



Australian Newsletter

Jai Shri Mataji!

Contributions:

Burwood ph: 6 12 9747 4835

Burwood fax: 6 12 9745 4927

email: sahaja@eagles.com.au

“Having filled in the pathway of the nadis with the streaming shower of nectar flowing from Thy Lotus Feet, having resumed Thine own position from out of resplendent lunar regions, and Thyself assuming the form of a serpent of three and a half coils, sleepeth Thou, in the hollow of the Kulakunda.

“Thou art residing in secrecy with Thy Lord in the thousand-petalled Lotus, having pierced through the Earth situated in Mooladhara, the Water in the Manipura, the Fire abiding in the Swadisthana, the Air in the Anahata, the Ether above, the Manas between the eyebrows and thus broken the entire Kula path”

Shri Adi Shankaracharya
Saundarya Lahiri
6th century AD



NATIONAL NEWS

Sahaj Preschool at 12 Clarence Street Burwood

On the 12th day of the 12th month of year 2000, Sahaja Yoga has bought no 12 Clarence Street Burwood. It is a very joyous event, for we have collectively followed Shri Mataji's wishes for our wellbeing. The speed of the whole operation can only be organised by Shri Mataji.

I am sure all the generous yogis who have opened their hearts and wallets as a way of expressing their love and devotion for Shri Mataji, commitment to Sahaja Yoga and vision for our children would feel blessed and happy.

Balmoral Development

Work for Shri Mataji's cottage on 35 acres of beautiful Balmoral has already begun. The work will include a puja venue for 1,000 yogis, a car park and new toilet and shower block for masses. The work is scheduled to finish by the end of January 2001 and in time for Shivratri or any other Puja that Shri Mataji may choose to have in Australia.

The most satisfying feeling is that everyone from Australia wants to contribute in this project as the collective desire for Shri Mataji to visit Australia is growing. Already teams from Melbourne, Perth, Brisbane and Canberra have booked their time to share the joy of preparing for the visit, along with the NSW yogis.

Ganapatipule 2000

Excitement for Ganapatipule is already overflowing, with yogis looking forward to the epitome of yearly sa-haj celebration on the shores of Bharat. Ganapatipule not only tests us and our attention fully, but also rewards us with great joy and spiritual depth, depending on how much we deserve.

Avinash Nickkawde

Birthdays!

Our very best wishes to...

Andrew Bonneau
Ron Cleghorn
Jamie Moore
Bogunia Bensaud
Shereen Manocha
Derek Carter
Glenda Pollard
Carolyn Wood
Robert Hutcheon
Robin Trompf
Sue Raggatt
Candice Williams

STATE NEWS

News from NSW

Playgroup Year 2000

Dear Brothers and Sisters

For those of you who don't know, we've had regular playgroups at Burwood on Tuesdays every week this year for our little toddlers.

Playgroup this year has been a very pleasant experience with all ages of children and their mothers getting together and having a meditation and puja as start to the day, with varied creative activities done throughout the day. But of course during this our little ones have had their share of running around and doing their own things at times as well.

A big "thank you" to all the enthusiastic Mums for their active participation, and a prayer of "thank you" to Shri Adi Shakti from our heart for blessing us to be able to hold these collective activities for the little ones in Her Home.

Jai Shri Mataji

*Reema Hampton
and the Playgroup Mothers*

Music Workshop for Children

A children's music and voice workshop is proposed for the 18th–20th January 2001 at Graham & Helena Campbell's home on the NSW Mid-North Coast.

The purpose is to encourage the musicianship and participation of our children in the collective with a special focus on the 8–14 year age group.

Quality tuition is being arranged with the emphasis on music and song from the Sahaj perspective of devotion and joy, spontaneity and mastery.

It is expected that children attending will have:

- a) Basic musicianship through school or private tuition and that they will bring their own instrument/s

and/or

- b) Keen interest in voice.

The workshop will also include morning and evening group meditation, a havan and will conclude with a Public Program & *Music of Joy* concert on the Saturday evening.

It is expected that the children will participate in the concert. It is also an opportunity for the children to prepare entertainment for Shri Mataji's possible visit.

The Public Program/Concert at Coffs Harbour is in a family-holiday region at peak holiday time. It is hoped that this will be an opportunity to reach a family audience, plus those who don't usually live where Sahaja Yoga is accessible.

We need a list of volunteer adults to assist with the children in the mornings and evenings and for leafleting and poster for the Public Program/Concert.

Cost:

Approx. \$120.00 per child

Approx. \$50.00 per volunteer adult (Cost to be confirmed depending upon numbers attending).

Registration:

To register your interest and for a program and registration form please contact Leanne Holland ASAP:

(07) 3720 8064 until 18/12/00 and in the New Year

(02) 6653 7593 from 18/12–30/12 or 0409 321 776 if urgent

It is expected that it will be a very productive, yet relaxing 3 days! We'd love to see you there.

Leanne Holland

Helena & Graham Campbell

John Smiley

For Sale

3/4 man tunnel tent, used three times. Asking \$120.00 o.n.o.

*Please phone Mike Merritt
02 9702 1261 Lidcombe*

Come and Beautify our Garden at 10 Clarence Street Burwood

All are welcome to join in our gardening days. Help is needed with weeding, mulching and planting. We are aiming to improve the garden so that it is easier to maintain.

The days will be every Saturday at any time until the garden is improved. If you are able to come, please bring garden clothes and tools.

Ring Clarence St Burwood

or Leanne Shutt 9876 8645

for more details or to confirm

whether we are working on that day.

Christmas Puja, NSW

Christmas Puja will be held at Burwood on Sunday 24th December, at 2.00pm.

As it is a special time of festivities, we ask everyone to bring a plate of food, for a Christmas "party" after the Puja (instead of the usual cooked meal).

Anyone who would like to come and help the Lewisham group with setting up on the morning of the Puja would be most welcome.

John Dobbie

Introspection Weekend 24th, 25th, 26th November Balmoral, N.S.W

How lush and beautiful everywhere looked on the drive from Sydney to Balmoral, so green and vibrant after lots of early summer rain. Four of us arrived 9am Saturday morning to the welcoming sound of 40 Sahaja Yogis shoe-beating on the grass. It sounded like the gentle canter of young horses i.e. very pleasing. Chai followed and then exchange head-rubs.

The feeling at Balmoral is indescribable. How I've missed it and also how, I feel, we all need it. It was just so nice to be there. For the whole weekend it seemed Shri Mataji's attention was very much there on all the Sahaja activities, and on all those who attended. Even the food preparation and cooking, and cleaning up was effortless and joyous. There were beautiful meals, very nourishing and tasty. The arrangements and organising were so smooth. In short every moment was precious and so joyful. Altogether over 120 Yogis attended, and though some came Sunday afternoon, everyone felt the joy of the Spirit.

After a barbecue lunch round the fire, we all met in the Puja hall for a seminar. The seminar started with a overview of all finances and the national projects that have been blessed by Shri Mataji. After Wamuran, Gidgegannup and Sahaj Pre-school the attention turned to Balmoral. Thanks and applause were warmly given to Alexander Kolbl for hours of work and great attention on the preparation of Australia's Sahaja Yoga accounts, for all to view. Also available are accounts for the Pre-

School at Burwood, 1999, covering every item of income and expenditure, prepared lovingly and diligently by Marcus Rome - a big job. It fostered an atmosphere of openness and trust.

Avinash concluded the discussion by asking every Yogi to say why he, or she, really wants Shri Mataji to visit us in Australia. The answers were very varied; many heartfelt, many enlightening, many inspiring. Avinash urged everyone to realise the greatness and significance of Shri Mataji's proposed visit and how much we have to prepare inwardly and outwardly to be worthy of it.

There was time for foot-soaks in the tranquil atmosphere of the lower dam, or a stroll through the magnificent bush, or simply lie on Mother Earth at this beautiful place in the Mooladhara of the Universe. Late in the afternoon there was a havan under the trees for removing all the negativities for the national projects and for Shri Mataji's visit. Vibrations were very strong. The English names of Shri Mahalaxmi were read. The atmosphere became very pure and powerful at the same time as negativities were offered to the Fire for its consumption.

A sumptuous lamb casserole dinner preceded a lovely evening of Bhajans. Kavalis were sung and Vishvamber was at his superb best to cap a night to remember. The 80 or so Yogis who stayed were very silent in the morning, even the children. The atmosphere was so peaceful, and a recent Guru Puja talk by Shri Mataji had the complete attention of everyone as She very appropriately covered all the aspects of The Guru. You could feel the flow of

love as we all worshipped Our Divine Mother in a moving Puja.

A hearty breakfast of bacon and eggs followed in a collective gathering around the fire. One noticeable and very positive thing was the number of newer Yogis present at this weekend: you could see the joy on their faces and her team arrived to prepare a lunch to surpass all lunches, our nabhis completely satisfied.

To sum up, we really felt Shri Mataji's presence at the Balmoral property very strongly all that weekend, reminding us of Her statement that Shri Ganesha would be worked out here at Balmoral. Coleen, we thank you for your effort.

Thank you, Shri Mataji, for this beautiful land and for an inspiring, joyous weekend.

David Sharp & Chris Kyriacou

Transport to Balmoral - a Reminder

If anyone is planning to go to Balmoral on any weekend and has room in their vehicles, please let Charles Tiralongo know, or ring Burwood.

Conversely, anyone desiring a lift to Balmoral can contact Charles or also ring Burwood. This will help with the building, gardening and landscaping of the country property for Shri Mataji's visit to Australia.

David Sharp

INTERNATIONAL NEWS

News from America

Dig a Well, Not a Hole

Every year, in the life of a Sahaja Yogi, there is the addition of ascent, vigour and strength to the spiritual evolutionary path.

As we are approaching the end of another year, there is another chapter of fulfillment that is being written. It is a great journey and it gives so much joy just to look at our lives, what we have become —a global, noble and a peaceful personality, by the grace, love, teachings and blessings of HH Shri Mataji. She has given so much to this humanity that we can't thank Her enough.

As you all know, the North American collective was blessed to host Shri Mataji in Los Angeles for the last two months. Her mere presence in this country created so much enthusiasm and avenues of growth of Sahaja Yoga in America.

Just before She left the United States on December 7th, the Los Angeles and some neighbouring centres had blessings to seek guidance on spreading Sahaja Yoga in America. The primary guidance was that every Sahaj Yogi has to have personal commitment in giving Realization to others and spreading Sahaja Yoga. One should try to commit to at least one public and one collective meeting every week. Instead of having many programs in a centre where only a couple of yogis can go, centres should consolidate some of

the meetings to have many yogis present. These yogis should make a full effort to do publicity for that consolidated meeting.

The point She stressed was that instead of digging a small hole in the earth, dig a well, which will at least give water. She gave Her own experience of the early days of Sahaja Yoga in Bombay when She suggested to rent a place twice a week (once for the public meeting and the other time for the collective meeting) and every yogi just went to that large meeting instead of just a couple going here and there.

The main commitment from all of us here is that we should attend these public and collective meetings once a week. I will try to make arrangements to send an audio of the talk to each centre.

This was another successful year for Sahaja Yoga in America. Besides successful public programs, there were six shows of the *Magic Flute* opera in New York City presented by the Theatre of Eternal Values, another effort to build Canajoharie, a *National Institutes of Health* program, Sahaja Yoga programs in drug rehabilitation centres and prisons, establishment of new ashrams and centres and a first ever Diwali Puja was performed in America.

Thanks to all the Sahaja Yogis for their support in achieving all this. This is just another beginning to a new era. Shri Mataji mentioned that now it is America's turn and once Sahaja Yoga is established in the USA then it is done.

We, the Sahaja Yogis in America, are blessed to have so much atten-

tion from Shri Mataji. However, the responsibility is on our shoulders — the Sahaja Yogis of America—at this turning point and I am sure that we will be victorious!

I sent an email to the centre coordinators recently on an opportunity to give donation towards acquiring Shri Mataji's birthplace in Chhindwara India. As you may have read the email from dear Gregoire and dear Guido, this place will one day be the "Mecca" for us and for our future generations. Yogis and others from all the corners of the world will come to this place to worship.

Please contact your centre coordinators to give donations or send your cheques directly made out to "Manoj Kumar —Trust A/c for Chhindwara temple" and mail it to 17 Schuyler Street, Parsippany, New Jersey USA 07054.

In addition, I want to make another important request. With your support, we sponsored so many events this year. Our charitable fund collection this year was \$284,000 US and in spite of careful and controlled spending, our expenditure exceeded the collections. Currently, our organization's account is in negative balance by about \$40,000. Most of this money is owed to some Sahaja Yogis. The primary cause of this additional expense is because of unexpected expenditures in the Canajoharie development. As we are approaching an end of a financial year and we would like to close our organization's financial books in positive balance, I am requesting you to please send your most needed donation as soon as possible. Please make your cheques to Vishwa Nir-mala Dharma. In the USA they

should be mailed to Leslie Boudniak, 4950 North Moorpark Road Moorpark California 93021. In Canada contributions can be sent to Emad Abi Habib (1110 White Clover Way Mississauga Ontario L5V 1G7) or Tamas Ajtony (8272 - 141A Street Surrey British Columbia V3W 0V6).

I hope that the coming year will bring new light, new awareness and, most of all, new Sahajis in our life and in our collective and, with that hope and desire, I am wishing you all a very merry Christmas and a prosperous, happy and another enlightening new year! Jai Shri Mataji!

With love and respect,

Manoj Kumar

Bergenfield New Jersey December 13th

(Sahajnews)



Shri Mataji receives a gift from Chinese Sahaja Yogis last weekend. Shri Mataji left Los Angeles on Friday December 8th and stopped in Hong Kong on Her way to Delhi. She spent the weekend in Hong Kong, went shopping several times and, with all the fifty-eight local yogis, went to a restaurant for four hours. Her visit to Hong Kong came as a surprise, as the Hong Kong yogis knew about it only ten days earlier.