

THE AUSTRALIAN STRATFIELD

# Sahaja Newsletter

## Contributions:

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SEPTEMBER 24th '93.

Here's a nice prayer, taken from the diary of an unknown confederate soldier.

"I asked God for strength, that I might achieve;  
I was made weak, that I might learn humbly to obey.

I asked for health, that I might do great things;  
I was given infirmity, that I might do better things.

I asked for riches, that I might be happy;  
I was given poverty, that I might be wise.

I asked for power, that I might have the praise of men;  
I was given weakness, that I might feel the need of God.

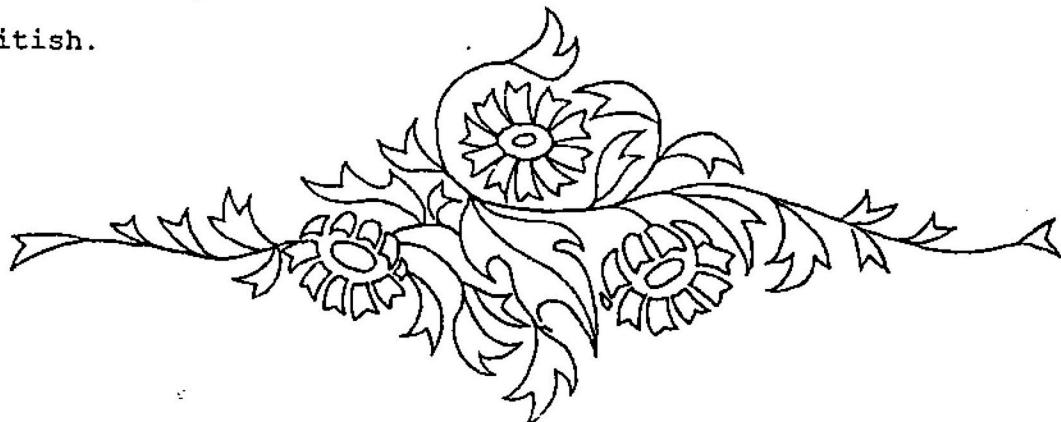
I asked for all things, that I might enjoy life;  
I was given life, that I might enjoy all things.

I got nothing that I asked for, but everything that I had hoped for.  
Almost despite myself, my unspoken prayers were answered.  
I am among all men, most richly blessed."

Does anyone have the poem "IF" by Kipling?

Jai Shri Mataji!

-Nitish.



2.

From: GVPROM::PHILIP "Phil Ward DEC Geneva Mgmt. Sci. 16-Sep-1993

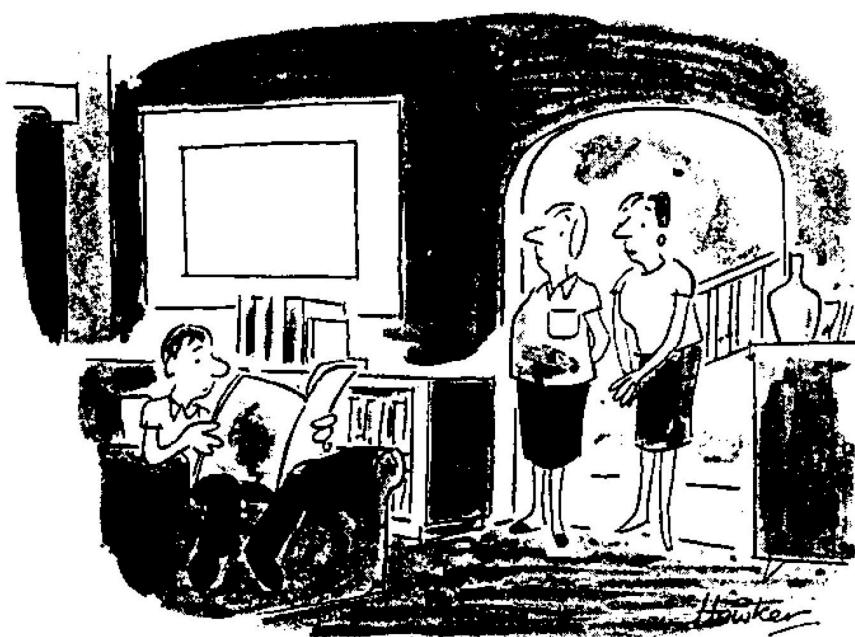
Subj: Lithuania calling! Note the P.S.

Jay Shri Mataji!

We are very happy to contact You from Kaunas. Greetings to You and other yogis of Switzerland from all Lithuanian brothers and sisters. This is the first our letter in e-mail to Sachaja addressate. There are not so many yogis and yoginis in Kaunas (up to 10 only). Also in Lithuania Sachaja Yoga goes only first steps. There are some yogis in Vilnius and Panevezys and the bigger group near Klaipeda (Baltic sea coast). They are families, and live in villages separately. Collective meetings go on monthly. There is a group of yogis in Minsk (Byelorussia). We have good contact with them. It is very important to us to know the main news in Sachaja, also the geography and activities. Also we are happy to know, that yogis in far Switzerland know about us, and keep attention on developing of Sachaja Yoga in Lithuania. In 17-th of september in Kaunas we are going to have videodemonstration of public Shri Mataji program in Sankt Petersburg, from this year Russia tour. There was a little fun in our press. The word we chose to translate term "self realisation" doesn't exist in Lithuanian language. So the redactor of our daily newspaper "Kauno Diena" corrected it to "self regulation". Quite interesting version! We hope new members to join our collective after this program. Also we hope that soon collectives will be established in other cities, especially in Vilnius (capital of Lithuania) and Panevezys. Leader of Klaipeda group Rimas with his family is going to expand their house to ashram. This letter was compiled together with Marius and Audrius (You have saw them in Poland). We are waiting answer from You.

With Love from Lithuania to Switzerland!

P.S. The fax and E-mail address are not my personal, but of my father in Kaunas Technology University. So its important to mark on subject, that the letter is to Mindaugas, Sahaja Yoga, when mailing.



*"I'm worried about his shyness. He never seems to use his portable telephone like other children."*

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**SAHAJA Newsletter 15**  
 PERTH      17 SEPTEMBER 1993  
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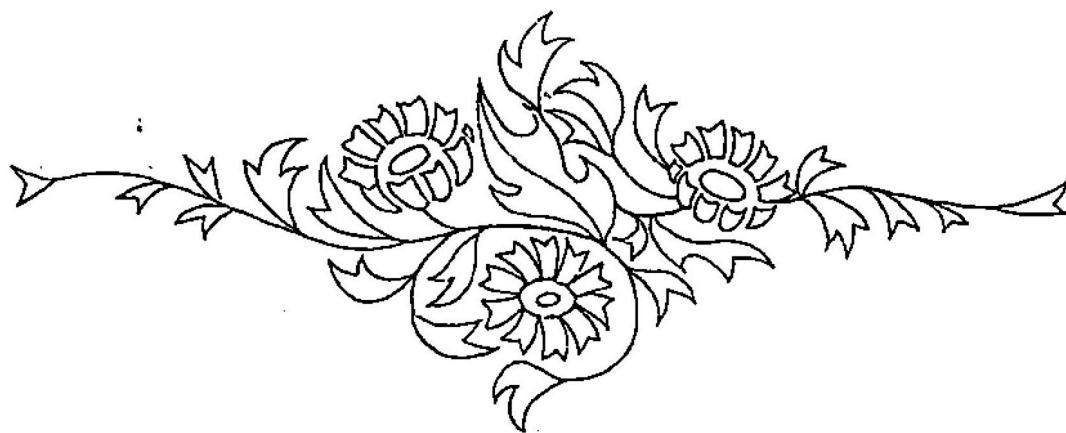
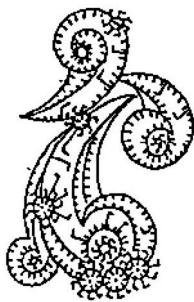
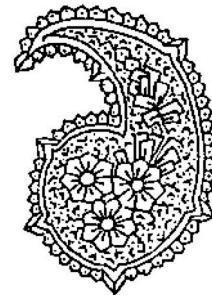
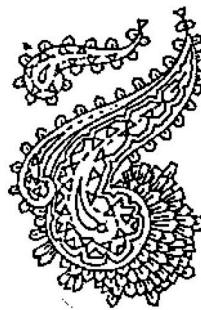
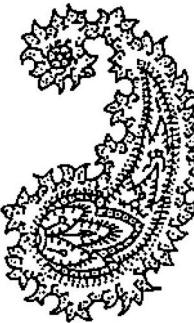
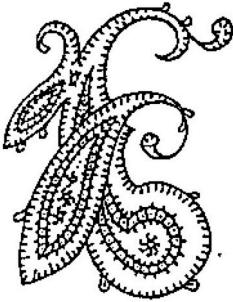
**PROGRAMMES IN PERTH**

Last Sunday's seminar at Gidgegannup was informative and successful. 14 new people attended, two of whom were complete beginners who found the day interesting and exciting and want to look further into Sahaj. Another visitor was pleased to find us so normal, easy to talk to, and genuine. After an introductory talk and video followed by meditation we took advantage of the spring weather, which was fine but not too warm, so we were able to footsoak 'in a strand' along the slopes of the rocky creek next door. The water was flowing well and not too cold. It seemed almost a let down to have to tell people that footsoaking is usually done in a plastic bucket indoors, when they were learning how-to in 'paradise'! We were then able to feed the cleansed nahbi outdoors overlooking the lake and the wildflowers, with delicious food brought by the yogis (thank-you!). The first talk after lunch was given by Craig, who spoke about the relationship between the physical and subtle bodies with reference to the last chapter in the new 'Guide for Beginners' which was available afterwards; and who took questions relating to illness and wellness.

Then Ric spoke about Two Gurus from China and

Shri Mataji Nirmala Devi. Garry followed with a personal response to the question of care of the environment as a Sahaja Yogi and as an architect with a long term interest in solar energy.

After meditation, the visitors were then able to talk individually to yogis and to take a walk through Robin and Jo's beautiful gardens enjoying the peace externally as well as internally. The setting was perfect for illustrating harmony and balance. Needless to say the yogis thoroughly enjoyed their 'working conditions'. Jai Shri Mataji!



## SYDNEY NEWS

### ACCOMMODATION.

2 large sunny rooms available in charming house, full of light-footsteps from Sydney Uni. in leafy Glebe, and only a few minutes from the City. Ideal for programmes in that area or supporting Sydney Uni. programmes.

Contact Prue (02) 566 4021.

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### FOR THOSE WHO LIKE

#### HELP WANTED WITH AUDIO TAPES - Please anybody, somebody.

Any yogis or yoginis who can help to ensure the efficient copying and circulation of audio tapes to our Sydney, National & International yogis. Please contact Peter Aerfeldt at Burwood.

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### BHAJANS

There will be a bhajans rehearsal at Roseville on Wednesday night, 28th Sept at 7.30 pm.

All welcome. the following week will be Western choir again.

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### NORTH AMERICAN PUJA

Great News!!!

24 Australians will be at Sri Mataji's North American Puja. Nine will be flying out of Sydney, 1 from Brisbane, 2 from Perth, 4 from the Northern Territory and 4 from Cairns. Yes, that's 20, but there are another four arriving from unexpected quarters of the globe to make up the 24.

My dear brother Javier,  
dear Sahaja Yogis!

Sao Paulo, Aug 8th, 1993

What a wonderful part of Shri Matajis creation is this Brazil! Wherever we walk Shri Mataji connects us with seekers that are just ready for entering the Kingdom of God. Since we came here the most wonderful things have happened, and I write this letter to share them with you all.

We are comfortably living with the sister of Angela and their family, in Sao Paulo, about one hour away from the sea. The city is very big and when you go up one of the skyscrapers you can see houses from one horizon to the other. Thanks to the wind there is nearly no pollution here, and about 24 million people are living here and moving around without major problems.

But still - and compared to Europe - the difference is very much on the subtle level. They say Sao Paulo is very right sided, compared to the rest of Brazil, but you can feel the left side heavy and nearly everyone here is involved in some kind of black magic, Tarot, or other things from the Left Swadisthana negativity. Even so called upper-class people, who are considered to be educated in western style of thinking, don't take decisions without consulting some kind of oracles or other things of that kind. The first morning, when I left the house, I noticed a bottle of beer and an open package of cigarettes arranged right next to our house. They told me that this is very typical here, this is an offering to some bhoots calling them for help.

Of course you know that in the Adi Vishuddhi Chakra Shri Mataji is in the form of Shri Krishna, the one who enjoys the Leela. We enjoy very much Shri Matajis play here and it started to evolve right from the beginning. On the first day I met Dr. Marden Negro, the only Sahaja Yogi so far in Sao Paulo, a medical doctor and a psychiatrist, a very dedicated and openhearted person, who took us on a spectacular tour through Sao Paulo. We offered vibrated water at the place where the city was founded 450 years ago and we expressed our desire to meet many more seekers in this city.

This Sahaja Yogi, Marden, has a strong motivation to help the less privileged people of Brazil, especially the children that live in the streets and are regarded as disturbing for the business in the wealthier areas! Everyday we have news in the media about hired killers who shoot these children in the open daylight.

This is not new here and it goes on since many years, but since the military was removed from government and since it is clear that the present government is not interested in doing anything for this people, many hundred private initiatives have come to life that try to do the work of the government.

Dr. Marden arranged with his far reaching connections a memorable meeting with seven of the richest and most influential people of Brazil in a club of millionaires here in Sao Paulo. Together with Marden, Angela and me we were ten people sitting around the big oak-table in the bibliotheca. One of them had heard through Marden about Sahaja Yoga and has "spontaneously" decided to invite six of his colleagues to this meeting. First this man suggested to put all the activities they had already planned for social welfare on the basis of the new "philosophy" of Sahaja Yoga. Without knowing

much about and without being a Sahaja Yogi he felt the importance of this new possibility to help. Then we were invited to explain in detail what is Sahaja Yoga and who is Shri Mataji and in the end we had a powerful meditation after which all seven of them could feel their Kundalini in the Sahastrara!

Then it was decided to use a mailing of Time-Life and of American-Express which calls for new subscribers all over Brazil to place also an advertising for Sahaja Yoga, offering a free subscription for a course in Sahaja Yoga in seven steps, leading to a seminar in major cities of Brazil and follow-ups thereafter. The complete organization, the logistic of all the mailings to interested seekers, the costs and the production of the information is going to be covered by our new friends! We were just sitting there and watching how the Divine Love of Shri Mataji was expressed through these people who were enjoying all this with us like children.

At a certain point of the discussion it was suggested that we are going to need a center where all the necessary people can work, where the computer is going to be installed and where we are going to have meetings and meditation for all the new people. And "by chance" one of them has an office building at the coast one hour from here that could be used for this purpose! Of course with all the necessary people to maintain the work!

Secondly it was decided that the surplus of several of their activities should flow into a company that was already existent at that time, but now will operate on the basis of the dharma of Sahaja Yoga. This company is called "Life in Movement" and at the beginning supports two projects: One is concerned with the enormous waste in the food-production in Brazil. With courses and practical experience we want to show to the farmers that with Sahaja Yoga and vibrations not only opens the gate to the Kingdom of Heaven, but they also can achieve very spectacular results using the research of Hamid and Dr. Sangwe on Sahaja Yoga and agriculture. The little that I knew about that was received with greatest interest.

The second project concerns the children of the street directly and we have the possibility to start schools in several districts that will teach Sahaja Yoga, trying to reintroduce dharma into a society that has gone as far away from it as killing its own children in the street.

All this is happening spontaneously, it seems that the time is mature for a change - as Shri Mataji has mentioned it - and we few Sahaja Yogis here are witnessing the unfolding of a new era, the Golden Age, in a most beautiful and sahaj way!

As far as the "life in the Maya" is concerned I was very well received here with the great recommendation of Maurilio, and after a successful meeting with the vice president last week at McCann Ericson we are going to meet the president to discuss how we can organize the opening of a creative offshoot of his company, working for his and other clients, applying the new concept of advertising of Shri Mataji. I have another possibility to work in an advertising agency that is also a Apple dealer and has a school for designers. They want to give me a job as a teacher and I can use and learn on all Apple equipment. Meanwhile I am working in cooperation with one of the most creative people here for a client who produces surfboards and surfwear. With all this activities going on I had not too much time to see a lot from the beauty of this country, but maybe we accept the suggestion of my brother in law to live in his house at the sea and also work there, then we don't have to drive somewhere, we are already there! By chance it is the same city, where we are going to have our Sahaja Yoga center! My life has become completely effortless now, I am enjoying everything very much and together with Angela and the children we have a lot of time to experience the beauty and the satisfaction of a family. We have extended our family with Marden who is like a father to us, his son has come into Sahaja Yoga now and is a great Samba-musician, so you can see, Shri Mataji has really dissolved all of us in Her Endless Ocean Of Divine Love.

All ambition, all desire to act, all running, all fruitless pursuit of ideas of my ego has stopped. Shri Mataji allows me to witness Her Divine Action and there is nothing else to do than to enjoy! We have a small group here that meets regularly for meditation and bhajans, we are preparing programs in the largest bank of Brazil, offering courses for stress reduction and realization of the Self, first in Sao Paulo later in other cities of Brazil. We have the possibility to introduce Sahaja Yoga to the institute for agricultural research at the university of Sao Paulo. We are preparing the material for the upcoming courses in Sahaja Yoga that the "group of seven" is going to mail all over Brazil - everyday new ideas are coming up - but everything flows quietly, relaxed and with strong vibrations!

In our Sahastrara we are united with all of you, "sitting in the heart of the universe", enjoying the Love of our Divine Mother, especially at this auspicious puja in Her form as Shri Krishna. Please express to Shri Mataji our deepest gratitude that She takes us into Her great body of Virata, that She allows us to take our seats in the kingdom of heaven with respect and dignity! The Golden Age is not a place of existence but is a state of existence, beyond the Maya of duality, beyond good and evil, enjoying the oneness of Shri Sadashiva and His Shakti.

With all our love from the kingdom of Shri Vishnu Maya,  
your grateful brother

Hubert.

#### 7. The Ganesha Visarjana Festival 1993.

The first such festival began in Australia in 1991 with over twenty associations participating and creating the precedent for a grand event. Each year the festival grows in size and popularity. This is the third year when celebrations are taking place and as with previous years the local Indian Temple set in beautiful rural surroundings just outside Sydney was selected as the venue. This year thirty four associations were involved, Sahaja Yoga being one of them. The festival proved a great success and was attended by thousands of people.

Each of the associations involved with the Festival were allowed to operate stalls in a pre defined area on the temple site. Our stall was setup in quite a simple manner. An altar was made using a very large photograph of Shri Mataji before which were placed as many chairs as we could squeeze into the space, about 12 in all. At the entrance to the stall was a table with various pieces of literature explaining the basics of Sahaja Yoga and information about programs around the state.

The Festival itself lasted for one day, proceedings begin early in the morning as various Puja to Shri Ganesha began and were performed throughout the day ending at 3:30 with a procession to the nearby coast and the Visarjana at the beach. Throughout the day the various associations were allotted times and were allowed to perform before the assembled audience on the central dais.

As the many devotees of Shri Ganesha arrived for the festival they were handed a program which began with the words :

May the blessings of Sri Ganesha be upon you, and may He remove all the obstacles that stand in your spiritual path and grant you eternal bliss and peace !

The Sahaja Yoga stall was placed along side the stalls of various other representatives of different Yogic paths. A quick stroll among the various stalls clearly demonstrated that in reality these groups did not have a lot to offer. You could select some literature, talk to someone or view their various displays but there was nothing they could give you that you could not get from a book or from some other source. Our stall was unique in that people were offered an experience. It provided people with an opportunity to experience something of which many have only read and dreamed was impossible.

8. This reality dawned on many of the visitors to the festival who flocked to our stand. Vinay performed excellently before the stall. He spoke to many of the people who came to the stand, either in English or Hindi depending upon the disposition of the visitor. Many were skeptical about Kundalini awakening, to which he would simply say that we are not talking about it but we are offering the experience, a few minutes of ones time was all that was required, and then one could determine on their own central nervous system if what we were saying was true. This proved an opportunity many people found hard to resist. Within a short time our twelve chairs were full and they were in constant use throughout the day. As one chair was vacated another seeker would come and take their turn. It reminded many of us of the Mine Body and Soul Festival held last year. Each Sahaja Yogi would give self-realisation to about 5 to 6 people each hour. Throughout the day over 200 people received their realisation.

At 12:30 the Sahaja Yoga Musicians took centre stage. Because of the number of groups represented we were supposed to perform for 10 minutes. The group began with the Ganesha Stuti, which was followed by Ganesha Deva. As the music filtered around the grounds more people came and took their seats. This was followed by the Siva Stuti after which the musicians ended with two songs dedicated to Shri Mataji. Our allotted time expanded from 10 to 40 minutes but nobody seemed to mind. The performance of the musicians seem to come as a very pleasant surprise to many of the audience who could not believe that westerners could have such a feel for the rhythms of Indian music and such command over the language. This in itself generated much interest in Sahaja Yoga.

So ended Sahaja Yogas first venture into the wider Hindu community of Australia. By all accounts it was a great success with many people receiving their self-realisation and the unlimited possibilities Sahaja Yoga makes possible on display for all to see.