

Sahaja Yoga

5th April, 2002



Australian Newsletter

Jai Shri Mataji!

Contributions:

Sydney ph: 61 2 9716 6516

fax: 61 2 9716 0203

email: sahajnews@yahoo.com

Publication deadline for contributions
is midnight each Tuesday

*Oh Adi Shakti, please listen to my request.
Please give me the authority to do Thy Puja.
Thy worshipper is surrendered to Thee from the heart.*

*Now we have got the divine attachment to the Lotus Feet
of our Guru*

*All the heavens have come down at Thy Lotus Feet.
God is giving the welfare to His devotees.
She gives realisation to those who are lost.*

*Oh Mother, the love is flowing continuously
from Thine eyes*

*Oh Victorious Mother, please destroy all our fears.
Oh Mother give us that auspicious power
By which in everyone this Spirit will be awakened.*

*Oh Mother, what more can I say
because Thou art the one who knows everything
Thou art the Giver of this self-realisation
and the self-knowledge.*

*Thou art the Mother of all the Gurus and Primordial Gurus
Please bestow the status of Guru upon Thy humble devotees.*

Binati Suniye (Hindi Bhajan)



STATE NEWS

News from New South Wales

National Easter Puja Weekend 2002 Hiawatha, Victoria 19th to 21st April

I wish to extend the invitation to the NSW collective on behalf of the Victorian collective and really encourage everyone to take the opportunity to share and enjoy the unique experience of attending the celebration of the National Easter Puja of the Victorian country property, over the weekend of April 19th to 21st.

This is a unique opportunity to collectively travel to celebrate the first National Puja of the year at the Victorian Country property.

During national Pujas many commented that they felt they been lifted up, and had taken part in a great festival whose memories are kept close to heart, keeping alive the desire for the spirit, and the experience of collectivity. Let us commit to ourselves, and to follow this through to attend Easter Puja.

Time is short we ask that we coordinate our travel arrangements and to **inform the Victorians by Friday 12th, which is next week.**

A Bus will be hired for collective travel to Victoria, but we need to finalise numbers as soon as possible.

We need to coordinate our travel arrangements. Can everyone from NSW attending the Puja **please contact David Sharp on 9747 4835**, so that he can pass on final numbers to our hosts.

If you wish to travel by bus then let David know and if there are sufficient numbers we will book a bus. You will need to provide your details as soon as possible to reserve your seat. The bus, if arranged, will leave Friday night, and return early Monday morning.

This is a big undertaking and we can make the job of the Victorian collective much easier if we provide our details as soon as possible.

Together at the celebration of Easter Puja we will for a time be reunited with each other and with Shri Mataji within the grandeur of the Victorian countryside; and together again we shall experienced Her splendour and power and joy and timelessness.

Jai Shri Mataji
Chris Kyriacou, Sydney

Hi everyone,

2-Hour Radio Special 5th May 2002

Ian Coomb at Radio 2SER has confirmed that we have a 2-hour timeslot on Sunday, 5th May, from 9.00am to 11.00am!! The Persian program is stepping aside to reciprocate for our 17 March adjustment.

Jean-Michel Huet is coordinating the special program so if you have any queries, suggestions, brainstorm, technical requirements, etc. Please speak to Jean-Michel so he can make sure all bases are covered.

John Brownscombe suggested we record live at Burwood not on Friday, 3 May (which is also the new people's program) but the week before, on Friday 26 April, so as to give us some time in case any glitches need to be ironed out before going to air. Recording live, non-stop for two hours might be a completely different ball game for our measly one-hour conditioning, so having some days up our sleeve might be a good idea. In either case, arrangements will have to be made with the people rostered for the program that night.

Radio Meeting

I suggest our radio meeting be held in the back kitchen at Burwood on the new moon, Friday, 12 April at 7pm SHARP, and that we continue we've covered everything (considering the time that has passed since our last meeting, we may need to arrange for Saturday's breakfast!). Everyone on the team needs to be at this one. Please RSVP to Liallyn. Our meetings are open, so interested yogis and yoginis are always welcome to attend.

Jai Shri Mataji!
Liallyn Fitzpatrick, Sydney

Lakshmi Puja Invitation

Everybody is invited to a Lakshmi Puja

Randwick Ashram

Saturday, 6 april

Puja 6pm -7pm

***Everyone is invited for Lakshmi Maha Dinner
after puja***

Please come and give us the pleasure of hosting you

RSVP if possible, to help us plan catering etc

ring 9326 5039

Geeta Manocha, Randwick

Realisation Program Cobham Juvenile Justice Centre Wednesday, 27 March

You have all seen the wonderful news reports these past few months and heard details about the very successful children's ADD/ADHD Clinic Trials at the Royal Hospital for Women in Sydney (which second trial group begins later in April). Another program for children has started, this time for teenagers in remand. Andrew Jones and Paul Stainsby may also have a report from our visit to Cobham last week, but I also wanted to share my very rewarding experience.

Last Wednesday, by request from the Centre's Program Director (I think her name was Helen - she attended a Sahaj seminar in Penrith), a self-realisation program was held for eight of the teenage boys being held in this remand centre. Andrew Jones made clear that the only pre-requisite was for the boys to want to be there, that they had an interest. Andrew had explained to me that teenage boys move through this centre frequently as they wait for their court dates, therefore, it is doubtful we'd see any one boy more than a couple of times at most. Therefore, a string of introductory sessions is all we can offer them - which is much better than nothing at all.

Walking through the centre to the meeting room was interesting - grown boy-men hanging off the chicken wire on their cells like wild apes in a zoo, shouting and swearing, all showing off to the others in the presence of a visitor. The atmosphere could have been quite intimidating, but I felt nothing except compassion for these very troubled souls who, like us, are products of their personal environment and, like us, have to work it out. Their sahaj innocence and potential was as clear as the layers of negativity sticking to them. I also felt their desperation and loneliness, their hardship and imbalance which was so unnecessary, and that Sahaja Yoga could make places like this obsolete.

So we found ourselves in a small room with eight older teenagers, a male guard who also participated in the program, and the Program Director. Although I saw plenty of white boys in the facility while walking in, the boys in our group were either of Asian or Islander background. Andrew gave a lovely introduction which was sensitive to their personal circumstances, followed by the self-realisation guided meditation. They all felt it, and for a few it was quite strong.

Paul then explained about us 'giving vibrations' and the meaning of the hand movements being a focus of attention, and then we gave the boys, the guard and the Program Director vibrations. It was immediately clear that there was some very strong kundalini flow in the room, and after receiving vibrations, only one or two weren't sure if they felt it. The rest were quite certain and very pleased

that they'd got it so easily, with one or two boys jumping up and helping us to give vibrations, checking other boys' vibrations and experimenting with left and right side clearing. They also asked several uninhibited questions to understand the meaning of the process (including 'can they meditate after they've smoked dope!'). The vibrations continued to flow very strongly.

To conclude, we had a short guided meditation oriented to nabhi and heart, and all those in the room were obviously experiencing depth and the silence.

Seeing and feeling these teenage boys open up so readily to self-realisation was very inspiring. By the end of this first session, I felt that these could have been my own children, and I could sense the same love in Andrew and Paul. At the end, the boys all thanked us and shook our hands -- their thanks were genuine. Afterward, the Program Director said they wouldn't have sat still for so long or paid any attention if they weren't interested, and they had been engaged for the entire 1 hour and 15 minutes. Sahaja Yogis will be there again next Wednesday evening and I suppose each Wednesday afterward for as long as the Program Director deems it appropriate. For details, please contact Andrew Jones.

(The Program Director mentioned that she wants to attend the Penrith programs to deal with the extreme stress and emotional nature of her work - perhaps bandhans all around).

Jai Shri Mataji!
Love from Liallyn Fitzpatrick, Sydney

Baby Girl born to Sahaja Yogis

Our hearty congratulations to Lyndon and Jayashree De-Valle (and brother Kartikeya). Their 8-pound baby daughter was born on Saturday 30th March.

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...

Colin Berry, John Clayton, Marillyn Fogarty
Cheryl Bradshaw, Andrei Chalnev, Joe Docherty
Robert Richardson, Dale Simpson, Charlotte Winston
Kamalesh Datta, Prue Page, Sue Williams, Maria Giannasi

News from Victoria

Invitation to Perform at Entertainment Evening during National Easter Puja Weekend

Dear Greater Melbourne Collective and all Sahaja Yogis and Yoginis coming to Easter Puja. Jai Shri Mataji Nirmala Devi.

The time for us to host the International Easter Puja is rapidly approaching. To that end anyone and everyone who can offer some entertainment please contact me, Jeff Lyons at jrl Lyons@satlink.com.au or call 03- 5989-8762.

It is a tremendous blessing to host this puja and it is so rewarding to share whatever offering we can make with each other and with our guest Yogis. Recite a poem, sing a song, play a bhajan, hum a tune, do a skit, act, dance, we welcome and are pleased to accept your kind offering to perform at the Entertainment program.

Please RSVP so we can get an idea of programming.

Thank you for all your help.

Jeff Lyons, Melbourne

GENERAL NEWS



This photo is of Shri Mataji taken at Loch Rannoch in Scotland where She is fishing for trout with Sir CP on the bank of the loch at the end of the garden. Shri Mataji was very amused by this activity.

What happened while all this was going on, was that about a hundred fish suddenly came to the surface, bobbing up as if they wanted to be caught. Shri Mataji didn't catch any of them, but they just appeared out of nowhere. These fish started appearing spontaneously and when She left they all vanished again.

Shri Mataji was smiling and said, very sweetly: "Sir CP will not get any fish because I am protecting them."

News from Queensland

North Queensland Tour

Following on from the highly successful Channel Nine *Today Show* program, we have contacted the people who phoned in from Central and Northern Qld and programs are scheduled to take place at:

- Airlie Beach on Friday 5th April
- Mackay on Monday 8th April
- Rockhampton Tuesday 9th April
- Bundaberg Thursday 11 April and
- Brisbane City Tuesday 16th April.

Two more programs are planned for the Sunshine and Gold Coast areas later on. Your attention and bandhans would be greatly appreciated.

Jai Shri Mataji!

Peter Hewitson, Wamuran