

Sahaja Yoga

3rd May, 2002



Australian Newsletter

Jai Shri Mataji!

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is midnight each Tuesday



*Oh Light Eternal
Who abides in Thyself,
Only Thyself can comprehend and,
Of Thyself comprehended
And Thyself comprehending,
Do love and smile.*

Dante
(Paradiso, Canto 33)

STATE NEWS

News from Western Australia

A reminder:

National Puja: Sahasrara Day Weekend
3rd to 5th May 2002

Everything is ready for welcoming our guests to Giddegannup. We are looking forward to sharing the celebrations with you – there is also plenty of room for any last-minute arrivals, so don't feel you've left it too late – just let us know and we'll be at the airport!

Local Work Schedule

Many thanks to all those who have helped with the preparations over the last two weekends. Some yogis have painting outfits that Picasso himself would have envied. Others have been seen huddled in corners poring over menus and making lists – it won't be all pizzas and lemonade!

However there's still plenty of work to be done during the event itself. There will be something for everyone.

Weekend Program

Wed 1st May (Labour Day/May Day!): at The Palms in Subiaco 7.30pm we are expecting approx 50 new people interested in hearing more about Sahaja Yoga and ADHD. There will be an introductory talk followed by realization, then participants will be asked to commit to a six-week family program which will be arranged as close to where they live as possible. Craig expects to be busy at the whiteboard co-ordinating this so bring your GPS and help out.

Thur 2nd May: Preparations continue at Giddegannup. Care of guests.

Fri 3rd May: Evening Registration (\$70); Dinner; Meditation.

Sat 4th May: **am:** Informal seminar on matters of National and Local interest in Sahaja Yoga; lunch.

pm: Intermediate Seminar for invitees (please explain there will be afternoon tea and not the usual dinner)

evening: Concert; Dinner

Sun 5th May *Sahasrara Puja*

Mon 6th May TBA (Frank Giannasi has been overheard discussing dimples in a golf ball????)

Christine Driver for the Perth Collective

Program at Saint Bartholomew's Men's Refuge

Sahaja Yoga meditation was recommended to the above Centre as a result of ongoing success with the *Next Step* drug referral program which has been running for two months with clients in Detox, Outpatients and separate staff programs.

This new venture began on Wednesday 17th April 2002 at 10.30am. We had seven clients including two aboriginal men and one staff member attending, which made for an interesting session.

One man with asthma felt an improvement in his breathing after self realisation and was quite excited and telling everyone about it. Another person on a methadone program and having no regular sleep pattern said that he felt very relaxed and peaceful, so we suggested that he meditate before bedtime and see if that helped him to sleep better.

For these two the experience was obviously productive, while the others were either not sure or non-committal. We look forward to continuing.

Ross Jackson
Giddegannup

High School Programs in Exmouth WA

I have been asked by a teacher in the school where I work to offer high school students a 10 week course in meditation starting on Friday 10th May. This will depend firstly on whether the students take up the option on the 6/7th May. The school is Exmouth District High School for those who wish to give it a bandhan...thanks.

Weekly programs are provided for the general public on Thursday evenings, but I would also like any suggestions or input from those who already run such programs with students, as this will be the first time a course this long will be run in this school.

Contact details are below.

With much love from your sister

Suzanne McHutchison
PO Box 364
EXMOUTH WA 6707
suzanne@nwc.net.au
Phone: (08) 99492054 (Hm)
Fax: (08) 99491855 (Wk)

Thank you Mother for Glimpses of Your Divine Magic

She greeted me outside the shop in Dongara (WA). "You're the man who came to our school!" Her pretty, round, freckled face beamed innocence and joy. The gap formed by her two missing teeth enhanced her sweetness.

"Hello Taylor" (I read her name tag), "Were you in the Year 2 class that did the meditation?" I asked. "Yeth, and I remember how you made the candle go tuch tuch tuch" she said excitedly. I asked her: "Do you remember how to raise your Kundalini?" She brought her hand up the centre, raising it above the head and said "Kundalini please come up". "I can feel it" she said, "and my sister can too!" Her sister Morgan beamed with joy "I can, I can" she said.

"*Thank you Mother.*" It was such a joy for me to know that it was working out. I had prayed to Mother during Birthday Puja, asking her what I should do next. Immediately came the message to go to the school at Dongara where we were to spend a couple of weeks' holiday around Easter.

I spoke with the headmaster, Gary Simmons, who was very obliging and asked me to come the following Thursday. I rolled up at the school armed with the ADHD presentation from the *Today Show* featuring Ramesh's work, and was ushered into the staff room during lunch-time to wait for Gary. I explained to a few interested teachers why I was there, and a Year 2 teacher, Ms J, asked me to take her class for meditation the following Thursday – she was having trouble with her boisterous little charges.

Then Gary and another teacher arrived. They watched the ADHD video and took their realisation. Gary was most interested but one could sense his struggle with what-to-do about the parents. I told him about Ms J's request and so he asked me to do a short summary of Sahaja Yoga. He would send the summary in a note to the parents advising them of the meditation class and asking if any parents would wish to come. The Deputy head, Mike Henderson, then arrived and took his realisation. He seemed quite interested.

Saturday shopping in the local supermarket we ran into Mike who explained how the meditation helped him to sleep better, and that his wife Jill was very interested. "I did it," she excitedly explained. "I followed the instructions in the booklet you gave Mike and I could feel the coolness above my head. It was amazing. How do I learn more about it?" We arranged a visit to their house the following Wednesday and after that meeting we agreed to come again the following week.

On Thursday I fronted up for Ms J's class with just a little wonderment about what would happen. Giving realisation to a class of 25 seven-year-olds was new territory for me. Oh-oh! I was greeted in the office by the priest and his assistant. They had just finished Religious Instruction. They quietly demanded to know what I was doing on *their* territory. How could I tell him what was really going on? "Please Mother help me" I prayed. His assistant laughed

at the thought of a cool breeze coming from the top of one's head.

Then on to the classroom. If you have ever tried putting 25 helium-filled balloons into your car at the same time then you will know how the meditation went. Some felt it; some did not; some called out "It's hurting my head" or "Help me, I can't feel it, I can't feel it"; some meditated; most talked. Less than half of them knew their right hand from their left. Others were not even listening. However, by the end about 90% could feel the cool breeze, but the quiet peaceful meditation that I was hoping for did not come. I left some meditation material with Ms J, but as she had not perceived a miracle, she was less than enthusiastic. No parents came.

We knocked at Jill and Mike's quaint little cottage on Wednesday evening and were ushered into the lounge. "I have asked Tim to come and try it," she explained, introducing us to their 11-year-old son. Tim sat like a rock for over an hour as we explained the meditation and watched the ADHD video. He immediately felt the cool breeze and his attention was superb. Rather unusual for his age perhaps? We left a little early once they explained that Tim had an important assignment to complete.

We left Dongara feeling that although we had accomplished something, we had not done as much at the school as we had hoped.

A week or so later we got a call from the Hendersons asking how to return a tape we had left them. I asked how they were going with the meditation. Jill was still excited. "I feel so good when I meditate" she explained. "Colours appear to be so much brighter and I feel strong vibrations when giving massage to my clients." "Also" she confided "My customers are saying that they feel something special when they come. But it is not me, they say that it is something else that they cannot explain." I asked about Tim's assignment. "Well, he is giving the presentation tomorrow and afterwards he is going to show the class how to do the meditation."

I checked to see how Tim's presentation went. It turns out that his assignment was to choose between *The Culture of War* or *The Culture of Peace*. He chose the latter – how amazing that it just fits with the meditation. "We had about 34 in the class" he answered my question. "Most of them felt it." "How did you do it?" I asked. "I just showed them how to raise the Kundalini by turning their right hand around the left as you showed us, then putting on the protection." It was all very easy and matter-of-fact for Tim.

Dearest Mother, how you weave your magic leaves us spellbound. Help me to act only through my pure attention and leave the rest to you.

Jai, Jai Shri Mataji. Thank you for the boundless joy of being your helpers.

Hugh Lantzke
Perth

News from New South Wales

Sahaja Yoga at a Dept of Education District Staff Development Day 29th April 2002, Novotel Opal Cove Resort, Coffs Harbour

Nine schools from the district stretching from Uranga to Yamba participated in this event. The principals, teachers and staff attended this day full of seminars and workshops. Nineteen teachers and staff attended the Sahaja Yoga workshop. All received their Self Realisation by the Grace of Shri Mataji and all left with their eyes glowing and totally relaxed, confident that they had received something.

How this came about? Into the fifth week of the first term of school, all the parents of Uranga Public (Primary) School were sent a questionnaire regarding bullying. I left this sheet of paper lying around, as I didn't have a clue how to answer it. Then two days later I chanced upon it and realised that I must approach it from the viewpoint of Sahaja Yoga. So I did. Instead of answering the questions, I read through it, and used all the available spaces to talk about Sahaja Yoga viewpoint of chakras and how their imbalances were reflected in behaviour. I ended it with an invitation for the Principal to contact me if she wanted to discuss it further and that I was happy to do meditation sessions for everyone in the school. I emphasised that if the children were to be taught this yoga, then the parents had to become involved due to insufficient manpower to take on all the children, and also because the children's chakras were a reflection of their parents as well as their own.

A few weeks later I received an invitation from the Principal of Uranga Public School to conduct a workshop at the above event. The Sahaja Yoga workshop would be one of five to choose from during the afternoon session of the day.

Nineteen teachers and staff from a number of schools elected to attend the workshop. They were really looking for something different. Without voicing anything, it was clear that whilst they enjoyed their rare get-togethers and they really wanted something that was not brain draining. As the workshop was directly after lunch, I decided to just let them sit back, digest their food while watching the video *Immaculata*. 35 minutes length was the right amount of time before they were ready for some action. It also seemed to be the most appropriate tape to play because of its spiritual and factual content. It said everything for me so I went on to briefly expand on the subtle system and how the guided meditation worked.

I led then through the guided meditation, then balanced left and right before asking them to see if they could feel the Divine Vibrations. Most of them felt with the right but

not the left, so I led them through the left side clearing technique, let them meditate for another five more minutes, then asked them to check for vibrational readings on their hands again. I also took a moment to clear the left heart, as they all by profession drew a lot on right Swadhisthana. This really worked and all felt the cool breeze. From their eyes alone I could tell that their Kundalinis had nicely settled at Sahastrara.

We had a brief question-and-answer session afterwards, while I handed out some material I had put together for them. So from this group, those who live in Coffs Harbour have voiced their interest to attend our weekly Sunday afternoon sessions. The librarian and another teacher from Uranga live in Bellingen. The librarian has volunteered to find us a venue - probably her home - and will do poster and spreading by word of mouth, and so soon we will have a programme running in this town.

I also gave the Principal of Uranga, Sue Mackay, the compiled handout materials for distribution to all the principals of the 9 schools that took part. So by the Grace of Shri Mataji, we will be doing some work of changing this district in New South Wales for the better. Jai Shri Mataji.

*Greta More
Valla Beach*

Stocktake of Shri Mataji's Videos, Cassettes and Books

We are commencing the work of putting the tapes library in order. We humbly but urgently remind all yogis to return all tapes to the box at Burwood - whatever their condition, even if they have been recorded over or are broken.

We need to have a complete stock-take to repair broken tapes, make copies of tapes which are masters and are possibly unique, and to computerise the system. There are seven main tasks. We would welcome Yogis who can assist in this auspicious and rewarding job. The sooner we get going, the sooner everyone can borrow tapes again. Your input is essential.

Jai Shri Mataji

*Caroline and Rodolphe, David, Charles,
Lawrence, John and Judy, Alice, John B,
Helen, Marcus and Madhavi, Subhash.*

Garage Sale on Saturday 11th May

As a fundraiser to keep the radio program continuing, there will be a garage sale next Saturday.

'WE NEED YOUR STUFF'

Please wander through your garage and pick out saleable items that you have not used in the last year and ring John Tedesco or Peter Aerfeldt to find out how to get these to the garage sale at the Tiralongo's house in Woollahra.

Only 1 week left, please help the Sahaja Radio Program.

*Peter Aerfeldt
for the Radio Team*

Havan and Bhajans at Lidcombe this Saturday Evening 4th May

You are cordially invited to come along to Lidcombe Ashram this Saturday evening for a havan followed by a light dinner and an evening of bhajans.

Starting time is 5.30pm. See you there.

Lidcombe yogis

Torsion Field and Vimala Performing at Burwood Bowling Club Saturday 11th May at 7.00pm

Come one, come all to celebrate the 40th birthday of Paul Stainsby, and to bid our dear sister Vimala Rowe farewell upon her departure from Australia..

Burwood Bowling Club, Comer Street Burwood (at the bottom end of Burwood Park).

Please bring a plate and your dancing shoes for a wild evening of entertainment.

RSVP 9716 6516 by Friday 10th May so we can cater for drinks.

Debbie Stainsby

Sahaj Writers' Seminar

Any yogis interested in developing their writing talents—in poetry, stories, articles, plays—please come along to:

Ashfield Ashram, 85 Bland Street on Sunday 19th May at 2.00pm.

The aim will be to consider establishing regular meetings. Please bring something of yours to read.

*Contact Lyndon DeValle 9326 3853
or Brian Bell 9747 03101*

News from South Australia

Trip to Easter Puja at Hiawatha

Greetings to all. Jai Shri Mataji.

Fourteen yogis from Adelaide travelled the 2000-plus kms return to attend Easter Puja at Hiawatha. We were all very inspired and full of joy and elated at the many blessings received from our Holy Mother. Even the 13-plus hours one way journey was effortless.

We would sincerely like to thank the Victorian Collective for such a wonderful weekend, for making us all so welcome and for the delicious food. We came back to Adelaide full of beautiful vibrations and fired up to continue Mother's work here.

Thank you to everyone who worked so hard and joyfully. May Shri Mataji bless you all.

Love,

*Maria Sandery
on behalf of the SA collective*

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...

Paul Clarke
Pilar Patterson
Gary Boyd
Balraj Singh
Joyanne Tollis
Vasantha Beckerton
Anna Chicos
Helen Jackson
Christine Driver
Angela Kiely
Patricia Sharp
Richard Leach
Hugh Lantzke
Gillian Patankar
Richard Robbins

INTERNATIONAL NEWS

News of Turkey

Slovenian Yogis attend Easter Puja in Turkey

We just got back from Turkey where we visited marvellous Easter puja and public program with Shri Mataji. It was amazing. We enjoyed every single minute from the first day till the end.

Because of some negative publicity in the papers all the people knew about Shri Mataji and they were asking us in the streets about Her. Giving realization was never so easy. Near the Blue Mosque a boy of maybe 11 years came to me and started the usual procedure with the postcards he wanted to sell. Suddenly he noticed the picture of Shri Mataji on the badge and asked who She was. I explained a little and told him to put hands towards the picture but nothing happened. Then I put a hand on his head, he was really sweet boy, and his expression changed at once. I asked him "What happened?" and he said "I don't know, something went up." There were some Italian ladies with us and they started to speak with him and hug him because he was very sweet and dignified in his suit but he just stood there and he lost all the interest in selling his postcards. I was watching him after he left us. He went to a side of the yard and he didn't run around like the other boys. His eyes were full of wonder.

In the public program there were approximately 1000 yogis and maybe 6000 seekers. First there was a brief introduction then Shri Mataji spoke. Among other things She said that Turkish people should follow their common sense and not undergo the French influence which is spread around and labelled as culture. After that maybe 50 person left, then She said that people should not do the things that they didn't understand (She meant reiki) and another group of 50 people left. It was so funny. Then She asked people if they have any questions and some of them were really hard but Shri Mataji won every time with Her honesty and simplicity. When somebody asked Her where She sees Herself in the divine hierarchy She just replied: "Don't worry about Me, think about yourself." A huge applause followed.

On Saturday, on our way home another miracle happened. We were supposed to come to Milan at 8:30 and continue our flight to Trieste at 9:25. Fortunately this flight was cancelled, so they wanted to put us on the flight to Venice at 10:00 but we resisted because we knew that Mother is coming at 11:00. With the help of few bandhans the lady at the check-in desk started to melt, she became very sweet and offered two possibilities at 13:10(waiting list) and 19:15. We agreed and waited for Shri Mataji to arrive.

Italian Sahaja Yogis had prepared a beautiful scene to welcome Her. There were saris, music, a lot of flowers

and few hundreds of people. When She arrived there was a complete plane crew following Her with hands upwards - pilots and stewardesses. Shri Mataji was very satisfied with the Italians. She said that they really understand Sahaja Yoga and that there has never been any obstacle or attack on Sahaja Yoga in Italy. She said: "I want to stay in Italy forever" The applause and screaming after that was louder then the noise of the taking-off planes. Shri Mataji also said "Practically I know everyone of you". Some of the ladies cried. It was amazing.

After She left for Cabella we went to see what is with our plane. We had to wait until 19:00 so we sat on the place where Shri Mataji was sitting and waited. We were very grateful.

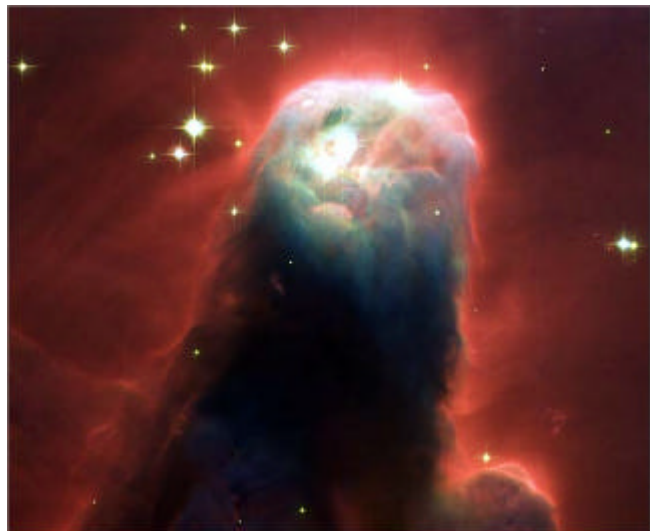
Today we are back at work and everything seems like a fairy tale but deep down we know it's all true. We are preparing for Sahasrara Puja and on Friday we will travel to Cabella.

Lots of love from Slovenia!

Jure

The following article appeared in the Sydney Morning Herald – Monday, May 1, 2002

Star Children play in their Mother's Red Skirt



Star nursery...NASA has unveiled spectacular views of Cone Nebula, 2500 light-years away in the constellation Monoceros, captured by the Hubble Space Telescope's new camera. The cone's cloud of red gas and dust is a star nursery with a central star surrounded by infant stars.