

# Sahaja Yoga

3<sup>rd</sup> October, 2003



## Australian Newsletter

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***Jai Shri Mataji!***

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is midnight each Tuesday

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*“...There stood the Devi, pervading the three worlds with her lustre, making the earth bend with her footstep, scraping the sky with her diadem, shaking the nether worlds with the twang of her bowstring, and standing there pervading all the quarters around with her thousand arms.*

*Then began a battle between that Devi and the enemies of the devas...”*

Devi Mahatmayam



# STATE NEWS

## *from Western Australia...*

Invitation to come to Gidgegannup  
from 3<sup>rd</sup> - 12<sup>th</sup> October  
for nine days of Navaratri festivities  
concluding with  
National Navaratri Puja 2003

Dear brothers and sisters,

This is to update you on the program for the above week.

*Fri 3<sup>rd</sup> 7.00pm:* Nine Nights of Navaratri Pujas begin  
at Gidgegannup

*Sat 4<sup>th</sup> afternoon:* Gidgegannup Public Program ;  
Bunbury/Busselton Country Prorams

*evening:* Havan

*Fri 10<sup>th</sup> 7.30pm:* Public Programme Central TAFE,  
Perth City (open from 5.30)

*Sat 11<sup>th</sup> all day:* Gidgegannup Seminar  
for Sahaja Yogis

*evening:* Havan

*Sun 12<sup>th</sup>* Victory Day and Puja

Visiting yogis will be accommodated at Gidgegannup  
where there will be morning and evening meditations every  
day, footsoaks in the lake and opportunities for spending  
time in the nature. The weather is usually mild and sunny  
with cool nights and early mornings.

Travel to and from the city and events will be taken care of  
by local yogis—whatever you need just ask. If you haven't  
sent your travel details please do so ASAP.

Contact Tyrone Mardesic or Andre Maynard (08) 9387  
2523 [tyrone@iinet.net.au](mailto:tyrone@iinet.net.au) for any information or assis-  
tance.

For those yogis who are unable to attend we can still feel  
our connection through a common program. Suzanne  
Kumar has made a summary of some of the possible ways  
of celebrating Navaratri using the books *Nine Nights of the  
Goddess* by Arun Goel, the *Devi Mahatmyam*, the Mantra  
Book and the Song Book as references. If you would like  
to 'tune in' and make it a round Australia Collective cele-  
bration we are counting the nine nights from the 3<sup>rd</sup> Oct to  
reach the Jubilation Day on Sunday 12<sup>th</sup> for Puja. There is  
an attached table of suggestions which the different states  
can contribute to if you wish, ([christened@iinet.net.au](mailto:christened@iinet.net.au)) in  
the 'clearing' column. (see attached file for details – Ed)

In the light of the help HH Shri Mataji has given us in the  
recent Guru and Krishna Puja talks 2003 we begin the  
week with the emphasis on clearing ourselves by humbly  
approaching Shri Ganesha for his assistance in keeping  
absolute faith in Our Mother and experiencing the joy of a  
clear subtle system with nothing to intervene between our  
spirit and the Holy Lotus Feet.

And a final word from our yuva shakti hosts:

*Sending you all out an invitation  
To come across the great Australian nation.  
Come for the fun and the meditation  
Come for the giving of realization;  
Come and see a different 'side' of spring  
With the flora and fauna only Perth can bring.  
Cross the nation and see why Avi  
Calls Perth the capital of the nahbi!*

*Christine Driver  
for the Perth Collective*

## *from New South Wales...*

### **School Counsellors receive Self Realisation at their annual conference in Sydney**

On Friday September 26, about fifteen School Counsellors from around the country received their self-realisation at the *Australian Guidance Counsellors Association* annual conference in Sydney.

They came to the session because they were interested in finding out about how Sahaja Yoga meditation had helped children diagnosed with ADHD, but they also wanted to experience it for themselves. The realisation process was introduced with Sri Mataji's introductory tape and a short meditation, followed by discussion and questions. Most of them felt the cool breeze and they all wanted to know more about Sahaja Yoga and whether they could introduce it in the schools where they work.

They will be calling the 1800 number to find out if there is a Sahaja program running near them (they came from Albury, Tamworth, Brisbane, as well as Sydney and other areas). Please help these seekers, and teachers, in their desire to learn more about Sahaja and to bring the benefits of meditation to more children with ADHD and other problems.

*Linda Harrison  
Bathurst*

### **ADHD kids express their appreciation of Sahaja Yoga meditation**

The following are quotes from children who were asked about their experience of meditation. They had all participated in the meditation program for children diagnosed with ADHD last year at the Royal Hospital for Women.

*"It helps my ADD. I get into less of a panic"*

*Dylan, 12 years*

*"I like doing the meditation, it helps calm me down a lot, helps me go to sleep better, and makes me a bit more relaxed. It's made me smarter. I seem to be able to concentrate more."*

*Lizzie, 10 years*

*"It feels relaxing, very relaxing...like you're on your own bubble no-one else can stop you from doing what you're doing at the time."*

*Ryan, 12 years*

*"I felt perfect and when I put my hand above my head, I felt like there was air and I could not push down on it and it was cool and I felt like I was all alone on top of a cliff."*

*Ruby, 9 years*

*"I felt cool...normal. It felt good, peaceful"*

*9-year-old with Aspergers Syndrome*

*"It helped me to cool myself down when I'm hot, helps me to feel cooler and calmer."*

*Adrian, 10 years*

*"I felt very light, I felt good, I felt sleep, relaxing, flying and light as a feather."*

*8 year old boy*

*"It gives me more energy, but not energy to get hyped up."*

*Nic, 9 years*

# INTERNATIONAL NEWS

## *from the UK...*

### The joy of seeing Her: Shri Mataji's visit to the UK

We knew that Shri Mataji was coming to the UK Sept 25, for a brief weekend visit before carrying on to the USA for Navaratri. We also knew that it was a private visit and did not expect to make any demands on Her attention, knowing that we would be fully enveloped in Her love as always.

On 24 September two emails were issued from Derek Lee to the UK collective. The first one read, in part:

*"...we are requested to respect Her privacy and therefore definitely NOT to go to the airport or to Her flat unless very specifically invited by David Spiro or myself. Please do not accept any invitation or encouragement to go to these places from anybody else..."*

Of course we understood, but then, just three hours later, a second email:

*"No sooner had I sent off my earlier message conveying Sir CP's recommendations that we should not go to the airport, when he phoned us back to say that Shri Mataji had said that WE CAN go to greet Her at Heathrow. (She apparently said that we in the UK had not seen Her for so long that we should after all come to the airport, though She would not be able to stop and chat to people as She has sometimes in the past.)"*

Moved, as we have been so many times, by Her sweet generosity, we were all, to say the very least, in seventh heaven!

Terminal 1 is not large, but the steadily growing throng of beaming, well turned out flower-bearing men, ladies and children surrounding the Arrivals concourse certainly was, and security were starting to see a headache in the making. Or so they thought at first. We had swelled to at least 200, and were indeed blocking the egress by the time they had a word with David Spiro. But he turned, and with a few simple gestures we all seemed to understand at once and parted like the Red Sea, forming a long 6-foot wide human corridor within a few seconds, five or six deep on each side, and curving all the way around to the exit doors of the building. It was a phenomenal sight, and the security folk were visibly impressed. All the more so because we stayed that way, in a disciplined and peaceful manner, for around 40 minutes. During that time scores of other bemused passengers emerged, many stopping to enquire, and finding themselves in receipt of leaflets as they made their way out the aisle of honour. The vibrations just got stronger and stronger; it was so tangible that we felt as if

every passenger coming out with even the hint of an open heart was getting Self Realisation through sheer osmosis!

We could see some of the security people themselves, and other airport staff, leafing through the little flyers with great interest, pointing at Shri Mataji's photo and looking around at all of us. It seemed to me that I had never seen our collective looking so beautiful, every smiling face a picture of health and joy.

At last there was a gentle surge of attention in the one direction, and we knew the moment had arrived. First glimpse was that of the gentle clear face of Sir CP being wheeled past, seeming to catch everyone's eye, hands folded in humble greeting. Touchingly, he was handed just two or three flowers along the way, expressing the love we all felt.

Not far behind, Shri Mataji appeared overjoyed beyond words at seeing Her infinite love reflected in the faces of all Her children. A wave of love from so many bakhtas carried Her gently along as She was wheeled to the outside door of the terminal building, where She chatted briefly with a few Sahaja Yogis and received flowers on behalf of us all, before being helped into the waiting car to joyful applause, cries of "Ki Jai!" and "Mataji, Mataji, Your face shines like a thousand suns"... Of course we didn't present all our flowers personally, but that ensures that all our altars at home are now resplendent with so many vibrated blooms, to carry, into the coming week, the boundless joy of this most sacred and special day.

Ken Williams  
UK

# HUMOUR

## Computer consultant or Divine Healer?

*Tech Support:* "Yes Ma'am, how can I help you?"

*Customer:* "Well, after much consideration, I've decided to install Love. Can you guide me through the process?"

*Tech Support:* "Yes I can help you. Are you ready to proceed?"

*Customer:* "Well, I'm not very technical, but I think I'm ready. What do I do first?"

*Tech Support:* "The first step is to open your heart. Have you located your heart Ma'am?"

*Customer:* "Yes, but there are several other programs running now. Is it okay to install Love while they are running?"

*Tech Support:* "What programs are running Ma'am?"

*Customer:* "Let's see, I have past-hurt, low self-esteem, grudge, and resentment running right now."

*Tech Support:* "No problem, Love will gradually erase past-hurt from your current operating system. It may remain in your permanent memory, but it will no longer disrupt other programs. Love will eventually override low self-esteem with a module of its own called high self-esteem. However, you have to completely turn off grudge and resentment. Those programs prevent Love from being properly installed. Can you turn those off Ma'am?"

*Customer:* "I don't know how to turn them off. Can you tell me how?"

*Tech Support:* "With pleasure. Go to your start menu and invoke forgiveness. Do this as many times as necessary until grudge and forgiveness have completely erased."

*Customer:* "Okay, done. Love has started installing itself. Is that normal?"

*Tech Support:* "Yes, but remember that you have only the base program. You need to begin connecting to other hearts in order to get the upgrades."

*Customer:* "Oops! I have an error message already. It says, 'error-program not run on external components.' What should I do?"

*Tech Support:* "Don't worry Ma'am, It means the Love program is set-up to run on internal hearts but has not yet been run on your heart. In non-technical terms, it means

you have to Love yourself before you can Love others."

*Customer:* "So what should I do?"

*Tech Support:* "Can you pull down self-acceptance; then click on the following files: Forgive-self; Realize your worth; Acknowledge your limitations."

*Customer:* "OK, done."

*Tech Support:* "Now copy them to the *My Heart* directory. The system will overwrite any conflicting files and begin patching faulty programming. Also, you need to delete verbose self-criticism from all directories and empty your recycle bin to make sure it is completely gone and never comes back."

*Customer:* "Got it. Hey!!! My Heart is filling up with new files. Smile is playing on my monitor and Peace and Contentment are copying themselves all over My Heart. Is this normal?"

*Tech Support:* "Sometimes. For others it takes a while, but eventually everything gets downloaded at the proper time. So Love is installed and running. One more thing before we hang-up, Love is Freeware. Be sure to give it and its various modules to everyone you meet. They will in turn share it with others and return some cool modules back to you."

*Customer:* "I promise to do just that. By the way, what's your name?"

*Tech Support:* "Just call me the Divine Cardiologist, also known as the Great Physician, or just 'I AM.' Most people feel all they need is an annual checkup to stay heart-healthy; but the manufacturer (ME) suggests a daily maintenance schedule for maximum Love efficiency."

*Pavan Keetley*  
*Sydney, Australia*