

Sahaja Newsletter

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APRIL 23rd '93



*By thinking you get your ego.
There is no wisdom with a
great ego. Mr. Ego doesn't
want you to be happy or
relaxed, always gives you ideas
to do this or that and the other,
until you are finished. There's
no advantage.* H. H. MATAJI



EASTER PUJA.

(19/4/93 - Kerry & Bernadette K. France)

2.

Dear Yogis.

Some news arrived from a Sahaja Yogi who attended Easter Puja recently in Rome with Shri Mataji. They said that there were around 300 Sahaja Yogis at the Rome Ashram for the Puja. Shri Mataji looked very well and happy. Some of the things Shri Mataji spoke about:

Shri Mataji said that there is an important connection between the Agnya and the Mooladhara Chakra. Shri Jesus Christ said that he is the Alpha and the Omega, which refers to this connection. If the Mooladhara is examined from different angles one can see the Swastika, the Cross and the Omkara. If these images were captured then this could scientifically prove the connection between the Mooladhara and the Agnya Chakra.

She said that Shri Jesus Christ is a very important incarnation, without his work no human being could ascend. Every path in the world has lead to destruction, every religion in the world has lead to an increase in destruction, an increase in violence, in ugliness and in falsehood. He said that we have to be born again, that we have to transform ourselves. We must make every effort, some of us are still afraid but we must be fearless like Shri Jesus was. This is why it is important to introspect and ask ourselves "How far have I traveled in spirituality". She said we have to become the light as he was the light of the world. When we are the light we can see everything, we can see all the things which affects us and the things in us which affects others. All our bad habits and conditioning, we must rid ourselves of these things through introspection. The collective can see the problems with the individual, but the individuals within the collective cannot see their own problems. If someone can see your problems and they tell you, then introspect and see if they are correct.

Shri Mataji also spoke about the heights we can reach in Sahaja Yoga, but at the same time there is danger that there is also a long way to fall. Problems come when Sahaja Yogis do not have faith in themselves, in Sahaja Yoga and in the Divine Power. As Shri Jesus Christ had absolute faith in himself we have to have to have faith in ourselves, in the Divine Power, which means in Sahaja Yoga . If we have Faith then we become very powerful.

Shri Mataji spoke about two types of Sahaja Yogis, the first type are as solid as a rock because of the strength of their Faith, the second type have no Faith, life is full of dramas. She said that Shri Jesus knew that he was the Son of God, the Yogis have to be like Christ and have Faith. Still some Sahaja Yogis have no Faith, they are problem Sahaja Yogis, they come and say "Shri Mataji I am no good, I have this problem". This should not happen, people do not have to ask me anymore, the time has come when everything is going to be worked out by the All Pervading Power of God. Those with Faith have power, Faith in their powers and in the Deities, the Deities like this, they are happy that people have Faith in them and they like to work for us.

Shri Mataji also said that people should ask 'What have I done for Spirituality" and introspect, and have no attention on materialism then there would be no problems.

Excerpt from Shri Mataji's Talk at the Noida Temple Inauguration March 25, 1993

It really is such a wonderful thing that has happened, this 70th Birthday. There are so many things which are to be noted as something suggestive of this new Age coming. There are more things waiting for us in this new Age. You'll have lots of miracles, lots of blessings, complete understanding, and complete maturity in Sahaja Yoga. The new atmosphere will change so many things. Even the people who are opposing us for no fault of ours will also step aside and things will start working out.

All the problems of the world will have their solution, a solution of a very miraculous type, and you'll be amazed how things have been corrected in every way. In the beginning maybe you might feel a turmoil and an unsteadiness, and you also might feel that there is no hope, but after the turmoil is over, you will see the peace that is manifested through your vibrations, and it will be effective, it will be acting, and you will realise that.

So many nice things to look forward, and that's maybe the reason you might have intuitively felt that 70th Birthday is important. I never said that after my 70th Birthday this Satya Yuga would start, but somehow I think you people did have an intuition. That's the reason you came here to celebrate the beginning of it.

Interested to Learn Hindi ?

The NSW Uni Institute of Languages offers 2 types of Hindi courses. One is a 2 week intensive (Mon. to Thurs. per week for 2 weeks) and the other a semester course (once a week for 18 weeks).

Both courses have 2½ hour sessions from 6pm to 8:15pm.

The intensive course runs from the 28th of June to the 9th of July while the semester course begins in the week of July 26th and ends December 10th. The particular day of the week for the semester course is still to be decided.

The course costs are as follows:	Intensive \$141 (book early June)
	Semester \$315 (book early July)

If you are interested or want more information "Peter Aerfeldt ko is number 747 4835 par phone kijiye." (IF YOU WISH TO UNDERSTAND THIS, COME TO THE CLASSES.)

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A

Aust Supp Hindi p1,2 (now Hindi p63)
JAGO SAVERA AYA HAI (Noida)

Aust Supp Hindi p3 (Noida)
NIR.GUN, NIR.MAL, NISH.PAPA MA

Aust Supp Hindi p4
NIRMALA MA KAHIE (Australia)

Aust Supp Hindi p5 & 6
PURVA ISE (Sanjay Talwar & Nirmal S S)

Aust Supp Hindi p7
JAI HE DEVI (Pune Yuva Shakti)

Aust Supp Hindi p8 (now Hindi p62)
AWAZ UTHAYENGE (Nirmal Sangeet S)

Compiled Feb 1993

B

Aust Supp Hindi p9
RANG, DE JINI HARI (Nirmal Sangeet S)

Aust Supp Hindi p10 (Delhi Yuva Shakti)
NAMAN, KARE BARAMBAR SHRI MATAJI

Aust Supp Hindi p11 (Delhi Yuva Shakti)
JAY JAY Jay SHRI NIRMALA MA

Aust Supp Hindi p12
SAHAJA BINA (Nirmal Sangeet Sarita)

Aust Supp Hindi p13
JAGO KUNDALINI MA (Sanjay Talwar)

Aust Supp Hindi p14,15 (now Hindi p66)
MATA OHO MATA (Ravindra Jain)

Aust Supp Hindi p16
JAI RADHA MADHAV. (J & C Singh)

Learning Tape 1 for Aust Supplement

Australian Institute of Eastern Music Choir

A.B.C. Recording 26/10/92 Director: Ashok Roy

Side A:

- Ganesh Stuti
- Bengali Folk Song: Dhi Tang Dhi Tang
- Bole*
- Bengali Boating Song: Ore Ore Shundoira
- Mawair Majji*
- Sa Ba Mile Gav (Raga Bhopali) (comp:
Ravi Shankar)
- Tarana* (comp: Ravi Shankar)

Side B:

- Saraswati Hymn: He Sharade Ma
- Raga Malkauns: Hajarata Tore Kamana
(comp: Ashok Roy)



Singers

- Delwyn Bhattacharya
- Rebecca Bhattacharya
- Gillian Patankar
- Natalie Lenn
- Mukti
- Lilly
- * Shanta Roy (Soloist)
- Lyndon DeValle
- Peter Aerfeldt
- John Smiley
- Robert Hutcheon
- David Withers
- Tom Whitty



Instrumentalists

- Harmonium: John Smiley
- Natalie Lenn (Raga Malkauns)
- Tabla: Ram Chandra Suman
- Synthesizer: Hari
- Guitar: John
- Tanpuras: Lyndon DeValle
- Mukti

Two New Tapes Soon To Be Available.

Dear Brothers and Sisters,

Feb. 1993

This year in India was an especially deep and eventful one for me. Shri Mataji gave us to understand that it is now up to us to spread Sahaja Yoga and to live it. It is for this reason that She did not join us on the tour until Ganapatipule. During a puja in Yamunagar, which we celebrated without Shri Mataji in Person, I had a very special experience which I would like very much to relate to you:

It was for me a very strong puja - probably because I was desiring especially that my attention should be strong. I could feel Shri Mataji's presence so clearly every moment, and I felt extremely good. Suddenly I got an inspiration:

From the very beginning whenever Sahaja Yogis have told stories about their experiences, big or small, I always found something to take away my doubts and insecurity. Again in India I was fascinated by the many miracles and events being described by the Yogis, and during this puja this idea came to me: "It would be so fantastic if a Yogi were to gather these stories together and make them into a book!" Then I tried to continue meditating quietly, wanting to enjoy this inner peace. But then the idea said: "Who?" Andrea thought: "Well, I am sure someone will do it." This conversation went on for a short time until I gave in and said: "OK, OK, whoever has the idea should do it! Only then could I continue my meditation.

I decided to wait until I had the chance to present my idea to a leader, but in the meantime some funny thoughts crept into my head: "Oh well, maybe I'm not the right person, my English isn't good enough, etc., etc." I was on the point of giving up the whole idea when a Yogini came to me: "Oh Andrea I've just had such an amazing experience - a miracle - can I tell it to you?" I thought: "Allright, Shri Mataji ... message understood!"

It made me think of the stories about Jesus and His disciples. If they had not bothered about spreading His teachings, who would have done it? We are the disciples of Shri Mataji and we all share this great gift of a new and wonderful life that our Mother has given to us. So let us share all these beautiful events, which Her love allows us to experience day by day. Also we do not have the right to keep to ourselves what Shri Mataji has so generously given to us.

So come on, be bold! Write down your most beautiful, or deepest, or funniest, or most momentous experiences. I am quite sure that every Sahaja Yogi has a special story that he would love to share with his brothers and sisters. Shri Mataji gives all Her wisdom and all Her love in order for us to pass it on to others. So let us do so.

Linda from Spain and Ken from England, both sharing my enthusiasm, have agreed to help with collection of the stories. This book will appear first of all in English, so please write in English if possible - if not, we will translate. It does not have to be a big miracle - sometimes the smallest things in life can be so heart-opening. Enclosing with this letter is a piece of paper for you to write down your stories. Anyone who would like to help with translations is very welcome. Also we would love to have any original songs, poems, artwork, remarks from children etc. Also any other ideas.

I am very happy that Shri Mataji gave me this wonderful and amazing new life - let us create this beautiful present to place at Her lotus feet.

Andrea Anasuya Pongratz

--- Jai Shri Mataji ---

My address: Andrea Anasuya Pongratz, Alte Poststraße 14, 3341 Ybbsitz
Tel: 07443/82005

Sahaja Yoga Stories (Songs, Poems, Drawings, etc.)

The stories can be as long or short as you wish. Legible, written in English, or even typewritten would also be very nice! Have fun!

Short description of how and when you got your realization.

name:
address:
date of realization:

My story:

Vatican focuses on year 2000

THE Vatican, I see, has declared the year 2000 a holy year. The priest in charge, Monsignor Luigi Bankard, I believe, hopes that the number of visitors will greatly exceed the seven million pilgrims who visited The Eternal City during the last holy year in 1983-84. The offerings collected during that jamboree were used to reduce the Church's debt, largely caused by wholesale looting from the Vatican bank.



SHRI MATAJI'S ITINERARY

APRIL

26 - 29

Greece (Athens)

MAY

7 - 9

SAHASRARA PUJA, Cabella Ligure - Italy
organized by United Kingdom
Turkey (Istanbul)

JUNE

4 - 6

ADI SHAKTI PUJA, Cabella Ligure
organized by Germany/Austria

JULY

2 - 4

GURU PUJA, Cabella Ligure
organized by ITALY
Switzerland (Basel)
France (Paris)
Belgium/Holland
Germany (Berlin, Hamburg)
Prag

AUGUST

26/7 to 10/8
13 - 15

Russia (Moscow, Leningrad, Kiev)
KRISHNA PUJA, Cabella Ligure
organized by North and South Americas
U.K.
Poland
Romania
Bulgaria

SEPTEMBER

17 - 19

GANESHA PUJA, Cabella Ligure
organized by Switzerland
Budapest
International Symposium against Racism and
Fundamentalism, Budapest
Austria (Vienna)

OCTOBER

4 - 6
8 - 10
12 - 14
16 - 18
22 - 24
27 - 30

New York
Cincinnati/Toronto
Vancouver/Los Angeles
Washington D.C.
NAVARATRI PUJA, Cabella Ligure
organized by Holland/Belgium/Spain
Spain and Toulouse (France)

NOVEMBER

12 - 14

DIWALI PUJA, Cabella Ligure
organized by France

For rent - a room with a view

Northmead Ashram would like the collective to know that there is a room wanting new occupants - single or a couple. Phone Andrew Jones for information - (02) 686 1919:19 Caprera Road, Northmead (Parramatta)

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CABRAMATTA PROGRAMMES STARTING

Juan Vega representing Croydon Ashram will be starting a series of programmes on meditation for the Latin American community, at Cabramatta.

Beginning Friday 30th April and every Friday 10 am-1 pm, until June. Venue is Villawood Public school, corner Horsley Drive and Venison St., Villawood. Please come and help us spread our Holy Mother's love in this area.

Theme park from Hell

THEY'VE got the sand. They've got the cultural high ground. Now all they need is the tourist dollar.

According to our religious cash-in correspondent, an international tender is to be issued shortly to raise \$21 million to build a biblical theme park in the Negev Desert, Israel.

The Negev Tourism Development Administration wants to turn the abandoned copper mines near Eilat into a Disney-style attraction

called "King Solomon's Mines".

Visitors to the park would tour the desert in buses, jeeps and on camels ("And to your right, there is a hill of sand"), then enter an underground labyrinth to see a display of mining techniques from biblical to modern times.

Stay In Touch understands negotiations for The Big Jesus, the Ten Commandments Super Loop ride and the House Of Old Testament Horror are still to be completed. Or started.

