



Celebrating 85th Birthday



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Editor's Note:

Greetings to everyone on the auspicious occasion of 85th birthday of our beloved Mother. March 21st always seems to us as our birthday, which is true because we were born the second time because of this day only, the day of the equinox. Let's all pray together on this joyous occasion to become the great instrument of the Divine and thus fulfill the vision of Shri Mataji.

Sahaja News

Shri Mataji's Birthday Celebrations

BRITISH COLUMBIA:

Next week will commence the global events with the screening of Freedom and Liberation in 10 countries in celebration of Shri Mataji's 85th Birthday. Vancouver screening is at UBC Robson Square Theater on Thursday March 20th and has been sponsored by UBC Robson Square, Fairchild Radio, and Coop Radio. There will be music, dance, birthday cake and of course Self-Realization.

Global: <http://www.freemeditation.com/freedom/>

Vancouver: <http://www.freemeditation.ca/freedom/>

Vancouver (non-public): <http://www.sahajayoga.ca/freedom/>

"It was mentioned to Sir CP that all over the world there were screenings of Freedom and Liberation being arranged to celebrate Mother's 85th Birthday and Sir CP conveyed that Shri Mataji was very pleased and sent Her blessings." (Chris Kyriacou)

GTA:

It gives us immense pleasure to announce that Birthday Puja 2008 and Birthday Party in GTA will be held



Shri Mataji's Birthday Celebrations contd...

on 21 Mar, 08 at Party Room, 85 Charolais Blvd., Brampton, ON from 1:00 pm till 11:00 pm. We would like everyone to participate with the expression of our collective joy to our Holy Mother by contributing either in entertainment program or organizing the event. Please contact either Sujata or Gita directly for entertainment or local council to volunteer.

Sahaja Growth Insights

ONTARIO

OTTAWA: With 15 established yogis, the Ottawa Sahaja Yoga group continues to grow. Weekly meetings at the main library attract a couple new individuals each week.

Yoginis from the collective have begun a cooking group which meets every month. The group uses Shri Mataji's cookbook as a basis with the Indian cooking. Yoginis from other cultures are sharing their favorite cultural recipes. This group also provides an opportunity for Sahaja discussion among the women.

Also, collective is participating in the International Bazaar being held on March 18th-19th, from 10 a.m. - 2 p.m.. Algonquin College (Ottawa) is hosting this event "Celebrations of Cultures" This is a kind of event which Ottawa collective has never participated in before. Presence, attention and suggestion of yogis on how to make it a success is much appreciated. Ottawa collective can be reached at sahajayogaottawa@yahoogroups.com or mankadn@hotmail.com

GTA:

Art & Spirituality

Knowledge of the cool breeze and its inspirational power can be found in various religious scriptures throughout history, but has largely been forgotten in recent times. On 02 March, 08 a program on art was organized both for yogis and seekers at the Burlington Class. This event took the participants into the dimension of spirituality as expressed in the world of art. Demonstration was not only enlightening and educational in its content, but was made interesting as well.

Watch out for Part two which will probably be in the month of May and most likely will be dedicated to "Easter Art & Spirituality" with theater play, visual art, poetry and live music.

Sahaja Events

Upcoming Events

- **Public Program**
Annual Health and Wellness Show

29 Mar, 08 – in Burlington

Halton-Eco Festival

19 Apr, 08 - in Oakville

Note: For both these programs, the Organizers have limited the number of people who can conduct the program. So please confirm your participation beforehand with loana at gpopa1@cogeco.ca

Celebrations of Cultures

18 -19 Mar, 08 - in Ottawa from 10 am - 2 pm

- **Festivals/Occasions**

Shri Mataji's Birthday

21 Mar, 08

Shri Mataji was born on the Spring Equinox, the 21st of March 1923 at 12 o'clock noon, in Chindwara, a small village in the geographic center of India, in the family cottage.

Easter

21 Mar, 08

Also called Pascha. It celebrates the resurrection of Jesus, which Christians believe occurred on the third day after his crucifixion.

Holi

22 Mar, 08

Holi has an ancient origin and celebrates the triumph of 'good' over 'bad'. The colorful festival



Sahaja Growth Insights contd...

Lakshmi basket update...

Next Lakshmi basket meeting is on Sunday 16 March, 08, 12:00 noon onwards at Sandra's house. Address is 48 Bankview Circle, Etobicoke M9W 6S5.

If you plan to join them there, call Sandra at 416 679 0737 to confirm your attendance. Also, it is requested to bring your own 3 to 3.75 crochet hook for making more Rakhees if possible.

In last meeting they made 50 bags for the Chai Masala to give as gifts from hosting country at Shri Krishna Puja. All the collectives from all over Canada are invited to make these bags in the artistic theme of Shri Krishna. The chosen goal is of 2000 bags. Also they made 50 rakhee bracelets and 3 inner cushion casings ready for the wool stuffing for the silk pillow set for Shri Mataji.

Contact Cheryl Saunders at chersaun@sympatico.ca if you know where to get silk embroidery threads. Also, if anyone has a presser foot device for sewing machine that is used to create the piping, kindly let her know.

They are also looking for source of cotton yarn to tie up the bags and good quality blue color cotton fabric. If somebody knows where they can get it at reasonable rate, please advise them. Also suggest a tag to put on Masala sachets (something like: Shri Krishna Puja 2008 with love from Canada).

Few new beginners classes started in Canada

NOVA SCOTIA:

Krasi and Bill conducted their first Sahaja program in the little town Liverpool near Halifax. They placed an ad in the local newspaper and 56 people came. In the next class the turnout was 52. Please give bandhan for continued success so that these seekers get established in Sahaja Yoga.

ALBERTA:

New Sessions started in the North West scheduled for every 3rd and 4th Wednesday in the month of March and April 2008 from 7:00 pm to 8:00 pm at Uplands Recreation Center – Hawkwood. First class was on 20 Feb, 08. For further information on Calgary classes phone (403) 241-7709 or email at sycalgary@shaw.ca

BRITISH COLUMBIA:

SURREY BC

Another New Meditation Class in Surrey scheduled for every Friday at 7.00pm.

Venue: Strawberry Hill Library, 7399 - 122nd Street, Strawberry Hill. For more information call : (604) 597 8311

ONTARIO:

At Gur Mandir class is on every Saturday from 11:00 am to 12:00 noon in the Basement of the Temple.

was started by Shri Krishna to bridge the social gap and renew sweet relationships.

Mother's Marriage Anniversary

07 Apr, 08 - Shri Mataji Nirmala Devi was married to Sir. C.P. Srivastava, on 7th April, 1947

Past Events

- **Public Program**

Online Global meditation

10 Mar, 08 – was attended by 21 yogis - next session is on 24 Mar, 08 at 9:00 pm EST - Use Sahaja Yoga Radio to join the meditation.



First Class was on 1st March 2008. Yogis have done publicity by placing posters, advertising in the Voice Newspaper and even radio announcement on Radio Voice FM 101.3

All those willing to participate in doing more advertisements by posting flyers, music and conducting the program contact Mahesh Khatri at 416 464 6568 or email at maheshkhatri@yahoo.com.

Latest From Pune...

Sir CP said Shri Mataji was very pleased about the National Apology, that this was a very significant action that the Australian Government had apologized to the indigenous people of Australia. Shri Mataji said that this should happen all over the world.

Ganesha's Birthday

Yogis were invited to Prathisthan on 10 Feb, 08 for a music program. To their surprise Shri Mataji declared a Sakshat Ganesha Puja.

Shri Mataji gave a lecture in Hindi language. She emphasized on His special quality that He is the embodiment of purity (shuddha swarup) and complete Master of the Universe. He is the incarnation of the Supreme, of Brahman. One can recognize him only after self realization. Also, she said that today whatever we wish Shri Ganesha will fulfill.

Divine Knowledge

To see Auras is not a good sign in Sahaja Yoga

We see auras or colors when we get imbalanced, that is when we disintegrate from our being. That's how we start seeing something else separated from us.

After realization you don't see any auras in a person because he is integrated. But when he is in a mess, he starts getting the auras. Such a person needs clearance. In a light which has no aberration is good light. If there is aberration then it is bad light. All the seven colors of the light have to be concentrated and integrated. If they are prismatic and if they are giving it separately, then it is not integration. If it is integration then one cannot see seven lights.

All the auras come to us because we are made of seven tattwas(elements). People who are right sided believe in five tattwas. They call them Koshas. These Koshas are created by the first centre, by the second centre and by the third centre. These are physical words, by the fourth and then by the fifth one and the sixth and the seventh and they do not create auras outside. They create inside near the heart. As soon as one gets realization, they become one.

Source: Talk in NY, USA, 30 Sep, 1981

Useful Links: [Archives](#) | [Sahaja Yoga Canada Website](#) | [Sahaja Radio Live Broadcast](#)
[Weekly Classes](#) | [Online Collective Meditation](#) | [Sahaja Path](#)