

Sahaja Yoga

5th July, 2002



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

*Let the Sahaj settle in your heart.
Let the Creator's creation be created again in you
through self-realisation.*

*First be in meditation, then take command of your attention.
Then awaken your kundalini.
Then allow the cool vibrations to flow through you.*

*The Kundalini, who initiated her flow in the Mooladhara,
Blossomed at Sahasrara in her full glory
She started flowing with all her purity in the Sushumna.
In this way you should glorify and enhance
the Grace and Valour of the Adi Shakti.*

*Only hanker for the pure desire.
Be a witness to the happenings around you.
Thus row across the Bivasagar of temptation and maya
And in the process let the horizon of unending joy
be expanded and extended.*

*Many saints took birth on this earth,
but the confusion kept growing.
Nobody could explain about God and the Saints.
In Sahaj one can find real the real Saints.*

Ap.ne Dil Me
(Hindi Bhajan)



NATIONAL NEWS

Jai Shri Mataji.

I am sorry for not writing after the great event of Shivratri and Birthday Puja 2002. About 120 yogis went to India for the above pujas from Australia which pleased Shri Mataji immensely. It was a very special blessing for all of us from Australia. Now the time has come to plan our trip to Cabella for Ganesha puja. I hope everyone can make that extra effort to secure maximum punyas by coming to Cabella during these difficult times of final judgement.

New Appointments

Alan Napper has been asked by Shri Mataji to coordinate Sahaja Yoga activities in Australian Capital territory while Sno Bonneau has been requested to lead Cairns during the Shivratri puja. Both of them have been working very hard since. Paul Nicolai has been asked to coordinate Queensland collective from the time of Shri Adi Shakti puja. I want to thank Neil Riches, Lyn Roles and Mark Beaven for all the great work they have done. I am sure that they will contribute even more to Sahaj Yoga now as they will be free from the unproductive administration and personality hassles. Shri Mataji is very pleased with the prospect of a Sahaja Yogi being a member of parliament in the next election. Good luck Sno, better start packing your bag now.

Shri Mataji Nirmala Devi University

Shri Mataji and in fact the whole Sahaj community throughout the world is very happy with the prospect of SMNDU in a very near future. I presented our research and plans for SMNDU to be based in Cairns to which Shri Mataji has asked for it to be in or around Sydney. She said just after the puja to go and buy the land straight-away. Detailed plans would be presented to Shri Mataji during Ganesha Puja. Anyone who can help is welcome to join Jo Saloman, Sno Bonneau, Michael Davies and myself to make this happen which will be a great boon for us and our children for generations to come.

Primary School in Australia

Due to close dependence and relationship of Australian children with Dharamsala school, Shri Mataji has recommended that we do not have a separate primary school in Australia as it may have an adverse effect on Dharamsala school.

Ganesha Puja 2002

The time is very close to express our love and devotion at Cabella. Any ideas for entertainment nights? Can we have an early indication of numbers? In my view the time to enjoy and achieve greater heights in our spiritual evolution through these unique events is reducing everyday. So I request every Sahaj yogi to desire and try their best to attend to these events.

Gidgegannup Property at Perth

The transfer settlement of the above property which is beautifully set on beautiful 50 acres. So congratulations to the Perth collective specially to Sharon, Craig and Frank and of course to the Reids for their grand generosity.

Dharamsala School

On three separate occasions I had a chance to ask Shri Mataji as to when Dharamsala would reopen. Shri Mataji is very keen for the school to start but keeping the security of children at heart She has advised all the parents to wait until it would be more safe.

Jai Shri Mataji

*Avinash Nickkawde
Sydney*

STATE NEWS

News from the ACT

Raksha Bandhan Stall

You may remember last year that a stall was held at Krishna Puja, selling items made by yogis. People were encouraged to buy their rakhi presents and other presents from the stall. All items for same were donated by the yogis who made them.

After the success of last year (with which we bought some toasters for Balmoral - be there for Krishna Puja this year for their inauguration) we have decided to do it again. This year the money will go towards the Canberra Ashram.

We are asking for your help on two levels:

One: we need talented yogis to donate their hand-made items. They could be anything - paintings, cards, jams, pickles, craft items, clothing, giftware - anything, so long as it is made by yogis.

Two: we need people to buy the items!! It's a perfect opportunity to give rakhi presents with great vibrations. Of course you can always stock up on your Christmas or birthday presents, too.

*For more information or to pledge your handiwork,
call Rebekah Gupte in Canberra on 6255 3747.*

And a big thank you to all those who donated items last year!

News from Queensland

Invitation to Attend National Guru Puja at Wamuran

By the grace of Shri Mataji, we have pleasure in announcing that Guru Puja is scheduled for the weekend of 19th-21st July 2002 at Shri Mataji's house at Wamuran and invite all Sahaja Yogis to attend.

Registrations

Please advise Robert Beckerton on 07 3208 3134 email: rbeck@optushome.com.au or Wamuran on 07 5496 6716 email Wamuran@bigpond.com

Transport

People who require transport from the airport please contact Suhas Bhasale on 07 3420 0883 email bcivil@optusnet.com.au and advise their details.

Puja costs

Adults \$108, Students \$60, Children \$25, under 5 years free.

Medical/Music Seminar

There will be a medical seminar/music programme at 80 George St., Brisbane on Friday 19th July at 7:00pm. *Music of Joy* will perform with a presentation by Dr Ramesh Manocha. All Sahaja Yogis are urged to attend. People who are arriving on Friday evening should make their way to the programme and they will be transported to Wamuran afterwards. There is a fast train service from the airport to the city.

Things to bring

Warm clothing as the evenings/mornings can get cool. Some tents will be available, but please bring a tent if you have one.

We look forward to seeing all our brothers and sisters once again and making your stay a pleasant and enjoyable one.

Jai Shri Mataji

Mark Beaven
Wamuran

News from South Australia

ADD Program & Meditation Courses

Here in Adelaide we had a very good response to the TV segment on Sahaja Yoga and ADD. Over thirty families wanted to do the program. This, of course, would have been impossible with the relatively few available established yogis here. So we began a six week course two weeks ago taking on four children and their parents.

So far it is going extremely well and the children are responding and calming down. Their parents are all very enthusiastic too. One child has made such a remarkable turn around that his grandmother and 28yr old uncle have started one of our new people's programs.

We have begun another series of Meditation courses for new seekers. Altogether we are conducting three separate courses - two evening and one daytime - with a total of over thirty people attending. We have found the format below to work very well for the initial six weeks. After this we have the Intermediate course where we go into more depth and more knowledge, but always emphasising Meditation. We also run a workshop seminar on a Saturday afternoon where we focus on clearing and treatments.

SAHAJA YOGA MEDITATION BEGINNERS' COURSE

WEEK 1: INTRODUCTION

What, why, where, who, how of Sahaja Yoga. Emphasis on meditation and its benefits, the Kundalini, vibrations.

Meditation. Self Realisation

WEEK 2: GENERAL OVERVIEW

of the Kundalini and the Atma, the Subtle System, the Chakras & Vibrations. **Meditation.** Affirmations and teaching raising the Kundalini and Bandhan, balancing the left and right sides.

WEEK 3: THE THREE CHANNELS (NADIS) OF THE SUBTLE SYSTEM

Meditation

WEEK 4: CHAKRAS & VOID

Physical regions, Qualities & Problems of the System.

Meditation.

WEEK 5: TREATING THE SUBTLE SYSTEM: AN OVERVIEW

Meditation. Teaching how to exchange vibrations. Footsoaking and 3-candle treatment.

WEEK 6: DEEPENING YOUR SPIRITUAL DEVELOPMENT THROUGH DEITIES.

What is a Mantra, why and how do we say Mantras?

Meditation. Introducing Mantras.

Regards

Maria Sandery
Adelaide

News from New South Wales

New People's Seminar Sydney City Meditation Centre Sunday 30th June

The first of the city-based new people's establishment seminars was held on Sunday June 30. It was a wonderful success, with many people attending and thoroughly enjoying the experience.

Around 120 new people attended last Sunday. This was aided by our efforts to collect email addresses and contact details for everyone ringing our 1300 number to inquire about attending a program. This has been a successful initiative. Can everyone keep a copy of a contact form near the telephone and when people ring to ask about programs endeavour to collect their details. This is proving to be a valuable source of information leading to successful events such as last Sunday.

The seminar was operated in a workshop format and was aimed at deepening people's Sahaja experience, enabling them to meet with each other and the wider collective within the confines of our Mother Ashram.

When people arrived they were met at the door, registered and introduced to a Sahaja Yogi. This worked well and helped to make people feel much more comfortable. It seemed most appropriate that for one entire Sunday the focus of the collective was entirely upon the new people directed at giving them a deeper spiritual experience.

An introductory program was held within the main function room. Due to the large numbers the more established group assembled within an adjacent room and were given a deeper introduction into the process of self-realisation and the clearing process. Everyone was impressed to see the different aspects of the spiritual journey that Sahaja Yoga presented. This was followed by a guided meditation.

During the luncheon break the Sahaja music was played and greatly appreciated. Having live music played on the day does help to communicate the joy that is such an integral part of Sahaja Yoga.

During the afternoon there was a very good session about how to go deeper in our Meditation. It touched upon the reasons we are all embarking upon the path of meditation and some of the pitfalls along the way. People attending commented that they enjoyed learning about the different aspects of Sahaja Yoga.

There is real value with continuing with this format and hosting Sydney-wide seminars on one Sunday in every

six, arranged to avoid any conflicts with Puja days.

The \$10 financial contribution paid at registration is aimed at covering the costs associated with hosting the seminar. Some of the costs associated with the seminars include: food, plates, cups, napkins, water jugs, bins, garbage disposal, flowers, ice, gas bottle refills, drinking water urns, stationery costs, photocopying and audio visual equipment hire.

Given that we do not collect from all attendees, and taking into account the associated costs, there is very little in the way of profit.

The numbers of people attending each seminar is steadily increasing as word of their worth is beginning to spread. Many commented that they really look forward to attending.

These seminars provide a unique opportunity to newer Yogis and give them a positive boost by hosting the program and bringing them much more within the collective attention. Having deeper aspects of Sahaja Yoga presented on a regular basis can benefit the promotion of positive vibrations amongst all those who are beginning the journey to establish their Yoga.

Sincerely,

*Chris Kyriacou
Sydney*

Farewell Celebration for a Dear Sister

There will be a party for Liallyn Fitzpatrick at Burwood Ashram on Saturday 6th July at 7.30pm.

It will be a combined bhajan & fun evening. Anyone who has an idea for an entertainment item - funny or whatever - please contact David Sharp at 9747 0310.

Ladies please bring a plate, for supper (preferably with something on it!). All welcome. See you there.

*John Smiley
Sydney*

Posting the Newsletter to NSW Yogis

Posting of the Newsletter is a service available to those who due to circumstances beyond their control are unable to regularly attend Friday night program, where the Newsletter can be collected in person. Being too busy to attend program not being accepted as sufficient reason.

If you are resident in Sydney, and there is no good reason why you are unable to attend the program in person, please do not be offended if your request to have the work conducted on your behalf, to mail a copy of the Newsletter is politely declined.

Come along to Friday night program, where you can enjoy collective meditation, the company of your brothers and sisters, and play your part in supported the collective expression of our spiritual evolution. At the same time you can collect your personal copy of the Newsletter. Friday night activities do not get much better than this.

If however you are in a position that you cannot enjoy Friday night program, and perhaps you currently receive the Newsletter by post we ask for your payment of \$35 per year to cover costs such as stamps, envelopes and administrative overheads.

Mailing will be discontinued for those who do not meet their financial commitments in this regard.

Cheques should be made payable to *Life Eternal Trust NSW* and mailed to:

Newsletter Posting
PO Box 541
BURWOOD NSW 2134

or personally given to Diana Reeves (phone 9716 9972). Better still, those who are electronically-abled and connected may receive the Newsletter via Email. Requests for addition to the Newsletter distribution list can be sent to John Dobbie at [johndobbie@innocent.com](mailto: johndobbie@innocent.com)

Sincerely,

Chris Kyriacou, Sydney

Message from the Editor

My sincere apologies for the absence of a newsletter over the past couple of weeks.

We have been experiencing technical difficulties in setting up a replacement computer and arranging new Internet access in order to continue publishing the weekly newsletter.

If you have sent a contribution in the past month which has not been published, this was not intentional. Please send it again.

Thank you for your continuing support.

Peter Brownscombe, Sydney

GENERAL NEWS

An Inspired Idea Pays Off

This is just a note to inspire everyone into venturing into the high streets of London to give realisation. Not only can it be done but it is almost too easy!

On Sunday myself and six other yogis set off to Croydon, armed only with a few fold away chairs and two A frames of Shri Mataji. It was a bit late when we finally set out as there had been football match in the morning (apparently).

We set our chairs up around the picture on the reasonably busy shopping precinct. We were cautious not cause a nuisance and made sure we did so only in front of closed or empty shops. I must admit we were a little nervous when we arrived in Croydon - mainly because we had no one's permission to be there and also because we had no idea what the reaction from the people would be like.

When we had set up the chairs a few of us worked on each other while the others gave out leaflets and talked to onlookers. The 2 hours that followed can only be described by using words like 'wonderful' or 'heavenly' (what, in Croydon??). No sooner had we started working on each other when we had a crowd of about 20 people watching. After hardly any prompting the people were soon sitting in meditation themselves. It was great. All kinds of people who we may in our wisdom think to be not interested in meditation were literally queueing up to have their realisation. We were only there from 4 until 6 but we must have given realisation to at least 70 or 80 people. When the police drove by they didn't even notice us.

After the session - which wasn't long - we walked back to our cars, each one of us wondering why we hadn't been doing this every Sunday for the last 10 years. It wasn't a struggle. It wasn't us 'being responsible'. It was yogis doing what they were made to do and it was blissful. All our worries about people's reactions were unfounded and all that grotty left vishuddhi was gone. We floated back to our cars vowing to our ever hard-working Mother never to let another weekend be wasted.

Anyway that's what we did with seven Ikea chairs and a £10 A frame.

All the best. Much Love,

Jeremy