



.....
2/5/87
meditation is a part and parcel of our lives. As far as human beings they have to breathe, you have to meditate. If you do not meditate, you can never grow. You have to meditate. Unless and until you meditate, you can never grow. The growth of a personality takes place only when you meditate and become deeper. Superficiality is not going to help. This is the reason why one has to meditate - but not for a long time.

.....
5/5/87
It has to be a religious obligation that you must listen to me, whatever I say. Actually, you must obey me!

.....
21/5/84
A simple thing I have requested you all - to put some ghee in the nose. This is a very simple thing, but it is very important. You all suffer from a very bad Hamsa - and one of the things that is a symptom in an AIDS case is a bad hamsa. And a small thing like that is not observed!

.....
21/5/84
We cannot fight ourselves. We can only leave it to the Kundalini and the Atma to work things out for us, by the constant practice of Sahaja yoga - shoe beating, foot soaking, dhyanas (meditation) etc. And since it all happens automatically, there should be no room for ego intervention or mental activity.

WE MUST REGULARLY SHOEBEAT, FOOTSOAK, PUT GHEE IN THE NOSE AND EXCHANGE VIBRATIONS.

SAYINGS OF "SHRI MATAJI"



Australian APRIL 25th 98
Sahaja Newsletter
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Sahasrara Puja 1998

You are cordially invited to attend the puja at Burwood Ashram at 5:00pm on Saturday 9th May to celebrate the 28th anniversary of Shri Mataji's opening of the Sahasrara.

Puja Roster is as follows:

Set up	North Shore (except Lindfield) Chatswood, Gordon, Turramurra, Castle Cove etc
Cooking	South & West of Parramatta Cabramatta, Guildford, Wentworthville, Pendle Hill Kurrajong, Katoomba etc
Washing Up	Inner West Glebe, Newtown, Chippendale, Petersham, Lewisham
Dismantle	Northern Region Central Coast, Newcastle, Newcastle, Pelaw Main, Musswellbrook etc

WE MUST NOT FORGET WHO SHRI MATAJI IS.

And I shall pray the Father and He shall give you another comforter....the comforter, which is the Holy Ghost, whom the Father will send in My name. (S)he shall teach you all things.

Sri Jesus

.....
But today is the day I declare that I am the one who has to save the humanity.

I declare I am the one who is Adi Shakti, who is the mother of all the mothers; who is the primordial mother; the shakti; the purest desire of God; who has incarnated on this earth to give its meaning to itself; to this creation; to human beings: and I am sure that through my love and patience and through my powers, I am going to achieve it.

I was the one who was born again and again: but now I have come in my complete form and with complete powers. I have come on this earth, not only for salvation of human beings, not only for their emancipation, but for granting them the Kingdom of Heaven; the joy; the bliss that your Father wants to bestow upon you.

2/12/79

.....
So this awareness should be with your heart: that the time is very important. You have come here at a very, very important time. And that when you are with me is the most important time - and take full advantage in the real sense of the word.

Sri Mataji 21/5/84

WORKING BEE AT COUNTRY PROPERTY NEXT WEEKEND

Anyone who would like to come for working weekend at the country property please ring Paul Henwood at Lewisham, phone 9560 0029

WE MUST MEDITATE EVERY DAY.

28/7/85
If you are a child of the same mother, how can you go higher than anybody else? You will remain always the child of the mother.
How can you be higher than any other child in the eyes of the mother? You cannot. On the contrary, if you try to do such tricks, the mother will punish you.

.....
Sri Buddha
Counting the faults of others only adds to our own!

.....
Sri Jesus
And why beholdest thou the mote that is in thy brothers eye, but considerest not the beam that is in thine own eye.....Thou hypocrite - first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

28/7/85
Change your attitudes. Try to see good in others. Try to see. I am not saying for other people, but I am saying at least for Sahaja yogis, you can do it. Try to see good in them. What good have they done to Sahaja yoga. What you owe them. How to get along with them. Why not see the good of them. By giving them encouragement; by being good to them, you are helping Sahaja yoga.

WE MUST NOT CRITICISE OTHERS.

.....
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2/12/79

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Sri Mataji 21/5/84

WORKING BEE AT COUNTRY PROPERTY NEXT WEEKEND

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Bombay Puja 1988
To develop, one must meditate. Important thing is to meditate everyday! everyday! everyday. You may not eat your food one day: you may not sleep one day: you may not go to your office one day: you may not do anything that you are doing everyday. But you must meditate everyday. That's an important point.

Jai Sri Mataji!

Here is something for the newsletter about Easter Puja, and can you please tell Uncle Michael that everything worked out well with the present from Australia to Sri Mataji, the details are in the piece for the newsletter.

I will send this part today (6pm Thursday Romanian time to see if it sends OK and the rest I will send tomorrow morning...please can you let me know if you receive it OK)

Love Anna

EASTER PUJA-ISTANBUL

On Thursday morning around 250 Romanians boarded buses and trains and traveled South to attend the Easter Puja with Sri Mataji in Turkey.

We crossed the mighty Danube river that forms the border with Bulgaria, and saw the many great trees standing close together by her side, as if in attention to the great river that gives them life. This sight sent my mind forward to the next evening when it had been proposed we would meet Sri Mataji at the airport ..and how we, the Sahaja Yogis will stand in devoted and complete attention towards our Mother who gives us life in much the same way as the trees stand by the river.

We traveled through Bulgaria which was very beautiful and full of the new life that the spring brings, little towns with quaint houses and gardens filled with the brightest tulips you can imagine, green fields so fresh and pure they appeared to reflect the sky like water creating a kind of lilac haze above them. We stopped for a break between two big lakes and the hills nearby were covered with lavender bushes, the road was made by hand and small rocks had been placed in a bandhan shape, it was full of vibrations and one could somehow feel the joy of the ones who had made it. A reminder for me that it is the feelings behind what we do that is most important if we want to spread joy and vibrations. All along the roads there are places to stop and drink natural spring water that comes from the earth, it tastes very sweet and is very refreshing.

At the border for Turkey we waited around 4 hours (apparently they wanted some bakshish and we weren't going to give it to them)

We arrived Friday morning in Istanbul and set up camp in a circus tent by the Marmara sea. It had been cleaned out very nicely by the yogis and decorated but still the vibrations felt a bit strange and then we found out that it is usually "The Dolphin Disco" one of the wildest discos in Istanbul, after a few hours and more yogis arriving it felt very nice there and could have been anywhere. It had been the last choice of the yogis and when Sri Mataji saw it she was very happy and said it

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was a good place for us.

Friday afternoon we went to the airport to greet Sri Mataji, some yogis were inside but most of us were outside the airport. When Sri Mataji came out it was very high security she was surrounded by police and there was much pushing and drama as everyone strained to see Sri Mataji. I saw only a small piece of her sari but it was enough as the vibration were very strong.

The next day Saturday morning Reyhan, Alin and I went shopping to find a present to offer Sri Mataji after the puja, we went to a beautiful glass shop that makes handmade, hand painted glass items where we found a beautiful hand painted vase with roses and gold scroll work. After that we wanted to find some flowers which turned out to be a bit of a maya as there didn't seem to be any nice flower shops around, finally when we decided to go to another shopping place we found a shop who made a beautiful bouquet of pink lilies and white and red roses. That night we had a musical evening with Sri Mataji and guests, a local Sufi leader and poet and his wife. The first item was the Turkish collective singing bhajans led by a new member of their collective a Maharastran boy called Gajanana. Then there was Romanian girls dancing Indian classical dances, Traditional Turkish folk dances and some Greek dancing.

After a break we heard a Turkish boy play a traditional Turkish instrument that sounded like a sarod but looked a little like a banjo on which he played a raga, and a small girl sang Ganesh stuthi and Apani panah ha mein. Then there was a play by the Iranians and some adopted ones about Sahaja Yogis going into a mosque and telling the local Ayatollah the truth about Islam and Sri Fatima. The program finished with people dancing to Romanian Qawalis.

Sri Mataji spoke after the program saying she appreciated the organisation that went into the program and she knew what was involved as she also used to organise musical evenings. She said it is necessary to have speed when doing things, a kind of divine speed, not the kind of speed that comes when rushing to catch a plane but a kind of rhythm. She praised the Turkish dancers and said they could become well known in India if they came in contact with Indian film makers who could be very interested in them. Again she praised the Romanians for being like Ghandavas.

Sri Mataji talked about the Muslims that they are ignorant and she said we must forgive them like all people who are blind, that we should go with love and compassion and very sweetly show them the truth and that this is it and that otherwise they will miss out. She said that the Bible and Koran are filled with symbols because it was not possible to say things outright as they would be misunderstood but as it happened they have been misunderstood anyway. She said we should be more like her, straight forward and prosaic in telling people the truth.

Something personal I remember from during the music program as I was sitting close enough to hear Sri Mataji, at one stage I saw she was smiling very much at someone near to me and I turned to see 2 Ukranian ladies beaming back at her, then I thought I heard her say to Al Ganesh " Look these people give thanks to God

I'm not sure if this was exactly what she said but it touched me very deeply and again reminded me of my Western ego and how it stops me from being humble and appreciating the divine in small things.

After that She announced the Havan would be the next day before the puja and that we should think of negativities we know of and that they will be destroyed.

EASTER PUJA, ISTANBUL - PART 2

On Sunday it rained just as we were starting to set up for the Havan outside, so after some thought we decided to hold it inside the big circus tent, as we started so did a very big storm complete with thunder and a lot of rain. Afterwards everything was clean and fresh and the sea outside was very noticeably cleaner.

Then began preparations for puja which was scheduled to start around 7pm. Sri Mataji arrived later and the puja begun with a very strong puja talk that seemed to completely cut out the ego.

She talked a lot about dominating personalities, people who think they are controlling everything and feel responsible all the time, how they hurt and torture others, and specifically about leaders in Sahaja Yoga who think they can tell others what to do, and make people afraid of them by saying that Mother has said this or Mother has said that and threatening to tell Mother if the people do anything wrong. Sri Mataji said she is never angry with us only sometimes for the play she appears angry but that a Mother can never be angry she only loves. She said these people who dominate others get some kind of cruel joy from treating others like this. And that some people are always in the front and she knows who they are, that they think they are important and must always be there, but really they are not so happy people that is why they do it. She said that animals are aggressive to each other but that they have a hierarchy a structure, it is not random cruelty, but that human beings can be cruel for no reason. She said some people still think that to be a leader is to be something, they call her and ask to be leader so what can she do.

Christian nations are the ones who aggress and dominate others, for instance in the South of India the Catholics made something very large out of bread and put it in the well and told the people it was a part of a cow and that this meant they were not Hindu anymore and that they should convert to Christianity, all kind of sneaky tricks they used.

We must learn to sacrifice, and gave example of the great sacrifice made by Sri Jesus.

Told again the story of the man who rode on a tiger and lived in the mountains, the one she went to visit and he was very angry because he couldn't stop the rain. She said that the tiger loved him and he loved the tiger so he was happy to carry him around. This saint said when he met her that the world needs a Mother someone to love them because we still get angry with the people.

Many saints cannot live in the world it is too painful for them, for example Sri Ganeshwara took samadhi at 23, he just went into a cave and closed the entrance.

And Sri Jesus died at 33. Afterwards Jesus and Mary went to Kashmir where they lived until he died and their graves are in this area.

We should have the personality of Jesus Christ, his love and understanding of human beings.

The symbol of the cross that the Christians use is an insult to him as it is his resurrection that is the real message in this drama.

At the end of the talk she said it is very difficult to talk about Jesus as she felt very sad and keeps falling asleep because it is hard for us to understand what he did for us.

We must have humility, we must learn to be humble.

The puja was quite short and afterwards we gave presents. On behalf of Australia Reyhan and I went to present the present, and it took a while before Sri Mataji realised where we came from, we kept saying Australia and she said "Where?" Then when she realised she smiled at us so lovingly with laughter in her eyes as if to say she recognised that we had also in us Turkish and Romanian connections! She said that the vase was beautiful and asked was it hand made, which it was. We were happy because a few gifts before us someone had given a vase and Sri Mataji had said it was good because she needed more vases. Then we presented the flowers and Sri Mataji asked How are things in Australia? Reyhan told her that we had just held Easter puja on the country property. Then she asked Would we be coming to Sri Ganesha puja and we said Yes!

After the puja there was dancing, Greek and Turkish style in lines with much laughter and joy.

The next day we spent in the city visiting the Blue Mosque which was very beautiful and silent inside, a perfect place to hold puja we thought, with a place just ready for the altar of Sri Mataji!

Outside of the mosque Kerry Kyriacou found some seekers and we spent the next few hours giving realisation and vibrations to the people. Reyhan did most of the talking as she was the only one who spoke Turkish, but it was remarkable to see the respect and attention they paid towards her as she explained Islam to them, in a culture which is known for its lack of respect for women. Really it was like a miracle!

The public program that night was a big success, so full that Yogis could only squeeze in at the back. Sri Mataji gave realization very quickly by asking us to forgive everyone, and afterwards said they were great seekers and that she would return next year and they all cheered and clapped loudly. She stayed seated after the program and talked with many people who came to accept her blessings. After she left it was back on the buses and back home to Romania. With lots of love from your Romanian brothers and sisters and we look forward to hosting Sri Ganesha puja with you in September.

JAI SRI GANESHA!

JAI SRI JESUS!