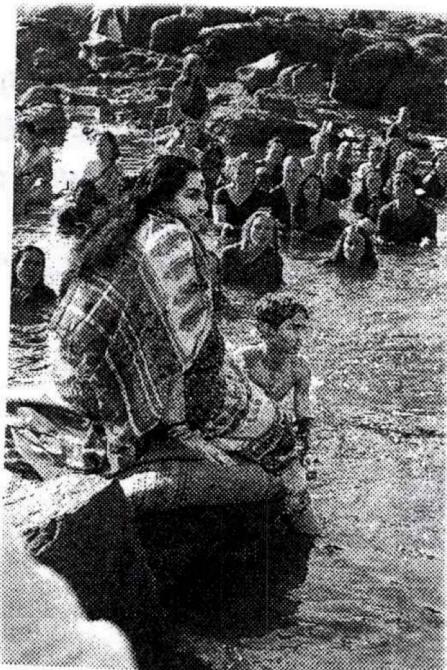




# Australian Sahaja Newsletter

29<sup>th</sup> May '99.

Contributions: Lidcombe: 9649 6879  
02 97474835 or Burwood Fax 97454927



*The principle of Shiva is in your heart and that reflection is not on a chakra, but like a mirror. Now, whatever is visible of you is this mirror.... Have you cleaned your heart? Have you cleaned your mirror that is reflecting? That is what one has to say.*

*...There are six enemies we have got and all these six enemies, one after another, try to corrupt us... We have to understand that in our heart the reflection of Shiva is only possible in complete form when we have cleaned our heart. To have malice for others, to have lust for others, to have anger*

*for others, to have envy for others, all these reactions within us act and our heart becomes like a stone. It cannot reflect.*

*...Your spirit should shine in your character, in your behaviour and in your personality. If that happens, then you have achieved what Sahaja Yoga wanted to do for you.*

H.H. Shri Mataji Nirmala Devi  
Mahashivaratri Puja, 14 February 1999, Delhi.



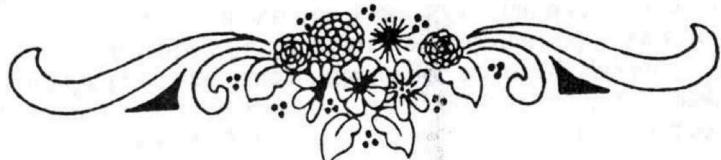
**GURU PUJA '99**  
**Wamuran, Queensland**  
**24-25th July 1999**

By the grace of Shri Mataji, the Brisbane-Wamuran Collective have pleasure in announcing that Guru Puja has been scheduled for the weekend of 24th-25th July 1999 at Shri Mataji's house at Wamuran. All yogis are invited to attend. Details of attendance fees, programme of events, accomodation and travel will be advised in due course.

It is our intention to have an entertainment evening prior to the puja. Musicians, singers, dancers, performers etc are cordially invited to register their interest in attending as early as possible so that numbers are known and arrangements can be made.

For entertainment programme registrations please call Peter Cavanagh on 07-3378 0493.

For puja registration enquiries please call Peter Hewitson on 07-5496 6716.



## **Sahaja Yoga Education account : Burwood Australia**

Shri Ganesha Dorm & Shri Gauri dorm are ready in the Adi Shakti house, Burwood to protect & evolve our children from Australia, New Zealand and all South East Asian countries. This in turn would help the general collective in spiritual ascent. Shri Mataji has advised that we find a suitable place for a proper residential preschool along the lines of Rome in a very near future.

Financial contributions are invited to make this vision a reality. Yearly accounts would be presented to Shri Mataji every year and would be available on request at all times.

You can support the whole project in three ways :

- (1) Contribute on a more regular basis say \$5 -\$10 per person , per week
- (2) Make a one off contribution say \$500 - \$1,000.
- (3) Any other way that you can help.

All cheques should be made payable to Sahaja Yoga Education account and posted to 10 Clarence St Burwood NSW 2134 Australia. Any queries please do not hesitate to contact Peter Brownscombe or Avinash Nichkawde on 61 2 97474835 or Email [avinash@oziwiz.com](mailto:avinash@oziwiz.com) OR [Sahaja@eagles.com.au](mailto:Sahaja@eagles.com.au).



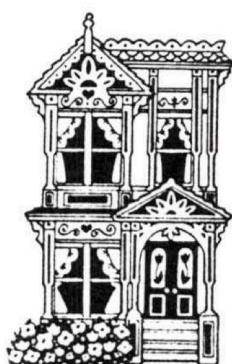
## Burwood Program Roster

Please note the following groups have been rostered for Saturday Night Burwood Programs.

<u>Weekend</u>	<u>Presenting group</u>
5th June	Lindfield - East Lindfield, Bent St, Balfour St
12th June	Gordon - All Gordon yogis
19th June	Strathfield (Nicholson St)
26th June	Strathfield (Torrington Rd)



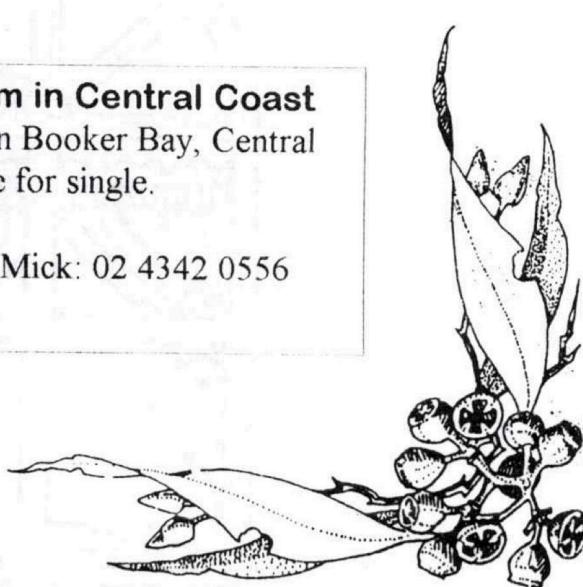
If anybody has any queries please contact Beena on 9746 7129.



<b>Vacant Room in Central Coast</b>
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1 room to let in Booker Bay, Central Coast. Suitable for single.

Ring Diane or Mick: 02 4342 0556



**NOTES FROM THE PARENTS-OF-TEENAGERS MEETING  
— SAHASRARA PUJA SEMINAR, BALMORAL NSW —**

Following the arrival of the above comments from Shri Mataji, Uncle Michael requested a meeting with all parents of teenagers and older Yuva Shakti to take place before Sahasrara Puja. The meeting was well attended by parents and non-parents alike. Some notes of the meeting follow:

- **The older teenagers**, especially the girls who are largely self-motivating, have reached a stage in their maturity where they desire to participate in Sahaja activities and programs. We understand the boys may take a little longer, relatively speaking. We were reminded that the age of Yuva Shakti is usually 17 to 25 or so, or until married. We should be careful not to expect more from the 'junior' Yuva Shakti, the under 17's, than they are able to give.
- **We need** to especially address the needs of the 'junior' Yuva Shakti who are now fully immersed in finding out about themselves, learning to cope with new awareness of life, etc. Some of these kids have been involved in some mischievous attention seeking already, which could be a call for help. They all need some space and enlightened understanding from not only parents but the general collective so they can explore and discover their emerging personalities –within boundaries of course. We know people learn through experimenting. We would be doing our youth a disservice by applying pressure or assuming that because they were born into or were raised in Sahaja Yoga that they know how to apply Sahaja Yoga to their day-to-day lives, or that they can even understand fully what that means at the 'junior' stage.
- **Our teenagers** have a huge advantage compared to our own teenage years - they have cognitive science, as Shri Mataji called it. However, it has become clear that we need to teach them how this subtle instrument works and how they can apply everything they have so far in their lives done unconsciously – even blindly. They have to be taught about vibrations, the subtle system and Kundalini awakening in much the same way as new people are taught.
- **It was agreed** that many young people in the past who grew up in Sahaja Yoga but who have gone away from it have done so largely because of lack of knowledgeable support and understanding and because of unrealistic expectations and pressure placed upon them because they didn't really 'know' when we assumed they did.
- **As all parents know**, we can only be effective with our own children to a certain degree. The time has come when other Sahaja Yogis are required to come into the picture and offer fresh insights, strengths and talents. This will help the teenagers gain from different experience, improve their confidence and self-esteem and help them to feel they are valued and useful members of our collective. We're hoping a mentor awareness will develop amongst the adults in the collective. The benefits of having mentors would include: so our youth can learn and enjoy new things - some practical, some plain fun - and so they can begin building relationships with adults other than parents and so build more solid personal foundations. The kids will hopefully begin feeling collective and not just an appendage of mum or dad.
- An example of a mentor: many of the teenage boys love cars and everything about them, can't wait to drive, etc. One yogi, a motor mechanic, has agreed to help the boys learn about what's under the bonnet so they can begin participating in simple maintenance work on some weekends or at gatherings. The same could happen with woodworking (lathe work, wooden toys, simple furniture and useful items for Balmoral). The same for handcrafts, ceramics, painting, needlecraft, music, dance, drama, sports, tutoring for school/HSC - the sky's the limit.
- **Uncle Michael suggested** that a similar discussion as the above could take place among the wider collective as soon as possible. We all agreed that this was necessary.

That's about it. Please forgive if anything has been left out.

**JAI SHRI MATAJI**

**A quotable quote**

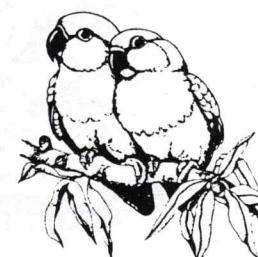
Recently a new yogi met a friend in the street. The friend said " There's a rumour going around town that Sahaja Yoga is a cult!"

Our new yogi responded: "No it isn't, its a culture!"

**Jai Shri Mataji.**



Could someone with the necessary skills make a metal biscuit cutter in the shape of Shri Ganesha for the preschool?



**Batemans Bay Programs**

About 25 people came to the first of 10 weekly programs at Batemans Bay Community Centre on Tuesday 25th May. This makes the number of people who have got their self-realisation in Batemans Bay alone, since last December, a full **80**.

This is terrific for a small country town. Many thanks to the Sydney leaders and Country Tour Yogis for all their support. Jai Shri Mataji!

*Jenny Watling, Batemans Bay.*

**A FEW WORDS OF GUIDANCE AND DIRECTION  
FROM SHRI MATAJI ON YUVA SHAKTI**

We were fortunate to have two brothers 'on the scene' from time to time over the past few months. They were able to glean some bits and pieces from conversations people were having with Shri Mataji concerning Yuva Shakti in India (including one or two of their own questions on Australia's behalf). Here is a brief but second- or third-hand account of what those bits and pieces were. If there is anything I may have missed or inadvertently turned around, I hope those who know the facts will provide a newsletter update/correction for everyone's benefit. *Please forgive any mistakes I may make in relaying this information.*

- **One thing** was very clear – Shri Mataji has had the youth of the world very much in Her attention in recent months and the subject of the well-being of young people (specifically and generally) came up repeatedly over the several weeks one brother was in Her presence.
- **She said** we should give realisation to the substance abusers. Shri Mataji kept saying that they are seekers and once they have self-realisation they will give up their drugs and alcohol. [FYI: The writer recently listened to Hamsa Chakra Puja, Aug '92 Canada, where Shri Mataji explained that giving up drugs overnight was a result of awakening Shri Ganesha in Hamsa Chakra; that awakening the Divine Discretion allows us to see clearly the detrimental things; Shri Ganesha in Hamsa Chakra gives the ability to feel joy; the person begins to suck the milk of every situation; that wisdom is taking the good side of everything and enjoying it; that you then avoid the destructive and take to the constructive.]
- **Shri Mataji** said we should hold camps at Balmoral NSW for young people.
- **There have** been concerns about Yuva Shakti experiencing bullying or difficult relations with school mates, neighbours, etc, and being called names and such. Shri Mataji said the Yuva Shakti should ask themselves, "Do these people have the cognitive science?", and if these people don't, then the person present had the impression Shri Mataji's expression was, "Well then, what's the question? Why worry?"
- **There are** teenagers who are experiencing difficulties with enjoying or even wishing to be a part of Sahaj collectivity, meditation, the practices, etc. Shri Mataji said if they don't want it, to let them go. The person present pulled his ears and explained that the parents of these children are Sahaja Yogis and wish for their children to practice Sahaja Yoga. Shri Mataji indicated then that these young ones should have intensive Sahaja Yoga to establish a proper basis; that the youth need to understand the vibrations and conduct themselves and their activities on vibrations; they need to understand Sahaja Yoga. [See "Sydney Parents-of-Teenagers Meeting" below.]
- **Shri Mataji** is happy with Yuva Shakti in Australia and that the youth should participate in posterity for programs and in the Country Tours. They should also meditate together on their own and have time together.

**JAI SHRI MATAJI**



**WEEKEND YOUTH CAMP  
SOMETIME DURING WINTER SCHOOL BREAK  
(5-16 JULY)**

**Stayed tuned** in coming issues for dates and details of another camp for ages 12 to 25. We're working on the agenda - all suggestions welcome. Perhaps we'll have one or two off-the-property activities for this one. We'll need a few parents to assist with all aspects of the weekend. Contact: Liallyn 9763 5887.

**COUNTRY TOUR WITH YUVA SHAKTI**

Hopefully, a **Country Tour** will follow the weekend camp so any Yuva Shakti who wish to take part can come along (see attached advice from Shri Mataji) but for this we'll need a few people to drive them. Contact: Avinash Nichawde .

