

THE AUSTRALIAN

# Sahaja Newsletter



## Contributions:

Carole McNeill: (02) 560 6921 Phone & FAX  
Efrem Manassev (02) 560 4134

Burwood Fax. (02) 745 4927

JANUARY 27th '95



Plate 12 Little Madonna, 1480 or 1485, tempera on canvas,  
16½" x 13", Hermitage, Leningrad

28

## 1 CORINTHIANS

13 If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. 2 And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. 3 If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing.

4 Love is patient and kind; love is not jealous or boastful; 5 it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; 6 it does not rejoice at wrong, but rejoices in the right. 7 Love bears all things, believes all things, hopes all things, endures all things.

8 Love never ends;



## KITCHEN HELP REQUIRED.

We are expecting in excess of 600 people for the up-coming Shivaratri Puja weekend. Prior commitment for assistance would be greatly appreciated by the organisers. Ashrams or individuals from N.S.W. and interstate that wish to take responsibility for one meal preparation and one washing-up, please, contact Jacques Filiatrault on (02) 482 1554 (phn or fax) or sign up at Burwood's front entrance notice board. Menu to be provided. There will be two Indian meals given by a five star Indian chef from Nowra. He will require significant assistance for his meal preparations (Fri. dinner, Sun. lunch). If this is your area of expertise, please let me know. Attendants of this weekend are required to bring their own cups, utensils and plates to lessen the impact of disposable items. Washing-up facilities will be provided for individuals.

Healthy, young men will be required for pre-kitchen set-up and food delivery - and final kitchen break-down and rubbish removal.

Warm regards,

Jacques phn (02) 482 1554



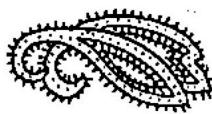
## Visitors Space.

Should you have any space in your home/ashram for: interstate visitors during Shri Mataji's Australian Tour, please let Andrew Jones know. (That is assuming that you have not been contacted about this already.)

Andrew Jones phm: 686 1919.



## SHRI MATAJI'S 1995 TOUR INFORMATION.



We are gathering biographical information on Shri Mataji. If anyone has details of Shri Mother being recognised, honoured, or welcomed by officials in any country - please let us know as soon as possible. We need substantiating details of when/ where/ who presented/ or copies of documents etc.

All information will be gratefully accepted.

Please contact Lynette Tiralongo at Woollahra



Phn. (02) 328 6624.

\* \* \* \* \*

Extensive arrangements are being made for follow-up programmes to Shri Mataji's public programmes.

The new seven week discovery course agenda, handbills, posters, handouts, and suggested video components are being prepared in copy master format for those centres that wish to take advantage of these. Also a new "Welcome to Sahaja Yoga" brochure is being printed that can be also used at later programmes. We hope to hold an immediate follow-up workshop on Thurs. 23rd at the Y.M.C.A. Sydney, and a weekend seminar four weeks later, at Burwood. We hope the seven week courses will commence immediately at participating centres.

Enquiries to Andrew Rohowyj Phn (02) 570 8562

\* . \* . \* \* \*

### NEWS FROM THE LAND OF THE FOURTH OF JULY!



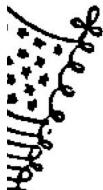
Our sister Shannon Satherley from Sydney would love to get letters from everyone back home while she is in the USA doing her MA in art at the Uni of Kansas (she is sending a letter to everyone, by the way!) The address is:

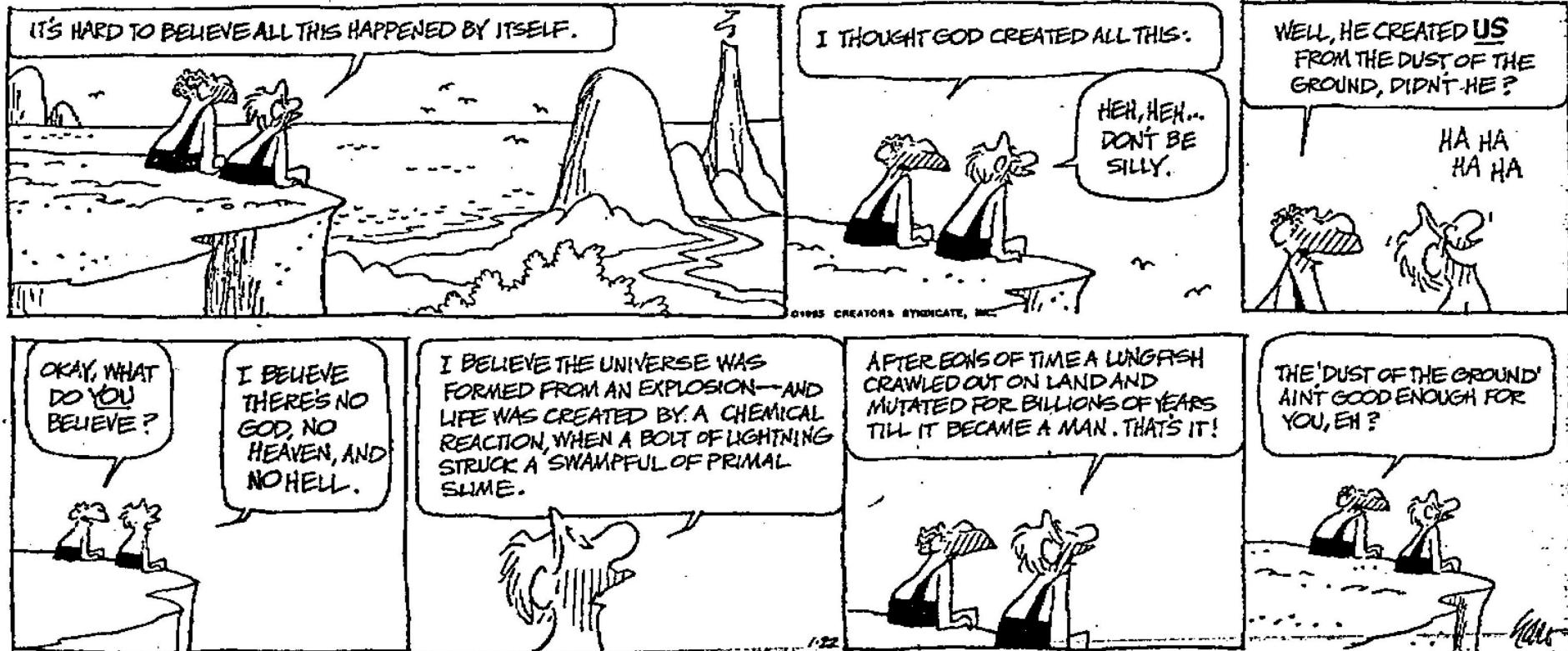
McCollum Hall, Room 827  
1800 Engel Rd  
Lawrence KS 66045  
U.S.A.



Her phone in her room is: 0011 1 913 8646383. Phone between 2-4pm our time as they are 17 hours behind.

Her <sup>Email</sup> ~~Internet~~ number is: <stanzi@falcon.cc.ukans.edu>





## The Way

In innocence lies our support  
with wisdom too our brother,  
Whilst just above, coils of pure love,  
abides the holy Mother.  
When pure desire to take us higher  
calls Her to evolution  
Then movement starts, towards our hearts  
spirals in revolution.  
So first must ask, most Holy task  
for knowledge pure and true  
The Way to see, become and be  
begins as we find You.  
And so we grow, begin to go  
across the void with You  
Encounter storms, master the norms  
we sail with our Guru.  
Until at last, through tempest's blast  
we reach the farthest shore  
Dharma endures, heart's Peace secures  
and Joy flows evermore.  
Oh blissful flight, we stand in light  
and find our heart's on fire  
Still up above, we find the Dove  
She waits to take us higher.  
My God did You, see such a view  
we see the whole Virata  
We see the Play, of night and day  
This dance of Holy Mata.  
So through the Door, we pass in awe  
and blend with Christ in Oneness  
We see that He, humility  
is Light that now becomes us.  
To take our seat, Her Lotus Feet  
we prostrate low before them  
Her Holy powers have made us flowers  
She offers up before Him.

We are flowers in the garden  
of Her holy Sahasrara  
Created by the Shakti,  
as puja to Shiva.

Happy New Year from the "Nirmal Sangeet Sarita Music Academy," Nagpur !

By Shri Mataji's Grace, Babamama's vision has been realised. Now Sahaja Yogis from every corner of the globe can come to Nagpur to learn music in the Indian tradition. It was Shri Mataji's suggestion that the academy be established in Nagpur, and one can really feel that this is a special place to be in.

Our daily tuition is in the traditional Indian Style and the opportunity to sit in on other student's lessons is also available. We regularly visit Guruji, the musical director of the academy, and come away with knowledge that could keep us going for weeks. We have also been witness to some truly exciting concerts ie Shrivikumar Sharma. In July the academy will expand to accommodate 20 Students. Those who have not given their names and are interested should contact Babamama. Minimum attendance is 3 Months. Tuition in all Indian instruments and singing is available but some musical background is required. Fees are US\$ 200.- for admission and US\$ 150.- for tuition, accommodation and meals, per month.

For correspondence :-

Fax :- 91-712-527661

Tel :- 91-712-524027 Off.  
91-712-534710

91-712-533801 Rec.

Mr. H.P. Salve  
B-802, Utkarsh Anuradha  
(Behind Saurbh Hotel)  
Civil Lines,  
NAGPUR-440001.  
INDIA.

Lyndon and Nick

## ABOUT PUJA

**I**F YOU are about to attend your first puja in the presence of Sri Mataji here is some advice to help you enjoy and benefit from the experience. This is purely practical advice and does not cover the subtle aspects of puja.

You should, of course, be centred and of good vibrations. (If you do start feeling catches in your chakras during the puja you should not worry as they are being filled with vibrations and may have some problem turning). When you are centred then a lot of this advice will be common sense, but it is easy to forget or overlook something in the awesomeness of the event. It is a good idea to meditate whilst waiting for Sri Mataji to arrive; or if there is singing, join in, so as to keep the attention free from distractions.

One should bathe, or at the very least wash hands, face and feet. Men should be neatly shaven and the hair oiled and combed. Men should be properly dressed in either kurta/pajamas or respectable western clothes. Definitely not jeans and T-shirts. This is even more important for the women, who will have the opportunity to perform the puja.

Ladies should try to wear a sari that is properly wrapped, especially if they wish to perform the puja. There are lots of Sahaja Yogi who will help you with this, just ask. Hair should be neat and long hair should be tied back. There is no need to wear a lot of cosmetics either. Married women should cover their heads with the padar (the decorated piece of the sari which goes over the left shoulder) when they approach Sri Mataji.

During the puja one should try to remain seated in one place. Make sure you are comfortable and have taken care of all your bodily needs before sitting as you will be in that place for at least three hours, and probably longer. During the puja there should be no raising of kundalini, doing bandhas or working on each other and the eyes should be kept open, unless instructed otherwise by Sri Mataji.

The puja commences after Sri Mataji's discourse, with the worship of Sri Ganesha. This is done by the washing of Sri Mataji's feet in conjunction with praise of Sri Ganesha. This part of the puja is performed by the children. Water is poured onto the feet. Neither the feet nor the water should be touched with the hands. Parents should not bring

babies onto the stage as only children who are aware of what they are doing should perform the puja.

The puja is begun by reciting the Sri Ganesha mantra, followed by the Ganesha Atharvashirsha. Songs in praise of Sri Ganesha can then be sung. Everyone should join in as these are mantras in praise of the divine.

The next stage of the puja is the Amrit. This is usually performed by the leaders of the countries, centres etc. being representatives of the collective. This is done by pouring the elements over the feet or the hands of Sri Mataji. First is offered a small amount of liquid ghee. Second is the honey, which is then followed by yoghurt and milk. Lastly is the sugar and the saffron and a final rinse with warm water. The amrit is then set aside for distribution after the puja.

Following this is the decoration of Sri Mataji. This is currently performed by 14 married ladies (usually from the hosting country and who have not performed puja to Sri Mataji before). The sari is folded in half and is then held in front of Sri Mataji by seven of the ladies. The other seven ladies then decorate Sri Mataji's feet with alta or liquid kum-kum. (There are occasions when unmarried girls perform this part of the puja. Ideally they should be 'girls', which means at least no older than twenty five). The feet are painted with a swastika using the right ring (agnya) finger. Be sure to know the correct way to draw a swastika. Sri Mataji will decide exactly how the feet should be painted. There are usually one or two Indian girls there to help and it is advisable to watch them and listen to what they say also. It is very common for the toes and the soles of the feet to be painted as well as a band around the ankle. Perfume and sandal paste may also be applied to the feet.

The next part of the puja involves offering the various ornaments and placing them on Sri Mataji's feet. It is important that those performing puja should at least know which chakras correspond to which toes because Sri Mataji will pass rings and ask them to be placed on a particular chakra / toe.

Everything offered during the puja should be offered with the right hand.

There will also be anklets to put on as well. Most of the anklets from India screw up anti-clockwise. Sri Mataji will also pass the ladies glass bangles to put on her wrists. They are a large size so they go on quite easily.

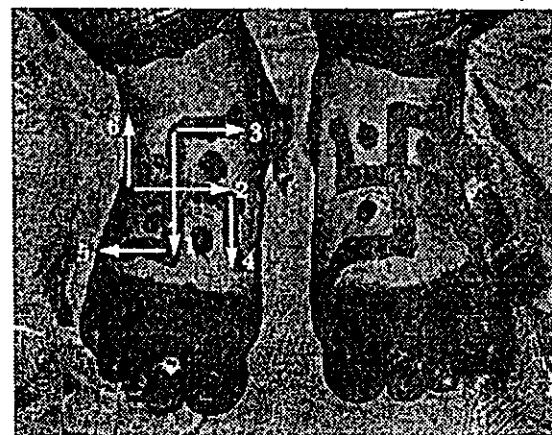
with the aid of a chosen helper. The feet are then decorated with flowers and flower petals.

Finally, when She is completely adorned the sari can be lifted over Her head and placed around Her shoulders.

All the ladies who performed the puja should now namaskar, take Sri Mataji's blessings and leave the stage for the aarti.

If you have never performed Puja to Sri Mataji, and you would like to, it is advisable to sit near the front. However once there are fourteen ladies on the stage any extra ladies should leave the stage as quickly and quietly as possible.

Performing puja to Sri Mataji for the first time is very awe-inspiring and one may feel very nervous or overcome by emotion, but try to be relaxed and centred, listen to what Sri Mataji tells you and also to the pujaris and the ladies Sri Mataji has appointed to help, in that way you will enjoy it and get the most from this unique experience.



**I**MPORTANT. Do not put the bangles on your own wrists as this is inauspicious. You are there to worship Adi Shakti and not to collect presents from your Mother. On some occasions Sri Mataji has given presents of bangles after the Puja, but you will be told if they are a present. Always assume that everything you are given is to be offered to Sri Mataji. The sari blouse and petticoat are then offered along with a coconut, rice and fruits.

Now the seven ladies who are standing will change places with the other seven ladies. This is done one at a time so as not to lower the sari. The Indian girls will guide this. The remainder of the ornaments, necklaces etc. are presented. Again glass bangles are offered and fruits.

Once the decoration has been completed Sri Mataji should then be offered the things that will further enhance Her beauty, ie face powder, netrana, kum-kum (sindoor), hair oil, comb and mirror, perfume. A young boy will come on stage to place the mangalasutra on Sri Mataji. Once She is ready then the crown can be offered. This She will place on Herself



### HAGAR THE HORRIBLE BY DIK BROWNE

