

Sahaja Newsletter

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MARCH 5TH '93.



The occassion of Shri Mataji's Birthday Puja will be celebrated at Burwood ashram, 11:30 A.M. on Sunday, 21st March.

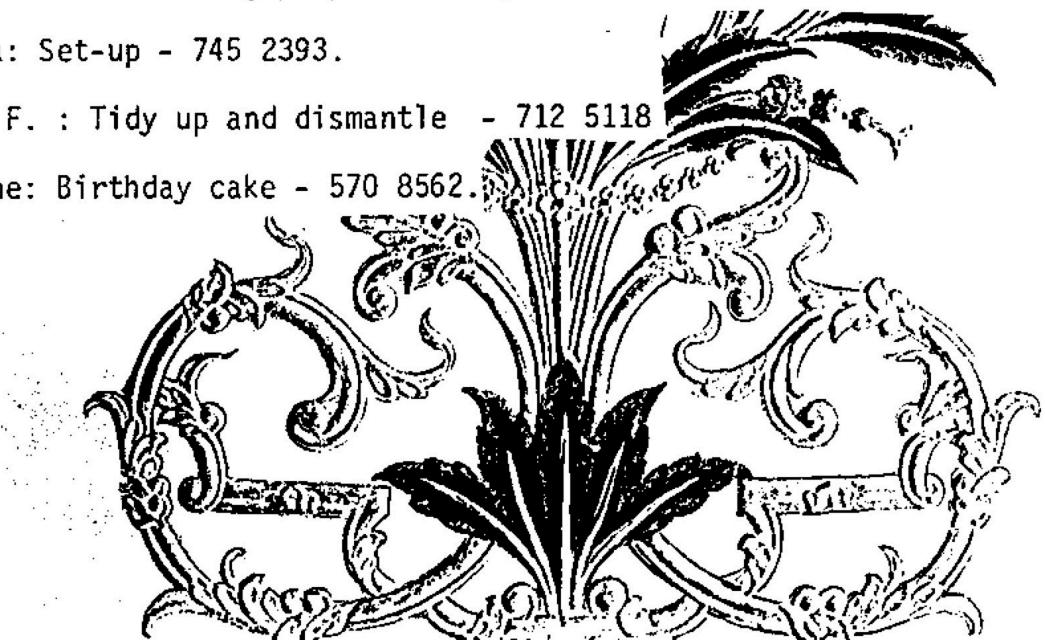
Shri Mataji has said that this puja is particularly important as we will view Her differently from now on.

As it is such an auspicious occassion, we hope everyone will contribute to its success and all the ladies will bring something for the meal following the puja. The following people have agreed to co-ordinate the following activities:

Sarita: Set-up - 745 2393.

Bryan F. : Tidy up and dismantle - 712 5118

Jennine: Birthday cake - 570 8562.



MAHASHIVRATRI PUJA, FROM NICOLAS
 (24 Feb 1993)

JAI SRI MATAJI

Dear Brothers and Sisters,

I had the privilege to attend the MahaShivaratri Puja in Bombay India. Here are some key points of my visit and the Puja.

I was invited to stay at the Vashi ashram in the area called New Bombay where Sri Mataji was staying. Very few people see Sri Mataji these days and only if Mother calls you, you can visit the ashram. So I must say that I am very thankful for my stay in the ashram. At the ashram Sri Mataji's Presence is felt very much so even if some one does not see Sri Mataji the depth of Mothers Being is felt.

The Puja took place in Bombay in an area covered with a tent. There were 2000 Indian Yogis and 4 Europeans only. Johann from Belgium was invited to the ashram. He is writing a book on Sahaja Yoga and scientific approach to the vibrational awareness. I am not sure if this is the final title but I had the opportunity to talk to him and exchange ideas. He had the carbon model where very easily you could see the Swastika, Alpha and Omega and OM. I took some pictures which I will bring with me at the Birthday Puja for the centers world wide. I was the only leader there, and since there were only 4 European's Mother decided to give the talk in Hindi. The vibrations were very strong and the talks was like a mantra to me. The Puja started with Sri Ganesha Puja then Sri Mataji Nirmala Devi Puja and then Sri Shiva Puja. I had the privilege to be at the stage at the Shiva Puja were we read the 108 names of Sri Shiva. The vibrations were very clear as we worship Lord Shiva, all the Indian leaders and my self were laying the leaves at the Lotus Feet of Lord Shiva.

I have taped the talk and very soon I will send it to Austria for translation. An Indian Yogi gave me a brief translation of the main points which I will like to share with you.

* The goal of all we do is to attain Shiva Tattwa the Knowledge of God. Kundalini and Chakras are only ladders to this goal. We must get deeper into our meditation in order to attain this state. Only when we attain this state then we can effectively work out the problems like fundamentalism, Bosnia, which then will vanish completely.

* Many people say that Sri Mataji is the Adi Shakti but that it is a mental assertion and it is not from the Heart. It has to be a Heart Knowledge else with the first instance of a problem we fall and lose confidence. So recognition is in the Heart and not in the brain. If this does not take place then we are no different than those priests and theologians who have a mental understanding of God.

శ్రీ మాతాజి పూజ కు వివరాల బోధన ప్రారంభం

* The difference of Sahaja Yoga with all other approaches to God is that we can feel the Love of God and it is not just dry words.

* We must see our Self in others as we see our Self in the mirror.

* Mother was very pleased with a Sahaja Yogi in Delhi who left all his property to Sahaja Yoga before he died. It was a man who was leaving practically from Sahaja Yoga the past eight years due to health problems and after Ganapati pule this year he return home and left all property to Sahaja Yoga and died. Only Sahaja Yogis attended his funeral of cremation.

Mother noted in the talk that the Indians also will translate the talk so I think by next Puja we will have the exact translation.

I returned to the ashram around 5:00 in the morning Saturday. At Saturday night I had the privilege to talk to Sri Mataji. There we discussed some matters concerning Greece. The itinerary of Sri Mataji is:

Thursday or Friday 25, 26 February Mother will leave Vashi and go to Pune , Pratisthan.

Then from there Mother will go to Delhi for the Birthday Puja which will be for 6 days, I do not have the exact days. The cost of the Puja will be 51 UK pounds. The 70th birthday of any one in India is considered a very big thing. So Sri Mataji's Birth Day is very important and who ever can should attend.

Mother will depart for Cabella the 8th of April and there will be a Easter Puja somewhere in April. One week after the Easter Puja Mother will come to Greece and we have the privilege to participate in a Puja in Greece. There will be a public program also. After Greece Sri Mataji will visit Turkey for four days. We had some days fixed but I found out that there will be Greek Easter on the same days which means that the exact days will change.

May we all Become the Blessings of Lord Shiva

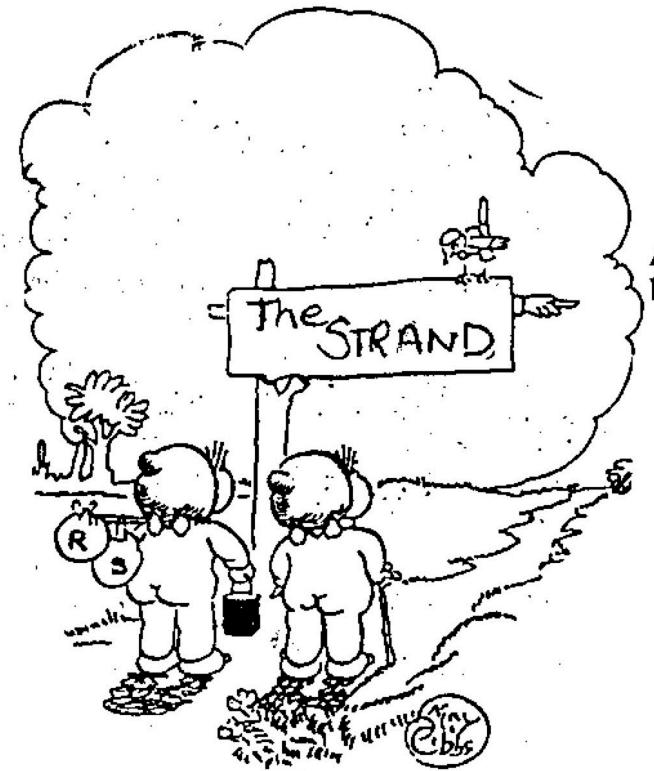
Much Love
Nicolas, Athens, Greece



Bathurst news

Two more programmes were held on Feb 7 & 14 which again saw new seekers attending (12). One of the regulars has offered her house on Wednesday nights and regulars now meet together to meditate. A full day is scheduled on Sunday March 7th commencing with a workshop for regulars at 10am then public programme starting at 2pm. Usual venue - Bathurst Neighbourhood Centre - any yogi/s interested in a day in Bathurst are very welcome. Please contact Surender at Burwood ashram.

Homebush will be closing its doors in the next four weeks. Jenny Watling is going to Strathfield. Stan is going to the Blue Mountains. The Raggets will move into The Strand at Croydon.



RENT

Large Brisbane House to let from mid-March to end of May at lovely seaside suburb Shorecliffe. \$50 per week, free electricity, phone and lawnmowing, half an hour train to city, half an hour by car to Shri Mother's House at Wamuran. Possibility to live on collectively after May. Contact David Ingles Phone: (07) 269 8585.

Greetings

Sue Sutcliffe from Cape Town sends her love to all in the Australian Collective.

SOUTH AFRICAN PUJA

The South African Collective will be celebrating Shri Mataji's Birthday Puja in Durban. 120 Yogis are expected to attend.

On Friday 19th Sahaja Yogis from all over Australia began arrived in Sydney for the Puja. Some Yogis from Malaysia and New Caledonia had also made their way to Sydney for the seminar. Yogis from every centre and major city in the country were in attendance. Many yogis had organised buses and had spent many hours, and in some cases days traveling together in order to come together for the Puja. The Puja site was the Bundilla Scout camp in Sydney where we had previously celebrated Easter Puja with Shri Mataji in 1991.

In preparation for the coming events Shri Mataji's room at the Burwood Ashram was prepared with care, attention, and love as if She Herself would be staying at the Ashram. At the camp itself, the 'Paramatta Hut' which served as Her residence when Shri Mataji was previously there was prepared for Her stay. The ladies gave full attention to every detail as they prepared the room for Shri Mataji's stay. During the previous months many of the ladies had come together to make a quilt for Shri Mataji. They selected an intricate pattern and used bright and vibrant colors in its construction. The quilt took pride of place in Shri Mataji room, which She had previously referred to as 'Her little house'. The ladies preparing and cleaning Shri Mataji's room also prepared Her food which was first offered to the altar within Her room.

Friday evening was spent in the pleasurable activity of reacquaintance with brothers and sisters from the four corners of the country, and whom many of us had not seen since last years Shivartri Puja. Over numerous cups of tea and biscuits old and new friends alike spent time enjoying each others company. This went long into the night after which the ladies retired to the huts and dorm style accommodation while the men retired to the loud sleepers tent for a night of enjoyment.

Early Saturday morning we began the day with meditation, after which preparations for the Puja began in earnest. The centerpiece of the stage was a large photograph taken of Shri Mataji Nirmala Devi during last years Shivartri Puja. Adjacent to this was a large painting of Shri Shiva sitting before Mount Kailash which had been prepared by the younger Sahaja Yogis during the preceding weeks. The Yogis assembled for Puja around 1:30 pm, around 450 adults and children were in attendance.

Before the Puja began Uncle Stephan spoke to us. He had just spoken with Shri Mataji Nirmala Devi. He said that Shri Mataji was pleased that we had all assembled as She wished and that we were proceeding with the Tour as if She was physically there with us. She said that She will be there with us for the Puja. Uncle Stephan reported that Shri Mataji had said that during the Puja we should build a staircase to the Heart, and there to worship Shri Shiva.

The celebration of Shivartri consisted of three Pujas, the first to Shri Ganesh was performed by the many children, the second to the Devi was performed by the married ladies, and the third to Shri Shiva was performed by the men. There was much music and celebration, the Puja took about six and half hours from start to completion. The last song performed was 'Jerusalem' at which point the vibrations seemed to become especially strong.

The Experience of Self-Realisation

Shri Mataji Nirmala Devi - founder of Sahaja Yoga

"This is not a modern thing - it's an ancient accepted method of getting union with the Divine, which is Yoga. Described as the "Tree of Life" in the Bible, as "Asis" in the Koran ... "Kundalini" in Sanskrit - just like flowers on the tree of life at different times."

Saturday 6th March
7.30pm
Japan Theatre
National Science and Technology Centre
King Edward Terrace, Parkes

- Program presented by Canberra Sahaja Yoga
- Audio-visual presentation of Shri Mataji
- Preceded by recital of traditional Indian bhajans (devotional folk music)

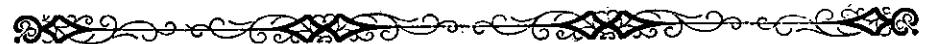
Inquiries: 2810081; 285 3605; 254 2873
Free for the asking
Supported by the Canberra Times

All Yogis invited to come and spread vibrations in Parkes.

Following the Puja, after a short break for the evening meal we assembled in the Puja tent for an evening concert. The concert began with two short plays by the young school children. The first was based on a song about the different qualities of Shri Shiva, the second surrounding the famous competition between Shri Ganesha and Shri Kartikeya to see who could first circle the Earth. Following this we enjoyed various instrumental pieces on the Flute performed by Prue Page, the Guitar performed by Peter Hodge ending with Asmira who captivated us with her virtuosity on the Violin. We then enjoyed some classical pieces beginning with some choral classical selections from the choir as well as some traditional songs from South Africa. Some of our ladies have been taking lesson on classical Indian singing from a instructor, and they displayed their talents as they sang a beautiful raga. The night ended with a beautiful piece played on the Sarod by David Withers.

The next day was spent generally relaxing and enjoying each others company, before we enjoyed a play based on the Devi Mahatmaya presented by the school children from Dharamsala. This ended our National seminar and Shivartri weekend.

Many of our brothers and sisters then began their long journeys home. Some of our guest are staying until the 26th when the Sydney Public Program will be held.



NEWS ITEMS
(11 Feb 93 - Phil Ward - Switzerland)

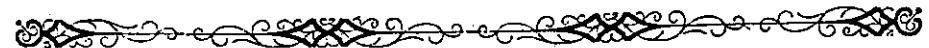
*** JAI SHRI MATAJI !!! ***

At the seminar in France 10 days ago, Antonio told us a number of things that Her Holiness Shri Mataji Nirmala Devi had said regarding pujas, which I thought I'd pass on in the (unlikely) event that you haven't yet heard.

Someone was asking Shri Mataji to specify which was the most important puja in the calendar (I guess we had all been supposing it was Guru Puja), and She said it was now Her Birthday Puja. In response to further questions She kindly listed the four most important pujas in the year, which are:

- 1 Birthday of H.H. Shri Mataji Nirmala Devi
- 2 Kundalini Puja
- 3 Sahasrara Day
- 4 Guru Puja

In addition, Shri Mataji's attention was brought to the fact that many of us every week do a puja to Shri Ganesh every Tuesday morning. Of course there is nothing wrong with this, but Our Divine Mother remarked that if there is one particular day in the week when we should worship Her than this should be Wednesday, as that is the day when She was born.



Dear Yogis.

The first major Public Programme we have organised where Shri Mataji Nirmala Devi has not been physically present with us was held last Friday evening.

Shri Mataji had previously asked Uncle Stephan to proceed with the Public Programmes as planned, so all the necessary arrangements were made. A 700 seat auditorium was booked at the center of Sydney. Posters were produced which advertised that the program would be presented by Sahaja Yoga, rather than by Shri Mataji in person. Hundreds of these were placed at convenient locations around Sydney. Large five foot display advertisements, which were covered and backlit were also located at many of Sydney's main railway stations. Also advertisements were placed in many major newspapers, as would happen when Shri Mataji herself is here with us. During the preceding Shivartri Puja weekend we tried to keep our attention on the fact that Shri Mataji requested that we treat the Tour as if She was here with us.

At the venue itself Shri Mataji's chair was readied, and a large photograph of Shri Mataji was placed there, as well the small table adjacent to Her chair with water, chana and a candle. On the other side beautiful arrangements of flowers decorated the area adjacent to the stage where the musicians would be performing. We hired a video projector of a similar type to the one used on India Tour. Shri Mataji's video would be projected onto a large screen.

So the night of the programme arrived. About 450 to 500 people were in attendance, of these around 300 were new people.

Uncle Stephan began the programme with a very informed introduction explaining the basics of Sahaja Yoga. He mentioned the relationship between music and awakening the Kundalini, and how Shri Mataji often uses music to help open peoples hearts, this he said helps the Kundalini to awaken. He then introduced the Sahaja musicians who then began to weave their magic spell on us all. The audience were soon enjoying the music and clapping along with the rest of us. At the conclusion of a few bhajans the lights were dimmed and Shri Mataji's video was then projected onto the screen. The image was so bright and beautiful, almost as if She was there, it is much more effective than a television image. Shri Mataji's image was easily seen by all in the hall. The video was of a public programme held in Wollongong last year. During the video Shri Mataji moved her hand to the left and made reference to the subtle system, unplanned by us, at the exact place where She was referring to a chart of the subtle system had been placed. Later during the talk She made reference to nature, She then moved Her hand to the right and referred to the beautiful flowers of nature, and again this was the place where we had placed all the flower arrangements.

Following the video of Shri Mataji, a separate tape was shown of Shri Mataji granting self-realisation. At the end of the video when Shri Mataji asked for all those who felt the cool breeze to raise their hands, nearly everyone in the hall lifted their hands. Uncle Stephan then asked everyone to close their eyes and enjoy the awakening they had just experienced. We sat silently for a few minutes at which time there was a very profound silence and stillness, the meditation at that moment was very deep, it felt as if Shri Mataji Nirmala Devi was there with us all.

Chris.