

Sahaja Yoga

17th October, 2003



Australian Newsletter

Jai Shri Mataji!

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*Victory Adishakti Mother Nirmala!
Victory, victory to the One
who is intensely compassionate to Her devotees.
Please give us devotion,
because You can only be realised by devotion.
Keep the grace of Shri Ganesha upon us.*

from Jay Jay Janani Shri Ganesha Ki
(Hindi Bhajan)

STATE NEWS

from the National Capital...

Busy realisation session at *Floriade* begins a great weekend

Blossom time came to Canberra when the yogis gave realisation to seekers at *Floriade*—the annual floral festival on the shores of Lake Burley Griffin.

After a slow start on a cool Saturday spring morning near the lake, we moved our A-frames and chairs to a busier location. As more yogis turned up to support the day's event so did the seekers, with numbers increasing wave upon wave from all directions from the sea of spring flower beds.

With as many as 12 to 15 at a time getting realisation, others were waiting in line for the chairs to empty or a space on the carpet to get their Kundalinis awakened. As the crowd attracted more and more people, groups were being taken through the realisation experience while standing in line. We were kept busy long into the afternoon. It must have been more than a hundred got their realisation.

A quick bowl of soup back at the ashram and on to the evening music program at Gorman House Art Centre—a delightful evening with lots of Sydney musicians raising the roof. Seventeen new people came along—another record for Canberra.

The rest of the weekend with puja Sunday morning and barbecue at Black Mountain Peninsula was a vibration-filled delight for everyone. Many thanks to all of you who came down from Sydney for a truly uplifting weekend.

About half a dozen people have turned up to the follow-up programs this week with more expected—judging by the number of phone enquiries from people who received leaflets at *Floriade*.

Thanks once again everyone.

Alan Napper
on behalf of the Canberra yogis

from South Australia...

South Australian collective prepares for National Diwali Puja and other sahaj projects

Firstly a reminder that we are fast approaching National Diwali Puja weekend, 7-9 November with only 3 weeks to go. Preparations are under way and we would like to extend a warm welcome to everyone to join with us to celebrate.
(see Diwali Puja application form which you should receive as a file attachment with this newsletter – Ed)

A new Sahaja Yogi who works in Community Health in the town of Murray Bridge has asked us to do some programs at her workplace starting in November. She has already has many people interested to attend. A couple of ladies living near the border of SA/Vic are also coming all the way to our weekly programs.

We have been approached to place an article with photo on Sahaja Yoga in a magazine called *Inner Self* which looks quite reasonable. The next issue is having a feature called *Yoga in Adelaide*. In addition to the article the editorial is also going to feature Sahaja Yoga. 20,000 copies of this magazine is distributed to 750 outlets.

Maria Sandery
Adelaide

from New South Wales...

Sutherland Public Program 2-4pm Saturday 22nd November Stapleton Avenue Community Centre, Sutherland

The Sutherland Public Program has been scheduled for Saturday 22nd November at the Stapleton Avenue Community Centre, Sutherland.

The hall is booked from 12pm -6pm. The program will run from 2-4pm with *Music of Joy* singing from 1:45pm to 2:15pm.

This also leaves plenty of time for music afterwards. There are great kitchen facilities, so we can serve afternoon tea.

Phone Andrew Perusco on 95234138 for further details

Navaratri Puja 2003 brings joy and understanding in two country locations...

Coffs Harbour

We have enjoyed a wonderful Navaratri! We had a beautiful puja to celebrate the 10th day, with 5 new yogis attending! One is a fabulous friend of Peter's named Paul, who has taken so well to Sahaj. He feels the vibrations strongly; he's so lovely—a great brother and a great guitarist.

The others are a Hindu Shri Lankan family from Grafton. Nitjananda (the father) was like a yogi already. He found Sahaja yoga on the internet, got his self-realisation and listens to the Sydney radio station religiously. They drive all the way to the Coffs program every week. His wife is Yeso, a very nice lady who has many recent hurts to forgive and let go. We made them feel very welcome at puja, and I think they enjoyed it very much. They stayed for a few hours afterwards to enjoy the joyous vibrations, the food and chai. Their children are 8 and 6, or thereabouts; beautiful quiet children, happy and so respectful.

Anita Barker
Coffs Harbour

Bathurst

Dear readers, I wrote the following this morning, the 9th day of Navaratri. I'd like to share it with you all. These insights may be very familiar to Sahaja Yogis who have known the truth for many years, but to a novice like myself they are a wonderful blessing. Linda

On the 9th day of Navaratri, Mother asks us to reflect on what we have learned about ourselves during the nine days of talks and prayers. I would like to share mine with you.

I have learnt about the protection of the Devi. I now know that when I was in India in 1973 and felt the kundalini so strongly, moving through me and attracting others to me, I was not protected because I had not received the knowledge of Mother's love or what that means. That we must have self-respect, that we must value the divine love we feel in our hearts, and keep it pure, so it does not get taken by others for demonic purposes. The Devi gives us the means to protect that love. I learnt that the next thing we must do is to discriminate, so that we will share the love openly and generously with those who are true seekers, but not with those who seek to mesmerise us or to take that love for themselves. So the compassion must be intelligent. Mother says that the heart has intelligence. I learnt what that means.

I also learnt to recognise the pulls of my left and right agnya and how they stop me at the 6th chakra. I realise that I must see and forgive these thoughts, desires, feelings, and move above them. See them in truth as trivialities that tempt me to stay stuck and not to experience the ultimate joy of the higher chakras.

I learnt how Mother is in my heart and in my attention, and how I can maintain these two powerful forces at all times. By putting Mother first the world of the everyday is shown for what it is—often silly, or funny, or annoying. That's all. But when it's joyful, Mother celebrates it because she is with us. When we hold her in our hearts and our attention, she is with us more strongly.

And lastly, I learnt, as I imagined myself giving an announcement at the close of the puja on the 10th day—telling others about what I had learnt and asking their support for the Bathurst-Orange-Forbes collective, that I was speaking to Mother, not to you. And at the same time I knew that it was She who was speaking through me. I know we are each individually working through our own reflections from these nine days, and that Mother speaks to each and every one of us. What I learnt is that we need to share these reflections by speaking them aloud. This will allow other to open up to new thoughts, insights as we speak Mother's messages. In this way, we keep Sahaja spontaneous, fresh, innocent, and we will learn from each other, through collective growth. Jai Shri Mataji

Linda Harrison
Bathurst

INTERNATIONAL NEWS

from England...

The Adi Shakti in the Heart of the Universe

It was near the end of the Shri Ganesha Puja and Sahaja marriages weekend 12th, 13th & 14th September 2003 in Cabella when we heard the news that Shri Mataji was to travel to the UK. She looked so well and beautiful. This news was both exciting and emphasized the good state of Shri Mataji's health.

Firstly though, about this weekend. Trisha and David were so pleased and proud to be with our brothers and sisters from the Antipodes. It was exceedingly joyously and it was a great privilege to assist a little in the hosting or running the weekend (cooking, cleaning, serving, preparing food etc). This was all remarkably smooth and joyous. We both learned a lot.

As a matter of good sense I feel the load has to be lightened on those who provide transport to and from the airports. Neil and his team of really dedicated yogis were active and made themselves available 24 hours for five days, Thursday to Monday. They even picked up individuals from faraway airports. There were no complaints (just voices of concern from us yogis not so involved). The consumption of double black Capuccinos soared in Italy at this time!!

Most of us were based at Centrassi which was extremely busy. The collectivity was superb. Sno was prominent in the kitchen and always had a Sahaja story ready for us eager listeners. Many of the ladies were backwards and forwards to the Castle cooking and preparing Shri Mataji's meals and tending the beautiful flowers. Some of us had the privilege of working in the Adi Shakti's garden which has roses and wonderful flowers as well as a much-vibrated vegetable garden. One of the greatest thrills was to meditate inside Shri Mataji's dining room at the great castle. We did a namaskar just inside the door of the living room. It is breathtaking with such cool vibrations and Shri Mataji's majestic furniture and the wonderful frescoed ceiling. We'll always have those beautiful feelings.

We thank Shri Mataji for working out everything and for allowing us the joy of being all together to worship Her as Shri Ganesha.

On the Saturday after the puja and marriages at the Flood Street Chelsea programme in the UK, Derek Lee had suggested that we preserve Shri Mataji's and Sir CP's privacy by not attending en masse at Heathrow Airport. On three occasions previously Shri Mataji has come to England and has also left quietly. During the week Shri Mataji sent a message that the English had not seen her for a long time and she would love to meet them when she arrived. You

could feel the collective Joy and Love and pure desire to our Divine Mother in the Heart.

Over 150 of her children made their way to this very busy airport. Shri Mataji looked so well and happy to see us all. She received many flowers before She and Sir CP were driven away. Heathrow and all of London and the UK were blessed by this visit. There was such Joy and vibrations at the airport. Yogis came from Scotland, Devon, Bristol, Yorkshire—all over.

Even after Shri Mataji left, the yogis stayed up to 2 hours chatting catching up and enjoying.

Shri Mataji's new apartment was ready for her. A beautiful old building has been refurbished and divided into apartments. UK yogis have done most of the beautiful carpentry and finishing and painting. Shri Mataji felt it was actually too small, then expressed a desire to build a new house. Word came that she and Sir CP would visit Hastingwood Ashram with a view to building on the one and half acres or so of land. We were all excited—even the four Australian ladies and little Sameer, who had travelled with Shri Mataji from Cabella. For a week we had been preparing the Ashram for a visit by the Adi Shakti. It is Her house. She had chosen it and advised the UK yogis to buy it and lent them the money. Interestingly, like Balmoral NSW, Shri Mataji said that Shri Ganesha would be worked out here.

They are very good yogis living here, very dedicated and a good example of the depth of UK yogis now. Trisha and David have been very lucky and privileged to stay here many weekends. They spent all the week leading up to and including Shri Mataji's visit at Hastingwood. David so enjoyed helping to prepare Shri Mataji's bathroom and the Meditation Room, which is also Shri Mataji's and Sir CP's lounge. The ladies did a wonderful job cleaning, gardening, preparing flowers, beautifying and cooking. They prepared cakes and biscuits for Shri Mataji and Sir CP. It had a wonderful feeling—our love for Shri Mataji had overflowed to our love for this important Ashram.

Even though Shri Mataji could not fit in a personal visit to the Ashram, she was there in our hearts.

PS Shortly after Shri Mataji flew to the USA for Navaratri and Diwali, Trisha and David hired a car to visit an old primary school friend of David's in Cornwall. On the way from Hertford where we are staying with David's brother, we had a very strong desire to see Shri Mataji's new apartment. Actually David lived only 2 miles from here as a child and went to school nearby. It was formerly a mental hospital set in large beautiful grounds. Fifteen years ago it was closed. The basic architecture is beautiful being Victorian in style. The car just seemed to take us straight there. I had never actually been there before. The vibrations and visit was like puja for us. Jai Shri Mataji

*David and Trisha Sharp
(late of Australia, now residing in the UK)*

GENERAL INTEREST

Navaratri Puja broadcast live on the Internet

This morning I logged onto the internet to check my mail and I had this message from a rakhi brother of mine in Europe saying the puja was going to be broadcast live over the internet from the States!

The message had arrived on my desktop at 4.30am. I usually log on earlier but felt that it was becoming a habit and left it till a little later. I am so glad I didn't leave it too late.

I logged on in time to be there at the Puja just as the collective started to sing *Hasat Ali*, the Aarti and 3 Great Mantras, throughout the present-giving ceremony and until Shri Mataji left—all of which was for about the last 1 hour of the Puja. The image and sound was very clear. I felt I was there sitting in the hall with everyone.

To my knowledge this has happened now for the second time where a live broadcast was made via the www.sahajayoga.org/swan site. A password was given out to connect to the live broadcast. As I wasn't sure how to locate the log-in, I just typed *Navaratri* in the 'search' box, which then got me to where I needed to be. So you can resort to the 'search' by typing in the key word if in doubt.

In future, we can check site before every major puja so that we can all be 'there' too.

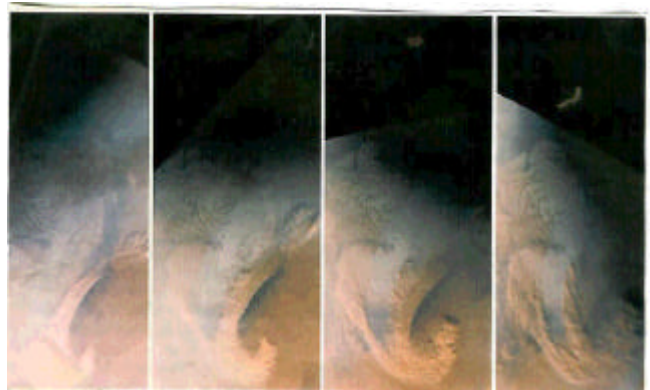
Just thought I'd share this with you all...I was so excited! And the vibrations were pouring—it was absolutely fabulous to be able to be there at the Puja with Shri Mataji. My desire was fulfilled. Jai Shri Mataji.

Greta More
Australia
13/10/03

Spot the similarity
between these two pictures...



This is a photo of the Ganesha swayambhu at Ganapatipule, familiar to many sahaja yogis.



These four images are photos of the surface of Mars.

*Can there be any doubt
that Mars is the planet of Shri Ganesha?*