

Caribbean Countries Await Sahaj Yoga

Spreading Sahaja Yoga here may be easier than in most parts of the world.

ORANJESTAD ARUBA AUGUST 31 - By the grace of our Divine Mother and with great joy in our hearts, we are proceeding to the island of Curacao on September to prepare for a public programme on the 20th and 21st of September.

Curacao is an island in the Caribbean Sea, part of the Dutch Caribbean and a very important historical, cultural and commercial port in the Netherlands Antilles. Its history has been full of strife. Native people were captured first by the Spanish and then the island was sold to the Dutch. These people were taken in as slaves, so is it not amazing that it is said that this island was "liberated" by the Spanish and the Dutch?

Coincidentally, Julia, a yogini from Spain, and Sakshi from Holland are relocating to Curacao for six months to conduct follow-up programs to establish Sahaja Yoga in Curacao. Jai Shri Mataji!

The public program is scheduled for September 20th and September 21st. If anyone – yogis, yoginis, Yuva Shakti, musicians – would like to come and help for a few days or to stay as long as they like to help spread the vibrations, please contact us at ranivarde@hotmail.com. We will be renting apartments.

Please give bandhans.

There are still many countries in the Caribbean that are awaiting Sahaja Yoga. These "countries" are small independent islands that constitute the centre Vishuddhi of the Virata.

Spreading Sahaja Yoga here may be easier than in most parts of the world because the islands are very small. There is one main newspaper and one main TV channel. Advertising fees are not very high. So, though many may or may not become Sahaja Yogis, almost the whole island becomes aware of Shri Mataji.

This year, the island of St. Maarten awaits its Self Realization. St. Maarten is half Dutch and half French. We are ready to go ahead with the programs. If anyone is interested in moving to this island for half a year or more to establish Sahaja Yoga, please let us know, urgently.

Jai Shri Mataji.

The Aruba Collective

**The higher state you have achieved
should be so lived that it becomes useful.**

HER HOLINESS SHRI MATAJI NIRMALA DEVI
DIWALI PUJA 1995

Shri Mataji Returns to Paris



PARIS SEPTEMBER 7 - We had the historical chance of welcoming Shri Mataji in Her Montfermeil house in Paris for five blessed days between August 31st and September 4th.

During Her stay everything went very well and Shri Mataji blessed the French collective.

Shri Mataji and Sir C.P. arrived from Mumbai in perfect shape on this splendid, sunny day. The Sahaja Yogis who welcomed them also made a reception for them on behalf of the entire collective.

Shri Mataji's reception at Her house was very joyful. She was very satisfied to see the children, the Yuva Shaktis and all the Sahaja Yogis and She accepted all the flowers offered to Her.

She even had conversations with some Sahaja Yogis, asking for news. She also appreciated very much the garden and all the decorations of the house.

Shri Mataji You are the deep calm ocean beneath the waves of our lives

Our Love Communicates

SYDNEY – What an amazing turnout. I showed up at the weekly “new people’s program” in Singapore, expecting to see about five or seven new people. And slowly the room filled up.

It was the clearest I have seen that we give Realization through our own vibrations.

Apparently, each week about thirty to forty people come, about half of them for the first time.

It was actually quite laid back. At the official start time, Frederic moved to the front of the room and welcomed everyone. I noticed that he spoke quite softly, quite shyly and it crossed my mind that some of the new people might be struggling to understand him with his soft voice and gentle French accent.

“Normally we have a chart to show you, but, as you can see,” he smiled, “it hasn’t come yet.” But this wasn’t a problem, as he easily explained about our right side, our left side and the value of being in the present moment. All the time, he smiled, quietly joking, very humbly introducing our subtle system in a very subtle way.

Soon the chart arrived and Shri Mataji’s photo was put up and the candle lit. All the while, Frederic continued his talk and our attention never wavered. I think nearly everyone was already at Sahasrara, their hearts open and desire kindled for a nice meditation, being introduced in a very sweet manner.

When Frederic smiled everyone’s kundalinis leapt up their spine. It was the clearest I have seen that we give Realization through our own vibrations.

Our enjoyment of our own Realization and our love for our Mother communicates itself, if our vibrations allow. And we really don’t have to do anything at all, just let Shri Mataji’s vibrations flow through us. There are no obstacles, just a joy that everyone feels.

“So, are there are questions?” Frederic asked after the Realization process.

“What if I am feeling some heat on every part of my hands?” came from the front row.

“Well, then I must be brutally honest,” came the response. “Maybe you have to do some work in all of your chakras.”

Everybody laughed, including the guy with the hands.

But then that reassuring smile, “But don’t worry, it is not such hard work and it can be fixed up quite well.”

It really reminded me of Shri Mataji.

Claire Pisani, Sabaja Yoga Australian Newsletter

If it seems to you that someone is guilty, forgive this person.
If you have not felt this before,
you will experience a new joy, the joy of forgiving.

LEO TOLSTOY

In Both England and Italy

LONDON AUGUST 18TH – The London Mela festival, held on Sunday August 17th, went superbly. It was an incredibly joyful occasion for all the yogis, spent in a very delightful setting.

One lady when asked, “Did you feel anything?” responded, “Oh no, not much, just a feeling of heat moving up my back and being released, my shoulders feeling relaxed and then, after a while, a coolness coming on my head and flowing down over my body – nothing much really.”

Of course, everyone’s first question is “How many got it?” Well, imagine sixty yogis kept busy through the day. So that gives you an indication – quite a few, maybe conservatively six to seven to eight hundred. And they gave us the feeling of great joy.

We ended the day sitting around telling miracle stories of Shri Mataji from twenty-one years ago in England and left after dark with a deep sense of silent joy and contentment.

Jai Shri Mataji.

West London Yogis

ITALY SEPTEMBER 2 – About seven hundred people received their own Self Realization during evening musical programs in four different towns of Liguria, the slicing coast of Italy at the border with France.

An international collective of yogis invited them to listen with hearts, more than the ears, to “devotional Indian music to awaken the spirit.” The joy started to spread with a beautiful Mahamantra, followed by several others bhajans. The silence also spread in the hearts and people began enjoying this special music. We all noticed how their faces were changing little by little, until they were refreshed.

The vibrations from our Holy Mother were surrounding the entire place in happiness and calm.

The meditation break was accepted with an open mind – and open hands. Most of them felt the cool breeze.

People congratulated and thanked us very much at the end, telling us that the music was really enjoyable and that they felt good feelings from inside.

A new era just started. People want to be happy. They show this inner desire to feel positive with themselves and with their Self. We want to make their life sincerely more joyous with Shri Mataji’s blessing.

The Italian Collective

As many of you may know,

a cookbook containing recipes given by Our Holy Mother

over the last thirty years has been compiled, tested and finally produced.

It contains seventy-eight recipes with pictures, a glossary with the Hindi and English names of all the spices and vegetables used, as well as some of their ayurvedic properties. Pictures of the spices and vegetables are also provided, as well as some basic recipes needed.

The recipes have been written in an easy to follow manner and the ingredients grouped according to the needs of the recipes. There is a chapter of “tips and tricks” and advice for the successful cooking of the recipes.

No need to say that the recipes have been tested (in a small scale for four to eight people, as well as in a large scale for five hundred to two thousand) and

most of the dishes have been enjoyed over the past thirteen years during the puja seminars in Cabella and Canajoharie.

The book was presented to Shri Mataji and at Diwali Puja last year and She has graciously given Her permission to publish it. As a first step, we have printed a limited edition for the Sahaja Yogis. This edition was presented and offered to our Holy Mother in May.

We would very much appreciate to get orders for the book by country to ensure that there will be books available for all of you. Please send to the following e-mail address: studio@markl.cc or phone Purnima at +43 0664 52 68 105.