



# Australian Sahaja Newsletter

8<sup>th</sup> May '99

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"We have to think of the whole world. We cannot just think of Sahaj Yogis or even about the seekers ..... You have problems in your countries so find out what problems thereare. You can start some sort of a movement for them. Try to help them as far as possible. Its not missionary-like that you convert somebody for some sort of a reward or for some name. You just do it for your pleasure, its your pleasure."

HH Shri Mataji Nirmala Devi  
Sahasrara Puja 1997, Cabella



## Easter Puja in Istanbul

The 1999 Easter puja in Istanbul was yet another shining highlight in the long chain of momentous Sahaj events. The Turkish collective prepared the function with great devotion, efficiency and a stunning sense for aesthetic details; the two night long "evening" programmes were of a truly remarkable quality, displaying the musical creativity and wealth of artistic talents in the hosting countries; the puja where HHSM told us we are fully protected and should not be

afraid, not even of death; the public programme was glorious with some 1500 respectful participants and Our Mother radiating with blessings; more may be said by others. I just would like to recall here a talk in Her room. HHSM said that Western sahaja yogis should not forget to worship the Father as Shri Shiva.

Indeed He is the Highest One, the One who truly forgives and He will bring depth and balance, especially to those of us who are right sided and/or too conditioned in our identification with the christian deities.

love to all

Gregoire De Kalbermatten, Germany



## Sahaja Yoga integrated with management training course.

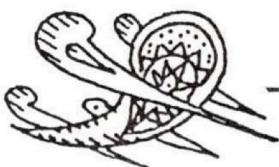
On Sunday Morning March 28 at the Deakin University Management Centre Waurn Ponds (Geelong Campus) fifty one Master of Business Administration students were given self realisation at the beginning of their five day residential course in entrepreneurship.

A single Sahaja Yogi was the facilitator of the event on behalf of our Holy Mother and the vibrations were very strong and cool. They were all given the option of absenting themselves from the auspicious event but I am pleased to report that no one did. Out of the fifty-one people only about eight or so reported that they could not feel a cool breeze at the top of their heads or in their palms after the event.

All this was made possible through an invitation from my friend and colleague Dr John McWilliams course coordinator and senior lecturer in the business school at Deakin campus Burwood. John received his self-realisation from Jeff Platford at a management-training course in New Zealand last year. John was very pleased with the two hour session which started with an outline of the guru principle, self mastery, control of stress, brief explanation of the chakras followed by collective bandhans and raising the kundalini slowly saying the mantras for each chakra. Finishing with Mother's three great mantras and a brief meditation at the end. There was a cool breeze in the room and everyone was smiling and happy at the mid morning tea break. Dr McWilliams has asked if self-realisation and meditation classes can be run at the next residential MBA programme. A great success.

Jai Shri Mataji  
Rohan Waldie

Melbourne Collective



## Travel to Assam

As a matter of priority Shri Mataji has requested that yogis in India give realization to the people of Shillong in Assam. She has asked that 10 Western Yogis also assist and that 5 of these should come from Australia.

This tour will begin in Calcutta on the 26th of **THIS** month and last 4 weeks. Expenses on the ground will be moderate. The Indian Yogis will have done all the organising. Shri Mataji has asked Yogi Mahajan and Arun Goel (the leader of India) to accompany the tour.

Anyone interested should contact their state leaders or Michael (02 9417 5572) immediately.

Michael Fogarty

### **Program in Manly**

We have been conducting very successful programs in Manly every Thursday at 10.30 am at the library.

However I need some help and support to continue the programs as we have 5 to 7 regular people coming every week plus the "one offs" (about 5-6 people) when we advertise. We would greatly appreciate any help in order to continue the program.

Please contact Leanne on 9499 3178.

### **Kuchupudi Dance Classes**

Dance classes with Mrs Durga (India school dance teacher) before the program on Saturday from 4-6 pm at Burwood ashram. All welcome.

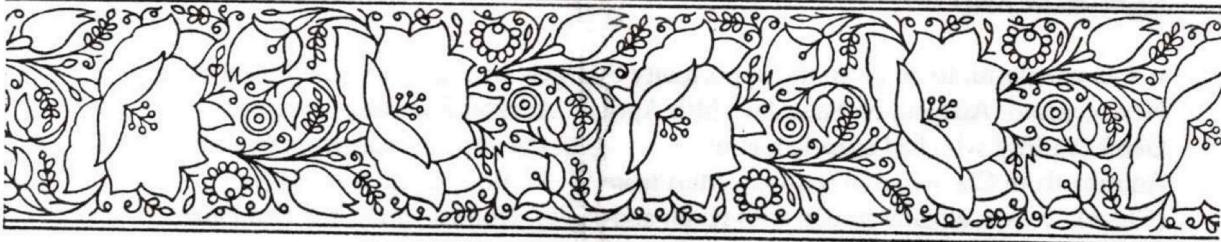
For more information contact Shanti (Blue Mountains) or Mrs Durga on 02 9411 764.

If this time is not suitable other times may be arranged.

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### **NEWS LETTER DEADLINE**

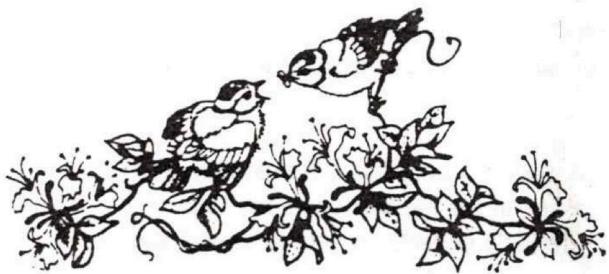
As the newsletter is now being compiled on Friday Night, all items need to be received **BY THURSDAY NIGHT**.



## Vacancy in Killara Ashram

There is a room available in Killara Ashram.

Please contact : Jean Michel on 02 9499 3178



## HELP WANTED

The Yuva Shakti will be holding Sahaja Yoga Meditation Realisation tents at two festivals and would like to invite any help from the collective.

Katoomba Winter Festival 23rd May

Bondi Fair 19th June

Contact Shannon McIlroy at Burwood (02 9747 4835)

Also there are classes being held at NSW University,  
beginning Tuesday 18th May. All Welcome.



Sahasrara Blessings from Cabella : 5 May 99



During the days leading up to the celebration of Sahasrara Puja Shri Mataji has devoted much of Her time and attention to Australia and to important new initiatives and opportunities that She wishes us to seek as we approach the coming millennium and the unfolding of the golden age.

For some time there has been a growing appreciation of the urgent need of Sahaja education for the pre-school aged children. Previously Australian children have had the blessing of being able to attend a Sahaja pre-school, however this is an opportunity sadly lacking today.

This topic was paramount in recent discussions with Shri Mataji. She said that we have lagged behind in the formation of a strong Sahaja tradition and foundation for our children. The lack of proper Sahaja education for our children is surprising given that Shri Ganesha is the presiding Deity of our country. The proper grounding and education of our children as ganas of Shri Ganesha is vitally important, and has been impeded.

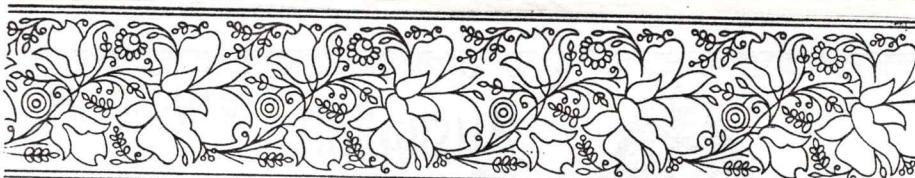
The lack of proper Sahaja preparation has been reflected in recent problems with the attention of some Australian children attending Dharamsala School and in the number of Australian students discontinuing their attendance. The tendency for over protection and attachment by parents maybe a factor impeding the development of the children to their full Sahaja potential.

Shri Mataji established Her school in Rome to enable the innate Sahaja spiritual virtues of born realised souls to flourish free of negative influences which are so all pervasive in modern Western societies. The Rome children prosper and grow within an environment in tune with Shri Mataji's vibrations; free from the shadow of conditions from the past and the lure of materialism.

The results have been miraculous. The children who are been allowed to reap the benefits which the Rome school can deliver have matured as spiritual beings and have established Shri Mataji in their hearts and soul. They have been given the blessings of inner joy, contentment and self-confidence.

In Her infinite compassion Our Divine Mother has placed Her attention on the preparation of our children, and has found it lacking. As much as we love our children there are some things we cannot give them.

**Shri Mataji has asked that an Australasian pre-school be established at Her home of Burwood.**



#### PUBLIC PROGRAMME MUMBAI - SHIVAJI PARK DADAR DATED 21/2/99

Shri Mataji arrived at 7:30, the master of ceremonies was Mr. Arun Pradhan who welcomed Shri Mataji and asked Mr. Hari Jalan as a trustee of the Life Eternal Trust to garland her and then requested Yogi Mahajan to introduce SahajaYoga to the audience. He spoke about the prophecies in the various cultures and religions of the world where the advent of Shri Mataji was predicted. He spoke also about the innate power and the vision with which Shri Mataji is born to lead mankind out of misery and illusion. He also emphasised the role SahajaYoga has played in the lives of so many people not only in India but through out the world in bringing about a complete balance and equilibrium in their physical, emotional and mental beings.

Shri Mataji began by paying her obeisance to all the seekers of truth. She first spoke in Hindi and then in Marathi. Her talk was very strong yet full of Love and compassion. She lashed out at the fundamentalists using religion to divide the people. She emphasised the importance of spirituality which was central to all the religions of the world. She got an applause from the audience when she said that the stone that the muslims worship in Mecca is none other than the Swayambhu of Shri Shiva. "Macceshwar Shri Shiv". She was very bitter at the kind of people that were emerging at this time. She said that this was the darkest hour of Kaliyuga but that there is hope if we look at the coming age of Aquarius which is SatyaYuga - the age of Truth.

She was however also emphasising the importance of these tumultuous times as that time when realisation will be given upon asking to the wandering hermit and/or the domestic householders alike. She was very angry that some people had thought of banning the national song "Vande Mataram...",

which is the praise of the mother as Mother India. She narrated the incident when her father had hoisted the Indian National flag atop the highcourt building, while doing this he was fired at by the British and hit in the head, for which he only asked his children to continue singing this song.

She was so angry at the stupidity that Indians indulged in such as the talk of changing the government for the increased price of onions!!! She said that this country and no other had the solution of all the worlds problems if only we realised what we have and build on it instead of aping the west madly. She said that these people who were thinking of abolishing such a great song, what had they given up for the country?

But for their moral virtue, dignity and honesty . She went on to say that if they even considered doing it, She would make the whole world sing it, and then what would they do?

She reverted back to a point that Yogi had made about her innate powers she accepted that she had innate powers but attributed them to her spirit, which She said has only love. Thats all for now, bye.Jayant



During the critical formative years of the children's development the pre-school will enable the children the opportunity to better establish their full Sahaja potential, enhance their self-esteem, and better settle their attention.

Shri Mataji indicated that the Australian children are suffering and that we need to establish the school as soon as possible to address their needs.

She has directed that attendance at the Australian pre-school would be a prerequisite for those seeking admission to Her school at Dharamsala.

As Her plan has been established in Rome, the Australian pre-school will also be residential, and as the need is great, will be established at 10 Clarence St Burwood at the earliest opportunity.

The pre-school will cater for children from Australia, New Zealand and South East Asia, above three years of age, and up to admission to Dharamsala. An estimate of the fees will be in the vicinity of \$250 per month, which will cover lodging, tuition and, general living expenses.

The Australian pre-schools will aim to:

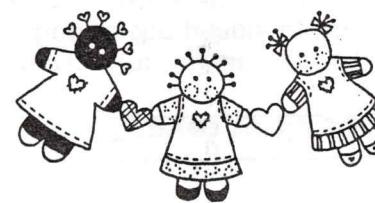
- Encourage the children's devotion and love of Shri Mataji.
- Improve and settle the children's attention.
- Encourage the development of a proper meditation routine.
- Establish the importance of scholastic endeavours and the formation of a regular study routine.
- Establish Sahaja Culture in their lives.
- Enable the children to reap the joys of Sahaja collectivity

Dharamsala School has indicated that in line with Shri Mataji's instructions the school year ends after the completion of the seminar at Ganapatipule. In future parents will not be encouraged to withdraw their children prior to Ganapatipule. The seminar plays a vital role in their education and spiritual advancement.

The purpose of attendance at India school is the enlightenment and evolution of the children's attention through Shri Mataji's love. This elevated task is inhibited if the children do not attend Puja to Shri Mataji, and enjoy the vibrations found at the lotus feet of Our Divine Mother.

Those seeking admission to the pre-school may apply in writing to

Avinash Nichkawde  
6 Narrabura Close  
Mt Colah 2079 NSW  
AUSTRALIA



#### EASTER PUJA WEEKEND, NEW ZEALAND

It was wonderful to be given the opportunity by Uncle Michael to attend Easter Puja in New Zealand. Arriving on Saturday, 24th April, at Auckland we were greeted by Geoff Platford who had already met many a yogi at the airport - Kay from Queensland, Anirupa from Christchurch (ex-Fiji), Meri from Wellington, Geeta from Sydney. (Charles T. was already settled with Hugh and Janie). Unfortunately, the two Fijian yogis had been prevented from coming owing to visa problems. All the visiting yoginis were presented with lovely paua shell bangles and earrings shaped like little kundalinis.

A thriving collective atmosphere welcomed us into the ashram, - a very comfortable large white house with a landscaped garden and orchard sloping down to mangroves and mudflats. One can easily imagine Shri Karukya's peacock promenading on the lawn! Glorious sunrises can be enjoyed from the top rear balcony which has views to the harbour and its bobbing masts. Shri Mataji has truly blessed the Auckland yogis with a beautiful ashram and environs.

We were happy to be reunited with familiar faces and to meet many new ones. It is a surprisingly multicultural collective with brothers and sisters from Germany, Austria, Russia, India, Australia, as well as indigenous and 'pakeha' New Zealanders.

That afternoon the sky was looking overcast but the sea breeze was mild when the havan commenced around 5 pm. It was held on the terrace overlooking the garden. Following the havan a very peaceful meditation was enjoyed amidst the crackling of the fire and the sound of the wind. The first few drops of rain fell just as we were tying up our kundalinis and doing bandhans. The evening then passed contentedly in Sahaj style with food and conversation.

On Sunday preparations for puja seemed to progress in a busy but informal way. Around midday about 50 people were quietly seated in the meditation room. Puja commenced with Shri Mataji's Easter talk from Cabella in 1992. A very powerful and direct talk about the 12 types of yogis. It surely inspired all listening to jump out of their inertia and to desire more strongly than ever to deepen and grow. During the puja we sang bhajans to the accompaniment of harmonium, tabla and guitar. It was a simple puja with cool vibrations flowing from the altar, surrounded by roses, daisies, gerberas and other flowers in reds, whites and creams. Being an Easter celebration there was even more than the usual array of sweets for prasad. A thoughtful touch was the giving of a memento to everyone - a circular, wooden plaque inscribed with ferns in a swastika shape.

The next day Helen and Irena (ex Siberia) were our enthusiastic tourist guides. We visited the Botanic Gardens: the "winter garden" (so many chrysanthemums), a tropical conservatory with exotic flowering bromeliads - to which the pineapple belongs; a rose garden with a delight of subtle fragrances. We also stood under a magnificent and huge "pohutakawa" tree, a red-flowering native, which formed a green pendel about 10 metres in diameter. Later we peered over the crater rim of the extinct Mt Eden volcano. Across the bay is Mt Rangitoto, dormant since its last eruption just 300 years ago. The afternoon passed with more sightseeing and Geoff taking his sisters for lunch and the 'best-ever ice cream'.

A 'new peoples' program was held that evening in a school a short trip from the ashram. As elsewhere numbers fluctuate - but Shri Mataji's blessings are freely offered to all willing to accept.

In the blink of an eye our visit ended, with a very early departure on Tuesday morning. We thank Geoff and Helen and all the New Zealand collective for making our visit so enjoyable, and for their generous and open-hearted hospitality.