

# Sahaja Yoga

27<sup>th</sup> February, 2004



## Australian Newsletter

***Jai Shri Mataji!***

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*The devotees of the Goddess Shri Adi Shakti Nirmala Devi are overflowing with joy witnessing Shri Shiva dance to his Dam.ru and the Great Goddess bestowing unending joy and blessings through Her very pleasing and radiant countenance*

*The bells in the temple of all Sahaja Yogis' hearts are resounding "Ghan ghan ghan..." in the glory of Shri Shiva, and while the joy has permeated all the worlds Shri Kundalini Ma (wanting to share the divine experience of Shri Shiva Shakti leela) rises to Sahasrara.*

(from Hindi Bhajan Dam Dam Dam Dam Dam.ru Baje)



## STATE NEWS

### *from Western Australia...*

#### **Revised subscription rate for Australian Subscribers to *Divine Cool Breeze***

Present subscribers should have now received the latest *Divine Cool Breeze*. In view of the increase in the value of the AUS \$ against the US \$, it is necessary to revise the Annual Subscription. Please be advised that the new rate will be \$50.00 AUS per year. This amount covers 6 issues, postage, envelopes and bank charges. Old renewal notices were sent with the latest issue, please ignore them and remit \$50.00 AUS.

**Cheques/Money Orders are to be made payable to  
Suzanne McHutchison  
PO Box 364  
Exmouth WA 6707**

#### **New subscribers welcome!**

Excerpts from July/August 2003 issue—*Wisdom*

*"You needed a mother to look after you, to care for you  
and to be able to transform you with a lot of wisdom."*  
Birthday Puja 1990

*"Once you have self-esteem, you will have the wisdom to  
understand what is your role in this lifetime. This self-  
esteem is only possible if you see other people who are  
lost in the mire of nonsense."*  
Shivaratri Puja 1992

*"The wisdom or the essence of the Guru tattva is a bal-  
ance. Like when you maintain a plant, if you do not give it  
water it will die. If you give it too much water it will die. So  
the wisdom lies in the understanding how much water  
should be given to the plant so that it comes up at its  
best."*  
Guru Puja 1982

*"Human beings have to know, in their own freedom, how to  
deal with themselves. They have to learn, little hard way,  
the wisdom. They have to know, by going to extremes, we  
have suffered. They have to realize it because if they  
have to become truly, absolutely free, they have to rise in  
their wisdom. If they're not wise people, then they cannot  
enter into the Kingdom of God."*  
Hove, United Kingdom, 1982

*"You have to understand that it's very, very important that  
you should give Sahaja Yoga a full chance through your  
wisdom."*  
Guru Puja 2002

*Suzanne McHutchison*

### *from New South Wales...*

#### **Reminder notice for next Friday's public program & concert, and request for assistance with handouts**

This is a reminder notice for the public program and *Music of Joy* concert in Glenwood at 7:30pm on Friday 5th March.

**Caddies Creek Public School  
Cnr Glenwood Park Drive and Currawong Street  
Glenwood**

We require assistance with the handouts. There is only one weekend left to distribute them. Handouts can be picked up from:

Hari at Burwood ph 9747 2820 and  
Priya at 9/181 Pennant Hills Rd Carlingford ph 9630 7498

*Hari Gaikwad*

## SAHAJA TRAVELS

### **Memories of Vaitarna**

About 108 kilometres along the Mumbai-Nasik highway lies the turn-off to another world. Here at Khardi village we entered the world of Vaitarna. We enjoyed the jungles of teak trees and small villages scattered along the roadside, as we slowly wound along the road to PK Salve Kala Pradisthan—or as commonly known: *The Academy*.

This is indeed the land of Shri Shiva, complete with the scorpions, snakes and cows he is surrounded by. Here the stone cradle in which Lav and Kush were nursed can still be found in a remote place, kept by a small group of sadhus. The coolness and freshness of the air can be felt immediately as we leave the main road. Half an hour along this road is Vaitarna, a small village which sprung up around the *Modak Sagar Dam*, the last in a series of massive dams, which supplies Mumbai's drinking water. It is said that Shri Shiva spilt some of Ganga's water here forming the Vaitarna river.

To this place our Holy Mother Adi Shakti arrived about 16 years ago, to a small hut where she was worshipped by the local villagers. She visited this seemingly insignificant place many times in the early days of Sahaja Yoga, giving public programmes there attended by local as well as western yogis. At the time Shri Mataji purchased the very first piece of land for Sahaja Yoga right there. She must

have had this vision from the beginning. The original hut where she rested is still there and part of the property of the Academy.

As we entered the gates and were greeted by the proud marble statues of our beloved Babamama and of Shri PK Salve (Shri Mataji's father), the vibrations hit us like a wall—a wall of pure bliss. We very soon realised that we were not there purely by our own good fortune and long-time desire, but the fact that we were there was simply a very precious gift from our Holy Mother! Just to set foot there was an enormous privilege - we were on Holy Land.

We were warmly greeted by our dear teachers and all of the staff. At first I felt these people were not real—they had such a beautiful dignity and vibrations. It was as if they had been sent by Her directly from heaven, or had emerged from the earth. These were my thoughts:

*We are surrounded by angels  
Who have come from this earth,  
So giving; so loving  
It feels in this Her embrace  
Every bird, every tree  
Was put here by Her  
To give us this joy  
And join us in Her song  
There is no way of telling  
Of the beauty of this place  
This Universe we are in  
At Her lotus feet  
It overcomes me  
And my heart swells  
Like a well overflowing*

Little did we realise that our stay was going to be so much more than just learning, through music and dance, many new ways to praise Her. As a local Indian friend from Srirampur said in amazement upon arriving at the Academy: "The heart is completely open here!" It was indeed going to be a discovery of how much we can grow and love each other in a place where all the chakras are completely open, and where we are completely sheltered under the sari paloo of Shri Mataji. You could describe it as going on the old-style India tours, and growing on the subtle in leaps and bounds, but without any of the discomforts of constantly travelling. The bedrooms on the top floor overlooking the lovely countryside are indeed very comfortable, and so too the en-suite bathrooms with western fittings! Shri Mataji had personally designed and orchestrated the whole thing so beautifully! We were blessed with the very best teachers She could find for us in Her universe. She also put us with the group of students with whom we would best be able to grow ourselves and each other.

In every classroom is a large photo of Shri Mataji. You take one look at it, or even a glance, and you know She is right there. You just know she is with you completely. In fact She is so present all over the cool and pleasant buildings, that I used to go into deep meditation whilst doing my

ironing! One day I wrote this: "*Today I decided to clean up the room after neglecting it for some time. I washed the clothes, tidied, took my bath, and after that my hands were humming with vibrations. So much of it, that I glided down the stairs to my lesson. I did not even feel the need for singing, just being in this bliss was my desire*".

Meditation was at 6.30 every morning about half an hour before sunrise. We sat together on the large outdoor stage and felt our Sahasraras open like huge lotus flowers, with bliss raining down all over us every morning! The sounds of the nature around us echoed our joy:

*The Morning  
So full of hope and promise,  
At first light  
The sprouting of that seed  
Divine,  
So gently....  
It meets the sound of birds;  
The sky  
The earth  
All rejoice  
In Her sweet loving presence*

My singing teacher was Subramanian Sir, a renowned yogi from Hyderabad, who had given up all his college students to come and teach just three of us! He is extremely loved and well-respected in the Sahaj world, and at Ganapatipule always had a crowd surrounding him. We were very privileged to "have him to ourselves" at Vaitarna; just to be in the company of his radiant innocence and sweetest vishuddhi was bliss. We absorbed so much of the beauty of Sahaj just through his presence, let alone all the beautiful ragas and bhajans he taught us. We could truly feel Her using him as Her instrument, and we knew She was teaching us through him. By Her grace he was able to extend his stay several times and in the end gave us a full month of lessons, which he so generously offered to us without taking a single day off. Of course, he also did not want to leave Vaitarna.

Freya came to Vaitarna hoping to learn Kuchipudhi dance. When we applied to come there was no dance teacher as yet. But as Shri Mataji works everything out so beautifully, Subramanian Sir had met a young dancer and teacher at his college at Hyderabad, Sandeep Bodhanker. At the very last minute Sandeep Sir accepted the invitation to come to teach at Shri Mataji's school, leaving behind many students and commitments at Hyderabad.

At the young age of 21 Sandeep Sir has already won innumerable awards, amongst them the highest dance order of India, the *NrityaShri*. He has already completed over 800 solo performances all over India and overseas, and choreographed movies. He must have wondered slightly what he had done to "desert" his career to come and teach only two students (initially) in this seemingly desolate jungle area: a very tall and delightful 18-year-old, Madhurima from the USA and little 7-year-old Freya from Australia. He very rightly said to me: "Madam, what do you expect for

her to learn of Kuchipudhi in 1 month?!?" (As with all Indian art forms, a lifetime of study is not quite long enough!) I just said that I trusted Shri Mataji and himself completely in whatever the endeavours they should undertake.

Sandeep Sir spontaneously taught Madhu a solo piece of Shri Krishna, and Freya a Ganesha piece without any prior knowledge of the relationship between the countries and the chakras! But this was just a typical example of how Shri Mataji was orchestrating everything. The incredible results they achieved together in such a short time, through a lot of hard work and effort, were indeed amazing. Sandeep Sir received for all his dedication the divine gift of complete faith and love for Shri Mataji. The dancers delighted everyone including the District Commissioner, who granted the laying of a water pipe from the dam to the Academy! The highlight and culmination of the dance and music classes was our collective Academy performance of the popular bhajan *Charanome Ma* (written by Sir Subramanian) in the divine presence of Shri Mataji at Ganapatipule. It is something we will never forget, and think of often. How can we ever express our gratitude to our beloved Mother?

Tabla was being taught by Khan Sahib, another great Sahaj music veteran. He had in the beginning only one student namely Dr Katia from Russia. She was extremely knowledgeable on the Subtle System, as she had spent quite a few years working at Washi hospital; so we had our own in-house vibrational doctor there as well!

We had 2 lessons every single day. The morning session was held after chai and breakfast. The first lesson took us until lunchtime. After lunch we had time for a rest under the fans (November was still quite hot in the middle of the day) or general housekeeping, and by 4.30 we would assemble for the afternoon class. If the power was cut, as was often the case (still a big problem in all of India), we would have the blessing of singing outdoors, during which time we could revel at the beauty of the sunset at the same time as singing glorious music. Pure magic! After our final lesson for the day we had collective meditation at 7.30, always blissful, followed by dinner. With days full of this type of activity we were surprisingly tired in a very satisfied way, and we would generally retire around 10pm. Except for the last week before Ganapatipule, when no-one wanted to retire, but wanted to enjoy the maximum time with our beloved Vaitarna family.

Collectively we had endless experiences of pure joy: sharing with the local yogis in their weekly programme; walking amongst the rustling leaves of the teak trees around the rivers and creeks with our fellow students (I could write an essay about the beauty of each one of them individually); cooking pancakes for breakfast; celebrating birthdays; sharing Sahaj anecdotes; stargazing on the rooftop and playing *Chinese Whispers* (should have been re-named "Chinese Laughter") under the full moon; going to town (and taking days to clear out what was picked up outside the walls of protection); laughing together and dreaming of

ice-cream; being greeted in the morning by the local children and by the cows outside (you felt Shri Krishna could have turned up anytime); drinking tulsi tea at the original hut with Deepak and his family (Deepak is a mango farmer from Ganapatipule, whom Shri Mataji asked to come and plant mango trees at Vaitarna); collectively planting coconut palms for the enjoyment of our future generations; singing and dancing together; sharing the endless joy of that most amazing place.

Saying goodbye to all of this: Shri Mataji's incessant attention, the vibrations, the teachers, the students, and the sisters and brothers who took care of us and watched over us 24 hours a day, friends whom we had grown so close to, was like being torn away from one's own family... The jeep we had booked had broken down, so we had to take an open jeep with no windows or doors back to Mumbai. This was Shri Mataji's final gift to us: That the vibrations of that Holy place would flow and blow inside our vehicle, filling us with the last loving touches of this precious land.

The dance, the music, and the open hearts will always stay with us. And a part of us will always remain there!

*Her greatness I cannot fathom  
Her sweetness too sweet for taste  
Her caring like a million mothers  
Her power immeasurable...  
Of Her divinity...  
Through Her love only,  
I begin to understand it.  
I am only at the beginning  
And I know there is no end*

With all our love

*Lene and Freya Jeffrey  
Sydney, Australia.*

We highly recommend for everyone to go and discover Vaitarna. Shri Mataji herself said: "*You have no idea what this land (Vaitarna) has in store for you*" !!!

Currently there are courses being held in Vocals—classical and bhajans—Kuchipudhi Nrityam, Tabla, and Miniature Painting. Shri Mataji has granted that shortly courses will be set up in: perfume and incense making and pottery. No previous experience is necessary; your creativity will just blossom when you get there!

If you would like any more information about Vaitarna Academy please do not hesitate to contact me on: [lene@sol.com.au](mailto:lene@sol.com.au) or (02) 9416 2969 .

The Director of the academy in India is Mumbai leader Mr Hari Jalan. For registration and enquiries you will find him at: [hkjalan@rediffmail.com](mailto:hkjalan@rediffmail.com) .

The academy web-site is: [www.pksacademy.com](http://www.pksacademy.com)