

# Sahaja Yoga

14<sup>th</sup> June, 2002



## Australian Newsletter

*Jai Shri Mataji!*

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Publication deadline for contributions  
is midnight each Tuesday

*Where is the night, when the sun is shining?  
If it is night, then the sun withdraws its light.  
Where knowledge is, can ignorance endure?  
If there is ignorance, then knowledge must die.  
If there be lust, how can love be there?  
Where there is love, there is no lust.  
Lay hold of your sword and join in the fight.  
Fight, O my brother, as long as life lasts.  
In the field of this body a great war goes forward,  
Against passion, anger, pride and greed:  
It is in the Kingdom of truth, contentment and purity  
That this battle is raging;  
And the sword that rings forth most loudly  
Is the sword of His Name.*

Kabir



# STATE NEWS

## *News from the ACT*

### Canberra Workshop a Great Success

A workshop was held at the ashram in Scullin on Saturday June the 8<sup>th</sup>. Seven seekers came to get their realization and began to establish their meditation. The workshop started at 10am and went until 3pm including lunch.

A carload of yogis from Sydney boosted the vibrations considerably. Their company was much appreciated and enjoyed by all of us in Canberra.

After an evening meal there was a firework display in the backyard. The evening then turned into a spontaneous music programme. David Matthews from Orange entertained us with his violin, playing a Bach Chaconne. His performance was superb. This was followed by a couple of bhajans from the members of the collective who are students of *Sangeet Moryari*. After this the collective spirit was high and we sang the praise of our Mother long into the night.

On Sunday morning we had a havan which was very powerful. By the end of the weekend the joy of collectivity was felt by everyone.

There are still some rooms available in the ashram. Anyone looking for a change of state - Canberra could be the place for you!

Regards,

*Alan Napper*  
*Canberra*

## *News from New South Wales*

### The Power of One Child's Desire: An Entire School gets Realisation!!

This story goes back to March 2001, when we sent our son Remmy to International Sahaj School at Talnoo for his first year at age nearly 8.

**Problem:** much disillusionment with the NSW Public education system forced our hand in this much-to-be-revealed blessing.

**Action:** shoebeating and bhandans.

**Result:** Remmy has a fantastic year at India school. His parents take another small step towards surrender!

Our other little boy Jay had just started kindergarten at the same public school.

**Problem:** the sudden loss of his beloved, popular, confident brother from this new world at school, and the loss - halfway through the year - of his gentle Kindy teacher on maternity leave (she used a little bell to settle the class if they were noisy), and the installation of a more competitive style of teacher, led to a stress reaction in Jay.

**Action:** Shoebeating and bhandans. More attention at home to daily footsoaking and vast variety of ways to help Jay clear his chakras and get closer to Shri Mataji.

**Result:** Jay's new teacher gets her self-realisation, and things start working out in the classroom better. Also I started doubling my involvement with the school so that Jay felt important and special. I start raising the kundalini of the children in the classroom when I am there helping.

I kept shoebeating and doing bhandans for "All negativity affecting the public education system of NSW", and "All negativity affecting (specific teacher or principal's name) which prevents the improvement of quality of teaching and morale at Nambucca Heads Primary School", and the desire in me to work with children was growing. Also my contact with other parents led to a number of positive approaches to difficult long-standing problems at the school. These I also shoebeat. The principal's attitude to parental concerns was changing gradually. By the end of the year, I was feeling a change in the air.

Remmy came home from India School with strength and a commitment to Sahaja Yoga which humbled his parents. One day he said to me "Mum, all the children and teachers at Nambucca Heads School should get their realisation." He said this with the gravity of Shri Ganesha. Whilst my reply was appropriately encouraging of his statement, my brain was thinking "Wow, could that ever be possible?"

**Action:** You guessed it, shoebeating and bhandans! Thus begins the next cycle of transformation. Remmy went back to India School with great joy and lightness. The publicity about the use of Sahaja Yoga with children with attention deficit disorder and the research project on this being carried out by Dr Ramesh Manocha in Sydney, reaches out to the television airways and other media.

I put together a little package of television interviews with Dr Manocha, parent-and-child participants in the research project (which put Sahaja Yoga in a very positive and accessible light), some printed material on Sahaja Yoga and a letter offering the trialling of sessions on Sahaja Yoga at Nambucca Heads Primary School to the principal. Many thanks to Alice and Kim in Sydney for their assistance with this material.

I was delighted to find the principal very keen on trying anything that would help the children and parents. We arranged an "in-service" for the teachers (18 including the secretary), and a short presentation to the P&C Parents' Group. In the meantime, my dear friend Gillian, who is an educational kinesiologist and primary teacher, gets her self-realisation. Gillian invited me to her weekly *Move to Learn* classes at Nambucca Heads Primary School to give realisation to all the children. So in the course of a few weeks, my son Remmy's dream has come true, and all 300 children, 18 teachers, and some parents, have their self-realisation.

The enthusiasm and respect the teachers are showing Sahaja Yoga is amazing. The principal has transformed. The morning after the teachers' self-realisation session there was a concert to celebrate *Public Education Day*. The quality of the work teachers do in our cash-strapped education system is very good. The potential for children to learn is also there: all they need is their enlightenment. The concert that day had real vibrations. Now at Nambucca Heads Primary School, the atmosphere has really changed. We have a weekly session for parents, the teachers and children will continue with our sessions as part of the *Move to Learn* class weekly. The children are asking for more sessions, so we will be offering an option for sport, and also specifically a group for children with learning and behaviour problems with their parents. Some of the teachers and the principal are meditating in their daily routine at home and really enjoying the benefits.

**Other changes:** The independent *Vinson Inquiry into the Provision of Public Education in NSW*, has been released. Recommendations include the reduction of class sizes to 20 maximum in Kinder, year 1 and year 2. Also the recognition of teachers' professional skills, continuing education and updating of knowledge in teaching, and increase in support staff so that teachers can get on with the job they do best – teaching.

**Action:** More shoebeats and bhandans please. Letters to politicians also help.

Our school has an extra teacher this year through the *Talented New Graduates Programme*. This year they have commenced a peer-support and anti-bullying programme called QUEST which aims to improve leadership skills and emotional intelligence skills. Sahaja Yoga is enhancing our school's existing programmes and is becoming a natural part of the school environment. The teachers are very impressed with the simplicity of the technique, and the children's response to meditation.

My interest in relating the above story comes just as our dear children fly back to us from India. Whilst I have no doubts about the greatness and depth of a Sahaja education, I would encourage all parents to actively positively participate in our local schools, to create a better environment vibrationally for all children, teachers and parents wherever we live. Our small local collective are keen to give realisation at more schools in our district this year. Gillian has already invited us to follow through with her to another primary school in Nambucca Heads to give realisation to all the children, subject to principal and parent approval.

Angela and Nikki have been helping with the realisation sessions for the children at Nambucca Heads Primary School. Nikki has encouraged me to relate the above to you, and here is her account of the sessions:

*"Helena explained to the children about the kundalini residing in the sacrum bone and asked the children to draw a kundalini spiral in their palm. She would then say the affirmations for children, and the class would repeat aloud a few times while moving their hands onto the different chakras, e.g. 'Please, kundalini, help me to know myself' etc. After the children asked for their self-realisation there was a lovely deep moment of pure silence and peace. It was beautiful to see these innocent little children settle down and enjoy their meditation. We asked what did they feel – some gleefully shouted out 'It's like a magnet!', 'It's freezing!' 'It's cool!'. They were then shown how to raise their kundalini, and put on a bhandan."*

Shri Mataji has organised all this from one child's pure desire for the enlightenment of his home town. There are more challenges, and more shoebeating and bhandans to be done to awaken the kundalini energy in schools and everywhere. Let's keep our own desire, attention and vibrations strong, so that Mother can pour Her vibrations on everyone and everything around us. Jai Shri Mataji!!!

*Helena Campbell, Valla NSW*

## Invitation to Create a New Ashram

Anyone interested in starting a new ashram on the North Shore (Lindfield to Hornsby area)?

Please contact Tobias & Pilar Patterson at Lidcombe ph 9702 3882 or email tobiasp@optushome.com.au

## Chatswood Programs Ending

The Docherty family will be moving out of the Chatswood area, and as a result the programs that are currently being held at their home will end with one final program on 17th June.

Joe, lone and their girls would like to take this opportunity to thank all those who have supported these programs, which until now have been held every Monday night for over 10 years.

The Chatswood programs have been an absolute source of joy for the Dochertys. Over the years they have been the avenue by which some truly wonderful souls have received their self-realisation.

Through Shri Mataji's Grace many of these have gone on to become established Sahaja Yogis...and to become the husbands and wives of other yogis. With the passage of time, and in innumerable ways, they have brought peace, happiness and joy into the lives of many others.

The Dochertys are moving to live by the harbour, where they plan to start a similar chain of programs in the Mosman area which they trust will be just as successful as the Chatswood programs. The meditations, companionship, tea and sweet treats promise to be just as enticing...and the venues even more picturesque.

Details will be posted in the newsletter in the near future.

Jai Shri Mataji. Love,

*lone and Joe Docherty,  
Chatswood (but not for much longer...)*

## Sahaja Writers' Seminar

The first meeting of 15 yogis was held last month and was a remarkable and valuable event. All who attended shared pieces of their work – poems articles, an excerpt of a biography, an illustrated children's book – and the feedback offered was most positive and creative.

A second meeting will be held at:

### Ashfield Ashram

**on Sunday 16th June at 2.00pm**

If you are interested, you are most welcome. Bring some of your writings to read.

*Brian Bell, Sydney*

## Bhajans this Saturday Night

Everyone is invited to a joyful night of Sahaja music at 213a Burwood Rd on Saturday 15th June at 7.30pm.

It may be a bit of a squash, but we're all good friends (and if you don't come, well then...), so it is bound to be another joyful night. See you then. *John Smiley*

## Welcome to New Baby

Our hearty congratulations to Sarita and Patrick Murphy on the recent birth of their beautiful new baby boy. All (including big sister Shivani) are enjoying the gentle presence of Master Murphy. The other residents of Ashfield Ashram are also overjoyed to have a baby in the household.

How lucky we are! Thank you, Shri Mataji, for this precious gift.

*Peter Brownscombe, Ashfield*

## Get-Together for Children

I spoke to Avinash and Chris about starting children's collectivity on Friday 21st of June from 6.30 pm to 7.30pm at Burwood Ashram. They seemed ok with the idea. So please bring your children along to join in this event.

Also this Friday if all the parents who are interested could stay back after the collective meeting and bring up ideas as to how we could make this program interesting and beneficial to the Sahaj children.

Jai Shri Mataji

*Priya Rapyal, 96307498*

## News from Victoria

### Sahaja Scholastica

The latest issue of *Sahaja Scholastica* is now available in electronic format: No.60: *The Sahaja Book of Prophecies*

This is an anthology of historical predictions and prophecies relating to the Advent of our Holy Mother and of modern Sahaja Yoga, together with some texts describing realisation, yoga, Sahaja samadhi, and nirvikalpa.

It is the result of cooperative research between European, American and Australian yogis. It can be downloaded, free of charge, in pdf format from:

[http://groups.yahoo.com/group/Sahaja\\_Scholastica/](http://groups.yahoo.com/group/Sahaja_Scholastica/) where there are also other downloadable text files relating to this and previous issues.

Future issues will be available in pdf format.

The earlier printed issues are still available, including:

No.59: *Sickness and its Cure*

which costs \$7 + \$3 p+p post paid from:

John Noyce, 49 Sevenoaks Road, Burwood East 3151 (cheques payable 'John Noyce').

*John Noyce, Melbourne*

Dear Sahaji Brothers & Sisters,

**JAI SHRI MATAJI**

Following is the schedule for the Puja Seminars to be held in the **Year 2002**, as advised by Shri Mataji.

	<b>Puja Seminar</b>	<b>DATES</b>	<b>PLACE</b>
1	Easter Puja Seminar	19-21 April	Turkey
2	Sahasrar Puja Seminar	3-5 May	Cabella, Italy
3	AdiShakti Puja Seminar	21-23 June	Cabella, Italy
4	Guru Puja Seminar	19-21 July	Cabella, Italy
5	Krishna Puja Seminar	16-18 August	Canajoharie, USA
6	Ganesha Puja Seminar	13-15 September	Cabella, Italy
7	Navaratri Puja Seminar	4-6 October	Cabella, Italy
8	Diwali Puja Seminar	1-3 November	Los Angeles, USA
9	Christmas Puja Seminar	23-29 December	Ganapatipule, India

Warm regards,

V. J. Nalgirkar