



Australian Sahaja Newsletter

12th June '99

Contributions: 02-96496879
02 97474835 or Burwood Fax 97454927

Enven if your brain is enriched by the knowledge, the real knowledge, there are still other things that you should have. And the most important thing is that you have to be completely aware — again I say the word "aware" — of where you stand in this big plan of world, global transformation. What is your position? What are you supposed to do for this global transformation? What is your position? Where do you stand? What is the work for you, to be done. Now you've got this compulsion on you that "I have to do something." When this compulsion starts working on you, which is not dreadful, which is not annoying, but is very peaceful and joyful — which says that "I have to see that others also know themselves...."

It's a tremendous thing. It is very tremendous because if you have to transform this mad world into something very sane and if we have to give them all Self Realization, imagine the task, how great it is, how many people we need to do it. But if your willpower is strong about it and you feel compelled to do it — but normally, we are compelled because we have to run our houses, we have to earn money, we have to do this, we have to do that. That you can do. But the main object of your life is to transform people. And to work out this transformation for the global peace....

Paramchaitanya is looking after you. You don't have to make a very conscious effort, there's no need to have any conscious effort. Accept life as it is — as it is. Whatever life is there, accept it. Don't retaliate. Don't get angry. Don't get upset. Just accept. And you will enjoy the same life that was irritating you. You will see the enjoying part of that and it will be so beautiful the way you will see that you will get over all your problems. You will get over all your enemies and a kind of very fresh, beautiful existence you will have....

The Words Of Shri Mataji: Sabarara Puja 1999

Adi Shakti Puja
Saturday 19th June, 1999 2pm, Burwood

*Please bring your *
own utensils!

It is easy to imagine, as we move toward our first Youth and Drug specific program next weekend, that the people who will come to the program may be difficult. Some yogis have even expressed dismay at the possibility of drug addicts turning up for their weekly programs. The following experience may allay those fears.

As Peter Tubb, Avinash and myself were doing the rounds to various Drug and Alcohol clinics last Tuesday we met "Jake." He was standing outside one clinic obviously under the effect of something and insisted on taking a brochure for the program.

He was thirty-something, with long, unwashed hair and dirty clothes. He was from USA and said he had been in prison for a number of years. "Yeah, I've done meditation. I used to do it in prison all the time," he said

I found myself thinking he was probably imagining dolphins or something, as some of the more outlandish meditation "teachers" sometimes suggest, but then he mentioned an experience he had.

"I was meditating one day and BANG! This energy like a bolt of lightning came up my spine and exploded above my head like a clap of thunder. It felt amazing but was scary. What was it?"

I told him it was his Kundalini and said that Sahaja Yoga is a very gentle, soothing experience of the same energy.

"You know, I believe in God. He is Collective Consciousness," he continued. He wanted to know why the world was so cruel. I told him something but was aware that my intellect was no good to me now; my answers sounded so pale I just shut up. Then he started quoting in Latin, translating it for me as he went: "as within, so without," he ended.

He told me he was half Cherokee Indian. I asked him if I could send him something but he said he was homeless. A homeless Cherokee Indian speaking Latin! It was too much.

We shook hands but ended up grabbing each other's hands and standing there with my hands on top of his I felt incredible love. Not the gross self-satisfaction of "helping someone less fortunate," but an intense closeness, a wordless bond with a lost seeker of incredible depth who had obviously been through his own private hell. He recognised my heart. He will come.

His look changed. The dismay, fogginess and fear I first saw in his eyes were gone. His were sparkling now as were mine, but for me it was tears of joy.

Mark Williams.

FRIDAY NIGHT

BLUE MOUNTAINS - OVERNIGHT STAY

SATURDAY - PROGRAMS AT 9.00 AM BATHURST - CITY LIBRARY, 70-78 KEPPEL ST
 1.00 PM ORANGE - COMMUNITY CENTRE, 79 KITE ST
 5.30 PM FORBES - TOWN HALL, ENTRANCE HAROLD ST-

SUNDAY - DUBBO 9.30AM SENIOR CITIZENS CENTRE, CARRINGTON AVE

ALL THESE PROGRAMS HAVE BEEN ADVERTISED IN THE LOCAL NEWSPAPERS.

IF YOU WISH TO GO TO PART OR FULL-TOUR CONTACT BRIAN FITZPATRICK ON
HOME: 9386-4990 MOBILE: 0418-675100.

COUNTRY COASTAL TOUR NORTH - WEEKEND OF 26 & 27TH JUNE

PROGRAMS WILL BE HELD IN

FORSTER, PORT MACQUARIE, MACKSVILLE AND COFFS HARBOUR.

AVINASH IS THE CONTACT FOR THIS TOUR. HOME: 9747-4835
MOBILE 0414281567

From: ASHISH PRADHAN [mailto:pradhana@fhs.csu.McMaster.CA]

SHRI MATAJI'S VISIT TO TORONTO:

Canadian Sahaja yogis were most pleasantly surprised by the news that SHRI MATAJI would be coming to Toronto before proceeding to the USA. It was a sheer joy to hear that the Adishakti would be gracing Canada by HER most auspicious presence!! SHRI MATAJI in HER DIVINE compassion sent a message to the Toronto collective that though it was a 'short notice' to arrange a public program, we should not worry as the results would be unprecedented and we would have more people attending this program than ever before !! Posters were printed and put up all over the city of Toronto and adjoining areas, pamphlets distributed at all the 'prominent' public places, newspaper ads placed and important dignitaries in the public and political arena were sent personal invitations via personal telephone calls, fax or e-mail. Most ministers of the Canadian federal government as well as all the provincial government ministers were informed and invited to the Toronto as well as the forthcoming Vancouver public programs (June 26th). We were even able to get the hotel booking wherein we had wanted to host our DIVINE MOTHER (the hotel manager actually asked the guests occupying the most prestigious suite in the hotel to 'move over' in order to make place for their 'valued and esteemed' guest !!).

Prior to the arrival of SHRI MATAJI, it rained continuously for 3 days not only in Toronto but also over almost the entire province of Ontario. The rains were much needed as the lake levels were going down and the authorities were worried! The atmosphere was thus purified and readied by Shri Vishnumaya to receive the ADISHAKTI and we were all eagerly awaiting HER arrival.

SHRI MATAJI arrived in Toronto in the evening on May 25th, 1999. There were about 150 yogis at the airport to receive HER. While waiting for HER luggage in the immigration area, SHE gave realization to 7 customs officials who were then continuously around HER till SHE left the airport! SHRI MATAJI was very happy to see so many yogis at the airport and remarked that the collective here had grown a lot and that Sahaja yoga was spreading quite rapidly in Canada!! SHE also described the loving way in which the Sahaja yogis of Germany had gathered to welcome HER at the Frankfurt airport (HER stopover on HER way to Toronto). SHE then received flowers from all those assembled and blessed everyone. As SHE sat there in HER chair and smiled our hearts sang with joy and our spirits danced.

Public Program:

The public program was held at the Convocation Hall of the University of Toronto. The sequence of events to take place at the public program was clearly outlined by SHRI MATAJI; no wonder everything went like a song! There were approximately 1000 people present in the auditorium, eagerly waiting for the proceedings to begin. The program started at around 7.30 pm, thanks to the efforts of Yuva Shakti, who had the venue ready on time. Steven Day played raag Yaman on the Sarod and charmed the audience while putting them into a meditative mood. Then, a local Sahaja yogi very effectively, in 10 minutes, introduced Sahaja Yoga along with the explanation on the subtle system and the chakras. Amazingly enough, just as he concluded his talk, SHRI MATAJI graced us with HER presence. Everyone stood up to greet HER. The evening belonged to SHRI MATAJI. SHE was in HER element. SHE communicated the benefits of Sahaja Yoga in a very easy and simple manner, along with a sense of humour, to which everyone responded with spontaneous laughter. The entire talk was full of compassion and HER voice was overflowing with the love and the concern of a DIVINE MOTHER. Indeed SHE manifested HER form as Sakshat Shri Sandrakaruna. Later in HER hotel room SHE said that SHE was concerned about the direction in which American society was going. The solution to all their problems, SHE further continued, was only Sahaja Yoga. SHRI MATAJI requested the audience to ask HER questions because SHE felt they were intelligent people. However SHE requested that they ask relevant questions only. SHRI MATAJI, once again, with disarming ease and spontaneity answered the questions succinctly with HER own brand of humour. On being asked as to who SHE was SHE answered 'Instead of worrying yourself as to who I am, why don't you try to understand who you are ? By knowing yourself shall you know who I am'!! JAI SHRI MATAJI !!

(cont. on back page)....

After the question and answer session, SHRI MATAJI mentioned it was time for everyone to experience their Self Realization. What happened next was an unusual experience for most Yogis. We felt cool breeze in the auditorium and the banner behind SHRI MATAJI moving with the breeze. SHRI MATAJI did tell the audience SHE felt the cool breeze coming to HER from the audience. Wow. What a blessing! Toronto was really "COOL." SHRI MATAJI requested the bhajan singers to sing "Jogwa" and explained its meaning to the audience. SHE requested them to join us by clapping their hands because it increases the vibrations. The auditorium was full of joy and SHRI MATAJI joined into the clapping. The bhajan reached a crescendo and our joy through vibrations peaked. Silence prevailed for a minute or two and SHRI MATAJI thanked and blessed everyone. Everyone stood up on HER departure. TV interview: The next day SHRI MATAJI agreed to meet 'Tamil TV' (an ethnic television network with an extensive reach in North America) and talked to them for an hour and half. They plan to do a documentary on SHRI MATAJI. They also covered the public program the day before and had got their Self Realization. They were very respectful of SHRI MATAJI and sat at HER Lotus Feet during the interview. The interview will be broadcast over the entire N.America and some countries in the Caribbean where there are pockets of ethnic Tamilians, which is a community from the south Indian state of Tamil Nadu. SHRI MATAJI then departed for the airport. SHE had a few brief words and bid HER goodbyes for now! With the ever beautiful smile, the DIVINE MOTHER continued on HER way to meet HER expectant children waiting for HER in New York, USA !

The Follow up Program:

Last week we had our first follow-up program, which had the blessings of the Holy Mother. Approximately 100 people attended it. Their sincerity and interest was simply amazing. We have a four part 'follow up' program scheduled, during which we propose to gently guide our new brothers and sisters to find deeper meaning of their own selves, their kundalinis already awakened by and in the presence of the DIVINE SPIRIT itself !! BOLO JAGANMATA SHRI NIRMALA DEVI KI JAI !!

Fundraising:

As a result of the successful garage sale last week, we have a neighbour who is interested to buy any sort of **LP records in good condition.** (For younger yogis - LPs are the round, black plastic ones Mum and Dad had!). He pays \$50 for a milk crate-full, in a **wide variety** of styles. He has a collection of 1,000s. Some he doesn't listen to, but buys for the artwork on the covers. So don't think your records are too old, wrong style or not interesting enough, as long as the covers are in good shape.

Please phone to let us know if you have records you would like to part with so we can raise some more money for the radio programme.

Lyn or Charles (02) 9328 6624

From: Stephen Day < sarodwala@hotmail.com >

The P.K. Salve Academy of Fine Arts and Music will be releasing it's second C.D./cassette at the Shri Adi Shakti Puja in Canajoharie this June. The production is called 'ETERNAL ROOTS' and includes both ragas and songs played and sung by the students of the Academy. It runs about 72 minutes which is just long enough to provide both meditative Indian Classical music ragas AND melodious songs... The students of the Academy sincerely hope you will enjoy the music and encourage any feedback you may have upon listening to it. The Academy's first production, 'UNIVERSAL SILENCE' will also be available. Please note that the C.D. version is a multimedia C.D. which can be played in a Mac or P.C. computer with Quicktime Movie Player (Quicktime can be installed easily from the disk). The Multimedia C.D. includes photos and videos of the Academy. The students would like to thank all of you who support their music productions. Last year much of the proceeds went towards building a music studio in Nagpur that is now open for recording Sahaj music.

Much Love from the students of the Academy

PERTH YUVA SHAKTI REPORT

March 1999

There has been a strong desire in Perth to do something for our young people for some time. It was very obvious that few young people from about 16 years old stayed, even those who were brought up in Sahaja Yoga. We had made the first moves towards developing a Yuva Shakti by discussing the issue among the collective and by organising picnics etc during holidays and weekends. At this stage we had only two yogis between the ages of 16-25 so most of our activities were aimed at 12-15 yr olds. Then most delightfully and most timely, some contact from the Sydney Yuva Shakti through Lallyn Fitzpatrick and Shannon McIlroy. We were able to compile a list of names and photos of a few young yogis in time to join the rest of the Australian Yuva Shakti for offering at Mother's Birthday Puja. At this time the number of senior Yuva Shakti in Perth increased by 50% as a young student, (Lesley Larter, 18yrs) from the Murdoch Uni programme was told by Shri Mataji in a dream to come to the Collective.

April 1999

During the April school break we had the inaugural WA Yuva Shakti camp at Gidgegannup. Nine young yogis from 11-20 years attended, including a new yogini (Haley White, 19yrs). Four aunties, including Haley's aunt, helped to provide mountains of food and supervision of the younger ones. The vibrations were very powerful as the young people worked out their collectivity. Two boys who had planned to stay only one night requested to stay longer. Everybody foot-soaked in Lake Josephine, meditated and watched Mother's video. Other activities included bushwalking, swimming, painting, photography, cooking, and of course, kitchen duty. During the camp it became very clear to us that while we educate new adults about the techniques and purpose of Sahaja Yoga and share with them our love, gratitude and awe towards Shri Mataji, we often expect our children to absorb it merely through being around the collective. Teaching a non-yogi child at the camp about his subtle system and helping him to feel vibrations showed us, unexpectedly, that not all the other children understood their own subtle systems. Future junior YS activities will also include Sahaj education from time to time.

The overwhelming success of our first camp was helped immeasurably by the hard work of the aunties – thank you. Thanks also to the tireless efforts of Jaye Clinton (20yrs) who welcomed us to Gidgegannup with colourful posters and balloons and who then directed the sweet attention of an older sister to all the younger ones over the next 3 days. It was pure delight to witness the young yogis' pleasure in each other, to see them work well together and to feel the deepening and purifying of the attention. We particularly noticed a strengthening of their own guru power in that they clearly recognised the purpose of the camp and did not welcome distractions. They also began

Perth Yuva Shakti had our first camp in the April Holidays at Gidgegannup. We meditated, had footsoaks, swam, painted, and generally had a good time. About nine Young Yogis came to join the fun and we hope to have another camp soon, possibly longer than this one which lasted three days.

*Sophie Parnell, 12
Junior Yuva Shakti member.*

to use vibrations more often to resolve problems.

Needless to say, the adults also benefited. We felt very blessed and supported by Mother's attention. That kept us in thoughtless awareness for most of the time. At the end we were quite blissful. As we left the beautiful, peaceful surrounds of Lake Josephine to drive back to the city, we felt as though we had been at Puja. JAI SHRI MATAJI!

Contributions from the parents, young yogis and others (food, money, disposable camera, art supplies etc) have enabled us to start a small fund towards photocopying, activities and the next camp. WE aim to provide copies of the International Newsletters, contact lists and other useful information to every YS family in WA.

May 1999

Over the last 3 months we have had a series of informal get-togethers for some of the 18-25 yr olds at the parent helper/contact's house. These have provided an opportunity for new people from different programmes to meet each other and to meet other members of the collective. In early May we set up a contact list for a potential Senior Yuva Shakti consisting of two yogis (Jaye and Lorenzo) and the four new young people who had come to the collective. This list also included email addresses as a fast, easy and inexpensive way for young people to keep in regular contact. They have since begun to keep in contact with each other.

Hopefully, once these new people have become properly established in Sahaja Yoga and the collective, they can form the basis of a true Yuva Shakti in Perth. At the moment there are a few more young people coming up through public programmes and so on. With the attention and guidance of the whole collective, and the Blessings of Our Divine Mother, they may establish and deepen into Sahaj life and culture and become good Sahaj yogis.

*Jai Shri Mataji
Susanne Malone
Perth parent helper/contact*

Coming events

- ❖ Possible collective weekend at Gidgegannup for Adi Shakti Puja with attention on Yuva Shakti
- ❖ Another camp at Gidgegannup in July, planned to coincide with school and Uni breaks. Possible theme: "The Guru".
- ❖ Compilation of a Perth/WA email list, leading to a National list and hopefully eventually, leading to a global Yuva Shakti email address list.
- ❖ Possibility of a young yogi going to the Yuva Shakti camp at Daglio in August.



CENTRAL HINDI DIRECTORATE DEPARTMENT OF CORRESPONDENCE COURSES

LEARN HINDI BY POST

(ADMISSION NOTICE)

Applications are invited from non-Hindi speaking Indians, Foreigners, Indian Nationals/ Settlers residing abroad for admission to the following Hindi Correspondence Courses through the media of English, Tamil, Malayalam and Bangla.

(1) Certificate course in Hindi (Preliminary course)

(2) Diploma course in Hindi (Subsequent to Certificate course)

ELIGIBILITY : (1) In case of Indians and foreigners residing in India or abroad, the minimum age is 15 years. (2) In case of children of Indian Nationals/ Settlers residing abroad, the minimum age limit is 10 years irrespective of their mother tongue. (3) Diploma course, subsequent to certificate course is open to those persons who fulfil (1) & (2) above and have either earlier passed certificate course or Praveen Course conducted by the Central Hindi Directorate or who possess sufficient background knowledge of Hindi or who are going to appear in Certificate course Examination in July, 1999.

EQUIVALENCE : Certificate course is equivalent to Praveen Course and Diploma course is equivalent to Praveen Course conducted by the Ministry of Home Affairs.

FEE : A fee of Rs. 50/- from candidates residing in India and US Dollars 50 or £ 30 or equivalent to Indian currency from candidates residing abroad is charged for each course. Fee can be remitted by crossed Indian Postal Order or Bank Draft drawn at Delhi / New Delhi. Fee is payable to Director, Central Hindi Directorate, New Delhi. Fee sent through Money Order or cheque will not be accepted. Applications received without the prescribed fee will summarily be rejected.

Where Dollar or Pound is not a currency an equivalent amount in the currency of the country concerned will be accepted.

In case an applicant residing abroad finds it difficult to remit fee in hard currency on account of local foreign exchange restrictions, he/she is advised to deposit the fee in equivalent local currency with Indian Mission/ Embassy in the country where he/she is residing and send us the receipt in original. The receipt must bear the name of the candidate and the amount equivalent to Indian Currency.

LAST DATE AND COMMENCEMENT OF SESSIONS : Last date for submission of filled up application forms alongwith the prescribed fee is 30.06.99 for Indian students and 31.7.99 for foreign students.

APPLICATION FORM : Format of the application form is given hereunder. This format can be neatly written or typed/photocopied. Application form should be neatly filled in English only.

1. Name of the course : CERTIFICATE (OR) DIPLOMA : English/Tamil/Malayalam and Bangla

2. Medium of Instruction (Indicate tick mark) : _____

3. Name of the applicant : _____

4. Sex : _____

5. Father/Husband's Name : _____

6. Nationality : _____

7. Date of Birth : _____

8. Postal Address : _____

9. Mother Tongue : _____

10. Academic Qualifications : _____

11. Particulars of fee/ No. of IPO/ _____

Bank Draft and the amount payable only to Director, Central Hindi Directorate, New Delhi : _____

(Signature of Applicant)

(With name in Capital Letters)

Dated : _____ Application may be sent to : THE DEPUTY DIRECTOR, CORRESPONDENCE COURSES, CENTRAL HINDI DIRECTORATE, WEST BLOCK NO.7, R.K. PURAM, NEW DELHI-110 066. (INDIA)

NOTE : (1) Central Hindi Directorate has neither any branch in the country nor has authorised any institution/ Agency/Person to run the above courses. (2) Admission will be given on first-cum-first served basis.

(3) Students who will appear in Certificate course need not wait for the result. They are advised to seek admission to Diploma course.

PLEASE NOTE : REQUEST FOR SUPPLY OF SEPARATE APPLICATION FORM WILL NOT BE ENTERTAINED. PLEASE SEND APPLICATION IN THE GIVEN FORMAT DULY TYPED/HANDWRITTEN.

NEWS FROM ESTONIA

As Viktor met Gregoire at the wonderful Easter puja in Istanbul, it was agreed that a public programme could be prepared in Tallinn during Gregoire's visit. After the puja, Viktor presented the gift of Estonian to Shri Mataji and, at that time, this project was brought to Her attention. And one second of Her attention was enough to generously bless the whole event. It was the beginning of May when we (the Estonian sahaja yogis) learned about the news. We were happy with deep emotions for we have a strong desire to give realisation in our country. So we began preparing for the public performance which was to be held on the 18th of May 1999 in Tallinn. Yogis and yoginis from all over the country were busy with preparations. Through our common efforts and desire we all gathered in a beautiful hall in Tallinn, yogis from four Estonian towns and from the Russian city of Ivangorod. We really enjoyed the evening as we found ourselves in meditation even without meditating. The two hours of the programme flew in the twinkle of an eye. There were not that many new seekers but it was not the main thing. The major aspect was that all Estonian sahaja yogis were united by a common love impulse. Everyone felt relaxed, rested; everyone loved each other and everything around. This wonderful Day of the Spirit was given to us by Our divine Mother. Many yogis then understood how important it is to grow more and more so as to become as god as Our Mother wishes for us. Next day we had an amazing walk along the streets of the Old Tallinn. The weather was with us and was glorious. Everything was a play, an opportunity for spontaneous fun and we tasted the sweet feeling of this innocent togetherness. Then we went to Kohtla-Jaerve to meet with the local sahaja yogis: a small seminar, a party, tea drinking, singing, meditation. And finally, on May 20th, we had our last strong meditation to conclude this improvised festival. Ordinary people saw a radiance in the sky which was surrounded by a colourful rainbow. They were telling that these were holy people who live in Sompa. Besides, this day was Ascension Day. We left for our towns, keeping the joy of our unity in our hearts. It was magic but may be hard to explain.