

Sahaja Yoga

17th November, 2000



Australian Newsletter

Jai Shri Mataji!

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Publication Deadline each Tuesday

"The will of a God will be done in any case, whether I would execute it or not. But it is I who can make a decision to be the opponent of this will and deprive myself of the boon of participation in it or to be a guide of it, to pull it into myself, as far as it can be contained in me as love, and to live by it and to experience the inviolable boon." Tolstoy

"The true religion is in such a way, that to know the law, which is above all the human laws and is the single one for all the people in the world." Tolstoy

"We are feeling unwell, because we know a lot of unnecessary things and don't know the most necessary: ourselves. We don't know the one who resides within ourselves. If we would know the one who resides into everyone of us, then our lives would be very different ones." Skovoroda

"A human body wants good for itself only and people fall for that deception. Once one lives just for the sake of his own body and not for the sake of his soul, then he goes away from both people and God and he isn't getting the good that he is seeking." Tolstoy

continued overleaf...



(These quotations reprinted from SahajNews are from the Russian language edition of the Sahaja Yoga book *The Advent*.

The words of Leo Tolstoy and Ukrainian philosopher Grygorii Skovoroda are inscribed at the beginning of each chapter to offer inspiration to the reader.)

"The body of ours is weak, dirty, mortal, but the treasure, the immortal God's Spirit, is hidden in it. Once we would recognize that Spirit in ourselves, then we will love people and if we would love people, we will get all that our heart wants: we will be happy."

Skovoroda

"The more everybody lives, the more life reveals to him; what was unknown becomes known. And it lasts so up to death. It is in death, where all that could be perceived by man reveals."

Tolstoy

"Evil exists within ourselves only, that it is there, where it could be taken out." Tolstoy

"One should not think of what I live. It is not I who lives, but that spiritual being, who lives within me. I am just the hole, which that being is manifesting through." Tolstoy

"To sin is a human business, to justify sins is a devilish business." Tolstoy

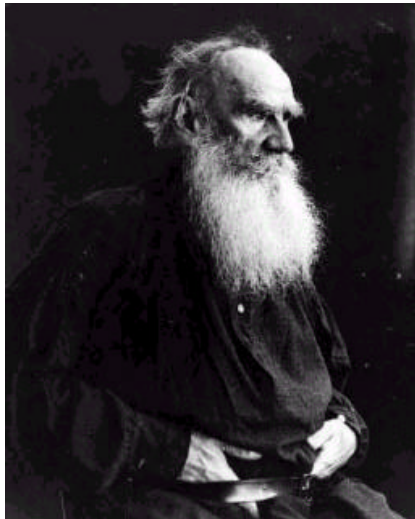
"All things are attracted to the earth and are attracted to each other. Just the same way

all souls are attracted to God and are attracted to each other." Tolstoy

"Don't seek God in temples. He is close to you. He is within you. Only you should surrender to Him and you will rise above happiness and unhappiness." Tolstoy

"Do you desire good? So, you will get what you desire only if you desire that good, which is good for all people. But that good is given by love alone."

Tolstoy



Leo Tolstoy

STATE NEWS

News from NSW

Mother's Art-Fest Change of Plans

We are all very excited to enjoy more of the art by the Sahaja Yogis. And we would like to find any ways to give the artists more inspiration...

Regarding the Christmas Art-Fest announced last week and scheduled in Terrigal, Central Coast on 8, 9 & 10 December, it seemed to us that in order not to divert the collective attention from the main focus of achieving the completion of the works in Balmoral to welcome Sri Mataji there, we should postpone the event until March.

The Central Coast Sahaja Yogis are ready to prepare for us a great welcome, when the time will come!

We could perhaps rather prepare a Special Sahaj Art-Fest for Sri Mataji when She comes, either in Balmoral or in Sydney open to the public. The inspiration theme could be **"The Holy Mother Has Come"**.

Let us put all our attention and efforts to express our desire to please our Mother and to change this world, to remove ignorance and stop all suffering.

Bolo Sri Adi Shakti Mataji Nirmala Devi, Ki Jai! Jai! Jai!

Jean-Michel Huet

Sri Mataji's Cottage at Balmoral

Some plans have already been sent to the builders for comments and pricing.

There will be soon a lot and nice work to do with our hands on site. Get ready!!

Thanks to all

The Architects (so-called!)

Jean-Michel Huet, Graham Brown & Michael Fogarty

Ganapatipule 2000

Ground fare for Ganapatipule 2000 is about to be collected. Please contact Paul Stainsby to arrange for an application form and to register your intention to attend.

Contact Details:

Mobile: 0411 013358

Home: (02) 9890 4535 (after 5pm weekdays)

Fax: (02) 9683 6110

Email: paul.stainsby@attglobal.net

Yogis and Yoginis intending to marry at Ganapatipule should return their marriage application form to Avinash Nickkawde **no later than 29th November**.

Vacancy

Two beautiful rooms available in large house in leafy area. Close to Sydney University. Come and help with Glebe programmes.

Phone Prue Page 9566 4021

Sahaj Radio Program Live on the Net

Good news everyone!

2SER.FM have just implemented streaming audio for ALL their live radio broadcasts. What this means is that the Sunday Sahaj radio program can now be heard around the world, every Sunday... LIVE! Jai Shri Mataji!!! (Several months ago we spoke about doing this ourselves, at great expense!)

You'll need to have Windows Media Player installed on your pc to listen to this station (this is a standard Windows plug-in). WMP will work with either Netscape or IE. The latest version of WMP is Ver 7.00.

Could I ask everyone to check out the links below to see what sort of problems arise (eg best version of software to use etc.). Once I get some feedback, I'll update the <http://www.freemeditation.com> to provide the link plus a help section to get people started. This is where your feedback will be used.

The links to use are either:

- <http://2ser.sia.net.au:8080/2ser-stream.asx>

This will launch your Windows Media Player. You'll be listening to whatever is going to air at that time.

or:

- <http://www.2ser.com>

Click on the 'radio stream' (bottom right of screen on the 2SER home page). The same as the above will then happen.

Please let me know what link you find the easiest to use and what problems you might have had.

Thanks and regards,
Charles Tiralongo

Correction for Website Address

Please note that the correct address for Website Sahaj is www.freemeditation.com (no au on the end).

David Sharp

A Baby Re-named

Jalindar and Michelle's baby boy (born 14th September) has changed his name to Prabhu Shete.

He gave his first smile on his new name day.

Jalindar & Michelle Shete

Balmoral Development

With the promise of Shri Adi Shakti's possible visit once again to our shores a real sense of excitement and purpose has begun to flow through the Balmoral development project. The work of many years of planning and thought is beginning to bear fruit. The outcome of a series of Balmoral Development meetings has resulted in a number of drawings being prepared in relation to the rebuilding and redeveloping of the 'caretakers cottage' into a residence built specifically for Shri Mataji's needs.

A number of alternative designs have been prepared and at this stage we are seeking our builders input into what they view would be the most appropriate manner to proceed with the residence before we proceed onto more detailed working plans.

We would especially regard any constructive input and consideration with regard to the ease of construction, cost, and appropriateness to Shri Mataji's needs, given the site, existing location, and time constraints placed before us.

Over the next few weeks further detailed design work will proceed in relation to Shri Mataji's cottage.

Discussion were also progressed in relation to the Puja Hall centred upon the possibility of not only proceeding with the planned extension to the Eastern side of the Hall, but also completing the total extension work to the Hall by enlarging the Shed a further two bays to the South.

If we are going to expand the Shed it was thought it would be best to proceed with the complete extension to

the Hall in time for the Puja next year. In this manner the Puja Hall would be large enough to cater for the majority of the National Collective, with the capacity to add a pendal to one side for further additional capacity if needed at the time of Shivaratri Puja.

We would also confirm our intention to have full-time builders on site from **December** through to **February**. Without this full time on-site presence it has been ascertained that we will not be able to complete the preparations of the property in time to host Shivaratri Puja.

With a number of working builders within our National Collective hopefully this will mean that each builder would not need to spend more than a few weeks contributing to this project. Our aim is not to overburden a small number of dedicated builders and workers with the enormity of the task, the responsibility for which we need to collectively share.

We also need to work with the both our local and interstate builders in regards their availability during this period. Any interstate builders who are available to devote time to this project should contact Avinash at the earliest opportunity so we can begin to plan to cover the available time period.

Work is being arranged to commence on the weekend of **December 2nd – 3rd** and on-going until completion. The Puja roster groups are now being arranged and aligned for each of the working weekends over the next few months.

Please give your Puja roster coordinator every assistance as they put arrangements in place to cover all the working weekends. Having the builder on site during the week will also mean that we will need volunteer labour and assistance throughout the working week, as well as during the weekends.

Please make your roster coordinator also aware of any opportunities if you are able to provide assistance during the week.

Charles Tiralongo has volunteered to maintain a complete working roster for this project. Once completed the roster coordinators will provide Charles with their lists of the weekends their groups will be working. Anyone wishing to volunteer their time can also contact Charles to let him know of your availability.

Each individual Yogi's commitment to the outlined working program in a real manner can demonstrate the difference each one of us can make through the contribution of our positive support and desire, effort, labour and assistance to help with the realisation of this important Sahaja project.

Sincerely
*Avinash Nichkawde and
Chris Kyriacou*

Introspection Weekend

We wish to encourage everyone to participate in an *introspection weekend* to be held over the weekend of **November 25th to 26th** at the National Country Property at Balmoral.

We are also seeking volunteers to coordinate meal preparation over the two days of the weekend and to arrange for the purchase and transport of food down to the Balmoral. Can anyone interested with helping with any aspect of the required catering arrangements please contact Chris Kyriacou.

The weekend will provide an opportunity to enjoy a few days in company of others who are also embarking upon the inner journey, however the focus will be upon inner development, meditation and gaining greater spiritual depth.

The weekend will commence with the Friday evening collective program to be held at Balmoral commencing with Meditation to ensure that the journey begins with a collective awakening and meditation the following morning.

There will be no Friday evening program at Burwood on November 24th.

This weekend will provide everyone with an opportunity to solely devote time towards introspection, clearing the subtle system and meditation in order to facilitate the attention dwelling upon Shri Mataji.

Shri Mataji has provided us with a clear direction in relation to the collective support for the purchase of *12 Clarence Street* and for the *Development of Balmoral* now there is

the need for the strength of purpose amongst the collective. Throughout the weekend may we strive for collective enthusiasm required to embark upon the journey needed to accomplish the tasks Shri Mataji has placed before us.

The cost from Friday night until Sunday afternoon will be **\$30**. In order to plan for catering needs can those wishing to attend please contact **Chris Worsfold** at the earliest opportunity. The costs involved cover catering needs for the weekend and have been kept to a minimum in order to facilitate as many people attending as possible.

Sincerely,
Avinash Nichkawde, Chris Kyriacou

Birthdays!

Our very best wishes to...

Nancy Blanch
Antje Blecken
Sandhya Tedesco
Shannon Bennett
Dev Daby
Don Lorey
Diana Reeves
Niel Avoledo

GENERAL NEWS

Open the Hearts

*I would like to see
all the hearts
of everyone on Earth
open
as the most beautiful flowers.*

*May the flowers
already blossoming
give enough love together
to help all the other flowers
to open to this new era
of Divine Love.*

-Vidya

INTERNATIONAL NEWS

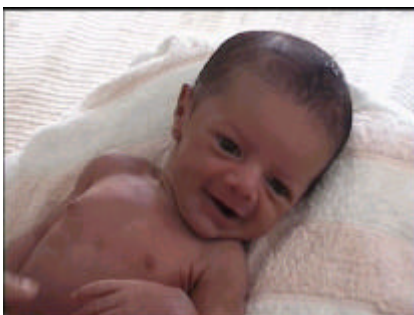
News from Noumea

Hi every body,

Follow up and happy end to article about "Sculptors of Noumea"...



During our collective work about Shri Ganesha, few month ago, our collective attention was on a spécial project: adoption of a Mélanésien baby...and by the grace of Our Mother, our desire was very quickly granted. DYLAN (pictured), entered in our life with such simplicity and natural that every body was amazed by this miracle! He is now six weeks old and gives joy and happiness to every body!



The Noumea Collective

News from USA

Sahaja Yoga Lecture and Self Realization at a Catholic High School

Recently, I started teaching at a Catholic High School. For some reason, the Paramchaitanya put me there. A few weeks into the school year, the Religion teacher asked me if I would speak about the Yoga I'm doing. He and I had chatted briefly in the Teachers Room and he was fascinated to know more about it.

On Wednesday, I came into the classroom with the Mantra Book, which I set standing up to show Mother's photo, a cloth and incense burner. I also set up the Virata chart on the blackboard, which the teacher assisted me with. Before starting to explain about Sahaja Yoga, I led a brief meditation, "to make the transition from thinking to being in a thoughtless state."

The room was very quiet and the vibrations led me to raise their kundalini, merely by asking them to put their attention on each chakra and to guide the kundalini to rise above their Sahasrara. After everyone did so, I asked them to raise their hand if they felt the "cool breeze" and then the "hot breeze." I did not explain just then, but referred to the virata chart and introduced Sahaja Yoga to them.

After the lecture, I again asked them about those who felt the cool and hot breeze; four people felt the cool breeze, which included the teacher; the rest felt a warm breeze. I then explained what that meant. The teacher, who was very joyful, said, "I

wish we didn't have to stop; this feels so wonderful!" I asked him if I could put the address of our meeting in Hackensack on the board as well as the website. He said, "of course!"

I also said that if some of the teachers and students would like to start a meditation group at the school, to let me know. One of the students came up to me after class and asked me if Sahaja Yoga could cure diabetes. I told him that I had heard at the Sahaja Yoga hospital this summer that two young people had been cured at the hospital.

The vibrations in the school were so strong throughout the day. So, when I came into my 7th period class -- which had already been meditating at the beginning of each class, but without knowing the name of Sahaja Yoga, I gave them a mini presentation (since I still had my "meeting bag" with me.)

I also wrote the name on the board of the New Jersey meeting location in Hackensack. Somehow, it felt so good to be open about "my practice" and to be able to speak about it even in a Catholic institution. As indicated by the reaction of the students and the teacher, seekers are everywhere.

Jai Shri Mataji!

Sonja Rimokh
Ridgewood, NJ