

THE AUSTRALIAN

STRATHFIELD

Sahaja Newsletter



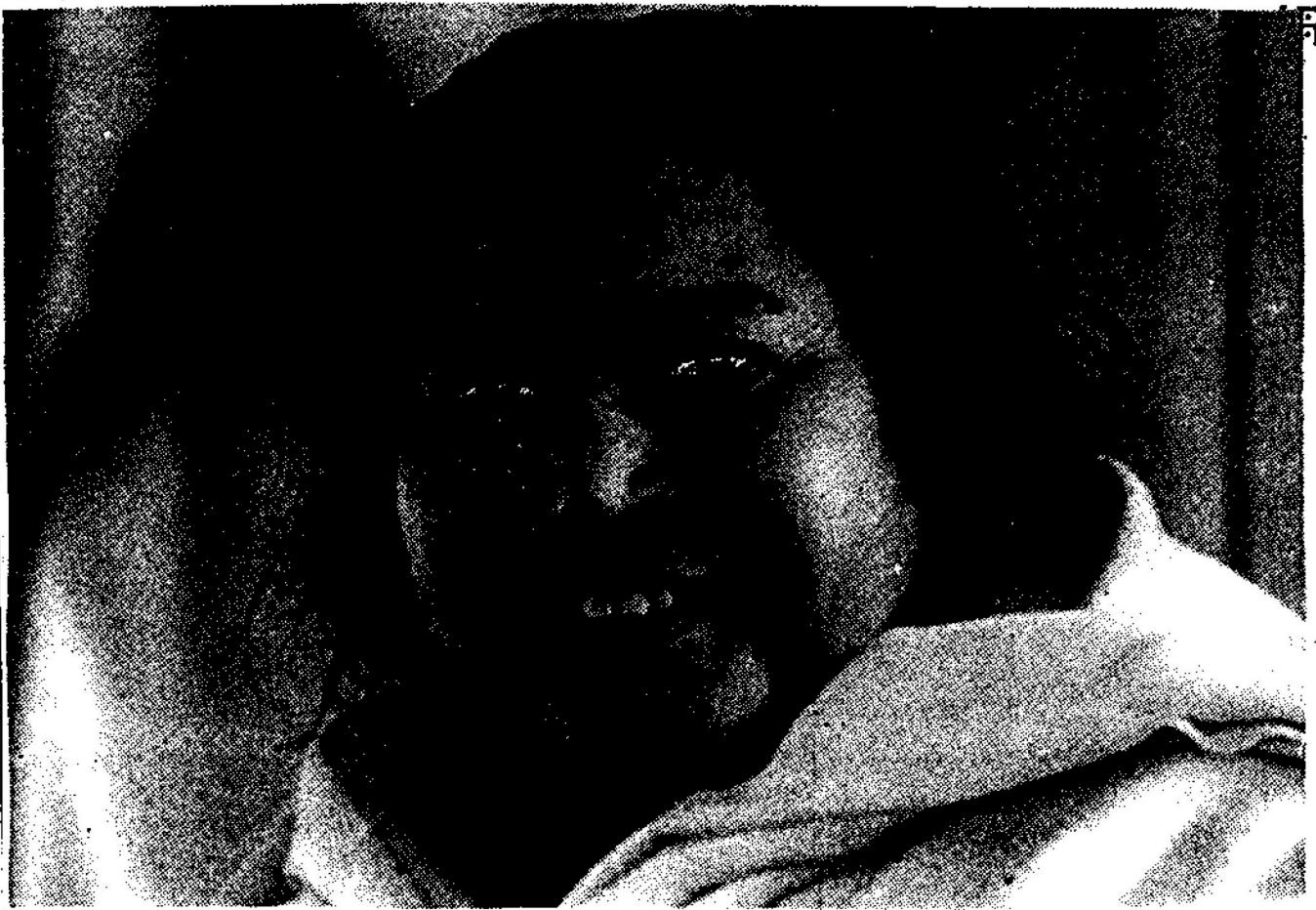
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AUGUST 11th '95.



S.Y.: Is there a particular advice to keep the Sahasrāra open and clear ?

Shri Mataji: It's very simple, as I have told you, that the deity of the Sahasrāra is sitting before you, that the deity of Sahasrāra is the Mahamaya, that try not to understand Her through your reasoning and imagination; but by surrendering 'absolutely' to it, you keep your Sahasrāra open. In case you find it still closed, you have to ask forgiveness from the deity that "if we have by mistake made any mistakes, forgive me"—that's all.

Nirmala Yoga
SEPT-OCT
1984

GURU PUJA 1995.

Guru Puja 1995 took place on Sunday July 16th. The Guru Puja "gathering", for a better word, occurred over a four day period from Thursday to Sunday.

THURSDAY saw the meeting of old and new friends and gentle hours of conversation and contemplation by the river, on the hill or in some shaded cafe. I was amazed at how many Australians arrived. Altogether there must have been about seventeen of us! The total number of yogis that hit Cabella Ligure was estimated at approximately two thousand! It is hard to tell, as there were people everywhere around the town, simultaneously.

The Italian collective "arrived" over a week early to set up the men's tent by the river; dig in the amenities; prepare the hanger; design and make the stage props and do basically everything to do with the Puja weekend. They came from all parts of Italy and put in a large amount of work to make everything possible. As well as all this, they prepared music, dance and theatrical events to offer to Shri Mataji throughout the weekend. This time there were two music evenings instead of the usual one night! The Italians presented an extremely wide variety of cultural entertainment that was both professionally executed and full of heart! (As you can see, I'm quite taken with our Italian brothers and sisters...This is not without cause, they are very kind generous, open hearted and very devoted to Shri Mataji.)

FRIDAY NIGHT was our first Music evening. Shri Mataji, Sir C.P. and their daughter Kalpana were in attendance. It was a rich and varied evening that lasted from 10pm to 5am. Firstly,

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the ladies from Rome (about sixteen of them) presented a dance to Shri Ganesha. This was a beautifully chorographed piece that set the tone for a great night.. All the ladies "syncronized" expertly, as this dance did not look easy to perform. You had the sense that they really enjoyed doing it; that it was also great fun! Then we heard a choir from Sardinia; instrumental pieces (involving a piano and two violins); an aria or two. Each rendition was beautifully polished and joyfully presented. Then, Baba Mama and Nirmal Sangeet Sarita treated us to bhajans old and new. They were, needless to say, exuberant and stunning. The evening really was charged with vitality and a special kind of charm that comes with excellent music in Shri Mataji's Presence, on a crisp and clear summer night. We heard some brand new bhajans which, when translated, proved to be very interesting in content. For example in one entitled "Abhung" contained these words.

"Why have you embellised your devotion to God by imposing your expectation and demands on Him?"

"Such expectation is lowering the sacred stature of the Divinity and you commit sacrilege against God and reduce Him to the status of donor or grantor of your expectation and thus insult the omni qualities of Divinity."

"In such devotion your total attention is concentrated more on what you expect from God and not on your spiritual ascent."

"Such devotion (minus the attention) affects your surrender status and weaken it."

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HELP NEEDED IN LIBRARY.

People are needed to go on a roster to "man or woman" the library on Friday nights. No experience necessary, learn on the job and we'd love you for it.
Please see Reyhan in the library or phone home (02) 744 8113
or work (02) 319 4073



Greg Turek's book, "A Seeker's Journey", now available.

Although intended to be a mainstream book, sold in general bookstores, it may be helpful for relatives and friends of Sahaja Yogis, to give insights into why they "do it".

Send AU\$10 to G. Turek P.O. Box 186, Lindfield, NSW. 2070,Australia.
Overseas orders add AU\$5 Post/Pack.



The Doonside Festival (29/6) went very well. Around 50-60 people received their Self Realization. There was no advertising or posters displayed, only Shri Mataji's photo. Many people recognised Shri Mataji from previous advertising and were curious to find out about Sahaja Yoga. There were a number of Fijians who also got their Realisation.

NEWS FROM HOLLAND.

Suzie and Alexei Cherepanov are the proud parents of a baby boy, born 8.15am on 25th July. He's called Lav after Sita's son who went to Russia. Weighing in at 4Kgs, he was born in the ashram as there was no time to get to the hospital. Suzie phoned her Mum a few hours later and said "He's perfect."



"You are so conditioned by your wants and material gains that you cannot imagine devotion to God without expectation."

"How then can you get connected to God when your attention, mind and thoughts are on mundane things?"

"Like sadness and happiness are inseparable and sadness ruins all the pleasures of happiness..."

"In the same way when you expect, you are bound to be disappointed. Since disappointment is inherent in expectation."

"Because of your disappointment you will blame God."

"According to the poet a true surrendered devotion has to be without expectation..."

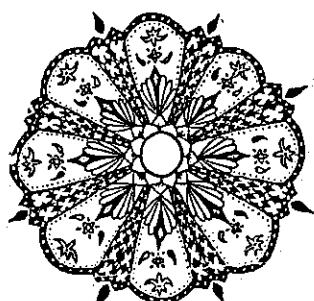
"Through such surrendered selfless devotion only can you get redeemed from temptation and maya."

"Instead of forcing your demands on God, become aware of the Power of your own devotion which is ignited by the Primordial Energy."

....This is something of the message in the bhajan "Abhung" in any case.... After this powerful session, we were taken to the deepest part of the night and into the early awakening of the day by the sitar of Nishad Kan.

SATURDAY EVENING was roughly the same length. Here we started the musical evening with something special, courtesy of Baba Mumu. He introduced a young sitar player, Shirlikar, who proved to be quite a master. In his mid twenties, he played so beautifully that Shri Mataji said that, perhaps, he was an "Ustad" in another life. He received a standing ovation from all the yogis present. Then, we listened to a really talented Sarod player called Ustad Amjad Ali Khan who played masterfully and enchantingly. The evening also contained such presentations as: Romanian bhajans; Indian dancers from Como; Piedmontese traditional dances; a play entitled "The Search for the Spirit, Past and Present." This play was an all-Italian effort. It finished the evening, or introduced the new day! It was brilliant, as it managed to compare and contrast the methods of achieving the Spirit in ancient and modern times. It contained a subtle message about how to do this and featured a "Charlie Chakra" diagram that came to life when nobody was watching!

SUNDAY EVENING was the time for Guru Puja itself. The stage was decorated using the banyan tree theme. The effect was of Shri Mataji's chair on the edge of a forest! A huge tree had been constructed and painted. It stood over 15feet high and was complete with trunk, branches, leaf canopy and falling roots that hung like long vines to the ground. Under ~~the~~ ^{THIS} woody giant Shri Mataji's chair was placed. There were smaller trees (bushes etc...) on either side, each bearing a symbol for a particular Primordial Master. The effect was quite overpowering. We sat in meditation and awaited Shri Mataji (until about 9pm) as we listened to Vivaldi's Four Seasons on violin.....



THE PUJA ADDRESS was subtle and in some ways, a little difficult to recall detail by detail. In any case, what follows is a collection of a couple of yogis' memories. It has not been possible to record Shri Mataji's words exactly, so please bear this in mind while reading. Please forgive us should we prove vague and imprecise.

* This is a very important Guru Puja, as it the 25th celebration of the Adi Guru.

* Hence, it is beautiful to see so many Sahaja Yogis, who have become really great.

* As the tree grows the roots should go much deeper and spread. The roots are in your own heart and life.

* There are three aspects to ourselves.

1. The intellect (mind).
2. The heart (feelings, emotions).
3. The attention.

They work together, but sometimes they fight. For instance our attention should be towards the Divine. Sometimes our attention is attracted by nice things etc...and moves from one object/subject to another. The attention is frittered away and doesn't grow roots.

* Problems can be due to education, upbringing, atmosphere, ego and superego. The attention is attacked, from the outside, by negative forces and gets entangled.

* The heart should be the "source" of love. If it is the "source" it doesn't have to go anywhere or get anything, it is love and compassion.

* The three things, intellect, heart and attention are threaded together by love and compassion.

* We should ask ourselves these questions:

"Are we our own guru or not?"

"Do we have love for others or not?"

* We should not have expectations as these, inevitably, lead to disappointment.

* We should ask our mind "Why are you in Sahaja Yoga?" The mind will be quiet and silence will ensue.

* We should look after our attention, all the time, while doing other things. An example given is the image of a boy who flies a kite. He holds onto the string and manipulates the airborn kite as he talks to others and does other things. Another image is that of a mother who binds her baby to her front, in a sash. She is attentive to the baby's condition as she uses her hands to work and clean.

So we must have our attention on the Divine while participating in daily life.

After the Puja talk, the Puja itself followed. It was very strong, as the leaders from different countries participated and Shri Mataji moved from the Ganesha Puja to the Devi Puja to the Guru Puja. The experience was very deep, although the Puja itself was not long. Then we had music and "Kawalis" until dawn!

With love,
your O.S. correspondent,
Efrem.