australasian Seminar in Singapore last December

'Historic' was the only word to describe the recent Australasian seminar held last week in Singapore to coincide with Shri Mataji's visit there. For a few years there has been a collective desire to hold a regional seminar. So when Avinash suggested we combine resources and hold the event in Singapore with Shri Mataji's presence, everyone was very enthusiastic. He stressed that even if Shri Mataji were not in personal attendance during the seminar the fact that She had her attention on the activities would be a great blessing.

With the recent events in Indonesia and the spread of Islamic fundamentalism in the region it was obvious that Shri Mataji's visit to Singapore was more than just a stopover. Singapore borders Malaysia and is also very close to Indonesia - the most populous Islamic nation - so Her divine presence and attention was working out something for the region that may not be very obvious at the moment. It was very significant that yogis and yoginis from all over Asia and Australia attended the 3-day event. Malaysia had over 350 yogis attending, Singapore 15, Australia 40, Thailand 35, Japan 14, Taiwan 7, Hong Kong 5, China 1, Indonesia 4 and Philippines 4. Shri Mataji was very pleased that so many yogis from around the region had all come together in Singapore.

Once it was confirmed that Shri Mataji would come via Singapore to Mumbai the preparations for the seminar started in earnest with a lot of emails flying between the country coordinators. The first priority was to decide on the most appropriate hotel for Shri Mataji and Sir CP. Singapore being a very modern and international city boasts some of the best hotels in Asia. The hotel finally decided upon was the famous Raffles Hotel. It is one of the top hotels in Asia and has a long history associated with Singapore. It is a grand and beautiful hotel with very original features that have been preserved and lovingly maintained for over 130 years. Avinash managed to negotiate an extra special rate for the presidential suite as the manager at the hotel is an Indian and he seemed to understand the significance of having Shri Mataji stay there. The Singapore collective worked very hard to arrange everything for Shri Mataji's stay and to accommodate all the yogis. Vikas managed to get accommodation for the yogis at a resort in Pasir Ris in the Eastern end of Singapore. It is located on the harbour that is surrounded by parkland so everyone could enjoy a daily foot soak and shoe beating.

Shri Mataji was flying from Los Angeles via Tokyo to Sin-

gapore - a twenty-hour flight - so it was suggested that only the country representatives greet her at the airport so that She could be taken to the hotel quickly. The flight was due at 1:30am but it was running ahead of time and was arriving at 1:10am. All the country representatives from around the region were there with flowers to welcome Shri Mataji to Singapore. As soon as the plane touched down the vibrations lifted and a sense of excitement pervaded with Her children. After a long wait Shri Mataji finally appeared. She looked so fresh and the beaming smile opened our hearts and sahasrara. She was very pleased to see so many people from around the region. She accepted our flowers and we all felt very joyful just to have her smile and say, "may God bless you, thank you so much". We all crowded around the car to catch a last glimpse of Her. She smiled, waved and namascared we felt the grace and joy of Her presence. Our hearts lifted and full of joy we returned to our accommodation for a few hours sleep before meditation.

After only a few hours sleep we had a collective foot soak followed by meditation. The seminar venue had a number of function rooms and to our surprise there was a Christian youth revival meeting going on in the next room. We could all feel the agnya catch and it was difficult to maintain the meditation as there was a rock band singing Christian songs. Halleluia! Praise the lord! Jesus has saved me! I was a sinner but now I'm saved! "Forgive, forgive, we must forgive them for disturbing our meditation" I said to myself. We collectively sang Shri Ganesha's mantra and all of a sudden there was a pause in the music. A few minutes passed and it was on again. It turns out that Singapore has a very strong Christian fundamentalist movement, so I guess we were all clearing the way for our public program. We countered with the mantras for the agnya and the Lord's Prayer and the vibrations began to lift a bit. It was a real test for the attention but good training for the battleground!

The Australians and Malaysians had brought thousands and thousands of handbills for promoting the public program that was to be held the next day. "Oh we only have ten thousand handbills left to give out!" These were given in bundles to all the yogis and we all went out to different parts of Singapore to distribute them. In big cities you find most people have developed a resistance to handbills but people seemed to be more receptive in Singapore. I guess the novelty of seeing a sweaty westerner giving out handbills was something they didn't see very often. Singapore is very close to the equator so it is hot and steamy all year round. Overall the response was very positive and most people were receptive. We had heard stories of two Singaporean yogis who had been chased off the beach by some Christians or Muslims who seemed very angry to see them shoe beating so we were not sure what to expect. There was a feeling of excitement and enthusiasm as Shri Mataji was in Singapore and you could really feel Her presence.

The program had been worked out so that everyone attending would benefit from the experience. In the evening we all met for our seminar at Suntec City Convention Centre, which is very close to the Raffles Hotel where Shri Mataji was staying. The theme for the seminar was *Spreading Sahaja Yoga and going deeper*. The evening commenced with bhajans from the Malaysians. The country coordinators then gave an account of Sahaja Yoga in their respective countries and how things were working out. Overall there are a lot of different activities across the region to reach out to people including; weekly public programs, large scale programs a number of times a year, realization in the parks, corporate programs for large companies, realization in the shopping malls, community centres and parks, realization in prisons and realization at health and book fairs. One very interesting venture was started in Perth for students studying for their high school certificate exam. Students spend the last two years of high school completing their studies that culminate in a final exam. This is a time of tremendous pressure on them as the final exam determines if they will have the opportunity to go on to university. Weekly meditation classes were offered to students to manage stress. The younger yogis and yoginis in the collective conducted the programs so the students could relate to them. Other innovative initiatives happening in Australia included weekly Sahaja Yoga radio programs combining music and self-realization over the air, medical programs for doctors and nurses and TV presentations on Sahaja Yoga. Following on from the success of the medical research programs in Australia is a proposal to the Queensland Government in Australia to offer Sahaja yoga in all the community health centres in the state. There is also a project in to establish the Nirmala Devi University near Sydney that is also making progress. In Malaysia and Thailand more grass roots initiatives included realization in parks, shopping malls and community centres and individuals going out and just giving people they meet realization. Taiwan has had a lot of success with email promotions and participation in a health show where over 500 people got realization. In Indonesia there is a large collective in Jakarta and a recent series of programs around Indonesia has given realization to thousands of people all over Indonesia including Bali. Japan is also slowly growing and it was great to see fourteen people attending the seminar. Even in China there is a small collective having regular meetings in Shenzhen a city close to Hong Kong. It was very clear by the sharing of experiences of yogis from around the region that to make progress in Sahaja Yoga we need to get out and give realization to people. We ended the evening with more bhajans and dancing and everyone felt so joyous. Everyone had not eaten, so the Singaporean yogis arranged for us all to go the famous hawkers' market which fortunately was open twenty-four hours a day.

The next day another function room had been arranged for our meditation so fortunately we were not competing with the gospel rock. After a very deep meditation everyone

took up the remaining handbills for the day's hand billing. It was the day of the program and the vibrations were very strong. Shri Mataji's attention was very much there and things went very smoothly. The program was held in the Suntec Convention Centre at a much larger room than the seminar with a capacity of 700 seats. Many yogis had gathered early to help prepare. By 7:00pm the hall was completely full so people had to sit in the stairs down the aisles and on the floor at the base of the stage. Many yogis could not fit into the hall and had to wait outside. It was a tremendous response and reflected the desire of all the yogis. The program commenced with Bhajans followed by an introductory talk and testimonials of yogis from Thailand, Taiwan and Australia followed by realization. Shri Mataji's talk from the Royal Albert Hall with Chinese subtitles was played and then Avinash led a guided meditation to take the seekers deeper. It was like Shri Mataji was physically present. There were tremendous vibrations and most of the new seekers could feel the cool breeze. We later learned that Shri Mataji had dressed in a white sari like she would normally wear for a public program and was in meditation for the duration of the program.

The next day we enjoyed a foot soak and meditation followed by a continuation of the seminar. This time the theme was *Experiences with Shri Mataji* and there were some very touching accounts of times spent with Shri Mataji in person and in dreams from yogis around the region. Shri Mataji touches the heart in so many ways and gives us what we need to help us in our spiritual journey. In the evening arrangements had been made for a musical presentation and puja. We all desired that Shri Mataji would be able to attend the program but had been prepared in case She could not come. The event had been arranged in the Raffles Hotel ballroom, the same hotel where Shri Mataji was staying. It was a beautiful room located on the third floor surrounded by a large verandah and interconnected to the other wings of the hotel one in which Shri Mataji was residing. The Singaporeans and Malaysians had decorated the hall with saris and the backdrop a woven mat decorated with paintings of instruments and traditional Malay woven hats. I think it must be the first time that a puja and music program has been held in a five star hotel. The evening program was scheduled for 6pm and yogis started coming early to ensure a place in the hall. The ladies wearing beautiful saris and the men in Kurta Pajama were an impressive sight for the guests, tourists and staff at the hotel. It was interesting that the timing for the puja was coinciding with the end of the Muslim holy month of Ramadan. Very soon the hall was completely full with over 400 yogis. We all sat quietly in meditation and again it felt like Shri Mataji was there. After the meditation dinner was served on the verandah. The hotel staffs were very respectful and had catered for our special arrangements for decorations and catering. A delicious Indian style buffet was prepared for us all and it was one of the best meals I think I have ever had at a collective gath-

ering. Another test for the attention! After dinner the country representatives went to invite Shri Mataji for the Puja and music evening. Shri Mataji's feet were washed and the prasada for the puja offered while the leaders waited in the sitting room. Shri Mataji then invited the country representatives to present the gifts. She was very pleased to see all the Asian countries represented and received the gifts. She spoke to each country representative to see how things were working out. She commented on how much Singapore had come up and that they had had a very good Prime Minister, Mr Li Kwan Yu, who had got rid of corruption. He was a very good man and Singapore has done very well, and now he has let others take over—something that was not very common in politics. She said that the main problem facing India and other Asian countries was corruption. She was especially pleased to see that Sahaja Yoga was doing well in Indonesia. She also expressed concern over the recent events in Bali. After the gifts were given we returned to the musical presentation that was in full swing.

The musical evening featured performances from around the region including songs from Thailand and Japan and a dance and drama performance from Malaysia. We were also treated to a wonderful Bharatanatyam dance performance. It was such a joyful offering and the night ended with qawwals played by the Malaysian bhajan group that had everyone up and dancing. I don't think the Raffles in its 150-year history had ever seen anything like this. A lot of the staff had been given realization and could feel that there was something special happening in their hotel.

The next day we left early for Singapore Suntec Convention Centre where the follow up programs were being held. The morning began with a collective meditation followed by the program. There were around 150 people who came for the program some who had come for the first time. After an introductory presentation first in English and then Mandarin the realization was given and then people broke up into small groups where the Sahaja Yogis worked on the new people and answered questions. It was great to have so many yogis helping so individuals received personal attention. There were some very good questions showing the depth of the new people. The afternoon program was equally successful and around 100 people attended the session. In both programs the vibrations were very strong as though Shri Mataji were physically present. Avinash commented that we seem to be moving to a new era in Sahaja Yoga where Shri Mataji's physical presence will become less common but we can still feel as though She were there as we did in the case of all the programs in Singapore. From form to formless.

In the afternoon we all assembled at the airport to bid farewell to our Holy Mother. For some it was the first time they had seen Shri Mataji and everyone was very excited. There must have been around 450 yogis waiting in the terminal and everyone formed two neat rows for Shri Mataji

to pass through. Shri Mataji arrived and passed through the corridor of yogis all beaming with smiles and bowing before the Adishakti. Shri Mataji accepted bouquets of flowers from the country representatives and then moved into the lounge for check in. I was fortunate to sit at Her feet for some time and She said She was very pleased with everything in Singapore. "So many of my children came to see me from all over." I mentioned about the success of the follow-up programs and She was very happy that so many seekers had got their realization. Everything was ready and Shri Mataji was soon passing through the immigration counter. All the children waved good-bye and struggled to get one last glimpse of Her. She would soon be in Mother India.

Special thanks for all the Singapore yogis especially Vikas, Gerald and Nicolas for making the seminar such a success and looking after us so well.

Much love,

*Alex Henshaw  
Hong Kong*



## from India...

*I am forwarding a set of recollections of the Ganapatipule days. It is an attempt to remember and introspect. In fact many brothers and sisters wanted to know details of the activities of the seven days that we spent there. I have tried to compile the salient points, which I felt could be interesting from our point of view.*

*Regards and Jai Shri Mataji.  
Rabi Ghosh*

## Reminiscence of a Divine Experience at Ganapatipule

### The Retrospection

Alike the bygone years in Sahaja, our hearts rejoice when are united together on the shores of the Ganapatipule. Every year we learn something from this Divine land. Here all the five elements are alive and the vibrations are visibly strong. Every year we have mixed collectivity with the quite new comers to the more matured ones to the real nice brethren with full of innocence. But it's a fun in this land for all the days through 23<sup>rd</sup> morning to the dawn of 30<sup>th</sup> December. All really are bestowed with the boons of the desire that he carries in the heart and is fulfilled.

In fact, for a few new comers who have just stepped into Sahaja and desires to spend his time still with more materialistic pleasure, it comes up like a joyful picnic with the collectivity and just imagine their wishes are fulfilled. For a few whose mixed reactions on spiritualism and materialism are engrossed in the illusion of this land and a few while tries to seek the spirituality. All desires are fulfilled as we depart from this land with our real higher version of spiritual software installed in our physical hardware. It seems all the five elements (tattwa) wait for us Sahaja Yogis to assemble in this Divine land of Shri Maha Ganesha to be blessed by them to please Shri Mataji...the Adishakti ...the Mother of Mothers. This year too we had approximately 7500 to 8000 collectivity gathering (if I have estimated rightly). As we arrived on this vibration full land our hearts at once felt the universal love that hung in the air, the red lateritic soil, each and every pebble in the shape of Shri Ganesha's form, in the shore and the so-gentle sea. The air seems to be fragrant at times (Shri Ganesha loves fragrance and our sense of smell is also linked up with Mooladhara Chakra). There is joy that abounds everywhere and in every face that comes to this land in the hope of receiving his/her destined package of desires.

Shri Mataji arrived in this Holy land on 23<sup>rd</sup> Evening, the moon was colourful as never before while She descended and the Venus (Shri Mataji's star) seemed to be so near as if could just be touched by jumping.

### Arrangements and the Divine Management

It is needless to mention that in spite of the large gathering the arrangements could be so remarkable. The volunteer Sahaja Yogis really accomplished a marvellous task who landed up in this Divine land to offer their services since October itself and a few in November ....hats off to them for the unbelievable hosting of the hospitality and the massive arrangements. One has to be

there to believe the massive arrangements. It was remarkable! The stage decorations in the main pandal were assigned to the Kolkata Collective. When we landed up on 22<sup>nd</sup> December night. Everything seemed to be in its place waiting for us to be there. Tents for the ladies were made firmer than before and named after the names of Shri Mataji like Niraga, Niranjana, Nirmama, Nirbhaba, Yogada and others. While the gents' tents were more organized unlike before and named after Shri Ganesha, Brahma, Vishnu, Mahesh, etc. . The toilets that had always been a mess in the Indian side were modified with firmer foothold and water connections running 24hrs this year. The accommodation for the non-Indian Sahaja Yogis remained same near the main pandal in a semi-permanent structure.

The main pandal did not seem to have changed much visibly. Especially the extensions done last year were probably the last modified construction, excepting the light and stage decorations.

### The Organizers and the Settings

This time the morning meditations and the compare changed faces. It was really worth seeing so many (new faces) enthusiastic senior Sahaja Yogis with their beautiful compare with their dynamic Vishuddhi manifestation, while the programmes were conducted on the stage. Prize oriented programmes were also conducted like conducting hygiene and cleanliness awareness campaign. On the last day best prizes were awarded for cleanliness drive tent wise. The dining hall arrangements were alike the last year. The services were fantastic hosting the breakfast, lunch and the dinner for the entire collective at one go. The menus were delicious and changed every day. Mostly the dinner timing was fixed at evening 7-10pm. The bathing arrangement separately for the yogis and the yoginis in the shores were also well organized.

### Morning Meditation

The morning meditation this time also were conducted en-mass at six except for a day or two. Every day new Sahaja Yogis came up for conducting the meditation. Sahaja Yogis appreciated the initiation of the Nirvicharita state through musical notes conducted by Mr Subramaniam (professionally a music teacher from Hyderabad—a southern state of India). The Ganesh Arthavashirsham is especially worth mentioning.

### Bathing Protocol

As usual the bathing protocol in the sea remained unchanged viz, the collectivity were allowed to go to the sea to bathe or get cleansed from 0700 to 1030hrs in the morning and 1600hrs to 1730 hrs in the evening.

### Seminars and other programmes

There were a few seminars conducted on medical aspects, Yuva Shakti, Leaders meet, and overall sharing experience of Sahaja Yoga spreading mechanism. Especially the one that was conducted on the medical aspect was quite interesting. It had invited all Sahaja Yogis who were somehow associated with the medical profession. The main objective was to share on how to promote and propagate the Sahaja Activities amidst the public through this very profession. The seminar grew quite interesting as the Sahaja Yogi medical professionals came up with very interesting ideas and solutions as they tried to share their very experience in this field.

Then there were a few Yuva Shakti seminars followed by National and International Yuva Shakti Seminars. The seminar

drew a lot of interesting profiles and ideas to implement on media and understand the role of Yuva Shakti in Sahaja Yoga as Shri Mataji's very attention is blessed on this Shakti to be the future torchbearer in Sahaja Yoga. There were a meeting or two on the SITA project that had almost finalized its site construction and ready to launch with even better understanding. It was like homecoming for the Yuva Shakti as they all met on this great platform to discuss certain vital issues and learn each from other, while a lot of resolutions, promises and dedications were proposed by the group efforts to take back home to translate it into action.

Besides, another seminar was conducted to express the ways and means to take selfrealization to remote localities and share the experience of spreading the Sahaja Yoga activities across the globe. Leaders from states of India were invited to take the lead and talked of the Sahaja activities they are associated with like Sahaja Krishi (Agriculture) project that is already in action in Rajasthan, India and progressing well and other tours related to promotion of Selfrealization across the mass. While, Self realization programme in Har-Ki Pauri, Hardwar and parts of Rajasthan, India were the highlights.

### Stage Decorations

This year the Kolkata collective did the stage decorations. It was simply amazing to see the beautiful decorations that changed its face everyday. The efforts and the labour the artist and the crafts man had put in were simply blessings of the Shri Lalita in Shri Mataji on the Kolkata. Every day the flowers decorations were very meticulously done and one could see the fineness and the even flowers from every corner of the stage seemed to emit fragrance of freshness and vibrations. The flower works were the highlight of this year's decoration. However, the backdrop had four canvases for the consecutive four days and the rest of the days had plywood work decorating the altar of Shri Adi Shakti. Interestingly the first day the backdrop had sea waves in the background with scattered clouds to give the coolness. Little did the artist know that there would be a wonderful miracle that could come up at the finale. There was a little serene, cool Shri Ganesha lurking or staring at us ...That's the reward the artist had from Shri Ganesha. Another day the backdrop had a number of deities, the trinity showing up in the heavenly abode to welcome the advent of Shri Adi Shakti with folded arm. This was on the 24<sup>th</sup> Dec, while on 25<sup>th</sup> the backdrop changed to a beautiful manger in a stable, and Mother Mary with a few angels overlooking the little Divine Child Shri Jesus in Her lap. The background had beautiful dry grasses all around. The 26<sup>th</sup> evening had a very different hue all together to depict the "Big Bang ....the scene of the Tunkaar" and the Ardhanarineswar (the Form of Virata) being separated from Shri Adi Shakti. A real good work done by the Kolkata collective, as the world expects of them. They deserve all the praises.

### The Stalls and the New Release

There were a few stalls less than the previous years, as it seemed. The main attractions were on the Stall of Vanadevi selling herbal essence, perfumes, camphor, ajwain, packed candles, along with varieties of Sahaja Treatments items, besides a few herbal cures.

The new releases were the reprint of *The Advent* by Gregoire after might be 20 years. Then there were especially recorded audiocassettes in series comprising the old talks ranging from 1970 onwards. Besides, cassette of Sahaja Qawwali by Pune

collectivity and Simple's melodious bhakti Bhajans. This time we also got a few copies of the Navaratri talk, Pune 1988, that was a reprint once again after a long span in Hindi and as well as in English version. There was a stall of the NGO's, where various photographs, silver coins and other decorative items were on the display and for sale. However, the Video CDs were limited in number this year. An exquisite stall on the life history of Chhatrapati Shivaji was also put on exhibition. That had its own historic flavour.

### The Christmas Puja

At six in the evening Sahaja Yogis gathered in the main pandal after a very soothing foot soak. The backdrop looked beautiful with little Child Jesus in the lap of Her Holy Mother Mary; a manger is seen covered with grass and angels looking over the child. The altar of Shri Mataji is beautifully decorated. Flower decorations seemed to be special treat to our meditative eyes. Sahaja Yogis go in to meditation. The time grows and may be the patience to welcome Her Holy arrival heightens up until 2145 hrs. The hearts of the collectivity yearns as they sing a number of Bhajans invoking Shri Adi Shakti to accept the Puja. (The musical choir comprised artist from Nirmal Sangeet Sarita, Pt Arun Apte, Surekha Apte, Simple Raza, Dr Rajesh, Mukhram, Deepak Verma, Subramaniam and other popular singers.

Shri Mataji graces with Her Holy appearance at 9:45pm all rise up and cheer and then there is a stillness and calm all around. She announces and wishes all Her children with Merry Christmas before the talk starts. The talk is brief for about 30 minutes. The essence of the talk mainly revolves on the life of Shri Christ and his saintly sacrificing character. His forgiving nature, the compassion are the qualities that a Sahaja Yogi should always be equipped with to go all around to help the downtrodden...be he a Sahaja Yogi or a non-Sahaja Yogi. But one must go out and reach out to help the poor. One must forgo his greed to have the spiritual ascent. She said that Christ was a great incarnation. His power of sacrifice was tremendous. Today people do not have these qualities within them. He was crucified as poor man and He was born poor. So, who are running after money are in no way Christians. He understood all the poor and stood with them. Further, Mother said "I am worried about my disciples. One of the principles of Sahaja is to ....you are to help people those who are downtrodden. You have to give them self realization, if you have to save the country or the world, you have to rise and develop a temperament of helping from within yourself. I am very happy for those who help without wanting to awards". She felt pained that people are making money these days. She said it is unfortunate that the Christian nations are the ones who do not follow Christ, whose prime objective was sacrifice! She however reminded us that it is not that one should not go out for making money for livelihood, but can we not sacrifice a little bit of our comfort? Sahaja Yogis have to be extremely kind and loving and understanding the problems and then try to help as many people. Even Sahaja Yogis do not understand that they are in the same path as Christ was. So they also should feel the qualities of sacrifice of Christ. It is to remove our Agnya, to remove our ego and fight against it. He is a very great message for all of us who are realized souls.

Mother continued saying that "poor people here make my heart wrench in pain. You should make out ways and means to help people and you are capable of helping the people with the Mahalaxmi principle. They are not Sahaja Yogis. But please go out and help them." She said of course no body would like to have

the kind of life Christ had, but one should be of helping nature and full of compassion towards the needy and poor and destitute. Thus Mother again said that, those who are greedy.... they are greedy forever for all the time. We should think what we could do for the people. We are Sahaja Yogis, we have to face the way saints had to face. "You must eradicate problems like saints". Concluding, Shri Mataji said all the time one should feel the essence of satisfaction. She further advised that we have to introspect and be satiated or else there is no use of getting the self realization. "Take example of Christ for building up your character."

Then Puja at Her Holy Lotus Feet was offered at 2230hrs. Inviting children aged between 6 to 8 years to wash Her Holy Lotus Feet. (the Bhajans sung were *Hemja Sutam Bhaje, Hey Prem, Maranchale Male Prabhu, Jati Tarak Janma, Namoh Namoh Maria*, Christmas carol songs). Then seven married ladies perform the Shringer. (Bhajans sung were *Jago Savera, Tujha Pujan, Hasata Aliand* then *Vishwa Vandita*). Aarti starts at 0015hrs. Then gift offerings are done till 0200hrs. There was a very interesting episode that happened during the gift offerings. It was Africa's turn....the Kenya Collective probably, Mr S Nag was asked by Her Holiness to appraise the world collective with his experience that he underwent getting relieved from a kind of colon cancer instantly (that he was suffering from) by Her Holy grace in one of the Puja programme in Kolkata. (Of course this was published in the African Newsletter before, but in another name (misspelled wrongly). So Adishakti Herself ensured that he in person tells the world his experience. Finally, Shri Adi Shakti blesses us with the acceptance of Christmas Puja at Her Holy Lotus Feet.

### The Marriages

It is said Marriages are done in heaven ...here is an example where on earth one can literally witness the marriages being guided with Divine force. Right from pairing up a couple Shri Adi Shakti's attention works on until the couples are tied on the wedlock with the offering of Puja at Her Holy Lotus Feet before Her Saakar Form. Alike all years this year too the yoginis were more in number to apply.. in fact it was 60 yogis against a number of more than 200 yoginis. So none other than our Great Mother matched the total of 67 couples, while a few were the remarriages, which added up to 70 odd marriages this year. There were a few rejections and Adi Shakti had to make other permutation combination to satisfy Her children till the end (evening of 29<sup>th</sup> December).

This time the Haldi distribution was against the coupons provided to regulate proper distribution and less wastage. The arrangements were so remarkable. The marriages were on 29<sup>th</sup> Dec. Shri Mataji arrived in the Bridegrooms' tents for Her pre-marriage Advice to them as protocol, quite late in the evening, maybe sometime after half past eight. After Her a brief talk to the grooms, She suddenly left for MTDC without blessing the to-be-brides or acceptance of the Gauri Puja by the brides in the main pandal prior to the solemnizing of the Divine marriages of the Sahaja Yogis and Yoginis in Her Sakar Form. So, initially there was a gloomy scene all around as every eye waited for Her Holy arrival. While the collective almost went left then Mr Nalgirkar, India Leader, announced in Sahaja style that Mother was resting in MTDC and desired that the marriage formalities be continued in Her Niraakar Form. So the Photo from the altar was placed on Her Holy Throne in the main stage and the marriages were conducted as is done in Her Saakar Form. There

were tremendous vibrations. The atmosphere resumed its balance as the marriages were solemnized with the songs on each charka being sung by Pt Arun Apte and Surekha Apte.

Shri Mataji blessed the groom with the words that they should not be fussy with marriages and should abide by the protocols. While the waiting brides in the main pandal were advised on announcement to listen to the tapes of advise to the brides by Her Holiness Shri Mataji in Cabella, Italy, during the marriages held in the Shri Ganesha Puja in 2002.

The marriages were concluded with a Qawwali by the popular Pune collectivity. Then Hyderabad Qawwal followed it. The couples also danced after the formalities were over and so the Divine cool breeze flowed like storm all around.

### The Cultural and Musical Evening

There was a variety of cultural programme and arrangements were made to accommodate more and more numbers of performers and new faces to conduct their performance before Shri Adi Shakti on the stage in Her Nirakar or Sakar form. Seven days programme were many to remember. The most noteworthy performance that still lingers on in the collectivity. Every performance emitted the fragrance of Divine flower at Her Holy Lotus Feet. While, just to name a few, for example the vibrationful beats on the Mridangam on a rhythmic Shashtriya Sangeet style never heard before, presented by the Kakri Sonbhadra, Mirzapur Collectivity. While, the Kathak performance on Braja Holi, by Yoginis, a dance drama was enacted by the Nasik Collectivity to depict the playfulness of Shri Krishna with his Gopis to awaken the Kundalini. It was a rare treat to the eyes. The CBD, Navi Mumbai collectivity staged a dance drama to depict the life of great Chhatrapati Shivaji that Shri Mataji often loves to relates his valour and spiritualism. Then came up the Nirmal Sangeet Sarita team to sing their popular numbers. Guruji performed on Violin on Raag Khambavati, while others had their vocal performance with popular Bhajans that made the collective Kundalini dance to the rhythm. Then came the turn of the popular vocalist Deepak Verma who always plays the cool and steady bhajans, Dr Rajesh made every one dance even on the stage while Simple came up with fusion of English and Hindi devotional Bhajans. Next was Beena Parekar, the renowned international classical vocalist who enjoys the blessings of performing before Shri Adi Shakti many a times earlier presented her devotional and classical vocal performance that filled the whole air with full of vibration and stuck the collectivity like a big magnet in meditative state. Pt Arun Apte performed on tuning up on Raag for the Agnya with Abber Gulal and on Heart with Uma, Uma Shiva Parvati. Ajit Kade was probably in his best form with classical numbers. We also heard another Guruji who has been appointed as the director of the KP Salve Academy in Vaitarna. Besides these, the new artist those came up were from Lucknow collectivity performing on the advent of Adishakti and a Kathak performance by 8 year old Yuva Shakti from Kalyan Collectivity.

The most remarkable performance that still lingers in every heart came from none other than the ISPS, Dharmshala School. There were flooding of performance by the wonderful children of this school. Each performance was better than the other. There were two mimes to mention. It had a very subtle theme. The first one depicted the action of Mr Ego caught in the rains, while; the other one very aptly depicted the theme on the birth of Sahaja Yoga. The finale is drawn with self-realization and knowledge of Universal Religion of Sahaja in the world. There were a

number of Dance dramas performed. The performers made the collectivity dance in almost in all the plays, especially on the dance drama on the song from a popular Hindi movie *Lagan*. Then there was another performance on the theme from epic Ramayana. The school performance attained its height with the Qawwali number in memory of Babamama.... *Ali Maula ...Ali..* This was followed by another set of Qawwali performance by the Maharashtra Yuva Shakti Group. It is difficult to express the colours of the collective during these Qawwali numbers. However, on another day the Qawwali group from Hyderabad as a special invitee performed their number. The evening cultural programme got its colour when Mr Pratap Pawar from UK came up to perform the Kathak dance drama on the theme of Mahisasura Mardini. Everyday the programme started at seven in the evening and continued through twelve to one in the morning. Each day the vibrations made us devour the love of Shri Mataji in Her Nirakar Form.

### Health and Hygiene

This year the water arrangements were better than before. The meals were also delicious. In spite of this there were reports of severe Diarrhoea outbreak. Doctors were in actions through out and took utmost care towards the recovery of the patients. Of course every yogi returned with recovered health by Her Holy Grace. Could this be the universal clearance of the Nabhi of the world through this collectivity???

### The Introspection

To sum up what we received this time from this Divine land. Let us recapitulate the events.

- Shri Mataji's Sakar Darshan was restricted to one to two times in the collectivity (Christmas Puja and advice to the grooms).
- New faces getting introduced as anchor persons in the evening programmes and for morning meditations unlike earlier practices.
- More organized and more strictures in rules.
- Diarrhoea attack in Indian ladies tents especially! Was it an attack on the Nabhi or the clearance for our ascent?
- The experience of Ganapatipule this year was entirely different with respect to earlier years, but quite introspective and interesting.

In fact if we look towards these subtle aspect we can clearly correlate with the talk of Christmas Puja and our maturity in Sahaja. I think we need to seek for more Samarpan (Surrendering Heart) from Shri Mataji to mature in SahajaYoga and understand the Nirmal Vidya bestowed upon us as we seek. Our seeking may be getting weaker with our more materialistic desire. So, we need to introspect for gaining more spiritualism. Shri Mataji thus speaks of greed, lust, sacrifice, compassion, peace and the helping attitude imbibing the character of Shri Jesus within us in the Puja. The signal of Diarrhoea outbreak in the collectivity in Her Divine presence .... Could this be just the trailer when our Navi goes haywire and we do not understand the very essence of satisfaction within us? Are we greedy after just seeking Sakar Darshan only of Shri Mataji, while our inner self fails to seek Her in Heart in Nirakkar form and meditate? Have we achieved the state of possessing the vibratory awareness in us to introspect and enjoy the bliss of Sahaja Yoga and learn why things are happening this way? We all know because of our various clearances Shri Mataji absorbs all the negativity to cleanse Her Children. Now if we are not careful how can we seek Mother in Her

Sakar Form? She does so much for us and can't we do this little bit of what She desires of us in collective? Now I think it's high time we start introspecting how much we care for our Mother? The times ahead are of course tougher as Adi Shakti Herself keeps on reminding Her Children, time to time, the day of Last Judgment is knocking at our door ...so wake up....have your vibratory awareness and go out as She desires (She is desire less though, but She is the Doer and She is the Enjoyer.....It is Self Realization only that can make our Mother happy to bless us.) So let us all pray in collectivity for our collective clearance and ascent as we meditate.

Sahaja Yoga is universal and new things will keep on changing as we come off the conditioning within us.

Mr Nalgirkar while addressing a convention in Ganapatipule reminded us that Shri Mataji says Vertical growth is as much necessary as the horizontal growth in our ascent. Are we really seeking such path in our heart of hearts? Let us answer one by one to ourselves. We shall find ourselves where the love flows and the truth abounds and all the six enemies residing within us shall fall automatically by Her Holy Grace! We have to be more in depth in understanding the Sahaja Yoga with the gifted vibratory awareness and then shall Mother be happy to bless us all with the ultimate God's Realization. But first we must attain the "thoughtless awareness" and the "doubtless awareness" state and only then we shall receive all the answers to the unresolved enigmas wrapped in Divine riddles enveloped in mysteries of the Divine play on our Mother Earth.

Jai Shri Mataji

*Rabi Ghosh*  
*India*