

THE AUSTRALIAN

# Sahaja Newsletter



## Contributions:

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February 10<sup>th</sup> 1996



## IV

I. 58. *bāgo nā jā re nā jā*

**D**O not go to the garden of flowers !  
O Friend ! go not there ;  
In your body is the garden of flowers.  
Take your seat on the thousand petals  
of the lotus, and there gaze on the  
Infinite Beauty.

SONGS OF KABIR

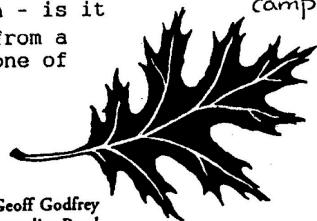
## SCHOOL MEETING.

I thought it might be worthwhile to have a meeting of the parents of the Dharamsala School children : possibly Wednesday 21st or Thursday 22nd February at Burwood at about 7.30pm.

It would be an opportunity to review the past year and to discuss anything which is on the collective mind.

Given all the other things going on - is it feasible? I think the idea comes from a suggestion made to me in India by one of the parents.

Michael.



January 1996

Geoff Godfrey  
14A Montpelier Road  
Ealing, London, W5 2QP  
England  
Tel 0181 810 9210  
Fax 0181 248 7136

The second Music CD is well on the way already. So far it looks like there will be tracks from Australia-Nagpur, Austria, Canada, France, Ireland, Finland, Italy, England and America.

All are invited to send in a rough tape of their songs. Please send as many songs as possible. This will help build the foundations for the third CD as well.

Hopefully once we have identified which tracks to use there will be enough time to record onto DAT tape at @44.1 SF, so that all finished material arrives here in England between March 1st and March 21st 1996.

Everyone should be able to remember the date March 21st! From there, we will be about 4-5 weeks away from a finished CD 'in your hand'.

Tapes can be sent to Geoff Godfrey  
PO Box 108  
London W5 2QP  
England

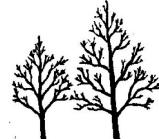
## S.Y. Centres & Phone List

### Next big print run coming!

Please notify additions and corrections,  
as soon as possible, to:

John Dobbie, phone 02 416 2373, fax 02 416 1202  
15 Pleasant Ave, East Lindfield, NSW 2070

Name, phone no., address, birthdate



## SARIS

Would people like to donate a silk saree in good condition? They would be sold to people needing one for PUJA. Money would go for Shri Mataji's tour.

Contact: Therese O'Leary prior to camp or at Bundilla Sahaj Yoga stall.

## SHRI MATAJI'S PHOTOS

Is someone interested in collecting and/or organizing a collection of Shri Mataji's photos to be made available at the Bundilla Stall?  
Contact: Therese O'Leary.

For all those who were asking,  
Angelina's new address:

Angelina Piguillet/  
Mrs C. Romuald  
5 Rue Pierre Meudés  
77200 Torey  
Paris France

0011 33 60 173192

and Happy Birthday for the 11th  
Angelina!



## FOLLOW-UPS.

After the Darling Harbour follow-up on Wed 6th March, these are the locations for the suburban follow-ups on Sunday 10th March.

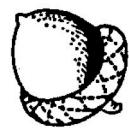
## SUNDAY 10th MARCH.

CHATSWOOD	Green Room, Zenith Theatre, Cnr. Railway & McIntosh Streets
11am.	
HORNSBY	Womens' Rest Centre, Hornsby Park (opp Post Office) Pacific Hwy.
11am	
MANLY	Meeting Room, Manly Library Market Place.
10.30am	
BURWOOD	10 Clarence St. Burwood.
11am	
HURSTVILLE	Woniora Road School, 83 Woniora Rd. Hurstville.
10.30am	
NEWTOWN	Neighbourhood Centre, 1 Bedford St. (opp station) Newtown.
10am	
WOOLLAHRA	Holdsworth Community Centre, Cnr. Morrell & Holdsworth Sts.
2.30pm.	
PARRAMATTA	Parramatta Town Hall Church St. Mall.
2pm	
KATOOMBA	2 Whitton St. Katoomba.
11am	
CENTRAL COAST	24 Tradewinds Ave., Terrigal.
2pm	



The Sahaj yoga radio program is going to more than 70 stations across Australia via satellite. Almost all the stations have shown great interest in the program and the community satellite network manager said it was one of the best produced and professional programs he has come across. McNair research calculations seem to indicate that we have somewhere from 3-6 thousand listeners! Everything has worked out effortlessly and we are hoping to go weekly soon - our only problems are financial. At present the programs cost \$190 each week and the satellite is \$100 per program so any help would be appreciated. Please contact Mark Williams or John Tedesco if you can help out. We are on every second Sunday at 11am on ZSER FM 107.3 - up at the far right end of the dial.

Sankranthi Puja, Pune, Jan. 14th, 1996



Shri Matajis speech consisted of 3 parts: Hindi, English, Marathi.

From the english part:

Shri Mataji blessed the "Western" SahajaYogis by praising them and put them as an ideal to the Indian Sahaja Yogis.

It is a Puja to the Sun - Shri Surya. The power of the Sun is the power of Shri Jesus.

(In contrary Shri Ganesha has the cooling aspect of the Moon.)

All that is hidden is being put into light and made visible by the power of the sun.

Who deceives oneself and is is not openhearted and righteous to himself will be pursued (or prosecuted) by the sun.

From Dec. 22th to Jan. 15th there are the coldest nights in most parts of India. The water-household in the cells of the body is changing, the cells become more dry. And the content of phosphor is rising. Phosphor is the hottest of all the elements - it burns even under water! This results in heat and dryness and causes irritation. That means there is a higher tendency to be aggressiye. Once a year this is necessary to kill parasites in the body.

The antidote is to eat sweets made of sesame and sugarcane-molasses. This is being given to each other as Prasad after Puja. The antidote is oily food and fats, especially sesame-oil. As this could influence the liver in a bad way it is combined with sugar to neutralise it.

The Indians should strive consciously to use the power of the sun more than now. As well in a subtle manner as in matters of using solar power. A solar-project should be started in India. If somebody can use the power of the sun, one really can work miracles.

Reported by Camillo Holecek, Austria

**The beginning of the Age of Aquarius** (report by Hans Felder, Austria, astrologic expert, at the national seminar, Jan. 19th-21st, 1996):

At January 12th, 1996 URANUS entered in the zodiac sign of Aquarius and that was the FINAL STEP for the beginning of the Age of Aquarius. Uranus represents the driving or forcing power in the cosmos. That's why the Aquarian Age is definite NOW! The astrological symbol of Uranus is a dot, a circle around it and an arrow upwards! Uranus was the first one of the planets of our solar system discovered by means of a telescope (about 1760 ?), it is very subtle and invisible with the naked eye.

Shri Mataji once said that Uranus coincides to the KUNDALINI.

When Shri Mataji is speaking about the planets She does it in a very intensive manner (that stresses the importance and influence of the planets).

At January 21st, 1996 at 9:00am the sun formed a conjunction with Uranus that means, they stand in the same place (strong connection). The sun is equivalent to the PINGALA NADI and AGNYA, connected to Kundalini. At noon the Sun is in its zenith and that's the third activation. It is very important that Uranus and Sun and Neptun are together in the zenith now. Uranus is a "slow" planet, its orbital circle around the Sun lasts  $7 \times 12 = 84$  years. Uranus will be in Aquarius for the next 7 years. Uranus is the water-carrier - it brings the WATER of LIFE!

On the other side of Uranus one finds Neptune. Neptune is related and very similar to Venus (power of love, compassion). The orbital period of Neptune lasts about 150 years. It will arrive in Aquarius in about 2 years!

And especially Pluto is VERY important! Pluto coincides to EKADESHA RUDRA.

Its orbital circle lasts 250 years. It arrived in Sagittarius (the last fire-sign of zodiac) in December 1995 and will be there for the next 20 years.

The planets should come into the consciousness of mankind for that they can manifest their cosmic powers. Previously the planets were working on a complete subtle level. After their discovery the planets changed their dimension. And this dimension will improve again after coming into the consciousness of mankind.

Jai Shri Mataji !



3rd January '96

JAI SHRI MATAJI!

Dear Uncle Michael,

A happy new year to all, and my warmest regards to everyone. Thank you for the letter and card. I will keep you up to date with what is happening here.

I'm sitting on my hands just for the moment, waiting for some kind of feed-back from Alex so there's not much to say.

Beijing winters are not nearly as harsh as you might imagine. Even though the top today is only two degrees it is sunny and clear like most days. Since it is dry, rooms are easy to heat and indoors is very comfortable. Even outdoors it is comfortable as long as you have suitable clothing.

Meeting Chinese people is also a lot easier than you might imagine. Conversation is untrammelled provided you are not out to find out a person's political ideologies or religious beliefs. I'd say these subjects are equally as taboo as they would be in Australia, so life here is surprisingly usual and natural. Food here is also not a problem. Eating out is reasonably cheap and you get much more variety than you would in India. Plenty of western food is available for a few dollars more. I indulged myself on New Year's Day by drinking a delicious cup of cappuccino.

If this sounds like a promotion for living in China, well, it is.

Since you asked, yes, Australia can be of great assistance to China. The primary assistance would be to get some people to visit or stay longer. There is accommodation at surprisingly cheap rates here in the university and the condition of the rooms is quite good. I am also willing to chase up some job leads if people are genuine and can send me a resume. Speaking Chinese is

by no means a necessity and there is a healthy job market in many areas here. It would be easier to relocate here than, say, Hong Kong, because the living costs are much lower and people have more time, therefore, to choose exactly the kind of work they are looking for.

To give an example, 'China Daily' is always looking for 'English polishers'. Many jobs come with an apartment in the package which offsets the modest wages to some degree.

If there are any Chinese speakers who have time to help, they would do well to try translating some of Shri Mataji's talks into Chinese.

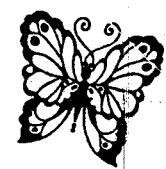
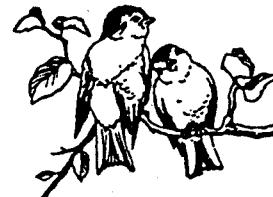
In the meantime, it would be good to start making a tape library here - so if you could send some tapes of Shri Mataji's recent talks it would be very useful.

I'll keep in touch.

Lyndon.

Sahaja Yoga Hong Kong

'Jai Shri Mataji'



Good news about the venue for Shri Mataji's program. We have booked Shatin Town Hall for March 9 as our first venue is not available on this day. Shatin town hall is a very appropriate venue in a large civic complex with a capacity for 1400 people. Shatin is in the New Territories and is like a satellite city with a population of over 1,000,000 people. The venue is used for ballet and musical programs so it is very well known in Hong Kong. The acoustics are very good and there are excellent facilities. We have also booked a regular venue in the same complex for ongoing programs and follow up programs after Shri Mataji's visit.

Preparations are going to plan and we hope to be able to fill the venue to capacity. The hotel that we intend to book for this visit is the Furama Hotel located on Hong Kong Island.

Shri Mataji's suit is decorated with a traditional Chinese flavour and is very light and bright with an excellent view over Hong Kong harbour. The Peninsula Hotel service last visit was very poor and we all felt that we should try and find a more flexible hotel.

Much love to all the Australian collective from all the Yogis in Hong Kong.

'Jai Shri Mataji'

Alex



## ADVICE GIVEN BY H.H.SHRI MATAJI

Gudi Padwa, 24.03.93

This is the first day of the year of Sat Yuga. Nature will show you that Sat Yuga has started. Sahaja Yoga has brought Sat Yuga. You should have faith in yourself, you have to believe in yourself, you are realised souls. You should have faith in the working of Sahaja Yoga. What works is your enlightened faith. Complete trust should be there. Look at me, single handed I have spread Sahaja Yoga. Just have faith in Param Chaitanya. If you have any doubts just ask me. God is not there but at least I am there to talk to you. Hence Sahaja Yogis should now be free from doubts.

1. Leaders should be very careful. They should become free of all arrogance. They are only a communication link, like I have to put a letter in the envelope and post it. They should be careful of possessions.
2. Whenever we are planning something we should keep our attention on the most important thing. You should keep your priorities clear.
3. If there is negativity, you should tell me, I will work it out.
4. Often organisers get worried about money. In Sahaja Yoga you will always get money but if you worry about money then you will not get it. Money is not so important.
5. We should have wisdom about each other.
6. You should not have any fear. It is all a drama going on, there is nothing to worry. If you say that I am afraid then what am I to say? Even if you make a mistake, it does not matter. I can tell you it is mistake, you should not mind. If there is something to correct I will correct it. If you are afraid then your ego will come up then I will simply pierce it. At least you should not be afraid of me. We learn from our mistakes. We should not be afraid to make mistakes.

