

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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He who hates not light, nor busy activity, nor even darkness, when they are near, neither longs for them when they are far;

Who unperturbed by changing conditions sits apart and watches and says "the powers of nature go round" and remains firm and shakes not;

Who dwells in his inner self, and is the same in pleasure and pain; to whom gold or stones or earth are one, and what is pleasing or displeasing leave him in peace; who is beyond both praise and blame, and whose mind is steady and quiet;

Who is the same in honour or disgrace, and has the same love for enemies or friends, who surrenders all selfish undertakings – this man has gone beyond the three (powers of nature).

And he who with never-failing love adores me and works for me, he passes beyond the three powers and can be one with Brahman, the ONE.

For I am the abode of Brahman, the never-failing fountain of everlasting life. The law of righteousness is my law; and my joy is infinite joy.

- Shri Krishna

(Chapter 14 from the *Bhagavad Gita*)



STATE NEWS

News from NSW

Introspection Weekend

The first of the introspection weekends was held at Balmoral earlier this year. Many Yogis made the effort and took that step to partake in something beyond the normal day-to-day routine that we are living. Many took advantage of the opportunity to experience something beyond their ordinary life and to focus their attention upon Our Divine Mother who has given us a new enlightened life – a spiritual life, one that we were given effortlessly, but one that we must all continually exert our effort, introspection, and commitment to maintain.

With this in mind we wish to again encourage everyone to participate in an *Introspection Weekend* to be held over the weekend of **November 25th to 26th** at the National Country Property at Balmoral.

The weekend will provide us with the time to nurture and to care for the spiritual realisation that has been given to us and to make a conscious effort to use the powers we have been given to purify ourselves. It will also provide an opportunity to enjoy a few days in company of others who are also embarking upon the inner journey. However the focus is upon inner development, meditation and gaining greater spiritual depth. The weekend will commence with the Friday evening collective program to be held at Balmoral commencing with Meditation to ensure that the journey begins with a collective awakening and meditation at 5:30am the following morning.

This weekend will provide everyone with an opportunity to solely devote time towards introspection, clearing the subtle system and meditation in order to facilitate the attention dwelling upon Shri Mataji's vision for the collective and the inner spiritual dimension.

Shri Mataji has provided us with a clear direction in relation to the collective support for the purchase of *12 Clarence Street* and for the *Development of Balmoral*. Now there is the need for a unity of vision, and a strength of purpose amongst the collective. Throughout the weekend may we strive for collective enthusiasm as we embark upon a journey to accomplish the tasks Shri Mataji has placed before us. Again it takes effort, and the will to strive beyond complacency imposed upon us through our day-to-day lives.

The emphasis for the weekend will be less upon social interaction and more upon one's spiritual dimension, to help maintain ones' focus conversations during the weekend should dwell upon Shri Mataji, Sahaja Yoga, and spirituality.

There are costs involved in covering catering needs for the weekend, but this will be kept to a minimum in order to facilitate as many people attending as possible. The cost from Friday night until Sunday afternoon will be **\$30**. In order to plan for catering needs can those wishing to attend please contact **Chris Worsfold** at the earliest opportunity.

Sincerely,
Avinash Nickkawde, Chris Kyriacou

Realisation Programmes at Gorolian High School, Central Coast

Last term the Sahaja Yogis were invited to take part in the *Year 10 Awareness Day* at the Gorolian High School. It was a most enjoyable experience, with a very positive feedback from the students as well as the teachers. About 130 students received their realisation. The Year 11 head teacher asked us if we would be able to take her year in October – she was going to make it compulsory for the entire year to attend!

On Friday 13th October four of the Yuva-Shakti people came and took the Year 11 programmes.

The entire year was split into three groups, and throughout the morning each group came to experience Sahaja Yoga meditation. Most of the students took part in the self realisation. One boy came to the first group and later returned to the third group to meditate again because he enjoyed it so much. We could see that some children were experiencing a very deep meditation.

The programmes were conducted in a beautiful and deep way, very much from the heart, and the students relaxed well to seeing young, balanced people explaining to them the benefits of Sahaja Yoga and then proceeding with realisation, balancing techniques and how to put on a bandhan. The programmes finished with meditation to Indian music, which worked very well.

A big spread was put on by the teachers afterwards as a "thank you", and while having lunch we had a

pleasant time talking to some of the teachers. One young male teacher was very interested and asked lots of nice questions.

The teachers seemed to be keen on the idea of having Sahaja Programmes for the students and offered us a room every Thursday afternoon for 1½ hours during Sport electives. They are going to put a notice in the school's newsletter and recommend it to their Year 12 students, who are currently doing their exams.

Teenagers are subjected to tremendous negativity against the Truth, but as we know, Truth always prevails. So please let us surrender these obstacles to our Beloved Holy Mother and shoebeat and burn all negativity affecting all the youths of the world so that they too may experience the real Joy and Freedom which we are so fortunate to have received by the Divine Power of Love.

Ellen Marlow

Birthdays!

Our very best wishes to...

Alex Galvan

Dawn Woodhouse

Vishy Pawar

Wendy Bonneau

INTERNATIONAL NEWS

News from Belgium / UK

Yuva Shakti Vibrate London

The day we had all been waiting for - we went out to London's Covent Garden in the morning. There were lots of people passing by. So many leaflets were handed out. After some lunch, we went back to Leicester Square and from there to Westminster to do some sightseeing while handing out more leaflets. We walked past Big Ben to the other side of the bridge, where there is now the London Eye, a huge ferris wheel from which, when you get to the top, you can see all over London. We didn't buy tickets because it was too expensive for our student budgets.

From there we had a nice walk to the Tate Gallery where there are some paintings displayed by William Blake. It was amazing, so beautiful. I had seen pictures by him before, in that same gallery, but I was astonished all over again. I am sure I wasn't the only one. After that, we went back to the ashram to get ready for the program at the Albert Hall.

We got all of our seats at the top, on the first row and right in front of the stage. For those who have never been at the Royal Albert Hall, it is a huge theatre, with stalls all around the inner circle, like it used to be in the old days. I think it can host about five thousand people, but there were

less people there that evening. First there was a little speech about Sahaja Yoga by Dr. Spiro welcoming everyone, including Sir CP Srivastava. Then there was some live Indian music and a more accurate explanation about what Sahaja Yoga is by Mr. Derek Lee, the leader in the UK. Before Mother's arrival we had some more bhajans.

When She came in everyone rose to their feet and all became silent. I don't quite remember what Shri Matiji talked about, but it was all very strong and everybody that had stayed for the Self Realization had felt the vibrations - tremendous. At the end, She asked the musicians to sing *Jogwa* and again everyone was clapping along. Spirits rose high and there was great joy. After She left, the bhajans went on for a while and everyone got together in the middle to find old friends.

It was a wonderful experience and I'm sure they'll be seeing us again in London not so far in the future and hopefully we'll be many more then.

See you there,
Saraswati op de Beeck

Belgium Akashwani (October issue)
(Excerpted from a longer story published in the North American Yuva Shakti, 'Akashwani'.)

News from Austria

TEV Support Cherished

This is just a short note from all of us here at the *Theatre of Eternal Values* Austria (somewhere south of Vienna on Cyberspace Turning No. 3) to all of you, to say a huge thank you and welcome to the foundation of the new Theatre of Eternal Values supporters' club.

The *TEV Angels Club* has been formed to allow you to continue your cherished support in a more formalized manner and to provide a forum where you can send us ideas, views and financial support as we move into the next exciting phase of the theatre group's development.

We hope that you will continue to support us with your hearts, as you have done in the past, and that through this love we can continue to bring the divine beautiful works of art to audiences all across the world.

The *Angels Club*, where you will be offered charter membership, starts now. This membership will allow you to participate in TEV information on the internet, enrol you in the club's monthly e-mail newsletter and give you many special offers on special Angel merchandise like *Magic Flute* T-shirts, perfume, video and fun items through which you can support your players. All Angel members get 30% off for T-shirts, sweatshirts and perfume.

We will be asking all members to contribute a small monthly or annual membership fee, which we will use for funding our future productions and we would ask you all to be as generous as you can. Even a small

regular amount from each of you will make an enormous difference to our chances of becoming a powerful voice of vibrational love across the world, so please do not hold back with your generosity.

In the meantime, please spread the word about this exciting new chapter in the TEV story: enrol your friends as Angels and help us to bring God's love to the world of entertainment. We know that your love and support along with the divine blessings flowing from Shri Mataji's Attention will guarantee that the *Theatre of Eternal Values* will continue to thrive and bring Joy to many, many more audiences.

With lots of love,
The TEV Players

*(Feichtenbach Austria October 14th
SahajNet)*