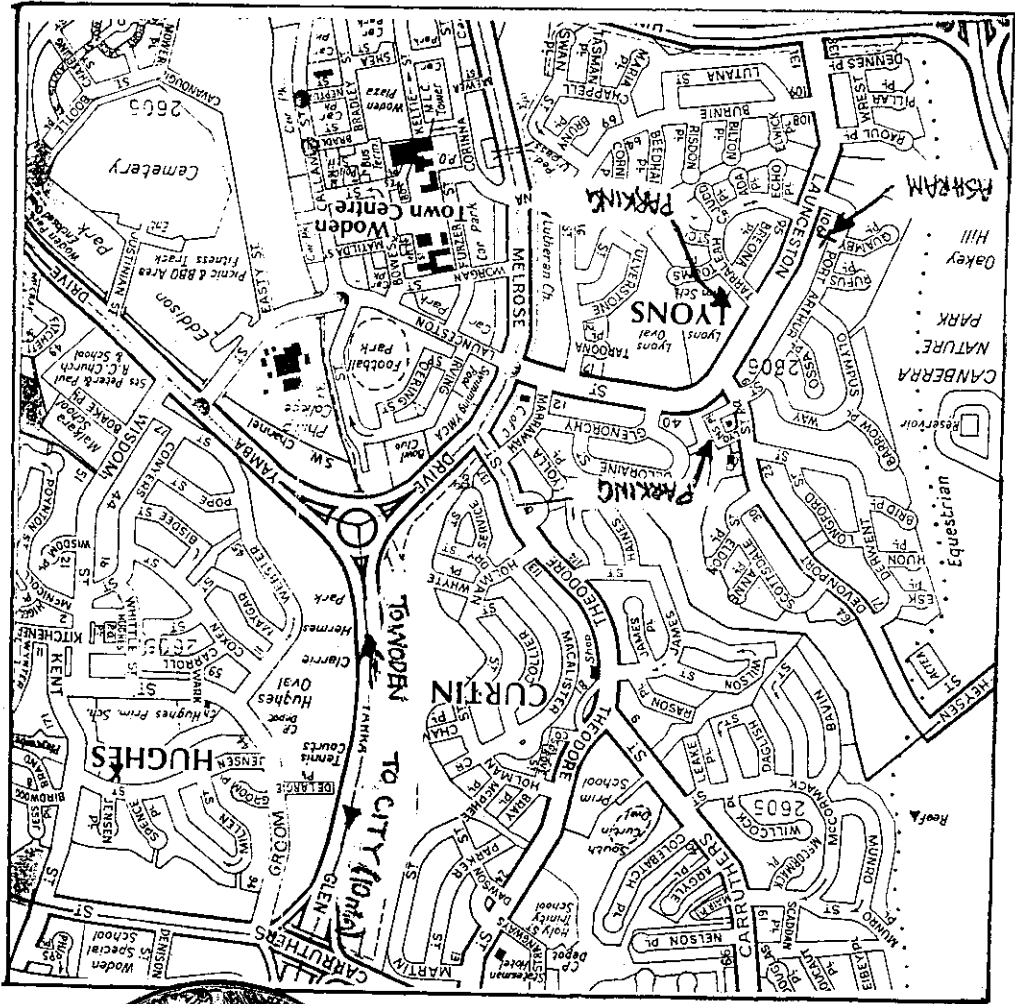


PLEASE NOTE:- THE NEWSLETTER WILL NOT BE PRINTED FOR THE NEXT 4 WEEKS WHIST SHRI MATAJI IS IN AUSTRALIA.



SYDNEY NEWS

VOLUNTEERS NEEDED.

Four volunteers are required. Two to do the dry goods food shopping for the Bundilla weekend, and two to do the produce shopping. For more information contact Jacques Filiatrault Phn. 981 3810.

YOUR HELP IS NEEDED AT BUNDILLA.

Assistants will be required to help out in the kitchen department at Bundilla. We are very much RELIANT ON COLLECTIVE HELP to aid us in hosting this Easter Puja weekend. If you are not yet rostered, (and enjoy eating) please take time to view "sign-up lists" at Burwood for....Meal Preparation, Meal Serving, Washing-up.

Please add your name to the lists or for further enquiries contact Jacques Filiatrault phn. 981 3810.

SHRI MATAJI'S WASHING.

PLEASE RETURN ALL OF SHRI MATAJI'S WASHING TO BURWOOD BY SATURDAY 26/3/94 AT THE VERY LATEST.

THANK YOU
JUDY JAMES.

Could the blue and white tall chinese vase be returned to Burwood this week. No questions asked. s.s.



SHRI MATAJI'S VISIT TO CANBERRA

The Canberra Sahaja Yogis would like to extend an invitation to all who would like to come down for the two days while Shri Mataji is here. She will be arriving at the airport at 2.30pm on Thursday, 7 April. We hope to have entertainment on Thursday night, and a picnic on Friday with the Public Program at 'The Playhouse' - in Civic Square, starting 7.30pm.

Mother will be staying at 47 Port Arthur St, Lyons and this ashram will not be billing interstate yogis. We ask that yogis use only the main room which will be set aside for meditation or the garden outside, the rest of the house will be for Mother and people cooking and serving Her.

With so many people expected at the ashram, we also ask that people be considerate of neighbours (who have complained in the past) and park their cars at the shops at the bottom of the hill or at the school (see map). This will entail a two minute walk, but will help keep the tranquility of the ashram and fill the lungs with prana.

Accommodation with yogis is filling fast and so if you wish to make arrangements it would be most helpful if you could ring first. As we can't accommodate everyone, some suggested places are: Statesman Hotel, (06) 281 1777 - \$95, Forest Park Lodge 281 5499 - \$60, Embassy Motel 281 1322 - \$80, Macquarie Hotel 273 2325 - \$75, DownTown Motel 249 1388, \$70 (price is comparison of a three person room, ie a double and a single). Each place is 3, 5, 7 and 10 minute drive to Lyons respectively.

We hope to see as many yogis as possible to help us give a boost to the vibrations of Australia's capital.



The tickets to India for the children have been paid for and will be delivered next week. The children fly out on Monday, 4th April at 10.15 a.m. on QF 51. Unfortunately all the airlines increased their prices after the 1st April and we will need to collect \$50 extra per child under twelve. We have also received two very nice faxes from the school which are on the notebook at Burwood and a copy has also been sent to a representative parent in each state.

THE AUSTRALIAN

Sahaja Newsletter

Contributions:

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Burwood Fax.. (02) 745.4927

MARCH 25th '94

THE SERMON ON THE MOUNT

ONE harvest day Jesus called us and His other friends to the hills. The earth was fragrant, and like the daughter of a king at her wedding-feast she wore all her jewels. And the sky was her bridegroom.

When we reached the heights Jesus stood still in the grove of laurels, and He said: "Rest here, quiet your mind and tune your heart, for I have much to tell you."

Then we reclined on the grass, and the summer flowers were all about us, and Jesus sat in our midst. And Jesus said:

"Blessed are the serene in spirit.

"Blessed are they who are not held by possessions, for they shall be free.

"Blessed are they who remember their pain, and in their pain await their joy.

"Blessed are they who hunger after truth and beauty, for their hunger shall bring bread, and their thirst cool water.

"Blessed are the kindly, for they shall be consoled by their own kindness.

"Blessed are the pure in heart, for they shall be one with God.

"Blessed are the merciful, for mercy shall be in their portion.

"Blessed are the peacemakers, for their spirit shall dwell above the battle, and they shall turn the potter's field into a garden.

"Blessed are they who are hunted, for they shall be swift of foot and they shall be winged.

"Rejoice and be joyful, for you have found the kingdom of heaven within you. The singers of old were persecuted when they sang of that kingdom. You too shall be persecuted, and therein lies your honour, and therein your reward.

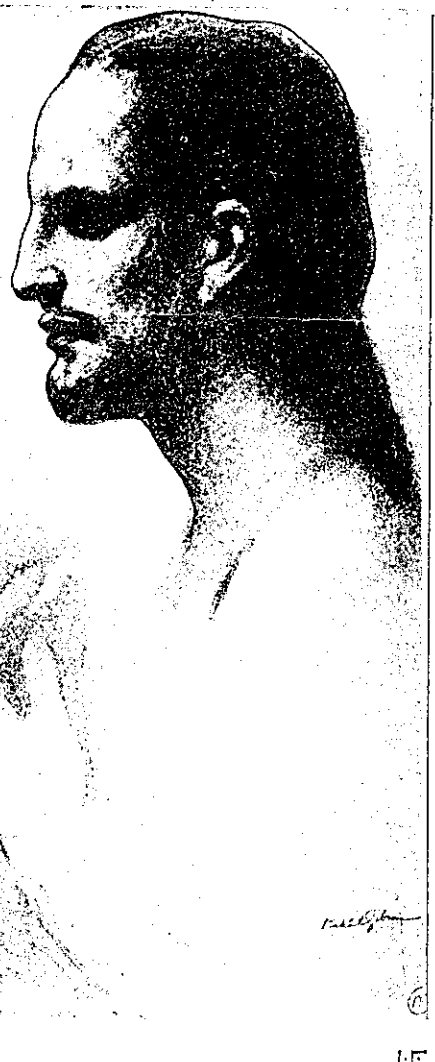
"You are the salt of the earth; should the salt lose its savour, wherewith shall the food of man's heart be salted?

"You are the light of the world. Put not that light under a bushel. Let it shine rather from the summit, to those who seek the City of God.

JESUS

KAHLIL GIBRAN

THE SON OF MAN



NEWS FROM NEW ZEALAND 15-3-14
PREPARATIONS ARE WELL ADVANCED FOR OUR DIVINE MOTHER'S VISIT HERE. WE ARE ALL SO LOOKING FORWARD TO IT... ALSO WE ARE HOPING TO LOOK AFTER A WHOLE HOST OF VISITORS (YOGIS & YOGINIS FROM AUSTRALIA). WE ARE SO LOOKING FORWARD TO THIS TOO... WE HAVE BOOKED THE AUCKLAND TOWN HALL THIS TIME - THE MOST WELL KNOWN VENUE POSSIBLE. IT CAN SEAT UP TO 1450 PEOPLE, SO PLEASE PUT IT INTO A BANDHAN, SO IT WILL BE FULL....

SINCE THE RETURN FROM INDIA TOUR WE HAVE BEEN WORKING UP TO A CRESCENDO. MANY THINGS HAVE HAPPENED. HUGH AND JANIE FRITH HAVE MOVED TO PALMERSTON NORTH: 300 MILES (480KMS) SOUTH. IT IS QUITE A LARGE CITY, SERVES A BIG AGRICULTURAL AREA AND IS A UNIVERSITY CITY. JANIE IS TEACHING PART TIME AT MASSEY UNIVERSITY AND HUGH HAS LEFT YATES AND IS A PARTNER IN A SEED PRODUCTION COMPANY. JANIE AND HUGH HAVE STARTED CLASSES FOR SAHAJA YOGA AT THEIR RENTED HOUSE AND IT IS GOING VERY WELL. ON SATURDAYS THEY DRIVE DOWN TO WELLINGTON ABOUT 1 1/2 TO 2 HOURS SOUTH. THERE THEY HELP TO RUN A CLASS IN THE CAPITAL CITY. DEBASHISH FROM CALCUTTA, AND A LOVELY MAORI LADY, MERI, LIVE IN WELLINGTON, AND SO WE NOW HAVE SAHAJA YOGA IN 2 NEW CITIES INCLUDING THE CAPITAL.

THERE'S AN AMAZING STORY - VERY SAHAJ - ABOUT ONE OF THE NEW PEOPLE. IT INVOLVES AUSTRALIA. A LADY RANG THE ASHRAM IN AUCKLAND FROM WELLINGTON (400 MILES - 650 KMS AWAY)

2/ HER NAME WAS KATHY
KATHY HAD READ THE BEAUTIFUL ARTICLE IN THE "GOLDEN AGE" MAGAZINE, IMPORTED FROM AUSTRALIA; PRINTED IN SHRI MATAJI'S OWN WORDS AND A COMPLETE EXPLANATION OF SAHAJA YOGA AND SELF REALISATION. KATHY WAS SO TAKEN WITH IT, SHE WANTED TO KNOW WHERE AND HOW SHE COULD GET HER REALISATION. BUT, FIRST OF ALL SHE HAD RANG AUSTRALIA FROM WELLINGTON. SHE WAS GIVEN THE AUCKLAND PHONE NO. PROGRAMMES HAD NOT STARTED IN WELLINGTON WE TOOK HER PHONE NO AND GAVE HER HUGH AND JANIE'S NO. WE THEN RANG HUGH, WHO SAID THE PROGRAMMES WERE STARTING THAT WEEK-END, 2 DAYS LATER! WE RANG KATHY BACK AND TOLD HER. HUGH AND JANIE PICKED HER UP AND TOOK HER TO PROGRAMME.

ALL THE CHRISTCHURCH SAHAJA YOGIS ARE IN GOOD SPIRITS AND ARE COMING UP TO AUCKLAND FOR MOTHER'S VISIT. PROGRAMMES ARE GOING WELL AND THEY'VE BEEN BUSY RUNNING SEVERAL AROUND CHRISTCHURCH WHAT A GREAT GATHERING AND COLLECTIVE IT WILL BE, WITH US ALL AT OUR DIVINE MOTHER'S FEET....

THE PEOPLE WHO CAME ALONG AFTER THE HEALTH WEALTH AND ENVIRONMENT FESTIVAL IN AUCKLAND, THE MAORI FESTIVAL AT AUCKLAND, TEACHERS TRAINING COURSE, THE GREEN BAY HIGH SCHOOL SERIES, AND OUR PROGRAMME WE TOOK TO "THE EMISSARIES OF LIGHT" ON THE NORTH SHORE - THEY HAVE DEEPENED TO THE STEP OF COMING TO PUJA. THERE WERE ABOUT 20 PEOPLE AT THE EMISSARIES, 5 HAVE BEEN COMING REGULARLY TO PROGRAMMES. THE EMISSARIES MEET WEEKLY AND WRITE GUESTS TO SPEAK ABOUT DIFFERENT TOPICS - MAINLY TO DO WITH SEEKING ENVIRONMENT, SOCIAL ISSUES.

THE YOGINIS OF THE ASHRAM ARRANGED A PUJA EVENING FOR THE NEW PEOPLE. 8 NEW PEOPLE CAME. THEY WERE GIVEN A BRIEF TALK ABOUT THE MEANING OF PUJA, A LITTLE ABOUT PROTOCOL AND A BRIEF EXPLANATION OF THE STEPS OF PUJA. VIBRATIONS WERE VERY STRONG. THEY WASHED THEIR FEET, WASH MOTHER'S FEET AND ENJOYED HER FEET. THEY ALL SANG SHARANG. IT WAS A VERY JOYOUS NIGHT.

Accommodation is being arranged at motels close-by the Ashram at \$25 (N.Z) per night.

All meals, plus excessive amounts of tea, available at the house for \$8 - per day.

Let us know A.S.A.P.

Looking forward to seeing you all.

~ Jai Sri Mataji ~

Love from
'Deeper Down Under'



THE WITNESS

We should try to witness life. To be so detached that we can view all things as they really are.

Our conditioning is the stumbling block. It covers us with layers of guilt, beliefs and loyalties that force us to look at events in a way that fits in with these conditionings. It prevents us seeing life through the eyes of truth.

We are so attached to our coloured view of reality, that we will go to great lengths to refuse the evidence of our eyes, especially if it does not fit in with our preconceived ideas of what has occurred.

We must learn to cut the strings that bind us to our conditionings; only then can we become a detached witness to the drama of our lives.

To witness is difficult. Because what we see, is necessarily coloured by knowledge! the knowledge that we have of a particular event, the knowledge that we have about a particular person and the knowledge we have about a particular place.

The trouble is, this knowledge is usually incomplete and often relies on someone else's interpretation of what happened. You only have to read various history books about the same incident to understand how dangerous it is to take as 'gospel', an individual account of a particular happening.

Thus, we often get a reaction to an event that is obviously partisan and yet somehow accepted by the majority of people, because it fits in with their concepts of what SHOULD HAVE HAPPENED.

So we get whole crowds of spectators at a football match, prepared to swear that the referee is either blind or biased against their side! We get a T.V. clip of a group of gunmen firing into a crowd, some of whom fall dead or injured before order is restored. The commentator tells us that those with the guns are Muslim militia and those being shot at, are Christian inhabitants of a suburb of Beirut! What is the interpretation put upon such a scene? If you are Muslim, you identify with the gunmen. If you are Christian, you identify with the crowd. If you are Muslim, you see (and this is the interesting point - because you DO see - it's on T.V.) a group of brave Muslims threatened with their lives by a huge crowd of fanatical Christians determined to tear them limb from limb. They are fighting for their lives before being rescued by the Lebanese army!

On the other hand, if you are Christian, what do you see? Isn't this scene on TV, yet another example of Muslim aggression, a typical and cowardly attack by armed militia on men, women and children? and as usual, the military arrives too late to save the dead and dying... Could it be that they are deliberately late? After all, they are mostly Muslims!

What was the truth of this incident? Who knows....



and it doesn't really matter - there is probably an element of truth in both interpretations.... But what does matter is the way it is perceived. Why are we unable to see what the pictures told us? Why can't we see a group of armed men firing at a large crowd of people, causing casualties. Then troops arrive, stop the firing and disperse the crowd!! Why can't we see just that? Because that is what we did see! No! We have to dot the i's and cross the t's and we insist on an interpretation of what we have seen: and if someone, who supposedly is in the know, does not give us an explanation; why then, we manufacture one of our own making!

Suppose you hear that two Sahaja Yogis are involved in a brawl and that they have been attacked and abused by a crowd of striking workers outside a brewery. What would be your interpretation? Brutal yahoos (for who else would work in a brewery) have attacked two innocent passers by who happen to be Sahaja yogis, probably on their way to give someone realisation! But was that really what happened? What if our two Sahaja yogis had got carried away with a zealous desire to denounce alcohol and all who drink it? Could it be that their remarks were nothing short of inflammatory when shouted (yes shouted) at a group of highly agitated and upset brewery workers whose jobs appeared to be on the line over some dispute with their employers?? No! How dare we suggest such a thing. Sahaja yogis don't behave like that - of course it was those drunken yahoos - what a ridiculous suggestion....

See what we have done! We have immediately identified with our own - we have immediately identified with what we WANT to believe; and as a result, the truth has been compromised; and the real facts are unlikely to emerge.

This is why in Sahaja Yoga, we are cautioned against the emotion of sympathy. Be understanding; be compassionate. But be on your guard against sympathy. It is too easy to be sympathetic and in the process, to identify with that person. When we sympathise, it is inevitable that we cease to witness - we cease to be detached; we become a part of the drama that has aroused our sympathy.

If we cut a finger, we wash it and put a band aid on it immediately, because we need to clean and protect the wound. We should not waste time getting into postmortems as to why we cut ourselves and how, if so and so hadn't distracted us, it would not have happened.

So it is with nearly everything we see, hear or do. We have to try to view the situation in a detached manner and do what must be done or advise what must be done - not from a position of identification, but as a witness.

Mary Lou thinks she has a problem with her boss. What should she do? Well, you can go into all the why's and wherefore's which usually amount to why it's not really her fault. Or you can suggest Sahaja ways of righting the problem. But it always involves doing something! Whether it's shoebeating, surrendering or simply doing her work in the way her boss wants her to - the angle that we must take as the third party, is one of practical application to the problem - not why it occurred in the first place. You can do that, if its absolutely necessary, after it's all over. It's hard, it's difficult, it's exacting and demanding:

but if we can master the art of being detached and therefore a good witness, we will find life more enjoyable and we will also be surprised at what IS reality! We will begin to see things as they really are, not as we (or is it our egos?) would like them to be.

We must try to be the proverbial flute, only operative when in the hands of the musician: instead of egotistic developers; who grab a piece of God's action and try to mould and shape it to fit our own limited vision and fanciful budget.

We have paid for our seats, so let's get our money's worth, not at centre stage, but as part of the audience.