

Sahaja Yoga

19th March, 2004



Australian Newsletter

Jai Shri Mataji!

Phone: 612 6298 3743

Email articles for publication to: sahajnews@yahoo.com

Email subscription requests to: johndobbie@innocent.com

Publication deadline for contributions is midnight each Tuesday

*I just became blind
On this path to the formless Self:
All that was apart has united.*

*How to make out who others are
If "I" and "mine" can't be defined?
That which used to be singled out is no more visible.*

*Resting peacefully on top of the threefold mountain,
Above empty illusions,
I'm blessed without efforts.*

*Evil and good, and all longings,
I've thrown away with my begging things.
Free from all the worries
That whirl round in the three Gunas,
I'm not going to beg anymore.*

*I raised my head
To chant "Soham", the sacred sound,
And the Formless manifested.
He, the Giver, honoured my song.
The principle and the experimenter thus melted
in the unique Self,
Leaving behind the very concept of separation.*

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*This word is truthful as
An auspicious prediction
Of the times we strive for.*

*We'll follow the ancient path
To realisation ever new
In which we put all our faith.*

*There is one main requirement:
Hold firmly to experience.
By not clinging to knowledge
You'll deny your achievements.*

*Despise worldly ties and
Dedicate to the state of non-duality.*

*Tuka says : Saints of the past
Used no other method.*

Tukaram

NATIONAL NEWS

Appreciation Awards

The Appreciation Awards are one of the initiatives from this year's leaders' meeting in Sydney.

The intention is to openly recognize and appreciate the achievements of our young people. As Sahaja Yogis we wish to fully appreciate their qualities and development as young people and divinely-inspired Sahaja Yogis.

We urge everyone to take part and support these awards, you can help by:

- Prompting parents/guardians/caregivers to make applications for their children.
- Being a referee to a parent's application.
- Encouraging our children to explore and blossom to their full potential by encouraging them in their pursuits.
- Supporting all our children's efforts in their internal and external endeavours/growth.

We wish to show our support and love for our children, not by sitting and hoping that all will work out well but by taking active interest and active support to them all.

They are our children and we love them all and wish to help and support them wherever we can. Let's put this desire into something tangible and active that they will feel and see. Even Mozart who had the Divine gifts of Music had a big push from his music teacher dad and other professionals.

These Awards are open to all children from the age of five and upwards including Yuva Shaktis. Let us see if we can fill all categories and age groups by the 25th March, 2004 in time for Easter Puja National Seminar.

Please start inundating your local leaders with applications and referees now! Get your application online from <http://au.groups.yahoo.com/group/sahajnetau/>.

Jai Shri Mataji

*Raymond Hampton
Sydney*

STATE NEWS

from New South Wales...

Manly Corso realisation next Saturday

"Come and get it!!!"This will be our call at Manly Corso.

Last call for self-realisation for the summer at Manly Corso. This will be the last chance we have to actively take Sahaja Yoga into the streets for a while. Why not come and join this new movement of Sahaj dynamism.

There are things happening on so many levels that we will truly never understand. There have already been occurrences happening that have shifted conditionings and egos in many people...like the last time when a couple of aboriginal boys got realisation right after the Redfern riots.

More and more people are seeing the Divine face of our Mother and the activity of yogis 'doing that thing with their hands'.

So this is your chance. We will be under the big Fig Tree in the middle of the Manly Corso from 10am till 4pm on Saturday, 27th March (the weekend after Birthday Puja).

Hope to see you there.

*Enquiries call Sean and Shubhada
9984 0302 or 0410 445 226*

Jai Shri Mataji

Financial support requested for the Radio Program Account

The radio program now costs the collective \$226 per week to broadcast, of which \$110 per week is paid by NSW promotions.

Our account is so low at the moment that we are not able to pay the bill for January and February 2004.

We would appreciate any donations to the Radio account.

Donations can be made through the contributions box at Burwood (and clearly marked for the radio account), or by cheque given to Anna Chicos or sent to:-

Sahaja Yoga Radio Program
19 Mount St
Blayney NSW 2799

Please make cheques out to "Life Eternal Trust NSW—Sahaja Yoga Radio"

Or by direct deposit into the account which is called:-

Life Eternal Trust NSW—Sahaja Yoga Radio
BSB NO: 012-245
Acc No: 5877-12524

If you deposit money this way please contact Anna Chicos on 6368 2368 so she can send you a receipt..

Thank you in advance for helping to vibrate the ether!

The Radio Team

Plea for help with preparations for Easter Puja Seminar

Dear Brothers and Sisters,

Why is it that I want so much for every body to equally take up the opportunity to do Sahaj Work?

Sahaj Work is not only in the field of giving realization. Yes, as Mother has said it is all we need to spiritually grow. However, we live in this world where paying bills, rent, food, transport, hire and other human obstacles all lie that we are also subject to. The day-to-day running of Sahaja Yoga is also subject to this. It requires us to do the basic housekeeping of life. In this way it requires us to do basic things that we may find difficult to associate with spiritual life. I would point out here that in Gandhi's autobiography he tells how he would clean out the cess pits of the ashram lavatories in order to facilitate the day-to-day running of the ashram—a job usually left to untouchables. His wife found this most difficult to come to terms with. However, she found inside herself the need to follow her husband's example.

When we come together for events we have what appears to be mundane tasks. Any of us that have been to Cabella for Ganesha Puja know that when hosting our Puja (as in actually hosting), our vibrations and access to the divine being on that very deep level is through doing what appears to be mundane jobs.

Some of the collective understand this very clearly, hence we always find them willing to drop everything and come to help. The secret here is that when we put Sahaj number one then you can actually see in your day to day life the Divine taking care of all our human mundane necessities in a way more beautiful than we could ever manage or imagine.

In Shri Mataji's Words *'If you take care of the work of the Divine the Divine will take care of yours'*.

The deep concern and wish I have is here: That every Yogi come to realize and understand that having the faith to do this first then sit and watch the beautiful way in which the Divine works become part of every yogis understanding and knowledge in a practical sense.

The outcomes would be many. We would see so many yogis working equally to a common goal. Every yogi would be able to experience the blessings awaiting all. Every yogi would shine equally bright. There would be nothing that is unachievable by such a group that realizes the Divine power of love on tap that is there to support us every time we step forward to do Mother's work with no expectation of the path or outcome and completely surrendering the results to the Divine.

Let's give it a try. Who wants to step forward for ANY duties for the build up to Easter Puja? If you don't know which duty then just ask for where you can be of help. We are not doing any of this for any one but rather our own

personal growth and collective growth. Yes there are some people there who have already put up their hands but what about those that have never had the opportunity to consider themselves – step forward you can only get Blessings!

Remember the build up is our Puja/ worship of the Devi where the vibrations lie for us.

Go on. Send me an email at rnrhampton@hotmail.com

Love to all

Raymond Hampton

Four of the tasks requiring assistance:

Shri Mataji's furniture and belongings recall

Shri Mataji's room is almost ready in Balmoral. We are doing a recall of all the furniture and objects belonging to our Divine Mother in order to furnish and decorate the bedroom.

If you have any thing could you please contact Caroline Clement in Burwood Ashram or on 8923 9331 during business hours.

Shri Mataji's Bathroom Ladies Meeting

There will be a ladies' meeting at Burwood at 11am this Saturday (the 20th). The goal is to recollect and clean Shri Mataji's belongings actually stored in the bathroom in Burwood in order to move them to Shri Mataji's bed room in Balmoral. All the ladies that wish to be involved are welcome.

Please call Burwood if you have any questions. See you there!

Shri Mataji's Furniture Transport to Balmoral

For all the men that wish to be involved Peter Morgan is coordinating the transport of Shri Mataji's furniture on Saturday 27th March. A large vehicle will be hired and Peter will need help to pack, carry and transport the furniture to Balmoral.

If you would like to help in one of those task or all of them please come to Burwood on Saturday the 27th at 8am sharp.

Please contact Peter to confirm your availability (phone: 04 2185 7797).

Shri Mataji's Bed Room decoration

We will be cleaning and decorating Shri Mataji's bedroom in Balmoral on Saturday the 27th and Sunday the 28th of March.

Anyone that would like to be involved please contact Caroline Clement at Burwood or on 8923 9331 (Business hours).

Many thanks for your help.
Chris and Raymond

INTERNATIONAL NEWS

from Spain...

Terrorist attacks in Madrid

Dear all,

After such a terrible news, everybody in the collectivity seems to be all right. A sahaja yogini was in one of the stations one hour or so later than the explosions had taken place as she had to pick on of the trains. She told me yesterday how she could see the fear and panic in the faces of the people in the area; particularly in the faces of the children that even without having said anything to them they were shut and quiet; and mothers hugging their children very tightly to protect them of this harm and chaos.

We are shocked after such a huge terrorist attack, with a number of dead (200) and injured (1400) people. Now there is a question about which group caused this massacre, ETA or AlQaeda. I personally do not see it as important. The question is that last month a group of ETA people were arrested and they had some explosives and were going to put it in some trains. Besides, some explosives were taken out from some trains put by ETA terrorists a week earlier. The incredible news is that some of the explosives did not explode and the whole thing did not function as it was organized: the idea was that all had exploded simultaneously when the trains were into the station. Had it happened that way the massacre would have been much worse. Besides, there were some trap-bombs for the police to be killed when they tried to deactivate. And some more explosives were taken with the material collected from the trains and found out later without having exploded. Such a barbarian act is difficult to assimilate and imagine.

We are going to make a Puja on Saturday and a havan next Sunday in Madrid and try to go to the manifestations together in order to unite our energies and reverse the collective national mood of fear, pain and depression. This is clearly an extreme attack of the negativity we have to confront.

Sorry to put this message in this forum but I liked to thank you for your collective attention and maybe you did not know the story in such detail.

Roberto Luis Sánchez-Labrador
[mailto:RSLabrador@trantor.es]

SAHAJA WISDOM

Be right in the Middle Path

Stand in the flow of Divine Vibrations

Stand in the Attention of our Mother

Focus on the true expression of your powers as Saint,
as Sahaji,

You can change, help, Love other people

Set your attention back into Sahasrara in a second

Help someone awaken his Kundalini

With only a bandhan or a prayer,
you can correct your child

Say 'No!' to destructive thoughts or attitudes

Your physical contribution to any project
makes a difference in its success and beauty

This brings depth to our meditation,

Silent but dynamic,

Sensitive to Vibrations,

With devotion,

Joy...

One is always inspired by such yogis,

They carry that strength within themselves.

Stand in the Middle Path.

Jean-Michel Huet
Sydney