



# Australian Sahaja Newsletter

19th September '98

Contributions: Debbie

02 97474835 or Burwood Fax 97454927

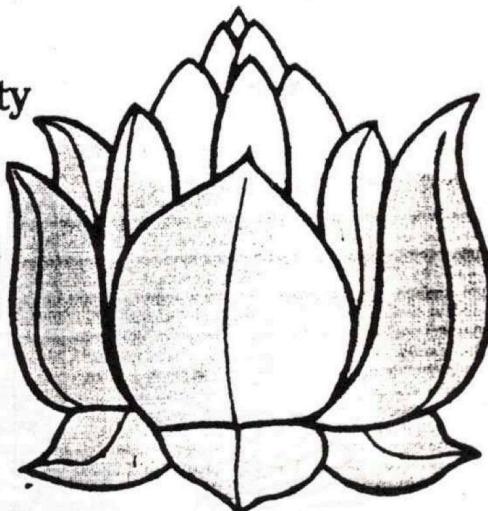
## NAVARATRI PUJA

You are cordially invited to enjoy Navaratri Puja with the Sydney yogis

DATE: Sunday 27<sup>th</sup> September

VENUE: Balmoral country property

TIME: 11.00 am SHARPI



### ROSTER:

	Set Up	Cook
Navaratri	11. Lindfield (Bent St, Balfour St, Pleasant Ave etc)	1. South of Burwood (Croydon Park, Hurstville, Punchbowl etc)



	Wash Up	Dismantle
	2. North Shore (except Lindfield) (Chatswood, Gordon, Turramurra, Castle Cove etc)	3. South & West of Parramatta (Cabramatta, Guildford, Wentworthville, Pendle Hill, Kurrajong, Katoomba etc)

## NINE NIGHTS OF NAVARATRI

There are fifteen phases of the moon and the sixteenth one is the complete moon. As revealed by Her Holiness Shri Mataji Nirmala Devi, these are also the sixteen phases or the powers of Shri Krishna. Fifteen phases are the fifteen steps of consciousness at the human level and the sixteenth is the external witness. All the chakras have two phases - left and right, seven into two is fourteen. 15 is the Spirit and 16 is the Absolute God Almighty. This is the phase which is not achieved by human beings so far. When we come into Sahaja Yoga our ascent begins.

In the first and the second phase of evolution matter was created. At this point Shri Adi Shakti separated from Shri Sadashiva and She created Lord Ganesha to bless Her creation with innocence and auspiciousness. Hence, the first prayer to the Goddess is addressed to Lord Ganesha in the first night of the nine phases of the moon in the period of worship called Navaratri or nine nights of worship. Lord Ganesha's power removes all obstacles and also purifies us for undertaking the prayers to the Goddess. The Blessings of the moon which is also on the left side, also arises from the same source. This is the stage of Mooladhara chakra in us.

In the second night (dwitya) we offer Puja to the different manifestations of the supreme Goddess. "Ya Devi sarvabhteshu....." All these aspects of the Devi also manifest in the qualities of different chakras. This is the time to cross nabhi and swadisthan chakras.

During the third and fourth nights (trittya and chaturthi) we feel totally secure and blissful in the power of Shri Adishakti's love and we worship Her with deep gratitude in our heart. This then, is the crossing of the heart chakra.

In the fifth night (panchami) we pray to the Goddess for our ascent and the destruction of the negative forces weighing us down. When the Spirit sings in joy to the praise the Devi, we cross the vishudhi chakra.

On the night of the 6th (sasti) we surrender our ego and conditions at the Lotus feet of the Goddess and worship Her to uplift us beyond the narrow

crossing at the agnya chakra.

On the seventh night the Devi revealed herself. All the Dieties asked the Adi Shakti, O Mahadevi, Who are you ?"

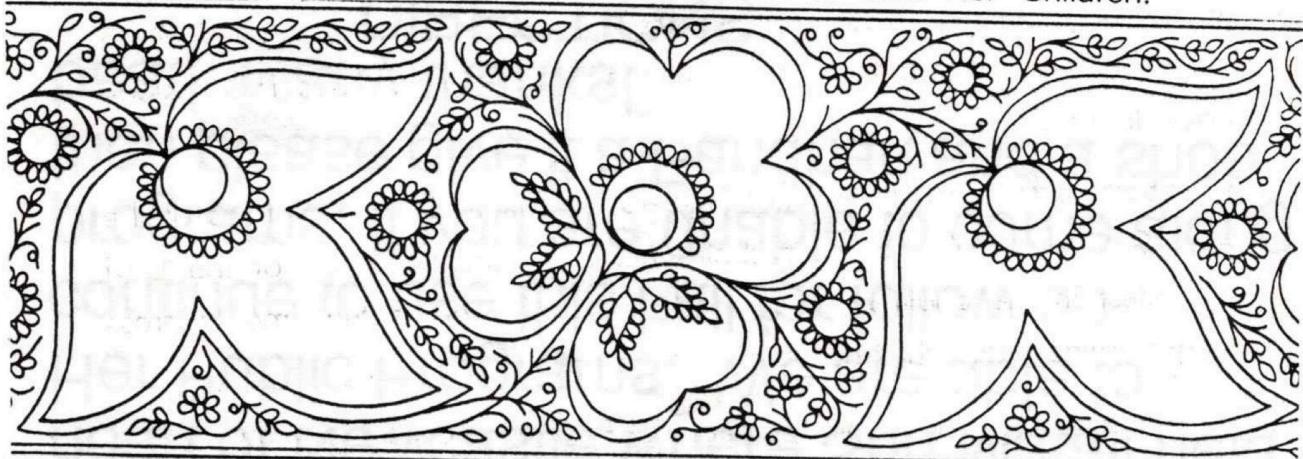
She answered, "I am joy and beyond the joy... . I am knowledge and beyond the knowledge." If the Goddess is pleased then by Her Grace we come to the Sahasrara. This is  $2 \times 7$  i.e. 14 phases of the moon.

Eight night (ashtami) "O Devi! you are the only support of this world, because you are there as the Mother Earth and supporting the universe.

In the ninth phase (nawmi) the Devi takes us to our destiny and fulfills us. With Her blessings we become a part and parcel of Her and do not fall back.

On the tenth day of Navratri the triumph of the Goddess is celebrated after She has vanquished all the negative forces. On this day we worship Her lotus feet in our heart.

The Goddess incarnated on this Earth 9 times to save Her Children.



Again, we pray to Shri Adi Shakti for Her forgiveness for all our mistakes and omissions towards Her protocol, and that may She please indulge us, Her little children who are ignorant and spoilt, but who love Her very much.



## SATURDAY NIGHT PROGRAMMES

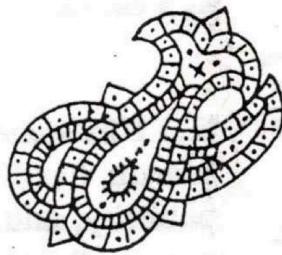
There will be no official Saturday night program next week due to puja – however everyone is encouraged to go to Balmoral to assist in any pre puja setup and to enjoy bhajans and collectivity and stay the night.

Therefore the next program will be:-

Date: 3<sup>rd</sup> October  
Host: Gordon ashram

Program to start 6.30 pm for clearing practices  
7.00pm SHARP for meditation / puja

Refreshments served at conclusion of the evening.



BELLINGEN GLOBAL CARNIVAL –

In about two weeks we will be taking part in this festival, (October long weekend 2,3,4) giving realisation to all that ask.

We now have a small group of yogis going up, but we still need a few more. I would encourage all the yuva shakti to take part. Many of those who will get realisation will be children and teenagers, so it would be perfect if they could be introduced to Sahaj by those of the same age. If you are interested please contact me ASAP so that we can arrange transport for everyone.

JAI SHRI MATAJI!

Max (Ph: 913 03264)

Ganesha Puja was celebrated on a truly spontaneous Sahaja way in Central Australia this year. We arranged for friends and neighbours to baby sit our joeys and kangaroos while we trekked to Yulara (the township), and Uluru, 500 kms south of Alice Springs.

Margaret Macdonald (from Sydney) is on long-service leave and has spent the last 8 weeks soaking up the most excellent vibrations that Alice Springs has to offer. We drove the van down to meet Leigh Taylor (from Perth) who is working at Uluru and Kata-Tjuta as a tour guide.

After sharing lunch we decided to have Ganesha Puja in amongst the red sand dunes on the outskirts of the National Park. We drove along the highway until we saw a suitable place and in we drove. We took off our shoes and walked up the warm red sand until we found our perfect site. Untold birds provided bhajans and the entire area was carpeted with vivid wild flowers. The sky was a cloudless azure blue and Uluru looked majestic in the distance. After Puja to Shri Mataji and a satisfying meditation we shared prasad of strawberries and tangeloes. Before leaving the dunes we went for a walk amongst the wild flowers - that are the most prolific for 10 years thanks to excellent winter rains. We found lots of honey grevilleas (Aboriginal bush tucker). We walked from bush to bush sucking the nut-flavoured nectar that glistened in the blossom cones -about 25 cms long- actually pollinating the flowers as we went.

We then went on to Uluru to pay our respects at close hand. Our favourite place is a very quiet waterhole. There are two waterholes, only one of which has permanent water. The place we chose is very secluded and shady. Nearly 600,000 people visit this Swayambu every year so we were very lucky to have this area to ourselves while we watched a large Pacific Heron stalk his dinner of fat tadpoles.

The next day those of us not working drove on to Kuta-Tjuta (the Olgas). We were a bit pressed for time and could only walk the first part of The Valley of the Winds. The Olgas are much taller than Uluru and the vibrations there are wonderful. We look forward to doing the complete walk when we go back there next Ganesha Puja.

Thank you, Shri Mataji for such an experience!

Russell and Sue Raggatt.

## Asthma Research Programs

During the course of our recent visit to Cabella for the Shri Ganesha Puja, Dr Ramesh was able to report to Shri Mataji on the progress of the Asthma Research programs.

Shri Mataji expressed keen interest in various aspects of the program, extending even to details of the Sahaja Yoga treatments being used. She advised that candle treatments should not be used for these patients, concentrating instead on ice treatments. She also advised that more emphasis should be placed upon the use of the photograph, and that patients should be encouraged to understand that Her photograph is the source of the cure they are seeking.

It is vital for the success of this project that our collective attention is directed toward the programs and indeed towards the patients being treated. We are holding a Havan at Burwood at 7.30pm on Wednesday 23<sup>rd</sup> September specifically for this purpose. Please feel welcome to attend. Our last such havan showed immediate rewards in the way patients responded to their treatments.

Any yogis who are available on Tuesday or Thursday evenings are invited to come along to the programs at Royal Prince Alfred Hospital and Liverpool Hospital. Please contact Peter Kenchington on 02 9863 2489 for further details.

## NEWCASTLE PUBLIC PROGRAM, SUNDAY, 20th SEPTEMBER

2.00p.m.

Where? At The Junction Public School Hall,  
Union St, The Junction.

Please come along if you are able to. This venue is as close as we could get to the heart of Newcastle, where Shri Mataji held Her Public Programs. We are able to continue to use this hall for follow up programs. If you are unable to come along then please give it a Bandhan and a shoe beat! Many thanks!

### DIRECTIONS.

If you can come along then take the Swansea /Charlestown exit and follow the Pacific Hwy through both these towns and onwards until Glebe Rd intersection. Turn right onto Glebe Rd. 1st intersection with traffic lights is Union St. but you have to turn right at the next street as there is no right turn onto Union St.  
Thank you!

JAI SHRI MATAJI!



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**THEATRE OF ETERNAL VALUES.**

The Australian Collective has sent off \$3,000.00 (21,024 Austrian Schillings) as a contribution to T.E.V.'s work.

Sita Kirchbaumer, who, with her husband Martin, handles T.E.V.'s finances and publicity, said the timing of the contribution was excellent - they had just received the bill for the *Charley's Aunt* costumes!

A new fund has been started with a contribution from Victoria. So anyone wishing, at any time, to be part of Shri Mataji's Theatre of Eternal Values, can send money to Brian Bell at 213A Burwood Road, Burwood, NSW 2134.

**THEATRE OF ETERNAL VALUES.**

