



Sahaja Touring

Compilation of advice from Sahaja Tours

"So, remember what is your responsibility. What is your moral responsibility and not your physical responsibility. If you understand your moral responsibility you will be very discreet, not only that, but you will find a great direction from within how to have your attitude built up so that you enjoy every bit of the fragrance of this country. It is a beautiful country as I told you but you must have eyes to see that. Those eyes by God's grace all of you have got. Only we have to keep them alive and alert. Thank you very much. May god bless you."

Shri Mataji's speech at the beginning of India Tour, Bombay, 13th January 1985



Jai Shri Mataji!

When the vibrations are cool for a Tour, it is not solely about support for Sahaja Public Programs. There are many music groups who can also support this work. A key driving force is about building bridges of love and collectivity between all our countries. One of our roles is as ambassadors for Sahaja Yoga from our region and to help establish deep and abiding friendship with all the Yogis and Collectives. We should keep this role in our attention while on Tour.

Guidelines for Spiritual preparation

These guidelines are offered for personal introspection and reflection and have been gained from the experiences shared on past Tours.

Each day begins with collective meditation. First thing in the morning. Avoid too much talking of things mundane and material. Last thing at night at the end the day no matter what time the duties of the day finish, finish with a foot soak and meditation.

Attention must be clear and focussed on the Vibrations. Be open and receptive to Shri Mataji's power at work in the world. Pray that we may be part of the miracle of Our Mother presence in the world. If our desire is strong and pure Shri Mataji may answer our desires in our dreams and visions. This requires commitment to Collective meditation and clearing in Australia before committing to be part of any Tour.

In past Tour Yogis have felt and seen Shri Mataji on the Bus, at the programs and travelling with us throughout the Tour. This is the reality if we are subtle enough to connect to that reality. Shri Mataji will be there with us if are deep enough to put ourselves in the same space.

Whatever happens on Tour. It is best to leave it all to Shri Mataji's powers, Shri Mataji will work everything out. Sahaja Tours are like a procession through Heaven.

Only Her presence and power. Everywhere, all the time. We are just the best of ourselves. All the time. Every day. Being in joy. Collective and happy. Tours create that inner space and realm and for a time we can achieve this on the Earth.

This is the essence and spirit of what it is like to be part of a Sahaja spiritual Tour. Leading into the Tour we should be seriously preparing upon the subtle, by attending Collective programs every week and meditating and clearing everyday morning and night.

An enhanced regime of daily meditations, clearing, shoe beating, madka treatments. Listening daily to Shri Mataji's talks. To move the attention inside to the subtle. When the attention dwells for more time upon the spirit what we create has the ability to carry vibrations as the instrument of Shri Mataji's Will.

This is not a Concert Tour of Musical stage performances. Yet many will be performing before thousands of people, the maya will be deep. There are many Programs yet there is one only power and one aim. To enhance collectivity and to give self-realisation. It is not a holiday to nice countries and seeing the sights. There are ample opportunities to see new places, for new experiences and to enjoy and meet new Yogis.

Sahaja Tours are in essence a spiritual pilgrimage of Sahaja work. To allow ourselves to follow Our Mother's Will. To do Her Work.

There is no greater purpose any Yogi can aspire to. It is one of the great privileges that the Divine has allowed us to be a part of Her Tour. Shri Mataji has selected every Yogi on Tour. Shri Mataji has given us the opportunity. The money and the leave. This is a not a music Tour. It is a Sahaja spiritual journey spreading the message of Sahaja Yoga.

Our role is to convey the reality of the joy of the spirit. When we return perhaps that which is most in our attention will not just be the daily occurrences on Tour - the places and the events, but perhaps how we were moved spiritually as witness to the majesty and power of Our Mother's love at work in the world.

It is this which most moves and inspires us. Upon our return when shared with the Collective this is what most inspires and motivates. Perhaps consider keeping a spiritual diary of how you have born witness to the Divine power at work in the world.

A Tour is a great opportunity for enjoyment. Deeper experiences. Of being a part of a collective group. The pleasures and experiences of sharing a spiritual journey with our brothers and sisters. Yet there is a level of depth, maturity, and spiritual wisdom needed.

To appreciate that during the Tour Shri Mataji will likely make each of us face our own shortcomings, illusions, and perceptions. This has happened during every Tour. It is just one aspect of the light and shade within the rich Sahaja spiritual tapestry that we should prepare for. Shri Mataji has said the rocks in the river allows the water to splash and play and make merriment as it moves on, always on.

The Tours are like a mirror brought up to face ourselves. To see ourselves as others see us. As opposed to how we see ourselves. If we find that we are reacting or are not happy. Then we should know that it is ourselves. There are no other causes. This challenge comes up every tour and the Yogis in the centre of these issues rarely see that they are in the centre of the issue at hand. Humility, introspection and being able to face the truth about ourselves is the cornerstone of Touring.

There is an appreciation that it may not always be fun. That there will be challenging times. Times of potential disagreement, stress and pressure. It is about the constant need to rise above the Ego. To go beyond personal comforts and wants. Always seeing the needs of others. Knowing that this is part of the spiritual journey. Being part of a pilgrimage of self-discovery.

Working for our own spiritual growth and maturity. Seeking to become a better Yogi from the Tour. To prepare oneself in the knowledge that no matter what happens. Our contribution to the Tour will be one to help establish the calm and tranquil waters of the still lake of our personal and collective attention. We aim to better become Yogis.

To awaken and manifest the Yogi within. To unite and truly be one family. For then we know that we are close to Our Mother and in that space and place which is most pleasing to Shri Mataji.

Shri Mataji started the great tradition of Touring. Where Shri Mataji lifted us up, up and up, and placed our feet upon the road of the pilgrims. Shared time in the company of saints is a great privilege. Where Our Mother fills our minds with visions full of dreams for a new future for mankind. Where our hearts are filled with the unlimited Love of, and for Our Mother. We live and are guided and ignited by that love.

Hosting Country preparation

With Council rotation and renewal many younger Yogis have become the Council Coordinators and are working on the ground to organise the Tour.

They are all working on the promotional material, media publicity, arrangements for transport and accommodation. Concert arrangements and so many related issues for the success of the MOJ tour. We are trying to make the best possible travel arrangements, accommodation and food with as much care as possible.

Please keep in mind that we not travel agents nor do this work for a living. We try the best we can. If you find any of the arrangements are perhaps less than needed. This should be taken in the light that we tried the best we could to put these arrangements in place. We may fall short. If so please step in and offer support and help.

The Yogis in the hosting countries are our brothers and sisters. Please respect their service. They are not there to serve our needs. Try to look after your day to day needs as far as possible without referring to hosting Yogis for help. In the past there has been a tendency where we ask local Yogis to run around local shops sourcing our supplies. SIMM cards. Exchange money. To look after our day to day needs. This is not their role. We need to take personal responsibility as good guests and not cause the slightest ripple of effect within each of the Collectives we visit.

The more we devote to our spiritual aspirations and desires, the more memorable and full of blessings will be the time we spend Touring. The hosting city Yogis will greet everyone with full heart and love. We should reciprocate these gestures of love with equal measures of love and Sahaja affection.

Keep Copies of everything with you.

Keep copies of your Passport ID page in different places in your luggage. Please personally check all your Flight itineraries before you leave Australia. Check the spelling of your name. That your ticketed Flights match the group Tour itinerary. We have had Yogis assume all the Tickets were correct then depart for Tour only to find at an Airport in some far distant land that their Ticket was incorrect. Once confirmed keep multiple copies of your Tickets together with copies of your Passport ID in different places with your luggage. If you were to lose your Passport having a copy of the ID page makes recovery much easier.

Once distributed keep the details of the places we are staying, local phone contacts, Hotel addresses and Public Program venues with you. If for any reason you are separated from the group, this information will prove vital.

Gifts

The hosting countries that we visit will display the "Raja Lakshmi" quality as great hosts. We should reciprocate in every aspect of our behaviour and always be respectful and gracious guests.

Yogis in the local collectives are very excited about the coming MOJ tour. Many of the collectives have been listening to the CDs for many years. They have also been watching the Videos of past Tours and there has been a strong desire from many that one day MOJ would also Tour their country. Many are waiting for the Tour and will be watching everyone to see if MOJ lives up to their expectations. Everyone should keep in mind our role as representatives of Sahaja Yoga in Australia and building strong bonds of mutual respect and love between our countries.

Please also consider taking gifts along with you to share with the Yogis you meet. Keep space in your luggage. It is likely as you visit each collective you may receive small gifts, from the local collective. It is a tradition to offer guest gifts. Pack light to accommodate the gifts. Packing light is a good practice to make Touring easier

Attire

Please keep in mind our role as representatives of Sahaja culture - our attire should reflect the dignity of the spirit and reflect auspiciousness. Touring through India Shri Mataji recommended that we wear dignified Indian attire. There is a Sahaja norm that "*half pants*" as Shri Mataji refers to "*shorts*" are for Yuvas. Adult men should wear long pants. Australia Beach wear is the realm for shorts. A Sahaja Tour in India or any Country is a realm where modesty prevails. Shri Mataji said of Touring we should not appear to be "*hippies*" with a mix of Indian with Western clothing. Attire should be dignified, modest, discrete, and noble both in our hair style and dress codes. We spoke about this prior to India Tour. Many of our hosts in India commented on the "dignified" way we carried ourselves.

More information will be shared about on-stage performance attire for those performing.

Elders as 'Uncle' and 'Aunty', sisters as 'Didi'.

Many years ago, while on Tour in Australia Shri Mataji commented that the Western tradition of younger people referring to their elders by their first name is considered in Indian culture as a sign lacking in due respect. Shri Mataji referred to the great cultural traditions depicted in Ramayana and Mahabharata, where more junior people address their elders as "Aunty" and "Uncle" and their sisters as "Didi". Shri Mataji said in our Sahaja culture this reflected a deeper sense of family and community. That we are all considered as member of one worldwide extended family of Yogis. Shri Mataji said this helped to create a deeper sense of mutual respect, community, security and proper familiarity. Since that speech we have adopted this tradition in Sahaja Yoga in Australia.

We would request that while on Tour that we all follow this protocol that we refer to all our elders as Uncle or Aunty. Particularly as we are travelling and meeting with many different Collectives. We all want to help fulfil a role where the local Collectives are looking to us as examples of Sahaja Yoga values and culture. We wish to avoid anything that may be perceived, however innocently, as in any way lacking in proper respect.

Brother and sister relations.

With respect to observing the boundaries of brother and sister relationships.

Shri Mataji's advice is very clear.

The nature of this brother sister relationship is purely spiritual and not a social relationship. It is there to protect each other's chastity, dharma and uphold the principles of purity. A pure brother sister relationship leads to the elevated standing and respect that each Yogi is held in the collective. If our behaviour lessens our adherence to our spiritual maryadas, it is the brothers and sisters right to step in and to seek to reinforce the purity and the spiritual nature of the relationship.

Fundamentally, this advice as it relates to our day to day behaviour prescribes that men mainly socialise and spend their time with other men. Ladies socialise and spend their time largely with other ladies. Shared time between brothers and sisters is usually only at collective occasion shared with the wider collective.

This is reflected on Tour and on Bus journeys. Men should sit with other men. Ladies with other ladies. Unless they are husband and wife. Time outside of the Sahaja collective events, such as sightseeing, or shopping should also reflect this fundamental maryada. Men being with men and ladies with other ladies. It is an aspect of our behaviour that our hosts observe and if for any reason questioned, this undermines the spirit and goodwill of the Tour.

Tour undertaking.

Attending the Tour, we each understand and accept that we agree to follow the instructions, guidelines, and principles as communicated by the Tour organisers. The Tour is organised in good faith on a voluntary basis. The organisers do not accept or can be assumed to accept any risk or liability associated with the Tour. Those attending the Tour agree to abide and follow the directions given by the Tour organisers. Failure to follow the spirit and intent of these guidelines may result in the Tour organisers asking us to leave the Tour. Those attending the Tour having read these guidelines understand and agree to the undertakings as outlined.

