

THE AUSTRALIAN

STRATHFIELD

# Sahaja Newsletter



## Contributions:

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June 30th '95

A collective thank-you must be given to all the ashrams who have participated in running the weekly-programmes at Burwood over the last few months. These have been greatly enjoyed by all. In an extension of this, we would like to invite other yogis who haven't been involved to present a programme. The programme can be as simple as having a small puja, a video of Shri Mataji speaking and a meditation, or it can be an original presentation. Time for collective meditation should be included. A number of recent puja talks are available to be played. A list of potential groups follows.

Ryde  
Castle Cove  
Mt Colah

Campbelltown  
Blue Mountains  
Central Coast

Newcastle  
Wollongong  
Canberra

This includes people who would have long distances to travel, but we would love to have you join us at Burwood if at all possible. For anyone not included on the list, but would like to host a programme, please don't feel shy. ... JOE



Guru Puja

*You are invited to participate in the Puja to the Guru.  
This will be held at Burwood at 11 am on Sunday July 16th.*

	The roster is
Set Up	Chatswood & Lindfield
Cook )	Coogee & Lewisham )
Wash Up)	Roserville, Ryde, Galston)
Dismantle	Hornsby, Mt. Colah, Mt. Kuring-gai.

*Cook and Wash Up teams should combine to ensure that the clean up is complete.*



# Great Spirit Energy Festival

Dates : Saturday July 22nd 10am-7pm  
Sunday July 23rd 10am-5pm

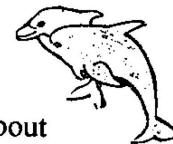
Venue: Willoughby Town Hall  
Victoria Ave Chatswood

Please come and help out at our Meditation Stall (No.36). A schedule of times for which we require volunteers is on the sideboard at Burwood Ashram. If you are able to assist then jot down your name and you will be able to avoid the entrance fee which would otherwise be charged (ie \$8). Only registered stall attendants will be allowed in without charge

## A SEEKER'S JOURNEY

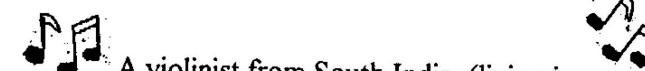
Greg Turek has written a book about seeking.

It has been written to help friends and family understand why a seeker looks for the Truth, What is the Truth. Perhaps this book can bridge a sometimes difficult and emotionally charged subject. Available at Burwood \$10.00.



## A SMALL CORRECTION...

The Calgary Boys Choir will be performing at Darling Harbour Amphitheatre this Saturday (1 July) at # PM (not 1 PM as previously stated). They are also performing at Penrith (Joan Sutherland PAC) at 2.30 PM.



A violinist from South India (living in Sydney for 5/6 months) is available for violin lessons in South Indian style. The gentleman, Mr Krishna Kumar is having a concert on Sunday afternoon at 5 PM. The venue : 134 Queens Rd, Five Dock. Further information ... 745 1032.



There will be a bhajan practice at Roseville Ashram on Wednesday night 8 PM.



## SUNDAY PROGRAMMES

A reminder that these programmes are continuing at 10 AM every Sunday at Burwood. Remember this is a programme for "newish" people i.e. those who have attended 5 or more locality programmes, or for those whom you see are more accepting and desiring to establish.

When you (Yogis) are advising new enquirers about Sahaja Yoga, please don't include this programme as one of the optional times and venues. The reason is there have been many phone calls to Burwood Ashram from people who have never been to an introductory talk and would like to come on Sunday. It is disappointing for them to hear that they can't come along. It is also an inconvenience for the Ashram residents.

There may be a need for a Sunday morning introduction programme for new people. Anyone interested?



## INDIAN SCHOOL REPORT

Recent critical problems with phone calls to children at school were brought to a head recently.

On Monday 26th June I spoke directly with the Principal (Miss Chitnavis) and she informed me that the school is "acting in full" upon suggestions proposed to alleviate some of the difficulties.

So PLEASE do not phone the children until it is advised it is OK to do so via this Newsletter or by contacting me personally.

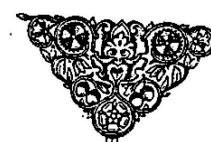
The school is arranging for two or three more inbound lines and other innovations that will not be available until the second half of July. Calls to children will not be accepted until then unless it is an emergency or a birthday.

In any case, please ask for Miss Chitnavis and not the child concerned.

A new mail system is also being implemented at the school. It is hoped that this will improve the delivery of letters from children to parents.

Kind regards

Rob Richardson (02) 745 2996





**'Jai Shri Mataji'**  
**News from Hong Kong**  
**Program Update**

The programs since Shri Mataji's visit are still going strong with about forty people attending programs regularly for the advanced class and another twenty coming to the beginners classes. We will be having a seminar on Lantau Island on Sunday July 2 for both groups and our regular yogis.

**Beijing Non Governmental Organisations (NGO) Forum on Women**  
This is a United Nations sponsored event which will be coinciding with the UN conference on women which will be held in Beijing. Sahaja Yoga has been accredited to the NGO as a recognised UN organisation. There will be about 20,000 people attending the conference in which we hope to have an exhibition and a seminar on Sahaja Yoga for attendees. It is very timely as it will enable Sahaja Yoga to be presented in China and the Chinese delegates will have an opportunity to get their realisation. Normally it wouldn't be possible to organise programs in Beijing because of the strict control over religious organisations. The NGO will be making representations to the UN to help formulate UN policies on women's issues.

There is also a possibility that Shri Mataji will attend the conference as a guest speaker. If the Chinese leadership invite her then She will definitely attend. We will also try and organise a public program in a hotel venue which will be done as part of the NGO. During the forum we hope to have an exhibition on Sahaja Yoga, which we will need materials like photographs etc. The theme of the exhibition could be Kundalini the feminine power.

About ten Sahaja Yogis from Hong Kong, two from Europe, two from Philippines and 2-3 from USA will be going to Beijing at the end of August to attend the NGO forum. We hope to get support for this important event, which, through the grace of our Holy Mother, will be the beginning of Sahaja Yoga in Mainland China.

If any yogis in Australia are interested in helping or contributing financially, please contact Kate Henshaw at Lewisham (02) 5600029.

**Guru Puja & Public Program in Manila Philippines.**

Over the Guru Puja weekend a group of Yogis from Hong Kong will be going to Manila to hold the first public program in the Philippines. The event will be coordinated by Rajiv Kumar and his wife who are currently living and working in Manila. Guru Puja will also be celebrated to establish the vibrations in Manila, which has fairly heavy vibrations being a Catholic country. Please give a big bandhan to the program which will probably be held on Saturday July 15.

Much love to all the Australian collective from all the Yogis in Hong Kong.

**'Jai Shri Mataji'**



SHRI KUNDALINI/ ADI SHATI PUJA.

Sunday June 4th 1995 - Cabella Ligure, Italy.

\* The puja weekend started with a dinner where old friends and new met, on Friday night. It was lasagna and pizza cooked in the pizza ovens beside the Palace. There we met, ate talked and watched the evenign cover a crimson sunset.

\* Saturday saw most people arrive in buses and cars, from all conceivable directions. A further chance to settle in and meet, people enjoyed river footsoaks, casual walks, cafe' splendours! By Saturday afternoon the host countries had arranged an evenig stage to welcome Shri Mataji. The stage consisted of white cloth, draped in the form of a snow covered mountain with green coloured wooden trees at the base (on the stage floor). A big, and delicately cut, wooden piece hung fron the roof of the hanger. These were the letters of Shri Mataji's name (in abstract form). The wood had been cut so expertly that the letters, themselves, resembled running writing. It was fine, elegant and simple. It reminded Helen of those miracle photos where the vibrations over people's heads, looked like running writing or Arabic script - like the trace lines left by a sparkler. Spain, Belgium and Holland are to be congratulated for organising such a fine Puja!

\* Saturday night Music Programme was really light-hearted and rather fun. Shri Mataji and Sir C.P. arrived after dark and enjoyed a music and dance spectacular, hosted by the afore mentioned countries. Approximately 600 yogis were also present.

There were choirs, opera singing, Medieval dances, a play set to music, bhajans, Spanish (percussion) drum numbers and a Katak dancer. The Katak dancer

(originally Australian and raised in Holland) improvised to a melody. She did not just dance to the beat but to Indian Classical music. Shri Mataji commented that this made it more interesting to Westerners. This evening was quite cold indeed and finished at about 1:30am.

\* Sunday saw the Puja Talk itself start in the early afternoon. Here are some of the points that Shri Mataji spoke of. Please bear in mind that this relies on the memory of one or two yogis and should be treated as such.

\* Shri Mataji said that there is a diferece between the Adi Shakti and the Kundalini. The Adi Shakti is the whole power of God. The Kundalini is a part of this. It is the pure desire to be one with God.

\* The kundalini is the pure desire. The left side holds other "mundane" desires. It has to be purified. The mundane desires should be purified so that only the pure desire to be one with God, remains.

\* The first desire of animals is to obtain food, nourishment. Human beings have complicated this by desiring variety, quality, favourite dishes, foods at certain times etc.... We should instead detach from it. If we detach from these desires we will purify our desire. Shri Mataji said that we could fast for ourselves - but not for God - for ourselves. She commented that She does NOT want us to be fanatical about it.

\* Shri Mataji mentioned that each of us is a "reflector" of God. We each show a reflection of our Creator and each reflector is of a different quality. Some are like stones. The light and the picture of the sky, clouds etc. falls on them and they do not reflect at all. Others are like pools of water. The sky panorama does reflect in the water, not perfectly but quite well. Some reflectors

are like beautifully made mirrors, representing the heavens in perfect detail: The quality of these reflectors CAN be improved.

\* Another desire we have is of money. Some people have asked for a discount on things. For example on the cost of a Puja. Shri Mataji said the leaders fix the cost of the Puja and any extra money is used for Sahaj Project (eg: Amenities at the Puja site, to be built). Some leaders ask for discounts to be popular with people. Other leaders do not ask for discounts at all, as they know how many things Shri Mataji pays for Herself, without saying anything. We must not have a "sale" attitude As it is, many people have a "sale" conditioning.

\* The Kundalini does not come up for self-centred or cruel people. She is not stupid. She knows it is a waste if someone is selfish. We should give vibrations, even to flowers and animals. We should give Realisation. Our attention should be on giving. The Kundalini comes up if we spread Sahaj.

\* There are no favourite people in Sahaja Yoga. Shri Mataji does not have favourites. Leadership is a bit of a game. There are no special people. Shri Mataji said Her attention does not "stick" to any one person. It is like mercury and rolls off the metal. Shri Mataji doesn't have favourites because it is against the principal of pure love.

\* On the subject of morality, Shri Mataji said She did not have to say much because 99.995% of people are moral.

after this, the Puja itself was quite shore. We sang some bhajans when it was over and Shri Mataji enjoyed our dancing to the rhythm of some of the more wild ones. She stayed with us for quite a time and left when the afternoon became late.

Love,  
Efrem.

P.S.

Shri Mataji also said that we must make sure we put ourselves in bhandan all the time so the negativity cannot attack us. This is a tough year when they will go all out to stop Her work.

This is especially when we are going on a journey.

MORE TOP END NEWS

Last weekend saw the second Health and Healing Expo take place in Darwin, and the Darwin collective ran a Sahaja Yoga display. We had some excellent publicity in the local papers with an editorial feature on Sahaja Yoga prominently featured in the article publicising the Expo. We decided to run a course of 5 weekly follow up programmes on Mondays at the Casuarina Shopping Mall in Darwin as well as our usual Tuesday introductory programmes in Palmerston, in anticipation of increased interest.

We had many exhibits which covered a variety of areas:

- a continuous video of Shri Mataji's talks for people to sit and watch;
- a computer graphics display outlining the benefits of Sahaja Yoga meditation;
- an exhibition on the Role of the Serpent in Mythology (which was so successful at Barunga);
- an exhibition on Sahaja Yoga which slanted towards the liver and liver treatments;
- in addition to this we had a liver treatment handout and we gave away free cups of tamarind juice to everyone, as this was well received last year.

We put a bulb of garlic and a vibrated coconut up in the rafters to help keep the vibrations strong, whilst all around all the other types of healers were doing their 'thing'. The garlic and coconut really helped to keep negativity away - they did a beaut job! We had some very good quality seekers coming to us, and we found that only the serious seekers who were really ready for it came for their realisation. There were a few seekers who came in and had a look around but did not want their realisation "in public" (so to speak) but they all came along to the follow up programmes this week to receive their Self Realisation. Some seekers were tourists and we gave them interstate and international phone numbers for their local SY centres.

We also found that several people have asked us for copies of our liver exhibition in addition to the treatment sheets. Again people were attracted to both exhibitions and to watching Shri Mataji's video whilst they drank their tamarind juice. The whole day went very smoothly for us, although the numbers in general at the Expo were very much lower than last year and attendance was quite poor, with less stall holders also.

The phones rang consistently throughout Monday and Tuesday - and people chose where the nearest venue was for them:

- the Darwinites came along to the Casuarina programme - we had 20 new people
- the 'out of towners' came along to our Palmerston programme - we had 16 new people

(with different people to both programmes!).  
A very special thank you to those who helped to make this event a success for Sahaja Yoga in the Northern Territory.

Jai Shri Mataji!

All our love from the Darwin Collective.