

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

Contributions:

Sydney ph: 61 2 9716 6516

fax: 61 2 9716 0203

email: sahajnews@yahoo.com

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*I have put duality away,
I have seen the two worlds are one;
One I seek, One I know,
One I see, One I call.*

*He is the first, He is the last,
He is the outward, He is the inward.*

Rumi

STATE NEWS

News from Western Australia

In Step for the *Next Step* Programs

After the successful programs for drug and alcohol addicts in intensive care for seven weeks at the *Next Step* centre in Perth, Sahaja Yoga has been asked to present meditation classes for outpatients and for the staff who manage the centre.

We had an interesting meeting with six staff members (directors and nurses), and for both yogis attending it was the first time presenting Sahaja Yoga as an official remedial program for drug and alcohol addicts. All staff were aware of the good results that we had with the in-patients. After each session each patient had to fill out a feedback form and all had expressed the benefits felt during the session. They also expressed their interest in having more sessions.

From this it seemed that follow-up for these patients was important and that it would work best in the environment where they are regularly meeting with their counsellors. The meeting was very positive and it was voted that we would start an outpatient regular session every Thursday morning. Later we will organise sessions for the staff.

After that meeting the vibrations of the place had deeply changed, with more of the staff being exposed to the vibrations and to our attitude towards addictions and disorders. It felt like a silent but official breakthrough in the world of drug and alcohol. Thanks to our Divine Mother, we felt guided and supported all the time by tremendous vibrations and calm confidence in ourselves and in the collective.

We are looking forward to these sessions and to helping many more people receive the key to liberation. It will be for us as well, an opportunity to deepen our understanding and our ability to spread Sahaja Yoga.

Bandhans would be greatly appreciated.

*For more information, please contact
Ramaa Purcell on 08 9203 8307
or Joe Salomon on 08 9243 3826*

Art and Meditation in the Garden

How do you make a satisfying art and meditation activity for a small number of artists who are mixed yogis and non-yogis but who have a love of gardens in common? Ask the paramchaitanya!

Have you ever looked, really looked, without thinking, at the unopened coils of a tree-fern frond? It's so mathematically perfect and alive at the same time, and helps to put your attention firmly on your own kundalini. You can relate the uncoiling of your energy to the growth of the fern, turning the physical image upside down in your mind (like the tree of life). Fortunately Lyndal has a beautiful specimen in her garden so we were able to stand around the plant and observe the three and a half coils on a new stem and talk about the universal nature of the beginning of life.

So that we could explore the idea that the seed energy within us contains all our potential, we then examined runner bean seeds, observing the primule and the food storage material and putting attention on the understanding that no amount of examining or observing will reveal the plant that we *know* the seed will become. From that we closed our eyes and put attention on the base of the spine where the Earth is represented in us and from where the wisdom and innocence needed for our growth into the true self comes. Then we put attention on the 'seed' germinating within the sacrum bone and rising to meet the nurturing energy from the light above. With attention at the top of the head we watched the silence between the thoughts in the same way that we had observed the fern and the seed.

Afterwards, the lady who not a yogi said that she had experienced a gap between the thoughts for the first time, so we talked about the kundalini as a mothering, nurturing energy expanding our creativity from the swadisthana centre, and about how to use our attention during drawing. She was able to feel the cool breeze. We sat in meditation again for some time.

The next step was to write in silence and continuously (keep the pen going) for about ten minutes on the subject of 'myself and my art'. All felt it was easier to write after being in meditation. Then we drew a self-portrait with the aid of hand-mirrors. Am I what I see?

We hope to continue this exploration of the true self by combining inner attention with outer artistic expression and sharing our experiences with each other.

Kabir says:

"Do not go to the garden of flowers!

O Friend! Go not there;

In your body is the garden of flowers.

Take your seat on the thousand petals of the lotus, and there gaze on the Infinite Beauty."

*Christine Driver, Lyndal Vercoe and Rachel
Perth*

News from the Australian Capital Territory

Sahaja Yoga Activities in Canberra

We have had a minor breakthrough in Canberra with around 60 people attending a new people's program in mid-February. The numbers were boosted by a radio interview the previous day on 2CN(ABC). They had heard about the medical research programmes in Sydney and contacted Sahaja Yoga in Canberra to do an interview. One of the interviewers for 2CN Trisha Evans came to the program and got her realisation and is attending further follow-ups. The room was not large enough, as the interview was at short notice and we were unable to get a larger one in time. Yogis sat on the grass outside to hear Sri Mataji's talk.

This sort of turnout is somewhat more than we have ever had along to programs – except when Sri Mataji has been in Canberra in person – so all-in-all a good sign. Around 40 people came to the first follow-up program and they appeared to be good quality people/seekers. Future New People's Programs planned for April in Gungahlin and May in Bungendore and Braidwood.

Given that Canberra is a mature collective with most practising yogis having been in Sahaja at least ten years we need an injection of new people. Despite having given realisation to perhaps 4000-5000 people (many of them keen seekers) in the last ten years we have only had 3-4 stick. Being a mature collective, the yogis are committed, well-established and know the ropes, but we pine for a few more siblings. So plenty of work to do in the Australia's best-kept secret.

We are pleased to welcome some returnees and new members to our collective: James Lavett has moved into the spacious Canberra Ashram and another yogi is also on the way to update his education in our city. If you're looking to escape big city traffic, most places in Canberra are no more than 10-15 minutes to the city centre where – yes! – you can easily park and enjoy a warm and small collective with access to Sydney (3hrs) and Balmoral (2hrs), the coast (2hrs) you have found our bush paradise. Our purpose-renovated seven-bedroom Ashram still has a few vacancies.

We would like to say thanks to all the yogis from around Australia who have helped to keep the Canberra Radio Programme alive and fresh by participating through our telephone link up. For those who are not yet ready to go live but would like to "have a go" on our pre-recorded programme (it's as easy as talking on the phone) we would love to hear from you.

John Fisher
for the Canberra collective

News from NSW

Invitation to an Evening of Bhajans and Qawwalis this Saturday 2nd March

You are cordially invited to come along to a Bhajans/ Qawwali Evening on Saturday 2nd March in Waitara (near Hornsby) dedicated to Afghanistan and the Sufi Community.

Address: 49 Orara Street, Waitara
5 minutes walking from Waitara Station
or 10 minutes walking from Hornsby Station
(It is a white house)

Tel 9943 0970 (Jean-Michel's mobile 0402 223 102)

This will be a special event, since we have invited our neighbours and their families to enjoy the vibrations of this divine music.

Our neighbours are Afghanis, very nice and sweet people. Since a few months I started feeling that I should tell them about Sahaj meditation. A few weeks ago It happened that our neighbour called me over the fence to have a chat and I told him about it. Then he asked me: "are you Sufis?" I said "not really, but quite close to it." When I mentioned about Rumi and Nizamuddin he was surprised that I knew about these saints. He said to me he likes to worship God through music and that for him we all come from the same root, and that religions are all on one same tree... Then we agreed that we would meet again to share our knowledge and I told him that I was singing and playing traditional Indian music and Sufi qawwalis. He was very happy to know about us.

So, it has been organised for the Saturday 2nd March (from 7.30pm).

If possible, we will try to present them Sahaja Yoga and the Self Realisation before, during the week. Otherwise, we will do a meditation together on that night.

Our neighbour also told me that they intend to go back to Afghanistan to live there in a few months.

Jai Sri Mataji, again and again.

Jean-Michel Huet
Sydney

Sahaja Yoga in the National Media

Last Friday a segment on the Sahaja Yoga Meditation research program was broadcast on the *ABC News* at 7:00pm. It was an extremely rewarding story portraying Sahaja Yoga in a tremendously positive light. Several days later on Tuesday February 26 a very favourable segment was broadcast on the *Today Show* at 8:10am. Later this week we are told the *ABC 7:30 Report* will also broadcast a segment.

Media broadcasts such as the *Today Show* increase the recognition that Sahaja Yoga is gaining in the community. This will help with a flow-on effect of people being interested in attending Sahaja Yoga seminars.

During the *Today Show* broadcast the Sahaja Yoga 1300 number was displayed. Hundreds of calls were received within the Sydney metropolitan region and also in each capital city with contact phone numbers which are answering points for the national 1300 number.

The program of scientific evaluation of Sahaja Yoga has led to a number of real benefits in the promotion of Shri Mataji's work. The scientific proof of the health-enhancing effects covering psychological, medical and physiological aspects of Sahaja Yoga is beginning to lead to a substantially greater acceptance of Sahaja Yoga within the wider community. In this we must thank Shri Mataji and Shri Ganesha, for in other countries it is not so positive.

This divine blessing is particularly noticeable in the very positive media coverage of various scientific research projects. Television, radio, newspapers and journals have all carried stories featuring medical researchers and patients who have personally seen the beneficial effects of Sahaja Yoga. This is leading to a widespread awareness and acceptance of Sahaja Yoga as a legitimate and mainstream technique.

Many people are now coming to programs because they are hearing positive things about Sahaja Yoga. The general population is becoming more aware of the benefits of meditation. This is largely due to a positive perception of Sahaja Yoga as portrayed in the media. We hope that if this continues, Sahaja Yoga and Shri Mataji will soon become a "household name".

Many opportunities are beginning to be offered to Sahaja Yoga to enter into the main stream of public life and its institutions because of the legitimacy that recent exposure has given it. Schools, hospitals, government departments and also the corporate sector is now much more accepting.

We wish to compile a list of all the known references to Sahaja Yoga recently covered in the media, for example:

Date: 26th February 2002
Event: Today Show. TCN Channel 9, 8:10am
Coverage: National
Duration: 10 minutes
Reporter:
Synopsis:
Video available"

Can anyone who has recorded a segment on Sahaja Yoga transmitted via television, radio, or electronic versions of articles please contact me. We will try to put together a comprehensive central record.

We will then need to contact the relevant media group for permission to use/reproduce the material related to Sahaja Yoga. We can then get this material converted into a digital format and hosted on the Web so that it is available to all. These are true assets that need to be made available, and PDFs or electronic copies of articles should also be included.

There can be no better promotion of Sahaja Yoga than when other people report positively about us.

I would just like to thank everyone involved with fielding all the telephone calls as a result of this broadcast. It can be quite demanding to be on the telephone all day answering hundreds of inquiries. It is greatly appreciated. Hopefully all the Email addresses that we have collected will lead to many people attending seminars and programs right around our country.

Thanks again to everyone involved for all the hard work.

Sincerely, *Chris Kyriacou*
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...

Nitin Gupte
Neisha Rigden
Sanjiv Bandi
Maria Mamone
Patrick Walsh
Reyhan Yilmaz
Albert Lewis
Aishah Ali
Barbara Amor-Smith
Peter Cavanagh