

Sahaja Yoga

25th April, 2003
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Australian Newsletter

Jai Shri Mataji!

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In the resurrection of Christ, death has suffered a humiliating defeat by its own death, and my Lord has emerged out victorious over death.

To celebrate the resurrection of the Lord, the whole Cosmos appears to be jubilant and have decked up to welcome the victorious Lord.

Likewise, even in Heaven, Angels have assembled like an army to accord their welcome to the resurrected.

Their belief and love in Christ is further accentuated by the Resurrection. Seeing all these celebrations, Death wept bitterly on its defeat.

Everyone was in a mood of enjoyment and they were laughing merrily. The nature also expresses its joy by showering the flowers all over. Saints and Seers bow down in sheer reverence. Even the devotees bowed down in surrender, thus showing their devotion and faith in Jesus Christ.

*In resurrection, Christ was reborn
and to this newborn we bow down and salute in reverence.
By garlanding him with fresh flowers full of fragrance,
we will adulate him by singing his praises.
He has now created a permanent abode in my heart
because of His glorious victory over death.*

translation of Maranache Mele
(Marathi bhajan page 54)



NATIONAL NEWS

Jai Shri Mataji. Our Sahaj family in Australia has celebrated with joy in the last few weeks, worshipping Shri Mataji at Haiwatha near Melbourne and at Balmoral near Sydney. For those who attended it has been a recharge of batteries flattened by our social, material and family commitments. It has reassured all of us of the beautiful Sahaj family created by our Divine mother for us as a fortress to shield us from modern ills of the society.

Our seminar topic *Sahaj Yoga during these changing times* in my view was conducted with everyone in deep meditative state, and with yogis speaking from the Sahasrara. The whole of the Sahastrara Puja National Seminar weekend was a very deep, silent and joyous experience. There has been a sense of responsibility towards making our collectivity very strong both in terms of meditation and also in terms of feeling the oneness of being the children of the same Divine Mother.

I felt that there was a silent resolve to overcome our individual egos, conditionings and strong opinions (mostly critical) in the interest of the collectivity and to please Shri Mataji through our love and respect for each other. Numerous programs all around Australia have been organized besides a concert in memory of "Baba Mama" in the next few weeks. I am sure that every Sahaj yogi will put in all their heart and effort into all the upcoming events as a way of saying thank you to Shri Mataji and praying to Her to make us good divine instruments to continue Her divine work of world transformation.

Shri Mataji's Health

As we all know, Sahastrara Puja was conducted in Cabella in Nirakara form as Shri Mataji did not attend it physically. But for those who attended, Shri Mataji was definitely there, as felt through deep and strong divine vibrations just like we felt at Balmoral. As we all know all the divine incarnations still have to follow the bodily laws. Shri Mataji has been silently absorbing all the problems of the world and major world events including the war expressing human hatred and materialism at its worst. We all know that Shri Mataji is the Adishakti. She is the one who has given us our Self Realization and has transformed our lives. The obvious question is "What should we do?"

In my view let us resolve collectively to please Shri Mataji and make this suffering as less as possible by rising in our depths of individual and collective meditations. Can I request everyone to meditate at least for an hour at 4.00 am everyday until the Adishakti Puja in June. Maybe we can work out the phone tree to help each other initially. I am sure our love and devotion will provide joy to Shri Mataji. Let us pray during our meditations for Shri Mataji's good health and long life. Let us ask for forgiveness on behalf of whole of Australia for all our mistakes.

Also, let us have a havan on the nights of collective programs (in NSW: Saturday programs) for the next 4 weeks to invoke the pure desire within us and to destroy all the negativity with 108 names of Shri Mahakali.

The time has come to stand up together as brothers and sisters of the Sahaj family and rise in unison to express our love, devotion, commitment and sincerity to our spiritual ascent, to the great work of Sahaj yoga and towards our Divine mother Her Holiness Shri Mataji Nirmala Devi.

Avinash Nickkawde

STATE NEWS

from Victoria...

Jai Shri Mataji Nirmala Devi

Thank you for a wonderful weekend highlighted by a Sahaja Yoga New People's program arranged by Margaret and hosted by Bruce, well done. The vibrations were terrific, even though we outnumbered the guests two-to-one (12 yogis and 6 new people).

The Puja on Sunday was quite innocent and sweet and full of special happenings. Thank you everyone who helped and participated.

This coming Saturday 10th May there will be a gathering of the ladies for Hemlata Buff at the Noyce residence around 3pm.

Best Regards,

Jeff Lyons and Colin Berry

from NSW...

Outdoor programs
for weekend of 10th and 11th May 2003

Dear Everyone,

Here is a list of the programs happening this weekend - please come and be a part of the joy of giving realisation and handing out leaflets advertising the upcoming programs.

"But the 11th is Mother's Day!" ...EXACTLY!!!

Hornsby Mall (ON SATURDAY AND SUNDAY)

located at the water fountain clock feature.

Groups responsible - Lower North Shore & Burwood

For more details contact Gillian Patankar tel: 9940 4588

Katoomba (ON SATURDAY AND SUNDAY)

located near the library.

Groups responsible - Inner West & Blue Mountains

For more details contact

Matthew and Meredith Cooper tel: 02 4782 1179

or Raelene Wright 0416 299 590

Hyde Park North (Sydney CBD)

(ON SUNDAY ONLY 10am to 5pm)

located at the fountain

Group responsible - Eastern Suburbs

Contact Lyndon De Valle tel: 9326 3853

Manly is NEXT WEEKEND.

Eastern suburbs probably needs the most help with Hyde Park North.

Please keep the permission permit at the stand at all times
DO NOT GO FOR A COFFEE WITH THE PERMIT IN
YOUR POCKET (writing from experience!). This could immediately terminate your agreement should an officer turn up.

Jai Shri Mataji

Raymond Hampton

Travel arrangements
for NSW participants
attending the Yuva Shakti Camp
in Wamuran

A group booking is being made for the train for those who wish to travel to Wamuran from NSW. The details are:

Sydney (Central) to Brisbane

Depart Saturday July 5 at 4.30pm

Arrive Sunday July 6 at 6.30am

Brisbane to Sydney (Central)

Depart Monday July 14 at 7.30am

Arrive Monday July 14 at 9.30pm

The fare is \$55 each way (ie \$110 return) for those under 16 or full-time students (with concession cards). Full fare is \$110 each way (\$220 return) – you may want to fly instead!!!

To ensure that we can get seating together we would like to make the booking this week. In order to book the train we need your full name, concession card details (if relevant) and money.

If you miss out this week, it is still possible to make a second group booking for those who don't book now. However, it will be less likely to be able to get seats together and hence the journey will be long and boring instead of being lots of fun!

Gabby Delaney

INTERNATIONAL NEWS

from France...

Recent Yuva Shakti Seminar in Vernon

"The combination of leisure activities and deepening our meditation was so much enriching and I could feel that everyone had matured a lot compared to the first meetings we had altogether. It's very encouraging to see the state of joy and love we all felt by being together."

So here I am. Back from one of the best weeks of my life, which was the Yuva Shakti seminar near Vernon France (45 minutes north of Paris). It was such an amazing week, and if ever there was a seminar that covered the entire breadth of joyous activity which just flowed with love and vibrations...this was definitely it!

Arriving Friday evening after an eventful journey on train, tube, plane, bus, train, train, and car...to the beautiful house of Djamel, Guillmet, Fatima and Malik nestled in a small valley near Vernon and also Giverny, where lies the famous gardens and home of Claude Monet.

Basketball is something I enjoy very much, especially when in France with the Yuva Shakti and the first night was to close with just such a game.

The days to come were exceptional, and being always so much in the present, every joyous activity just flowed from to the other. Each morning we were up bright and early (some of us earlier than others), and of the weekend I remember the classical Indian music lessons we were given by Anne, learning both *Kawwalli* and *Binati Suniye* (with the correct intonations). We also experienced some amazing massage techniques for the whole body, from head to toe, alongside many footsoaks in the backyard stream and head massage in the evening. I am not sure I can express the power of attention that was throughout the weekend or the vibrations, but these activities were a tremendous start to the seminar.

We played *Ko Ko* all together in the backyard, kicked the ball, and had more footsoaks. (By the way it is one of those streams where you have to pass the state of absolute ice cold numbness before being able to withstand and enjoy the footsoak itself!)

A good walk in the cooling rain took us up the hill to a lookout spot named in Ganesha's name as it looks out over the valley. This was the first point in the seminar for some Yuva Shakti-related discussion.

Coming to France has also been the first place where I have really felt the clearing out of the void and nabhi so much, and the nature outside was where this peace and satisfaction of the entire self was so cleansing.

We were also greatly blessed with the presence of Alex Henshaw (usually located in Hong Kong spreading self-

realization), who told us grandfatherly stories of the beginning of Sahaja Yoga when he was working for Mother in Her house in London in the early 80s.

Sunday afternoon progressed into the Easter Puja, and many bajans and dancing with all the Yogis and Yuva Shakti for a long time after. It was a very special puja, very strong; led and hosted by the Yuva Shakti. I cannot remember having such a small puja and the vibrations and attention being so strong. Something that is very very established in the Yuva Shakti of France is such a deep ocean of depth and beauty in everything that is done.

This seminar week was also one where I truly felt I was learning and growing much deeper in the spirit. Becoming more in tune with the vibrations and using them effectively with the pure attention and surrender to Shri Mataji.

On Monday we were up early as always to a shoebeat and meditation outside followed by some good Chinese stretching exercises shared with us by Uncle Alex. Breakfast came and went and we were back outside again to experience a truly amazing vibrational workshop termed in France as *Nirmal Source* where we were split into smaller groups, and worked collectively four or five to balance and clear the channels and chakras of one Yuva Shakti with our collective attention. In short I have never personally felt such an effective and strong clear out. When it was my turn, as soon as I sat in the center in front of the group, and in front of Mother's photo, I immediately felt all the negativity leave my agya, my entire ride side of nabhi and void just clear, and such deep love and security blossom in my heart, even without any clearing out beginning by the group. I share this because the experience was truly so strong, and I know from the others that this experience of such strong attention, vibrations and clearing out was mutual to everyone. (I will hope to post a detail of this technique soon into the treatment and technique forum).

More basketball, more footsoaking and definitely more stories from Uncle Alex and the vibrations continued to enrich and flow. We also again had some time for sharing about the recent Yuva Shakti seminar in Hastingwood Ashram, UK that took place the weekend before, especially what Ashish had shared about the role and purpose of the Yuva Shakti in Sahaja Yoga.

Tuesday found us bounding off to Vernon from where we had lunch on the banks of the big river, and then walked 45 minutes to the home and gardens of Claude Monet. This was our real chance to pose as tourists, vibrating and enjoying each moment. Hot sunny day, enjoying the beautiful garden and pond from where Monet's most famous paintings are known (lilly pads and of course the bridge), big smiles, lots of fun and some home-made ice cream at the end. Tea at Danurdhara and Samreeth's house, and then back home. More Basketball and footsoaks.

Wednesday we were back in Vernon taking the train to Paris. This was to be a day to remember! Our Mission: to give realization in the square of Beaubourg. Travelling the metro and walking the busy streets, we set up and really

wonderfully gave realization to many many, from so many backgrounds and cultures from all over in many different languages. We sang bhajans, and in the end went out to the small groups of people sitting in the square and invited them for their realization. Some received it right on the spot, and some came to the stand. I remember a few French-African seekers laughing and giggling in astonishment at the experience, or the three young boys laughing! When you see the pictures they will really speak for themselves. From what I remember there were seekers from France, Egypt, Canada, Belgium, Africa, India, China, Ireland, and more I can not even name.

After we had dinner at a Chinese Fast food, and were then off to 'Chance Allyse' (Spelling) for a quick run up and down the most beautiful road, with warm weather and lit monuments, even spying the top of the search light adorned Eiffel Tower.

On Thursday the week was winding down with some more hikes up to the Ganesha Rock and *Nirmal Source* workshop. We made (flat based) Pizza that day from scratch, which has got to be the tastiest pizza I have ever had. With everyone's vibrations going into the variously topped pizza bases. We finished the night with the Bollywood Film Ashoka, and off to bed at 3:30. I cannot tell you of Friday as I was off at 6:30 that morning for another car, train, metro, bus, plane, tube, train and walk home ... with the nostalgic music that we played through the week from Nusrat Fateh Ali Khan, *Ashoka*, *Lagaan*, and the *Bend-it-like-Beckham* soundtrack. And catching up on some much-needed sleep.

It is impossible for me to fully express the specialness of the week, and the amazing strength of depth, attention and becoming more in tune with our vibrations that the entire week provided. As Fatima said at the top of this post ... "The combination of leisure activities and deepening our meditation was so much enriching and I could feel that everyone had matured a lot compared to the first meetings we had altogether. It's very encouraging to see the state of joy and love we all felt by being together."

It was truly amazing, and so I look generously forward to many more times like this, and to be able to share this warmth and joy here with you all. There are many more activities coming for the summer, and we will post them as soon as possible.

Photos will be online sometime later this week, and hopefully registration for the upcoming International Swiss seminar set for early August. Also look forward to the updating of the French and Portuguese languages to YuvaShakti.com

Lots of love to everyone .. will post some more of the special experiences bit by bit ... !

Jai Shri Mataji

Gautama

Dear yogis,

The yogis in Paris had a special cultural evening at an Iranian restaurant last night (16/4/03). The venue Persian Palace is a popular Iranian restaurant near the centre of Paris in Montparnesse. France has been a difficult place to spread SY as there has been a lot of negative media reports and direct opposition from the Catholic Church and French government.

Despite this the yogis remain determined and dedicated to spread the love of Shri Mataji to the people of France. The program was to make it easier for the general public to accept SY as a cultural and spiritual movement and not some weird sect as portrayed in the media. The restaurant was completely packed, with around 165 yogis and new people attending. Some people came late and couldn't get into the restaurant.

The evening commenced with a presentation on SY by Majeed the French leader. This was followed by the *Visions* video with French subtitles projected on a large screen. Self-realisation was simple and effortless with Majeed getting everyone to put their hand on their head and just to ask for self-realisation. Most people felt the cool breeze and we meditated for some time. It was an amazing feeling to be sitting in a restaurant in the middle of Paris enjoying such cool vibrations.

After the meditation the food was served. Iranian food is very subtle with delicate flavours of saffron, pomegranate, pistachio and rosewater. There were also other spices that I'm not familiar with that give the food a very unique flavour. It is not like other Middle Eastern food that I have eaten. They also served a special yoghurt drink similar to a salt lassi but it is fizzy. After dinner the Paris Bhajan group performed and got everyone clapping and dancing. The music created an atmosphere of joy and lightness and I'm sure all the new people were touched by this music. During the kawwalis people spontaneously got up and danced. The Iranian owner of the restaurant was very impressed by the music. Everyone was enjoying so much that we forgot about the time. The program finished at around 12:30am even though most people were working the next day.

It is an interesting and innovative way to have a program with meditation, music and good food.

Jai Shri Mataji

Love,
Alex Henshaw

from the USA...

Australian yogini writes from Chicago

Hi everyone!

Just thought I'd drop a line to tell you how beautiful it is here! We are staying with the Chicago collective this week and having a wonderful time.

The nature here is lovely. It was a little cold and everything was kind of grey when we first arrived, but as the spring moves in the skies are blue and the nature is amazing. The trees grow more leaves each day, more blossom and flowers appear and colour is stunning in contrast to the bleak winter look of our arrival. Each day we see more squirrels, colourful birds and we even saw a cute little chipmunk!

On Easter Sunday there was no puja here. Instead we went to a store which sells organic foods and gave realisation to about 25-30 people (not all at once!) with about four of the Chicago collective! It was amazing. We were standing between the cheeses and the breads! I wish we had the digital camera with us as it was quite a site to see. We just had four chairs; a table with Shri Mataji's photo, cloth and flowers; and a sandwich board with the subtle body and a small photo of Shri Mataji on it. About four of five of the people who had realisation were the staff of the store (called *Wild Oats*). They have invited the collective to come back to give realisation again and also to begin regular programs. What a different way to spend Easter!

We had some nice bhajans with the Chicago collective last Saturday, but it was a cold evening and only a small gathering as a result. This Saturday has been advertised as a Bhajan evening and we hope to have a larger crowd to 'make more noise'.

We are in Chicago for the week as Paul is here on business training the AAA staff (the local car club). Next week we will begin our adventure in Milwaukee. We will be staying in an apartment and if anyone wants to write to us the address is 306/626 E. Kilbourn Avenue, Milwaukee WI 53202, USA. Hope to hear from some (or all?) of you soon. Thanks for the great bhajans we had in Sydney on our way through. It was fantastic!

Jai Shri Mataji

Your sister,
Debbie Stainsby

GENERAL INTEREST

Ancient advice on the Protocol of the Divine

"When the Pandavas decided to live in king Virata's palace, Dhaumya blessed them and advised them thus:

'Those who are engaged in service under a king should always be vigilant. They must serve without talking too much. They may give their counsel only when asked, and never obtrude it. They should praise the king on befitting occasions. All things, no matter how small, may be done only after informing the king, who is a veritable fire in human form. Do not go too near him, nor yet appear to avoid him. Even though a person may be trusted by the king and have great authority, still he should always behave as if he would be dismissed immediately. It would be foolishness to place too much confidence in a king. One may not sit in the conveyance, seat or chariot of the king, presuming on his affection. A servant of the king should ever be active and self-restrained. He should not be excessively elated, nor unduly depressed, by being honored or dishonored by the king.

'He may not reveal the secrets confided to him, nor may he receive anything in the form of gift from the citizens. He should not be jealous of other servants. The king may place the unworthy in positions of authority, leaving aside the wise. Such waywardness should be ignored. One cannot be too careful with the ladies of the court. There should not be the faintest suggestion of indelicacy in one's conduct towards them.' Dhaumya then blessed the Pandavas:" Live thus in patience, serving the king Virata, and then you will pass the rest of your days in happiness."

(Excerpt from the Mahabharata Chapter XLII – "Domestic Service")