



AFRICAN NEWSLETTER 11

No effort has been made to change the grammar, for the fear, the exclusion of a single word will nullify the vibrational 'whole-heart-effect' in which these articles were written. This is the way the 'Africans' speak.

Country Updates:

Mozambique

Mozambicans are putting their shattering past behind them and are rebuilding their country at a remarkable pace. And there are a fair number of



things to see, including stunning beaches, World Heritage sites, funky colonial architecture and colourful local culture.

A long, horrific civil war scarred the country & It has been estimated that more than one million land mines - laid by both sides during the war - remain unexploded in Mozambique. Some minefields have warning signs, but most are unmarked and often only get discovered when someone gets blown to bits. For this reason it is simply not safe to go wandering off into the bush *anywhere* without first seeking local advice - and even then your safety isn't guaranteed. Stay on roads and well-worn tracks where other people have obviously gone before.

Maputo is one of Africa's most attractive capitals. It's set on a small cliff overlooking Maputo Bay, with wide avenues lined by jacaranda and flame trees, a plethora of pleasant sidewalk cafés and a relaxed atmosphere.

For decades, the city's charms were overshadowed, first by colonialism, then by war, and it's only recently that the city has come into its own. Today Maputo is a lively, bustling place with colourful markets, intriguing architecture, a wealth of cultural offerings, and great nightlife.



History

Starting around 2000 years ago, Bantu peoples (named for their language group) began migrating into the area, bringing iron tools and weapons with them. Toward the end of the first millennium, several towns along the Mozambican coast grew into Bantu trading ports with links to other parts of Africa, the Middle East and India. The Arab influence in these ports was strong, and Swahili was the lingua franca of trade.

This is the Mozambique that greeted Vasco da Gama when he arrived in 1498. His goal was to establish supply points for Portuguese sea routes to India - a job that brought him into conflict with the resident Arab traders.

A flourishing trade in gold and ivory persuaded the Portuguese to overcome such adversities. By the mid-1700s, slaves were added to the cargo.

In the early part of the last century the Portuguese pulled out virtually overnight, leaving the country in chaos: lacking skilled professionals and infrastructure, bleeding capital, the economy plummeted.

But all that began to change with the arrival of 4 Brazilian Yogi's

Dairy of Time Spent In Mozambique By Brazilian Yogis

The Beginning

We were at a national seminar in Sao José dos Campos, Brazil, in March 2004 when we received news that a detailed listing of all countries with & without Sahaja Yoga was being produced. The divine worked it out that members of the Brazilian collective would assist in the spreading of Sahaja Yoga in Mozambique...together with the assistance of the South Africa Collective.

Logistics Involved

With such a long time to be spent in Mozambique, a few challenging aspects arose. These included transport to & from Mozambique, transport while in Maputo, meals, furnished accommodation, passports, visas, vaccinations, financial reserve in a strong currency as changing money in Mozambique is a problem, various Sahaja documentation & venues for the public & follow-up programs. Were any of these a problem – NO – the divine took care of all this with as little intervention as possible from the human side? Our fears were just a leela – how little we really do. JAI SHRI MATAJI

“Difficulties...of Africa”

Besides the obvious requirement of having the available time & money, some other ‘problems’ set in. The accommodation in Maputo proved to be the biggest Maya. The real-estate agent could not guarantee us a furnished abode due to this being scarce & we were afraid to give him a down payment without us first seeing our accommodation. Having arrived in Maputo we were presented with a holding that did not meet our requirements i.e. a lot of items were missing e.g. pans, plates, canisters & also personnel hygiene & washing of clothes were compromised due to lack of available water.

We immediately requested a better dwelling, one that was closer to the city centre, furnished & functioning. We still did not have the privilege of a vehicle & also there was a little fear as in this country one drives on the left hand side of the road – opposite to what we were used to.

To our dismay the owner of our abode demanded that we agree in a contract to use the house for a year as is customary or for us to leave immediately. We searched frantically around the city for alternate accommodation the next two days & coming to terms that we may have to spend the duration of our stay in a hotel. We needed divine intervention & again were rewarded when a lady who offered a lease for less than a year – JAI SHRI MATAJI, offered accommodation!!!

Public & Follow-Up Programs

The first public program was held on the 14th December 2004 in a refurbished cinema & all Sahaja Yogis were amazed by the turnout. Nine hundred expectant faces were waiting for their kundalini to be awakened. Nine hundred seekers were waiting for a glimpse of divinity.

Nearly all the people present felt the vibrations. The program started at 18H20 & ended at 21H30 with a lot of questions & interesting comments. A reasonable number of people stayed on asking questions & removing any doubt that they had. **Shri Mataji, thank you for sending these seekers to us!**

The follow up had been scheduled to happen every Tuesday at 19H30 at the Faculty of Physical Education. Ninety people pitched up although a good part of this comprised of new faces.

With the arrival of Rajen and his family (South Africa Yogi's), our transport problems disappeared & everyday headed for the beaches giving self-realization & pamphlets to the masses. Many of the Mozambicans that we came in contact with were very simple, educated & considerate people, however, they were stubborn in the sense of them being very conditioned.

Well, the work has only begun & there is much to be done. As the weeks passed by, we had thirty regular people attending follow up programs and from them about 18 come to Saturday meetings to hear Shri Mataji's tapes. Next Saturday we had our first little seminar in a sahaja yogini's house! It seems that they were meditating every day and some of them began to ask for Shri Mataji's pendant & brooch and also how to give this blessing to other seekers.

Ivan Kolmogoroff, Aunty Angela, Cavalcante, Aunty Maria, Cyro Ribeiro
(**Brazilian Yogis**)



South African Yogi's in Maputo

My experience (of a Mozambican brother) in the South Africa National Seminar

I don't know how to begin to talk about my experience on the seminar, and even, I am not a good writer, I will just say what I feel in this wonderful seminar.

For me it was incredible, I don't know how to describe that, I never imagined such a collectivity, such connection between white, Hindus, black people...we were really just ONE.

The people were SO LOVELY, when I saw the pure and simple way they smiled for me, my mind stop, and my heart open, until today I feel that my heart is filled with LOVE, my heart isn't the same.

I don't know, but I think that the mind can't understand that, just the Heart could feel and understand that.

I never in my life was in such a place with so many different people, and filled LOVE coming from all direction, LOVE was all around.

In working there were LOVE, in talking there was LOVE...there were LOVE in everything.

On the last day, the Durban people was taking the bus to their home, and the bus was going and I start to wave to the people that was departing, suddenly I stop and tell my friend Mrs Durão, "I don't know, I am waving to these people, but most of them I just knew 2 days ago!!!" I was feeling their departure, as if I knew them a long time ago.

It is really PEACEFUL to know that, with all the problems and confusions in the World, there exists something highly wonderful as SAHAJA YOGA.



Yogis embracing when the National Anthem of Mozambique is sung.

A week after the National seminar in South Africa, the Mozambicans had the unbelievable opportunity to spread sahaja Yoga on National television. The response has been over-whelming...and sahaja yoga is only five months old in Mozambique.



You have to experience thisno words can describe it.

Southern African Collective:



The Southern African Collective

. "TAME THE MONKEY" **The Understanding of Meditation**

To understand how best to meditate means trying to perfect the way to play a game and win, maybe a game similar to the ones you get on your cell phone or even on the computer. The game, I have in mind, should maybe be called "Tame the Monkey", so called because at some stage, Sri Mataji referred to the mind as the monkey.

In setting about playing the game, it is essential to play by the rules in that you would commence by taking up position as in all games. In this case the classic lotus position, sitting on the floor cross-legged and comfortable, so as not to be distracted by sore ankles or too hot or too cold weather as you settle into meditation. Soft meditative music is conducive to deeper meditation.

Trying to tame the mind is the most difficult and the yet the simplest process to accomplish but as you progress and in time, it will become apparent that it is easier than you think. Focus on a picture of Shri Mataji, preferably at a feature, so as not to have your eyes straying because this is distraction. Maybe focus on Her Eyes, or the Dot on Her Forehead, or the Bridge of Her Nose. The fun starts here, and remember that you might find it easier to maintain the endeavour to be without thought if you meditate with your eyes open. At this early stage you will be assaulted by a million thoughts, all of which you will be unable to control, and your job is to remove them from your mind.

To get this process underway as early as this, is to understand the word 'detachment or surrender', much the same connotation as being without thought, in the context of meditating. To detach would mean to remove from mind all those issues that have plagued you all day and prior, all the thoughts or worries that bear down on you, and won't allow you to rest mentally or otherwise. To pay the rent or a debt, to fix the leak in your house or to mend the car, to attend to your sick aunt or even closer relation, no matter how ill. Whatever issues can be resolved in the space of a few minutes, do not warrant concern anyhow. It is the bigger ones which will not go away, that need to be set aside, and might be considered more of an attachment. Long term issues such as death, money, and retirement are the ones from which to detach. Detachment in Sahaja Yoga does not mean giving up your lifestyle or your wealth, and living without the comforts of life. Just remember balance in every thing that you do is most important, and removes the guilt of greed as an attachment in so doing.

So having disposed of these issues, you can set about meditating, but try as you may the monkey will continue to jump about as you do so. This is the test of your dedication to become one with the whole. To control your mind, you might look at Shri Mataji and say, "Shri Mataji, who am I?", "Shri Mataji, please make me a witness", "Shri Mataji, please make me detached", "Shri Mataji, please make me part and parcel of the whole" or "Shri Mataji, I am the Spirit". Look at Shri Mataji as you respectfully address Her with these questions and statements as though you were expecting an answer. All of these one by one, or as you like, all of them, however you choose.

Look inwards to yourself, to your Anahata chakra, to your Sahasrara, listen to your heartbeat, listen to your breathing, notice how shallow. This immediately brings you to the 'now' aspect of meditation as is absolute necessary in making your Yoga. Thinking of, no matter how subtly that, 'at the end of this meditation I will,' takes you to later, which is in the future. Thinking about what you have forgotten takes you to the past and is equally as pointless. To meditate correctly you have to be in the 'now,' and only then will you be in the game with a chance. The shortest moment in meditation when you can be without thought is the starting point of the entire process... and it is to develop this process that you aspire. The joy of meditating in this way and recognising what you are up against makes it exciting, and you will find that you will endeavour to refine your thoughts as you progress, so as to bring more peace with each meditation, and know where you are lacking. The longer you are able to sustain this period of thoughtlessness in the best way in which seekers can, the sooner you can expect to cross the threshold into thoughtless awareness. Whether this moment of "Entrancement" or "Bliss" is brought about of your own will or whether it is bestowed upon you by the Divine, it is at this moment, that you are no longer in meditation, but at One with the Spirit.

The time suddenly being spent in meditation disappears so quickly, and you will soon find yourself looking forward to your meditations with more and more anticipation, knowing that at some point you will suddenly experience the "breakthrough" as you find yourself at the moment in life we all are searching for, the connection with the Collective Consciousness.

Jai Shri Mataji.

Cameroon:

We left Benin on Saturday and reached Lagos where we passed the night. On Sunday morning we went to the stadium and gave people self-realization and at 3h30 PM, we started Shri Adishakti pooja. When the pooja was over we (Yvon, Emmanuel and I) settled our luggages and left for Aba (East Nigeria) where we reached on Monday at noon. We took another bus for Oron where we reached around 6 pm. Oron is a beautiful place like seaside and the vibrations were quite good. I just wanted to display the beautiful subtle system that Tonton (Uncle) Obi brought from U.K to give self-realization but the chief of the area told us that as we are from Benin and we didn't have Visa it could attract police and they will complicate our travel for Cameroon.

After we had taken a stroll, we hired a room in a hotel where we meditated and slept. We woke early at 4h30, had bath and meditated and left for Cameroon at 6.00 am with the flyboat. As we were on sea, we had the opportunity to worship our Mother under her aspect of shri Luxmi by singing and drumming to shri Luxmi.

Before 9am, we **landed in Cameroon.**

We went to Cameroon immigration to explain to them the purpose of our trip and the officer asked our Visa, what we didn't have and he put us in cell. I just got the idea that my presence there had its purpose. In fact since 2 years I have been planning to give self-realization in Prison and for that many a times I went to see the responsible prison in Benin with documents I got from sister Bernadette RAMBAUD (France), but all the times they rejected my project I wanted to try it with Nigeria but it didn't workout. And that day the opportunity had been giving and I started giving people in the cell with us self-realization. Yvon followed me and in a while all of them got self-realized and really felt it. One of them started confessing me that he stole a goat and added that it was a temptation. I told him that it was over and to not mind.

After that, we phoned to the leader of Cameroon. She was very surprised and wanted immediately to send someone in army but Yvon asked her to settle with a driver. They finally collected 90,000 cfa to release us and took us to Douala where we met Sister Celine and the leader. But once we were released another officer who were passing saw the subtle system that Yvon was carrying and asked "what is it for, "I unfolded the subtle system and explained SY to him. He got his self-realization and collected the Cameroon leader: sister Ernerktine address and declared to us that he was very interested.

We went to the leader's house where we had bath and lunch. After a little rest she took us to the center where Douala collective were learning bhajans. We sang together. The leader accepted spontaneously my idea to give self-realization on streets and public places and some responsables (people in charge) and people available to direct the program. The appointment was for Wednesday 9 AM after breakfast.

On Wednesday around 9h30 we went to a crossroad full of people. . But the sun was shining bitterly. We looked for shelter in vain. We decided to stay on the shining sun to do Adishakti's work and just we made out the subtle system with mother's picture, shri Surya retract his bitter rays and the weather became so mild. We stayed their approx. 90 minutes and gave self-realization to 50 seekers.

We decided to change place and just when we fold our material, the sun became again intense. After 15.minutes, we came to another place and the same phenomena repeated: Shri Surya became again mild and let us do Adishakti's job. Everybody was amazed. It really showed the powerfulness of sahaja yoga. People crowded around us to receive self-realization. All the sahaji's were busy of giving self-realization even those who looked very shy to talk about sahaja yoga. Tired of raising kundalini of the seekers, we asked the remain seekers to ask shri MATAJI directly and what they experienced was tremendous.

More than 160 seekers got self-realized. The vibrations created were tremendous and sahaji's who never felt cool breeze at their fontanel bone area felt it and also all over their body. After a while we folded all material and we went home happy and satisfied.

In the evening the leader took us to view Cameroon preparation for the seminar cultural festival. The team was showing different kinds of dances. It was quite exciting. We just didn't want to leave. Really it was hard to leave and we went to sahaja center to see the collective who was waiting for us. Together we chanted some bajans. At the end the leader took the floor and said that the experience of giving self-realization on the streets was so wonderful and need to be repeated. We wholly agreed and took another appointment for Thursday at 9 AM. And that day, 50 people got self-realized.

In our plan, we should go back on Thursday's the leader and sister Celine took us to the park and booked our ticket and gave us money.

She now took us to the venue where the seminar will take place. It's been a surprise for us. The place was divinely chosen. In fact it is a beautiful and big palace and can host thousands sahaji's. The compound is very neat and clean. The rooms are quite comfortable. So are the bathrooms and toilets. And we can feel the presence of our Divine Mother. In short the place is perfect and can never be better.

At 6Pm, we started a pooja .It was the idea of the leader to thank our divine mother shri Adishakti for all her blessings and for guiding us. The pooja is performed to shri Luxmi .She gave me the honor to lead it. During the pooja the vibrations was so intense that I thought I was inside a fridge .It lasted 2 hours and at the end everybody cheerfully started dancing. We were dancing to no end. We even forgot that our departure was for 8h30 pm. When the leader of Cameroon reminded us that, It was hard for us to leave. Many sahaji's gave us presents and the leader, tanti Celine and brother François followed us to the park and instructed brother François to follow us to Limbe where we had to take our boat for Calabar (Nigeria). We arrived at Calabar 12 hours later. Yvon and Emanuel tired went directly to Lagos. But to complete my journey i had to go to Amassiri to see how the collective is growing and how they are preparing their attendance for the seminar in Cameroon.4 hours (around 6Pm) later i reached there. They were so Happy. I was very happy to be informed that the collective is growing considerably; there are people from Calabar, Ndibe among them. We discussed about the seminar, foot soaked and i went on bed.

On Saturday around 6 PM I left Amassiri for Lagos where I reached on Sunday around 6h30 Am and after collective meditation I left for Benin.

All our thanks to Shri Mataji who have been our guide and has blessed us beyond our understanding.

We thank the leader of Cameroon, Tanti Celine, Brother François and the collective of Cameroon for their love. We thank also tonton Michel and brother Rene Pierre for encouraging our initiative

**BOLO SHRI CAMEROON SWAMINI SHRI ADISHAKTI MATAJI
SHRI NIRMALA DEVI KI JAY.**

Your little brother Patient (BENIN).

Quotation

"First of all, I think this is the most important thing to understand about your own Kundalini, as Self Realization is Self Knowledge and the one who gives you Self Knowledge is this, your own Kundalini because when She rises, She points it out, what are the problems on your chakras.

Now, we say that it is pure desire, but we do not know what purity means. It means your chaste desire. It means it has no lust, greed, anything in it. That power is your own Mother and is settled in your triangular bone. She's your own mother. She knows everything about you. It's like a tape recorder. She knows everything about you and She is absolutely the knowledge because She's so pure.

And whatever chakras She touches, She also knows what's wrong with that chakra beforehand. So She's quite prepared and She adjusts Herself fully so that you do not get a problem by Her awakening. If any chakra is constricted, She waits and goes on slowly opening that chakra."

Weilburg, Germany. August 11, 1991

Interesting Fact

"As you know, in the Sahasrara there are the seats of the seven main chakras. There are 1000 nadis or as they call it flames, and they all have each 16,000 powers. Every nadi deals with a particular type of person; and with the permutations and combinations of all these nadis, human beings are looked after."

Contributions

Please send contributions for the next newsletter to:
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We would very much like to hear from you as to what you would like to see on this newsletter - please send comments & suggestions to the e-mail address above ...

