



# SAHAJA YOGA EXHIBITION and 'MUSIC OF JOY'



'Man's Journey through the ages has led him to many new discoveries and technological breakthroughs. But even in the modern world, with its science, commerce and progress, the age old questions still arise:

Where have I come from ?  
Who am I ?  
Where am I going ?

Am I this body, this mind, these emotions, or is there more ?

This exhibition is aimed at answering some of these questions.'

It was decided that the exhibition would begin by asking people some fundamental questions such as, Who are we? and Where are our lives headed in this modern society? Then the concept of Yoga would be introduced, this would lead to the idea of self realisation, Kundalini and Sahaja Yoga. Following this progression the seeker would find themselves in the area designated for self-realisation.

The Exhibitions success was due to the collective effort which went into its making however special thanks should be made of key people involved. Hari, Rajesh and Alice, Hugh, and Chris Dobbie who were the inspiration behind the Exhibition and who gave incredibly of themselves to ensure its success. Sleep lost its significance for this dynamic quintet. Special thanks should also go to Andrew Jone who provided most of the partitions and transport, Liz Henshaw for her beautiful illustrations and graphic design, Catherine Tolken for Marketing and the many others who contributed.

All of the text for the exhibition is contained within a Dos PC, so it is available if anyone is interested in obtaining the information.

After 4:30 the exhibition was moved to the sides of the hall and three hundred chairs were placed in readiness for the Sahaja Yoga Bhajan Group who were to perform in concert. On this occasion the concert was to be the culmination of a full day event beginning with the Exhibition and ending in the concert. As an introduction the programme for the concert said:

'Tonights concert is entitled 'Music of Joy', Joy is a state that has no duality. It is a state that can be experienced when we are in the present, the here and now. When we have left behind all that has happened in the past, and put aside that which the future holds, we are able to savor that moment which is joy

When the performance is such that the Mother Kundalini awakens and ascends through the Chakras, we are now able to experience music in a completely new way. As our thoughts and conditions no longer dominate our being, our hearts expand and is filled with joy. With this new found level of awareness, music takes on a whole new dimension with each of our chakras responding to the rhythms and melodies that we hear'

The night of the concert arrived and everything came together in Sahaja fashion. Again around 300 people attended however on this occasion the vast majority of these were new people. The concert began with Shri Mataji's three mantras. Uncle Michael introduced the concert and spoke of the traditions and culture of Indian Spiritual Music, he also spoke of how the music was selected to help the process of the awakening of the Kundalini. Following his introduction the musicians began by singing He Nirmala Ma, Omkara Swarupa and Namoh Namo Maria. Following the first group of Bhajans, we enjoyed a classical quartet with Asmira on violin, Sarah on Cello and Liz on piano. Peter Hodge then played some beautiful selections of his own compositions on the guitar. He used some of his own pre-recorded backing music to give his music a very rich and full sound. To conclude the first half of the performance some of our beautiful ladies performed the Garba Stick Dance to the strains of Ghane Ghange Jagala. The concert then broke for a short interval.

During the preceding days the ladies had been preparing food and during the interval this was sold to raise further funds. The interval was scheduled to be half hour, however it took the best part of an hour to feed our 300 hungry guests.

The concert recommenced with the ladies Eastern Classical Choir who sang Tujhya Pujani in Rag Hansadwani, Puka Kar, Bula Dahi and finishing with Hari Bol. The ladies under the tutorage of Ketke Dongre have achieved a sweet and melodious sound.

Asmira then captivated us all with her virtuosity as she gave expression to the beautiful story contained in notes composed through the genius of JS Bach. Following this the concert ended with another series of Bhajans beginning with Shri Ganesha Kinariyalav, Shiva Stuthi, Nirmala Kiti Varanavi Tujiga Stuthi and ending with Vishwavidita. As the last few bhajans were played people were on their feet and dancing, clapping and shouting for more. The response was tremendous as the music of joy touched the hearts of the audience, so much so that the group performed an encore of Allah O. This so to speak brought the house down.

The concert was by all accounts a great success in that it attracted many new people to a concert to hear music of the spirit and filled everyones hearts with the music of joy.

Jai Shri Mataji.

Love Chris.



## VICTORIAN NEWS

NO: 1

KRISHNA PUJA/RAKSHA BANDHAN:

JULY/AUGUST 1993

To be held on Saturday, 14th August, 1993, at Pytchley Hall ashram, Croydon, at 7.00 p.m. for 7.30 p.m. start. John, Rob, Bel and Margaret will be setting up.

PUJA DATES - as per The Divine Cool Breeze: Subject to Change:

Fr-Su	17-19 September	Ganesha Puja
Fr-Su	22-24 October	Navaratri Puja
Fr-Su	12-14 November	Diwali Puja



FRED AND LINDA'S WEDDING:

Saturday, 18th September, 1993, at 3.00 p.m. at Richard and Eileen's home - 6 Mashie Court, Rosebud. Everyone is invited and requested to bring a plate.

CROYDON CAKE STALL INFORMATION AND DATES: Please see attached.

FUND RAISING IDEA:

Trak Cinema Film Luncheons: Films commence at 11 a.m.  
Film and luncheon prices: Groups of 10 or more \$7.50 each  
Otherwise \$10/\$8 (pens)

If we get a group of 10 or more and charge \$10 per ticket we can raise funds of \$25.00 minimum, for little effort and loads of enjoyment. Don't forget we can ask relatives and friends.

Anyone wishing to make up a group please contact Sandra on 726 9201 by Friday, 6th August.

Proposed film and luncheon:  
INTO THE WEST (PG)

TUESDAY, 17TH AUGUST

A wonderful tale of two Irish boys who set off on a grand adventure, out of Dublin, across Ireland and into the west after their Grandpa relates a legendary story to them centered around a magnificent horse named Tirnanog.



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13 July 1993

Jai Shri Mataji!

Hello! On behalf of the Sahaja Yogis/Yoginis of Malaysia, I would like to extend a hand in greeting to all our brothers and sisters and to give you a brief introduction to our Sahaj activities. Upto now, we have been rather quiet about what's happening over here, but that's about to change. I will write from time to time, and hope very much that some of you will, too. In this way, and by the grace of our Divine Mother, our sense of kinship will get stronger, and with that, our world collective.

Right now, we have three main centers of activity in Malaysia. Let me describe the smaller ones first. One center is in the town of Butterworth, Penang state, located approximately 400 km north of Malaysia's capital city of Kuala Lumpur (KL). Sparked off from a Penang yogini's visit to KL, the budding center was initially visited fortnightly by a carload of enthusiastic KL yogi/nis from August 1992 onwards.

Another Sahaj center is in the historical southern city of Malacca, located 100 km from KL. This is a relatively new center with activities beginning from April 1993. Every Saturday afternoon, a group of KL yogi/nis drive there to conduct the programme.

The third, and most active center, is the one in the capital city of KL. At present, there are two weekly collectives - on Mondays and Fridays. The Monday collective is our newest (it was begun in May 1993).

The total no. of active Sahaja yogi/nis in Malaysia is about 85. With the increasing strength of the present collective and with hard work, we hope that this no. will continue to increase.

Apart from our weekly collective meditation sessions, havans and pujas are also conducted in the worship of our Mother, and to help eradicate the influence of the numerous groups touting the teachings of false gurus. Havan ash has begun to be used creatively. We would appreciate any advice from our overseas brothers and sisters in dealing with the harmful influences of false gurus and their followers.

On the cultural side, we are expanding our bhajan singing repertoire and capability by regular practices after the weekly collective meditation sessions, and also during pujas. Also, we are beginning a Malaysian Sahaj newsletter. It is hoped that the Swadhistan chakras of the collective will be nourished further by these activities.

Thus ends my not-so-brief-after-all introduction to Sahaj activities in Malaysia. I hope that with this initial effort, we Malaysians are no longer strangers to you. Please write - we are eager to hear from you if you have any queries, or even if it's just to say hello. My address and telephone no. are shown above. I look forward to hearing from you. Jai Shri Mataji!

Sincerely,

Latha  
(Latha)



"Then each month we receive another stone block, which we are under no obligation to buy."