

Sahaja Newsletter

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SHRI KRISHNA

When a man surrenders all desires that come to the heart and by the grace of God finds the joy of God, then his soul has indeed found peace.

He whose mind is untroubled by sorrows, and for pleasures he has no longings, beyond passion, and fear and anger, he is the sage of unwavering mind.

Who everywhere is free from all ties, who neither rejoices nor sorrows if fortune is good or is ill, his is a serene wisdom.

When in recollection he withdraws all his senses from the attractions of the pleasures of sense, even as a tortoise withdraws all its limbs, then his is a serene wisdom.

Pleasures of sense, but not desires, disappear from the austere soul. Even desires disappear when the soul has seen the Supreme.

This is the Eternal in man, O Arjuna. Reaching him all delusion is gone. Even in the last hour of his life upon earth, man can reach the Nirvana of Brahman – man can find peace in the peace of his God.

BHAGAVAD GITA • 2



2.
NOTES ON INDIA TOUR

There are two possibilities this year.

1. We can travel with Singapore Airlines on 28 29 November via Singapore to Delhi, returning on January 2nd from Bombay.

2. We can travel Qantas-Air India via Kuala Lumpur, leaving Sydney 21st November and staying in KL for up to 3 days! This happens to be the cheapest fare but it entails leaving 9 days early for India tour. Three of those days can be used in KL. But there is a cost involved here that is uncertain. I have asked KL for an estimate and we must also presume that there will be a cost at the camp prior to the 30th November.

Singapore Airlines are offering us the pre 21 November fare of \$1175 but leaving 28 29 Nov. Qantas Air India are offering \$1130, but leaving on 21 November. The question is - can we afford the extra nine days. There is a difference of \$45, but it has to be more than that for the nine days!!

However, it would allow us to visit our Malaysian brothers and sisters on the way to India tour - something we have been trying to do for some time now.

Please think about it! Either way, we need names for India tour - ASAP with the usual \$100 deposit. Note. 21 st November is officially the last day of the cheaper fares.

If you have any thoughts on the two routes, let me know.

Just a reminder that the ground fare this year is Pounds Sterling 950. Due to the altered value of the pound stg. that is not very different from last year.

Stephan



WHICH ONE ARE YOU

Everybody, Somebody, Anybody or Nobody?

Once upon a time, there were four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job!

Everybody thought Anybody could do it, but Nobody realised that Everybody didn't do it. It ended by Everybody blaming Somebody when actually Nobody could accuse Anybody.

3.
RAKI

Be you to each other
As the blossom is to the tree;
As colour is to the feather
And as words are to the song....

For a tree is still a tree without its blossom.
A feather is yet a feather - be it drab.
And the world is full of songs for which
The words are forgotten or not yet sung.....

See you not Our Mother's hand in all of this?
Surely it is Her touch that has decreed that
The blossom shall add to its bough,
The delicate beauty of its hue.
And even as if this were not enough,
The very blossom that decorates, must itself
Be perfected by the addition of some sweet
Scent - straight from the alchemy of the Divine!

Be you to each other, such as these.....
May the pure love of innocence blossom amongst you;
Reach out and colour your lives with bold
Strokes from the divine pallet
And sing you songs of comfort and concern.....
For we each must needs have blossoms
For our boughs; fine feathers for our wings
And heavenly words for us to sing as we
Journey home.....

As a mother hen is to her chicks,
Be you to each other.

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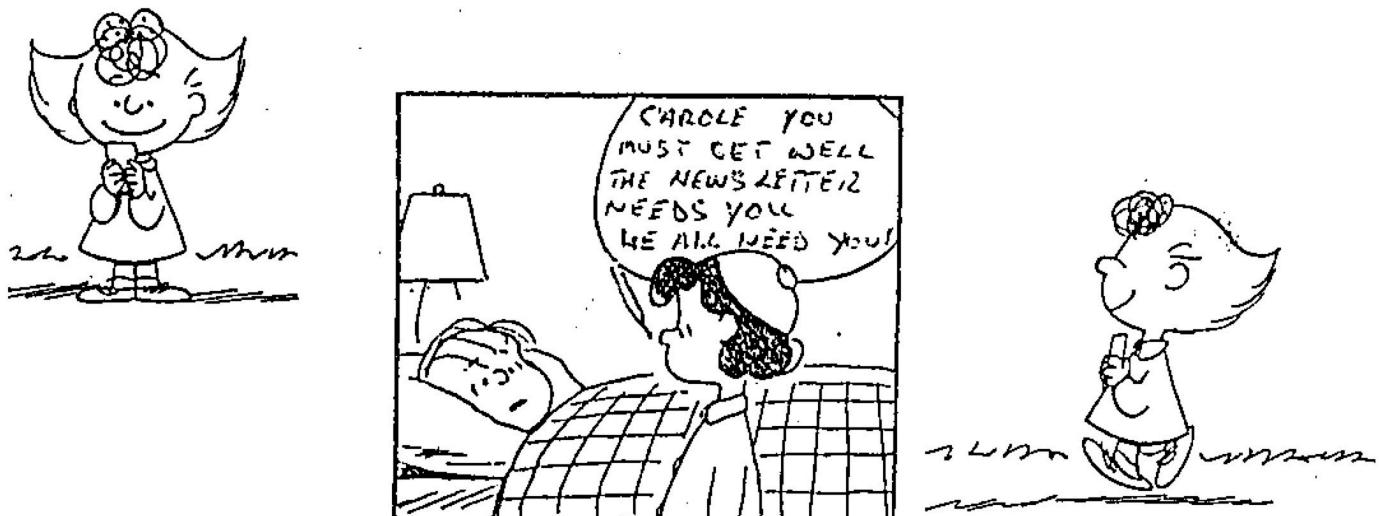
4.
Peter Boland
Brewarrina, N.S.W.

Dear Brothers and Sisters,

Brewarrina will soon be aware of Shri Mataji's presence through advertising (if not through vibratory awareness), for three upcoming Public programmes. The programmes will be held on Wednesdays 28/7/93, 4/8/93 and 11/8/93.

The venue is the local school's Art Room - which is an old free standing wooden building with a large painting of a Rainbow Serpent. Some of my Aboriginal students have shown interest in learning about Sahaja Yoga.

Love
Peter Boland



I love the little yogis
Sitting on their mats.
They sit crossed legged and purring
Like saintly pussy cats.

I love the little yogis
Who beat the ground with shoes.
They wave their arms in unison
To drive away the blues.

I love the little yogis
In their Indian apparel.
They sit and sing in harmony
The old McNeill Carol.

P.S. Our Newsletter Editor, Carole McNeill is sick this week.

AVIS

Shortly after India tour, at the end of January 1993, we started our first programmes for new people at the Ashram in Auckland. These were advertised several times in local papers. We had very good responses for courses on Monday mornings, Monday evenings and Tuesday evenings. The collective evening is Friday and some new, and newish people come to this.

One lady named Avis rang about "the meditation" and said "will it help my insomnia, I only sleep for about 1½ hours a night?" She was told that if she did the six week course it most probably would improve her sleep, so she came along with her husband, Colin, both of them in their mid 60's. They felt at home straight away, and enjoyed themselves. They were in a small group, and we all had a lot of fun - taking turns at baking morning tea, bringing flowers etc. After two weeks Avis rang up and triumphantly said "I slept four hours last night!"

So Avis and Colin came every week but Colin said one day I think I am holding other people back as I can't feel very much, I should drop out. We told him to just come along, it doesn't matter about feeling things, it will come, you can just sit and watch and keep Avis company if you like. Colin came the next week and a very subtle but deep change had taken place. Avis recognised this. Also Colin had made up a long standing difference with his brother Stan which amazed Avis.

A couple of weeks later Avis and Colin went shopping at a supermarket. Colin collapsed and sadly died after a heart attack. He actually collapsed in the aisle of the supermarket and Avis said the people who rushed to help were so amazingly kind they were like angels sent to help. Avis rang that same night to tell us of Colin's death and that they wouldn't be at the programme the next day. This showing how much we were in Avis' attention. In retrospect Avis handled it better than us! We needed to put our attention on Mother as we were very upset and shocked too.

We visited Avis and paid our respects. She was so glad to see us and introducing us to her friends as her dear friends from Sahaja Yoga. Nearly all her grieving friends and family, even Colin's brother Stan, were told about Sahaja Yoga and this 'nice group of people'. A week after Colin's funeral (which was very quiet and personal) Avis came to a programme with five new people (including Stan). In later weeks she brought more - in all at least 12 people! Some, months later, are sticking on. They are all over 60.

Avis did go through a difficult time and did grieve but now she looks really good and is as keen as ever. She continues to tell everyone she comes in contact with about Sahaja Yoga, she also tells everyone that she could not have managed without Sahaja Yoga. Quite a few weeks back she said the only peace of mind she had was every two hours on a Monday morning (programme time).

About six weeks ago Avis woke early and had a terrifying experience which lasted about 20 minutes. It was as if an earthquake and lightning was going through her body, like an electrical charge. She couldn't move for a long time and

came out of it very shakey. She did say she felt as if something negative had cleared afterwards and asked if someone had been shoebeating her at that time, which in fact someone had been not long before!

We thought we would like to share this story showing how our Mothers love works through everyone and how we are not the doers and we should not worry but just spread Sahaja Yoga however we can.

Love from us all in New Zealand

--- JAI SHRI MATAJI ---



Letter from India

Thanks for your very regular sending of the Newsletter. At present I have been copying and distributing seven Newsletters to all Australians, plus 3 to Bombay SY's (at their request). And only last night 2 more SY's (Bombay) requested to be on my mailing list. So it's spreading over India!!

Surender is in Delhi for a couple of weeks and Fiona has come to stay for a week. We've been busy doing the rounds of all the centres (with two short yogis in tow - Avi and Sri Devi).

Many thanks again..... Lyn xxx

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PROGRAMMES IN PERTH

The Life Be In It Expo was rated a success by everyone who spent time there. Some of the comments were:

- * good opportunity for us to be seen as part of the wider society, not threatening or strange
- * just to do Mother's work is so joy-giving and having the intensity of 4 days in a row is so special
- * it was good being available to types of people who wouldn't normally respond to our ads
- * the lovely thing was that our attention was so good all the time that it was just like being with Mother
- * it's been very good for our confidence - as the days progressed we were more direct about giving realization straight away and telling people exactly what Sahaja Yoga is and can do for them
- * a great way for new Sahaja Yogis to learn
- * fun working with other Yogis and spending time together
- * exciting to see so many different types of people so interested
- * good to see that our stand and exhibition was one of the best presentations there, even though low-cost
- * wonderful that so many of the participants at other stands came to see and get realization
- * comment from one: all the people at your stand look so peaceful and happy!
- * comment from a lady giving reflexology to one of her clients - you need to go next door (to Sahaja Yoga) - they've got the 'higher' things there. She eventually came herself and got her realization. It was interesting that her right hand (which she uses most in reflexology) was said 'icy cold'.
- * the gentleman running the T'ai Chi/Kung-Fu stand was one of our earliest and most regular visitors - he had his realization then kept dropping in to ask questions and watch Mother's videos. He has since come to our regular Wed programme.
- * after the first day we put the video right out at the front of the stand and played Mother's tapes continuously. We arranged chairs in front and by the end of the four days people were sitting down and raising their hands, doing everything Mother suggests without being aware of being in full view of the rest of the crowd. One SY suggested we can't imagine what was being worked out with the realization

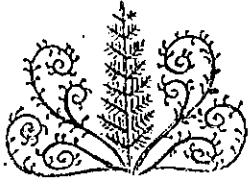
sequence being played 7-8 times/day. The stand was so situated in a corner near the entrance that the video was facing the whole area.

* we estimate that (conservatively) 60 people had Realization and 250-300 people stopped to view the exhibition, to chat or to attend the 6 seminars.

* the Expo was very well organised, very well advertised and required only the setting up and taking down of the stand from us as labour. Our costs were less than \$200.

* Follow-up - 6 people from the expo came to Tues night's programme at Mt Lawley, 1 lady came to the daytime Fremantle programme and 4 people to Wed night at Fremantle.

* NB everyone agreed that we must have bajhans and music programme if we get invited again.



GANAPATIPULE

Ganapatipule is an interesting place . . .

A hive of activity at camp
highly contrasts
with the serenity
and
stillness,
of the surrounding
environment.

When quietness descends on the camp,
the continuous lapping
of the sea
quietly permeates and soothes . . .
For many people
they have once again come home.

One feels a quiet joy here;
a 'touch'
that reaches every crevice.
It is a gentle place,
not for the complication
of words
and thought.

This is a place of creation.
It is a paradise;
where the hills,
the ocean, and the land
all speak
of stillness . . .
and connection.

It is the land of Ganesha,
where ego and illusion
cannot prevail;
where music and laughter
wash away even the
strongest of obstacles.

As the shell is finally broken,
our true essence
is revealed.
An essence of
pure joy,
and peace . . .
The sublime truth
of love
and collectivity.

This is the music of the spirit !

As the ancient song rings;
it reaches not the ears,
but the heart . . .
from which the
true wisdom speaks:

"We are One . . .
One in Heart,
One in Spirit ."

Dear Shri Mataji,
may we all hear the song;
may we see the divine essence
within each of us.
May our hearts be open
to join in the dance;
Your dance,
the eternal dance of Lord Shiva !

Jai Shri Mataji !

- TODD STEINWARD.

