



Contributions:~

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*I move with Rudras and with Vasus,
I move with Adityas and all gods by my side,
And both Mitra and Varuna I Support,
I Support Indra, Agni and the two Asvins.*

*I uphold Soma, the destroyer of the foe,
I sustain Tvastri and Pushan And Bhaga;
I reward with wealth the offerer of oblation,
and the devout worshipper pouring the Soma.*

*I am Queen, the Gatherer-up of treasures,
the knower, the first among the Holy Ones.
The Devas have established in many places
Ma who lives on many planes, in many a form.*

*The man who sees, who breathes, and who hears what's spoken,
through me alone obtains his sustenance.
There are those who dwell by my side but know not.
Hear thou who hast hearing : I tell thee the sacred truth.*

*Yes, I myself say this, - and these my words
must needs be welcome to Devas and men,
One whom I love I make mightly - make of him
A Brahmana, a Rishi, a gifted man (a Realised Soul).*

*For Rudra I stretch out the strings of his bow
to slay the fierce enemy of the holy man (Sahaja Yogi),
And for the people I engage in battle,
and through the earth and the Heaven I spread.*

*And on the summit I bring forth the Father,
my home is within waters, in the ocean,
From where I extend to all existing worlds,
and yonder heaven I touch with my forehead.*

*And it is I who, like the wind, breathe forth (the Chaitanya)
an set all existing worlds in motion.
Beyond heavens and beyond the earth am I,
and all this have I become in my splendour.*

FROM
DEVI SUKTA

Lord of all things and of all living creatures.
Using every conceivable means, human beings of every era have always tried
to show their feelings of deep respect (and reverence) towards God and to
perform what is due to their Creator.

This is why Islam has always stressed the possibility of direct

communication with God. Even those who have fallen into idolatry have never
denied the existence of the Creator, but have simply put their idols and
images in His place. And this is still happening today. This being the

case, how can we recognise a true prophet and what is his or her mission?

The mission of the prophets is to reveal the will of God, that is, to
provide a logical and tangible explanation of religion as it is experienced

in our daily lives.

Genuine monotheism - the belief in a Supreme Being - means (or implies) the

unshakable oneness of the whole creation between man and God. Monotheism

proves then, the pointlessness of idols and of images that come between man

and God. The mission of the prophets is thus to set human beings on the

right track, and in order to do this, the prophets have used two parallel

and complementary paths:

- the way of learning, based on theology and philosophy

- and the way of Self-Knowledge or Self-Realisation

This is why we find in our Holy Book, the Koran, both scholastic discourse

and phrases which hint at the "way in" to knowledge of the Highest Self.

The concrete means of putting this message into practise is what is offered

to us in this age by Shri Mataji! Nirimala Devi.

To back up this Truth, if you will allow me, I will quote these words of the

Prophet

Mahomet, who tells us: "God is closer to man than his own veins."

And the Prophet says: "With the knowledge of the Spirit, man will begin to

know himself, so as to finally achieve knowledge of God."

"With the purification of his inner being, man becomes conscious that he is

the Spirit."

It is thus the experience of spontaneous Self-Realisation - which is

revealed by Shri Mataji! Nirimala Devi - and Sahaja Yoga - which is the

practise which the teaches - both spontaneous Self-Realisation and Sahaja

Yoga are in perfect harmony with the teachings of Islam. It is because of

this revelation by Shri Mataji! that I have wanted to speak to you tonight.

In similar vein, I should like to end my talk by referring to the condition

of women in Islamic countries today. As you know, the position of woman as

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Dear brothers and sisters in Sahaj,
“Jai Shri Mataji”,

A LETTER FROM DARWIN

(1)

It is now four weeks since we returned from our Sth. East Asia Tour and I do not know where the time has gone. I decided I'd better get our experiences down on paper before the next one comes along and I lose track. It is so easy as every day is a great experience in Sahaj.

It began with a simple desire to travel to this area, (as Shri Mataji had suggested us Australians should). Along came an Italian brother, Maurizio with a similar desire in mind and before we knew it our trip to Kuala Lumpur became a travelling bandhan in a clockwise direction all over Asia and back to Darwin in the Northern Territory of Australia. BEGINNING 27th MAY.

So first stop was KL at the seminar arranged by the Malaysian collective.

We were looked after like royalty as usual and I'm happy to say our waistlines are almost back to normal size. This wonderfully balanced Nabhi of our Asian families seemed to be the norm wherever we went. The seminar was extremely productive and many areas of concern to all of us were covered at length. Many activities were planned for the children, young and old, we were always busy enjoying. It was a great time to get to know even members of our own collective whom we don't really get time to talk to at rushed weekend events due to the vastness of our country and distances to travel. We became well acquainted with a certain leader from WA who was seen running frantically after little children's balloons and bursting them with relish. (We owe him that one). I really feel like a part of the Asian collective now as a solid bond has been formed.

After our delightful stay with the Tans, we took the train north to the Penang collective and what we thought would be a respite for our swollen nabhi's. Of course we were wrong, as more delicacies had to be tasted. In Mr Kali's own words. “Penang is a gluttons paradise. So what's in a name?”

We spent a few days going through techniques and helping wherever we could for this collective which is growing very fast. Ivan and KT Tan had spent many months visiting Penang fortnightly until they were ready to fly on their own very capable wings. We were shown all the sights and our favourite was the China town area with the little curio shops. We were also taken to the end of the world, (the road ran out at the end of the island), where footsoaks were enjoyed by all. We were taken on tour by a yogini who had only recently obtained her drivers licence. She would keep putting the steering wheel in bandhan, never looked around to see if any cars were passing before she made a move. We said. “Why don't you look before you change lanes, or at least stay in one lane as its hard for others to know what you're doing if you drive down the middle of the white line.” To which she answered. “Oh, I never look, I just sit here and let Shri Hanaman do the driving”. We sat there laughing and hiding our faces as irate drivers gave us the big stare as they finally passed us.

The taste sensation in Penang was “chandal”. A cooling drink with shaved ice, black beans, sugar cane syrup, and green noodley looking things made with a vegetable that looked like parsley but shorter. It made your temperature drop 10 degrees in as many seconds. You sort of ate and drank it at the same time. Not to be missed!!!

We sadly had to decline soaking up the blessings of Penang for too long as we had to move on, so we took the train over night to Thailand. It was quite inexpensive and very comfortable. I couldn't help comparing it with other train rides in another country. At 7pm. the cabin crew would even come in and make up the beds! Bangkok was as I remembered it. Full of cars, bikes, busy people and pollution. This time though, it had Sahaja Yogis. We were met by Herbert who lives right in the heart

(2) of the city. We were shown all the market places where we checked out new stock for our own business. We found a drink very similar to chandal but without the green noodles. We grabbed a drink of it whenever we could, as it was quite hot there, even for us. We were taken for a boat/come/bus ride up the river and to our complete surprise we saw lots of fish jumping, so we can assume the water is not as polluted as it looks. We jumped (literally) off the boat. If you didn't jump you stayed till the next stop, as they won't wait for any sense of dignity to be exercised here. After a short walk we were at the Bangkok public program venue just in time to hear the introduction which had to be spoken in English, Thai and I think Chinese. There were even 2 Australian girls there. They mentioned the problem of trying to understand the talks as they are so interrupted by the translations. We have it so easy in Australia with basically all people speaking some English. Traffic is always a problem in these countries. It takes people so long to get anywhere they just give up and stay home. Considering these conditions the Yogi's deserve a round of applause for their efforts in carrying on with this great work. All difficulties were soon forgotten that night as we were treated to a Thai meal at the “largest restaurant in the world” with traditional dancers in fabulous costumes. We were then escorted home, while foot-soaking was provided by Mother Nature. More like body soaking. We could not believe, that in less than 10 minutes of rain, the streets of Bangkok were almost impassable. Taxi drivers did not want to know you, so getting home could be a real problem.

We moved across town later to spend time with the main collective. Once again getting to know each other and discussing ways of overcoming obstacles for the spreading of Sahaja Yoga were main topics. To experience each others situation makes you really feel part of the “big plan” and so much closer to the real family of Sahaj: (Those dedicated to spreading Sahaja Yoga). Throughout the whole journey I felt as if it was completely organised for us. We just had to allow spontaneity to flow.

We said our good-byes and flew out to unknown territory, Vietnam. We had an address and an invite to visit. Our entry to the country was less than pleasant. It was like a huge attack on our attention and a test for the old ego which did not like having to apply and pay for a 2nd visa and photos as well.

(A tip for future Vietnam visitors). Take 2 spare passport photos with you.

When you enter customs go straight up to the counter and take the sheet of paper and fill it out. Then pin your photo to it and get in line. If you do not get the form to fill out it means waiting in the queue and then being sent off rather rudely to fill it out, get the photo's etc. By this time another plane load of tourists are in front of you doing the same thing and all getting up tight at the strange system. Once through this little drama you then get your luggage and pass another counter. If you have anything you don't want to declare, I discovered it's just a matter of slipping some money under the newspaper on the custom's officer's counter and you can pass through with no fuss. Fortunately this did not concern us, but I was shocked at how blatantly it was done.

We took a taxi to the address in Ho Chi Min City and couldn't help wondering who our next hosts would be. Our thoughts were put to rest immediately the gate opened and the welcome began. We met Nishi and Shantanu Srivastava and 4 yr. old son Satyam. We were fed, watered and tended to by the sweetest ladies, Madame Tu and Madame Hio. Their names meant “flower and autumn”. That day yogi's began to arrive to greet us and to discuss Sahaja Yoga at length. They are very thirsty for knowledge and were surprised to know how large their family is. We stayed for 5 nights and every day we had collective meditations, bhajans, & treatment schools with up to 15 or so yogis. A havan and a Puja was performed to help lift the vibrations and of course to combat the negativity. There is a very big “back Agnya” problem in this

country. We ask all yogis to please put attention on this country as the spreading of Sahaj must be done behind closed doors due to the political situation. I must tell you a story. On the night of the Havan, (in a little village about 2 hours drive on a small motorbike away), a young Yogini sat in meditation. Her hands were alive with vibrations so much she could not remain still and decided something special was happening. All night she said these vibrations continued so strong that she decided to get up early in the morning and rode her bike the two hours alone to the city to see what was happening. Of course she found the house full of yogis and our new faces. This young lady has started programs in her village and given s/realisation to her family and anyone who she finds receptive.

Another yogini told of visits in her dreams by Shri Ganesha. Only thing that made the story unique was the fact that it happened before she had heard of Sahaja Yoga or self realisation, and only recognised Him when Nishi was talking about the Mooladhara and the Deity of that chakra!

We discovered that the Cu Chi tunnels were in this area of Vietnam, so with the eager aid of our dear brother Shantanu we were treated to a personal tour with our own private tour guide. We found 250 kilometres of tunnels, which were used as hide-outs, hospitals, army headquarters and even kitchens with elaborate chambers to allow the release of smoke so slowly that they would go unnoticed by the enemy. An average person of European build found it impossible to enter as we're so much wider. At one place they had widened an entrance so visitors could enter and view the chambers. It was very hard crawling just 5/6 metres carrying a handbag for me. The people are devoted to protecting their land and could obviously have carried on much longer using these tunnels. There were 3 levels going down 30 metres. Kevin did an extra excursion for the “tough”. He said he just had to do it. I don't recommend it to the unfit. He came out the other end absolutely exhausted, with muddy knees, elbows, and sweating all over. Every one laughed at the sight including Kevin. I think the distance was only 20 metres! Only the tough could live in these conditions.

Our guide told us that after the war the school children and families went out to this area to help clean up all the bomb fragments so they could return it to the lush farmland it once was. They removed something like 4 kilos of shrapnel per 1 square metre of ground and turned the bits into trinkets to sell to tourists.

Houses were built over bomb craters, filled with water and fish farming took place in their back yards. The Vietnamese are master craftsmen in many areas. The one that we are very fond of is the laqueur ware. They spend about 3 months to build a table with inlaid mother of pearl shell under layers and layers of laqueur. Most of this time is spent in the polishing process that is all done by hand and re-exposes the shell pattern.

Taste sensation in Vietnam was the “dragon fruit”. A huge, bright pink fruit, which grows on a vine and looks like no other fruit I've ever seen. Inside it has white juicy flesh with tiny black pips, which you can't notice when you eat. They also have the tastiest mangosteens I have ever had the pleasure of dripping all down my chin. For the bread fans: you can buy Vietnamese' bread-rolls everywhere. They learnt the technique from the days when the French occupied their land. It is actually French bread. Maurizio, our brother from Italy and a keen connoisseur of food, recognised it instantly.

With sad hearts we left this amazing collective wishing we could have stayed longer to enjoy their company and to bask in the joy that Shri Mataji bestowed upon us all during our visit. The host family, look forward to greeting future visitors to their

centre. If you do intend to visit please contact them first so any Sahaj material can be hand delivered to help build up their library etc. Don't forget your photos.

The next port of call for us was Manilla in the Philippines where a public program was to take place. The traffic was horrendous to say the least. They have a huge problem transporting the public. Road works were in progress and this did not help the situation one bit of course. One evening we took 2 hours to travel 7 kilometres in a bus. We got to Rajeev and Veneeta's house which is in a heavily guarded private estate free of heavy traffic and pollution. The public program was advertised in the local paper and we distributed 7 thousand hand bills over 2 days in the streets of Makati. (the business area of Manilla). The hall was prepared and we waited for the crowds to appear. I think, not counting us, about 45 to 50 at the most were seated for the introduction, which was very nicely given by Alex Henshaw of Hong Kong. Then Rajeev talked about the medical aspects and benefits. A video was played of Shri Mataji talking to new seekers and then the s/realisation took place. Most were feeling something before they left the hall. The most surprising part for us was the number of them who turned up for the follow up program two days later. (Almost half). So lets hope this new group of people will continue to grow. The Kumar's are dedicated to the cause and invite any yogi's who wish to help or even come to Manilla to work to join them in their quest for Sahaja to take hold in this very difficult country. They are the only yogi's here so you can imagine how they feel. At present it seems that money and power are the priorities, and we noticed most people are practicing some dangerous stuff. We must all put our attention on the lone yogis.

We never got to see any sights due to the short stay and our reason for being there was to work so all our spare time was spent preparing for or clearing out after the programs. We spent one balmy night sitting out on the front lawn of the house singing bhajans and playing natures instruments. Tapping the ground, slapping knees, banging mosquito repellent bottles together etc, while Alex gave us his impressions of a tabla being played verbally. Great fun being together under the stars on the lap of Mother Earth.

Next stop, back to Kuala Lumpur, do some shopping for items not available in Darwin, pick up luggage left behind and experience some more noodles before the home run. We were taken out to see the site of the new KL ashram. Work begins on it very soon much to the delight of the collective. It is a little further out of the main city area and has a country air about it. Ramesh Tan was seen sneaking photos inside display homes and measuring cupboards and window lengths while security guards were out of sight. We also went to a hilltop place to feed some of our ancestors. They were very gentle unlike the cheeky, grabbing monkeys of India. K.T. fed a group of them some peanuts one by one, just like in school. (one for you and one for you). Next night we had to leave our family once again.

Next stop Darwin and our annual health and healing expo the day after. We had everything in place before we left Australia so it was just a matter of getting there and setting up.

Of course we had excess baggage of the kilogram type to bandhan and eventually we got through OK. We landed back on Shri Ganesha's land at 7am Friday 27th June. It has been very hectic for us since then so please forgive this late report.

We send our warmest thanks to all the host centres that looked after us during our trip and hope some day we can return the love and complete joy we shared.

Until we meet again, Your Australian connection to Asia,

Linda and Kevin Pauling. DARWIN.

PS. Now on E-mail: sawsafe@ozemail.com.au