

# **AFRICAN NEWSLETTER VOL.6**



## **ETHIOPIA:**

- **I am a French Sahaja yogi currently working in Ethiopia. As you may know we had a public program(p.p) last year in February with the help of Mirriam. These programme were not very successful in the sense that only around 20/30 people received their realization till June and only few are still interested. Ethiopia is a hard-core orthodox Christian country that certainly explains a lot. But we are still very much motivated and are starting**

**again the PP in a other  
hall on Saturday mornings  
11am. I will let you know  
soon what is the response.  
I would like to ask you  
two things. I am searching  
for material for new  
comers> I have that  
American leaflet  
extremely good for  
introduction SY but I was  
wandering what you give  
the people who come after  
one month or two  
(something a bit details on  
the chakras...). Second, I  
am searching for Shri  
Mataji PP tapes in English  
(those I have are  
translated in French). You  
might be using a couple of  
those PP tapes in your  
own programmes. Is there  
a way you could send me  
some tapes (I can  
make a payment on your  
bank account) otherwise  
could tell me the location  
of those PP with shri  
mataji. If you know  
somebody more likely to  
help me on these please  
give me his her address.  
Thanks in advance**

**Jai Shri Mataji  
Antonin**

**NIGERIA:**

**I went to Ibadan, i spent 5 days, i didn't happen to give self realisation to many people, just 5, but i trained hardly the one who will be on charge for Ibadan, collective, she is a lady, a retired professor of Microbiology of Ibadan university.. She was a member of "HARE KRISHNA SOCIETY" a very devoted woman, she promised to stay for 2 weeks with me in Benin republic. I gave self-realisation to the president of Raja yoga of Ibadan, she is also a woman. I have also to go soon to Ibadan to give self-realisation to lot of Sufis, a sect of Muslim religion, they are open minded people and mother appreciated them know a little about this association and i will use**

**their knowledge to  
convince  
them" and also really  
establish sahaj collective  
there,..... there is hope.  
The  
other**

**Patient (Benin)**

**GAMBIA, WEST AFRICA:**

**Banjul is the capital of The  
Gambia, a country in the  
middle of Senegal in West  
Africa. Several persons got  
realisation about 21 altogether.  
I want to share with you some  
of the experiences they felt. The  
country is 90% Muslim and so  
realisation experience was  
based on the Ruhr.**

**1. A young man at the beach - I  
feel the peace and connection, I  
have never felt like this before,  
this is the real thing. I feel light,  
my head is so light.**

**2. Young man at the hotel: I  
feel as if there is a balloon  
between the top of my head and**



**my hand, some sort of magnetic force.**

**3. Tailor - My feet are frozen and I feel movement on my spine**

**4. Young man at beach - My back is bent and I feel something stuck in the middle. I can now sit straight and I feel I am floating (after working on him).**

**5. Cleaner supervisor at the hotel - I have been seeing the picture and I knew that the Lady was special.**

**6. Room mate - There must be a connection between the Lady and Mother Mary**

**These are some of the recollections of conversations after people got realisation, the hotel left the poster of Shri Mataji for over two weeks on the elevators and main areas!**

**Jai Shri Mataji,  
Mirriam Oweke**

**MAURITIUS ISLAND:**

**Dear brothers and sisters,**

**JAY SHRI MATAJI:**

**This happened last year just after birthday puja. We were 2 yogis from Reunion island to attend Mother's birthday puja and as usual went through Mauritius, our sister island, which is our true opening on the world, to India. For those who would not know, Mauritius is a small but beautiful island situated 500 miles east of Madagascar, which is itself south east off the Mozambique coast (Africa). It is a courageous independent country, more populated (1,3 million people) than the nearby Reunion Island, which is a French dependence in the Indian Ocean.**

**For long the yogis in Reunion were waiting for a good opportunity to help SY settle in Mauritius; each time we went there a few people from Mauritius would get their Realization "aphazard" but we never had any durable contact and could not organize any programmes nor follow-ups...What we needed was a real contact there...and**

**actually, just before going to birthday puja, to our great joy, a message came out of the blue from a young man from Mauritius, Aman Deelchand, saying he wanted to know more about Shri Mataji Nirmala Devi and if we could please invite her to Mauritius...**

**That's what we surrendered to Mother in our prayers at the puja and on our way back we decided to stay a few days in Mauritius just to meet this boy, and see... Feeling Mother's blessings with us, this yogini and i called Aman straight away as we arrived at the airport, and he generously invited us to stay a few days at his home. It was raining and almost dark when we reached his place and Nathalie immediately recognized whom Aman was, although we had never seen each other.**

**We greeted each other wholeheartedly the way sahaja yogis do, (as if he was already one of us!) and as he presented us 2 ladies, his "sisters" he said, we spontaneously said "please receive the blessings of Shri Mataji Nirmala Devi!" As we got into his living room, Aman**

**told us "i must be honest with you, i am -and we all are here - devotees of "AMA" - the so called Amritananda mayi MARDINI, a very popular false guru in Indian Ocean (she comes up to Kenya!) who has lots of followers especially in Mauritius.**

**-No problem, we replied, as we took a beautiful picture of Mother, "just watch Shri Mataji and ask Her to give you Self-Realization - it was as short and simple as that -no arguing, nothing! And Aman and the 2 ladies gazed at Mother's picture; we all fell in meditation; after a short while one of the ladies started shaking and shouting strange noises, and we could feel Aman was deeply "there", so as the other lady. It was very deep. Then it was peace in the room, no more little shouting- and Aman told us he could feel a very pleasant sweet-sugary sensation on the tip of his tongue-like if some sweet was suddenly there! They all had bright shining eyes, and everybody felt very happy. They were so surprised as they told us after that their guru had**



**told them that she could give them Realization but it was useless as they would immediately fall down again...**

**As we were still explaining about the necessity to meditate daily with Sri Mataji, Aman was busy calling some friends of his in the other room. "Come come there is something extraordinary going on here!"**

**Very soon after 3 persons came, a couple and their 16-year-old son, and we meditated again and they got their Realization.**

**Aman was again on his phone, and half an hour later some 4-5 people were again sitting in the room, going through the SR process. As Aman was calling some more people i told him to invite them for tomorrow at 6 pm, as it was already around midnight. 10 persons had got their realization that first evening with such enthusiasm and spontaneity -in a country where there was no Sahaja Yoga- that we were sure that this country had got some special blessings somewhere! What would come next? We would see...**

**And we saw, actually. The following day more than 10 new**

**people were there, together with 6-7 of the first lot -the family had excused themselves that they could not come this day. The day after a Chinese family -around 10 other persons again - came and got their Realization. For 4 consecutive days we had like public programmes in Aman's place! More than 50 people got their Realization during these 4 days, (not counting the children) and we also had shoe beating, havan and puja with 6-7 committed young yogis! These days were so intense! It really was a great experience; the Mauritians are full of love and genuine desire to know the truth...**

**Now, back to Reunion it was unfortunately difficult to go back and follow-up the group on a regular basis as it is necessary, -Aman himself got a little lost- bandhan please! - But we know some of these people still meditate with Mother despite the very strong false knowledge due to all these negative gurus around. We hope and pray that some experienced sahaja yogis will settle there in order to**

**Help establishing a strong  
collectivity in Mauritius island -  
so if you want to have fun and  
joy spreading Mother's love in  
a paradise-like environment,  
contact Eric Ragodoo in  
Mauritius Africa's little India!  
JAY SHRI MATAJI:**

**Indian Ocean collective**

**Public Program in LOKOSSA  
MONO BENIN  
Monday, December 12, 2004**

**The Sahaja yogis of BENIN  
make an evening a public  
program with the chance to  
talk about sahaja yoga, what an  
opportunity!!**

**We take a 45 minutes on the  
programme. We were surprised  
to see that it was being held at  
such a large venue packed to  
capacity, approximately 100  
people in attendance! As is  
often the case at such events,  
things were running late and  
our slot was cut back to 5  
minutes, not brilliant but we  
surrendered the situation to  
Shri Mataji.**

**In the end all got their  
realisation. It was the 1st  
opportunity that the local  
people of LOKOSSA had the  
chance to get their realisation.  
We thank Shri Mataji for  
giving us such a great  
opportunity to give realisation  
to the people in LOKOSSA  
MONO BENIN and we pray  
for many more to come.  
Jai Shri Mataji!!!  
Christian ( BENIN )**

**POEMS:**

**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 the  
past  
Feel sin no more, open your  
wings  
So 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 are  
slain  
Someone inside me falls  
away  
My 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**

**J. Mulryan**

**A short write-up on the first  
African Seminar in Benin  
19 /10/03**

**Dear Brother and Sisters,**

**Bolo Africa Swamini Shri Adi  
Shakti Mata Ji Shri  
Nirmala Devi Ki Jai**

**This brother apologies for  
not sending the Benin  
seminar information to the  
world community in time.  
You might have received  
reports about this seminar  
from other dear Brother and  
Sister present there. I  
(Sebak) also wish to  
mention something... What  
ever little I can mention by  
mother kind grace.**

**Most of the speeches were in French. Although English translation was there but it may not reproduce the Complete taste of the speaker. So this report also may not be so tasteful as it would have been in French.**

**Most of the countries around Benin are French speaking like Benin, Togo, Burkina Faso, Ivory Coast, and Cameroon. English speaking is Nigeria, Ghana and Port of Cameroon. South African is also English) There were up to 600 participants Possibly out of the total participants we had the following percentage**

**Benin: 65% Ivory Coast: 20%  
Togo : 5%, Burkina Faso: 5%  
Cameroon: 2% Nigeria 2%,  
Others 1%.**

**Important participants from other Countries Sister Al Ganesha was there. Rajen representing South Africa. Bernadette from France, Andre from Italy. One Yogi from France with his American Lakshmi was There they keep on Coming to Benin regularly. Romanian Yogi married to Ivory coast Yogi was also there.**

**Sahaja Doctor Mrs. Apo Louise from Ivory Coast was there. Representative from Gabon was also there.**

**There were many great Yogis'. I cannot mention all of them in this little report. After all it was a collection of great Sebaks (servants) of mother in African, For email and address of the representatives of countries, please write to the leader of Benin [rogerakigbe@Yahoo](mailto:rogerakigbe@Yahoo). The seminar was organized at Sakete, almost 50km from Porto-Novo, capital of Benin and National Sahaja center. Sakete is also the place for Sahaja School and hospital in Benin.**

**This whole place is donated to Sahaja by one Sahaja brother. He also constructed two closed halls that can be used for small puja and also for sleeping, one for Lakshmi and one other for Vishnu. Another big Puja pandal is outside. You can enjoy the pictures of this pandal Inside Toilet facility is there but water you have to fetch from a water storage well. Specially**



designed rubber bucket tied with rope drop with force in to the well and then pull up and fill into your bucket. Traditional and natural techniques. I saw it many please but learned myself in this seminar. To take bath was inside and also outside. Outside was very interested. A big area is closed with grass carpets Then Subdivided into further compartments using again grass carpets.

Lots of sand was put on the Ground so that it look like a beach side. Palm trees around very nice and natural place Then there were few tents for night stay. The tents were under palm tree. Those who stayed in rooms you may not have enjoy all these natural things from this report.

## **SEMINAR PARTICIPENT ARRIBLE**

7<sup>th</sup> of August was the arrival date for all participants. Welcome team waiting outside the pandal. Sign board, welcome to Sakete. In French also. Interesting Akabo,

meaning welcome in Yoruba, Yoruba is a Country Nigeria local language. There are many Yoruba tribe here.

Every body was given there accommodation places Then individual meetings between different Yogies from different country and different languages. Some known and some unknown to each other. But no problem say Jai Shri Mataji. With smile and little bowing and your hand on the heart. After that all things work out it self. Then we known each other. There were many people we knew only through email and then suddenly we come to know he is the person. Like Rajen from South African. We talked many things, shared our love and concern to each other, to Africa to Sahaja and mothers love and kind attention to all of us.

## **SEMINAR STARTS**

**8<sup>th</sup> of August: 4:00 O Clock morning,**  
**Early morning meditation,**  
**3:00am we get up, get ready if possible..... get chance to**

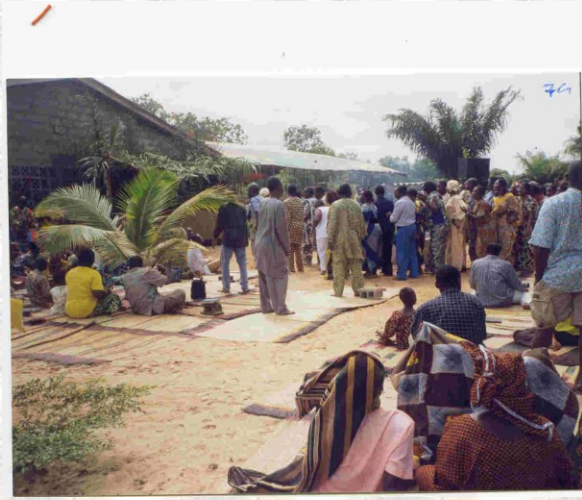
take a quick shower, the queue is long...

At 4:00am sharp, everyone in meditation hall. The Ganesha Mantras with said and the vibrations flowed. We can imagine how it seems in a closed pandal with so many Yogis and the sound of OM reverberating.

Seated in middle of Africa... Every thing is quite.... cool Vibration flowing....it's heaven.

After meditation we go back to our places. Some people sleep a little, other find unknown people and make them known people.

### HAVAN:





**Havan was outside the pandal. It was in a Natural environment Mother picture was under a small tree/ plant with flowers. Then a big haven kund at the central and to the other side yogis, some were in the front and some under the palm trees.**

**The haven fire was a big fire, it could be biggest in the world but outside India. With every OM Swaha, Ghee is offered to the fire with a long spoon. We sing Swa-gata-tam, Namaskar and with Shri, Ganesha Mantra the Haven starts. Then 108 names and then all the negativities were offer into the fire and then thanks to Shri Mata Ji. Then offering of the problems written on paper. Mahamaya, Mahakali bhajan. People in long queue and dancing and one by one offer the paper into the fire, do Namaste and go back to Shri Mata ji and Namaskar and go back dancing to his/her place. During this time creatively composed songs by Benin singers were on. Then at the end look into the fire and meditate in order to clean our left side.**



**Later in the day:**

**Representatives from different participating countries expressed their views about how to spread Sahaja Yoga. The speech was in French mostly. Only South Africa and Nigeria Spoke in English, there were individual video sets tuned to the translator. Many people speak about their individual experiences while others talked about collective approach and experiences.**

**Late in the night:**

**There was cultural programme. There was also Plays with fabulous acting by our brothers. One of them showed how the pastors come into long route Buses and talk about God and ask for money saying that they will give the money to God.**

**Ivory Coast had very special contribution in this Cultural programme. They had nice table player with equally toned singers. Ala-hu, ala-hu was**

there best song. They has two very young Yogi's -one played table and the other played harmonium. Contribution on Dholki (small drum) was from Govinda from Nigeria.

9<sup>th</sup> of August.

Morning meditation at 4am lead by Rajen from South Africa. We prayed mother earth to establish our mooladhara chakra

**Dr. APO Louse Speech**

In the day, we had some other speeches and then there was a very good speech by Dr. APO Louise from Ivory Coast she get training in Sahaja Yogi hospital, Washi, Bombay. Her main focus was to clean our body through meditation and other techniques. Doctor is not going to cure you. But they will tell you how to cure yourself. All treatment works with our pure attention. if attention is some where else, no techniques or mantra will work. Sahaja Doctor can treat the patient through vibration but if the patient gets ok and go out and

**again enter into negativity area, then he will be sick again. So best thing is to give them solution and they will practice them self.**

**In the evening again there was small cultural programme**

**Shri Krishna Puja-puja.**



**In the night, we did Shri Krishna Puja Ala-hu; Ala-hu was the song every body enjoyed. At the end, the Aarti by the country representatives was done.**

**After we had Bhajans and dancing, just after the puja rain started heavily. After some time lights went off because of a little sparking in one of the tube lights. The rain was so heavy that water entered into the**

**pandal from all the sides. All people stood up and gathered near the stage Torch lights and chargeable lights came out.**

**Then started singing and dancing and singing and dancing. All traditional songs and dances were enjoyed.**

**When people woke up in the morning, they saw some people sleeping in tents, some in the meditation hall and some in the pandal and some on the stage itself.**

### **10<sup>th</sup> of August.**

**It was the departure time and people saying Jai Shri Mataji to each other.**

**11<sup>th</sup> of August: Public programme in Porto Novo. Some Yogies from Italy, Romania, France, Ivory Coast, South Africa, Nigeria and others were still present there. At the end of self-realization people were asked to tell their experiences. Many people come forward and talked what they feel.**

**12<sup>th</sup> of August: Public programme Cotonou.**



**That is for the end of this delayed report. Please forgive me for any mistakes in this report and my broken English.**

**Regards and love to every body.**

**J S M  
Little Sebak  
biriyogi@yahoo.com**

### **Seminar invitation**

With the blessings of our Holly Divine Mother, African Sahaja Yogis are very happy to invite all the Sahaja Yogis from the whole world :

**2<sup>nd</sup> African  
Annual  
Seminar**

Place: Ivory Coast (Côte d'Ivoire)

Date: 29<sup>th</sup> July to 1<sup>st</sup> August 2004

Details of arrivals and other information should be given later.

Contact:

Phone: (+225) 22 47 40 76

E-mail: [tourepogo@yahoo.fr](mailto:tourepogo@yahoo.fr),  
[mahouanmenou@yahoo.fr](mailto:mahouanmenou@yahoo.fr), [sy-amon@ifrance.com](mailto:sy-amon@ifrance.com),

**SABKO DUA DENA,  
MA  
JAI NIRMALA  
MATAJI !**

*PLEASE FORWARD ALL  
CONTRIBUTIONS TO  
'ramoodley@worldonline.co.za'.  
Every effort has been made not to  
change the text.*

*Next vol. 31/03/2004.*

