

THE AUSTRALIAN STRATHFIELD

# Sahaja Newsletter

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DECEMBER 3RD '93

## A PERFECT GARDEN PLOT

by Leny Steuten

### Four Rows of Peas

- 'P'atience in personality
- 'P'ersistence in performance
- 'P'romptness in practice
- 'P'ersistence in principle.

### Four Hills of Squash

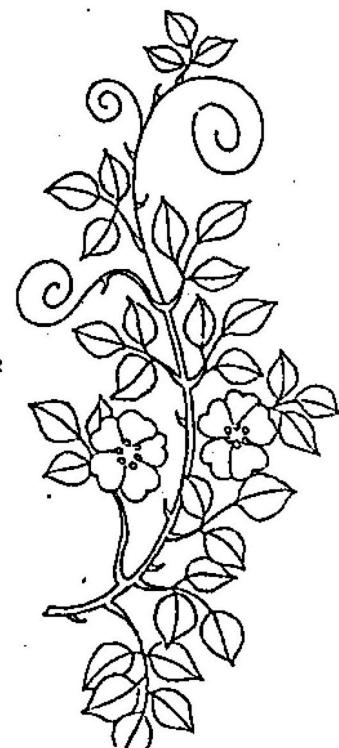
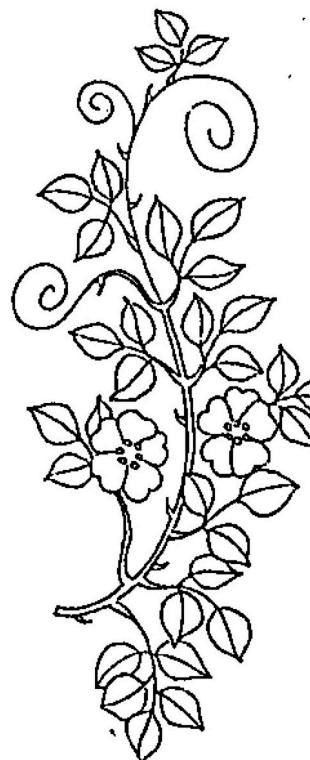
- 'Squash' idle gossip
- 'Squash' harmful criticism
- 'Squash' lethargic indifference
- 'Squash' lazy complacency.

### Four Rows of Turnips

- 'Turnip' at all meetings
- 'Turnip' with a smile
- 'Turnip' with enthusiasm
- 'Turnip' with new ideas.

### Four Rows of Lettuce

- 'Lettuce' be reliable
- 'Lettuce' be honest
- 'Lettuce' love one another
- 'Lettuce' be forgiving.



FROM MELBOURNE  
NEWSLETTER

The Russian Sahaja Yogis had organised accomodation for the visiting Sahaja Yogis in a sporting complex, however due to highly unorthodox activity from the supposedly Orthodox Church , who blocked the booking of the accomodation the arrangements for the venue did not proceed. The Yogis then made other arrangement for an alternate venue, however a few days before the Puja this again was blocked by the Unchristians.

Our correspondant reported that one day prior to the arrival of thousands of Sahaja Yogis there was still no accomodation arranged. At the last minute arrangements were finalised and an Olympic Veleodrom and adjoining accomodation complexes were booked.. The facilities were a bit inadequate for the numbers of Yogis who attended but this did not seem to bother the Sahaja Yogis. It seems the Yogis from the East are very adept at sharing.

The Puja was held at a stadium, between 5000 and 7000 Sahaja Yogis were attendance. Our correspondent reported that nothing can prepare one as you enter a stadium and see such a crowd of Yogis assembled in devotion of the Supreme Goddess. The majority of the crowd were from the Eastern Bloc, all the countries which have risen so quickly from the former communist block had representatives at this Puja. Our correspondent observed that as we travel the world we can learn different lessons from different countries, in India we experience powerful vibrations and visit our spiritual home, from the Yogis of the Eastern Bloc we can learn collectivity, where there is no class, no material comfort, where there is no 'other' all Sahaja Yogis are as one. To spend a week in such a collective gathered togther for a Puja was both inspirational and gave one the feeling of having attended an India Tour

The weekend celebrations included a concert evening, Haldi celebrations, Diwali Puja and the weddings. One the highlights of the concert was a performance of a play written by Brian Bell. The play dealt with the corruption of the Church by Paul and Peter and showed how they formed a partnership to take over the authority of the new Church. The play was both satirical and humorous, featuring pyrotechnics as Paul eventually came around and put his feet into a footsoak bucket to be greeted with flames shooting out of the bucket and fireballs erupting as the Yogis used candles on his back agnya.

The marriages were announced on Thursday night as the Yogis began arriving. In all 90 couples were arranged. Apparently there were many more women wanting to marry then men so not everyone had their wish fulfilled to be married. As yet unconfirmed but it appears one of our favorite sons, Dr Bogden is to marry an Indian lady during this years Tour.. Many Russians were married to Americans and Shri Mataji said that they will give birth to great souls.



3.

Regarding the Puja talk Shri Mataji spoke of the symbol of the women as being Lakshmi, who has to be like the Mother, in the manner in which a Mother has love for all her family. That is what a real women is, something sublime. Also a man can have the Lakshmi principle, if he has money then he has to be compassionate and use his money for others. If the Lakshmi becomes established in the Nabhi, then one is satisfied, then the Mahalakshmi starts to become established and one starts to see beyond. Shri Mataji said that these are a special category of people, Men of God, like William Blake., then we do not have conditionings but we rise higher and higher and we become the Spirit.

Shri Mataji spoke of Christ and how he is the symbol of the highest qualities, he is the noblest man one can think of, morale, forgiving, and magnanamous. He was blessed with Lakshmi, he was a satisfied soul. Shri Mataji said that after coming to Sahaja Yoga we are blessed by Lakshmi, if we are not contented it is because we do not know ourselves. A Sahaja Yogi is a person who is absolutely contented because the spirit is the source of the enlightenment of the attention, and the source of joy. She said that we have to understand and respect that what we have is so great, this self-realisation., then we will solve the problems of our countries, we will give peace, we will create the Divine kingdom. We must have faith in ourselves because faith works very well, and we must love our self-realisation. Shri Mataji said lectures are nothing but a web or words, one needs to go beyond.



#### HH SHRI MATAJI'S VISIT TO BOMBAY

It was a pleasant surprise for all Sahaja Yogis and Yognis when the arrival of HH Shri Mataji was announced. Bombay witnessed a sea-change in its climate. The air was filled with Divine vibrations. One of the evening newspapers reported an early onset of winter, rejecting the prediction of the meteorology department

On the evening of Nov. 4th, HH Shri Mataji arrived from Delhi and purified the land of Maharashtra. Hundreds of Sahaja Yogis and Yognis were pleased to have the Divine Darshan of HH Shri Mataji at Santacruz Airport. HH Shri Mataji stated that the recent earthquake in Maharashtra was the result of accumulated negligence in maintaining Divine protocol of Lord Ganesha by people in their public life, especially during the celebration of Shri Ganeshotsava. Sahaja Yogis and Yognis prayed to Shri Mataji to forgive all such wrongs. HH Shri Mataji blessed everyone.

Jai Shri Mataji!

Lots of love,  
Lyn.

## News from the Sahaja Yoga school in Dharamshala

On the tenth day of Navratri, as it is Sri Mataji's day, the school children put on a play of the Devi Mahatmyam as they did in Delhi. They did it so beautifully that they were given a surprise party - jelly to their hearts content, pizza, ice cream and two minute noodles. Even though the party was at 4 pm they were still hungry at dinner time (does anything change!). The new building is being painted - just the four corners - and it is looking beautiful.

From Mrs Darshi's letter

## SYDNEY NEWS

### FESTIVALS, FAIRS.....

*This weekend Sahaja Yoga will be present at THREE Festivals around Sydney !  
MBS is over but its spirit lives on...*

*Sahaja Yogis are needed at any or all of these festivals, all of which will attract a lot of people.*

#### NARRABEEN SUMMERFEST - SATURDAY 4TH DECEMBER

*Starting 9am*

*From 2.30-3.30pm - Sahaja Yoga musicians will be performing on the big stage. We will also be having a tent for meditation and self-realisation, and hopefully there will be a small item in the special Summerfest edition attached to the local paper. Berry Reserve - Pittwater Rd, Narrabeen, near Narrabeen shops (Western side). You can't miss it'.*

*Parking is available in North Narrabeen School, with a Shuttle Bus to the Fairground. There are also trams from Manly Wharf.*

#### WAHROONGA VILLAGE FAIR - SUNDAY 5TH DECEMBER

*9am to 5pm*

*We will be having a stall to give realisation and information about Sahaja Yoga, local programs etc.*

*Our area will probably be in the Car Park behind the street, where most of the stalls will be.*

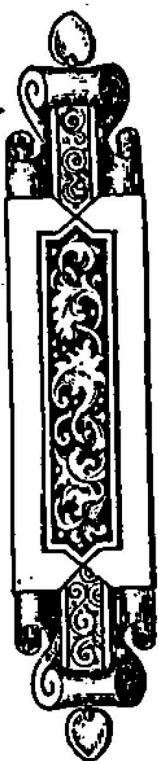
*Railway Ave, Wahroonga.*

#### VAUCLUSE STREET FAIR - SATURDAY 4TH DECEMBER

*9am-3.30 pm*

*Laguna Street, Vaucluse (near Vaucluse High School).*

*More details from Ramsay St (798 4051).*



## Darling Harbor Convention Centre, Sydney November 24th - 28th

Each year the Mind Body and Spirit Festival is held at the Darling Harbor Convention Center in Sydney. After the response experienced at last years Festival many Yogis felt that we should attend this year.

In the New Age movement the MBS certainly provides a forum for many disparate groups to present their paths to the Public. As Mother Nature is diverse in Her expressions of the beauty of the Divine, then paradoxically negativity also expresses itself in many diverse forms. Many of the fake gurus and plastic people were in attendance, charging exorbitant amounts of money and giving nothing worthwhile in return. Unfortunately the many proponents of the path of the darkness paraded themselves using messages of truth and light and attracted many of the unwary. If seekers could only appreciate that all paths do not lead to God then they could be spared many fruitless journeys and much pain. As a result the vibrations within the venue of the MBS can at best be termed difficult, although other words spring to mind.

Earlier this year the collective decided that we should be involved to provide an opportunity for the many seekers who attend the MBS an chance to discover the truth. This year we have organised a followup seminar to be held at the Burwood Ashram two weeks after the MBS and this was to be promoted to the visitors to our Exhibition after they received their self-realisation. Not many of the people who received their self-realisation at last years MBS went on to establish themselves. By organising a followup seminar leading from this MBS hopefully we can be more successful in building upon the success of the MBS.

After last years experience this year we put in a greater investment and purchased a larger stand, about 30 feet by 15 feet in order to accommodate the anticipated crowds. Each stand in the Fair was constructed from a standard gray partition material provided by the Fair Organisers. The Sahaja Yoga Stand was decorated with beautiful red silk saris with gold embroidery, panels from the Sahaja Yoga Exhibition were displayed on the walls, including diagrams of the Subtle System along with quotes of Shri Mataji. At one end of the stand a simple Altar was constructed featuring a very large photograph of Shri Mataji which adorned our stand. At the opposite end of the stand was a table with a television playing a promotional video featuring Shri Mataji. The rest of the stand was lined with Indian carpets and was packed with small chairs and a few benches facing the altar upon which people could sit to receive their self-realisation.

On the Tuesday before the opening of the MBS a number of Yogis assembled our exhibition and after doing the rounds of the other stalls agreed that ours was the only one with good vibrations. The rest were a waste of space, with very hot and heavy vibrations and peoples by exhibitors who displayed an interest in what was in ones pocket rather than what was in ones heart. Visiting Sahaja Yogis were advised not to venture around the Exhibition as there was nothing worthwhile to see and all one could achieve was to possibly accumulate some unwanted vibrations.

From the opening moments of the Fair our stand continually attracted large numbers of people. A constant flow of vibrations emanated from our Exhibition and drew many people into our stand. On the opening night many people started arriving and walking around picking up material. To begin a few Yogis began exchanging vibrations, a few people paused as they were passing by and watched what was happening. Some Sahaja Yogis explained what was happening and asked if they wished to have their realisation, all it would take would be five minutes and they could experience it for themselves, the seekers said yes. So they sat down and the Yogis began to give them their self-realisation. As other people walked past and saw what was happening, they also made inquiries. After explaining how easily and effortlessly the Kundalini can be awakened enabling one to go into meditation nearly everyone asked for the experience.

Many of the people asked us how much we charged, we told them that one cannot pay for God. One visitor commented that in this place we were like a lone voice in the wilderness. Many people came to our stand, quickly a large crowd gathered and all of the available chairs filled with people receiving their realisation, still more people came, some sitting on the floor of the stand, or between the rows of chairs, some even spilled out into the adjacent hallway receiving their realisation wherever they could find space. Looking from the passageway our stand appeared as a sea of people some sitting, some standing, the stillness punctuated by the movement of a hand as the Yogis working tirelessly raising the Kundalini and helping in the process of self-realisation.

Each of the Sahaja Yogis were positioned behind each of the chairs in the exhibition, as one person received their realisation they were given some literature, told that to establish their realisation they should attend the followup seminar in two weeks time and farwelld. As space on the floor or on a chair was vacated another person would come to fill their place. It was a never ending stream of people which ceased to flow only at closing time. All the Sahaja Yogis were excited and happy as they were busy giving realisation to new people, one after another. When one was giving realisation the hours slipped past 6 or 8 hours felt like a matter of moments. One lost track of time and the number of people who had received their realisation. At the end of the day the Sahaja Yogis felt exhilarated and tired, many of the new people had been affected by much rubbish before getting to our stall. When giving realisation we found that many people were swaying or rocking in their seats, a few literally were hurtling up and down like jumping beans. Upon inquiry we found out that all these people who experienced problems had been practicing some form of meditation. Those who opened their eyes to display the characteristic open pupil, beaming smile and cool breeze invariably had no prior experience or knowledge of meditation.

As a Sahaja Yogi working with new people if one did not have ones attention fixed upon the many photographs of Shri Mataji it was easy to pick up some unwanted vibrations. Many Yogis went home for long footsoaks and candle treatments, yet eager to come back. On subsequent days many of us carried lemons to make the job a bit lighter.

The week days were busy, however there was pandemonium on the weekend as still larger crowds gathered to receive their realisation. People filled our stand and started to again occupy the hallway, standing, sitting, finding any available vantage point in order to receive their realisation. On Sunday afternoon the crowds waiting for their realisation were three deep. We began to notice that we were also giving realisation to other exhibitors who were manning the other stalls, some commenting that even they could feel something. Some Yogis reported that they even saw other stands using our literature to explain the subtle system to visitors to their stand, one of these exhibitors even hosted a workshop on meditation and was using our material.

Many Sahaja Yogis were in attendance throughout the five days of the Fair, as word spread throughout the collective about the response, many more Sahaja Yogis came to relieve those who had been there for long periods of time. The response of visitors to our Exhibition could not help but fill all the Sahaja Yogis with tremendous excitement and enthusiasm. Many commented that over the last few days they had given more people their self-realisation than they had done over the preceding number of years.

For the 5 day duration of the fair between 2000 to 3000 people received their self-realisation. The rush of people made it impossible to keep accurate numbers. By Sunday night we were running out of literature to give out, and mailing cards for people to fill in. As closing time came for the Fair people still kept coming. We went into closing time and continued giving the remaining people their realisation, these last people had their Kundalini raised to the sounds of the stand being pulled down around them.

So ended the Mind Body and Spirit Fair for 1993, from our perspective giving realisation to so many people is a joy in itself, hopefully many of these people will come to the seminar and establish the gift they have received through the grace of Adi Shakti Shri Mataji Nirmala Devi.

Chris

Glebe Community Fair 1993

After many successful experiences at local Community Fairs, Sahaja Yoga was in attendance at one of the last of the Community Spring Fairs of the year. This was the Glebe Community Fair which was held on Sunday November 21st.

The main road of Glebe is Glebe Point Road which runs from the University down to Glebe Point and the harbor. Each year this road serves as the venue for the Glebe Fair where large crowds gather to sample the many cultural and ethnic exhibits, and stalls offering all manner of goods.

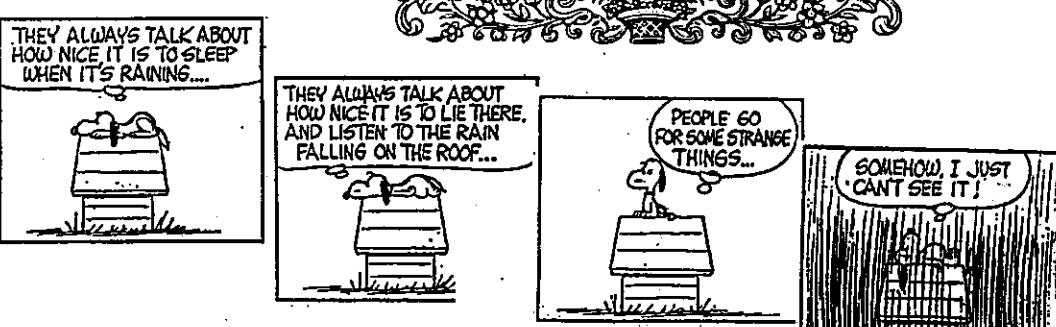
The organisers had very little time to organise our stall and the popular nature of this Fair made arrangements more difficult. A street stall at Glebe was to cost about three times that of stalls at previous Fairs. A street stall is also not the best of venues in which to operate our stall. Attempts were made to try to book a room, or hall or something which would offer a degree of privacy. However all efforts seemed to no avail. On the Saturday before the Fair a group of Yogis visited the area asking local businesses for a room to hire. By late afternoon a venue was secured. A local art gallery, the L'Atelier was holding an art exhibition and could not give us any exhibition space, but offered us a second story room. The room was difficult to get to as one had to negotiate two flights of very steep stairs at one end of the art gallery. By Shri Mataji's grace this room had been delivered to us at a fraction of the cost of hiring a street stall. The Yogis then set to work cleaning the room and preparing it for the next day. Lack of space meant that there was no room for chairs, so the new people were to sit on rugs on the floor

The day of the Fair arrived we were blessed with beautiful Spring weather. The Glebe Fair played host to a variety of stalls, most were selling something, either food or a variety of goods. Ours was one of the few stalls at the Fair offering something spiritual. As anticipated large crowds of people had gathered for the Fair. The road which normally serves as a busy inner city corridor for cars became a thorough fair filled with people.

Having our venue in a private room meant we had a quite peacefully and quiet environment compared to the rest of the hustle and bustle of the Fair. A sandwich board was placed in the street outside the venue and this together with some handbilling attracted a steady flow of people into our room. Also many of the people who came to the art exhibition ended their cultural foray with a visit to our room. When people came into our room they were invited to sit on the floor to experience self-realisation and meditation.

The Fair ran for one day, Sunday November 21st from 10am until 5 pm. Throughout the day the number of attendees of the Fair seemed to increase considerably. Soon large numbers of people found their way into our Meditation Room. What keeps us coming back to the Fairs is the overwhelming response of people wanting to experience meditation. This was again in evidence at Glebe. For most of the day the room was filled with people wanting their self-realisation. Because of the numbers each Sahaja Yogi had to give realisation to small groups of people at a time. There was not enough time for one Yogi to give realisation to one person. Large numbers of people continued to visit our room throughout the day. Sahaja Yogis found themselves stationed in the room for the entire day giving realisation to many groups of people.

The type of people who are attracted to this Fair were very similar to previous Fairs, and seekers of all types come in large numbers. By the end of the day around 400 to 500 people had received their realisation. Again our attendance at the Fair proved to be a great success as many people received the spark of self-realisation. The Glebe Fair then leads into the Mind Body and Spirit Festival beginning November 24th. As this is one of the last of the Community Fairs, looking back at our experiences by all accounts it has been quite a year. Through our attendance at these Fairs around 1500 - 2000 people have received their Self-Realisation. Once awoken who is to know how the kundalini may transform the lives of all these people.



CHRISTMAS PUJA

7 PM 24TH DECEMBER  
AT  
BURWOOD

PUJA DUTIES

SYDNEY NEW	SET UP  COOKING  WASHING UP  DISMANTLE	NTH SHORE MT COLAH MANLY  WESTERN SUBURBS HURSTVILLE  NEWCASTLE - DELAWARE CROYDON  BURWOOD, CHATSWOOD.
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