

Warm the teapots... New Address for Sue & Rakesh Kapil, Robert & Sue Ellen Monahan, babies Purnima & Arvia No 9 Hay St. Dwydon Park. Ph. 7997580

## For Sahaja Yoga Newsletter

### Canberra Folk Festival

A fortnight ago the Canberra Folk Festival took place, in which we had a realisation tent. During the four days of the festival over 200 people received their realisation. It was great to see so many experiencing their second birth. All those who took part felt very lucky to be there serving their higher purpose. There were several children who came back everyday as they enjoyed it so much, many brought their parents and friends along to try it out. Interestingly, two sweet little girls age 10 received realisation after which I asked them what they felt in their hands. They replied that their hands felt very cool. I then asked them to put their hands towards the photograph of Shri Mataji and again asked them what they felt, one of them explained that she could feel wind coming from the photo and that it was flowing down her arms, the other also felt wind exclaiming, "It's very nice", both left with large grins. Later on they politely asked if they could feel the photograph again.

In comparison to last year this festival had certainly picked up, there were many more people, the weather was better and most of all the people were much more receptive.

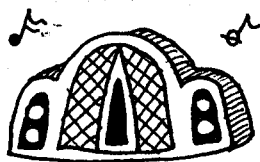
### Melaney Is On Again!

In 1994 around 1000 people got their realisation at this festival (not 100 as was reported in the newsletter). Last year many people missed the opportunity due to our lack of support, consequently we did not have a stand. This year we are planning to have the realisation tent again. This festival is rapidly growing. It takes place around Christmas/New-year time so if you are not going to India this is a great opportunity not to be missed. You will be hearing more about this fair as the year develops. Please keep it in your attention if you are available.

There are so many reasons for us to take part in these fairs. First, it is how we can announce the message and experience of Shri Mataji to the General public. Often at these fairs people that would otherwise not receive their realisation or know about Sahaj, find out about it. Secondly, it is by giving realisation that we experience the power that we have been given, increasing our depth and establishing ourselves as channels of our Holy Mother. Shri Mataji has spoken about this on many occasions. Thirdly, the joy that you receive as a result taking part in such a biblical and Auspicious thing as this is unsurpassed by any worldly happiness. In taking part in these festivals you get to spend time with your true brothers and sisters.

So when you hear that there is a festival on, realise that it is a very great opportunity and if it is possible for you to come along don't miss the boat. As this work is getting more and more urgent, there is no time to waste. It should not be looked at as a chore or a waste of time, as it is neither of these, on the contrary it is a blessing that we can do the work of the Adi Shakti who is on the Earth today.

Jai Shri Mataji!



!! DO NOT FORGET! TUNE YOUR DIALS!!  
NOW EVERY WEEK  
SAHAJA YOGA PROGRAMME  
Sunday 2SER-FM 107.3. 11 a.m.



ABSOLUTELY FREE... to good homes  
\* Sweet young budgies  
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Contact Robert or Radhika Richardson (02) 745 2996



Phone: 0011 541 9014664  
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Juan & Silvia Vega  
San Irineo 338  
2nd Floor D  
Cabalito 1424  
Buenos Aires  
Argentina

To Juan & Silvia Vega -  
A Baby boy named Juan, Born on 11th  
April in Argentina - weighing in at 3 1/2 k,  
all well & very happy! Congratulations from us all.

now a  
bargain \$7025  
Ph. Sharon Trompf.  
489 6285

Correction - The  
car advertised  
last week is  
now a  
bargain \$7025  
Ph. Sharon Trompf.  
489 6285

# THE AUSTRALIAN STRATHFIELD Sahaja Newsletter

### Contributions:

Carole McNeill: (02) 560 6921 Phn. & FAX  
Heather Sattarshetty: (02) 560 0029  
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Saturday 20th April



-God's Plan works unceasingly: His Light  
Shines none the less brightly, because some  
Reject it or mock at it. Moses was freed  
From all fear when God gave him His Signs  
And sent him to Pharaoh: he boldly  
Proclaimed the Message, and won the wise ones  
Of Egypt: the rejecters, with Pharaoh, perished.  
And their heritage passed to worthier hands.  
from The Holu Qur'an

Sahasara	Date	Set Up	Cook	Wash Up	Dismantle
5-May-96	Wollongong	Chatswood	Coogee	Roseville	East Lindfield
Adi Shakti	Homby	Haberfield	Beresford St	Newcastle	Central Coast
Guru	Nicholson St	Burwood	North Shore	Hurstville	Wollongong
Krishna	Chatswood	Lindfield	Lewisham	Roseville	East Lindfield
Ganesh	Haberfield	Beresford St	Newcastle	Central Coast	Northmead
Navarati	North Shore	Burwood	Hurstville	Pelaw Main	Gallston
Diwali	Coogee	Lewisham	Roseville	Homby	Haberfield
Christmas	Central Coast	Newcastle	Pelaw Main	Northmead	Ryde

PUSA ROSTER - 1996

Sahasara Pusa this year will be performed to Shri Mataji in Cabella on Sunday 5th May.  
To coincide with this auspicious event, we will be holding our Sydney puja at Burwood at 11:00am on Sunday 5th May.  
There will not be any program at Burwood the previous evening, to allow for setting up for the puja. This would be a good opportunity to hold a havan on Saturday evening at one of the ashrams.

Sahasara	Date	Set Up	Cook	Wash Up	Dismantle
5-May-96	Wollongong	Chatswood	Coogee	Roseville	East Lindfield

PUSA ROSTER.

SYDNEY PROGRAMS  
The following public programs are currently being held in addition to regular weekly programs as listed.  
GLEBE  
Glebe Town Hall  
St Johns Rd Glebe  
TUESDAYS  
6PM-7.45PM  
Contact: Strathfield 747 2820  
LEWISHAM  
Lewisham Public School  
The Boulevard, Lewisham  
THURSDAYS  
7PM  
Contact: Lewisham 5600029 or 5607127  
MANLY  
Manly Library  
Market Place, Manly  
WEDNESDAYS  
10.30AM  
(UNTIL MAY 15th)  
Contact: 416 2373  
WINDSOR  
Windsor Youth Centre  
139 Colonial Drive  
Bligh Park  
WEDNESDAYS  
7.30PM  
(UNTIL MAY 15th)  
Contact: Hugh Frith (045) 77 3053

## INDIA TOUR DECEMBER 1995

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The Full Tour began on December 1st this year, with Yogis arriving at Nizamuddin camp in Delhi, to be met by unusually cool weather. In contrast to recent years, Tour numbers were quite low, at about 330 people, something which Shri Mataji commented upon.

Early on there was a Havan which Shri Mataji instructed should be concluded within an hour, using Her 108 Names.

On December 4th the evening music programme commenced at 5 p.m. Twelve hours later, at 5 a.m., the extravaganza was just winding down.

We celebrated Shri Adi Shakti Puja the next day and, although entirely in Hindi, we heard some of the following of what Shri Mataji had said, translated to us:-

That the Kundalini is constituted by four qualities, namely: light, truth, love and purity and that the light exposes anything trying to hide in the shadows and that those not living in truth will be and are being exposed.

It was also reported that Mother had said She was concerned for Yogis now, until now She had protected them from their own actions,

but now the Paramchaitanya was acting automatically. Hence yogis not practising truth, purity and love, may experience difficulties. Shri Mataji mentioned that the Shri Ganesha statues taking milk was an example of this power manifesting.

We shall announce when the full translation is available.

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The Delhi public programme was colossal as compared to programmes we see in the West, with over 25,000 turning out to see Shri Mataji.

The evening's proceedings were recorded for television and, sure enough, the next evening a twenty minute broadcast flowed out over the national airwaves.

A great dynamism has gripped Delhi, evidenced by the numbers attending weekly programmes, the Saturday meeting regularly attracting 400-500 people.

As in previous years, we enjoyed extreme hospitality, as we acclimatised to India's hearty welcome.

### "On the Buses!"

The Tour left Delhi on December 6th, a convoy of coaches heading North to Hathni-Kund camp, Yamuna Nagar.

Waking in the fresh cold air certainly gives you an intense sense of being alive. Walking under stars & moon to collective meditation made you appreciate how disconnected from the elements we become in our over-busy lives at home. On Tour, meditation was at 4am.

Hathni Kund touches the banks of the Yamuna river, which originates in Mount Kailash, and each day we had the chance to bathe and clear ourselves in its flow.

You hear rumours that the wits amongst the Delhi Yogis teasingly refer to the Nizamuddin camp as "the furnace"; on account of the over inspired livers of some of the Yogis arriving from abroad.

It's in the Indian rivers that these livers really get a good opportunity to cool down, and we along with them.

The public were invited to two programmes in this region. Yamuna Nagar and, for the first time, Ambala, where about 2000 attended. The vibrations there were difficult, but there was an interesting chakra chart constructed from colour coded flashing light bulbs!

Locally we visited a sugar cane operation where they

were refining the raw cane to produce "jaggery" - solid chunks of raw sugar.

We meditated on the spot where Markandeya had sat 14,000 years ago, whilst he communed with the Divine and wrote the Puranas.

The story goes that his parents had asked Brahmadeva for a son, who gave them the choice of a son with low intelligence and long life or of high intelligence and a short lifespan. They chose the latter. So Markandeya lived only for a short time, but we do have the Puranas!

It is at this spot that Shri Mataji had suggested that local Yogis should buy the land in order to excavate beneath the ancient tree, to reveal something of vibrational significance.

You should see a short video report on this, in the forthcoming "Impressions of India Tour 1995" video-tape.

Needless to say, evenings centred around 'larger than life' bonfires, with performance, dance & song merging in the night sky. Moving on is always a combination of sadness and excitement.

Dehra Dun about 108 miles south of Tibet was to be our next home.

We were staying at the

"Doon" School. This is a very prestigious private boys' school where the rich and famous of India send their sons. When we arrived, there was the, by now, usual headlong rush to secure a sleeping space. Once this vital job was completed, we were invited to eat.

There seems to be a friendly competition between the Indian collectives to provide us with maximum hospitality & joy.

After eating, and just as we were thinking of dragging ourselves off to bed, we were ushered into a beautiful "pendal" which was to serve as our meditation 'room'.

In front of Shri Mataji's throne there had been built a huge Havan fire. Arun Goel, the local leader, made us feel very welcome and then led us in the most amazing Havan this writer has ever witnessed. The fire itself was huge and seemed to reach up to the sky through the hole left in the roof of the pendal. It seemed as though we were participating in one of the ancient Yagnyas where powerful sages invoked the attention of the Gods and where evil was destroyed.

The "samagri" was made

up by the local Yogis from herbs collected from the surrounding mountains. The vibrations, needless to say, were amazing.

Afterwards, we danced through the night to the sounds of the bhajan singers.

Early the next morning a handful of us made our way down to the railway station. Shri Mataji was arriving on an overnight train. There was a small welcoming committee of local Yogis and about ten Yogis from abroad.

Over the tannoy we could hear Sahaja Bhajans and the whole station seemed clean and tidy. Shri Mataji's car had been driven onto the platform and the space on the platform, between the car and where the train would arrive, had been decorated with flowers.

We stood in the early morning light, waiting for our Mother to arrive. The train pulled in at another platform, but when everyone else had disembarked, Shri Mataji's carriage was gently brought round to our platform.

By about 11 a.m., a truck loaded with bhajan musicians released its hand brake and the procession was underway.

The townsfolk of Dehra

## DEHRADUN

Dun looked on, hanging from window-sills and rooftops, as the Sahaja Yogis announced the arrival of Shri Adi Shakti.

With standing room only, the evening programme concluded with Shri Mataji brushing tears from Her eyes as the bhajan Mahamaya rang out.

Sports day, games and the national leaders silently "play-acting some activity" brought us all together in laughter and joy the morning after.

### "On the Trains!"

As in previous years, the Tour had chartered its own train to transport us around India's immense countryside and for many the trains are an incredible experience.

Lucknow, with its Mughal forts and mosques dominating the skyline, was our next port of call.

On the first evening we were invited to a programme of dance, bhajans, Q'wali, ragas, and loud amplifiers.

The evening became quite exhausting, as many of us felt the various right-sided catches of Lucknow on our own subtle systems.

The next day there was a huge programme, where again you could feel the vibrations clearing out all the catches.

After bhajans from the Yogis from abroad, the Indian Q'wali group who had played the evening before, began.

They were completely transformed: gentler,

sweeter, more devoted, gesturing with respect, rather than the right side.

One feature of the programmes Shri Mataji attended, was that after Her talk, She often asked the audience to stay on for a while, rather than leaving, and She continued working on people as the event turned into a music evening. Everyone got more than they even hoped for, and these evenings were particularly joyful.

### VARANASI.

Perhaps one of the most often seen places on television documentaries of India, it is perhaps one of the most misunderstood.

Known also as Benares, Varanasi has a history extending back into the mists of time, and seeming more like a country village, its vibrations are much lighter and brighter than the bigger towns and cities.

Shri Mataji explained how Benares is the secondary abode of Shri Shiva, a place where He rejoins the Ganges, after its departure from Mount Kailash.

Hindus visit Varanasi to perform ablutions in Mother Ganga, and, unfortunately to

## Varanasi - A Special Magnetism

cremate the deceased.

The traditional reason for this is that, it is here that the Ganga, Yamuna and the unseen Saraswati converge to become one united flow.

It is here that the subterranean Saraswati river supposedly reaches the surface and ascends to heaven, hence the idea that it is auspicious to gain release from the limitations of the material body here and ascend to heaven.

Of course Sahaja Yogis, have awakened all three rivers within their own subtle system, as the Ida, Pingala & Sushumna Nadis.

The true ascent out of the limitations of the material personality and into the Kingdom of Heaven is, of course, when the kundalini unites all three channels within us and takes our attention into the Sahasrara.

For Buddhists, Benares is also sacred, as it marks the spot where Buddha, having been persuaded by the Deities to teach the path to Self Realisation, delivered His first sermon, to five seekers of truth.

Buddha attained enlightenment under a "Bodhi-gaya"

banyan tree here.

Shri Mahavira (the founder of Jainism) also made Varanasi his home, hence it has special significance for Jains.

This is why Varanasi has a special magnetism which draws people from all around the world.

Before arriving at that evening public programme, we were able to visit the Ganges for a brief footsoak - en masse.

"Ai Giri Nandini" was much more flowing then in Lucknow, but still very tight in the Centre Heart chakra.

Once Shri Mataji arrived and spoke, we were able to have wonderful deep meditations.

Afterwards, the local leader announced that the local Yogis were going to sing Shri Mataji's praise, but Shri Mataji said that She wanted the Westerners to sing Shankar Bhole.

It was an amazing experience, to sit in front of the Adi Shakti and sing the praise of Lord Shiva in one of his most ancient abodes.

Once the public programme seemed to be over, there was a full evening of music. Local Yogis performed 5 songs, all very different, yet sweet in their own way. Particularly impressive was the 1000 names of Lord Shiva in the form of a bhajan. All the time Shri Mataji gave the performers Her full attention, smiling and enjoying everything so much.

Sir C.P. also attended this programme, which really as if we had had a Puja. The evening was rounded off with inspired violin from Dr Rajan, who lives in Varanasi.

After this we went back to the train which had waited on the platform all day. Once aboard we headed for Allahabad.

### ALLAHABAD

We awoke to find ourselves parked on the platform, with limited time to gather ourselves together and disembark, before the

train is driven into sidings for the day.

For 350 Yogis, handling a deadline like this is quite an adventure! Especially as they'd just woken up.

In the buses we are driven several miles to the confluence of the Ganges, Yamuna (and Saraswati.)

It is here, being rowed upstream in twelve person boats, that we witness the occasional corpse floating in the water and animal carcasses.

We are happy that we, at least, understand the true and spiritual meaning of the confluence of the 3 Rivers and the transcending of material limitations!

Here also, deformed beggars, insistent trinket sellers and pilgrims performing ablution and puja add to a sense of chaos, which was further aggravated by an over-inquisitive police presence.

For those who did get the opportunity to bathe, it proved to be a real aid to withdrawing the attention from the welter of external events and enjoying the peace and tranquillity within.

Back at the Railway Station, we climb aboard for our 36 hour train journey towards Bombay.

There is time to chat, read, sing, walk about, write diaries, catch up on sleep, meditate or just watch the ever changing views of Maharashtra pass by.

Reports of Bombay and Ganapatipule next month.