



Australian Sahaja Newsletter

5/9/98

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VISHWA NIRMALA DHARMA INC SAHAJA YOGA VICTORIA

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FOR THE NEWSLETTER:

The latest information for the Diwali Puja weekend is that it has been moved to 24th & 25th October, 1998. Consequently the Melbourne Collective will host the Puja on that weekend which should be confirmed by the next edition of the Newsletter. More news as it comes to hand will be forwarded soon.

Regards



John Henshaw



WAMURAN VACANCY

Because of employment and work commitments some yogis have had to move from the Wamuran ashram. There now exists an opportunity for yogis wishing to live at Wamuran to do so.

Yogis wishing to spend some special time in a special place and reside at Wamuran should apply through the Brisbane Trustees.

Please contact the following:

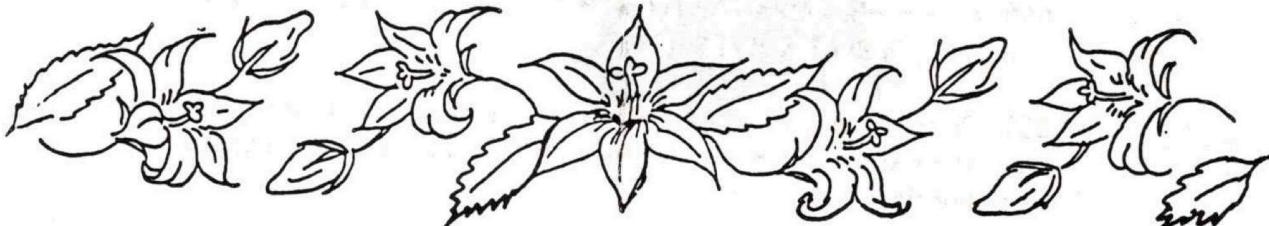
Ian Hamilton
Peter Hewitson
Wendy Flessner
Shubhra Nicolai
Bob Rankin

CAMPBELLTOWN PROGRAMMES

Programmes are being held for new people at Campbelltown library starting 17th September at 7pm.

Any help yogis can give are most welcome.

Contact Purnima on 0418 259 205 (A.H.)



QUOTATIONS FROM SHRI VISHNU SAHASRANAMA

This Sahasranama is especially interesting for Sahaja Yogis, because a commentary for it is written by Shri Adi Shankaracharya himself. It is said in the Indian Introduction to the book: "An interesting tradition has something to say on how Shri Shankara came to write his commentary. It seems Shri Shankara wanted at first to write a commentary on the Lalita Sahasranama and asked a disciple to fetch the text of the Sahasranama. He brought Vishnu Sahasranama. Twice this was repeated and then the Acharya heard a disembodied voice asking him to comment on this text." Isn't this story of a Sahaj style a bit? Now, the quotations:

77. Medhavee. - One who has the great mind, that is able to grasp the meaning of all texts. (Note: This name could be a useful mantra for Sahaja translators.)

291. Pavanah. - One who is the purifier. Says the Gita (10.31): "Pavanah pavatam asmi - I am Pavana or wind among purifying agents."

294. Kamaha. - One who destroys the desire-nature in seekers after liberation.

298. Kamapradah. - One who liberally fulfils the desires of devotees.

461. ... Chan. Upanishad (7.23.1) says: "Yo vai bhuma tat sukham na'lpe sukham asti - what is vast is the blissful; there is no happiness in what is small."

462. Jitakrodhah. - One who has overcome anger; for if He kills Asuras it is only to establish the Vedic order of life and not out of anger. The Asuras are the enemies of the Vedic order.

466. Svavashah. - One who is dominated by oneself and not anything else, as He is the cause of the whole cosmic process.

479. ... Cha. Upanishad (6.1.4) says: "Vacha' rambhanam vikaro namadheyam - the manifold exists only in name as a mere play of words."

716. Aparajitah. - One who is never conquered by internal enemies like attachment and by external enemies like Asuras.

736. Bhaktavatsalah. - One who has got love for devotees.

803. Mahahradah. - He is called a great Hrada (lake), because being the Paramatman who is of the nature of Bliss, the Yogis who contemplate upon Him dip themselves in that lake of Bliss and attain to great joy.

820. Shatrujit. - Conqueror of all forces of evil.

852. Ashramah. - One who is the bestower of rest on all who are wandering in the forest of Samsara.

859. Dandah. - He who is discipline among the disciplinarians. The Gita (10.38) says: "Dando damaya-tam asmi - I am the discipline of the disciplinarians."

861. Damah. - He who is in the form of self-discipline in men as a result of enforcement of discipline.

Eternal Wealth ~

(Reflections on a difficult period - Pavan - 98)

The question of material wealth
a spectred myth that haunts by stealth
the minds, desires of mortal man
consumes the heart and thwarts the Plan

For what is Man, his destination?
and what The Plan, what explanation?
and what our Seeking, what our Need?
and why this vast material greed?

These gross desires for more and more
are but a shadow I am sure
of that deepest Primordial Fire
that raised us all with pure desire

For we are not just low and base
our Source is from a higher place
and as we grow, evolve together
our Worth is not our fiscal measure

Our needs are truly very small
yet wants go on, o'ershadow all
and yet our greatest need is not
Fulfilled by all these things we've got

Aversions are the things that scar
attachments are the things that bar
us from That Moment ~ in the Now
Freedom is free of these somehow

No no, say no, to all impure
let go, let God, and so endure
silence desires when they shout,
your Self's within ~ even without

Yet burdens might a blessing be-
are undulations rocking thee?
Or are you Rock, unmoved, unbound
as these illusions crash around?

A measure of ourselves you see
is just how peaceful we can be
when pushed about by our inflations
by myths and Maya- Life's undulations

We've come to Earth to Learn to Love
Her Grace is raining from above
as empty Cups we can be filled
yet in God's time, as He so willed

cont.

And when at last we let it go
commit ourselves to God and so
relinquish the myth of self-control
then God takes over life and Soul

And when our Spirit becomes the Doer
when we do nothing, we are pure
immortal hollow reed we'll be
then as He plays us we will see

That all that's gone and been before
and all the myths that we endure
were there because we had false needs
tormented by insatiable greeds

And yet alone untouched and true
that Pure Desire that slept in you
witnessed desires that made you bleed
lay dormant as your Silent Seed

Until that great and promised day
when you awoke to truly say
"My God I am Thy grateful son
surrendered now ~ Thy Will Be Done"

This was no shortage you have had
these undulations you'll be glad
have showered you now with a grin
you've found without, our Wealth's within

The myth of having more or less
was just a drama now confess
for in your Self, you truly see
Source always was protecting thee.

Our whole life's purpose is Divine
sometimes we Grapes are pressed for Wine
that He may quaff our Bliss to see
how Shakti the Shiva, shines in me ~

To Realise God, our Spirit pure
full freedom, choice, we must endure
until at last, when truly Free,
God's own Reflection, we must Be

Then money matters not to thee
thy Heart open, always will be,
and She fulfills, Eternal Youth ~
Eternal Wealth ~ Eternal Truth ~



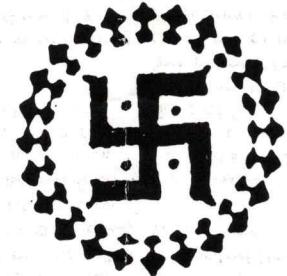
Nritya Ganapati



Maha Ganapati



Vijaya Ganapati



Urdhva Ganapati



central nervous system. With experience you learn. As when you burn your finger you learn not to put your hand to a candle. This wisdom is there within you.

Now you have started a new spiritual life. When you are going into the spiritual life try to remember your experiences. How you got transformed. This will take away your depression to begin with. Then you should think what do I have to do further. Am I really wise or am I stupid? After getting your self realization when Shri Ganesh is shining in your attention, you should see your reflection clearly and try to correct it. Only this much if you have that I have to work out my benevolence, you will do it.

As far as money or job is concerned, a lot of wisdom is there because these things mean prestige and security in the society. The second stage is that we are not for money. Money is for us. If the attention is on your priorities will change. To awaken Shri Ganesh you should have minimum wisdom. What is our benevolence? Is it money? Those who have money don't seem to be very happy. Is it jobs? It doesn't mean you are jobless. Is it power? You want political, social powers. It is an absolutely joyless pursuit.

Another problem that faces us is planning. Shri Ganesh does not plan at all because He is powerful. Whatever He wants He can get it done. The dust of His feet can create whole universes. Why does He have these powers? Because He is in that state. Are you in that state? You get panicky by little things, like catching a plane. How things work out is your Pure Desire that can work out anything that you want. At His state He Himself is on top of the Pure Desire. It is to be seen in Sahaja Yoga how things work out. These powers can come to you also. People who could not sing one note properly are singing beautifully. The Pure Desire, the Kundalini works it out. But what about you? What are you doing about it?

The first and foremost thing for Him is to obey His Mother. Never to ask questions and also not to ask why. He will even go and fight with all the gods and goddesses and everyone. That's what Christ said, "I will tolerate anything against me but not against the Holy Ghost." There should be no questions, or explanations. Sometimes even my pa-

tience goes out the way they do not want to accept what I am telling them. At the end they come around but one wastes so much time convincing them. What is the reason? They have no wisdom to know that what their Mother is like. Once the Mother of Shri Ganesh told all the gods, that the one who goes around the earth three times first will be given a present. All the gods set off on their vehicles for the race. But Shri Ganesh understood that His Mother is the creator of mother earth so She is much greater than the earth. So He went three times round His Mother as He knew that all creation is contained in Her. It's such a simple thing to understand because He is the wisest person. He knows who is who and what are the qualities of this person. He is not impressed by superficial things. If someone is well dressed then people get very impressed by him. But wisdom is a kind of a very penetrating intelligence, just like a computer. In a second you know the person. On a spiritual level we have to understand how people try to put you down spiritually, it could be your husband, wife, children, friends, relatives, or any Sahaja Yogi. But in the case of Shri Ganesh it is the other way round. If you put one bad apple all the apples get spoilt. But if you put Shri Ganesh among all the bad apples, they will get alright because He is the life giving force. This is one of the greatest qualities that He knows that He is the source of life. He gives Chaitanya.

People have a common problem that "Mother, I don't want to do it because my ego will come up". Everybody is psycho-analyzing themselves. You are all realised souls, you are saints. The false people are talking so big and you people who have got something are still struck with "My ego will come up, this or that will happen." You have the powers, but if you keep it then as Christ has said, the light will go out. You have to give it to others. You have to open it out and that is how you will judge your state. That confidence should be with you. All of you have to work it out. How dare anybody catch Mooladhara. What's missing is complete faith in yourself and in your Mother. A very old lady was brought to me who couldn't walk. She said "I know I will be cured in your presence." She got up and started walking. Her faith was tremendous. One thing is sure. Either you don't know you are realised souls or you don't know me. Why was Shri Ganesh so obedient to His Mother? Because that was the wisest thing to

The Divine Cool Breeze

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SHRI GANESH PUJA

TALK BY H. H. SHRI MATAJI NIRMALA DEVI
CABELLA, ITALY, 15 SEPTEMBER 1991 (Synopsis)

Today is the happiest day for all of you and for the whole universe because Shri Ganesh was created. He was created to emit auspiciousness through his chaitanya. First the whole cosmos was created with this chaitanya. Then Brahma Deva came into play and he created all the matter. The greatest blessings of the Divine Power was to symbolize chaitanya. This chaitanya has many aspects. In Shri Ganesha specially it is auspiciousness. In modern times people have lost the sense of auspiciousness. Everything that emits vibrations (chaitanya) is shudh, And whatever does not is not auspicious. So what ever you worship or accept has to be auspicious. Every shape has a cofference and all these shapes do not necessarily give vibrations. In the human beings also we find many people who have vibrations flowing in them. We take Shri Ganesha for granted. We do not understand that we have to awaken Shri Ganesha within us. What do we to do?

There is Shri Ganesha already existing in you; as innocence and it cannot be lost, Shri Ganesha is an eternal being. As he cannot be lost or destroyed. May be some clouds of your ill doings are covering this great personality of innocence. But it is always present. To keep this Ganesha always shining within us, is to remember that you were made in the same pattern as Shri Ganesha. His Kundalini, His Pure Desire is on his stomach, it is very significant to understand this. It means that He does not have to conquer the temptations of Mooladhara. He is also beyond the temptations of food, power etc. because His stomach represents absolute abandonment and freedom. He is not worried about his looks. Nowadays there is a fashion that you cannot have a big belly. As age grows, we have to have. Even small children have big bellies. Those people who are very thin must understand that they do not have that majesty and dignity which they should have. Shri Ganesha accepts it. The head of an elephant suggests that He is not like a human being who develops ego and super-ego. He is all the time one with the

Divine. He accepts His body. His head and everything that He is made of. He is what He is because He is a satisfied soul. The Kundalini on the stomach shows a completely self contented, satisfied personality of Shri Ganesha. When you have all the powers within you, you know you are powerful. Then you don't hanker after all these things and you don't try to make an impression on others. As you are created in the same Image of Shri Ganesha you have to understand that you have to accept whatever God has given you. Accept whatever position he has given you. Christ also accepted His father who was just a carpenter. He was self content and self satisfied.

For a Sahaja Yogi the first thing is to be self content. The fundamentals of a modern life is to see and to be seen. Both were missing in the incarnations of Shri Ganesha. You don't have to become anything. Your body, face, hair, everything is there just meant for you. You don't have to change anything outwardly because inside is complete chaitanya. People tortured and crucified Christ but still the eternal being didn't bother. So the first and foremost thing for a Sahaja Yogi is to accept. It doesn't mean you start accepting the bad qualities of others. Whatever I say has another side. Like I say that now you have become your own Guru. So you may think why should I listen to anybody else. Like this we go on deviating and deceiving ourselves from reality, just to cheat ourselves and this comes because we have no wisdom and we do not know what is for our benevolence. Even if we know don't want to do it.

How to make Shri Ganesha throw his light in your attention. Mentally you are very alert but you can always cheat yourself. You should see yourself. Introspect. Why cant I meditate? Am I going to miss out? Why cant I do something that is good for me. Introspection is the only way. You can see yourself how far you are from Shri Ganesha. If you are wise then not only will you accept but will understand and penetrate into your attention through your

do. The one who knows everything, it is better to be guided by that person. Many a times people try to do important things without telling me. They fall into traps. Its not necessary that you should tell me everything but when you are in a fix, you can always just go into yourself and ask yourself what would Mother do. You will get the answer. You are at quite a higher state. You are on a tree and are still thinking that you will fall down. Steady yourself. That steadiness in your achievements of Sahaja Yoga. Believe in yourself, that you have entered into the new world, into the new atmosphere. Work it out. Shri Ganesha is just waiting. But He is not meant for people who have no courage. He was such a courageous child who could go and fight with all the Devas, because He knew the Shakti was with Him.

Today is such a joyous day for me because we have children and we are dealing with children. Most of them are born realised. They are of a very special category. But we spoil them. Because we were not born realised. We don't know how to handle these special category of born realised children. Not only do we spoil them but we interfere with the Sahaj school, with this or that as if we are the wisest ones. Because we are Sahaj Yogis we have to be much more sensible, than other parents. How can you interfere with any school anywhere. But in Sahaja you will. It is because there is no wisdom and no understanding of what is good and benevolent for your child. If you love

your child then you must think of his benevolence. You must learn from the experience of what happens to children who are left like that you cannot spoil your children as they are special. They are not children who can become thieves. They will go on making them something funny. They are neither here nor there. They are born realised and they have to be channelised properly to achieve their complete manifestation of their spirit. So the possessiveness and stupid attachments to children must be given up. There is no force on you. If you want to destroy a child you can do so. If you had the wisdom of Shri Ganesh you would understand. We have to have beautiful children. If they are spoilt it is because of you. You have ruined them. You are responsible. I know so many children who are very sweet. I have conferences with them and I find them much more congenial. I have much better rapport with them than I can have with you. They never argue.

It is such a nice thing that today we should desire that our children should soon become the images of Shri Ganesha. His ganas who have to work out so much. Its a tremendous task. Sahaja Yoga is the greatest achievement of Spiritual evolution. We all have to dedicate ourselves. We don't have to suffer or sacrifice. The only thing is that we have wisdom. The Pure Desire should be that "Shri Ganesh please give us Divine Wisdom" That's all. It contains everything in it.

May God Bless You.

