

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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is midnight each Tuesday

*I am blind and do not see the things of this world;
But when the light comes from Above,
It enlightens my heart and I can see,
For the Eye of my Heart sees everything:
And through this vision I can help my people.*

*The heart is the sanctuary at the Centre of which
there is little space,
Wherein the Great Spirit dwells,
And this is the Eye.
This is the Eye of Wakantanka by which He sees all things,
And through which we see Him*

Black Elk



STATE NEWS

News from Victoria

700 Came for Breakfast and Stayed the Whole Day

Melbourne Conference Centre 7am 10th May Flash – an Alternative Medicine conference for nurses and doctors from around the world - mostly Victoria, Australia.

The Sydneysider Sahaja Yogis and Yoginis arrived and are truly a dynamic array of talents and dedication. For about 10 days before the conference the Victorian collective - mostly the shakti powers, I believe - were busy preparing morning tea (mostly cakes), afternoon tea (mostly cookies) for our 700 guests who were treated to humor, realization and collectivity hosted by Dr Ramesh. Dr Ramesh was assisted by a number of luminaries in the medical field who contributed to a very successful day. The baking consisted of each lady making about 13 cakes and 5 or 6 batches of cookies for the tea breaks during the conference. Most were consumed. Any remaining went to a youth meeting later that evening at the centre. Etc.

It was a whirlwind. The Sydney Sahaj group knew exactly what to do and when to do it, having done this before on a number of occasions. It was amazing and very professionally done. We thank our brothers and sisters very much. Only by the Love of Shri Mataji Nirmala Devi and that love being reflected in all of us could this have manifested. True collectivity is alive and grows each time we meet. Shri Mataji was truly with us and guiding our nabhi delights to the eager hands and mouths of our medical community in attendance. Around 75 have expressed interest in our follow-up at the Oakleigh ashram on 26th May. And the response is good for the end-of-June seminar at Hiawatha Sahaja Yoga Weekend Retreat. You are all invited as well.

The long day started with rising at 4:30am, at the site around 7:30am, on our feet all day serving, cleaning up and setting up, and finishing around 5pm. Then our stalwart brothers and sisters from Sydney incredibly got in their van, after a visit to the ashram, and started their long journey to Sydney to make it in time for an ADDHS conference the following night. They're my heroes and we can't thank them enough.

Thank you all for all the efforts and love you share with us in Victoria.

Jai Shri Mataji Nirmala Devi.

Jeff Lyons
Melbourne

News from New South Wales

New Edition of Australian Songbook

The Australian edition of the Sahaja Yoga Songbook is currently being revised and should hopefully be ready to distribute at the Guru Puja weekend. In addition to the new songs, there will be many new translations added. If you are aware of a translation for a song that hasn't yet made its way into the songbook, please let us know. If any of our brothers and sisters who understand Hindi, Marathi, Sanskrit and Urdu would like to write some new translations for songs that have not yet been translated, please allow the great poetic beauty of these songs to be fully enjoyed by the wider collective.

Attention all artists!

For this new edition of the songbook, we are seeking to have some art included where space is available. Also on the dividers between the various sections we are seeking to have some artistic contributions. As an example, if you were to choose to illustrate the divider at the beginning of "Marathi songs", look at some of the translations, and then see what inspiration comes to you. The illustration should be in black and white and at A5 size.

In addition, we are also looking to have a colour cover for the songbook, and invite any artists to submit artwork for the front or back covers.

Please contact

*John Smiley jsmiley@vtown.com.au (Ph: 9747 0310) or
Chris Dobbie chrisdobbie@innocent.com*

in the next couple of weeks if you can assist in making a contribution. It would be great if there was something from each part of Australia.

Re-location of Weekly Follow-up Program

Please be informed that the Weekly Follow-up Program of Saint Leonards at Nature Care College will now be discontinued.

Please refer the seekers to the new Meditation Hall in the City, Level 5, 110 Bathurst Street.

Thanks
Jean-Michel Huet

Last Sunday an Auspicious Occasion

Last Sunday 26 May, 2 major events took place on a very auspicious day:

- A music program as well as a meditation program were held at the Villawood Detention Centre
- Official Opening Celebration of the new Meditation Centre at Bathurst Street, Sydney

It was also SRI BUDDHA's Birthday.

All these great sahaj and auspicious events took place while the so-called 'Dalai Lama' was having 2 conferences in Sydney.

Let us wish that he will be exposed soon for who he really is, so that the seekers could find the TRUTH.

Jai Sri Adi Guru Dattatreya
Jai Sri Mataji

Jean-Michel Huet
Sydney

Lakshmi Puja at New Ashram

A new ashram has been started at 82 Liverpool Rd (one block from the 7-11 store towards the city, on the same side) at Burwood Heights. The residents are the Rajaks, Kapodistriases and the Maharajs, former residents of Torrington Rd, Strathfield.

All are cordially invited to a Lakshmi Puja at this beautiful new Sahaj House on Sat 8th June at 11.00 am. Please RSVP for numbers on 9706 4930 or email rajen@computermarkets.com. Nevertheless if you forget to RSVP, no problem. Just don't forget to come.

There is ample parking on Kelso St and Culdees Rd (running off Liverpool Rd on either side of the house) within 2 minutes walking distance. You cannot turn right onto these roads when going towards the city from Burwood Rd. So the best thing is turn right into any driveway after one of these two roads, then head back and turn left into one of the roads.

All Welcome.

Harish and Rajen

Free Tickets for Children's Concert Monday 10th June Sydney Opera House

A few weeks ago at school we received an invitation to a Choral Concert at the Concert Hall of the Opera House on Monday 10th June at 7pm. The choirs performing will include:

- Indianapolis Children's Choir, USA
- Sydney Children's Choir
- Woden Valley Youth Choir, Canberra
- National Boys' Choir, Melbourne
- Australian Girls' Choir, Sydney

Enclosed with the invitation was a free ticket. In the invitation it also stated that if you wished to purchase any more free tickets to contact such and such an email address. So I sent an email requesting 20 additional tickets, but in a rather Sahaja way I've somehow managed to end up with 55 tickets.

If you are interested in attending, please let me know. The tickets are unnumbered so arriving early would be sensible in order to secure a reasonable seat.

Regards,

John Smiley
(ph: 9747 0310; email: jsmiley@vtown.com.au)

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...

Judy Dobbie
Martin Purcell (WA)
Peter Morgan
Lynda Ripley
Patrick Murphy
Chris Szydlowski
Matthew Fogarty
Brian O'Gorman
Jo Boland
Joseph Sundaram

GENERAL INTEREST

Top Tips on How to go Deeper

Inspired by David Spiro's quest to find how we, as the UK collective, can 'go deeper', I have taken a survey of yogis' top tips:

- Surrender the day to Mother, who does everything, and ask her to come in your heart.
- GIVE SELF REALISATION.
- GIVE SELF REALISATION DAILY.
- ASK MOTHER TO TAKE AWAY THE NEGATIVITY THAT STOPS YOU GIVING SELF REALISATION AS YOU GO THROUGHOUT YOUR DAY.
- ASK MOTHER TO GIVE YOU OPPORTUNITIES TO GIVE SELF REALISATION. WHEN YOU DO THIS, PEOPLE WILL JUST FALL ONTO YOUR PATH, READY.
- Meditate, meditate, meditate.
- As spiritual growth only happens when there are no thoughts, after the clearing out process, ie affirmations, treatments and mantras give equal if not double the amount of time to sitting quietly, absolutely still and thoughtless to allow the kundalini to continue her work and deepen you.
- Listen to Mother's talks.
- Study ancient scriptures and the lives and works of great realised souls and aspirants of the spiritual quest.
- Book in a visit to Sahaja Yoga International Research and Medical Centre at Belapur in Bombay!!!
- If you are experiencing anything that makes you feel uncomfortable, stick with it and try to observe what is happening to your subtle system and chakras. Then clear it out.
- Get involved with your local meeting; help set up, give talks, make tea, bake cookies, work on people.
- Lead a meditation.
- Take under your wing two new people, keep in touch with them, develop and encourage them and help them settle into the collective.
- Invite new people and yogis to your home for 'go deeper' meetings or for socials that include a meditation session.
- Arrange socials for new people and yogis, picnics, gallery outings, cinema, ten pin bowling, ice skating - be creative, inventive adventurous and fun-loving.
- Always try to leave someone feeling better than when you first encountered them.
- Always be open to ways in which you can make other yogis feel better.
- Love someone when they are at their worst because that is when they need it most.
- Follow through on any project ideas you might have, share with others and make it happen.
- Don't talk unless you can improve on the silence. Talk when the spirit moves you and then with sweet vibrations in your voice.
- Live collectively, meditate collectively.
- Be together even when you are apart. Sending and receiving encouraging, uplifting or even just chatty emails to each other during the day can boost your vibrations in the middle of your workplace.
- Sit on the earth whenever you can.
- Say *Ganesha Atharva Sheersha* and 108 names of Mother in the morning.
- Wear Mother's badge or pendant, visibly, when out in public, at work.
- Always carry Sahaja Yoga leaflets/business cards with you.
- Cook for yogis. Not only do you get great vibrations yourself, you pass them on to create happy nabhis in others.
- Go up to a new person and introduce yourself at every meeting.
- Make a point of speaking to a yogi brother or sister you have never spoken to before every time you attend a meeting.
- Make an effort to meet/talk to other yogis every day.
- Exchange vibrations. Offer to work on other yogis after you have worked on new people.
- Accept that everything you react to is YOUR problem and not the other person, situation.
- Encourage praise and motivate each other.
- Send a card or gift or do a kind act for someone else once a week.
- Be honest and respectful to each other.
- Introspect daily. See what your ego and superego have been up to and correct them.
- Say "thank you" to Mother for Vibrations when you feel them, and never take them for granted.
- AND FINALLY - HOW TO GO DEEPER?
- Just ask Mother - just pray. Because we don't do anything at all. The experience of a deeper union with Mother is bestowed on you. It's a gift, it's precious and usually happens when you have done nothing in particular.

Catherine Kelly, UK
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