

# Sahaja Newsletter

STRATHFIELD

## Contributions:

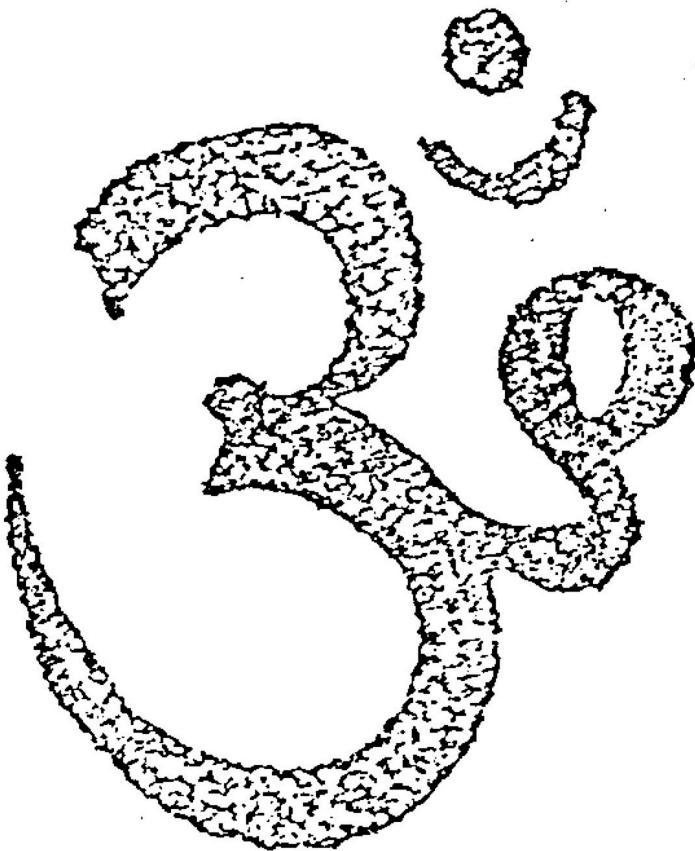
Sue Raggatt:

Carole McNeill: (02) 560 6921

Efrem Manassey (02) 560 4134

Fax: (02) 745 4562

MAY 28TH '93



The ADI SHAKTI Puja will be held at Burwood, starting at 11.30 am on Sunday, 6th June.

The following groups are on roster:

Setting Up	Burwood & Chatswood
Cooking	Gosford, Central Coast, Ramsay St
Wash Up	Parramatta, Ryde, Roseville
Dismantle	East Lindfield & Lindfield

Because of our stated intention of starting the Friday evening programmes at Burwood at 7.30 PM, the sale of audio tapes and the hire of video tapes will start at 7.00 pm and finish at 7.25 pm. Both outlets will be open again following the completion of the programme.

The following may not be the exact words Shri Mataji used, but to the best of our correspondent's memory, this is what She said:

Segment of Sahasrara Day Puja Address 1993, Cabella Italy.

"So this is how with the Sahasrara open the Kundalini started moving, it was all the time flowing within you, when the Nivilkalpa State goes and when it is coming to the Sahasrara one has to know that the Sahasrara has to be clean, so the flow of the Divine Power is going to penetrate, without obstacles. So to get to that level, to get to that state all the Sahaja Yogis I am happy to know are trying to work it out, their own individual meditation also. So this growth starts to take place and in this way you get your enlightenment.

You have to grow your Sahasrara, it has to be cleansed out at such speed and at such a level and state that like soap cleanses everything, it should cleanse everything, it starts to cleanse everything else. You should not be afraid of anything, should not have any worries about the conditionings of others, of the egos of others, this is the state now we have to reach. I wish and hope that all the 1000 petals of your Sahasrara will be so cleansed that you will never catch from anybody, never be frightened of anybody. You will be masters of all kinds of curatives and also you will be the one who can give solace, peace to others, you will be the ones who will be organising programmes outside, you will be the ones who will be responsible for Sahaja Yoga, and when that happens then we can see that these 1000 petals of the Sahasrara are opened fully. These 1000 petals are not yet awakened, they signify the different 1000 powers of the Goddess, minimum of minimums. These 1000 petals you can open up yourself by introspection, by looking at yourself, by making fun of yourself.

Know thyself means know yourself with all the defects you have and also the potential you have and all the good points you have. And so far as you are concerned when you are looking at yourself you just see the defects, "Why do I behave like this, Why do I assert so much,

What is the problem, Why cannot I see myself clearly?"

With the transparency of your Sahasrara you can see your heart better, see your mind, see yourself clearly, what is wrong with me. This transparency can come only if you have really the pure desire the 'Shuddha Ichha', to be of that level. Everyone individually has to see for himself if he satisfies himself, or not. Nobody else is going to give a certificate, it is you who is going to give the certificate to yourself, honestly, it is you, your Sahasrara and your attention and you have to see within yourself how far have I realised my own powers, my own compassion, my own personality.

If you are looking at the mirror then you are the one who is observing, your reflection is the one that is observed, and there is the action of seeing so that you are in three dimensions. But supposing you are becoming the mirror, the whole process is reversed, you see yourself, you do not have to see because you are seeing it all the time, it is just spontaneous. In the same manner when it comes from Sahasrara it is your Sahasrara itself that gives you the full idea as to who you are. The diagnosis comes from your own Sahasrara, your own Sahasrara tells what centres are catching, you have all the pitas of the same centres of the Sahasrara. As if the Sahasrara is now watching itself and reporting this is wrong with you, this is wrong with you, so Sahasrara gives you the right information about yourself.

You have become the light, you have to give the light. The brain should be used for enjoying the peace, enjoying the joy, enjoying the collective, the capacity to enjoy is when your Sahasrara is absolutely open, you enjoy Nirvana. I hope all of you will realise that your Sahasrara are clean completely, they are perfectly alright, you don't have to worry about it and you can really go ahead in the spreading of Sahaja Yoga."

4.

YUM CHA FAREWELL FOR THE VASUDEVAS

Lyn & Surender are leaving for India on Monday, 31st May at 10.00 am. We are really going to miss them. We are having a collective farewell on Sunday, 30th for Yum Cha. Meet at the corner of Hay & Dixon Streets at 11.00. Please ring Peter Aerfeldt at Burwood so we can get an idea of numbers.

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MELBOURNE held their major programme in the Richmond Town Hall last week.

At least 100 people attended and at the finale, the vibrations were very very powerful. Follow ups are being held in a number of centres including Balwyn, Hawthorne, Richmond, Templestowe, Croydon, the Mornington Peninsula, Burwood and Mooroolbark. Quite a few new people are showing up at these venues and in general, there are definite signs that things are on the move.

It is interesting to see that these results are coming from advertising in the local press in selected areas and that word of mouth is, as ever, one of the most powerful mediums we have at our disposal.

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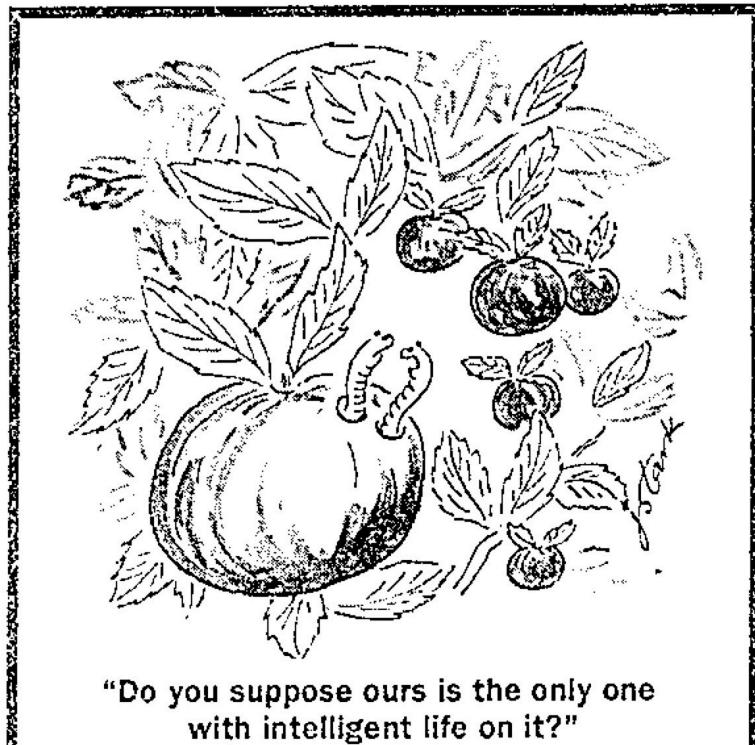
ROOM TO LET - Ramsay Street - HABERFIELD

Single person wanted for a room with 2 windows!

There is also a share situation there with Prasad - very nice man - very nice room - very nice home - very nice people.

Please consider!!!!

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"Do you suppose ours is the only one  
with intelligent life on it?"

ZOE FLETCHER

30 ENSENADA ST,  
COPACABANA  
N.S.W. 2251  
TEL. 043 811878  
27-4-93

FINE ART AND CRAFT EXHIBITION  
EXPRESSIONS OF INTEREST!

I am writing to all Sahaja Yogis who would be interested in participating in a fine Art and Craft exhibition to raise funds for Sahaja Yoga.

The Perth collective has held similar functions with great success.

The exhibition will include paintings, drawings, sculptures and fine craft pieces.

To give Sahaja artists time to produce suitable works the exhibition could be held over the Mothers Day weekend of 1994 or 95.

If you or friends wish to exhibit or perhaps help to administrate different aspects of this event, please send your name, phone number and how you wish to participate to the above address.

Jai Shri Mataji



We heartily invite all our brothers and sisters throughout the world, to attend the first ADI SHAKTI ~ KUNDALINI PUJA of the Satya Yuga (the Golden Age of Truth). Shri Mataji has recently revealed to us that Kundalini Puja is the most important puja, after Her Birthday Puja.

We pray that, by the grace of our Shri Adi Kundalini Mata, we may all rise above the obstacles which seem to be in our way, and all come together in worship of Her Lotus Feet on this historic occasion.

We hope to greet all of you in Paradise (Cabella!) on the weekend of June 4th to 6th.

All Our Love & Vibrations,  
the Sahaja Yogis of  
Germany & Austria.

"JAI SHRI MATAJI!"

(Other details will be sent via fax to national leaders.)

## The Tao of Pooh



"We've come to wish you a Very Happy Thursday," said Pooh, when he had gone in and out once or twice just to make sure that he could get out again.

"Why, what's going to happen on Thursday?" asked Rabbit, and when Pooh had explained, and Rabbit, whose life was made up of Important Things, said, "Oh, I thought you'd really come about something," they sat down for a little... and by-and-by Pooh and Piglet went on again. The wind was behind them now, so they didn't have to shout.

"Rabbit's clever," said Pooh thoughtfully.

"Yes," said Piglet, "Rabbit's clever."

"And he has Brain."

"Yes," said Piglet, "Rabbit has Brain."

There was a long silence.

"I suppose," said Pooh, "that that's why he never understands anything."

THE DEVI SUKTA  
(Rigveda 125)

I move with Rudras and with Vasus, I move  
with Adityas and all Gods by My side,  
And both Mitra and Varuna I support.  
I support Indra, Agni and the two Asvins.

I uphold Soma, the destroyer of the foe.  
I sustain Tvastrī and Pushan and Bhaga.  
I reward with wealth the offerer of oblation  
and the devout worshipper pouring the Soma.

I am Queen, the Gatherer-up of treasures,  
the Knower, the first among the Holy Ones.  
The Devas have established in many places  
Ma who lives on many planes, in many a form.

The man who sees, who breathes, and who hears what is spoken  
through Me alone obtains his sustenance.  
There are those who dwell by My side but know not.  
Hear thou who hast hearing: I tell thee the sacred truth.

Yes, I Myself say this, and these My words  
must needs be welcome to Devas and men!  
One whom I love I make Mighty - make of him  
a Brahmana, a Sahaja Yogi, a Gifted Man.

For Rudra I stretch out the strings of His bow  
to slay the fierce enemies of the Realised Souls.  
And for the people, I engage in battle;  
and through the earth and the heaven I spread.

And on the summit I bring forth the Father.  
My home is within waters, in the ocean,  
From where I extend to all existing worlds;  
and yonder heaven I touch with My forehead.

And it is I who, like the wind, breathe forth Chaitanya  
and set all existing worlds in motion.  
Beyond heavens and beyond the earth am I,  
and all this have I expressed in My splendour!