

Sahaja Newsletter

Contributions:
 Sue Raggett:
 Carole McNeill: (02) 560 6921
 Efrem Manassey (02) 560 4134
 Fax: (02) 745 4562

APRIL 23rd '93



By thinking you get your ego.
 There is no wisdom with a
 great ego. Mr. Ego doesn't
 want you to be happy or
 relaxed, always gives you ideas
 to do this or that and the other,
 until you are finished. There's
 no advantage. H. H. MATAJI



Australian Institute of Eastern Music Choir

A.B.C. Recording 26/10/92 Director: Ashok Roy

Side A:

- Ganesh Sthuti
- Bengali Folk Song: Dhi Tang Dhi Tang Bole*
- Bengali Boating Song: Ore Ore Shundoira Mawair Maji*
- Sa Ba Mile Gav (Raga Bhupali) (comp: Ravi Shankar)
- Tarana* (comp: Ravi Shankar)

Side B:

- Saraswati Hymn: He Sharade Ma Raga Malkauns: Hajarata Tore Kamana (comp: Ashok Roy)

Singers

- Delwyn Bhattacharya
- Rebecca Bhattacharya
- Gillian Patankar
- Natalie Lenn
- Mukti
- Lilly
- * Shanta Roy (Soloist)
- Lyndon DeValle
- Peter Aerfeldt
- John Smiley
- Robert Hutcheon
- David Withers
- Tom Whitty

Instrumentalists

- Harmonium: John Smiley
- Natalie Lenn (Raga Malkauns)
- Tabla: Ram Chandra Suman
- Synthesizer: Hari
- Guitar: John
- Tanpuras: Lyndon DeValle
- Mukti



Excerpt from Shri Mataji's Talk at the Noida Temple Inauguration March 25, 1993

It really is such a wonderful thing that has happened, this 70th Birthday. There are so many things which are to be noted as something suggestive of this new Age coming. There are more things waiting for us in this new Age. You'll have lots of miracles, lots of blessings, complete understanding, and complete maturity in Sahaja Yoga. The new atmosphere will change so many things. Even the people who are opposing us for no fault of ours will also step aside and things will start working out.

All the problems of the world will have their solution, a solution of a very miraculous type, and you'll be amazed how things have been corrected in every way. In the beginning maybe you might feel a turmoil and an uneasiness, and you also might feel that there is no hope, but after the turmoil is over, you will see the peace that is manifested through your vibrations, and it will be effective, it will be acting, and you will realise that.

So many nice things to look forward, and that's maybe the reason you might have intuitively felt that 70th Birthday is important. I never said that after my 70th Birthday this Satya Yuga would start, but somehow I think you people did have an intuition. That's the reason you came here to celebrate the beginning of it.

Some news arrived from a Sahaja yogi who attended Easter Puja recently in Rome with Shri Mataji. They said that there were around 300 Sahaja Yogis at the Rome Ashram for the Puja. Shri Mataji looked very well and happy. Some of the things Shri Mataji spoke about:

Shri Mataji said that there is an important connection between the Sahaja and the Mooladhara Chakra. Shri Jesus Christ said that he is the Alpha and the Omega, which refers to this connection. If the Mooladhara is examined from different angles one can see the Swastika, the cross and the Omkara. If these images were captured then this could scientifically prove the connection between the Mooladhara and the Agnya Chakra.

She said that Shri Jesus Christ is a very important incarnation, without his work no human being could ascend. Every path in the world has led to destruction, every religion in the world has led to an increase in destruction, an increase in violence, in ugliness and in falsehood. He said that we have to be born again, that we have to transform ourselves. We must make every effort, some of us are still afraid but we must be fearless like Shri Jesus was. This is why it is important to introspect and ask ourselves "How far have I traveled in spirituality". She said we have to become the light as he was the light of the world. When we are the light we can see everything, we can see all the things which affects us and the things in us which affects others. All our bad habits and conditioning, we must rid ourselves of these things through introspection. The collective can see the problems with the individual, but the individuals within the collective cannot see their own problems. If someone can see your problems and they tell you, then introspect and see if they are correct.

Shri Mataji also spoke about the heights we can reach in Sahaja Yoga, but at the same time there is danger that there is also a long way to fall. Problems come when Sahaja Yogis do not have faith in themselves, in Sahaja Yoga and in the Divine Power. As Shri Jesus Christ had absolute faith in himself we have to have to have faith in ourselves, in the Divine Power, which means in Sahaja Yoga. If we have faith then we become very powerful. Shri Mataji spoke about two types of Sahaja Yogis, the first type are as solid as a rock because of the strength of their faith, the second type have no faith, life is full of dramas. She said that Shri Jesus knew that he was the Son of God, the Yogis have to be like Christ and have faith. Still some Sahaja Yogis have no faith, they are problem Sahaja Yogis, they come and say "Shri Mataji I am no good, I have this problem". This should not happen, people do not have to ask me anymore, the time has come when everything is going to be worked out by the All Pervading Power of God. Those with faith have power, faith in their powers and in the Deities, the Deities like this, they are happy that people have faith in them and they like to work for us.

Shri Mataji also said that people should ask "What have I done for Spirituality" and introspect, and have no attention on materialism then there would be no problems.

The course costs are as follows: Intensive \$141 (book early June) Semester \$315 (book early July)

The intensive course runs from the 28th of June to the 9th of July while the semester course begins in the week of July 26th and ends December 10th. The particular day of the week for the semester course is still to be decided.

Both courses have 2 1/2 hour sessions from 6pm to 8:15pm.

The NSW Uni Institute of Languages offers 2 types of Hindi courses. One is a semester course (once a week for 18 weeks). 2 week intensive (Mon. to Thurs. per week for 2 weeks) and the other a semester course (once a week for 18 weeks).

If you are interested or want more information "Peter Aerfeldt ko is number 747 4835 par phone kijiye." (If you wish to understand this, come to the classes.)

Interested to learn Hindi ?

TWO NEW TAPES SOON TO BE AVAILABLE.

Dear Brothers and Sisters,

Feb.1993

This year in India was an especially deep and eventful one for me. Shri Mataji gave us to understand that it is now up to us to spread Sahaja Yoga and to live it. It is for this reason that She did not join us on the tour until Ganapatipule. During a puja in Yamunagar, which we celebrated without Shri Mataji in Person, I had a very special experience which I would like very much to relate to you:

It was for me a very strong puja - probably because I was desiring especially that my attention should be strong. I could feel Shri Mataji's presence so clearly every moment, and I felt extremely good. Suddenly I got an inspiration:

From the very beginning whenever Sahaja Yogis have told stories about their experiences, big or small, I always found something to take away my doubts and insecurity. Again in India I was fascinated by the many miracles and events being described by the Yogis, and during this puja this idea came to me: "It would be so fantastic if a Yogi were to gather these stories together and make them into a book!" Then I tried to continue meditating quietly, wanting to enjoy this inner peace. But then the idea said: "Who?" Andrea thought: "Well, I am sure someone will do it." This conversation went on for a short time until I gave in and said: "OK, OK, whoever has the idea should do it! Only then could I continue my meditation.

I decided to wait until I had the chance to present my idea to a leader, but in the meantime some funny thoughts crept into my head: "Oh well, maybe I'm not the right person, my English isn't good enough, etc. etc." I was on the point of giving up the whole idea when a Yogini came to me: "Oh Andrea I've just had such an amazing experience - a miracle - can I tell it to you?" I thought: "Allright, Shri Matajimessage understood!"

It made me think of the stories about Jesus and His disciples. If they had not bothered about spreading His teachings, who would have done it? We are the disciples of Shri Mataji and we all share this great gift of a new and wonderful life that our Mother has given to us. So let us share all these beautiful events, which Her love allows us to experience day by day. Also we do not have the right to keep to ourselves what Shri Mataji has so generously given to us.

So come on, be bold! Write down your most beautiful, or deepest, or funniest, or most momentous experiences. I am quite sure that every Sahaja Yogi has a special story that he would love to share with his brothers and sisters. Shri Mataji gives all Her wisdom and all Her love in order for us to pass it on to others. So let us do so.

Linda from Spain and Ken from England, both sharing my enthusiasm, have agreed to help with collection of the stories. This book will appear first of all in English, so please write in English if possible - if not, we will translate. It does not have to be a big miracle - sometimes the smallest things in life can be so heart-opening. Enclosing with this letter is a piece of paper for you to write down your stories. Anyone who would like to help with translations is very welcome. Also we would love to have any original songs, poems, artwork, remarks from children etc. Also any other ideas.

I am very happy that Shri Mataji gave me this wonderful and amazing new life - let us create this beautiful present to place at Her lotus feet.

Andrea Anasuya Pongratz

--- Jai Shri Mataji ---

My address: Andrea Anasuya Pongratz, Alte Poststraße 14, 3341 Ybbsitz
Tel: 07443/82005

Sahaja Yoga Stories (Songs, Poems, Drawings, etc.)

The stories can be as long or short as you wish. Legible, written in English, or even typewritten would also be very nice! Have fun!

Short description of how and when you got your realization.

name:
address:
date of realization:

My story:

Vatican focuses on year 2000

THE Vatican, I see, has declared the year 2000 a holy year. The priest in charge, Monsignor Luigi Bankardi I believe, hopes that the number of visitors will greatly exceed the seven million pilgrims who visited The Eternal City during the last holy year in 1983-84. The offerings collected during that jamboree were used to reduce the Church's debt, largely caused by wholesale looting from the Vatican bank.



28 THE SUN-HERALD, April 4/93

SHRI MATAJI'S ITINERARY		
APRIL	26 - 29	Greece (Athens)
MAY	7 - 9	SAHASRARA PUJA, Cabella Ligure - Italy organized by United Kingdom
	11 - 14	Turkey (Istanbul)
JUNE	4 - 6	ADI SHAKTI PUJA, Cabella Ligure organized by Germany/Austria
JULY	2 - 4	GURU PUJA, Cabella Ligure organized by ITALY
	8 - 10	Switzerland (Basel)
	12 - 14	France (Paris)
	16 - 18	Belgium/Holland
	20 - 22	Germany (Berlin, Hamburg)
	24 - 26	Prag
AUGUST	28/7 to 10/8	Russia (Moscow, Leningrad, Kiev)
	13 - 15	KRISHNA PUJA, Cabella Ligure organized by North and South Americas
	19 - 21	U.K.
	23 - 25	Poland
	27 - 29	Rumania
	31/8 - 2/9	Bulgaria
SEPTEMBER	17 - 19	GANESHA PUJA, Cabella Ligure organized by Switzerland
	22 - 24	Budapest
	25 - 26	International Symposium against Racism and Fundamentalism, Budapest
	28 - 30	Austria (Vienna)
OCTOBER	4 - 6	New York
	8 - 10	Cincinnati/Toronto
	12 - 14	Vancouver/Los Angeles
	16 - 18	Washington D.C.
	22 - 24	NAVARATRI PUJA, Cabella Ligure organized by Holland/Belgium/Spain
	27 - 30	Spain and Toulouse (France)
NOVEMBER	12 - 14	DIWALI PUJA, Cabella Ligure organized by France

For rent - a room with a view

Northmead Ashram would like the collective to know that there is a room wanting new occupants - single or a couple. Phone Andrew Jones for information - (02) 686 1919:19 Caprera Road, Northmead (Parramatta)

* * * * *

CABRAMATTA PROGRAMMES STARTING

Juan Vega representing Croydon Ashram will be starting a series of programmes on meditation for the Latin american community, at Cabramatta. Beginning Friday 30th April and every Friday 10 am-1 pm, until June. Venue is Villawood Public school, corner Horsley Drive and Venison St., Villawood. Please come and help us spread our Holy Mother's love in this area.

Theme park from Hell

THEY'VE got the sand. They've got the cultural high ground. Now all they need is the tourist dollar.

According to our religious cash-in correspondent, an international tender is to be issued shortly to raise \$21 million to build a biblical theme park in the Negev Desert, Israel.

The Negev Tourism Development Administration wants to turn the abandoned copper mines near Eilat into a Disney-style attraction

called "King Solomon's Mines".

Visitors to the park would tour the desert in buses, jeeps and on camels ("And to your right, there is a hill of sand"), then enter an underground labyrinth to see a display of mining techniques from biblical to modern times.

Stay In Touch understands negotiations for The Big Jesus, the Ten Commandments Super Loop ride and the House Of Old Testament Horror are still to be completed. Or started.

SMH, Monday, March 29, 1993

There's nothing to fear but fear itself...

I'm afraid so...



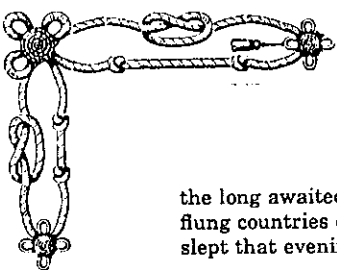
Expectations were high that many people would come. In our travels around Delhi we saw Shri Mataji's posters everywhere we went, suspended from lamp posts, on the pillars circling Connaught Place, everywhere. The Delhi Sahaja Yogis had paid a professional company to place and maintain the posters.

In the early evening a procession of buses took all the Sahaja Yogis into Delhi for the major public programme of the week. The venue was the grounds of Constitution Lawns in which a truly beautiful Fendal had been constructed. The ceiling of the Fendal was constructed in two parts, one part consisted of a vaulted section running the length of the Fendal. The Fendal was constructed from alternating panels of red and white cloth, all the red panels were decorated with intricate white embroidery. Light was provided by an incredible number of chandeliers suspended from the ceiling, the floor was totally lined with red carpets. The Fendal provided an impressive setting.

Shri Mataji said that she told them that we feel the Rukh and asked them to put their hands out and they would also feel it. She said once they feel the Rukh many of the Sufis will come and we would need more Pendants to fit them all in. We then enjoyed some more music, at one stage Shri Mataji looked at Her watch, the public programme was to be held that night. Baba Mama then gave his now famous response ' one more kevali Shri Mataji'. Shri Mataji smiled, and we enjoyed a few more songs, some more dancing before Shri Mataji left our company.



Newsletters
April 1, 1993



the long awaited event for which we had gathered from the far flung countries of the Sahaja World was on all our minds as we slept that evening.

Sunday 21st of March 1993.

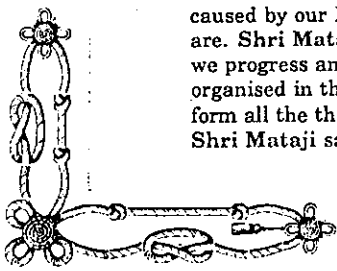
We arose and prepared ourselves for Puja, a quiet air of expectation hung over the camp as time passed. Before Shri Mataji arrived many of the countries bearing gifts for Shri Mataji were registered and placed on two long tables adjoining the stage. This would free Shri Mataji from the task of sitting as the many gifts were presented to Her. We assembled for Puja around 10:30 and waited in meditation, Shri Mataji arrived around 12:00 pm, as She left Her car two Elephants formed a guard of Honor for Her. She took Her seat upon centre stage to the tumultuous applause and call of myriad of conchs.

An English song had been composed for Shri Mataji's birthday, 'Happy birthday from all our Countries', this we all sang to Shri Mataji before the Puja began.

Shri Mataji then addressed us in English. She spoke about the early days of Sahaja Yoga, and how very few people received their realisation, one of the first was a jeweler, at the time people said that he had received his realisation because he was a wealthy man. **Shri Mataji** said that this was one of first times She really got angry and said She was almost going to stop Her work. Around this time a program was held where a simple maid servant attended, she must have been possessed by a Brahmin because when she saw **Shri Mataji** she began to praise Jagadamba, and recited a prayer in Sanskrit. This started to make the others think who She was. Soon after this the first Puja was performed to **Shri Mataji** which began to really establish people and give people a proper idea of who She is. This helped work Sahaja Yoga out in a better way.

Shri Mataji went on to say that the path of Sahaja Yoga was not difficult, 10 minutes meditation at night before going to sleep would be very beneficial to our ascent. In the morning we should shoebeat our ego for a time before meditation. If we followed this path then we would rise in our Sahaja Yoga.

Shri Mataji directed our attention to the ceiling of the Pandal and how the cloth was billowing outwards as if blown by a breeze, yet there was no wind outside as not even a leaf was moving. This breeze was being caused by our Kundalinis. Shri Mataji said to see what great people we are. Shri Mataji then said that we should keep diaries to record how we progress and to outline our experiences. We should also become organised in the way we spread Sahaja Yoga by writing down in point form all the things which need doing, then see that this work is done. Shri Mataji said that She is going to double Her efforts and that



The first day of Satwa Yoga began with a followup program for the Public Program. Around 400 seekers came to the camp for the followup. Shri Mataji arrived around 10:00am and spoke in Hindi to the audience. Following the talk She asked for questions. The new people wrote their questions on pieces of paper and these made their way to the stage. Shri Mataji answered all the questions someone asked Her how to overcome the evils of the caste system. She said that this automatically happens in Sahaja Yoga. "She directed people's attention to all of us who had come from all countries, cultures, religions and backgrounds, yet in Sahaja Yoga we have all become as one. Following these questions we listened to bhajans performed by the Western Sahaja Yogis. This concluded the programme.

Monday 22nd March 1993.

On the way from the Pandal a Sahaya Yogi was heard inquiring of another if they were looking forward to going home, I am home he said, later I will be going to that other place.

Following this Nirmal Sanget Sarta took the stage and captivated us yet again. It was around 10:00pm and we were all on our feet and dancing. Baba Maama informed us that it was our duty to dance the last night of Kali Yuga away and see in the Satwa Yuga. We did not disappoint, the dancing reached a new height as the moment approached, to the joyous cheers of the assembled Yogis of the world. We witnessed the passing of the age of darkness and the unfolding of the golden age, the Age of Truth. May it come to full fruition soon and the blessings of the Divine be bestowed upon all.

After a break of a number of hours we reassembled in the Pandal for a musical programme hosted by the peer master of ceremonies Babba Mama. The evening began with some beautiful songs, then we were treated to a play performed by the children of the Dharamsala school. They performed a number of scenes first depicting Shiva and the evolution of the animals to human form. We saw the children perform as fish, turtles, monkeys and a peacock until they reached human form. We then saw scenes from the Devi Mahatmya with the battles between the various forms of the Devi and the Rakshasas. The performance was very well produced, scripted, with professional music provided by Mrs Venugopal. We later learned that the incredible costumes were selected by Shri Mataji and were a present for the school.



we should also do the same.

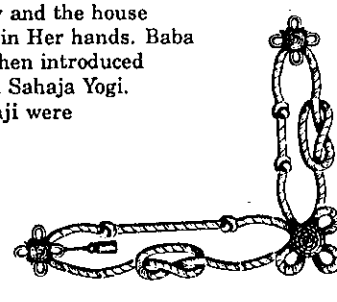
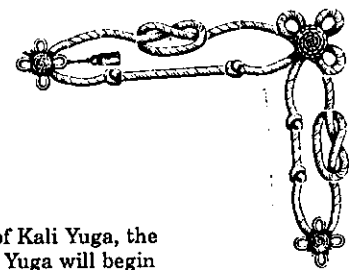
Shri Mataji proclaimed that today was the last day of Kali Yuga, the last day when untruth will win out, the Age of Satwa Yuga will begin from the next day, now when we work truth will win out.

After the Puja each country brought their crowns before Shri Mataji. Each representatives did namaskar before Shri Mataji, offered their country's crown , then rose to show the crown to the applause of the assembled Yogis. Many of the crown reflected the culture of their countries, the Russian crown appeared like one of the domes of a Russian cathedral, the crown from Thailand was in the form of a golden spire, the crown of India was a huge silver and golden dome, the crown of Hong Kong was red and gold and appeared as something a Chinese queen would wear.

Mr Stephan Taylor then addressed the assembly he said that Sir CP Srivastava had received many honors and awards in his life, so many in fact that he may find difficulty standing if he were to wear them all at once. Yet how strange it seemed that Shri Mataji had not been so honored. An Australian Sahaja Yogi had a dream in which the image of a medallion came to him. It was made of gold and comprised seven saints holding hands in a circle lifting up seven seekers. Each of the saints had a golden kundalini linking each of them to the center piece of the medallion which contained a pearl, representing the Sahasrara which was surrounded by the seven stones of the chakras. This medallion had been constructed and on behalf of the collective of the world Uncle Stephan named it the Grand Order of the Sahasrara and, on our behalf he decorated Shri Mataji with this Order of the Sahasrara.

Then on behalf of the assembled Yogis and the collective of the world Rajesh Shah offered two gifts to Shri Mataji. The first was a magnificent gold and diamond necklace. Then Rajesh proposed a question to the audience 'which in our minds was the holiest shrine in all the world', he asked us to think about this for a few moments.

Surely he proposed this shrine must be the house where Shri Mataji took Her birth 70 years ago today. Because of Her parents sacrifices and their involvement in politics the house fell out of their hands. Rajesh pronounced that after much negotiation by Baba Mama the collective of the world had now purchased the property and the house where Our Most Holy Mother was born was now back in Her hands. Baba Mama then offered Shri Mataji the title papers. He then introduced the last owner who he said, not surprisingly, was now a Sahaja Yogi. After this some of the many gifts offered to Shri Mataji were brought before Her. This concluded the Puja.



This ended a historic week where each day contained an event in itself, we do not know the reason why we were so blessed as to find ourselves in India for this dual celebration, but we felt blessed to be there and we will carry the experience with us all our lives.

Unfortunately we could stay to hear the conclusion of the concert as we had to leave to catch our flight. We did namaskar and took our leave of Shri Mataji.

Following this the centre stage was taken by Debu Chowdry, his wife Tampara and his son Pratik also, also joining them was a young Hungarian musician who is disciple of Debujy. He was playing a new instrument created by Debujy which was based on the violin. Debu Chowdry requested that Shri Mataji name the instrument once Indian musicians take the stage they do not easily give it up, it is like cancer to them. This he said was not good because they do not realise that Shri Mataji must sit for long periods of time to listen to them all. A musician should play, but should be precise and not keep Shri Mataji too long. The performance then began and Debu Chowdry again displayed his mastery.

Mr Gupta had erected a Pandal and provided a sumptuous lunch for all the Sahaja Yogis which was much enjoyed by us all. We then made our way back to the Nizamuddin for our last music programme. Shri Majaji came directly from the medical conference to the Pandal. The night began with a young western Sahaja Yogi who had been studying with Guraji. He plays the saxophone and gave his first performance before Sahaja Yogis playing a melodic raga. The saxophone lends itself very favorable to Indian music, his performance was well received.

Following this address Shri Mataji stayed for a time giving gifts to the Yogis who were instrumental in building the Temple. She then made Her way to Delhi to attend a medical conference with the Sahaja Yogis doctors and local medical people of Delhi.

It was an incredible job, over 1100 Westerners Sabaya Yogi, 330000 Indian Sabaya Yogi, a remarkable effort, for what was a remarkable historic work. Shi Mataji said that we must have had some sort of intuition that Sabaya Yuga was coming, that is why so many of us came to celebrate Her Birthday, we came to be part of the celebrations of Satwa Yuga.

When it was first discussed in Delhi She said that She agreed that her birthday could be celebrated there, but it would be a big headache. As the time came and more and more Sahaja Yogis from around the world came, rather than seeing this as a problem, the Delhi Sahaja Yogis were happy that so many came. She asked us to thank the Delhi Sahaja Yogis for all their work.

In the early evening we assembled for our third music programme. Babu Mama began the evening by introducing Sandesh Papathar from Nimala Sangat Sartha who played a Tabla solo. He was followed by a performance of dance by Mr Maharaaj and two very beautiful and talented ladies Nalini and Malini, whose sensitivity, talent and auspiciousness was beautiful to watch. Following their performance the two ladies rushed into Shri Mataji's arms, who hugged and kissed them on their Sahasraras. Next Babu Mama introduced the incomparable son of a incomparable father Pratik Chaudary who displayed great virtuosity on the Sitar, Babu Mama was as always accurate in his praise. Following Pratik we heard from a Sahaja favorite, Aji Kakkarate who again did not disappoint. His last song was a beautiful new bhajan which very quickly aroused the audience from the pangs of any potential slumber induced by the ever increasing youthful evening, we arose and danced. Around 2.00am the surrendered stage to Mrs M Rajan and her daughter who were masters of the violin. They delivered one the musical highlights of the week, they played together so beautiful as mother and daughter, each supporting the other in their playing, rather than attempting to impress us with the speed of their finger work they seemed more intent on creating music of a soothing spiritual quality. This they achieved, to the wonder of the audience. They concluded the concert around 3.00 am.

We arose to find the Pendal had recovered surprisingly well after the previous evenings' cleansing. Where pools of water had collected, the carpets were now dry and clean. The third followup was hosted by Dr Bogden. He took the stage with a fellow Sahaja Yogi and asked everyone to split into groups. From the stage he demonstrated how to raise the Kundalini and to put on a bhandan. He then asked people to collectively work on a particular Chakra, the left Swadhistan and everyone would work giving vibrations to the Chakra. After a time he asked people to raise their hands if they felt the Chakra clear, as vibrations. Dr Bogden then told us to ask Shri Mataji from our hearts to come and clear the Chakra. This continued until only a few people still felt it catching, those he said should take to the Mother Bath for cleansing. In this way Dr Bogden gave a practical demonstration of the techniques of exchanging vibrations as well as emphasising the importance to people of feeling vibrations and becoming confident in their use and earnestly asking Shri Mataji to clear the Chakras. It was a very practical and successful way to run a workshop for a large audience where the aim is to demonstrate the practical techniques of exchanging vibrations.

musics or light concluded the programme. In the Divines inimitable way, Shri Mataji could now retire and rest. As was now our habit we had a very early morning dinner, talking and laughing into the night before we went to bed as the sun rose in the east.

Shri Mataji said that now we are in Satwa Yuga there would be new depths of experience and new levels of Sahaja Yoga which would be reached, but for a time there would be a period of turmoil in the world, but in the end we will see that it was for the good of the world and that things will work out.

After managing to hold our seats for the first song 'Ganesh Deva', we could no longer resist the call of the music and we rose as one and danced. One of the Noida leaders told us that in Noida they do not listen to music sitting down. Everyone seemed to be swept up by the energy and devotion of their music. Outside on the adjoining verandah adjoining building site a lone figure in red silhouetted against the blue sky could be seen clapping and moving to the rhythm of the music. Joy upon joy flowed throughout the temple that day, then the moment arrived and Our Beloved Shri Mataji arrived. She said what a great thing had happened, Mr Gupta a Noida Yogi had donated the land and the money to build the temple. All the work in regards the design, engineering and construction of the Temple was done by Sahaja Yogis, Shri Mataji said that of course there is no money in Sahaja Yoga but it was up to us to build our Ashrams and Meditation centres and to spread Sahaja Yoga. She went on to say that now we are responsible for this

After the programme we heard for the first time the call to the buses. We all made our way to Noida for the inauguration by Shri Mataji of the new Sahaja Temple. The temple is a fairly large three story building, our Indian brothers and sisters again displayed their generosity and allowed the Westerners to occupy the main meditation hall, while most of them waited in a Pandal across the road from the Temple. While we waited we sat in the new Temple admiring the work of the new building. Being in Noida the natural thing to do was to listen to the Noida Musicians, soon the musicians assembled and we listened and enjoyed the most famous group whose music has touched people all over the world. It seemed impossible but listening to their music played on the inauguration day of their temple to Shri Mataji seemed to give it an extra vitality.

The last official day of the celebrations and a truly remarkable day. We seemed to have been blessed with a week of remarkable days. In the morning we had our last workshop begun by Gregoire who spoke beautifully and profoundly about Sahaja Yoga. He was followed by an Indian brother who concluded the programme.

Thursday, 25th March 1993.

We assembled in the Fendal around 7.00 to begin the evenings music programme. The night began with a beautiful piece played on the sarod by Sankar Pradacharya, he set the tone for what was to be another 'young' night of music. The sarod was followed by the classical singing of Kiti Shiledar. As Baba Mama commented, her command over the notes was total, her voice took on the characteristics of a musical instrument as she displayed her range of skills.

Shri Mataji did not attend any of the further followup programmes. These were left to combinations of Western and Indian Sahaja Yogis. This followup was begun by Stephen Taylor who gave a presentation on the evolution of the subtle system using his now famous 'Devotional model to demonstrate the construction and interplay of the subtle system. As he spoke about the awakening of each of the chakras he would add another Chakra to the system, successively building the subtle awakening until the dissolution of the ego and superego and the awakening of the Kundalini. Dr Taylor then took the stage and summarised the talk in Hindi for the benefit of the non-English speakers. It was a very interesting programme which was well received. Uncle Stephen's model was a big hit.

music of the spirit. Following this we heard further artists play combinations of bhajans and classical singing. During this time it began to rain through the ceiling of the Pandal. Shri Mataji noticed that it was raining and started to do a bhandam, immediately the rain ceased. The music continued on until the early hours of the morning.