

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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*Know the strength of man,
But keep a woman's care!
Be the stream of the Universe!
Being the stream of the Universe,
Ever true and unswerving,
Become as a little child once more.*

Lao Tse

STATE NEWS

from New South Wales...

Another Sahaj baby joins the Sydney collective

Michaela Xin Yun was born on 14th Feb 2002 in Anhui province, China. She became our new baby daughter on 8th Dec 2003, just after Shri Mataji's visit to the Chinese collective.

Thank you Shri Mataji, for all your blessings.

John and Claire Pisani

SAHAJ EXPERIENCES

A yogini shares with us a moment of deep insight

We have just enjoyed a beautiful weekend with the Bathurst/Orange collective. I feel compelled to share something with you: namely a moment of profound realisation as far as having faith in Shri Mataji's Divine Play.

We have been taught by Shri Mataji to have faith in ourselves, to take up opportunities when they present themselves to us, to listen to our innermost directions from Our Mother guiding us to whatever needs to work out in our individual lives, leading us on to the needs of the greater collective so the Divine Play can continue to be played out, not only in our lives, but also in the lives of those around us, in our families, our work place, our communities, state, country, world and universe.

For each and everyone of us it starts with our connection, relationship and faith in Shri Mataji, the Divine Mother. If we try to work it out in any other order we not only water down our connection, we also water down Sahaja Yoga and the Divine Play. When this happens, being collective becomes a battle and we feel we have to organise collective life. We lose faith in collectivity working out and the

organisers get big headaches and ultimately will burn out. If we all take a good long look at our individual lives, most of the collective will realise we are not actually collective beings in the real sense, but more in a mental understanding of how to behave, without the connection and relationship with the Divine leading to faith and fearlessness towards being spontaneous (Sahaja) Yogis/Yoginis.

Idealistic? Not at all. In fact, having browsed through Shanti's wedding photos—for the first time I might add—on the weekend in Bathurst while attending the 90th birthday breakfast/brunch party of Linda's mother Marjorie, it hit me straight away that it was absolutely true: that Shri Mataji orchestrated the whole wedding of Shanti and Shamik, because she was showing each of us how to live, work and play in her bandhan.

The joy on everyone's face was overpowering. In fact, my kundalini just danced at Sahasrar with such joy of collectivity. For the first time since the wedding I was able to put together all the pieces of the experience, having received many comments from different sources over the last few months. Finally I have come to realise the importance that this truly collective event has played in all our lives. Someone asked me at the wedding reception whether it took a lot of planning. What came to me was that it probably wouldn't have happened at all if I knew all that was involved. Just one step at a time was how it worked out... meditating...then the next step would become clear etc. I felt very guided all the way, just as Shri Mataji obviously guided all who were involved. The different aspects that came into play were from many sources (instruments). There was never a time that I felt in control, but I certainly had "faith" that what was working out was meant to be. Instinctively I knew it was the right thing to do. The decisions were easy to make and all had to be in the nick of time—whatever that means. I guess it means there was no time to 'think' about things or 'doubt' how the Play was working out.

Jai Shri Mataji.....Wow!

*Raelene Wright
Katoomba, Australia*

Shri Mataji's 81st Birthday Celebrations: an Australian yogi shares his experience

Delhi

The passage to India begins a deeply personal journey that focuses the mind and spirit upon the pilgrimage to take part in Shri Mataji's birthday celebrations. As Sahaja Yogis one almost feels compelled, if physically and financially able, to experience the wonderful feeling of happiness and contentment when attending Puja. These are times of meditation and communion with the Almighty, the mind and spirit filled with Her beauty: a time to push aside the veil hiding the truth from our eyes, our soul bound to the spirit in worship and in service to truth.

While we may not be as young as we once were, perhaps overcoming the physical challenges of camp life is a small part of the sublimation of the Ego as the attention moves to the comfort of the spirit. Nirmal Dham may not appear to be a grand place: an expanse of brown earth, of relative sparse covering. Here you can meet people of all nations sharing food, sleeping under the one roof, creating bonds between Yogis at a place where all human beings are affirmed equal in everything.

Upon the site pendals are erected to satisfy the functions of a temporary city for 15,000 souls who need to be fed, watered, slept, cleaned and administered to, and most importantly to provide a sacred place where we may gather in worship.

This space is most blessed, for it has been consecrated and made holy by many years of dedicated worship, of many great festive celebrations and Puja venerations. Here one feels the wonderful levelling influence of Sahaja Yoga become a reality. There are people from almost all countries of the world where distinctions of race, colour, rank, nationality and social class are made insignificant. Where all recite the same prayers in a flow of unity, where all minds and ideas are concentrated upon God, not in solitude but in the company of the collective as the shared object of one great Puja celebration. This is the higher spiritual experience made possible by Shri Mataji who removed all obstacles and brought all people of the world who so desire closer to God.

We have come from many countries gathered in a place Shri Mataji has made a sanctuary, a place with standards of simplicity and austerity, the social and spiritual climate of the self, a place from which we gather strength.

The days were hot, the nights sultry, ever heat and dust, yet each evening as the time approached for Shri Mataji's arrival the sweltering night air cooled and moved as a cool breeze arrived. Then could be heard the sounds of distant

fireworks exploding in the night, the drawing of the curtains across the stage heralding Shri Mataji's arrival. Observing the protocol the curtain is drawn as Shri Mataji's is driven upon the stage, parting to reveal Our Holy Mother seated upon Her throne.

When we first see Shri Mataji after a period it is wonderful. She seems so simple yet so breathtakingly beautiful, emanating a sense of Divine power and presence, the Param Chaitanya flowing all about, Yogis all around with beaming faces, joy in their eyes, quiet thanks to Shri Mataji for making it possible to be there to see Her in person.

As the first night unfolded great musicians performed for a time which seemed to provide a medium through which the Divine vibrations flowed all about - uplifting, purifying and enlivening us all, the time the most precious in our life and as is said, 'memory believes before knowing remembers'.

The next evening was the Felicitation program to officially commemorate the occasion of Shri Mataji's 81st birthday. Many dignitaries, famous musicians, great figures from the Sahaja and secular worlds were present including great leaders of political and economic life. All were extolling the virtues of the Devi and acknowledging the achievements of Her life.

Great speeches were delivered with many fine and eloquent words spoken by people not formally Sahaja Yogis but who showed a great appreciation for the outstanding life and times of the greatest living spiritual figure in the world today. They praised Shri Mataji for teaching the world the way of knowledge, truth and the way of true love for the benefit of the world.

Mr Nalgirkar spoke of the many letters of commendation and felicitation sent from all over the world. He selected one letter of praise from the President of Taiwan who openly praised and recognized Shri Mataji as the Deity of our times.

Following the felicitations we were privileged to witness many great musical performances by luminaries such as Debu Chowdry. Many notable performers took the stage that night but none moved the audience so much as a group of simple women from the Shri Mataji's NGO setup for care and protection of destitute women. The group was mainly young girls who wore simple red Punjabi dresses, and ranged in age from older teenagers to young girls. During their dance while perhaps they did not always keep in strict rhythm and step, yet their love and devotion was such that it was more than sufficient ornamentation to thank Shri Mataji for helping transform their lives. It was one of the highlights of the evening.

Then the great day of Puja celebration dawned hot and humid which did not abate even after we had gathered during the early hours of the evening. There were estimates that 15,000 Yogis had gathered for the celebration that seemed

to add even more to heat to the pendal. The temperature continued to rise. We all continued to sweat. The music played and we patiently waited. The insect reduction strategy of blowing pesticide-laced smoke into the pendal may have resulted in the extinction of a few million bugs but it added an additional interesting element to the conditions within the pendal.

The side panels of the pendal were eventually removed, bringing some relief. But nothing really changed until the cool breezes began to flow heralding Shri Mataji's approach to the pendal.

The celebration of our Holy Mother's great incarnation is a time of great joy. Shri Mataji's discourse was short but full of meaning. She said She did not like what was going on in the world and we should all work for a positive change. She ended by saying that this was a mutual admiration society, that we loved Her and She admired us for establishing ourselves in Sahaja Yoga. The great Puja commemoration then began followed by festivities associated with the gift giving while all the time Divine music played out around us all.

Shri Mataji has made the spiritual liberation of mankind achievable. Because of Her advent the world need not be lost in darkness and this dream will become a reality. But as Sir CP asked of us, we must commit to make Sahaja Yoga our first priority in life and to take up the responsibility for the work of Sahaja Yoga. Nothing else will secure the future, but only if we take up God's great work to refurbish the world in Her image. We must ever strive to become spiritual human beings and to work to bring Shri Mataji's message to the world through the spread of Sahaja Yoga by all means possible.

Belapur

Following Birthday Puja an opportunity was presented to spend some time in Belapur before returning home. The atmosphere within the grounds are very peaceful and the vibrations incredible strong. One can really sense Shri Mataji's attention present within its walls. The techniques suggested are given with love and an in-depth understanding of what is needed for each individual's progress.

During the time at Belapur one is looked after by a wonderful group of Yogi practitioners who look after our every need and in a manner that soothes the soul. Most importantly they provide vibrational support as an expression of their bhakti to Shri Mataji to help improve the spiritual condition of the subtle instrument. This is the best and most important assistance one human being can give to another.

When one is at Belapur in a situation when there is no physical, mental or social imperative requiring some sort of cure, the opportunity exists to spend time in a place where all the cares of the world are removed from the attention.

There are no mobile phones, no job, no boss, no stress - all the things that occupy 95% of our waking attention are removed and we can devote 100% of our time to introspection, meditation, and contemplation upon Shri Mataji.

There is nothing to rush towards. There is no imperative beyond the needs of the subtle: a time of deliberation, reflection and 'thoughtless' consideration. External trappings are left behind. One wears simple garb, enjoys simple food, simple pleasures and plenty of time spent in the company of Yogis sharing in the beauty of the experience.

The visitor must be ready to sacrifice a bit of their personal time, financial resources and comfort to serve the purpose of their spiritual ascent. There are times when one may feel a little lonely, and occasions when one must face doubt, laziness and our own shortcomings with no convenient external excuses to dress them as something other than limitations within our own being. When we face and overcome challenges such as these we begin to make progress. Through the process of clearing and meditation one finds a greater faith and trust in Shri Mataji, a better understanding of our dependence upon Her formless state which is the source of all our strength, devotion, and love.

It is on occasions of introspection that we learn that we need patience and an appreciation of our own shortcomings. Progress sometimes can be made in small steps towards a better state of being. Time at Belapur means experiencing our faith and facing ourselves upon the spiritual plane. When this is done we see the need for change.

We may believe at some mental or intellectual level, or in some other manner, that the truth of Sahaja Yoga has solutions for all our issues. But when we are freed from that which holds us back then this understanding becomes something much more important, namely faith and bhakti towards Shri Mataji.

The time at Belapur is spent travelling upon a mystic journey seeking to clarify and reaffirm the deep places of experience within us which are the wealth of Sahaja Yoga each of us possess and need to be protected at all costs, through prayer, cleansing, the practices Shri Mataji has given us, and meditation.

Jai Shri Mataji !

*Chris Kyriacou
Sydney, Australia*

SAHAJA VIEWPOINT

Helping Yuva Shakti to feel they belong: a concerned yogi writes

I feel something slightly critical that we should keep in our attention.

In the UK we have a decent number of Yuva Shakti, and in a way, we have the full age range from the youngest who are just coming in, to those who are getting married at the higher end (usually before they ever reach 25 years).

The main body of active Yuva Shakti here are generally of the ages of 18 until 23-24. As people begin to reach 25 or 26 they begin to feel they are getting 'too old' to have fun and enjoy fiestas all night long. Others begin to move their attention towards getting married and moving away from activities with younger Yogis to take up responsibilities with the larger collective.

A few things here—

I think we are moving towards a direction where we should really know and feel inside that Young or Old, we want to be a part of a Sahaj collective that covers all the ages. Yuva Shakti participate to help with responsibilities which help the whole collective, as well as the young people, and in the same way Yogis give their love to all their children and brothers and sisters of every age alike.

But something which should be of a great concern is that we look after and take care of those Yuva Shakti who are younger than us, who are just beginning to take responsibility for themselves and for their own lives. And this is really important. We must not have a situation where all the wonderful things we have learnt and manifest as Yuva Shakti now disappear when people move on and start to bring their attention to other stages of their life. What I mean to say is that there must not be a gap behind what you might see as our age group right now (Yuva Shakti between about 17 and 25).

Yuva Shakti is not only for our personal and collective benefit, but very much for the benefit of allowing young people to grow in Sahaj and stick with Sahaj through that collectivity. And this means every person from our age, and all those who are younger all the way to the newborn (they will all grow up fast enough, and to have a strong established and ongoing Yuva Shakti in the future will be such a blessing for them, as it is for us).

I think that it is crucial that we find ways to bring younger Yuva Shakti into feeling that they are part of the whole Yuva Shakti collective. Sometimes we can forget, or even feel to segregate them because they are not old enough,

but my personal feeling is that that is not going to work or help anyone. Each young person we see now, and may not directly identify with—but will grow each into such wonderful Yogis fully beaming with vibrations and love—and that we can never take for granted, and we must look to ensure with all our heart and desire.

Before our recent seminar here, we had quite a few phone calls to ask that we help out the younger Yuva Shakti—mainly the age range of 13-14. This is one of the most difficult times, and a time where they can really benefit from feeling and becoming a part of the larger group—where qualities of purity, innocence, love and security can pervade much more strongly. It is also sometimes difficult for us personally to be able to make the connections with each of these younger people, but they can make connections with each other and those immediately older and their age. Usually Yuva Shakti who come back from Dhamshala (more with girls than boys) can help here very much, being strong and determined to participate in Sahaj collectivity and bring everyone together.

Somehow I feel we must keep it in our attention and help to make the venues available for them to be included and grow into the collectivity, as at the higher end of the Yuva Shakti we are growing into the collectivity of adulthood and the bigger picture. The last thing you would want is for us to move on, and so much joy and nourishment that we have experienced with each other through the blessings of Yuva Shakti, to not be around for all these young children growing up now. I think this is something we need to help with both collectively but also each one of us individually, keeping our attention with the younger ones and making the connections. This I feel is also very important to the longevity and strength of the whole Sahaj collective, in taking care of our children and younger brothers and sisters everywhere.

Lots and lots of love,

Gautama

SAHAJ POETRY

Ma Kis Vidhi Karun Stuti Tumahari

*Mother how do I sing your prayers?
You are the nourisher, Protector of the world
Remover of all obstacles,
The One who does away with all sorrows and fears.
But I am ignorant of all these high ideas and talks
For me, You are simply the Beloved Mother.
Mother how do I sing Your prayers?*

*You have lifted us above the gods,
Revealed to the essence of Mahadev
Shown to us the conjunction of Shiva with Shakti
Led us on the path to Sadashiv
Illuminated our inner self and world
Mother You have given all this to us just like that!*

*Me the mantra-bound and innocent child,
I know nothing of this high talk
I simply like your incomparable look.
Your lovely bindi, Your unending compassion,
For me, You remain the beloved Mother.
Mother how do I sing Your prayers?*

*What is this small talk of Manipur and Anhat?
We have left behind these rituals of the chakras,
Having risen above the seven heavens
We now control the fate of the twelve Adityas.
Rooted firmly in the enlightened sangha.
We are mast and enraptured with Chaitanya*

*Fully satiated are Your children,
Grateful eternally for your motherly love.
We wish our lives be added to Yours, because
Incomparably soothing is the shade of Your saree
You are the princess with adorable countenance
But you above all are my most Beloved Mother,
Mother how do I sing Your prayers?*

Rajiv Kumar, India

(English translation of a poem read to Shri Mataji
on the occasion of her 81st Birthday)

SAHAJ INTEREST

India bans public smoking

Tough new smoking laws have come into force in India.

It is now illegal to smoke in public places and directly or indirectly advertise tobacco products.

The ban was being implemented under the country's brand new Anti-Smoking Act which was passed by Parliament last year.

The new law bans all mass media advertising of tobacco products except at selling points.

Smoking in public places like streets, buses, restaurants, airports, trains and markets has also been prohibited.

Violators would be fined 200 rupees (\$A6), the officials said.

A prohibition on the sale of tobacco products near educational institutions and mandatory health warnings on tobacco products and listing of tar and nicotine content are also part of the new law.

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