

# Sahaja Yoga

10<sup>th</sup> October, 2003



## Australian Newsletter

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***Jai Shri Mataji!***

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is midnight each Tuesday

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*...Salutations to the Devi,  
who abides in all beings in the form of peace...*

Devi Mahatmayam

# STATE NEWS

## *from New South Wales...*

*The following is a story put together by some of the Sydney Yuva Shakti about our impressions of the Bellingen Festival over the long weekend. It was a great weekend and 130 people got their realisation at our stall.*

*The way the story was written was that each person would write two-and-a-half lines, and then fold the page over so that the next person could continue the story, but only see the last half line as a guide. The previous lines were hidden and so the story would unfold...*

Sean Daly

### **Bellingen World Music Festival: One Man's Odyssey**

Mr Chips began inspecting the hippie shops, hackey sacks, fire sticks and other products that were on sale. There was much singing and retarded dancing. The hippies looked like gorillas itching and not quite finding the right place...

...Mr Chips walked up to some random dirty hippie dancing in the mud and asked "Would you like to try, get the natural high, feel the sensation of the realisation, enjoy the life force, the joyful truth?"...

..."The truth is High Herbs; like whirling in my mind" said the hippie to his admirer, Miss Burger. Miss Burger then asked him "Where did you get High Herb from?" But there was no reply from the scrappy monkey; instead a deafening roar was heard from all directions...

...Everybody knew that it was the best experience ever had by the hippie. He sat in silence sipping on his lentil tea and pondered his new awareness. "Wow man, this is really special" he thought to himself...

...Then he floated off to join his friends at the German sausage Stall for supper. After ordering a German Hotdog it hit him. He was tuned into a wider awareness. What would he do next?...

*brought to you by some of the Sydney Yuva Shakti*

## **Toms's Story: an update from Villawood Detention Centre**

Dear brothers and sisters,

I would like to share our most recent experiences at Villawood with you all. Today (2<sup>nd</sup> October) we went to do our regular Thursday morning program at the centre, knowing that as we mediated the High Court judgment in the case of Tom Palme (as to whether he was able to stay in Australia, or would have to go back to Germany) would be handed down to him.

Tom has been our regular yogi for many months now. He always waits for us at the gate every week without fail, keen and ready for his meditation. We always felt a very gentle sweetness from him, and when his insulin levels went down as he settled into his practices, he felt very excited. Recently he started to spontaneously give us vibrations, from which we all settled into deep meditation. We have felt nothing but sweetness and love from him. He was so excited at the thought of continuing to meditate with us upon his release, saying he wanted to go to the centre we attend, and that he wanted to bring his friends and family.

Every week we took with us the wonderful poster Shri Mataji designed, and after carting it around for some months, decided we would leave it up on the wall. The strength of the vibrations in the recreation room continues to astound us!

We had another lovely regular—a man from Cuba who is quite quirky. His name is Cabello(!) and he has a very strong kundalini. As he has now been put into another section of the centre, he is no longer able to join us. Every Thursday he waits for us as we pass the fence of his compound to longingly say hello, and express how he is trying to get permission to go to the class.

It has been a great joy to discover the vibrations we get when we give programmes. I for one never really had much confidence in public speaking etc, but once I tried I got hooked on the bliss that is served up along with it! After our session there the rest of the day always flows with total divine planning for all of us and all things work out beautifully. This leads me to the end of the story of Tom.

He decided to contest his deportation when he came to the centre, even if it meant him having to pay back the government the \$200 a day for the cost of his stay (this requirement is standard for anyone who ends up staying in the country). It had been nearly a year's wait for him today.

Today we did a beautiful puja full of spring flowers with Tom. He was amazed at how it increased the vibrations. We felt fairly calm and positive as he went to telephone his

lawyer. Earlier in the week we had put any negativity affecting his case into the havan fire. Still no news came so we waited a while, using the time to give realisation to the female guard who could not keep out of the room after the puja. She was totally surprised when she felt the breeze on top of her head. Later that day we got the call from Tom to say that he had lost his case.

He is to be deported to Germany as soon as possible—a country he holds nothing but an almost technical connection to, having lived here for over 30 years. He is diabetic and insulin-dependent. He has no friends, family or connection there, nor anywhere else in Europe. I am sure he has not much money either and Europe as we know is not a cheap place to live. He has children here from a previous marriage and a partner waiting for his release. Needless to say we all felt very sad today...

Upon further contemplation, we know that on these Thursdays all things work out for the better. So perhaps this is the plan? Perhaps he needs to be removed from all the karma that has made his life difficult, and we do hope that as he makes contact with yogis over there, they will be welcoming to him. He has found immense strength through his meditation and told me that at least during his time in detention, he has been given the chance to learn about Sahaja Yoga & Shri Mataji, and felt that perhaps this was meant to be...

Today I read an article in the *Sydney Morning Herald* written by a woman who has gone Syria to do research into people who were in detention here for a long time and have been sent back. She met up with our dear friend Abdul, who took so well to Sahaj despite his Moslem background and whose story I have relayed earlier. This is how she describes him in her article: *"He was a living example of the inter-cultural dialogue between East and West, between the Christian world and the Muslim world which might effect a real and lasting peace."!!!*

Today we also met Kristina, a Russian lady whom you may have heard about in the press. She had her toddler forcibly removed from her earlier this year by immigration officials. This was witnessed by our friend Abdul. It nearly broke his heart and helped him make the decision to leave Australia. Kristina was, to our delight, with her baby, but as we discovered she is only allowed to have him with her for a few hours every morning. Then he gets shipped back out to the other side of the razor wire.

We hear that many people have to take stress leave from Villawood. With what happened today perhaps we feel a little of that stress. As the whole team now have a new Sahaj family and work commitments coming up we feel it is the time to take our leave also for a little while to embark on new projects. And with our dedicated detainees Tom & Cabello soon to leave us it seems an appropriate time to do so.

We pray that later on as we look back we will see the Divine Plan in what we have witnessed. We know that all the true seekers we have met and who have all felt their kundalini rising will all be in Shri Mataji's Bandhan! And so many have had this life-changing experience during the time in which we have been going. That is a big and very positive memory.

Extra bandhans are accepted, however, for Tom Palme as he embarks on a difficult journey and for Abdul, who is now back in Basra trying to carve out a life for himself and his family. I heard that a Turkish yogi has gone to Iraq and given realization to more than 140 people in Northern Iraq...and so, it never stops flowing...

Jai Shri Mataji & much love to all from

*Lene Jeffrey  
on behalf of the Villawood team:  
Claire Pisani, Barbara Fitzgerald & Heather Jeffrey*

## **A baby is born to a delighted Sahaj couple**

Jai Shree Mata Ji

This is Deepak from India, I used to live in Burwood Ashram in Sydney and I really enjoyed while living there.

Here I have a good news to share with everyone in collective as collective gave me so much love.

Deepak and Shalini became Mom and Dad on 1st of October. We have a baby boy born to Mrs Shalini.

thanking you,

with best compliments

*Deepak Kumar  
(back in India)*

*from Victoria...*

### Navaratri announcement to Victorian Collective

Dear Victorian Collective

Navaratri Puja will be held at Hiawatha this weekend.

Puja will start at 11.00am on Sunday.

- Group A is on setup
- Group B is on cleanup
- Group C will do the cooking

The weather forecast is for clear days, so we should have an enjoyable and productive weekend.

*Colin Berry*

Jai Sri Mataji

## INTERNATIONAL NEWS

*from South Africa...*

### Sahaj miracle in a South African taxi

I was travelling with a taxi to work. In that taxi I sat behind the taxi driver, which is the second seat. When I looked at the taxi driver I saw that he was wearing a short-sleeved T-shirt, his two elbows were rotten. When I looked at his face, he was full of pain. I felt really sorry for him.

Spontaneously, I ask him to stop the taxi, and without hesitating he stopped it. I asked him to hold his hands out with the palms facing upwards, and then I gave him self-realisation. After a few minutes he told me that he felt something in his hand, then I said to him okay, good bye!

After one month I met him again, now he was wearing a long sleeved shirt. I sat next to him in the front seat. I only greeted him.

Close to my stop station he said to me "Can you believe me, I was healed since that day when I met you" and he showed his elbow, which was cured, to prove it. He said thank you. I told to him don't ever thank me—thank God. I have done nothing to you, only God who has helped you.

Jai Shri Mataji

*Aria Alexandra*  
*South Africa*

# GENERAL INTEREST

## Visit to Cabella creates a profound transformation in a yogini from Australia

### Scene 1: The hard reality

Cabella Sept 2003, why is that a surprise, I just realised how right-sided I can be. Rushing around to accomplish tasks. I suppose at home the little girl I was needed to be efficient to get a bit of attention from her Mum.

This conditioning is glue that poisons my skin: while I'm rushing I can't enjoy because I can't be in the present. My mind is constantly on the next thing to be accomplished. In critical times I also react and close my heart...not as kind as I would like to be. Rushing is just the expression of my ego.

### Scene 2: Shri Mataji's kitchen—a garden of knowledge

Working in Shri Mataji's kitchen in Cabella during Ganesha Puja I could not rush. There is just so much peace coming out of the walls, out of the floor, of the ceiling...from the east, from the west, from the south and from the north. You cannot rush because everyone there is just so peaceful. You cannot rush because every single thing you do will affect Shri Mataji directly. After all, why worry about any accomplishment, I'm not really doing anything, our Mother does it all.

I've actually experienced the peace in Shri Mataji's Kitchen, in this kitchen that never stops from 6am to 4am. I've actually realised that everything I'm doing "in the outside world" should be done for Shri Mataji, with my attention on Her like if I was doing it for Her physically. If I can achieve this, everything I'll do will have vibrations.

Going out of the castle after working all day I realised how silent was the place, but not because of the absence of outside noise, but because my mind was silent.

### Scene 3: A cleansing river with view on Paradise for hungry spirits

Monday we were at the river for a couple of hours with Claire. We had a beautiful time laughing like little girls while we were sitting in the cold water of the running river all dressed in our punjabis. We worked on each other, exchanging vibrations with love with our attention on our divine Mother just right there from the overlooking Castle. We could see very clearly the windows of Her apartments. I could feel in my heart how much Mother was enjoying our childlike laughs, and this was making me even more peacefully joyful.

### Scene 4: French crêpes to feed the soul

Coming back I had the desire to cook something to please my brothers and sisters. So I did some crêpes. It's funny because I was so calm and confident inside that I knew

the crêpes will achieve their purpose. I guess when your attention is on Shri Mataji, when the things are done straight from the divine without any mind interference, when they are made in the purpose to express love, then it gives you the peace and the security of the guaranty of the achievement.

Making those crêpes, little handy tricks were coming to me to ease and better the result, I didn't need any measurement for quantities as they were just obviously right, and the colour was perfect. Mixing the dough each movement was done with the care I would have taken if I had done them for Shri Mataji in person. I could talk and sincerely laugh while feeding many people. I was not tired of the work. I was not worry that there will not be enough left for me. I could witness other people balance and how this balance was merging in the vibrations of the kitchen, waves of vibrations constantly changing like the ocean. I could take the incoming compliments from everyone, without feeling unbalanced about it, it was just pleasant and joy giving to see everyone enjoying.

### Scene 5: Offering

After cooking the first crêpe, I've added jam and folded it in four and went to offer it to Shri Mataji on the altar. That was the first time this part of the protocol actually made real true sense to me. That was the first time I understood, from my heart, the reason why we were doing that. Not an understanding from my head, but an understanding from my spirit...I've truly cooked for Shri Mataji so I offered her photograph the fruit of my love exactly like she was here in person. I was even feeling a little shy and intimidated doing namaska exactly like Her Holiness was here in person.

### Scene 6: Because you deserve only the best

Because we can only give Her our best, we could always give to each other our best, if we could only manage that, we will change the world.

### Scene 7: For You in the depth of my heart

Since then I'm watching my right side, making sure I never rush. And if it happens again because, after all, I've been so well conditioned, I put my attention on Shri Mataji and remember this incredible feeling of being allowed to be in the castle.

Please Mother, please, help me to never rush again and to do everything for you and you only. For you that I see in the heart of my Brothers and Sisters, for you I can feel into Mother Earth, for you in the cold Water of the river, for you in the cool Breeze of the Wind, for you in the Sparkles of the blue Sky, for you in the depth of my Heart.

*Caroline Clement  
Sydney*