

# Sahaja Yoga

21<sup>st</sup> November, 2003



## Australian Newsletter

***Jai Shri Mataji!***

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***“...Your silence is louder than any devices of our own.  
So we surrender to these gentle seeds you have sown...”***

Matt Malley  
from his song *Lovely Eternal*

# STATE NEWS

*from New South Wales...*

## Public Program at Sutherland this Saturday afternoon

Hope to see everyone at the public program at Sutherland on Saturday. The public program will replace the collective Saturday evening program this week.

We have had an exhausting weekend and distributed 9000 pamphlets in the area, thanks to Nicholas Rohowyj, Mamta, a new yogi named Hari, David Morgan, Vishwembar, Mark Williams, Max Lieberman and Mandy who comes to the Sutherland program—hope I mentioned everyone.

Two advertisements will also appear in the *Leader* on Tuesday and Thursday.

The venue is:

**Stapleton Avenue Community Centre  
3A Stapleton Avenue, Sutherland  
(near Sutherland Library)**

The program runs from 2 till 4pm, but we have the hall from 12pm. Of course, early arrival would be appreciated to help prepare.

Please bring some cakes so we can offer newcomers refreshments.

Don't forget, we will also have a picnic/BBQ afterwards - pending good weather, but we can always go back to Burwood if necessary. Please bring meats (don't forget an esky to keep meats cool during the program) and other foods and drinks. If we do go back to Burwood, I suspect there will be an amazing match of bhajans versus the rugby - although I think the musicians' forward pack may carry the weight advantage!

Jai Shri Mataji.

Regards

*Andrew Perusco  
on behalf of Andrew Rohowyj  
and rest of the Southern Sydney collective*

## Sydney Yuva Shakti expresses gratitude for financial support

Hi everyone,

On behalf of all the Sydney Yuva Shakti, I would genuinely like to thank the anonymous benefactor who generously donated \$500 to the Yuva Shakti. We are all extremely grateful to you. Thanks a lot!

Thanks also to everyone who supported our recent video night at Burwood when we raised about \$800 and Diwali Puja weekend when we raised about \$600. This money is all going towards going to the Woodford festival after Christmas. Thanks to the collective, we have paid for the transport up there, the stall fee and we are working on reducing the ticket price for everyone as tickets are a bit expensive. It should be a great time giving realisation at the festival and an opportunity to strengthen the Yuva Shakti collective.

Once again, our heartfelt thanks to the whole collective for your recent support. For those of you who have ordered T-shirts with deity prints on them, they should be ready at the next program, or if you would like a special request, just let us know.

thanks

*Andrew Bonneau  
for the Sydney Yuva Shakti*

## Reminder for Manly Corso realisation stall next Sunday

Just a small reminder about the Manly Corso realisation stall next weekend, Sunday 30<sup>th</sup> November any time between 11am and 4pm under the Fig Tree in the middle of the Corso.

All are welcome, and bandhans for a beautiful sunny day.

*for further information contact Sean Daly 0410 445 226.*

## Pampering the parents at a Tamworth school

Last weekend (14<sup>th</sup> November) some parents in Tamworth were able to get their realisation. A local primary school (St Mary's) in Tamworth organised a "Pamper the Parents" evening.

They planned on having Manicures, Facials, Hair Styling, Foot massage, Spa, Belly Dancing, and Meditation...

The principal who organised the evening was perusing the local paper for groups to come to their night and happened upon the small Sahaja Yoga Meditation ad. We were asked to set up in one room and the parents would come through in small groups for 45 mins each, to see what it was all about. Most of the mothers were there for the beauty treatments, so when they came to the meditation room there were some strange looks... "Subtle what?"... "Kunda-what?"... It was quite funny.

After a short introduction by the Sahaja Yogis, the mothers were played a tape where Mother went through the realisation process with them. When they were asked to feel if there was cool breeze there were nods of amazement.

The best part was when they left the Sahaja Yoga room, seeing the calm, pleasant looks on their faces and feeling of relaxation they felt. Some of them couldn't believe the transformation of calmness they felt.

They were given information about the programs occurring in Tamworth and asked to follow up with further meditation.

It was such a good opportunity for people who would not even consider meditation to sit down and give it a try...and get their realisation.

It is a good idea for anyone of us who is looking for a new way to get Sahaja Yoga out there into the wider community.

Mother, thank you for this opportunity and we humbly request that you allow us to further infiltrate the consciousness of society through its foundations...the schools.

Jai Shri Mataji

Love from

*the Northern Country Tour crew*

# SAHAJ VIEWPOINT

## Sahaj Truth to be found in the teachings of Adi Guru Zarathushtra

Hi dear family,

As one of the few Zorashtrians practising Sahaja Yoga, I have often been asked by my brothers and sisters about the religion in which I was born.

Shri Mataji has named Zarathushtra (Zoroaster) as one of the 10 Adi Gurus looking after our void, situated on our left side.

Many do not know that Zarathushtra incarnated in Persia much before others and His vision of the world have left some traces on Judaism and Christianity which came much later.

Today in terms of numbers Zorashtrians are very few in the world, but the rich heritage of human spiritual thought that Zarathushtra has left behind is still very appropriate and topical to today's world.

After being initiated to Sahaja Yoga and thoughts of Shri Mataji, I started to read more about the religion in which I was born and tried to understand the subtlety behind the teachings, and I found that what Shri Mataji actualizes today, is what has been promised by most religions.

All the religious teaching of all the religions of the world have prepared mankind today to the state wherein if they keep their minds open and see the common thread amongst all, they are just ripe to jump headlong into the ocean of truth and experience what has so far been promised by all the scriptures.

I am enclosing an attachment herewith which explains the basic teachings of Zarathushtra and gives an essence of his revelations.

Your Sahaja sister,

*Armaity Bhaba*

Zarathushtra's vision of the world and his heritage to humanity in the form of revealed religion known as Zorashtrianism.

To propel humanity forward from its current state, a fundamentally progressive and responsible outlook is required. Zarathushtra's vision, being a fusion of the world-view and a personal way of life emphasizing individual's central role in all matters of humanity, is uniquely suited for that purpose. In that sense, his vision is no different from what we have today in Sahaja Yoga.

As one of the world's earliest philosopher, social reformer, moral teacher, and environmentalist, his lasting legacy is his contribution to the development of human thought and humanity.

Some of his teachings which leave a fundamental impact on human awareness are :

1. His idea that life is to be lived to its fullest and that there must be upward movement and progress as we go through life, rather than static and cyclic repetition of existence in any form or shape has given humanity a sense of future as an end goal.
2. His point of heavenly and hellish existence being a conception of our mind and a direct consequence of our actions in this world—rather than a reward in the afterlife—stands as a shining example of his contribution to giving humanity a sense of reality and to save it from superstition and vulnerability.
3. His overwhelming emphasis on the importance of seeking and championing the righteous and truthful order, and such quests being the foundation for defining one's relations with others, is what sets Zarathushtra's vision so far apart from others. His articulation of the need for individual's to divorce themselves from self-interest—when self-interest is at variance with the righteous order—to determine what the righteous order is in every situation, is of particular significance.
4. Zarathushtra's emphasis on individuals making life-promoting and righteous choices and being agents for bringing about goodness and progress rather than scape-goating a supernatural and all-powerful God that has so often being peddled by most institutionalized religions as responsible for all occurrences in this world, is the ultimate tribute to an enlightened world-view meant to liberate humanity from the yoke of superstition—an ongoing drain on man's spirituality. His dismissal of an imaginary God whose acts of love or vengeance are hawked as being responsible for bringing about solace, or playing havoc in people's lives is noteworthy. The logical explanation of natural occurrences following statistical and scientific explainable patterns, means humanity no longer needs to fear an all powerful God and be a victim of spiritual exploitation.
5. His emphasis on positive thinking, positive and life-promoting morals, and his shunning of negative thoughts and actions is the ingredient for a healthy mind-set and outlook so much needed by humanity to reach its full potential.
6. Zarathushtra's world-view, emphasizing an action-oriented life, based on active promotion of the righteous order, can lead the way to a cohesive human existence.