

Avnash and Jennifer

With love,

Let's all offer our hearts and our love to our Holy Mother through

the book of poems.

Many Thanks for your time,

Avnash in Sydney: 61 - 2 - 745 2393 and
Jennifer in Sydney: 61 - 2 - 747 2820

telephone, the numbers are:

Please address all mail to Avnash and Jennifer, together with
Project Poetry International on the envelope. If anyone wants to

there may not be room for.

All poems will go into the Sahaja Yoga archives, including any poems that

3.

4.

"Knowledge of Reality" Newspaper - 2nd Edition out next week

This great little paper is doing well but really needs some help
with the 3rd edition being worked on now. Assistance will be
welcomed for typing articles, recruiting advertisers etc.

If you can help, please contact Ramesh at Coogee Bay Ashram - phone
(02) 665 8210

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BURWOOD SEMINAR

***** So as not to clash with the long weekend, the
seminar has now been put back to Saturday 19th June

10.00 am to 4.00 pm

Please check with those people you know are wanting to come, and see
they all know of the change.

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Room to let in Coogee Bay ashram.....

SINGLE. DOWNSTAIRS. Vacant now. Phone 665 8210

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IRELAND AWAKES

(Phil Ward - 25/5/93 - Geneva)



Dear Phil,
Here is a little bit of news about Ireland, if you think it's interesting
please mail it on the network

This week-end nine Sahaja Yogis from the Midlands visited Dublin to help
our brothers and sisters there to have a program. The program was held in
the Temple Bar Gallery on Friday night. Approximately 35 new people came.
The quality of the seekers was very high, they had sensible questions,
no ego and arguing. We were all very pleased and happy with the program.
There will be a follow up in two weeks time. If anyone is interested in
participating please contact Brian Virgo 0676 41897 (England) or Katalin
on E-mail lsrar@csv.warwick.ac.uk . Jai Sri Mataji! Love Katalin

ATTENTION DUAL PASSPORT HOLDERS:

If you hold dual nationality, ie. an Australian who also holds the passport of
another country, you will no longer be eligible for an Australian residency
visa in your "other" passport. This means that you will be required to depart
and re-enter Australia on your Australian passport.

FORMAT:
All poems must be typed and have the poet's
full name and address on each page.

LANGUAGE:
The language of the poet, plus an English
translation (we cannot do translations
here). The poems will be published in the
original language with the English
translation beside it.

SUBJECTS:
Our Divine Mother, Shri Mataji Sahaja
Yoga; aspects of the Divine in the world
(this covers a very wide area)

ADDRESS:
10 Clarence St., Burwood, NSW 2134 Australia.

NAME OF PROJECT CO-ORDINATORS:
Avnash Nichkawde and Jennifer Walling

NAME OF PROJECT:
Project Poetry International

Following are the specifics which, when followed, will allow
preparation of the book to proceed in a simple, straightforward
way:

If you are co-ordinator for your country, state and city you will
have an instrumental role to play in letting our brothers and
sisters know that we are ready, willing and able to receive their
poems as soon as possible.

Plans for an international poetry book are now under way, and we are
writing to invite Sahaja yogis from all countries in the world to
contribute to this book by sending us their poems.

This follows Her acceptance in India of March this year of a poetry book
produced in Australia in praise of Her. All the poems in it were
written by Sahaja yogis living in the country of its origin.

Our Beloved Mother, Shri Mataji, has given Her blessing to the
production of an International Poetry Book in praise of the Divine
Mother and other aspects of the Divine.

Dear co-ordinators, Sahaja brothers and sisters,

16 May, 1993

2.

Sahaja Newsletter

Contributions:

Sue Raggett:

Carole McNeill: (02) 560 6921

Efrem Manassey (02) 560 4134

Fax: (02) 745 4562

JUNE 4th '93

Guide to Perfection

Life is a challenge -	meet it
Life is a gift -	accept it
Life is an adventure -	dare it
Life is a sorrow -	overcome it
Life is a tragedy -	face it
Life is a duty -	perform it
Life is a game -	play it
Life is a mystery -	unfold it
Life is a song -	sing it
Life is an opportunity -	take it
Life is a journey -	complete it
Life is a promise -	fulfil it
Life is love -	discover it
Life is beauty -	praise it
Life is truth -	realise it
Life is a struggle -	fight it
Life is a puzzle -	solve it
Life is a goal -	achieve it

Taken from the 18th chapter of the Bhagavadgita.



West Coast Sahasrara Puja Seminar (U.S.A.)

We all had a long, wet and vibrationally rocky winter/spring that gave us a good opportunity for introspection and recommitment to ourselves, each other, and the world through Sahaja culture. So we were all very happy to have the chance to meet again.

It was so wonderful to bask in the warmth of the gentle hills of camp Whittier in Santa Barbara, to feel the pull in and up as we all quietly journeyed in little waves to bow collectively to Shri Mataji on the occasion of Sahasrara Day puja.

It was very much a weekend of collectivity and the enjoyment of the Divine through nature's wonders. You could taste the nectar of Our Mother's attention in all the elements that surrounded us, and with every breath, sight and sound it melted its way into our hearts. Such a relief it was to feel that integration and sense of joy.

We were treated to a great un-edited video that Phil brought back from Shri Mataji's Birthday celebration in Delhi, and all of us (notably the older children) were brought very much closer to the grandeur and majesty of that occasion which he captured so admirably. The pondal looked like a palace and all the dancing Yogis and children (who were returning to school) were shining with regality.

These two days brought home to all of us how much each and every person is important to the whole. It makes a big difference vibrationally even though you may not get around to saying more than "hello". Some had traveled from very far off to share with us their quality of attention. And then we missed this one who was not there and that one who was not able to come. They are in our awareness and heart and each one of us brings a special combination of qualities. It's the sum total that is important; like a beautiful diamond that you are looking at and you will notice if a facet is missing.

On Saturday afternoon, we held a havan which gathered the fire of our desires and burnt a path to purify the Sushumna and allow things to work out.

The most enormous tarantula was sighted immediately after the havan at the entrance to the havan area.

In the morning as more and more yogis arrived, the full force of the vibrations could be felt. The deities could see "Ah, now they are calling and let us bless them" as we gave voice to our adoration and longing to be one with the Goddess Shri Nirmala Ma.

Many thanks to the L.A. Yogis for making this possible and taking such good care of us.

--Babette Watson, San Francisco



Announcements

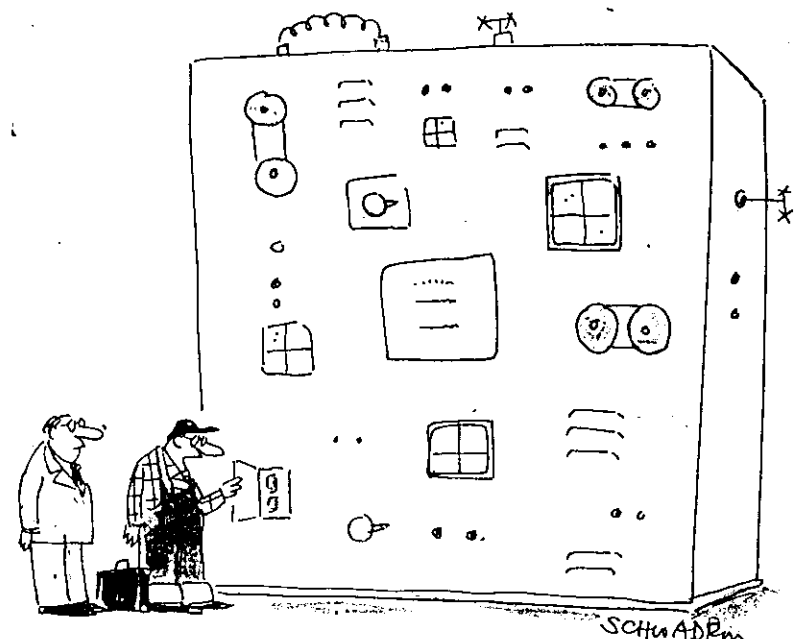
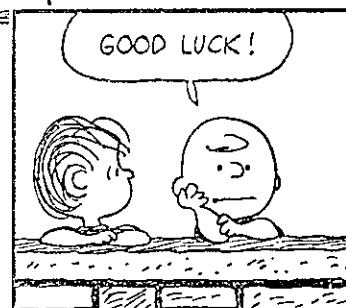
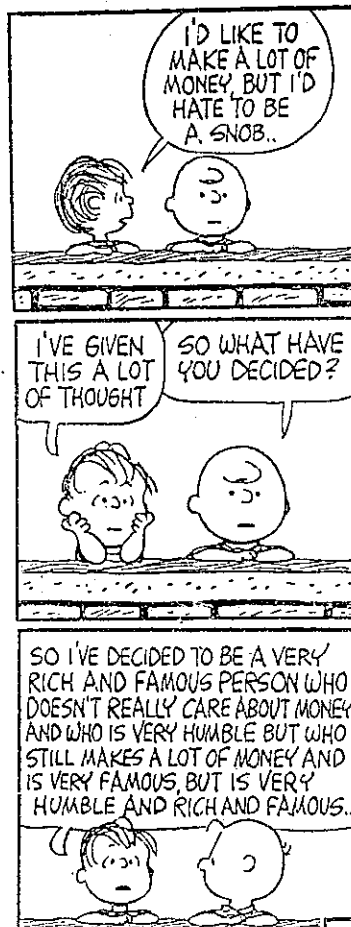
Sharon Harris-Vincent from New York has recently come out with a CD entitled "Golden Goddess," a collection of Western devotional songs, which is now available to Sahaja Yogis.

The CD will also be aimed at the commercial market. Sharmilla of Belgium, who was the production manager for this project, has already located a regular spot for Sharon's music on Belgium radio.

The cost of one CD including postage and handling is \$17.00 (U.S. and Canada) and \$18.00 (South America). To purchase "Golden Goddess" by mail, please send your check or money order to:

Pascal Marand
529 East 5th Street, Apt. #2
New York, NY 10009 (U.S.A.)
Please allow 2 to 3 weeks for delivery.

Those wishing to make one copy of the CD onto cassette may do so for personal use. However, if duplicating additional cassettes, you are requested to pay \$7.50 per cassette to your National Representative.



"Here's your problem — the batteries are in upside-down."

ANALYSIS OF THE EFFECT OF OVERSEAS AND INTERSTATE VISITORS ON THE PERTH COLLECTIVE:

1. WE LOVE IT!
2. We rise to greater heights because of them!
3. We see more of each other socially.
4. We have an amazing variety of meals.

CONCLUSION:
We should repeat this special Sahaja practice as often as possible!
(FROM PERTH NEWSLETTER)

• LIFE'S LITTLE INSTRUCTION BOOK •

- 154 • Resist the temptation to put a cute message on your answering machine.
- 155 • Have a will and tell your next-of-kin where it is.
- 156 • Strive for excellence, not perfection.
- 157 • Take time to smell the roses.

