

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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O wisdom Goddess!

*Your essence alone is present within every life,
every event.*

*Your living power flows freely as this universe,
You are expressed fully,
even by the smallest movement.*

*Wherever I go, and wherever I look,
I perceive only you, my blissful Mother,
Radiating as pure cosmic play.*

*Earth water, fire, air, space and consciousness
are simply your projected forms.*

There is nothing else.

Ramprasad



STATE NEWS

News from Queensland

Queensland Country Tour: Toowoomba, Dalby, Warwick and Ipswich

The previous weekend had been taken up with poster-ing and advertising in the hope that we would fill our halls with genuine seekers in all the various places.

The first town on the tour was Toowoomba - a strong bi-ble-belt town. In fact it's like driving into a church car park. There must be at least 6 or 7 different types of Christianity competing with each other all dividing Christ up like 8 pieces of pizza and claiming theirs tastes the best.

Nevertheless we had 15 or so seekers walk away with a new enlightened experience which we hope they will keep and cherish with all the respect it deserves.

The second town we approached was Dalby - a smaller farming town. We only had 5 or 6 seekers but this was the first time ever Sahaja Yoga had broken ground there. We had taken everyone's details and hope they will contact us with further interest.

We then drove in the pouring rain back through Toowoomba and south to Peter Corden's beautiful little caravan park. We spent the night there and were looked after with the highest quality of hospitality. For all of us who travelled on tour this lovely stop over was a big high-light. Their site is situated in the most beautiful coun-try-side on the New England Highway between Warwick and Toowoomba.

They have several caravans and timber cabins set amongst peppercorn, fir and eucalyptus trees with lovely lawns. Their house is an old timber house with open ve-randahs and a large brick fireplace that really feels like home.

The next morning we travelled 35km South to Warwick and conducted our program in the library. About 10 seek-ers got their self-realisation and the vibrations were the best of the tour. This town was also a first for Sahaja Yoga and we felt it was a good program with a definite re-sponse from the seekers.

After a lunch time stop on the way we joined the Ipswich Sahaja Yogis at the large public library venue for the last program of the tour. We had about the same number of people - 10 or so. It's hard to know how positive these programs are because we don't know what's going on be-hind the scenes, so to speak.

We wondered why we had such low numbers attending each program and realised that none of our ads had gone in any of the newspapers. This was a big disappointment.

Still, we all had a great time and I think overall it was very successful. We now have to follow it up with keen interest and start planing our next tour.

Mark Beaven
Wamuran

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...

Rose Creed
Amjad Ali
Therese O'Leary
Ariane Kaub
Sandra Corpe
Brett Johnson
Anne Noble
Ray Tollis
Bardhold Blecken
Ian Hamilton
Ross Jackson
Helene Koechli
John Noyce

News from Western Australia

Breakfast Chat with a Traveller

Over porridge and fried pizza bread in the spacious, sun-filled kitchen at Gidgegannup, Frank Giannasi told us of his adventures in the fog of Milan recently. He was passing through and contacted the Sahaja Yogis there and they arranged transport for him to attend the programs. Not an easy thing apparently as few yogis have cars and the cost of living is so high they cannot afford a place in the centre of the city. It costs about \$500/night to rent a hall and there's no parking.

He was ferried from one program in the northern suburbs to another in the south on a night when visibility was just a few metres. The yogis at the south end rent a room on the fourth floor of an old factory building in a small village. They have to pay the equivalent of \$1000 a month for this space which is reached by a ride in a dilapidated, goods-style lift (top and bottom opening doors) or four flights of stairs. Most use the stairs! Frank met them at the top.

The northern program is held in various yogis' flats. That night there were about fifty people squeezed into a small living area – Frank said it makes for great bhajan singing – easy to involve everyone and opens the heart so wide. It was like in Rome where they start at the front of the song-book and go through to the back.

For new people's programs the yogis rent halls (sometimes with a rock band next door) and they get many attending, but there's nowhere for follow-ups so they take them for clearing etc on a one-to-one basis in their small homes.

Listening to stories like these makes you reflect on the contrasts in 'working conditions' in various countries. We are all doing the same job but in Australia we have it easy in many respects – at least on the outside. The physical space we enjoy can become distance between brothers and sisters in the same collective. Here in the west we have almost as many cars parked outside the venue as there are people inside and sometimes an embarrassing number of empty chairs.

Maybe it's easier to keep your attention on the river of love flowing over the top of your head when there aren't so many distractions outside. The warm weather means more picnics for spreading vibrations in public areas along physical rivers though, so it's all a matter of making the most of what we have and introspecting often to make sure we're not missing an opportunity. After this story we won't forget to send love to our brothers and sisters in Milan regularly!

Christine Driver

Children in Sahaja Yoga

"We have seen children, they are coming up, they'll be great Sahaja Yogis also, I can see that. But before them you have to show your own merits of what you have done. It's not a static work, it's a big movement, which has to be really explosive." - Shri Mataji, Adi Shakti Puja, Italy, 3rd June.2001

At a recent meeting of the collective concerning care of our children the following concerns were expressed:

- Sahaj Culture important.
- Important that yogis talk to children. They are very shy.
- We should give good example of attention in everyday life.
- Exchanging vibrations with children important.
- Should know joy of taking responsibility in programs.
- TV stops creativity and communication.
- Relate to children. They are very innocent.
- We have to show dignity.
- Teach them how to meditate and enjoy the Divine.

- Children learn so much by being together with other Sahaja Yogis.
- Pressure from outside 'culture' lessens.

- Children need more active games – not just TV watching.

- Best things happen when our attention is on the children.
- Let's not criticize what others arrange for children.
- Notice a big division between parents and non-parents.
- Difficult for children at school – they are looking for role-models.
- Make them feel special and respect them.
- Children enjoyed seed-collecting and walk with Kitty.

- Parents depend on rest of community to advance children in the culture.
- Joseph talks for weeks about someone who pays attention to him.

- Some yogis are judging rather than helping.
- Have to separate the small ones from the teenagers for activities.

- Hard to keep your children in the meditation room when others are playing downstairs.
- Grateful for the good job that Maria has done, the children have enjoyed.
- Children need to sit for meditation.

- Need to know their birthright.
- All the children need the attention of all of us.

- My children don't know non-parent uncles and aunties.
- Older children need to be loved and paid attention to.

- Grandparents much missed. Extended family important.
- Sahaja Principles have to be lived every day.
- Have to be careful with training the children to stay longer in meditation-

- If you mention times they expect you to stick to them!
- Enjoy the children doing Ganesha Puja at programs.
- Can't be too strict and force Sahaja Yoga on them
- Some children are easier to take to than others – you can't force. Little ones are easier.
- Look forward to collective meditation, would like children to be there.
- Shared Sahaja culture is important.
- Really important that children meditate.
- Make them clear out.
- From the number of people who have come to the meeting it's clear how important this is.
- Collective can do what parents can't do – talk to the children about themselves.
- This can make the difference for teenagers.
- We share the responsibility for Sahaj culture.
- Our attention is the most important – take opportunities when they arise.
- Told about Gregoire saying to Sydney Yuva Shakti to be careful; they are in a dangerous situation.
- Have to be trendsetters, not followers.
- European teenagers are more confident, more outspoken than Australians.
- Need a community to impart a culture. It's a big, bad world out there.
- Australia is full of uprooted people.
- We don't know Aboriginal culture and it's under stress too.
- We owe it to the children to teach them and learn ourselves about Sahaj culture, stories of the deities etc. Meanings get distorted in the wider culture which is dictated by fashion, money, power, selfishness.
- We are imparting some culture.
- Have to put energy into it.
- Walking in the nature, music, art – patchy, but all the elements are there.
- Need to be more consistent. Better preparation. Give more options.
- Different things for different age groups.
- All the western stuff intrudes. Have to be vigilant.
- Barrier between parents and non-parents.
- Not enough responsibility given to children – they need to be part of the work – they love it.
- They have no share or ownership of things.
- Don't think they need a separate program. We can hear the stories and do the colouring!
- Agree with everything said. But we are missing the point.
- Why don't we ask the children what they want to do?
- They don't need extra 'school' activities.
- They need something to spend their energy- they need to work –
- we can put Sahaja culture to that.
- It looks like a burden to them.
- Need more camping and physical activity.

- On tour we see children from 2-70 enjoying each other's company.
- Where else would you sense such joy.
- Watched 7 girls from Dharamsala school arranging a performance. Not a parent in sight!
- Appreciation of the role of grandparents –
- have to respect parent's wishes but
- have authority and autonomy of their own and
- add value to parenting.
- Never one way. We all learn.
- Boys and girls have different needs.
- Two groups, small children and teenagers.
- Whatever we adults do they learn from us.
- We have to interact with respect and love.
- Can't force anybody.
- When Joseph turned away after being given something by an auntie, his mother gently told him that he must respect auntie and behave more sweetly.
- Can't force teenagers to do Sahaja Yoga.
- Can't force children but they don't always necessarily know what is good.
- Shri Mataji has told us the basics about the children and ourselves.
- When we have these we move together in the same direction.
- The goal is to be good Sahaja Yogis.
- Best to get everyone's help.
- Parents need some time out.
- Helpful for Yuva Shakti to have parenting experience.
- It's the attention on Shri Mataji and Her Vision of Sahaja Yoga that we must have.

the Perth Collective

Video Audit

Thank-you everyone for returning collective videos.

The audit is in progress and we see that there are some still outstanding. Would you have another search and hand those you find to me personally please as we have emptied the cupboard in preparation for a new system.

Suzanne Kumar

GENERAL NEWS

Request for Photos

The following request has been received from Dan Costian in the US. He is looking for some photographs taken by Sahaja Yogis which he can incorporate into a companion issue to *The Bible Enlightened* which will contain many photographs.

In particular and as a priority, Dan wants

- 1-2 photos of Mount Uluru (taken by Sahaja Yogis, particularly where Uluru appears coloured in intense red)
- photos of the rocks at Kata Tjuta

As a more general request he asks for photographs of

- procession with Shri Mataji in a cart, preceded by Yogis
- the washing of Her Lotus Feet (with the person who pours the water, the Feet and the basin being visible)
- person(s) doing aarti to Shri Mataji (with both Shri Mataji and the person(s) and the tray with the flame being visible)
- person offering the garland to Shri Mataji
- Sahaja Yogis taking "Allahu Akbar" on the shore (fingers in the ears)
- Sahaja Yogis doing footsoak on the shore
- Sahaja Yogi(s) doing footsoak in a river (standing up or sitting)

The format is scanned at 150 dpi jpg, but if you have standard photos please send them and we can have them scanned.

Please send photographs to Joe Salomon at salomon@highway1.com.au or post to 31 Maynard Way, Karrinyup, 6018, WA.

Jai Shri Mataji.

Thanksgiving for Baby Boy

Ruth, Brad, Leela and Amy Cross

Would like to thank

Her Holiness

Shri Mataji Nirmama Devi

For the birth of Her baby boy

Thomas Harry Cross

7th September 2001.

Thank You for this blessing

INTERNATIONAL NEWS

News from Israel

Sahaja Yoga at *Alternative 2002*

Dear Brothers and Sisters all over our beautiful Mother Earth!

This is just to share with you all joy and happiness we felt taking part in the Biggest Fair in Tel Aviv: *Alternative 2002*.

We had corner stand of 6 square meters with a picture of Shri Mataji (miracle one with sun of light at the top part of Mother's head), 6-8 chairs, Chakra Chart, TV set with *Experiment of Truth*, music and we are about 5-10 yogis almost all the time (from 14:00 till 23:00). Every day during 3 days of that Fair we also had like a Public Program in a closed hall for 100 people for 50 minutes each.

So about 400 AD 500 people have got their self-realization by Blessings of our Mother. We were explaining the meaning of Sahaja Yoga and Meditation, giving Realization and feeling of silent joy to every body that wanted it.

This work has filled us with blissful love from our Mataji towards all these people that came to us. There were many interesting cases, and here is one of them: One man came to us right after the second day has begun. Sat down in the chair and looked at the SY flyer in his hands. We began to talk and I felt immediately vibrations flowing on my hands. He accepted everything, as it was dialog with SYogi. So I ask him to check breeze above his head without any special working behind his back. And he felt it very clear.

We continued with meditation for some minutes and then he told me, that he came specially for this awakening because his sister said to him: "You go to SY stand and leave the Exhibition right after that...nothing else to do there." (There were about 80 different representatives from vitamins to massage). So he did. And before leaving, he introduced himself as a specialist in numerology. I asked him about the birth date of Shri Mataji. He got from his pocket hand-pc, entered the date and concluded: "She is not from this World, She has complete Conformity with Earth qualities and She is absolute pure."

About 30 people came to the first follow-up program after this Fair.

With love to everybody from Israel. Blessings from Mother to all of us.

Oleg
(reprinted from SWAN)