

# SahajaNewsletter

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THIS IS THE LAST NEWSLETTER FOR 1992. WE WISH TO THANK YOU ALL FOR YOUR SUPPORT AND CONTRIBUTIONS. PLEASE KEEP THE CARDS AND LETTERS COMING. MERRY CHRISTMAS AND A HAPPY NEW YEAR.



[The word "Sahaja" has been used for well over a thousand years to describe that state of awareness that we modern Sahaja yogis know. Many seekers aimed for this illusive "sahaja-samadhi", but few attained it. Of those few even fewer talked or wrote about it. "Sahaja" first appeared in the writings of the Sahajayini Buddhists of the 8th and 9th centuries AD; was then used by the wandering ascetics of the Nath yoga tradition; and later appeared in the writings of the North Indian bhakti saints, particularly Kabir, Dadu and Nanak. The Sufis knew that state as "fana' al-baq'a". Thus for over a thousand years "Sahaja" has transcended existing religious boundaries - as it continues to do today - John Noyce, Melbourne]



The whole world is of the nature of Sahaja -  
for Sahaja is the essence of all; this essence is  
nirvana to those who possess the perfectly pure Chitta.



(The Hevarjra-tantra, an 8th century Buddhist text)

In Sahaja there is no duality; it is perfect like the sky.  
The intuition of this ultimate truth destroys all attachment and it shines through the darkness of attachment like a full moon in the night.

(Saraha-Pada, of the Buddhist Sahajiya tradition, 8th century AD)

He who has made his mind steady in samarasa which is the Sahaja, becomes at once perfect, no more will he suffer from disease and death.



(Kanha-Pada)

They all repeat, Sahaj, Sahaj -  
yet no one knows the Sahaj!  
When one really gives up sensual pleasure,  
call that state Sahaj!

They all repeat, Sahaj, Sahaj -  
yet no one knows the Sahaj!  
When one really unites with the Lord,  
call that state Sahaj!

Sahajai, sahajai, indeed, they all vanished -  
sons, riches, wife, sensual desires ...  
so now in intimate union is the servant Kabir with Ram.

(Kabir, north Indian bhakti saint)



Where there is no two, there is Sahaj,  
there joy and sorrow become one.  
Sahaj neither lives nor dies;  
it is the state of complete nirvana ...  
Amidst all duality hold your consciousness in the  
vacuity of Sahaj, and drink nectar when you have attained  
the final state of arrest and then there is no fear of  
death or of the flux of time.

One's self is a tender plant wherein blooms the flower of Sahaj;  
the true guru teaches how to achieve it in a natural way,  
but very rare are the persons who can understand it.

(Dadu, north Indian bhakti saint)

Sayeth Nanak, abandon not the worship of Hari,  
by the gentle path of Sahaj, you will attain Him.

How to find the gentle path of sahaj and peace,  
save by guidance of the guru?

Those who meditate on the message of the true guru  
find truth through the gentle path of sahaj and realise God.

The guru's teaching brings stability to the mind,  
man meditates in sahaja's tranquility. Pure is the mind  
which has truth and the priceless ruby that is knowledge.  
Let the fear and love of God be your worship;  
fix your mind on the feet of God when you meditate .  
and you will cross the fearful waters of life.

When a man meets the true guru his doubts are dispelled  
and his mind ceases its wanderings;  
Drops of nectar pour down on him like rain.  
His ears catch strains of sahaja's celestial music  
and his mind is lit up with divine knowledge.

Lord, let me live a virtuous life!  
Lord, abide Thou within me!  
With Thee ever within my mind  
I'll take the gentle path of sahaj  
And joy everlasting find.

In the calm of sahaja's cave you can discover the True One,  
Sayeth Nanak, the True One loves the truthful.

By the gentle path of sahaja attain God, Purest of the Pure.  
A disciple who serves his guru and no other will succeed,  
says Nanak, that is sure.

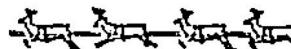
(Guru Nanak)

The word "Sahaja" (Saha + Ja) means born with you (inborn). Whatever is inborn would manifest without any effort. Hence "Sahaja Yoga" is the name given to my system, which is effortless, easy and spontaneous. It is natural to Nature (you may call it life's source, vitality or Divine).

(HH Shri Mataji Nirmala Devi)

**Sources:**

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- Hymns of Guru Nanak, trans. K.Singh (Bombay, 1969)
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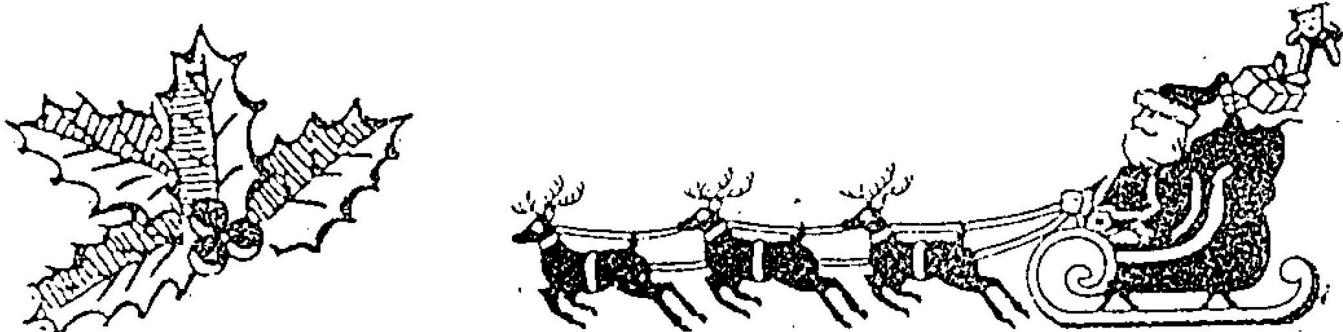


### CAMPBELLTOWN PROGRAMMES

Like many people raised in the eastern suburbs, I did not mix much with people who lived in the far west such as Liverpool, Penrith, and the south west such as Campbelltown. Also, in Sahaja Yoga, we have generally concentrated our efforts on the north shore, east and inner west. Recent experiences have shown that there are real seekers out there and they are of extremely high quality. Croydon ashram has been holding programmes at Campbelltown and Liverpool for the past six weeks and the response has been tremendous. In Campbelltown, after 6 weeks there are 17 people still coming. These seekers are highly educated; some are engineers, physicists, cartographers, uni students, and they are all very aware. They continually demonstrate their depth by desiring more and longer meditations.

After one long, peaceful meditation, a South African lady commented that we must all be very lucky to be living in ashrams and enjoying these deep meditations and joy all the time. Another lady who came at the start of programmes had a change in her schedule and arrived an hour after the programmes began. However, the doors will only open from the inside after library hours. She knocked and knocked and was unable to make us hear! Undaunted, this week she came back at 10pm when we were packing up, so we stayed another hour to speak with her and arrange to let her in next week at a certain time. This is the quality of the people in the west! They do not show the pseudo-intellectualism of some city people but have an earnest desire for the Spirit.

The look of wonder and joy on the faces of two young girls as they felt the Kundalini still brings joy to us all when we think of it. After attending these programmes we all felt we had just attended a party rather than a programme! - Chris Kyriacou



With the incredible success of the Sahaja Yoga stall at the Mind, Body and Spirit Festival, I have been inspired to FINALLY type Shri Mother's horoscope which was given to me by John Smiley one year ago. (One-thousand apologies for the Sahaja-time delay).

Shri Mataji's horoscope was read to us last year at Easter Puja, Sydney 31.3.91 and in Brisbane Ashram 4.4.91. At both times, Shri Mother made some comments which are typed below in italics.

Some of the yogis who heard the horoscope read out, might remember the sentence "Jupiter will again pass through Libra in 1993 and Sahaja Yoga will blossom in the entire world." Judging by the number of people packing the isles in anticipation of experiencing self-realisation at the MBS festival - we are heading towards a dynamic year.

For those people who were unable to come to the MBS festival I would like to give you an idea of what it was like.

When I arrived on Sunday, I was there for one minute before someone asked for realisation. All of the eight chairs were constantly being sat upon by one person after the other - getting their realisation. In the end, there were people standing in the isles and getting their realisation. All the Sahaja literature was taken off the table so people could sit on the table to have yogis work on them. People were on the floor getting vibrations and others were just waiting for their turn. It was probably the most popular stall and at an estimation we could guess that about 1000 people got their realisation in a matter of 5-6 days. There simply wasn't enough room!

We should keep the 1993 MBS festival in the back of our minds and consider a bigger stall or follow-up programs, or bhajans at Sunday lunch time.

Ramesh and Susi did a lot of organising for the MBS and so did Liz and numerous other yogis. There was incredible support at the stall and everyone had a very joyful time!

Lets hope many of the people who experienced realisation at the MBS come back for more vibrations in the "blossom" year of 1993. Even if they don't, the collective surely gained a lot from being together and doing Shri Mother's work in such a public place. The seekers we are waiting for, are out there at places like the MBS, desperately looking for Mother. It was so nice to be able to be there for them and give them some relief in the midst of the maya.

Michelle Holmes

#### JAI SHRI MATAJI!!!

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Thereafter the Sun's period of 6 years (indicates Tapa-period; spiritual and political activity of intense nature) This brings us to 21.2.1943. (This is the time I was with Mahatma Ghandi, part of it)

Thereafter moon period for 10 years. Indicating clear headedness and deep contemplation of Mass enlightenment (which is political and spiritual activity) This brings us to the year 21.2.1953

Then Mars has a period of 7 years (Indicating Travelling and lot of changes), and this brings us to the period of 21.2.1960. (That was the time, we came to Bombay, and my husband became the Chairman, so I was travelling all over the world.)

Then Rahu's period of 18 years (Rahu is a divine planet giver of Indicate knowledge of Brahma. Inner soul searching, Search for Enmass awakening) This is a period of 18 years, and brings us to 21.2.1978.

Then Jupiters' period of 16 years (the spreading of Sahaja Yoga - the Guru principle - throughout the world) This brings us to 21.2.1994.

Thereafter Saturn will govern for 19 years, when it will spread Sahaja Yoga in the whole world. Saturn means the masses, the Virata and Shri Mataji will witness the Kalki (Mercury) power manifesting over the whole world.

According to the birth horoscope and Sahaja horoscope of 5.5.1970, Jupiter passed through Libra (That was the time when I started Sahaja Yoga, when I broke the Salasara) Jupiter will again pass through Libra in 1993 and Sahaja Yoga will blossom in the entire world.

Shri Mataji is born with Rahu Nakshatra in Ascendent - Mercury clearly (Gemini) and Moon in Charan (Venus) Nakshadira (planet) clearly indicates that Rahu means Films, TV, Radio (i.e. either principle) and Venus means Music, film personalities, artists all these people can help. Mercury is the ruling planet of the present day politics (Sahaja can enter through present political system).

In the early Indian politics at the time of Jawahar Lal Nehru and Mahatma Gandhi, the ruling planet was Venus. Thereafter the ruling planet of Indian politics has been Mercury as all important political events took place of Wednesday (I was born also on Wednesday). It may be noted here that Shri Mataji has both Venus and Mercury as her ruling planets. Thus she has full sway over the past and future of Indian politics.

This is further confirmed from the horoscope of 5.5.1970 (Sahaja horoscope) which is almost identical with Shri Mataji's horoscope, having Gaj.kes.ri (Gaja is the elephant, kesari is the lion, so both things) having with Jupiter in Libra, Saturn aspecting Sahaja Lagna, Sun exalted. From this we see that from 15 Aug. 1990 Sun's period is up to 15 Aug. 1996 during which all great souls will be attracted to Sahaja Yoga and have their inner (spiritual ascent) purification and then from 15.8.1996 for 10 years the Moons Dasa is starting i.e. it goes to the Masses and the work is completed up to 15th Aug. 2006.

Venus is totally free from any malefic aspect giving her the name of Nishkankavtar. (Nishkankar means the Kalki Avatar) with (1-5) Nishkankavtar. Just pointing to us who she is. I bow to the divine combinations. Just pointing to us who she is. I bow to the almighty God Shri Mataji Nirmala Devi who is the Nishkankar about which our Puranas are speaking from centuries.

#### HOROSCOPE OF SHRI MATAJI NIRMALA DEVI

Shri Ganeshaya Namah, I seek the blessings of Lord Shri Ganesh while making the comparative study and analysis of horoscopes of different divine personalities a very pleasant and astounding observation has been made. This study has been described in great details with specific analysis of the horoscope of Shri Mataji Nirmala Devi. The divine personalities studied are Lord Krishna, Lord Buddha, Lord Christ, Prophet Mohammad, Guru Nanak Dev, Shri Chaitanya Maha-Prabhu, Adi Shankaracharya and Shri Mataji Nirmala Devi. The data on the horoscopes for all others is taken from notable horoscopes by Shri B.V. Raman, the world famous astrologer.

It is observed from the various planetary combinations that the following combinations are very rare and are indicative of the divinity of the person. These are:

1. Gaj.kesari Yoga (Gaj.kesari means the elephant and the lion) or 5th, 9th position of the Moon and Jupiter (This indicates past punyas, Punya Sanchaya, (Sanchaya means the accumulation). It can be Punya, Punya Sanchaya or highly religious past lives.)
2. Saturn aspects the Lagna (It shows the concern for the Masses and ability for Tapasya - Penance).
3. Ketu the Mokshakarak (Mokshark. means the one who gives the realisation, moksha, the liberation) planet should be in the 9th Dharmasthana showing the Dharma that is established within and not outwardly and the truthfulness. (Dharma as you know is established within and not without) This planet gives the capacity to go all alone.
4. Lagna being aspected by Jupiter and Laghesh aspected by Jupiter is an added strength giving one the capacity to become world Guru (Jagatguru).

5. Venus or Mercury is the ruling planet in all cases. If both are there it is excellent because both the planets are Dryan Karak. (Dryan. Karak. means creates dryan. within you, Dryan. means in meditative mood.)

It may be noted that these combinations are present in the horoscopes of all the above mentioned personalities in different quants (Ansha). (Now this is in quants they have i.e. only part of it) In the case of Shri Mataji all these combinations are present in full strength. No. 4 combination and No. 5 combination is particularly observed to be very strong in case of Shri Mataji as compared to others. Shri Mataji is born in Gemini Lagna (whose Lord is Mercury) with Moon in Bharani Nakshatra (Nakshatra is a planet) (whose Lord is Venus), which means she is under the ruling aspect of Mercury and Venus.

Shri Mataji is born with a 13 years and 11 months cycle.

Thus the balance of Venus Dasha (meaning pleasant and happy childhood) is 13 years and 11 months from the 21.3.1923.

#### NEWS FROM MELBOURNE

The Victorian Sahaja Yogis have been busy recently fundraising for Shri Mataji's tour.

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Participation in the first Gateway Festival in Healesville raised \$900, gave Sahaja Yoga a public presence at a popular new event, and was FUN! (hamburgers, cakes, candyfloss, kids' facepainting, and a craft stall)

In interludes between rain and hail, surplus yogic possessions were sold at the Frankston Market by Richard and Eileen Robbins and other yogis, raising \$230 in all.

Homesick Victorians may be interested in the Cryptic Towns competition. \$2 to enter, the prize is a TEAC CD player value \$29. Forms available from Phil Brown, tel. 059 62 3308. Closing date is 19th December.

The Mornington Peninsula Sahaja Yogis had an interesting example of the Divine at work recently. Arriving for their weekly meeting at the usual venue, they realised no-one had the key. So, they adjointed to Helen Russell's house nearby. Shortly after starting the video, the phone rang, which Helen answered, to be told that her daughter had gone into labour (a week early). Helen is very grateful that the Paramachaitanya rearranged the Sahaj meeting in such a way that she was able to be in her house to answer the phone and thus get to the hospital in time for the birth of her granddaughter!

#### SHRI MATAJI'S VISIT TO BRISBANE

Don't forget to mark your diaries for Shri Mataji's visit in February, 1993. Dates at present are; arriving on Tuesday, February 16, departing on Friday 19 February: Public Programme, Wednesday, 20 February, at Brisbane City Hall.

Full details later but those wishing to stay at Wamuran will be asked to help by being as self sufficient as possible.

Thank you for your understanding. We look forward to a great time with you all. Vernon

#### INDIA TOUR NEWS

Everyone on the Tour is well. The tour was at Hasidwar yesterday and tomorrow they will have a programme at Ramjahr. This will bring them to the end of the fixed programmes. Shri Mataji will leave the Tour in the next 2 days to spend some time in Bombay. If the curfew is still in force (due to the riots) then the Tour will proceed directly to Ganapatipule in the next day or so.

#### BHAJAN NIGHT

Everyone is welcome to come along to Bland Street this Saturday evening at 7.30 pm for a Bhajan session to celebrate Michelle Holmes birthday.

43. Never give up on anybody. Miracles happen every day.

