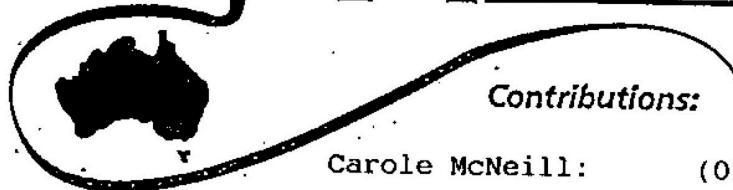


THE AUSTRALIAN *STRATHFIELD*
Sahaja Newsletter



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24th November 1995

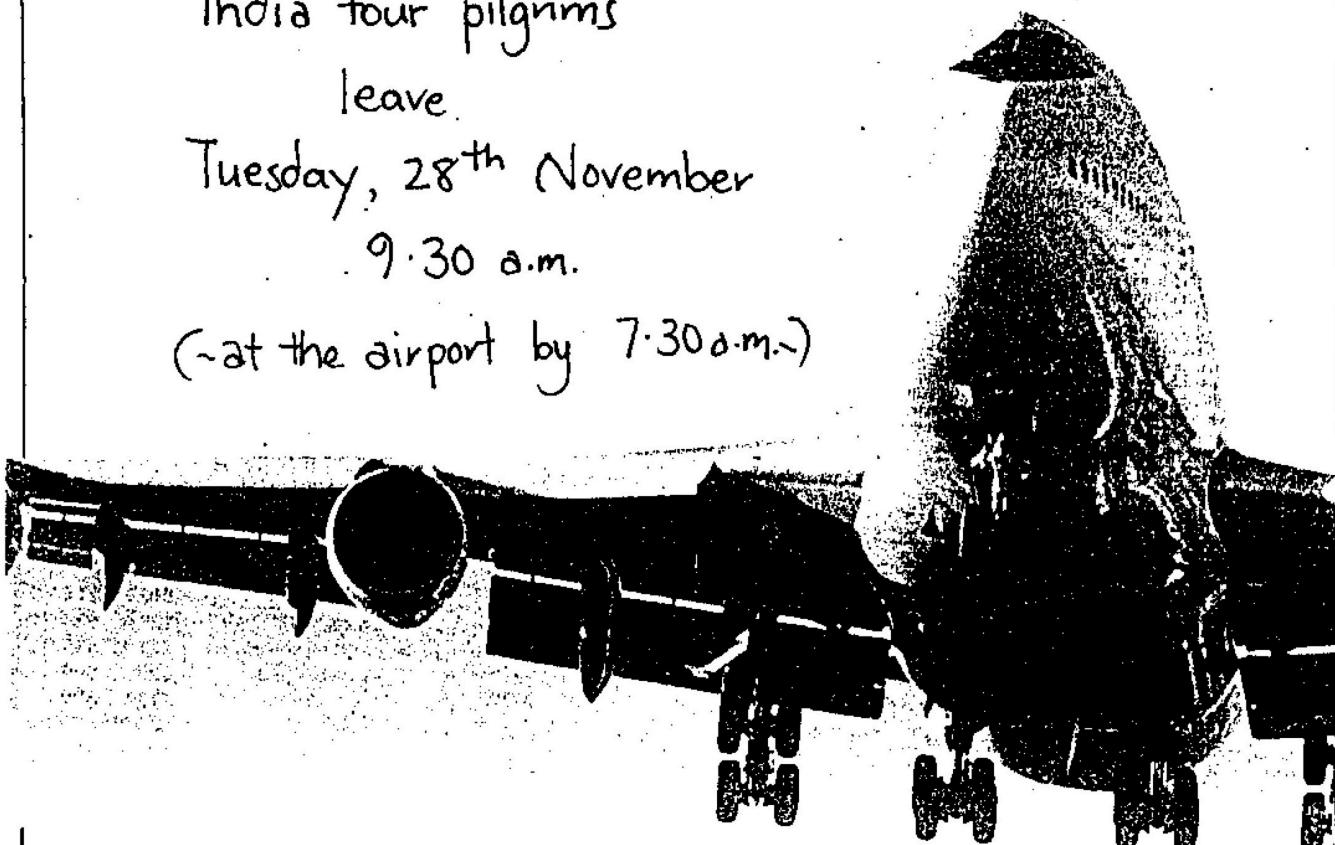
They're Off!

India tour pilgrims
leave

Tuesday, 28th November

9.30 a.m.

(~at the airport by 7.30 a.m.)



BURWOOD RENOVATION BULLETIN

Working Bee this Sunday (26 November)



As you may have noticed, a number of changes are taking place at Burwood to improve the usage of the rooms and to prepare for Shri Mataji's visit next year.

The major renovation is to provide Shri Mataji with a larger bathroom. This will be achieved by removing the common wall between her tiny ensuite bathroom and the adjoining (blue) bathroom, sealing off the access from the hallway, and creating a new, larger, ensuite bathroom. As well as this improvement, we also intend to provide all 3 rooms off the hallway (which all connect internally) for her use. (Previously she was only given 2 of these rooms.) The extra room will have to be fitted out in a suitable manner, and improvements will be made to the 2 existing rooms.

Losing the use of the blue bathroom, which was the only internal bathroom in the house, meant that some other alternative had to be found for the household and its many visitors. The proposed solution is to remove all the storage from the room we presently use for puja storage, miscellaneous storage and as a video library, into the newly-carpeted and painted garage. After removing the puja cupboard, the wall behind it will be knocked through, and replaced with a glass door and window above it, to allow natural light and ventilation into this dark area. This doorway will provide a second way to the backyard, and direct access to the 2 bathrooms opposite the kitchen. These bathrooms will be renovated and the passageway covered with a clear roof to provide all-weather protection.

The new room opening out onto the passageway will need to be painted, and will house the photocopier and the computer. The office is in the process of being moved into the small room at the very back, which has been freshly painted. The old office is about to become a bedroom again, suitable for a couple with children. The tape editing room is now accessible again from within the house. Some of the tape editing function will be dispersed to other premises, and the video library will share this room.

The garage is the new location for collective storage. As well as puja items, it will house public program equipment, such as the exhibition, the tent, carpets, stools etc. (We are looking for someone to take charge of our new storeroom.)

In addition to these renovations, the house needs a lot of maintenance work. A quick stroll around the premises is all it takes to see this. The whole exterior of the house needs to be painted. At this point in time we can probably limit the exterior painting to the windows.

So you can see that there is a large amount of work ahead of us for all this to be achieved in good time for Shri Mataji's arrival next year.

Please understand that when we ask for assistance at the working bee this Sunday, and every Sunday for the next few weeks, that we really need collective support. Remember that Burwood is your house, owned by Sahaja Yoga. We should maintain it in a condition in which we can be proud to offer our hospitality to everyone - from our Divine Mother to the most troubled seekers who come to us for help.

Jonathan Salomon





MINI SEMINAR WEEKEND

Burwood, Saturday 2nd December and Sunday 3rd December

Next week on Saturday 2nd December we will be having our usual once-a-month Saturday night program.

The yogis going on the full India Tour will already have departed, and will be enjoying Sahaja Yoga at its most intense, in the company of our brothers and sisters from around the world, and in the full attention of our Divine Mother.

This is a perfect opportunity for those of us remaining behind to get together in a similar way. We can enjoy the same informal atmosphere, forge new friendships and prepare for Shri Mataji's coming visit.

You are cordially invited to join us on Saturday 2nd December at Burwood, commencing 6pm (or earlier, if you wish), for a program devoted to sharing our ideas for spreading Sahaja Yoga in 1996. This will be followed by dinner and bed (India Tour style). On Sunday we can continue with the ongoing working bee to renovate the house.

All you will need to bring are your ideas, some bedding, some work clothes, and \$2 for each meal. Dinner, breakfast and lunch will be provided. Some old cotton sarees would be appreciated to help transform the Meditation Room into a partitioned pendal for sleeping. Children are most welcome to come along.



CHRISTMAS DINNER .



THE CHRISTMAS DINNER FUNDRAISER MADE \$1,235
PROFIT TOWARDS SHRI MATAJI'S 1996 TOUR .

AFTER THE STORM WHICH CAME JUST BEFORE
THE DINNER STARTED THE NIGHT BECAME
BEAUTIFULLY CLEAR & TRANQUIL . EVERYONE HAD
A BALL . WE'LL DEFINITELY DO IT NEXT YEAR .





Precious Advice

The numerous pearls of precious advice from Shri Mataji to the Taiwan Collective during the four nights and five days were so sweet that we can only listen to them over and over:

Truth is love. Sahaja Yoga talks only of God's love. When we love someone we have to know each and every detail about the other person. We have to develop the dynamic of love and manifest it in each one's daily life.

Introspection is not a mental activity. When we are in the state of thoughtless awareness, automatically we are in introspection. We become the witness for ourselves.

During meditation, listening to music is all right as long as we have no reaction to the music. There should be enough light for us to see the picture of Mother; too strong light or complete darkness is not good.

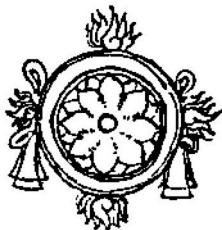
To see is not to be; to be is to be there. Very often yogis in Sushupti state (deep sleep) see the future but sometimes it is very confusing and mistaken.

To spread Sahaja Yoga is everyone's responsibility; it is not just the leader's responsibility.

All should remember to do liver treatment in the summer time.

In order for new people to feel the vibrations after self-realization, they have to forgive.

Always use candle light at both hands to treat seekers who have been to the Rajneesh sect.



C. S. Lewis died in 1962 or so, but seemed to anticipate Sahaja Yoga in a lot of his writings (e.g. "Mere Christianity"). The second piece seems to describe a procession such as takes place on India with the sahaja yogis dancing before Sri Mataji;

(from The Great Divorce) (C.S. Lewis)

..The reason why I asked if there were another river is this. All down one long aisle of the forest the undersides of the leafy branches had begun to tremble with dancing light; and on earth I knew nothing so likely to produce this appearance as the reflected lights cast upward by moving water. A few moment later I realised my mistake. Some kind of procession was approaching us and the light came from the persons who composed it.

First came bright Spirits... who danced and scattered flowers - soundlessly falling, lightly drifting flowers... Then, on the left and right, at each side of the forest avenue, came youthful shapes, boys upon one hand and girls upon the other. If I could remember their singing and write down the notes, no man who read that score would ever grow sick or old. Between them went musicians; and after this a lady in whose honour this was being done.
Cont... (C.S. Lewis)

But I have forgotten. And only partly do I remember the unbearable beauty of her face.

"Is it?... is it?" I whispered to my guide.
"Aye. She is one of the great ones."
"And who are all those young men and women on each side?"
"They are her sons and daughters."
"She must have a very large family, Sir."
"Every young man or boy becomes her son - even if it was only the boy that brought the meat to her back door. Every girl that met her was her daughter."
"Isn't that a bit hard on their own parents?"
"No. There are those that steal other people's children. But her motherhood was of a different kind. Those on whom it fell went back to their natural parents loving them more. In her they become themselves. And now the abundance of life she has in Christ from the Father flows over into them."

I looked at my teacher in amazement.
"Yes," he said. "It is like when you throw a stone into a pool, and the concentric waves spread out further and further. Who knows where it will end? Redeemed humanity is still young, it has hardly come to its full strength. But already there is joy enough in the little finger of a great saint such as yonder lady to waken all the dead things of the universe into life."

It may be that [the] power which rules our species is at this moment carrying out a daring experiment. Could it be intended that the whole mass of the people should now move forward and occupy for themselves those heights which were once reserved only for the Sages? Is the distinction between wise and simple now to disappear because all are now expected to become wise? If so, our present blunderings would be but growing pains.

But let us make no mistake about our necessities. If we are content to go back and become humble, plain men obeying a tradition, well. If we are ready to climb and struggle on till we become Sages ourselves, better still. But to remain neither obey wisdom in others, nor adventure for herself is fatal. A society where the simple many obey the few seers can live; a society where the mass is still simple and the seers are no longer attended to can achieve only superficiality, baseness, ugliness and in the end, extinction. On or back we must go; to stay here is death.

Reprinted from Oct. 1990.

SHRI MATAJI'S RECIPES

The recipes of Shri Mataji were given to us by the Indian ladies who were working in the kitchen while Shri Mataji was cooking recently in Switzerland (where She cooked five times) and at Study Camps. It was written down from their memory so we hope that it is accurate.

Enjoy your cooking and the lovely food.

Jai Shri Mataji

SWISS ASHRAM COCONUT CHUTNEY

2 cups chopped fresh coconut
10 - 12 green chillies
2 cm square ginger piece
4 cloves garlic
1 tbs lemon juice
6 tbs chopped coriander leaves
1 1/4 tsp salt

Mix all and grind in the mixer.

A little quantity of fried chick pea dahl or cashew nut can be added before grinding.

Add a little mustard seed, curry leaves and pinch of asafredida powder (an Indian spice that may be hard to obtain, but is optional) into ghee and use as topping on chutney.

SHRI MATAJI'S CHICK PEAS (serves 16 people)

2 small packets chick peas, soaked o/night, then dropped into boiling water. Add 2 small chopped onions and boil till cooked.

Soak a 6" block of tamarind

Make a blend of garlic bulb, small bunch fresh chopped coriander and 3" square piece ginger, 1 tsp cumin seeds, black pepper, 1 tsp cloves & 2 - 3 cinnamon sticks, 1 tsp fennel seeds, 1 tsp coriander. (the blend should be made in a blender if you have one and should look/a rough pesto)

Boil 5 potatoes and smash with hand. Put oil in pan and fry the blend above. When it starts to separate from the oil, add cooked chick peas; salt, tamarind and 1 cup golden syrup, smashed potatoes and bring to boil. Add 4 fresh chopped onions and serve straight away, with steamed rice.

excerpt from "PHOENIX RISING".

PLUTO IN SCORPIO (1984 - 95).

During this transit, the Pluto energies are being transmitted to the world through the sign with which they have most affinity, Scorpio. This means that the energies will be at their least diluted, and will certainly pose difficult challenges for humanity to face. The resulting success or failure will largely determine the shape of the remainder of the Pluto cycle through to Pisces.

It is likely that the speed of the world change will accelerate even more, and that nations will respond with confusion and outdated thinking to the inevitable changes being stimulated in a multiplicity of ways by Pluto. World tension will increase and armed conflict will often prove irresistible, especially in Third World countries and the Middle East, which are already unstable areas. In view of this, it is essential that the superpowers avoid becoming embroiled in more direct conflict in surrogate countries.

Scorpio and Pluto are transformative energies, and the themes of rebirth, regeneration and renewal allied to a period of endings and new creation are the dominant keynotes. The world is faced with global problems, which are not really being resolved yet, as the 'world leaders' and politicians still express old attitudes conditioned by dangerous separatist thinking. This has to change as the Piscean Age fades away, and mankind moves towards its self-judgement day, reaping the consequences of its choices. Whilst it may appear negative, it is likely that the greatest dangers will face humanity in this phase, and the only recourse is for planetary unity to occur and a radical shift in the world state of mind. Dangers particularly involve nuclear war, famine, plague and environmental pollution. One danger facing the world is the increase in sexually transmitted diseases, especially AIDS, which is a prime example of Pluto/Scorpio working through the sex-drive, and apparently undermining several of the individual freedoms already brought through since Pluto in Virgo. These include the development of homosexual rights and the acceptance of homosexuals by society, and that of sexual permissiveness; both of these are now being questioned due to the spread of AIDS. A return of older attitudes is not the way forward, but a new and deeper understanding of the sexual impulse and energy needs to emerge.

Essentially, the world has to take positive steps towards embodying the concept of the planetary village, the commonality and value of the human life irrespective of race, colour or creed, uniting in tolerance, understanding and brotherhood. It is likely that a new evolutionary and revolutionary impulse will be released during the period, expressed with a universal perspective, and backed by occult forces. Certainly there will be an increase in concern for the planet, and the collective influence of environmentalists will increase in value. Ideally, what should come through is a new form of politics to lead into the Aquarian age, one which builds a bridge resolving the present problems and creates a platform for social transformation and global awareness. The new politics will be human-centred, where the good of the individual is also good for the world, it would be very radical, yet would possess the key to guarantee a future if it can be transmitted through into manifestation, whereas the existing social and political models are unable to change and break the patterns of conflict and confrontation inherent in them.

Pluto in Scorpio confronts man with the reality of the world that he has made; the dark side of man is sufficient to destroy the world, and this energy will definitely stimulate the shadow-self, but ideally in order to redeem itself and become reborn into greater light. The old order breaks down, and like the Phoenix, the new is reborn from the ashes of the old.

On Saturday

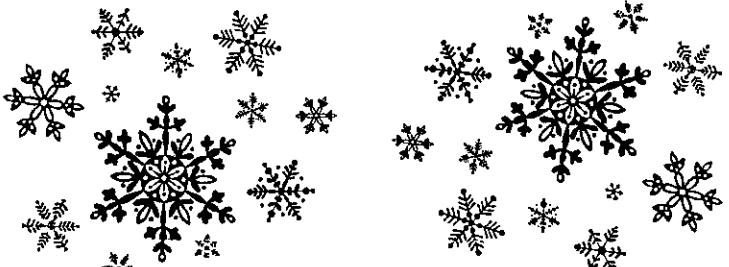
11th November

1995

Pluto moved

into

Sagittarius...



Continuing the excerpt from "Phoenix Rising" ..

PLUTO IN SAGITARIUS (1995 - 2008)

The positive effects of this transit are dependent upon the progress made by humanity during the Scorpio crisis and turning point. The energies of Sagittarius emphasize the fields of religion, law, education and travel, philosophical idealism and a need for considerable personal liberty and freedom.

Such tendencies will have a natural influence upon the spheres of religion and politics. In the world of religion, the existing religious beliefs will be questioned more, as a new religious impulse begins to enter society, which is more inclusive, understanding and modern. A new formulation of the religious impulse is necessary for a new world, one which reflects the essential spiritual values and sense of direction for humanity, yet which does not alienate people through the maintenance of archaic and socially dangerous beliefs. The new religion is intended to be founded upon personal experience of the spiritual realities, rather than upon blind faith and surrender to the dictates of a spiritual priesthood.

In the contemporary world, many aspects of the existing world religions are unsuitable, and most of them are in the final phase of their natural life-span; a synthesis of their common and essential roots is the initial step forward, leading potentially towards one world religion. This will include modern scientific belief and knowledge in a new understanding of the need of humanity for a spiritual meaning in life, because both approach the mystery of life from two different but complementary perspectives, and a common ground can be established by unification of the two mental attitudes.

The Sagitarian search for liberty and freedom could stimulate change in any country which is restricting personal freedoms, and new ideologies devoted to appeal to people will arise, guided by leaders who are responding to that impulse. This is likely to lead towards inner conflict in repressive regimes.

By the end of this phase, it is expected that the new social threads of politics, religion and science will be more intertwined in a new globally responsible pattern, and that the thrust of the world direction will be moving towards the Aquarian vision. If progress is not made, then the foundations of the world society will be shaking under the reaction to the pressure for change; and what may arise is a negative distortion of the positive approach with authoritarian religion supporting increasingly totalitarian regimes, and creating a diminution of individual freedoms and the likelihood of international conflict.

SHRI MATAJI'S MINCE MEAT for 100 people

40 kg minced lamb
10 kg onions
1 kg ginger
5 bulbs garlic
200 g green chilli
1 small bottle cumin seeds (50g of western, not Indian cumin)
30 bay leaves
10 - 15 bunches fresh coriander
8 kg ghee

Chop very finely the garlic and onions and ginger. Wash the mince meat and take out all the water. Mix meat and 1/2 of the onion together and cook for about 1/2 hr (no oil). Heat ghee in pan and add the other half of the onion, the cumin seeds and bay leaves. Smash the chillies and add to pan. Add a handful of cloves, black pepper and 10 - 15 whole cardamom seed pods. When it's a nice flavour, add minced meat, salt, coriander, garlic, ginger and cook for 1/2 hr, stirring frequently.