

THE AUSTRALIAN

Sahaja Newsletter

STRATHFIELD

Contributions:

Carole McNeill: (02) 560 6921

Efrem Manassev (02) 560 4134

Fax: (02) 745 4927

DECEMBER 10th 1993.

"...man must love all creation or he will love none of it. Man must love fully or he will become the lowest of the animals. It is the power to love that makes him the greatest of them all...for he alone of all animals is capable of love.

Love is something you and I must have. We must have it because our spirit feeds upon it. We must have it because without it we become weak and faint. Without love our self esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world. Instead we turn inwardly and begin to feed upon our own personalities and little by little we destroy ourselves.

You and I need the strength and joy that comes from knowing that we are loved. With it we are creative. With it we march tirelessly. With it, and with it alone, we are able to sacrifice for others....

...The only thing that can truly help us is genuine love. You must truly love us, be patient with us and share with us. And we must love you - with a genuine love that forgives and forgets...with a love that forgets and lifts up its head and sees in your eyes an answering love of trust and acceptance... This is brotherhood...anything less is not worthy of the name."

Excerpts from "My Heart Soars"

*Written by Chief Dan George, Chief of the Co-Salish Tribe
Vancouver, Canada*

Wahroonga and Narrabeen Community Fair 1993

After many successful experiences at a variety Fairs, Sahaja Yoga was in attendance at two Fairs over the December 4th weekend. These were the Narrabeen Community Fair on Saturday the 4th and the Wahroonga Fair on Sunday the 5th .

The first was held at Narrabeen which is one of Sydney's beautiful beachside suburbs on the what is known as the Palm Beach peninsula. It is a very comfortable and relaxed place to live and over the years has attracted many families and people who enjoy life by the sea. Its a long way from the city so it has become very much of a community in its own right.

The morning of the Fair arrived we were blessed with beautiful Summer weather. The main road of Narrabeen is Pittwater Road which runs along the Northern beaches from Manly to Palm beach, 20 kilometers of some of the most beautiful coastline one is likely to find. This year the Narrabeen section of this road served as the venue for the Narrabeen Fair. This Fair was more low key compared to Fairs we have attended in the past. Much more relaxed and smaller crowds gathered to sample many stalls, most were selling something, either food or a variety of goods. Ours was the only stall at the Fair offering something spiritual.

The organisers arranged a tent and annex which was to serve as our stall. We were also given a one hour slot, from 2:30 - 3:30 during which the Sahaja Yoga musicians were to perform. The Fair was to run for one day, from 10am until 5 pm. . Throughout the morning the number of attendees of the Fair were light compared to previous Fairs. The crowds were quite relaxed as they strolled through the Fair enjoying the summer sunshine. Small numbers of people found their way into our Meditation Tent. For most of the morning people visited our stall wanting their self-realisation. Because of the quiet nature of the Fair, Sahaja Yogis could spend time with each new person explaining Self-Realisation and taking time to give each person their realisation. About 50 people had received their realisation before a looming thundercloud let loose with a torrential downpour. This effectively washed out any further proceedings. The Yogis huddled together under the cover of their meditation tent, which now served us our shelter from the summer storm. The rain also prevented our musicians from taking centre stage.

We packed our gear and the enlightening procession moved onto the Wahroonga Fair which was held on Sunday the 5th.

Wahroonga is also one of the suburbs on Sydney's Upper North Shore . It is quite an expensive place to live and over the years it has attracted mainly affluent people. We later found out that this is the most popular of the North Shore Festivals. This Fair proved very much more popular than the previous days experience.

The Wahroonga Fair was located in two separate sections, one housing many cultural and ethnic exhibits, while the second section housed many stalls selling food and a variety of goods. Our venue was located in loading dock of an alleyway linking the two sections of the Fair. The walls of the enclosure were lined with the our now well used gray partitions, upon which we displayed material from the Sahaja Yoga Exhibition. An altar was built at one end and the major area of our stand was filled with chairs upon which new people could sit

The Evolution of
Modern Man



3. Having our venue in a small private lane meant we had a quite peacefully and quiet environment compared to the rest of the hustle and bustle of the Fair. Being one of the main thorough fairs a steady flow of people passed by our stall and many came inside for self-realisation. From the morning the large crowds meant that we would much busier than on Saturday. From the beginning Sahaja Yogis found themselves stationed in our stall for the entire day giving realisation to many groups of people.

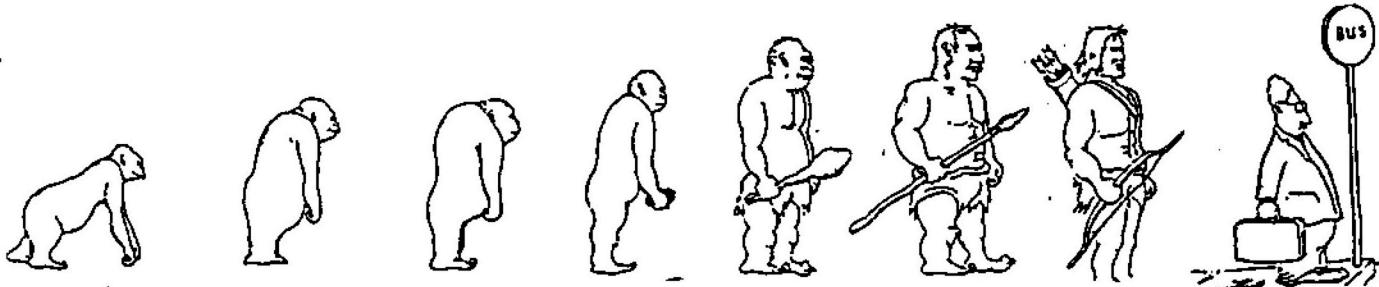
The type of people who are attracted to this Fair were very ordinary main stream people. Early in the day a 14 year old school girl received her realisation and she spoke of her experience at home where her father even discouraged her use of incense. This young seeker spoke of her desire of visiting and perhaps one day living in an Ashram. She left our stand and soon returned bringing many of her school friends to our stand to also receive their realisation. These then left, again returning with more friends and family. It seemed a high percentage of those receiving their realisation were young people and school children who received their realisation effortlessly.

During the day one the main organisers of the Fair visited our stand and asked us what our purpose was as it seemed we did not make any money. One of the Sahaja Yogis explained that Shri Mataji is from a Royal Family and She does not need our money, our only aim is to give people the experience of meditation and to show that one should not collect money for Yoga. The man patted the Sahaja Yogi on the back and told him the Yogis were doing good work.

Large crowds were present for the Wahroonga Fair, by the end of the day around 400 to 500 people had received their realisation Again our attendance at the Fair proved to be a great success as many people received the spark of self-realisation. The success of the Community Fairs seems to go on and on, looking back it was quite a weekend. Again many people received their self- realisation and once awakened who is to know the effects kundalini may for them.

VIDEO COPYING NEWS

All orders for video tapes which have already been received will be completed by the end of December 1993. No copies will be made during January 1994 as time is needed to get things ready for Shri Mataji's tour in March. Copying will resume in February when hopefully we will have the latest videos from last years pujas.



INDIA SCHOOL NEWS:Recent School Fees

Existing students

| | |
|---------------------------|------------|
| a. School Fees (12months) | Rs. 54,000 |
| b. General Imprest | Rs. 3,000 |
| c. Medical Imprest | Rs. 2,000 |

| | |
|-------|------------|
| Total | Rs. 59,000 |
|-------|------------|

| | |
|--|------------|
| d. Middle school admission (going from IV to V class) | Rs. 20,000 |
|--|------------|

| | |
|--|------------|
| e. High school admission (from VII to VIII) | Rs. 20,000 |
|--|------------|

For NEW STUDENTS

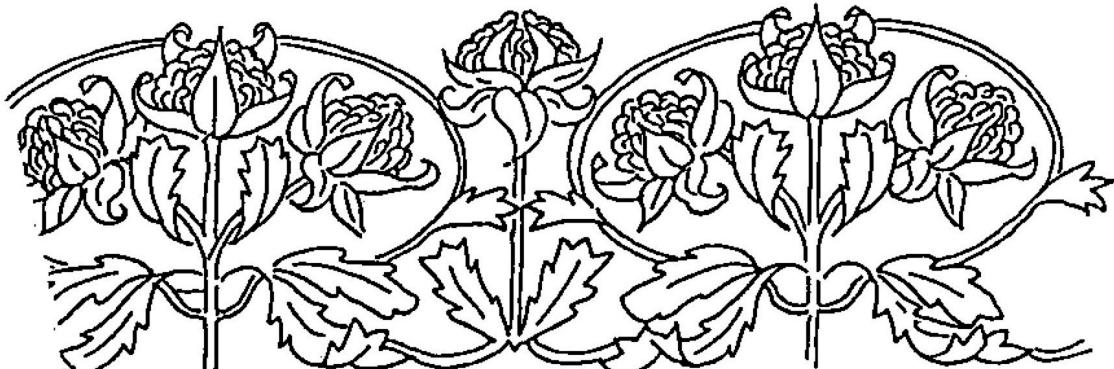
| | |
|--------------------|------------|
| a. Admission fees | Rs. 20,000 |
| b. School fees | Rs. 54,000 |
| c. Caution Money | Rs. 2,000 |
| d. General Imprest | Rs. 3,000 |
| e. Medical Imprest | Rs. 2,000 |

| | |
|-------|------------|
| Total | Rs. 81,000 |
|-------|------------|

Many thanks to Imre Gomes who has tried every avenue and called in all favogus to get our children on a flight home after Ganapati-Pule. We have a confirmed flight AI 302 - 28th Dec. Bombay- Bangkok Dep. 15.30 ; Arr. 23.40 and QF 2 29th Dec. Bangkok- Sydney Dep. 06.45 Arr. 20.40

Andrew Jones and Sue Boyer are leaving Sydney on 14th Dec. to join the second half of the tour and accompanying the chjldren home . Many thanks to them. The best fare we could get is \$1,000 for this one way ticket for children under 12 years, and \$1,447 for children over 12years. We will allow about \$50 for ravelling money. I will have to collect a bit more money from parents who are bringing home two childeen (\$60 extra) and for tree children (\$220).

ve, Caroline



THE EARTH IS OUR MOTHER

Ancient Shamanic truths of the American Indian

Kenneth Meadows

Uneducated they may have been by today's academic standards, but as this article will indicate, North American Indians possessed a profound understanding of the mysteries of life, of the purpose of existence, of the natural world and the forces of Nature all around them.

Earth was regarded as a living being - a Mother on whose garment all creatures moved, and from whom all obtained their subsistence. Earth supplied the substance of her physical body to provide the material from which the human physical body could be knitted together in the womb and be nurtured and protected from the time of conception until birth as a separate, individual entity. Like every mother, Earth provided all the physical needs of her children from the bounty of her own substance, and when any of her children died, their bodies returned to the Womb of the Earth from whence they came.

All creatures - whether they walked, ran, swam, crawled or winged their way in the air - were Earth's children, too. So were trees and plants who were "alive" and had an awareness which, though it differed considerably from that of a human or animal, was no less "real" all the same. Even rocks and stones were respected because they, too, were regarded as having a life of their own.

Since all these "living" things shared life on Earth with humans they were truly their relatives, born of the same Earth Mother and conceived also in the Mind of the Great Spirit - the Indians' concept of the Creative Source of all that is.

The Indian was thus a true naturalist and loved the Earth and things of the Earth.

Chief Luther Standing Bear, a Lakota plains Indian, who was born 1868, received a formal education from the age of eleven and spent his later years teaching and writing had this to say in his book *Land of the Spotted Eagle* published in 1933: "The old people came literally to love the soil, and they sat and reclined on the ground with a feeling of being close to a mothering power. It was good for the skin to touch the Earth, and the



"The old Lakota were wise. They knew that the human heart away from Nature becomes hard; they knew that lack of respect for growing, living things soon led to lack of respect for humans, too. So they kept their youth close to its softening influence."

old people liked to remove their moccasins and walk with bare feet on the sacred Earth. Their tipis were built upon the Earth, and their alters were made of Earth. The birds that flew in the air came to rest upon the Earth, and it was the final abiding place of all things that lived and grew. The soil was soothing, strengthening, cleansing and healing. That is why the old Indians still sit upon the Earth instead of propping themselves up and away from its life-giving forces. For them, to sit or lie upon the ground is to be able to think more deeply into the mysteries of life and come closer to a kinship to all lives about them."

"Kinship with

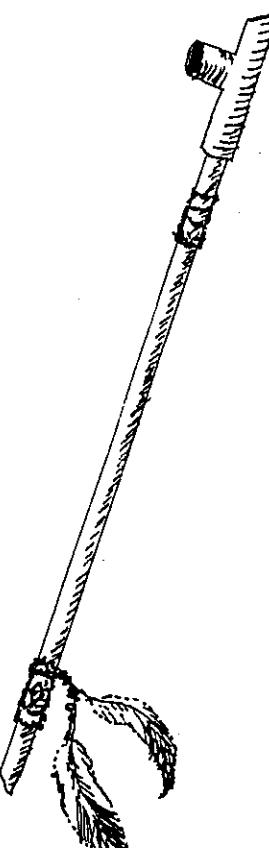
all creatures of the earth, sky and water, was a real and active principle. For the animal and bird world there existed a sense of community that kept the Lakota safe among them, and so close did some of the Lakotas come to their feathered and furred friends that in true kinship they spoke a common language."

"The old Lakota were wise. They knew that the human heart away from Nature becomes hard; they knew that lack of respect for growing, living things soon led to lack of respect for humans, too. So they kept their youth close to its softening influence."

This closeness to Nature enabled the Indian to be in continual contact with the inner world of the spirit that impregnates all things.

"We were lawless people, but we were on pretty good terms with the Great Spirit who is the Creator and Ruler of all" said Walking Buffalo, a Stony Indian who was asked by the Canadian government to make a world tour as a representative of the Indian people, and who visited London, England, at the age of 87.

"You Whites assumed we were savages" he told an audience. "You didn't understand our prayers. You didn't try to understand. When we send our praises to the Sun or Moon or to the Wind, you said we were worshipping idols. Without understanding, you condemned us as lost souls, just because our form of worship was different from yours."



FAX TO: SAHAJA NEWSLETTER
FROM: ALEX HENSHAW

JAI SHRI MATAJI

19th November 1993

Dear Yogi,

On the 22nd of October four yogis from Hong Kong travelled to Vietnam to start Sahaja Yoga in this South east Asian country. Vietnam is located between China in the north and Cambodia in the south. The south is very lush and fertile being a river delta between the Mekong river and Saigon river. There is a labyrinth of canals throughout connecting many villages and towns. Vietnam has a 40000 year history and was once occupied by China for one thousand years. More recently, the last 150 years, the French had been in control until there was a war of independence that the Vietnamese eventually won. In fact the Vietnamese have been at war for a very long time, over 1000 years. The latest was against America and its allies which started indirectly in the 1960's and only finished in 1975. Its population is around 70 million which has increased dramatically since the war.

In religious terms Vietnam, despite it being a communist country has allowed religious freedom which includes Catholic, Hindu, Muslim, Buddhist, Taoist and other Christian faiths. There is a tolerance of all faiths and they seem very balanced in their views. It's interesting that India has influenced Vietnam over the years and there has been times when Hinduism and Buddhism have dominated. With the Chinese occupation Confucianism and Taoism were practiced by Mandarin Chinese and they influenced the local population where written and spoken Chinese became entrenched. The Portuguese, Spanish and French established Catholicism with various missionaries establishing mainly in the South, but often restricted by the Vietnamese. Internal power fights between the North and South made it possible for the French to take over the south and eventually the north because of a divided nation. A catholic priest developed a romanized character alphabet based on the phonetic sounds of the language, which is basically the same as our alphabet with a few accents and different letters. This replaced the Chinese characters which had become entrenched with 1000 years of Chinese administration.

Our destination was Ho Chi Min City formerly Saigon, where a Vietnamese Sahaja Yogi from Hong Kong has relatives. The idea for this trip was to give realisation to family members and friends who were interested. We stayed in a small guest house quite close to the city centre. Saigon is very similar to a town in India but with very nice French provincial architecture. Luckily the Vietnamese have a developed sense of ascetics so they haven't destroyed any of the old and beautiful buildings around Saigon. The city seems clean but run down with many buildings in disrepair through lack of money. Vietnam is a very poor country in this respect but very rich in culture. Art, music, literature, poetry, and drama are all highly regarded by the population. Vietnam has one of the highest literacy rates for any country in Asia, and there is a very high percentage of university graduates.

The streets of Saigon are very crowded with motor bikes, bicycles, cars, trucks and cyclos. Cyclos consist of a two wheeled chair at the front and a single wheel at the back where the driver sits and pedals. There is a lot of pollution from all the motorbikes and large trucks which spew out poisonous fumes so riding in one of these cyclos becomes a health hazard. Crossing the road is a test for the centre heart as there are no pedestrian crossings. One simply walks out into the oncoming traffic saying every mantra relevant to removing obstacles and protecting your life, but amazingly everyone anticipates and avoids a collision. The secret is to walk slowly and not to panic and watch carefully the side which the person seems to take. There are traffic lights but they only seem to be on major intersections. At the smaller intersections everyone slows down and weaves through each other with the largest vehicle having right of way. The roads are spacious with trees lining the sides but there are so many people traveling that it seems very crowded. The funny thing is that in this chaos you can actually get to where you want to go, but it takes time.

The first couple of days were spent giving realisation to family members of Kim-My. The vibrations were tremendous and surprisingly Saigon's overall vibrations were much lighter than Hong Kong, despite all the wars. The Vietnamese people we met were very open hearted and treated us as long lost friends. The hospitality and openness were very refreshing, but the way they responded to Shri Mataji and realisation was amazing. They have an innate innocence and respect for spiritual things. We could feel Shri Mataji's presence and everyone we worked on received their realisation very quickly. Over two days we had been working on about ten of Kim-My's family and this was the tip of the iceberg. Kim-My's family had been a very rich and influential family before the communists took control and only a small number of the family stayed in Vietnam, around 100 people. One very positive thing about the Vietnamese is that they go to bed before 10pm and get up around 6am as there is not much to do in the evening.

The third day was an interesting time spent visiting a sick couple who were interested in the healing aspects of Sahaja Yoga. They were not directly related to Kim-My but were friends of her cousin husbands uncles. We travelled by Cyclo following this uncle who had spent the past 18 years in prison as he worked for the CIA, to a poorer part of town. We were hurried down a series of small lanes and eventually found a small old house where the couple lived. We were invited in and they explained in Vietnamese the problems, which the Uncle translated. The lady was suffering from a heart and kidney problem and was eager to find something that could relieve her. We explained that the healing aspects were only secondary and that the main purpose of Sahaja Yoga was for her spiritual ascent. Both her husband and her received their realisation and her two daughters also received realisation. She felt immediately better after receiving vibrations and said that she would practice meditation every day as suggested. Afterwards we returned to our hotel and then went round to visit Lei where the other Yogi were staying. We were treated to a Vietnamese feast, which had been prepared during the day.

The following day we traveled to a place called CuChi which is about 100 kms north of Saigon where the Vietnamese Communists fought the Americans during the war. The place was totally devastated during the war as the Americans bombed the villages and poisoned the jungle and surrounding rice paddies. The way the Vietnamese fought the war was very interesting. They made a complex of tunnels which went right into Saigon. A strong army force lived underground during the day and attacked the Americans at night. We actually went into the tunnels and saw how they lived. The Vietnamese were so determined that they spent eight years living in these conditions. The Americans were totally demoralised during this time as they had no idea where the enemy was coming from. Even after 18 years the jungle is just starting to grow back, the effects of agent orange. There are still many bomb craters that scar the landscape. It is interesting that the Vietnamese in the south still like the Americans despite all the things that have happened during the war. A propaganda film we watched during our visit said that the Vietnamese hated the American guns, bullets and bombs and said the Americans shot at everything including women and children, animals, trees and people.

After this we travelled back towards Saigon to where Kim-My's aunt lived. She has many children so in all about twelve people were there to greet us. Again we were treated to delicious lunch and such sweet and friendly people. The village houses are similar to ones in India and the facilities are simple. There is no running water but the houses are very well built and comfortable. The good thing about Vietnamese food is that it is very light so you don't feel heavy even after eating a lot. A lot of fresh salad vegetables are eaten with fish, slightly spicy and sweet, chicken and lots of spring rolls made with dried rice wafers.

The cousins couldn't wait to get realisation. We set them down and Kim-My explained basics. In all about twenty people received their realisation including many children. 1 session was done in the front part of the house which has large windows and a double door so you can see in easily. Many villagers came to see what was happening. With a bit of convincing some even came in to receive their realisation. Many children who had just finished school also came to see what was happening. They simply put their hands out and felt cool breeze, like the villages in India. The people are very simple and have an innate respect for someone spiritual so they had no problems excepting Shri Mataji. On of Kim-My's cousins who had suffered from insomnia for the last five years slept a solid night after dreamt of Mother. She speaks some English and has been shown how to give realisations and vibrations so she will continue giving realisation to the villagers. The time came to leave Saigon and with many smiling faces bidding us farewell and a sense of awe at these people, we set off in our van. In all, we estimate about eighty villagers received their realisation. On our return, a seven course meal had been prepared at Lay's place. We managed to find a little bit of room and ate very slowly, we didn't want to offend. After dinner some of the family wanted vibrations so we introduced them to foot massage and walked back to the hotel and fell into bed. What a day it had been!

The next day we went to visit an art gallery and saw some of the traditional lacquer work Vietnam is famous for. Beautiful paintings and furniture all with rich colours depicting scenes from history are still being made. All the traditional arts are still alive and well and are becoming popular with tourists.

Our flight back to HK was in the afternoon so we returned to pack and catch a bus. We only stayed five days but it seemed like five weeks. It's such a privilege to witness this incredible happening of spirituality starting in a new country. I feel that Sahaja Yoga will be great in Vietnam the people are ready and hungry for the truth to be applied to the government for official recognition of Sahaja Yoga so that public programs. At least the seeds are sown.

Much love to all.

Alex Henshaw

JAI SHRI MATAJI

