

# Sahaja Yoga

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



## Australian Newsletter

***Jai Shri Mataji!***

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Publication deadline for contributions  
is midnight each Tuesday

*"I had been to India school for 4 years in the years 1992 to 1995. I'm 18 years old at the moment and I am doing very well. When I came back from India it was very easy for me adapt to my European school and didn't have any problems with language, history nor other subjects. This year I'll be having my entrance exams and will go to university.*

*India gave me so much. I learned how to communicate better with others and lead a fun life with no drugs, alcohol and other problems. English language, which I had learned there, is also a big plus for me. Also a small reflection on health - since I came back from Dharamshala I have not had any serious health problems and have never been to hospital, nor even taken any medicine, not even aspirin. Till today I use our Sahaj methods in daily life to over come any illness, problems and stress."*

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



# NATIONAL NEWS

Dear Brothers and Sisters,

Jai Shri Mataji.

I want to take this opportunity to wish everyone a very happy new year. 2003 has started with the elements expressing the desire to change things with drought and fires everywhere. I am sure with the blessings of Shri Mataji that all Sahaj yogis will be fine and be saved from these disasters.

## Last Year 2002

It was a very testing year with a lot of developments in our collectivity and expression of our pure desire to give realizations. There have been new avenues along with the support from media. Medical programs, *Stress Busters* and corporate meditation did take off, but Shri Mataji has expressed a new direction with a new team especially with a new leadership to drive these particular projects. *Spon-taneous Caterers* have done a great job nationally. Our radio programs team has been consistently working hard. The yuwa shakti especially from Perth took some great initiatives. The national seminars have been a great success. The country tours have continued the quiet hard work with establishment of Sahaj yoga centres in many parts of the country. Giving realizations in the parks and public places is gaining momentum. On the gross level we have acquired properties in Victoria and Western Australia during the year. Our preschool has started to show good results with many non sahaj children getting their self realization. It has also been a great year with Shri Mataji being pleased with the love and devotion of Australians expressed during Shivratri puja, Ganesha puja and Singapore seminars.

There have many lessons for us to learn as well as individuals as well as the collective. More than ever the need to be collective, to protect and strengthen our Sahaj family from the attacks of negativity and stronger tests of the time of final judgment is vital. In Australia we have had change of leadership in most of the states. Colin Berry and Jeff Lyons for Victoria, Paul Nicolai for Queensland, Sno Bonneau for Cairns, Linda Pauling for Northern Territory, Alan Napper for ACT and Raymond Hampton as the new joint leader for NSW.

## This Year 2003

The year has started with the Yuwa shakti seminar which is currently being held at Balmoral. It is great to see so many Young yogis from all parts of Australia. On 25<sup>th</sup> all the state leaders from all over the country are getting together to introspect, reflect and set the agenda for 2003 as to how we can improve the depth of our collectivity, spread Sahaj yoga and to discuss the financial and management aspects of Sahaj yoga Australia. Although it's a bit late notice but everyone is encouraged to provide suggestions to their state leaders.

## Changing Times

Even the Divine has to follow the bodily laws during the incarnation. With what I have been witnessing Shri Mataji is expecting us as Her children to mature and take up the responsibility of this world transformation. She wants us to use vibrations, sahaj knowledge, Sahaj culture and most of the times common sense to take up her great work. We have to get used to not troubling Shri Mataji for every little thing from marriage, divorce, illnesses or for our ego trips and behave as matured yogis. We all know those high-profile yogis who mushroom when Shri Mataji comes or would use all excuses to get in front of her in Cabella or in India, but when it comes to taking up Sahaj responsibility and/or contributing financially to spread the message they don't. Furthermore, to get rid of their left vishuddhi they gather stupid people around who sympathise with the notion as to why they should not take up real work or contribute financially. And with Shri Mataji not there personally to tell them off or if She throws anyone out of Sahaj as they are causing more harm to the collective it causes divisions.

The point I am making is that during these difficult and changing times we have to be more vigilant and more collective and not to take things for granted and fall prey to the useless murmuring souls. To do so is putting at risk our ascent and the chance of achieving the highest. On the other hand, as Shri Mataji is withdrawing physically, the Divine Power through vibrations is more active than ever. Shri Mataji's love is flowing more than ever and for those who are true seekers and those who really want to ascend, these are the best times. So let us all be together at heart and achieve the highest spiritual fulfillment.

Please contact your state leaders but please do feel free to contact me on 0414 281 567 or [avinash@avinash.com.au](mailto:avinash@avinash.com.au) anytime. I will do my best to help.

Avinash Nickkawde  
Sydney

# STATE NEWS

## *from the National Capital...*

### Fire sweeps through Canberra

Last weekend many suburbs of Canberra were engulfed by a firestorm of a ferocity never before witnessed in this country. Fanned by strong hot winds from the south-west, the fire swept through pine forests and bush reserves, gaining momentum before it unleashed its fury upon the people of Canberra, consuming almost everything in its path and destroying almost 500 houses.

Needless to say, the Canberra ashram and all the yogis' houses were spared any damage, though it was a close call for a few!

I strongly feel that this dramatic event is a wake-up call to the people of Canberra. Only through deep introspection can we come to understand its full significance. The community in Canberra has pulled together in a very positive and compassionate way in response to this tragedy. The media is brimming with stories of acts of kindness and bravery in the face of the tremendous hardship so many are suffering. The atmosphere at my workplace is one of loving concern for everybody. It's a wonderful collective feeling. Let us hope that the seeking for spiritual ascent has been awakened and the people of Canberra can gain their self-realisation.

Our thanks to the many yogis from all around Australia who phoned to express their concern and support during this alarming event. Your good wishes are deeply felt as expressions of the nourishing love of our Holy Mother.

Jai Shri Mataji.

*Peter Brownscombe  
Canberra*

## *from New South Wales...*

### Outdoor realisation programs continue through 2003

#### Hyde Park Programs

The programs that were running so successfully last year in Hyde park are starting again. The dates to put in your diary are:

- **Sunday 9th February** between 10 am and 3 pm
- **Sunday 23rd February** between 10 am and 3 pm

Those who attended last year will realise that this is a reduction on the number of days that we had in 2002. These are the dates offered after requesting 7 days in February. We do not know the reason for the reduction - but we do know that councils change their policies from year to year and we should grab the opportunity while it is there.

One important thing that we tend to forget at the end of the process is to get an email address so that we can send upcoming workshop details to the seekers. This is obviously the difference between seeing some of them again, or not.

#### Manly Corso Programs

This was another very successful program held once at the end of last year.

Council is allowing one program per month. The date in February is:

- **Sunday 2nd February**

As for Hyde Park - YOGIS NEEDED!

So many people have been asking when the programs are starting again and that they enjoyed so much. It is a great opportunity for us to go out and watch us lose our shyness of speaking openly and publicly of Sahaja Yoga and feeling in our hearts that this is something that people need and we can help.

Come and have a great day out.

For details of  
Manly Corso—contact Sean Daly or Rudolph Clement  
Hyde Park—contact Raymond Hampton

Best wishes

*Raymond Hampton  
Sydney*

## Realisation in the park at Avoca Beach

Last Saturday, 18th January, Sahaja Yoga received a nice boost on the Central Coast when a few Yogis decided to have a session of realisation in the park at Avoca Beach.

We started out in the usual way: a sandwich board with the poster that Mother designed, Mother's photo on an altar, a subtle system chart, a rug and some chairs, and a nice big tree for some shade. We had a meditation and then began to exchange vibrations to get the Divine Energy flowing (most important).

Avoca Beach tends to attract a lot of teenagers in the Summer and so it was that most people who came were teenagers. It was so surprising how they accepted it: "Do you want to try a short meditation?" ... "Oh yeah, OK." It was even more surprising how some who came just to be with their friends or even as a joke felt something different when they opened their eyes: "That was awesome!" ..or.. "I feel really good!", they would say enthusiastically. They were genuinely surprised themselves (a day of surprises—are you surprised?).

It was like this new awareness had opened its eyes, a wiser awareness they had not felt before that was beyond their usual scope of consciousness. These self-conscious and almost awkward minds were being blown away by a cool wind (even if for a few moments). In the short time of three hours that we were there, thirty people got their realisation. This is an improvement on our last efforts at Terrigal Beach and we hope to improve our numbers again next time.

**We will be meeting at Avoca Beach again on Saturday 1st February. If you would like to come and join us, contact Rachel for details: 4385 1708 or 0413 087 528.**

Jai Shri Mataji.

*Tina, Dianne, Rachel, Fay, Jayu, Sean*

## Realisation at Manly Corso Sunday 2<sup>nd</sup> February

We are pleased to announce that we will be meeting again at Manly Corso on Sunday, Feb 2<sup>nd</sup> at 10am under the Big Fig tree. The tree is near the wharf end of the Corso, you can't miss it.

Last time was very successful with all the hearts attending being filled with joy. All yogis are invited to join us where hundreds more will receive their realisation in this busy walkway. Come one, come all...

*For more information contact*

*Rodolphe et Caroline Clement at Burwood: 9747 4835  
or Sean Daly at Narrabeen: 9984 0302 or 0410 445 226*

# INTERNATIONAL NEWS

*from India...*

## Makar Sankranti Puja

On 14th there were about 20 of us at Kalpana Didi's place to celebrate Makar Sankranti and offer Puja to our Divine Mother. We started decorating the living hall and after about 2 hours, one could not recognise the place. We have flowers, fruits and vegetables (this is also known as Shakambari Devi Puja) and also organised an outside caterer too.

At about 7.45 pm Shri Mataji came and was looking marvellous and very fresh - a true Devi in Her Puja Avatar. Shri Mataji talked about the Sun channel. How we should now worship the Sun also and how the Sun protects us during hot summer months. India being an agricultural country, was very dependent on the Sun. How some of us get too hot (excessive right-sidedness) due to the Sun channel. Try to be in balance and ask the Sun to help in keeping cool. She Mataji also mentioned that this is the day which is based on the Sun and it never changes, every year Makar Sankranti is celebrated on 14th Jan. The vegetables are grown and the farmer is dependent on the Sun God who also creates the Rain. So best to be a worshipper of the Sun and ask for His help in keeping you cool.

After this, Shri Mataji asked us to perform an Aarti and asked if there was a Harmonium - a very unfortunate situation for us.

Then Shri Mataji asked if any one of us had any questions ?? Of course not!! A lovely small puja and a greater looking Shri Mataji. She then asked all of us to have dinner after the prasad. Tali was offered to Her.

Waited until all of us had had the prasad-dinner and then we sat around Shri Mataji for 15-20 minutes and chatted about the local state of affairs of the Govt. of Maharashtra - (a new Chief Minister, Sushil Kumar Shinde, was today appointed in place of Deshmukh).

We all cleaned up the place and left at about 10.30 pm after a most enjoyable Sankranti Puja ever.

Love

*Hari Jalan*



## Miracle radish harvested in Aurangabad

Jai Shree Mataji.

I am a Yuva Shakti from Aurangabad Collectivity. This mail is regarding to a great miracle in Sahaja Yoga.

On 6th December morning, whole body of Lord Ganesha was appeared on a Radish in a field of our District Leader. Radish is a vegetable which is called *muli* in Hindi/Marathi language. This vegetable grows under ground. There is a little agricultural land in the home of our District Leader of Aurangabad. On that morning he was picking up his vegetables including Radishes from ground as usual. When he picked last Radish in a row he suddenly noticed a face & whole body of Shri Ganesha on it giving him full vibrations. This one was not of normal shape. It was showing clearly Shri Ganesha's Hands, Trunk, Eyes as well as Carved Crown (Mukut) on forehead. It was looking like someone is sat for meditation putting hands on laps like we Sahaja Yogis do.

Later it came to know that Shri Mataji arrived in Mumbai on the same day. Everyone was amazed by looking at it. I have attached 2 photographs of this miracle with this mail.

3 months ago a newspaper in Aurangabad criticized that we spread Christianity through Sahaja Yoga. It published very negative matter about Sahaja Yoga & Shri Mataji. But on the day of miracle a reporter of the same newspaper was the first to take photographs to publish it in the same newspaper. We all suddenly got a thought that Sahaja Yoga replied to that negativity of Media in very cool manner but by giving such a great miracle.

*Dipti A Shukla*  
*Aurangabad Yuvashakti*

