

31st May 1997



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## QUIETUDE

Lately I became aware of the meaning of Quietude.  
Day after day I stayed away from the multitude.  
I cleaned my cottage and prepared it for the visit of a monk  
Who came to me from the distant mountains.  
He descended from the cloud-hidden peaks  
To see me in my thatched house.  
Sitting in the grass we shared the resin of the pine.  
Burning incense we read the sutras of Tao.  
When the day was over we lighted our lamp.  
The temple bells announced the beginning of the evening.  
Suddenly I realized that Quietude is indeed Joy,  
And I felt that my life has abundant leisure.

Wang Wei

## Mahakali Puja

Shri Mataji will be worshiped as Mahakali while in New York during Her visit to America over the weekend on June 6th - 8th.

On June 7th for the Saturday night program, we will be holding a Mahakali Puja at Burwood to coincide with the Puja in New York. With the recent attacks upon Sahaja Yoga it will provide us with an opportunity to remove obstacles on the left side.

This Puja will require no setup, and no meal will be provided, just lots of Joy and vibrations.

## **WORLD ENVIRONMENT DAY**

SUNDAY June the 1st. 12 to 4 p.m.  
at Bondi Pavilion the Sahaja Yogis will  
man a realization tent. All help always  
appreciated. Max...91303264.

### **A CALL TO YOUTH**

There is a need for the older children in the collective to get together more often to enjoy each other as brothers and sisters. It is proposed that a variety of social events be arranged and a calendar will soon be available. The first collective camp is being held this weekend at Somersby and a bushwalk is planned in the Blue Mountains on Sunday the 15th June, commencing at Springwood 10 a.m. Raelene, Pam or Andrew can be contacted for more details. A July weekend in Canberra incorporating a possible snowtrip is also planned.

### **A Room in Lakemba**

Surekha is seeking a yogini flatmate to share her 2 bedroom unti in Lakemba. Phone 97407984 after 6.30 any evening except Wednesday or Saturday and Sunday 9-11 a.m.

### **AMERICA BRAVE AND TRUE**

A celebration of American culture (yes it is true) will be held at Burwood on JUNE 8th. Sunday, Commencing at 4 p.m. there will be a screening of two Frank Capra movies. At interval an American dinner will be served. Y'all most welcome. Cost-\$10pp.

### **MONTHLY RADIO GROUP MEETING**

**JUST A REMINDER:** Burwood, 5pm, Saturday, 7 June 1997. We will be discussing/deciding what to do for our next fundraising event (suggested date: sometime during the last week in June). See you there!

# Recollections of Shri Adi Shakti Puja

Here are the recollections of Adi Shakti Puja sent by Kerry Kyriacou who presented flowers on behalf of Australia.

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Shri Mataji began to talk of the creation but said that to just talk of the creation would take at least seven lectures, so She would talk of the Earth. The power of God Almighty Sada Shiva is Adi Shakti – She is His complete desire – She is like His breath,

The complete desire of Adi Shakti is the Adi Kundalini. When the Earth was created a Kundalini was put there together with the Chakras. You can see the relation between the Virata and the Earth, there is subtle relation between the Chakras and the Kundalini.

The Earth is just mud but see how humble it is and what are its qualities. See what the Mother Earth does, you put a seed into the Earth and it just sprouts, it looks after and organises life. It is intelligent, it is living, it acts. Gravity is the manifestation of the Kundalini. There are magnetic lines of force which extend over the surface of the Earth. Scientists do not understand the Earth .

Mohammed was not a worshipper of idols or of images from the Earth, but at Mecca there is a Shiva Swambu, there are vibrations, that is why he told people to go there. But the people going there are just doing ritualistic practices. By doing this Haj (pilgrimage) you do not grow or ascend. Many people have died there (Shri Mataji related the incidents where people were killed following a stampeded, and after the recent fire). In India there is a Holy place called Jandarnan where a recent earthquake killed many people. The Pakistani newspapers wrote that how can people die if the place is Holy? But when the same thing happens in Mecca they say nothing, they do not question its Holiness.

There is a line which connects Mecca and Chindwara (the place of Shri Mataji's birth). In India there is festival where the statue of Shri Ganesh is put into the sea. During that time the people there were drinking and wandering around drunk. The Mother Earth did not like this, Shri Mahalakshmi does not like it. Shri Adi Shakti does not like it. As a reaction there was a earthquake, but not a single Sahaja Yogi was hurt, all the places they live were untouched. Mother Earth recognises the feet of saints. In India there is a custom when someone wakes up in the morning before placing his feet on the Earth he says to Mother Earth – "Mother Earth I am going to put my feet on you – please forgive me ".

At this time Shri Adi Shakti has taken us into herself, into Her body, it is like an injection. It is the choice of Adi Shakti Herself, She took the challenge to do this, it was to be at this time. Now we are all inside Adi Shakti, we are put into the ocean and we are cleansed by the ocean – but the problems are still in the ocean lingering.

Adi Shakti takes this on because She is our Mother. Some people jump in quickly, others do not go deep, maybe due to conditionings, family, education or psychology. Others jump in slowly, they reach a plateau then stop, eventually with time they get better.

The more closer you get to me the more I can be hurt, so you cleanse yourself by introspection which is not thinking but meditating, at least 15 minutes a day. She said that She loves the good Yogis and the bad Yogis, but asks us to be very good Yogis because She does not want to be crucified everyday.

## **ALICE SPRINGS ETERNAL - A letter from ex-Sydneyites Sue and Russell Raggett**

...Just a short note from central Australia. First of all a big thank you to all our brothers and sisters who wrote such wonderful things on our farewell card and another big thank you for the most unexpected gift. It is a beautiful wall plate designed by Versace.

Our trip to Alice Springs was wonderful- fabulous sunrises/sunsets, heaps of sky and lots of kangaroos. Russell attended the Earth Building Summer School at Mildura and learnt about rammed earth , mud brick, strawbale houses and earth ships (tyre houses) so he is very gung ho about being an owner builder. We have actually achieved our goal...Alice Springs.

Synchronicity abounds in our lives these days. A busy city life certainly has a numbing effect on you, it can drag your attention away so that you miss the minute detail of what is really going on around us. We just laugh at "our" timing all the time now. Two weekends ago we moved into our own home . We saw it on the first day, made an offer two days later, saw the bank manager the day after that. The following week we had work and were able to produce pay slips to secure the loan. Six weeks later we're here on 5 acres, 10 kilometres out of town. We have a 2200 foot mountain in our backyard and stunning views of the west Macdonell Ranges from our front verandah.

Russell has a good job with the Red Ochre Restaurant . It opened last week and is getting rave reviews . I've got a few weeks work with CSIRO. I'm interviewing tourists about the environment in the West Macdonells. It's a tough job hanging out at these spectacular places waiting for tourists to talk to! The dogs have become real bush doggies- they've had to- the bindiis here are the giant economy size. It's great to receive all the news and hear your voices. I can't tell you how truly wonderful it is here and how very happy we are. We both hope that others will be inspired by our "Big Adventure" and take courage to have their own "Big Adventure" also. Shri Matagi is just waiting to help. We haven't started programmes yet. We are going to settle ourselves first and watch for a while. There are lots of issues that will need heavy collective attention but the dust hasn't settled after our move. Our new address;

P.O. BOX 3564

ALICE SPRINGS N.T. 0871

New telephone; ( 08 ) 89555553 ( what a number! )

lots and lots of love Sue & Russell.

Happy Henwood Update...The bus Matilda with her Henwoods has just spent a few days at Kings Canyon and is now heading towards Alice Springs where it will be based for a few weeks. Letters can be sent care of the Raggetts. At Kings Canyon..."there are huge ancient cycads and holly Grevillia bushes...along the creek bed in the canyon floor there are large elephant gums with long white trunks and limbs...the rocks reflected in the still dark pools. We all lay still on the rocks beside the pool looking up at a tree with a flock of black cockatoos resting in it. As they hopped around the branches we could see the brilliant red of their tail feathers. The kids can keep still for ages just watching..."

## Recollections of Shri Adi Shakti Puja cont..

Shri Mataji wore a glowing white sari with a golden border. She wears a white sari because if there are any black spots you can see it. We should be like the white sari, we have to see every black spot and cleanse it, we have to be the very good Yogis. During the previous evenings entertainment the Yogis sang a song that they wish to go higher and higher. This gave Shri Mataji joy to see our ambition. But how are we to achieve this ambition? We meditate and give to people the Divine love which is self-realisation.

When you give realisation you become so happy - filled with joy. Some people ask me of their past lives, if they were kings or queens. But what are these people? did they have the power to give realisation. You are much higher than these people, you have the power to give realisation.

Sahaja is not only for your emancipation, you are a Divine channel to give love to give realisation. If you have not given realisation to anyone you are not a Sahaja Yogi. There is a person who wakes up at 4:00 am everyday to meditate, he does his practices but he does not talk to anyone about Sahaja Yoga. Sahaja Yoga is for everyone - it is a collective thing. - this person will not ascend - the Kundalini is intelligent it will not help him.

Your purpose should be to please Adi Shakti that is the aim. When you spread Sahaja Yoga the Kundalini will help you - it is pleased. Both men and women have to both meditate and spread Sahaja Yoga - we have to talk about Sahaja Yoga, we are not here to help ourselves - the Divine love is for the whole world. We have to bring many people to Sahaja Yoga , if we fail in this everything will fail.

Christianity is a bad job, 12 people spread it whatever they were. Islam is a bad job. Sahaja Yoga is a good job, spread it.

Take an oath today to spread Sahaja Yoga to give realisation, to know about Sahaja Yoga.

A large beautiful bouquet of flowers were brought to be presented on behalf of Australia. They were orange and ochre lilies, 16 stems, very beautiful and very cool A card was presented decorated with a white dove, representing the Kundalini, with its beak touching a golden heart.

The scene was decorated with Kundalini symbols, and water symbols. Written on the card was the words "With love from your children in Australia". When the flowers were presented She asked Kerry if had come from Australia, to which he answered that he was now living in France.

Shri Mataji admired the card and flowers, She looked radiant and beautiful and She said that Her attention went to all Her children in Australia

Date: Sun, 25 May 1997 12:15:05 +0000  
From: Geoffrey Godfrey, United Kingdom <ipoindia@dircon.co.uk>  
Subject: Royal Albert Hall

Dear Mark,

Can you announce that Shri Mataji will be giving a Public Programme in England this year at the Royal Albert Hall, London, on Thursday July 3rd. 7.30pm.

Sahaya Yogis are invited to England to attend this special event. Details regarding accomodation, costs of stay, travel directions are still to be finalised and will be forwarded as soon as available. Barry West can be contacted if there are any urgent requests for further information on (bwest@iee.org).

In previous years we have held a picnic in a London park (Richmond Park) on the Saturday following the programme. In 1995 Shri Mataji attended the picnic in the open air, which for all those who were present will be remembered as a very special occasion.

We are already engaged in the first steps promoting the event and would be delighted to welcome all those who wish to visit England to attend this evening

With best regards, Geoffrey.

*The Words of Shri Mataji*

## Music Can Purify Those Who Hear It

*Music has a large role in the ascent of Sahaja Yoga and in the culture of Vishwa Nirmala Dharma. To the Sahaja Yogi, music of a realized soul can purify those who bear it with an open heart.*

*"Nature, herself, responds to music," Shri Mataji observed in Her opening remarks while addressing participants in a seminar in Sheffield in September 1985. Shri Mataji continued by saying:*

When you were singing I felt the cloud were catching the notes, weaving them within themselves, and when it would rain, the rain would sing the song again as if the valleys were resounding so beautifully and the echo was very gentle and filling the whole atmosphere.

Perhaps you are not aware of the subtlety of the Divine, how much it is anxious to work it out, but our trumpets and our flutes and our drums have to be all right. There has to be coordination, complete synchronizing. Then the melody is played in a beautiful way.

Clouds only carry the purest water, the purest hymns, so when we are spreading the message we have to understand that it has to come from a pure soul. Purity is very important.

The music and the art, the creativity is all within us. We all have the ability within us, but we need to establish the technique. With poetry, drawing or music we must have the technique or we cannot express it properly. The creativity is there, but it cannot be expressed properly without the knowledge of the technique.

It is such a great gift to be able to paint or sculpt and create works of art that please the spirit and bring joy to all who see them, to be able to express the joy of life and the vision of our ascent through poetry. Such gifts we have been given. Let us use them to our fullest potential.

Like our bodies, as temples of the spirit, are looked after and decorated with beautiful things, our lives are enriched by the beauty of the arts and music. If we have the ability and the knowledge within us, then let's learn how to share it with the world. If the words are there but we cannot speak and share them, what is the point of it? We can learn how to express and share these gifts we have been given.

Music is divine and you feel you are in paradise the way it was rendered. The Adivajays played before you. I have no words to describe my joy. I am only sorry that people have no sense of understanding this great music that is in our country [of India].

If they listen to this music they will have no diseases, no heart attacks, nothing. That is absolutely Divine and people should take to it in such a way that it's a blessing of God that we have such great artists in our country existing. My heart aches to see such artists not being properly recognized, appreciated and worshipped. I am sure one day will come when they will go all over the world and play this beautiful praise of Saraswati. We must know that the only way we can keep healthy is through our music, our talas, our dancing.

### Symptoms of Inner Peace:

Look out for the symptoms of inner peace!

The hearts of many have been confronted already with inner peace and possibly all humans everywhere fall sick with it like an epidemic. This could be a serious threat for everything that is known as the socalled solid state of conflict on the earth.

Some signs and symptoms of the inner peace:

- \* a tendency, to think and act spontaneously, instead of being lead by fears that come from past experiences
- \* an unmistakable talent, to enjoy every moment of life
- \* a loss of interest to judge others
- \* a loss of interest to interpret the deeds of others
- \* a loss of interest about conflicts
- \* a loss of ability to worry (a real serious symptom)
- \* frequent overwhelming phases of gratitude
- \* satisfied feelings of affection with others and with nature
- \* frequent attacks of smiling
- \* an increasing tendency to let things happen instead of wanting to work them out
- \* an increasing susceptibility for love that is spread by others as well as an uncontrollable yearning to return the love

Author unknown, found at the door of an artclass in Swansea, Wales, UK (found in ASTRA-News)

Jai Shri Mataji!

We in the USA are joyfully awaiting what looks like a very large contingent of Sahaja Yogis from abroad who are planning to attend the upcoming seminar, Mahalaxmi Puja and public program in New York. We are looking forward to seeing as many of you as possible! We have been contacted by groups from at least six countries outside of North America so far.

The New York yogis are diligently arranging our housing, food, and various aspects of our transportation. In order to help them, we urgently need information about who is coming from each country, specifically - how many people, the breakdown of men/women/children, arrival and departure dates (and times if possible). Even if your plans are not certain yet it would be a great help if you could reply with an estimated number of people and the approximate dates of your group's stay.

What is anticipated at this point is that Sahaja Yogis coming from abroad who are travelling in groups will be met at their respective airports and taken to wherever they are staying (or to the camp, for groups arriving Friday June 6). We will be housed at Camp Vacamas, where the puja will take place, from June 6 through the puja weekend (probably with a trip into Manhattan by bus for posterity on Saturday). The cost for the weekend is \$150 for adults, \$80 for children 12-17 and self-supporting students, \$65 for children 5-11 and \$7 for children under 5 years.

After the weekend we expect that we will all shift to lodging in Manhattan (possibly shared suites at \$20/per person/per night). From there posterity and leafletting efforts will continue through Monday and Tuesday. While we are in Manhattan, the New York yogis are planning to provide two meal per day at no charge, cooked by the local Sahaja Yognis.

Because the New Yorkers need to book the appropriate number of rooms, busses, etc., we kindly request you to let us know as soon as possible the details for your group. Please either email the information to: SWollen@aol.com or inform us by phone call or FAX at (847)729-4956 (Steve and Flurina Wollenberger).

We are looking forward to your visit, and to joining together with you in this great effort to spread the Message and the Love of our Mother in the land of the Vishuddhi.

With love,  
Steve Wollenberger, Chicago

### I DREAMED DEATH CAME THE OTHER NIGHT,

Heaven's gate swung open wide,  
An angel with a halo bright  
Ushered me inside.  
And there, to my astonishment,  
Stood folks I judged and labelled  
As quite unfit,  
of little worth  
And spiritually disabled.  
Indignant words rose to my lips  
But never were set free  
For every face  
showed stunned surprise.  
No one expected me.

Author Unknown