

# Sahaja Yoga

1<sup>st</sup> February, 2002



## Australian Newsletter

***Jai Shri Mataji!***

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*"The little space within the heart is as great as this vast universe. The heavens and the earth are there, and the sun, and the moon, and the stars; fire and lightning and winds are there; and all that now is and all that is not: for the whole universe is in Him and He dwells within our heart.*

*The Spirit who is in the body does not grow old and does not die, and no one can ever kill the Spirit who is everlasting. This is the real temple of Brahman, wherein dwells all the love of the universe. It is Atman, pure Spirit, beyond sorrow, old age and death; beyond evil and hunger and thirst. It is Atman, whose love is Truth, whose thoughts are Truth."*

Chandogya Upanishad





# STATE NEWS

## *News from NSW*

### **Bhajans / Music / Good Times at Burwood this Saturday Night 2<sup>nd</sup> February**

This Saturday night we are warmly inviting the collective to gather together for an evening of festivities and celebrations; for a purely social occasion when we can all come to enjoy a collective evening together.

A similar evening was enjoyed last year during the celebrations of Sahasrara Day, when a music and social night was held at Burwood to celebrate the life of Baba Mama.

That evening was an outstanding success in giving us all some time to come together for the sole purpose of enjoying each other's company through the universal joyous medium of music.

This year we want to have many more occasions such as this when we come together purely to enjoy each other's company, listen and take pleasure in music of all styles and flavours and influences, where the only criterion is that it must be fun and impart pleasure.

This weekend we are also hosting all the State leaders from around Australia, so let us welcome them to our city in a most appropriate manner.

We invite all the collective and all musicians of all musical styles to come along to Burwood for a night of pure enjoyment. Perhaps some refreshments can be provided to help ensure that appetites of all kinds are catered for.

As we have always found when we make the time to all come together it is always a most joyous occasion. Hopefully this evening may also be enjoyed in a most appropriate manner with music, which brings happiness and joy to one's heart.

*Chris Kyriacou*  
Sydney

### ***Southern Cross Spontaneous Caterers Medical Conference on 15<sup>th</sup> February***

Sahaja Yoga has been awarded the contract to provide food for a mainstream medical conference. *Spontaneous Caterers* we will be catering for around 700 - 800 medical practitioners. We are required to provide a light lunch and afternoon tea for all those attending.

This will be the first event of *Spontaneous Caterers* for 2002.

This is a unique opportunity to generate a significant amount of direct income (once we have met our costs) which will be used for Burwood and the Balmoral development project. Rather than continually having to rely upon collective donations to fund Sahaja Yoga, we can seize this opportunity to earn direct income.

On this occasion Sahaja Yoga will reap all the financial benefits from our collective work and effort.

This event will require a significant amount of work. We request the support of our ladies to put aside a few days around this time to help with:

- the purchase of groceries, meat, fruit and vegetables
- food preparation
- packaging and presentation
- serving food on the day

*Any ladies who wish to volunteer their services and they should now contact Robert Hutcheon who will be coordinating the catering effort.*

*Chris Kyriacou*  
Sydney



## First New People's Seminar for 2002 Burwood Ashram Sunday 24th February

The new people's establishment seminars that began last year were a wonderful success, with many newer members of the collective attending.

The seminars were operated in a workshop format and aimed at deepening people's Sahaja experience, enabling them to meet with each other and the wider collective within the confines of our Mother Ashram. This worked well and helped to make people feel much more comfortable within the collective.

People attending commented that they enjoyed learning about the different aspects of Sahaja Yoga that were presented.

**There is real value in continuing with this format and hosting a Sydney-wide new people's seminar on one Sunday every six weeks, arranged to avoid any conflicts with Puja days.**

**The next seminar / workshop will be held at Burwood on Sunday February 24th commencing at 10am, breaking for lunch, then finishing at 3pm.**

During the ensuing weeks can we please promote the seminar to all the new people who are attending our local programs. Can we also please register all people attending so we can keep track of the number of people attending.

Having live music played on the day does help to communicate the joy that is such an integral part of Sahaja Yoga.

Having deeper aspects of Sahaja Yoga presented on a regular basis can only benefit the promotion of positive enlightened vibrations amongst all those who are beginning the journey to establish their Yoga. There is also great value in bringing new people from the many different programs held around Sydney to Burwood to the collective draws some of the auspicious depth of vibrations which abound in Shri Mataji's home.

This was feedback provided last year via feedback forms:

*"I am so glad I came here today it was one of the most rewarding experiences I have had for some time."*

*"I wish to express my appreciation of the workshop being virtually free, and the teaching attitude of all the speakers, who all spoke with such love. I believe I gained an understanding about something as complex as how the subtle energy system works...most beneficial."*

*"I enjoyed it so much. Thank you for offering to a common person such as myself an exposure to all this knowledge and experience."*

*"Very interesting concepts, great speakers - especially those who shared their own experiences and views. Good group work and enjoyed meeting with everyone there, who were most friendly."*

*"This is my second workshop. I feel immensely happy and contended. It was a very good experience. I feel as if my heart is like a lotus floating in the water - thank you all so much."*

*"After a period in my life which I can only describe most challenging, I came here and found balance."*

*"It was very interesting to hear about other people's personal experiences and to get a deeper and more personal knowledge of the spiritual realm. I cannot get enough information about how to give vibrations."*

*"I feel that I was brought to a new stage of realisation and really felt a deep experience. I want to learn more about the mantras."*

*"The day was great, the music really helped me spiritually. I would like to thank Sahaja Yoga for a very lovely day. I thought it was very involved, with interesting talks about Sahaja Yoga and personal experiences which were good to learn about."*

*"Wonderful, wonderful, wonderful: a loving welcoming atmosphere. I respected everyone's level of knowledge and experience with meditation. It was very easy to follow and understand, but that "Nothingness" - now that is a struggle. The music was just magic"*

*"Loved it Loved it Loved it all, and all the music. More, more, more!"*

*"Wonderful, just wonderful! Exactly what I have been looking for. Superb. I feel I have big understanding of meditation now - thank you very much Sahaja Yoga."*

*"We really appreciate this workshop which is done for us in the true light of Mother Kundalini. Thank God for people like you all who keep us informed, enrich us, and help awaken us."*

*"Thank you for caring, thank you for sharing your knowledge and wisdom and thank you also for the healing which allowed me to move on to the next stage and fulfill my heart's desire."*

*"A very exciting, educational, entertaining and refreshing experience. I am really interested in pursuing this further and want to attend a local program."*

Chris Kyriacou  
Sydney



## Sahaja Yoga Meditation Workshop at Penrith this Sunday

There will be a one-day Sahaja Yoga Meditation Workshop at Penrith (30 minutes on the M4 west from Burwood) on Sunday 3 February 2002. The time is from 10.30am - 3pm.

Lunch and refreshments provided.

*Anyone who would like to help or attend please call Roger or Helen Splarn on 4737 9796 for details and location*

## Clothing Stocktake Sunday 17th Feb: Calling all Sisters!

It has been requested that we tally up all the lovely garments sent to us from Shri Mataji. For this purpose we need the help of willing yoginis (and of course yogis are not excluded!), for a day of counting and sorting.

So if you can spare even a few hours, please come along to Burwood on Sunday the 17th of February anytime from 9am onwards. It should be fun to tackle this task in great company! Your help will be greatly appreciated.

*Any queries and/or confirmations to Lene Jeffrey on 9416 2969*

## *Birthdays!*

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

Jalindar Shete  
Mary O'Neill  
John Henshaw  
Minakshi Pujari  
Lyndal Vercoe  
Jan Pitman  
Sharon O'Connor  
Sangita Noone  
Dianne Hynes  
Sigrid Kaly  
Paul Bolton  
Sue Boyer

## INTERNATIONAL NEWS

### *News from India*

#### **Puja Mesage from Sankranti Puja**

Hello to all. Jai Shri Mataji.

I got to attend the Sankranti Puja on the 14th Jan 2002. It was amazing.

The puja was held in Mother's daughter's house in Mumbai. It was a short puja.

There were only about 8-10 people. Mother spoke about our first enemy of the six enemies is ANGER and we have to control it. It is very important for our ascent.

If we don't react when the situation is such that we should get angry, then the param-chaitanya removes the cause or our anger! We have to be patient and have full faith on the param chaitanya!

From 14th January onwards the sun starts its journey from southern hemisphere to the northern hemisphere and there is a lot of heat generated, and so we offer sweets to the Devi and the Mother Earth and pray for balance and calmness and that heat generated in the nature should not make us right-sided and aggressive! We should also try and eat foods which are good to cool us.

Mother spoke that in every big organization there are always some greedy people and she said that in Sahaja Yoga also we have about 90% good sahaja yogis and about 10% are greedy for money.

Mother said that even though she knows the people who are doing wrong things, she doesn't get angry with them because they are going to pay a price for all their bad karmas.

The vibrations were very strong as told us by mother herself and we definitely experienced it!

We sat for about 15 minutes for a silent meditation looking at Her Holiness, and it felt like we were sitting there for ages! Then she said that "now it is fine!"

Then we offered sweets and different fresh raw vegetables to Her Holiness as a part of the puja.

That's all I recollect.

Regards and love to all

*Arvind Thakur*  
Mumbai



# GENERAL NEWS

## Some Facts about India

Some of the following facts may be known to you. These facts were recently published in a German magazine, which deals with world history facts about India:

1. India never invaded any country in her last 1000 years of history.
2. India invented the number system. Zero was invented by Aryabhata.
3. The world's first University was established in Takshila in 700BC. More than 10,500 students from all over the world studied more than 60 subjects. The University of Nalanda built in the 4th century BC was one of the greatest achievements of ancient India in the field of education.
4. According to *Forbes* magazine, Sanskrit is the most suitable language for computer software.
5. Ayurveda is the earliest school of medicine known to mankind.
6. Although Western media portray modern images of India as poverty-stricken and underdeveloped through political corruption, India was once the richest empire on earth.
7. The art of navigation was born in the river Sindh 5000 years ago. The very word "navigation" is derived from the Sanskrit word *navgatih*.
8. The value of *pi* was first calculated by Budhayana, and he explained the concept of what is now known as the Pythagorean Theorem. British scholars have last year (1999) officially published that Budhayan's works dates to the 6th Century, which is long before the European mathematicians.
9. Algebra, trigonometry and calculus came from India. Quadratic equations were by Sridharacharya in the 11th Century; the largest numbers the Greeks and the Romans used were 106, whereas Indians used numbers as big as 1053.
10. According to the *Gemological Institute of America*, up until 1896, India was the only source of diamonds to the world.
11. USA-based *IEEE* has proved what has been a century-old suspicion amongst academics: that the pioneer of wireless communication was Professor Jagdeesh Bose and not Marconi.
12. The earliest reservoir and dam for irrigation was built in Saurashtra.
13. Chess was invented in India.
14. Sushruta is the father of surgery. 2600 years ago he and health scientists of his time conducted surgeries like cesareans, cataract, fractures and urinary stones. Usage of anaesthesia was well known in ancient India.
15. When many cultures in the world were only nomadic forest dwellers over 5000 years ago, Indians established the Harappan culture in the Sindhu Valley (Indus Valley Civilisation).
16. The place value system (the decimal system) was developed in India in 100 BC.

Balraj Singh, Sydney, Australia

## Sunken City

I have just read in *New Scientist* magazine (26 January 2002) that archaeologists have found evidence of a lost civilisation off the coast of Gujarat (where Sri Krishna's city was located):

*"Radio carbon dating of one wooden sample suggests the settlement is around 9500 years old. If the date is confirmed, the site would be the world's first known 'city'. Until now the earliest settlement of this size was thought to have appeared in the Sumer Valley in Mesopotamia around 3000 BC."*

Graham Brown, Sydney, Australia

## The Sense of the Goose

In the fall, when you see geese heading south for the winter flying along in the "V" formation, you might be interested to know that science has discovered why they fly that way. It has been learned that, as each bird flaps its wings, it creates an uplift for the bird immediately following it. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

***People who are part of a team and share a common direction get where they are going quicker and easier, because they are travelling on the trust of each other.***

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone, and it quickly gets back into formation to take advantage of the power of the flock.

***If we have as much sense as a goose, we will share information with those who are headed the same way we are going.***

When the lead goose gets tired, he rotates back in the wing and another goose takes over.

***It pays to share leadership and take turns doing the hard jobs.***

The geese honk from behind to encourage those up front to keep their speed.

***Words of support and inspiration help energize those on the front line, helping them to keep pace in spite of day-to-day pressures and fatigue.***

Finally, when a goose gets sick or is wounded and falls out, two geese fall out of the formation and follow the injured one down to help and protect him. They stay with him until he is either able to fly or until he is dead, and then they launch out with another formation to catch up with their group.

***If we have the sense of a goose, we will stand by each other when things get rough.***

The next time you see a formation of geese, remember...

***It is a reward, a challenge and a privilege to be a contributing member of a team.***

Liallyn Fitzpatrick, Sydney, Australia