

THE AUSTRALIAN

Sahaja Newsletter



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MARCH 17TH '95



Happy
Birthday



Birthday Puja - Sydney - starting 7.30pm Saturday (NOT 6.00 pm)

Sir C.P. will be in attendance

*Set Up Neich Parade & Cotswald Street
Dismantle Burwood & Nicholson Street*

Everybody, please bring a plate for collective meal

.....from the LIBRARY

WANTED: LIBRARY ASSISTANT/S
to take Katie's place when she leaves in May

You will need to operate the Borrowing facilities on Friday nights, and put in a bit of time, say a couple of hours a week, to keep the book processing up to date. It's a very simple system, and Katie is writing down the whole procedure so anyone can follow it.

It would be good for a few people to start soon, so we can start a roster.

Please see Katie at Burwood.



CAR FOR SALE

BLUE TOYOTA COROLLA 1980 MODEL

Fondly known as "Gladys"
Never breaks down, 9 months Rego
\$2,200.00
Will be missed!

RING HELEN OR EFREM : 560 4134



GREAT NEWS

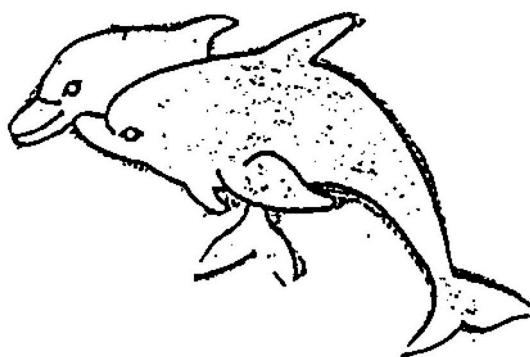
Sri Mataji has invited Australia to host the 1996 Ganesha Puja at Cabella

This is such a great honour that we hope to see lots of Australians there.

JAI SRI MATAJI

PUJA DATES FOR 1995

Birthday Puja - Qwali	19 March	Delhi
Birthday Puja	20 March	
Felicitations	21 March	
Easter Puja	17 April	
Sahastrara Puja	6,7,8 May	
Kundalini Puja	June	
Guru Puja	14,15,16 July	



~ Just arrived from the U.K. ~
'Blossomtime' ~ a compilation CD
of 19 songs by Sahaja Yogies
around the world. \$22.00 each.
See Michael or Liz Henshaw 4162373.
Cozy

The music cassette 'MUSIC OF JOY' is now available on Friday nights at 10 Clarence St, Burwood. The cost of \$10.00 has been approved by Shri Mataji, and we have set a price of \$15.00 for sale to the general public. If any Yogis are in a position to sell the cassette in the public, please let us know. Also if there are any radio stations that would be interested in broadcasting the music, we can make available broadcast quality tapes.



MUSIC OF JOY
Music to Awaken the Spirit



This music cassette is dedicated to the founder of Sahaja Yoga, Her Holiness Shri Mataji Nirmala Devi. It is through her inspiration that this joyful music was created.

SIDE A:

- | | |
|--------------------------|-------|
| 1. Three Mantras | 2.46 |
| 2. Jai Ganesh (Hindi) | 8.48 |
| 3. Jogawa (Marathi) | 8.58 |
| 4. Mataji Qawwali (Urdu) | 20.43 |

SIDE B:

- | | |
|--|------|
| 1. He Nirmala Ma (Hindi) | 5.41 |
| 2. Shiva Stutti (Hindi) | 9.02 |
| 3. Sarvamangala (Sanskrit) | 7.12 |
| 4. Mahamaya Mahakali (Hindi) | 7.27 |
| 5. Shri Mataji Vandu Tavacharana (Marathi) | 8.26 |

RECORDED IN SYDNEY Nov-DEC 1994

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Copies of this cassette may be ordered by writing to:
Music of Joy: C/- 10 Clarence Street, Burwood NSW 2134, Australia



Her Holiness Shri Mataji Nirmala Devi
from ATTENTION - 1 Dollis Hill 26/5/1980

THANK-YOU FROM THE PERTH SAHAJA YOGIS

To all our brothers and sisters on the other side (the sun kept coming up over the sea!) congratulations on the splendid efforts and organisation of the tour. We kept running across yogis who had been up all night for several nights doing various tasks and who still had to go to work next day, but we were still looked after with sleeping space, meals and many 'lifts' in cars to the venues and to and from airports. We appreciated this very much and felt very welcome. Hadn't realised 'lift' was one of our colloquialisms till faced with very puzzled looks from Roumanian and French sisters. Uncle Stephan's car does the trip to and from the airport on automatic pilot now, it's been so often. On one of these runs our French sister was trying to explain how she found us and after much hand-waving concluded that the Australian yogis are 'very Ganesha' and our country is a sweet place to which she would like to return. Our American sister is intending to rearrange her travel schedules to call here more often. Maybe we're getting onto the Sahaja World map at last.

We felt so proud of the advertising, from the glowing portrait of Shri Mataji shining down over the city in Elizabeth St to the elegant invitations we handed out to 'chance' acquaintances as we travelled about. Every aspect was professional and worthy of the subject matter. It was such a delight to be in the beautiful State Theatre, even when we had to go out and stand in the foyer. Local Sahaja Yogis were very sweet suggesting that as we'd come so far we could stay inside but as it happened we were able to go back in later and hear the programme. How wonderful that there wasn't enough room! If only those people present are able to understand what they received we can look forward to a better world sooner than we dared hope.

What can we say about the Puja weekend? We were 'fed' in every way from our spirit outwards. The bhajans were so up-lifting, even the practise sessions received spontaneous applause; the play.....words fail us! So much laughing the nabi ached! And the ending! From drawing on the riverbank; through waking up freezing cold and damp (a great pleasure to West Australians); to eating scrumptious food from hand-engraved Wollongong stainless-steel plates plates; arranging glorious flowers; renewing friendships in the queues; being woken at intervals by yogis going to and from helping to care for Mother and Sir C.P.; the whole weekend was a feast.

There were additional treats for those of us who went to Sydney early and were able to help in some way with preparations. We felt really part of everything and were treated as if we were close family - no ceremony, just an assumption that we could and would complete what was needed. It's hard to explain how that feels when usually we hear very little about what is happening. One special Sunday morning in particular happened at Burwood. Bhajan practice was taking place in the meditation area, beginning with a short meditation and the Ganesha Arthava Sheersha (after which the voice seems to be centred and warmed up); preliminary rehearsals for the play were underway on the verandah; small children were dancing spontaneously (and very well!) at appropriate parts of the singing; some yogis were breakfasting and 'teasing' in the kitchen; others were coming in and out with materials for Palm Beach; various messages were relayed and acted upon; yogis stopped for a time to listen and watch - the very large family was going about its business. You could feel Mother smiling. It was like a window on how we can be at our best. Somehow we must keep a National Centre that has such large yet intimate spaces that can accommodate this sort of interaction. Love grows well in such an atmosphere.

With apologies for anything we've forgotten to thank you for and much love from brothers and sisters in Perth. Jai Shri Mataji!

So the Attention that you have, is the only way to know the reality.

So, attention is the whole of the canvas of your being. Is a complete canvas - is the attention. Complete canvas of your being is the attention.

Attention is "Chitta" and God is Attention. How far your Attention has been enlightened is a different point. But your Attention is God; if you become enlightened to that extent. It is like a canvas; you can say, it is like a canvas; which is spread out for a film; and whatever aptitudes or, you can say, the drags or movements of your Attention has, shows on that canvas. I do not know what is the word for "Vritti" in English language. It is not aptitude, but a person gets prone to, or his Attention is dragged to - I do not know there is a word in English language for "Vritti".

So our Attention is just a 'pure', 'completely' pure canvas, and is acted upon by the three Gunas we have, to begin with. And the three Gunas come to you, as you know, one from your past, one from your future sense and one from the present. It is all stored up within you - whether it is about the future or about the past - is given out of the Attention through that bubbling process, which depends on your dragging nature, where you are dragged; that is called 'Vritti', but I do not know what you call it in English language, I do not know. 'What you are prone to'.

'Vritti' is a very neutral word. It does not mean anything bad. It means where you are drawn to. 'Vritti' means a temperament by which you are drawn to. Whatever is your temperament, it acts like that. For example, if you see a man walking, say blindly, he cannot see things. One person may get angry with that person. Another may have pity for that person. Third man may come forward to help him out. Is the 'Vritti', is the temperament that you have developed through your three Gunas. That is why this Attention becomes identified with you and when you are identified with this, your 'Vritti', your temperament, then you are still in a mis-identified area.

It is the memory which gives you, 'it is a myth'. If you could make yourself stronger than your memory, nothing can possess you. But after you get your realization, you are not still identified with that state of mind in which you see your ego and super-ego as myths. Still you get caught up into your ego and super ego and that is why your attention is still in a mess. In a pure simple way of Attention, in an innocent child, he sees everything in "Pratyaksha", means in actual experiencing of something, for a child, because he has no memory.

The mastery of your Attention will come when you will start "seeing" that it is all a myth that upsets you.

Beyond the Black Stump



Waramanga Ashram (the newest ashram in Canberra) is having their Lakshmi Puja on Sunday 2 April and would love as many people to come from interstate as possible. There is plenty of accommodation at all the ashrams, all you need to bring is a sleeping bag.

On Saturday 1 April the Kalaash School of Indian dance in Canberra is having its annual performance night for all students (including many of Canberra's Yogis, as featured at Wiseman's Ferry). Those who wish to come for that as well should book early as tickets are selling fast. Prices are \$12 for adults and \$8 for concessions (not sure of family/child prices yet). To book your tickets for the dance performance please contact Waramanga ashram as soon as possible. Also we'd love to get some kind of idea of how many people are going to be making the pilgrimage, so please ring us with the good news. The number for Waramanga ashram (needs to be put on your phone lists) is (06) 288 0100.

Hope to see lots of you soon down here.

Rebekah Gupte

659 · Turn enemies into friends by doing something nice for them.

