

# Sahaja Yoga

9<sup>th</sup> June, 2000



## Australian Newsletter

***Jai Shri Mataji!***

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***Like a river...***

*Your life is like a river,  
Present everywhere at the same time,  
At the spring, in the valley, at the Ocean.*

*Your life is like a river,  
Never thinking, never bothering for what will be her way,  
Simply knowing she will one day reach her Father the  
Ocean.*

*Your life is like a river,  
Whenever an obstacle tries to stop her way,  
She simply goes around, and in this way makes her new way.*

*Your life is like a river,  
Whenever a stone is thrown into her water,  
She absorbs it and goes her way,  
Without any sign left of this event,  
As if immediately forgiven.*

*Your life is like a river,  
Shining under God's light in the day,  
Reflecting God's image in the night,  
With all its brightness and beauty,  
Absorbing God's love, whenever it falls down to her,  
Making that way her growth and strength.*

*Your life is like a river,  
Ever in the present time,  
A perfect witness of God's creation  
All around her way down to her Father.*

Danurdhara Vuillot  
(Inspired by Cabella's river on May 5th 2000)



# STATE NEWS

## NSW News

### *Invitation to*

**The National Guru Puja 2000  
Sat 22 July & Sun 23 July  
Wamuran, Queensland**

During the Sahasrara Seminar weekend an open invitation was extended to the Australian Collective on behalf of the Queensland collective to all Australian Yogis for an opportunity to share and enjoy and experience the newly awakened national spirit through the celebration of the National Guru Puja at Wamuran.

The ability to collectively travel to celebrate Puja represents an opportunity unique to Sahaja Yogis. We are able to continually look forward to an eternal and blissful world where we all come together from all over the country to worship God Almighty.

As Sahaja Yogis, we are fortunate for this is not just a pious aspiration, nor a vision of some other-worldly experience as with the religions of the past, but as a reality, as a happening, and as an actuality, and reflects our combined aspiration to help transform the Earth, precisely because our efforts are occupied with translating our noble aspirations through enlightened actions into expressed collective joy.

During the Sahasrara weekend we touched these experiences, and for a time lived that reality. As the collective of Australia travelled to NSW to help celebrate Sahasrara Puja; as 80% of the Victorian collective grasped this vision and celebrated with us at Balmoral, let us, the collective of NSW in a similar vein, and in a similar manner mobilise ourselves for the great trip north, to manifest our Guru tatwa in order to worship Shri Adi Shakti as our Guru.

After Sahasrara Puja many Yogis had expressed the desire to keep alive the experiences of the Sahasrara close in their memory for it keeps alive in ourselves the desire for our true home and country, and for a reality and brotherhood which one day we can make the same as our day to day reality, and to help others reach that place and to do the same.

What better way to make this a reality than to re-live those unique experiences together again at Guru Puja.

There is not much more that needs to be said, nor the need to worry about how far it is, how much it will cost, what we will be doing, or not doing. Let us do the needful thing and commit to ourselves, and to follow that commitment through to attend the Puja.

Transport arrangements will be made on our behalf, **a deposit of \$40 given to Paul Stainsby** will reserve your seat on the bus(es) leaving Friday night, returning Monday morning. The balance of the monies needed to fund the return trip to Brisbane will be determined once numbers are finalised.

We ask that we break with the traditions of the past and that we decide in the here-and-now to commit to attending the Puja and leave our deposit with Paul as opposed to leaving our decision until the Friday evening of the bus's departure.

To end this invitation I would just like to add that these written words are just that, only mere words. If you need a reason to commit to attending, remember the music and the dancing, and the spiritual joy that we shared at the Sahasrara seminar, and which most strongly suggests the ecstasy and joy of the inner spirit. These are experiences unique to realised beings and are to be treasured as the guiding lights for our lives.

Together at the celebration of Guru Puja we will for a time be reunited with each other and with Shri Mataji; and together again we shall experienced Her splendour and power and joy and timelessness.

Jai Shri Mataji  
*Chris Kyriacou*

## **Ashram Vacancy Far North Coast, NSW**

Patrick Pahlow is a Yogi living in Kingscliff on the far north coast of NSW. He suddenly finds himself flatmate-free and is sending a call to any Yogis or Yoginis that would like to live in sub-tropical NSW and help spread Sahaja Yoga around Murwillumbah, Byron Bay, Ballina, Lismore and the Gold Coast.

The house is on a hill, only 5 minutes walk to the 'big footsoak', has 4 bedrooms, 2 bathrooms and 1 friendly dog called Jack...oh...and Patrick, of course.

If you're interested please give Patrick a call on (02) 6674 5876 or e-mail: [ppahlow@norex.com.au](mailto:ppahlow@norex.com.au)

Jai Shri Mataji  
*Lawrence Dowsett*

"When a lot of people do nothing -  
it's nothing;  
and when a lot of people do a little  
it's a LOT"

*Alan, Barbara & Daniel Napper*  
Canberra, Australia

# INTERNATIONAL NEWS

## Shri Mataji in America

Dear brothers and sisters,  
I am sure that by now you're all aware of Shri Mataji's presence in the USA. Shri Mataji arrived with Her husband, Sir CP Srivastava, on May 11th in the New York area. After a night stay and visiting with Her grand-daughter Aradhna, her husband Gautam and their daughter Ananya, She and Sir CP left for Los Angeles.

In both the cities, yogis from around the area welcomed Her and Sir CP-sahib. It was our great fortune that She was in the country on Mothers' Day and yogis from various centres were able to send flowers to wish Her happy Mothers' Day. On behalf of Sahaj Yogis of the USA, we presented Her with a beautiful painting. Dave Dunphy from Los Angeles called to inform me that Shri Mataji was overjoyed.

Some of you may already know that Shri Mataji's grandson Anand Varma, grand-daughter Sonalika, her husband Kunal and baby Anant have been living in Los Angeles for about a year now. Yesterday evening Shri Mataji and Her family visited the Los Angeles ashram. Sahaj Yogis in the LA area were so blessed to have an opportunity to host Shri Mataji and Her family and presented a music program in their honour.

You all must have seen the new itinerary of Shri Mataji's travel and public programs in the USA and Canada [see calendar]. As per this itinerary, there will be public programs in person by HH Shri Mataji Nirmala Devi in Los Angeles (June 1st), Berkeley (June 5th), Vancouver (June 11th), New York City (June 16th), Washington (June 19th), a reception with political and business leaders in New York City (June 22nd) and Toronto (June 25th).

In addition, this country is so much blessed to host another Shri Adi Shakti Puja in Canajoharie in upstate New York this year. As per the request of many leaders and yogis from North and South America, Shri Mataji accepted to bless an event to hold Sahaja Yoga marriages on the day after the puja. This will be a very unique opportunity for many Sahaja

Yogis who want to get married to another Sahaja Yogi, especially for yogis who do not have opportunity to attend marriage functions in Cabella and India. Sahaja Yogis from South America, Europe and many other continents are planning to attend the puja and marriage celebrations this year. Marriage in Sahaja Yoga is a great blessing and if you are considering getting married, please contact your local Sahaja Yoga leader about details and advice.

On the night of marriages there will be fireworks at Nirmal Nagari. Shri Mataji and Her family will arrive in Canajoharie on the evening of June 29th and will depart for New York City on July 4th.

I urge all of you to take as much time off to be in Canajoharie during this time for enjoyment, fun and to help in hosting this whole event. The best thing is to desire to be here in Canajoharie and leave the rest to Paramchaitanya to work it out. I know it can be very difficult to take time off from work in the USA, but I have seen that it works out somehow or the other when we have a true desire. Yogis from around will start coming to Canajoharie as early as June 5th and there will be cooking and stay arrangements from that date onwards.

Many of you who are not in the cities where Shri Mataji will be visiting should try to go to these cities and be part of these wonderful programs. Firstly, there is so much help needed in these places in terms of public program preparations and Shri Mataji's stay. Secondly, this is a rare opportunity to attend public programs with Shri Mataji. Coordinators in these cities will be very happy to provide room and board. Please contact the following: Los Angeles, Dave Dunphy; New York, Paul Ellis; Berkeley, Ursula Doring and Ravindra Kulkarni; Washington DC, Anurag Aggarwal; Vancouver, Rajesh Chawla; Toronto, Jay Chudasama. Please let them know of your skills and how best you can help.

Beside the public programs, we Sahaja Yogis from the USA, Canada, Mexico and South America are responsible for hosting the Adi Shakti Puja, which, as Shri Mataji said last year, will spread spirituality to the whole world. There are so many tasks that are involved in hosting an event such as this and work is already in progress on many of these

tasks. There are a group of Sahaja Yogis who have been working for many weeks to prepare Nirmal Nagari in Canajoharie (such as building a road, kitchen, showers and a water system). Now is the time when they need a lot of hands in order to finish these tasks in time for Shri Adi Shakti Puja. Please contact Michael Fuselli in New York as soon as possible at (201) 807-1769 to suggest the dates that you are coming to help. To coordinate the task for puja preparation, Linda Taylor has already outlined the tasks. Please contact her at (201) 807-1965 to offer your support and help.

Lastly, I must thank you all of you for your financial support. To date we have received over \$135,000 from Sahaja Yogis in the USA. We are still short over \$100,000 in order to successfully host all the public programs, Shri Adi Shakti Puja weekend and improvements in Nirmal Nagari, Canajoharie. Please keep the momentum of fund-raising going and I am sure, by Shri Mataji's grace and blessing, we should be able to reach out to many more seekers this year, to have them achieve the spiritual state they have been awaiting for many life times.

Jai Shri Mataji!

With love and respect,  
Your brother, *Manoj Kumar*

Dear brothers and sisters,  
I am writing to you as I am flying back to New Jersey after attending the first public program in Los Angeles of Shri Mataji's North American Tour. It was held at the well-known beautiful Wiltern Theater on June 1<sup>st</sup>. I was informed that over 750 tickets were picked up the night before from the ticket-master. The evening of June 1<sup>st</sup> outside the theater was a gala by 7:30 PM as many genuine seekers lined up to enter the theater. They were all excited and were skimming through the welcome booklet as they waited in the lines. Between 1200 to 1500 seekers attended the program which started with a well-prepared music concert by the LA collective.

After the music program, Dave Dunphy gave an inspiring introduction of Sahaja Yoga and Shri Mataji. It included an impressive high tech 3-D visual animation of the subtle system and kundalini awakening, prepared by the Seattle and LA collectives. Seekers gave a warm welcome to Shri Mataji as She arrived on the

stage. It was another wonderful speech and a question and answer session. After 20 minutes of questions and answers people in the hall just wanted the self-realization experience. Shri Mataji asked people to desire the self realization by putting their hands towards Her and almost 95% people acknowledged the cool breeze coming out of their Sahasrara. LA yogis sang Qwaali and Jogwa songs as the seekers clapped and danced in the hall. Shri Mataji expressed tremendous satisfaction from the program.

Over 30 VIPs joined Shri Mataji for a reception after the program, which She was very pleased with. Over 45 new people came to the follow-up the next day and we hope that by Shri Mataji's grace many more will come to the next few follow-up programs.

It is a great blessing for this country to have Shri Mataji and Sir C.P. for this long period in the US. Both Shri Mataji and Sir C.P. had a wonderful time in Los Angeles with their family. When I left LA, Shri Mataji was getting ready to leave for Berkeley for a Public program tomorrow. We wish the Berkeley area Sahaj Yogis a wonderful program. Shri Mataji will be leaving LA for Vancouver, BC on the 10<sup>th</sup> for a public program on the 11<sup>th</sup> after that.

As part of Her tour, She has been officially invited by the National Institute of Health in Washington DC to address the doctors and the medical professionals on June 19th. It is important that many Sahaj yogis who are doctors or in the medical profession take advantage of attending this conference with Shri Mataji. We hope to see all of you in Canajoharie for Shri Adi Shakti Puja.

Jai Shri Mataji!

With love and respect,  
Your brother, *Manoj Kumar*  
New Jersey

## Calendar for Shri Mataji's 2000 American Tour

(subject to change)

### Los Angeles Public Program

Wiltern Theatre, 3790 Wilshire Blvd.  
June 1st at 7 pm

### Berkeley Public Program

Julia Morgan Center for the Arts  
2640 College Avenue Berkeley  
June 5th at 7:30 pm

### Vancouver Public Program

Massey Theatre,  
735 8th Ave, New Westminster  
June 11th at 7:30 pm

### New York Public Program

Town Hall, 123 West 43rd Street  
June 16th at 7 pm

### Washington NIH Program

Masur Auditorium,  
National Institutes of Health,  
Bethesda Maryland  
June 19th at 7 pm

### Washington Public Program

Inn End Conference Center  
University of Maryland University College  
3501 University Blvd. East,  
Adelphi Maryland  
June 20th at 7 pm

### Reception with political and business leaders

New York City, June 22nd

### *The Magic Flute*

Riverside Church Theatre in Manhattan,  
June 23rd to 25th

### Shri Mataji arrives in Canajoharie

June 29th

### Shri Adi Shakti Puja

Canajoharie New York  
July 1st to 3rd  
(with puja on July 2nd  
& marriages on July 3rd)

## News from Canajoharie, NY

Jai Shri Mataji!

Dear Brothers & Sisters,

**5 June.** This email is coming to you tonight from Canajoharie. Work has started on a new kitchen, new showers, new all-weather road (we could sure use one right now, it has been raining all day and some of the vehicles may be stranded by mud tomorrow), and some various improvements to lighting, other electrical needs, new well and water pumps, and possibly even running water!

The "advance team" for TEV arrived today and has put together most of the enormous stage components in the previous five days in a warehouse in New Jersey, and is in the process of re-assembling it all right here in the hangar. The magnitude of what TEV is doing, and the level of professionalism, hard work and dedication is becoming apparent to us all as we observe them in action. In fact, I sneaked a few photos tonight while they were setting up and hopefully they will show up on the Magic Flute web site in the next day or two. I sure hope everyone will give TEV any support that is possible to give, the effort they are putting forth is certainly worthy of it.

**6 June.** Weather is the main topic at Canajoharie these days. Two days of continuous rain have created rivers and streams where none existed before. All this clay mud is a potter's dream! Unfortunately only 4-wheel drive vehicles can make the trip from the camp to the paved road – and we don't have one! However, the forecast is for warm temperatures and dry weather the next few days, so I'm sure it will all work out in time for the weekend work crews.

Also, Gunther of TEV would like to make an URGENT REQUEST for any carpenters/yogis good with tools, that can help with final assembly of the *Magic Flute* set, disassembly of the set here in Canajoharie, then reassembly in NY city. This is no small task, so please, anyone available to make this commitment for the next two weeks will help ensure that *Magic Flute* is able to maintain a nearly impossible schedule.

Just a brief update on the *Tell the World* testimonials that everyone sent - they are totally awesome! I can't tell you how much joy and inspiration it brought to my heart reading what a positive effect SY

has had on so many lives. We received over 100 contributions and I'm sure their collective power will have an effect on spiritual seekers when they read them. We are still trying to figure out how to best make them available. For sure on the web site, but I think an edited version in book form would be so absolutely powerful. I will try to find some time to post a few of the contributions in the not too distant future.

Much love from your brother,  
*Mark Mays*

## News from Ireland

### Dublin, Friday 12 May

It's past midnight and we're still buzzing from a wonderful Sahaja Yoga programme at the Royal Marine Hotel, Dunlaohire, where 350 new people experienced self-realisation.

The trip started apparently badly, London traffic was at its worst and we arrived at Heathrow late. SY protection was immediately apparent – our plane was delayed by half an hour, so really we were on time. Ciaran McLaughlin was carrying the heavy projector and the check-in we were told that we probably wouldn't be able to take it on board, and it is too fragile to be checked in as baggage. Again, the paramchaitanya came to the rescue when it was noticed that Ciaran and Lioudmila had business class tickets.

How could that be, we had only paid for economy seats? So, the projector was carried on as hand luggage without further ado.

At the Dublin Programme, people were arriving as early as at 4pm for the 7.30pm start and asking if they could book seats. Some had come a very long way, from Cork, Galway, Strabane and Sligo, the physical extremities of Ireland. It became clear that 180 seats would not be enough. We brought in a further 20 and 15 minutes before the programme was due to start, the room was overflowing with people sitting on the floor at the front, in the aisles, outside the room itself and overflowing down the staircase.

Paddy Martin gave the talk. The room was unbearably hot, a combination of the room being crowded and much negativity. He said that when he got to his feet, he literally had to brace himself against the heat. Minutes later, the room was cool, and experienced yogis were surprised by the strength of the cool breeze that flowed. The audience felt it too and a great peace came over the room. Later, most people were able to say that they had experienced their self-realisation.

After it was over Anne Harris, the deputy editor of the Sunday Independent (the paper that had run a half-page feature article with a huge photo of Mother), approached and asked what we thought of the pulling power of her paper. (It was true and almost everyone we spoke to said they had come after reading the article) When it was mentioned that it was unlikely that any British paper would have run such an article, she said that no other Irish paper would have run the story either and that she'd done it as a favour. She then looked around the room and said she was glad she had given the tremendous joy so many people had experienced. She went on to say that there were a lot of famous people present although journalistic discretion prevented her from naming them.

Later, we had a meal in a Thai restaurant. A woman at the adjacent table recognised us and started chatting. She was very keen and had enjoyed the programme enormously. She said that there had been someone there from Clannad, the hugely successful Irish folk rock band. Her husband, Managing Director of a big US company in Europe, said that he had felt enormous heat coming out of the top of his head, whereas his wife had felt cool breeze. He was keen to speak to me about how Sahaja Yoga could be used at work and he expressed reservations with the whole thing, in that he felt that this sort of activity was for hippy types and not for conservative business people such as himself. He said he only came to be with his wife, but he now felt a great peace and was clearly intrigued by the experience. He was fascinated by how Sahaja Yoga keeps us unstressed at work, and as we left he said that he could now see that there was a whole range of possibilities alongside the ones he already knew about. His wife was

hugely impressed to learn that we had flown over from London to be there, paying for the trip out of our own pockets. She was keen on the suggestion that she and her husband try meditating together for 5 - 10 minutes in the mornings and in the evenings.

In short, these people were themselves, were impressive people, and let's hope that they will be able to make use of Sahaja Yoga. It really felt as though Mother was there and we were all blessed by being able to be there too.

### Hillsborough, Saturday, 13 May

(scene of the Peace Process negotiations)

As three cars of Yogis pulled into Belfast last night we passed Milltown cemetery, where the IRA dead are buried, including the 12 who died on hunger strike during the Thatcher era. Most of us were unaware of this and nearly all of us experienced a bad catch on the agyna.

We set up in a Leisure Centre and 45 new people arrived. When Alan Wherry started to the introductory talk, the negativity was very strong, but it cleared when Ciaran McLaughlin led the realisation process and then the cool breeze was very strong. Many of the people had been to false gurus who've been active in this city. When we asked people how they had heard of the programme, they were incredibly reticent about raising their hands. Why? Those of us present, who originally come from the North of Ireland, understood the tribal significance of answering such questions, e.g. "Who came because of the article in the Sunday Independent?" In the south, the question has no hidden mine attached, but here, in the north, if you say you did, you're telling the whole group you are Catholic, since 99% of people in the north who read this paper are. So, when people answered the questions, it was with a raised finger or a hand barely raised off their lap, so that others couldn't see.

Today some of us drove to Strangford, and across by ferry to Portaferry on the Ards Peninsula. We saw two or three seals in the water very close to the boat. We visited a Marine aquarium which has examples of all the local marine life, and a special 'touching tank', where children, and we Yogis, enjoyed stroking the big rays. The largest recorded ray in the Northern Hemisphere was caught off the

coast at Strangford and measured nearly three metres across. It was fascinating to see a creature which is a type of shark, and one capable of inflicting pain on a human, so much enjoying the loving attention of people.

12 new people today attended the follow-up programme and again, after a difficult start, with catches on the heart and agnya, the vibrations cleared quickly. Most of the 12 went out of their way to say that they would be back, and the yogis felt that a great start had been made in Belfast, whose population really needs Sahaja Yoga.

Here in Hillsborough, the Peace Process continues. It is no co-incidence that the whole process started after a group of Yogis visited Belfast. Now, when the peace process had stalled for months, this visit happens in the week that the IRA announced that they would, at last, allow at least some of their arms dumps to be put beyond use, and for this to be verified by independent third party sources. This heralds the end of strife and let's pray that Mother's desire for Ireland to be united happens soon.

Meanwhile, we need Yogis to come and help establish Sahaja Yoga in Ireland. There are currently about 6 practising Sahaja Yogis living in the country and they really need our support. Let's pray that Sahaja Yoga will now be established in Ireland, which is part of the Centre Heart, and that Ireland will fulfil its role in the Virata.

Special thanks go to Nora Martin, whose desire for this programme and great organising skill made it all possible.

Jai Shri Mataji  
Alan Wherry

**New Book,  
The Divine Mother:  
1008 photographs of  
Shri Mataji the Great Guru**  
Mon, 15 May 2000. We are delighted to report that Shri Mataji inaugurated a new publication on the occasion of the 30th Sahasrara Puja gathering in Cabella, Italy this last weekend.

Called "The Divine Mother - 1008 photographs of Shri Mataji the Great Guru" the book contains exactly that - 1008 images of Shri Mataji presented in a hard-bound, full-colour A4 sized booklet. The book is beautifully finished and has the quality of emitting vibrations.

Accompanying the imagery (which represents the first stage of the international archive - preserved on 10 Kodak Photo CDs) are text and quotes drawn from all the world scriptures which together attest to the reality of Self Realization, the technique of Sahaja Yoga, the manifestation of Paramchaitanya (the cool breeze) and the presence of the one who is behind it all - Shri Mataji Nirmala Devi.

Hopefully all Sahaja Yogis will be able to enjoy this publication, which will hopefully be again available at Guru Puja. However, if collectives wish to get together and place an order - en masse - this could be also worked out and ensure that all who wish may receive a copy.

\*Regarding the availability of the set of 10 Kodak Photo CDs (containing 1000 images) we will first present these to Shri Mataji and seek guidance as to how they should be made available.

Please feel free to contact us for further details and ordering copies en masse - generally speaking it would not be economical to distribute individual copies - as all can imagine the postage costs.

There are probably three possible delivery options:-

- a.) We can ship all copies ordered ...to you now
- b.) Or we can ship some now & you can collect some in Cabella at Guru Puja.
- c.) Or we can make an order up for you to pick up in Cabella at Guru Puja.

Jai Shri Mataji  
With best wishes  
Geoffrey (ipointdia@dircon.co.uk)

## News from Colombia

Dear brothers and sisters,  
We would like to share with you the beautiful experience we had of a public programme we prepared in Bogota on the 22nd of May 2000. Due to the historical event of the 30th anniversary of the opening of the Sahasrara, we wanted to celebrate this event with a public programme.

Also this year an effort was made at the level of publicity; we had four announcements in very well-known weekly magazine and newspapers; also we had 8 advertisements a day during one week on a TV channel; some leaflets were distributed also in a weekly magazine. We prepared ourselves an article with Mother's picture which came out on Sunday at national level. We had hired a hall of 700 people, the same place where Shri Mataji came in 1989 and 1992 with, at that time, a hall full with 2000 people.

The day of the programme, the sky was dark grey, full of heavy clouds. Here when it rains everyone goes quickly home because there are terrible traffic jams due to the rain. So the first help of Shri Mataji came in the form of answering our bandhans and seeing the sun appearing.

When we entered in the hall to prepare it, we had the very strong feeling Mother was already there waiting for us. It gave us so much joy. The hall was beautiful, very elegant and dignified; spot lights were directed towards the decoration, the chakra chart and the flowers, giving a very warm atmosphere.

The programme was supposed to start at 7.00pm, and already at 6.10pm some people were queuing outside...rather surprising for Colombian people. At 7.00pm the hall was 80% full (incredible punctuality!) and some time later, the hall was so full that people were sitting in front, on the floor, standing behind. More than 800 seekers came. What a blessing. Everyone got their Self-Realization and we all stayed in silence a while, with such a peace. Mother's Presence was so evident.

In the same way programmes were held in other towns of Colombia (5) and altogether 600 seekers came in these towns. We could see the effect of the planets' alignment. We pray now to Shri Mataji to be able to sustain all these seekers and that they can establish themselves in the truth.

With love from the  
Colombian Sahaja Yogis. *Michel Cernay*

# YUVA SHAKTI NEWS

## Youth Camps at Daglio

This year's International Sahaja Youth Camp will again take place in the auspicious setting of Shri Mataji's house in Daglio near Cabella.

This mail is a preliminary information to enable you to plan the school holidays. Detailed information with registration forms will follow in two weeks.

This year the camp for our young yogis aged from 8 to 18 will be arranged on separate dates for boys and girls, as follows:

### Girls – after Guru Puja

24 July to 5 August

### Boys – before Krishna Puja

13 August to 25 August

May our Young Sahaja Yogis establish themselves as pure spiritual people.

Jai Shri Mataji!  
*Hans Kuna*  
Perfektastrasse 23/7/2  
A-1230 Vienna  
Austria  
Tel/Fax: +43 1 6985844  
e-mail: hkuna@yahoo.com

## East Coast

### Yuva Shakti Seminar

Dear brothers and sisters,  
Jai Shri Mataji!!

This past weekend (mid-April), we had a Yuva Shakti seminar here on the East Coast.

It was a very joyful as well as productive weekend and we wanted to let you all know about what we discussed.

We began our discussion just having people say what has been going on in their collectives, specifically with Yuva Shakti:

*Toronto and Waterloo  
(Montreal) areas*

At the University of Waterloo, Yuva Shakti have been teaching ten-week long Sahaja Yoga courses which students register for.

Meetings have been held at the library. At first there was a very large turnout and now there are fifteen people that regularly attend the meetings.

They are trying to expand the meeting areas out into (rural) East Toronto and have been having somewhat informal social gatherings (potlucks etc.) along with the meetings.

### *Colombus, Ohio*

10-week Sahaja Yoga course at the University with intermediate classes.

### *New York*

A Yuva Shakti seminar was held for the Yuva Shakti in the tri-state area, in which they all got a chance to know each other better.

There is a class (meeting?) being held at Skidmore University.

Next, we began to think about Canajoharie and Mother's approaching arrival in North America:

During the weekend of June 17th-18th, the International Puja Seminar weekend -

- any Yuva Shakti that could come early to be of help on the land as well as with posterings in the city and such would be of great help.
- Last year some Yuva Shakti were there to greet yogis as they arrived on the land, and this was enjoyed very much and greatly appreciated. So, this year, there should be Yuva Shakti that will be in charge of greeting yogis, either by having tea and cookies, by helping with luggage or directions, etc.
- We should set up a 'help table' where there will always be some Yuva Shakti. This will be a sort of check-point so that if anything needs to be done, Yuva Shakti can help.
- Washing dishes after meals is a very large task and very difficult to get done if only very few people are willing to help with it all weekend. This would be a good job for Yuva Shakti to offer to do.
- All Yuva Shakti should help in any way possible with setting up for puja as this takes many hands.
- Last year Yuva Shakti were put in charge of (puja) gift security, so we will offer to do this task again.
- As many of you know, last summer the

Yuva Shakti were asked last minute to prepare something for when Shri Mataji left the hanger after the entertainment program and the Puja. We should be prepared this time with 'special effects'! Some ideas were: fireworks and/or sparklers flags of the states, provinces and countries that make up the North & South American continents; candles.

- This year there are to be marriages (as of now, they are set to be on July 3) There may be work for Yuva Shakti to help with this.

### IMPORTANT!!!

Friday morning, June 16th, all Yuva Shakti that are on the land will meet together to discuss general plans for the weekend. At this time we will organize groups and delegate responsibilities, especially for the Help Desk, Receptionists, and Dishes. We also thought that it would be really good if at this time we decided on other times we could get together over the weekend to better coordinate things.

Entertainment for the seminar:

- It is difficult for all of us to prepare something with all of the Yuva Shakti as we are so spread out. However, it would be nice if a song could be sung for Shri Mataji by the Yuva Shakti. There are thoughts about learning a Qawali. (I will get back to everyone on this idea.)

Ideas for a gift for Shri Mataji from Yuva Shakti:

- a card with a picture of all of us (for this we would have to take a picture when we all meet early in the weekend maybe)
- clay animals
- clay with nature imprints (leaves, flowers, etc.)
- carved wax (perhaps in the shape of Ganesha)
- a shawl
- a vase made and painted by Yuva Shakti

We went on to talk about ideas for Yuva Shakti, projects, etc.:

There has been a request for Yuva Shakti penpals; and we have also been asked by Yuva Shakti in various countries around the world if we could keep in touch with them. So, perhaps we could arrange for those that would like, to have national/international Sahaj penpals.

So anyone who would like to have a penpal, please email me, or write to me, with



your name, birthdate, address (I may have these already, but just to make things easier) and any comments or anything and we will try to arrange for this!

We briefly discussed the Yuva Shakti web page and decided that what is there will be taken down until we can decide what the purpose of the web page will be - whether it is for communication between Yuva Shakti, or to tell other youth the benefits of Sahaja Yoga. Until we discuss this further with each other as well as with the Sahaj web page committee in terms of what is appropriate and security and such, the web page is going to be discontinued.

We have successfully put together three issues of the North American Yuva Shakti newsletter, however, in order to be more organized and hopefully more timely, a better system has been suggested.

- There will be a 'content manager' for each state/province. They will be responsible for suggesting ideas for articles (as of course is everyone), for getting people involved more, and for collecting submissions and sending them on the editor.

As of right now we have these content managers:

Florida - *Anjan*  
Ohio - *Kevin*  
Georgia - *Arjun*  
Boston - *Sarah*  
Toronto - *Marvin*  
Philadelphia - *Nanak*  
New York - *Shrinivas*  
Pittsburg - *Joshua*  
Vancouver/Washington - *Nirashreya*  
Texas/California - *Shreekal*

It is hoped that each of these centers (except for maybe those with only a couple Yuva) can collect at least one submission for each newsletter.

- A group of (3?) editors that can discuss themes, articles etc.
- Gautama is in charge of the general appearance and graphics. (If there is anyone that would like to help with that, and has the appropriate programs, this could be worked on together)
- Sarah will oversee the final product to make sure of the deadlines and send the finished newsletters out. [And please, anyone who would like to contribute, ei-

ther send it to your contact manager, or if there isn't one in the area, to me! No need to wait until a request email is sent out].

Sujata has begun a project to write articles to be published in teen magazines and such. If anyone would like to be involved or wants to know more, contact - [sugee07@hotmail.com](mailto:sugee07@hotmail.com)

After all this discussion, we sat in silence for a moment and then gave suggestions for a 'Yuva Shakti Pledge', inspirations of our duties as Yuva Shakti as well as our goals. Perhaps if others would like to add, we can present these to Shri Mataji. Here is what we came up with:

- to help people
- to be active in a spiritual way
- to build (self) confidence to be able to spread Sahaja Yoga
- to set good examples and be positive role models for our younger brothers and sisters and also for the youth around us
- to reach out to the youth of North America and help them
- to stay collective with other Yuva Shakti
- to be dependable/reliable
- to take a more active part in spreading • to achieve more depth in meditation
- to develop a great knowledge about saints and deities (self-enrichment)
- to have absolute faith in Sahaja Yoga and Shri Mataji
- to achieve complete bliss

Following this, we proceeded to have a good time and enjoy each other's company!

Even though not everyone could make it over to Canajoharie for the seminar, we hoped that we could spread the joy and inspire everyone else with all of these thoughts and ideas.

Looking forward to seeing you all in June!

Much love,  
your sister, *Sarah Radha Partridge*

## GENERAL NEWS

### Subject: The Truth

This is as insightful as it is scary. A Columbine student who experienced one of the many High School Massacres wrote it:

"The paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints; we spend more, but have less; we buy more, but enjoy it less.

We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge but less judgment; more experts, but more problems; more medicine, but less wellness.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life; we've added years to life, not life to years.

We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbour.

We've conquered outer space, but not inner space; we've cleaned up the air, but polluted the soul; we've split the atom, but not our prejudice.

We have higher incomes, but lower morals; we've become long on quantity, but short on quality.

These are the times of tall men, and short character; steep profits, and shallow relationships.

These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition.

These are days of two incomes, but more divorce; of fancier houses, but broken homes.

It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to make a difference or just hit delete."

*Richard Magers, Canberra, Australia*



## Collective Compassion, Sympathy, or Just a Desire to Help?

In Brooklyn, New York, *Chush* is a school that caters to learning disabled children. Some children remain in *Chush* for their entire school career, while others can be main-streamed into conventional schools.

At a *Chush* fund-raising dinner, the father of a *Chush* child delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he cried out, "Where is the perfection in my son Shaya? Everything God does is done with perfection. But my child cannot understand things as other children do. My child cannot remember facts and figures as other children do. Where is God's perfection?"

The audience was shocked by the question, pained by the father's anguish and stilled by the piercing query. "I believe," the father answered, "that when God brings a child like this into the world, the perfection that he seeks is in the way people react to this child." He then told the following story about his son Shaya: One afternoon Shaya and his father walked past a park where some boys Shaya knew were playing baseball. Shaya asked, "Do you think they will let me play?" Shaya's father knew that his son was not at all athletic and Shaya's father understood that if his son was chosen to play it would give him a comfortable sense of belonging. Shaya's father approached one of the boys in the field and asked if Shaya could play. The boy looked around for guidance from his team mates. Getting none, he took matters into his own hands and said "We are losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him up to bat in the ninth inning."

Shaya's father was ecstatic as Shaya smiled broadly. Shaya was told to put on a glove and go out to play short center field. In the bottom of the eighth inning, Shaya's team scored a few runs but was still behind by three. In the bottom of the ninth inning, Shaya's team scored again and now with two outs and the bases loaded with the potential winning run on base, Shaya was scheduled to be up.

Would the team actually let Shaya bat at this juncture and give away their chance to win the game? Surprisingly, Shaya was given the bat. Everyone knew that it was all but impossible because Shaya didn't even know how to hold the bat properly, let alone hit with it. However as Shaya stepped up to the plate, the pitcher moved a few steps to lob the ball in softly so Shaya should at least be able to make contact. The first pitch came in and Shaya swung clumsily and missed. One of Shaya's team-mates came up to Shaya and together they held the bat and faced the pitcher waiting for the next pitch. The pitcher again took a few steps forward to toss the ball softly toward Shaya.

As the pitch came in, Shaya and his team-mate swung at the bat and together they hit a slow ground ball to the pitcher. The pitcher picked up the soft grounder and could easily have thrown the ball to the first baseman. Shaya would have been out and that would have ended the game. Instead, the pitcher took the ball and threw it on a high arc to right field, far beyond reach of the first baseman. Everyone started yelling, "Shaya, run to first. Run to first." Never in his life had Shaya run to first. He scampered down the baseline wide-eyed and startled. By the time he reached first base, the right fielder had the ball. He could have thrown the ball to the second baseman who would tag out Shaya, who was still running. But the right fielder understood what the pitcher's intentions were, so he threw the ball high and far over the third baseman's head. Everyone yelled, "Run to second, run to second." Shaya ran towards second base as the runners ahead of him deliriously circled the bases towards home. As Shaya reached second base, the opposing short stop ran to him, turned him in the direction of third base and shouted, "Run to third." As Shaya rounded third, the boys from both teams ran behind him screaming, "Shaya run home." Shaya ran home, stepped on home plate and all 18 boys lifted him on their shoulders and made him the hero, as he had just hit a "grand slam" and won the game for his team.

"That day," said the father softly with tears now rolling down his face, "those 18 boys reached their level of God's perfection." Funny how this is so true, and shame on us!

*Arun Arora*

## Translation from German

"I want to unfold. Let no place in me hold itself closed, for where I am closed, I am false."

### Ich glaube an Alles noch nie Gesagte

"I believe in all that has never yet been spoken.

I want to free what waits within me so that what no one has dared to wish for may for once spring clear without my contriving.

If this is arrogance, God, forgive me, but this is what I need to say.

May what I do flow from me like a river, no forcing and no holding back, the way it is with children.

Then in these swelling and ebbing currents, these deepening tides moving out, returning,

I will sing you as no one ever has, streaming through widening channels into the open sea."

### A Walk

"My eyes already touch the sunny hill, going far ahead of the road I have begun,

So we are grasped by what we cannot grasp;

It has its inner light, even from a distance and changes us, even if we do not reach

it, into something else, which, hardly sensing it, we already are;

A gesture waves us on, answering our own wave....

But what we feel is the wind in our faces."

*Rainer Maria Rilke (1875-1926),  
Muzot, March 1924*

*Love, Liallyn Fitzpatrick*

## Birthdays!

*Our best wishes to...*

Robert Beckerton, Stephen O'Dea,  
Lynette Tiralongo, Mary Trebilco,  
Laece McKie, Anthony Esposito,  
Teresa Esposito, Mamta Lim,  
Melanie Stainsby, Margaret Jackman,  
Mani Venugopal