

STRATHFIELD

# Sahaja Newsletter

**Contributions:**

Sue Raggatt: (02) 746 9144

Ariane Kaub: (02) 798 6779

Carole McNeill: (02) 560 6921

Fax: (02) 745 4562

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## KRISNA PUJA

Krisna Puja will be held this Sunday 16th August at Burwood at 11.00 am.  
Rakshabandan will be held the same day in the afternoon after lunch.

## NEW ASHRAM?

There is a distinct possibility that we will have to open another ashram. However, at the moment we are in the awkward position of no space, too many people; but not quite enough to open a new place. There is a nice house on the market at Homebush close to the station. But we need at least two long term rent payers to make it viable. Is there any one out there who is perhaps thinking about trying ashram life and is prepared to give it a go six months or longer trial. If so please ring Michael Fogarty on 417 5572.

## TO GURU PUJA IN RETROSPECT

It is a long way to Cabella Ligure - 22,790 Ks in my calculation. But it is worth every minute of it! It was wonderful to see our brothers and sisters in Honalulu, LA and New York whilst travelling accross the USA and then again to arrive in Geneva to feel so at home at Givrins before heading South in a carload of yogis/inis - none of whom were actually Swiss! How Sahaj! How delightfully mixed up we all are and what a blessing to know that it makes no difference at all, as we are all in the same family. As it was summer we decided to go "over the top" instead of through the St Bernard tunnel. It was worth every tortuous turn and minute by minute gear change! The views of the country side are unbelievable - I expected to see a flock of Julie Andrews at any second around every bend! We arrived in a small town just off the motorway and looked for a flower shop. I had to organise flowers not only for Australia but also for Canada as well. We found the shop OK; but no shop keeper! But with the help of the locals they were soon rounded up and we ordered two rose flower arrangements for the next day. Red and white for Canada and yellow, green & white for Australia. Wow! Flowers are expensive in Italy!! Then on to Cabella. What a thrill to arrive in this much blessed town in Italy - yogis everywhere. The tent has been moved to a new site but in many ways is now more accessible. We 'signed on' and then I went up to the house to pay my respects to Shri Mataji. I was carrying large quantities of Close Up toothpaste and her glasses, which she had left in Honalulu!

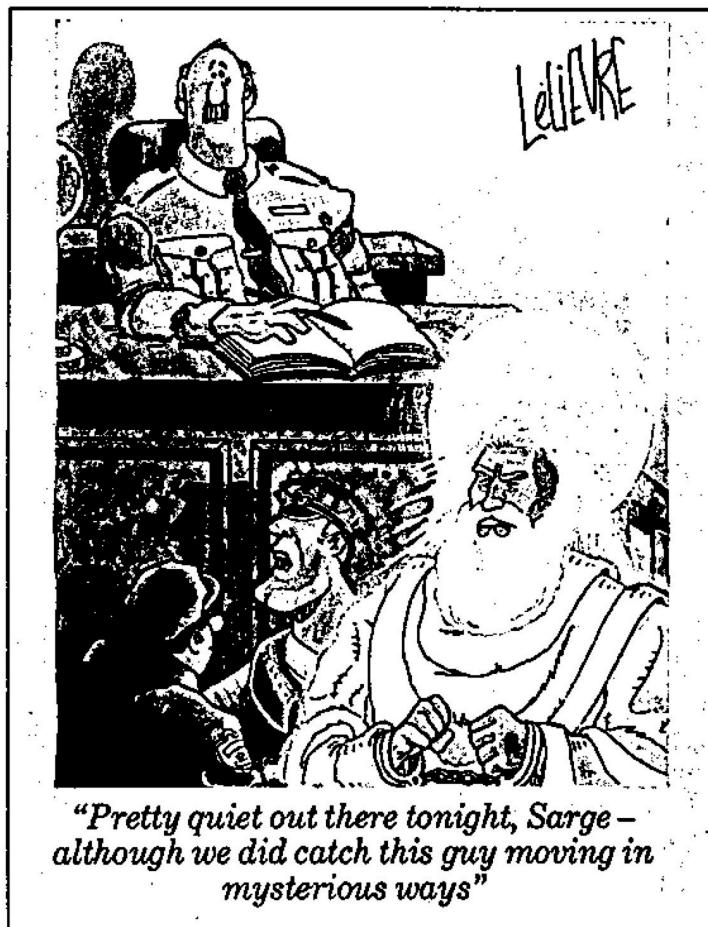
After leaving Shri Mother's presence, I started to walk down the small winding driveway to the town. It is quite steep and it was unbelievably dark. So you can imagine my surprise when two little lights came on, one either side of the path. Amazing, I thought. They had installed some miniature electronic lights to illuminate the path! Not a bit of it... they were two fire flies, which preceeded me down the path for at least 2½ minutes until I was in sight of the street lights at the bottom, whereupon they disappeared!!

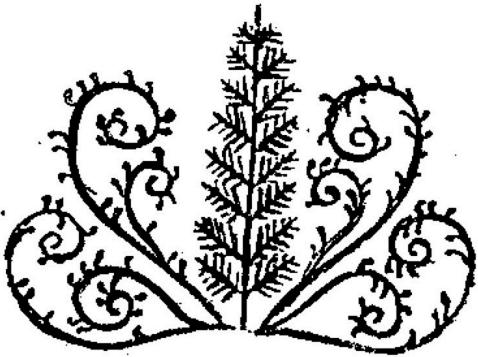
Saturday was taken up with delivering gifts etc., that various people had sent with me to friends and family in Europe. On the Saturday evening we had the most sensational entertainment that I've ever witnessed in Sahaj. The highlight was a 'professional' and I mean professional performance about the works of William Blake. It brought his writings to life and some of his poetry was put to music. It was breathtakingly good and should be able to stand on its own merits commercially. Naturally we finished at 4.15 am. What else? The next day was very hot and by the time the Puja actually started, the tent was like an oven. Imagine a dark blue vinyl tent with the summer sun on it for six hours plus 1,150 to 1,200 yogis inside, plus lights and electronics!! Nome the less it was an unforgetable experience. Shri Mother's talk was so full of information that is was one of those talks that requires repeated listenings to get all that she was saying. All too soon it was over and the present giving began: this year each country gave Mother a piece of a silver serving set all matching and very simple with a single row of raised dots around the edge. It was at this point that we gave to each country, a poster sized photograph of Shri Mother at this year's Sivaratri Puja. Mother insisted on giving each one separately to the country delegates as they came forward. Our photos are really much appreciated each Guru Puja and some other ones that are surplus are given to various Centres around the world, particularly in Eastern Europe. Very soon it was time for Shri Mataji to leave and within minutes the yogi population started to dissolve like sugar in a hot cup of tea! It never ceases to amaze me how quickly things change. One minute it is a full on Puja; the next, its "On the Buses!". Load up the cars and say your goodbyes! "See you at Krishna Puja!" and they are off - many of them back at work the next morning.

I left at a very respectable 6 AM the next morning and after staying in Givrins, retraced my steps back accross the USA, Honalulu and finally back home. I took with me a new version of 'EVA Lution'. This time it is on 90 slides and it seemed to go down very well... Whether we like it or not, it seems new seekers are hungry for intellectual stimuli and pictures are definitely worth a thousand words! How like Australians our US brothers and sisters are! Or is it 'how like our US brothers and sisters Australians are'? What it boils down to seems to be how wonderful to be part of Shri Mother's global family - to seek the same things, to view the world in the same way and to share our Mother's great dream...to spread sahaja yoga to the far corners of the earth. It was a long way, it was tiring and at times exhausting but I wouldn't have missed a moment of it.

Jai Shri Mataji

Stephen





SUE MCHUTCHISON  
15 NIMITZ ST  
EXMOUTH. 6707  
(P.O. Box 364)  
TEL: 099 492053

7th August, 1992

Dear Brothers + Sisters,

Exmouth, Western Australia is now on the map (oo to speak) thanks to Maths. We are very isolated here and would be pleased to hear or see anyone passing our way.

We have just had a visit from The Paulings on their way around the 'top end'. It was lovely to meet them and have them here for a couple of days and we wish them well for the rest of their journey.

We are few in number (5 of us) and we had our first public meeting last Tuesday night.

If there are any teenagers who would like to write to the children I'm sure they would love it. Justine (15), Blair (13) and my foster daughter Angelia Williams (15) all new to Sahaj.

Exmouth is about 1200 km north of Perth on North West Cape. It is a lovely place to live as we are almost surrounded by water. We have had over our annual rainfall already this year and the wild flowers are just magnificent.

If there is anyone out there who would help us by recording the latest way to say the Mantras we would be most appreciative. We have been working from a beginners cassette by Martin McHugh - thank you Martin your cassette has been really helpful but now we need to 'update'. Not being able to attend a larger collective regularly, we would be grateful of any new information on how to conduct our meetings etc. just so we may do things in the correct manner.

Glad to be one of your family.

Jai Mataji

Dear Yogis,

Over the recent Guru Puja Weekend the Sahaja Yogis of NSW decided to hold a Seminar and celebrate Guru Puja together. Seeing as we were celebrating Guru Puja a camping seminar during the middle of Winter seemed a good idea. This also provided a chance for the newer Sahaja Yogis who have come as a result of Shri Mataji's last visit a chance to be with the collective, and to deepen their experience of Sahaja Yoga.

Many of the Sahaja Yogis of NSW were in attendance, including many from outlining centres many hundreds of kilometers from Sydney. The seminar was held at the Bundilla Scout camp close to Sydney. This was the site where we celebrated a previous Easter Puja with Shri Mataji.

In all about 140 Sahaja Yogis were in attendance, with more coming on the Sunday for the Puja. The site provided all necessary facilities, comprising dormitory accommodation which housed the ladies and the majority of the men. A fortunate few had the opportunity to exercise their Guru Tattva and spend the night in the marquee, temperatures approached close to zero. Our Mother's words came to mind that it is good to go through a bit of discomfort before the Guru Puja.

Onsite cooking facilities allowed us to cater for ourselves, we all shared with cooking and cleaning during the weekend. We had arranged for a large marquee to be erected at the camping ground, this served as a large meeting hall for the collective during the day, and the mens dorm and cooling room for the night.

Saturday morning car loads of Sahaja Yogis started arriving, this continued throughout the morning. Even though located within the middle of Sydney the camp is surrounded by bush thus creating the feeling of isolation from the rigors of city life.

On Saturday morning Michael Fogarty the leader of NSW welcomed everyone and said the focus of the seminar was Guru Puja but that we should also talk about the spreading of Sahaja Yoga. We began the seminar with a collective meditation which hopefully set the tone for the weekend. After this began a session about the 'Environment' and the various problems confronting the environment and sustainable human development. It was felt that the collective attention on the various issues confronting the environment will help in the eventual resolution of these problems. It was mentioned that during Shri Mataji's recent tour She spoke often about us having love and respect for Mother Nature and that we should teach our children the names of the trees and flowers, this would help them develop an awareness and love of nature.

After lunch some of us had a collective clearing of the right side through the activity of the voluntary nervous system in conjunction with the cardio-vascular system (a touch football match). The afternoon session was concerned with Spreading Sahaja Yoga. In this session people shared their experiences in the ways and means of spreading Sahaja Yoga to outlying areas. Many people spoke about many different approaches taken in the spreading of Sahaja Yoga. The consensus seemed to be that there was no particular technique or format which seemed necessary to guarantee success, holding programs was within the scope of all established Yogis, what was required was a strong pure desire and the determination to see it through. The rewards of holding programs and spreading Sahaja Yoga were manifestly felt by one and all. There was also talk that the various contributors to this session would write of their experiences which could then be compiled after the seminar.

Later in the afternoon we held a collective Havan to remove any obstacles placed in the path of Sahaja Yoga and a successful Guru Puja. The Havan was held inside the tent with representatives from our national capital Canberra representing the collective.

Following dinner we ended the evening with a music programme, including classical Indian music by a group of singers studying with the local institute of Eastern music, we also enjoyed some folk pieces and ended with some well loved Bhajans. Following the music we retired for the evening, with some of the men retiring to the tent huddled together to conserve body heat and left to the contemplation of boons gained through the subjection of the body to cold temperatures and the ears to assorted primeval noises.

Sunday began with an early meditation, followed by breakfast and preparations for Puja. This would be the first Puja for many of the newer people. The aim of the Puja was to try to make it as accessible as possible. A talk of Shri Mataji Guru Puja address was played prior to the commencement of Puja. During the Puja various translations for the bhajans were also read, as well as equivalent English version of many of the Sanskrit poems of praise. We ended the Puja with a meditation to try to absorb the vibrations generated. The Puja went for over four hours, the vibrations felt were very strong. This was the high point of the weekend as over 200 hundred assembled Yogis had come together to worship Our Holy Mother and to enjoy the silent peace of the spirit.

This concluded a very relaxed seminar but one which many felt had been very collective as we spent time enjoying each other and expanding our experiences of Sahaja Yoga.

Jai Shri Mataji

Love Chris.

#### PRAISES TO SHRI AGNI

(Calin Costian - 25 July 92  
West Lafayette, Indiana - USA)

\*\*\* JAY SHRI MATAJI ! \*\*\*

Dear brothers and sisters,

Here are some praises to Shri Agni that can be read at the havans. Last Saturday, before the Guru Puja, a havan was held all over the Americas, dedicated to Shri Krishna, with the desire to eradicate all obstacles in the spreading of Sahaja Yoga in America. At one of the places where the havan was held, in Cincinnati, the following praises to Shri Agni (from Mahabharata, Book 1) were read after reciting the mantras of Shri Agni Devata:

"- Shri Brahma said:

Thou art the maker of all these worlds and Thou art their end. Thou art the sustenance of the three worlds and the furtherance of the rites - then art so that the rites do not cease, Lord of the worlds ! How is it that Thou that art the Sovereign Fire have become confounded ? When Thou art in this world in Thine entire body. Only those flames that are for acceptance, O flame-crested Fire, will devour everything. Even as all things that are touched by the rays of the sun are thereby made pure, thus anything that has been burned by Thy flames will be rendered pure. Thou, Fire, art the great fiery power that has issued forth from Thy own might - now by the virtue of this same fiery power of Thine make the seer's curse come true, O Lord. Accept the Gods' portions, and Thy own, when they are offered into Thy mouth.

- Mandapala said:

Thou, Fire, art the mouth of all the Gods, Thou art the carrier of the oblation ! Thou dwellest hidden in all creatures, O Purifier ! The wise call Thee one and yet call Thee triple; rendering the eightfold, they render Thee the carrier of the sacrifice. The great seers declare that Thou hast created all this, for without Thee this entire world would vanish instantly, O Fire ! It is after having bowed to Thee that the brahmins go the semipartial course they have won by their deeds, with their wives and their sons. They say that Thou art the clouds in the East that cling to the sky with their lightning. The flames that come forth from Thee burn all creatures. Splendiferous Fire, Thine is the creation of the Universe ! Thou hast ordained the rite and all that exists, moving and unmoving, Thou hast ordained the waters of yore, on Thee rests the entire world ! On Thee rest firmly the oblation to the Gods and the oblation to the ancestors, as they should. Thou, Fire, art the flame, Thou art Dhatar, Thou art Brihaspati. Thou art the Ashvins and both Yamas, Mitra art Thou, Soma, and the Wind !

- Jaritari said:

Thou art the soul of the Wind, a purifier, and the body of the herbs Water is Thy source, Light, and Thou art the source of water. Upward and downward they go, and sideways they spread, Thy flames, O most powerful One, like the rays of the sun !

- Sarisrikva said:

With Thy benevolent aspect and Thy seven flames, protect Thou that lauded us that seek shelter !

It is Thou alone that heatest, O Fire,  
No heater but Thee among the cloud cows, God !  
Grant us, young seers, protection today,  
Pass by us, Thou that carriest oblations !

- Stambamitra said:

Thou alone art the all, Fire. On Thee rests the entire world. Thou sustaintest the creatures, Thou bearest all that exists. Thou art the Fire, the carrier of the oblation, Thou alone art the supreme oblation. The wise bring offerings to Thee, manifold and simple.

Thou createst the threefold world, O Fire,  
And when the time comes, cookest them ablaze.  
Of all that exists Thou art the source,  
And become again its place of rest.

Hidden within, O Lord of the world, Thou cookest the food that the living have eaten, always growing - on Thee rests everything !

- Drona said:

On becoming the Sun with Thy rays, Jatavedas,  
Thou takest the waters of Earth and Her juices,  
Thou takest them all and sends them forth  
With Thy rain at the time of creation, O Light !

From Thee, Light, spring the herbs into their verdure again, from Thee are born the lotus ponds, the flood, and the ocean. This seat, O Thou of the prickly rays, is the refuge of Varuna: be Thou our benevolent protector, do not destroy us today. Yellow-eyed, red-throated Fire of the Black Trail, pass us ! set us free like the dwelling places of the ocean."

\*\*\* JAY SHRI MATAJI ! \*\*\*

Love to you all,

Calin