

# Sahaja Yoga

25<sup>th</sup> January, 2002



## Australian Newsletter

***Jai Shri Mataji!***

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Publication deadline for contributions  
is midnight each Tuesday

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*“...and He created life, and from life faith  
and space and air, light, water and earth,  
the senses and the mind. He created food  
and from food strength, austerity, sacred  
poems, holy actions and even the worlds.  
And in the worlds, name was created.*

*As when rivers flowing towards the ocean  
find there final peace, their name and form  
disappear, and people speak only of the  
ocean, even so sixteen forms of the seer all  
flow towards the Spirit and find there final  
peace, their name and form disappear and  
people speak only of Spirit.”*

words of the sage Pippalada  
to his disciple Sukesa Bharadvaja  
(Prasna Upanishad)



# NATIONAL NEWS

I wish to convey belated Happy New Year to everyone. I pray to Shri Mataji that may we all grow in our individual and collective ascent and attain complete spiritual fulfillment. May all the seekers find Sahaja Yoga and recognise Shri Mataji in Her true form and that may we become good instruments for the Divine and a source of joy for our beloved Holy mother. 2001 has been a testing and remarkable year and like Shri Mataji announced it proved to be an unprecedented year of exposure and global change. We hope 2002 will bring out the truth and seeking among all human beings. I was very lucky to spend a lot of time in the presence of Shri Mataji recently and will attempt to bring some experiences and messages together with some housekeeping issues.

## Travels with Shri Mataji

It is always a blessing to travel or to be in the physical presence of Her Holiness Shri Mataji but it is also a very big test. You are always aware that all your thoughts, your attention and spiritual state is exposed like an open book and that you are constantly under an all pervading divine microscope. I was put to such test from 13/12/2001 onwards and I would like to thank Shri Mataji for allowing me to serve her and apologise for innumerable mistakes that I may have committed and for all my failures in the divine tests.

My first test started at the nabhi level when the economy seats were not available and the business class was not affordable. In spite of Shri Mataji's invitation, material reality tests you and I had to face the dilemma. Later on in Los Angeles I was told that Shri Mataji was concerned that I would not be allowed in from Economy class into first class and that she wanted me to travel business class. It was a big maya.

Shri Mataji was all praise for the American president George W. Bush, especially for his gesture of sending special security for Shri Mataji's arrival in LA. Among her letters to the president Shri Mataji had talked about how the current fight was between the overgrown ego of the west and the overgrown superego of the underdeveloped countries. She talked about how when we develop too much of superego by going too much in the left how we can get possessed and become fanatics. She talked as to how Sahaj yogis are in the centre. At some stage I said to Shri Mataji that in global perspective you place us so high that we feel a bit ashamed so please give us the capability. Shri Mataji smiled and said you just have to love everyone like a saint.

She suggested that we have picnic sometimes to strengthen our collectivity and that everyone should come for it.

At some point she said one feels too much cold because of hot liver.

She has asked all Australians to watch all the tapes while she was in Australia for her messages as different countries have different problems.

She was asked about buying the new ashram for Brisbane. She suggested that all those thinking of it should move into Wamuran first. She also suggested a cricket pitch at Wamuran that we might emulate for Balmoral also.

She had attention on Adelaide and said "before they buy an ashram, a lot of work needs to be done first." Shri Mataji gave realisation to three air hostesses between LA and Hong Kong. One of them while Shri Mataji was holding her hand said "Mother I can feel a lot of power coming from your hand". Shri Mataji smiled and replied "I only have power of love and compassion".

The plane made an unscheduled stop at Taipei and so She had attention on Taiwan. The three air hostesses one from Phillipines, one from Japan and the other one from China made her attention go on Sahaja yoga and yogis in those countries. She later on had attention on Malaysia and Indonesia as it was the maids' day when we arrived in HK and also on Thailand where we had a stop over on the way to Mumbai.

## Hong Kong

On way to HK Shri Mataji expressed her concern about the HK collective which was torn apart in half and said twice, once when addressing the HK collective and also in the car after shopping that these yogis who have gone away will come back.

Shri Mataji said she gives bandhan every time she comes to HK to prevent it from earthquakes. She was extremely pleased at the music program that the yogis presented and presented every yogi with a ring and said that it was for their protection.

Shri Mataji has asked Alex to move back to Australia to his family and has appointed two Chinese leaders. I hope and pray for sanity and wisdom to prevail and bring about stability and growth of Sahaja Yoga in Hong Kong.

## Mumbai

In each place the Goddess assumes a different form. Shri Mataji was in the *Devi rupa* as soon as we arrived in Mumbai. It was a miracle how the help arrived for me to carry 10 handbags and push the wheelchair all together. On way to Mumbai from Hong Kong Shri Mataji mentioned that money orientation is the main problem of the world today. She said that one needs to have faith to ascend and finally in my memory Shri Mataji's words resonate constantly "You all are saints and have to live like saints".

## **Ganapatipule**

Almost everyday we were blessed to take darshan of the Goddess. When we went to invite her for the Puja, her first remark was "One has to wait patiently for the goddess to come". It was a very busy time with Dharamsala parent teachers meeting, yuwa shakti meetings, 60 interviews for Dharamsala, daily seminars, Shri Mataji's directions and meetings for organising of Shivratri and marriage dramas without which life would be so boring. Although Shri Mataji mentioned Australia in the puja talk I feel we all have a very long way to go together in terms of our individual and collective ascent and everyone should take it in that spirit.

## **Kalwe**

Kalwe pujas are always very strong and very deep and strong new year message. This year was no exception. After the puja Shri Mataji and Sir CP went to a place in the Kalwe campus where she was there till 3.30am. She expressed her opinion on the India Pakistan conflict. She said she would not like the war to happen but that Pakistan to be exposed. In LA on Dec 13 she was served with lunch when the TV gave the news of Indian Parliament being attacked. She did not eat at all. I offered my namaskar to take leave and asked for blessings for Australia. Shri Mataji then conveyed all her love and blessings to all the Sahaj Yogis in Australia.

## **Shivratri Puja 2002**

Australia will be hosting the Shivratri puja along with England and India. The latest program dates are as follows:

We will depart collectively depart Australia on 13<sup>th</sup> March 2002.

We will travel to Pune for our duties as Hosting country. The weekend of 15, 16 and 17<sup>th</sup> of March will host the joyous Shivratri celebrations.

We will travel on 19<sup>th</sup> or 20<sup>th</sup> for New Delhi for Birth day Puja celebrations on 21, 22 and 23<sup>rd</sup> of March.

There will be a public program on 24<sup>th</sup>.

After Dharamsala we will return collectively on 30<sup>th</sup> March 2002.

For us to host the puja certain costs need to be incurred and so I would like to invite every Sahaj yogi to contribute about \$108 each for us to be able to host the Shiv puja in the best way. The money should be marked "LET NATIONAL PROMOTIONS" and sent directly to Burwood or Radhika. Please write in your details so that all monies can be receipted.

While our Indian brothers and sisters like to do all the work to steal all the punyas, we should do our best to earn some by sharing the hosting responsibilities. It would be nice if our musicians can also join in for Pune. What about some play? Or any other bright ideas? Don't forget the articulate English are our joint hosts.

I would like if all those who intend to go can provide the names and travel details to your state leaders asap.

## **Leaders' Meeting at Burwood**

**2<sup>nd</sup> and 3<sup>rd</sup> February 2002**

All the state leaders will be meeting during the weekend to reflect on the year gone, set the agenda for 2002, decide on national seminars and work out ways of facilitating individual and collective growth and also new ways of spreading Sahaja Yoga. All new projects will be considered. If you would like to contribute with any suggestions or any new ideas please do not hesitate to contact your state leader. I will also request all the leaders to bring all the financial accounts for the meeting.

## **Sahaj Yogis as a Target Market?**

I have had several calls from yogis who are concerned about certain products being very actively marketed to the Sahaj yogis with the main selling point being Shri Mataji uses it or that she likes it.

To be extremely honest, I was with Shri Mataji on all occasions in HK when one such product was tried on Shri Mataji at the request of two yogis. I can recall at least on 10 occasions when she was asked are you feeling better? She replied "I can't feel its effect at all". Several times when the yogi was trying his best with full sincerity to work with the product she would lift her head and smile at me as if it was some maya. I could not help saying to Shri Mataji during one occasion "Shri Mataji I am witnessing your love and compassion" because she was going through the drama because of her love for this yogi. She enquired about the price and said it was too expensive.

I am concerned about Sahaja yoga meetings being used as marketing venues for the instrument and Sahaj yogis as target market in the name of Shri Mataji. In the past, I have been approached by some for Network marketing to the yogis and ashrams to which I have flatly denied. I request every sahaj yogi including those who want to try it to act in a responsible manner for we don't want sahaj yoga meetings turned into trading fair. And yogis forgetting basic clearing techniques and meditations while trusting and relying on healers. I have seen this material phenomenon of mixing Sahaj with business have a part in dividing a national collective and I do not want it in Australia.

## **ISPS Dharamsala**

Our children would see this year the real effect of all the changes that have been initiated with the blessings of Shri Mataji. I wish to encourage all those who can to send their children. There are few vacancies for non parental dorm uncles or Aunties. If anyone is interested please contact me ASAP. Our national collective mainly through parents will be helping with books for academics and the library. Anyone interested in participating as a resource group for the school can contact Raymond or Alice. We would also be helping with installation and networking of the 50 new computers from Austria. Anyone willing and able should contact Chris Kyriacou or Toby Patterson.

Lastly, many yogis ask me did Shri Mataji say anything about coming to Australia? On several occasions I did bring up the invitation. On one instance Shri Mataji said She would definitely come. She has said to us before that She would come when the Balmoral is ready for her to stay. We would be working on this project this year. On other occasion she said that with her age now we should not put her into discomfort and should travel to see her instead of her having to come. Make up your own mind.

My feeling is that Shri Mataji would come at least once if we all can rise in our ascent, collectivity, maturity, devotion and dedication. I am happy to help anyone, anytime from anywhere so please make use of anything that I may have got from Shri Mataji. It's free and flowing.

Jai Shri Mataji

Avinash Nichkawde  
Sydney

## ***Birthdays!***

*Our very best wishes to Sahaj yogis whose birthday falls in the coming week. May they all have many happy returns of their special day...*

Sita Riches  
Joanna Srivastava  
Leanne Huet  
Jean-Michel Huet  
Jayashree De Valle  
Richard Kennett  
Mark Williams  
Peter Leece  
Neil Riches  
Diana Selentin  
Leonard Reeves

## **STATE NEWS**

### ***News from NSW***

#### **Australia Day Festival at Bicentennial Park, Homebush Bay Saturday 26th January**

This festival is being hosted by the Olympic Park Authority and Auburn Council. Sahaja Yoga will have a representation in the Community Marquee, giving information about Sahaja Yoga and self-realisation.

The festival starts at 10:30am and there are fireworks at 9:00pm. The stall will continue till around 5:00pm or longer if people are still interested. Please come along!

**Transport:** Train to Olympic Park, or park in P3 Sarah Durack Ave for \$2 an hour or \$10 day.

**Location:** Further North from the Sahaj picnic venue - closer to the Bennelong Rd Exit/Entrance

**Contact:** Lidcombe Ashram - 9649 6879 or on Saturday 0412 834 441. Please ring and let us know if you're coming so that we can have people there all day.

Alice Bhasale, Sydney

#### **ADHD program**

This program is into the 4th week of a 6-week program. We are starting to see some very positive changes in the kids, who are all coming along as a result of interest generated by the article in the Sunday Herald earlier this month.

**Time:** Wednesday evenings and Saturday afternoons at RHW until Feb 13.

We're having parallel sessions for the kids and their parents. Yuva Shakti are especially welcome, especially guys (most of the kids are boys).

Please ring Alice Bhasale (9649 6879) if you're interested in coming.



## Radio Program News

You probably recall the staffing/management dramas at Radio 2SER last year and then finding out that the programming/User Group issues at the station would be dealt with in January 2002.

Well, we've received a letter stating that the programming review is now underway, that it will focus on programs broadcast on Monday through Saturday, and that those programs which broadcast on Sundays (mainly User Groups) will NOT be affected. Jai Shri Ganesha!

Thanks to all for your bandhans, attention and your personal and financial support.

*Thank you, Shri Mataji, for allowing us to continue with this very fulfilling (and evolving) project which, by Your grace, has been on the air for 6 ½ years now! Jai Shri Mataji!!*

*Liallyn Fitzpatrick*

The Radio Team

*\*Tune in to Radio 2SER 107.3FM every Sunday 10-11am*

## Pendants and Rings

Robin Reid's pendants and rings, with Shri Mataji's face, that have been sold in Sydney by Barbara Fitzgerald will now be available from Therese O'Leary.

Barbara is travelling overseas with her family, so please see Therese for further purchases and her contact details are in the phone list.

There is a range of silver available and orders will be taken for other sizes. All requests for gold will need to be ordered and paid for in advance. The gold designs are the same as for the silver range.

*Therese O'Leary, Sydney*

## INTERNATIONAL NEWS

### *News from Hong Kong*

#### **My Heartfelt Kowtow**

Thank the Divine. It is out of my expectation to have such a blessing to see the Holy Mother in person in Hong Kong and enjoy Her boundless love.

The encounter has transformed me from an ordinary woman to a Sahaja Yogi. Just for a period of several days, I have found miraculous changes in life, my heart seems opened up all of a sudden and I have a very strong desire to share with others this boundless joy and love. Before that, I used to be introverted and did not like to talk much. It is Mother who gave me a second life and made me fully understand that the Divine chose us not for our individual blessings, but to spread out this love for others.

The long quest for the meaning of life eventually ended up with an answer. Everything comes in such a natural, living way and I have done nothing for it. It just happened as a result of a pure heart of desire.

My first encounter with Mother was receiving Her at the airport. We waited with an extremely reverent mind. Suddenly, She appeared in front of us with the most beautiful and touching smile.

I do not know whether it was out of the strong emotion or gratitude that tears dropped non-stop like beads falling from a broken thread. Later, I realized that lots of yogis had the same experience.

The Hong Kong collective even allowed someone as new as a baby, like me, to be so close to Mother. It was my luck to get to know of a group of dynamic and compassionate yogis.

I remembered the first time we meditated. It was very quick for me to feel the kundalini up onto the top of the head. In my belly, there was a strong churning, but it gradually subsided. As such, all problems, as well as the chakra and nadi imbalances were treated and cleared all together, gracefully. I felt the cool breeze on the head and my hands, as well as the infinite joy. Everything around turned infinitely beautiful.

Before that, members of my family brought back bits and pieces of knowledge on Sahaja Yoga. My knowledge is merely skin deep. I did not even know the basic techniques. Yet, simply, by the heart, to surrender and seek the truth, as well as the love from Mother, I did nothing. I got cleansed. This experience is totally beyond words.

On the third night, after 10 pm, the unfurnished hotel func-

tion room was filled up by the holy yogis and some lovely children. We all sat down, got into meditation.

Not long after, Mother appeared at the door with a charming smile. We all greeted Her with hands closed in namaskar to show deep respect. At that moment, the feeling of gratitude rushed out from my heart again. Her touching smile deeply moved everyone there.

Mother made an hour-long speech. I listened with great awe, like a child, watching Her face without turning my eyes. Though I could only understand twenty percent, I could feel the strong vibration from Mother spreading to everyone of us.

It is Mother who saves us from the disturbed mind and uplifts and corrects us. Such an indescribable feeling of gratitude could not be stopped. I only feel I have received, just overwhelmingly, too much.

Then Mother gave each Hong Kong yogi a ring as a gift. It turned out to be the first time She did that. It was also my first time in life to bow and do my heartfelt kowtow to Mother. Right at that moment, a strong desire to surrender spontaneously rose.

May everyone enjoy this nicest blessing on Earth.

After that, Florence played the Chinese traditional instrument, the *zhang*. The music was enjoyable, sometimes as soft as water in a small stream, sometimes dashing with great enthusiasm, thus manifesting the depth of Chinese culture.

Finally, we sang in praise of Mother. Though I did not know the songs, I tried to follow and enjoyed the beauty of oneness and unity.

What a feeling beyond words.

Xiaohe  
Hong Kong

(Sahajnews 23 Jan 2002)

## News from India

### New Year Puja

Kalwe, India 31.12.2001

#### Shri Mataji's Talk (in Hindi)

*"I'm telling them that how a Sahaja Yogi should feel. You should be satisfied people. Firstly and foremost you have to be satisfied. You just see within yourself if you are satisfied or not. You've got the highest that you wanted, you have got the peace, you've got the joy, and all the blessings of the Divine. Despite that, if you are dissatisfied, you want to do something always that is disturbing. Always some people want to show Me off, want to come forward – or they want to escape Sahaja Yoga.*

*Firstly, you must spread Sahaja Yoga. How many people have you brought to Sahaja Yoga? Just think of it! We are Sahaja Yogis – Sahaja Yogis means what? You are saints! In this world all the saints who became saints, with very great difficulty, going through lots of tortures, have done so much work. One single saint has so many people whom they have attracted. Of course he couldn't give them Realisation, because I have taught you how to do that. But you just find out what are you doing about Sahaja Yoga.*

*Only meditation is not the point. Meditation for what? For equipping yourself to help others; we need it very much in this Kali Yuga, people who will go all out to help. On the contrary, I find that they are very anxious just to meet Me, to see Me. I have seen all the Indians who come to Cabella must meet Me, must see Me, as if they have a special right with Me. What is the need? What is the need to meet Me? But this is the trouble of, say, our conditioning, that supposing there is some leader, some Minister coming, everybody will go and show off, like to meet him and talk to him – but not a Sahaja Yogi.*

*You must have self-esteem. Self-esteem by which you should know what is your dignity and how you should be. There are Sahaja Yogis who are excellent, who are very good, who are very self satisfied – I know who they are. And you have to be like that, otherwise you cannot enjoy Sahaja Yoga, you are like all other people trying to hinder into all nonsensical activities.*

*Now this is it. Today's was a real test, because I just couldn't come earlier. You know what is the traffic nowadays, I just couldn't arrive; and still you were sitting here – this gives me great satisfaction. That they really love Me, and they are really Sahaja Yogis.*

*If you really love Me you must love others who are not Sahaja Yogis and try to give them Realisation. Because you know My age is quite a lot, and how far can I go? I am not going now to many countries, but Sahaja Yoga is growing fast, though I am not going there. It is growing – why? Because people of that country understand their responsibility. You should know what is your responsibility – it is not only towards yourself but it is for the rest of the world, (that) you have to work it out and do something about it. Whatever people you*

can approach, or whatever people you can meet, go all out!

I have also said before, I have seen people who go to some horrible gurus go on talking about their guru, describing their guru. Anybody who meets them, they go on telling them. Not Sahaja Yogis. I don't know, maybe they want to preserve their Realisation. They think if they tell somebody their Realisation



sation will drop out. If you don't spread Sahaja Yoga, what is the use of getting your Realisation? All my labour is wasted on such people, who are for themselves. They want something for themselves.

Now for example, so many girls wanted to marry. There are four times more, five times more than all the boys put together. But if they are not married, they feel very unhappy about it. Doesn't matter! You are now connected to God! Marriage is not always a very great blessing, I tell you, it's not. On the contrary, it can be very binding, it could be very troublesome. So better not feel bad. You should feel bad when you cannot give Realisations to others.

How many people have I given Realisation? Just think about it. All the time, like all the ordinary people, thinking about marriage, and this and that. It's not going to help you. You are something special. And what speciality do you have? What are you doing about it?

I'm sorry at the end of this, our great Ganapatipule, I have to tell you this. But sometimes one has to tell, also. I know you

are all, all very good Sahaja Yogis. Also that you have achieved so much. But what is My desire is, that all of you should become like a light and start spreading Sahaja Yoga. In some countries it has happened, it is working out, and people feel so responsible. I am amazed at them, how they are spreading Sahaja Yoga.

Now the same request I have to make to you. That please look at yourself, introspect, what have you done? What have you achieved in Sahaja Yoga? Such a satisfaction lies when you really, when you really work hard to spread Sahaja Yoga.

Many people think that coming nearer Me I feel pleased – I am not. That's no recognition. You should never do that. On the contrary, when you will grow really, I will know, Myself.

Today is not the day I should have said all this, because it is the day for New Year's Day. But only good decisions are to be taken on the New Year's Day – that's the custom with human beings. So today you all have to take the decision that 'What are we doing for Sahaja Yoga?' 'What are we giving Sahaja Yoga?' 'What is our achievement?' 'Are we sharing with others?'

It's the greatest Truth you have got. Nobody got it – people worked so hard, did so much – nobody could give Realisation! It's only you can give Realisation, it's very surprising. Kabir could not give Realisation to anybody. Gyanadeva could not give Realisation to anybody. All of them have been great, great Saints of great value system and with great understanding. Whatever poetry they have given, people are singing – that's all.

But, they cannot give Self Realisation which you can do. With all that power, if you are not giving Realisation, what's the use of giving power to someone like that?

So today's New Year's message is that 'Next year you must give Self Realisation to many people. (To) How many people have you given Realisation?'. That's the main thing. Just find out. What have you done throughout the year? I don't know how to count it. But you, yourself count. 'What have we done all these years?' 'What have we achieved?'

Attending My Puja is no favour to Me. Or doing anything for the Puja is no favour to Me. My greatest Puja is that of human beings; and if you can achieve and spread Sahaja Yoga that fast, I'll be very, very grateful to you.

I have worked very hard, I have really worked very hard. This Body, this Mind, all My Health, everything, I have done for saving people. And you please also tonight decide and take a view that what Mother is saying is very important and precious. We have to, we have to rise and give Realisation to people. But which is not so common – I am surprised why people are behaving in this manner who are Realised Souls.

All my blessings for the New Year, for all of you 'Happy New Year! But – next year should be full of many Sahaja Yogis who have done work and who have achieved something great. May God bless you.'