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A Sahaja Yoga Monthly Newsletter

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What is Sahaja Yoga ?

When a child is born, the first thing that he responds to is the Spirit of his mother. At the moment of his birth he is not aware of his body or that of his mother, but he is aware of the Spirit. The moment he comes out of the womb he suffers a shock, and his first reaction is to get back to the womb. At this stage his mind, conditionings and ego aspects are not developed. He is the pure Spirit, and it is this pure Spirit that finds comfort in the Spirit of his mother and through that comfort he sustains in the new alien environment.

This response is true love or unconditional love. It is not a conditioned response, but the sheer joy of the fusion of two Spirits. In true love there is no "I" and "You", there



is simply the merging in the Spirit. Physically we can appear as different colors, shapes, characteristics, but as we become the Spirit the drops all become one ocean.

Sahaja Yoga is all about understanding the power of divine and keeping ourselves connected to it. It is all about meditating and being in thoughtless state to feel the joy of being connected to the Spirit.

Love is the flow of life in all limbs, between children/parents, brothers/sisters, friends, old people, etc. Where many people share and care, then the whole society opens up its heart. It becomes a collective society and changes the world. That is what is the goal of Sahaja yoga.

Letter from the Editor



Welcome to our first Massachusetts Sahaja Yoga Newsletter, "TheWavemaker".

Beginnings have their own challenges. How do we start? Without a direction, starting is just leaving one vague reality for another, perhaps with some hope that that a new venture will change something for the better. "A change is as good as a rest", we might say, with a little bit of a hope that this change will bring happiness a little closer. The New Year's resolution is that kind of a beginning, too. By mid-summer who can recall what those resolutions were. Some people come across the list later in the year and guiltily ponder its contents wondering what happened to all those good intentions to strike a blow at bad habits, avoidance and time wasting behaviors, inertia and its counterparts, guilt, anxiety and fury. Somehow day to day "realities, necessities and priorities" reduce our will to jello.

"The Wavemaker" takes its title from the source of all energy in the Universe. We believe this energy is the source of all love, peace, great inspiration, creativity and action. Who or what is this source and how do we find it in ourselves? This is the purpose of Sahaja Yoga Meditation.

To begin the first edition, our starting point must go beyond the vague realities of our minds and rationalizations. This is the only way to "jump start" ourselves to a much more effective and dynamic energy. So, we seek a blessing from the source of all beginnings. Yes, there is such a source. After all, how did this Universe begin? We ask this source for guidance, that this newsletter, through its writers and artists will keep to the path of "pure knowledge". This knowledge is what will guide our readers to experience for themselves the inner knowledge of "the Self", which brings great peace and wisdom.

Welcome into the ocean.
Rachel.



Q. What does "Sahaja Yoga Meditation" mean and what is it?

A "Sahaja" is a Sanskrit word which means spontaneous and "Yoga" means union. Together they describe the process that happens when we enter the state of Meditation.

This Union occurs spontaneously because of the nature of our own subtle energy system. "Meditation" is a state that occurs when we feel deeply peaceful, without thought, but with full awareness. We can experience a state of joy and oneness with everything.

Q. Is it easy to achieve this Meditation and how much does it cost?

A. It is not difficult to experience Sahaja Yoga Meditation. The best way is to find a meeting near you and let the volunteers help you. (See the list of meetings) It is a bit like one candle lighting another. Because we live in a vast country, finding a nearby meeting may not be possible.

If you are comfortable with the internet, you can also go to the following website www.sahaja yoga.org and follow the link "Experience Now".

The other possibility is to write, email or phone the editor, so that we can explore ways to reach you. It may require a little effort on your part, but we will do our part, too.

Meetings and our time is always free.

Q. Do you need to exercise, and will this Yoga improve my physical fitness?

A. Exercise is not part of Sahaja Yoga. We are concerned with an inner quest for peace, balance, self esteem and spiritual growth? All 'Yogas' come from ancient spiritual teachings, which had the goal of Union with the Divine Source.

Q. Who is Shri Mataji Nirmala Devi, and why do we meditate with her picture?

A. She founded Sahaja Yoga Meditation in 1970. She had a great desire to help humanity overcome their suffering. She was appalled at how many false gurus came to the USA from India in order to make money. She took ancient knowledge from India and showed how anybody who had the desire for it could find "the self" and peace within.

No need to stand on one leg in the Himalayas to achieve this, She has been known to say. The answers lie within oneself, it's free and powerful. She showed people all over the world how to have this experience.

It was easier to have this state of Meditation in Her presence, and in the presence of Her photograph. If Her photo is not available find something from nature as a focus, for instance flowers, or trees.

Send in your questions and comments, please. Don't put it off. Let's hear from you.



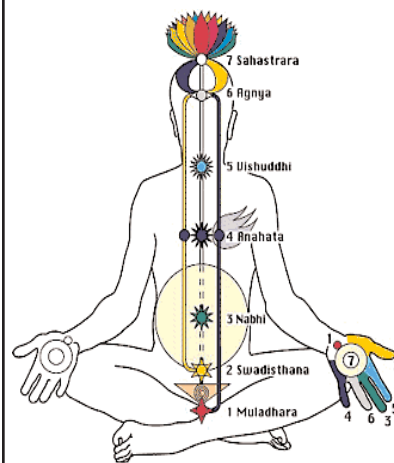
Contact Us

Any queries about contact names, numbers, locations, and times of Sahaja Yoga workshops, reader's questions, comments or points raised about the content of this newsletter please send to:

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Free Ongoing Sahaja Yoga Workshops in MA



THE SUBTLE SYSTEM

Area	Days/Time	Location
Amherst	Wednesdays Feb 13th, 20th, 27th 12Noon-1:30pm	The Jones Library, Amherst Room, 43 Amity Street, Amherst MA 01002
Cambridge	Every Wednesdays 7:30-8:30pm	Cornerstone Village Housing, 175 Harvey Street, Cambridge MA 02140 (Use buzzer #Public Space)
Framingham	Every Tuesdays 7:00-8:00pm	The Community Room Chapel Hill East, 1500 Worcester Road, Framingham MA 01702 Call (646) 335-2170 for access
Lowell	Every Wednesdays 7:00-8:30pm	Christ Church United, 1 Bartlett Street, Lowell MA 01852