

One man's inspiring story

On 28th Dec at Ganapathpule, Pavan was asked by Linda of The Divine Cool Breeze to sit in on a meeting and report to Australia on some proposed new directions such as: More variety and more graphics to be used in the magazine.

Each country to have a news DCB contact-correspondent with an Email address.

Each edition to have a cover photo of Shri Mataji from the pujas covered in that edition.

That each country might supply a complete transcript from their puja, a good photo from it, as well as a story on Shri Mataji's visit and if possible a suggested edited transcript or synopsis for publication in the magazine, as soon as possible after Her visit.

Whilst the focus of the magazine is essentially what Shri Mataji is currently doing in the world there are to be some notable additions, namely key puja addresses from the past that may or may not have been published in say the earlier Nirmala Yoga magazines. Also the increasing focus on the medical aspects of Sahaja Yoga should be reported on. Linda would like some suggestions on these with a copy of the proposed content.

Of particular concern to Australia is the beginning of a new section to be entitled "Our Place In The Virata" is to answer for local and international yogis alike the question of where your country fits in our Divine Mother's scheme of things. It's supposed to tell which chakra we relate to, what qualities and powers relate to it and what things it needs to work out how Sahaja Yoga historically got started in that country and how it's going, which places significantly relate to what within it, plus more importantly things that Sri Mataji has said about that country, its significant places and its role. These comments may not have been officially recorded but please note any that you know of or please make a note of any sources where this information may be available.

Pavan has agreed to try and find DCB correspondent to compile the Australian "Our Place-Virata" story/article. Linda has asked for this by April if possible. Perhaps each city can compile a dossier. (Input preferably on Mac disc) Please help us out if you can.

Jai Sri Mataji!
Divine Cool Breeze

THE AUSTRALIAN STRATHFIELD Sahaja Newsletter



Contributions:

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January 20th '96



Shri Mataji Nirmala Devi

Acclaimed worldwide as the
Greatest Spiritual Teacher of our time.

Darling Harbour, Convention Centre
Mon 4th March • 7.30pm

Sahaja Yoga Meditation • Ph (02) 416 2373
Admission Free • No Bookings Required

NEWSLETTER - Changes for 1996

Welcome to our first edition of the Australian Sahaja Yoga Newsletter for 1996.

This year has brought some changes in Sydney to our weekly routine. As you are probably aware, our weekly meetings at Burwood for the whole Sydney Collective have been changed from Friday evenings to the new time of 6:30pm sharp on Saturday evenings.

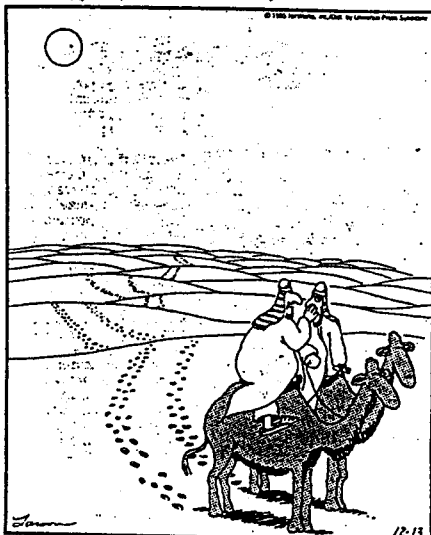
The newsletter will now be printed on Friday nights. The deadline for any copy you wish to be included in the newsletter is 7:00pm each Friday, when our newsletter team begin their work of compiling, printing and posting all the copies which are sent all around the world. The result of this is that yogis will be receiving their weekly newsletter a day later than previously.

Invitation

Each edition of the newsletter takes about 3 hours to produce. It is a light-hearted weekly event which benefits tremendously from collective input. Any yogis who can spare about 3 hours every Friday night and are prepared to come along each week, are cordially invited to join the team. (Please let either Carole or Heather know if you can help).

Perhaps you would like to make your contribution another way. The purpose of the newsletter is to circulate information which relates in some way to Sahaja Yoga among as many yogis around the world who are interested. Judging from the many expressions of appreciation on the recent India Tour, yogis all over the world look forward to their weekly copy. So every Sahaja Yogi in Sydney, Australia and overseas, is cordially invited to send contributions for publication. We look forward to receiving your contribution, to make this a truly collective expression of our dedication to Sahaja Yoga and our devotion to Shri Mataji.

THE FAR SIDE By GARY LARSON



"Hold still, Omar. ... Now look up. Yep. You've got something in your eye, all right—could be sand."

A thousand thank-yous to each and every yogi and yogini who helped look after our children at Ganapathpule and on their travels, love from all the parents.

1996 Tour
29th February - 5th March
To cover the costs of Shri Mataji's 1996 Australasian tour the national collective has been requested to contribute \$250 per adult. There has also been set up a special fund for any extra voluntary contributions which will be used specifically for advertising Shri Mataji's programme at Darling Harbour. Suggested amount \$100. Cheques should be made payable to "Life Eternal Trust, Australia" and may be sent c/o Radhika Richardson, 195 Burwood Rd, Burwood N.S.W. 2134. (please include note Working teams for the 1996 tour, public programme and puja seminar weekend have been established. Please direct all enquiries to the "Team co-ordinator"

Audiovisual
→ Helen Menasheh 560 4134
→ John Dobbie (fax 02 416 2373 office 416 2032) 487 1543
→ Chris Kyriacou 487 1543
→ Andrew Jones 686 1919
→ Fred Meyer 477 2282
→ Hugh Frith & Charles Tindong 686 1919
328 6624

Overall Co-ordination
Puja Seminar Weekend, Bundilla
Darling Harbour
Printing & Postering
Advance Publicity
→ Helen Menasheh 560 4134
→ John Dobbie (fax 02 416 2373 office 416 2032) 487 1543
→ Chris Kyriacou 487 1543
→ Andrew Jones 686 1919
→ Fred Meyer 477 2282
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328 6624

Two years later, aged 34, he went back into business. Bankruptcy again. A year later he thought things were improving when he fell in love with a beautiful woman. She died. At 36 he suffered a nervous breakdown and was confined to bed for six months. He recovered and went back into politics, running for another local government post. The last again. He started another business, with a little more success this time. So, at 43, he decided to run for Congress. He lost. At 46 he ran for Congress again, and he lost again. Lincoln told his friends late in life that he had had a lifelong battle with fear and depression, but he wouldn't quit. Finally, at 60 years of age, Abraham Lincoln was elected to his first office - President of the United States. At age 58, he ran for the Senate again, and again he lost. When he was 55, he tried for his party's nomination for Vice-President. He was badly defeated. At 48 he ran for the Senate, and lost that as well.

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Could anyone with any of the Earth Mother Exhibition material please return it to Burwood. Joy has offered to catalogue and care for the material at Burwood.

Subject: Diwali celebration
Forwarded message from Ajit Kulkarni

Jai Shri Mataji

It was such a joy to see Shri Mataji again after more than 7-8 months, and to be lucky enough to be present for the auspicious occasion of the Diwali Puja. I will tell you in chronological order how everything took place.

The first evening , ie, 28th Oct there were various programmes. It started off with a beautiful play by the French Sahaja Yogis. The play was describing the aspects of the various deities on various chakras, finally ending up with Sahasrara. Before coming to Sahasrara they showed the onset of the depth of Maya in Kali Yuga, and how various ills were taking place in day to day life. Then they showed the gods praying in the heavens for the Adishakti to take birth and save the world. Then they played that part of the speech of Shri Mataji where she had announced that SHE is the Adishakti. I tell you I was stunned, it was a fantastic experience.

The next program was by the Romanian Qawalis. It was amazing. It is remarkable to listen to such intricate musical patterns which they create even without ever learning the abc's of the Indian Classical Music. I think even a person learning for 4 years would hesitate to take such complex taans.

The following is the translation of a letter from a gentleman in China to the Hong Kong Collective in response to our letter (which was duplicated and to people who have seen Shri Mataji in Beijing Public Programme or who left their names in the Sahaja booth in the N. G. O. Forum). He is applying for a permit to invite Shri Mataji to visit China.

Dear Mr Hou,
I'm very grateful to have received & read the material you sent.
I'm the person who came from Changchung City and converted to Shri Mataji at the Beijing Airport.. Respectfully Shri Mataji is and enlightened person, teacher of the people. What she said is totally correct. The reason I went to Beijing at that time was for seeking the Tao, but the [original] target was not Shri Mataji. Perhaps the reason I went there was to be blessed by (adhisthana) by Guru Shri Mataji. I think I was the last one to convert to Her in Beijing. I am very happy with my affinity and good fortune.
I'm a devoted Buddhist practitioner. I don't know if you believe in Buddhism. But I think no matter what one believes, our goal is the same. The way I study Buddhism is not blind superstition. I have deeply realised the essence, that's why I have been seeking everywhere. The yoga Shri Mataji is teaching, as said in your letter, is not an exercise. Although I have known this method for just a short time, I thoroughly understand the term "yoga". This term is quite common in Buddhism. It transcends all languages, or can be called "zen". I have been studying this state for several years, so I feel so grateful to know this knowledge of yoga and to get this method of enlightenment. So please don't misunderstand why I call her "The Guru". It is only because She is our master and I have no other way to express my solemn respect and love for her.
With the consent of the government I have established a "Buddhism Research Institute" with a fellow Buddhist. I have requested in a letter to Miss Fong Xia [Lily Fong of HK] The Guru's address, only with an intention to invite The Guru to China again, so that we can listen to Her revelation in person. Now I am applying for this through the Bureau of Pubic Safety. I am also trying my best to obtain the video recording of 16th September [when Shri Mataji's image was shown in background at the end of the China Central TV news]. I have a friend in the Jilin [Province] TV Station. He said he would phone his friend in the CCTV to request the tape. If it works out, I will send it to you at once. If any one of you see H.H. Shri Mataji, please convey the message that I will try my best to spread Sahaja Yoga in China. I am determined to get the approval document for invitation of Her. Then She, the respected master, only need condescend to come. It is very difficult for people of mainland China to go abroad, otherwise I would go to pay homage to H.H. Shri Mataji. It is a pity for such national boundary! However, our hearts are united.
If there is other material, please send to me. If the invitation letter is approved, I'll send it to you. Please transfer this letter to H.H. Shri Mataji and send me her address. I hope our wish will be fulfilled.
My residential phone no. is (0431)8692260.

Wish you every good luck!

WANG Ke Jian
Chang Chun City
Salutation with anjali
95.11.28

The following is a letter from LyndonDe Valle, a yogi from Australia and, more recently, Hong Kong. During Her momentous visit to Beijing in September 1995, Shri Mataji asked Lyndon to stay in Beijing and try and get work there. Within a few days Lyndon had a position lecturing in English at the Beijing Normal University. Although the wages are not very high, he is able to attend as many classes in Mandarin as he has time for. So rapidly he is gaining fluency in Mandarin, and is able to communicate with the 5 or 6 people who visit his room once a week for informal programmes. Lyndon's wife Jayashree and son are currently in India and hope to join him in Beijing later next year. Lyndon would be delighted to hear from any yogis, or to welcome any adventurous visitors to Beijing. His contact details to date are:

Lyndon De Valle
Room 3209
Foreign Students Building
Beijing Normal University
Beijing, PR China 100875
Tel: 86 10 220 7571 (call between 7.30 - 8am or 9.30 - 10pm)
Fax: 86 10 201 3929

2. 12. 1995
Dear Ramesh,
Just received your letter and was very excited to read it. [Ramesh had written to Lyndon regarding the proposed Sahaja Yoga involvement in the forthcoming International Congress on Epilepsy to be held in Beijing in April 1996] I don't have a lot to report to you from here about events yet. I'm just beginning to approach some officials about Sahaja Yoga but it's quite tentative as yet. I think I can help you set the tone for your actions if I inform you of what I have seen and experienced. I'll start with a quote from the I Ching (a most extraordinary book).

It is true indeed, that in Sahaja Yoga miracles have lost their meaning.

Next to follow was the great Ajit Kadkade, who needs no introduction. He sang beautifully. He sang a Khayal in raga (I think) 'Jaiwanti Todi', an early morning raga. By that time it was 2:30 AM. This was followed by a bhajan in Raga 'Nat Bhairav', and followed by a few other bhajans, whose Ragas I could not recognise on a account of being half asleep. The programme ended at 4:30, after which Shri Mataji praised all the performers, especially the Romanians.

The next whole day we all just lazed around taking rest anticipating that the puja would be late. And indeed we were true, The Puja talk started at approximately 3pm on the 30th. Although Shri Mataji had arrived at 8pm on the 29th, the puja did not start immediately. There was music by the NSS, Arun Apte and the Students of the musical academy in Nagpur. That was again heavenly. What else can you expect?

Shri Mataji, began with saying that, even She had not known that after 25 years of opening of the Sahasrara at Nargol, there would be so many yogis sitting there at Nargol for the occasion of the Diwali Puja. She said that She was postponing the opening of the Sahasrara, but when She saw a wicked Rakshasa mesmerising the seekers and taking them into their past lives, from where they could never have returned, She became very unhappy and was anxious about the mankind.

Confucius says:

"The superior man sets his person at rest before he moves; he composes his mind before he speaks; he makes his relations firm before he asks for something. By attending to these three matters, the superior man gains complete security. But if a man is brusque in his movements, others will not cooperate. If he is agitated in his words, they awaken no echo in others. If he asks for something without first having established his relations; it will not be given to him. If no one is with him, those who would harm him draw near."

If you like this message then put it in the Newsletter. It means a lot to me right now. It suggests the need for patience, understanding and perserverance, as well as just action.

Above all, I would say, we need to have the right attitude if we want to have success in China. People here are educated, intelligent and informed and we shouldn't try to sway them with catchy political phrases or platitudes. Rather it should be the strength of our own convictions, our genuine belief that we are here because of our interest and love for China, and our own personal dignity that shines and carries Shri Mataji's work. Vibrations have a tremendous affect in this country so we should try to work by radiating from our own centre, rather than altering ourselves to try to look more appealing.

It may be possible to hold our own reception at the same time as the conference on epilepsy. Here we could invite doctors and medical personnel for a presentation of findings about Sahaja Yoga in areas besides epilepsy, ie stress management. By then you will have some more concrete reports of your own work at Liverpool Hospital. Perhaps there are reports from other countries that could also be tabled at this. I don't know what work is being done in India, Russia or Europe in the medical field. [Please forward any relevant info to Dr Ramesh Manocha, c/ Burwood Ashram, 10 Clarence St, Burwood, NSW 2134, AUSTRALIA]

If emphasis need to be looked for I would suggest:

- advances made in other countries
- moral character
- non-profit in Sahaja Yoga
- scientific indicators of the subtle effects of Sahaja Yoga
- holistic approach

It is possible to refer to spirituality, though not religion, ie "the way of Heaven" rather than "the way of God". Mother nature, Mother earth spirit etc are okay.

I feel it is our responsibility to show that spirit and science are not trying to negate each other, that spirit is scientific, that Kundalini is a source of deep healing, and that Sahaja Yoga is a scientific proof, a giant scientific experiment with quantifiable results, of the power of the spirit and the Kundalini.

In other words, we need to think about how we phrase our words so that they fit Chinese thinking, and are not misunderstood, but above all we must be open. We must have conviction in what we say, conficence in what it s and not seem to be hiding anything.

China is much maligned and misunderstood country. If you think of Russia before any Sahaja Yoga was there, then maybe it can give you a perspective on the possibilities and our approach in China. We must be innocent and pure, and not be fettered by political notions.

If you can, try to listen to Shri Mataji's talk given in the Jing Guang Hotel this September in Beijing. I think it very beautifully sets the tone for approaching Chinese. It's not as complex as we think. It is based on love, respect and mutual understanding.

One more thing, be on the lookout for any attacks of negativity. They will come, and they will try to come in the subtlest of ways, that is from within.

Keep in touch. There is much to be shared and experienced.

Love from your brother,

She thought that if the Sahasrara was not opened now then all these seekers of truth would be lost.

And from Her concern and Her tremendous love for the mankind She just desired that the Sahasrara be opened. And thus the greatest event of the History took place. Then She told us how Param Chaitanya is active now, and it can bring about any miracle.

'She said that the Ganesha and Shiva idols drinking milk was its doing.

She then said that in the North India Sahaja Yoga was spreading very fast and She was very happy about that. But She was not pleased with the situation in Maharastra. She said, Maharastra is the place where so many saints had taken birth, where the common man is aware of the inner knowledge, where the common man even today gets up early in the morning for praying to the Almighty, why in such a place should Sahaja Yoga not be spreading? She said, here there are a lot of Sahaja Yogis who have gone deep in their meditation, the Yuva Shaktis are good, a lot of people are aware of the curatives in Sahaja Yoga, but the average level of meditation was not very deep. She has asked us to meditate everyday and go deep in meditation. Also she has asked all the Sahaja Yogis to Put their attention on Maharastra. When All the Sahaja Yogis in the world put their attention on Maharastra it will work out and soon.

It was a Short Puja, lasting for only about 1.5 hrs. All of us left after having the Puja Prasad, which was at around 6am.
Ajit

