

Homebush

Sahaja Newsletter

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JUNE 19, 1992

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.

June 1992
5/F 56 Morrison Hill Road
Wanchai

Greetings to all our family in Australia. By Shri Mataji's grace Sahaja Yoga in Hong Kong is blossoming.

Before Shri Mataji's tour, we held a four-week course at the Mariners' 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 lamas 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 Puja 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.

Their depth and enthusiasm, has given the other Chinese yogis who have been coming for much longer, a great example. All in all the Chinese are very committed, once they take the jump, and are both introspective and dynamic. There are now about 15-20 established Chinese Yogis.

Sahasrara Day was a real turning point vibrationally for Hong Kong. The havan on the 5th was great. We could look out across the whole of Hong Kong. Freda's little courtyard on the Peak was packed. Pavan arrived just as we were beginning the Ganesha Artarva Sheersha. It feels now that a momentum has started that will never stop. There are enough established Chinese (Shri Mataji requested 12) to carry this momentum, and amazing things happen every few days. Sahasrara Puja was performed for our

collective by David Wong. Just before the Puja, we purchased a big meditation room carpet, which by the grace of Adi Shakti was overflowing with yogis.

Freda has a cousin who lived in China (she has now moved to Hong Kong). She has her realisation and was meditating there. This is very profound, as she is the first Chinese to meditate in mainland China. Recently Freda went to Hainan Island (a large Chinese island off the southern coast of China). While she was there she gave realisation 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 Freda give vibrations to another and immediately could pinpoint the exact chakras. 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.

A few weeks ago we had a picnic outing to Lantau Island. We suggested that the new yogis could bring their families and have more or less a social day. We chose a beach on Lantau where we had held a weekend seminar last year called PoiO. It is reached by bus ride and then a beautiful walk across fields then over and along a river. It was a warm day, and we found a shady cluster of trees overlooking the beach. Despite an overcrowded ferry on the journey over we virtually had this place to ourselves. Actually no one brought their whole family and it turned out to be very much Sahaja Yoga intensive. They were all so keen. Three new people received their realisation, and we enjoyed footsoaking in the ocean, shoebeating and deep discussions about the Deities and identity of Shri Mataji. In the evening upon our return to Hong Kong, no one wanted to leave the group (which had the feeling of that vortex of vibrations) so we had a long dinner together around a huge table before finally going home.

Margaret Tai was invited by Shri Mataji to Sahasrara Day in Cabella. She rearranged her travel itinerary in Europe and spent time with the Swiss Sahaja Yogis (who looked after her

beautifully) before travelling to Italy with them all. She had a deep experience and spent time privately with Shri Mataji the following day. Margaret was quite overwhelmed by Shri Mataji'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 Shri Mataji after the Puja.

We had a wonderful time recently when Kevin and Barbara and baby Joshua visited on their way from Perth to Europe. Taking advantage of Kevin's bhajan expertise we planned a music afternoon/night on the Sunday. However when we heard the great news that Shri Mataji was holding a Puja in the UK we altered plans slightly and all enjoyed the preparation and of course the Puja itself (complete with several bhajans). We took our visitors to Macau which has completely different vibrations to HK. It is amazing how the vibrations of Wanchai are quite different to anywhere else (despite being a bit of a red light district) because of the concentration of yogis here and the pujas and programs. Baby Joshua was surrounded by adoring Chinese people wherever he went, and enchanted them with his smile and no doubt awakened many kundalinis with his strong, clear vibrations. Chinese everywhere respond to children - even waiters in high-class restaurants are delighted when you bring them in.

Sue Ellen and Robert Monaghan are returning to Australia in August. Very unexpectedly three weeks ago Sue Ellen's brother Dallas arrived in Hong Kong. He said he had a very strong feeling that he must come here, and has since realised that this was because of Sahaja Yoga. He has jumped right in and is certainly an Ashram candidate (when we eventually get a big one.)

Are there any yogis that could come here? Your presence would be invaluable and the experiences are so rewarding. It is a great city, the people are beautiful and the seekers are tremendous. However, more yogi power is needed to continue Shri Mataji's emancipation of the Chinese people.

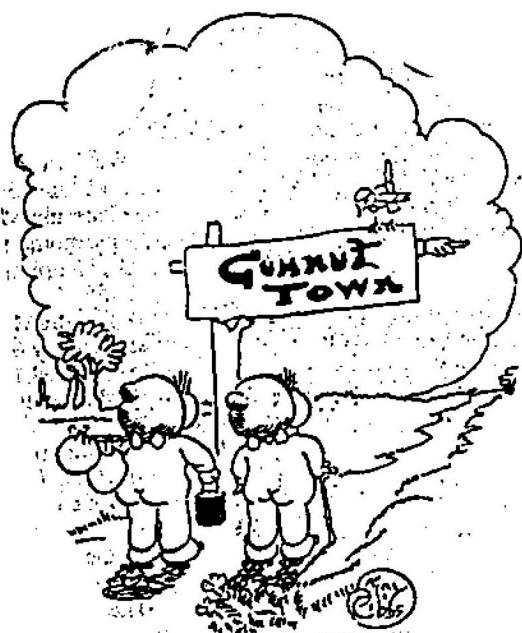
Two months ago we had two visits from a West-coast US yogini called Sharie (Montavna?) She is a flight attendant for United, and came to SY through Ursula

Doring. Sharie has a daughter at school in India called Maduri. 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 Shri 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.

This Friday there are 6 Hong Kong yogis going to Taiwan for our first combined Chinese Sahaja Yoga Seminar. We are three Chinese and three gweilos and we'll be joining 16 from Taipei in the mountains of Taiwan for three days.

We are so grateful to you all for the support we feel from the land of Shri Ganesha. The newsletters keep coming, as do up-to-date audios and videos. Personal and collective donations help so much. Above all it is the loving attention that is helping it all to work out so beautifully. On behalf of all Hong Kong yogis on the edge of the great Back Agnya, we thank you all deeply.

Jai Shri Mataji!





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 were 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



Shri Mataji Nirmala Devi

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."*

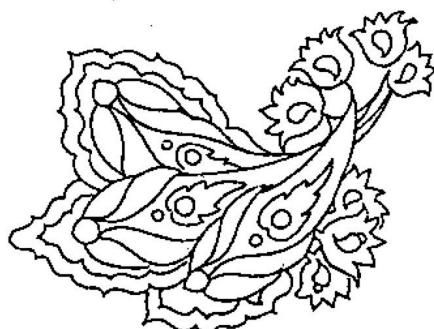
Shri Mataji

ADMISSION FREE

"You cannot pay for Divine Love."

IN PERSON
ROYAL ALBERT
HALL

KENSINGTON GORE, LONDON SW7



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 Sahaj 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, predominantly 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

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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.

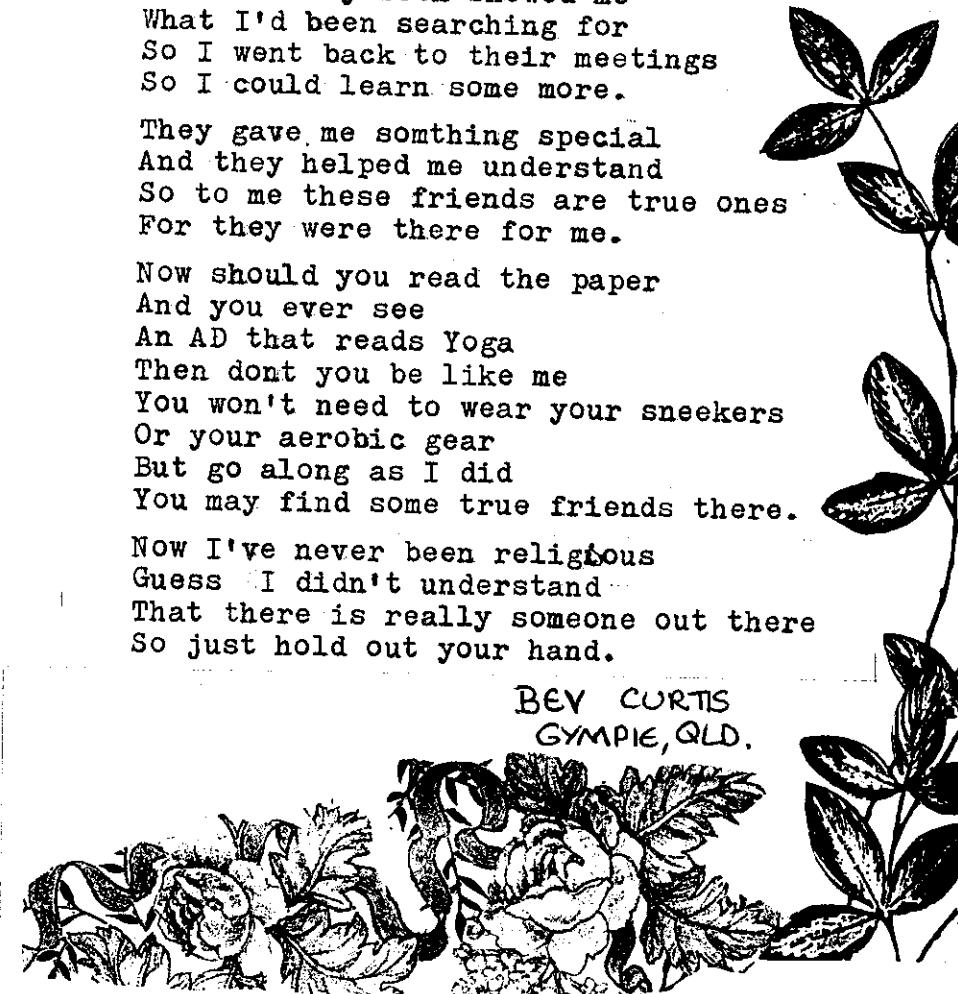
Instead they both showed me What I'd been searching for So I went back to their meetings So I could learn some more.

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.



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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.