

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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*How like an angel came I down!
How bright are all things here!
When first among His works I did appear,
Oh how their glory did me crown!
The world resembled His eternity,
In which my soul did walk;
And ev'ry thing that I did see
Did with me talk.*

*The skies in their magnificence,
The lovely lively air,
Oh how Divine, how soft, how sweet, how fair!
The stars did entertain my sense;
And all the works of God so bright and pure,
So rich and great, did seem,
As if they ever must endure
In my esteem.*

*A native health and innocence
Within my bones did grow,
And while my God did all His glories show
I felt a vigor in my sense
That was all spirit; and within did flow
With seas of life like wine;
I nothing in the world did know
But t'was Divine.*

Thomas Traherne
1634-1674



STATE NEWS

from New South Wales...

**Special introspection program
Burwood Monday 4th October at 2pm
replaces the usual
Saturday night program this week**

As part of the new initiatives discussed was the need to host regular introspection programs throughout the year to address the need to further develop our individual depth and the growth of the collective: to come together to meditate, clear, introspect and to openly discuss any issues before the collective and identify and resolve any impediments to collective understanding and depth, while introspecting, learning, meditation and developing topics of interest and great awareness.

To this end we will not have a program this Saturday night, instead hosting an Introspect Program this Monday October 4th at Burwood commencing at 2pm.

All of the NSW collective is cordially invited.

Commencing at 1:30pm there will be an important Parents (and interested Yogis) meeting.

This will be to discuss the best way forward with the needs for the care and imbibing of Sahaja culture for our young children. Following on from the success of the Brisbane children's camp and with the experiences still fresh it's an opportune time to discuss the future and the way forward.

Some of the key points to come from a previous meeting regarding the care and protection of our children's future.

1. Shri Mataji's directions to us when the Burwood dormitory 'Rome School' model was closed was 'to make it legal'. This we have achieved but the outcome has been that we cannot introduce enough Sahaja Yoga into *Mother's Love*, so while it is a credible facility at present it cannot serve all of our needs and aspirations.

2. It could be run and turned into a more private facility with less government support and direction, converted into a private 'Sahaja Yoga Pre School' but it would need 14 children, full time five days a week to meet all the financial obligations together with the children residing next door at 10 Clarence St Burwood with the spirit of Shri Mataji's direction with the 'Rome School' and initially at Burwood.

3. Leading into this as a possibility the best option we feel is to begin down this path. This would be the formation of

Sahaja Yoga Children's facility at Burwood for a number of days for children aged 4 to 5. Burwood would be a dormitory based for some nights with the children attending the child care centre for during the day. There is a view that this is the best approach to take in relation to developing the deepest manner of collectivity, vibrations, and the proper placing of Shri Mataji as the primary and central focus for our children's lives. Also the best possible preparation for them as they move into India school

No matter how much we try and give them the proper Sahaja experience living at home within the normal Western family situation we can never give them the sort of experience living within a Sahaja family collective for a few days at Burwood can provide. Shri Mataji's direction of the Rome School is also a clear indication about what is best for our children.

With the three months remaining in the school year it would also provide a good opportunity to see how it all works then next year we can feel more assured that we will have sufficient numbers to consider a move towards a totally Sahaja based pre-school and dormitory facility if this is supported.

The leadership is fully behind this initiative, the Yogis living at Burwood are also supportive. It is up to the parents of the children within this 4-5 year age group to see if they are also up for the challenge, to strike out and establish something which will delivery life-long blessings while bringing Sahaja Yoga into their children's lives like nothing else will.

The time is here now to make some decisions. This Monday we need a show of commitment from those parents of children in the 4-5 year bracket. If there are enough children we can begin within the month. If there is no support, keeping in mind that everyone working to keep *Mother's Love* together is doing so for the benefit of Sahaja Yogis, then perhaps other decisions may need to be made regarding the future of *Mother's Love* child care.

Chris Kyriacou

from Western Australia...

Invitation to attend National Diwali Puja in Perth

It is with the greatest love and respect that the Perth collective invites all our brothers and sisters to join with us to celebrate the very auspicious occasion of Diwali Puja at Giddegannup in Perth.

We look forward to spending a very joyous time together where we can celebrate this special time, traditionally marked by rows and rows of lights which signify new life emerging from the darkness. This is particularly apt for us as Sahaja Yogis, and the Perth collective whole-heartedly would like to celebrate this national puja with as many as can come.

We are arranging a number of events to mark the occasion, including spreading the light of Sahaj to others, enjoying some time together, enjoying the nature and worshipping the Divine as only Sahaja Yogis know Her.

The Diwali weekend will run from 29th to 31st October. Please let us know your arrival and departure times, and the airline, so that we can arrange transport, by sending an e-mail message to salomon@iinet.net.au or by calling 08 9243 3826.

With love from the Perth Collective.

Joe Salomon

Jai Shri Mataji

SAHAJ HISTORY

I just found this old letter that fourteen years ago was passed on to Shri Mataji during Her stay in Austria for Ganesha Puja. (Shri Mataji later thanked the author for "the beautiful letter".) It was a beautiful moment in time—one of those rare and precious experiences that comes along too seldom—which I would like to share with you for this auspicious occasion.

The rising tide of joy

A few days ago I learned that Shri Mataji, in a mood of abundant joy, had declared that She now gives all Her blessings to Austria. Wondering what this could mean, I went into meditation. After some moments the answer came, that all Her blessings means Shri Ganesha, and that Austria would be filled with His presence.

Now, on this very cool, sunny summer morning in Vienna, just three days before Ganesha Puja, something tremendous was happening: something a million times bigger than words. How to describe it?

Suddenly, while listening to the recording of an earlier Ganesha Puja, a change began to rise in me, like the ocean's tide swelling by the cool light of the moon. A majestic Presence was entering my being, the room, the city—perhaps the whole world. It was SHRI GANESHA Himself. Moving with a graceful fluidity, His presence was transforming everything into a paradise. His immensity, having no bounds, was filling, and somehow expanding, the Creation. Within me, I realised that all the impure habits and projections, which I always clung to under my umbrella of guilt, were just hollow illusions. I guess I had felt inferior because I still could not find the Lord of Innocence in my being. Now it seemed crystal clear that I was supposed to simply and purely ask for, and patiently wait for, His Love to open my heart. It was not time yet.

Now, with only a sudden cool breath of warning, He came: The embodiment of Divine Love and Forgiveness! My faults had never existed—they were invisible specks of dust made huge through the microscope of my vane doubting. What a fool I had been: tricked, tempted and double-crossed by hosts of empty thoughts! I was thinking that they had some content. Now I see, with the pure vision of my Spirit, that only this majestic Beauty and playful Innocence of the Divine can really exist inside of anything real.

Only now that He is here, by the Grace of Shri Mataji, does everything begin to have meaning. And this Meaning that I begin now to grasp, is more deeply fulfilling than I had ever dared to desire.

*Edward Saugstad
(Shri Ganesha Puja weekend in Austria 1990)*

INTERNATIONAL NEWS

Report from Ganesha Puja 2004 in Los Angeles: a New Zealand yogini writes

Dearest Mother,

My journey to Ganesha Puja in LA was absolutely divine... for a long time I had the desire to be present with Mother in the physical form and I believe that Desire was the beginning of my journey. The amazing miracles that have happened in my life since dedicating myself to Sahaja has been my childhood dreams and prayers come true...in this beautiful land of Australia, the land of Shri Ganesha, where all your dreams can come true.

The Uluru tour was a magical turning point in my life, the maya of the journey was like, the implanting my roots that strengthened the seeds that I am to nurture within myself to grow maturely as a yogi. I had a strong desire to camp out at Uluru but didn't want to carry excess luggage. The first night was uncomfortable sleeping in a matchbox cabin on the top bunk. I enjoy wide open spaces. I knew I would regret going all that way and not having the privilege to sleep under the stars and be so close to Shri Ganesha. So I borrowed a tarpaulin, sleeping bag and a couple of blankets and had the most glorious sleep under the realm of the stars.

The absolute thoughtlessness there was phenomenal, being enveloped by Mother Earth I experienced such meaningful deep dreams. The third night I dreamt of Mother. I was in the centre. To the right of me were many people receiving realisation. To the left of me was a road, and I had a strong desire that Mother was coming. We were all waiting for her to come, (then she appeared) by cart, passing us going forward with her back to us. Mother sat to the left. To the right was her son. As soon as I realised it was definitely Mother's presence she turned around and looked directly into my eyes: Mother to the left with Avinash seated on her right. In that moment of silence my heart was jumping for joy. I waved to her, she waved back. I blew her a kiss and she blew one back. I believed at that time that the dream was a reminder that Mother is returning to the Land of Ganesha and the stronger the desire she will return.

Another pure desire was to compose a song whilst at Uluru but it never happened. When I returned home, I was blessed with a devotional Ganesha song, called *Enrap-tured by the Love*. Each day the tune and line by line pulsed through my entire being. I wanted to share it and sing that song to Mother and the world, for it was not mine—it is Mother's song to share with all.

Unbeknown to me, I never ever imagined going to Los Angeles. I never ever had the desire to go to America. The purest and only desire I have had was to be blessed with Mother's presence and the Miracle happened.

I am truly grateful for the encouragement expressed by Avinash, Chris and Raymond for all Australians to attend LA Ganesha program, for that announcement rekindled my deepest desire. I had personal fears of not being allowed to go, or how could I ask my husband for the money. I bandhanned with the support of the collective, shoebeated and Mother worked it all out for me to attend. With much appreciation to my husband's tax return the money was available and my daughter returned from New Zealand to help take care of the boys.

Internally I must admit I feared facing Shri Mataji, knowing she could see right through me, and facing myself and had a sense of unworthiness of being in her presence, so I surrendered to the all-pervading power to allow to be, in the hands of Our Mother.

All the events in preparation to actually being at the Renaissance Hotel was like being in another dimension, a time warp. We lived truly in the precious moment with such strong vibrations and the most divine love I had ever experienced. I lost count of the many blessings I received during the entire puja weekend, our meditations were the ultimate.

Each and everybody were tirelessly working in pure spirit as one. The hosting country meetings were so well organised thanks to such great leadership. Colleen truly was glowing in her element. She had many tasks: shopping, driving to and from the hotel to the ashram, to Mother's house, and kept the communication flowing for all.

Being a part of this play was so real yet unbelievable. Being there, was enough for me, I had no expectations, just the desire to share Mother's song to everyone.

The seminar on Saturday was brilliant listening to all the miracle stories of the experiences with Mother. Keiran truly touched my heart, so much courage to share his story with everyone and it was quite emotional for all. Thank you Keiran, you are the most beautiful young man I have ever met, your nature, your presence is truly a gift of Divine Love.

I was surprised to be asked to be a substitute in serving in Mother's room in case she arrived for the Music program. There were about six of us guided by Nilgan, not knowing anything or what to do if she arrived, we were asked to meditate. It was all exciting even though Mother never came.

I supported the New Zealand collective and had the privilege of singing with Meri Marshall, (another dream come

true) Mark, Jaynie, Rueben and Isaac. We sang *Celebrate from your Heart*. That album has always inspired me along my path in Sahaja.

Meeting Meri for the first time and having quality time with her throughout the puja, was such an intimacy. The meaningful conversations, with the obstacles we have and are to face as Maori woman. I often wondered why are we talking about these issues but sharing them was helping to work them out on another level.

I was blessed with the opportunity to sing *Enraptured by the Love* solo and I swear, even though there were over five hundred people in the room, it seemed like I was the only person in the room with Mother singing through my heart. I have never been so confident and so grounded whilst singing before. Jai Shri Mataji...

On Sunday, meditation was so serene until we listened to Mother's talk, which raised lots of issues for me, so close to home, in relation to the innocence of children and marriages.

I was overwhelmed with emotion, sobbing, Mother was clearing me out. I went to Colleen and said I could not serve in Mother's room for I had a sense of unworthiness. With many thanks to Colleen she encouraged me that things were working out. I returned to meditation and another sister gave me vibrations. She said I was very cool. Later on Hugh Frith asked me to be one of the ladies in puja to hold up the sari and explained the protocol, WOW! At times even though the physical body was weary, I had to wonder whether I was really in this body, because working in pure spirit is difficult to explain.

When Shri Mataji arrived we were upstairs in the serving room waiting. I felt her in my hands a pulsation of the first experience. When she arrived on the 7th floor my heart pulsed beyond words of description. The duration of twenty minutes of Mother being in her room, time seemed to have stood still yet went so fast.

By the time we got downstairs, the celebrations had started and Mother was seated. I have never been so silent within myself, going up for puja was the greatest honour in my life to be so close to Mother. To witness Our Holy Mother in All her Glory, she is purely Divine, what an amazement of Pure Beauty...we are so fortunate to be her children.

When returning to sit I have never ever sat through puja so silent, at one stage I seen Mother glowing in the form of Shri Ganesha. As she gazed around the room, she looked into the eyes of the majority of her children blessing them all with Love. I will cherish those precious moments always...

I was sitting in front of Jackie, a Black American woman

with the most powerful voice without a microphone, during Mother's three Great mantras. Shri Mataji's attention followed the power of her voice. Mother's eye's were peering right through me... What a phenomenal moment!

Celebrations were followed with the distribution of gifts from all the hosting countries and prasaad, everyone socialising with each other. Unfortunately we had to start packing up, for the hall was only hired till midnight and nobody wanted to move. I went upstairs to help pack up Mother's room...what a joy! By 2am my body was beginning to feel what seemed like aches and pains but really felt like elephant legs - heavy, yet so solid on the ground.

Reflecting afterwards with others, a yogi said seeing Mother was the ultimate and now she is desireless. I agreed with her but said, "well I do have other desires...to live in an ashram, to do the work for Mother and spread the joy of Sahaja Yoga, preferably in New Zealand."

I am forever grateful to Mother for her divine Love and for the blessing of being a Sahaja Yogi. I pray that I am forever faithful to her and please her by being a pure instrument for her to work through.

Jai Jai Jai Shri Mataji

Arohanunui Merenia
(an abundance of Love)

SAHAJ LITERATURE

A recent book intended for Sahajis and non-Sahajis

It brings out evidence substantiating how Sahaja Yoga integrates the essential spiritual knowledge of all major religions

BIBLE ENLIGHTENED: RELIGIONS AND YOGA

by Dr. DAN COSTIAN

Western seekers are interested in what the East has to offer in the realm of spirituality. This book can be a bridge between the East and the West, a signpost leading the seekers towards the essential synthesis they are looking for.

The work introduces the reader to a challenging new perspective, offering a fresh and far-reaching point of view on the mystical side of yoga as compared to world's religions that explores how Eastern and Western spiritualities support and complete each other. It is based on many years of vast research and travel around the world.

You may offer the 2-volume-book to yourself, to a friend (Sahaja Yogi or not), or to a library.

To read it you may either ask a library to buy it or you can buy it yourself at the lowest price (\$ 39.95 + H&S for the set of 2 volumes) online from the publisher www.publishamerica.com/books/3403 (vs \$ 49.95 for each volume, i.e., \$ 99.90 for both volumes with all other online shops: Amazon, Barnes & Noble, etc.)

Besides the above-mentioned topics, the book tries to find answers to several unsolved mysteries within the Holy Book:

- The earthen Paradise lies in northern India, Noah's ark landed in the Himalayas and Abraham's ancestry originated in India. The "lost tribes of Israel" went to the Indian Lost Paradise and live there even to this day.
- The secret symbolism of the subtle human body was reflected in all the scriptures, in art, and sacred architecture.
- Subtle energies within humans were utilized by prophets, seen by visionaries, and immortalized by great artists, allegorically referred to as living water, cool breeze, light or fire.
- Jesus was a great incarnation but not the only one. He was born neither on December 25, and nor in the first year CE.

- Jesus went to India twice: between the age of 12 and 29, and after his resurrection, lived and died and was buried there.
- Only three of his disciples were true initiated: John, Thomas and Mary Magdalene, and they conveyed Jesus' secret teachings to a limited group of Gnostic Christians.
- All scriptures (Old and New Testaments included) mentioned God the Mother, also called the Spirit of God or the Holy Ghost.
- Many prophecies announced a contemporary Great Incarnation.
- Reincarnation was familiar to the authors of the Bible.
- Union with God is sought in Christianity, Islam and Judaism.

The Author

Dan Costian was born in 1937 in a Christian Orthodox (Eastern) family and currently resides in Texas. He graduated from college (1959), and received a PhD degree (1968). He is a Sahaja Yogi since 1990.

He was keen on seeing new places and meeting their inhabitants for discovering the spiritual paths followed by people living in the places where he went during the past four decades. He traveled in Europe, Africa, Asia, and visited India nine times between 1990 and 1998.

For more details visit

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