



Australian 20<sup>th</sup> JUNE 98  
**Sahaja  
Newsletter**

Contributions:

02 9499 2219 Burwood fax 9745 4927



**Guru Puja**

*Weekend of Events  
Wamuran. Queensland.*

*Come and enjoy a beautiful weekend filled  
with our Mother's Love.*

Saturday 18th July, 1998

Morning - commence arrivals, registrations

Afternoon - Havan

Evening - Entertainment Program

Sunday 19th July, 1998

Morning Meditation

After Breakfast - Preparation for Guru Puja

After lunch - Guru Puja

Monday 20th July, 1998

Evening - Public Program - 7.30 p.m.

Queensland Museum Theatrette, Brisbane.

# NUMEROLOGY CHART FOR SHRI MATAJI NIRMALA DEVI

[ Born : 21-3-1923 ]



**S**HRI MATAJI has a life path, or life lesson, of the number 3, which is the central focus of Her life. The purpose of the number 3 is to bring creative self-expression into the world and to experience the joy of living. By being warm, friendly and social, the number 3 uplifts others and expresses joy for others to share. Her day number, being the 21, also reduces to the number 3, which adds strength to Her life path. The 21-day number is expressive, diplomatic, charming and gracious.

**S**HRI MATAJI has two number 1s in Her birth date, which means she expresses Herself easily and has a well-balanced outlook on life. She also has two number 2s that indicate She is very perceptive, and her assessment of others is generally reliable. She has two number 3s which shows Her need to channel Her vivid imagination into a creative pursuit such as writing. The 1, 2 and 3 give Her the arrow of the planner, which indicates organisation, love of order, collation, arrangement, method, administration, planning, construction, personal expression, intuition and thought leading to inspired plans. She is missing the numbers 4, 5 and 6, which is the arrow of frustration, and indicates deception through the opposition forces of evil and negativity, trying to hinder and obstruct Her plans and vision. She needs to remain alert to this presence.

There is enormous writing ability indicated in Her birth date, and this can be achieved more safely after the year 2000 as we move from the misuse of power of the number 19 and feel the influence of the number 2 and the Aquarian Age. Her writings and teachings stand less chance of being misinterpreted or twisted around.

**S**HRI MATAJI NIRMALA DEVI, the name, has a destiny number of 9, a soul number of 9, and an outer personality number of 9. It is interesting to note the name MATAJI NIRMALA DEVI also has a destiny number of 9, a soul number of 9, and an outer personality number of 9.

The number 9 stands for selfless service to humanity.

The destiny number gives the spiritual mission to which a person has been appointed. One's life's purpose. What must be lived up to in this lifetime. What one must give of oneself to others and to life itself. With a destiny number of 9, SHRI MATAJI was intended to be a big sister or Mother to humanity, expressing love, tolerance, compassion, understanding and generosity. True selfless service. "She has certainly lived up to the potential of Her destiny number."

The soul number is a person's inner motivation. What a person wants to be. They way the soul needs to express itself. With a soul number of 9, SHRI MATAJI wants to be a humanitarian and philanthropist and a Mother to humanity. She wants to be a healer and sees the good in everyone. She wants to share Her knowledge and wisdom and give freely of Herself without expecting any reward. She loves travel and broad contacts. She loves music, the arts and dramatics. Her chief quality is universality and selfless love. Her soul has indeed expressed itself under the number 9.

The outer personality number is the way the world perceives one. It is one's external persona or mask. Under the number 9 SHRI MATAJI truly epitomises selfless service to humanity and our Mother.

**S**HRI MATAJI started Her fourth and final pinnacle at the age of 51 and this pinnacle number is also the number 9. She stays with this pinnacle until She leaves the Earth Plane. The number 9 pinnacle emphasises selfless service to humanity, and indicates philanthropic and artistic endeavors, allowing Her to give much to the world. Retirement or partial retirement may be possible in conjunction with this work.

It is interesting to note that MAHATMA GANDHI had a life path of the number 9 and his life was immersed in ideas of selflessness and humanitarianism.

**S**HRI MATAJI's challenge number is the number 3, and Her challenge was to bring creative self-expression into the world as well as joy and upliftment to Herself and humanity. She has certainly done this through Her work with SAHAJA YOGA and will continue to do so through Her writing ability and public speaking.

**S**HRI MATAJI's maturity number is also the number 3 and it was quite evident to see the number 3 making its presence felt as She reached her mid-life maturity.

**S**HRI MATAJI's numerology chart is totally dominated by the numbers 3 and 9, and these numbers are very harmonious with each other. The potential of the 9 for giving to others, is enhanced by the potential of the 3 for social awareness. The potential for creative self-expression of both the 3 and the 9 enhances the expressive capabilities.

Ken Harrison of Bellingen,  
New South Wales, Australia,  
prepared this numerology chart as a gift to  
SHRI MATAJI and the Sahaja Yogis  
of the world.

Cont'd from 13th June.

Sahasrara Puja

Shri Mataji said that complete integration occurs at the Sahasrara. She said that we should have our Sahasraras completely open in thoughtless awareness, and only then can we get nourished by the divine love. We should meditate everyday, morning or evening, and not let our thoughts stop us from getting nourished. We have to pass the Agnya to be able to reach Sahasrara. She mentioned the bija mantras "Ham" and "Ksham" for the Agnya chakra.

Shri Mataji said that we should always ask for Her powers. She expressed Her disappointment with people and all the petty things they ask for. She said that if you go to a king and ask him for half a dollar, he would laugh at you and wonder what kind a person you are, asking him for such a petty thing. She said that all Her powers are available for us, but we should ask for them.

Shri Mataji said I don't put bullocks in front of my car to pull it. Then why are you putting your own limited abilities into everything? When you have access to Divine Powers, you should use them instead of your own powers.

Shri Mataji gave an example of a yogi in India who was going to conduct a Sahaja Yoga program, and he had to cross a river to get to the venue. It was very cloudy and a heavy downpour was imminent. He said, I am going out for Mother's work, and don't rain until I return safely from Her work. It did not start raining that night until the yogi returned home and went to bed.

After Her talk, Shri Mataji saw all the children who went to wash Her feet, and said that since we have so many children, may be we will just have them sing a song together instead of pouring water on Her feet. But in Her compassion, She allowed each and every child to pour water on Her feet. We sang a few bhajans and suddenly realized that the Puja is already over! It felt like we were sitting there for hardly five minutes and the Puja was over!! It was an indication of how strong the vibrations were, and how thoughtless we have become that we became "kalaateet" (beyond time).

We were fortunate to represent USA at this puja, and all six of us had the opportunity to meet Shri Mataji and offer Her greeting cards and things from USA. It was so typical of the US collective that we had an Italian, a Greek, a German, a Brazilian and two Indians living in New York/New Jersey representing this country. Also, there were four women and two men - very typical of the New York/New Jersey collective. What a blessing to be able to offer something to Shri Mataji thanking Her for opening the Sahasrara heralding a new era in human evolution!!!

Tired of tuning into unfunny comedians, fascist talk-show hosts or lovesick lonely hearts? Try a little meditation radio.

**By Jane Hampson. Photograph by Kylie Melinda Smith.**

**O**n the patience-testing scale, community radio has got to be up there with peak-hour traffic and rainy-night taxi queues. Collectively run on a shoestring budget and staffed by volunteers with a minimum of expertise, it's hardly a place for contemplation or quiet.

But every Sunday at 2SER.FM that's what it becomes, however briefly. Since October 1995 a group of Sahaja Yoga meditators have been broadcasting from the studios of Sydney's oldest community radio station, on the 26th floor of the University of Technology building on Broadway. Sending out good vibes on 107.3FM between 10 and 11am, the show includes music, philosophical chat and readings, and a 10-minute guided Sahaja meditation that listeners can follow at home.

"The idea was to make meditation more accessible," says Lialynn Fitzpatrick, a Federal Court reporter, who is running today's program with Gillian Patankar, a housewife, and Lawrence Dowsett, a film technician. "We thought there would be people who were interested but too cautious to go to a group meditation or others who were too busy to make it to one during the week but have more time on Sundays."

While relaxation, a balanced mind and greater self-awareness may be the calming aims of this show, it does not render those who run it immune to the perils of community radio.

There was the time the computer broke down as the Maltese program in the neighbouring studio was preparing to go to air. Panicked, the announcers ran next door for help into the middle of an on-air meditation. "It was like the Keystone Cops," laughs Fitzpatrick. "Everybody running around waving their hands in the air."

Or when Patankar needed to cough in the middle of an on-air meditation and the panel operator, the one who could turn down her mike, was serenely sitting with palms upturned and eyes closed. Blue in the face, she had to crawl under the desk and motion him to bring down the mike.

And not forgetting when someone – the someone with all the CDs and tapes needed for the show – didn't show up. Two first-timers went to air and improvised an interview, while Fitzpatrick waited on the street below to catch the needed case of tapes as it was flung from a moving car.

No such dramas today, however. All is Sunday quiet. The concrete halls are abandoned and the industrial-sized lifts, still. Outside it's a classic Sydney autumn day – cornflower sky, crisp air; the world is somewhere else. There are a few nervous giggles as the show starts, and then all goes smoothly. Quietly. Enjoyable, but no fuss.

By turning inwards and calming the mind, Sahaja meditators aim to awaken an internal energy flow that resides at the base of the spine. Called Kundalin, it's an energy flow that roughly corresponds to the chi of Chinese medicine.

"It runs up the nerve plexuses, or chakras, of your spine," says Patankar, "but you can't open up a body and see it. You can open up a body and see the nerve plexuses, but the subtle energy that's flowing through it, that's something else. It's like thoughts. You can't see thoughts, but they're there."

This subtle energy, says Patankar, is generated in the studio during the program and then travels out on the sound waves and into listeners' lounge rooms.

"We had one woman who was actually lying down, listening, and she said when we put on Shri Mataji (Sahaja Yoga meditation's guru), she could feel the cool breeze come out of the radio and flow around her head," says Patankar. "And I've heard of others who've got their self-realisation and they've felt the cool breeze flowing all around them, so they've gone into a room and sealed up all the windows because they thought it was coming from somewhere. They were holding photographs of Shri Mataji and they felt this cool breeze coming from their hand ... from the photograph. And it was not just a breeze or the air-conditioning. It was actually real." Shri Mataji Nirmala Devi is an Indian, now 75, who "rediscovered" the Sahaja Yoga technique. Although it draws on the rich ancient Hindu and Buddhist traditions of India, Sahaja Yoga is non-sectarian, and open to people of any religion.

Of royal Indian blood, Shri Mataji, says Fitzpatrick, has saint-like status in India. She was a student leader in Ghandi's Free India movement and has received numerous commendations and awards, including a UN Peace Prize. Her husband, Sir C.P. Srivastava, is a former UN Secretary-General.

Despite all this, when Shri Mataji first went to America, she was not taken seriously because, says Fitzpatrick, she didn't charge money. In the Sydney area, there are around 400 Sahaja practitioners – numbers are hard to gauge because there's just a loose network of public programs. What is apparent from listener feedback, however, according to these meditators, is the cross-section of people who tune in for good radio vibes on a Sunday.

"We thought at the beginning that it would be sort of young types, living in the inner city, but it's not, it's everybody," says Fitzpatrick. "We've had middle-aged housewives, young musicians, older businessmen. And elderly people, sitting around in the nursing home. We had one woman call and say, 'Look, I have arthritis and I'm not feeling any pain right now. And I feel really up'.

"And there was another story of a policeman who found a car full of people who had been listening as they were driving along the freeway. When it was time for the meditation, they pulled off on the side of the freeway, which you're not allowed to do. The policeman pulled up and there's all these people sitting in the car like this (Fitzpatrick closes her eyes and turns her palms upwards). We know this because they called us up and said, 'We really felt it'.

"Generally, in this day and age, people are much more open to ideas outside their traditional beliefs," says Fitzpatrick, who was first introduced to Sahaja 16 years ago in Calgary, in her native Canada. "They see things haven't worked out in our society and think perhaps we should try something different."

Katankar, who also started meditating 16 years ago while a student at the University of Tasmania, also attests to a new openness and a shift in consciousness. "When I started meditating, people said I was 'loony', we were the outrageous ones. Now, you tell people and they go 'Wow! Great. I really need to meditate'." ■

## THEATRE OF ETERNAL VALUES

The T.E.V. is mounting a new production at the moment. It is Shakespeare's great and magical *Midsummer Night's Dream*. It will cost 10,000 pounds sterling for sets, costumes and preliminary work. Shri Mataji has said that individual Sahaja Yogis should contribute to these costs.

This is of double importance to Australasian Sahaja Yogis as Shri Mataji, on at least two occasions, has stated that the T.E.V. should perform in Australia.

Anyone wishing to make a contribution, please contact Brian Bell - 9747 0310.

### SHRI GANESHA PUJA - CABELLA

Could Sahaja Yogis who are going to Cabella for Ganesha Puja, and who could be interested in taking part in the entertainment, also contact Brian as soon as possible, please.

#### MOTHER MINE

(sung to the tune Silent Night)

Mother Mine, Spirit Divine  
All our love - is all Thine  
When You bless us we fall at Your feet  
Glorious Creatrix, oh Great Paraclete

Shri Mataji we love You  
Shri Mataji we love.

Mother Mine, Spirit Divine  
Help us all - to be always Thine  
Heaven and Hell to leave far behind  
To reach the realms of existence sublime

Shri Mataji we love you  
Shri Mataji we love.

Mother Mine, Spirit Divine  
Within us all - for all time  
We worship You the sum of all parts  
Holy Spirit in all our hearts

Aum Incarnate we love You  
Shri Mataji we love.

-- J. M. Watling  
1987



Shri Sita Ram (the usual catch that causes asthma) which we will do soon!!

- If the patients receiving the SY treatment are completely cured then we can openly and proudly tell people that Sahaja Yoga is a scientifically proven technique!
- This kind of proof will convince a lot of seekers who are otherwise skeptical, give SY a lot of credibility amongst the general public and will silence a lot of Sahaja Yoga's critics
- If the project doesn't succeed, of course, the opposite situation could well occur and would make it very difficult to get the opportunity to do it again--that's why this project needs the best wishes, strong positive desire and lots of enthusiastic bhandans and shoebeats from everybody.
- Please remember that this is a collective exercise and that we hope that everyone will participate. In order to satisfy the demand for tight scientific control please contact us first if you wish to attend the sessions so that we regulate the flow of yogis (as spontaneously as possible) to ensure that we have consistent numbers at all of the sessions.
- Peter Kenchington has the somewhat mammoth task of coordinating the logistics for the SY sessions. He is putting together a roster of Yogis who wish to help. We appreciate any help offered- the most valuable help would be a several week commitment per yogi so that they can get to know the patients and follow their vibrational progress with useful advice and encouragement.
- So please do come along and be an instrument for Shri Mataji's healing vibrations and help us take advantage of this great opportunity for Sahaja Yoga to deflate the rational ego of the West!
- Peter can be contacted on 0413 766 603 or 9863