

Jai Shri Mataji

Greetings from Hong Kong. Over the last two months we have been working towards a major programme to be held on Monday 28 June. The venue is the City Hall Theatre, which we had originally booked for Shri Mataji's tour. Its an excellent venue, seating 450, in the heart of the Hong Kong business district.

During initial discussions about the programme we wondered if Sahaja Yoga could be presented in a slightly different way. It occurred to us that we may be able to combine forces with other movements, and present a programme sponsored by Sahaja Yoga but appealing to a wide audience of conscious people. The theme of "Holistic Integration" emerged, and we contacted our friend (and sometimes yogi) Dr Alex Yuan, a highly qualified and respected homeopath and chiropractor. Alex was very enthusiastic and agreed to be one of our guests speaking about natural medicine and alternative health. He also suggested we contact Dr Simon Chau, an author and founder of the Green Power movement in Hong Kong. Simon agreed to speak, and suggested his topic be called "achieving peace with nature". Both Alex and Simon are well-known media figures in Hong Kong with excellent contacts.

So we had a full programme - covering the environment, personal health and also of course the only true solution to problems in both these areas - Sahaja Yoga. Our first choice for presenting Sahaja Yoga was of course Stephan. We hoped perhaps he could come (conveniently) on his way to Guru Puja... and eventually this too has worked out.

At the moment we are working on programme content, advertising, handouts, getting translations done, poster, handbills and arranging newspaper articles and radio interviews. All is progressing well and our regular yogis are very much involved and everyone is feeling the excitement mounting. It is proving to be an attractive and unique way of presenting Sahaja Yoga and should draw on a very wide range of the community. We have arranged an excellent new venue for the follow up workshops.

With Shri Mataji's blessings we pray that it all bears the fruit of many true seekers receiving their Realisation. So, please keep us in your attention, as a successful programme of this kind in Hong Kong will eventually be of great importance in the spreading of Sahaja Yoga onto the Mainland. We'll let you know how it's going.

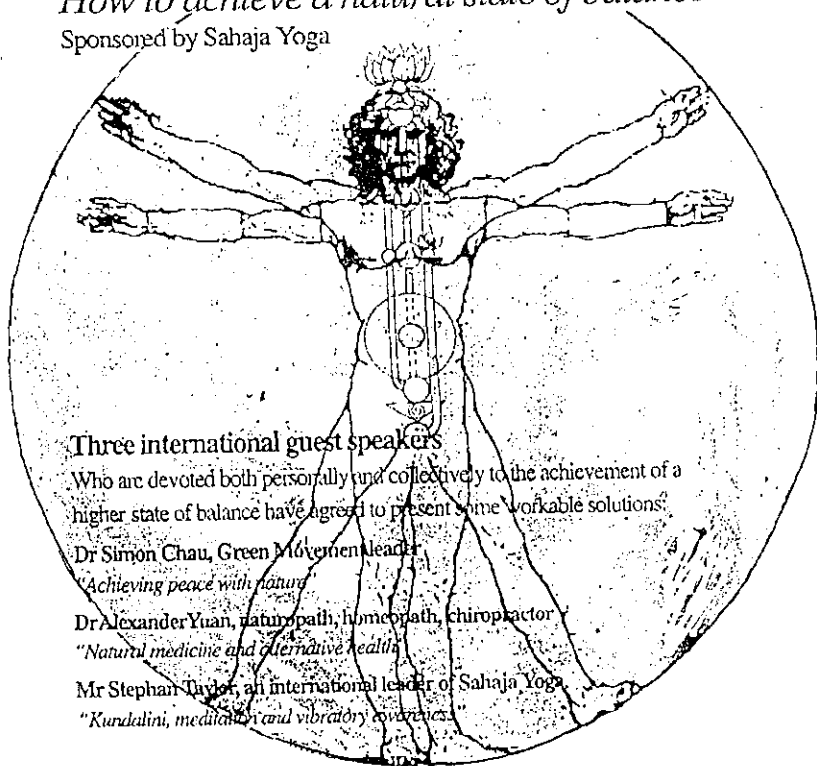
All our love and thanks for your ongoing support. (here's a copy of our poster)

A free evening seminar

Holistic Integration

How to achieve a natural state of balance

Sponsored by Sahaja Yoga



Three international guest speakers

Who are devoted both personally and collectively to the achievement of a higher state of balance have agreed to present some workable solutions.

Dr Simon Chau, Green Movement leader

"Achieving peace with nature"

Dr Alexander Yuan, naturopath, homeopath, chiropractor

"Natural medicine and alternative health"

Mr Stephan Taylor, an international leader of Sahaja Yoga

"Kundalini, meditation and vibratory exercises"

City Hall Theatre

Monday June 28, 7.30 pm

Be early, seating is on a first come - first served basis
For any enquiries please phone 893 5227

TAO - LAO TSZE

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Standing upon the mountain steep
How low the valley seems!
And yet, because it lies so deep,
It gathers all the streams.

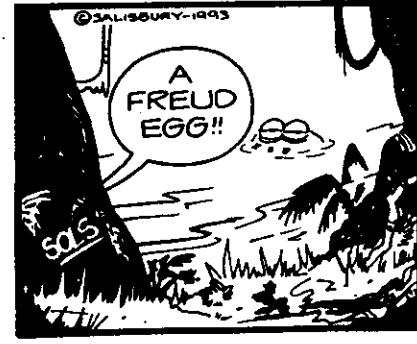
17

The valley-spirit cannot fall
Because it lies so low;
And yet it is the base of all,
And to it all things flow.

18

Earth's bulk, and heaven's awful curve,
How can they so endure?
Neither has selfish ends to serve,
And so their strength is pure.

Snake Tales



Sahaja Yoga Newsletter

Jai Shri Mataji! Great news from Hong Kong.

On Monday night we had our "Holistic Integration" program at the Hong Kong City Hall. Following a concerted promotional effort that included articles, radio interview, press ads and posters - more than 300 people attended!

We were thrilled and the program was a great joy. It really began when Uncle Stephan arrived on Friday, just beating a big typhoon into Hong Kong which swept the city clean and cooled everything down. Of course everyone had to stay home quietly and read there Sunday papers which had our ads plus a good article in them! Also banner headlines on Hong Kong's super high levels of stress. Mother's magic was working it all out.

The evening was different in many ways and the atmosphere was very different, like a big group of concerned and conscious friends who were there to start working it out. We began with some ambient music and some nature slides beginning with Uluru, Kailasa, streams, forest, ocean, whales and porpoises. Pavan was MC and he introduced the speakers with a short talk on what "Holistic Integration" meant - a blending of the gross, the subtle and the causal.

Our first speaker was Dr Alexander Yuan, a naturopath, homeopath and chiropractor who gave some great insights into the problems of conventional medicine's approach to today's problems and how the expense and failures were monumental in size. For instance there are more bankruptcies in America because of medical expenses than any other reason. He narrowed the causes down to one word 'stress' and then proceeded to report on a definite cure - detailing Dr Rai's breakthrough research on the effects of Sahaja Yoga with stress and hypertension. He closed with a personal testimony to the non-commercialism of Sahaja Yoga and the sincerity of the Yogis, urging everyone to "come on board". It was as beautiful as it was unexpected and everyone applauded as young Sadhana gave the first of her three bouquets to him.

Dr Simon Chau is probably Hong Kong's foremost "Greenie" and a more sensitive and beautiful person is hard to find. Simon started, and lives on Hong Kong's only major organic farm, has written 57 books and is a real seeker. He began his talk by getting everyone on their feet doing exercises and by introducing his friend, a small fern in a pot - in no time he had us laughing. With disarming honesty, humility and humour he spoke of his experience and told subtle stories that pinpoint the need to stay in tune with nature and our intuitive self. He spoke of awe, relatedness and wellbeing and the search for Spirituality, including his personal liberation from the RC church. He was greatly appreciated and closed by playing a short piece on his mouth organ with the lights dimmed.

After a short break Pavan introduced Uncle Stephan and Chakra Chan. We all felt we were now touching on the essence of the evening as Stephan picked up the threads of the other speakers and highlighted the essential role of the Mother to us all in times of distress. Working up through the chakras, he spoke of the qualities of each, of the knowledge behind the system and how health can be achieved through its enlightenment and connection with the all-pervading power. His personal testimony as to how his own physical problems, unresponsive to conventional medicine, were solved by Sahaja Yoga, gave great credibility to his talk. In a subtle and sensitive way he then paralleled the words of Lao Tse with the ascending Kundalini -

"The valley spirit never dies; It is the woman, primal mother. Her gateway is the root of heaven and earth. It is like a veil barely seen. Use it; it will never fail."

Stephan then introduced Alex who led us into the Self-Realisation sequence and meditation. By now everything was very still. At the conclusion of the meditation Alex invited everyone to the four week free course commencing on Monday July 5.

All the yogis involved gave people assistance to register and gave out our new handouts plus the Greenpower literature. Needless to say Dr Chau had a very strong experience and wants to meet with us again soon.

In all it was a fantastic evening with more than 60 course registrations and many phone enquiries since then. We are all very grateful to Uncle Stephan for coming to Hong Kong and hope to see him here again soon. We sent with him copies of our publicity materials and some photos of the program as he left for Guru Puja and beyond.

News from the Top End - Darwin NT

A program change to Monday nights has been a huge success with many happy returns on Thursdays.

Enclosing the following newspaper snippet from the local press -

Yoga helps individual

SIR, I would like to express through this excellent newspaper, my sincere gratitude to Sahaja Yoga meditation which I found in your community announcement column. Sahaja Yoga people give their time and knowledge free of charge every week to help people such as myself, to cope with stress pressures of our fast world and addictions. They are curing habits like drugs, smoking and alcohol or rather showing us how to cure ourselves.

C Loehr
Howard Springs

The Suburban

DARWIN N.T.

THURSDAY, MAY 27, 1993

