

Sahaja Newsletter

Contributions:

Sue Raggett:

Carole McNeill: (02) 560 6921

Efrem Manassey (02) 560 4134

Fax: (02) 745 4562

APRIL 1st '93

EASTER PUJA

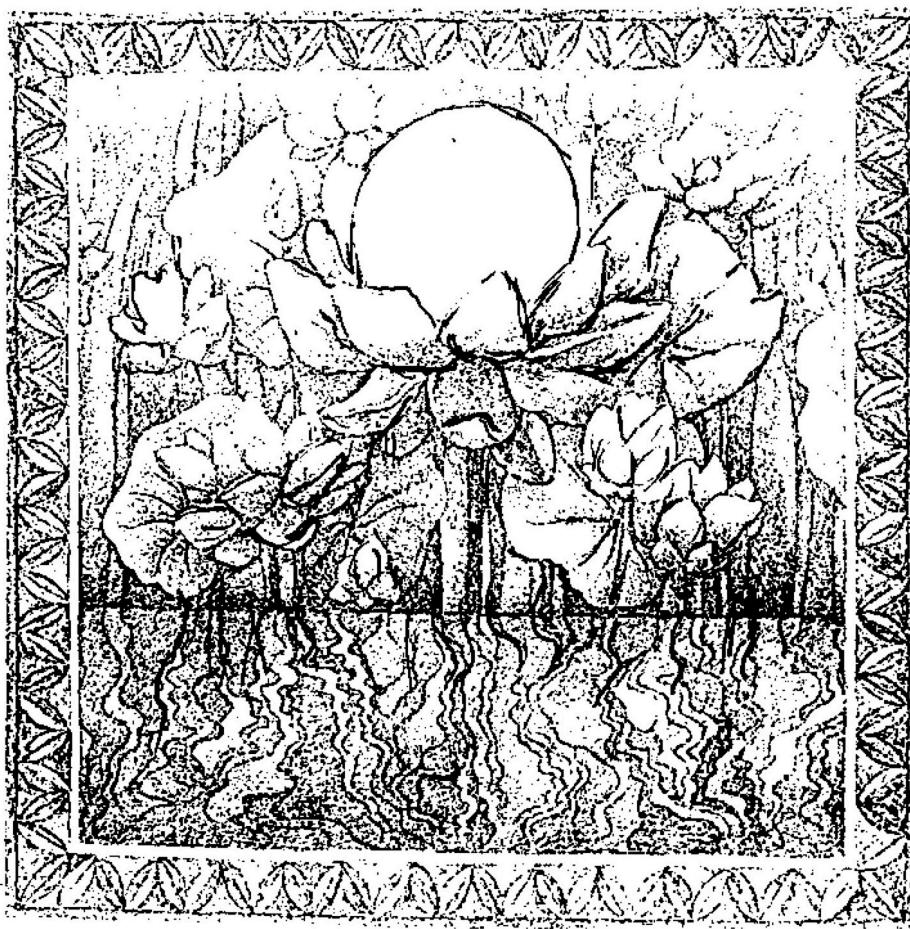
SUNDAY 11 APRIL, 11.30 AM, 10 CLARENCE ST BURWOOD

Roster: Setting up
Central Coast
Gosford
Ramsay St

Dismantle
Eastern Suburbs
Monterey
Coogee Bay

Cooking
Parramatta
Ryde
Mt Colah

Washing up
East Lindfield
Lindfield



Celebration of Shri Mataji Nirmala's Devi's 70th birthday.

Following is an account of the week long celebrations of Shri Mataji's birthday, and the coming of the New Age. It is a personal account taken from diary entries so apologies for any inaccuracies contained.

'We arrived home in our spiritual birthplace of India on Thursday March 18th during the very early hours of the morning. We made our way effortlessly through Delhi customs control to be greeted by the welcome embrace of our Sahaja Yogi brothers. They had come to the airport to receive us and direct us to the camp which was to become our home away from home. Their attention and love was gratefully accepted as we made our way from the airport sleepy and tired after our long journey. We were heralded onto the waiting buses and made our way through the Delhi night to Nizamudin. The Delhi Yogis were amazing, we thought of how many more journeys the local Yogis would have to make before the thousands of Sahaja Yogis who wished to come would make their way to the chosen place.

The task confronting the Delhi Sahaja Yogis was enormous, to coordinate a six day event dedicated to the celebration of the most auspicious event any of us had ever attended. We felt especially blessed to now find ourselves at the threshold of this Puja, all of us drawn to India to celebrate the birth of the Adi Shakti. As we made our way to the camp some of us talked about how many journeys we had made to India over the last 10 years, and how this trip seemed even more special.

We arrived at the Bharat scout camp around 5.00 am just as the Yogis already there were conducting morning meditation. The camp itself is located within spacious grounds, adjacent to the resting place of a celebrated Sufi saint from which the place took its name, Nizamudin.

The camp itself is made up of clusters of permanent bungalows, each of which has rows of elevated bunks style beds. Each bungalow accommodated between 40 - 50 Yogis, depending on how many wished to be squeezed inside. Within the grounds a Pandal was constructed which was to serve

as the place where we were to enjoy our meals. Work was also being finished on a much larger 100 pole Pendal which was located over an amphitheatre style field. Steps constructed from bricks formed a large circle around the centre stage. The Pendal itself covered a very large area. As we had our first sights of the Pendal we began to feel that a great event was eminent, such a place could accommodate thousands of people.

In the days preceding the official beginning of the celebrations Sahaja pilgrims from around the world began arriving in large numbers. Over 100 Austrians, 150 Italians, 70 Australians, large numbers of Swiss, French, American and English Yogis were in attendance. The camp took on the ambience of India Tour as Sahaja Yogis, Indian, and Western alike arrived and re-establishing the bonds of friendship which cannot be broken by time, or distance. It seemed we were one family of many members, from different cultures and languages, yet belonging to the one faith.

These early days were spent quietly, some shopped, others rested, some went sight seeing, many rested in the cool shade and conversed, many different languages could be heard as the nations of Sahaja Yoga were reunited. The celebrations for Shri Mataji's birthday was to officially begin on Saturday the 20th of March.

Saturday 20th of March 1993.

The camp was located within short walking distance of the tomb of Nizamudin. There was some concern by the organisers that there may be some difficulties for the Sahaja Yogis from the high proportion of Muslims in the area. Shri Mataji suggested that the Yogis visit the tomb and offer flowers to the saint. Early Saturday morning before the start of the Felicitation programme all the Yogis set out to visit the tomb. A long line of the saints of our age, whites and silks blowing in the breeze, chapel clad feet stirring up the sacred dust of this land as we made our way to the resting place of a brother saint. The walk to the tomb took us through a series of narrow winding alleys and passage ways through buildings filled with quizzical faces, some lined with what seemed suspicion. As the number of stalls selling roses and prasad increased we knew we must be approaching our destination. We made one last turn, there at one end of a spacious courtyard stood a large orange Mosque, in the centre stood the ornately decorated building housing Nizamudin. The building itself was constructed from white marble and decorated with beautiful touches of color.

By Muslim custom, ladies were not allowed inside the building. Some Persian carpets had been laid out in the courtyard just before the threshold of the building, an indication that they must have been

(CONTINUED ON PAGE 5.)



FOUND

Sleeping bag at Bundilla:
 - green
 - bearing Kangaroo emblem
 Owner contact JENI HENDERSON (049) 438319

FRIDAY NIGHT PROGRAMMES

Following the success of last year's presentations, here is a suggested order of appearance of hosts for this year's Friday night programmes.

- | | | |
|---------|--|---------------------------|
| 2 April | 1 Report from India
Stephan Taylor and those who travelled to INDIA | 10 Hurstville & Monterey |
| 2 | Burwood | 11 Lindfield (Jeffrey's) |
| 3 | Chatswood | 12 Newcastle |
| 4 | Coogee Bay | 13 North Shore & Mt Colah |
| 5 | Croydon | 14 Manly & Turramurra |
| 6 | Eastern Suburbs | 15 Strathfield |
| 7 | East Lindfield | 16 Western Suburbs |
| 8 | Gosford | 17 Wollongong |
| 9 | Haberfield (Ramsey St) | |

WATCH THIS SPACE

In May: In Perth, at Gidgegannup. Weekend of 7th to 9th.
 A Maha Sahaja Yoga weekend culminating in Sahasrara day Puja!
 Details are in the mail. We will print them in full next week.

IN THE MEANTIME -
 'ALL ARE INVITED
 WHERE EVER YOU ARE
 COME OVER TO PERTH
 FOR SAHASRARA'

informed of our coming. At one end of the courtyard facing the entrance to the tomb a group of Sufi musicians sat and played devotional music in praise of Allah in the distinctive and captivating style that has come to be so identified with Sufism. To hear such music in the setting where it was developed, and where it is meant to be listened to was an incredible experience. One could feel the kundalini dancing up to the Sahasrara as the Sufi musicians sang the praises of Allah with full heart.

The men entered the tomb and walked around the tomb offering flowers to the resting place of the saint, the vibrations coming from his resting place were very cool. As we left the tomb the men also sat down in the courtyard on the opposite side to the women. We began to clap and sing in harmony with the musicians. They sang a series of kevalis with a main voice, and a number of singers joining in response. Soon all the Sahaja Yogis were joining in joyous response to the main singer, we were clapping, singing, dancing in harmony. For a time it seemed that it mattered not that we were from different countries, or from a different religion, all that mattered was that God's name was been praised and sung in exultation.

It was timeless moment as Sahaja Yogis and Sufis were as brother and sister. After an hour of this unity we had to leave and return to the camp for the beginning of the programme, and our long awaited first glimpse of Shri Mataji Nirmala Devi.

We assembled in the main Pendal and eagerly awaited the arrival of Shri Mataji. Around 11.00am the moment we had all longed for had come, the Adi Shakti herself arrived and took Her place on center stage. We all the Sahaja Yogis bowed before Her. The programme began with speeches by the five world leaders before Shri Mataji.

The first of the leaders to address Shri Mataji was Mr Stephan Taylor. He began by saying that he had thought about what it is which is so important about the seventieth birthday, and he said the thought came to him that Shri Mataji was entering Her seventies. What are the seven T's of Her seventies. He proposed that the first T represented Time, it was the time for the greatest Yoga in mankind's history which Shri Mataji had given as a gift to the world. The second T was for Truth, Shri Mataji has brought truth to the world so that mankind could come to the true meaning of its existence. The third T is for the Temple, the body is the temple of the Lord and we now respect our bodies in a way we did not before and which we can now use to worship God. The fourth T is for Trust, the trust between all of us from different customs, creeds and religions. The fifth T is for Tears, the tears of joy in our eyes when we again see our brothers and sisters. The sixth T is for the Trigunatmika, the integration of the three Gunas, and the three Yogic paths into one. And finally the

not feel tired. By relying on Sahaja Yoga she has also been able to significantly reduce the amount of prescription drugs normally used. In a country like Russia which suffers shortages, this is a significant contribution. Dr Valentina then related some miracle cures of small children, many of these cases are documented and they have helped convince other doctors in Russia of the effectiveness of Sahaja treatment.

Dr Amjut of Pakistan, currently practicing in Australia, then spoke. He related how he had received his self-realisation while studying. He related his early experiences within his family, one member was suffering from depression and received relief when she placed her hands towards a copy of the Koran in which Dr Amjut had placed a photograph of Shri Mataji. He also spoke of the ailments of the western world such as alcoholism, which in the US alone \$117 billion dollars are spent annually on alcohol rehabilitation, which is only 50% effective. Sahaja Yoga can help all these people much more and costs nothing. Dr Brian Wells then spoke and he emphasised that medical science knows nothing, the little they know is ineffectual compared to Sahaja Yoga. He said that Shri Mataji is the doctor of all doctors, the scientist of all scientists, and the psychiatrist of all psychiatrists.

Dr UC Rai then spoke about his research and how he had come to write his book 'Medical Science Enlightened'. He related how he had begun his research into hypertension and how had he developed his own medical condition of hypertension. The conventional medical treatment for this disease is based on drugs known as B-blockers, although these alleviate the symptoms of the condition they do have detrimental side-effects. He was relating his problems to a friend, Dr Talwar who then helped him using Sahaja Yoga treatment. After a few weeks of Sahaja Yoga he was able to reduce the quantity of the drugs he was taking, eventually giving them up completely. He summarised that Sahaja Yoga must have the same mode of action as B-blockers, calming down the over activity of the sympathetic nervous system using just our vibrations. His subsequent research is aimed at proving this hypothesis scientifically. Shri Mataji congratulated him and then released his book.

The next doctor to speak was one of the youngest, Dr Asish Pradan he spoke of how medical science up until now was a prologue, until this moment in time when Sahaja Yoga is now available. Sahaja Yoga is the real science of medicine because it is absolute, it does not change or is ever revised, as some new discovery is made. He also spoke of Lao Tse and how he said that one must first treat the mind, worship the Tao and then treat the body. How lucky we are because the Tao is sitting before us. We are doing in Sahaja Yoga as Lao Tse advised, we use the vibrations to treat the mind and the subtle system, then the physical problems are solved.

seventh T is for Thanks, our thanks to Shri Mataji for all Her blessings, for all Her love and for the many gifts She has given us.

Dr David Spiro next took centre stage, he thanked Shri Mataji for creating a whole world family spread across all the continents. He said by any measure Shri Mataji has lead a quite remarkable life, so many lives have been transformed, so many countries have been blessed, which is a testimony to Her greatness. Dr Spiro ended by thanking Shri Mataji for Her gift of Sahaja Yoga to the world.

Mr Guido Lanza then spoke beginning by saying that words were very inadequate to express what is in our hearts on this occasion, our gratitude, our love, our thanks, which are beyond words as Shri Mataji is beyond time. Mr Gregoire De Kalbermann then took the stage and began by saying that it was all just too much, too much joy, too much emotion, too much to put into words. How could we put into words the gratitude, the debt we owe Shri Mataji for what She has given us, God is beyond our comprehension.

Mr Rajesh Shah then addressed the audience and related how Sahaja Yoga has transformed our lives beyond anything we have known. He said that Shri Mataji had taken Her birth in India, the land of Yoga Bhoomi, which has made India even greater. Dr Talwar later said that all of us will become Sahaja doctors who will go out and help the world. Later Mr Romel, Shri Mataji's son in law addressed us saying that there was no hope for the world but for this, but for Sahaja Yoga. When Arjuna was awakened he used the power of the central channel to become so powerful a warrior that he could defeat an army. In Sahaja Yoga when we use the powers of the centre we can become great doctors, great poets, anything we wish to become.

After the world leaders spoke, leading Sahaja Doctors introduced by Dr Nigham came to the stage to speak about the medical aspects of Sahaja Yoga, and how treatments using these techniques revolutionise the practice of medicine. The first speaker was Dr Valentina from Russia. She spoke of her experiences in a emergency pediatric ward. She said many doctors in Russia became disillusioned with medicine and think of their patients only as a source of problems, they lose their empathy with their patients. Since coming to Sahaja Yoga, she said that she uses Sahaja Yoga treatment very much in her practice. When treating small children both the mother and the child have to be cleared in order to clear and cure the child. She said that she has found many of the illnesses which affect children originate from problems or possessions in their mothers. Unlike the west, Russian mothers will try Sahaja Yoga, when they see it working. Once they see the good it does the children they stick to it. Dr Valentina also related that after coming to Sahaja Yoga all the doctors work tirelessly and with great love and care for their patients. She said that she sometimes works 24 hour shifts and when she finishes she does

Mr Rajesh Shah related how people have been miraculously cured just through earnest prayer to Shri Mataji. He told us of a close relative was traveling to the US for a heart operation. He put his attention on him and prayed to Shri Mataji to cure him. When he arrived in the US they told him to celebrate: the test showed he was cured. He then related another story about his uncle who had become very ill and was not given much time. The family visited him in hospital to see him and to pay their last respects, as he visited him he took his pendant with Shri Mataji's photograph and placed it before his uncle and prayed to Shri Mataji to save him. Within a few hours he opened his eyes and then went on to make a full recovery.

After this Shri Mataji spoke to us. She said that words were difficult to find at such a moment, and on such an occasion. She said that when She had started Her work She thought that She would not find anyone to listen to Her or to accept Sahaja Yoga. At one point She said that She thought that She would have to come back in another life to tell people about Sahaja Yoga, but Her dream was coming true. People had accepted Sahaja Yoga, and now there are so many saints the world over. She said who could have thought that so many saints would have taken their birth after Her birth. It is the first time in history when so many saints are in the world at the one time. Shri Mataji said that all of us now are Sahaja Yoga doctors, we can use the vibrations and we can cure people, all we need to do is to use Her photograph and the vibrations will do the work.

Shri Mataji went on to say that we should take to writing books in our fields, showing how Sahaja Yoga enlightens our fields of medicine, art, architecture, poetry. We should organise seminars with our colleagues and speak to them about Sahaja Yoga. During Shri Mataji's discourse the Peer of the Sufis of Nizamudin arrived with clerics and other members of his community, including some of the musicians who had played before the tomb earlier that day. The Peer was a very distinguished man, with a long flowing white beard, he wore a saffron turban and looked regal in a long black coat covered with gold embroidery. As he approached the stage Shri Mataji rose from Her chair and greeted him on the stage, it was a fantastic moment as they both stood together and spoke for some time. Some chairs were brought onto the stage and he sat next to Shri Mataji. The Sufi musicians joined our musicians and together they sang, while we danced. Shri Mataji said that these Sufis were our local Sahaja brothers and sisters and that their saint was a saint like us who knew who he was and who used his powers confidently to lead a powerful and dignified life.

After enjoying the music the group left, we later learned that he had invited Shri Mataji to their temple later that afternoon.



Shri Mataji said that She told them that we feel the Rukh and asked them to put their hands out and they would also feel it. She said once they feel the Rukh many of the Sufis will come and we would need more Pendals to fit them all in. We then enjoyed some more music, at one stage Shri Mataji looked at Her watch, the public programme was to be held that night. Baba Mama then gave his now famous response 'one more kevali Shri Mataji'. Shri Mataji smiled, and we enjoyed a few more songs, some more dancing before Shri Mataji left our company.

We later heard that after Shri Mataji left the camp She visited with the Peer of the Sufis. It was reported that he said that Shri Mataji was the one who would unite all the religions. As mentioned no women are allowed to enter the Mosque, except for Fatima, it was said that he allowed Shri Mataji entry to the Mosque.

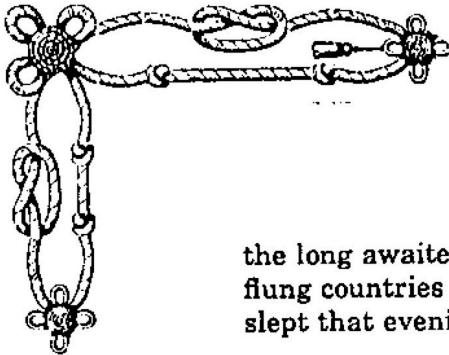
In the early evening a procession of buses took all the Sahaja Yogis into Delhi for the major public programme of the week. The venue was the grounds of Constitution Lawns in which a truly beautiful Pandal had been constructed. The ceiling of the Pandal was constructed in two parts, one part consisted of a vaulted section running the length of the Pandal. The Pandal was constructed from alternate panels of red and white cloth, all the red panels were decorated with intricate white embroidery. Light was provided by an incredible number of chandeliers suspended from the ceiling, the floor was totally lined with red carpets. The Pandal provided an impressive setting.

Expectations were high that many people would come. In our travels around Delhi we saw Shri Mataji's posters everywhere we went, suspended from lamp posts, on the pillars circling Connaught Place, everywhere. The Delhi Sahaja Yogis had paid a professional company to place and maintain the posters.

As the allotted time for the program approached the Pandal became full to overflowing, it is difficult to estimate numbers, between 6,000 to 9,000 people were there to greet Shri Mataji when She arrived. The musicians performed a number of Bhajans before Shri Mataji addressed the audience. The talk was in Hindi after which Shri Mataji proceeded to grant self-realisation. Shri Mataji asked everyone to place their right hand towards Her and place the left hand above the top of the head, then She asked them to place the left hand towards Her. She then asked us all to raise our hands to the sky, thousands of arms were lifted to the sky. Shri Mataji then asked those who had felt the cool breeze to raise their hands, thousands upon thousands of arms were raised to the sky. The audience was then informed that the followup programmes would be held at the Scout camp during the week.

Upon returning to the camp we enjoyed a late dinner and rest,





the long awaited event for which we had gathered from the far flung countries of the Sahaja World was on all our minds as we slept that evening.

Sunday 21st of March 1993.

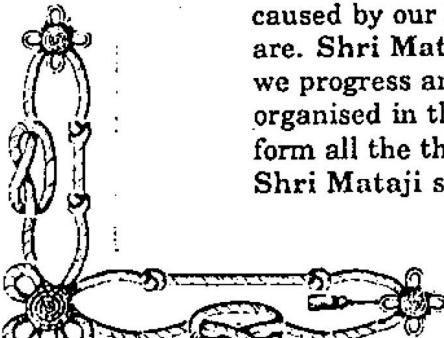
We arose and prepared ourselves for Puja, a quiet air of expectation hung over the camp as time passed. Before Shri Mataji arrived many of the countries bearing gifts for Shri Mataji were registered and placed on two long tables adjoining the stage. This would free Shri Mataji from the task of sitting as the many gifts were presented to Her. We assembled for Puja around 10:30 and waited in meditation, Shri Mataji arrived around 12:00 pm, as She left Her car two Elephants formed a guard of Honor for Her. She took Her seat upon centre stage to the tumultuous applause and call of myriad of conchs.

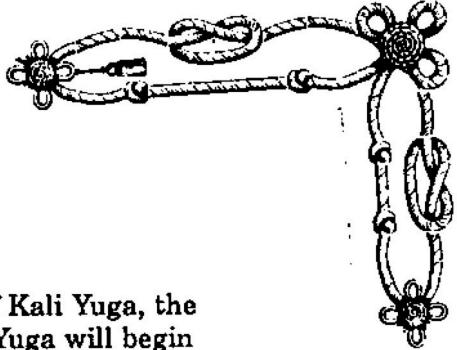
An English song had been composed for Shri Mataji's birthday, 'Happy birthday from all our Countries', this we all sang to Shri Mataji before the Puja began.

Shri Mataji then addressed us in English. She spoke about the early days of Sahaja Yoga, and how very few people received their realisation, one of the first was a jeweler, at the time people said that he had received his realisation because he was a wealthy man. Shri Mataji said that this was one of first times She really got angry and said She was almost going to stop Her work. Around this time a program was held where a simple maid servant attended, she must have been possessed by a Brahmin because when she saw Shri Mataji she began to praise Jagadamba, and recited a prayer in Sanskrit. This started to make the others think who She was. Soon after this the first Puja was performed to Shri Mataji which began to really establish people and give people a proper idea of who She is. This helped work Sahaja Yoga out in a better way.

Shri Mataji went on to say that the path of Sahaja Yoga was not difficult, 10 minutes meditation at night before going to sleep would be very beneficial to our ascent. In the morning we should shoebeat our ego for a time before meditation. If we followed this path then we would rise in our Sahaja Yoga.

Shri Mataji directed our attention to the ceiling of the Pendal and how the cloth was billowing outwards as if blown by a breeze, yet there was no wind outside as not even a leaf was moving. This breeze was being caused by our Kundalinis. Shri Mataji said to see what great people we are. Shri Mataji then said that we should keep diaries to record how we progress and to outline our experiences. We should also become organised in the way we spread Sahaja Yoga by writing down in point form all the things which need doing, then see that this work is done. Shri Mataji said that She is going to double Her efforts and that





we should also do the same.

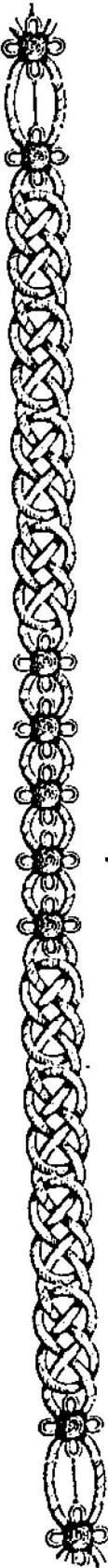
Shri Mataji proclaimed that today was the last day of Kali Yuga, the last day when untruth will win out, the Age of Satwa Yuga will begin from the next day, now when we work truth will win out.

After the Puja each country brought their crowns before Shri Mataji. Each representatives did namaskar before Shri Mataji, offered their country's crown , then rose to show the crown to the applause of the assembled Yogis. Many of the crown reflected the culture of their countries, the Russian crown appeared like one of the domes of a Russian cathedral, the crown from Thailand was in the form of a golden spire, the crown of India was a huge silver and golden dome, the crown of Hong Kong was red and gold and appeared as something a Chinese queen would wear.

Mr Stephan Taylor then addressed the assembly he said that Sir CP Srivastava had received many honors and awards in his life, so many in fact that he may find difficulty standing if he were to wear them all at once. Yet how strange it seemed that Shri Mataji had not been so honored. An Australian Sahaja Yogi had a dream in which the image of a medallion came to him. It was made of gold and comprised seven saints holding hands in a circle lifting up seven seekers. Each of the saints had a golden kundalini linking each of them to the center piece of the medallion which contained a pearl, representing the Sahasrara which was surrounded by the seven stones of the chakras. This medallion had been constructed and on behalf of the collective of the world Uncle Stephan named it the Grand Order of the Sahasrara and on behalf he decorated Shri Mataji with this Order of the Sahasrara.

Then on behalf of the assembled Yogis and the collective of the world Rajesh Shah offered two gifts to Shri Mataji. The first was a magnificent gold and diamond necklace. Then Rajesh proposed a question to the audience 'which in our minds was the holiest shrine in all the world', he asked us to think about this for a few moments.

Surely he proposed this shrine must be the house where Shri Mataji took Her birth 70 years ago today. Because of Her parents sacrifices and their involvement in politics the house fell out of their hands. Rajesh pronounced that after much negotiation by Baba Mama the collective of the world had now purchased the property and the house where Our Most Holy Mother was born was now back in Her hands. Baba Mama then offered Shri Mataji the title papers. He then introduced the last owner who he said,not surprisingly,was now a Sahaja Yogi. After this some of the many gifts offered to Shri Mataji were brought before Her. This concluded the Puja.



After a break of a number of hours we reassembled in the Pandal for a music programme hosted by the peer master of ceremonies Baba Mama. The evening began with some beautiful songs, then we were treated to a play performed by the children of the Dharamsala school. They performed a number of scenes first depicting Shiva and the evolution of the animals to human form. We saw the children perform as fish, turtles, monkeys and a peacock until they reached human form. We then saw scenes from the Devi Mahatmaya with the battles between the various forms of the Devi and the Rakshasas. The performance was very well produced, scripted, with professional music provided by Mrs Venugopal. We later learned that the incredible costumes were selected by Shri Mataji and were a present for the school.

Following this Nirmal Sangit Sarita took the stage and captivated us yet again. It was around 10:00pm and we were all on our feet and dancing, Baba Mama informed us that it was our duty to dance the last night of Kali Yuga away and see in the Satwa Yuga. We did not disappoint, the dancing reached a new height as the moment approached, to the joyous cheers of the assembled Yogis of the world. We witnessed the passing of the age of darkness and the unfolding of the golden age, the Age of Truth. May it come to full fruition soon and the blessings of the Divine be bestowed upon all.

On the way from the Pandal a Sahaja Yogi was heard inquiring of another if they were looking forward to going home, I am home he said, later I will be going to that other place.

Monday 22nd March 1993.

The first day of Satwa Yuga began with a followup programme to the Public Programme. Around 400 seekers came to the camp for the followup. Shri Mataji arrived around 10:00am and spoke in Hindi to the audience. Following the talk She asked for question. The new people wrote their questions on pieces of paper and these made their way to the stage. Shri Mataji answered all the questions, someone asked Her how to overcome the evils of the caste system. She said that this automatically happens in Sahaja Yoga, She directed people's attention to all of us who had come from all countries, cultures, religions and backgrounds, yet in Sahaja Yoga we have all become as one. Following these questions we listened to bhajans performed by the Western Sahaja Yogis. This concluded the programme.

That night Shri Mataji joined us at 8:30 for the first of four nights of music. We began with Arjet Kartake and some classical vocal pieces, followed by a flutist who wove a beautiful, peaceful spell over us as he created poetry with his flute. His ragas were really

music of the spirit. Following this we heard further artists play combinations of bhajans and classical singing. During this time it began to rain through the ceiling of the Pandal. Shri Mataji noticed that it was raining and started to do a bhandan, immediately the rain ceased! The music continued on until the early hours of the morning.

Tuesday 23rd March 1993.

Shri Mataji did not attend any of the further followup programmes. These were left to combinations of Western and Indian Sahaja Yogis. This followup was begun by Stephan Taylor who gave a presentation on the evolution of the subtle system using his now famous 'Eva' model to demonstrate the construction and interplay of the subtle system. As he spoke about the awakening of each of the chakras he would add another Chakra to the system, successively building the subtle system until the dissolution of the ego and superego and the awakening of the Kundalini. Dr Talwar then took the stage and summarised the talk in Hindi for the benefit of the non-English speakers. It was a very interesting programme which was well received. Uncle Stephan's model was a big hit.

The afternoon on most days was free time, some Yogis rested under trees or in the comfort of their bunks in readiness of the evenings programmes, some kept the chi and drink vendors busy, others parried with the merchants of Connaught Place, many spent time in the company of fellow Sahaja Yogis.

We assembled in the Pandal around 7.00 to begin the evenings music programme. The night began with a beautiful piece played on the sarod by Sankar Pradacharya, he set the tone for what was to be another 'young' night of music. The sarod was followed by the classical singing of Kiti Shiledar. As Baba Mama commented, her command over the notes was total, her voice took on the characteristics of a musical instrument as she displayed her range of skills.

Next followed another vocal piece, in this case in more traditional style with bhajans accompanied by santoor and Spanish guitar. As the night became younger and younger Baba Mama introduced a dancer of the Karnataka style who was a school friend of Shri Mataji's daughter. The dance began around 1.00 am. The performance comprised of a number of pieces including a call and answer between the tabla and the rhythm played by the bells attached to the dancers ankles. As the night became exceedingly young, around 2:30, the dancer announced that she was now going to dance scenes from the Mahabharata. At this moment the thunder pealed and the rain poured through the Pandal. The atmosphere was such that nothing could dampen the good nature of the Yogis who stood and cheered. The rain halted the PA system as well as half the lights. The dancer attempted to continue but with no

music or light concluded the programme. In the Divines inimitable way, Shri Mataji could now retire and rest. As was now our habit we had a very early morning dinner, talking and laughing into the night before we went to bed as the sun rose in the east.

Wednesday 24nd March 1993.

We arose to find the Pendal had recovered surprisingly well after the previous evenings cleansing. Where pools of water had collected, the carpets were now dry and clean. The third followup was hosted by Dr Bogden. He took the stage with a fellow Sahaja Yogi and asked everyone to split into groups. From the stage he demonstrated how to raise the Kundalini and to put on a bhandan. He then asked people to collectively work on a particular Chakra, the left Swadistan and everyone would work giving vibrations to the Chakra. After a time he asked people to raise their hands if they felt the Chakra clear, as some people still felt it catching everyone continued to give vibrations. Dr Bogden then told us to ask Shri Mataji from our hearts to come and clear the Chakra. This continued until only a few people still felt it catching, those he said should take to the Mother Earth for cleansing. In this way Dr Bogden gave a practical demonstration of the techniques of exchanging vibrations as well as emphasising the importance to people of feeling vibrations and becoming confident in their use and earnestly asking Shri Mataji to clear the chakras. It was a very practical and successful way way to run a workshop for a large audience where the aim is to demonstrate the practical techniques of exchanging vibrations.

In the early evening we assembled for our third music programme. Baba Mama began the evening by introducing Sandesh Papathar from Nirmal Sanget Sarita who played a Tabla solo. He was followed by a performance of dance by Mr Maharaj and two very beautiful and talented ladies Nalini and Malini, whose sensitivity, talent and auspiciousness was beautiful to watch. Following their performance the two ladies rushed into Shri Mataji's arms, who hugged and kissed them on their Sahasraras. Next Baba Mama introduced the incomparable son of a incomparable father Pratik Chaudry who displayed great virtuosity on the Sitar, Baba Mama was as always accurate in his praise. Following Pratik we heard from a Sahaja favorite, Ajit Kadkate who again did not disappoint. His last song was a beautiful new bhajan which very quickly aroused the audience from the pangs of any potential slumber induced by the ever increasing youthful evening, we arose and danced. Around 2.00am he surrendered the stage to Mrs M Rajan and her daughter who were masters of the violin. They delivered one the musical highlights of the week, they played together so beautiful as mother and daughter, each supporting the other in their playing, rather than attempting to impress us with the speed of their finger work they seemed more intent on creating music of a soothing spiritual quality. This they achieved, to the wonder of the audience. They concluded the concert around 3.00 am.

Thursday, 25th March 1993.

The last official day of the celebrations and a truly remarkable day. We seemed to have been blessed with a week of remarkable days. In the morning we had our last workshop begun by Gregoire who spoke beautifully and profoundly about Sahaja Yoga. He was followed by an Indian brother who concluded the programme.

After the programme we heard for the first time the call to the buses. We all made our way to Noida for the inauguration by Shri Mataji of the new Sahaja Temple. The temple is a fairly large three story building, our Indian brothers and sisters again displayed their generosity and allowed the Westerners to occupy the main meditation hall, while most of them waited in a Pendal across the road from the Temple. While we waited we sat in the new Temple admiring the work of the new building. Being in Noida the natural thing to do was to listen to the Noida Musicians, soon the musicians assembled and we listened and enjoyed the now famous group whose music has touched people all over the world. It seemed impossible but listening to their music played on the inauguration day of their temple to Shri Mataji seemed to give it an extra vitality.

After managing to hold our seats for the first song 'Ganesha Deva' we could no longer resist the call of the music and we rose as one and danced. One of the Noida leaders told us that in Noida they do not listen to music sitting down. Everyone seemed to be swept up by the energy and devotion of their music. Outside on the adjoining vacant block Indian Sahaja Yogis had assembled and were also dancing, on a adjoining building site a lone figure in red silhouetted against the blue sky could be seen clapping and moving to the rhythm of the music.

Joy upon joy flowed throughout the temple that day, then the moment arrive and Our Beloved Shri Mataji arrived. She said what a great thing had happened, Mr Gupta a Noida Yogi had donated the land and the money to build the temple. All the work in regards the design, engineering and construction of the Temple was done by Sahaja Yogis. Shri Mataji said that of course there is no money in Sahaja Yoga but it was up to us to build our Ashrams and Meditation centres and to spread Sahaja Yoga. She went on to say that now we are responsible for this work.

Shri Mataji said that now we are in Satwa Yuga there would be new depths of experience and new levels of Sahaja Yoga which would be reached, but for a time there would be a period of turmoil in the world, but in the end we will see that it was for the good of the world and that things will work out.

Shri Mataji spoke about the idea of celebrating Her 70th Birthday,

when it was first discussed in Delhi She said that She agreed that Her birthday could be celebrated there, but it would be a big headache. As the time came and more and more Sahaja Yogis from around the world came, rather than seeing this as a problem, the Yogis were happy that so many came. She asked us to thank the Delhi Sahaja Yogis for all their work.

It was an incredible job, over 1100 Westerners Sahaja Yogis, 3000 Indian Sahaja Yogis, a remarkable effort, for what was a remarkable historic week. Shri Mataji said that we must have had some sort of intuition that Satwa Yuga must be coming, that is why so many of us came to celebrate Her Birthday, we came to be part of the celebrations of Satwa Yuga.

Following this address Shri Mataji stayed for a time giving gifts to the Yogis who were instrumental in building the Temple. She then made Her way to Delhi to attend a medical conference with the Sahaja Yogi doctors and local medical people of Delhi.

Mr Gupta had erected a Pendal and provided a sumptuous lunch for all the Sahaja Yogis which was much enjoyed by us all. We then made our way back to the Nizamudin for our last music programme. Shri Mataji came directly from the medical conference to the Pendal. The night began with a young western Sahaja Yogi who had been studying with Guruji. He plays the saxophone and gave his first performance before Sahaja Yogis playing a melodic raga. The saxophone lends itself very favorable to Indian music, his performance was well received.

Following this the centre stage was taken by Debu Chowdry, his wife on Tampora and his son Pratik on Sitar, also joining them was a young Hungarian musician who is disciple of Debuji. He was playing a new instrument created by Debuji which was based on the violin. Debu Chowdry requested that Shri Mataji name the instrument after listening to the evenings performance. He also said that once Indian musicians take the stage they do not easily give it up, it is like cancer to them. This he said was not good because they do not realise that Shri Mataji must sit for long periods of time to listen to them all. A musician should play, but should be precise and not keep Shri Mataji too long. The performance then began and Debu Chowdry again displayed his mastery.

Unfortunately we could stay to hear the conclusion of the concert as we had to leave to catch our flight. We did namaskar and took our leave of Shri Mataji.

This ended a historic week where each day contained an event in itself, we do not know the reason why we were so blessed as to find ourselves in India for this dual celebration, but we felt blessed to be there and we will carry the experience with us all our lives.

Jai Shri Mataji Nirmal Devi.