

THE AUSTRALIAN

# Sahaja Newsletter

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## SHRI MATAJI NIRMALA DEVI

The most important spiritual  
figure in the world today

## The True Meditation SAHAJA YOGA

10 Clarence St  
Burwood NSW 2134  
Phone 02 747 4835  
centres throughout Australia



## SAHAJA YOGA MEDITATION



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Phone. 745 4562 \$25 for 200

## Rozelle Community Fair 1993

Recently a Sahaja Yogi was traveling to work and noticed a Poster advertising the up and coming Rozelle Community Fair. Rozelle is beautiful harbour side suburb in Sydney. Each year a local park in Rozelle serves as a venue for a Fair where many cultural, ethnic and new age exhibits are available for public display. The poster indicated that the Fair would be held in one weeks time. It did not leave much time but some Yogis decided that we should attend and took on the task of organising a Sahaja Yoga stall.

The Sahaja Yoga presence at the Fair comprised of one site, located on high ground overlooking the rest of the fair. The site for the fair was in beautiful parklands located on a harbourside peninsula with Sydney Harbour providing beautiful scenery for the Fair. Again the site of our stall was at least twice as large as anyone else. Sahaja Yoga hired a large tent which was erected on the grass covered site. A large banner with the word "MEDITATION" was erected above the tent. The tent itself was divided into two sections. One half of the tent provided us with an opportunity to display some of the Sahaja Yoga Exhibition.

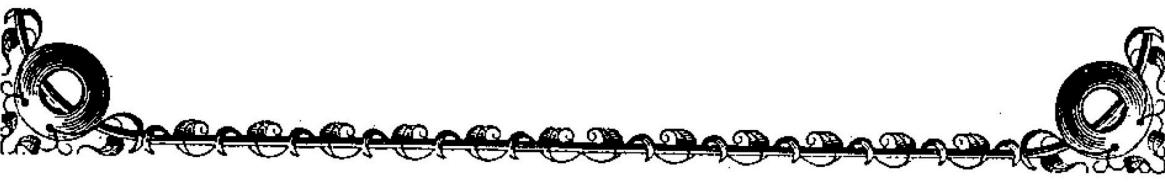
The other half of the tent served as our 'meditation room', and the place where people would receive their self realisation. When people visited our stall they would be given some introductory literature and invited into the tent for the experience of self-realisation and meditation.

The Fair was held for one day only, Saturday October 16th from 10am until 6 pm. Our involvement with the Fair had an extra dimension, participation in a street procession. After initial arrangements were made with the organisers of the Fair they extended an invitation for a place in the street procession which would open the Fair. The invitation was accepted and we began making arrangement for some type of 'Sahaja street float'.

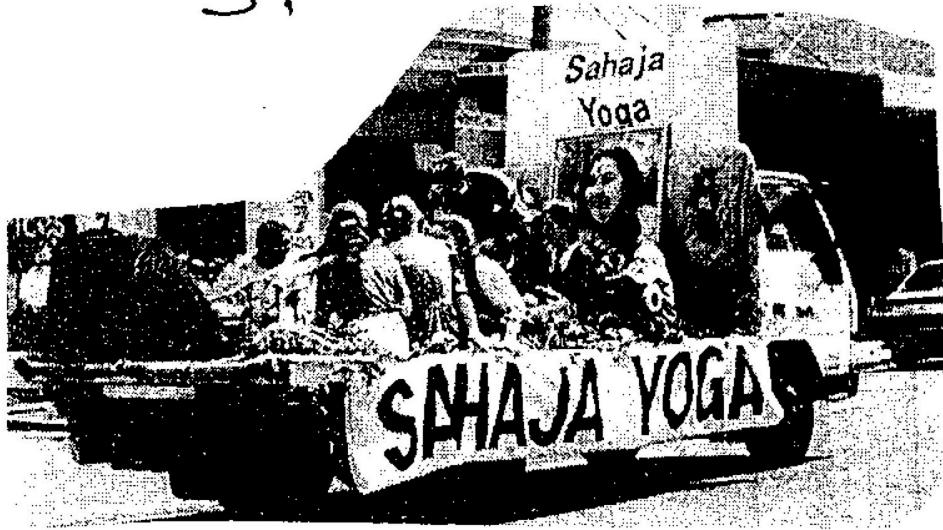
The day of the Fair arrived and our day began with preparations for the procession. On the previous day we had hired a table top truck and it was to serve us well as our 'Street Float'. The Truck was decorated with a large Photograph of Shri Mataji and imaginative use of material and various other instruments which converted the truck into a floating vibration-mobile.

A Public address system was also setup together with microphones, speakers and a mixer, so our vibration-mobile was wired for sound. A large Indian Carpet was then laid to add some comfort for the musicians. The Sahaja Yoga Musicians Group were to represent us in the procession. The truck arrived at the staging area for the procession adjacent to a group of Hare Krishnas who unknown to us were also taking part in the procession. The irony of the situation was not lost as we found ourselves next to the group some of us were concerned of being associated with.

The Divine Play is always at work, the Hares were at the start of the procession and the Sahaja Yogis were towards the end. So our first involvement in a procession was underway in the streets of Sydney to the strains of Ganesha Deva.



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The response from the crowd was very favorable as we could see people clapping and swaying to the rhythms of the music. If anything the Hares probably did us a favor as they served as a contrast to our performance. They as always looked strange and out of place, their music was also unappealing. We appeared as a group of healthy, normal people who were playing beautiful music which seemed accessible to the crowds. The procession ended at the Fair grounds where large crowds had gathered to see what was on offer.

Some of the attendees had many pre conceived ideas about meditation and discussions soon developed which usually meant that the realisation did not happen effortlessly. Most of the people received their realisation easily and felt the cool breeze. By days end around 300 people had received their realisation.

The fair also featured a stage with a professional sound system. A highlight of the day was a performance by our musicians and dance troop. The musicians played a few bhajans to a quite large and receptive audience. The musicians certainly played their role at the Fair. This was followed by a performance of our dance group on a second stage with accompaniment provided by our musician. The dance troop comprising of all ladies performed the traditional 'Stick' dance. The ladies in their colorful costumes, highlighted by the afternoon sun proved popular subjects for many local photographers.

The fair ended at 6:00pm with the last few people receiving their realisation. After we packed our stand away we were talking over the success of the day and planning our next Fair. This was to happen one week later on Saturday the 23rd of October where we attended the Randwick Fair. Again this Fair ran for one day where 70 people received their realisation. The Sahaja Yoga traveling exhibition will then attend the Newtown Festival on the 14th of November which then leads us into the Mind Body and Spirit Festival beginning November 24th.

While at the Fair some of us shared a thought, the biggest Fair in Australia is the Sydney Royal Easter Show, earlier this year a quarter of a million people attended the Show over a ten day period. A letter has been sent to the Royal Agricultural Society who are the organisers of the Show introducing Sahaja Yoga as a registered charity and a community based group who will teach people how to meditate at no cost. Maybe the RAS will provide us with a site at a greatly reduced cost and possibly we could attend.

Chris

# SYDNEY NEWS

## BIG SCREEN VIDEO NIGHT AT BURWOOD

There will be a movie evening at Burwood this Saturday 30th October to raise money for the Mind Body and Spirit Festival to be held at Darling Harbour.

The following has been arranged for your entertainment, enjoyment and pleasure !!!

The evening will begin at 7pm with a childrens movie (Walt Disney) kids are \$2 entry and adults can get into this session free.

The main attraction will begin at 8.15pm THUNDERHEART. When Shri Mataji was in America she met with some of the native Indians and told them that the land belonged to them because they owned it in their hearts, so we have chosen this movie which follows a mans (he is 1/2 Indian) spiritual journey through modern America. It is not as heavy as it sounds but is compulsive viewing.

For the light hearted we will finish with OH GOD which Shri Mataji has also watched and enjoyed very much. This is a delightful comedy about God coming down in the modern world.

All adults for the main 2 features will be \$5. There is a room put aside for the children to sleep in and feeding mothers so please bring the whole family.

Goodies such as coke, choc tops, sweets and popcorn will also be available. We hope to see lots of people for a really fun and collective evening.

**POPCORN\*\*COKE\*\*SWEETS\*\*CHOC TOPS\*\*POPCORN**

### DIWALI PUJA

#### DUTIES .

Set-up	Parramatta, Roseville & Ryde.
Cooking.	Lindfield.
Washing up.	Woollahra, Monterey & Coogee Bay
Dismantle.	Wollongong & Strathfield.

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There has been a reprint of The Yellow Book, "Welcome to Sahaj" pamphlets, and the "Subtle System". There is a quantity stored in Burwood, so please let Stephan or one of the residents know if you require any.

\*\*\* JAY SHRI MATAJI NIRMALA DEVI !!! \*\*\*

Dear Yogis and Yognis,

Here is an account of the second part of Shri Mataji's visit to North America, with the request to our brothers and sisters who have been on the first part to kindly post about our Divine Mother's visit to New York (U.N. program), Toronto and Vancouver.

Shri Mataji landed on the American ground around 6pm at the New York airport on 1st of October, and in many parts of the country the weather became beautifully warm and the sky clear and very blue.

One week afterwards, She arrived in Los Angeles coming from Vancouver at around 4pm on October 8, and was received by a quite large number of joyful yogis. We had been given a special room in the airport where Shri Mataji took Her seat on a chair and had a low-volume tuned microphone in order not to be heard by the other people in the airport (although I think the jayjaykar's we enthusiastically thundered at the end were heard far beyond that little room, to the discomfiture of any negativity that may have been left in the Los Angeles International airport and to our utmost delight).

Los Angeles International airport and to our utmost delight.

Shri Mataji talked mainly about the spreading of Sahaja Yoga in the world - France, Russia and other countries - and gave an image of what was happening in the world at that time. It was an important moment as Shri Mataji was preparing our awareness for the puja that was going to be, two days afterwards, dedicated to Shri Viratangana - the Shakti of Virata and the power of the collective, world-wide consciousness. She told us how the Russian communist hardliners were defeated and exposed, how the fundamentalism is being more and more exposed (especially in Islam) and She told us the story of the ayatollah living in France who after getting his realization became like a child and asked Her to wear his turban, how at Shri Mataji's request he and his followers gave up the habit of wearing black clothes (as a mourning after Shri Fatima's sons) and putting on white clothes for the resurrection time of nowadays.

She also talked about faith. About the faith of the Russian yogis who needed American and Irish visas (which are very hard to get in Russia) and went to the American embassy and said "Jay Shri Mataji!" and the clerks there looked at them as stunned. Then they started talking about Shri Mataji, about Sahaja Yoga, in the end everybody got their realization and our yogis got the visas! Exactly the same thing happened at the Irish embassy, starting with their salutation "Jay Shri Mataji!" and ending with enlightenment for some and visas for the others (and lots of vibrations for both).

Shri Mataji also said that now She has great hopes that America will take off in Sahaja Yoga. At the end all the yogis came and did namaskar and offered flowers to the Queen of the Universe - it was like everyone of us had a personal relationship with Her, it was like a puja, it was beautiful. (As a personal aside, when I offered the flowers Shri Mataji told me that I was so thin that She couldn't make me out; well, that evening afterwards I felt constantly hungry and filled my plate three times in a row and went to sleep with great hopes that one of my dreams - of getting someday a nice, big and respectable belly - would be fulfilled sooner than I expected).

That night we went to the puja site - Camp Whittle - a very nice and rustic place about 2-3 hours outside of Los Angeles. It was in the middle of the nature, with superposed beds, limited hot water and nights growing younger and younger - it was like in India tour, it was great. And, like in India tour, some of us had big clearouts exactly in the 'soft spots' where we had had them in India (Nabhi, Vishuddhi, and other places).

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evening), but about 14 government officials and cabinet members attended the meeting in a very small room (it seems that no yogis or very few were in the room of the meeting) and Shri Mataji was pleased with the meeting. Thursday there was the second program in Washington D.C. for the great public. More than a hundred people attended and got their realization.

realization.

Friday night there was the first program with Shri Mataji in Philadelphia, a city with amazing vibrations and seekers. Around 300 seekers came to the program and stayed on very late to see Shri Mataji, many of them even desirous to see Her till the moment when She left the program and to accompany Her as She left the hall. It was like a recognition of Shri Mataji in this city, like a revelation. Many yogis from Cincinnati had been in Philadelphia for two weeks to help the small local collective with the preparations for the program. But very soon the Philadelphia collective will be growing; at the Shri Mataji's request, four yogis from Cincinnati (two of which are likely to get married soon) are moving there! Shri Mataji has already chosen the new ashram that will be established in Philadelphia.

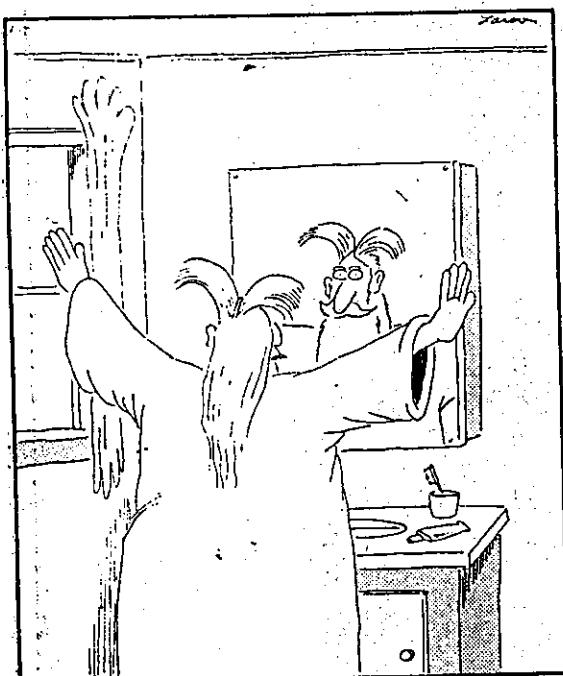
Saturday night there was the program in New York, with about 700 people crowding a two-level auditorium, some sitting on the floor as there were not enough chairs available. Many people came in the end to meet Shri Mataji and some of them even came the next afternoon at the program for the Indians in New York, which was held in a Hindu temple resounding with our bhajans. During this last program (about 100 people attended), Shri Mataji told extremely clear who She is. Answering a question, She said: "you have been worshipping Me and your ancestors have been worshipping Me for ages, now recognize Me". Also, to an Indian seeker who was not feeling the vibrations in his hands, She told him to say "Mother, You are the Shakti". She said in the end that everyone who has a Kula Devata (favourite deity, deity worshipped in the family) should ask about that Deity "Mother, is this Your power ?".

Our Holy Mother left to Italy, passing through London as She usually does to bring the Spirit from England to the Soul in Italy, after the public program for the Indians, on Sunday evening. After She sat down at the airport and received flowers from all the yogis, She turned and waved to all of us and with a glorious face She made a big bandhan with Her hand over all of us while we were singing 'Mataji, Mataji, Your face shines like a thousand suns' and a thunderous, volcano-like jayjaykar in the end, to the desperation of the poor agitated and powerless airport guards.

\*\*\*\* POLO SUBLADI SHAKTI MATAJI SHRI NIRMALA DEVI KI JAY !!! \*\*\*

\*\*\*\*\* SHRI NIRMALA DEVI KUJAY !!! \*\*\*\*\*

\*\*\*\*\* SUBINIRMAI A DEVI KULJAY III \*\*\*\*\*



### **Moses parting his hair**

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Next day was the 'activity day' at the camp, with the building of the puja site, havan in the afternoon, and talent show in the evening. In the same evening there was the program for Iranians in Los Angeles. Initially it was not open for all the yogis (we might have scared them away with our large number), but finally about 20 yogis joined.

The introduction was given in Farsi (the Iranian language) by an Iranian yogi whom Shri Mataji had congratulated at the airport the day before, and although I understood only a couple of words (of French resonance) it was extremely nice and full of vibrations. About 40 seekers were in the hall. Bhajans were sung on the stage (as at almost every program during the tour) before Shri Mataji's coming.

Shri Mataji spoke about Islam and a bit about Zoroaster, and said that the Iranians are very evolved spiritually and will be the first among the Muslim people to come to Sahaja Yoga. Many questions were asked in the end, to some of which Shri Mataji gave very humorous answers that were enjoyed by everyone. Everybody but one person (who had asked a lot of questions) got their realization and came to meet Shri Mataji in the end. A fine-looking man came in the end to Shri Mataji and told Her that he is working for the Voice of America and would like to take Her interview on Tuesday afternoon. And he was wearing a badge given just minutes ago by one of the yogis! (I think the interview took place as planned, as Shri Mataji left Los Angeles only Wednesday morning, anyone who knows more about it please give us details). Also an old man who came at the end to meet Shri Mataji and be worked on, said he had 500,000 followers at which Shri Mataji replied "then give them Realization!".

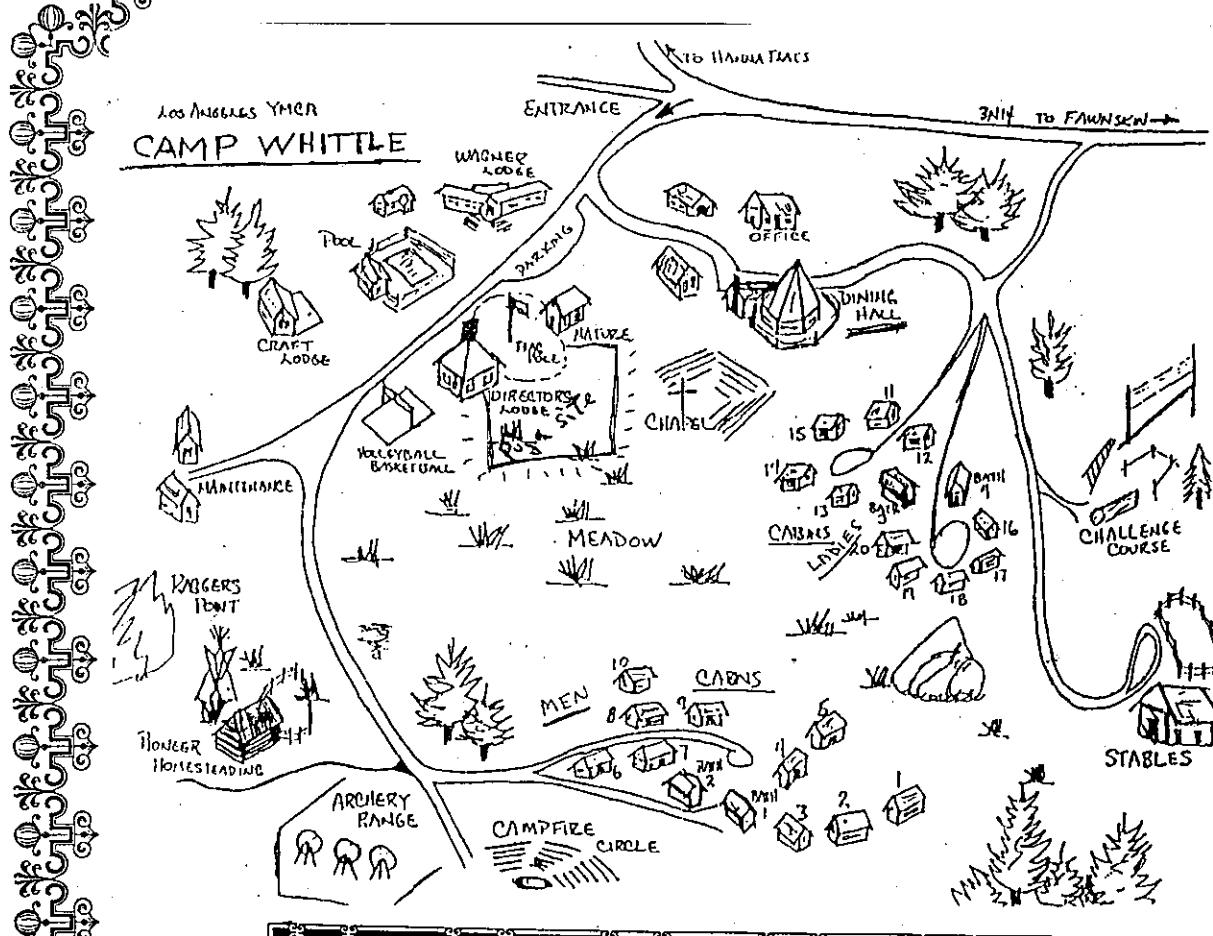
The puja took place in the open the next day around noon, in a beautiful setting surrounded by wild nature. Shri Mataji talked about Viratangana as being the power that develops our collective consciousness, and also being situated in the upper part of the forehead, between Agnya and the point where the hair begins (standing for the Vishuddhi), right in the center, being actually one of the Ekadesha Rudras and having five of them on its left and five on its right. Many deep things were said which I am unable to recall, but one of the most remarkable was when She talked about all other Incarnations who did everything but avoided the main issue - giving en-masse realization. She said that Shri Krishna had 16,000 powers who were His wives, and She said "I cannot do that. But My powers are My children." And She announced that She needs 16,000 Sahaja Yogis in North and South America altogether, to work everything out in the land of Shri Krishna.

Many bhajans were joyously sung during the puja, among which a dynamic English Kawali (Jay Kundalini Ma, Jay Adi Shakti Ma). At the end of the puja, Shri Mataji instructed the leaders to make the amrut not on Her Feet, but by the stage, and it seems that the effect was as strong as if it had been done directly on Her Feet. Shri Mataji commended uncle Gregoire who, She said with a smile, was in the beginning at times even desperate to see how slowly people take to Sahaja Yoga in America, and how things have started now to come up beautifully after the year-long sustained efforts of the yogis. She also commended uncle Steven Taylor and the Australians who came in great number to this American tour, bringing vibrations of wisdom, innocence and purity.

The puja ended in the late afternoon, as the same evening there was the program for the Indians in Los Angeles. A couple of hundred Indians came to the program, and Shri Mataji talked very much about their heritage and the dangers of becoming too westernized and materialistic.

Next evening there was the program for all L.A. seekers, and it seems that quite a large number came (I heard 600-700). Shri Mataji was very humorous and lightened very much the atmosphere to the enjoyment of everyone. (Later on I heard Harsh saying that Shri Mataji said that laughter and the sense of humour are so important in Sahaja Yoga, they clear us so much, that without humour and laughter we can't live.)

Wednesday night there was the program in Washington, D.C. for government officials. None of the congressmen came (it seems that they were voting something that



Essence of Navaratri Talk by Shri Mataji as told by Swami A-

You are all seekers of old and it's only natural that when you finally made it - when you finally got your self realisation, it's only natural that you may have settled back a bit - taken it a bit easy. But that must not continue. There is a great job to be done! To be sure, we get up in the morning and we meditate and of course we shoebeat and footsoak.....but what are you doing for Sahaja Yoga? What have you done for Sahaja Yoga?

You muast be careful.... You may find you are like the seeds that fell on the road. They germinated alright, but eventually they withered away.

What are you doing for Sahaja Yoga?

We hear on the grape vine that Diwali Puja is to be held in Moscow!!!