

# Sahaja Newsletter

## Contributions:

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July 2nd '93



Guru Puja will be held at Burwood Ashram, 11.30 am, July 4.

SHRI MATAJ'S VISIT TO TURKEY (Calin Costian - Indiana - US - 18/6/93)

Dear Yogis and Yognis,

These are not first-hand recollections as I wasn't in the Turkey Tour but I will try to reproduce some things from the very detailed letter my father sent me about this visit - seemingly a historical one for Turkey.

There are very few Sahaja Yogis in Turkey (or I should say, there were before this Tour) - about eighteen - due to the extreme fundamentalism there. But a lot of yogis came from the neighboring countries - about 125 from Romania, a couple of dozens from Hungary and Bulgaria. I skip over the details of the border crossing by the three Romanian buses (you have to bribe the custom officers, they are very nasty and don't let you go, the drivers were also not very nice at all - everything solved with a simple bandhan and joyous songs to Shri Ganesha and the Goddess - some custom officers were watching an exciting movie, some others were unable to bear the Yogis singing the 12 names of Shri Ganesha and were happy to see them pass right away, etc.), and I go directly into the subject - something that Shri Mataji has said again - the sufis are very close to Sahaja Yoga.

So the day before the public program, Shri Mataji scheduled a visit to the sufi quarters of Istanbul, where the yogis passed a night growing younger and younger with the beautiful sufi music and dances interleaved with our beloved bhajans that the sufis enjoyed a lot. Everybody enjoyed it a lot and Shri Mataji said that the sufis are Sahaja Yogis, they can feel the Cool Breeze.

The program was attended by ... around 500 seekers ! - unprecedented event in Turkey. Shri Mataji gave a long talk about fundamentalism and the difference between it and the true spirituality, and at the end She gave the Realization in a very simple way: "Put your hands towards Me and you will feel the cool breeze in your hands".

After the great success of the program, next day was the puja dedicated to Shri Fatima. [Sorry for having no details about the talk - it is on a cassette on Pal which I haven't been yet able to see here.] At the end of Her stay, Shri Mataji called in Her room the two managers of the hotel where She was staying - one of the finest in Istanbul - She thanked them for hospitality and talked to them about the bad things of fundamentalism (they were both foreigners - Dutch and German if I remember well), and at the end they got their realization. They were so grateful for it, that they said they cannot possibly accept the 2000 pounds cost for Shri Mataji's stay in the hotel - which is probably unique in the history of all the hotels of the world.

Shri Mataji was accompanied to the airport by the joyful group of yogis, full of hope that a new stage in the spirituality of Turkey had begun.

In guise of conclusion let me mention one more miracle that happened to one of the Romanian buses on the way home (although there were many miracles and lessons throughout this mini Tour of Turkey): the driver of this bus was very angry that he could not do some business and things like that because of the busy schedule of the yogis, and also he was amazed how could this people pass so easily the borders without any difficulties or paying the usual bribes, etc. And so angry he was, that on the way home he started to jerk the bus left and right in a violent manner, so as to hurt the yogis in the bus, or at least to scare them. The yogis started immediately giving bandhans and saying the mantras to Shri Ganesha and Shri Hanumana, without bothering about the bus maneouvres. Right away, the radar caught the driver and he had to slow down (and probably pay a fine also). Then as he got away he started to do it again. Next thing, he found himself on a very bumpy road with a lot of holes and he had to slow down again and quit his crazy style again. Then, as the road became normal again, he resumed the jerks. This time, all of a sudden a torrential rain came from a clear sky and as he couldn't see anything through it, he had again to slow down completely. Finally, realising that he is fighting with something beyond his power or capacity, he calmed down (the rain must have cooled him down also), then the rain stopped and - the fourth sign that came was a beautiful rainbow - the Bandhan of the Sky - encircling and protecting the way of the yogis !

3.

### RAFFLE

Win a trip to KANGAROO VALLEY for 2 nights staying in a cabin van (larger than a caravan and contains both kitchen and bathroom amenities) at Glenmack Caravan Park.

The cabin van will accomodate 4-6 people.

Kangaroo Valley is a beautiful temperate rainforest area only 2½ hours drive south of Sydney. Have fun bush-walking, go for a Sunday ride on the old Cobb & Co. horse drawn stage coach, visit the farmyard nursery and pottery shops or just enjoy the tranquility of being close to nature.

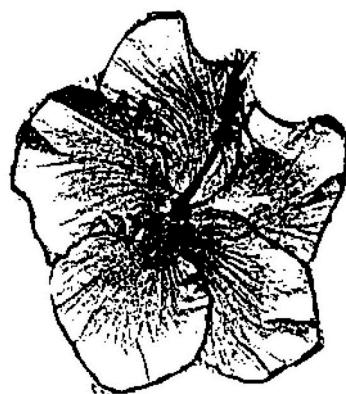
Tickets are \$2 each

or 3 for \$5  
on sale at Friday night programmes, Burwood.

Raffle to be drawn Friday, July 23, Burwood.

\*Proceeds will go to setting up Sahaja Yoga in BRAZIL and your support will make this possible.

All enquiries, see Lakshman & Zone.



### NEWS FROM HAWAII

Hawaii is having a public program on July 19 and we would like to offer all our love and support. We know it's a bit of an uphill battle for such a small collective over there, so bandhans and shoe-beating please to help them along. Good luck..

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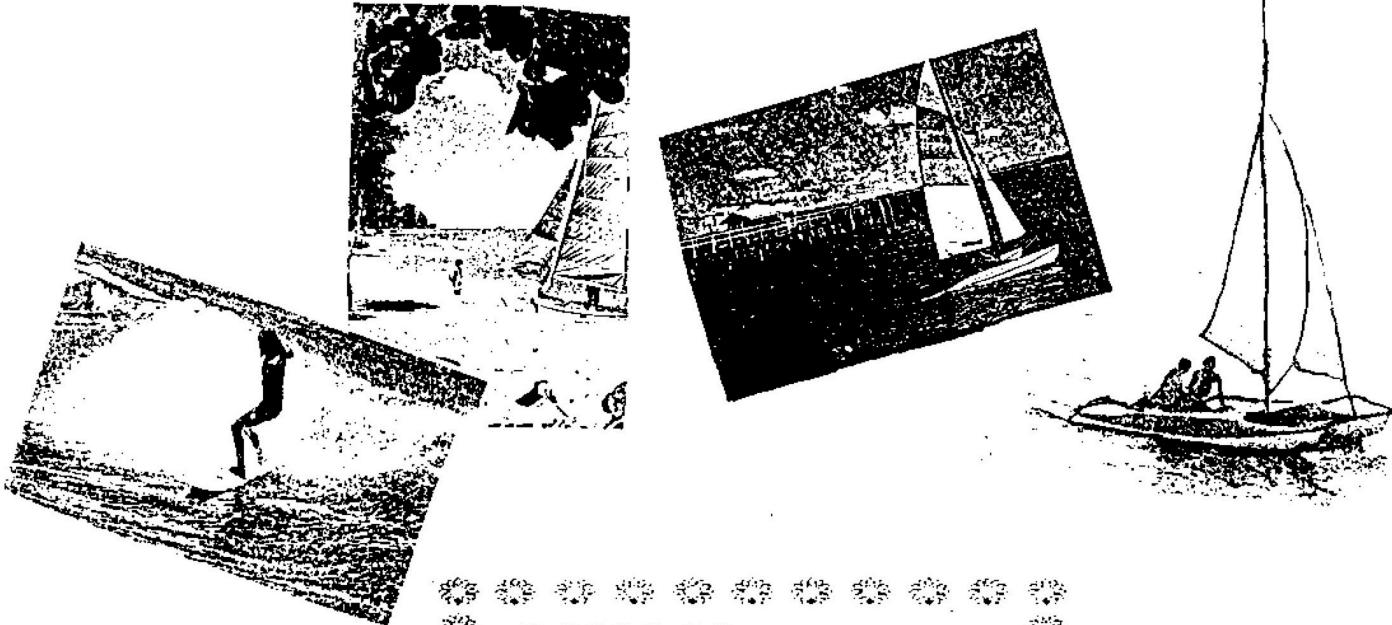
## Come Live on the Sunny Central Coast

There is space available for a couple or a single yogi to live in the Gosford Ashram with a view to moving in the next 2 months to a rural property 10 minutes out of Gosford - close to Terrigal. The property has a 5 bedroom county home with a 4 car garage & tennis court. Rent is estimated at \$50.00 per person.

The Central Coast is a growing area and needs the support of committed yogis.

If this sounds like you - simply ring the ashram at Gosford - phone (043) 23 1913 for all information.

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PERTH 25 JUNE 1993

### PROGRAMMES

The Fremantle programme has finished, with 2 people still coming from the Alexander Library public programme. There is also a lady still coming to Bassendean from that programme. She told Heather that from the moment she walked in she was absolutely spellbound by the music. Bhajan practice next week is on Thurs at Kevin and Barbara's 7.30pm. We hear that a talented violinist has joined the group, much to everyone's delight. Our sources suggest that 'he will pick up the music as quickly as our flute-player has!' Non-musicians do hope there will be a Friday bhajan night soon so we can enjoy too. If you can't wait EVERYONE is welcome at bhajan practise evenings - they don't make newcomers sit in front of the microphone for the first few weeks!

Sahaja Yoga, Hong Kong.  
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Happy Valley,  
Tel 893 5227 Fax 572 0187

Jai Shri Mataji

Greetings from Hong Kong. Over the last two months we have been working towards a major programme to be held on Monday 28 June. The venue is the City Hall Theatre, which we had originally booked for Shri Mataji's tour. It's an excellent venue, seating 450, in the heart of the Hong Kong business district.

During initial discussions about the programme we wondered if Sahaja Yoga could be presented in a slightly different way. It occurred to us that we may be able to combine forces with other movements, and present a programme sponsored by Sahaja Yoga but appealing to a wide audience of conscious people. The theme of "Holistic Integration" emerged, and we contacted our friend (and sometimes yogi) Dr Alex Yuan, a highly qualified and respected homeopath and chiropractor. Alex was very enthusiastic and agreed to be one of our guests speaking about natural medicine and alternative health. He also suggested we contact Dr Simon Chau, an author and founder of the Green Power movement in Hong Kong. Simon agreed to speak, and suggested his topic be called "achieving peace with nature". Both Alex and Simon are well-known media figures in Hong Kong with excellent contacts.

So we had a full programme - covering the environment, personal health and also of course the only true solution to problems in both these areas - Sahaja Yoga. Our first choice for presenting Sahaja Yoga was of course Stephan. We hoped perhaps he could come (conveniently) on his way to Guru Puja... and eventually this too has worked out.

At the moment we are working on programme content, advertising, handouts, getting translations done, posterizing, handbilling and arranging newspaper articles and radio interviews. All is progressing well and our regular yogis are very much involved and everyone is feeling the excitement mounting. It is proving to be an attractive and unique way of presenting Sahaja Yoga and should draw on a very wide range of the community. We have arranged an excellent new venue for the follow up workshops.

With Shri Mataji's blessings we pray that it all bears the fruit of many true seekers receiving their Realisation. So, please keep us in your attention, as a successful programme of this kind in Hong Kong will eventually be of great importance in the spreading of Sahaja Yoga onto the Mainland. We'll let you know how it's going.

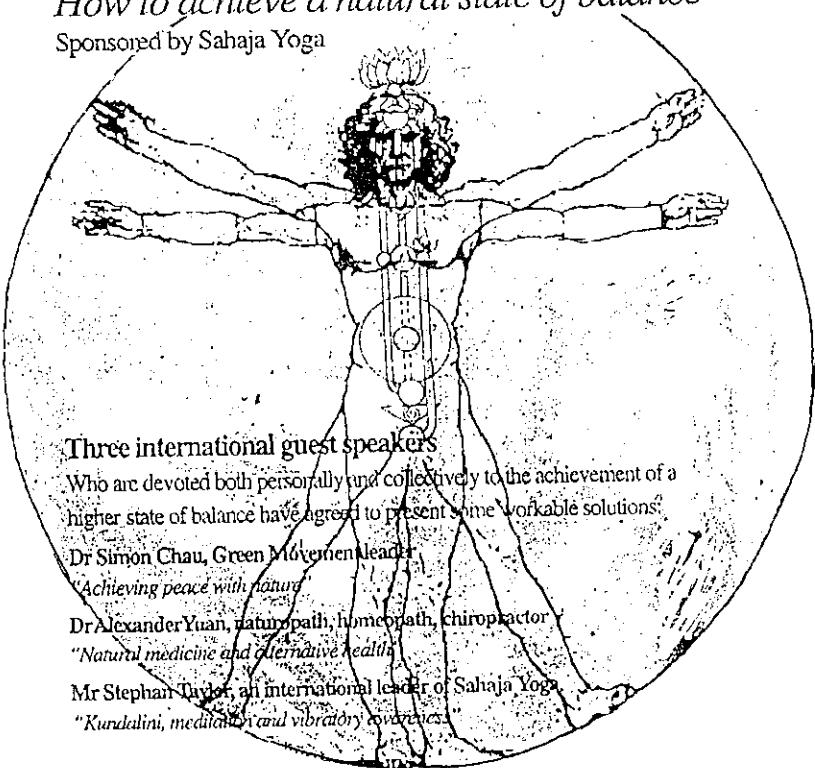
All our love and thanks for your ongoing support. (here's a copy of our poster)

A free evening seminar

## Holistic Integration

*How to achieve a natural state of balance*

Sponsored by Sahaja Yoga



### City Hall Theatre

Monday June 28, 7.30pm

Be early, seating is on a first come - first served basis  
For any enquiries please phone 893 5227

TAO - LAO TSZE .

16

Standing upon the mountain steep  
How low the valley seems!  
And yet, because it lies so deep,  
It gathers all the streams.

17

The valley-spirit cannot fall  
Because it lies so low;  
And yet it is the base of all,  
And to it all things flow.

18

Earth's bulk, and heaven's awful curve,  
How can they so endure?  
Neither has selfish ends to serve,  
And so their strength is pure.

Sahaja Yoga Newsletter

Jai Shri Mataji! Great news from Hong Kong.

On Monday night we had our "Holistic Integration" program at the Hong Kong City Hall. Following a concerted promotional effort that included articles, radio interview, press ads and posters - more than 300 people attended!

We were thrilled and the program was a great joy. It really began when Uncle Stephan arrived on Friday, just beating a big typhoon into Hong Kong which swept the city clean and cooled everything down. Of course everyone had to stay home quietly and read the Sunday papers which had our ads plus a good article in them! Also banner headlines on Hong Kong's super high levels of stress. Mother's magic was working it all out.

The evening was different in many ways and the atmosphere was very different, like a big group of concerned and conscious friends who were there to start working it out. We began with some ambient music and some nature slides beginning with Uluru, Kailasa, streams, forest, ocean, whales and porpoises. Pavan was MC and he introduced the speakers with a short talk on what "Holistic Integration" meant - a blending of the gross, the subtle and the causal.

Our first speaker was Dr Alexander Yuan, a naturopath, homeopath and chiropractor who gave some great insights into the problems of conventional medicine's approach to today's problems and how the expense and failures were monumental in size. For instance there are more bankruptcies in America because of medical expenses than any other reason. He narrowed the causes down to one word 'stress' and then proceeded to report on a definite cure - detailing Dr Rai's breakthrough research on the effects of Sahaja Yoga with stress and hypertension. He closed with a personal testimony to the non-commercialism of Sahaja Yoga and the sincerity of the Yogis, urging everyone to "come on board". It was as beautiful as it was unexpected and everyone applauded as young Sadhana gave the first of her three bouquets to him.

Dr Simon Chau is probably Hong Kong's foremost "Greenie" and a more sensitive and beautiful person is hard to find. Simon started, and lives on Hong Kong's only major organic farm, has written 57 books and is a real seeker. He began his talk by getting everyone on their feet doing exercises and by introducing his friend, a small fern in a pot - in no time he had us laughing. With disarming honesty, humility and humour he spoke of his experience and told subtle stories that pinpoint the need to stay in tune with nature and our intuitive self. He spoke of awe, relatedness and wellbeing and the search for Spirituality, including his personal liberation from the RC church. He was greatly appreciated and closed by playing a short piece on his mouth organ with the lights dimmed.

After a short break Pavan introduced Uncle Stephan and Chakra Chan. We all felt we were now touching on the essence of the evening as Stephan picked up the threads of the other speakers and highlighted the essential role of the Mother to us all in times of distress. Working up through the chakras, he spoke of the qualities of each, of the knowledge behind the system and how health can be achieved through its enlightenment and connection with the all-pervading power. His personal testimony as to how his own physical problems, unresponsive to conventional medicine, were solved by Sahaja Yoga, gave great credibility to his talk. In a subtle and sensitive way he then paralleled the words of Lao Tse with the ascending Kundalini -

"The valley spirit never dies; It is the woman, primal mother. Her gateway is the root of heaven and earth. It is like a veil barely seen. Use it; it will never fail."

Stephan then introduced Alex who led us into the Self-Realisation sequence and meditation. By now everything was very still. At the conclusion of the meditation Alex invited everyone to the four week free course commencing on Monday July 5.

All the yogis involved gave people assistance to register and gave out our new handouts plus the Greenpower literature. Needless to say Dr Chau had a very strong experience and wants to meet with us again soon.

In all it was a fantastic evening with more than 60 course registrations and many phone enquiries since then. We are all very grateful to Uncle Stephan for coming to Hong Kong and hope to see him here again soon. We sent with him copies of our publicity materials and some photos of the program as he left for Guru Puja and beyond.

News from the Top End - Darwin NT

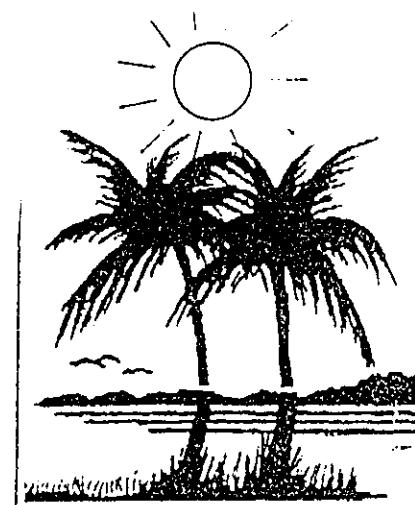
A program change to Monday nights has been a huge success with many happy returns on Thursdays.

Enclosing the following newspaper snippet from the local press -

## Yoga helps individual

SIR, I would like to express through this excellent newspaper, my sincere gratitude to Sahaja Yoga meditation which I found in your community announcement column. Sahaja Yoga people give their time and knowledge free of charge every week to help people such as myself, to cope with stress pressures of our fast world and addictions. They are curing habits like drugs, smoking and alcohol or rather showing us how to cure ourselves.

C Loehr  
Howard Springs



The Suburban  
DARWIN N.T.  
THURSDAY, MAY 27, 1993

SNAKE TALES

