

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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*The sage has no mind of his own.
He is aware of the needs of others.*

*I am good to people who are good.
I am also good to people who are not good.
Because Virtue is goodness.
I have faith in people who are faithful.
I also have faith in people who are not faithful.
Because Virtue is faithfulness.*

*The sage is shy and humble
—to the world he seems confusing.
Men look to him and listen.
He behaves like a little child.*

Lao-Tse



STATE NEWS

from New South Wales...

**Bookings close this Monday
to join the yogis travelling to Uluru
on the June long weekend**

The magic week-end to Ganesha's land is coming very soon (11th to 14th June). So far there are 32 yogis coming from Sydney, Melbourne, Brisbane, Perth and Adelaide.

If any person is still considering to come and hasn't still let us know, please call Neil (0412 234 808) or Rodolphe (0414 071 346) ASAP. After Monday 31st May it will be too late...(date to cancel or confirm cabins and buses).

Accommodation and transportation details

- Cabins (up to 6 people) include bed linen, doonas, blankets, pillows, sheets, bath towels and equipped kitchen
- 2x 12-seater buses have being booked. Depending on the final numbers it will cost between \$55 and \$70 per person for the all week-end.
- We will call everyone to arrange the final details like program for the day and food.

For any more info don't hesitate to call us.

*Neil Avoledo and Rodolphe Clemente
Sydney*

**Shri Adi Shakti Puja
at Balmoral next Sunday**

"It's a very important day that you worship me as Adi Shakti, but you should know that Adi Shakti has to be a complete form."

"All My blessings, all My love all My powers I give to you. But try to understand. All right? Thank you very much."

Shri Mataji Nirmala Devi
Shri Adi Shakti Puja, Cabella
23rd June 2002

Central Coast and Hunter along with everyone in Groups 1 and 2 invite all to come and enjoy the grand meditation which is Adi Shakti puja and allow us to be our philanthropic best for you.

**Balmoral property
Sunday 6th June 2004
Commencing midday**

Group 10 Set up & dismantle
Group 1 Cooking
Group 2 Washing up

Thank you.

Jacqueline Coulter on behalf of the hosting group

INTERNATIONAL NEWS

from India...

**Sahasrara Puja 2004 at Nargol,
the birthplace of Sahaja Yoga**

Dear Brothers & Sisters,

This is how it went.

We arrived at Sanjaan station and from there proceeded to Nargol, which is about twenty minutes by road from the railway station. The collectivity was housed in a Parsi Association Guest House which is located right there where Shri Mataji first opened the Sahasrara first in 1970.

As soon as we arrived at the Railway station and climbed the bridge, I could feel the vibrations coursing through every pore of my being, clearing away my insides of the tiredness associated with the whole night's work in office before.

As we arrived, we freshened up and then after taking note of the schedule, I went to the sea beach, which is a stone's throw from where we were standing.

Now, waterfronts are always special and unique places for me and this one was even more special because of its spiritual significance. And I was right there on the ocean, with no one around me, maybe just three or four people in the stretch of half a kilometre on either side from where I was standing.

Mother says that the Ocean is our Father, and we have to respect Him. And, there I was, standing in front of our Father watching in awe and respect.

And there He was, in His full glory and magnificence, with His arms extending as far as one could see, with the strength of a thousand volcanoes and with the calm of a million moons.

The moment was so unique, so peaceful and so awe-inspiring and the vibrations were so sweet and loving that I felt that my outer shell has vanished and I was not the flesh and blood that we are, but I was only the spirit—an *ansh* (part) of the Parmeshwar, a beloved son of God Almighty. I felt elevated three feet above the water. I closed my eyes, and the vibrations flowed through each and every pore of my physical self, elevating me to the state of Nirvicharita and I let the vibrations take me wherever they wanted. I floated through endless galaxies and many a million miles, before the cool and soothing water lapping away at my feet on the sand brought me back to my senses, where I was.

It was so beautiful that I cannot tell, I cannot describe. And, I felt the love of our Father surrounding me, enveloping me from all four directions. And, overwhelmed, I said,

"Father, here I am, your beloved son, in front of you. Aren't you glad to see me?"

And in reply the little waterfronts continued to wash on the shore and lap away at my feet.

This continued for maybe three or four minutes, and I could feel the clearing taking place, as we all know that you can foot soak when on an oceanfront. And, I kept on talking with my Father all the time, "I am so glad to see you, and it is so peaceful here, I wish all the Sahaji brethren were here. How beautiful it would be"

And the waves and the foam continued to wash ashore.

I could've sat there forever, and all of a sudden I was envious of all those who stayed near to the rivers and seas—Sahajis or non-Sahajis.

But then all of a sudden, the waves started coming in fast and strong. And the water breaking on the shore started pushing me back, forcing me back by two or three inches from where I was standing.

I said, "Father, why do you want me to go? It is not even a quarter of an hour I have been with you. Aren't you happy that I am here? Why do you push me away?" And there were tears in my eyes.

But, He wouldn't listen, He wouldn't consider. The water still started coming in fast and furious, and I was again pushed back three inches, and I could feel him in the Nirakaar (formless) telling me in my Sahasrara, "Go, Go, Go".

Sadly, I said, "All right, if that is what You wish."

And, with a prayer of gratitude and a Pranaam from the bottom of my heart, I turned around.

And I was walking through the small trees there on the shore, back to the guesthouse, when a fellow Sahaji told me, "Do you wish to see the tree where it all started? The place where Shri Mataji opened the Sahasrara first in 1970?"

I said, "Yes" and went along with him.

The tree was right there, as it was, 34 years ago, the place where the resurgence started, the place where the light of the Spirit was first awakened in our mortal shells, the starting of Kritayuga, the place where the Super-consciousness first descended on this planet.

And, it was another over whelming spectacle, an occasion which left me speechless, overawed by the enormity, the love and yet the simplicity of the place.

The tree is cemented at the bottom, in the form of a square, in order to preserve it. You can feel the cool breeze even in the noon sun.

Next to this tree close by is another tree where the Sahaji brethren had last year tied a scarf with the words "Jai Shri Mataji" after taking out a small procession.

I went and sat there for some time.

And before I know I had dozed off. I could feel the vibrations clearing my subtle system while I slept, and I could feel myself being refreshed in mind, body and spirit.

I got up an hour later and went back to the guesthouse in order to prepare for the evening's programme and Puja.

First there was a small collective meeting where general things were discussed.

Then there was a Hawan there in the evening, when the 108 names of Shri Mataji were taken and we meditated in the Sahasrara.

The vibrations were as always, beautiful and soothing.

Then after dinner, Sahaji brother Deepak Verma (who is a singer) held the stage with beautiful beautiful bhajans, which were as comforting as they can get.

Jaago Savera Aaya Hai, Jaago He Jagdambe Jaago He Jwala, Shri Jagdambe Aayi Re Meri Nirmal Maa, Haasat Aali Nirmal Aayi were all sung by everyone in collectivity and a few of the brothers and sisters danced in front of Mother with abandon and joy.

The organisers had rented rooms of the hostel of the Parsi association for staying overnight, but half of the Sahajis took cloth sheets and went and slept beneath the tree where it all started !!!

And, the other half, slept in the tent, which was bound to host the programme and the Puja !!!

Day 2

The next day in the morning we got up early at six for morning meditation. And immediately after the Bandhan, balancing of left, right & centre and the morning Dhyana, all Sahaji brethren got together and took a pole on which was tied a saffron scarf which has "*Jai Shri Mataji*" written on it. The entire collectivity was there, and there were Nirmal Bhajans from everyone's lips.

Shri Radha-Krishna Sakshaat floated through our Vishudhis and everyone was singing effortlessly in unison with the "*Jai Jai's*" of Shri Mataji.

The collectivity took the pole to the cemented tree.

And there a Sahaji bhai climbed up the tree and tied the scarf and the pole.

All the while everyone was singing in unison. The brothers and sisters danced in unison around the tree, with the sheer joy of being Nirmal, of being Nishkalank, all in the love of our beloved Mother.

Mother says that when you are in Sahaj, you are not the mind, the body, the flesh, the blood, but you are the Spirit—the purest form of God Almighty.

That which cannot be cleaved, that which cannot be burnt,

that which cannot be destroyed.

And that which cannot be tainted

The Spirit is Nirmal.

And so are you all.

You are the Moon without the blemish in it.

Each one of you is Nishkalank (spotless).

The greatest joy on this planet besides being a Sahaji is to be proclaimed Nishkalank (spotless) by our beloved Mother, by the Primordial Being, by the Viraat, by the Adishakti, by the Holy Spirit—HH Shri Mataji Nirmala Devi.

It was dances with angels, dances with the divine.

It was awesome. I wish you were there.

After meditating there in peace beneath the tree, we all went to the seashore, the entire collectivity. And there all of us did balancing in the water, barefoot, in the meanwhile praying to our Mother and to our Father in Heaven.

Some of us put our first fingers in the ears and chanted *"Allah – O – Akbar"*

And all of us just enjoyed the atmosphere.

Going back we had breakfast and lots of lots of Tea.

And, then we all got ready for the Puja.

"Gaaiye Ganapati Jag vandan, Shankar Suwan Bhavani Nandan"

"Riddhi Siddhi Gaj wadan Manohar"

Vibrations vibrations everywhere.....

Through the Ida, through the Pingala, through the Sushumna ..

From Mooladhara to Sahasrara ...

Through the Bhavsagara, through the Anahad, the three Vishuddhis and the Agnya..

Sat Chit Anand—only in Sahaj.

The love of God Almighty—only in Sahaj.

Moksha—only in Sahaj.

The Divine—only in Sahaj.

At the end of it all the state leaders told us that everyone can and should come back to Nargol in a group of 15-20 at least once a month.

There is provision for accommodation and food, which is very very affordable.

You can bring photos of Mother, light candles beneath the tree, and do Dhyana.

But to do a Puja there, (ie collection of money and like, whenever the Pujas happen at our centres) is not allowed.

That is against protocol.

Otherwise, for Dhyana and for meditation, there are no restrictions.

We, from Gujarat, do have a Shuddh Iccha to go there again.

Let's see when it materialises.

From India, I send you pure love.

May Mother Bless Us All.

Regards,

Rajan Batra
r_batra_2000@yahoo.com

SAHAJA PROJECT

The International Sahaja Yoga Book Project

There is an opportunity to provide assistance for a major international Sahaja Project. Grégoire de Kalbermatten has had the brilliant idea of us producing a series of some 12 books on Sahaja subjects by Shri Mataji Nirmala Devi, to be published in different languages around the world by professional publishing houses such as Penguin and on subjects such as:

1. *An Introduction to Shri Mataji & Her Sahaja Yoga* - DS/DL
2. *Spontaneous Union: An Introduction to Sahaja Yoga*
3. *The Keeper of the Gate* (innocence, wisdom, Shri Ganesha/Jesus)
4. *How to Be your Own Guru* (Adi Gurudatatraya)
5. *The Cool Fire* (Kundalini and Self-realization)
6. *The Inner World* (subtle system, and chakras)
7. *The Praxis of Transformation* (clearing techniques, balance, how to meditate)
8. *The Enlightened Mind* (talks on Buddhism, hamsa)
9. *The Pantheon of Light* (the Deities)
10. *Fortune and Misfortune of Religions* (Islam, Christianity, Hinduism)
11. *The Day Book from Above* (a random selection of quotations from Mother)

These books will be compiled from the vast body of talks that Shri Mataji has given us. Work is underway on the first title in the list, by David Spiro and Derek Lee.

Grégoire has asked me to be the director of the project and Shri Mataji has personally and enthusiastically given her blessings.

The first phase is to accurately transcribe as many of the talks as we can. There are already many transcriptions of talks circulating but nearly all of these have errors in them and we need to have perfect transcriptions for the compilers to use.

To this end, we currently have some 25 teams of transcribers from all over the world working on the talks, and in 9 months have completed just over 100 talks. This phase of the project is being managed by Ken Williams from the UK as Managing Editor of this phase of the project and, if you volunteer he will write to you when he's able to recruit more people, which hopefully will be quite soon. He will send a handbook to tell you the methodology and standards we are working to and it will be a big help that you

have precious experience of transcribing talks from the 1980s.

Currently we have over 50 yogis, working in pairs, from all over the world, and we are asking that each team completes, as a minimum, one talk per month. We have a number of husband-and-wife teams, which works really well as they have access to the same talks by Mother. Each pair, have registered a nickname for their team with Ken, and you might be thinking of your favorite. So that we don't have duplication of effort, the team register talks with Ken who then registers the talks that are currently being worked on. The first stage has the talk being transcribed by one team member, then checked by the other, the second stage has another yogi, independently verify the work of the team, so to avoid errors, each talk is therefore checked three times to ensure absolute accuracy.

It would be really nice to have more people from Australia on the team, your particular experience will be invaluable. Please consider if you wish to help, you need to be a dedicated yogis, fluent in English and familiar with Sahaja Yoga terms, and who, above all, if you say they will do something, then to follow through to completion.

We only ask each team that they transcribe one talk per month, so it is not a huge commitment of time and it is actually a wonderful job, and for the right people, a blessing rather than a chore.

So if anyone from collective wishes to be involved, it would be a huge help, for the transcription phase, at the present rate of progress, will take some years and we want to shorten it as much as we can. Interested Yogis can contact Alan at:

alanwherry@mac.com

Regards

Alan Wherry

SAHAJ INTEREST

Twelve Stories from the Life of Water Drops

One day a student asked his teacher: "How do I find the Truth?" The teacher replied, "You have no inkling of the truth, but you are not the only one seeking the truth."

"I'll tell you 12 little stories that will make it seem very simple to you but you have to keep repeating them many times and when you think you have understood them, don't stop until you understand the essence of the stories. Then the little stories will turn into big ones and big ones into very little ones again."

First Story

Once upon a time there was a water drop who maintained that the sea never existed. The same happens to people – they are living under God and saying that God doesn't exist.

Second story

"Give me freedom!" the water drop demanded in the depth of the sea. The sea was very kind and helped the water drop to rise to the surface. "Give me freedom!" the water drop demanded again. The sea could hear its voice and helped the water drop to rise to the clouds. "Give me freedom!" the water drop demanded again and the clouds let it go. So the water drop again ended up in the sea.

Third story

An intellectual water drop is just an intellectual water drop, but not the sea.

Fourth story

"All these water drops are not worth anything." Said the water drop in the sea.

Fifth story

"Undoubtedly, I did learn something which means I'm a little bit more significant than the sea." Said the water drop in the sea.

Sixth story

"I'll probably never meet the sea." Sighed the water drop in the sea.

Seventh story

"What do I care about the sea?" said the water drop in the sea.

Eighth story

One water drop was murmuring about its destiny since it was living in the sea but didn't want to know anything about the sea.

Ninth story

A water drop in the depth of the sea, called upon other water drops to start an uprising against the sea.

Tenth story

"By virtue of my authority," said one water drop to another water drop in the depth of the sea, "By virtue of my authority, from this day forward you are expelled from the sea."

Eleventh story

"I'm overwhelmed with love for you." The sea was saying to the water drop. But the water drop couldn't hear the sea, because it was full of love for another water drop.

Twelfth story

"If only I could surround every single water drop with love, then I would become the sea." The water drop reflected. So the water drop surrounded with its love one drop after another. But there was one water drop that hurt very much, so much so that there was no way to forgive it despite all this love. And just because it couldn't love this one and only water drop, it wasn't able to become the sea. The student came to his teacher again and asked, "Did a water drop ever become the sea?" The teacher finally told him the last story:

"There was one water drop who tried to be calm like the sea. It tried to be deep like the sea. Her effort was great and it could forgive. Suddenly the sea said to her, 'You are me and I am you.' And it rushed towards the water drop and threw its arms around the water drop and all the characteristics of the sea became the characteristics of the water drop. She became the tranquillity of the sea, boundlessness of the sea, and her depth became beneficial for the whole world."

"You are my student. You have to know that the sea protects those who love it and takes them on to its lap if they really desire."

"What if the water drop grew muddy, what then?" asked the student. The teacher burst out laughing. "A water drop cannot get so dirty that the sea couldn't make it clean".

Verner Viktor Shtindl

*(kindly translated from Russian by Tatiana Hewitson,
Wamuran, Australia)*