

THE AUSTRALIAN

# Sahaja Newsletter

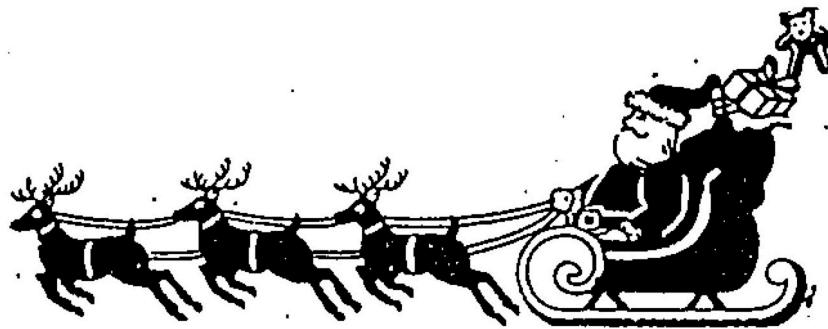
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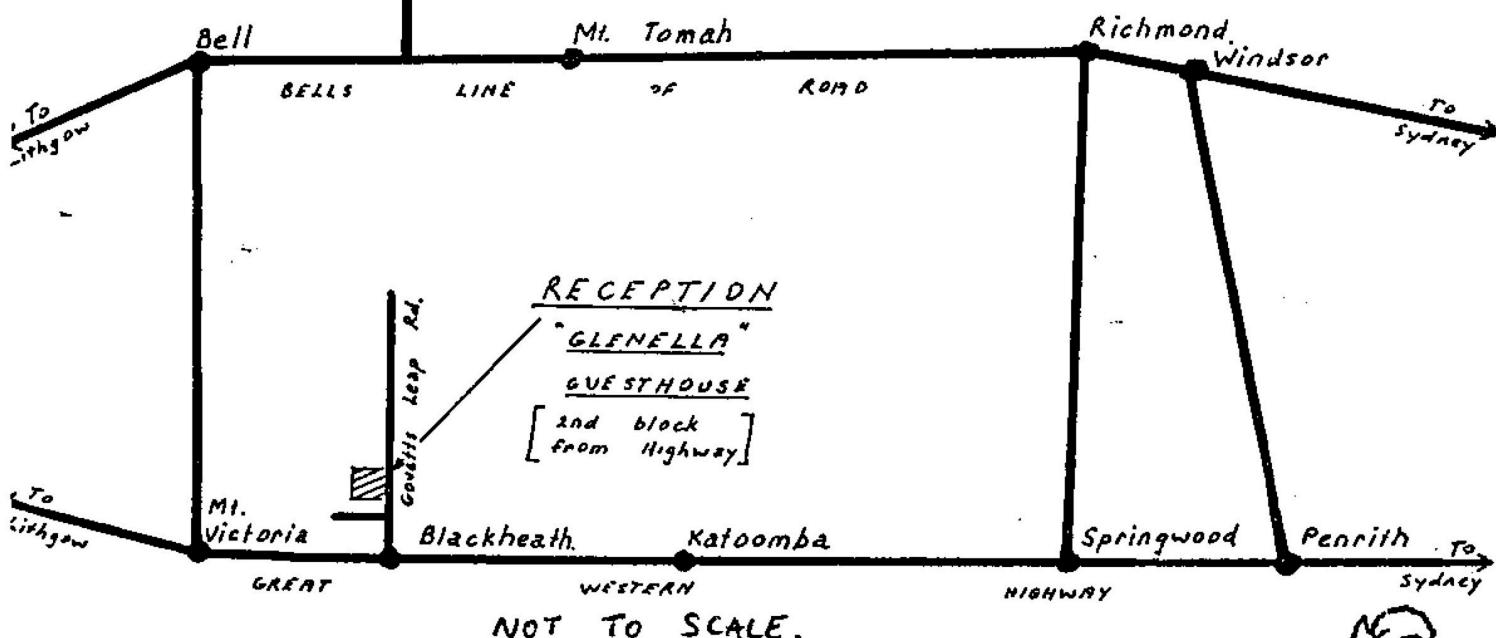
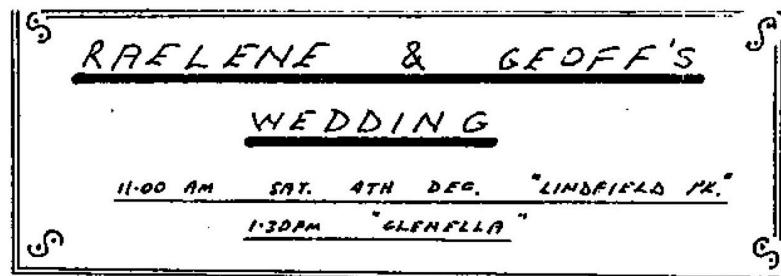
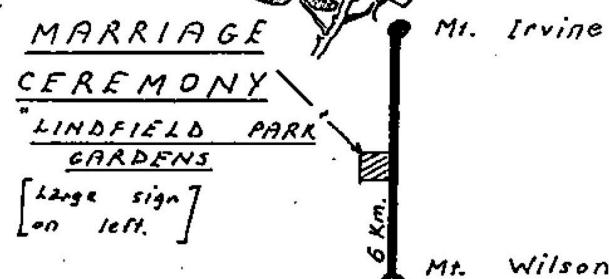
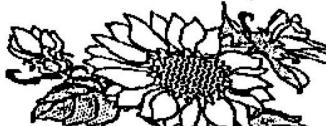
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NOVEMBER 26TH '93



The Newsletter invites all Yogis to use the last issue of The Newsletter (for 1993) to send Christmas Greetings to their Brothers and Sisters interstate and overseas.  
Please post or fax typed or nicely printed messages. These must arrive by Wed. 15th Dec. and no later.





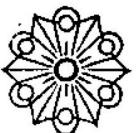
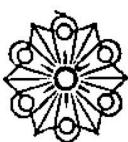
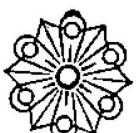
## SAHAJA Newsletter 17

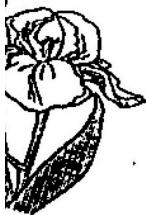
PERTH

29 OCTOBER 1993

### VISITING THE NEW WORLD

Coming from the Great South Land, we felt we were accustomed, even blasé about vastness, enormity of contrast, bigness! But the American Tour blew us out! From the indescribable joy on Mother's face at the numbers and quality of the seekers at the second New York programme to the dazed, blissful expressions on the faces of the American yogis as we left, the tour was a kaleidoscope of great experiences. As one of the 24 Australians who were there for part or all of the trip it was the highlight of my life (apart from Realization of course). Shri Mataji predicted a great breakthrough at this time and we felt this occurring. The feeling has not diminished on returning to Australia. It is interesting that Shri Mataji doesn't differentiate between North and South America in Her talks - they are all one.





There were more than 700 seekers at the NY programme and the majority were Caucasian. There were people waiting outside trying to get in when Shri Mataji arrived so those few inside who were merely curious or negative were encouraged to leave. Most of these were on the third floor and left quite quickly although some stayed but would not participate. Mother said that women are the power behind the man. In India they are respected as the shakti. In the Kingdom of God men and women are equal how can you exclude 70% of the population? So if you have to go - go and don't disturb. We are being destroyed from within because we don't know ourselves.

One lady asked about how she could 'move on' saying that she was on her own with 2 children and the anger was interfering with her balance. Mother said - No, stay here - it's your liver. Something wrong with us. That's why we get angry.

After the Realization people crowded around Mother. They seemed to feel Her magnetism as much as the established yogis and the large stage was drenched in coolness. One lady said that she wasn't sure that she had felt it properly and when we worked on her, the kundalini

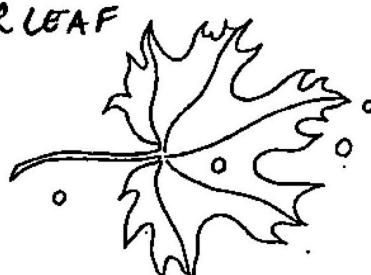
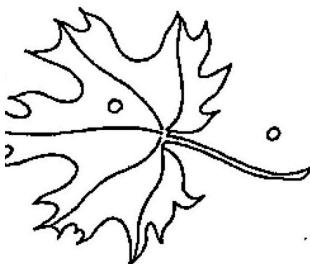


was very strong and we were feeling each other's hands and she called to her friend to come and experience the human air-conditioners! Another trio we talked to were marvelling over how they felt and we saw them about an hour later on the street corner still joyfully sharing their experience. Manhattan was alive that night!



The previous evening's programme in Philadelphia, the 'city of brotherly love' had also been very positive, with about 300 people in a beautiful hall with a decorative ceiling resembling the Sahasrara. Mother spoke about illness in response to a question about cancer: "God is so sensible. He won't mend people. We don't repair lamps which aren't going to give light."

- CONTINUED OVER LEAF



24 November 1993

From: Linda Pauling  
DARWIN

NEWSLETTER:

"JAI SHRI MATAJI"

Great news from Darwin. NEW PREMISES.

Our collective has at last found a suitable Ashram. It is a large elevated house with a granny-flat (cyclone shelter) underneath.

Plenty of room for programmes and a lovely private garden with a spa, mango tree and hibiscus plants. Occupants at this stage will be Peter Hewitson and daughter Rebecca, Tim Jacobs and wife Joanne, daughter Emily, Kevin and Linda Pauling as of 27/11/93.

Address: 2 Blyth Street  
WOODLEIGH GARDENS  
NORTHERN TERRITORY 0810

Phone: 089 453095

Programmes are going well with renewed interest after a live ABC radio interview last month on a New Age programme.

Shri Mataji is working it all out here too.

Merry Christmas to all our brothers and sisters.

JAI SHRI MATAJI!

### RAINBOW FESTIVAL IN RETROSPECT.

Early Friday morning, Mark F and Graham set out for Nannup, brave and unsuspecting of events ahead. The weather was inclement to say the least, 50kmh winds, gusting to 100kmh, snow on the mountains and pelting rain.

They arrived safely of course and set up our tent amongst hundreds of others, all sizes and shapes, in a grassed clearing surrounded by virgin forest.

Between 20-25 people had their Realization and who knows what was going on at the subtle level. It was indeed a most unusual experience. Thank-you Shri Mataji.  
Diana Selentin.

She allowed a number of questions even after someone asked for the Realization (it felt as if She were clearing the agnya) - Q: When Kundalini rises is it a state you stay in all the time? - Some people have a loose connection. Q: What is the difference between Sahaja Yoga and Hari Krishna? - Tremendous! (very broad smile). Mother went on to tell us to get out of the web of words; to get out of books; by reading too much even the learned become stupid; and later "If you are in the light what question could be asked?" Q: Why is there so much grief when you fall in love? - Because you fall! Should rise! Once again, most had their Realization and were reluctant to leave. New and old gathered close around Her as She left the hall. In the night sky at sunset we saw a beautiful cloud formation resembling a very large cross with ribbons of colour around it and one of the yogis who had been in Canada exclaimed that the same formation had been in the sky there when Mother's programme was on. We immediately fired away with cameras and Shri Ganesha blessed us with two miracle photographs showing Himself and the Deities at play.

Almost in the exploratory spirit of Columbus a lot of circumnavigating went on eg most of the Australians came to LA by different routes across the Pacific from various bases in Australia. We travelled across North America on different airlines, covering much of the airspace and landing and taking off from different airports. The American yogis came to LA from their home towns and some then crossed the continent while Canadian yogis would have travelled even further. Some of the journeys are shown below. It wasn't just the DC10's vibrating!

As for the freeways of LA, each of the three hire vans containing 6-7 Australian yogis experienced shifts from left to right in more ways than one as we managed to get 'lost' frequently on the way to various programmes. Between us we must have covered most of the system and all the drivers should be commended for surviving the multiple navigational instructions as well as periodic semi-hysterical 'get over to the right' warnings. In our van the additional hazard of the Qld-WA comedy team's attempts to keep people awake had to be withstood. 'On yer Robin!'

The hire vans were very comfortable, quite plush in fact and with so many to share costs were very reasonable in price. Ours couldn't quite withstand the braking required in descending from 7 000ft down Big Bear Mountain's winding road, forcing us to rest the tyres at the base and while away the time in a coffee bar.

We strongly recommend footsoaking in the Pacific Ocean at the foot of tall cliffs in Orange County California as an antidote to the LA smog experience.

In Los Angeles Mother gave a programme especially for Iranians and one yogini who attended said that Shri Mataji talked about the Koran (which She knows well from assisting Her father, who made a translation of the book) and about the hope for peace and that there were some very beautiful questions especially from young Iranians. Mother said how important Iranians in America are in working for peace. She also spoke about the 12th and last Imam - a well-known Islamic spiritual figure who 'disappeared' to return again at the time of Ressurection. The name (which we have to find out- can anyone help?) dates back to the time before Mahomed and Zoroaster. It translates as Primordial Mother or more directly Adi Shakti. Many words and phrases were used which could be understood only by those with a Muslim background. The programme was very well organised by the yogis, with contacts to all the key figures in the community, letters to doctors, lawyers, posters in shops, radio announcements etc.

One lady who came with her brother had been running a Sahaja programme in Tehran before the Shah was deposed asked Mother to go there but Shri Mataji said the time would be right in about a year. Mother invited the lady to the camp. A number of influential Iranian Jews shook hands with Shri Mataji at the end of the programme and She received everyone, with no-one wanting to leave Her presence. About 40 people attended, including 5 doctors. 3 people left early but all the rest got Realization.

There was also a programme for the Indian community and a general public programme in LA. Both were packed, with most getting Realization and a feeling that newcomers have a greater appreciation and respect for Shri Mataji than previously in America. Mother met many

after the Realization and spoke with them. The only programme where this did not happen to such an extent was in Washington, where many people moved in and out of the auditorium for some reason. But even there many felt the cool breeze and came up to speak to Shri Mataji. In LA Mother met with a group of American Indians who all gave flowers and were very respectful. She was invited to visit sacred land, especially one canyon of deep spiritual significance, where many sacred plants grow. The area is under threat of development. The people said they were using the Indian struggle against British rule as a model through which to free themselves.

One young man was very worried because there was so much to do -they are so few and far apart are there are so many communication problems, so much friction between young and old and the different tribes.

Shri Mataji said - you are my family. I look like you. You must all get your Realization and give it to all the others, empowering them.

They got it easily.

At a previous Virata Puja in North America the 108 names of the Indians were read and Mother put on an Indian head-dress given to Her and said with tears in Her eyes "They must have thought God had forsaken them." The American yogis were disappointed with lack of media coverage but in Los Angeles a very good TV interview was arranged with Shri Mataji and this was followed by the playing of a Realization tape. A group of women produce, direct, copy and pay for a package on Access TV 'Reel Women' which is about informing and celebrating women's accomplishments and issues. The organizer heard about Mother, came to the Public Programme, got her Realization, attended the Puja at Camp Whittle and interviewed Mother.

All the yogis on tour have little stories and blessings to relate. One that happened to two of us was at Laguna Beach, which is an area of many artists at the foot of some mountains. (This is also the epicentre of the huge outbreaks of bushfires which began a week after we left). We were shopping there and had arranged to meet the other yogis at the bus-stop. Before we left the incoming bus the driver had said we could either catch the return where she left us or at the library. Without meaning to we were led to the Library stop and sat down on the seat at about the time the bus should have come. It was late of course.

While gazing at the busy traffic we were joined by a lady with whom we passed the time of day. She seemed comfortable with us and the conversation continued as we discovered she was a nurse and a writer and was recently divorced and when times had been difficult for her she had gone to an American Indian healer who had shown her how to open her heart and let some of the pain and anger go. As she described the healer and how he worked the cool vibrations increased and both of us knew by then what was to happen. Because it was our first direct experience we went very slowly and carefully, telling her about our trip and the special lady who had brought us to America. But there was no need to be tentative. Her time was now.

Beverley described to her the kundalini and how it works and she straightaway felt the cool breeze on her hands. Then we were sitting with blissful smiles, three of us in a row, right hands above our heads, two feet from the traffic pouring past the bus-stop. Mother gave us a little time longer to talk to her and we gave her a brochure with the address of the local yogis and a picture of Shri Mataji on it. Unfortunately she could not get to that evening's programme with Shri Mataji because of work commitments. She went on to describe how she walks a mile and a half down the mountain at 4am to get to public transport. On the way she is used to seeing deer and squirrels playing, hearing owls hooting and generally enjoying nature. Her feeling about her ex-husband is one of compassion. After the marriage ended she has had to go out and find a career, looking outside, and her husband has started to ask the questions Why am I here? What is the purpose of life?etc, looking inside.

Just before the paramachaitanya sent the by now very late bus, Beverley told her a little about the chakras. A look of amazement came over her face and she described to us how some years previously she had written a poem about wheels turning in the body and because she had no idea what it meant and because her husband decried her poetry she had thrown it away! We assured her that she would be able to remember it and begged her to send a copy to Australia when she could.

we floated home and went towards the beach for a footsoak before going to the Programme. On the way it began to get dark and we realized time was limited, so sat on yet another public bench, overlooking the Pacific this time and offered our meditation to Shri Vishnumaya in Mother. There are never words to describe a powerful meditation but momentarily we were part of the ocean and the sky as they melted together in the gathering dusk. With experiences like this at every turn it was easy to focus on the greatness that is America and her people and to feel what they will be rather than what they are. At the Viratangata (The supreme Power of the Absolute Cosmic Being) Puja Shri Mataji proclaimed them to be the policemen of the world and we truly felt they have that capacity. For next newsletter we will have a transcript, of the Puja ready. Mother said that 16 000 American yogis are needed, the 16 000 powers of Shri Krishna. Someone later gave us an interesting statistic - there are 16 000 taxis in New York!

The Puja was held at Camp Whittle, a YWCA camp 7 000ft high on Big Bear Mountain. The day was fine and sunny but windy and the setting was in the open air amongst tall pine trees (maybe Douglas Fir). Beautiful stage decorations based on angels and flowers surrounded Shri Mataji. The vibrations were very strong and we felt it was powerful Puja. There were about 270 yogis present - more than ever before at a North American puja. The havan was held in an amphitheatre in the middle of the forest the evening before and much was being worked out that we could only feel and not recognize as yet.

We thank the American yogis very much for their arrangements - we slept in cabins for 12 amongst the pines, all 'mixed' groups from different places, all blessing the heaters which worked on the second night. A concert on Saturday evening gave us a glimpse of how talented in music and dance our hosts are and we enjoyed meditations each morning, footsoaks in a VERY fresh, cool lake and well-prepared food.

We were all very fortunate as yogis to see so much of Shri Mataji. She allowed each of us to give Her a flower and go to Her feet in the reception room at LAX Airport (200 yogis!) And most of us were able to do the same at

JFK Airport when Mother left for Milan - but there was no special area, we were out amongst the public. At airports in between and at every programme She greeted us and gave advice to those who needed it.

In one of those incidents which happen so often we were all waiting at the 'wrong' place when Mother arrived from Vancouver at LA, so we flowed like 'an enlightened forest' all through and around most of the airport building at speed when we heard that Shri Mataji was already in the Reception Area. Of course, She was not. So we flowed on together up the escalator, past the bar and into the open-sided room upstairs, to lean over the balcony looking down. A new yogini meeting Mother for the first time spotted Her coming through the doors and as Mother walked along through the public area below us, the cry of Jai Shri Mataji went up. Mother stopped to receive the greeting and flowers in front of some seated people, most of whom were Chinese. They clapped spontaneously after Mother passed. Most other people just watched. The airport was quite busy.

Much more happened than can be told here. Several yogis experienced clearing - one lady had felt Ekadesha Rudra catch for two days then after resting she felt movement of the cool breeze around her forehead 'like something flew round in a little orbit -cool and very fast, then she felt 'aaa' and very free. From that time the catch was gone and she felt very balanced and at peace and a lot of 'agnya chatter' was cleared. Another yogini felt several 'clicks' at the base of her throat and a surge of energy through the left ear leaving her feeling freer and clearer than before. Yet another experienced clearing around the sinuses like little 'rivers of lightning flickering through'.

Amongst the general public we felt the warmth and spirituality of the negro people very much in contrast to the self-contained almost insular white people. Of the many taxis and buses we rode in we found that even the most closed of the drivers melted before the end of the journey and we were able to give a pamphlet and information about Sahaja Yoga. When we gave out pamphlets in the streets and the Metro we noticed how very polite people were. Even if they didn't want to take a leaflet they indicated this without any sign of irritation. The long escalators are the best spots - going down. We gave pamphlets at the top and watched people looking at the photograph and reading all the way to bottom. Christine.

Jai Shri Mataji!