



A personal journey along a spiritual path

Shaktipat - 1st April 1991

I decided to go to a special Easter program that coincided with my Birthday. I awoke on that crisp Easter Monday morning with the strong conviction of releasing my disappointment from the previous night. Namely, I attended the Sunday night introduction program at the Convention Centre and I had missed out on meeting Gurumayi, with a friend of mine, Marcia Hines who was invited to meet Gurumayi after the Sunday night program. I had decided to let this disappointment go as this was my special day and I knew in my heart that what I truly wanted was to have the Guru awakened inside my heart, not just, to be in her physical presence, as special as that was!

So I got dressed and decided to leave a little early to get to the Easter Monday program. I thought what a auspicious combination of events, the day was: *Easter Monday - My Birthday - and a Special Easter Monday Program with the Guru!*

The year, 1990 was the most challenging, intense, difficult and *most rewarding* year of my life, all at the same time! It was certainly nothing like I had expected, I had been put through the proverbial wringer and felt quite burnt out! Looking back though, it had, no doubt prepared me for the experiences ahead!

The Hibiscus Flowers - Unexpected Guests

I decided to leave the last twelve months behind. This was to be my day, so off I went to spend my birthday with the Guru. As I walked out to my car I noticed that I had parked my car next to a beautiful hibiscus tree that was in full flower. Two of the branches were leaning out towards the *Beemer's* car door, on the driver's side, and two large gorgeous magenta hibiscus flowers were reaching out expectantly to be noticed! I gave them my attention and asked if they wanted to come along to the program. The inner answer was a definite *yes!* So I picked them off the tree and invited the nature spirits of the tree to come along, as well. I sat the two beaming flowers in the front passenger seat and set off to the program. They both seemed pleased they'd got their "message" across to me.

I arrived at Darling Harbour and checked out my guest list. I decided to go inside the hall and arrange the seating for my guests. I placed my coat on the chair, and placed my unexpected and excited guests, the hibiscus flowers, into a paper-cup of water, placed the cup inside my hat, and placed my hat under the chair. The nature spirits were no doubt having a great time basking in the sublime spiritual energy of the hall.

I went back out to meet the guests I had invited. I waited for some time, but as it turned out, none of them arrived! I decided to go inside to attend to my other invited guests I had left under the chair: *the Hibiscus flowers and the accompanying nature spirits.*



As I walked down to my seat up the front I noticed a lady who looked very familiar, sitting in the seat next to me. I found out later this was Phylicia Rashad, from the TV Series “The Crosby Show”. On the other side of my seat was Peggy Lipton, who I had also recently met, also a celebrity from a TV show called “Twin Peaks”. Both of them seemed to exude so much love for the Guru - it was truly palatable. I really felt this energy coming from them in a subtle, yet genuine way. They had flown to Australia from the U.S.A. to be at the programs. I thought to myself what wonderful company for my birthday: plus two radiant hibiscus flowers also waiting expectantly under the chair in my hat! I offered my thanks to the Guru for being with her in such lovely company!

As I sat down, the Master of Ceremonies for the program, introduced two female singers, Lulu and Meg Christian, with beautiful voices who came out to sing for us. I felt he was hosting the program especially for my Birthday! The beauty of the song allowed my heart to open in response to the inspirational sweetness and harmony inherent in the song and the exquisite performance by singers who were coerced to do another song.

This song evoked a deeper response within my heart. I felt it was especially for me. I was feeling very nurtured. It seemed the Guru was showering me with blessings for my birthday and I felt the flow of love starting to move within my being there. The ‘disastrous’ year that I had just had seemed to be fading into the background. For now, I just wanted to be wrapped in this nurturing, caring, loving atmosphere and simply receive the attention like a little child. I had been through quite a lot, emotionally and mentally over the last year. I felt really worn out and my entire being was feeling very fragile. I needed to get back in touch with the heart of love inside of me, that *feminine side* of myself that allows and invites nourishment and caring. I needed to open myself to receive love and support from others and the entire universe.

Singing God’s Name

Well, one of the Swamis entered and gave a tender, powerful and inspiring introduction to the spirit of chanting and the power of singing God’s name, especially with around 3,000 other people, all from different walks of life, backgrounds and religious beliefs. I had always felt a little self conscious about chanting and this provided a perfect invitation to immerse myself into the chanting that was about to commence with a sense of freedom. I felt ready to open myself up to the flow of love from the Guru.

A film of Baba Muktananda, and his Guru, Bhagawan Nityananda was shown, and this was a wonderful introduction to the fast chant with Gurumayi: *Govinda Jaya Jaya, Gopala Jaya Jaya*. These words are singing praise to aspects of God that have to do with protecting and nourishing the earth. The chanting became outstanding as Gurumayi lead the chant to an ecstatic peak.



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Chanting with Gurumayi, I felt a sudden surge of tremendous energy come up from my spine and up through my body. All of a sudden, the presence of the Guru appeared right in front of me and she said: *"From this moment on you will be anew and I will always be with you."* Tears of joy welled up in me and flowed down my cheeks, and as I opened my eyes, they seemed to be greeted by Gurumayi looking compassionately straight at me. I had had many peak experiences before but this was an intensely inner experience that was completely different from anything else I had ever experienced.

It had awakened something that seemed at the depth of my being.

After the chant ended Bridget came rushing up to me and asked me to go with her. I was invited to meet Gurumayi. She was sitting radiantly in a beautifully transformed dressing room. I shared my inner experience from the program earlier, and the words that I received, with Gurumayi, and in the moment in front of Gurumayi I was inspired to add: *"My life and being are in your hands, as you are in my heart."* Gurumayi gave a nod and a slight *twinkle* in acknowledgment. I continued to speak with Gurumayi of my Ukrainian heritage and the beautiful scenery in Russia and the ceremony and ritual of the Russian Orthodox Church. We also spoke of the deep spirituality and giving nature of the people.

Gurumayi then said, *"So it is your Birthday..."* and reached over to an exquisite silk and pashmani shawl which she majestically placed over my head as I knelt in front of her! I must have been a little overawed because I remained fixed in my spot where I was sitting in front of Gurumayi. So I was prodded, from the back by someone to move forward, so Gurumayi could reach me and place the shawl over my head!

I expressed my gratitude and spoke a little more with Gurumayi.

Gurumayi then gave me a small chocolate Easter bunny as a parting gesture.