

Sahaja Yoga

14th March, 2003



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

"My long years of studies in the International Sahaja Public School in India in no way hindered me from successfully continuing my education in Europe. Contrary to in any way limiting me, my experience in the school enriched my personality in several ways. Firstly it gave me an open and tolerant attitude towards other cultures that I found was lacking in some European public schools I went to later on. Being a boarding school and far from home, it also developed my skills of handling situations independently. I also learnt how to cooperate, coordinate and live with other students my age—with each of us our habits, likes and dislikes.

The different system of teaching lead to the fact that when coming back to Europe, my levels of math and sciences were superior to those of my classmates. My years at the school have been of the most instructive and enriching of my life precisely because it offered so much more than just the usual academic curriculum."

This is another of the beautiful testimonials from ex-pupils of the International Sahaja Public School at Dharamshala in India



STATE NEWS

from South Australia...

Recent visit to Australian National Centre benefits a grateful Sahaja Yogini

I must write some words about my recent visit to the Burwood Ashram. I am from the Adelaide collective and have been with Sahaja Yoga for about one and a half years. Previously I have never had the opportunity to stay in an Ashram or go to Cabella or India. So on my visit to Sydney I stayed in Burwood Ashram for nearly three weeks.

It was wonderful to be part of a much bigger collective. I loved the Friday night bhajans and it was great to see so many yogis offering new people's programs in their own homes. I was also very inspired by Catherine's vision, experience and calmness in carrying off another major catering function so successfully. Also it was great to see so many yogis offering their assistance on the Friday and Saturday including many of the Yuva Shakti.

Since I have been getting back into my usual routine in Adelaide I have noticed a definite shift in my awareness. I have become aware of many little ways I can behave, particularly while at work, to help keep my vibrations up (eg keeping a Sahaj mindset and witnessing). Work can be very distracting but I am finding that these amazing things are coming naturally to me now, without effort.

I would like to thank everyone at Burwood who helped me while I was there, especially Nadia, Greta and to Mamta for donating precious Sahaj books and videos from her own collection to be used by the Adelaide collective.

Jai Shri Mataji.

*Deborah Coonan
Adelaide*

from New South Wales...

NSW Collective prepares for Shivaratri and Birthday Pujas

Shivaratri Puja - Balmoral Sunday 16th March 12 noon

Setup: Western Suburbs
Cooking: Blue Mountains / Burwood
Washing: Upper North Shore

Birthday Puja - Burwood Friday 21st March 7pm

Setup: Strathfield
Cooking: Eastern Suburbs
Washing: Blue Mountains / Burwood

***Footsteps of God* project**

Work has been progressing apace for the *Footsteps of God* project. The script has been prepared and voice recording begins this week, so we will have something to present at Birthday Puja. A play and music presentation is also being prepared for Shivaratri Puja

Collective Gifts

That as co-hosts for Shivaratri each state may bring a state gift to present to Shri Mataji on the occasion of Shivaratri Puja.

Also we request the ladies of Australia to send Lakshmi gifts which will all be assembled when we reach Pune and presented to Shri Mataji. So can you pass this request on to all the ladies of your State.

For NSW can ladies contact Reema Hampton to help coordinate the range and selection of gifts.

Sincerely,

*Chris Kyriacou
Sydney*

INTERNATIONAL NEWS

from India...

Details for foreigners travelling to India for Shivratri and Birthday Pujas

Costs for India

Shivratri Puja Puja Dakshina: UK Pounds 108
Puja Stay: RS 2,200

Birthday Puja Dakshina / Stay: US\$250

Shivratri Puja

Attached is the itinerary and contact details for the upcoming trip to India. We are glad to inform you that the Shiv Puja programme at Pune will be of three days instead. The schedule is as follows:

14th March: Music Programme
15th March: Music Programme
16th March: Shiv Puja
17th March: Travel to Bombay to catch the afternoon flight to Delhi

VENUE ADDRESS

Shiv Chatrapati Sports Complex,
Mahalunge - Balewadi,
Mumbai-Bangalore Highway, Pune-411045.

Birthday Puja

Her 80th Birthday and perform Puja in Delhi from 18th March to 21st March 2003. The approved programme is as follows:-

18th March: Welcome & Music
19th March: Music
20th March: Felicitations & Music
21st March: Birthday Puja
24th March: Public Programme
(Jawahar Lal Nehru Stadium)

The four days' programme (18th to 21st March) will be at NIRMAL DHAM Ashram, Delhi. We are in the process of making arrangements for stay and programmes, and information about the expected number of Sahajis attending the programme is required by us. All are requested to send this information to their respective Country/City leaders who have been sent the required Performa for compiling and forwarding the same to us.

Reception Committee is ready to receive the Sahajis arriving in groups at airport and railway stations but the Committee must be informed of the arrival details in advance.

Such a request must come through the leader only and only to Reception Committee and not at any other address, Fax, Tel., E-mail. Sahajis are requested to wear badges of Shri Mataji at the time of arrival for easy identification at the arrival points. Important Addresses/Fax No/E-mail/Tel No are also being provided here.

We seek your co-operation and extend warm welcome to all of you to attend the Puja and enjoy the Divine blessings and large collectivity.

Addresses /Fax Numbers/Telephone Numbers for Communication

VENUE ADDRESS (Programme & Stay)

Nirmal Dham
Sahaja Yoga Ashram
Behind BSF Camp
Chhawala,
Delhi - 110041
Tel - 91-11-25023190
91- 9811624840

RECEPTION COMMITTEE

Mr. Desraj
S - 382, Panchsheel Park
New Delhi 110017
Fax No. - 91-11-26014424
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kaushal@maadhayamhrc.com

GENERAL ENQUIRY

Sahaja Yoga Temple
C - 17, Qutab Institutional Area
(Behind Qutab Hotel)
New Delhi - 110 016
Fax: 91-11-26866801, 91-11-26894627
Tel: 91-11-26966652, 91-11-26178156, 91-11-26183841
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SAHAJA YOGA ASHRAM

78, Krishna Nagar, Gali No. 3,
(Opp B-4/29, Safdarjung Enclave),
New Delhi - 110029
Tel: 91-11-26177923

from Thailand...

**Bangkok collective holds
a very enjoyable and exciting seminar
complete with a dissertation
from eminent physicist**

During the long week-end that coincided with the Buddhist holiday of Makha Puja on 15, 16 and 17 February, the Thai collectivity organized a seminar at Silver Beach Hotel in Rayong. As expected of such an auspicious gathering, the three-day event provided a fantastic opportunity for about seventy practitioners from Bangkok and up-country to expand their knowledge about Sahaja Yoga, meditate together and experience the joy and bliss of the Spirit.

The agenda of the seminar offered a pleasant variety of activities, ranging from long stretches of meditation to deep dives into Sahaj knowledge and clearing techniques. Located beside an extended and unspoiled sandy beach that for many resembled strongly the blessed shores of Ganapatipule in India, the resort offered the adequate setting for outdoor activities, from meditation and foot-soaking to more sporting activities such as walking, swimming, exercising, etc... The seminar provided also a rare chance to explore the boundless personality of HH Shri Mataji. The book written by Her younger brother, Babamama, was presented and quoted at length, giving numerous examples of the Divine nature of Shri Mataji's character and life. (Recently translated into Thai, the book entitled *My Memoirs* is in the process of being published and distributed in Thailand).

At the end of the first day of the seminar and obviously to speed up the on-going cleansing and relaxation process, a 'fun party' was organized which saw even the most reserved and introverted yogis turn into talented and vivid comedians, miming under roars of laughter, now the painful 4:00am meditation, now the equally painful midnight foot-soak, the laborious giving of vibrations to left-sided/over-emotional newcomers or the tricky workshops on doubtful beginners. Not to mention the vain quest for the state of *Nirvichara* (thoughtless awareness) with rowdy kids around or the memorable episode of bathroom time in India... But one of the highlights of the seminar, apart from the profound Buddha Puja performed on Monday, was surely the surprise session on Sunday afternoon, with Dr Gennady Ivanovich Shipov, a renowned physicist from Russia who had had the opportunity to discuss his research on the theory of torsion field with HH Shri Mataji in the early 1990s.

In Thailand for a few months as guests of HE Prime Minister Thaksin Shinawatra, Dr Shipov and his small team of experts in various fields was a last-minute addition to the list of participants of the seminar. And this unexpected

feature made the encounter all the more pleasant and exciting. During his presentation (followed by a session of questions and answers), Dr Shipov introduced himself as a disciple of Albert Einstein, the legendary German-born physicist of the early twentieth century who brought a new perspective to the relationships between light, time, space, matter and gravity. Dr Shipov stressed that HH Shri Mataji seemed to "always support his work" and that She had referred to the theory of *torsion field* in several of Her lectures. Remembering his two encounters with HH Shri Mataji in India (Ganapatipule) and Italy (Cabella Ligure), Dr. Shipov explained: "from my encounters with Shri Mataji, I know that something was happening at a super-conscious level. Shri Mataji would understand whatever I wanted to say, sometimes even before I said it. We have had discussions about philosophy, religion and many different topics. Shri Mataji said that the time had come now for Religion and Science to unite, in order to give rise to a Meta-Science (a science beyond science). She said: *'all the religions have a similar origin but with different messages adapted to the needs and cultures of the different regions of the world.'*" Dr Shipov continued: "I sometimes wondered how come Shri Mataji did manifest an interest for my work. I believe that it is because I am trying to apply the philosophy of Einstein. In the 1930s a meeting took place between Albert Einstein and Ravindranath Tagore [both very highly-realized souls]. The two discussed a very fundamental question, that is: *'at the origin of the universe, what came first: Consciousness or Matter?'* Tagore was of the opinion that Consciousness prevailed, which created all things. But Einstein disagreed and thought that Matter existed first and brought about the creation of life and consciousness. I am trying to create a theory, which claims that there is a 'Super' consciousness that created the matter. In this way, I think Tagore was right," the physicist explained.

He continued presenting at length his theory, trying hard to make his speech accessible to uninitiated minds, while the complexity of the discussion soon gave a solid headache to the translation team. "Modern physics investigates four levels of reality: solid, liquid, gas, and elementary particles. In my theory, elementary particles come from a physical vacuum, a 'total emptiness'. It is new, although it connects with what was said in the century-old Indian Vedas for example, which is that all things were created from a great emptiness. Thus my theory is about physical vacuum. It supports the idea that the 'Absolute Nothing' is the source of Everything. In my understanding, there are three levels of reality: the material world (solid, liquid or gas), the thin matter (that provides room for the theory of Torsion Field) and what I call the highest reality." With the help of a large white-board, drawing from bottom to top, layers after layers, Dr Shipov continued: "The primary torsion field has very special properties (it can transmit information, but not matter, at unlimited speed). Beyond that, there is the Primary Vacuum that brings to existence the thin world and then, the level of Absolute Nothing where nothing exists

but Plans, including Plans on how matter will come to existence. There, matter exists in a potential stage." In front of an enthralled audience, Dr Shipov explained further: "every level of existence is represented by a mathematical equation. Yet, the Absolute Nothing can only be described in the following way: $0 = 0$. This level is the beginning of everything. If we don't accept this hypothesis, one cannot explain the rest."

Tending towards increasingly philosophical reflections, Dr Shipov said: "Actually, so far we have had no means to explain this Absolute Nothing, at least not through science. But meditation is surely one way. Many scientists in Russia are aware for example that a body does not consist of a physical being only but of other dimensions of reality as well." Dr Shipov mentioned some paranormal happenings that most physicists would reject, for lack of ability to explain them, discarding them to a realm "foreign to science and to physics", science being in their understanding, merely "something that I can control". He concluded: "What I can say is that the predictions of Shri Mataji about the imminent unity of religion, science and mankind can only be true, because the highest level of reality is indeed considered as a goal [in many fields of knowledge]. The problem is that our mind is too limited to explain this level of Absolute Nothing". Before ending up his speech with a sentence that he probably knew would earn him a total unanimity among listeners: "God is. I don't only believe He is, but I know".

Working on a revolutionary propulsion system Dr Shipov, physicist, and his top team of Russian experts in the fields of electronics, mathematics and aeronautics (to be checked), are in Thailand for a few months to pursue a very innovative and fascinating project kicked off two years ago. Thanks to a most helpful Russian agent based in Bangkok, the eminent scientist and his team have been able to secure important sponsors and a personal introduction to HE Thaksin Shinawatra, Prime Minister of Thailand, who welcomed the team as guests of honour. Dr Shipov is thus in Bangkok in order to develop a new propulsion system, a mechanical device "that can move without any external force nor rejection of mass, like a UFO". "Two years ago, we built a model of this device and we filmed it. The video shows that it can move without any external force. This phenomenon was predicted by the theory of Absolute Vacuum," he said.

*Pascal Sreshtaputra
Bangkok
pascal1@cscoms.com*

from Australia...

Another Sahaj view on the looming war between the USA and Iraq

It is clear from reports that Shri Mataji has spoken in support of the overthrow of the Hussein regime in Iraq by a US coalition. Some Sahaj commentators have usefully detailed this and made attempts at enunciating a Sahaj attitude to unfolding events in the newsletter. Still some Sahaja Yogis have expressed or harbour (unexpressed) concern about the humanitarian outcome of a (now very likely) war with Iraq by a US-led coalition. Given our commitment to love and non-violence this is understandable. However, an understanding of the necessity of fighting a just war so as not to suffer or have others suffer an unjust peace (covered in this magazine recently), allied with a quick survey of some facts, might dispel at least some qualms.

People ought to know that the Hussein regime:

- has directly killed 2 million people—more than Pol Pot
- mutilated many others through chemical weapons
- began and brutally prosecuted a war with Iran a decade or so ago using chemical weapons and killing many Muslim Iranians as well as its own people
- has used chemical weapons against its own people (can a regime which wiped out tens of thousands of Kurdish Iraqi citizens claim any legitimacy)
- killed, maimed and raped many thousands of Kuwaitis
- killed many of its own Shiite minority and destroyed the Shiite Muslim marsh dwellers' environment in what the UN itself has described as 'the environmental crime of the 20th century'
- has directly contributed to the deaths of many of Iraq's children during the harsh and failed UN sanction system through allocating funds not to medicine and food but to weaponry and elite excess - ie it used the lives of its own children as a bargaining chip to get sanctions lifted and return to its corrupt ways
- before the Gulf war had one of the world's largest standing armies despite a population roughly the size of Australia's
- does pose at least a potential threat to the world with its long-held weapons of mass destruction (ie it has the means and has already shown the intent and capability of using them)

So it's a bad regime. Does the US have the moral right to undo it? Most international affairs analysts and national leaders balk at saying that nations can intervene in the affairs of others. This is partly self-serving. After all, what national leader or despot would want others to come in and set a house in order when he/she has sewn up the place? National sovereignty is a fair-enough principle in terms of preserving world order, but it is a rule often honoured in the breach—for both good and bad. The principle

is not inviolable. On the good side the Vietnamese Communists—surely not a fabulous regime in terms of human rights—invaded Pol Pot's Cambodia around 20 years ago and in doing so may have saved the lives of hundreds of thousands of Cambodians before retreating a decade or so later. It is an example of a good outcome. I am sure you can think of outcomes of the other kind.

If you care to do the sums of action versus inaction, by getting rid of Saddam and his cronies (Iraq is literally controlled by only tens or hundreds of Saddam's relatives and clan members), a US-led coalition may save many hundreds of thousands of innocent (yes!) Iraqi lives. (If only the UN-sanctioned US coalition had done it twelve years ago some 200,000 more Iraqis might be alive today.) The loss of innocent lives during such a war is guaranteed, but (in this writer's calculated opinion) is likely to be significantly less than by doing nothing and allowing Hussein to have his way, and that is really the only alternative. Any serious foreign policy practitioner will tell you that the UN is impotent in these sorts of issues. The need for consensus renders it powerless. Kosovo was not a UN-sanctioned operation but it saved tens of thousands of lives. So humanitarian outcomes can also be served by a righteous war.

We must be careful not to worship blindly the false idols of peace at any cost or the need for international consensus, just as we must be careful not to worship the false idol of war. However, we must make very sure a war is righteous before we undertake it. The reliable reports of Sri Mataji's views support a Sahaj view that this is indeed a righteous war. The analysis above concurs with this view, for we must follow with our eyes open in order to learn the lessons She is teaching us. By following we learn faith, but following with awareness we can learn faith and wisdom.

Ultimately it is the dharma of our actions, whether in peace or in war, which will deliver vibrational outcomes and ensure that we do all of Sri Mataji's great work, both in public affairs as well as our private lives.

One Sahaj view.

*John Fisher
Canberra, Australia*