

Sahaja Yoga

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HAPPY SHIVARATRI!



Australian Newsletter

Jai Shri Mataji!

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*I know not how to invoke Thee
I know not how to worship Thee
I know not how to pray to Thee
Forgive me, Oh Adi Shakti.*

*I have no mantras, no kriya, no bhakti
Oh great Goddess, and yet
Whatever my prayers have been to Thee
Please fulfil them, Holy Mother,
through Thy Grace.*

*All sins have ceased, my sorrows too
My poverty has disappeared
Since I have received Thy Chaitanya
And have been blessed by Thy radiant appearance.*

*I know not how to surrender to Thee
and accept Thy Divine Will.
I surrender to Thee again
Please have mercy upon me:
Save me, Oh Mother
Save me, Oh Mother
Save me, Oh Father.*

*I must have committed a thousand sins
in my life from day to day
Please accept me as Thy humble servant
Oh Mother, forgive me!
Oh Mother, forgive me!
Oh Father, forgive me!*



NATIONAL NEWS

Message from the National Leader

I want to wish a belated happy new year to all the sahaj yogi brothers and sisters.

2003

Looking back it has been a year of unparalleled events both on the world stage as well as in the world of Sahaj yoga. The param chaitanya has churned the whole pot to bring out and expose the good and bad with all their shades while testing the yogis in full in terms of their faith, dedication, devotion, seeking and commitment to their spiritual path. I know it has been a very tough year for most but if we look back with a detached outlook we can witness the divine play full of mystery and surprises but full of benevolence for us all.

It has been a year where Shri Mataji has been withdrawing physically to see her children take on responsibility of spreading her love and saving the world today. She had to resort to pretending to be unwell so that rational human mind of us yogis mature and stop coming to her for every small problems from health to marriage and learn instead to believe in our own abilities and start using the powers that She has given us. The year has been a challenge to our conditionings. If we look inside and watch ourselves, we find that in 2003 we all were exposed to our "PAST LINGERINGS OF" limitations, conditionings, egos, ideas, opinions, weaknesses and how have we performed?

2004

So what should we all be doing for 2004? Firstly we have to save each other from falling down during these times of final judgement as well as save all those who are really seeking the divine. During one of the private talks with Shri Mataji during Ganesha Puja 2003 Shri Mataji was saying that the "people are not seeking today". Maybe the effect of materialism coupled with the air of hatred and violence has taken everyone's attention more to survival than to striving for God. That makes our job even harder.

We have had 2 days of leaders meeting on 24 & 25th January 2004. The main focus was "What we should do individually and collectively to go deeper? How we can unite the whole Australia & New Zealand collective as one family? How we can spread sahaja yoga?" etc etc. It was very nice to receive a phone call from Pratisthan during the start of the meeting with a message from Shri Mataji offering her complete blessing for all the present leaders and that she had her full attention on the meeting. It elated everyone. Many many issues were discussed and a action plan has been drawn up. Please ask your state leaders to discuss openly in details in the collective meeting. The contents of the meeting as they have been minuted and a plan of action has been drawn up which we all have a collective responsibility to know and carry it out.

New leaders

Joe Saloman has been appointed as the joint leader along with Craig Armstrong for Western Australia, while Rajah Nadarajah has replaced Maria Sandery as the leader for South Australia. Maria has done a great job for last 4 years and now without the pressure of leadership, she can contribute even more. We are looking for yogis who can take on Tasmania to establish Sahaj yoga there. Please let me know as we can offer full support.

New initiative / ideas?

1. We will have one "AUSTRALIAN NATIONAL SEMINAR" every year during the Easter puja long weekend which everyone in Australia who considers himself as Sahaj yogi must attend. The seminar dates will be advised well in advance so that we can plan our holidays and take advantage of cheap airfares. We will hold it in different cities every year. The first one will be held at Balmoral. It will be a true celebration with a wide range of activities, music, going deep meditations as well as plenty of laughter sessions are being planned. The seminar will be from Friday 9th April evening till Monday 12th lunchtime. The other "Second tier" (not in terms of vibrations but in terms of national preference) will be Guru Puja at Wamuran and Diwali at Giddegannup. For details and help contact Chris, Raymond or Alan Napier.
2. A project is underway to make all Shri Mataji's Australian talks available for sale at a very cheap price by Easter Puja and also to make into DVD all of Shri Mataji's Australian talks. Shri Mataji has asked us to listen to Australian talks. For details and help contact Joe Saloman
3. Encouragement / recognition awards for children: To express our love and appreciation of our youth in the areas of Sahaj, academics, sports and arts, we will be introducing annual awards at the Australian national seminar. Our children will feel the love of the collectivity which will help them to be better yogis. For details contact Raymond Hampton.
4. A possibility of "Mother's Love Childcare Centre" cum collective centre in Melbourne. Contact Colin Berry for help and ideas.
5. Guidelines & Code of conduct for "Ashram life, new people's programs & email circulations" is being worked out - contact Chris for suggestions/ideas.
6. Program resources including handouts and advertisements are being worked out at national level so that yogis can focus more on doing programs instead of worrying about "how do I start?", "how can I design an ad?", "how can I make handbills and posters?" and "what handouts should I use?" Contact Sno Bonneau.
7. Information pack and promotional package for telephone callers and remote areas is being worked out on a national level. Contact Paul Nicolai

I thank everyone for all the hard work they have done for Sahaj Yoga. I know there are many, many unsung heroes who have contributed significantly but who are shy of lime-light. Everyone who has taken on the responsibility of Sahaj, especially of giving realization, has been immensely blessed in their inner growth. I am proud to say that we have among us some very generous financial donors who want to remain anonymous. The common thing among all the Sahaj Yogis is that everyone is a great individual, who is a realized soul blessed by the goddess herself. So let us pray to Shri Mataji inside our heart to remove all the problems, negativity that attacks us as individuals and collective, to make us completely united at heart, to grant us complete spiritual fulfilment and to make us good and worthy instruments of God.

Jai Shri Mataji

Avinash Nichkawde

**Invitation to attend
the Australian National Seminar
to celebrate Easter Puja
9th to 12th April at Balmoral, NSW**

The collectives of NSW and the ACT wish to extend a sincere invitation to all Sahaja Yogis of Australia and region to join us in the celebration of the major Easter National Seminar and Puja for 2004 to be held at the National Country Property at Balmoral Village. Each year a National Seminar and Puja will be held over the Easter weekend on a rotating basis at different venues around Australia.

Each Yogi may have thought what we can be done to demonstrate the kind of Sahaja collective commitment that we aspire towards and which is needed to revitalize and transform our Nation.

The support of the National Easter Seminar by the Australian collective will be a significant event that can help each of us. There may be all sorts of reasons that come before us, that we do not have the time, we want to go, that we are very busy, or that we are in a difficult position and we may not have the financial resources, or we do not have

the time: there is much that may come to mind. There maybe many good reasons why it is difficult to take the effort to make the journey—but what we must consider is how deeply do we believe in, and feel the essence of our commitment towards our Sahaja spiritual life.

It is collective occasions such as this when each of us entrusts the time to collectively approach, in worship, our Divine Mother, and to spend time with the wider Australian collective which are the very foundations of our divine life.

With everyone's good will and support it is collective events such as these that inevitably lead to the kind of re-invigoration of our collective desire to pursue our spiritual aspirations which is so essential to us all. The Puja and National seminar will also provide us with an occasion for introspection and a motivation for earnest reflection about ourselves and how to further spread Sahaja Yoga to improve the world in which we live.

It is hoped that a Sahaja national spirit can be inspired within the hearts and minds of all Sahaja Yogis, and with Shri Mataji's blessings we can lift ourselves, our fellow Yogis, and the whole nation, as one.

The seminar costs will be kept to a minimum sufficient to cover our costs for food and the hire of facilities for the three days of the seminar.

There will be two rates. NSW and ACT Yogis will support the Seminar through a slightly highest tier. Interstate Yogis' seminar costs will be in the range of \$130 to \$150. There will also be a family rate, student concessions and children's rate.

Can each State begin to collect lists of names of those who are planing to attend the National Seminar weekend. These can then be passed on and we will arrange for transport to Balmoral from the airport and accommodation in Sydney (if required) for Interstate travellers.

Regards and looking forward to hosting you all.

Avinash, Raymond and Chris

SAHAJA TRUTH

An open letter to all Sahaja Yogis

As we enter a new year the purpose of this note is to share some observations, concerns and reflections about the collective, and so straight to the core of the challenge before us. How do we as a collective continue to express Sahaja Yoga in our lives, both collectively, and individually? From observations of the collective and discussions at the recent leaders meeting there is much to commend with many dedicated, enthusiastic Yogis working it out on many fronts, but there is also much need and room for improvement and we need to ask for all your help.

Over the last few years we have seen physical, social, marriage, and health problems impact the collective more so than during any recent period. We have seen Yogis of long standing drift away as the force of their seeking seems to dissipate like the morning mists fleeing before the rising sun. Is our dedication so insubstantial, is this all that Sahaja Yoga and Shri Mataji has meant that at the first serious challenge our faith, our oaths of love freely given from our heart, our spirituality could not endure the tests of time?

This is one the challenges before us. What is needed is that Sahaja Yoga must again become the focal point around which our life revolves and Shri Mataji the core of our being. Each of us came to Sahaja Yoga for one reason only: our spiritual ascent. This is only possible because Sahaja Yoga is Shri Mataji's Divine creation, connecting each one of us to the Virata. Shri Mataji does not need Sahaja Yoga, we need Shri Mataji and Sahaja to enable us to live in a world of untruth and to ascend. Shri Mataji cannot work through the collective and bring about the change that is needed in the world if our desire is weak, if our commitment has waned or if we cannot give our support be it financial, our effort and time, be it all that we are, and no matter what transpires to be able to surrender all outcomes to Her.

Each Yogi is so important in a world drowning in the seas of untruth where very few have been able to recognize Shri Mataji. This is why each Yogi is so important, so irreplaceable, so unique. Each Yogi is an exceptional being born of the love from Shri Mataji's Own Heart. Each day we are faced with a choice: are we merely wearing the label as a Sahaja Yoga from habit or from the intellect, or from family pressure, social conformity; or maybe we are Yogis because we know it is a good thing to do?

These reasons are not enough. In fact if this is all we have then this will lead to the sort of challenges of faith that we are seeing across the country. Unless there is a real expression of commitment what will happen? At some point we may lose the true meaning of Sahaja Yoga. Re-

cently at the weekly program those speaking to the collective of their spiritual experiences had to speak over those chatting in the hallway. Is this where we have come where social banter is of greater interest to us than our undivided attention upon our ascent?

During program our children are running around the surrounds of Burwood for the lack of a few parents dedicated enough to host Sahaja Yoga children's programs at the Pre-School to actually teach our children about their religion and about Shri Mataji. If our children are to become Yogis then we need to teach them what it means to be a Yogi, to encourage them to enjoy meditation and their collectivity. Recently an initiative to begin Sahaja children's programs has been proposed which we commend to you.

Many of the Puja groups struggle to bring together a quorum of Yogis sufficient to cook a meal, or set up a Puja. Those asking Yogis to come and help with Sahaja work regularly report that their requests are met with indifference and a lack of any real interest or concern. Somehow our commitment is decreasing. It is getting more and more difficult to find the same level of support from Yogis that we once had. Many give a pledge to come for a project and do not attend, leaving others to carry the burden. Many seem to be looking for the path of least effort and responsibility, not willing to give of themselves in any meaningful way.

This is an indication that we are losing touch with the true meaning of self-realisation. As the old saying goes, this is the bottom line. Our duty to Sahaja Yoga is not to please anybody nor to seek acceptance. It is not a pastime, a part-time religious observance, nor something we belong to or feel we have to join. Our dedication to Sahaja Yoga is really about achieving an inner state of being and experience which is something beyond just mere enjoyment. It requires much from us which is freely given: the expression of a committed life.

How many times in our past lives have we been married, pursued careers, concentrated on domestic concerns? In this life Shri Mataji has given us so much. Are we adequately living the spiritual life She has bestowed? Are we dedicated in carrying the work of Sahaja Yoga upon our shoulders? Have we in some meaningful manner given something back to the Divine?

We are Sahaja Yogis because we all wish to live as spiritual beings and because we would be utterly miserable without Shri Mataji in our lives. We are also Sahaja Yogis so we can evolve to become the best we can possibly be and as our expression of our love for Shri Mataji—for all these reasons and many more—but are we truly living the life of an unswerving Sahaja Yogi?

The expressed power of Desire to be Sahaja Yogis is the engine driving us forward. It is when we lose touch with

this desire that we become lost, and then we do not know where we are going and begin to see movement away from the path of Truth into the realm of the ordinary and mundane. One of the fundamental truths of Sahaja Yoga is that we have free choice to move beyond Karma and the fate of normal human beings. Shri Mataji has given each one of us a greater destiny than we ever dreamed possible where we may choose in our freedom to raise ourselves up and become better than we once were.

The choice we have made to be a Sahaja Yogis means raising ourselves higher in our freedom; moving beyond being cool and being fashionably non-committed; crossing that threshold and making a choice; and taking the decision to grow deeper as a person, to progress, to evolve.

There are many great souls born with spiritual understanding. Some are fortunate enough to be born that way, but the rest of us have to work at becoming spiritual beings. This note is all about the observation that many are not doing the necessary work, are stagnating, and are perhaps in decline. But the good news is that we can turn this all around. Shri Mataji is All-Powerful.

What needs to be done? We are open to all positive input and suggestions and invite all Yogis from across the country to put forward suggestions or initiatives that can help us all. We want everyone to feel included, and will all have something special to offer.

Can we begin by earnestly praying to Shri Mataji to rediscover and unite with the faith that we all have and observe all that we know to be sacred and Holy. Then Shri Mataji will allow each and every one of us to achieve spiritual harmony and to maintain a joyful collective, which is why She selected us to be Her Children. On many fronts as a collective we are somewhat diminished from where we once stood.

We are approaching an important transition in Sahaja Yoga and the vibrations—Shri Mataji's formless manifestation—are ever getting stronger.

We are ever here to rally round each other and offer whatever help is needed for those that are in difficulty. To begin we must advise everyone that adherence to the basics meditation, clearing, collectivity and bhakti will be what pulls us through, followed by some practical suggestions:

- Deep introspection and recommitment are some the ways we can turn things around, examine where we stand, and decide to make a change.
- We need to get back to the fundamental basis of our Sahaja spiritual life.
- Regularly listen to Shri Mataji's talks and pray to Her to come into our life.

- Meditation for a time each morning and evening, and clear ourselves each day.
- Give self-realisation, attend programs and regularly attend the collective.
- With an open heart take up the manifestations of the work of Sahaja Yoga.

Introspection is needed. However, in order for this to happen, first we must meditate regularly; we must pray to Shri Mataji asking Her to come into our life; and we must practise meditation diligently in order to achieve a level of thoughtless awareness needed to facilitate the flow of Divine vibrations.

This can only be achieved through focusing our attention upon Shri Mataji, and requires nothing more than the beautiful simplicity of Sahaja Yoga: getting in touch with our pure desire and self-discipline, re-dedicating ourselves to the path of meditation, clearing and true collectivity. Otherwise the decisions we make, what we do with our minds, the manner with which we live our lives are bound within the realms of the Ego, very rational, perhaps intellectual, but not in tune with the spirit nor the Divine Will.

Sahaja Yoga is the only spiritual path God Herself has designed for mankind to ensure our happiness. If we can just once again move beyond the mundane and place our feet upon the higher path then all things are possible.

Chris Kyriacou

STATE NEWS

from New South Wales...

**Come and join the Sahaja Yogis
giving self-realisation
at Manly Corso next Saturday
21st February 2004**

As summer starts to draw near to its end we have only a couple more opportunities to take Sahaja Yoga to the many and varied people that come to the beach at Manly. Members of the general public and travellers alike, all come to the beach for a relaxing day—and what more relaxing than to get their realization!

We will be at the usual spot: Under the big FIG TREE in the middle of the Corso, from 10am till 4pm on Saturday, 21st Feb. Even if you have only a short time during the day to spare it would be great if you can come and help out. Also the beach is only a short walk away so there will be time at the end of the day for a swim to cool off.

If you have any inquiries or need information on how to get there call Sean 0410 445 226

Hope to see you all there...

Sean Daly

**Release of the latest
Australian edition of
the *Sahaja Yoga Song Book*
draws near**

The *Music of Joy* team is working on the song book. As we speak we are finalising translations and corrections. We are aiming at Easter Puja for the release.

In order to meet the deadline we need your help. We need people to type, to draw, to translate and any kind of coordination jobs.

If you have some free time please contact John Smiley or Caroline Clement

There will also be a meeting on Saturday afternoon at Bal-moral.

Jai Shri Mataji

*Caroline Clement
for the Song Book Team*

**Letter from our
happy honeymoon couple**

Jai Shri Mata Ji

Hope this finds everyone in fine fettle Down Under. We send out this missive from Kolkata in the Northern Hemisphere and the Ghosh family is gathering around to meet the new bride and congratulate the groom. 7th of February is the reception and we will be flying out of the country for the US on the 17th.

A couple of days went by at Port Stephens in the blink of an eye and brought home the realization that we are severely challenged in selecting the right seafood restaurant. On successive occasions we found ourselves emerging from seafood restaurants expensively underfed and then expensively malnourished—hopefully our discretion in such matters will improve :) By the Grace of the Devi we had a perfect time with all other endeavours.

We continue to be stunned by the generosity and goodwill of the Sahaja Parivar in Australia. While miracles of varying degrees were cajoling us towards this ceremony for the past three months, it was the spirit and solidarity of the Sahaja family that stood out the most reassuring and served as a firm buttress. We stand humbled and hope that there will be future occasions where we will be equally energizing to future Sahaja couples.

Looking forward to sharing images of happy times from Kolkata.

Shanti and Shamik Ghosh
shamik_g@hotmail.com

SAHAJA TREATMENT

"Ending my 9 year wait at Belapur Hospital"

—a grateful patient tells of
the success of Sahaja treatments
administered by the dedicated staff

Dear Brothers and Sisters,

I am narrating this story of my experience because I know that there may be some SY who may be in a similar plight but are at odds as to what to do next and also the most important reason is to give them faith & hope if by any chance it has diminished. I had posted on the *Adishakti Forum* and have had responses (online and offline) from SYogi/nis with similar problems.

I was given my realization late October 1994 and since that time I had only on three occasions felt what I feel may be taken as the cool breeze in my opinion and comparing it with what I feel now I would say only once did I really feel the cool breeze from October 1994 till mid-November 1993.

I was the only one in my family practising SY when my first son was born in 1997 and second in 1999 and third in 2002. The first two boys would meditate with me on and off. It was only somewhere in August 2003 that my wife finally took to SY and she had no problems feeling the cool breeze immediately whereas I was still not feeling it.

Why Belapur after 9 yrs?

The reason why I decided not to wait anymore were multiple:

- 1) the desire to participate much, much more in the spread of SY than what I had been doing so far
- 2) my wife had started feeling vibrations and would soon be asking me as to how I felt
- 3) there is a VIP family/friend that has a member suffering whom I wanted to help but I needed to feel the vibrations myself

What I had done so far

I had tried seeking 'treatment' before and was 'treated' by some senior SY somewhere in the year 1995-6 and there was not much of difference, in fact none, and thus my silent wait all this years. I kept quiet for many reasons and accepted the fact that I was just supposed to get my feeling when AdiShakti decides the time is right for me. I have been meditating twice daily since the day I got my self realization late October 1994. I have been going to the collective regularly at least 2-4 times a month except for the period of mid 2000 till mid 2002 where it was about 1-3 times a month. I have been to GP where as we were approaching GP the yogis travelling with me in the same vehicle were commenting on feeling the vibrations becoming

stronger as we got closer to GP and feeling nothing I just said nothing neither agreeing or disagreeing. I also went to a B-day pooja in New Delhi 2001. Every now and then some SYogi/ni would tell me that my vibes are good, my chakras are okay and some who have visited my meditation room in my house which is solely for meditation feeling very good vibrations.

It was just like going to a doctor with a genuine complaint that I had problem breathing/hearing/seeing etc but the experienced doctor examining you and doing the necessary tests finding out that nothing is wrong.

Opportunity to go to Belapur created (with ease)

So decision was made to go to Belapur in my heart about 12 months ago and the opportunity to go presented by itself in the 2nd half of last year when my biological mother (who has tremendous respect for Shree Mataji but is not in Sahaj) wanted to go to India for some personal matters. My wife was pregnant 4 months then and the youngest being just 12mths old and thus going to India was not feasible for them. At the same time she did not want me to be away more than 2 weeks. How was I to go to Belapur when I had to accompany my mother for at least 8-9 days to finish her work and Dr Madhur recommending I stay for 2 weeks?

My wife was too new in Sahaj (few months) to understand my 'problem' in inability to feel cool breeze for the past 9 years and that I needed to stay for 2 weeks at Belapur. I was not prepared to risk a 9 yr wait for her to take up SY to be jeopardized in anyway by my explanation.

Then divine help started its play, a very good Gujarati friend of mine who was my senior in medical school and now was a cardiologist in Mozambique was also planning to come to India. If we met it would be meeting after 15yrs and he wanted to spend some days with me (he mentioned 1 whole week) but could only meet me in Mumbai. I was looking forward to meet him too and then suddenly it dawned on me that I could use this reason to go to Mumbai. My wife reluctantly agreed to us (me & my mum) being away for 3 weeks.

Then suddenly out of nowhere a businessman involved in setting computerized hospitals in the country approached me to be an advisor to their group and wanted me to check a few hospitals in India using a particular software(PULSE) with all expenses and other expenditure paid for a period of a week. I extended my period of stay in India by another week without informing my wife knowing full well she will not agree. I thought I will tell her when my 3 weeks in India are up - I felt it would have been easier for her to accept a 1 week delay at the end of my 3-week stay in India than to tell her right then that my stay in India will be 4 weeks. I somehow changed my mind and I did let her know a week before I left for India.

To cut a long story short, the plan to check the software in India did not materialize at the last moment since the management decided for an Austrian IT system(AHIS). The

date of return could not be changed by then since this was peak travelling time and thus I had the 2 weeks extra for my stay at Belapur as advised by Dr Madhur. Until today I do not know why my wife did not even question the duration of my stay (equivalent to 4 weeks) in India despite me letting her know my date of departure and return about a week before I left.

Landed in India on the 10th of November and had done the bulk of my work which my mother wanted done by the 15th and took the flight to Mumbai on the 17th (BTW it is much much cheaper to travel by rail within India if you have some extra time).

Belapur

Reached Belapur at 11:45am on 17-11 and after registration, I waited a little while to meet Dr Madhur since it was a working day. After the normal pleasantries when 2 strangers meet we discussed my problem and just sitting across the table she told me what was wrong with me as far as the subtle system was concerned. She told me the reasons for my inability to feel the vibrations and told me how to overcome my problem. She then told me who my doctor during my stay there will be and called Anil to see me to my room.

I rested for a while after unpacking and after a bath I went to the treatment room which is also the OPD clinic. I was attended to by Dr Anujad and she asked me what my problems were and I replied the same as to Dr Madhur—no vibrations for 9 yrs. She then proceeded to treat me and after she had finished she told which of my chakras needed extra work. What was really very reassuring to my medically-inclined mind was that her diagnosis of chakras were matching that of Dr Madhur. There was no change in my vibratory awareness after the treatment as far as I was concerned. I was told to do some specific treatment in the form of mantras, footsoak, meditating on mother earth etc and did it diligently. 3 days passed and I still could not feel the vibrations.

Just a brief schedule of the daily practice at Belapur Hospital

- 5-6am: meditate sitting in the common lawn
- 7am: morning tea served
- 8am till about 9am: collective meditation
- 9am: breakfast
- 6-8am & 8-10.30 am: individualized clearing as advised by doctor(s) in charge
- 10.30-2pm: clinic time but an in-patient will spend about 30minutes on average being cleared by his/her doctor.
- 1pm: lunch is served
- 2-5pm: individualized clearing as advised by doctor(s) in charge, rest time
- 4.30pm: tea served
- 5-7pm: clearing by doctors at clinic (this sessions is meant just for inpatients only)
- 7pm: dinner served
- 8pm-9.30/10 pm: watch Shree Mataji's tape, bhajans and collective meditation.

Struggles and clearing of doubts

Somewhere between the 4-6th days I began to feel some 'coolness' at the central 3 fingers of my right hand. It was so 'strange' a feeling which I do not remember ever feeling in the past 9 years that I could not say with conviction that it was the cool breeze. The only similar experience to this sensation was (1) hands exposed during winter (but then the whole hand felt cold) and (2) wet fingertips feeling cool as the water evaporates (although the cool breeze felt more cooler). So in a nutshell as far as I was concerned I had no convincing experience of vibrations/cool breeze after 6 days of treatment

Then somewhere on the 6th or 7th day I felt vibrations on my right hand fingers while meditating early in the morning on the lawn and it took me by surprise and despite checking for drafts and putting the hand in all different positions I still felt the vibrations and finally was convinced when I put my non feeling (of cool breeze) left hand's fingers just 1cm away on top of the fingers of my right hand and the vibrations still were being felt on right but not on the left.

Then on the same evening or the next day after the collective meditation where I did not feel any 'convincing' vibrations, we had a very spontaneous session of bhajan singing where the 'patients' played the major role in it and suddenly strong vibrations were felt when my mind was least thinking about them.

On either the 8th or 9th day, Dr Anujad could not attend to me for some reason and I was attended to by Dr Manoj and the diagnosis by him was similar to Dr Anujad and treatment was the almost the same. I mention it because it is relevant scientifically - in western medicine we use history taking, physical examination, blood tests, X-rays/scans etc to arrive at a diagnosis and if done correctly, good doctors arrive at the same diagnosis. Here a brief history is taken, no tests were necessary and no physical examination too and just by the doctors strong vibratory awareness a diagnosis reached very quickly. Even Dr Manoj reached the same diagnosis.

To the doctors using SY techniques it may be no big deal to come to the same conclusion but to a doctor trained in allopathic/western medicine it was and is very significant.

Breaking the conditioning of the negativity around

Many a time I had been told by well-meaning fellow yogis that I should stay away from any place deemed negative and the meaning of a 'negative place' varied to a certain extent with every yogi that spoke about it. In order to break this conditioning I intentionally went to cyber cafes in the afternoons every other day and the other reason was to keep in touch with my wife as well as kids. I am not encouraging going to any negative places (to me cyber café does not fit as negative although I know a lot of people come to surf on negative websites). I will talk more about negative places in my 2nd part of this post. I mention 'negative places' to send a message home that a genuine SYogi/ni should be able to face any negativity and bhoots/bhadhas (however many there may be) should be scared

of you rather than the other way around.

I heard enough stories from patients while at the hospital where SYogi/nis who came for treatment. They had 'embarrassing' (to me it was an embarrassment to know that there are such SY) stories that their fellow SYogi/ni stayed away from them since they felt their vibrations were not good or labelled them as negative. There was even 1 case where the patient was stunned that the female doctor in Belapur touched her because it had been ingrained in her mind that she was too negative to even be nearby let alone touch. She got 'cured' relatively easily and could have avoided the trip when actually all she needed was more compassion from her own collective for her. I know of people in my own collective who claim that so-and-so is negative and has poor vibrations and try to sit away from them to avoid 'catching' but I could not be bothered then (since I had no vibratory awareness then) and now I am going to make it a point to sit near them. I cannot understand how in the Ashram anything can affect my chakras and what is point calling ourselves SYogi/ni if we cannot face any negativity head-on be it in or out of the ashram.

I know that there are exceptions to the case where no SYogi/ni can help that person but IMO this type of cases are very few and far between.

Enforcing the belief that is Adishakti that is curing me

There were about 3 days when Dr Anujad could not attend to me and on some of these occasions Dr Madhur said she would attend to my treatment and there was one occasion I was late and she had to go off for a presentation and she told me that one of the doctors would attend to me. Dr X had earlier called me for my treatment but I had declined his offer since I was due to be treated by Dr Madhur.

When Dr Madhur left I had to wait about an hour before my turn came again and it was with Dr X again. Once seated in front of SM's photo I was left by Dr X who went to attend to some outpatient and I sat meditating and after about 15-20 mins began to feel 'neglected' by the doctor. After another 10 mins wait I decided I will forgo today morning's treatment and also felt a bit guilty at leaving without waiting anymore but in my heart knew SM understood. I had my lunch and slept with the fact that I had missed a treatment and the typical 'conditioned' mind telling me that I may fall back in my progress.

I woke up refreshed and was wondering why both my hands fingertips were feeling cold. When I put both my hands under my armpits I did not feel cold hands and still kept them there for a minute or so and on putting my hands out same feeling of vibrations on fingertips and my bare feet were not cold at all.

Another barrier to my leaving the hospital was removed since it made me realize that my ability to feel the vibrations was progressing well. It meant that missing one treatment did not mean my progress stopped or regressed. It meant that what we do overall in the long run to improve our vibratory awareness is more important.

A similar example can be given. Western medicine most of the times never cures you. I say most of the times because antibiotics and antiviral drugs do cure a person but these too play a role only for a short acute period. The rest of the healing before during and after the infection is still carried out by the body's immune system. The rest of the bulk of current day diseases are just being treated symptomatically without curing which is why diabetics, hypertensives, arthritis, asthma, IHD etc.etc patients are on life-long treatment. All these diseases can be avoided totally or delayed till very old age if a person looks after his physical health well from young by having the right lifestyle habits. Overall care in the long run starting early in life and consistency is very, very important.

In Belapur the doctors just help to get your chakras put right and guide you to do the right path but to maintain them and improve further is our own responsibility. If we nurture our spirit well it will grow and that brings me to the next topic. The doctors are also acutely aware that most of the SYogi/nis have stopped at and are comfortable at the level of having just good vibrations and are not going deeper. We were not discussing the patients at the hospital when this topic came up but SYogi/nis in general.

That evening the same doctor X attended to me and made the same diagnosis. Since I was already feeling the vibrations on my hands the Dr wanted me to feel on my head. He worked on me for a good 20 minutes and at the end of it I told him I feel nothing and he and his intern (learning Dr) were amazed. He said that "*tumari kundalini toh barsaa rahe hai*" meaning "your kundalini is just gushing out" - I smiled because I knew it was the truth and it would be just a matter of time before I could verify it myself.

Dr Madhur kept on humbly re-emphasising that it is the AdiShakti that was clearing us and improving our subtle system and that the doctors were just AdiShakti's instruments for doing so.

In Part 2 I will talk about (1) how I 'prepared' myself to leave the hospital (2) the meaning of love that Mother often mentions (3) other fellow SYogi/nis experiences (4) my experiences after being discharged.

My philosophy of life is simple when I am struggling towards a goal doing my best - it is like climbing a mountain, some may climb faster than you but you know for sure that the view at the mountain top is still going to be the same. Enjoy the journey!!

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SAHAJA COLLECTIVITY

"I am with you"

—words of Divine Wisdom

"...When you meditate together, then the strength that you have strengthens others and the strength of the whole collectivity improves so much. Your meditating together is a very big thing..."

"...I reside in this ashram. I am here, so leave your homes, come here and meditate. Meditation will help you a lot..."

"...Wherever you are together, I am with you. But when you are away from each other, I am not with you..."

"...Only in difficulties, when you are pushed into some places where you think I am not there, I am there...but if you are deliberately keeping out of collectivity, I am not with you..."

"...So try to grow your collectivity, otherwise you cannot go deep into your own depths, you cannot become a great Sahaja Yogi, you cannot really be called a Sahaja Yogi. Those who have a sense of collectivity can only become that..."

Shri Mataji Nirmala Devi
Virata Puja
Melbourne Australia
10th April 1991

"..So to recognise Me, what should we do? If we recognise, then you are protected. And the cleansing is the simplest thing in Sahaja Yoga, is to be collective. If you are not collective, then know that something wrong with you.

If you are collective, then it is as if you are taking your bath in the river Ganges. You don't have to go to Himalayas, you don't have to do individual sadhana much, you don't have to... Just be collective. If you are collective, if you are enjoying the collective, then you should know that you are clean. No blemishes there, you are absolutely all right..."

Shri Mataji Nirmala Devi
Navaratri Puja 1991