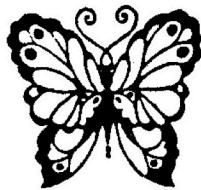


April 19<sup>th</sup> 1997



Contributions: ~ Heather Sattarshetty - Ph: 9560 0029  
Burwood Fax: 02 9745 4927



## SARIS FROM SHRI MATAJI

In future Shri Mataji will not be able to visit Australia so frequently, so She has sent us a number of items to spread Her blessings and Her vibrations throughout our region. These arrived with yogis returning from Delhi a short time ago. Shri Mataji has sent saris, punjabis, bed linen, children's clothes and other items which are now available for sale in most capital cities. The money raised will fund Her many projects. These include:

1. The purchase of land for Sahaja use.
2. The teaching of crafts to under-privileged children.
3. The establishment of a University for Peace.
4. A non-government Association to Assist Women.

All these endeavours require our support. Shri Mataji has also sent some of Her personal saris and it has been suggested that these be purchased by collectives throughout Australia. AT A LATER DATE those remaining will be sold to individuals. We will open the Sahaja Shop at 10 Clarence St, Burwood, on Saturday April 26, between 5pm and 7 pm only, and then again two hours before the start of Sahasrara Puja. In the meantime prompt repayment for saris already purchased would be greatly appreciated.

- M. Fogarty

## NEW-ZEALAND - THE MOOLADHARA UNITES

**Do not underestimate the power of vibrations when the collectives of Australia and New-Zealand become one. We experience this event and the tremendously Sahaj capacity for collectivity on the Easter week-end. About 14 Australians joined the New Zealand collective in Auckland with a strong and focused desire to boost the progress of Sahaj yoga in New-Zealand. Little did we suspect how wide and deep the effect of this would be. Our 5 day programme began with a medical seminar on Thursday, a Havan and enjoyable collective ajwan on Friday. The Public program on Saturday afternoon was followed by most of the collective seeing 'Star Wars' on Saturday night (everyone enjoyed and appreciated it's spiritual metaphor). Pooja on Sunday was followed by a collective Netranjan session (even the skeptics felt the cleaning action of this vibrated Netranjan and we all applied it to our eyes- no pain no gain !). And then when our eyes recovered we relaxed by watching a comic movie. On Monday we visited a volcanic Island and again the vibrations and the experience of collectivity was profound.**

Both public programmes, Havan and Pooja had very powerful vibrations. The bhajan groups music acting as an ideal vehicle for the divine attention. There was a genuine feeling of enjoyment and we rarely went to bed before 2 or 3 in the morning. Entire week-end was incredibly spontaneous. There were no obstacles at all in the various task and events that occurred many seekers had been attracted to the strong vibrations. This was not just a week-end holiday. Those who came were privileged to witness the spontaneous joyful power of this event. Many yogis commented including myself that this short but profound time in New-Zealand has effected a noticeable boost in our spiritual growth.

JAI SHRI MATAJI

RAMESH AND JOHN

## INDIA SCHOOL NEWS

By now, all parents should have received their school account statements dated 26th March, 97. The next collective draft will be drawn on the account on Monday, 28th April.

Those accounts that are overdrawn should be brought up-to-date as soon as possible and a minimum of one month's fees per child (\$200) should be available for payment.

Please contact me should you have any queries regarding your account.

Please use fax/phone No. (02)  
9744 6933 for inquires.

ROB RICHARDSON

*\* Fundraising film. (for the bhajan group)  
Burwood - 2nd May Friday.  
a classic movie on the  
big screen. World famous  
refreshments. Please consider.*

BOWRAVILLE

Women's health and beauty faire at Bowraville on Sunday 27 th of April 1997. Help needed TEL : 065 695 153 Helena.

## PERTH

Shri Mataji has graciously agreed that Jo Reid retire from looking after the west Australian collective. Shri Mataji has nominated Craig Armstrong to take over this responsibility from Jo.

There is no doubt Jo will be missed by all the Western Australian yogis. Jo was a very popular and well respected leader and one with whom I had a most cordial and easy working relationship. Jo has agreed to assist Craig in the immediate transition period.

I am sure that this is the right place to record the affection and the appreciation of all the west Australians for Jo's unfailing care and concern for them and for me to record my own appreciation for her cheerful co-operation in this task with which Shri Mataji has entrusted us.

## BHAJANS

Michael Fogarty.

Bhajan group performed last Sunday at the Norton st. festival. Only two bhajans, Ise liye and Mataji, were sung because of time restrictions. The music was well received by very large open air audience. The group were proceeded on stage by a very loud rock band however a very nice introduction from MC. It led everyone to a gentler pace. It was great fun and many people asked where they can buy music tapes.

## PARRAMATTA PROGRAMS

Please note the Parramatta Sunday program starting time has changed to 10 am (previously 9 am).##

## **IMPRESSIONS OF SHIVARATRI/BIRTHDAY PUJA CELEBRATIONS 1997**

(from three yogis on their first time in India)

I have been practising Sahaja Yoga for 2 years. I have often asked: How long should one be in Sahaja Yoga before going to India? The reply has always been: When you have the desire! During one recent programme I heard the collective talking about going to India for Shivaratri and Birthday Pujas. I thought how lucky they were to be going! I left it at that and never gave it another thought.

A couple of days later I woke from an afternoon nap and I had this massive, burning desire to go to India for Puja; Mother had called me, I knew it was time to go. Six days later I was in Delhi. This was the beginning of a great experience and understanding of life.

Nine days later I had attended two Pujas and two music programmes in the Presence of our Divine Mother. I noticed I did not sleep much and sometimes I missed meals but I never noticed any discomfort.

Four weeks previously I ruptured my left inner ear whilst deep sea diving. The result was I have a constant ringing in the left ear (tinnitus). Again this did not bother me. The ringing was masked by being in the vibrations of the camp. Because of my injury I will never dive again. To see, feel and experience the culture of India and its people in the Presence of Shri Mataji has warmly enriched my soul. It has given me a greater command of and awareness of my soul's value system and a greater understanding of myself and my fellow humans. I am beginning to understand what I must value and what is important in this lifetime for my ascent.

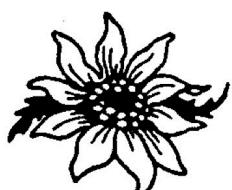
I missed the Perth collective while in India. Even though they could not all be with me I felt they were there. Some days I would think: I have not seen Thomas for a while, I wonder where he is and then I would remember: He's back in Australia! I have been back for two and a half weeks and I have still not seen him.

This experience has left me with a greater understanding of what our purpose is on this earth and what our responsibilities are to the earth and all who live on it. Jai Shri Mataji! John Adams.

*My trip to India had a dream-like quality. It was like being encased in a bubble with vibrations for protection, but one could still look out and witness the world going about its daily business.*

*This was my spiritual home. With love and respect in your heart you were swept along to experience whatever was put before you. Neither food nor sleep was important. Just a wonderful feeling of belonging. Barbara Armstrong*

And from Clodagh Pitman (17) when asked: I just enjoyed being with Shri Mataji all the time and hearing everything. She said.



\*JAI\*SHRI\*MATAJI\*

On the most auspicious day of the year - the 21st of March - a public Sahaja Yoga program was held in Zagreb. With some help from Austria, Andrea and her husband (Austrian/Bulgarian) carried out a poster campaign that brought about forty genuine seekers for their Self-realisation. The program was lead by Dusan, the leader of neighbouring Slovenia, who was accompanied by three cars full of Slovenian Sahaja Yogis. Most of the seekers who attended were quite young, and many seemed to have enjoyed a strong experience. We are hoping that many will return each wednesday for the follow-ups!

Croatia has for centuries been the south-eastern stronghold of catholic-christianity in Europe. Beyond lay the lands of the orthodox-church, and still further east and south, the islamic peoples. Just thirty kilometers outside of the Croatian capital, one finds the remains of villages recently ravaged by war.

On the lighter side, Croatia has a long, beautiful coastline on the Mediterranean Sea. The cuisine of this country is an interesting mixture of Hungarian (gulash), Austrian (apfel-struedel), and Italian (excellent pizza!), as well as other specialities. The young people generally understand English, and most of the older generation know German apart from their own mother-tongue.

Much enlightened, loving attention (full of cool Vibrations) has been earned by Andrea and Venzi for PHYSICALLY working out Zagreb the last few months!

This historic moment on the Balkan Peninsula was preceded by another great happening, one month before, when Franz and Jean-Luc from Austria and Jasna from Bosnia made a Sahaja Yoga program for a gathering of seekers in Sarajewo. The three pioneers drove together from Banja Luka in Serbian held territory, where Jasna was visiting his family, to Sarajewo on Saturday, February the 22nd. Despite the fear and heaviness that still lingers in the and from the war, they had a joyful journey, enjoying the first signs of springtime in the otherwise barren landscape. They were heartily welcomed by several seekers of Truth on the following sunny morning. After the experience, the new Sahaja Yogis enquired again and again when their new friends would return. Anyone interested in coordinating a visit to the Bosnian capital could contact Franz Mekyna in Austria for further information. (telephone: --43, 02266, 67167. Golden Builders.)

Lots of love,  
Edward.

Dear all brothers and sisters in the world.

A few news from Norway where we have just had a fair in a little town called Tønsberg south west in Norway. It is where the first christians established their first monastry and one of Norways oldest towns. There was a tremendous interest in Sahaja Yoga and we can only conclude that these fairs are excellent opportunities to spread Sahaja Yoga especially in new countries. People are so surprised and the change in their faces is so much joy giving. One lady who had never before heared about Sahaja Yoga dreamt the night before that she had to do Kundalini Yoga and also to use her hands !! So it works like that ! People had tears in their eyes both yogis and the newly realised people.

The first day was very heavy. So much heat and it seemed to take quite some time to awaken the Kundalini in many people. But people were waiting for half and hour to have the experience. The word went around,

and most of the organising people came for Realisation. The sunday was much lighter so a lot must have worked out on the Saturday. Our sisters from Belgium Astrid and Fabienne were so much God sent and they really enjoyed to see the changes in the people. We all had such wonderful experiences, and for those of you that attended the fair in Oslo you will be pleased that 'the before and after man' came back! (The man with the aura picture shop who took a picture of himself before and after Realisation. The first picture showed a very red aura with the text Red Winner and described a very right sided man under a lot of stress. After Realisation the aura was all white with the heading White Healer and description of a very spiritual person and it concluded with Accept your transformation! We all had a good laugh and the man was jumping with joy just like a child. As we were opposite the aura shop we put up the pictures with the heading 'Before' and 'After'. The man told us that his life had changed remarkably for the better in these few months after Realisation.

We had our weekly program on the Monday after the fair and even we have a following up program in Tønsberg 9th of April people came all the way to Oslo for this Monday programme. They could not wait for April! And miracles are already happening for them in their lives. A lady from Drammen (another town about 50 km from Oslo) has already offered us to use some premises for free (Again. In Oslo it is also arranged a free hall!) so Norway is really on its way. It seems we COULD have programmes 4 evenings a week at this rate and Rita (Defruty) is invited to come to Bergen to introduce Sahaja Yoga there!! If there are anyone out there who could possibly come here to work and enjoy Sahaja Yoga, the blessings are just waiting !!We are only a few yogis here at the moment and we cannot keep up with the growing interest!

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Røykenveien 285  
1380 Heggedal  
Norway  
Phone/fax: 47 66783346

Also we seem to get the reoccurring question: is Kundalini awakening is dangerous ? or can Kundalini awakening be dangerous. We thought that we should submit an article in this new age magasine ( The Alternativ Nettverk ) for seekers with the title something like:

'KUNDALINI AWAKENING, DANGEROUS EXPERIMENT OR STAIRWAY TO HEAVEN'  
maybe 'CAN THE KUNDALINI POWER BE MISUSED ?? or something like that.

We feel this can be an interesting angle to introduce Sahaja Yoga in the media in Norway.

If you know of any article written about this from a Sahaj perspective or if you have any suggestion of where we can get some information that answers this question in a Sahaj way, we would be very keen to hear from you.

Thats all for now and hope to get some respond on the Kundalini issue.

Sahajaly yours from Norway

Rita, Fabienne, Astrid, Ann, Jean-Michelle, Paul and Sidsel..