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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 tong yogis on the edge of the great Back Kong yogis on the edge of the great Back Agnya, we thank you all deeply.

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.

are coming along. friendship has really touched the Chinese that to dique this deling, and this depth of there is absolute love and trust between us. It meet someone for the first time and know that Mataji, is that through Sahaja Yoga, we can visitors. One of the greatest miracles of Shri awareness. It has been really good to have very honest about their vibrations and experience of Sahaja Yoga is vital, and they are which is why she had dropped away. We have found with all the Chinese that the really been experiencing vibrations before (no doubt) vibrations next week. She had not us the other day and is coming for dinner and Sahaja Yoga in LA and had even attended puja, but had stopped after a while. She rang attendant) called Cathy. She had been doing an American/Chinese lady (also a flight India called Maduri. Sharie introduced us to Doring. Sharie has a daughter at school in

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 Usula

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 goople are beautiul and the seekers are tremendous. However, more yogi power is needed to continue Shri Mataji's emancipation of the Chinese people.

Sue Ellen and Robert Monaghan are returning to Australia in August. Very unexpectedly three weeks ago Sue Ellen's brother Dailas arrived in Hong Kong. He said he had a very strong feeling that he must come because of Sahaja 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 on.)

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

beautifully) before travelling to Italy with them all. She had a deep experience and spent day. Margaret was quite overwhelmed by. Margaret was quite overwhelmed by. Shri Matgaret was quite overwhelmed by Shri Matgaret was quite overwhelmed, glowing shri Matgaret bove and concern and her gift of a nearlith san; 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 able to present a gift from Hong Kong to Shri Mataji after the Puja.

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

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

holiday resort for the mainland. island may be an excellent starting point for programs etc aimed at China, as it is like the write something about Sahaja Yoga. Hainan Communist system, and she would like to path, as so many people have lost faith in the that what China needed now was a spiritual press official from Shanghai and commented pinpoint the exact chakras. Another lady is a vibrations to another and immediately could old girl after one day helped Freda give the power of the love of God, and an 18 year amazing. One lady said she could really feel and some of their experiences were quite Each day she gave vibrations to some of them, was there she gave realisation to 7 people. off the southern coast of China). While she went to Hainan Island (a large Chinese island meditate in mainland China. Recently Freda very profound, as she is the first Chinese to realisation and was meditating there. This is now moved to Hong Kong). She has her Freda has a cousin who lived in China (she has

collective by David Wong. Just before the Puls, we purchased a big meditation room Fuls, we purchased a big meditation room carpet, which by the grace of Adi Shakti was

Sahastata 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 the whole of Hong Kong. Freda's little courtyatd on the Peak was packed. Pavan arrived just as we were beginning the Canesha 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. Sahastata Puja was performed for our

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

were searching for the truth. God, two wanted to become Yogis and three looking for the connection between man and replied good health, two said they were what they wanted from Sahaja Yoga. One At one program Pavan asked each of them have an understanding of Eastern spirituality. tremendously and because of their seeking Puja and Havan, and enjoyed the vibrations very anxious to clear themselves, and hungry for knowledge. Many of them have been to and realise how wrong all this is. They are damage to their chakras they have a sensitivity from Shri Mataji very quickly. Despite the and recognise the experience and the truth have come into SY from it are all great seekers lamas who teach it. However the people who magic etc, and pay heaps of money to the distorted form of Buddhism involving black heard of it), and does a lot of damage to the seekers who practise it. They do a very here (about 50,000 strong, although we hadn't Tantric Yoga in Hong Kong. It is quite big Some of the original people had been doing programs are still going with quite a few returning each week plus some new ones. As you know it was very successful. The course at the Mariners' Club on Kowloon-side. Before Shri Mataji's tour, we held a four-week

Greetings to all our family in Australia. By size Sahaja Yoga in Hong Kong is blossoming.

June 1992 5/F 56 Morrison Hill Road Wanchai

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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 Niemala Desi

ROYAL ALBERT HALL

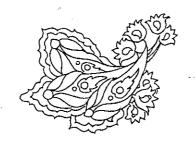
KENSINGTON GORE, LONDON SW7

THURS 11th & FRI 12th JUNE 7.30 p.m.

"Shri Majai

ADMISSION FREE

You cannot pay for Divine Love.



Homebush

Sahaja Newsletter

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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.

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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.

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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.

had seen the advertisement for Sahaja Yoga on television.

The local television station accepts local community service annoucements 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, 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 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

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 sufferinggerom the worst drought in 40 years!

Wilcannia, predominatly 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 Pasturalists 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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SPECIAL FRIENDS.

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 somthing 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 dont you be like me You won't need to wear your sneekers 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.



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Letter From

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 livingpower'. It is indeed a reality.
- 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 motherfountain 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 willpower or volition. Even an extremely highly placed human being has to struggle hard in a round about way for that achivement, But that is not his fault.
- 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

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 fregrance, 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 Loius. At this juncture, distractions of the mind carried by the egoistic vain glory, will 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

(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 splendered 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