

beautifully) before travelling to Italy with them all. She had a deep experience and spent time privately with Sister Maria! the following day. Margaret was quite overwhelmed by Sister Maria's love and concern and her gift of a beautiful sari. She has since returned, glowing and keen to share her experiences particularly with her Chinese brothers and sisters. She was able to present a gift from Hong Kong to Sister Margaret.

Forcing. Sharie has a daughter at school in India called Madhuri. Sharie introduced us to an American/Chinese lady (also a flight attendant) called Cathy. She had been doing Sahaja Yoga in LA and had even attended puja, but had stopped after a while. She rang us the other day and is coming for dinner and (no doubt) vibrations next week. She had not really been experiencing vibrations before which is why she had dropped away. We have found with all the Chinese that the experience of Sahaja Yoga is vital and they are very honest about their vibrations and awareness. It has been really good to have visitors. One of the greatest miracles of Sri Mataji, is that through Sahaja Yoga, we can meet someone for the first time and know that there is absolute love and trust between us. It is a wonderful feeling, and this depth of friendship has really touched the Chinese that are coming along.

Freida has a cousin who lived in China (she has now moved to Hong Kong). This is her first Chinese realization and was meditating there. This is very profound, as she is the first Chinese to go to Hainan Island (a large Chinese island off the southern coast of China). While she was there she gave vibrations to 7 people. Each day she gave vibrations to some of them, and some of their experiences were quite amazing. One lady said she could really feel the power of the love of God, and an 18 year old girl after one day helped Freida give vibrations to another and immediately could pinpoint the exact characters. Another lady is a press official from Shanghai and commented that what China needed now was a spiritual path, as so many people have lost faith in the Communist system, and she would like to write something about Sahaja Yoga. Hainan Island may be an excellent starting point for programs etc aimed at China, as it is like the holiday resort for the mainland.

Shri Mataji's grace Sahaja Yoga in Hong Kong is blossoming.

Before Shri Mataji's tour, we held a four-week course at the Mahatmas' Club on Kowloon-side. As you know it was very successful. The programs are still going with quite a few returning each week plus some new ones. Some of the original people had been doing Tantric Yoga in Hong Kong. It is quite big here (about 50,000 strong, although we hadn't heard of it), and does a lot of damage to the seekers who practise it. They do a very distorted form of Buddhism involving black magic etc, and pay heaps of money to the lama who teach it. However the people who have come into SY from it are all great seekers and recognise the experience and the truth from Shri Mataji very quickly. Despite the damage to their chakras they have a sensitivity and realise how wrong all this is. They are very anxious to clear themselves, and hungry for knowledge. Many of them have been to Pujas and Havan, and enjoyed the vibrations tremendously and because of their seeking have an understanding of Eastern spirituality. At one program Pavan asked each of them what they wanted from Sahaja Yoga. One replied good health, two said they were looking for the connection between man and God, two wanted to become Yogis and three were searching for the truth.

SHRI MATAJI AT THE ROYAL ALBERT HALL

Shri Mataji held 2 public programmes recently at the Royal Albert Hall in London. The first night there was a bomb threat and only few people attended and Mother asked the seekers to come back the following night. The second night 2000 people came. It normally takes up to 3 years booking notice before one can have the Albert Hall but the Sahaja yogis rang 2 weeks before and they got the hall for 1/2 price.

Gregoire gave an introductory talk (he had just returned from the earth summit conference in Rio) and talked about the environment, ecology. Sir C.P. gave a talk as well about the beginnings of Sahaja Yoga.

The posters for those 2 programmes were done professionally.

## Buddha Puja

A Buddha puja was recently held at Shudy Camps where 250 Sahaja Yogis attended. Mother talked about the laughing Buddha. She also mentioned that at Guru puja She will tell us more about our powers.

**SHRI MATAJI NIRMALA DEVI**

## Actualises Self-Knowledge through Sahaja Yoga



IN PERSON  
**ROYAL ALBERT  
HALL**  
KENSINGTON GORE, LONDON SW7

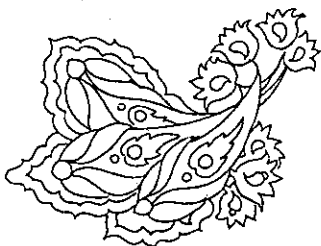
**THURS 11th & FRI 12th JUNE**  
**7.30 p.m.**

*"Sahaja Yoga is the only solution for the emancipation of humanity and to save the world."*

*Shri Mataji*

**ADMISSION FREE**

" You cannot pay for Divine Love. "



# Sahaja Newsletter

**Contributions:**

Sue Raggatt: (02) 746 9144

Ariane Kaub: (02) 798 6779

**Carole McNeill:** (02) 560 6921

**Fax:** (02) 745 4562

**JUNE 19, 1992**



卐

Kundalini puja week-end

Saturday 20th of June will begin with the choir practice at 5pm. Then take-away dinner and 8pm bhajans. For those interested you can stay at Burwood for the night. Breakfast will be served on Sunday 21st of June and then those people who stayed the night can give a hand in the preparation of the puja which is to start at 11am.

PHOTOGRAPHS FOR GURU PUJA

It is hoped to be able to assemble an album of photographs to be presented to Shri Mataji at Guru Puja. The idea is for every centre to take a group photograph of their programme night (or day) which will include residents, yogis and visitors. To do this we have to move very quickly indeed. Uncle Stephen leaves for Guru Puja on July the 10th. For further details please contact uncle Michael.

GOULBURN PROGRAMMES

The recent series of 4 public programmes in Goulburn were very successful. Close to 40 people have been given their Self Realisation and there are about 6 people keen to learn more.

Canberra yogis are helping the Homebush yogis hold the programmes by taking a week about.

These programmes will continue every Saturday at 2pm at the McDermott centre (next to the Post Office).

Please keep these programmes in your attention as it is the collective desire that brings the seekers along. Canberra yogis extend a warm invitation to the Sydney-ites (attending Goulburn) to travel the extra distance after the programme and stay overnight with them so they can spoil you.

On Saturday, 27th June East Gosford are having their Shri Laxmi Puja. All welcome (informal dress please - our neighbours are somewhat conservative!) All welcome to stay overnight - BYO sleeping gear. Please ring to let us know if you are able to come. Address: 79 Caroline Street, East Gosford. Phone: (043) 23-1913.



## CONTRIBUTION TO NEWSLETTER

Have you seen an interesting news item or magazine article recently? Have you read a good book or seen a good movie/video recently? If you can answer yes to one or more of the above questions tell us about it! Why not keep yogis all over the world up to date on your local programmes? All we ask is that you type it up for us.



Dear yogis,

Greetings from the "bush".

Well things move pretty slowly up here but Broken Hill has finally had its first Sahaja Yoga public programme. It was a modest success with one ardent seeker achieving a blissful state of inner peace. She is a middle-aged lady who had never tried meditation before. She had seen the advertisement for Sahaja Yoga on television.

The local television station accepts local community service announcements and broadcasts them in a classified ad format free of charge. The ad said "Sahaja Yoga can enrich your whole life. Introductory Programme 7pm 11th July. Town Hall meeting room Argent street. This is a free community service. The ad was played several times on consecutive nights at around 6.30pm. The lady who came to the programme didn't catch all the details on the TV ad but was able to get the information she missed from posters which were placed in shop windows, community notice boards etc... about the town. The television station plays a lot of fully produced community service ads such as those that the Wilderness Society puts out and sporting body promotions, church messages, support groups for handicapped people and charity appeals. I'm sure that some Sahaja Yoga messages that weren't "too foreign" would be given free air time (for example pictures of flowers, the ocean, the mountains etc... and perhaps an appearance & some words from Shri Mataji with music background). It would all help public recognition and awareness of Sahaja Yoga as well as attracting seekers. One hundred thousand tourists presently visit this town each year and of an evening they would watch a lot of TV. If we could get a few tasteful ads on it certainly wouldn't hurt the national campaign.

Since I have been here, Broken Hill which in the grip of drought, has had plenty of rain. However the rest of Western NSW is still suffering from the worst drought in 40 years!

Wilcannia, predominately an Aboriginal Reserve like Bourke, left me with a terrible pain at Sahasrara after just one day casual teaching at the High School. The Catholic church has a "mission" there the Darling River which runs through Bourke & Wilcannia has been turning toxic from Blue-Green Algae.

The Pastoralists also contribute to the problem with their belligerent attitude toward the land and its wildlife.

Wilcannia is 2hrs drive from Broken Hill and I may be in the position to run a programme there.

I hope to visit Sydney for the forthcoming Guru Puja. Stay cool.

Peter Boland  
37 Queen St.  
Broken Hill NSW 2880

7

# A Letter From Mataji

My dear Sahajyogi,

The human mind is beset with many a distractions.

When relieved of them, knowledge enables us to attain immense joy. Due to awakening of Kundalini, your mind is free from many distractions:

- (1) You have to become aware that KUNDALINI in man is a 'living-power'. It is indeed a reality.
- (2) Every human being is endowed with this power and it is easily awakened in innocent and simple minded persons.
- (3) This awakening of Kundalini is not achieved as a result of any "Karma". Still however, if the 'Sadhak' is crooked, it will not be awakened. The reason is, even when Kundalini is not active, it is aware of the past deeds of such a Sadhak. Kundalini discriminates; and being the mother-fountain of the 'Sadhaks', she is "witness" to their good and bad deeds. Further, by the grace of Kundalini, the deceased mind and body of the Sadhak get cured.
- (4) The Kundalini Power is the embodiment of the 'will-power' of Bhagwati—the Divine Mother. She is awakened effortlessly by Bhagwati's will-power or volition. Even an extremely highly placed human being has to struggle hard in a round about way for that achievement. But that is not his fault.
- (5) The Brahman—the conscious vibrations which pervade your body, purifies all the three phases, namely, the body, the mind and the EGO in you. When these phases get contaminated, the vibrations in you make you aware of these.
- (6) If you, indeed, attain a calm psyche, pure mind and are devoid of the EGO, you do attain the state of Spiritual Bliss. The reason is, the Light of the Soul spreads unobstructed.
- (7) How did the cosmos spring up? Why? Is there God? Such fundamental questions remained unsolved even by the Gods. However, please know that what I have conveyed to you is the truth; this you can feel

You make so many different friends  
Along the walk of life  
Some may stay, And some may go  
What does a real friend mean today?

Well I have found some true friends  
Who give but never want  
They except me for what I am  
And to me that means a lot.

I met them at a meeting  
In a most peculiar way  
I went along to exercise  
But it wasn't on that day.

Instead they both showed me  
What I'd been searching for  
So I went back to their meetings  
So I could learn some more.

They gave me something special  
And they helped me understand  
So to me these friends are true ones  
For they were there for me.

Now should you read the paper  
And you ever see  
An AD that reads Yoga  
Then don't you be like me  
You won't need to wear your sneakers  
Or your aerobic gear  
But go along as I did  
You may find some true friends there.

Now I've never been religious  
Guess I didn't understand  
That there is really someone out there  
So just hold out your hand.

BEV CURTIS  
GYMPIE, QLD.



8

and know only by constant vibrations. But to be aware of this, your own vibrations must be in perfect order.

The experience will teach you that the 'Love' and 'Truth' are one and the same. This experience will help you solve many an intricate and deep seated principles of the Brahman. At this stage, your mind will have the Revelation that Brahman is devoid of passions. The concept of god, the Brahman, will blossom like petals of the blooming lotus, spreading its fragrance, when the physical, spiritual, and the cosmic states will be shorn of the deep seated dirt in the mind. Your mind will be in tune with Brahman—the Eternal Lotus. At this juncture, distractions of the mind carried by the egoistic vain glory, will fade away.

- (8) The Brahman is like the ever-powerful SUN. Still, however, the human mind, wavering as it is, its unsteady

thoughts vanish in the waters of distractions. Once your mind attains the 'Sun-power', it will cease to waver. The distractions of the mind will disappear by practice of Meditation. Meditation is nothing but the state of remaining in the constant company of the ever-loving Bhagwati.

- (9) When you become broadly conscious, that is to say, when you attain collective consciousness, that itself is the Brahman Power. It pervades in innumerable forms in the Universe, in the atoms and molecules. To the dull mind it is inanimate, to the restive mind it is many splendored power. To the revealed mind it is the joy. In the mind of the Sahajyogi, it is the Eternal Bliss. To the realised Yogi, it is ecstatic bliss. You have known all these phases. Experience them. Test them. Keep the mind quiet and steady. Have total surrender and make your mind devoid of doubts.

These are my blessings.

Ever Yours  
Your Mother  
NIRMALA

From: The Life Eternal  
March 1979.