

Dear brothers and sisters,

JAY SHRI MATAJI!

We are very happy to inform you that our Divine Mother has blessed all of us with accepting to hold the Easter Puja 99 in Istanbul, Turkey. As we have already informed you by e-mail, the puja will be held on April 23-25. Shri Mataji has also blessed us with giving a public program in Istanbul on April 26. Contributions and charges for the programs will be as follows:

Western Sahaja Yogis	US\$ 225+US\$10(*) or GBP140 + GBP6
Eastern Block and South-East Asian Sahaja Yogis	US\$ 125+US\$10(*) or GBP 78 + GBP6
Children between 5 and 18 years of age from Western countries	US \$ 105 or GBP 65
Children between 5 and 18 years of age from Eastern Block	US \$ 70 or GBP 44

(\*) US\$10 (or GBP 6) is for hosting the Indian Musicians who will come for the music program.

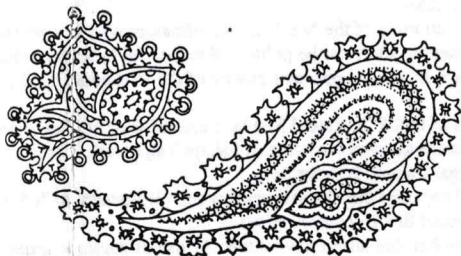
Puja days	April 23,24,25	<u>The address of the puja camp is:</u>
Public Program	April 26	Hotel Dermirkoy
Dinner at puja camp	April 23,24,25	Atakoy, 2 Kisim Sahil Yolu
Lunch at puja camp	April 24,25	Bakirkoy / Istanbul
Breakfast at puja camp	April 24,25	(near to Galeria shopping center)
No food	April 26	

This place is just 3 km from the airport. Transportation from the airport will be provided at US \$ 1 per person one way. Please let us know the number of yogis coming from your country and the arrival time, if you haven't done that yet, so that we can arrange the transportation busses. You can send this information or address with any questions to:

Ms. Nese Algan  
Fax: +90-212-246-6718  
e-mail: nalgan@domi.com.tr

Much love

Turkish collectivity  
Nese Algan



# Australian Sahaja Newsletter

10<sup>th</sup> April 1999  
Contributions: Lidcombe 02:96496879  
02 97474835 or Burwood Fax 97454927

## EASTER PUJA, ROME 1987

"..So today is the message that we have to resurrect from matter, within and without. So you are raising your Kundalini...is alright, also you have to spread it horizontally to your hands, to your feet, to your body, to your face, to your thought, to everything. What is a mantra is nothing but a thought which is vibrated. Any thought that is vibrated is a mantra. But the vibrations can only be carried by a particular type of..or we can say a particular coefferience is needed. In dress, in thinking, in anything that is worldly there is a kind of coefferience that works out the vibrations. If that coefferience is not there, you cannot catch the vibrations and you cannot also give vibrations...."

H.H. Shri Mataji Nirmala Devi



### Need a Change?

Just 3 hours south of Sydney and 2 hours from Balmoral is Ulladulla, population 11,000 (5 Yogis and 5 children, with another 4 Yogis at Batemans Bay - 30 minutes south again). Just out of Ulladulla is the small seaside town of Burrill Lake. Burrill Lake is perfect for foot soaking, swimming, fishing and boating.

Available for rent is a large 3 bedroom house with 3 bathrooms, large verandahs and a view of the lake. Gas heating, double carport and lots of storage - all for only \$155.00 per week!

Directly across the road is a very keen Sahaja Yogi with two daughters and just 3 doors up from that is Shivani and myself. The ladies at both sides of my house have had their realisation and two other people in the street are attending the programs.

In just two months we have 2 established Yogis and another 10 regulars attending our weekly programs which are held on Wednesday evenings and Thursday mornings.

If you are needing a (sea) change and would enjoy the challenge of really establishing Sahaja Yoga on the South Coast - This is a great opportunity.

Please phone Sarita any time on (02) 445-3625 to get more details.....



## YUVA SHAKTI

The Australian Yuva Shakti has just held its first (and very successful) Yuva Shakti Camp at the Country Property, with a great time had by all! Coincidentally, this description of the beginning of the Yuva Shakti in India was received by email.

It has been a long-standing desire on our part, often expressed by many of you to note down some of the things mentioned by Her Holiness Shri Mataji at the inception of the Yuva Shakti. At Ganapatipule this year [1995] many evinced a keen interest in this matter and were most eager to acquire this knowledge. At the very outset, it should be remembered that what follows are some of the guidelines mentioned by our most beloved Mother. It is virtually impossible to cover all the things She had said at that time. The reasons for this will shortly become clear.

### Genesis of the Yuva Shakti

It so happened that in August 1987, during the Shri Krishna Puja in Bombay, Shri A.M. Pradhan made a suggestion to the collectivity in Bombay to establish a youth organization within the city Sahaja organization in order to channelize their energies and enthusiasm in a useful and systematic manner. It was widely welcomed and it was decided to seek Shri Mataji's permission and blessings for this novel venture. A few days later, when Shri Mataji was in Bombay and on Her way to Pune in the train, Shri Pradhan-sahab introduced this topic to Her. Shri Mataji was extremely happy and immediately gave all Her blessings and christened this organization 'Nirmal Shakti Yuva Sangha.' The rest is history. During the entire course of the journey to Pune, for about three and a half hours, She gave Shri Pradhan the guidelines on which the development and growth of the Yuva Shakti and the individuals who were its constituents, was to take place. It was observed at that time (and it still is the case) that as boys and girls differ in socio-economic strata, some of them are not fortunate enough to get the much needed guidance at that age from their parents. Therefore, in Sahaja Yoga it was proposed to present an opportunity to them to overcome these lacunae through the formation of N.S.Y.S. Therefore, the emphasis according to Her, was to be the development of the personality in order to make it much more complete so that such developed individuals would prove to be great assets to Sahaja Yoga for its propagation and serve as shining ideals for others to emulate and from whom to derive inspiration.

Hereafter we have attempted to present pointwise the requirements as mentioned by Shri Mataji. Please note, these subjects are vast profound and need a lot of genuine interest to gather the requisite knowledge. It can be gained at a collective level (through discussions, seminars, etc.) or at an individual level through painstaking personal efforts. In particular, H.H. Shri Mataji emphasized the importance and knowledge in regard to the following. Needless to mention that any learning must start with one's Guru, who is the origin of all knowledge. Hence, the following.

### The Complete Story of the Divine Life of Shri Mataji

This should specifically include:

- ❖ All the aspects of the Shali-vahana Dynasty, about Shri Mataji's time and place of birth.
- ❖ About Her unique parents.
- ❖ About Her role in the freedom struggle and association with greats like Mahatma Gandhiji.
- ❖ About Her childhood and education, that She was a medical student Herself.
- ❖ And above all, Shri Mataji as a Divine Ideal in Her various worldly roles as a daughter, housewife, daughter-in-law, mother, sister and also as an extremely patriotic citizen of the great country of India.

### Sahaja Yoga

- ❖ Everything about the genesis of Sahaja Yoga from May 5th 1970 at Nargol to the present day status, i.e., its establishment in over seventy countries all over the world.
- ❖ Everything that has been told by H.H. Shri Mataji about the subtle instrument (deities, nadis and chakras) in all these years through her discourses and writings.
- ❖ Everything about meditation and its various techniques and methods to keep oneself in balance and purity.
- ❖ Everything about the prophecies, references and explanation about Shri Mataji and Sahaja Yoga through the ages by the various incarnations and saints in their utterances and writings, such as 'The Vedas,' 'The Bhagavad Gita,' 'Koran,' 'Gnyaneshwari,' 'The Holy Bible,' along with the prophecies of Shri Brigu Rishi and Shri William Blake.
- ❖ Knowledge about the Great Swayambhu Peethas (seats) of the Divine in India, especially in Maharashtra (the Ashtavinayakas), the three and a half seats of the Adi Shakti and the twelve Jyotirlingas, spread all over India.
- ❖ Knowledge about the ten great Adi Guru incarnations and saints like Shri Gnyaneshwara, Shri Tukaram, Shri Kabir, Shri Adi Shankaracharya, Shri Ramdas and their truly phenomenal contribution to the cause of Sahaja Yoga.

### Art and Culture

Shri Mataji said that Sahaja Yogis should know the unique and exceptional heritage of India. Yuva Shakti boys and girls must make every attempt to make themselves familiar with the various facets of the beauty and variety of art from different parts of India and also our great cultural traditions of hospitality, kindness to others, service to society, obedience to elders, respect for individual freedom, etc.

### Music

It is imperative that we should be able to appreciate Indian classical music, both vocal and instrumental, as is practised in different parts of India. If possible, every boy and girl should be able to play at least one instrument to a reasonably competent extent.

### Dance and Drama

Classical dance forms of India are truly an expression of devotion to the Almighty and its appreciation is also essential. Drama as an expression of human values, social reverence and contemporary reflection can be studied and practised. Thus, in short, everything that has the Divine Aesthetics as its integral feature has to be admired and understood by the Yuva Shakti.

### GENERAL AWARENESS

#### History and Geography

It is important for the Yuva Shakti to be aware of the great historical figures like Shri Shivaji, Rani Laxmibai, Rana Pratap and others along with the great personalities produced by the Indian struggle for independence right from 1857 to 1947. They should be able to speak about them with respect, reverence and understanding. It is very much desirable that Yuva Shakti individuals should be familiar with the geography, not only of their respective states, but also their country and, in fact, the whole world. They should be conversant with the agricultural produce, physical attributes and climatic peculiarities of the various parts of India and of the world.

#### Current Awareness

Shri Mataji expects that the young generation should be completely aware of the social, political and economic climates from a regional, as well as universal, point of view. Current affairs, new developments in various fields and awareness of new things around them, in general, are most desirable.

#### Communication Skills

It is important that the Yuva Shakti individuals should be able to speak and understand at least two languages, apart from their mother tongue, and those are Hindi and English. Ability to communicate ideas, experiences, thoughts and emotions through writing or, preferably, public speaking is a quality that is highly needed. For building a very strong collectivity, these qualities are essential.

Apart from this, Shri Mataji stated that boys and girls have to specifically know the following things:

- ❖ Boys should be conversant with the basic principles of electricity, household appliances and methods to repair some of the basic problems that might crop up therein. Also they should have a working knowledge of carpentry, plumbing, gardening, painting of a house, car driving and, most importantly, cooking.
- ❖ Girls ought to know cooking. Apart from this, knitting, sewing, principles of interior decoration and gardening are things with which they should be familiar.

Thus having provided such a vast framework, Shri Mataji finally mentioned the most basic and important tenets for the Yuva Shakti. They are as follows:

- 1) Yuva Shakti is an absolutely integral part of Sahaja Yoga and not a separate entity in itself.
  - 2) Preferably girls and boys between the ages of seventeen to twenty-five should be its members and should not be married.
  - 3) Yuva Shakti is One, i.e. Universal, in the sense that its members should not claim affiliation or special attachment to any centre, city, state or country. Wherever they may go in the world, for any Sahaja function, they should always volunteer their services to the collective.
  - 4) For smooth functioning of the N.S.Y.S., coordinators who can get things organized can be appointed.
  - 5) Yuva Shakti members have to be polite and respectful to senior Sahaja Yogis. Their hallmark should be the 'madhurya' or sweetness, which is a very important quality of the Vishuddhi Chakra, which again is very important in strengthening the collective.
  - 6) Boys and girls of N.S.Y.S. should first take care of their studies, exam and respective careers and, on no account, be allowed to neglect the same in the name of Sahaja Yoga work. Shri Mataji was extremely emphatic about it and said that no excuses in this regard would be tolerated.
  - 7) Lastly, Shri Mataji said that the self-respect and self-esteem of N.S.Y.S. members have to be respected and maintained. On no account should that be compromised.
- Also please remember that nothing precludes the use of common sense. And so it came to pass that the N.S.Y.S. was born. It is virtually

impossible to detail all the guidelines laid down by Shri Mataji in any one particular seminar and so we hope that this letter, though a long one, will help the individual centres to see to it that the respective branches of the N.S.Y.S., which are an integral part of this Divine Tree of Sahaja Yoga, grow along these simply magnificent and glorious paths, as laid down by Shri Mataji, Herself. It is our sacred duty, not only to see that growth is proper and in the right direction, but, even more important, to ensure that we pass on this great legacy to the future generations. Jai Shri Mataji.

Yours affectionately, N.S.Y.S. BOMBAY.