



AFRICAN NEWSLETTER VOL 3

Shri Mataji Vibrating the African Continent



Central Africa



West Africa



South & Central Africa



South Africa



North East Africa



East & Central Africa

*Merry Xmas
&
Happy New Year*



North West Africa

*With Love
from
Kenya Collectivity*

KENYA:

Thousands got Self-Realisation thru Radio FM from Nairobi-Kenya

Dear All,

Jai Shri Mataji

We have a wonderful news for all, that, by the Grace of Shri Mataji, today is a great day for us because just yesterday we got permission to air our Sahaja-Yoga Presentation on the No.1 FM Channel of East Africa....EAST FM, which is listened to, in Kenya & in more than 60 countries (including UK)..thru **World Space Receiver**. Alone in Kenya about 60000 people listen, breath and drink this most lively FM band....

Today morning they allowed us more than an hour slot to speak about Sahaja Yoga. Sort of Interview cum presentation and that too...on line..live presentation & replying to the queries of listeners, who are enjoying the programme.....FM team had been announcing our names for this programme since yesterday so, already people were waiting for it.

It was a tremendous experience as the anchor lady Mrs Parveen Adam...very versatile muslim lady from Kenya made us feel so comfortable before the programme. Nimisha was also with me.

We got chance to speak about Kundalini, Shri Mataji, Noble Peace prize, Global practicing of Sahaja Yoga, Vega machine (Medical Miracle in Italy), and Benin Sahaja spreading etc.....

Though there was a flood of phone calls during presentation to talk to us, yet almost 10 callers cud reach us successfully during this live presentation and they all got so happy with the answers....some of them had misconceptions about Kundalini, which got cleared....many of them thanked us sooo much to give them information about **such a great Yoga, which they were unaware of so far**....Many of them prayed Shri Mataji to come to Kenya to bless this country, and some wanted Her address, so that they can fly to her to take Her Darshan, **which ever country She is in, at present**.....Needless to say that Mother gave us strength and discretion to reply to all queries with love and wisdom...**Thank you Shri Mataji...**

One child called and took my email ID and Sahaja website address.....Seekers from one Kenyan town Kisumu called on line and wanted us to visit Kisumu city to organise live programme for them....Can u believe that we all from Nairobi, were planning to visit this Town Kisumu,(located on the banks of **Lake Victoria in Kenya**) to conduct Sahaja Public programme during Easter Holidays, but we were not getting any link, BUT thru this radio programme, now, Kisumu people are requesting us to come there and saying that they will organizing every thing...

Mostly we are having a programme there on 19th Morning now and public programme in Kericho on 18th Evening.....Jai Shri Mataji.....Plz give Bandhan for success of these..

(Funny, many years ago, our company Anglo American, a South African Mining Company , was sent to look for gold near the coastline of Lake Victoria, near

Kismumu. When we arrived there, our boss mentioned we will only be here for 10 days. Remember going to the tent, asking Mother what can we do in 10 days. Walked out of the tent.....we saw a few Kenyans hanging around the camp.....approached them and spoke to them about sahaja yoga. They eagerly took their realization. Sat down and showed them how to give a bandhan.....the new yogi shocked me when he said something told him to do that few days prior to we arriving there.

The two new yogis, we employed as casual workers, and ensured they were in my field team. As such, we were with them everyday, 10 hours a day...we taught them all we knew about Mother and Sahaja Yoga. How Sahaja Yoga will assist them and the community they live in.

For the next days, we gave realization...every house we came across we told the occupants about sahaja yoga.....nobody refused to attain their self realization.

On Saturday, we finished work at approximately 1 o'clock. Amos and Joseph went immediately to arrange a small public program.....they showed me where it will happen. A small hut three or four mountain away from the camp.

My boss wanted me to collate all the weeks' data, and join them for some drinks. Mother, please help me.....told the community we will meet them a 4 pm.

Finished my work quickly, thanks to Mother, and rushed to the hut. When I arrived there, there were 7 huts.

So I went and sat in this hut.....The occupants greeted me ...please note I could not speak their language.....anyway I forgotten to mention, I am an Indian yogi from South Africa.

Since we could not communicate, we took Mothers photo out, lit a candle, directed to the family how to meditate.....with hand actions only. They all received their realization.....wow... they really got excited.....we started to communicate with love.

Then I looked outside,.....not far from the hut.....people were gathering.....I looked again.....we could see Amos and Joseph standing there. Then we realized, we were sitting in the wrong house.

We slowly made our way to the hut. The small hut was filled to capacity.....there were small children and people over 80 years old sitting there. Some of these old people had walked for kilometers, climbed several mountains to get mothers blessing.

They were so excited when the Holy Ghost was awakened in them. They love Mothers photo.....maybe it was the first time they were see an Indian Lady.....

They spontaneously started to sing for Mother.....my kundalini just started to dance.

When we went outside the hut.....we saw a beautiful depiction of Shri Ganesha in the sky. After 10 days , we left the area for South Africa.....South Africa received one letter from them in the first year(1996).

No communication has been made since then.

Hope they come back.

Rajen (South Africa)

At the end of above Sahaja presentation on East FM, some seekers asked, how can they get their Self Realisation and we told them to remove foot wears (ground themselves for earthing)...and keep both hands open....think of Shri Mataji Nirmala Devi....AND then we gave one sahaja audio cassettes to the Anchor to play that Sahaja Bhajan in Marathi....from the cassette of Dhanjay Dhumaal, **“Jagdambe chaa jogwa maangate, aai Nirmala mahalaxmi Chaa Jogwa magnate”**.....and we asked all to listen to the Bhajan with attention , as it is the beautiful expression of their Prayers to Shri Mataji to grant them their Self-Realisation...

Need less to say that the Kundalini of thousands of listeners found its way to their Sahasraras and they felt tremendous cool breeze sitting before their radio sets.....**Amazing!!!! Indeed**...so many phone calls and SMS messages flooded in the studio.

During this happening, we were in deep meditation sitting in Studio at that moment, listening to Jogwa Song and were praying Mother to drench the continent with Her Love and vibrations...

Believe me, I found my Kundalini dancing like anything and whole of the body was chilled.....**the studio room became like a refrigerator as Mother was present there, working out countless Kundalini's thru the Ether element.....thru the Channel of Lord Hanumana & power of Maa Vishnumaya....the Aakash Vaani!!!**

Our meditation centre got **so much publicity** with this programme, that coming Sunday should be an experience for us with many new people....

The studio people gave us the Recorded audio tape of this programme, which will be a beautiful memory always.....

Thank you Shri Mataji for blessing us with this wonderful opportunity just before Sahasrara Puja.....on Easter. Their could not have been a better Easter Gift for us all.

Jai Shri Mataji

Kapil Goyal

Nairobi, **Kenya**

BURKINA FASO:

Jay Shri Mataji,

nous avons pour ce mois un programme publique au burkina faso à Ouagadougou. Je t'envoie les photos du collectif de ouagadougou. Le prêtre du frère françois sahaja yogi béninois résident en côte d'ivoire est mort le 14 mars passé au bénin.

je t'envoie aussi le calendrier des puja et un résumé de shivratri et birthday en inde.
jay

In Burkina Faso, we plan to make a serial of public program in center of the Burkina Faso Capital Ouagadougou and also to assist our brother in Malie.

Due the crisis in Ivory Coast, we have now in Burkina Faso collective our Brothers Jean Paul BADOLO who come with his family and his mother in Burkina. Others Sahaji of Ivory coast also have come.

Benin collective and Nigeria Lagos collective went to Kalabar in Nigeria country in December 2002 for a serial public program, 30 people get their self realization

Benin collective and Nigeria Lagos collective also went in Lagos in 15 january for a big public program with one Indian music program with the Indian classic and alankar music and dance teacher Mrs Lipica who gave her self realization in Lagos with her family and she make the music program and music and alankar training with our public program. Last we make a big music program and alankar and public program with her in Cotonou, Benin in 2002.

NIGERIA

Yes there is a lot of need of foreign help in Nigeria. I think Nigeria is the biggest country in Africa by Population and also it is very rich of resources. But people are here very fanatic. If we be able to bring some of them into sahaja yoga, it can be even helpful even to whole Africa later. We have to put some efforts now to get more in future. Moreover, Nigeria is a very typical country... South part is more Christian.. North is predominantly Muslin and in the South east some people believe on their traditional religion...This traditional belief has deities like in our sahaja yoga.. so they can believe easily..

We have to do a lot in Nigeria. We have not even registered sahaja yoga. After that permanent Ashram... Then lot of advertisement... we were even thinking of a Sahaj mini bus.. then people can go for campaigning all around Nigeria. We have many people ready for this purpose.

We make bandhan for all these events to happen. If there be any real developments in this matter, please keep on writing.

With lots of Love.

Your little brother (I hope I can also write little brother or you will prefer it only for you.)

Bir Singh

Lagos Nigeria

MY SHIVARATRI POOJA AT UMUAHIA

I was regardfully invited for SHIVARATRI POOJA by a pious Indian Sahaj couple Mrs & Mr GUPTA who live in UMUAHIA: an Eastern part of Nigeria. And Saturday,15th March, I reached there after making a turn in Calabar. The house was so well indicated that I can't get lost and the first house I entered to ask for help just at the sight of mother's medal, kids shouted "it's Mata, it' Mata" and they rushed upstairs to call me Gupta.I was warmly

welcomed by the couple. After drinking and food, we did meditation and bajhans. Though I know more than 40 songs, their songs are news to me and product lot of vibrations. So I was just sat in thoughtless awareness. After when they gave me explanations of these songs I was melt in ecstasy .I who was intending to write poetry to our divine mother, my talent dispelled from me at once for I don't know with words can be such auspicious ,such devotion. After bajhans, we audio visualize mother's CD . We discussed about spreading Sahaja.

They did their best to establish a collective in this area of Nigeria but in vain. When people have problems they join Sahaja yoga and after Shri Mataji had granted them solution, they left. One student has been very interested and after he has learnt more and when he went to Kenya to continue his studies, I cannot believe, the kind couple flied to pay him visit. He is now with Kapil R.Goyal from Jaipur, India who is still working for Sahaj collective in Kenya. After all we had dinner and went to bed. The Sunday morning after Meditation and breakfast we drove to plug flowers for pooja. I got to know that UMUAHIA is a very beautiful, quiet and serene town. When we were back we settled things for Havan and Pooja. We performed an havan to mother under her aspect of Shri Shiva. After havan, we settled things for pooja. We performed a long and complete pooja to Shri Mataji under her aspect of Shiva. Mother 's vibrations was flowing endless and made the room so could that it looked like I was inside the fridge.

We ended with getting Amrut and prasad. I didn't need to ask anything, they begged me to oversupply me before I really need. Can you imagine that many hours after the pooja, I went to rest in the room where we did havan and pooja but I couldn't sleep at all; I was over flooded with vibrations for all the time I spent there and I didn't want to leave this state of inner joy, inner happiness up to the moment elder Gupta came to prevent me I had to dinner. I have never felt such enough flowing vibrations even though inside my collective where we' are thousand for pooja. I got to know that it isn't the number that matter but what matters is the quality and a few sahaja yogis can make mother flow such lot vibrations than thousands sahaj yogis can make. After the dinner, it was with painful heart that I told them I was leaving. The pious couple gave me money. I begged them that I didn't need, but they compelled me to take to get a present with. They drove me to the bus stop. When I alighted, looking at both I just said "Jay shri Mataji."I would like to utter lot of words of gratefulness but due to emotion, my tongue seemed paralyzed and make me dumb. How marvelous it is to stay with genuine sahaja yogis. My couple days of experience look like many years for it's a memorable experience and worth being lived. It also seemed it just lasted only one second for I would like to revive for long moment and many times. Otherwise it will let a gap in my life. I'm thankful for mother for granting me such a nice chance.

Breeze and love.

Please, looking forward to hearing from you soon.

your little brother Patient.

BENIN:



CONGO

"French speaking yogis' help needed in Kinshasa, Dem Republic of the Congo. Please contact Johanna Klinge at johannaklinge@yahoo.com, or +243-98329114, or +243-081-5022305.

Funny how Mother works, received this email, read it, went to collective on Thursday.....There was a yogi from Kinshasa, DRC, yes in Eastgate, Johannesburg, South Africa.

SOUTH AFRICA

THE AWAKENING

The sleeping Serpent awakens
At the touch of Mother's Grace
And we transform into awakened souls



To be in Her embrace

Holiest Shri Ganesha
Has given His Divine consent
And we find the beautiful moonlight
To become soothingly innocent

Shri Nirmala Vidya is the gift
The Star of Creativity
And we gain the inner vision
Of Pure knowledge and Divinity

We seek the Highest Order
For growth of Spiritual wealth
Shri Dattatreya gives us guidance
To learn Mastery over Self

By the Glory of Lord Shiva
We see the Eternal Flame
And know that we are the Spirit
And not only just a name

To break free from Myth, sin and guilt
Shri Vishnumaya is always there
To cleanse the Vishuddhi chakra
As lightening cleanses the air

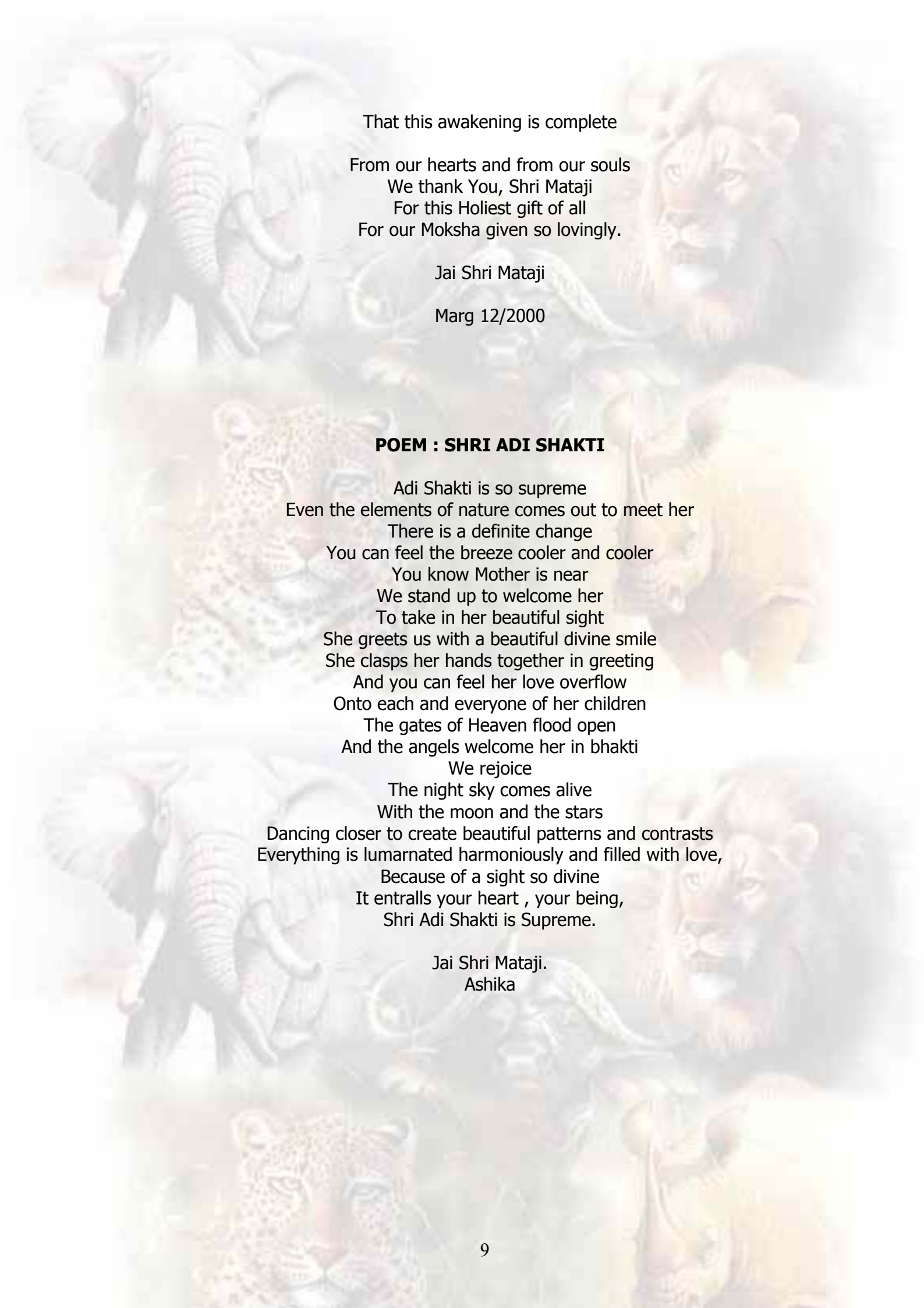
Lord Jesus is pure, and forgiving
He is the way, the beacon of Light
He shows us through the narrow gate
And sends all our sins to flight

The rising Kundalini
Touches all the Flowers of Truth
And like magic weaves it's spell of bliss
To nourish and balance forsooth

The crowning glory of love
Is bestowed on all our souls
Shri Mataji has blessed us
And granted all our goals

The Thousand-petal'd Lotus
The fountain of eternal flame
The freedom we have longed for
Is granted as we speak Her name

We are Her devoted children
We bow to Her fragrant feet
For it's by Her purest love



That this awakening is complete
From our hearts and from our souls
We thank You, Shri Mataji
For this Holiest gift of all
For our Moksha given so lovingly.

Jai Shri Mataji

Marg 12/2000

POEM : SHRI ADI SHAKTI

Adi Shakti is so supreme
Even the elements of nature comes out to meet her
There is a definite change
You can feel the breeze cooler and cooler
You know Mother is near
We stand up to welcome her
To take in her beautiful sight
She greets us with a beautiful divine smile
She clasps her hands together in greeting
And you can feel her love overflow
Onto each and everyone of her children
The gates of Heaven flood open
And the angels welcome her in bhakti
We rejoice
The night sky comes alive
With the moon and the stars
Dancing closer to create beautiful patterns and contrasts
Everything is lumarnated harmoniously and filled with love,
Because of a sight so divine
It entralls your heart , your being,
Shri Adi Shakti is Supreme.

Jai Shri Mataji.

Ashika

CAMEROON



ETHIOPIA:

This is a short story for the newsletter and may be Antonin can add some more details? I am now in New York and we had a programme in the African area (Harlem), the response was good and we look forward to more people getting self-realisation!!

About Ethiopia - We started a centre of meditation every Thursday at a hotel called Atlas in Addis Ababa. Around sometime in February, after praying to Mother to please bring in yogis, there was a poster of Shri Mataji at one of the local super markets that had also my mobile telephone number. That weekend when Antonin and his wife went shopping, they were surprised to see the photo of Shri Mataji and even with a telephone contact! They too had been praying over the months for Mother to send someone! So Sylvia called me on a Monday morning and that is how we were able to have a centre with about 7 people getting realisation the first time, 3 of whom came back for the following weeks' programmes.

That is all for the moment and I will write more. Antonin, kindly send me an email, I am already at work and living at the Ashram - it is great, just 45 minutes from Manhattan. I also got a house close to the ashram and there is a family with a young baby of 4 months also at the Ashram! Such a loving environment!!! Take care and Jai Shri Mataji.

Miriam

MOROCCO:

Sahaja Yoga Morocco, 2003

Some **8 years ago**, Mother asked the Austrian collectivity to take care of spreading Sahaja Yoga throughout the Islamic country Morocco.

Franz Mekyna took the lead and went a couple of times every year, to get to know the country and its ways, and found that music is a very easy way to reach Moroccans. Music concerts were given, many Moroccans got their Self realisation but somehow just did their meditations privately at home, without getting collective. > Eight years ago my husband Laurens and me went from our country the Netherlands to Morocco for a 4-weeks holiday. We were not doing Sahaja Yoga then. During our travels, we met a very honest and friendly young man in a hotel reception, Ali, and he became our friend. After I started to do Sahaja Yoga in 1997 I once wrote Ali a letter about it. He replied, telling me we had to come to visit him and teach him this yoga. So finally in April last year we went to visit him and his mother in Marakech. We meditated together and he just got it so fast. He kept meditating twice a day from the very beginning. We tried to supply him with information in french, and somehow it took us until october before we heard about Franz' activities in Morocco. We wrote to him and Franz phoned Ali. **Ali showing recognition of Shri Mataji, Franz decided to visit him in february 2003.**

After this, he thought it good to try and form a collectivity in a collectivity in Marakech. Also Ali liked the idea. **So the news was spread among our collectivities** and those of **Germany** and **Czech** and **Belgium**. People reacted very heart-warming and put their attention and bandhans, and gave money to be able to buy such things as tapes and some Puja gear for Morocco.

Franz found three yogi musicians from Czech and **Slowakia** - Dushan (harmonium and singing), Fabrice (tabla) and Daniela (singing) - and invited them to Marakech. I would go beginning of the week and the others would join in on Friday, Shri Mataji's Birthday 21st of March, staying for 5 days to do the programmes.

We wrote a letter to Shri Mataji telling Her about our plans. Someone told Franz that after She had read it, She said something like "Morocco is an Islamic country isn't it?" and after closing Her eyes, She put Her Attention towards Morocco for quite a long time. Then She said She was very happy about it.

The evening before I left Holland to go to Marakech, Laurens called me outside on our balcony to see something special: it was sunset and an orange sun was going down in a red and orange colored sky, but, strangely because there were no clouds, vertically out of the sun came up a bundle of bright light, that went all up to heaven. A beautiful sign.

When I arrived Ali told me that the night before it had rained a lot in Marakech. So obviously Nature was helping in clearing. The first few days were very busy and went very fast, it was not easy to meditate and when the others arrived for Puja on Friday evening, we had a modest Puja in Ali's house, very quietly because of the neighbors - but very joyful.

On Saturday we got out to hand out leaflets to people in the streets, inviting them to one of the concerts that were going to be given on Saturday, Sunday and Monday in a beautiful conference room in a hotel. It poured rain and it was quite cold outside. We got pretty drenched. In the evening about **30** peoples came to hear the concert. **Amazing - Moroccan people got their Self realisation so easily, we did not have to give them Realisation, they just got it by hearing the beautifully sung bhajans.** In between Dushan told them something about Sahaja Yoga and Ali translated into Arabic.

Many people returned each night to the concert and also every evening some new people came by the leaflets we handed out during the day. At the end of each concert, we would play music all together and the Moroccans would sing some Moroccan songs. It was Franz' idea to buy a boudherba, a Moroccan drum and the Moroccan men played on it, while singing songs. It was all so cool.

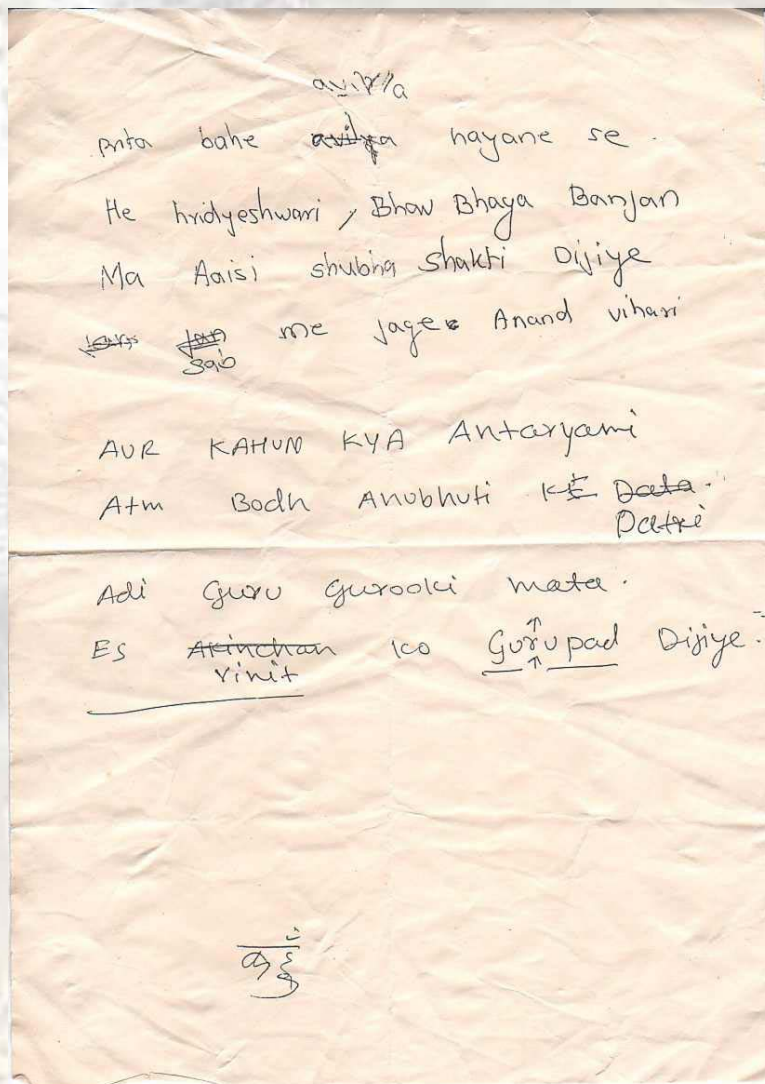
In the daytime, besides giving leaflets and Realisation, a lot of clearing was done. The group went to the gardens and worked there with camphor, took footsoak, did collective shoe-beating, and gradually the heavy left-side atmosphere of Marakech turned into a fresher and lighter one. By when it was time for the others to go home, **Marakech had undergone a metamorphosis.**

The follow-up course on Thursday in the Oudaya hotel was visited by about **15** people. Every Thursday, Ali comes together with some people and meditates, listens to raga's and tells them some new things.

Paramchaitanya took care of follow-up for this week: Victoria and Christian from France are there now for holiday, joining the collective meditation on Thursday. Ali can use some support from abroad, also for himself to learn and grow, after all he is only in Sahaja Yoga for one year now. Franz will go another couple of times this year, probably Laurens will go too. If you feel like going there and lend a hand, please let Franz know. As for myself, I found it a great inspiration and joy-giving experience.

JAI SHRI MATAJI WHO DOES IT ALL !

Selma van Laake



Shri Mataji's handwriting