

Sahaja Yoga

15th February, 2002



Australian Newsletter

Jai Shri Mataji!

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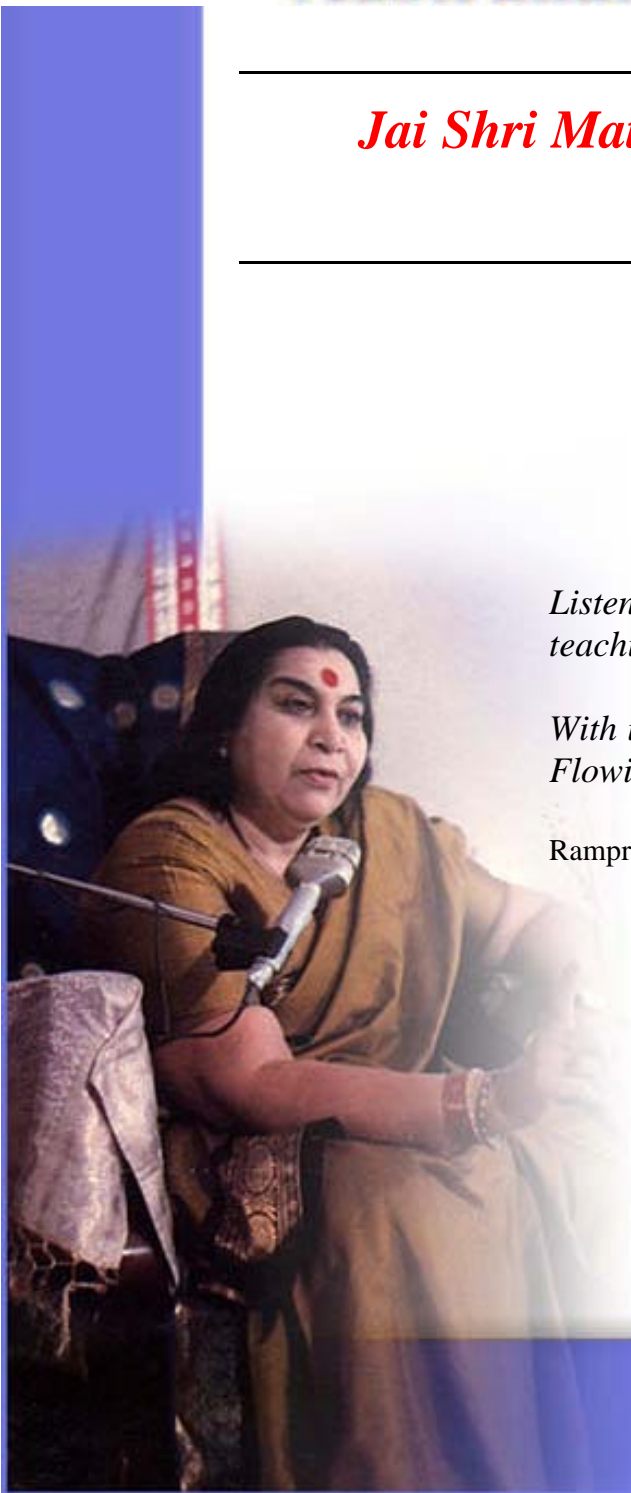
email: sahajnews@yahoo.com

Publication deadline for contributions
is midnight each Tuesday

*Listen with inward ear to the music of Her wisdom,
teaching all Creation.*

*With inward eye visualize Her brilliant name,
Flowing across your heart in letters of molten gold.*

Ramprasad



NATIONAL NEWS

I wish to thank all the state leaders who travelled long distances to make it to the meeting. The enthusiasm, joy, maturity and quiet determination that everyone displayed I am sure will translate into great dynamism and greater spiritual depth for the whole Australian collective. This year we will concentrate on three main issues:

- Uniting at heart our city, state and national collectivity
- Greater depth and maturity for all of us individually and collectively, and
- Spreading of Sahaj through giving realization with a greater zeal, love and understanding.

I spoke with Shri Mataji on the phone few days ago. Shri Mataji has conveyed her Love and Blessings to all the Sahaj Yogis from Australia. She enquired about the pre-school as to "Up to which class does it go to?". When I replied that it was only a preschool for children between age three and five, She said "You should have the school up to class six". Shri Mataji enquired as to when and how many yogis were coming from Australia for Puja.

National Seminars

Easter Puja:	Haiwatha, Melbourne
Sahastrara Puja:	Gidgegannup, Perth
Guru Puja:	Wamuran, Brisbane
Navratri Puja:	Balmoral, Sydney
Diwali Puja:	Adelaide

We will endeavour to make all the seminars very joyous, informative and spiritually uplifting. I will request everyone to try and make it to at least one and minimum two national seminars outside of your city.

Revamp of Audio and Video Tape Distribution

It was felt that we need to improve overall distribution of Shri Mataji's messages through audios and videos. It is very important that we should buy and listen to them as many times as possible to be in line with the Sahaj Momentum and to understand the spiritual perspective to all the world issues. Individuals can subscribe for all the puja videos through Rob Henshaw. These invaluable words of wisdom which are great assets and blessings for family are less than \$500 per annum.

Contributions to this Newsletter

I have urged all the state leaders to contribute regularly for several reasons. One, the collective attention will be there on these programs or projects; it might inspire the other states in terms of new ideas; and lastly it will make individuals and collectives to ask themselves "What are we doing to justify what blessings we have got?"

Shivratri Puja 2002

I am happy to announce that at this stage there are more than 108 realized souls (including children) who will be attending Shivratri and Birthday Puja from Australia. The play is working well. I hope we can have *Music of Joy* there.

Jai Shri Mataji.

Avinash Nichkawde
Sydney

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...

Rosa Galvan
Gloria Davies
Peter Kenchington
Tatiana Rankin
Katherine Bisgaard
Marilyn Lantzke
Michael Nordling
Dallas Lynch
Linda Millar
Krista Barman
Jenny Watling

STATE NEWS

News from Western Australia

Greetings from Perth

Hello and love to all our brothers and sisters in Australia.

In reflecting on last year we found our collectivity has grown through all the many activities we shared with the community here and with each other. A round-up of some of these events follows.

2001 in Perth saw the collective involved in:

- Dr Ramesh's visit and seminars with follow-ups
- Yuva Shakti Schools *Stamp out Stress* Study Seminars (13 schools and 1008+ realizations!)
- Gidgegannup Sunday Seminars now changed to 1st Saturday of every month from Nov 1
- Final *Garden Open Day* fundraiser – how will we ever replace these?
- Fortnightly seminars with Sadan and Mankar sharing Music and Meditation practice and research from the Academy – at Gidgegannup and Subiaco CAAC.
- Yogis to Adi Shakti Puja, Canajoharie; Meg married Majo Merga from the Slovak Republic.
- Bhajans and *Stress Buster* Evenings at Kwinana and Osborne Park; follow-ups by local yogis.
- Bhajans played by invitation at Fremantle Festival and Indian Cultural Festival.
- *Platinum Builders* trips to help at Balmoral and later at the Pre-school, Burwood. Internationally, Ross and Hugh helped with construction in the US.
- Kitchen renovations including installation of the *Rob H Memorial Dishwasher*
- Hosting of National Navaratri Puja celebrations – in 2002 we will host Sahasrara Puja – May 5.
- 2 yogis assisted with the Realisation Seminars in Bali.
- North and south country programs – look for article giving details in next week's newsletter
- A large group of Perth yogis were at Ganipatipule to witness the marriages of Vijaya & Prasad Desai and Andre & Kusum Maynard who are staying at the Delhi Ashram for a time.

The 2002 journal is already filling up:

Proud new parents Meena and Kenny Looke welcomed the arrival of Shivani on Jan 9 along with Meena's parents who have made their first trip from India. Jai Shri Mataji!

Welcome to Meg and Majo Merga who will be settling here eventually. Sadly they may have to leave in mid March and stay in the Slovak Republic for almost a year while Majo, who plays the double bass, is applying for his permanent visa.

Sat 19th Jan: At this year's first picnic on the Esplanade in Fremantle the collective farewelled Kate and Sadanand Mankar who are settling in Melbourne for some time. Thank you for your generous sharing of music and meditation with us Sa.

Sun 27th Jan: South Beach picnic followed by fun night of board games, videos, laughter at Beaconsfield collective house – more of these to come. Ross and Helen get the prize for long distance travel!

Coming up: Fremantle Town Hall, Fri 22nd Feb 7.30pm, *Bharatnatyam* dance by Vasanthi Sridar and troupe; Vasanthi has "a striking stage presence, crisp footwork and appealing *abhinaya*." Tickets \$25 (conc \$15) Bookings 9221 1273 or email: editor@perthsamachar.com

Meditation

Beaconsfield collective welcomes everyone for early morning meditation and breakfast every 2nd Sunday which serves both as an open house morning for yogis and a bridge to the collective for new people. Come along and see what happens. Stay for a barbecue at South Beach to make a day of it.

Gidgegannup

The first weekend of every month will continue to be a collective stay-over and seminar day for new and intermediate people. See you there. The next one is the long weekend in March.

Perth Local Matters

New Phone List will be issued in mid-March. Please send details to Suzanne Kumar as follows:

- (1) phone 9216 8820 *anytime 24 hours* or
- (2) email srosierkumar@yahoo.com.au.

NB: Email addresses will now be included. Please advise Suzanne if you wish yours to be published.

Video Tapes: It is time for an audit. Your co-operation will be appreciated. Please return ALL tapes by or on Sat 2nd March. This includes public program tapes. All tapes will be removed from the cupboard on that day, so please hand your returns to Suzanne K *personally*. She needs to sight every tape to do the job effectively. It's a seminar day, so Suzanne will be there from early in the morning. You will be able to take a tape for your program. It's a big job but the collective attention on this precious resource will benefit everyone.

PS: Do you know how many talks and how much advice has been given in Australia by Shri Mataji?

Newsletter: We hope to contribute more regularly to the Australasian News. Please get your WA contributions to Christine Tel/Fax 9250 2599 by Sunday each week. Late news which must be included that week can be arranged. Please phone as above.

Proposed themes for the coming weeks: collectivity; clearing in hot weather; sharing; how many yogis can we get to India for the upcoming March Tour? (20 and growing at the moment)

Programmes

No matter how hot it gets here we seem to have no problems keeping all the weekly programs going. Many thanks to those yogis who support them continuously. The current list of locations is:

Mondays:

- Ardross (8pm): 34 Sweetman St, Ardross (Tel: - 9364 4842)
- Beaconsfield (8pm): 152 Solomon St, Beaconsfield (Tel: - 9433 2313)
- Belmont (8pm): Community Resource Centre, Elizabeth St, Faulkner Park (Dragan – 9472 8850).
- Kingsley (7.30pm): Community Family Centre, 48 Peregrine Drive, Kingsley (Chris – 9401 5742).

Tuesdays:

- Armadale (6.30pm): Westfield Library, Champion Drive, Armadale (Sissy – 9498 6087)
- Murdoch Uni. (12.30p): Club Meeting Room at the Guild—Car Park No. 7. (Susanne – 9313 1857)
- Subiaco (8pm): Community Aid Abroad, 99 Hay Street, Subiaco. (Hugh – 9246 0089).

Wednesdays:

- Bassendean (8pm): 46 Kenny Street, Bassendean. (Diana – 9279 7314).
- Sorrento (8pm): 129 Seacrest Drive, Sorrento (Tel: - 9203 8307)
- Beaconsfield (8pm) (Intermediate Group) 152 Solomon St, Beaconsfield (Tel: – 9433 2313)

Thursdays:

- Coolbellup (7pm): Coolbellup Library, 90 Cordelia Ave (Carmen – 9433 2313)
- Rockingham (6pm): Regional Campus, Murdoch Uni, Community Library (Ilse – 9527 8978).

Fridays:

- Beechboro (1pm): Brockman House, 27 Hull Way, Beechboro School Terms. (Maxine – 9275 3401)
- Karawara (1pm): Lady Gowrie Centre, Karawara. School terms. (Irena – 9313 1043).
- Gidgegannup (8pm every Friday except the night before the Saturday Seminar) 1216 O'Brien Rd, (Ross - 9574 6267; Tyna – 9249 2716)

Saturdays:

- Gidgegannup (3pm) 1st Saturday of every month. 1216 O'Brien Rd, especially for deepening opportunity for those attending city programs, new people also welcome. (Tyna – 9249 2716)

As always, if you can't attend the programs, attention can be given from home through shoebeating, bandhans etc. Why not 'adopt' a program and give regular vibrational assistance? Call the attending yogis each week to see how things are going, to make your efforts more specific.

NB New Program: There will be a Northern Districts women's program starting on Wednesday mornings at Kamlesh and Chris' – please give phone number only, not location. (Meena - 9402 5302)

Open invitation for any yogis who would like to use the Beaconsfield collective house for daytime programs. Yogis living there work so can't offer daytime programs themselves. Tel: 9433 2313.

Christine Driver
Perth

The Next Step Drug Rehabilitation Program

I became interested in the drug rehab program when in America last year after attending the program being run at "Sucasa" in lower Manhattan NY by Anna Mancini. She showed me that with an open heart full of love and compassion, self-realisation was a very joyous experience for the clients. In this manner we were Mother's most powerful instruments.

So when the drug rehab program was to start here, as a result of the strong desire of Yuva Shakti members, I emailed Anna for suggestions. The things most important were:

- we didn't talk too much
- to help them meditate as long as possible and
- to give them vibrations.

The centre we are working at is called *The Next Step*, in East Perth. Five yogis have been sharing the running of the program at 10am on Wednesdays. Everyone is welcome.

The centre supplies response sheets to be filled in by the clients after each session with such questions as "What did you feel like when you came in?" "Did you feel better after the meditation?", as well as a section for personal comments at the bottom of the sheet.

Each time there has been a very positive response from clients and staff. There have been 6-8 clients receiving Self-realisation each time, which has made it joyful being there. One lady came to us after a program and told us that during the realisation she had tears in her eyes and she said that this is what she has been looking for all along! She also wanted to know if it was OK for young children to do this, so we showed her how to do raise their Kundalinis.

The centre is new, with the fresh air of enthusiasm from the staff, to the point where they are asking for a program for themselves this month, and one for the Outpatients Centre, so that clients can follow up in a familiar setting before going on to the programs in the suburbs.

Contact Ross Jackson at 9574 6267 if you would like to help, as there are 2 more programs starting soon.

News from NSW

Accommodation Available for Parents Travelling to Dharamshala

Mr. Yogesh Rawal has advised us that there is good and cheap accommodation at Dharamshala. The owner of this hotel is a friend of Yogesh. If anyone wishes to stay there here is the address and rates of the rooms:

Hotel Anupam Naddi Dharamshala

It is about 550 indian rupees per room. You can also share a room with another person if you wish to. This rate also includes lunch or dinner and breakfast!

The owner will also make travelling arrangements to and from Delhi/Dharamshala by bus or any other vehicles. If a group of say 30 people wants to travel together it will cost about 350 rupees per person.

You can phone to make arrangements. (Don't forget to mention you are a Sahaja Yogi) The phone nos. are:

In Delhi

0011 91 11 648 6988 (Hotel Anupam)

In Dharamshala

0011 91 1892 21625

0011 91 1892 21281

0011 91 1892 21282

Anil Sattarshetty
Sydney

Registration for the Bus on the 13th March to Pune

We are currently negotiating to book buses from Mumbai Airport during the evening of 13th March to take us all directly to Pune.

The main Sahaja Yoga group will be on Singapore and Qantas Flights arriving during the evening of 13th March.

Currently the only flight details we have are for the 35 Yogis travelling with the East Coast Sahaja Yoga group, and for the 20 Yogis travelling from Perth. At this stage this will be sufficient to fill one bus and another smaller vehicle for the transport of luggage. If there is sufficient interest we may book another bus for the night of 13th March.

If there are other Yogis who will also be arriving during the evening of 13th March and wish to book a seat on a bus for transport to Pune they will need to register their interest by sending an Email to candskyriacou@hotmail.com

Chris Kyriacou,
Sydney

Stocktake Cancelled

Due to much activity taking place during this weekend, the proposed clothing stocktake due to take place this Sunday the 17th of February is cancelled.

We are making good progress during the week. If you would still like to help, please call Lene Jeffrey on 9416 2969.

Lene Jeffrey
Sydney

Overdue Puja Dakshina for Mahashivaratri Puja

The good news is that there are currently 108 children, women and men attending Mahashivaratri Puja. This number of attending Yogis will bring great blessings back to our country.

Last Monday, the 11th February, was the nominated date for the transfer of Puja Dakshina money for Mahashivaratri. Less than half of those attending the Puja have paid their 108 UK Pounds Puja Dakshina.

(The payment for Birthday Puja Dakshina will be made separately, an amount of \$250 US, and needs to be taken in US Currency to India and paid in Delhi.)

We will need to collect the Mahashivaratri Puja Dakshina from most of the collective before we transfer it to London. Can everyone travelling for Mahashivaratri Puja please transfer the money as soon as possible. We will keep the transfer list open for a few more days.

All those attending Mahashivaratri Puja will need to deposit \$310 (current Australian Dollar equivalent for 108 Pounds) into the following account:

Account: Life Eternal Trust NSW
Account No: 221 767 344
BSB: 012-245
Bank: ANZ, 212 Burwood Rd Burwood NSW

This can be done at any branch of the ANZ, or using electronic banking over the Internet. Once a deposit is made, a copy of the deposit slip with your name clearly written upon it should be faxed to Andrew Jones (who is coordinating the collection of the Puja Dakshina money) (02) 9688 4055, or an electronic transfer receipt can be Emailed to Andrew at jonesclan108@hotmail.com. You should also call Andrew on (02) 4567 8030, or Wed- Fri (02) 9688 4444 to confirm his receipt of your deposit.

Please note that only the names of those who have transferred their Puja Dakshina will be sent to England and India as part of the Australian Country registration.

Chris Kyriacou,
Sydney

New Program at Warringah Mall Commencing Thursday 21st February

A new program will be starting at Warringah Mall Library Function Room on Thursdays at 1pm. This is a big shopping centre. Help!

It was one of those things where you truly feel, "I didn't do anything." And I'm still not doing it. It was just a little idea and a single phone call. I phoned Dee Why Library and asked did they have a function room? "No, we haven't, but Warringah Mall Library does." "Oh! I didn't know Warringah Mall had a library!" "Yes, it's quite new. Shall I put you through?" "Yes, please."

Then it followed that I talked to the coordinator of the library customer services who asked me if we were a community group. "Oh yes!" And I told her a little about us. They are wanting to encourage usage by community groups to help promote the new library. So it's free! "Shall I fax you an application form?" "Yes please."

When I went to have a look at the room, I was told at first that the coordinator, Jeanette, would be too busy to see me as she was tied up in meetings all day. I had a look (new, clean, quiet, nice, with everything we need) and said, "Perfect." And Jeanette just happened to come out of a door, and we met and chatted pleasantly and she told some of the staff were really keen to come, and she went back in to her meeting. Good feeling.

I called in the Centre Management Office, and yes, a lady came out of a door and she was in charge of promoting inter-library shopping centre services, and she was looking for groups like ours to occupy the centre of *Arena Cove*, especially in the mornings before the crowds come to eat. This is an entertainment centre with a small stage, surrounded by food kiosks, restaurants, specialist stores etc. "Would we like to book a time?" "Yes please."

I'm to get back to her with some ideas and make an arrangement. She'd like us between 8.30 and 10.30am, but I imagine a little later would be fine, and certainly more practical for us.

We've been offered a fantastic opportunity. The program itself is definitely booked starting next Thursday in the library at 1pm, and Michael O'Connell and Ruth Cross will be helping me. The library is just near the Hoyts Cinema complex on 2nd level (parking area with easy access from Old Pittwater Rd). *Arena Cove* is just down the escalator from there, on 1st level (and an escalator goes down from there to a big new Coles Supermarket on ground level).

Everybody from the whole Northern Beaches area comes here at some time. Also from far away.

WANTED: Ideas, assistance, support, Music? Yuva Shakti? Perhaps we can book the Thursday morning time on a regular basis, give realization, hand out leaflets, send them up the escalator for 1pm etc. It could be a good time for shoppers who have to pick up children from school at 3pm and maybe people on lunch hour.

Can you help? Phone Katie on 9979 8310 or just turn up whenever you can.

More news later when arrangements for *Arena Cove* are finalised.

Katie Cartmel
Northern Beaches, Sydney