

The Australian Sahaja Yoga Newsletter

18th, 25th July & 1st August, 2008



*The intuitive mind is a sacred gift
and the rational mind is a faithful servant.*

*We have created a society that honours the servant
and has forgotten the gift.*

~Albert Einstein

The Australian Sahaja Yoga Newsletter

Contributions: contact us by sending an email to sahajnews@yahoo.com Regular mail can otherwise be posted to **156 Albert Rd, Strathfield 2135, Australia**. Phone **612 9411 7641**. Contributions deadline is midday on **Wednesdays**. Collective announcements, personal experiences, treatments, newspaper articles, quotes, poems, artwork, and photos are welcome.

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International News

Becoming a Guru

From Shri Mataji's Talk at the end of Guru Puja, 20th July 2008

"Today is a very great day for all the Sahaja yogis. Because Sahasrara opened in you, you could feel the existence of God. By saying there is God that was not sufficient, and to say there is no God also was wrong, very wrong, and people have suffered who have said like this. Only after getting realisation you know that there is God and there are vibrations. It's a very big opening all over the world. Today I am saying that's why it's one of the greatest days for you.

Many of you have felt the cool breeze on your hands and out of your brain. Some have grown in Sahaja Yoga, some have not. Some are still carrying on with old catches. But now I have to say that quite a lot of you can become gurus, means teachers, and you should act as teachers. To act as teacher you should know Sahaja Yoga, the theory and the practice of it, thoroughly well, and then you can become a guru. It's a very responsibility, lot of understanding for a guru.

You should not have any ego, first. You should not have any of your chakras catching. You should be absolutely clear all the time, and there the vibrations should be flowing in both the hands. If they are moving in one hand and not in another, you cannot become guru. So you have to be a perfect Sahaja yogi, then you can be a guru. And so many of you can be, but you have to ascertain first: are you capable of being a guru or not? With humbleness you'll understand. Those who think they can be guru should become gurus, because now I can't travel from places to places and you have to do My job, is to give realisation to people. But you have to be able to give en-

masse realisation, then only you could be a guru. If you can give en-masse realisation, then you could be a guru.

You can use My photograph, but the realisation should not be from the photograph but from you. Then only you can be a guru. There can be ladies or men both, can become gurus and spread Sahaja Yoga all over. In My whole touring business Canada I have missed, and I would request some of you to go to Canada, because it's a very beautiful place and we have very beautiful Sahaja yogis there. You have to do now My work. I won't be able to go all over, but you have to go to other countries and create new Sahaja yogis. You can do it.

To begin with you can use My photograph, but later on you can only put the photograph there but use your own powers, and give realisation. You can do it, and that is how we can spread Sahaja Yoga all over the world. I have done My level best now, but I don't think now I can travel any more. So I am telling you that you have to take over and work it out. That doesn't mean you cancel Me – no, not at all! I am there with you, and every place you work, you put My photograph. But realisation you have to give, and try to give mass realisation. If that doesn't work out then you should know you are not a guru. If you can give mass realisation then only you are a guru, otherwise you are not.

I said you can use My photograph, but you have to give realisation to people. This is the sign of a guru. Then you already know what are different centres and what are the things missing in people. I have explained very clearly. In the same way you'll find those who come for realisation, they'll have some defects and you'll find out what chakras they are catching. You know how to clear those chakras, so you have to tell them how

to clear. Now you have mastered Sahaja Yoga, so you should know what is to be done. If you think you have mastered, if you believe that you have mastered, then you can become gurus; but first of all you should ascertain and find out for yourself if you are a guru or not. It is your responsibility now to give realisation to people. And you can give if you have vibrations as like a guru. Or ... ladies also - they are called as gurus, not as gurus but as gurus, but they can be called as guru also. And they can also do this work very well.

Solving the problems of people is not difficult then. Once they get realisation their problems would be solved. This is a big power you have got, you all should use. First of all you can use a group if you want, and afterwards you should do it individually. Can you imagine all of you, if you become gurus, how many Sahaja yogis we'll have all over the world?

Whatever you teach you must practise; when a person who drinks cannot become a guru, a person who flirts and has a licentious life cannot become a guru. So first examine yourself: are you clean or not? If there are many possessed people who try to become gurus, they cannot. Honestly you should see on the photograph: if you are possessed, then you cannot be guru. So now to become a guru is first to criticise yourself, to find out yourself fully, and then you can become a guru. I don't want to tell anybody individually, but you all can find out. Say four, five people can join together, and they can find out from each other if they are all right or not, if there is missing, if they are catching. But if they say there you are all right, then you can become gurus and you can preach Sahaja Yoga. This is your responsibility. This is how Sahaja Yoga will grow. Otherwise after I retire or I don't go anywhere, then Sahaja Yoga will go into waste. So it is for you to carry the torch, the light. It's your responsibility now; you have

got your realisation.

I was born with the responsibility. I was born with all the understanding; and now you are also. Understand yourself, do not condemn yourself. As long as you start your own realisation; but be careful - don't become egoistical. You have to be very humble, very humble with everyone. And work it out, because if they are not realised souls you shouldn't condemn them, but tell them very patiently and sweetly that "you are not all right". Tell them how to meditate, how to improve. It's now a very big responsibility.

Actually I have done this work, and you can do this work also. So you all have to become a guru.

This is the day of Guru Purnima, and I bless you that you all become gurus. Whatever you have got now, don't waste it, don't throw away, but use it for the betterment of people. If you go on meeting in the beginning have four to five people together, then you should separate. You have to give time to this. You have got your realisation but you have to give realisation, otherwise your state is not all right, is not normal.

So today I want to tell you what are the qualities needed for a guru. First of all he should be a detached person. That doesn't mean you give up your family or anything, but you should have a detached attitude that anybody from your family does wrong, you should go away from him or her. Secondly, through your realisation you can see that you can spread happiness and remove their problems. You have seen whatever I have done, you can do it. You have got power to do it; but no hypocrisy, no hypocrisy - otherwise you will spoil the name of Sahaja Yoga.

So if you are sure about yourself then you should become gurus, and carry the work of Sahaja Yoga. I think I give you all My blessings and all My support, that now you take over and become gurus."

World Youth Congress and 2010 Winter Olympic Games in Canada

The Yuva Shakti need some information quickly. If you have a computer file or URL which contains a list of:

- international Sahaja Yoga websites, collective or personal, and/or
- international Sahaja Yoga projects and activities in the areas of correction and social services, health, corporate, or otherwise;

please compile them in an easy-to-read list and forward to Gautama Payment for the Yuvas' preparations **as soon as possible**. See below for Gautama's e-mail message containing further details.

Thanks! – Liallyn

Would you know of any lists of Sahaj projects from all over the world? This could be such as the center for destitute women in India, or going into prisons and hospitals.

I am collecting this info for the world youth congress in Canada (from August 10, 2008), where some 10 Yuva Shakti will attend.

This can also be helpful as we're in the process of applying to be an official part of the **2010 Olympic Games** in Vancouver.

With love, Gautama
E: gautamapayment@mac.com

This is my [Gautama's] very short list of projects so far (from the main SY sites really). They are broken down into four categories, as these represent the themes that will be discussed and acted upon, each on their own day of the **World Youth Congress in Canada, from the 10th of August**.

Some of the information is a bit old for today, and I know there have been numerous activities in prisons, hospitals and schools around the world. Just need to find the info.

If you know any off hand I can look for, please let me know :) Thanks for your attention and help :)

Gautama

1. United Nations International Youth Day on Climate Change (?)
2. Collective entrepreneurship, job creation and elimination of poverty
Sahaja Yoga for Business (UK)
www.sheffieldmeditation.org/business/
Center for Evolutionary Learning (International)
<http://www.evolutionary-learning.net/>
3. Water and Health
Research on the effects of vibrations on water (Ukraine)
http://sahajayoga.org/researchandbenefits/water_research.asp
National Institute of Health Seminar in Sahaja Yoga (USA)
http://sahajayoga.org/researchandbenefits/nih_seminar.asp
Sahaja Yoga Research and Health Center (India)
<http://www.sahajayoga.org.in/IRHC.asp>
Sahaja Yoga in the workplace
http://sahajayoga.org/researchandbenefits/sahaj_workplace.asp
4. Women and development and human rights
Nirmal Prem Ashram - Center for Destitute Women (India)
www.sahajayoga.org.in/NGOProj.asp
Sahaja Yoga in the Community (UK)
www.sheffieldmeditation.org/community/index.html

Ashram in Sierra Leone

Jai Shri Ganesha, Jai Shri Brahmadeva Saraswati, Jai Shri Hanuman, Jai Shri Shiva Parvati, Jai Shri Kalki Mataji Ki Jai.

Jai Shri Aafrikeshwari Nirmala Devi

Dear Collective,

It is July 2008, just one year since finding Patrick Sheriff alive in Bo, Sierra Leone, after 18 years of no contact. That was in itself an amazing event, following the chance meeting with the Sierra Leonian lady in the shopping centre at the nearby city of Toowoomba, Queensland, Australia nine months earlier. So much has occurred during the past 12 months.

July 2007 quickly became October 2007, and we found ourselves sitting at Shri Mataji's feet discussing the possible Tour of Sierra Leone in March 2008. As it goes with the maya, that promised date soon took place and we found ourselves landing at Lungi Airport on March 7th, after many vexing pre-flight preparations. Patrick was on such a high as he met us at the airport. It was 21 years since he visited Shady Camps for Guru Puja in 1987 and met other yogis and later on, Shri Mataji.

During the four-week tour, six yogis flew in to support the daily activities. Fortunately the timing we made many months earlier keyed in with Mahashivatri Puja on March 9th, so we arrived and immediately paid homage to Lord Shiva. Hearts opened! Every day the public found us at Aberdeen Beach, waiting under our twin trees that supported the chakra chart with Shri Mataji atop it. Simply, people came and sat on the sand with hands out, and gained the experience without too many questions. Day after day this was happening from 8am daily. We became involved with the manager of ABC TV, and thanks to his good nature we had radio announcements telling about the beach programs across from the UN

helicopter pad. Also he agreed to allow us to run a DVD of Shri Mataji, followed by an interviewer questioning us live on TV. The public were able to call and ask questions live as we sat in the studio and replied on screen. This happened at peak viewing time and lasted one hour.

He advised us that the Ballanta Music Festival was happy to allow us space during their event. We found our way there, and put the poster with the chakra chart and Shri Mataji on a tree. Soon people were sitting in the twenty chairs provided for us, and taking the opportunity that was offered. Suddenly a lady came around the building and her face lit up. She was Dr Kitty Fadlu-Deen, the principal of the Ballanta Academy of Music. She was so pleased to meet us as she had gained Self Realisation nine years earlier in the USA, and never imagined Sahaj would be in Freetown. Over the past two months Kitty has been holding weekly meetings in Freetown - we have progress!

Once we were invited to a dance troupe, and 120 people or more felt the cool breeze. Day by day many more found us on the beach and some came who had lost feet or hands, but the alteration of facial expressions said the metamorphic change took place for them also. Once we had some children sitting with us and we asked one, could he sing a song for us. Immediately he spoke up and recited the Koran for us for the next 30 minutes. Who are these souls, Shri Mother's children!

One day we only had about a dozen with us, and a man was walking past along the water-line with a rectangular board under his arm. I motioned to him to come but he kept walking, even though he noticed. I moved my hand again and he turned towards us. His hair was a bit long and his dress casual, he sat down and took Self Realisation and would not leave us.

He was Angelo, and next day he arrived with a partially finished sketch of Shri Mataji taken from the leaflets we supplied. As the days passed he completed his dedication and asked could he do another one, somewhat larger this time. They both came out so beautifully and he asked for a few leones to cover materials, including the wooden frames he had constructed. These two works of art are currently with me, and I wish the smaller one to go to Matt Dane in the UK so he can offer it as a gift from Sierra Leone at Shri Ganesha Puja 2008. If anyone could carry this gift to Cabella or the UK please contact me, help will be appreciated.

We were fortunate to hold a puja to celebrate Shri Mataji's Birthday at Easter, and some newcomers attended that event. Kitty brought some non-alcoholic champagne to celebrate and we had some sweets and food. It was close to 22 years since May 5th in 1986, when the first puja held in Sierra Leone took place for Sahasrara Day, at Moribatown.

As April arrived we prepared to celebrate Patrick's 75th birthday, which we all enjoyed. A few days later we were to catch the ferry to go across to Lungi Airport. We left our accommodation at 7am by taxi and three hours later following traffic jams we boarded the ferry, and an hour later we set off, waving goodbye to Patrick and his daughters Magdelene and Patricia, who remained on shore with wet eyes.

In the months since our departure, regular phone and email contact has been going on. Six weeks ago it was decided to move Patrick to Freetown. On July 1st 2008 a two-year lease was signed by Patrick for a house in Freetown:

Patrick and Mary Sheriff,
4c Grassfield St, Lumley, Freetown,
Sierra Leone

Phone +232 7696 9121

This is the official address of the Ashram in Sierra Leone.

The year has been full of challenges and highlights, and now we have Sahaj underway and people keep having the delight of seeing Shri Mataji and feeling the cool breeze. In local jargon, "***It's cool, man!***" All Yogis are welcome to phone Patrick or send emails to **bpatrick_2008@yahoo.com** or send airmail to him with support materials, photographs, etc.

This is part of a longer story about one of the poorest countries in the world, populated by a noble race of 5.9 million of which 1.1 million live in Freetown, many of which saw Shri Mataji and Sahaja Yoga on TV once for one hour, and a second occasion when our Holy Mother spoke on TV for half-an-hour whilst giving the experience, on March 21st, the day of Her 85th Birthday.

The Remote Control is activated.

Thanks to all and everyone who made this Sierra Leone Tour 2008 possible, offering time, encouragement, expertise and money.

A special thank you from Patrick, Mary, Kitty, Magdelene, Peter, George and his wife, Threasa, Patricia, Angelo, Samuel, and others too many to mention.

With much love to the World Yogic Family,

Respectfully yours,

Peter Corden.

Phone 61 7 4697 1116

smttwo@bigpond.com

Let us make sure when we give someone the truth it comes wrapped in a beautiful flower of love.

Very Good News from Belgium

Report Belgian Senate Colloquium on Religious Freedom

Dear All,

This is a small report on the amazing and unexpected day Trees and Ninke had in the Belgian Senate.

One week ago, Bernard got an email for an invitation to an international colloquium in the Belgian Senate on “Church, state and religious freedom”, organized by a Senator (Liberal - Filip Anthuenis) and Prof. Rik Torfs (Professor of Church Law at the Catholic University of Leuven, as well as witty TV celebrity). Out of the blue, without any program attached to the invitation. Bernard delegated Trees and Ninke to go. So we went, wondering how it was possible that “sect” members get invited to the Senate. So this is what happened.

The colloquium was a relatively small gathering of international experts on freedom of religion, emerging religions, etc. A few people of “new religious movements” (like Sahaja Yoga) were also there. At arrival, we noticed that everybody was very friendly to each other; we soon were talking to a lady working at the EU on these things. We told her what is going on in Belgium with IACSSO; she was unaware of it and completely shocked at the way IACSSO treated groups! (See hereunder a summary of the relationship between SY and the IACSSO.) The morning session was about Islam and integration and fundamentalism. During lunch-time we had some chats with other people, who came to us and said, for example: “Oh! Are you from Sahaja Yoga? Congratulations with your court cases! How did you manage this?” I sometimes had the impression we were the heroes of the day, as we had the courage to go against IACSSO and we won!

The afternoon session was about “new religious movements”. The interventions

were very creative and refreshing. It was as if we were shifted to a parallel universe where people suddenly were open and tolerant! Here is a short (incomplete) summary of what the three speakers said.

First, Prof. Eileen Barker (London School of Economics), a sociologist of religion gave a lecture on “new religious movements”. She stressed that one cannot generalize about such groups; one has to look at every group individually, and with scientific social study methodology. She suggested that grouping all new religious movements under “sects” (which has very bad overtones) is wrong, and does not allow for objective examination of groups. She presides over a research group called “Inform” (www.inform.ac), which gathers information about religious groups based on scientific methodology. The way she talked about the topic of new religious movements was relaxed and not at all paranoid in the way that we are used in Belgium...

Then Prof. Torfs talked about contractual religious freedom. He proposed that next to the public-law freedom of religion, one could develop private-law freedom of religion. He proposed that religious groups could conclude contracts with the state: the groups would be recognized and even subsidized by the state, and the state in turn can demand certain things like internal respect for human rights by the religious groups. He stated that religious groups should be more partners in society, rather than being criminalised.

Then Prof. Durham (Brigham Young University - USA (Mormon)) talked about “how to monitor religious freedom”. He said that special anti-sect laws (which some politicians in Belgium want to develop) are not needed to monitor groups. Normal

criminal law can do the job. Special anti-sect laws stigmatize unnecessarily and are almost never used (for lack of complaints!) He stressed that governments should be very careful with reports on religious groups, as they are used as a basis by everybody and they have this “seal of approval” of the government, which makes the public believe anything the report says. He suggests there is a need to reduce polarisation instead of increasing it.

After that, there was discussion time with the public. So we immediately intervened and told the story of Sahaja Yoga. The reactions were very supporting by all speakers and public. Prof. Torfs even suggested that IACSSO should be abolished and that he never understood how a group of politically appointed people can properly “judge” other groups. They laughingly called IACSSO a sect! Torfs also replied that he

also was surprised that not more groups rebelled against IACSSO. Durham said that we could be sure that many more groups suffer from IACSSO but they did not react...

Torfs also suggested that new religious movements should be monitored by an inter-university institute of experts, rather than some institute with political appointments.

After the colloquium we went to thank Torfs for his invitation, and he was very enthusiastic to meet again and talk more about the IACSSO fiasco....

We see some doors opening to further our case in Belgium.

To be continued!

Lots of love,
Ninke and Trees

PS if you have questions or suggestions:
nmussche@law.harvard.edu

BACKGROUND

As a background, here is where we stood before the colloquium:

A few years ago, at the instigation of IACSSO (information and advice centre of harmful sectarian organisations - an institute working under the authority of the Belgian ministry of Justice), the city of Ghent asked an “advice” about Sahaja Yoga to IACSSO. The advice IACSSO wrote was very negative and suggesting Sahaja Yoga is a risky organization. Among others they accused Shri Mataji of anti-semitism, they suggested “members” are under group pressure and lose their critical spirit, in short: all things that you would fantasise when you hear the word “sect”. IACSSO put this bad advice on its website. In previous contacts with IACSSO it had treated SY representatives

very condescendingly and humiliatingly.

Sahaja Yoga Belgium decided to go to court against IACSSO to get the advice removed from the website, and to get IACSSO condemned for the way they worked against Sahaja Yoga. We started two procedures: a “fast” preliminary procedure and a procedure on the merits of the case. The “fast” procedure finished in June 2006 with an appeal case of the Brussels Court of Appeal. The court condemned IACSSO severely. However the court said it was not within its competence to order IACSSO to remove the bad advice. The press reported on the condemnation of IACSSO.

This year the first step of the “procedure on the merits” of the case took place: the Court in Brussels again condemned IACSSO for

Guru Puja at Balmoral

While singing the last bhajan, "Vishwa Vandita", although still sitting, each one of us was standing on their two feet, individual yet completely collective, all bound by our Mother's love like pearls on Her necklace. All soldiers of love forming such a powerful army of angels, with no commander, no pressure, no expectations, no demands, all equal yet different. There was respect and space for our Mother's pure love to freely flow and move as She chooses to express from one or another. Everyone satisfied with no envy or jealousy, no competition or domination, no guilt or fear, no judgment or reaction. Just centred, at peace, fulfilled and free. Humbly being, happy and honoured to help our Mother to save this world, because one with ourselves, because one with everyone else, because one with Her.

Meenakshi Pujari
Jai Shri Mataji!

Australian Shakti Group

Collective feedback indicates a very deep desire for all the ladies to find some time to spend together, so as to more fully awaken, establish and utilise our collective shakti powers, to support and assist one another, and collectively put our attention on collective and global issues as well as those facing women and children.

This is a call to all ladies in the Sydney area, all women, shaktis, very small shaktis, yuva shakti girls, mothers, daughters, sisters and wives who wish to be involved in any way at all, to gather together at:

10 Clarence St., Burwood for Shri
MahaLaxmi Puja on Sunday 10th August
2008 at 2.00pm.

Perhaps wear a sari if you like, bring some prasad (preferably home made if you are able), and some flowers, your musical instrument and song book, and a sweet or savoury plate towards a late pm tea.

We might then briefly share the ideas we all have on what we feel would be of value to all, and how best to get together from time to time to implement these ideas

See you there!!

There is no reason that this cannot be a national drive if all the ladies of Australia desire to participate in their own centres.
Sue Sutcliffe)



Rare photo of Shri Mataji at a havan. Send photos you would like to share to sahajnews@yahoo.com

BACKGROUND (continued)

the way it had operated, for making many mistakes, being unfair and biased, etc. However, the court also said that it could not order the removal of the advice of its website. The court did order that IACSSO should publish the condemnation in the main Belgian newspapers, and some other compensating measures. IACSSO of course appealed against this judgment. But we went to the press in their place! Then something interesting happened: even though the court did not say "Sahaja Yoga is not a sect", one press agency made this title based on our press release, which got taken

over by many newspapers and websites! That day we got some good publicity. The next days, Trees and Ninke went shortly on the radio in a program which had a positive attitude towards Sahaja Yoga, and two days later Johan DC went on a long interview in a popular program, where he explained that Shri Mataji is an Incarnation!

So with these bits of positive messages about Sahaja Yoga, the tide turns somewhat, even though nothing is changing on the policy field. IACSSO is appealing against the judgment and no politician has declared that IACSSO should be reformed.