

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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Today I saw her with my eyes

My Queen, all bathed in radiance,

Rejoicing my heart stopped beating.

This happened at the golden light of dawn,

A miracle divine.

All earthly desire vanished,

Seeing Her alone, Her alone, only Her.

Vladimir Soloviev
1853-1900

STATE NEWS

from New South Wales...

Children's programs at 10 Clarence St Burwood

There will be a children's program every Saturday from 13th November until Christmas in order to prepare a Christmas play, hopefully to be performed at Christmas Puja in Sydney.

All children and Yuva Shakti welcome.

Jai Shri Mataji.

*Gillian Patankar
Sydney*

Children's song books

Orders are being taken for the Children's Song Book (for NSW only—other states please contact your leaders), kindly prepared by the Brisbane yogis.

The cost is \$15 to be paid on delivery.

There will also be available a song book for the smaller children as well. Cost to be advised.

*Anyone wanting a book can contact Gillian
on gpatankar@hotmail.com,
or 99404588 or at the programs*

An invitation for Sahaja Yogis to attend this year's Woodford Festival

Again this year we will be attending the Woodford Festival. This is our third year in a row and each year it gets better. Last year we gave realization to over a thousand people and we look forward to giving realization to at least that many seekers again this year.

The festival is in Queensland close to the Wamuran ashram. We will be staying at the ashram and drive from there each day. We will be leaving Sydney on 26th December and returning on 4th January.

Preparations for this event have been going on for the past month or more and now we have to order the tickets. Early bird ticket prices are \$240 for adults and \$166 for 17 years and under. These prices are for the week. If you are coming please call Auntie Deb or myself before 19th November.

We would like to encourage people from all around Australia to come and join in with other young people and enjoy the collectivity and the vibrations of giving realization. Anyone who wants to be on the bus should call Andrew Bonneau or Minakshi Pearce ASAP to ensure you get a seat. Food costs will be \$10 per day and petrol cost about \$20. This is not only for Yuva Shakti but for all Sahaja Yogis who want to come.

Hope to see you there.

*Andrew Bonneau
Sydney*

INTERNATIONAL NEWS

from America...

Navaratri Puja 2004: an Australian yogi writes

Our mini-bus loaded with yogis from various nations and their bags along with large vases of flowers from the previous night's Navratri Puja moved away from the Sheraton Hotel near the LA airport and was soon on a six-lane freeway going around in circles.

After driving through a beautiful leafy suburb we passed through a gate and were suddenly on a single-lane, very narrow winding track, eventually leading to the base of a valley where *Camp Josepho* awaited us.

The beautiful pines, 'fall' leaves, rustic buildings and fresh vibrant green blades of grass following recent unusual rain were a strong and welcome contrast from the city behind the hill. The recently-enjoyed convenience of hotel room service seemed a world away.

Our host and soon very good friend 'Ranger Joe'—who later insisted on having his photo taken in front of the picture of the 'lovely lady'—was soon spelling out the rules and emphasizing the great fire danger with reference to his bright red antique fire truck parked next to the *Malibu Lodge*.

The Lodge was a large hall full of scout memorabilia including names of old scouts on boards nailed around the walls. These were complemented by various trophy heads of unfortunate animals including deer and another animal that looked very much like a cow adorning the walls. Curiously for a forest camp a number of black marlin and other large fish species were also included to finish off the unique decor.

The Camp could cater for three hundred and it was soon apparent that many more were arriving and so another camp was arranged nearby.

As the Lodge filled with a sea of suitcases and bags and word spread that neither the food nor tents had arrived, a delightful familiar maya that older India Tour yogis well remember gave an inkling that we were all very much in our Mother's attention and that She had some wonderful experiences in store for us.

Despite the food vans not arriving, Mother would not have Her children go hungry. Much to our surprise Ranger Joe announced that a recent camp had to be abandoned due to unusual heavy rain and that they had left food behind.

The aunties and brothers and sisters soon had us enjoying a meal of scrambled eggs, popcorn, french toast and juice. Mother continued Her blessings and through groups from various countries we enjoyed an abundance of great food, including lots of maple syrup and mustard. There were also constant supplies of tea, chai, coffee and hot chocolate.

The 'Vibrational Awareness Team' of Yuva Shakti arranged a havan for the first night. It gave us a chance to clear the vibrations of the Lodge and work collectively on our left sides in what was a very dynamic, moving experience.

Despite Ranger Joe's regulations prohibiting people sleeping in the lodge hall, the desire to be together was too strong and the Paramchaitanya was kept busy delaying tents arriving, then rain soaking the tents and sleeping bags until eventually nearly everyone slept in the lodge enjoying the tremendous vibrations of so many yogis in one place.

The delightful chorus of snoring was a pleasure when experienced in the sea of love from our Mother, magnified over and over through Her beautiful children.

Days at the camp were wonderfully fulfilling as yogis had the unusual extravagance of being able to relax together for long periods, catch up with old friends and make new ones, practise new bhajans, enjoy the nature, help around the camp, meditate and imbibe our Mother's love which is extra nourishing when She brings us all together.

As we heard reports of snow in the Grand Canyon and rain in the Arizona Desert. Vishnu Maya created a tornado which damaged power and water supplies near the camp. According to Ranger Joe the tornado was heading straight for us. After closing any open tents we waited while tremendous thunder and lightning passed around us. Despite the obvious fury of the storm, Ranger Joe advised us that as it approached the camp it just 'disappeared' off his radar.

While every night involved bhajans and early morning dancing, our last night together at the camp seemed very special as most realized the wonderful collectivity that only the camp could allow us was almost over. A guitar around the fireplace eventually grew to a fabulous group of musicians and singers made up of everyone in the hall.

The joy, love and appreciation of Mother's wonderful gift of Sahaja Yoga and Her bringing us together and seeing Her reflection in our brothers and sisters was so wonderfully beautiful and beyond description.

The evening continued with vigorous stick-dancing with dancers entering a divine blissful state.

A few may remember the camp as wet tents or sleeping bags, cold nights or having to line up for food. But most will remember it as a time when their hearts were expanded to a size previously unknown and filled with unlimited, unconditional love.

They will remember the time as when Mother lifted them into heaven to play blissfully with their fellow angels and the Divine was fully awakened in their hearts.

We must thank the American and International Yuva Shakti for making the camp arrangements and allowing us this very special opportunity to bathe in Our Dearest Mother's love.

*Sno Bonneau
Cairns, Australia*

...and two emails from an Australian in America

Navaratri

Dear people. Missing you all as I am not used to being on my own—so much for my independent streak! Received all the emails and loved the news.

Where do I start? Last night was so moving. Very emotional time—not only me!! We gathered for the puja in the ballroom and sang some bhajans. An Indian yogi sang that beautiful *Durga Harini* song from *Bhaktimala* CD, lovely!

The video from 1985 Navratri Puja was played and She shone. Just as it was nearing the end Shri Mataji arrived. A large red curtain was held up so She could transfer from Her wheelchair to the Peacock throne. When it was removed a very frail Shri Mataji was seated - I got teary. Much the same as Ganapatipule last year but much older.

Immediately the children decorated Her feet with flowers—no washing. Two young women combed Her hair after decorating Her Feet with dye and put on the crown. Shri Mataji rarely smiled. With the golden crown on we sang *Aarti*. Present-giving was quick—She said '*Beautiful!*' to a jade Quan Yin, a very silent '*May God Bless You*' and She left.

The vibrations were strong and silent. The time in Her physical presence is going to be rare. Can't help but think that She is taking the strain of our desire or insistence for Her being present at pujas.

It came to me that Her Nirakara form is to be understood more and that is where we are to go to—our Sahasrara. Maybe in Australia we are used to that: Shri Ganesha

knows His Mother. We have seen twenty-four years of Her being vibrant and animated through to this phase of Her incarnation.

It is the Maha Maya but the physical form is so intimate and it is like watching my real Mother aging. Can't get Her out of my attention and I really don't want to!!!

Off to the mountains soon and it is such a joy to be with the Yogis of old and new in the countryside and not this rambling city which has been so enjoyable. The locals are great.

Must away dear people. Buses are due soon (or BIG vans—nothing small here!!!)

Missing you all. Big cuddles. Would love to share more with you all. We have spoken a lot about it, last night and this morning.

Diwali

Hello dear Friends. It is 6am here. The hotel is quiet and vibrating. To get to the E-Mail I had to be early. Really don't know where to start as this past week has been significant and very beautiful.

The weddings at the local Los Angeles country ashram was Heaven on earth, bright cheery and full of life. Fifty-three couples were married in a horse corral decorated with fairy lights and an Indian-style stage. Our Dear Mother did not attend due to Her health. The hosting of the marriages by the Yuva Shakti gave it that extra dimension of freshness and life.

Last night we gathered in the grand ballroom of the Marriott Hotel at about 7pm. The large backdrop has Shri Laxshmi standing in a pink lotus. Five columns—matching the ones on the walls of the ballroom—rise on each side of Shri Laxshmi from a blue lotus-covered sea and with perspective move back to the horizon with an orange sky. Several swans swim on the gentle moving sea. On the outer edge of each side are two rearing white elephants, one with a garland the other spouting water. The front of the stage has two shades of blue tulle intertwined in a festive manner with gold rosettes. Large tall flower vases grace each side of a generous gold, pink red throne. Black wire, pyramid towers laced with shades of pink ribbon, topped with pink roses and wound with fairy lights sit on the boundary of the stage. The scene is set for the arrival of Shri Mahalaxshmi Herself.

At about 8pm after several rousing bhajans She arrives, guided through rows of yoginis holding gifts. A red curtain is raised so She can transfer to the Throne with grace. Shri Mother is seated with a slight smile and the place is saturated with joy.

How can one describe this great incarnation? Love itself before us. Thousands of names have been written in Her praise and these are insufficient—where do I stand !!

Every time Shri Mother has appeared I have felt tears come, mainly because of the joy but also She is obviously not well and because of her nature She is dedicated to us. This gathering in America for Navratri and Diwali has been described as the largest outside of India and is partly due to the limited privileges for us in the future. As at Navratri, The Divine Feet were not washed but the children offered flowers. Then the newlyweds came on stage and bowed down as Shri Mataji softly surveyed them. With the sari curtain, anklets and toe rings were laid at the front of Her footstool, the puja sari was draped on Her shoulders.

A crown was offered but not worn and we sang a strong *Sabko Dua Dena* as Aarti was performed. The gift-giving was short and sweet. Australia gave a pink Argyle diamond surrounded by eight white diamonds in a ring setting. She smiled and pointed to the watercolour painting (which was framed in LA) that Gabrielle Marlow had beautifully done. Many special gifts were given and the loudest roar was from the approval of Sahaja Yoga in the Congo and a large armful of flowers from all of Africa.

Then She took Her Leave and the celebrations went on into the night. Me, not being a young bouncy Yuva Shakti, silently slipped away after prasad and gift giving: such generosity. Also this time for me has been very reflective and personal. I turned twenty-four on 27th October. It has been a period of realization and a closeness with Her since 1981. The time is limited for us being in Her physical presence. Many of us have watched Her change into the mature phase of Her incarnation and realize that our Dear Mother is not going to be making a lot of appearances.

We have to develop our Sahasraras—Her complete form in us—and to understand Her in the *Shri Nirakara* formless state. To allow her to move through us in Her Param Chaitanya form: The Breath of God. I'm feeling teary again so better sign off, don't want the keyboard soaked.

To those who read this, all the best and Her love to be in our hearts.

Phillip Frankcombe
Canberra, Australia
phillipfrankcombe@hotmail.com

from the Netherlands...

Sahaja Yoga Meditation brings joy in a Dutch prison

Yesterday again we had such a remarkable experience at the prison program that we cannot withhold it from you.

PI Vught is said to be the most strict prison of the Netherlands that gives extra punishment to the inmates who do not obey the rules. In the worst case inmates can be locked up in the isolation cell. Since nobody goes willingly to the 'iso' as they call it, there are always three to four guards needed to drag in the boys. Those who have spent time in the iso do not even want to talk about it.

Ever since Miro joined the Sahaja Yoga program he never went to the iso anymore. Of course we were very proud of this positive result of Sahaja Yoga which also impressed the *PI Vught* staff.

But yesterday Miro greeted us with the words "I spent one night in the iso". We asked him "Why brother? What did you do? Did you start fighting again?" He said "No, no, none of that". And again he told us an unbelievable deep story full of vibrations.

The night before, as usual Miro wanted to meditate. Only this time the other inmates were making a lot of noise. Different channels of radios and televisions were put on very loud. When Miro asked for silence, they started teasing him, making much more noise. The more he asked for silence the crazier they got. As this was going on three guards came running in, trying to neutralize the situation and threatening the noise-makers with extra punishments.

Then Miro cried out "please lock me up in the iso". Very surprised the guards said "You? Why? You have done nothing wrong". Then he showed them Mother's photo and said "I believe in Shri Mataji and have deep respect for Her. I cannot meditate upon Her in this living hell. Please take me far away from here and let me have my meditation in complete silence".

And so for the first time in their lives the guards guided a man willingly to the iso taking his most dearest with him: the photo of his Divine Mother.

With love from Miro, Dulcy, Edwin
and the brothers from PI Vught

Jai Shri Mataji Nirmala Devi namoh namaha!

SAHAJ POETRY

Diwali 2004

How can one describe the royal eternal?
Shri Raja Laxshmi, pink and generous,
Resting on your elbow,
Being fanned and cooling us,
Gold and deep pink,
Fragrance.

Knowing and absolute attention,
Humble, supreme among the lights,
Loving sweetly the gifts,
Smiling and trying the pink diamond on.

Allowing us to be near and to give what is Hers,
To demonstrate, express wealth that comes from Her.
Permission and aid to take us evolving
on the Mahalaxshmi principle,
To meet Your Lord in silence,
Complete at Sahasrara,
Satisfied.

Phillip Frankcombe
3rd November 2004

SAHAJ ADVICE

Dear All,

I would like to share with you the words of one sahaj brother. When I bothered him with some particular questions about techniques he sent me this answer. Lets enjoy it together:

Hanna Turczyn-Zalewska
25 Oct 2004

"...tell me, why should all these techniques be important? The best technique is putting Mother in our hearts and making sure we please HER IN EVERY WAY SO THAT SHE DOESN'T LEAVE HER ABODE WITHIN US.

"...to practise the technique of surrendering is the ONLY SURE CURE FOR ALL HUMAN SHORTCOMINGS BE IT PHYSICAL, MENTAL, EMOTIONAL OR SPIRITUAL. TO LIVE OUR LIVES EVERY MINUTE WITH THANKS TO HER FOR EVERYTHING THAT HAPPENS TO US—GOOD OR BAD. TO ENJOY ALL SAHAJIS WE COME ACROSS WITHOUT JUDGING THEM BUT RECOGNISING THE DIVINITY WITHIN THEM, TO LOVE AND BE HUMBLE IN ALL OUR ACHIEVEMENTS AND OFFERING THE FRUITS OF OUR SUCCESS AT THE LOTUS FEET OF OUR BELOVED MOTHER JUST BY SAYING FROM OUR HEARTS 'SHREE MATAJI, YOU ARE THE DOER AND YOU ARE THE ENJOYER. I DO NOTHING, I AM NOTHING.'

"TO DISSOLVE OURSELVES COMPLETELY WITHIN HER—THAT IS THE ONLY SURE TECHNIQUE OF EVERLASTING PEACE AND JOY IN OUR LIVES. EVERY DAY. NOTHING CAN TOUCH US ONCE WE ARE WITHIN HER EMBRACE.

"So, my dear sister, come inside where you belong. The individual does not exist but for the purpose of the play of the Divine."

Jay Shri Mataji!