

Sahaja Yoga

18th April, 2003



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

...In one night, in one hour, in one moment of time, the Spirit descended from the centre of the circle of divine light and looked at me with your heart's eyes. From that glance Love was born, and found a dwelling in my heart.

This great Love, swaddled in the robes of my feelings, has turned sorrow to joy, despair to bliss, aloneness to paradise.

Love, the great King, has restored life to my dead self; returned light to my tear-blinded eyes; raised me up from the pit of despair to the celestial kingdom of Hope.

For all my days were nights, my beloved. But behold! the dawn has come; soon the sun will rise. For the breath of the Infant Jesus has filled the firmament and is mingled with the ether. Life, once full of woe, is overflowing with joy, for the arms of the Infant are around me and embrace my soul.

Kahlil Gibran
from *Resurrection*



STATE NEWS

from NSW...

Invitation to attend National Sahasrara Puja and Seminar Weekend at Balmoral NSW 2nd, 3rd and 4th May 2003

The NSW collective wish to extend an invitation to all Sahaja Yogis of Australia to join in the celebration of the 2003 Sahasrara Puja to be held at the National Country Property, Balmoral Village, commencing the evening of Friday 2nd May and continuing through to Sunday 4th May.

During this festive occasion we will collectively worship our Divine Mother as the Supreme Goddess of the Sahasrara and spend time in meditation, introspection and earnest reflection about our spiritual selves.

The Puja Dakshina cost for NSW and ACT Yogis will be \$108 (whether attending the seminar or only the puja on Sunday 4th May), as it will also cover costs associated with hosting public programs and other major promotional events to be held in the weeks following the puja. Everyone is openly invited; alternative arrangements can be made for those in genuine financial hardship, as our main objective is for everyone to come together.

By hosting programs in many different locations through the region, we seek to provide an opportunity for Yogis to promote Sahaja Yoga within their local areas, as well as an opportunity to establish their local collectivity.

Accommodation

Women will be accommodated in the main Puja Hall; men in the shed. Camping is also encouraged as the weather should be pleasant at this time of year. Interstate guests will be accommodated within the new rooms added to Shri Mataji's cottage.

Registration

To assist with the registration, State leaders could coordinate the registration of all those attending from their state on a single list.

Parking

All cars should be parked in the car park adjacent to the main paddock.

Collective meditation

Collective meditations will be held every morning at 7.00am to help absorb and enjoy the vibrations and lift us higher in our spirituality, knowledge, joy and dedication.

Transport notification

Please email your arrival details at least 2 days before arrival. Should you wish to cancel any confirmed pick up arrangements, please notify by email, fax or phone, ASAP.

The email address is: candskyriacou@hotmail.com. Alternatively, please fax approximate numbers from your State to the Burwood fax 02 9745 4927 or phone 02 9747 4835.

Alternative accommodation

- Tharawal Local Aboriginal Land Council
220 West Pde Couridjah, NSW, 2571 Australia
There are 48 beds available at the Aboriginal Land Council property on a 'first come first served' basis. This accommodation is a short drive from the property (located about a few kilometres along the road from Balmoral). Cost is approx \$21 per head per night. Contact between 8:30am and 4:00pm on: (02) 46 81 0059 for booking.

Further accommodation is available at the following motels in the area, which are a short drive from the property:

- Picton Village Motel
Hume Hwy Picton NSW 2571 ph (02) 4677 2121
- Botanical Gardens Bed & Breakfast
16 Brially Pl Picton NSW 2571 ph (02) 4677 2967
- Tahmoor Inn Hotel Motel
Hume Hwy, Tahmoor NSW 2573 ph (02) 4681 8505

Cost

Adult NSW / ACT	\$108
Interstate Adult	\$ 51
Student / pensioner	\$ 51
Children 12 years & under	\$ 25

Each State could assist by collecting list of names and the monies.

Sincerely

*Raymond Hampton and Chris Kyriacou
Sydney*

A big boost for Warringah Shire through self realisation...

Realisation at Manly Corso this Saturday 19th April

This is a reminder to all Sydney Yogis that we will be at Manly Corso tomorrow (19th April) from 11am to 5pm under the BIG FIG TREE, for seekers to get their realisation.

Even if you have only a short time during the day to spare it would be great if you can come and help out.

People have been left standing around and not had an experience on past occasions. So the more yogis we have, the more people will get their realisation.

Jai Shri Mataji

Sean Daly
Sydney

New daytime program at Warringah Mall Library every Thursday at 1pm beginning on 8th May

Well, it's the resumption of the program that was there before. I phoned Jeanette, the coordinator of the Library, and simply asked "can we please start up again, same as before?" and she said "yes". And it's free!

So: everyone who's giving realization to the seekers at Manly on Easter Saturday - we can tell them about it! I'd like to hear from anyone (ph 9499 4593) who can offer assistance with the program too, thanks.

Katie Cartmel
Sydney

Yuva Shakti announcements:

Video night at Burwood, Friday 25th April

All yuva shakti are invited to Burwood on Friday April 25th to watch the video of the Youth Camp held in January at Balmoral. The evening will start at 6pm. Dinner will be provided. Look forward to seeing everyone there!

Mailing list

A yuva shakti email list has been created. If you aren't on it but would like to join, then please send your details to gabdelaneyz@yahoo.com.au and we would be happy to add you onto the list.

Gabby Delaney
Sydney

Embroidery Working Bee at Burwood next Saturday: Calling all interested ladies

We are currently designing eight beautiful cross-stitch embroidered cushion covers for a gift for Shri Mataji to be presented to her at Shri Ganesha Puja. The eight designs feature the *Ashta Vinayakas* (the eight swayambu Ganeshas of Maharashtra) which will be embroidered in stunning hand-dyed silks coming from Mudgee NSW. We plan for this to be a project with participation from all the major centres in Australia and New Zealand.

To get the project going, we are holding an embroidery trial session at Burwood ashram on Saturday April 26 from 2.00pm onwards, and until the start of the evening programme. Anyone interested in contributing to this project with their skills, or who would like to learn these skills from a very professional instructor, are most welcome to join us on that Saturday, to practise our skills and get them up a standard presentable to Shri Mataji. Of course we also aim to be having a nice collective time together in the process!

The cost of this project will be considerable, as we are using the best quality silk yarns and materials, but will of course be eased in the collective sharing of the monetary burden. So contributions of any size are very welcome, and a great way to be part of the project even if you feel you are not able to help in the physical creation of the artworks!

Any queries & contributions please contact Lene Jeffrey, 15 Balfour Street, Lindfield NSW 2070, telephone 9416 2969 or 0417 281 831.

We will be holding several similar working bees, and a workshop during the Sahasrara Puja Seminar at Balmoral, where we hope to meet many interstate embroiderers and volunteers!

Jai Shri Mataji!

Lene Jeffrey
Sydney

INTERNATIONAL NEWS

from India...

Celebration of Shri Mataji and Sir CP Srivastava's 56th Wedding Anniversary

After two great Pujas in March, Mumbai had a good fortune to organize a programme to felicitate our beloved Mother and Sir CP on their 56th Wedding Anniversary. Since the venue for the function Sophia-Bhabha Auditorium had a limited capacity, the numbers had to be restricted. Each centre was given a quota to represent it, as there were invitees from all the states of India and also some of the countries of the world.

The stage decorations showed a Sun & the Moon within the figure "56" surrounded by stars which represented all Sahaja Yogis around Mother. There were a few words in Marathi language to that effect.

We were all eagerly awaiting Mother's arrival & suddenly as I was meditating with my eyes closed, I felt a gush of strong breeze on myself & I thought that they had fixed some fans, as earlier they were making announcements that yogis who lived nearby, should go & fetch them from their homes as they needed them urgently. As I opened my eyes, I realized that there was no such thing, and sure enough, Mother had come & settled on Her seat, but we could not see as the curtains to the stage were yet drawn.

I spotted Her on the small monitor and then the curtains were pulled out and there we saw Mother beaming & glowing in Her gorgeous orangish-red sari, with gold "buttas" all over. Sir CP and their daughter Kalpana and a granddaughter were also present on the stage.

Before Mother arrived, already a glorious atmosphere was created by some Sahaja Yogi musicians who belted out some Marathi & Hindi Bhajans, followed by a lady singer who was accompanied by Dhananjay Dhumal on harmonium.

Then, after Mother arrived, it was the turn of Ustad Gulam Mustafa Khan Saheb to take the stage. After making his floral tributes to both of them, he started with *Raag Sahana*, which he said was always sung at weddings. Then, something really magical happened in front of our eyes and we saw a normally serious musician, literally transformed into a small innocent child as he sang bhajans after bhajans in praise of the Divine. I have rarely seen a professional artiste on Sahaja stage who recognizes Mother as what She really is and who gets lost in his music, as he sings out his own soul, directly to Her, as if he is all alone before Her.

He said that "*aaj to mein gaonga*" (I will sing today), "You

have to give me permission to sing some more, as I am singing Bhajans after a long time." The whole thing was so touching and tender, that it was like a child pleading with his Mother to let him have his way. And who can withstand "*baalhath*"? (a child's plea), and Our beloved Mother had to give him Her permission to continue. He said that she had made his dry grass lush green with Her nurture! He gave us a medley of Bhajans including some of Surdas and those with *pads* of Tulsidas. In a few catchy numbers, he got all of us to join him in a chorus to celebrate this glorious occasion. As all good things have to end, this too ended with a standing rousing ovation, as he was blessed again & again by Mother, as he bowed before Her, seeking Her blessings, more like a newcomer, rather than an accomplished singer in his own right. I heard later that he was weeping with joy afterwards behind stage. Such recognition & humility has got to be seen to be believed!

Then Sir CP gave his brief and succinct speech thanking Mother for the way She has looked after him, his daughters, his family, all these years - much to Mother's discomfort and She showed this by the way She was shaking Her wrist indicating "Is this something even to be mentioned?" He said that more than this, he was proud of the work She successfully did single-handedly to transform human-beings on such a wide scale world-wide. He said that he had not yet ever seen any other person doing that!

In the beginning he said that his own marriage must have surely been fixed in heaven as the marriages are said to be and that he felt that he was the luckiest man in the world. Needless to say, this was received with thundering ovation by all!

Then it was time for Mother's speech and She told us very briefly that we human beings have only got to awaken one biggest power in us of LOVE & that only this can change the world and sort out all its problems. She said that She could succeed in Her mission only because She always uses that power.

(Let's forget the entire human race, but speak first only about Sahaja Yogis who have to take this Mother's advice seriously and see that we do not fail Her in Her work, by neglecting this. Let us all give up our petty small differences and work as ONE, keeping in mind only one goal, that it is Her work & mission we have got to fulfil, by being Her instruments. Let us make a collective resolve that we will not fail Her, by giving in to our own egos & conditions and thereby bring to naught, all Her life's hard work & "tapasya".)

Then, after the gifts-giving from various states of India and a few countries of the world, the programme ended with *prasad* served on the lawns of the College Campus, where the auditorium was situated.

Armaity H Bhabha

GENERAL INTEREST

The wisdom of Socrates

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said, "Socrates, do you know what I just heard about your best friend?"

"Hold on a minute," Socrates replied. "Before telling me anything I'd like you to pass a little test. It's called the Triple Filter Test."

"Triple filter?"

"That's right," Socrates continued. "Before you talk to me about my friend, it might be a good idea to take a moment and filter what you're going to say. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said, "actually I just heard about it and..."

"All right," said Socrates. "So you don't really know if it's true or not. Now let's try the second filter, the filter of Goodness. Is what you are about to tell me about my friend something good?"

"No, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about him, but you're not certain it's true. You may still pass the test though, because there's one filter left: the filter of Usefulness. Is what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

This is why Socrates was a great philosopher and held in such high esteem.

POETRY

When Thou
Speakest
It is soft
In my ear
And I listen
To Thy Voice
In Wonder

Thy Sari
Gently Moves
And Touches
My folded Hands
Motionless I stand
Waiting for Thee

When Thou listenest
It makes my heart sing
And melts my tears away

When Thou smilest
Thou sheddest
Light on our Path
And gently the
Mountains Echo
Thy Sweet Voice

But When Thou allowest us
To do Thy Pooja
The Heavens open up
In our Sahasraras
And Showers of Thy Blessings
Drench us in
Thoughtless, Endless Joy

Thank You,
Nirmala Mata-ji!

Anand

*(Andreas from Austria, who spent four weeks
as a student at the Vaitarna Academy)*

from the Austrian net