

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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*Fix thy mind on Me,
Give thy heart's love to Me,
Consecrate all thy actions to My service,
Hold thine own self as nothing before Me.*

*To Me then thou shalt come.
Truly I promise for thou art dear to Me*

Shri Krishna
(Bhagavad Gita)



STATE NEWS

News from South Australia

Greetings from Down South

So, I'm finally back to my second home (down under) after spending most of last year in India. It's taking a while to adjust back to the West!!!!.

Well, now for some news from Adelaide. We've got things on a roll here now: 3 new people's programs in the week plus our regular program. Have got quite a number of newcomers coming back for a few weeks now. We're keeping our fingers crossed and praying and bandhaning! What I find amazing is the depth of the seekers this year and also their acceptance and understanding of Sahaj and Shri Mataji that seems to stem from within. We had a lady with acute asthma problem and degenerative lung disease coming after listening to the *ABC News* and soon after her realisation and finishing of meditation she could see a remarkable difference in her ease of breathing. She went away utterly satisfied and grinning. Jai Shri Mataji.

Had a very successful *Indian Curry Stall* at the markets and have got a couple of stallholders coming to the program now. We got yogis from Whyalla coming back to Sahaj. Last week we had a treatment workshop for newcomers who had been attending for a while. The Indian curry stall is now going to be one of our regular fundraising events.

AND we are looking forward to hosting the Diwali Puja in Adelaide this year. So on behalf of Adelaide yogis I would like to extend a heartfelt invitation to all our brothers and sisters to desire to attend the puja. Busy with venue search now and rest of the fun that goes with hosting a puja. So all-in-all we're having a good year with newcomers, fundraising and looking into doing programs in the country areas.

Support thro' bandhans and vibrations would be much appreciated.

Love to all,

Rita Skipper
Adelaide

Letter from Whyalla

Dear Brothers and Sisters,
Greetings from Whyalla. After being away from the collective for ten years I was stirred by a deep longing to get back in touch with my sahaj family. Every morning I thank Mother.

Whyalla is 600km from Adelaide and the first opportunity came on Friday 1st March when Maria invited us to attend a clearing program. After a strong Havan where we called on the wisdom and innocence of Shri Ganesh to clear the collective Mooladar, there was a profound peace in the room. I felt so welcome and at home. There was a joyful version of *I am Australia*, played on the flute and sung, along with *Jerusalem* and *Your Lotus Feet*. Then I sang a new song that has just happened recently: *We all come from God and unto God we do return*.

Maria has suggested that Adelaide do a country satellite program in Whyalla and I feel a strong desire that it will work out. Whyalla is a special place. I work at *Buttlingarra Aboriginal Centre* as an artist and make films and music. The people here call me "Bella Bishop" so I tend to go by the name Bella, rather than Noelene. Ian, Iome, Meredith and Claire are all doing well. We send you our best regards from Whyalla.

Noelene Bishop
Whyalla

BIRTHDAYS!

Our birthday list this week covers Australian yogis whose birthdays fall in the period from 15th March to 4th April. May they all have many happy returns of their special day...

Frank Giannasi, Susanne Malone, Jo Reid,
Kamlesh Sydlowski, Lynne Vockler, Leon Kay,
Geeta Manocha, Pavan Keetley, Heather Churchill,
Eva Mager, Inder Cheema, James Mow, Juan Vega,
Carol Carlstrom, Kenny Looke, Raymond Hampton,
Andrew Jones, Violet Tubb, Krishna Lewis, Sarita Murphy,
Suman Raj, Katie Cartmel, Jennifer Donlevy,
Carolyn Lynch, Vijay Patankar, Claire Avoledo,
Mercy Perusco, Sunil Sivaraj, Anneliese Buff,
Mary Clancy, Rita Skipper, Kevin Fitzgerald, Joy Whiley,
Ian Cunningham, Hauke Horn.

INTERNATIONAL NEWS

News from India

Shivratri Puja performed in Pune

Jai Shri Mataji. Back and fresh from a wonderful Shiv Puja in Pune. I am trying to write whatever I can recollect from Shri Mataji's speech yesterday.

"Shiv Puja can only be performed by those who have a clean heart. Those who do not have a clean heart cannot perform Shiv puja. You must have a loving heart and become like Shiva. Like the snake coils around the Shiv Linga, if you become like Shiva then you get His protection. The snake which is symbolic of Shiva..." (I do not recollect the actual word Shri Mataji used to describe the snake).

"You must overcome the evils of greed and jealousy. I think animals understand the divine better than human beings. Because they don't have these qualities in them. If you become too greedy then Shiva will not forgive you. Here you must remember that the greatest quality of Shiva is forgiveness. He will forgive up to a limit but beyond that you have to face His wrath."

"Even Sahaja Yogis have to be careful. You must weigh every step you take. As sahaja yogis you are my children. You have my attention, my love and blessings, I protect you, but my protection is only up to the Kundalini. Once the matter comes in Shiva's attention then I cannot do anything. It is his authority. Some people are money-oriented and some are power-oriented and may be both. Some even on their deathbeds talk of money. What are they going to take with them. All such people will come under Shiva's attention."

Generosity - Once Shri Krishna went to Shri Mahavira while he was meditating and asked for half the cloth he had. Shri Mahavira said why only half you can take the whole cloth. Here you must see the generosity of Mahavira. Whereas people make big statues of him showing him nude. Jains do not know the generosity of Shri Mahavira, while on the other hand the Jains are the least generous people.

Then Shri Mataji spoke about Fashion. How something designed today becomes outdated the next day. Whereas about Shiva we do not what he wears and what he eats. He is not bothered.

Shri Mataji spoke about how often we use the term "I don't like". She warned *"Who are you to say that?"* An English man visits an Indian home and he will say "I don't like". An American if he visits an English man he will say "I don't like".

Shri Shiva is the giver of pure Joy.

"Sahaj Yogis are shy people. They are very busy people have no time to spread Sahaja yoga. When I travel by plane I find people talking about their gurus, but sahaja yogis won't talk. They are shy. I am saying this again because when I see you I want you to understand how important it is to spread sahaja yoga. To transform the world is My job that is why I am here."

That is all I can recollect. I must have made some mistakes or the language must have changed, but I have only tried to convey the message. Please forgive me for any mistakes.

Shivratri Puja began at around 9.30pm and Shri Mataji was present till about 4.00am. All the bhajans sung were of Shiva. Everything was very well organised by the Pune collective. The decoration showed the Himalayas and Shiv Lingas on every mountain with a moving hood of the snake. I don't how they managed to move the hood of the snake over every Shiv Linga. Shri Mataji was very pleased. One of the gifts I remember was a computer system from Maharashtra state. We could actually see vibrations flowing in the night sky.

It was a really wonderful experience.

With Love, Raghuram



This card was presented at Shivratri Puja to Shri Mataji from the Australian Collective

GENERAL NEWS

The Story of Hannah and Samuel

Recently, a mother told me how her young daughter remarked that she knew she would get no peace until she left for India School. Slightly anxious, her mother inquired: "What do you mean?" The child explained that each night before sleeping she declared to herself that she was not going and a little voice would argue: "But you will go" and she would say "No, I won't" And still the voice would insist "Yes you will go" So of course she went as usual.

This reminded me of the story of Hannah and Samuel. In ancient times the Hebrew people were unique in the area that we now know as the Middle East, for two things in particular. They did not have a king like other nations, and they did not worship idols and animal spirits as the others did but they worshipped Almighty God; Yahweh, whom we know as the Virata. Their life was centred on the temple and this was presided over by a priestly family who were responsible for maintaining the laws and dispensing justice.

At the time of our story the Priest was Eli a devoted man, but his sons were corrupt. Hannah was the wife of a man who loved her very much but she was very unhappy because she had no children. His other wife had several and rather flaunted the fact to Hannah's discomfort, especially at the time of the annual feast when portions of the offering were disbursed according to numbers of children.

So Hannah prayed earnestly in the temple on her annual visit and Eli the priest, seeing her lips moving, thought she must be drunk and reprimanded her. But she assured him that she was very sober, and sincerely praying. He blessed her and assured her that God would fulfil her desire. She vowed that if she had a son he would belong to God. And soon of course she conceived her son and named him Samuel.

When the time came to go to the temple again, she told her husband she would wait until the child was weaned before making the journey. Then eventually she went with the little toddler, and gave him into the care of Eli. After that she had more children and every year she went up to the temple bringing a newly woven coat for the little boy Samuel.

God calling to him wakened Samuel himself in the night. But being so young he thought it was Eli and ran to Eli's room to see what was required. Eli said, "I did not call you. Go back to sleep." A little while later it happened again. Again he was told to go back to sleep. Then the third time Eli realised that it was the Lord speaking to the child and told him to respond: "Speak Lord, for thy servant heareth." So the next time Samuel heard God's voice he

replied, "Speak Lord for thy servant heareth". The message was very stern because it was about the corruption of Eli's family and he was shy to speak of this to the old man but Eli warned him to tell the whole truth exactly as God had told it and not to spare his feelings or he, Samuel, would share the punishment of Eli's family.

In time Samuel was the one who became responsible for the welfare of the people, he was completely dedicated to God as Hannah herself had been. Unfortunately, the people themselves were not so wise and became dissatisfied with their state and asked Samuel to request God to give them a king like their neighbours had. That is another story. They were unable to appreciate their unique relationship to the Divine which was a result of God's love for Abraham the founder of their lineage, and of course they never were able to value all the saintly prophets and seers who continued to be born among them through to the time of Lord Jesus' advent. Consequently their dissatisfaction and acquisitiveness led them into difficulties as history has shown.

Lyndal Vercoe
Perth, Australia

Words of Wisdom from the Bench

A comment on current affairs of these times (we can substitute 'Dharma' for 'Justice'):

"Justice is like oxygen: there's no reason to notice it if you have it in abundance. However, as you constrict the flow it becomes more and more important until a point is reached where nothing else matters at all."

The Honourable Justice J.J. Spigelman AC
Chief Justice, Supreme Court of New South Wales
(Inaugural Address)