

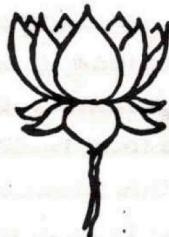


Australian Sahaja Newsletter

4th July 98

Contributions:

02 97474835 or Burwood Fax 97454927



These are the dates that have been set for the forthcoming Pujas:

KRISHNA PUJA

14,15,16 August

South & North America

GANESHA PUJA

4,5,6 September

**Australia, South East Asia,
Russia, Poland, Romania,
Bulgaria, Hungary**

NAVARATRI PUJA

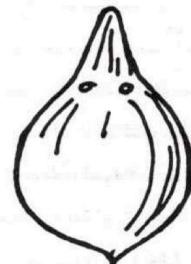
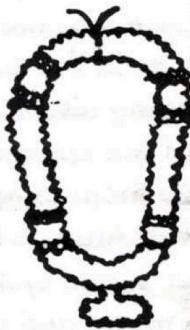
25,26,27 September

Switzerland & UK

DIWALI PUJA

16,17,18 October

**France, Portugal & African
Countries**



NEWS FROM ENGLAND!!!

Things are really getting going in preparation for the Albert Hall this Sunday. Shri Mataji has already arrived in England. She arrived late Sunday night and sat at the airport until past midnight as everyone gave her flowers. Even though Her flight had been delayed and it had been such a long journey late into the night Shri Mataji had a word or a concern for everyone.

Shri Mataji will be holding the follow up program on the Monday evening at Holland Park School which is a great blessing for England as this is such a rare event now a days.

The English have pulled out all the stops for the program this year and Shri Mataji is keen that we do not loose any of the seekers at the follow up meetings and beyond - so much attention is going into this. Each detail has been discussed with Shri Mataji and She has made changes and refinements. The preparations include:

Having an information line where people can call to find out about the Albert Hall. This message gets changed on a regular basis as news is updated. Also people can leave their phone numbers if they have any questions and a really lively Sahaja Yogi called Rachel calls them back. Because she is so friendly and chatty they feel they already have a connection and are more willing to come to the Albert Hall. The information number is on the hand outs that we have been giving out around London. This has been going on for about 2 weeks now. It also means that we have peoples phone numbers and can follow up with a call after to see how they went. So far we have had over 500 calls!!.

Hand billing is going on everyday all over central London, outside the tube stations in the mornings, lunchtimes and evenings. People seem to be more open to taking the handout and have time to stop and talk about it, most people have a positive response. They are looking, they are wanting, they are ready.

An audio tape has been prepared with Shri Mataji giving realisation on it followed by meditative music which will be distributed at the follow up meeting. The inside cover of the cassette has the affirmations we go through during the realisation process and some information about Sahaja Yoga and Shri Mataji.

Huge vans carry Shri Mataji's photo and drive around London followed by a smaller van so people actually have time to read the details of the program. Central London is buzzing with anticipation and expectation. I cannot begin to explain the feeling, everytime I put my attention on the program I begin to quiver with emotion at the thought that all these seekers will have the opportunity to receive their self realisation and find out for themselves; what is our purpose in life. A wave of emotion goes out to everyone in the hope that they too, like us, will see the significance of the moment and the times in which we live. That together under the guidance of Shri Mataji we can transform ourselves and the world we live in.

The musicians have been busy for weeks practising and preparing a most professional program.

This is such a huge push to get Albion to awake - to see England in its full glory as the heart would send ripples of joy throughout the whole world. Please pray for us.

GANESHA PUJA 1998

**Dear Everyone,
Jai Shri Mata ji!**

Word has come by fax from Cabella last weekend which amongst other things requested:

“Kindly let us know how many people can we expect for Ganesha Puja”

Would those who *know* they will be going and those who *hope* to be going, or would *like* to be going or *think* they will be going Would they let their state leaders know of their intentions so that an answer can be provided to Cabella.

As you can see elsewhere the dates for Ganesha Puja are 4,5,6 September. We would probably travel on 30th or 31st August.

You can also see that this year the following countries will be involved: Australia, Hong Kong, Indonesia, Japan, Malaysia, New Zealand, Philippines, Singapore, Taiwan, Thailand and Vietnam – representing the Southern hemisphere and the Russian countries, Poland, Romania, Bulgaria and Hungary of the Northern hemisphere. The advice received from Antonio in January was that “there will be marriages organised at Ganesha Puja in Cabella”.

So all in all a fascinating new dimension. Can you afford to go? Can you afford not to go?, thereby missing this opportunity of contributing with the yogis of these mysterious eastern European countries ... hello Anna, in presenting Shri Ganesha's puja for Shri Mataji.

There is not much time; please give it your serious thought and let the information come back to me via the state leaders with as little delay as possible.

More details shortly..

With love,

Michael.

BABY NEWS!

Born to Philip & Krishna Lewis - a baby girl "Ambika"
On Wednesday 24th June at 1.40pm. Congratulations!

Asmira Woodward-Page

Asmira is here until 1 September and giving several concerts as follows:

SYDNEY **7 July @ 8pm** **Sutherland Memorial School of Arts,
Eastern Parade (near station) Sutherland.**

12 July @ 2.30pm Hunters Hill Town Hall, Alexandra Street

**26 July @ 12.30pm Ultimo International Grammar School,
2-8 Kelly Street, Ultimo**

(for more details see Burwood's front notice board)

Asmira will be in Melbourne in August – no details as yet...

SAHAJA YOGA MEDITATION PROGRAM
RADIO 28ER 107.3FM
SUNDAY9, 10-11 AM

Jai Shri Mataji! Just a note to all of you who have been in touch with us these past few weeks about the possibility of getting a radio program going in your area/country and what is involved in putting a radio program to air. We will soon be compiling a rough set of notes in this regard and we'll circulate these to you once completed. These notes will represent what has worked for us and would be useful only as a basic guide for anyone else - past experience has shown that an ongoing Sahaj radio production has to sort of evolve according to its own specific time and place.

FUNDRAISING: Just a word about the upcoming....

GARAGE SALE - SUNDAY, 19 JULY - 9AM TO 3PM
10 CLARENCE STREET, BURWOOD

(Proceeds towards the purchase of a DAT recorder)

Bric-a-brac - Books - Household items - Handcrafts-

Fabrics - Cassettes/CDs - Sports gear - Etcetera

NOTE: No clothing

**We would also welcome homemade jams, cakes & biscuits
on the day if you're so inclined.**

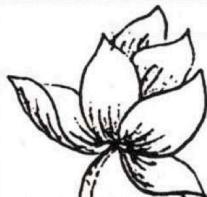
As we haven't been successful in finding a garage for the garage sale, we'll be having it in the driveway and on the front nature strip instead. As we mentioned a few weeks ago, anyone who has anything to donate to the sale, after first contacting someone on the team (see below) about the items you've got for the sale, you can bring your properly contained stuff to the Burwood courtyard. If you are having some difficulty transporting your items, please call us and we'll arrange something. Again, please don't leave things at Burwood without telling one of us first.

Reminder: Sarita Chavan is needing clean, empty jars for honey sales - we'll also be selling honey at the garage sale so if you have some jars we could use them right away.

Contacts for garage sale stuff: Leanne & Jean-Michel 9747 4835
 Liallyn 9736 1386 or 014 990 497
 Gillian 9875 5142
 John Brownscombe 9653 1697
 Peter Aerfeldt 4739 5436
 Lawrence 9310 4118

Your support is appreciated
JAI JAI SHRI MATAJI!

UPCOMING RADIO PROGRAMS:



- | | |
|-----------------|--|
| Sunday, 5 July | Islam, Sufis & Sahaja Yoga (Liallyn, Matthew) |
| Sunday, 12 July | Seeking (Sarita C, Leanne) |
| Sunday, 19 July | Creativity (Madhavi R, Gillian) |
| Sunday, 26 July | Interview: Sanjay Patankar (Gillian) |

of the yogis just returning from the Nagpur Music Academy. I'm sure all of the artists (and latent artists too) will find this story quite inspiring and perhaps motivating enough to go experience it yourself.

Kind Regards From Your Brother Mark

From: Steve Day, Canada/USA, <srday@sfu.ca>
Date: Tue, 23 Jun 1998 14:05:58 -0100
Subject: What a long strange trip it's been!

FREEDOM RIDE

Destiny is in Her hands,
to surrender is a feeling,
of love ...
of faith ...
that there is God
taking care of everything, everywhere
there is no compromise
no need to trust anything but your inner voice
which is Her voice
one with you for all time

From the day of our conversation in a hotel room in Vancouver, Canada, life has been a series of adventures taking me on a journey beyond any conceivable dimension in my mind. In the hotel room, the car ride to the airport and at the airport, Shri Mataji talked with sincerity, grace and flare. She talked of film, creativity and music and, as She waved Her hands and gave short quick twists with Her wrist, I started to realize that She was creating right then and there. Like an artist fervently painting colors on canvass, She was inspired, and, in that inspiration, She was spontaneously envisioning a plan that would carry me across the planet and to the deepest core of my inner being.

The journey began before the trip.. and the journey began with a series of interesting jobs. Everything from a barge master on a tugboat on the open seas between Seattle and Vancouver, to a room host at the APEC conference looking after priceless artwork and watching incredulously as politicians like Bill Clinton and Jean Chretian walked within a few feet of me as they gabbed away. All these jobs while playing music with wacky musicians in funky cafes and writing songs that had to be gifts because

they were way beyond my capabilities.

And then ... with the thrust of jet engines and the burning of jet fuel, 'my stepping stones in flames' the freedom ride began. Traveling standby at New Years proved to be a test. Bhandaning madly and profusely was effective however. I got on the last seat of the last flight of the night across the Great Canadian Prairies to wake up in Toronto ... to catch a flight to London ...to stay with friends along the way 'fireside and table round they always save my favorite seat'. Flying out of London there was 'five minutes to the flight' and I had to make contact with Babamama to let him know which flight I was on. It was the first time I actually spoke with him as previous communication was always via fax. When I phoned he exclaimed 'Steve you will live a hundred years, we were just talking about you'. After the call I leaped, skipped, ran, frolicked and blitzed to the plane just in time to catch it. Then after a brief stay in Delhi at the old ashram singing songs with Russians I caught a flight to Nagpur in the middle of the night and was greeted by brothers and sisters, tanned, relaxed and smiling.

Everything about this journey had a dream-like feel and I felt as if I were watching myself acting in a film. There was also a sense that each moment was meant to be and one could hear the echoes of ones soul as they reached 'one step closer to paradise, spiraling inwards to the core' ... Each new person to come was a journeyman, a seeker, on an artistic and spiritual quest to realize their innermost dreams .. but to really arrive they had to 'let go once and let go more than twice, everything they knew and more' Again, poetry best describes this situation. These lyrics were written while observing the entrance of an English brother who was easily recognized: 'A traveler arrives, on the wings of fate he flies, recognition bell rings he cries, destiny reflected in his eyes'.

Each moment at the Academy was rich like a delicately woven tapestry of joyous dimensions happening simultaneously for one to soak up and enjoy. Most days would crack open with a wild cry for Allah which came from some nearby mosque. After this soulful wake up call we enjoyed meditation together listening to Indian classical music or to one of Shri Mataji's talks. A group would then join together to warm up their voices with 'Om's'. Sometimes we would practice on the roof watching the reddish orange orb gradually fill the sky with its awesome presence. Each moment was so significant and meaningful as if eternity were contained in it. The rest of the morning was dedicated to lessons with our gurus or riyaz (practice). It was during this time that one discovered the depth of Indian Classical art. Hours and hours of joy, becoming one, completely immersed and bathing in vibrations flowing from heartfelt love for art .. it was difficult, no doubt, to try to understand a totally different way of expressing one's creativity, but always there was the joy of discovery and the joy of creation always vibrations. Later in the day, usually after lunch, we would gather for collective singing lessons with Arun Apte. These get togethers were an activation of the knowledge expounded in Arun's book 'Music and Meditation'. What made them unique was that everybody, singer or not, took part, sang and followed Arun as he led us through ragas which cleared out different aspects of our subtle system. These sessions gave us the invaluable link between the music and art that we were learning with the Sahaj knowledge of chakras and vibrations. Again the depth is indescribable... we felt as if we were learning an ancient science, sacred knowledge, which had previously been only accessible to a few rishis and

One of the most delightful and important aspects of our 'day' was the evening, for it was in the evening that Babamama would come to give us Hindi lessons. These lessons would start with a simple phrase or word like 'Time' - 'samay'. We would then construct phrases or sentences, for instance 'Samay agala gaya' - time has come. This would inevitably lead to a philosophical discussion. In this case we talked about destiny, fate and how the sequence of events are predetermined and laid out for us in our life. The future is full of events unknown to us and only GOD can change the consequences of the events in our lives. For instance, the Mahabharata was predetermined to take place and even though Shri Krishna could not prevent the battle He could effect the consequences and He did so by convincing Arjuna to fight.

Another aspect of our evenings were the visits from Guruji, Chaya and members of Nirmal Sangeet Sarita. I remember the first time Guruji came. Here are some of the notes I wrote.

Guruji is here, he is tuning Kamal's (a student) violin. Incredible.. between every note there are so many subtle notes and nuances that he plays. Now Babamama is introducing me to him, and to Chaya, Sandesh...every moment is intensely beautiful..this is an exercise in being ONE.one with musical notes...when he plays my chest cavity resonates with the same sound as the note from the harmonium...this is a complete connection with everything and everybody here.

So our evenings would roll on, sometimes we would learn Qawali (with poetic and philosophical translation included), other times a bhajan which Guruji might orchestrate having us play our instruments in magical tandem, and, when we really pleaded, we would hear a story.. Most of these stories were based on Babamama's experience with his sister over the years. Conversations, letters, parables, ..they often included anecdotes about Sir CP or P.K. Salve, Shri Mataji's father. Sometimes they were Indian parables and short moral stories passed down from generation to generation.

After Babamama would leave we would sit down for our dinner. This was time to enjoy the collectivity of brothers and sisters from around the world. We shared our lives, experiences and stories and, after dinner, our songs and our dances. Russians, Brazilians, Colombians, Americans, Europeans, passing the guitar around, eagerly learning each other's steps, one and all alike bathing in universality. This was especially true when there was a birthday. A cake or sweet thing was always prepared, presents were showered and the most fabulous gift of all was the collective birthday card. Imagine original artwork and poetry from 15 different nations, people singing for you, people celebrating your existence as an artist and spiritual being on this planet. If you go to Nagpur try to go on your birthday, you'll see what I mean, it is truly amazing, the amount of love that is expressed, like dynamite for the heart, blows it open wider than the greatest canyon.

So this is how we passed our days... in bliss,.. in harmony, enjoying love love and just when you thought you were full ...even more love. A word or two must also be said about the land at the Academy. The nature is the perfect inspiration for creativity and at the Academy land nature is abundant. By day it was 'Green fields of forgiveness, golden sun

in your hair, cool winds blow change in the air' and 'mariposas y aromas quieren palpitarse la canción del viento que va más allá' (butterflies and fragrances wish to breathe the songs of the wind which take us beyond). By night it was 'fireflies and shooting stars, galaxies, where do you come from and what do you see' and 'in the cool still silence of the midnight sky' you could 'feel the presence of a watchful eye'. Both night and day silence permeated everything 'blowing peace forever the silence of GOD'...The big sky was free and open and you felt as if the stars were your best friends, faithful and bright always there to share your deepest secrets. The same can be said of the river. We swam daily, laughing, wrestling, splashing, letting loose and divin' in, we all felt that we were together forever, there were no secrets because after all 'the river knows the secrets flow through everyone'.

So there it is ... but it wasn't over! The last month of this journey proved to be the most amazing of all. After Birthday Puja we embarked on the recording of the Academy's first cassette. None of us really believed it would ever happen but when Babamama came with Guruji to listen to the songs and decided to call Mangesh (Guruji's son) from Calcutta to help, we realized that yet another dream was to come true. Day and night for three weeks we played, recorded and mixed Western and Indian music, reliving all the beautiful aspects of the Academy...singing about the nature, singing together as one, playing on the instruments we learned, enjoying our Guru's playing their instruments and helping us play ours. We lived on Chinese take out, inspiration and vibrations....it was the only way to make it through the long hours, the all night sessions, coming home at 6 a.m. to sleep for a few hours.. too tired to tie a bhanda meditation would be Mother's voice in your heart and your head soothing you and urging you, encouraging you, to keep going. I think the cover of the cassette captures its essence, .., the night sky where, in a flash of lightning, ideas are born through the pure consciousness, ..the bright sunshiny days where 'painters with golden eyes, dancers that mesmerize' and 'singers that harmonize' sing 'the songs that change the meaning of our lives'. All of this witnessed, enjoyed and nurtured by Universal Silence.....

Stephen Day

* The quotations in the above story are lyrics from the Academy's new cassette 'Universal Silence'. For more information about the cassette or to order copies please contact the Academy in Nagpur, usilence@hotmail.com or your local tape center.