

The Australian Sahaja Yoga Newsletter

13th July 2007



*“Praise to the Goddess who is meditation,
the meditator and the object of meditation.”*

— Shri Lalitha Sahasranama

The Australian Sahaja Yoga Newsletter

Contributions: contact us by sending an email to sahajnews@yahoo.com Regular mail can otherwise be posted to **156 Albert Rd, Strathfield 2135, Australia**. Phone **612 9411 7641**. Contributions deadline is midday on Wednesdays. Collective announcements, personal experiences, treatments, newspaper articles, quotes, poems, artwork, and photos are welcome.

Subscriptions: email your details to johndobbie@innocent.com

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International News

Shri Mataji visits Daglio

Saturday 7th July

Today was an historical day for Daglio and for all the people who love this heavenly place. Shri Mataji, once again, blessed Her house in Daglio with Her Divine presence. She wanted to visit the house to see the possibility of a school. Shri Mataji arrived with Sir CP at 7 pm. The scenic beauty of Mother Nature was overwhelming, as if she were pleasing the eyes of our Mother.

The car stopped in front of the dining area and She started Her visit from the dorm. Then She came into the house, looked at the meditation room, the corridor with all the paintings done by the Sahaj children, then She wanted to see all the rooms.

Shri Mataji wanted to go to the balcony, and She stayed for more than half an hour watching the beautiful valley in front. She asked many detailed questions, where do the children play, if the place is safe, if there is some other road, if there is water, from where it comes, the name of the village close by, the meaning of the name, how far they are from the house, how many people lived there, where is the river. Mother enquired whether there were any snakes; to which we replied, “They run away when the children come.” We tried to answer and we explained the life at the summer camp held every year, the activities, the age of the children, the trekking expeditions to the mountains and the river.

Shri Mataji asked us to try to buy the land next to our camp for a garden. Many present thought that particular piece of land already belonged to us.

In between questions and answers, there was complete silence that one can experience only in Daglio; the vibrations were strong as well. She said many things in Hindi.

Jayendra Flint was amongst those present,



and one who had been at the camp as a boy - but now a young man. She smiled at him. Again She exclaimed, “A lot of vibrations!” regarding Daglio.

Then on Her way back to the car, She stopped once again to see, with amazement, each painting in the corridor, and when She saw the beautiful painting of Shri Durga She appreciated it a lot, but She said, “This was a big boy,” which was actually painted by Uncle Steven.

She wanted to enter in the kitchen, enquiring where we cooked, and we explained everything. When She entered in the car She saw a big plant growing where we used to wash dishes outside, and She said it was a bad plant because the fruit were poison, and to remove it. We did after She left. Shri Mataji took the road down the valley back to Her castle, in the sunset rays of sun, leaving all of us again in Paradise after having blessed us, again. If it were needed, the house of Daglio has been vibrated again from the holy Feet of Adi Shakti. A dream has come true for all those in the world that love this place.

More photos are available at:
www.shrimataji.org

Lakshmi Baskets

Cabella, July 2007

Just before the Shri Adi Shakti Puja, Shri Mataji received about forty ladies of the hosting countries, in Her living room in Cabella. During the afternoon the ladies of Sweden, Norway, Spain, Lithuania, France, Denmark, and some others, had prepared a countless number of beautiful Lakshmi baskets. They had the nice idea of mixing all the products they brought from their home countries, arranging the baskets by colours, not by nationalities.

As nobody had told Shri Mataji about this plan beforehand, it invited Her to a beautiful and enjoyable game of identifying the origin of the presents...

There is nothing we can hide ;-)

[Source: Austrianet via Ioana Popa]

Invitation To Guru Puja, 2007

The Sahaja Yogis from Russia, Turkey, Iran, India, Bulgaria and Italy feel honoured to invite our brothers and sisters from all over the world to offer our devotion at the Lotus Feet of our Divine Guru, on the most auspicious occasion of Guru Puja 2007.

By the grace of our Holy Mother Param Puja Shri Mataji Nirmala Devi, the celebrations will take place in Nirmala Nagar, Cabella Ligure, Italy, from the 27th to the 29th of July 2007.

We bow down at the Lotus Feet of our Guru and Divine Mother, and with all our hearts we thank Her once again for granting us this unique opportunity to strengthen our inner connection to Her, deepen our meditation and establish our awareness in Sahasrara. We look forward to welcoming you all and sharing with you the magical moments of joy, love, devotion and collectivity that characterise this, one of the most important events in the Sahaja Yoga calendar.

Jai Shri Mataji !!!

The Sahaja Yogis from India, Iran, Bulgaria, Russia, Turkey and Italy

(For more information visit SWAN website)

Emails from Australians living overseas:

A Historic "First" Adi Shakti Puja

Already deeply touched by Mother's glorious arrival and the force of vibrations flowing from Her while offering the welcome Aarti, I was overwhelmed to hear my name called when the moment came to decorate the Holy Lotus Feet of Shri Adi Shakti.

Pulling myself together, I moved onto the stage with Anita from Italy before our Mother full of smiles and power, in complete glory and majesty. During Her speech, Shri Mataji had said it was the first time, and in my 25 years of Sahaja Yoga I have never seen or felt a Puja like this one I was currently experiencing. A first indeed.

All around Her the love was flowing, from each of Her gestures, every glance, every movement of Her hands. And Her Lotus Feet, so radiant that for a few magical minutes She stopped to admire them Herself.

Shri Adi Shakti admiring Her own beautiful self! She so graciously accepted each of our humble offerings, all the loving looks gently sent Her way, all the attention given to Her.

Such a moving and powerful Puja.

She asked the names of the ladies holding the saris, which countries they were from, who was singing the bhajans, and She commented that the little girls sitting on the edge of the stage (Parisians) were beautifully dressed and knew the words of all the bhajans. Her attention so full of love for those around Her and no doubt for all, be they near or far.

And it didn't end there: after the Puja She stayed on with us, Her attention alighting on every gift and person who passed before Her. Looking at each and every child's photo in an album offered by the organising countries, with smiles, affection and for many, a good number of questions - it was like a never-ending wonderful dream.

And when She finally left us more than 3 hours later, we couldn't immediately realise what an opportunity we had just had to be there in Her holy presence for this first time. I couldn't find any words to humanly express the feeling and emotion and still

can't - there is, and always will be only Her. Shri Adi Shakti here on this earth, amongst us and for us, for all of humanity.

With Sahaj love,
Pragya

(Paris via Adelaide!)

Hi my Sisters and Brothers,

On Friday we gave 130 self-realization in Ankara (Turkey).

On Saturday we gave 108 self-realisation as well, and we did 2 programs, one in university and one in Sahaj center. Today we gave 110 self-realization - only 3 yoginis in 3 parks.

Here in Turkey they give 108 self-realisation every day in every city until Guru Puja. I have an opportunity to join them.

I know every country is different but maybe we can do something similar in Sydney as well.

With lots of love, Melike Nadarajah.
JAI SHRI MATAJI

New Zealand News

Tauranga, Bay of Plenty

Sun, 08 Jul

Dear Australasian Yogis,

Some amazing and inspiring things have been happening in this area, and around New Zealand. We ceased running programs in Rotorua. Somehow we lost the great free venue at the YWCA on the edge of the city. So we put our attention on running a six-week program in Te Puke, 35 kms south of Tauranga. Te Puke is the original kiwi fruit capital of N.Z., and a large fruit growing area, with many supporting industries. It is not a big town, but has 1/2 km of shops, in which we talked to owners and put up 33

posters and left fliers on counters. Again, a key thing was going to the local newspaper office of The Te Puke Times - 30,000 circulation. We introduced ourselves to the chief reporter, who is a real seeker, and another lady who looks after the What's On section. So we got a beautiful editorial article in a prominent place, plus a mention in What's On! We received about 20 phone calls, most of the enquirers attending. 12 came 1st night, 16 came on the 2nd night. They are very sincere and receptive, and we've structured it carefully to move through all the basic Sahaja knowledge, including vibrations, chakras, mantras. Who is Shri

Mataji?, and paying respects to and washing the picture, and presenting a flower. This can only be done if we don't keep going over things for new arrivals. It's really working out. Te Puke and this whole area really needs Sahaja Yoga, several of the new people have also said this. Poor Mother Earth has been so used, and abused, and yet she has been so bounteous and giving. In some ways it is run-down, and it feels sad round here. It has already changed a lot, like the people who are in the class. It is such a nice thing to do, extremely rewarding.

We also went to Maketu, the nearest beach. There is an inlet, with a large lagoon. We

put some Puja water in the sea here, said some mantras, and had a meditation and footsoak. There had been some pollution here. The earthquake town of Matata is 30 kms South, where we put vibrated water to the sea and lagoon before the Easter Tour. As in Matata we put up some of Shri Mataji's pictures again to lift the vibrations of the area. Maketu is the site of the landing in 1350 A.D. of the Arawa Canoe. These are the Maori who settled Rotorua, they are very noble, artistic and proud. We were shown venues in the main street, but they were so run down and old fashioned, and had no vibrations. Trisha arranged for us to meet the Primary School Headmaster. He showed us a classroom, which of course, was perfect.

Like Australia, N.Z. has had some extreme weather. Two of the three nights have been very stormy, with thunder and lightning last week! The seekers are still coming, and



we congratulate them and thank them for coming. We take two fan heaters to keep them warm. A month ago, I drafted a letter/ invitation to send to support groups of all kinds: who look after the aged, people with mental problems, and physical disabilities, children with problems, etc. Within a couple of days a lady rang and asked if we could talk to a group who suffer with anxiety. I had not sent out any invitations! But it seemed that Shri Mataji was saying it was all right to follow this up, to go ahead. We did a small, simple program last Tuesday. Vibrations were tremendous; their Kundalinis were really flowing. It was such a joyous thing to do. We had to completely surrender the whole thing to Shri Mataji. They were such lovely people, who also really needed Mother's love. It was a real lesson and learning process for us. Hope it happens again soon.

Lastly, a few weeks back, before Adi Shakti

Puja, I had a strong desire and sort of 'message', to do the Liver Treatment. Again, as if to confirm this desire, next day Akhila said to me, "Dad, could we do the Liver Diet/Treatment?"! So, without any delay or fuss, the Sharp family did it for ten or so days. Trisha kept it very simple, and our meals were nutritious and tasty. We cut out dairy foods, mainly cheese and butter, cream - a little cottage cheese OK (nice with potatoes baked in their jackets). We had some beans and chick peas, lots of rice for dinner and dessert, several meals with lean chicken, baked or casseroled. I feel we ate rather well. We ate lots of fresh fruit. We had the luxury of ONE ONLY cup of tea per day. Yes, we really enjoyed it! Nothing oily or spicy. David hadn't done this for a very long time. It was so interesting, as the attention improves, you become very detached from 'imagined' cravings: maybe the Spirit takes over? You do feel a sort of a calm emptiness, and a need to slow down

and conserve your energy. But, the most beautiful thing for me was the tremendous rise in feeling the vibrations: in both hands, in the chakras, sort of everywhere! I'm actually looking forward to doing it again.

Well, all our dear Yogi brothers and sisters, fantastic deeds are happening over there, wonderful to see it on the web. We can't wait to join you all, but we are one any way.

P.S. Just a reminder that the Christmas/ New Year Realisation Tour Of The South Of N.Z. is definitely on. Book your fare early to Christchurch, and join us on another journey of joy and love, bringing in the harvest for our Divine Mother.

JAI SHRI MATAJI !!!

Much Love From David, Trisha, and Akhila Sharp, and All The Yogis of New Zealand.

As Merenia says: "Arohanui"
- greatest Love...

Australian News

Balmoral Working Bee

Last Sunday I had the good fortune to go to Balmoral with three of my Indian SY brothers to join the working bee. Chris has asked me to share my experiences to encourage others to go.

It was a bit cold and rain threatened but only a few drops at times, and so it was ideal for some heavy work moving timber and other jobs. I particularly enjoyed the exercise because of what Sandeep had said about his recent experiences in Cabella. Shri Mataji had been asking about, and then encouraging him and other yogis to do more physical exercise. It's a lot more fun travelling with other yogis, as you get to speak to people in a way usually not possible at programs, and then working together is great. 1 and 2 days later my

hands still feel opened up with both the physical work they're not used to and the extra vibrations you get doing work in preparation for Her visit. There wasn't many there on Sunday, partly because there are many who can come during the week, and partly because.....?

There are many big projects there the interstate yogis mainly are working on. These need lots of yogis to help if the work is to finish on time, and to make the property sing the feeling of welcome we all wish to project to our Holy Mother.

Andrew Rohowjy.

Shri Mataji Customs Facilitation – bandhans please

Thanks to all you who have written letters to the Consul General and the High Commissioner, they are starting to arrive and to have the desired effect. If anyone is still thinking about sending their letters, please do so in the next few days, to maintain our desire and impetus for a change. Please send two letters, one to Canberra and one to Sydney, to the addresses previously provided. The good news is that we have just heard that Mr Shukla the High Commissioner, and Mr Chinoy, the Indian Consul General from Sydney, are reconsidering their previous decision, so over the next few days - bandhans please for the right decision.

Sincerely,
Chris on behalf of the Australian Council.

Photos and news of the Balmoral and Burwood projects

Dear Yogis,

The latest photos and news covering the Balmoral and Burwood renovation projects are now available for you at....

Balmoral project:

[http://www.sahajayoga.com.au/burwood2007/balmoral-
page/photos-balmoral-july/http://www.sahajayoga.com.au/burwood2007-
balmoral-photos/photos-balmoral-july/](http://www.sahajayoga.com.au/burwood2007/balmoral-page/photos-balmoral-july/http://www.sahajayoga.com.au/burwood2007-balmoral-photos/photos-balmoral-july/)

Burwood project:

[http://www.sahajayoga.com.au/burwood2007-
burwood-photos/photos-july-7/](http://www.sahajayoga.com.au/burwood2007-burwood-photos/photos-july-7/)

Jai Shri Mataji!
With all our love,
the Renovation and Web Teams, Australia

Ganesha Puja 2007 Entertainment

The email for enquiries is
syentertainmentcommittee@hotmail.com

Dear brothers and sisters,
Shri Ganesha Puja 2007 entertainment committee had its first meeting last Friday after Puja to discuss the format of the entertainment evenings Friday and Saturday before Puja.

For the Saturday night's program, it's been decided to have a succession of performances in a form of a school spectacular (with no interruption, just a flow of performance linked by a musical theme). There are still many things to be decided but we thought the duration of the Spectacular could be about 2 hours and should be a mix of songs, musical pieces, dances, plays and any other form of art that could please our Divine Mother and our brothers and sisters from all over the world. The committee would like to make this event as collective as possible and give a chance to everyone that desire it, to perform.

If you desire to participate could you please send us a submission before July 13th, including:

- Title
- Description
- Time required
- Owner (person in charge that will be coordinating the piece and that we can contact for questions)
- Participants (every one involved in that piece)

Once we get everyone's submission we will confirm the order of each piece. Please be aware that we would like to keep each piece not longer than 5 minutes to give a chance to as many people as possible to perform (this is flexible of course).

Please also note that each performance group is responsible for their own piece: costumes, props, rehearsal, coordinating their need with the light, sound and live music group ...

We will probably have a group in charge of the sound system, another one in charge of the lighting, and finally a music group made up of the singers and musicians that would like to play in the background when live music is needed for the plays, dances and songs, and also to play at the end, encouraging everyone to dance.

Please forgive us if things are changing along the way, as this is work in progress!

Please feel free to forward your suggestions to the committee, or to join the committee if you would like to.

Everyone's effort and open heart is needed, welcome and appreciated :o)

All submission for performance, suggestions and comments can be emailed to the committee using the attached email address **syentertainmentcommittee@hotmail.com**

We will update the collective with our progress in the upcoming weeks.

With love

Jai, Jai, Jai Shri Mataji

The Entertainment Committee

Gift List

If you'd like to donate something on the Gift List for the forthcoming visit:

Please talk to us before buying or sending anything, so we don't double up on items.

Contact Lyn: phone: **(02) 9114 6383**

Email: giftlist2007@hotmail.com

See the entire Gift list at:

www.sahajayoga.com.au/giftlist2007

Must-see films, as nominated by Sahaja Yogis

Baraka 1992

When I first experienced (that's the most striking word for it) this movie at the Gothenburg Film Festival 1994, I was truly amazed. Never before - or since - have I had such an over all explain-it-all feeling after a show.

Ron Fricke has made a documentary about the World today for a day: starting at dawn with monkeys in hot springs in Japan, and the morning rituals of various religions. This is followed by the awakening of the human race, both in the big cities and on the country side. Brilliantly edited together follows every aspect of human daily life combined with the general changes of the planet itself and all the ecological systems upon it.

The over all glue of the story are the various religious rituals. The only time giver, except for the turning of the sun, are the praying times and times of worship peoples practice around the globe.

The GAIA idea (that the Earth as a whole being a unit, a living organism) is detectable in the film both in the way all the different cultures shown are found to be very similar to one another, as well as the speeded up people at side walks and zebra crossings look very much like the stream of blood in the veins of an organism.

Author: jcn teach from Gothenburg, Sweden. www.imdb.com

Visit **www.sahajayogi.150m.com/films.html** to see the full list of nominated movies.