



AFRICAN NEWSLETTER 8

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Country Updates:

Ivory Coast

Dear Sahaja yogi,

By the grace and with the blessings of Her Holiness Shri Mataji Nirmala Devi, African Sahaja Yogis invite all Sahaja Yogis from the whole world to the 2nd African seminar at the marvellous site of Padiégnan surrounded by hills. All participants of the second international seminar have to be at Abidjan (Ivory coast) the 28th July 2004 for the departure to Padiégnan 250km far from Abidjan. Notify your arrival date and your different ways of transport before coming:

- By road: date and place of arrival
- By plane: date and number of the plane

Dates: 28th, 29th, 30th, 31st July to 1st August 2004.

Participation fees: 30 000 FCFA per person for African Sahaja Yogis
100 Euros for the others countries

Contacts

Touré Charles - tél: +225 22 43 16 26; e-mail : tourepogo@yahoo.fr

Sita DIARA: sitadiar@yahoo.fr

Amon ETTIEN: amonettien@yahoo.fr

Michel Ahouanmenou: mahouanmenou@yahoo.fr

KOFFI Affali - tél: +225 22 42 37 42 ou +225 05 88 26 29

INVITATION AU 2^{ème} SEMINAIRE INTERNATIONAL AFRICAIN
COTE D'IVOIRE

Thank you and good preparation!

Chers Sahaja Yogis,

Nous prions tous les participants au 2ème séminaire international de Sahaja.
Nous prions tous les participants au 2ème séminaire international de Sahaja Yoga de prendre les dispositions nécessaires pour être à ABIDJAN au plus tard le mercredi 28 Juillet 2004 pour le départ sur le site du séminaire à Padiégnan (département d'Abengourou) situé environ à 250km d'ABIDJAN.
Prière nous indiquer dans de brefs délais vos dates d'arrivées et vos différents moyens de transport.

- Voie aérienne : date, numéro du vol
- Voie terrestre : date, gare de destination

Par la grâce et avec les bénédictions de Sa Sainteté Shri Mataji Nirmala Devi, les Sahaja Yogis d'Afrique invitent tous les Sahaja Yogis du monde entier au 2^{ème} séminaire international africain qui aura lieu en Côte d'Ivoire sur le merveilleux site de Padiégnan entouré de collines.

Date: du 28 Juillet au 1^{er} Août 2004

Frais de participation: Africains : 30 000 FCFA par personne
Européens : 100 Euros par personne

Frais de transport Abidjan à Padiégnan : 6000 FCFA (11 Euros)

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INVITATION AU 2^{ème} SEMINAIRE INTERNATIONAL AFRICAIN
COTE D'IVOIRE

Merci et bons préparatifs!

JAY SHRI MAHAKALI AFRICA SWAMINI

Benin

The Benin sahaja yoga yuva shakti marked a seminar at sakete 15/16-05-04. At this seminar, the following was focused upon meditation, sahaj therapy music (Dr arun apte K7), Boomi Devi , coconut techniques, head massage, music songs, sahaj learning and puja to our divine mother. Some of sahaji from Ivory Coast, Ghana and Benin came also.

This seminar is for prepare the Ivory Coast International sahaja yoga seminar in Africa in 29 July to 1 august 2004. The yuva Shakti learn and perfect in this seminar the "ADJOGBO" dance.

A explanation of the "ADJOGBO" dance:

In all the cultures of the world, the dance and the music have a great significance in the socio-cultural life of each country. That is in the joy or misfortune, the music and the dance are a means of communication for us Africans in general and BENIN in particular.

An example of the tom-tom ATOPANI that was used as a telephone to communicate to the nearby villages in the event of attack the enemy, during the wars between the kingdoms, the death of a big boss of the village or a misfortune. Benin's residents comprise of a country of refugees due to the wars that were held in countries like Mali, Ghana & Nigeria. The kingdom of Benin (Agbomey) is made up of rich cultural varieties.

We have in BENIN a lot of ethnic groups with different dialects expressed by their colourful costumes, music and dances. We can classify the dances in several groups: dances of rejoicing, dances of Vodoun fetish, dance of the traditionally ceremonies, dance of mourning. Dance of the castes: fishermen, hunters, farmers, griots, wizards, warlike etc. I let to you appreciate some dances which we selected for you at the time of our visit of cultural exchange in Örebro.

ADJOGBO: the origin of this dance is mystical. A large hunter at sight, this dance is carried out by a group of monkeys in the forest the night, au court of a shooting party. Now, this dance becomes an acrobatic dance of rejoicing of the young people.



Namaste

From Krishna Ji

www.sahajayogabenin.com

Democratic Republic Of Congo

First ever Sahaja Yoga program take place in the Democratic Republic of Congo

With the gracious help of the Paris SY collective, Beatrice arrived in Kinshasa on 11 April to help with the preparations of the first ever public programs in Kinshasa. There had been a group of four Congolese yogis who had been meditating for some months, but reinforcements were needed from the outside. The vibrations started changing after Easter puja and the first havan, and as SY posters with Shri Mataji's picture started going up in the city neighborhoods, vibrations flew even better. We had decided on some radio messages as well as handing out individual invitations to people.

On 18 April the first public program took place at the Cinema theatre on the main boulevard, and some 80 seekers arrived to get their self-realization, mostly men and some ten women. Questions were influenced by the traditions from the different "église de réveil" and black magic practices common still. But by the end of Shri Mataji's video, seekers were asking about follow up programs and "when can we

Start?". The first program ended in subtle vibrations and quiet minds. The cinema hall was a vibrational micro cosmos.

As it is the case word spread around and 170 people came to the second program on 25 April in the same location. 50-60 of them had received their self-realization the week before. After intense postering at different universities in town, many younger men and this time more women also. We had a couple of mothers with children as well. We also received three medical doctors and three army officers.

On 22 April, Beatrice and yogis were invited to meet the main political opposition leader M. Tshisekedi (PPDS) at his residence. Beatrice spoke with him for almost an hour, explained SY and handed over a copy of Meta Modern Era. The guards outside were surprised because he usually never receives guests for more than 15 minutes at a time. Meanwhile we continued with little havan and pujas over the two week period.

Sylvain had been looking for a place to rent for a follow up program closer to the city and more accessible to people who have many difficulties in moving around as the city of 7 million people has no public transport system. On the first follow up day the landlady's new Christian daughter however would not have our program in her house. The following day we had over 70 people in a program at Lycée Molière.

Many people commented that they sensed the smell of flowers during the program. Shri Ganesha was there! The questions were very practically oriented showing eagerness to start real SY practice. The third follow up program had close to 60 people.

The Congolese yogis thanked wholeheartedly Beatrice and the Paris collective for their support and hoped to see her here soon again. We invite all French speaking yogis to visit Kinshasa.

Johanna, Kinshasa
johannaklinge@yahoo.com
tel 00 243 81 5022305



Country Focus: Kenya

Swayambhus in Africa: Mount Kenya and Kilimanjaro

"Silvery, surrounded by clouds, sharp, high-pitched, inlaid with ice and glittering azure, there He is: the Kenya, the second mountain of Africa, 'above 5000': sovereign. How pure its shape!"

Felice Benuzzi, Fuga sul Kenya (1948)

Dear brothers and sisters,
Jay Shri Mataji !

As per a way of knowing better our continent, let me propose to you a small travel to East Africa and particularly Kenya where few sahaja yogis are aware of the presence of beautiful swayambhus scattered over this very ancient part of Mother-earth.

Kenya is situated in Eastern Africa, just below the so characteristic ''horn'' composed of Eritrea, Ethiopia and Somalia, and above the great Tanzania. This area is called ''the cradle of mankind'' as you know the most ancient remains of humans beings have been found there, in Olduvai (Tanzania) Olorgesailie and near lake Turkana (Kenya), up to Sterkfontein in South Africa, down the great rift valley.

This area comprises the highest mountains of Africa, including the highest and most famous one, Mount Kilimanjaro (5895m), the Ruwenzori (5119m) in Uganda and Mount Kenya (5200m), the second highest mountain in Africa.

I would like to particularly focus on Mount Kenya which gave its name to the country named after it and is, with its eternal icy peaks on the equator line, something of a geographical marvel. Mount Kenya is situated in the centre of Kenya, right on the equator which cuts the country in 2 parts almost equal - slightly more in the northern hemisphere though. Of course, all the countries of the world are beautiful and none has been forgotten by Adi Shakti, but without being chauvinist we must admit that Kenya is truly remarkable. Apart from the savannah and desert that you can find almost everywhere in Africa, a third of the country has a well-tempered, European like climate, on high plateaus, the capital Nairobi derives from a Masai word which means ''fresh waters'' but the weather is actually friendly and moderate and parts of Kenya do look like Switzerland or Austria.

Moreover, it enjoys profusely all the animals you can find in Africa. That is also why the British, who dreamt, after Lord Delamere, of making it the 'country of white people' would call it 'the second pearl of the Empire' (after India).

The legendary birth of Kenya

The first President of the independent Kenya, Jomo Kenyatta, was fully aware that his country was blessed by the Gods, and warned the future generations to respect Mother Nature as an asset and a divine gift that the inhabitants of the country should preserve. In his book 'Facing Mount Kenya' (1938), he recalls the ancient Kikuyu legends about the birth of the country. Mogai, the good Lord of the universe, wanted the benevolence of the human race, because 'when He created the land of the Kikuyus, he made it beautiful and fertile. He placed mountains and rivers at the most appropriate places, whereas it was not so well for other countries, as some were created hastily, with a river on one side and another on the other side, the rest of the country remaining dry and in many a part barren. At the same time Mogai created a big mountain that He called Kere-Nyaga, the Mountain of Mysteries, as a place for Him to rest during His inspection tours and a sign of His miracles. Then, He brought Kikuyu, the founder of the human race, on top of the mountain of Mysteries and showed him the country that He gave him. Mogai indicated to him a bunch of fig trees in the middle of the country, and ordered him to go down and to build his home at the indicated spot. And before they part, Mogai told Kikuyu to do a sacrifice each time he would need help, and He the Lord of nature would come to assist him'.

And up to nowadays the 'watu ya Mungu' (people of God) still go and pray and do animal sacrifices at the feet of Mount Kenya in hours of need. The name commonly given to the Supreme Being by the Kikuyus is Ngai (Mogai), a name also used by the Kamba tribe and the Masai, but during prayers and sacrifices, Ngai is called 'Mwene Nyaga', which means 'the Master of Splendour'. This name is directly associated with 'Kere-Nyaga' which means as we saw 'the mountain of Mysteries' or 'Mountain of Splendour'.

According to the tradition of these tribes, Ngai is inaccessible on the high peaks of the Kere Nyaga where He lives and He punishes whoever dares trying to step in His kingdom. In 1924, for example, during one of the first expeditions to mount Kenya, the British explorer C. Ross tells of the warnings of the chief Kikuyu Githegi, who told him to be very respectful and silent as they would go on the mountain or otherwise Ngai would send them mortal snow storms and avalanches.

Goddess on the Mountain

Apart from the largest Kenyan tribe, the Kikuyus, another famous tribe, the Masai's, hold a particular place in the story of Mount Kenya, first because they used to live at the feet of the Mountain, and also because the highest peaks are named after them (Batian, Nelion and Lenana). The Masai's also worship Ngai, more precisely Engai, the Supreme Being, who for them is feminine, the prefix ''Eng'' being the mark of womanhood. ''SHE'' lives on the highest peaks of the mountain from where She sends rains and sunny weather at Her wish.

The Goddess Engai is represented black, with a dark skin, and She is as good and benevolent as the semi-God Neiterkop is red and nasty. Half way on the ''white mountain'', whose Masai name is ''Ol-donyo-Eibor'', Neiterkop is the master of evil spirits which makes people become epileptic or die. We can notice that for the Masai, the white people are not white but ''red'', whereas ''black'' or dark is associated with goodness and positivity.

The origin of the word ''Kenya''

But History has not held the Kikuyu name ''Kere-Nyaga'' nor the Masai name ''Ol -donyo- Eibor'' because ''Kenya'' is the Kamba name. Here is how it happened. The Kambas (wakambas in kiswahili) are a tribe living about 50 kms south-east of the Mountain and beyond, and can see mount Kenya by clear weather.

They have a reputation of good and trustworthy people. Why the mountain is known under the Kamba name is because the first European to see mount Kenya, Johann Krapf, the German explorer who ''discovered'' it, had heard it thus called by the Kamba people who showed it to him.

A German missionary sent to East Africa by the London based ''Church Missionary Society'' in 1848, Krapf was with a Kamba chief, Kivoi, when he first saw the mountain and its icy peaks (1849). But his ''discovery'' was met with a lot of suspicion as the European scientists were already reluctant to accept the existence of one African mountain with eternal snows, the Kilimanjaro. According to him and what he could gather from his Kamba guides, ''Kenya'' means ''whiteness''. The Kamba people use a lot of Kikuyu words, from which they elude the consonants ''r'' and ''g'' that they cannot pronounce.

Actually the Wakambas used to call it by its Kikuyu name ''Kere-Nyaga'', as the kikuyus were living around it, closer than the Kamba. But in their Kikamba language, ''Kere-Nyaga'' gave ''Ke-e-Nya-a'' later on contracted in ''Kenya''. Krapf was the first European to have a glimpse of this mountain, it was in May

1848 after he also saw the "Kilima ya ndjaro" (mountain of Splendour) thus named by the Taita people living at his feet. And that is why the country between the Buganda kingdom (now Uganda) already "protected" by the British and the Tanganyika, at that time equally colonised by the Germans, was named after the sacred mount situated almost exactly in the centre of this land.

A 'colossal diamond'

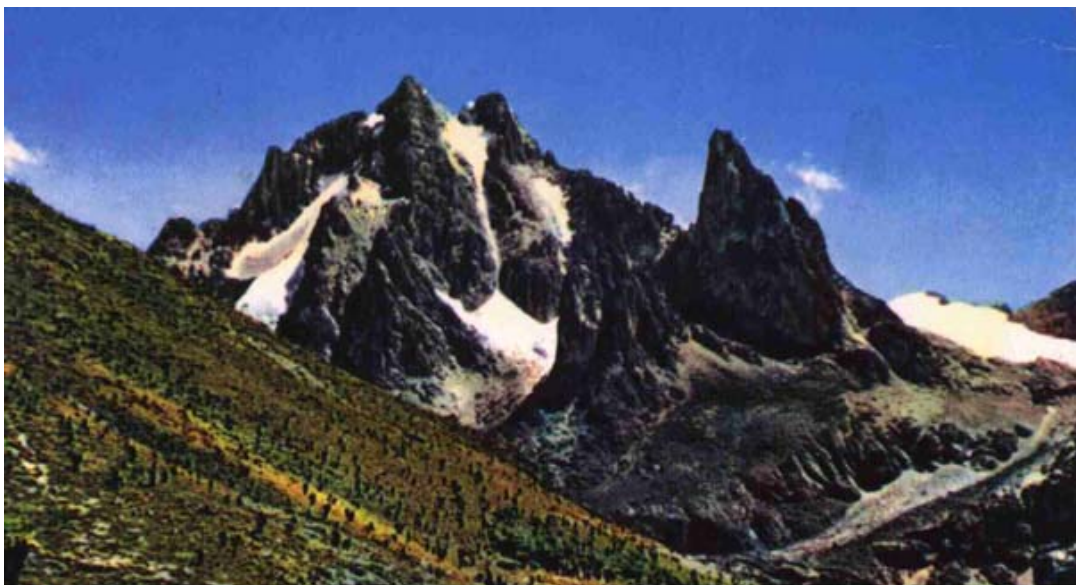
During centuries and millenniums the summits of Mount Kenya and Kilimanjaro remained untouched by human beings. Although the Kilimanjaro is higher than mount Kenya, (almost 6000m for "only" 5200m) the "conquest" of the Kenya was more difficult and came much after (1899) the climbing of the Tanzanian mountain (a prompt redrawing of the border between the two countries left Kilimanjaro out of its Original Kenyan border, to the benefit of Germany that had imposed a protectorate on the then Tanganyika). "technically" the Kilimanjaro is more accessible as its slopes are softer and its constitution more "round", whereas the slopes of mount Kenya and its 3 main peaks are much more steep, flanked by inaccessible glaciers hidden to the view so that the first alpinists could not know which obstacles they would meet on their way.

As we said, Krapf's description was not accepted by the European 'scientists' who could not imagine the presence of eternal snow mountains under the equator, in the 'hot Africa'. It is only in 1885, 36 years after Krapf, that the reality of these wonderful mountains was confirmed to the western world by Joseph Thomson, a Scottish born explorer who reached about 30kms from the mountain in 1885. Thomson was the first European to feel deeply the fascination of Mount Kenya and its magnetic power. Here is what he wrote in his book "Through Masai-land, an exploration of eastern Africa," one morning, (he saw) "a peak shining with whiteness, with glittering rock faces, sparkling with the superb beauty of a colossal diamond. At the base of this magnificent peak, two small growths were jutting out, like the pedestal of a monument, from which emanated a white shining line which seemed to be the silvery edge of dark stormy clouds. This peak and that line composed the central elevation of mount Kenya. I stopped, dazzled at the realization of my dearest hope. The white peak remained there, like a fairy with a face of enchanted purity, belated in her evening prayers...And when I told Ibrahim "look!" showing him the blazing summit, I think there was something like a tear in my eyes".

Interestingly, he adds "At that moment, i could almost feel that the Kenya was for me what the sacred stone of Mecca was for its devotees, walking from afar

countries, braving dangers and hardships only to kiss, or at least to see, the object of their devotion, and then die, if God so wills.'" Up to today, there is a mysterious awe enveloping this great mountain, as if even modern tourists could feel the sacredness of the place, as if they could have a glimpse of the auspiciousness and purity of Shri Shiva permeating through the great mountains of East Africa.

At the moment we are fighting to re-establish Sahaja Yoga after some interruption in a difficult country. Kenya suffers from the plague of materialism and poverty, with the first three chakras affected together with a bad ''Christian'' agnya. So if you desire to help our small collectivity you are most welcome for beautiful ''safaris'' and discovery of its great Swayambhus. Let us pray and hope that the Goddess Engai (Shri Mahakali) will shower Her blessings on the whole of East Africa from the ''Mountains of Splendour'', Kenya and Kilimanjaro.



Jay Shri Mataji !
Didier G. Nairobi (Kenya)
didiergauvin@yahoo.com

South Africa

This last quarter has really been special.

We have been witness to a peaceful election, at which the ruling A.N.C party won two-thirds majority, ensuring for the first time they have complete control over the main provinces in the country.

Sahaj-wise we were blessed to hold the National seminar at the Pietermaritzburg Ashram. Yogis from the whole country were hosted by the Pietermaritzburg collective who went to divine extremes to ensure their brothers and sisters were given the best treatment.

A lovely havan, followed by an enlightened entertainment evening program and ending with a powerful puja rounded up a fabulous weekend. Thank you Mother for showing us how it feels to live in heaven!

That national get together did something Sahaja Yoga growth has moved up a gear. The shuddha iccha (the pure desire) to spread sahaja yoga to Mothers children in this beautiful continent of Africa materialised.

Sahaj-lily the ideas for spreading Nirmala Vidya in Swaziland grow. We suggested it; a day later & there was a queue to fill the buses to leave to Swaziland.

From the 14-18 July, forty-five, yogis will be taking a bus trip to Swaziland with the view of giving self-realisation. The journey is approximately six hours & we intend stopping at taxi ranks & shopping malls en-route to Swaziland to also give self-realisation.

Thank you Mother.... no more will Africa be called the Dark Continent. We vow to spread your light to every corner of this huge continent.



A Poem By Nelson Mandela Written In 1994

"Our deepest fear is not that we are inadequate,
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves "Who am I to be brilliant?"
Actually who are you not to be?
You are a child of God.
Your playing small doesn't serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.
We were born to make manifest the glory of God that is within us.
It is not just in some of us, it is in everyone.
And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we are liberated from our own fear,
Our presence automatically liberates others."

SAHAJA YOGA - REDISCOVERING THE ROOTS OF UBUNTU

In ancient times, people recognized the powers of the unknown entities, as they had very little control over nature. They were at the mercy of nature's forces - and they respected her powers. So, they turned to nature for protection and provision. Nature's secrets, however, remained close to most people, except to the initiated. They became the dispensers of power as they could 'communicate' with the unknown. This was the Jahweh of the Hebrews, the Spirit Mother of the American Natives, the Modimo of the Sotho's and Mvelingqangi of the Nguni's. The go-between's were the priests, the diviners, and the prophets.

In modern times, human beings have better control over the elements, and consequently have less respect for nature. That does not mean they have better control over their lives. Indeed, their material, emotional and spiritual needs are in a state of permanent crises. Modern man suffers from stress, high blood pressure, diabetes - and high levels of violence towards the weaker members of society. Thus raping of women, child abuse, and senseless wars are the plague of modern times. Poverty and unemployment are rife.

In Africa, whose basic values were described as Ubuntu, people used to care for each other. Not any longer. Now poverty, disease, ignorance and under-development have left whole countries and governments paralysed. Yet, whenever Africans discuss their plight they always say the problem is that they have forsaken 'Ubuntu'. The power of uBuntu used to solve their problems, they acknowledge. In the Congo the word 'Ntu' means the power of the Spirit. It is

the root of uBuntu, Batho, Motho, uMuntu, aBantu. The Bantu have a saying that 'uMuntu nguMuntu ngaBantu'. Which means: 'I Exist Because You Exist'. That is the essence of being one in the spirit.

In the past ten years, there has been a dramatic change in Africa. People are re-discovering the secret powers of uBuntu. They are discovering that it corresponds to the powers within human beings to heal themselves; to display compassion; to be in tune with the universe, and to find peace. It is the same principle hidden in the powers of nature.

In Benin thousands of Africans practice a form of meditation which dispels the powers of witchcraft; which people use to heal themselves. It is the ancient knowledge that used to protect society. It was practiced by the American Natives, by the Aborigines in Australia, and by the Abatwa (the Khoisan) in Southern African and the Congo. It is the power that protected them against wild animals. It corresponds to what Christians call the Holy Spirit.

Today people are receiving the gifts of the Holy Spirit through Self-Realisation. The new initiates teach others - and so on. And now people realize that they can be their own masters - and that the Kingdom of Heaven is indeed within themselves.

Bokwe Mafuna

Quotation

"I am seeing that how this all greatness of Love could spread... from where to where it could reach... to how many people... don't even know. But its whole literature could be understood. Can there be any literature of Love? Love does not have any literature. Love is like a Mahamandala (Great Organization)... spread all over. We don't realize it and we don't know about it. But the Love of God is spread... all over... in whole creation, whole world and in every country. You can feel it only after your self-realization. You can know it... that this is Love... this is the Love of God. The Shakti (Power) of God is only Love. And it is only the power of love, which works out."

New Delhi, 21 March 2002

Poem - The One True Mother

The one true Mother known to me
Shall soon become known to thee
Her sparkling face gives Virgin light
In such a shower you shall delight

Sit down there upon a chair
open your hands, and feel the air
She who saved a soul like me
I vow to make Her known to thee

We shall find you before the last
So She can take away your past
Feel sin no more, open your wings
for now you know on Earth God sings

All the angels sing Her praise
She is the teacher of Gods ways
She who saved a soul like me
I vow to make Her known to thee

In Her hands grows life anew
She is the dawn that brings the dew
All the shadows run and hide
As the dew spreads far and wide

On my head the dew drop rain,
and with it all the devils slain
Someone inside me falls away
the vile deceiver has had his day

From the darkest hell, now come home
Never again, the depths shall you roam
From now and ever does She call
And at Her feet, the world shall fall

Jason Mulryan

The Library

Out of the library of dreams I stepped, onto a vast track of land stretching to a wind swept cliff face. Beside me stood those who loved the person I was born to be. I had failed them. Their eyes gleaming with fresh innocence, but my eyes were dry, lifeless, and looking towards the cliff face. My friends with shimmering life tried to reason with me, but with one sad thought I was transported to the edge of the land.

Below was the sea, crashing wildly into the rocks, and in the far distance behind was the faint whisper of loved ones.

I realized I was not alone on the cliff face. An Indian Lady, in a yellow sari, which danced joyously in the wind, was watching me. "I want to jump", and let go of this life, I said, as impressively as I could. She roared with laughter. "Then jump if you want to!" She teased. I was a bit shocked, I expected sympathy, but instead was told to continue my despair and jump. I felt as though the rug had been pulled from under me, I was silent.

"What do you feel about me?", She asked. As I thought, I realized I was in awe and was also drawn to Her, feeling like a child drawn to it's loving Mother. The wind blowing in Her hair made Her look wild and fierce, and far stronger than the sea crashing into the rocks below, but the radiant smile and the peace in Her eyes was captivating my heart. "I love you." I blurted, without thinking. "Then come back, and live in My presence.", She beckoned me to take Her hand, "You don't really want to do this, do you? Come" I paused for a second, looking down to the sea, and back to the library. As I took Her hand, a gust of wind pushed me back across the land and into the building.

I followed my friends as we walked down a winding staircase in the library with books on either side. A few levels above appeared a spectacled grey haired woman dressed in a tweed suit. As she moved, I was sure I saw yellow cloth flowing from inside the suit. Suddenly millions of tiny balls of light appeared all around her, and danced and whizzed across the entire room. My friends were leaving, through the large wooden exit doors at the bottom of the stairs.

A ball of light sped into my hands. I felt a cool wind, and a force of life run through my being. Without doubt or hesitation I moulded the ball into human form, as though it were clay. As I created the face, it smiled back almost singing with delight. The form looked similar to myself, though brighter and

happier. I gave it wings, and with that the angel or farie flew out of my hands. I watched it soar high up, as it left a trail of golden light behind it, and eventually returned to the woman in the tweed suit.

From close by a friend grabbed my arm, "come on, time to go", he said as we rushed through the vast wooden doors which closed behind us.

I slowly awoke from my drunken stupor. The needle was still hiding under the newspaper. The guy behind the library charged a small fortune for the drugs, maybe it was worth it. I intended to find out later.

Raising my head, while thinking that I had better make use of my library card and actually borrow a book, a gust of wind hit me as the large double doors beside the reading section swung open. A lady in a tweed suit entered, and walked briskly up to one of the bookshelves, sticking something onto to it. I rubbed my eyes to focus better.

There was an Indian Lady in the poster, wearing a yellow sari, with a radiant smile and peaceful eyes. "I love you." I blurted out. Several people sitting nearby turned and chuckled. The lady who put the poster up walked gracefully out, with a gold chain around her neck, off which the fluorescent lighting danced. I turned to the poster. "Shri Mataji Nirmala Devi.....hmmm, Sahaja Yoga....., tonight in the library, admission free".

After gazing at the poster for a few seconds, I thought to myself "I had better grab a bite to eat then". I carefully raised my aching body out of the chair. I held the newspaper in my arms for a second. Glanced back at the poster, then threw the paper and with it the drugs, into the dustbin on my way out.

Jason Mulryan

Upcoming Events

14/07/04 - Yogis from South Africa will be visiting Swaziland for five days to give self-realisation

28/07/04 - International seminal being held at Padiegnan, Ivory Coast

October, November & December - yogis from Brazil & South Africa will be in Mozambique on a mission to establish Sahaja Yoga. If you are interested in joining us please send a mail to the address below

Interesting Fact

Question: Ever wondered how much kundalini is contained in the sacrum bone?

Answer: 21 raised to power of 108 gives: 6,305 E+142

That means: a number that starts with 6,305 and being followed by 142 zeros ...this is how many strands our Kundalini consists of.

Contributions

Please send contributions for the next newsletter to:

sahajayogaafrika@hotmail.com

We would very much like to hear from you as to what you would like to see on this newsletter ...