

Sahaja Yoga

9th January, 2004
HAPPY NEW YEAR!



Australian Newsletter

Jai Shri Mataji!

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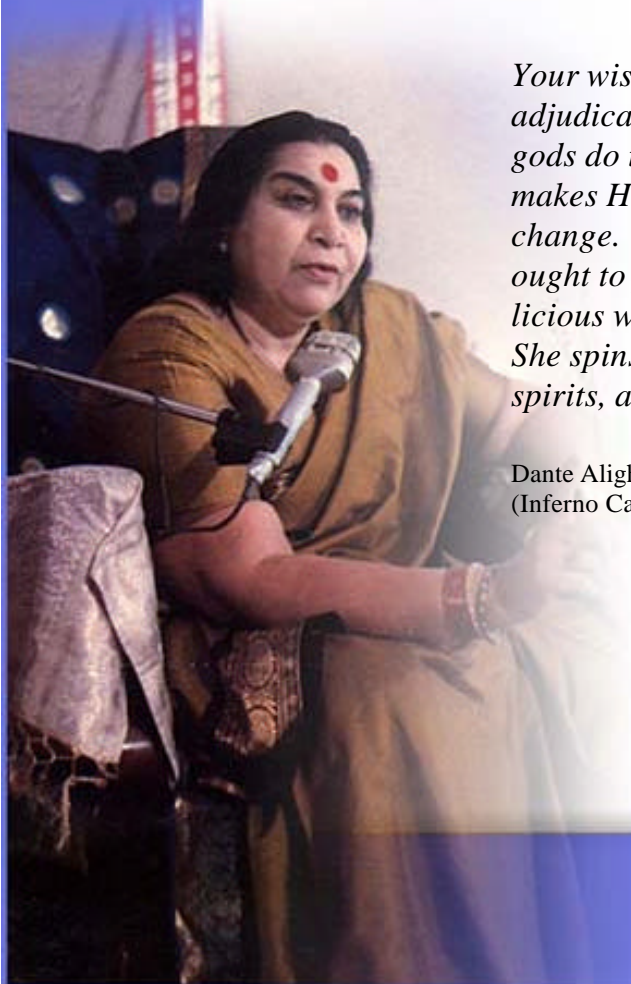
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Your wisdom cannot comprehend Her: She furnishes, adjudicates, and maintains Her Kingdom, as the other gods do theirs. Her permutations never end: necessity makes Her swift: so, often, someone comes who creates change. This is She: so often reviled, even by those who ought to praise Her, but, wrongly, blame Her, with malicious words. Still, She is in bliss, and does not hear: She spins Her globe, joyfully, among the other primal spirits, and tastes Her bliss.

Dante Alighieri

(Inferno Canto VII: Virgil speaks about Fortune)



STATE NEWS

from New South Wales...

Request for some adult assistance
at the Yuva Shakti Camp
17th to 24th January at Balmoral

Hi all,

As you may know we will be hosting the Yuva Shakti Camp from 17th to 24th January 2004.

The camp is aimed to bring young people of ages and from all quarters of our country together for a week where we envisage that everyone will spend much time enjoying themselves in a range of cultural, physical, artistic and sporting pursuits as well as enjoy and explore the qualities, attitudes, behaviours that young teenagers and children can develop to fulfil Shri Mataji's own vision.

We need your help. We need adults who relate well to young people to dedicate some time to come down and arrange some activities. Can you respond to this message and let us know if you can offer some assistance.

One of the aims of the camp is to provide a supportive environment in which to bring the Yuva Shakti together and assist them to develop and strengthen their experience of Sahaja Yoga and support the bonds of friendship between themselves and their elder Sahaja peers.

The camp is aimed at setting aside time where the needs of all young Sahaja Yogis is our primary concern and to demonstrate that our love and support for all our young Sahaja Yogis. What better way to do this than to give them some of our time.

regards

Chris Kyriacou and Raymond Hampton
Sydney

from South Australia...

Some dynamic developments
in the Adelaide Collective
following last year's
National Deevali Puja

Happy New Year to all our brothers and sisters.

First of all we would like to thank all our brothers and sisters who came to the National Deevali Puja and supported us in every way. After a short break we are back in action again. Although only 11 new people attended the Public Program we had straight after Deevali Puja we were surprised to have 28 new people for the follow up program. The room was filled and they were all very happy with their experience. About 15 of them finished their 5 weeks course and expressed their interest to carry on with the intermediate course. We are very much pleased with the interest shown at the first of the intermediate programs and we hope and pray that we could at least make a few devoted Sahaja Yogis out of these new people and bring them to our Holiest of Holy Mother's lotus feet. Jai Shri Mataji.

We started a program in Murray Bridge (an hour's drive from Adelaide). There were about 10 people who got their realization. Although there were only a few who turned up for the follow up program it was still worthwhile. The support we get from these few people is valuable. They are determined to go further with Sahaj and going to carry on with the weekly meetings. We need lots of Bandhans please for this.

Hope to see you all at the next Deevali Puja if not before.

Uma Nadarajah
for the Adelaide Collective

from Queensland...

**Sahaja Yoga stall
at the Woodford Folk Festival
benefits the seekers
and strengthens our Yuva Shakti**

The Sahaja Yoga stall at this year's Woodford Folk Festival was a tremendous success. Basically doubling last year's figure of 500, this year over 1100 people (yes, we counted - accurately!) got self realisation over 6 days and about 95% of people getting into thoughtless awareness. We had a bigger tent than last year and more Sahaja Yogis helping, mainly Yuva Shakti, which made a big difference.

We all arrived at Wamuran on the evening of Dec 26th after a long bus/car convoy trip and we stayed at the ashram each night as the festival is only 20 minute's drive. The festival goes for 6 days, between boxing day and new year and there is a lot of great music as well as workshops, street theatre etc...Our motto at the stall was "if we meditate, they will come", and they did. We just started meditating and exchanging vibrations and people started coming.

Woodford is unique in that people are willing to try something new - often the weirder the better. Although this can sometimes be a problem (eg: false gurus) it gave the Sahaja Yogis an opportunity to do more advanced techniques like mantras, taking people into deep meditation. Some of the most rewarding times were the mantra meditations we had 4 times a day. These were hosted by various Yogis, the Yuva Shakti taking up the job more as the week progressed. Basically we just went through each chakra, asking seekers to put their attention on each one, as we said the corresponding mantras. On many occasions there were up to 35 new people in the tent at a time and those walking past couldn't help but notice what was going on.

On many occasions the tent was so full that seekers stood outside, getting their kundalini awakened. It felt like the vibrations generated from these collective meditations expanded beyond the tent and penetrated the whole festival. All this grew out of the growing commitment of the Yuva Shakti. On the third day they made up their minds to take full responsibility and gave realisation to 270 people in a single day.

The adults stepped back and the Yuva Shakti took over, filling the tent with seekers and the teenage gurus giving realisation to seeker after seeker, though for many this was the first time they had given realisation.

This is the first Yuva Shakti in Australia where the majority

of the youth are born in Sahaja Yoga, and many of them had been to Dharmshala. The festival was a great opportunity for them to have fun together and the self-realisation stall gave everyone a strong sense of purpose and a chance to really assume the identity of Sahaja Yogis, adding a dimension of depth and meaning to the enjoyment.

Communicating Sahaja Yoga to the public and finding out what it personally means to them proved to be a great way of helping each member of the Yuva Shakti to grow and enjoy.

Many of the adult yogis were impressed by how much the Yuva Shakti have matured, both since the last camp 6 months ago, and even within the time of the festival.

Most of them showed a genuine enjoyment of giving self realisation to people, not something imposed by the parents or older yogis, but something very real and coming from within each Yuva. Basically it was a chance for them to use their powers and many are keen for the next opportunity to give realisation together.

*Michael McFadden
Sydney*

INTERNATIONAL NEWS

from India...

**Christmas Puja
on 25th December 2003
at Ganapatipule, Ratnagiri,
Maharashtra**

This year Ganapatipule had roughly 8-9 thousand Yogi/ Yoginis across the States of India while approx 200 plus came from abroad. This Ganapatipule had a very different flavour that all experienced in our hearts. Everything seemed to be not an ordinary affair but extraordinary.

The sea (*Samundra Devta*) seemed to be more welcoming and vibrating as if inviting and greeting His grandchildren to enjoy cleansing. While Shri Ganesha on the Earth element emitted the fragrance for us to get dissolved in that land. While the *Vayu Devta* air was so purifying in spite of the dusty milieu. The first day Havan in the Holy 108 names of Shri Mataji had a magical action on the cleansing part. It seemed the air went cool, so did we. Cheers were seen on old and as well as new faces. Everything although seemed to be serious yet welcoming with compassion, the fragrance and the Divine vibrations. As if some great decision on earth is being outsourced from this land that shall be the foothold for our future for the entire humanity. As if Poet Rabindra Nath Tagore's vision for this holy land was coming up on reality and we the yogis were witnessing the same in Her Holy presence of Shri Adi Shakti: "Oh! Mother, let my mind awake slowly on this sacred shore of the sea. Where great souls of the world have come to pay reverence. Here with Outstretched hands we bow down to the Divine in human form. With bountiful prosody and supreme felicity we adore Thee. Behold here oh! Seeker the meditative mountain with rivers resounding and dancing to the solemn music of Heaven. Adore here your reverential Mother Earth where great souls have converged on the seashore to pay reverence..."

Above all Mother's Holy presence on this land blessed us with more in-depth understanding of Her message of this greatest incarnation of all the time in the history of creation in space and time. Many of us felt that we should be cleaner in our soul and heart and in our ascent so that Mother should not suffer because of us. It was quite evident in the Christmas Puja Talk where Mother says "*Christ had to suffer so that we could be salvaged from pains.*" Now it's our time that we collectively shoulder the responsibility of the task laid before us to accomplish that Mother desires out of us.

This year Mother's Holy *Darshan* (Divine Presence) was in

a different dimension as if the humanity was witnessing another chapter of Mother in Her aging phase in Her Human Form. Yet She was so compassionate, so caring and so devoted for Her children. We desired Her Holy Presence and She blessed us every day from 24th to 29th December, in spite of all human strains and pains that She might have been absorbing and undergoing. It seemed everything was happening for the first time here. Mother was being escorted on wheel chair and all the times the curtains were drawn on Her welcoming and any other actions where Mother had to move. Yogis waited with heavy heart all the times just to feel the pain. Now, is the time that we all Sahaja Yogis must resolve to the prayer at Her Holy Lotus Feet that we should not commit any foolish act where Mother has to absorb the pains for our deeds. She has worked so much for these 33 years to transform us to be Her instrument to serve, and now it's the time that we pay back the *Guru Dakshina* (dedication to the Guru within us) by not bothering Her so much. She was ready even at this time least bothered of Her pains in human form and serving the cause of humanity through us. Thank You so much Shri Mataji for such blessings beyond our expressions (*Sabko Dua Dena*). We are your soldiers of Love; kindly accept our prayer to transform us to be your effective instruments.

25th December. Climate was very soothing throughout as if the heat of the day was controlled for the yogis for the Puja that was announce for evening seven. The morning meditation was as usual at 0615hrs while a special session on collective meditation was conducted to get the right kind of starter prior to the Puja. At seven the main pandal seemed to get packed with yogis and the fragrance flowed as the stage awaited Adi Shakti's Holy Lotus Feet. The stage decoration was done by the Kolkata Collective alike previous year. Mother expressed Her blessings and appreciation the day before. The special works of *Shola*—a kind of sap of a plant used in Bengal to decorate the Devi and also pandals. This was being used for the first time. It was exquisite fine art work. The Maha Swaraswati tattwa was at its best. The stage decoration emitted special fragrance of vibrations, as if the Ganas were hovering around in that accommodation of 10,000 plus yogis congregated to offer the Puja at Her Holy Lotus Feet.

At 1930hrs the meditation started with the three Mahamantra followed by a beautiful flute tune to go into deeper meditation before the holy arrival of Adi Shakti. Shri Mataji arrived at 1943hrs and the Puja started at 1948hrs. Shri Mataji looked so bright and radiant but composed. She spoke with great composure. Mother looked pleased as we offered Puja at Her Holy Lotus Feet. It was short but very very powerful. Mother spoke in three languages for about 15-18m minutes (1948hrs.-2004hrs.)(First 7-8 minutes in English and then in 5 minutes in Hindi and then concluded in Marathi). The message was loud and clear. Mother began with "*Today is the great day because we are celebrating the birth of Christ. He was such a great spiri-*

tual personality, who had to suffer on the cross. This is what many people don't understand that why should such a personality has to suffer so much. He was born under such circumstances that He had to undergo many things and pains. People wanted to destroy Him. He did not feel the pain. On the contrary He underwent all the pains. Such was the strength."... "So for us, what is to see is that if you are Divine and have powers of Divinity, then you must have the courage too, wherever you are in on this earth. There are always problems in life facing you, but Christ had shown that though He had to suffer He showed courage. Christ gave us the example of that courage." Mother fondly reminded us that "Today is a happy day as we are celebrating His Birthday. Because of ignorance of so many of us He suffered so much. But today people understands Divinity what we have to learn from Him is that we should not be afraid. Times have changed. This is the message of Christ life that He has shown us the path of endurance. The message of Jesus Christ is the same that you take your self- realization and everything works out as Divinity takes care of everything". "The life that Christ had had to undergo, you don't have to undergo. He also said that there were extremely cruel and absurd people around who were ignorant who made Him suffer... But no one can harm you. He underwent all those to save us from those ordeals". Mother then continues in Hindi language saying that "very few know what pains Jesus Christ underwent. In this world what we need is basically a Spiritual life. Our mental, behavioural and all those obstacles can be cleansed through leading a spiritual life. Now that people have realized what is Spiritualism. Every one should learn by seeing you. People around the world have realized that Sahaja Yoga can transform people. They have realized that what transformation can mean in our lives in terms of behavioural and mental aspect in this society. Especially, the spiritualism has brought all transformation in our lives." Then She continued in Marathi saying "This is the blessing in Sahaja Yoga that you have received being spiritual. Every one talks of Sahaja Yoga now in praise." She also said "Jesus had only 12 disciples and now that you are in numbers. You are blessed with the blessings of God. So there is nothing to fear."

The main message was that "we must understand that Christ had to suffer to teach us the message of endurance. When one takes his realization everything works out spontaneously by itself as Divinity takes care of every thing. Being in Sahaja one need not be afraid as there are extreme and cruel people but they can never harm you. Jesus Christ underwent all these tortures to save us from these ordeals. People have realized what spiritualism is. And everyone else should learn from us by seeing us. People around the world have realized the power of Sahaja yoga and how it can bring transformation. Also that people have realized that what transformation can mean in our lives in terms of behavioural or mental aspects in society. Especially, it's the Spiritualism that has brought about all these transformation. In fact this is a blessing in Sahaja

Yoga that we have received. Jesus had only 12 disciples where as we are now in great numbers and we are with great blessings of God and now what is there to fear of".

After the talk 21 boys of 5-10 years of age were called for washing Her Holy Lotus Feet as the Puja continued with a number of bhajans offered with Hemja Sutam Bhaje, Tujha Pujani. Thereafter 7 married ladies (4-India, 3 -from Abroad) were invited for the Shringer of Mother which started at 8:25 evening with popular bhajans like Maranach mele vijayae, Hey prem murte jagi aale, Jagi tarak janma Aala, Namoh Namoh Maria. The shringer was followed by Aarti at 9pm and then Merry Christmas was declared with the present of the cake before Shri Jesus Mary Mata Sakshat Shri Nirmala Devi.

The Puja in overall cleansed us all at our subtle level and concluded in light note. The collective Vishuddhi and Agnya catch seemed to ease out at subtle level overpowering with flow of fountain of vibrations. The gift distribution was short and utmost care was taken by our leaders to not to disturb Mother much by making Her wait.

As the Gifts were being announced and offered at Her Holy Lotus Feet Christmas Carol was sung followed by the *Silent Night* and then *Glory to the new born King*. It was indeed a silent night and we all felt the vibration level rising as the night grew. At 10:30 Mother blessed us bye from the main Pandal leaving behind fountains of vibrations for Her children to swim into that ocean of love.

Thank You Mother for You accepted our prayer and the Puja at Your Holy Lotus Feet. We the Sahaja Yogis of the world offer our millions of Pranam to the Devi who made us rise to this day to be under Your direct blessings.

PS: The two Puja Dates were announced. The Shiv Puja to be organized at Pune for dates 13th, 14th, and 15th Feb, while The Birthday Puja to be organized in Nirmal Nagri, Delhi on 19th, 20th and 21st March 2004

Jai Shri Mataji.

Rabi Ghosh from India

SAHAJA SHOPPING

Revised version of *The Bible Enlightened* now available

As you know, *The Bible Enlightened* was previously published as an abridged version in India (December 1995) in a very limited number of copies, currently not in stock.

A new, enlarged and revised (definitive) edition in two volumes was just published in the United States (December 2003) by PublishAmerica under the title *Bible Enlightened: Religions and Yoga*.

PublishAmerica currently offers a promotional sale of the 2-volumes-set for 39.95 USD (not including S&H), which is a 20% discount over the original price (49.95 USD), the latter being also the price listed at Barnes & Noble, Amazon.com (USA, Canada, UK, Germany), Blackwell (UK), Borders, A1Books, PickABook, BooksAMillion, Buy.com.

A comparison between the abridged version of 1995 and the comprehensive version of 2003 shows the following about the latest one:

- the text was completely revised and updated
- some chapters were fully reworked
- the book includes now the result of extensive re-searches performed during the last 8 years, mostly in American libraries.

Even though the general outline underwent little changes, some of them are of a major significance:

- 1) The First Part became Volume 1, and the Second Part developed into Volume 2;
- 2) Chapter XI, now entitled *Manifestation of the Spirit of God*, was developed into the following subchapters: (a) *The Prophecy*; (b) *The Secret Manifestation of the Kundalini*; (c) *The Cool Breeze*; (d) *The Water of Life*; (e) *The Fire and the Light*;
- 3) Chapter XIX, *Jesus – the Manifestation of the Universal Principle of Evolution*, includes a subchapter called *The Prophecies Announce a New Avatar*;
- 4) Section C2 of Chapter XX, *Two Misogynists: Peter and Paul*, includes a subsection about *The Church*;
- 5) A special subchapter (D) *The Divine Mother in Islam* was added to Chapter XX;
- 6) All the references (including those gathered to 2003)

were moved from the text body (in the first edition) to notes at the end of each chapter, thus making the text more readable.

For more details, please visit the web page: <http://home.comcast.net/~sydallas/dancostian/>.

Should you find this book valuable, I would appreciate if you could send your review or comments to one of the following sites:

- <http://search.barnesandnoble.com/reviews/reviews.asp?userid=2UIEBSGU21&isbn=13702627>
- <http://www.amazon.com/exec/obidos/tg/detail/-/1413702627/>
- <http://www.publishamerica.com/shopping/shopreviewadd.asp?id=403>
- or at the following e-mail address: bible_enlightened@yahoo.com

Jai Shri Mataji !!!

Dan Costian
dcostian@comcast.net

Cooking with Love

We are able to order from Austria more *Cooking with Love* cookbooks.

Anyone wanting to go on the order list should notify Greta Moré on greta2@tsn.cc by January 19th. The cost will be approximately Euros 32 each which includes the postage from Europe to Australia. (We can work out what it translates to in Aussie dollars at time of collection.)

Once the order has been placed it will take approximately 7 days to reach Sydney. If you need postage within Australia please expect to pay for that as it happens or somehow organise for someone in your state to collect it from me in Sydney.

Thanking you, Jai Shri Mataji,

Greta Moré
(02) 9740 5165