

Sahaja Yoga

22nd February, 2002



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

*The eye is not strong enough
to look at the brilliant sun;
But you can watch its light
reflected in the water.*

*Pure Being is too bright to behold,
yet it can be seen
reflected in the mirror of this world.
For Non-Being
is set opposite of Being,
and catches its image in every moment.*

Mahmoud Shabistari



STATE NEWS

News from South Australia

Greetings and love to our brothers and sisters.

Below is a summary of what is happening in Adelaide and country S.A.

- There are two programs running per week. The New People's Programs are well attended and several people have been coming for some months now.
- Monthly Meditation, Introspection and Clearing seminars/workshops are held on the first Friday of each month. This is also for those new people who have been coming for a month or more that they may deepen their experience of Sahaja Yoga and join in the wider collective.
- We are forming a small committee to become more effective and practical in setting goals and realising those goals to deepen our ourselves individually and collectively and to spread Sahaja Yoga more effectively in Adelaide and the country areas.
- For fundraising we are continuing to run an Indian Cuisine Stall at an Adelaide Hills Market. This has been an enjoyable and great collective experience and supported by the entire collective.
- We have a local Newsletter to keep everyone informed and reminded, and for the purpose of deepening our knowledge of Sahaja Yoga.
- Adelaide will be hosting National Diwali Puja/Seminar in November. We welcome you all to join with us.
- We plan to run two more New People's Programs South & North East of Adelaide and country Whyalla soon due to the expression of interest from our widespread Advertising. However due to the small number of available yogis here, we are spread thin and to that end we would like to extend an invitation to any yogis who may wish to spend a period of time here to help us. Accommodation is available with yogis.
- The *Adopt-a-Newcomer* Program has proved to be successful in supporting and holding onto newcomers and is also valuable for feedback.

Maria Sandery
Adelaide

News from Western Australia

Perth News Bulletin

Programs

Please note alteration to last week's list: The Kingsley public program will be on every Wednesday night from this week. The venue and time are as before.

Gidgegannup

NB: There will be no Saturday program this week 23rd Feb. Yogis are requested to support their local program for collective meditation.

A reminder that the next collective stayover at Gidgegannup will be on the long weekend. Sat 2nd March: New people's seminar/dinner/collective program.

Country Programs

All yogis who have attended the country tours agree that they themselves experience as much growth and collectivity as the participants. Even if you can go only once in a while it is a good experience.

Northern

Programs have been held in Toodyay and Northam twice every month since April 2000. It has been an interesting experience. Although initially very difficult, we could feel vibrations in both towns gradually improve over the period. In Northam, Kay and Eve, both strong seekers, attended from the outset and are now firmly established in Sahaja Yoga meditation – however few others have attended.

Toodyay has been quite different. Although around twenty persons have had their realisation, not one person has continued to attend. The response was so poor (most days no locals attended) that on two occasions we had proposed to stop going to Toodyay.

However on both these occasions vibrationally we knew that Shri Mataji wished us to continue and we did so until Xmas 2001. We sense it is now time to move on, and a new set of country programs north of Perth will be established this year.

We have learned that once we start programs in country towns we must continue to support the vibrations for some time whether or not there is physical attendance by locals. Our role is to assist the Chaitanya in developing the vibrations – if the vibrations are poor then perhaps that is where we should focus our presence and attention.

Contact Hugh Lantzke if you can help (Tel: 9246 0089).

Southern

One of the yogis from Perth was doing a bit of work one weekend in Busselton (about 300km south of Perth) in September 2001 and took his family down for a bit of rest and rec. The family decided that they may as well run a program whilst they were there.

As it turned out, a young teacher owned the accommodation they chose to stay in, who had previously been doing Sahaj in Perth for 6 months. An initial program took place with the teacher assisting to promote the program and put up posters.

From here it seemed a natural progression to start up regular programs in this Southern area. There are a few yogis who live in Margaret River (½ an hour past further South of Busselton). We could support them by travelling regularly down South. They could feed into the programs and meet with yogis from Perth.

And thus we have been running programs on a fortnightly basis since last September. After several programs it was decided to concentrate on the Bunbury area. Busselton and Bunbury are only 30 minutes apart, so any people from Busselton can feed into the Bunbury program. 20 people came to the first Bunbury program after some enthusiastic postering done the week before by some of the Yuva Shakti and a couple of Aunties and Uncles.

Since this initial push numbers have thinned out somewhat and we are now launching our second wave of media, which will include posters, an article in the local press, community listings and contacting all those who we already have registered on our database. The programs are being well supported by teams of yogis. There are three families providing the backbone, with many other individuals adding their support on an occasional basis.

We will continue to run the programs fortnightly and intend to liaise with the Margaret River yogis to have a music and meditation program in Margaret River also to engender more support for their program. One nice connection that occurred concerned a woman who had been to one of the programs being facilitated through the Drug and Alcohol Rehabilitation Centre. We found out she lived just around the corner from the Arts Centre (where we have the program) in Bunbury. She was delighted that having experienced her self-realisation on the Wednesday in Perth, she could attend a follow up program in her hometown on the very next Sunday.

There are a couple of regulars who have not missed a program. We are working with them closely, emails etc and pray that Shri Mataji will help us to be the right instruments for helping them and others deepen in their yoga.

Contact Martin Purcell for dates etc (Tel: 9203 8307)

Children

At a well-attended seminar on Sunday 18th Feb parents and uncles and aunties and 'grandparents' shared their understandings and concerns about how well we are taking up our responsibilities towards the children in the collective, mainly during the time spent at Gidgegannup. A summary of conclusions will be available soon.

If you were not able to attend and would like to contribute please call Sharyn Salomon. Thanks to Sharyn and Joe for hosting the meeting and thanks to the Yuva Shakti for supervising the younger children in the pool and at table tennis – someone had to do it!

Stocktaking

What a pleasant surprise to find that this has all been done. Helen Jackson, Kagan Ducker and Maxine Whitnell spent their Saturday listing and counting all the remaining stock from India. Continuing sales will now be taken care of as follows:

- *Kitty Armstrong*: saris
- *Maxine Whitnell*: terracotta
- *Tyna Leach*: clothing (help would be appreciated)

Shop at your local Sahaja Yoga store and support many projects world-wide.

Videos

A reminder of the audit. Please bring ALL videos to Gidgegannup on Sat 2nd March (or before).

Picnic

The next picnic will be on Sun 24th Feb at Hyde Park, Highgate, near the city at 3pm. A good opportunity to bring family and friends as well as sporting equipment. You will find us near the children's playground..

Travel News

Incomers: Welcome to Frances Petrou and her daughters Christina and Tullia Zar, who are settling in Perth now. Frances is an artist who is also teaching. She had her realization here in Perth from Jo and Robin Reid in the early days of Sahaja Yoga.

Also welcome to Brett Johnson ex Ashfield, Sydney, who will be living at Sorrento. Brett is studying Environmental Science at Murdoch University. His table-tennis game is up to Perth standards!

Outgoings: Hugh and Marilyn Lantzke and Norm and Rose Creed leave for Malaysia on Mar 2nd enroute to Shivaratri and Birthday Pujas. Natalia Turkovskaya leaves soon for India via Kiev. The main group leaves Perth on 14th March.

Christine Driver
for the Perth Collective

News from Queensland

Wamuran Seminar a Big Success

On Sunday 17th February we had 26 new people attend our seminar. Twenty-six is the largest number so far for one of our seminars. Not quite on the same scale as Sydney, but nevertheless very good. In general people went away with a more comprehensive understanding with the depth of a true meditation experience.

The program was kept simple, starting with an introduction to the day's events followed by meditation then an overview of the various chakras and the subtle system.

We then picked on the swadisthan chakra for our personal experiments and went through some learning techniques related to the left and right swadisthan with the appropriate mantras.

This seemed to work very well as there was an in-depth focus on those important centres. We chose the swadisthan chakra because we felt that in Sunny Queensland the attention is so poor and very little pure knowledge anywhere except in the Nature.

We then watched the very informative short video of the *Vega Experiment* done in Italy. That was very impressive and totally undeniable to any sceptic.

During the lunch interval we had the chance to answer questions regarding the morning session, returning for viewing of the 1997 Kundalini Puja talk where Shri Mataji talks in depth about the Mother Earth. There is a section of this video which is very interesting to most people.

The day ended with a longer meditation. Most people went home very quietly. We have extended to them a monthly program every first Sunday of the month from now on.

Mark Beaven
Wamuran

News from NSW

Burwood Workshop this Sunday 24th February

The first Burwood Workshop for the year will be held this Sunday, 24th February. The workshops have been a great success, with increasingly more people attending each of the four held in 2001. In December, 100 new people attended the workshop. By Shri Mataji's grace, we hope many seekers will continue to come along in 2002.

The workshops are attended by both people who are regulars plus those who are new to Sahaja Yoga. In fact, the majority who attend now are first-timers or very new. The program is organised accordingly, and we have separate introductory sessions - so please feel free to recommend the workshops to everyone.

For this Sunday 24th Feb, the starting and finishing times plus costs have been changed.

Details are as follows:

- Workshop time 9.30am to 3.30pm
- Registration from 9.00am onwards
- Music will start at 9.00am
- Lunch/refreshment costs: \$10 for new people, \$5 for yogis/helpers (collected on arrival).

Alice Bhasale has been contacting all the yogis who are running programs to collect the names and numbers of new people wishing to attend (and who have NOT already booked via the internet or by post). We need to know how many people are coming for the catering purposes (and it's preferable to get names so we can prepare names tags). Please contact Alice (ph 9649 6879) if you still need to pass on names and numbers.

After this Sunday's workshop, there will be a FOLLOW UP meeting a week later. Everyone is invited. This will be a meditation program at Burwood, on Sunday 3 March, 10.00am to 11.30am. The program will consist of some initial clearing, meditation and a full video of a talk by Shri Mataji. Morning tea will be served afterwards to encourage people to stay so we can get to know them. Please come and join us.

We now also have the workshop details, plus some information on what people can expect from the workshop, on our freemeditation.com website - <http://www.freemeditation.com/workshops.html>.

Jai Shri Mataji!

Charles Tiralongo for the Workshop Team
Sydney

Rehearsals of Shivaratri Play

Thespians, as we only have some 3 weeks before we head off to India for Shivaratri Puja we need to put our attention to the presentation we will be offering to Shri Mataji.

The last few practices have been sparsely attended and those arriving on time (read clock-time) are waiting sometimes for hours for the remainder to arrive before practice starts. We can do better!!

To make it easier for all, we have divided the practice into 3 time slots to focus on the 3 acts. Each group will only need to attend for 1 hour at the time specified.

The following are the practice times:

When? *Sundays*

(ie every Sunday between now and Shivaratri)

Who? *Everyone (adults and children)*

Times? *Act 1: 2.30 pm*

Act 2: 4.00 pm

Act 3: 5.30 pm

When? *Wednesdays*

(ie every Wednesday between now and Shivaratri)

Who? *All adults with speaking parts*

Time? *7.30pm*

The cast of the play are:

Act 1

Kartikeya De Valle, Joshua Fitzgerald, Madhu Gaikewad, Chandani Hampton, Akhila Sharp, Bansuri Henshaw and Gabriel Fitzgerald.

Reema Hampton, Linden De Valle, Robert Monaghan, Gillian Patankar.

Act 2

James Hutcheon, Ambika Woodhouse, Akhila Sharp, Odessa Cooper, Bohdan Shehovych, Craig Armstrong, Pavan Keetley, Robert Hutcheon, Roger Splarn, Reema Hampton and Robert Monaghan.

Act 3

Yogesh Bhasale, Dattatreya Scott, Joshua Fitzgerald, Anand Kyriacou and Ambika Woodhouse.

Brian O'Gorman, Greg Turek., Roger Splarn., Frank and Julian Gianassi., (your name - 1 more adult required), Reema Hampton, Robert Monaghan and Claire Avoledo.

Havan at Burwood Next Friday

This is to announce that there will be a collective Havan at Burwood during the Friday night program on the 1st March. New comers are welcome.

David Sharp, Burwood

Music Practices for Shivaratri

The Bhajans group, providing the music for the Shivaratri program, will practise Saturday evenings at 7:30 (venue to be announced at Friday's meeting).

There are some children who have double roles as we are short of willing helpers. If your child wants to be in the play and hasn't been listed please ring Peter Aerfeldt on 97067929 ASAP to get your spot.

See you all at practice.

Peter Aerfeldt, Sydney

Shivaratri Music Practice this week at Ashfield Ashram

You are cordially invited to a bhajan practice tomorrow night 23rd Feb 7.30pm at Ashfield Ashram. The evening will be devoted to the music we plan to present to Shri Mataji at the forthcoming Shivaratri Puja.

So whether you are travelling to India or remaining behind, please come along to learn some exciting new songs and polish up some old favourites.

Peter Brownscombe, Ashfield, Sydney

Fortnightly Yuva Shakti Meetings

The Yuva Shakti meeting on Fridays will now be held every 2 weeks starting from next Friday, 1st March.

Meetings will begin at 6:30pm with a collective clearing and meditation. Please be on time. Meet at Burwood central.

Jai Shri Mataji.

Sean Daly for the Sydney Yuva-Shakti

A Big Thank-You

I would like to thank every person who was involved, in every possible way, in the recent catering function.

The effort and time volunteered was tremendous and very graciously given to all aspects of the presentation. On Thursday and Friday, everyone worked together tirelessly and cheerfully to finish on time. On Saturday the "staff" worked so fast and efficiently all day: it was a credit to our cohesive collectivity. The perfect amount of cakes, biscuits and slices were made and looked so attractive, set out on the trays for morning and afternoon tea.

None of this work could have been possible without Shri Mataji's love.

Thank you, *Katharine Tolfree, Pelaw Main, NSW*

INTERNATIONAL NEWS

News from Turkey

Invitation to Attend Easter Puja in Istanbul

Jay Shri Mataji!

*The land of Anatolia is rejoicing,
because the Holy Lotus Feet of our Divine Mother
will touch it one more time!*

Dear brothers and sisters,

We are happy to inform you that our Divine Mother has blessed us all with Her Permission to perform Her Puja in Istanbul, Turkey on the holy occasion of Easter. Shri Mataji has also blessed us with giving a public program in Istanbul. The itinerary approved by Shri Mataji is as follows:

19th-20th April: Music Program
Sunday 21st April: Puja
Tuesday 23rd April: Public Program

The participation fee will be the same as last year's.

Puja Camp

The puja camp will be organized at Kilya Resort Hotel on the shore of the Black Sea, in approx. 1 hour driving from Istanbul airport. The Hotel is located in a beautiful place near a fishermen's village outside Istanbul. A big tent will be installed in the hotel garden just on the beach, so one can do footsoak anytime. The whole place is surrounded by the forest. Those who wish can stay in the hotel in the bungalows. There is also a newly built Turkish bath, which will be available for everybody. Pick-up from the airport will be arranged. Kindly let us know your arrival date and time so that we can book busses accordingly.

The address of the Camp is:
Kilya Resort Hotel,
Kilyos / Istanbul

The Puja camp will be rented for 4 days 19 - 22 April, including Monday, April 22. Those who wish can stay in the hotel.

Friday 19th April: Only dinner will be served
Saturday 20th April: Breakfast, lunch and dinner will be served
Sunday 21st April: Breakfast, lunch and dinner will be served
Monday 22nd April: No meal

Those who wish to attend the Public Program on April 23 can stay in the tent until the 23rd morning.

For those who want to stay at Kilya Hotel, the price is 15 million TL (approx. US\$ 12) per person per night in a double room (but the whole room must be rented, i.e. the price is 30 million TL regardless of the number of people staying in the room). The price for a triple room is 40 million TL (approx. US\$ 30) per night. The prices include VAT and breakfast. There are no single rooms in the hotel.

For reservations please contact:

Ms. Bilge Çelebi
Mobile phone +90 532 724 12 50
Fax: +90 212 246 6718
E-mail: bilge108@yahoo.com

For further information about the Puja camp you can contact Ms. Bilge Çelebi.

Aiport Pick-Up

Arrangements have been made for transfer from the Airport to the Puja Camp with buses. Please give your arrival details to your leader (group leader), so that he/she can inform us accordingly.

Public Program on April 23

With the permission of our Mother, we desire to make a Public Program on April 23. To the attention of those who would like to stay for the Public Program: the Puja Camp will be rented only till morning April 23. It is kindly requested that you inform us the earliest possible, how many people from each country will attend so that proper arrangements can be made. Transportation from the camp to the Public Program place will be organised. Please send your information to:

Ms. Bilge Çelebi
Mobile phone +90 532 724 12 50
Fax: +90 212 246 67 18
E-mail: bilge108@yahoo.com

We desire to have maximum attendance from each country to worship collectively our Divine Mother in Her Shri Jesus-Mary form.

Jay Shri Mataji!

Turkish, Greek, Romanian, Israeli, Algerian, Moroccan, Iranian, Dubai and Tunisian Collectivities

News from Indonesia

Jai Shri Mataji,

I am getting News letters regularly and it is very useful for us to know the events.

We have a strong desire to have seminar and public program in this place. Could you kindly take up this matter with our brothers and sisters of Sahaja Yogis in Australia. I know it is very expensive issue, but by the grace of Sri Mataji this will work out.

Regards,
N.P. Rajan

NB: I am in contact with Mr. Robert who is a Sahajayogi in Jakarta and I got his reference from web page. His e-mail id is sahajayogaindonesia@hotmail.com

Please find the below mail for your information:

*Jai Shri Mataji,
Dear Mr. Robert,
Last Saturday I talk to you and felt very happy. Since you have informed me that you have not received the e-mail once again sending as below:*

First of all let me introduce myself. I am from India and working in Riau Island, Sumatra, near Pekanbaru. The last three weeks we are doing collective meditation with some of my Chinese, Malaysian and Indian friends in my house. People are getting attracted. Local people need introduction and procedures in local language in Bahasa Indonesia. If the same is available with you please send some copies to the below mentioned address.

*N.P. Rajan
PEC Tech Indonesia
Post Box 1207
Pkl. Kerinci, Kec. Langgam,
Kab. Pelalawan. Riau - 28000
Indonesia
Tel: (o) 0062 761 95777 Ext: 4260 office and fax: 95369
Tel: ® 0062 761 95550 Ext: 5356*

Also I am much more eager to know the collective information in Jakarta. Any body is going to India to attend Sivarathri Puja. It would be a great advantage if we can arrange a public program and seminar in Riau province. No body is aware of Sahaja Yoga and if we can put little pain by the grace of Sri Mataji these area shall be purified. I am in the complex and more 1200 people are living. We have very good Hotel inside the complex and can arrange a hall for public gathering.

It would be an added advantage if you can invite some Yogis from Australia. The people who live here are multi-nationals and the presence of Sahaja Yogis from Australia

as well as from Jakarta will give good impact. I sincerely pray to Sri Mataji to bless us for the great success.

With love to all of our brothers and sisters.

*Jai Shri Mataji
Regards, Rajan*

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...

Sarah Labade
Sunil Patwardhan
George Szkutko
Peter Tubb
Toby Patterson
Jacob Nadas
Rajesh Bhasale
Meredith Cooper
Lilian Lemaic
Madhavi Rome
Charles Tiralongo
Natalia Gutierrel
Jacqueline Phillips
Graham Brown
Barry Purcell
John Smiley