

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

Mother

*My God there is silence
and peace
and fortitude
and also a little bit of irony
because there...at the centre of my heart
She has left a crumb
so as to let me know She is here, and there
And when I am ready
there is a definite path ahead
led by crumbs
pointing the way home*

Daniel Kerr



STATE NEWS

from Victoria...

Message to Victorian Sahaja Yogis travelling to Ganesha Puja in Italy

Dear Victorian Collective

We have just received word that Shri Mataji will be in Canberra for Ganesha Puja.

This is a great opportunity for anybody who had hoped to go, but reconsidered when it was thought that Shri Mataji would not be present. As Australia is one of the host countries, we will need as many yogis as possible to assist with the various duties of organisation and entertainment. Shri Mataji will also be conducting marriages, so let me know if anyone has plans to marry soon.

Ganesha Puja will be held over the weekend of September 12-14. This is only 3 weeks away, so if you are interested in going please contact me immediately so that arrangements can be made.

Colin Berry, Melbourne

Jai Sri Mataji

from the National Capital...

Trainee health and fitness instructors get their realisation

We received a phone call from a Kristina Varelas who is studying to be a health and fitness instructor at the Canberra Institute of Technology. Part of her course study was to introduce an aspect of health and fitness to the class of her fellow trainees. She requested if Sahaja Yoga could come to the CIT and run a half-hour session on how to meditate, which we gladly accepted.

Twelve of her class turned up for the session. A brief introduction was given, then the experience of realisation, followed by a period of meditation. Most of them felt something by the end of the period: some cool, some heat, but mainly tingling on their fingertips. At the end of the class several asked questions about what they had just experienced and left their contact details for future Sahaja Yoga classes and workshops.

Alan Napper, Canberra

from New South Wales...

An update on funding for Theatre of Eternal Values

Dear Australian brothers and sisters,

It has been a while since I followed up on the initial message about *TEV's Aussie Angels*. I got lost somewhere between the many pujas and public programmes we seem to have had in recent months.

Initially I had thought that if funds were raised in Australia, those funds would at some stage get transferred to TEV's account. But please read below what Gita Patterson, spokesperson for TEV worldwide, had to say about what would be best. I have heard back from some people so far but it would be very nice to get a much greater response from all of you. If we go ahead and start up *TEV's Aussie Angels*, we would need to seek the help of our NSW co-ordinators as we need to set up a legitimate bank account with signatories etc, etc.

*"Dear Greta,
Thank you so much for your help and support. It is so helpful to start this Angel-Funds all over the world and establish it. We are actually using the save-ups of three countries for the Faust production.*

It was awesome how easy it was this time to get the funds because of that regular payment of small amounts. And the best is that those countries who helped are still not broke and have a basis left for future productions. You never know which country is coming up with the next one.

As for the Australian funds, there is no need to transfer the amount every month onto mine. Just leave it there and let it add up until we need it. It is more important that the programme starts and that the yogis become aware about this contribution-possibility.

Theresa O'Leary wrote me once about a big festival in Sydney and asked if we were interested. In general we are, but it always requires a local person who does the arrangements and organizes the funds. So your activity could be the first step to make this possible. Who knows - may be in 2005 we'll be Australian guests?

Thanks again for your support and good wishes for Edinburgh.

Gita"

I look forward to hearing from you all. Please contact me at greta2@tsn.cc or greta_more@hotmail.com, or on (02) 9740 5165. Jai Shri Mataji.

With love,

Greta More, Sydney

INTERNATIONAL NEWS

***Cooking with Love:* Divine recipes are now available to Sahaja Yogis**

Dear Brothers and sisters,

As many of you may know a cookbook containing recipes given by Our Holy Mother in the last 30 years has been compiled, tested and finally produced.

It contains 78 recipes with the corresponding pictures, a glossary with the Hindi and English names of all the spices and vegetables used in the recipes, as well as some of the Ayurvedic properties of these. Pictures of the spices and vegetables are also provided as well as some basic recipes needed.

The recipes have been written in an easy-to-follow manner and the ingredients grouped according to the needs of the recipes. There is a chapter of "tips and tricks" and advice for the successful cooking of the recipes.

Needless to say the recipes have been tested (in a small scale for 4 to 8 persons as well as in a large scale for 500 to 2000 people) and most of the dishes have been enjoyed by us in the last 13 years during the puja seminars in Cabella and Canajoharie.

The book has been presented to Shri Mataji and at Diwali Puja last year and She has graciously given Her permission to publish it. As a first step we have printed a limited edition for the Sahaja Yogis. The book was first presented and offered to our Holy Mother in May.

We would very much appreciate to get the orders for the book country-wise to ensure that there will be books available for all of you. Pre-orders please send to the following e-mail address studio@markl.cc or phone +43 664 52 68 105 (Purnima)

As the aim of the book is actually the wide public, we are looking for publishing companies. In that sense we would greatly appreciate any help or guidance or feedback we could get from you to find publishers.

Akplogan Christian
christianakplogan@yahoo.com

*(Australians wishing to place an order can contact
Greta More at greta2@tsn.cc)*

from France...

Recollections of a Yuva Shakti seminar earlier this year

"The combination of leisure activities and deepening our meditation was so much enriching and I could feel that everyone had matured a lot compared to the first meetings we had altogether. It's very encouraging to see the state of joy and love we all felt by being together."

So here I am. Back from one of the best weeks of my life, which was the Yuva Shakti seminar near Vernon France (45 minutes north of Paris). It was such an amazing week, and if ever there was a seminar that covered the entire breadth of joyous activity which just flowed with love and vibrations...this was definitely it!

Arriving Friday evening after an eventful journey on train, tube, plane, bus, train, train, and car...to the beautiful house of Djamel, Guillmet, Fatima and Malik nestled in a small valley near Vernon and also Giverny, where lies the famous gardens and home of Claude Monet. Basketball is something I enjoy very much, especially when in France with the Yuva Shakti and the first night was to close with just such a game.

The days to come were exceptional, and being always so much in the present, every joyous activity just flowed from to the other. Each morning we were up bright and early (some of us earlier than others), and of the weekend I remember the classical Indian music lessons we were given by Anne, learning both Kawwali and *Binati Suniye* (with the correct intonations). We also experienced some amazing massage techniques for the whole body, from head to toe, alongside many footsoaks in the backyard stream and head massage in the evening. I am not sure I can express the power of attention that was throughout the weekend or the vibrations, but these activities were a tremendous start to the seminar.

We played *Ko Ko* all together in the backyard, kicked the ball, and had more footsoaks. (By the way it is one of those streams where you have to pass the state of absolute ice cold numbness before being able to withstand and enjoy the footsoak itself!)

A good walk in the cooling rain took us up the hill to a lookout spot named in Ganesha's name as it looks out over the valley. This was the first point in the seminar for some Yuva Shakti related discussion. Coming to France has also been the first place where I have really felt the clearing out of the void and nabhi so much, and the nature outside was where this peace and satisfaction of the entire self was so cleansing.

We were also greatly blessed with the presence of Alex Henshaw (usually located in Hong Kong spreading self-realization), who told us grandfatherly stories of the beginning of Sahaja Yoga when he was working for Mother in

Her house in London in the early 80s. Sunday afternoon progressed into the Easter Puja, and many bhajans and dancing with all the Yogis and Yuva Shakti for a long time after. It was a very special puja, very strong; led and hosted by the Yuva Shakti. I cannot remember having such a small puja and the vibrations and attention being so strong. Something that is very very established in the Yuva Shakti of France is such a deep ocean of depth and beauty in everything that is done.

This seminar week was also one where I truly felt I was learning and growing much deeper in the spirit. Becoming more in tune with the vibrations and using them effectively with the pure attention and surrender to Shri Mataji.

On Monday we were up early as always to a shoebeat and meditation outside followed by some good Chinese stretching exercises shared with us by Uncle Alex. Breakfast came and went and we were back outside again to experience a truly amazing vibrational workshop termed in France as *Nirmal Source* where we were split into smaller groups, and worked collectively four or five to balance and clear the channels and chakras of one Yuva Shakti with our collective attention. In short I have never personally felt such an effective and strong clear out. When it was my turn, as soon as I sat in the center in front of the group, and in front of Mother's photo, I immediately felt all the negativity leave my agnya, my entire ride side of nabhi and void just clear, and such deep love and security blossom in my heart, even without any clearing out beginning by the group. I share this because the experience was truly so strong, and I know from the others that this experience of such strong attention, vibrations and clearing out was mutual to everyone. (I will hope to post a detail of this technique soon into the treatment and technique forum).

More basketball, more footsoaking and definitely more stories from Uncle Alex and the vibrations continued to enrich and flow. We also again had some time for sharing about the recent Yuva Shakti seminar in Hastingwood ashram, UK that took place the weekend before, especially what Ashish had shared about the role and purpose of the Yuva Shakti in Sahaja Yoga. (pictures ,accounts).

Tuesday found us bounding off to Vernon from where we had lunch on the banks of the big river, and then walked 45 minutes to the home and gardens of Claude Monet. This was our real chance to pose as tourists, vibrating and enjoying each moment. Hot sunny day, enjoying the beautiful garden and pond from where Monet's most famous paintings are known (lily pads and of course the bridge), big smiles, lots of fun and some home-made ice cream at the end. Tea at Danurdhara and Samreeth's house, and then back home. More basketball and footsoaks.

Wednesday we were back in Vernon taking the train to Paris. This was to be a day to remember! Our Mission: to give realization in the square of Beaubourg. Travelling the metro and walking the busy streets, we set up and really wonderfully gave realization to many, from so many back-

grounds and cultures from all over in many different languages. We sang bhajans, and in the end went out to the small groups of people sitting in the square and invited them for their realization. Some received it right on the spot, and some came to the stand. I remember a few French-African seekers laughing and giggling in astonishment at the experience, or the three young boys laughing! When you see the pictures they will really speak for themselves. From what I remember there were seekers from France, Egypt, Canada, Belgium, Africa, India, China, Ireland, and more I cannot even name.

After we had dinner at a Chinese fast food, and were then off to *Champs Elysees* for a quick run up and down the most beautiful road, with warm weather and lit monuments, even spying the top of the searchlight-adorned Eiffel Tower.

On Thursday the week was winding down with some more hikes up to the Ganesha Rock and *Nirmal Source* workshop. We made (flat based) pizza that day from scratch, which has got to be the tastiest pizza I have ever had. With everyone's vibrations going into the variously-topped pizza bases. We finished the night with the Bollywood film *Ashoka*, and off to bed at 3:30 am. I cannot tell you about Friday as I was off at 6:30 that morning for another car, train, metro, bus, plane, tube, train and walk home, with the nostalgic music that we played through the week from Nusrat Fateh Ali Khan, *Ashoka*, *Lagaan*, and the *Bend-it-like-Beckham* soundtrack. And catching up on some much-needed sleep.

It is impossible for me to fully express the specialness of the week and the amazing strength of depth, attention and becoming more in tune with our vibrations that the entire week provided. As Fatima said at the top of this post *"The combination of leisure activities and deepening our meditation was so much enriching and I could feel that everyone had matured a lot compared to the first meetings we had altogether. It's very encouraging to see the state of joy and love we all felt by being together."*

It was truly amazing, and so I look generously forward to many more times like this, and to be able to share this warmth and joy here with you all. There are many more activities coming for the summer, and we will post them as soon as possible.

Photos will be online sometime later this week, and hopefully registration for the upcoming International Swiss seminar set for early August. Also look forward to the updating of the French and Portuguese languages to YuvaShakti.com

Lots of love to everyone.

Gautama, 28 Apr 2003

from the USA...

Two letters from Australians in America

Hi dearests!

I had a splendid time this weekend at Krishna Puja. Below are some recollections. Check out the website too (nysahajayoga.org) for some pretty pictures.

It was very meaningful for me to be in the collective again as my career has sort of steered me away from the collectivity over the past couple of years. I have missed it a lot, and I am so grateful to be back.

Still feeling really strong vibrations from the whole experience - it feels so easy to go into meditation after the puja. It was also very inspiring to meet all the yogis from South and Central America and the Caribbean.

I want to share something with you that just happened. Max meditated with me tonight and had a strong experience (I am up late, by the way, trying to learn a bunch of music for performances next week and being distracted by email). Although he's understandably wary of being "converted", we talked about "conversion" being something that one does to oneself in the sense of spiritual growth, rather than something that takes one away from oneself. He knows that belief in Shri Mataji is a whole separate kettle of fish and respects my belief in Her as a Goddess. I don't know if he will ever believe in Her that way, but he certainly respects Her as a Satguru for now. That's his business.

Us meditating together happened tonight because he hasn't been sleeping well lately, so I suggested he meditate with me before going to sleep. I don't live in any hope or expectation that Max will become a yogi or anything, so I have a very hands-off approach. If spiritual growth happens it will be only because he wants it to. And it happened! I am so happy to share this with him!

He can't deny his own experience though...he said that when he raised his Kundalini he felt his whole head open at the frontal lobe and his attention focus really strongly and effortlessly in peaceful, silent relaxation. It was all so easy and natural and I barely said a word. What a blessing. He meditated with me a couple of years ago and didn't feel anything in particular, so tonight was really significant. We are all riding the waves still generating from the puja weekend.

I have always told him everything that I learn about my spiritual growth along the way and stuff that Shri Mataji might say that is relevant to both of us. I even tell him funny stories about fanatic yogis. It doesn't hurt to warn him about them, because they're definitely out there. Sahaj fanaticism is unfortunate, but I think it's just a product of people's enthusiasm, so it's mostly harmless if people see it from that perspective.

Anyway, I just wanted to share this with you because I am so happy about it.

Much love,

Asmira Woodward-Page, New York

Hi there everyone, how are you guys?

Things are going well here. We finally got word that our long-term visas have been approved. Now we just need to apply for Social Security numbers and I need to apply for a work permit, but apparently that's all just a formality.

This coming weekend we will be having a Lakshmi Puja at our apartment. We'll be going to the lakefront on Saturday afternoon with the help of yogis/yoginis from Chicago to give realisation, and then on Sunday at 11am we'll have a Lakshmi Puja. We're inviting two of our new people to come along. It will be their first puja so we'll keep it simple, but it will also be their first contact with other Sahaja Yogis besides Paul and myself so that will be great! One of them is very keen to come and give realisation too - we haven't asked the other one yet. Their names are Dave and Jimmy (Jimmy is African American and plays the Jembe).

So all goes well here. We could do with a bandhan for finding a venue to hold our weekly programs though. We ran out of time at the Library (they only allow 6 uses of their rooms per year - and that applies to their whole library network) so we've been holding the "programs" in the park, but that wasn't so successful! The first week it rained and the only shelter was taken up by some running group (athletic), the second week Jimmy was the only one there, and last week it was just Dave. Actually this wasn't so bad as it gave us a chance to talk one-on-one with each of these guys to give them a much more advanced view of Sahaja Yoga, the chakras, deities etc and that's really the only reason they will be coming to the Lakshmi Puja, otherwise they wouldn't have been ready.

We were fortunate to go to Canajoharie for Krishna Puja the weekend before last and enjoyed the collectivity of all the Americas (North, Central, South and Carribean Islands). The entertainment had such depth and they had so many acts they actually had to cull them! There was enough entertainment for 5 nights and we only had 3!!! There was only one session of bhajans in the entertainment, and that was a medley of really popular ones (seemed to be mostly from MOJ tapes!). Other entertainment included Indian classical dance (3 types), Mexican contemporary dance, Columbian traditional dance, Rock music (Sahaja), Rap music (Sahaja!) and Hip Hop Music (also Sahaja!!!), classical vocal, Sitar (of course), video of a Play, Children singing to Mother, and so much more I can't really remember it all!

Although Shri Mataji was not there in her physical form, she was definitely there in the formless. The vibrations were wonderful the whole weekend. They had set up a web camera for her to watch the proceeding of the whole weekend. Unfortunately, the yogis in India were not trained in the new technology and also had some signal problems at their end so She was unable to watch us, but

everything is now in place so that if we have another puja where Shri Mataji is unable to attend physically, she will definitely be able to be there through video conference!! Shri Mataji agreed to give a puja talk from Pune and have it recorded and this was downloaded during the puja, so that at the end of the puja we were able to listen to it! That was pretty amazing! First we listened to the whole talk in Hindi, then it was played sentence by sentence and translated into English and Spanish (also sentence by sentence) so that by the end we had essentially listened to the same talk 4 times!!! But it was very appropriate.

Shri Mataji told us we must introspect. We must not look at others and see their faults but only our own. That we must not just see them, but work on them and finally get rid of them. She said we are carrying so many Rakshasas around with us and we must finally get rid of them. We must really look and see what is there. Find out where it came from and why and work on it to get rid of it. She said we were doing really well up to a point and then it went down. Now we must finally be rid of these rakshasas and the only way is to really introspect and work on it.

We had a Sahaja meeting in Chicago yesterday and everyone gave their recollections of the talk and the above is roughly what came out of that, but please allow for some errors in my recollections. Hopefully the talk will be transcribed and put in the *Divine Cool Breeze* for everyone, but above is as close as can be remembered.

Anyhow, I'd better go. We haven't been home much lately and I have a ton of washing to do! Hope to hear from you soon.

Jai Shri Mataji!

Paul & Debbie Stainsby, Chicago

GENERAL INTEREST

Sahaj knowledge throws a new light on the wonders of the human brain

Three of the 108 names of Shri Krishna relate to the human brain:

- *He feeds the roots of the Tree of Life in the Brain*
- *He enlightens the cells of the Brain*
- *He sustains Adi Shakti's throne in the Brain*

Therefore after the Shri Khrishna Puja it seemed appropriate to mention to our collective the research conducted over a 60 year period into the function of the brain by a Russian scientist, Professor Pyort Kouzmich Anokhin of Moscow University. As I was later asked by a number of yogis to mail them with the information because they found it too much to take in, in one go, and would like to be able to read it. Here is a summary.

He concludes in his paper on the brain *The forming of Natural and Artificial Intelligence* the following:

(Before you read on, firstly let me suggest that you try to picture in your mind an octopus with not just eight legs, but a thousand legs and branching from each leg another thousand thinner legs and so on, like a tree upside down with its roots in the air, but even more complex. Does that ring a bell?)

In brief, the report states: *"We can show that each of the ten billion neurons in the human brain has the possibility of being connected to other neurons in the order of one followed by twenty-eight zeros. If a single neuron has this quality of potential, we can hardly imagine what the whole brain can do. What it means is that the total number of possible combinations/permutations in the brain if written out would be one followed by (wait for it) ten-and-one-half million kilometers of zeros!*

No human yet exists who can use all the potential of his brain. This is why we don't accept any pessimistic estimates of the limits of the human brain. It is Unlimited!"

How is all this accomplished? By the biggest 'embrace' in the known universe—your brain cells embracing your brain cells. Each individual brain cell is capable of contacting and embracing 10,000 or more other brain cells in the same instant.

How fortunate are we to be given this incredible gift by God.

Use and enjoy.

Fred Millar, Melbourne, Australia

Have you, like many other Sahaja Yogis recently, been feeling under extraordinary pressure of one sort or another? The following information posted on the Internet could help to explain why...

Close proximity of Earth and Mars a rare historic event

This month the Earth is catching up with Mars, an encounter that will culminate in the closest approach between the two planets in recorded history. The next time Mars may come this close is in 2287.

Due to the way Jupiter's gravity tugs on Mars and perturbs its orbit, astronomers can only be certain that Mars has not come this close to Earth in the last 5,000 years but it may be as long as 60,000 years.

The encounter will culminate on August 27 when Mars comes to within 34,649,589 miles and will be (next to the moon) the brightest object in the night sky. It will attain a magnitude of -2.9 and will appear 25.11 arc seconds wide!

At a modest 75-power magnification Mars will look as large as the full moon to the naked eye. Mars will be easy to spot. At the beginning of August Mars rose in the east at 10pm and reach its azimuth at about 3am.

By the end of August when the two planets are closest, Mars will rise at nightfall and reach its highest point in the sky at 12:30am. That's pretty convenient when it comes to seeing something that no human has seen in recorded history.

So share this with your children and grandchildren. No one alive today will ever see this again.