

Sahaja Newsletter

JULY 30TH '93.

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You need a heart that is thankful to God so that He gives you. When you give to others, He will definitely give. But don't think it is your own. You are giving what God has given you.

SHRI MATAJI NIRMALA DEVI.

2.



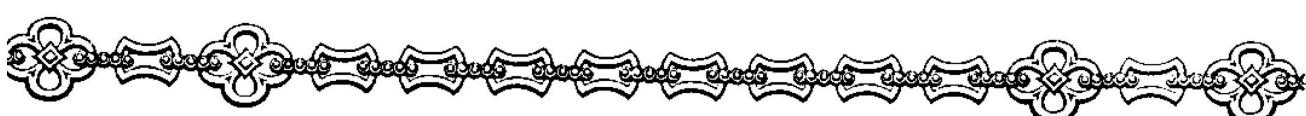
KRISHNA PUJA

DUTIES

Set-up	Newcastle, Pelaw Main & Croydon.
Cooking	Burwood & Chatswood.
Wash-up	Gosford, Central Coast & Ramsay St.
Dismantle	Parramatta, Ryde & Roseville.

TIME AND DATE to be advised.

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Kerry O'Neil would like it to be known that CD's of "The Golden Goddess" sung by Sharon Harris are available from him in Brisbane.
Price \$13.50

3.

SHRI MATAJI'S AUSTRALIAN ITINERARY.

Final ..so far.

MARCH '93.

24	THU	DEP DELHI	FOR PERTH.	TRAVEL
25	FRI	ARR.	PERTH	
26	SAT		PERTH	P? ?
27	SUN		PERTH.	
28	MON	PERTH → MELB		TRAVEL (2½ hrs)
29	TUE		MELB	P? ?
30	WED		MELB	P? ?
31	THU		MELB	
1	FRI	MELB → SYD		TRAVEL (1 hr)
2	SAT		BUNDILLA?	EASTER
3	SUN		BUNDILLA?	PUJA
4	MON		SYD	
5	TUE		SYD	P? ?
6	WED		SYD	P? ?
7	THU	SYD → CANB		TRAVEL (1 hr)
8	FRI		CANB	P? ?
9	SAT	CANB → SYD		TRAVEL (½ hr)
10	SUN	SYD → NZ		TRAVEL (1 ½ hrs)
11	MON		NZ	
12	TUE		NZ	
13	WED		NZ	
14	THU	NZ → BRIS		TRAVEL (2 hrs)
15	FRI		BRIS	P? ?
16	SAT		BRIS	
17	SUN	BRIS → TOKYO		TRAVEL (3 hr)
18	MON		TOKYO	P? ?
19	TUE	TOKYO → TAIPEI		TRAVEL
20	WED		TAIPEI	P? ?
21	THU	TAIPEI → HONGKONG		TRAVEL
22	FRI		HONGKONG	P? ?
23	SAT	H.K. → KL		TRAVEL
24	SUN		KL	P? ?
25	MON		KL	
26	TUE	KL → BANGKOK		TRAVEL
27	WED		BANGKOK	P? ?
28	THU		BANGKOK	
29	FRI	BANGKOK → NEPAL		TRAVEL
30	SAT			
1	SUN			
2	MON			
3	TUE			
4	WED			
5	THU			

From PERTH NEWSLETTER.

Get busy doing nothing

It is time more of us learned the pleasures of ... zzzzzzzzzz ... TIME MAGAZINE FEB 1993

There has been a fair amount of to-do recently over the always juicy topic of sins, particularly when ABC television took the notion of the Seven Deadly ones for an entertaining trot around the block; and there was the book of essays that featured the Eleven Deadly Sins, which seemed more to do with the editor of the collection either being indecisive or wanting to have his sin and commit it too, rather than actually discovering four new evils.

Argot: Funny enough, however, the collective of spiritual felonies did not include the one that probably causes more angst and as many pursed lips as any of the traditional no-nos. We speak here of the Western world's mortaldest sin of all: sheer bone idleness.

To be bone idle is not to be slothful.

This is a great pity. Doing nothing, in my view, is a sign of maturity. Once upon a time I thought being mature meant looking sophisticated like Ita Buttrose; now I have modified that conception; these days I am inclined to think that maturity is being completely horizontal while, all about you, the vertically-charged are going bananas at your conspicuous inaction.

It isn't easy. In particular you have to be immune to guilt-trippers, which is a skill that requires years of practice and the cultivation of a maddening grin. And, more than that, you have to learn to be unintimidated and unmoved by the terminally workaholic. In a culture that officially worships workaholism as much as it unofficially worships alcoholism (a dubious dichotomy, to be sure), it is no mean feat to lie idly by while somebody else is in a frenzy of righteous activity, even if it is only tie-dyeing a T-shirt.

delight. It is not about being bored, it is not about - as a friend put it to her habitually frenetically productive partner - filling in the spaces. It is about ... well ... what is it not about?

The word idle, according to the thesaurus built into this busy little computer, has only unattractive connotations: dormant, passive, stagnant, dilatory, indolent, for instance. Even the supposedly non-pejorative descriptions have an undertone of the scornfully curled lip: laid back, easygoing, lackadaisical.

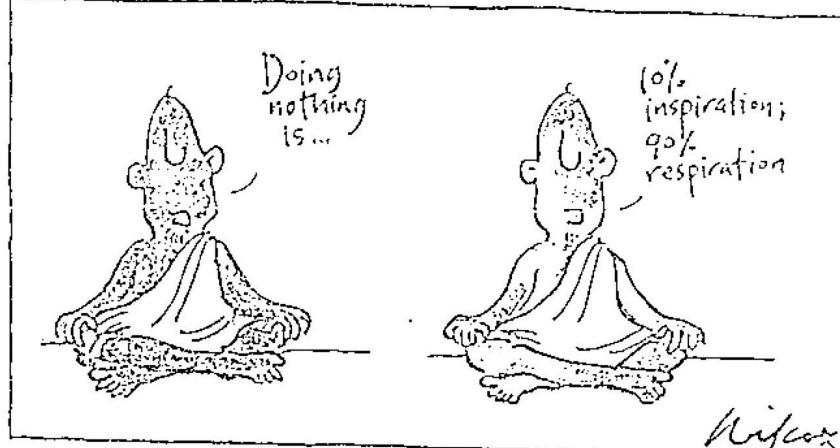
It is very irritating but the pressure should be resisted. Consider Rodin: it is no accident that his two best-known sculptures are *The Thinker* and *The Kiss* - celebrating two of civilisation's most pleasant activities and not far removed from the most civilised of all: bone idleness. And how about the *Mona Lisa* and Michelangelo's *David*? She smiles and he contemplates his finger - two early exponents of doing nothing if ever one saw them.

Tesh: However, bearing in mind the opprobrium that can land with seagull-like accuracy on the head of the unsuspectingly horizontal, you may like to consider a useful item spotted in the mail-order pages of a British Sunday paper's colour mag. (These pages, by the way, are a treasury of purchasable tosh and flicking through them is a good way of practising the wind down to fullblown inertia.)

In this particular instance the eye was caught by an offer for what must be the ultimate gadget for the guilty idler: aerobic spectacles. These are specs to exercise your eye muscles, it says in the ad. According to the featured picture of the happy wearer, they are gangster-style wrap-around sunglasses whose blacked out lenses are pierced by tiny pin holes. Apparently you wear them for five minutes a day. Presumably, any longer would be aerobically exhausting.

You use them, if you are a specs wearer, ordinarily, to read print without your glasses. They help you, the manufacturer says, to see objects more clearly. To ease eye strain and fatigue, they reduce the need for bifocals. They are only £12.99p including postage and packing. But what the manufacturer has not realised is that they would be a boon to the born idler:

"What on earth are you doing? You've been on that sofa for hours."
"I'm doing my eye aerobics, actually." ■



Sloth (traditionally listed as Deadly Sin II) is the one where you hang around from tree branches all day by two toes in a state of depression amounting almost to coma. To be bone idle is to brazenly, happily and without a pang of guilt, do nothing.

Stressful: Many people find doing nothing a desperately stressful activity. They feel reprehensible, they leap out of their skins at the smallest sound, they get indigestion or hives, they start to fidget and, finally, they give in and do something: a bit of weeding, a spot of vacuuming, a painting or two or - the last resort of the guilt-riddled - a Good Walk. Anything but nothing. Because nothing, more than anything, is something about which nothing good can be said. So to speak.

Our whole culture is based on Doing Something. We abhor the dole bludger, we sort of abhor the idle rich, we definitely abhor the unkempt lawn and the unironed shirt and do not even think about the sink piled high with three days' dishes while the owner lies on the sofa staring at the riffling leaves of the old angophora.

The very underpinning of the Western world is a horrid thing called the Protestant Work Ethic. Aside from keeping some very unsavoury vicars out of the poorhouse, it is actually a recipe for misery and unemployment: if some of us did not work so hard and so long, some of the rest of us might have at least half a job.

Politics and ideology aside, deliberately doing nothing can be such a sweet

SAHAJA YOGA EXHIBITION and 'MUSIC OF JOY'



'Man's Journey through the ages has led him to many new discoveries and technological breakthroughs. But even in the modern world, with its science, commerce and progress, the age old questions still arise:

Where have I come from?
Who am I?
Where am I going?

Am I this body, this mind, these emotions, or is there more?
This exhibition is aimed at answering some of these questions.'

It was decided that the exhibition would begin by asking people some fundamental questions such as, Who are we? and Where are our lives headed in this modern society? Then the concept of Yoga would be introduced, this would lead to the idea of self realisation, Kundalini and Sahaja Yoga. Following this progression the seeker would find themselves in the area designated for self-realisation.

The Exhibitions success was due to the collective effort which went into its making however special thanks should be made of key people involved. Hari, Rajesh and Alice, Hugh, and Chris Dobbie who were the inspiration behind the Exhibition and who gave incredibly of themselves to ensure its success. Sleep lost its significance for this dynamic quintet. Special thanks should also go to Andrew Jone who provided most of the partitions and transport, Liz Henshaw for her beautiful illustrations and graphic design, Catherine Tolken for Marketing and the many others who contributed.

All of the text for the exhibition is contained within a Dos PC, so it is available if anyone is interested in obtaining the information.

After 4:30 the exhibition was moved to the sides of the hall and three hundred chairs were placed in readiness for the Sahaja Yoga Bhajan Group who were to perform in concert. On this occasion the concert was to be the culmination of a full day event beginning with the Exhibition and ending in the concert. As an introduction the programme for the concert said:

'Tonights concert is entitled 'Music of Joy', Joy is a state that has no duality. It is a state that can be experienced when we are in the present, the here and now. When we have left behind all that has happened in the past, and put aside that which the future holds, we are able to savor that moment which is joy'

When the performance is such that the Mother Kundalini awakens and ascends through the Chakras, we are now able to experience music in a completely new way. As our thoughts and conditions no longer dominate our being, our hearts expand and is filled with joy. With this new found level of awareness, music takes on a whole new dimension with each of our chakras responding to the rhythms and melodies that we hear'

The night of the concert arrived and everything came together in Sahaja fashion. Again around 300 people attended however on this occasion the vast majority of these were new people. The concert began with Shri Mataji's three mantras. Uncle Michael introduced the concert and spoke of the traditions and culture of Indian Spiritual Music, he also spoke of how the music was selected to help the process of the awakening of the Kundalini. Following his introduction the musicians began by singing He Nirmala Ma, Omkara Swarupa and Namo Namo Maria. Following the first group of Bhajans, we enjoyed a classical quartet with Asmira on violin, Sarah on Cello and Liz on piano. Peter Hodge then played some beautiful selections of his own compositions on the guitar. He used some of his own pre-recorded backing music to give his music a very rich and full sound. To conclude the first half of the performance some of our beautiful ladies performed the Garba Stick Dance to the strains of Ghane Ghang Jagala. The concert then broke for a short interval.

During the preceding days the ladies had been preparing food and during the interval this was sold to raise further funds. The interval was scheduled to be half hour, however it took the best part of an hour to feed our 300 hungry guests.

The concert recommenced with the ladies Eastern Classical Choir who sang Tujhya Pujani in Rag Hansadwani, Puka Kar, Bula Dahi and finishing with Hari Bol. The ladies under the tutorship of Ketke Dongre have achieved a sweet and melodious sound.

Asmira then captivated us all with her virtuosity as she gave expression to the beautiful story contained in notes composed through the genius of JS Bach. Following this the concert ended with another series of Bhajans beginning with Shri Ganesha Kinaryalalav, Shiva Stuthi, Nirmala Kiti Varanavi Tujiga Stuti and ending with Vishwavidita. As the last few bhajans were played people were on their feet and dancing, clapping and shouting for more. The response was tremendous as the music of joy touched the hearts of the audience, so much so that the group performed an encore of Allah O. This so to speak brought the house down.

The concert was by all accounts a great success in that it attracted many new people to a concert to hear music of the spirit and filled everyone's hearts with the music of joy.

Jai Shri Mataji.

Love Chris.



"Then each month we receive another stone block, which we are under no obligation to buy."

SAHAJA YOGA



VICTORIAN NEWS

KRISHNA PUJA/RAKSHA BANDHAN:

JULY/AUGUST 1993

To be held on Saturday, 14th August, 1993, at Pytchley Hall ashram, Croydon, at 7.00 p.m. for 7.30 p.m. start. John, Rob, Bel and Margaret will be setting up.

PUJA DATES - as per The Divine Cool Breeze: Subject to Change:

Fr-Su 17-19 September

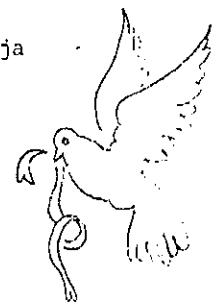
Ganesha Puja

Fr-Su 22-24 October

Navaratri Puja

Fr-Su 12-14 November

Diwali Puja



FRED AND LINDA'S WEDDING:

Saturday, 18th September, 1993, at 3.00 p.m. at Richard and Eileen's home - 6 Mashie Court, Rosebud. Everyone is invited and requested to bring a plate.

CROYDON CAKE STALL INFORMATION AND DATES:

Please see attached.

FUND RAISING IDEA:

Trak Cinema Film Luncheons: Films commence at 11 a.m.
Film and luncheon prices: Groups of 10 or more \$7.50 each
Otherwise \$10/\$8 (pens)

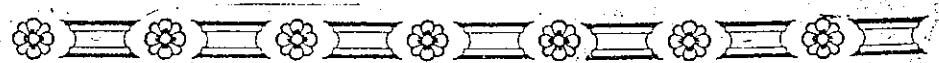
If we get a group of 10 or more and charge \$10 per ticket we can raise funds of \$25.00 minimum, for little effort and loads of enjoyment. Don't forget we can ask relatives and friends.

Anyone wishing to make up a group please contact Sandra on 726 9201 by Friday, 6th August.

Proposed film and luncheon: INTO THE WEST (PG)

TUESDAY, 17TH AUGUST

A wonderful tale of two Irish boys who set off on a grand adventure, out of Dublin, across Ireland and into the west after their Grandpa relates a legendary story to them centered around a magnificent horse named Tirnanog.



Latha Nayar
22-17-4, Lorong 1/125A,
Desa Petaling,
57100 Kuala Lumpur,
Malaysia.
Telephone : (03) 958 3713

13 July 1993

Jai Shri Mataji!

Hello! On behalf of the Sahaja Yogis/Yoginis of Malaysia, I would like to extend a hand in greeting to all our brothers and sisters and to give you a brief introduction to our Sahaj activities. Upto now, we have been rather quiet about what's happening over here, but that's about to change. I will write from time to time, and hope very much that some of you will, too. In this way, and by the grace of our Divine Mother, our sense of kinship will get stronger, and with that, our world collective.

Right now, we have three main centers of activity in Malaysia. Let me describe the smaller ones first. One center is in the town of Butterworth, Penang state, located approximately 400 km north of Malaysia's capital city of Kuala Lumpur(KL). Sparked off from a Penang yogini's visit to KL, the budding center was initially visited fortnightly by a carload of enthusiastic KL yogis/nis from August 1992 onwards.

Another Sahaj center is in the historical southern city of Malacca, located 100 km from KL. This is a relatively new center with activities beginning from April 1993. Every Saturday afternoon, a group of KL yogi/nis drive there to conduct the programme.

The third, and most active center, is the one in the capital city of KL. At present, there are two weekly collectives -- on Mondays and Fridays. The Monday collective is our newest (it was begun in May 1993).

The total no. of active Sahaja yogi/nis in Malaysia is about 85. With the increasing strength of the present collective and with hard work, we hope that this no. will continue to increase.

Apart from our weekly collective meditation sessions, havans and pujas are also conducted in the worship of our Mother, and to help eradicate the influence of the numerous groups touting the teachings of false gurus. Havan ash has begun to be used creatively. We would appreciate any advice from our overseas brothers and sisters in dealing with the harmful influences of false gurus and their followers.

On the cultural side, we are expanding our bhajan singing repertoire and capability by regular practices after the weekly collective meditation sessions, and also during pujas. Also, we are beginning a Malaysian Sahaj newsletter. It is hoped that the Swadhistan chakras of the collective will be nourished further by these activities.

Thus ends my not-so-brief-after-all introduction to Sahaj activities in Malaysia. I hope that with this initial effort, we Malaysians are no longer strangers to you. Please write -- we are eager to hear from you if you have any queries, or even if it's just to say hello. My address and telephone no. are shown above. I look forward to hearing from you. Jai Shri Mataji!

Sincerely,

(Latha)

