

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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is midnight each Tuesday

*Everything you see has its roots in the unseen world.
The forms may change, yet the essence remains the same.
Every wonderful sight will vanish,
Every sweet word will fade,
But do not be disheartened.
The source they come from is eternal, living,
Branching out, giving new life and new joy.*

*Why do you weep?
The source is within you
And this whole world is springing up from it.*

Rumi



STATE NEWS

News from Queensland

New Sahaja Yoga City Centre for Bundaberg

At the start of the year Alan and Pam moved in to a large Queenslander in the centre of Bundaberg.

Since then we have held weekly collective programs and Wednesday night intermediate programs there. It's a very spacious house with a room for a library and clearing, and also a separate meditation room. We'd love anyone passing through to drop in. The address is 2 Bingera Street. ph 07 4154 1590
Email. apjenner@hotmail.com

Our public program is held at the Neighbourhood Centre on Monday nights, with an introduction from 6:30pm to 7:30pm, and then a workshop from 7:40 to 8:45pm. Attendance has been excellent, with 10 to 12 new seekers getting realisation each week. Workshops are being trialled to give new people experience in clearing and giving vibrations etc. before introducing them to the Wednesday night intermediate program.

We are considering approaching a local community radio station to do a Sahaja Yoga program. Please have this in the collective attention. Jai Shri Mataji!

*Alan & Pam Jenner
and the Bundaberg Collective*

Programs in Cairns

A Sunday seminar was held in 3rd March to bring together the seekers who are establishing themselves at the various weekly public programs.

The emphasis was on giving realisation and going deeper. Once again the day was very successful, with about twenty attendees plus yogis.

The follow-ups have been good – particularly the Thursday night program covering more advanced levels.

As well as the collective program, we have

- three beginners per week,
- the Level 2 evening
- a Wednesday lunchtime program at Cairns High School
- a leadership camp program (see story below).

Feedback from the recent TV coverage has been positive. Many feel the ABC and Channel Nine stories have given credibility to Sahaja Yoga for their family and friends.

Cairns High School News

Since 1993 Sahaja Yoga has been offered at the *Year 12 Student Leadership Camp* (Human Relation Education Days), except for the last two years when different teachers were organising the program.

So it was a great joy that we learnt that the teachers organising this year's camp (they had been instrumental in having Sahaja Yoga in the early 1990s' camps) were offering *Sahaja 8* sessions. Between 150 and 200 students will attend and with Mother's blessings will get their realisation.

The camp is on the Atherton Tableland by Lake Tinaroo, in beautiful bushland surroundings.

The Sahaja Yoga lunchtime sessions at the high school attracts many Year 8 students. There were sixteen last week and thirty-six this week! These students find it very easy to feel their kundalini.

*Beverley Budgen
Cairns*

News from the Northern Territory

Sahaja Programs in Darwin

Jai Shri Mataji!

Dear brothers and sisters, it's been a while since I dropped a line so please forgive me.

Just recently I began programs at our new venue which is the upstairs meeting room over our new shop premises.

At the same time the TV programs with Sahaj have been aired and now we have in excess of 20 people coming—not so much for ADHD kids but for meditation. I have some with children but of course the parents need it more, and I guess that's what it's all about too. We meet at 7pm at 7 Deviney Road, Palmerston. It is 15 minutes from Darwin City Centre at low-traffic time.

The parents are very keen and it has made it necessary for a second program for children. That now takes place Saturday mornings at 10am at the same place. It's quite exciting for me to see so many good people. One couple come from ¾ hour drive away at Batchelor. They came for their grandchildren who are ADHD, but they have experienced a transformation in only 2 programs for themselves.

We have worked very hard on the right side for everyone. It seems to be of huge value, as everyone has improved their wellbeing tremendously. This week we are focusing on left side as promised. The huge difference with this intake of people is they have all followed up at home and are quite sincere. Parents were surprised at how the ADHD kids sat quietly for almost the hour session on Saturday. One 9-year-old boy had a birthmark on his left Vishuddhi wrist in the shape of a snake. Most remarkable, and he was so proud when I pointed it out to him.

So Darwin is still quietly working out as it has always done, given the number of us here. It's probably just as well. Shri Mataji takes care of it just right.

Love to all.

Linda Pauling
Darwin

News from New South Wales

Invitation for Yogis to visit Orange

Jai Shri Mataji. We just wanted to share with everyone the joy that has been flowing at the beginner programmes in Orange. This goes hand-in-hand with all the hard work of the Sydney yogis who regularly travel to this neck of the woods with the purpose of establishing and enjoying the Central West collective.

At the last programme, which was the third one in a series of beginner programmes, eighteen people attended. It was very encouraging to see youngish teenagers attending alone, considering that the programmes are held on a Friday evening.

Over the next three weeks fewer of the more-established yogis will be available to attend the programmes due to attendance at international pujas. Therefore we would like to extend a warm invitation for anyone to come and attend the programmes and then enjoy a relaxing weekend in the countryside. This invitation is open at any time as there is plenty of room for people to stay over. We would love to see you!

Anyone interested should call Dave on (02)6361 7216 or 0416 172053

Sarah & Dave Matthews, Orange, NSW

Important Notice: Video Tapes

After months of inaction and deterioration in the "Tape Room", the priceless treasures of Shri Mataji's words and pujas and public programmes etc, are about to receive the attention they need. After Shivaratri and Birthday Pujas; on Sunday 7th April there will be a meeting of all interested yogis to decide a plan of action to catalogue, record, lend, store, and most of all, look after with love and respect these treasures.

Please keep this date in mind, and contact David or Rodolphe at Burwood.

PS. Yogis who have expressed their desire to help start this project: Charles, David, John and Indy, Caroline, Rodolphe

Templates of Flyers and Posters for Programs

For the yogis who may need flyers and posters for promoting programs, templates in 2 formats (¼ A4 and A4) are available on computer at Burwood.

The address, date and phone number just have to be typed and the new supports can be emailed or printed.

Contact Rodolphe.Clement at Burwood 9747 4835.

INTERNATIONAL NEWS

News of Indonesia

Planned Sahaja Yoga Programs in Java and Bali

late August/September 2002

We are planning, with the Indonesian Sahaja Yogis, a much-expanded visit to Indonesia to run programs in Java and Bali. These will build on our two sets of public programs and a number of separate follow-up visits to Bali in 2000 and 2001 during which we gave realisation to more than 1500 seekers. At this stage we intend to:

- run one public program and (initially) one follow up program in 4-7 of Indonesia's larger cities. (Cities we are looking at are: Jakarta - 12 million people; Bandung – 2 million; Semarang – 1 million; Yogyakarta – 0.5 million; Surabaya – 4 million; Malang – 0.3 million; Denpasar (Bali) – 0.3 million)
- give realisation to between 1000-2000 people.
- travel by minibus about 2000 kms in 10-14 days to achieve this with yogis from Australia and from Jakarta and Bali.

Sahaja Yoga has not yet ventured into about half of the area we will travel to. Java and Bali have total populations exceeding 125 million – with 90 percent moderate syncretic Muslims (ie they are open to a range of non-Muslim spiritual experience), 5 percent Christians and 5 percent Hindus.

Beyond simply giving realisation and trying to establish centres, the aim is to explore the opportunities for future larger programs and, at this stage, not try to bite off more than we can chew. So we are being deliberately conservative about the numbers we would wish to attract. I am sure we could easily fill a small football stadium in each of the above cities if we had sufficient advertising.

There are couple of ways you might be able to assist these pioneering programs if you desire. Yogis who wish to participate are most welcome. If you are interested just contact John Fisher (02/6232 4455 or jdfisher@hotmail.com) even if you just want to find out a bit more. Yogis from Australia would have to pay their own airfare, accommodation and (likely) internal transport costs. This will be about \$1500-2000 per yogi for 10-14 days.

In addition, the public programs will be largely privately funded this year and so (early) donations towards hall hire and advertising (the only two costs we are not asking participants to pay themselves) will be absolutely necessary to ensure the programs go ahead. Also contact John if you feel you are able to assist in this matter.

This is one of the few remaining chances for many yogis to break new ground. As Sri Mataji has been saying even more frequently, you deepen and please Her by spreading Sahaj and giving realisation. It also promises to be a rewarding journey culturally. We will travel to one of the world's great Buddhist temples, the *Borobudur*, to Java's renowned Hindu temples (*Chandi Prabanan*) and also to Hindu Bali where the art and craft are unbelievable. This tour promises to have some of the same atmosphere as the early India tours. In addition we will be accompanied by our Indonesian brothers and sisters. It promises so much.

John Fisher
Canberra, Australia

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...

Frank Giannasi
Susanne Malone
Jo Reid
Kamlesh Sydlowski
Lynne Vockler
Leon Kay
Geeta Manocha
Pavan Keetley

GENERAL NEWS

Ode to the Conch

Having recently had the opportunity to manufacture some of the weapons for the Devi in the play for Sivratni, I had some problems making the Conch. Out of this difficulty a poem came. Here it is.

*O Conch.
You form of perfection
Who could imitate you?*

*Only inside us
There is an echo
Of that spiral form
Sounding forth that OM,
Winding through our lives
In this unwitting world
Which has forgotten
That note of quietude
Or the power of your song
Born in the dawn of creation when
Lord Siva
Gently pushed His Shakti forth
And in Her whirling dance
The Innocence was formed
On your long winding note.*

*We now can hear again
That pure untempered sound.
And can imagine how
When Durga raised you to Her lips
And blew divine breath through you
What dismay you brought Her foes then
In that swelling roar of sound
Having no hollow within themselves
They could not bear it.*

*And now we widen chambers in our hearts
In stillness to receive and send
Your golden caul of sound
Throughout the universe
At perfect pitch of praise.*

Lyndal Vercoe
Perth, Australia

Is this a Miracle?

Nadia taught *Auslan* (Australian Sign Language) last year to hearing people who worked with deaf adults and children. When she went to the South Australian Deaf Society to enquire about doing the same this year on Wednesday 20th February she was told that there wasn't enough people enrolled for this course and had to be cancelled. So Nadia came home and meditated, put Bandhans and shoe beat the problem.

Next day when she went to the Deaf Society to do some volunteer work she was told that suddenly so many people rang asking about this course and wanted to enrol and the course is back on and she could start teaching again the following Wednesday. That was what Nadia did, she started work on Wednesday 27th February.

The same week Nadia had a very bad ear infection, bleeding etc. She went to the doctor and was told that only antibiotics will cure it. But Nadia told the doctor she wasn't prepared to take antibiotics and came home started to put vibrated oil from the lamp which is in front of Shri Mataji's altar. With a cotton bud she gently applied the oil for two days. Needless to say that the infection was cleared and the pain was gone.

Jai Shri Mataji.

Uma Nadarajah
Adelaide, Australia