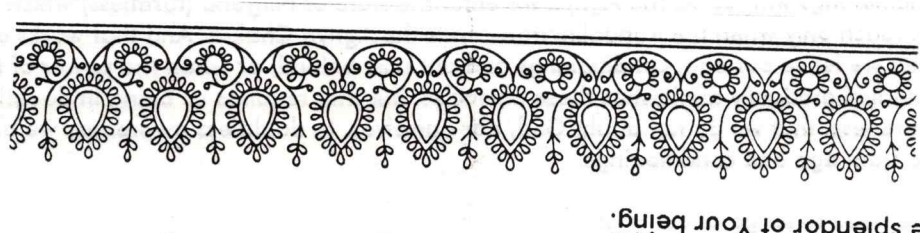
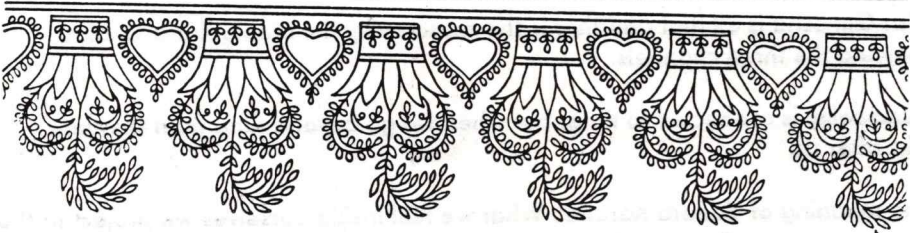


Entertainment Books
I have had requests for this years Entertainment books and so have ordered some in. If you are interested in purchasing one or could sell some at your work. Please call Gillian on 98755142. The books have \$10,000 worth of discounts, at restaurants, take away eg Pizza hut, KFC, Opera house, Wonderland, ice skating and much more, with most offering 2 for one deals. I will have samples available for next week. This year there are two books. Both have discounts for the CBD area, but are then separated into Northern and Southern districts. The books cost \$45.00 with \$9.00 given for fundraising. Moneys raised will go to the Radio programme and Music of Joy.

PRASAD RECIPE BOOK The Brisbane collective is collecting recipes for a prasad cookbook to be made available for sale at a later date. We would like all your favourite, tried and tested prasad and finger food recipes. We are particularly interested in traditional Indian prasad recipes and international recipes. Any interesting background information about your special recipe would also be most welcome.

Please send you recipes to:
Susan Cavanagh
28 Merrilyn Street
CHAPEL HILL QLD 4069
Tel: (07) 3378 0493
or fax to Wamuran:
(07) 5496 6622
(attn Susan Cavanagh)

Please include:
• your name and telephone no.
• the recipe name
• number of servings provided by recipe
• country and/or region of origin
• any special modifications or tips
• interesting background information
• any relevant protocol or traditions for the preparation or serving of the prasad



Light dances at the end of my finger tip,
and I look up to see Your eyes,
the reflection of the Universe.
Turning,
spinning,
I am lost in the Love
Your glance brings...
Long dark hair
cascades down Your back
like a river at midnight,
You are seated
on the Earth,
smiling as time spins past,
lost in the Moonlight,
the grace of the eternal Shakti!
Shri Shiva Shankar,
Lord Mahadeva,
You are beautiful like the heavens,
like a thousand flaming sunsets...
no words could ever describe
the splendor of Your being.

Thursdays 4th June, 11.30 a.m., weighing in at 71b 8ozs,
a third daughter born to Kitty and Craig Armstrong.

Thursdays 4th June, 10.06 p.m., Weighing in at 2.78kg,
a son born to Hemlata and Nick Buff.


Congratulations to the parents and a most loving welcome
to the little yogis.

PERTH NEWS

SYDNEY NEWS

Sufi odes to Divine Mother

On the face of earth there is no one more beautiful than You.
Wherever I go I wear Your image in my heart.
Whenever I fall in a despondent mood I remember Your image
and my spirit rises thousand fold.
Your advent is the blossom time of the universe.
O Mother You have showered Your choicest blessings upon me.
Also remember me on the Day of Judgement.
I don't know if I will go to heaven or hell,
But wherever I go, please always abide in me.



A poem from the "Diwan El Kabir" of Rumi

I merged so completely with Love,
was so fused, that I became Love
And Love became me.
That way, I was saved
From instigations, trials, tribulations.

Yes, with complete Union,
Man becomes strange to himself.
There wouldn't be any animosity
If people could solve this problem.

There is a sea that isn't far from us.
It's unseen, but not hidden.
It's forbidden to talk about,
Yet, at the same time,
A sin and sign of ungratefulness not to.


To talk about Him
Is like comparing Him to a human
To keep silent denies His omnipotence.
This is a problem with no solution,
A disease which has no cure.
You save us, O One who has kindness and favors.

The shapes, colors, smells of this world
Ask for His help every moment,
Just like a baby who doesn't know Him,
Yet wants nourishment from Him.

(Rumi)

Burwood Clean-up
Please collect lost property
before End of financial Year
Clean-up!!

Anyone interested to help please contact Judy on (02) 69483473.



Australian Sahaja Newsletter

6th JUNE 98

Contributions:
02 9499 2219 Burwood fax 9745 4927

बीजं संसृतिभूमिजस्य तु तमा दहात्मधारद्वरा
रागः पल्लवमम्बु कर्म तु वपुः स्कन्धोऽस्रवः शाखिकाः ।
अग्राणीन्द्रियसंहतिश्च विषयाः पुष्पाणि दुःखं फलं
नानाकर्मसमुद्भवं बहुविधं भोक्तात्र जीवः खगः ॥१४५॥

145. Of the tree of *Samsāra* ignorance is the seed, the identification with the body is its sprout, attachment its tender leaves, work its water, the body its trunk, the vital forces its branches, the organs its twigs, the sense-objects its flowers, various miseries due to diverse works are its fruits, and the individual soul¹ is the bird on it.

[In this stanza *Samsāra* or relative existence is likened to a tree, and the simile is brought out in complete detail. The appropriateness of the comparisons will be patent on reflection. It is this kind of composition which shows Śāṅkara not only to be a great philosopher but a true poet also. And such *ślokas*, as the reader will find for himself, abound in this masterpiece of Vedāntic literature.

¹Soul etc.—Compare the beautiful *ślokas* of the *Muṇḍaka Upaniṣad* (III. i. 1-2)—“*द्वा सुपर्णा सयुजा सखाया*” etc. With the ripening of knowledge the two birds coalesce into one, the Self alone remains, and life is known to be a dream.]

— VIVEK CHUDAMANI BY SRI SANKARACHARYA

Oct. 3, 97

- The Ego shows in four different forms:
 - to believe you can do everything alone without the help of others
 - to withdraw yourself into your 'house of a snail'
 - to feel hurt and mistreated by others
 - to feel you did not deserve this (especially not something good, feeling guilty for it)
- Up to the level of the Vishuddhi Chakra we are in Saguna (the level of matter). Up to that level the Kundalini can ascend easily. Up to this level we still carry our conditionings with us. At the Agnya we enter the state of Nirguna (formless) which we can reach only when the Kundalini transcends the Agnya Chakra. And that works only when we leave our ego, conditionings and our past behind, or when the power of the Kundalini gradually diminishes these obstacles. But that requires us being in doubtless awareness, that we do not doubt God, nor ourselves. In doubtless awareness we are free from ego and conditionings.
- We need to let go of our past.
- We decide for ourselves if we want to grow or to go down.
- Here is an example for the ego believing it does everything alone:
It is like a dog running underneath a bullock cart, believing it (the dog) carries both the bullock and the cart! But in reality it is not even the bullock that pulls the cart but the Mother Earth who carries everything!
- We should surrender every single deed of ours to Shri Mataji (Mother, You do everything, I do nothing.) Like this we stay detached from success or failure and we avoid Center Heart or Left Vishuddhi problems.
- When you feel insecure (Center Heart catch) then the ego uses this problem. We feel being attacked and react aggressively or withdraw into ourselves.
- We always should be patient and positive towards ourselves.
- When we are in the state of Nirguna we emit cool vibrations (=love). When we become love we do not feel aggression or fear, nothing exists but love! Therefore we feel great respect for other people, because we do not want to hurt loved ones!

Oct. 14, 97

- Shri Mataji loves everyone equally, there is no more or less, just love. She loves all Her children, be it Rama or Ravana, because love is Her Nature.
- We should never judge anyone else. Every judgement requires categorization into good and bad and this polarity stops the flow of love.
- We should love everyone equally. In Sahaja Yoga we don't have tolerance anymore, it is substituted with love!
- We have created our own conditioning and we have to get rid of them ourselves. Nobody can help us in that. The first step is to surrender all our conditionings to Shri Mataji!
- We cannot be in doubtless awareness with our conditionings still with us.
- When we make music or sing we are thoughtless, completely in the music. You cannot think while making music. Therefore we are connected directly with God. Whatever music we create in this state reaches God directly. Music is devotion.
- Music is, like meditation, a way to thoughtless awareness.
- One of the reasons why we came to Nagpur is to adapt the Indian way of life, which has a tremendous amount of tolerance.
- Love we receive we have to pass on. Love has to flow. If the flow stops it starts smelling fowl.
- When we live in the collective the individual has to surrender to the collective.
- A quote from Shri Mataji: Mistake is the first step towards progress.

Nov. 19, 97

Baba Mama has spent three days with Shri Mataji in Delhi and these are his memories about Her talks:

- Real richness lies in giving.
- We should never feel handicapped if we can't do something, otherwise we will develop Left Vishuddhi problems.
- Every Saturday we should use 'Anoop' hair-oil for head massage.
- We should not degrade ourselves as receivers in front of God, expecting things to come from Him. In doing that we degrade God to a 'Giver'. But God is what He is. A

recipient - giver relationship leads to expectations, which lead to frustrations. Moreover we judge God in that moment as we feel disregard for Him. If we have expectations in Shri Mataji it means we do not believe She is omnipresent but we 'pull' Her 'down' to the level of our expectations.

- We should never have expectations as they keep us away from the state of surrender.
- 'To go beyond' means to identify yourself with the spirit.
- Yogis become
Gunatit (beyond form and matter)
Kalatit (beyond time)
Dharmatit (beyond Dharma). This is possible, because the Spirit is one with God.
- Shri Ganesha is all that and that is the reason why the Mooladhara Chakra is beyond the three channels.
- Punctuality is connected to time, but when we go beyond time then the time looks after us.
- The meaning of 'Sandra Karuna': What we feel inside ourselves we project to the Deities around us. Then the Deities manifest themselves accordingly in the atmosphere. We remember the example of Wolfgang from Austria who was so shocked and hurt about the rude behavior of a ground hostess towards Shri Mataji at the airport in Vienna that tears started flowing in his eyes. At that moment the sky became dark with clouds and it started raining so heavily that the aeroplane could not start! The ground hostess was complaining about Shri Mataji being late and messing up flight schedules. Needless to say that the flight schedule was not in the control of that ground hostess any longer!

Jai Shri Mataji!

Hindustan Times

Islamic Conference Focuses on Sahaja Yoga

LUCKNOW (Feb 9) — Interpretation of the Quran in the light of Sahaja Yoga was the topic of the first international conference of the Islamic Study Group in the city (of Lucknow) here on Sunday (February 8th). Various Muslim scholars from around the globe dwelt on the divine powers of Nirmala Devi, who has rediscovered the magic of 'sahaj yoga.' The members discussed the benefits of this form and how Muslims could benefit from it.

Speaking on occasion, Mr. Husain Top, a renowned sufi saint from Turkey, said the seven heavens mentioned by the prophet were in fact seven 'chakras' of consciousness.

"The Almighty is pleased after one attains a higher state of consciousness attained through self-purification and meditation," he said.

"God sees through man and he hears through man," the sufi saint said. Mr. Top said in the final stage of consciousness man is enveloped by the will of God and in this state he attains union with the Almighty and finds peace.

Mr. Jamal from Algeria revealed that 'Qayament' or Doomsday as is generally understood, is not destruction but resurrection attaining enlightenment.

He explained that the real meaning of greater 'jihad' or holy war was the 'conquest of the self.' Mr. Javed Khan, president of the Indian Taekwondo Association and the All-India Kickboxing Federation, said the 'meraj' or ascent can be attained through self-realization, which happens spontaneously in Sahaja Yoga.

The Quran and the Hadith speak specifically about 'meraj,' he said. Dr. Amjad Ali from Australia spoke on the same topic and explained the matter in detail. He related every aspect of his theory to the electromagnetic field of energy present within every individual, which he termed as 'chakras.' Explaining the positioning of the 'kundalini,' which he said was the breath of God in the human body. Mr. Amjad Ali said the 'kundalini' ascends from the base of the spine to the top of the head, which when aroused leads to self-realization.

Dr. Zafar Rashid from the United Kingdom talked about incarnations. He said the holy ghost was in fact the primordial feminine power called 'Adi shakti.' "It is through this 'shakti' that we can attain salvation," he said. Mr. Majeed Golpout from Iran said, resurrection is also the time for advent of the 12th Imam or the 'Ma'ahdi' (which Javed said was in fact 'Adi shakti'). Mr. Golpout said from the various signals he had received from time to time, it has become clear that 'adi shakti' or the 'ma'ahdi' had come to Earth in the form of Nirmala Devi.

Reprinted from "The Hindustan Times," 9 February 1998



THE WORDS OF SHRI MATAJI

So, in judging a person, what do we judge? How that person looks; what dress he's wearing; how he walks; what are his formal ways; does he know how to say "thank you," "sorry" or not. You see, all these things impress us very much — what sort of a car he has, eh, what sort of a house he has. Maybe we may miss, we may miss a saint. We may miss Christ again because He was a carpenter's son.



You forget it, who is what, who's religion is what, from what sort of a family they come in, from what is the background they are coming in. They become just one with each other. What they enjoy is the company of all the Sahaja Yogis. All the Sahaja Yogis are there. That's all. So many Sahaja Yogis would be there and that is the Mecca, that is the Kumbavilla....

The collective joy that you enjoy has come to you because you have crossed, crossed that barrier which has stopped you from seeing the Truth.

The Truth is, as I said yesterday, that you are the Spirit and, once you become the Spirit, you become gunatit, kalatit and dharmatit. Once you cross these limits, then you become like a drop in the ocean. If the drop is outside the ocean, it's always frightened of the sun because it will dry it. It doesn't know what to do, which way to slip, which way to move. But once it is one with the ocean, it just moves and enjoys because he's not alone. It's not alone. It's moving with the waves of that beautiful Ocean of Joy. And that is what we have achieved of which you are aware, you know, but you don't know you have achieved it because you are the Spirit.

Now you should be on the watch about yourself sometime and you'd be amazed to see how you have changed, how you have become so simple and sensible and wise.

SHRI MATAJI NIRMALA DEVI, Sahasrara Puja, Delhi, 21 March 1998.