

# Sahaja Yoga

19<sup>th</sup> September, 2003



## Australian Newsletter

***Jai Shri Mataji!***

Phone: 612 6298 3743  
email: [sahajajnews@yahoo.com](mailto:sahajajnews@yahoo.com)  
Publication deadline for contributions  
is midnight each Tuesday

*She was a Phantom of delight  
When first she gleamed upon my sight;  
A lovely Apparition, sent  
To be a moment's ornament;  
Her eyes as stars of Twilight fair;  
Like Twilight's, too, her dusky hair;  
But all things else about her drawn  
From May-time and the cheerful Dawn;  
A dancing Shape, an Image gay,  
To haunt, to startle and way-lay.*

*I saw her upon nearer view,  
A Spirit, yet a Woman too!  
Her household motions light and free,  
And steps of virgin liberty;  
A countenance in which did meet  
Sweet records, promises as sweet;  
A Creature not too bright or good  
For human nature's daily food;  
For transient sorrows, simple wiles,  
Praise, blame, love, kisses, tears and smiles.*

*And now I see with eye serene  
The very pulse of the machine;  
A Being breathing thoughtful breath;  
A Traveller betwixt life and death;  
The reason firm, the temperate will,  
Endurance, foresight, strength and skill  
A perfect Woman; nobly planned,  
To warn, to comfort, and command;  
And yet a Spirit still, and bright  
With something of an angel light.*

William Wordsworth



## STATE NEWS

*from the National Capital...*

Come to Canberra  
for a long weekend of Sahaj activities  
to celebrate the beginning of Navaratri

Come and enjoy Canberra's beautiful springtime and give realisation at the Floriade in Commonwealth Park by Lake Burley Griffin.

To celebrate the start of Navaratri the Canberra Collective are hosting a Meditation and Music weekend 4<sup>th</sup> & 5<sup>th</sup> October. Monday the 6<sup>th</sup> is a public holiday.

Activities for the weekend include:

### **Saturday 4<sup>th</sup> October**

- 10.00am giving realisation and leafleting  
(Floriade and Garema Place)
- 7.30pm Meditation & Music of Joy Program  
(Bogong Theatre, Gorman House, Ainslie Ave, Braddon)

### **Sunday 5<sup>th</sup> October**

- 8.00am Meditation/Puja  
(Canberra Ashram, Scullin)
- 10.00am Picnic/barbecue  
(Black Mountain Peninsula)

*Cost for the weekend is \$10 per day.*

*For information & bookings (to stay at Canberra Ashram)  
ring 02 6254 4986.*

*Alan Napper  
Canberra*

## INTERNATIONAL NEWS

*from Indonesia...*

**Sahaja Yoga Roadshow Stage 2:  
Programs in Surabaya  
13-14 September**

The number of seekers who came to the program in Surabaya was way beyond our expectations. We hired a room for 500 people but only chairs for 100 people as we were unsure of the likely numbers. But by Sri Mataji's grace, 300 people turned up and the overflow happily sat on the floor to follow the program. The program was presented by the Jakarta leader Mr Felix Manurung and began at 3pm and finished at 5pm. The reception Sahaja Yoga received was very good and there were many questions from the audience. In fact, 50 people remained behind and we had to hold an (unplanned) follow up program until 6pm as they lived in various other cities such as Malang and Sidoarjo and could not return for the follow up program the next day. We taught them how to meditate.

The next day before the follow up program we were very touched as out of the blue a man brought us 20 boxes of rice and fish dishes with chilli and a water to drink. He simply said that he had brought our lunch. We felt that we were so blessed by Mother, and that everything was taken care of.

The follow up program began at 9am and as all the 100 chairs were already full 50 people sat on the floor. The session began with questions and answers and then we went through raising the kundalini again at their request. They said they wanted to experience Sri Mataji's teachings again so that they might be absorbed into their hearts.

We were very blessed in Surabaya and left happy and full of vibrations. The family of a Jakarta yogi accompanied us and looked after us for the whole weekend. Mrs Vonny Budiarto helped us with the advertising, a press release, venue and other arrangements. We were quite amazed at the help we received. Thank you also for the contributions and prayers of support from our brothers and sisters in Australia.

### **Update from Bali:**

Around 100 people turned up at the regular mediation after the roadshow program and a group from a school in Tampak Siring has asked the Bali Sahaja Yogis to run a program for their students.

*Adriana Phiong (Jakarta) and John Fisher (Canberra)*

# GENERAL INTEREST

## Beware of toxic substances: a concerned yogini writes

Jai Shri Mataji.

Dear Sahaj family. After many discussions with brothers and sisters both in Australia and around the world I have been asked to write to the collective about the subject of a more subtle attack that is becoming increasingly obvious to many of us. It is no coincidence that we talking about it. The subject is harmful chemicals and genetically-modified ingredients used in our food chain and the over-farming of the land rendering it empty of nutrients for the plants to absorb for our nutritional benefit.

Our food is produced mostly for shelf life, looks and transportability with no attention at all upon nutritional value. I have been doing a lot of research on this subject this year after finding myself with a condition of toxic substance overload. And I thought I was a very careful shopper and eater. I now buy from "organic" shops wherever possible but this still does not make up the difference due to the chemical imbalance in the body caused by either breathing, ingesting or washing the body in toxic chemicals that we use on a daily basis not realising that they are slowly eroding our health. These substances actually accumulate in the organs (including the brain) causing degenerative and mostly undiagnosable problems.

Unless we are buying from a known supply source that guarantees chemical-free, then we are bathing, washing, shampooing and brushing our way to ill health. There are ingredients in our personal care items that have engine degreasers, anti-freeze, rat poison, lead, aluminium and many more dangerous substances. Even in Penang their government have sent out lists to its population to warn them what products to avoid. Unfortunately not in Australia. Does your head or skin itch or fall out? Check your shampoo and conditioner. Do you know what the ingredients are?

At Birthday Puja this year in Delhi, I bowed my head and prayed to Shri Mataji to show me what was wrong with me. I felt like a hypocrite, telling new seekers how healthy they will be once the Chakras were balanced but I was not feeling like a very good example. On our return things moved very fast and furiously with things coming to a head and one thing led to another. Before I knew it I had all this information and was getting my health back once throwing a lot of household and personal care products out the door.

There are a few very good companies that supply safe products. If anyone would like more information or to talk about any strange symptoms please feel free to email me making sure I can recognise the sender. We are in the address list, or phone me on 08 8932 9207, leave a message, I'll ring back. Mobile is 0414 322 996.

It is also vital that we shoebeat this situation, the money-hungry chemical manufacturers and the media that support the constant bombardment of negativity to us humans. There is no money in healthy people, but lots to be made out of sick ones. Think about the score: if one-in-a-thousand contracted cancer 80 years ago, and one-in-three is rapidly closing in on us, when are we going to stand up and be counted? It is a simple case of negativity and we as yogis must put our attention on it. I have plenty of web sites for you to check out also.

With much love and concern for us all,

*Linda Pauling  
Darwin, Australia*