

THE AUSTRALIAN STRATHFIELD

# Sahaja Newsletter

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FEBRUARY 18TH '94.

## SONGS OF KABIR

TELL me, O Swan, your ancient tale.

From what land do you come, O Swan?  
to what shore will you fly?

Where would you take your rest, O Swan,  
and what do you seek?

Even this morning, O Swan, awake,  
arise, follow me!

There is a land where no doubt nor sorrow have rule: where the terror of Death is no more.

There the woods of spring are a-bloom,  
and the fragrant scent "He is I"  
is borne on the wind:

There the bee of the heart is deeply immersed, and desires no other joy.

# FROM ENGLAND.

## Musical Project Continues

Musicians are invited to record and send in any songs which could be used to produce a CD album. If the means to professionally record material as you would like, are not available don't let that stand in your way. Just send a basic homemade recording in.

These can act as a beginning, if we have the material, we will find a way of recording it.

The idea is if every musical type sends at least one song in, we will have the basis for an album. Of course do not limit yourself to one song, as we will need material for the second album soon after.

Tapes can be sent to Geoff Godfrey, 151 Ware Road, Hertford, Herts, SG13 7EG. England.

If you don't have a tape ready, drop us a note to inform us, how many songs you intend to send and when.

There is no better time to do this than the present.

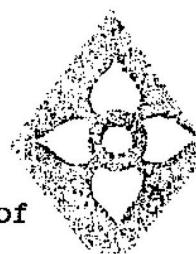
JAI SHRI MATAJI.



## SYDNEY NEWS

### CHEAP FARES

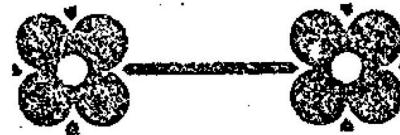
Going to New Zealand for Shri Mataji's Tour?  
Woollahra Travel has an \$850 fare (subject to availability of seats) for Sydney-Auckland-Christchurch-Brisbane-Sydney.  
Contact Peter King at Woollahra Travel on (02) 3893399.  
Mention that you are following Shri Mataji's Tour.  
URGENT - BOOK NOW - Payment has to be made within 14 days.



### SEWING BEE



There will be a sewing Bee on Saturday 26th February at Burwood to sew covers for setees. Please contact Lene on 416 2969 if you can make it (no pun intended!) Starting at 10am - Please bring sewing machines and overlockers.



### INDIA SCHOOL

Could all parents interested in sending their children back to India School with 'the group' please contact Heather Sattarshetty at Burwood A.S.A.P. before Friday 26th February.

### 3 NEWS FROM CAIRNS.

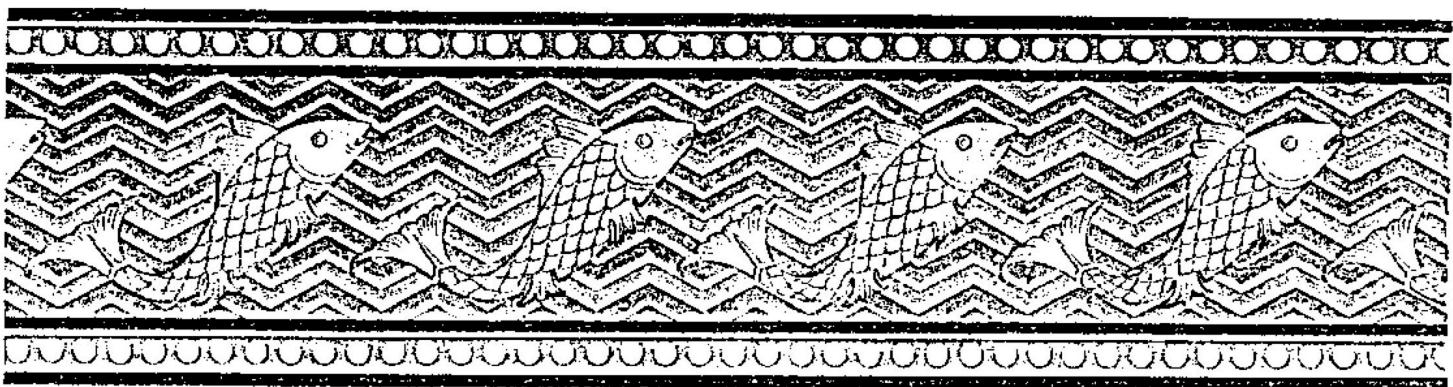
Dear Brothers and Sisters

The Cairns collective is sending you greetings. Due to the Skillshare Centre closing we have found new premises for the City's public program. The Ashram is almost bursting at the seams, now that the Bonneau family has moved in for a few months. Sno will be running for Mayor next month and has to live in the Cairns City Council Area. So what better place than the Ashram? It's great, there is always someone home for a cuppa and its buzzing with happy children. The programs are going well. The one at the high school at lunchtime attracted another three students this week and quite a few staff members express interest but often are unable to make it. The happiest thing for us is to see Shri Mother's photo high up on the wall for over a year. It is impossible not to look at it if you make your way to the library, which is a place every student and staff member visits many times a week. This years leadership camp for Year 12 students was postponed again due to the lack of water in the dam, but is now going ahead on Sunday 20 February till Wednesday 23 February. Sahaja Yoga will again be one of the activities which every student will attend for 1.5 hours. There are more than 180 students so it will be full on, 4 sessions a day for the Monday and Tuesday.

By writing to you and to ask you to put some attention on this happy occasion it will be more of a collective event. I wished there could be other yogis present, especially to share the joyous feeling after a session where students experience their self realisation.

We hope you are well, we are all experiencing some flu type discomfort. We seem to take it in turn, clearing out for Shri Mother's visit. Many of us hope to come to Sydney for Easter Puja so we will see you soon.

Jai Shri Mataji  
Josina

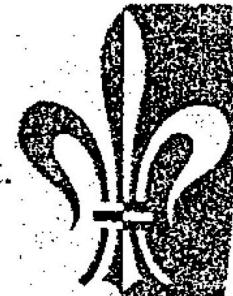


quote from *THE WAY OF THE SUFI*  
by Idries Shah (Arkana 1990):

Your medicine is in you, and you do not observe it.

Your ailment is from yourself, and you do not register it.

- Hazrat Ali



FROM: SUDARSHAN.

NEWSLETTER OF THE AMERICAS.

JAN.'94 .

4.

Washington, D.C.

Things have continued to be very busy in Washington since Shri Mataji's program, between the people who have been coming since October and the new people who keep coming from the cable TV videos. The cable TV shows have started working out much better since Shri Mataji's visit. Whereas we could go for a month without a phone call before She was here, we now usually get a couple of calls a week.

On December 4th, we held a one-day seminar which was the conclusion of our first series of follow-ups. We held the seminar in a beautiful old mansion on the wooded campus of a DC prep school, which turned out to be an ideal venue. We were pleased to have about 40 people, including about 20 new people from Washington and then a great turnout of new folks and old folks from Philadelphia, Pittsburgh, Richmond and North Carolina. The day's program included the "Story of Evolution" video from Australia, a vibration workshop and talks by Harsh Mehra and Jack Klette that really made quite an impression on some of the new people. Most of the people who came told us later how much they enjoyed and benefitted from the seminar, and we can certainly see the growth in many of them.

Since then things slowed down somewhat for the holidays, but as we pick up again it looks like we have about 10 to 15 who are settling in. Our desire of course is that some of them become established enough that we can start up an ashram. As we all know, not having a collective center center or ashram to invite new people to makes it more challenging to help them get established.

So, love to everyone from Washington. We are missing the frequent contact that we had with the collective during the preparations from Shri Mataji's program and we look forward to the next occasion to see our brothers and sisters. Jai Shri Mataji!

-Paul and Prathima Ellis, Washington, D.C.

## SEMINARS GIVEN DURING INDIA TOUR 1993-4

From notes taken by Helen Jackson and Christine Driver with apologies for any mistakes, especially with not knowing speakers names.

### PROTOCOL

#### Dr Rajit Kumar

Not rituals. Our heart should be in what we do. Not just for special times and places.

Protocol is essentially Dharma born within us at Realization. It determines our evolution and how quickly we are surrendered to Shri Mataji. It determines our interaction with:

(i)other Sahaja Yogis (ii)relatives (iii)world outside (iv)in front of Shri Mataji

Protocol is not a mental business. It must be spontaneous. It helps to observe certain protocols even if we don't fully understand - helps our evolution. We can only deepen through Meditation.

#### Dr Rajesh Shah

Begin to transform within from Realization. Protocol is not a burden or a worry - it is always a living process, always a learning process. It comes from the inside - learning Who is this Who teaches us FROM INSIDE.

We are in the presence of The Complete Being. If we recognize the protocol comes BUT She is Mahamaya!

She is with us to take us to Her State. We must remind ourselves all the time of that. She is our Guru. Nobody forces you - WE ASKED.

The Guru's family has to be treated respectfully by the disciples. We are the disciples. Our relationship is only with the Lotus Feet.

### HOW TO ADDRESS SHRI MATAJI

When we mention Her name we must remember it is so POWERFUL. Has great weight. Not for casual conversation. In public we should add the prefix Her Holiness.

Before starting a programme we should turn to Shri Mataji's photo and ask permission.

Don't force yourself in front of Her. Namaskar.

Be alert at all times in Her Presence or you'll be lost. She is Totally Alert - what is She talking about at that time - wait for the flow - Everything She says has a purpose - we must be completely alert. The protocol of pleasing Our Mother is no to bore Her, not to speak that which is discordant or trivial in Her presence. When She is pleased vibrations are released and we benefit.

PUJA: when we are permitted to do puja to Our Divine Mother there should be no movements/chattering/distractions. Maintain the attention.

PHOTOGRAPH: we must have complete respect always and bow - even in the mind.

GIVING REALIZATION: Mother, you who are the Shri Kundalini in this person, please rise.

AT ANY TIME! Holy Mother, in our speech and in our actions, please may we do the right thing.

PROTOCOL OF THOUGHT: Shri Mataji is inside us in our thought.

The speaker told a story of being with Mother and She was looking out of the window. He was waiting but began thinking about something and suddenly Mother said: "That is because....." IN ANSWER TO HIS THOUGHT! How careful we have to be.

Then he told another story about being in front of Shri Mataji and the Names of Shivaji were being read. One of the Names is of 'He who is without ornament'. At the time Mother was in the process of removing Her bangles. The speaker began thinking that he didn't want to see our Holy Mother without Her bangles, it wouldn't be seemly. He noticed that She was not able to remove the bangles. Just as he realized he had no right to dictate anything such thing, even in his thoughts - the bangles came off! Mother looked at him and said something like 'it was you'.

We affect Our Mother who is in us all the time. We must keep ourselves clean and pure so that Mother is not disturbed. When we are completely surrendered there is no problem. There is then no difference. We have Oneness with God.

## SAHAJA Newsletter 19 PERTH 11 FEBRUARY 1994

### SOME FURTHER NOTES FROM INDIA TOUR.

#### UVA SHAKTI MOVEMENT

An Indian gentleman whose father was travelling with Shri Mataji when She compiled the Principles for this movement gave us the following information: In India young people between 18 and 25 years have some freedom and spare time as they are not yet married. To give them a sense of purpose and guidance as well as using their wonderful energies for Sahaja Yoga the Nirmal Sangit Uva Shakti was formed with the following guidelines direct from Shri Mataji:

\*all members have to get into the core of their being and understand THEY ARE ONE - a global organization, beyond geography DEDICATED TO THE CAUSE OF SAHAJA YOGA.

\*each has to know how to work on oneself on spiritual level

\*each must know EVERYTHING about Shri Mataji, including Her early life, Her political work, how She helped Her husband with his business etc

\*know everything about the genesis of the work of Shri Mataji

\*know everything about Sahaja Yoga

\*know everything about all the Incarnations and Adi Gurus

\*know all the great saints

\*know about Indian Philosophy, Music, Culture and Customs

\*know about cooking and household tasks

\*development of each personality to the fullest - people look at you as Sahaja Yogis

Senior Sahaja Yogis will provide support and encouragement as well as guidance and use the Uva Shaktis to help in every way with programmes and the work of Sahaja Yoga.



### DR NIGGAM

It is a privilege to be with Shri Mataji.

1.If you cross from the front, something happens straight away - go behind Mother.  
2.When we give food - OFFER only. Don't feel bad when Mother doesn't eat. If you insist, She might eat something that is not good for Her just to please you.

3.Can invite Mother to your home but DON'T INSIST.

4.It is your duty to see that the wrong people don't come to see Her. Always ask. Should we bring him? Who does Mother want to see?

5.Please don't bring any patients to Her. She suffers straight away.

6.Whenever Mother is walking, no one should touch Her feet - you are authorized to prevent anyone doing this.

7.People spread shawls for Her - don't! Someone tried to take away the dust in front of Her - PLEASE inform Her first.

8.In Puja the vibrations come down if there are many 'Ki Jays'

We must behave like good children of Our Mother - Adi Shakti is the desire of God - there should be no misbehaviour. Please inform new persons.

### STEPHAN TAYLOR (AUSTRALIA)

There is a big difference between Protocol and Ritual.

In the future Mother will not be here. Therefore a warning! The REASON for doing something is what matters.

Protocol goes on forever, it doesn't stop. You can't just DO it. You have to know why. Have to have the wisdom to sort out the weeds. Then followed a story to illustrate the point. (Have to get this from Uncle Stephan)

### Italian Gentleman

What is protocol? Nothing to do with the human level. It's the natural, spontaneous way of living at the Divine level of awareness. Always have to be careful - in front of TV, the photograph, in person - God is not divided into pieces - you are in front of Parabramha. the only way to enjoy is to remember the Unity. We are one with God. Still She is God and we are the disciples

It makes our Mother happy when we observe the protocol towards our brothers and sisters - mutual liking, respect and trust. Help each other by talking face-to-face. Command respect, not demand it. Let us not speak ill of or harshly towards our brothers and sisters.

### Lady from Vienna

We have a simple, quick way to solve the deep damage done to Westerners - surrender. How we relate to the world is how we spread the message of love. How much we feel this love is what Shri mataji wants. It's the HEART that receives. It's the HEART that connects. It's the HEART that informs.



## PERTH NEWSLETTER...

### NEWS FROM MADRAS

Due to an 'unfortunate' airline error Graham had to stay in Madras longer and so was able to attend Mother's Public Programme there on Jan 18 this year. Many more people came than expected - approx 2 000. Sri Mataji gave a long talk on the South and Madras in particular, where the problem is one of too much ritual and not enough spontaneity, but the people are very deep with the strength of the left side. She said they should not worship actors, but She was pleased to see so many people there.

On the following evening there was a music programme at the house of the old leader Mr Murti, who died recently. Mother said he was a very good yogi and that more serious yogis like him were needed. As there was no electricity, everyone meditated by candlelight, and they sang devotional songs in Tamil and Telugu written by Mr Murti. Mother cried for 20 minutes (She said Her heart was so touched) - many people went out in tears. It had rained that day - the first rain Graham has seen in India. At the airport Mother talked about the Theosophists (Adyar) who started in Madras. They work through the right sympathetic channel and see the chakras. (People in the left see the deities - Tantrika). If you see the light you are not the light.

The Ashram is a mansion in the heart of the city in a tree-lined shady avenue. The yogis who own it are descended from royalty. They devote the whole ground floor to Sahaja yoga and live above.

Graham also talked to a young man from Poland - Piotra - who had been at Cabella and as he couldn't make up his mind whether to be an artist or an architect, he asked Sri Mataji. She would not say, but told him if he wanted to be an architect to go to America - they have the money for the buildings, and if he wanted to be an artist to go to Australia!

Mother expressed a desire for the tour to go to Allahabad this year - the meeting place of the Yamuna, Ganga and Saraswati Rivers, a very auspicious place. (We also heard that there are a number of Nepalese yogis expected to go to Calcutta for Mother's birthday. So far the Nepalese yogis have not travelled out from the Sahasrara.)

And a note for Australia - Graham heard Mother say that She can't understand why this country has picked up so many bad habits from America.

