

Sahaja Yoga

2nd November, 2001



Australian Newsletter

Jai Shri Mataji!


Contributions:

Sydney ph: 61 2 9716 6516

fax: 61 2 9716 0203

email: sahajnews@yahoo.com

Publication deadline for contributions
is midnight each Tuesday



*Therefore I tell you:
Be humble, be harmless,
Have no pretension
Be upright, forbearing,
Serve your teacher
In true obedience,
Keeping the mind
And the body in cleanness,
Tranquil, steadfast,
Master of ego,
Standing apart
From the things of the senses,
Free from self;
Aware of the weakness
In mortal nature,
Its bondage to birth,
Age, suffering, dying;
To nothing be a slave,
Nor desire possession
Of man-child or wife,
Of home or of household;*

*Calmly encounter
The painful, the pleasant;
Adore Me only
With heart undistracted;
Turn all your thought
Towards solitude, spurning
The noise of the crowd,
Its fruitless commotion;
Strive without ceasing
To know the Atman,
Seek this knowledge
And comprehend clearly
Why you should seek it:
Such, it is said,
Are the roots of true wisdom,
Ignorance, merely,
Is all that denies them.*

An anonymous poem,
published under the title *Hinduism*

(Sahajnews 27 October 2001)

STATE NEWS

News from Queensland

The following is an article which appeared in the Queensland Times on Friday 19th October:

Healing Powers in the Spotlight

By Chris Versace

The Ipswich practitioners of an alternative therapy are watching the results of a new scientific study with interest.

A research project by the Royal Hospital for Women, Sydney hopes to give scientific backing to claims that practicing Sahaja Yoga meditation can have a significant effect on debilitating illnesses including asthma, migraine and epilepsy.

Ipswich Sahaja Yoga teacher Susan Cavanagh said she was pleased there would finally be scientific evidence recording the benefits of the meditation. "We know from our classes how people change and relax, but to have scientific evidence to back up that it's working at a very deep level, that's great," Ms Cavanagh said.

Sahaja works on the principal that people have a passive and active side and illness is caused by one side being more active than the other. To achieve balance, subjects work on their chakras, or energy centres, through meditation, "cooling down" the over-active side.

Ms Cavanagh said the principles of Sahaja echoed other alternative therapies. "It's similar to acupuncture, where different parts of the body correspond to other areas on your hands and feet."

She said Sahaja Yoga allowed people to reach a state of thoughtlessness. "Meditation allows you to be totally in the present, whereas normally you are thinking about the past or the future."

Initial results from the study, which used two test groups – one practising Sahaja and the other relaxation therapies – have been positive. After 16 weeks, both test groups felt better, however the meditation group also recorded a reduction in the severity of their diseases, with anecdotal evidence of a lessening of symptoms of a range of other illnesses including epilepsy and migraine.

Free Sahaja Yoga Meditation classes would be held at Barry Jones Auditorium at the Ipswich Information Centre every Thursday from 6.30pm to 8pm.

Cairns News

Over the past few months the Cairns collective has hosted two Sunday seminars for new people attending the public programmes around the city.

The first day arrived and seekers soon filled the house. What wonderful vibrations! Just prior to the second seminar we felt that there would be a smaller rollup. Pleasantly-surprised, the ashram was soon bursting with smiling returnees and newcomers who had travelled long distances from the Tablelands and Innisfail.

The next date is December 2. Seekers are already expressing their desire to be there for the meditation, footsoaks shoebeats, candle treatments and lunch on the wide verandahs high up in the hills overlooking Cairns, Trinity Inlet and a splash of blue sea which leads to the Great Barrier Reef.

Beverley Budgen, Cairns

Birthdays!

Our very best wishes to all Sahaj yogis whose birthday falls in the coming week. May they all have many happy returns of their special day...

Alex Galvan
Dawn Woodhouse
Vishy Pawar
Wendy Bonneau
Tsu-Chen Heng
Jaya Naidoo
Leela Brown

News from Victoria

This is our updated Diwali Puja program. It now has all entertainment on Sunday morning.

Regards, *Rob Henshaw*
Melbourne

National Diwali Puja Program 16th to 18th November

Friday

pm Registration

Saturday

6.30 am Meditation

8.00 am Breakfast

11.00 am Havan

1.00 pm Lunch

Seminar: *'Meditation on Shri Mahalaxmi'*

Afternoon Tea

Puja Preparation

9.00 pm Diwali Puja

Sunday

6.30 am Meditation

Breakfast

Children's Presentation

Entertainment Program

Relaxing Stroll

1.00 pm BBQ Lunch

Departure

The following notice is a correction for the directions from Canberra to *Hiawatha* by car:

CORRECTION:

From Canberra by Car

Once you reach Cann River on the Monaro Hwy you turn LEFT (not right) onto the Princes Hwy, head to Sale and turn left onto the South Gippsland Hwy to Yarram, and follow previous directions.

Jai Shri Mataji
Rob Henshaw

News from NSW

A Grand Musical Evening dedicated to the great composer Sri Muthuswamy Deekshitar Saturday 10th November

A grand three-hour musical evening dedicated to the works of Shri Deekshitar is planned for November 10th 2001.

Location will be Veteran Car Club, 134 Queens Road, Fivedock. Please be at the venue by 3:30pm for a 4:00pm start.

The format of the event is planned to include presentation of textual narration on any of Deekshitar's compositions of your choice, followed by rendering of Deekshitar's composition in support of the narration that is suited to the text.

We welcome your participation as singer, instrumental support, member of the audience, volunteer, submission of an article on Shri Deekshitar or a combination thereof.

Please get in touch with either Lakshmi Raman on (02) 9809 6253 or Giridhar on (02) 9746 7264 at your earliest.

Please pass this information to any music lover.

With kind regards
Lakshmi Raman
Giridhar Tirumalai

Hi Everyone

The authors of the above article are people who are coming to our program and have extended a cordial invitation to all Sahaj Yogis to attend the above concert where the cream of all Local Indian Musical Talent will be participating.

This is an event not to be missed, as it is not very often that such an array of talent comes together to present their work. I have been told that some of the "students" have been studying for 20 years and are still studying. Admission is free. Donations will be accepted to pay for expenses.

Rajen Maharaj

New People's Seminar/Workshop Burwood Ashram, Sunday 4th November

A Seminar/Workshop will be held at Burwood this Sunday 5th November for all people who have recently been attending local programs. The plan is to hold a seminar of this type every six weeks.

We have had a very good response. So far over 60 people have registered to attend this seminar. Can we request at least this many Sahaja Yogis to attend to ensure that everyone is well looked after.

Hopefully the seminar will help people take the next great step in the establishment of their realisation. Can everyone who has informed their new people of this seminar also attend the program to act as a 'buddy' and ensure that everyone feels welcomed, and are really looked after.

We need to do everything we can to help seekers towards experiencing an expression of our collective love, deep meditation and collectivity. If we need deep seekers to be made into deep yogis we have to satisfy their deeper seeking by helping them take the next step in their realisation.

By all accounts the first seminars have been a great success in helping to bridge the gap between people attending their local programs and really becoming integrated into mainstream Sahaja Yoga and the wider collective.

The seminar will commence at 9:30am then proceed until lunch at midday, then recommencing at 1pm for a 3pm finish.

There are plans to have bhajans there for the Workshop at the beginning of the day when people are arriving, during the luncheon break, and at the conclusion of the day. After the first seminar many people favourably commented upon the music being played.

The format for the seminar is attached, our aim is to give as many people in the collective as possible a chance to contribute and to help maintain the interest and enthusiasm of our new people.

Any feedback, suggestion, ideas always welcomed

Sincerely, Chris Kyriacou

Diwali Puja Reminder

Everyone from NSW attending the Puja is requested to please contact David Sharp on 9747 4835, so that he can pass on final numbers to our hosts. Preferably send an Email to Burwood via

mrome@bigpond.com.au

Can everyone travelling for Diwali Puja provide their details, be it flight arrival and departure times, train or bus timings, or if you are driving when you are planning to arrive. If you have spare seats in your car then we may be able to arrange travelling companions to help share the costs.

If you wish to travel by bus then let David know and if there are sufficient numbers we may book a bus. You will need to provide your details as soon as possible to reserve your seat, the bus if arranged will leave Friday night, returning early Monday morning. Jai Shri Mataji.

Chris Kyriacou

STOP PRESS:

***Air tickets for Hiawatha Diwali Puja via Ansett \$225
Leaves Sydney Friday 16th Nov 9.00pm
Returns Sunday 18th Nov 8.00pm.***

***These seats are no longer available from airlines.
Please call Raymond Hampton 0409 986 591
if you are interested***

Festival under the Sun 10am-8pm Granville Park Saturday 3rd November

There will be a Sahaja Yoga booth at this multicultural festival in Granville (near Parramatta). Everyone welcome!

For details contact Lidcombe Ashram 9649 6879
or 0412 834 441

Rajesh Bhasale

Personal Reflections upon Navaratri

It has been a hard week, work demands, traffic, just getting through each day putting food on the table, come home Friday night, we are sitting with our family after an arduous week, feeling thoroughly bushed, exhausted, worn-out, pooped.

How easy it would be to just stay at home, give in to whatever reasons come into our mind at the time; take it easy, spend some time with the kids, sprawl out in front of the box, put on the DVD, enjoy a nice meal, have a cuppa, why go to the program, "Oh no, don't want to face that person anyway", chill out, tune out, put the feet up - enter that nice comfort zone and take the relaxing selection for the evening, perhaps make an appearance half way through the program, make sure you are seen.

Some have said one of the best expressions of an elevated attitude is the ability, attitude and power not to give into yourself, to say "no!" to yourself, to answer the needs of a higher purpose, to lift your weary self out of the comfortable chair, turn off the video, round up the kids, brave the cold wind, and attend the collective. Sometimes the experience can be varied depending on many things, but one thing is clear, our presence and support of the collective is one to the cornerstones of our spiritual introspection and progress. Of this there can be no doubt, but how often do we forget this fundamental truth?

Last Friday's night Burwood program was an enormous example and affirmation of this principle, for many it was one of the more personally moving and rewarding spiritual experiences.

Collectivity can sometimes be like that, out of something so simple as a Friday night program, everything is suddenly brought into clear focus, as if the curtain has been shifted, and the sun fills the space with such clarity, focus, and insight, that we are amazed at the space we were once in, and how perhaps we had unbeknown to ourselves drifted off track.

That night two Yogis spoke of their experiences at what was a pivotal Navaratri Puja in Greece. Word had reached us from many different sources that Shri Mataji said that things were not working out at the moment as they should within Sahaja Yoga, for there is something not right with the Sahaja Yogis, and She doesn't know why the problems are there.

That evening they reported to us that Shri Mataji had said that even Sahaja Yogis have hatred in their hearts; she finds this very distressing, and requested that we must introspect to remove this hatred and show love for each other, and to all human beings, and that this is the best way we can help Her win this war. We need to introspect and fight the war within ourselves by replacing any hate within us with love.

As an assembly of Yogis we were moved because they openly thanked Shri Mataji for her personal correction, guidance, and protection, and declared that as they had tried to do after their experiences at Cabella. As Yogis we need to work out any problems within ourselves, because whatever happens inwardly will be manifested externally. One of the most important aspects of our life is our role as a Sahaja Yogi and our ability to help the Divine with Her work in this world. All else pales into insignificance.

The impression they conveyed from the Puja was that we must not judge others, but only judge ourselves, and work out the problems within ourselves never forgetting our responsibility as Sahaja Yogis. We are the ones who must help fight this war, and we must not forget our responsibility, for at this time the Divine has requested our help.

It was something of the intangible immensity that collectivity can bring to our life, but you had to be there that night: the sheer and complete honesty with which they spoke more than hinted at the Divine vibrations working through them to communicate something of what had transpired in Greece. And this was most compelling to everyone present: how they had been personally moved, and seemingly transformed by their spiritual experiences.

This helped to motivate us to respond to Shri Mataji's call and to honestly take to the path of introspection: replace any hate or ill feeling with love, to dissolve any groups, heal any divisions, let go of the criticism, integrate any discord, to befriend the companionless, to lift ourselves and see what we can do to change ourselves and live life as a Sahaja Yogi manifesting the kind of reality Shri Mataji has continually asked of us.

For one thing is now clear: whatever we have personally or collectively achieved so far, it has not been enough. Much, much, more is needed from each one of us, but in truth it is now up to us to rise to the occasion.

There is a saying that "*cometh the hour, cometh the man*". Well, as Yogis and as a collective our hour has now come. Are we ready to give what is needed of us?

Chris Kyriacou

Childcare Centre News

Anyone wishing to contribute to the Centre:

- At present we need some volunteers to clean the Centre three times a week. (Carrot: it's a beautiful place to be!)
- We need lots of art paper—anything the children can draw or paint on. (Carrot: when they run out of wall space then there will be new paintings for Number 10!)

Please contact Raymond Hampton 0409 986 591

INTERNATIONAL NEWS

News from Hong Kong

Music & Meditation - a Journey of the Spirit

On Saturday October 27 the Sahaja Yogis in Hong Kong held a public program at the new Central Library Lecture Theatre entitled *Music & Meditation - a Journey of the Spirit*. Over 230 people attended the program and every person attending received their selfrealisation. The majority of the people were local Chinese, with a few Indians and Westerners who had responded to our publicity campaign that included posters, handbills and advertisements in local papers and a magazine. The poster campaign seemed to be the most successful way of promoting the program. We used the same photo of Shri Mataji that was used at this year's Royal Albert Hall program. It is a very powerful image of Shri Mataji and we all felt it would attract the true seekers.

The program featured bhajans performed by our HK bhajan group which is a real multicultural group with Chinese, Indian, Russian, Australian and New Zealander members. After the music we had an introductory lecture followed by selfrealisation and a tape of Shri Mataji. To conclude the program we had more bhajans and a very powerful meditation. The vibrations were very strong and the majority of people felt the cool breeze. The music was a very good way to get people to relax and participate in the program. Initially people were very cold, but after the first bhajan *Ganesh*, *Ganesh* featuring a didgeridoo accompaniment, they began to melt. The heart started to open and people started to relax with every bhajan we played.

Hong Kong is a very busy and intense city, so the people have a very case-hardened exterior. It is often difficult for them to relax and experience something very subtle. The music succeeded in getting through to them, and by the time we sang *Jog.wa* the vibrations were flowing nicely and they were ready for their realisation.

While the music was played we projected images of nature with Shri Mataji's quotes in Chinese & English. During the realisation process we had a beautiful picture of Shri Mataji projected on a very large theatre screen. With such a powerful image the audience became totally silent for their realisation.

The vibrations at this stage were blasting, and I felt that everybody's Shashara had opened. You could really feel Shri Mataji's presence. Peoples' faces were shining and everyone remained silent until somebody's mobile went off! That's Hong Kong for you. Luckily most of the audience were too deep in meditation to notice, and besides - most have become immune to such noises. We received very positive comments back from the audience. They even requested recordings of our bhajans.

The follow-up was held on Monday. It was completely packed, with over 40 people attending - some coming for the first time as they couldn't attend the Saturday night program. Let's pray that we can establish a lot of seekers in Sahaja Yoga from this group. Jai Shri Mataji!

Alex Henshaw, Hong Kong

News from Trinidad and Tobago

The beautiful island of Trinidad in the heart of the Caribbean has a big festival every year to celebrate Diwali. About fifty percent of the population of Trinidad are of Indian descent and, as such, there is a very strong Hindu culture. The people are very spiritual and easily understand Sahaj.

This year the Diwali festival in Trinidad will take place during week of November 6 to 13th. There is a special site in the centre of the island called the *Nagar*, where the festival is held every year. Last year the Sahaja Yogis of Trinidad had a big stand at the *Nagar*, displaying a huge picture of Shri Mataji. Although we were amongst so many other stands, the Sahaja Yoga stand soon became the centre of attraction with hundreds queuing up to get Realization.

So many of them recognized Mother instantaneously and fell to the ground. It was amazing. There were only a handful of yogis in Trinidad at that time, but we estimate that Realization was given to at least a thousand people over the course of the week. It was so fantastic and rewarding beyond imagination, though at the end of the week we were all on our knees, literally, from standing up for so long.

This year we have booked the stand again and expect a similar and even better response. But we need your help. Although we have grown in number, there are only about twenty seasoned yogis in Trinidad. We need help during the Diwali week to give Realization at the stand. But also, we need any help we can get on a continuous basis to help with follow-ups, publicity and just general input.

From time to time, we have had small convoys of visitors from other countries. Earlier this year we had visitors from the UK, USA and Canada who joined our collective for a while and we all had such a wonderful time. It gave us such a boost and we worked so well together putting on numerous public programs. And it was even better, as they were able to stay on for many of the follow-ups.

So remember, while many of you are settling down to the winter in your northern climes, we'll be popping down to the beach in the evening to do a havan! We would like to entice as many of our Sahaja Yoga brothers and sisters as possible to pay us a visit, whenever possible, and come and stay with us on our beautiful Caribbean island and help us to spread Sahaja Yoga here.

We feel it could take off here in a huge way once the word is out. There are plenty of avenues we can take for publicity here. It's easy to get on TV and radio, but we need help to follow-up on the initial publicity.

If anyone is feeling that Trinidad is calling you, please email anandi108@yahoo.com. Ibu Banerjee.

The invitation is open on an ongoing basis, but if anyone can make it during the *Nagar* week or the ensuing weeks to help with the follow-ups, our arms will be open wide. The airport is Port of Spain, Trinidad. Alternatively, you may find a cheaper tourist flight to our sister island of Tobago and get an internal island-hopper flight for the equivalent to fifty American dollars return. You may find some very good deals.

*With love from your brothers and sisters
of Trinidad and Tobago*

(Sahajnews 3 November 2001)