

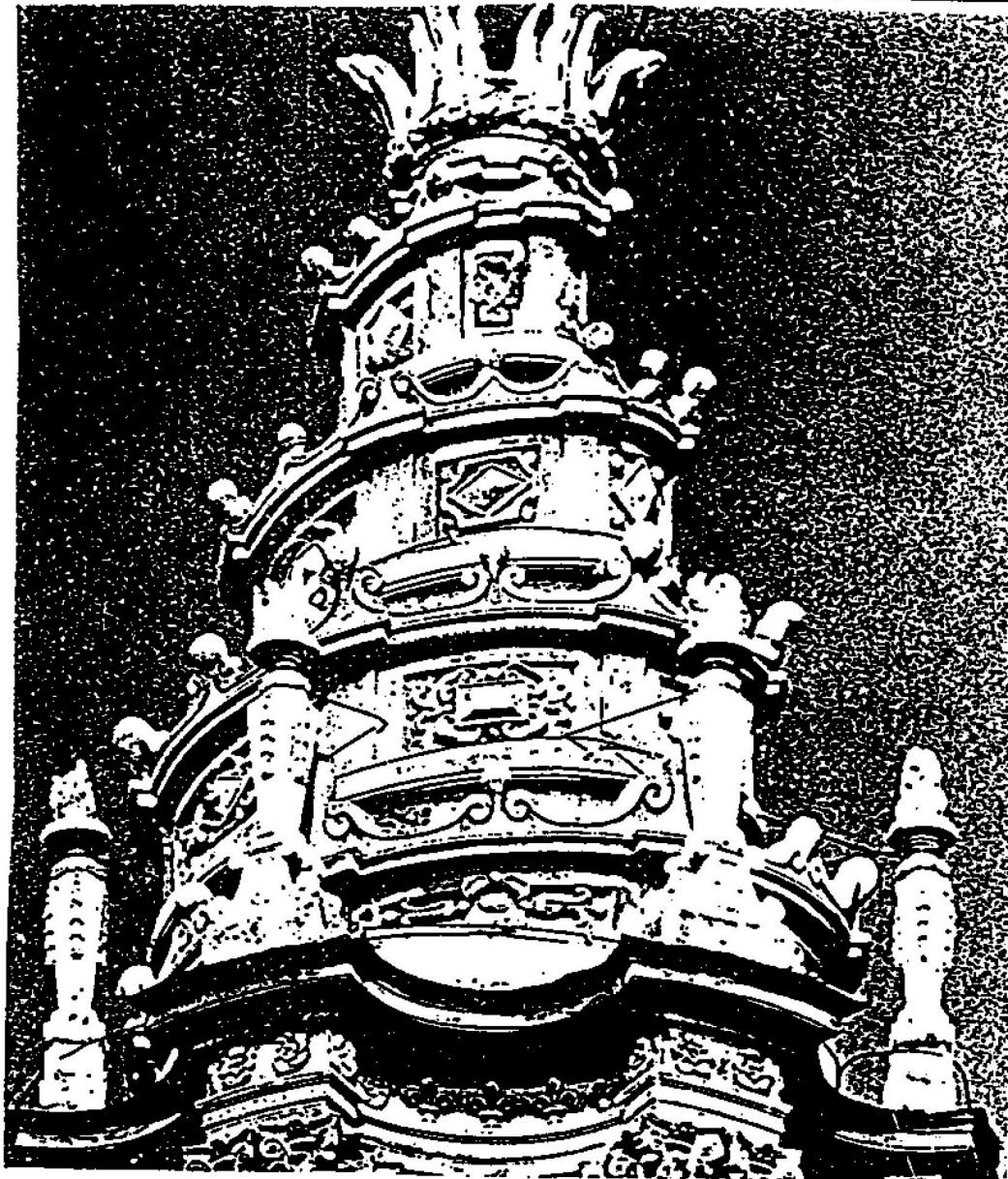
THE AUSTRALIAN STRATHFIELD

Sahaja Newsletter

Contributions:

Carole McNeill: (02) 560 6921 Phone & FAX
Efrem Manassey (02) 560 4134
Susi Hutchings
Burwood Fax. (02) 745 4927

FRIDAY, AUGUST 12th, '94



The evolution of the spirit is an ascending spiral path to God. The tower of S. Ivo della Sapienza is made up of 3½ windings (like those of the inner serpent Kundalini).

These may be traversed, and are surmounted by a crown of fire, symbolic of the light which radiates from the enlightened, the masters of this force. Above this, for those having travelled the spiral path, is the orb or sphere surmounted by the cross, which together symbolize their inner state of wholeness or holiness. (Lantern of S. Ivo della Sapienza, by Francesco Borromini, Rome, 1642-60.)

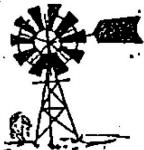
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YOGA IN THE COUNTRY

KRISHNA PUJA DUTIES.

Set-up	Western Subs. & Newcastle.
Cooking	Burwood & East. Subs.
Washing up	Central Coast & East Lindfield.
Dismantle	Lindfield & wollongong.



MEETING RE COUNTRY PROPERTY SEARCH

At Burwood (during program) about buying land in the country, aspects & funding options.

See Peter Schwartz

BHAJANS PRACTICE Roseville
There will be bhajan practice, at Roseville, Wed. 17th 7.30PM.



LAKSHMI PUJA

Come and join us at Northbridge Ashram on Sunday 14th August.
We will start the Puja at 2pm and an early dinner will be served afterwards.

ADDRESS : 25 Weemala Road
Northbridge
Phone: 958 8180

New address for Asmira Woodward Page
is 736 East 3rd Street, Apt 21
Bloomington
IN 47401



Teenage Yogis - fact or fiction

At the moment there are only two teenage yogis in New Zealand. It's getting pretty lonely over here and any contact with the outside world would be nice.

We are hoping to set up some programs for young people by teen yogis because there are so many seekers out there just waiting for the right thing to come along - something cheap and easy with no catches.

Our names are Alex & Justin. If you wish to send us any ideas or helpful hints about teaching Sahaj to young people, special approaches etc, please write to us at
24 Pukenui Rd, Epsom
Auckland New Zealand

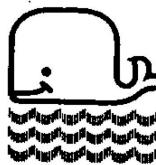
or FAX: 64 9 625-8888

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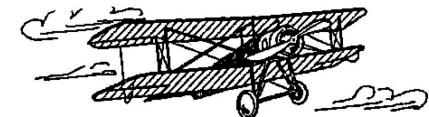


Sun, Sea and Surf a Yogis life for me.

If you feel the above describes you then the perfect opportunity beckons. Imagine a house on a hill overlooking the sea. Meditate to the sounds of grandfather ocean soothing away the rigors of a hard days work. No need to go on holiday, spend your days living in a holiday setting, watching the morning sun reflect on the waves as they roll into shore. Got a right sided problem that just wont quit, how about the best water treatment in the world, a daily dip in the Pacific Ocean, or for those who just like to soak their feet by the sea.



Just such a place exists, the Newcastle Ashram, and two rooms (one with adjoining bathroom) are now available for rent for some discerning Yogi out there. Interested then gives us a call on (049) 42 6379.



INDIA TOUR RAFFLE

How would you like to take a tour of a beautiful country with 400 of your closest friends?

This could be your chance - for only \$15.00 . Or two chances for only \$25.00!

Closing date 1 September - to be drawn 2 Sept. ACT NOW!!

Wendy - Brisbane

INDIA SCHOOL

Following is a letter from Mr Rao
who is now in charge of admin at
the school.

Many thanks to all who have
contributed almost 90,000 Rupees
to the office equipment fund.

INTERNATIONAL SAHAJA PUBLIC SCHOOL
TALNOO, DHARAMSALA CANTT. DIST. KANGRA
HIMACHAL PRADESH INDIA-176216

Dated, 13 July 1994.

Dear Mr. Richardson,

REF : PURCHASE OF OFFICE EQUIPMENT FOR SCHOOL.

I have for acknowledgement your kind letter of
1st July regarding the efforts you are making for coll-
ecting of funds for buying office equipment for the
school.

We at the school are sincerely grateful to you
for this gesture. I am happy to inform you that we have
finalised the order for the Computer and Allied equip-
ment and these should be with us in 3/4 weeks at an
approximate cost of Rs 107,000/- Rest of the items will
be purchased later.

Kindly inform the Sahajayogi brothers and sist-
ers not to over stretch themselves at all. Their kind
attention and prayers to 'Shri Mataji' will make ISPS
one of the best schools.

Once again thanking you and with kind regards.

Jai Shri Mataji

Yours Sincere
Dilferebagh
(DSV Rab)

We've just had the first meetings of the Discovery Course here (remember we're running this course at just two meeting places in town on a Monday and Wednesday night). I think that around 100 people have registered for the further 7 weeks (so we 'lost' around 100 from the Foundation course). Believe you me, though, we're all *very* excited to have 100 people carrying on for (hopefully) more than four months with us.

We've structured it so that the meeting starts with a meditation, continues with a small talk on the qualities, possible catches and clearing of a specific chakra, a video (same process as before, 7 x 15 min. video clips on the one tape, but this time the talks are much stronger - selections from public programs and select Pujas dealing with the Chakras), then a final brief chat on a technique or general aspect of SY. This week we talked on keeping a level head and how to use a bhajan to overcome problems - this week, as an experiment, we got them all to give a bhajan for a problem they had, and we'll check on it next week. Finally a workshop (it's great to see them all working on each other, it's so collective) and refreshments and one to one chats. We're still trying to keep it a reasonable length, the whole meeting is over in about 1.5 hours, and then they can stay on for the refreshments etc if they want.

The first meeting on the Monday was rather quiet though. Only about 17 people turned up, and we were rather disappointed after the positive registrations. We soldiered on though, and the meeting went OK (not brilliant, but OK). It's been brilliant weather here, and we figured that maybe they were all out sunning themselves.

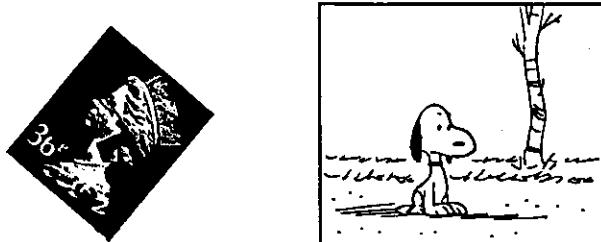
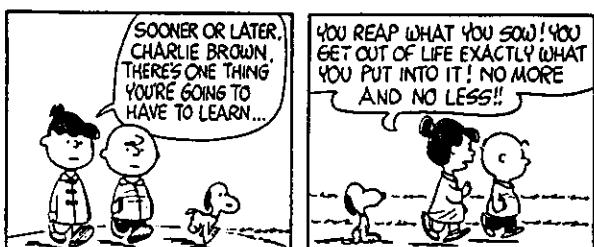
Anyway 60 people turned up at the alternative meeting on the Wednesday. It was amazing. We've arranged it so that different yogis take different parts of the meeting (one for the meditation, one each for the talks) and it just seemed so dynamic. We all got to the end feeling we were going somewhere, just so amazing. The attendees stayed on chatting with us, asking really neat questions, etc etc. Excellent! excellent! Hope it keeps up, because it's....well just amazing.

We had asked them to do a questionnaire at the end of the Foundation course, covering things like what did they think of the course and improvements, how much are they meditating etc etc, and so I think we have been able to tailor the Discovery course a bit more for their liking. The funny thing is that the main thing that came out of the questionnaire is how much they liked the people who were involved in taking the course. Yogis are the ones who sell SY, not the course content or speaking etc. So now I think we shall just try and continue introducing them to ourselves, so that they can make up their own minds, gently.

Funnily enough Raine from Finland rang me last night and we were chatting and he said that one of the things they found so great was meeting with newcomers outside the artificial confines of a meeting. Now what did he say "one social evening like that is worth ten meetings" and I think that he's 100% right. So I think that we should now try and show that we are ordinary people, and that you can combine a deeply spiritual life with being 'normal'. Perhaps invite them to dinner, suggest a barby, whatever. We're certainly being helped by the good weather over here, makes me almost feel Australian. Ha ha!

Anyway, I'll keep you posted (if you're still interested that is). :-> Sorry to rabbit on, but I find it so exciting that it's great to share it with someone. The next question that we're trying to deal with is what to do with the standard meetings now that the attendees have moved to the new courses. I held my standard Tuesday night meeting and it felt very flat. I think maybe we should start the Foundation course all over again to maintain the momentum. What do you think/do? The problem is....oh what the heck....what problem? :-)

Luv Nige



Dear Sisters and Brothers,

We are glad to inform you that in September, 1994 a Russia-Ukraine tour is going to take place. Its preliminary Programme is as follows:

- 09.09.94 - Shri Mataji's arrival in Moscow
- 10.09.94 - Musical Programme for Sahaja Yogis
- 11.09.94 - Shri Ganesha Puja
- 12.09.94 - Public Programme in Moscow
- 13.09.94 - Departure to Sankt Peterburg
- 14.09.94 - Conference "Medicine, selfcognition and morality" (Eastern and Western speakers)
- 15.09.94 - Public Programme in Sankt Peterburg
- 17.09.94 - Public Programme in Togliatti
- 18.09.94 - Public Programme in Kiev

In view of this you are kindly requested to send us a list of those who wish to participate in this tour indicating their data needed for a Letter of Invitation, that is full name, birth date and place, Passport number, citizenship and a travelling root.

FAX: (095) 541-37-45 or (095) 155-93-41

Shri Mataji's visit to Holland.

Here is a forwarded message from Frank Seumeren about Shri Mataji's recent visit to Holland.

On Saturday 30 July Sri Mataji arrived in the afternoon in our Ashram in Amsterdam. The temperature was somewhere between 30 and 35 Celsius, so it was good fortune that Sri Mataji came in a car with airconditioning from our brothers and sisters in Belgium; which country is our second half. Sri Mataji said that She would do something about the heat. After a month of hot weather, it started raining in Amsterdam, cooling down the atmosphere.

In the evening a Public Program would be held in a hotel in the centre of Amsterdam. The meeting room contained about 700 new seekers and 150 yogi's, brothers and sisters from Belgium, Germany, France, UK. The hall was full in spite of a 'poster war' in Amsterdam. Two competing groups were continually over-covering each others posters. We had given the job of colouring Amsterdam red with Sri Mataji's pictures to only one group...

Sri Mataji said that Truth cannot be read from books. At the entrance of the hotel She was halted by people selling the Gita, continuously repeating 'Hari Ram, Hari Ram'. This concentration on books Sri Mataji compared with having a headache and reading a recipe: 'take aspirin' and repeating these words to oneself. This will only give you more headache!

Sri Mataji continued that She felt that women in the West have a disadvantage to women in India. They are less appreciated and respected. This might well stem from Christianity. 'Mr. Paul' hated women and considered them inferior. The Father, Son and Holy Ghost, but if there is a Son and a Father where is the Mother? Here women have to expose their bodies to be attractive to men and to keep their attention. If you would ask that from an Indian woman she would slap your face! A woman protects her chastity, it is her power!

At this point a proud looking lady sitting before me left the hall. Some had left before already. During the bhajans played by the beautiful Belgian band. But also after Sri Mataji arrived several people were triggered to leave all of a sudden.

Sri Mataji said that also the Koran has suffered distortion by the work of its editor. In fact all religions are either power- or money oriented. Christ did not understand people. In the sense that he did not visualize how they would use His Work for their goals.

But now we can read the book that is written in ourselves!

Gyaneshwara was the first Saint who revealed in script in the twelfth century the benevolent and divine work of the Kundalini. Still only one or two received their moksha.

You here will get it all, Sri Mataji said. It is your birth right and you deserve it. All those who stood on their head in the cold of the Himalaya probably did not deserve it.

There are only three conditions: Have absolute confidence in yourself. Second don't feel guilty. God does not find any fault in you. That is because He is an Ocean of forgiveness. I feel there is a lot of guilt in this hall. You are not guilty. If you were you would be in jail and not here. Thirdly: take out your shoes. This is a kind request, because in England one time half of the room left on this point.

I felt the cool wind of the Spirit surprisingly strong above my head. Sri Mataji had been very strict and clear. 'The basis of a culture is morality' as she told us the next evening. Without this there is no need for a culture.

I wondered about my fellow countrymen. In the middle of the heat of their lives, outside unusual tropical temperatures which generate a lot of extra superficial behaviour in our small country and then all of a sudden the vastness and coolness of Sri Mataji Nirmala Devi. For quite a few the opposition with their regular lives was too much and they left. But of those that stayed almost everyone felt the Divine Cool Breeze and they received their Selfrealization. To the delight of Sri Mataji: 'Oh, what wonderful people, all of them felt it!'

The next evening program on Sunday was meant for the Surinam/Hindustan/ Indian community of Amsterdam. It was held in a small hall in a public Garden. Plane trees and crying of exotic birds. Though only forty to fifty of them came amidst of about 150 yogi's, it was a very satisfying evening.

Sri Mataji spoke in Hindi. Later she complimented these immigrants to have kept their Indian roots so intact. To be able to understand Her after so many generations far away from India.

Though we understood little, we felt at home. As if we were in India. The Selfrealization was given as it is to Indians: just stretch your hands to Our Holy Mother and feel the cool vibrations.

We felt a special brotherhood with these fellow countrymen. So much nearer Truth, by culture, than we from the West. Still we were allowed to show them the existence of Sri Mataji Nirmala Devi. We gave them the songbooks so they could read the bhajans along that we sung at the close of the evening. A warm, beautiful and light evening in the company of our Divine Mother.

The press coverage was very successful of this event. Many announcements on a local radio station and a 20 minute video announcement on the local TV station. Repeated 9 times, practically free of charge.

There was an interview with Sri Mataji on the National Hindu Radio. This was very good, with a nice reporter asking the proper questions. In the end he asked 'Sri Mataji, who are you...?' All this was broadcasted the monday afterwards (1-8). Sri Mataji listened in the ashram with us to Her own interview on the radio!

National Hindu TV also made a report of the Sunday Public Program, with an interview afterwards in the ashram. This will be broadcasted in October.