

THE AUSTRALIAN STRATHFIELD

# Sahaja Newsletter

## Contributions:

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JULY 8th '94.

The beginning of the universe  
Is the mother of all things.  
Knowing the mother, one also knows the sons.  
Knowing the sons, yet remaining in touch with the mother,  
Brings freedom from the fear of death.

Keep your mouth shut,  
Guard the senses,  
And life is ever full.  
Open your mouth,  
Always be busy,  
And life is beyond hope.

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南  
壁



Seeing the small is insight;  
Yielding to force is strength.  
Using the outer light, return to insight,  
And in this way be saved from harm.  
This is learning constancy.



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## SYDNEY NEWS

GURU PUJA 24th July

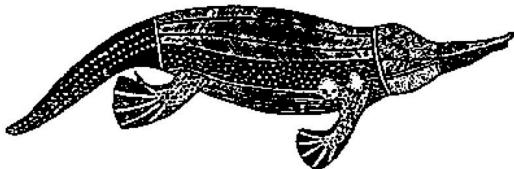
Setting Up	Northbridge, Croydon, Chatswood
Cooking	Ramsay Street , Northern Beaches
Washing up	Northmead, Coogee Bay
Dismantle	Strathfield, Hurstville



### Singing Lessons

There will be classical Indian singing lessons at Burwood Ashram starting on Friday 15th July at 6.00 pm. Tuition is under the guidance of Mr Ashok Roy.

For more information, see/phone David Withers - 665-8210



### PUJA AT ULURU

The Alice Springs collective will be celebrating Guru Puja at Uluru. They will be leaving for The Rock in the afternoon of Friday 22nd July. There will be a Havan followed by puja. They intend to stay 2 nights and would love to see other yogis there. Please let them know if you can come. Book soon for cheap fares.

Phone: (089) 53-0971

## News from America

The Americans have secured a 3,400 ft<sup>2</sup> home to act as the national centre in the Rancho Palos Verde area in Los Angeles, near the sea. The house is located on a large promontory overlooking the Pacific Ocean and is quite rural in character with white picket fences and horse corrals dotting the hillside. Sri Mataji said that She will be definitely visit the centre this year and would be letting us know the date of her US tour soon.

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THE ENGLISH NEWSLETTER.

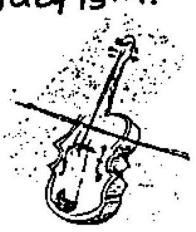
Many centres in North America have reported the successful use of cable television as a means of spreading Sahaja Yoga. The programmes are 20 minutes long and each includes an excerpt from a public programme by Sri Mataji. Telephone numbers are listed at the end of each video so that viewers can call to find the nearest Sahaja Yoga meeting.



Attention:

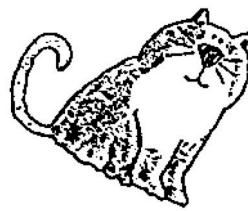
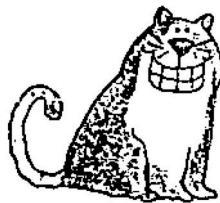
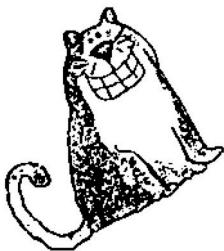
### MUSIC PRACTICE

BHAJAN'S  
AND WESTERN  
CHOIR PRACTICE  
WEDNESDAY 7.30PM  
RAMA Y STREET,  
JULY 13th.



### PEANUTS.





EXCERPTS FROM MURPHY'S LAW - BOOK 2:

MUIR'S LAW: When we try to pick out anything by itself we find it hitched to everything else in the universe.

DUCHARM'S AXIOM: If one views his problem closely enough he will recognise himself as part of the problem.

COLVARD'S LOGICAL PREMISES: All probabilities are 50%. Either a thing will happen or it won't.

GRELB'S COMMENTARY ON COLVARD'S PREMISE: Likelihoods, however, are 90% against you.

HUTCHISON'S LAW: If a situation requires undivided attention, it will occur simultaneously with a compelling distraction.

THAL'S LAW: For every vision, there is an equal and opposite revision.

HORNGREN'S OBSERVATION: Among economists, the real world is often a special case.

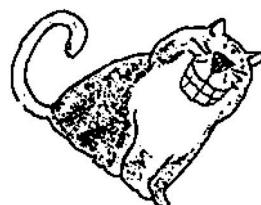
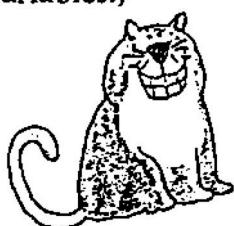
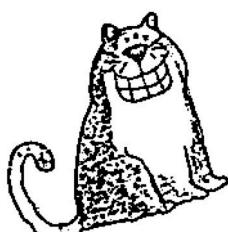
WEBER'S DEFINITION: An expert is one who knows more and more about less and less until he knows absolutely everything about nothing.

FIFTEENTH LAW OF SYSTEMANTICS: A complex system that works is invariably found to have evolved from a simple system that works.

SIXTEENTH LAW OF SYSTEMANTICS: A complex system designed from scratch never works and cannot be patched up to make it work. You have to start over, beginning with a working simple system.

FUNDAMENTAL POSTULATES OF ADVANCED SYSTEMS THEORY:

1. Everything is a system.
2. Everything is part of a larger system.
3. The universe is infinitely systematized, both upward (larger systems) and downward (smaller systems).
4. All systems are infinitely complex. (The illusion of simplicity comes from focusing attention on one or a few variables.)



## NEWS FROM SWITZERLAND

Greetings from Switzerland, and all our love to our brothers and sisters back home in Australia. We are very much part of the Swiss collective now and in particular the Geneva yogis, as we live in a little village called Le Bouveret, about 1 hour from the main ashram of Givrins. The greatest blessing is we are only 3.5 hours drive from Cabella and when there, are able to share and enjoy all different types of Sahaja experiences with yogis from all parts of the world.

### SHRI ADISHAKTI PUJA - CABELLA

Our first opportunity to see Cabella was Sahasrara Puja last month where over 1600 yogis were attended, and the second time was last week for SHRI ADISHAKTI Puja, where nearly 1000 yogis gathered to worship our DIVINE MOTHER.

The host Yogis for the weekend were the Dutch, Belgium and Spanish entertaining and caring for us with such love and sweetness. Mother blessed us by attending the Saturday night concert featuring national folk dancing and costumes from the different host countries. This was followed by a play depicting a "hard case" television reporter being guided to realisation by SHRI GANESHA. The play, which went for an hour, had us at times rolling with laughter, silent with anticipation and even shedding tears of joy at its sensitivity and sweetness. After plenty of singing and dancing MOTHER left and we all drifted off to sleep.

The puja began early Sunday afternoon. SHRI MATAJI'S talk centred on the power of the Shakti and among many other subjects, the role of women. The talk was long - the message incredibly powerful! (I dare not quote sections of the talk here but rather you listen to the tape for yourself). After much present giving MOTHER departed the tent in the evening and all the yogis just stayed together enjoying the vibrations and each other.

Later that night huge black clouds rolled in over Cabella Ligure, the lightning was breathtaking, the heavens opened up and the rain bucketed down drenching the area for the next 12 hours.

(Just a note for anyone coming to Cabella for Guru Puja, we are estimating around 2800 or more if the 1000 Russian yogis get their visas!)



## Sayings of Shri Mataji

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### On Puja

A Puja or a prayer grows from your heart. Mantras are the words of your Kundalini. But if Puja is not performed from the heart or if Kundalini is not associated with recitation of Mantras then that Puja becomes a ritual. Best is worshipping in the heart. You should say the Mantras in Puja but with great faith (Shraddha). You should perform the puja when Shraddha goes deep so that heart itself gets all Puja performed. At that time, waves of bliss start flowing because it is the Spirit that is saying.

People pour their wine in the glass. Your Puja is like that. In that, wine is your faith and the glass is the recitation of Mantras and the worshipping. When you are drinking that wine forgetting everything how can a thought come! Then only you are bathing in the ocean of bliss. However the joy that you get after drinking the wine is eternal and ever-present.

### The Infinite Treasure

I have given you the key to the treasure, which others haven't got. But you must work to open the door. Do you want to go empty-handed despite having the key to the treasure?

Why should one brag of one's achievements? You must understand that whatever is being done by you, is all God's power i.e. working of Adi-Shakti and you are only the witnesses to see these miracles. For achieving that stage you should pray, "May our 'I consciousness' fade away, may the truth that all of us are small parts of your being, be assimilated within us, so that your Divine Bliss would resonate every particle of our bodies and this life would be filled with beautiful melodies enchanting the whole mankind and would show light to the rest of the world". Let love flow from your hearts. Love is unlimited. Your attention is on material things and you are talking about eternity! Your attention should merge in eternity so that you will have eternal life.

### Self-Realisation

Complete Self-Realisation is that stage attaining which nothing else is required. Thereafter, only enjoying the bliss and the satisfaction of fulfilment. Man wants peace, wealth, power etc. but God is the origin of all these. We should pray to God for peace and keep the desire to meet God, who is peace itself. This should be the difference in satisfaction of a common man and that of a Sahaja Yogi. All attention must be on Him. For that, one must have dedication, determination and concentration (tapasvita) and in that all material attachments should be destroyed.

### A True Sahaja Yogi

A Sahaja Yogi is happy in the circumstances that are prevailing. If he is not, then his satisfaction is superficial and not from within. A river starts with a very small, little drop, and then it expands, expands, expands, expands. You go to the source, "absolutely" to the central point. The person who is a generous person, for him the whole world is his family. So expand your self. When you 'become' the parents and 'then' you enjoy other children as much as you enjoy your child, then your generosity has started. You have to be a peaceful person, not an aggressive person. The person who is peaceful is powerful—the one who doesn't react to anything else, is the most powerful. You have to be kind to others. You have

## SHRI MOTHER'S VISIT TO SWITZERLAND

SHRI MATAJI arrives in Geneva tomorrow Thursday 7th July, to do a public program on Friday night in Geneva and will stay with us until Saturday. Then some of us are travelling to Basel, a Swiss city which shares borders with Germany and France, where MOTHER will do a public program on Saturday night before leaving by train for Paris on Sunday afternoon.

Phil and Lakshmi Ward moved to Basel two weeks ago to open an ashram and thanks to summer vacation from work, we were able to spend the last week with them and a wonderful team of Swiss, German and French yogis preparing for MOTHER'S arrival and program. With DIVINE guidance we were able to transform the ashram, gardens and MOTHER'S room into places full of beauty and vibrations - so much work seemed like so much joy and fun! During this week the weather was exceptionally strange for this part of Switzerland at this time, it was typical hot and steamy Cairns weather - we agreed it was to slow us down a little.

Next week we will drop a line to let you know how the tour and programs went. Till then,

All our love

Michael & Christine



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to be neat and clean. First is forgiveness, second the detachment leading to compassion. These are the wheels of your chariot which moves you. You have been made like temples. Keep it clear. We are moving towards the soothing qualities of the Spirit. You have to 'soothe' others and not to excite, but to soothe. Let God's melodies be sounded from your flutes. You must have the capacity to deepen your meditative power, so that these ideals go and settle in your heart, as a part and parcel of your being. Once the saints know this is the principle on which we have to live, they become one with the principles. You become the mother, and you, whatever you are which has to grow, is the child. If you are a Sahaja Yogi you have to be a flower, and a strong flower, and an eternal flower that always grows, does not fade out, always growing, never fades, such a flower you have to be.

Sahaja Yogis should never be angry. Without getting annoyed, they should improve everything tactfully and intelligently. Never get angry.

Every individual has to work it out for himself so the Whole can be alright. There could be some people who are only worried about others. Worry about yourself and see the good points of others. If somebody has to tell you that you must organise, go fast and all that, do not feel bad. We have to do so much work in this world we have no time to waste. Till you keep the maryadas of Sahaja Yoga, saying morning-evening-night that, "I am a Sahaja Yogi", nobody can harm you, hurt you. Nobody can trouble you. On the contrary you will be enjoying life if you keep to the 'maryadas'.

One must promise to God also that we will know about Sahaja Yoga, through proper understanding, reading every word of it. We'll master the knowledge of Sahaja Yoga. We'll keep ourselves clean. And completely surrender our lives to Sahaja Yoga. Surrendering to Sahaja Yoga is actually surrendering to joy, bliss and peace.

Language should be sweet, your behaviour should be good, it should be very gentle and soft. You should move like a Yogi, live like a Saint, and people should see through you the greatness of Sahaja Yoga. See the trees when they get their flowers, they are not so respectful; but when they are laden by the fruits, they bow down to Mother Earth. In the same way when you have got the fruits of Sahaja Yoga, you all must bow down. You have to be sensitive to God and not to bad things.

You have to change your methods. A Person who cannot change his methods cannot spread Sahaja Yoga because he sticks to only one way, with which people get bored. You should find new ways.

An established Sahaja Yogi is the one who becomes completely one with God and wins Him over. He has to do everything for that.

### Conquering Ego

Say from your heart: "I don't want this ego any more. I want Reality. Let the Reality be seen by me, felt by me, enjoyed by me". Once you start doing it from your heart, you will be amazed that your voice will become sweet. The second thing you have to surrender, is the pride, or vanity. Before God, what is your property? What is your money? What is your position? What is your family? What is your education? We should be proud of one thing only, that His vibrations flow through us. The human mind has another capacity, to be jealous, to be jealous of others. Another offshoot of ego is called 'hot temper'. Another enemy we have is greed. Material greed and also human greed, like possessing your wife, possessing your children, possessing this, possessing Mataji also. The ego and the super-ego both rise from the Vishuddhi chakra. You give up all your dharmas and surrender to Me. That is how you Vishuddhi chakra gets opened up. The matured people are those who surrender, who bow to the Mother Earth. Humility is the best way of conquering this ego of Vishuddhi. When talking to others, try to develop sweet methods, sweet ways, unhurting other people. You will be surprised that Vishuddhi will immediately start behaving in such a sweet manner.

Nirmala Yoga