

Sahaja Yoga

12th July 2002



Australian Newsletter

Jai Shri Mataji!

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*When we belong to God, what is there to fear?
We forget everything in the Divinity
And we become completely lost in God.
When we belong to God, what is there to fear?*

*The world is grateful to Him for His blessings
But still He doesn't belong to the world
because He is in a completely detached state.
When we belong to God, what is there to fear?*

*You may be without any outward wealth.
The real treasure of wealth is inside yourself.
When we belong to God, what is there to fear?*

*All the diseases and problems get completely dissolved
Where the Lotus Feet of God reside.
When we belong to God, what is there to fear?*

Bhaiyakayataya
(Marathi bhajan)

STATE NEWS

News from Western Australia

St Bartholomew's Centre for Men

We have been working here for several weeks now at St Barts and have given realisation to about 15 men including four indigenous Australians. One of the four came back after a couple of weeks and we hardly recognised him. The first time he and the others had caps and dark glasses on and didn't want to remove their footwear or make much eye contact. The second time we saw him he was without cap or glasses and his face was beaming. He said he had been doing some meditation on his own. I wanted to hug him, it felt so joyful; but I gave him a handshake with feeling. One of the others came back with two mates for them to try the meditation.

It has been really rewarding to see the changes. Every week is different with none attending regularly, but this week two men came back, saying that they felt the need to come even though they are not meditating by themselves. They are all very attentive when we talk about Sahaja Yoga meditation and keep their eyes on the speaker. It seems important to accept these men as they are and have faith that their spirit will change them. For example, last week I was on my own and gave the participants a short version of the self-realisation sequence by asking them to just put their hands towards Mother's Photo and telling them to ask for their self-realisation. They all achieved it. Then I told them about the six enemies we have to deal with.

We had a new person this week who told us about an experience he had at 3.00 that morning when he went to his local deli and woke the owner, who was sleeping behind the counter, warning him that he could be robbed. He said this was what he had been involved in before, from the other side, but this time he felt that he needed to help the owner. He said he felt good for the experience. We expressed our joy at what he had done and said that this is what we are doing in Sahaja Yoga: teaching ourselves to love one and other to find the inner peace, without judging each other. We let the participants know that the joy we get from doing this work is more than payment for our time.

St Bartholomew's has been nominated for a local peace prize by one of their clients, so it is nice to be part of this caring place. There is a new, associated centre opening soon, as a transition place for people moving out into their own housing. We have been asked to work in this area as well. It is very exciting to be here.

Ross Jackson

Astronomy Adventure Evening at Gidgegannup

Dear Brothers and Sisters,

With blessings of our Divine Mother we had the first *Astronomy Adventure Evening* held on Saturday, 15th June, at our Gidgegannup ashram. The evenings are purely commercial events in order to raise the 'most needed' money to fund purchase of our beloved ashram. The Evenings are organised and conducted by our Ron Hille, meteorologist and enthusiastic amateur astronomer, and our Robin Reid, artist and sculptor and creator of *Sundial Observatory at the Centre of the Universe* (formerly known as *Seventh Sitting Stone*, representing the Sahasrara Chakra in a sitting stone walk) and a bit of help and lots of love from all our Sahaja Yogis and Yoginis.

The evening was a full success despite that it could have been disastrously overcast. Problem was solved in Sahaja manner with our collective attention and lots of shoebeating, even more prayers and hope for clear sky by Ron. And, you bet, the weather ended up being perfectly clear and just a little bit freezing.

There were 16 non-sahaj people attending the event (what an auspicious number for the first night) and a few Sahaja Yogis who missed out on their 'adventures' on previous occasions. We raised around \$400 for Gidge fund. The lecture was presented in very relaxed and friendly atmosphere but very interestingly and professionally. The participants were careful listeners. Some of them were very knowledgeable and actively involved in asking questions. Then they were taken on a short 4W drive to the nearest hill top to *The Sundial Observatory* where two powerful telescopes were set, waiting for us to reveal the secrets of the universe. We watched the Moon's *Sea of Tranquility*, the place where *Apollo 11* landed, nebula clusters—the jewels of the universe—and some other masterpieces of divine creation. The whole atmosphere was lifted by constant singing and humming of Robin's 'singing wires', stretched from the huge 30 feet sundial across the valley to the nearest hill top, designed to capture the slightest wind and turn it into sound.

The star watching ended around 10 o'clock when we all returned to ashram for very-much-needed cup of hot tea and tastiest cakes made by our well-known laxshmis.

In discussions that followed, a few people asked us about the ashram, what was it used for and what we were doing there. So we took a chance to tell them about Sahaja Yoga. This reaffirmed our hopes that we might even tackle some new Sahaja Yogis out of these 'astronomical' people.

Jai Shri Mataji and lots of love to you all.

Dragan Lemaic, Perth

News from Queensland

Australian National Guru Puja 2002

Dear brothers and sisters,

Once again this very auspicious occasion will be held at Wamuran over the weekend of 19th-21st July 2002. We will be having a public programme on Friday 19th July at 6:30pm at The Auditorium, 111 George St Brisbane.

We would really like to have as many people attending as possible. *Music of Joy* has kindly given their support and will perform on the night. Dr Ramesh Manocha will be our guest speaker. People who will be arriving on the Friday evening should make their way to the public programme in the city, after which they will be transported to Wamuran.

There is now a fast train service from the airport to the city. Would all people who can do so please bring a tent. If anyone would like to come for an extended stay or come earlier they would be very welcome. Please let us know in advance.

Costs for the weekend are: Adults \$108, Students \$60, Children \$25, under 5 yrs old free.

Hope to see you all there! Jai Shri Mataji.

PS - Just a reminder that there are still vacancies for people wishing to live at Wamuran on a permanent basis. Please advise if you are interested.

Mark Beaven

New Intermediate Program

A new program for people who have been meditating for a while and want to go deeper will commence this Saturday in Brisbane city. The idea is for new people to experience collectivity, get to know us and bring them up in Sahaj.

This is seen as a stepping stone to coming to Wamuran, attending pujas and living life as a Sahaja Yogi. Please give bhandans for its success!

Northern Tour

Further programs were held at Gladstone, Rockhampton and Mackay last month where a total of 18 people got their self-realisation.

Another trip is planned for July, including Airlie Beach. In Mackay a small group of people have been meditating for the past 11 weeks at the Bandi's residence, so this is really encouraging. We have had requests from people in Nam-bour and the Sunshine Coast for programs as well as from a school on the Gold Coast, so we have been kept fairly busy lately. Jai Shri Mataji

Peter Hewitson

Bundaberg Yogis' Appreciation of Support for Adi Shakti Puja Weekend

Bundaberg Sahaja Yogis would like to say thank you to everyone who made the trip to join us in celebrating Adi Shakti Puja weekend. Two new people attended Puja for the first time after coming to the seminar on Saturday. Jai Shri Mataji.

Saturday's seminar on *Thoughtless awareness and how to go deeper into meditation* was very much looked forward to by the group who have been coming to the intermediate program. Hearing what Mark and Peter had to say about their own experiences, about attention being on Shri Mataji and our own relationship to Her brought an important message to us all about our individual responsibility to ourselves. We must introspect in order to grow deeper.

Both children and adults enjoyed their afternoon visiting the zoo and playground. Mums, Dads, Aunts and Uncles all helped to supervise the play of 15 SY children. The peacocks that roam freely around the park particularly impressed them.

Puja day on Sunday was beautiful. Everyone enjoyed sharing in the activity of preparation and then settled down to bask in the vibrations. After spending the morning in the kitchen preparing food for the Puja it was just so wonderful to walk into the meditation room and see all the decorations that had been prepared with so much love and devotion. All I could say was "Oh Wow".

We'll definitely be doing this again next year. It was great.

Jai Shri Mataji!

Alan and Pam Jenner
Bundaberg

News from New South Wales

Invitation to Sahaja Yoga Children to join *Sing NSW* Choir

About a month ago I was asked to be the conductor of the new *Sing NSW* choir that rehearses in Redfern. I had not been involved in a choir so far this year and felt such strong vibrations that it was very easy to say 'yes' to the request.

Sing NSW is a continuation of the old *Sing 2001* program. *Music of Joy* presented a few concerts over the last couple of years in conjunction with *Sing 2001*. 'Freedom is Coming', 'Siyahamba', 'Mozart Alleluia Canon' and 'Haida' were all learnt because of the association with *Sing 2001*.

There are at present about 20 students ranging in age from 9 years to 18 years in the Redfern choir. The choir is open to any Public School students from Year 5 to Year 12. Students at present come from Eastern Suburbs, St George area and North Shore. As of last week, Tatiana Maharaj has now joined the choir as Accompanist. With 2 Sahaja Yogis running the choir, we are desiring that some Sahaja children may also like to join the choir. The students are already making beautiful sounds and are a very pleasant bunch and easy to work with.

Events on the horizon are a concert at the Town Hall in September, involvement in the annual *Schools Spectacular* at the Entertainment Centre and a Christmas Concert also at the Town Hall.

Rehearsals take place every Monday afternoon from 4.30pm till 6pm at Australian Technology Park in Redfern (the old Eveleigh Rail Workshops). Information on joining the choir can be found by phoning the *Sing NSW* coordinator Jenny Briggs on 9806 1445, or by contacting me on 9747 0310.

Regards, John Smiley

Jai Shri Sudha Shruti

Bhajans this Saturday at Ashfield

You are cordially invited to Ashfield Ashram tomorrow night at 7.30pm for bhajans and laughter.

We will be rehearsing songs for the forthcoming concert in Nambucca Heads next Thursday, the Public Program in Brisbane on Friday and Guru Puja on Sunday 21st July.

All welcome!

Peter Brownscombe

Join the Bus heading North to Queensland for Programs and Guru Puja

A group of about 36 Sahaja Yogis are travelling up to Wamuran for Guru Puja this year, stopping off in Coffs Harbour and Brisbane for Public Programs/*Music of Joy* concerts on the way up. A 20-seat bus plus two Taragos will be leaving from Ashfield Ashram on the morning of Thursday 18th July and we will travel up to Coffs Harbour for the program (in Nambucca Heads) and an overnight stay.

On the Friday morning we will travel up to Shri Mataji's property at Wamuran before heading in to Brisbane for a combined Medical presentation/Program/Concert. This will be held at the same venue as last year's very successful presentation.

We will then have the weekend to enjoy the beautiful company of our brothers and sisters from far and wide. The culmination of the trip will be the worship of our Mother in the form of Shri Adi Guru.

If you are interested in joining this "Peace train", please contact Tony Carbone at Ashfield Ashram ph 9716 6516. The costs for the buses are \$80.00 per adult and \$40.00 per child. The amount for Puja Dakshina was advised in last week's newsletter.

18th July	6am Depart Ashfield Ashram 6.30pm Program/Concert, Headland Hall, Nambucca Heads
19th July	7pm Public Program & Concert, Brisbane.
20th July	Seminar at Wamuran
21st July	Guru Puja
22nd July	6am Return to Ashfield Ashram

New Programs on the South Coast

Programs are about to begin on Tuesday and Wednesday evenings, and Sunday afternoons, depending on demand, in Eurobodalla Shire, that is, Moruya and Batemans Bay.

All yogis from Wollongong, Sydney and Canberra who would like to lend support, please email me at freemeditationsahajayoga@yahoo.com.au or phone 02-44715450.

Many thanks, Jenny Watling

INTERNATIONAL NEWS

News from Thailand

Thank you, we received our first Australian Newsletter last Friday and we are delighted to feel part of the extended Sahaja Yoga team.

Pascal (Prakesh) sent out today the following email to the Thai Collective regarding the initiative in Lumpini Park in Central Bangkok last Saturday morning at 6am. You may be interested in the response we had to inspire others. I do not wish to take the liberty and edit Pascal's email but please find Pascal's comment on the 'Lumpini Park' activity under POINT A (which I did add).

Very kind regards from all of us in Bangkok

Jai Shri Mataji

Amanda Currie

A Dynamic Resolution Takes Shape in Bangkok

Dear brothers and sisters,

In Her recent Adi Shakti Puja talk, Sri Mataji has been insisting more than She ever did on our responsibility as Sahaja Yogis to give realization to as many people as possible and to bring them to Sahaja Yoga.

My feeling is that Sri Mataji wants us to go out of our Sahaja Yoga conditionings and easy life: giving a program only once every 2 or 3 months, seating to meditate once or twice a week. She wants us to discover all our powers and wants us to spread Self-Realization the way She does Herself, with our full heart and commitment.

She also said that now is the time we discover the power of our right side and become very active in spreading realization.

Further to this, I have been asking all of you for some ideas and input on what actions we could take. Here is some beautiful and encouraging news:

? Khun Mem has been giving realization to all the ladies in her office and now has regular meditation with them every day at lunch time (7 people)

? Khun Tiwa in Pitsanulok has also been giving realization to many of her colleagues and now has about 10 people meditating with her.

? Khun Amanda has organized a programme for the *International Women's Club* in Bangkok on August 07

? We will have another collective program in Bangkok on September 1

? Herbert / Aree / Payon will start a meditation every Saturday at their place for people in the area

? Arhit & Pranoti, Amanda & Geoff will do the same

Point A - from the Thai Collective

Following Khun Geoffrey's suggestion, we will give realization to people every Saturday morning at the Lumpini Park.

The first session was just very very encouraging. We went there at 6.00 in the morning with Aree, Khun Janine, Geoffrey, and Sukhit. We just had a little signboard saying "Sahaja Yoga meditation" with the chakra chart and a small picture of Sri Mataji.

We sat down, and I gave vibrations to Geoffrey so that people see that something is happening, while Khun Sukhit stood behind and started to invite people to try. After not even 2 minutes people started to gather around and all of us started to give realization.

Very soon we were so busy that we didn't have time to talk to each other and people were queuing up to get vibrations. At least a minimum of 20 people were always waiting for their turn, some of them so eager that they almost started to fight to know who came first.

There was also a Hatha-Yoga group just nearby, and some of the members came to get self-realizations. After that, they told all their friends and they asked us to guide a meditation for them after their hatha yoga session. They were very happy and the teacher asked us to do it again every Saturday when they finish their hatha-yoga session.

In 2 hours or more, only 4 yogis gave realizations to almost 80 people, with more people eager to get vibrations!! Just imagine if we have more yogis turning up, I am sure we could easily give realization to more than 500 people per month minimum. Maybe much more than that if some other groups of yogis also go on other days or to other parks. In a year, it could be more than 5,000 people to get their Self-Realization.

It is so joy-giving that I hope many of you will try it. I believe it is really these kinds of things that Sri Mataji has in mind. We should be more active as a whole and use our powers. It will give us so much joy and so much vibrations to share the most important thing with other seekers of truth.

Please let me know if you have any ideas in this direction, any initiatives. All together we can do it !!

Much Love

Pascal Sreshtaputra
8 Jul 2002

GENERAL NEWS

Where is my Attention?

Sahaja Yoga in Everyday Life: Some Suggestions for New People.

When we first achieve self-realisation, for some of us it is difficult to establish a regular pattern of practice. We experience the cool breeze at a Sahaja Yoga program when we sit for meditation collectively and we resolve to try at home, but somehow the days and weeks go by and we forget how peaceful we felt, or if we remember we can't seem to feel the same *quality* of calmness. For others, the desire to go inside and to commune with this 'self' that we have 'realised' at long last, is so strong that we make time every day for sitting quietly and raising the Kundalini, even if we have to short-change some other aspect of life. One lady said: 'It's strange – even though I didn't try for meditation at home, I couldn't stop thinking about it on and off all week!' This is the spirit, the true self, trying to get her attention in any way it can.

You may have felt something similar. Most of us work in the community or at home, or both. We have to spend time travelling, looking after others, attending mostly to things outside of ourselves. We say things like: 'I know it would be good for me to meditate more but I just don't seem to find the time.' If this is true for you, perhaps just raising your awareness a little, no matter what else you are doing, would help.

You could start by asking yourself: **'Where is my attention?'**

The answer might come that of course you are attending to what you are physically doing. It also might be that you are thinking about something else entirely. There are volumes written about how we should be in the present moment, controlling the 'wild horse' of the mind, reigning in our thoughts - 'Keep your mind on the job.' When you are sweeping the floor, sweep. When you are in a meeting, pay attention to each contribution, each decision. 'Oh I forgot what you wanted! my mind was somewhere else'. If you are a busy mother you are probably doing one job, with your attention on another more important one - where your child is and what he is doing.

With so much competition for our attention from outside we rarely have the luxury of having the attention on the spirit, *inside*. When we raise the Kundalini however, this mothering energy gives us exactly what any mother does, the power to have the attention on the inner child, the spirit. Just by *desiring* it you can learn to put your attention at the top of your head, at the fontanelle bone, where your Kundalini fountains out to meet the all-pervading energy that creates the Universe. If you have privacy you can use your right hand to 'lift' the energy from the base of

your spine to the top of your head a few times, then press your right palm against your fontanelle bone and rotate the scalp clockwise a few times, pressing firmly until you feel that your attention is settled there. Continue with your outside activities and occasionally check again 'Where is my attention?'

Why do we try to have the attention at the top of the head? What is the significance of this? In the subtle body (see diagram on your *Welcome to Sahaja Yoga* pamphlet) we have three energy channels, the central one of which is the channel of evolution to the fourth dimension, the spirit. This channel culminates in an energy centre on top of the head corresponding to the limbic area of the brain in the physical body. It is called the Sahasrara Chakra or thousand-petalled lotus. The opening of this centre enables a human being to be in a state of *thoughtless awareness* or complete integration, both with the individual self in all its aspects and with the Great Self or collective consciousness. Both sides of the brain work together and we have a 'bird's eye view' of ourselves and the world. We are able to see problems from all sides and solutions come to us without effort. We experience the joy of oneness with everything. We feel complete.

The other two channels end in the Agnya Chakra or energy centre at the forehead where thinking occurs in all its forms – words, images, feelings etc. If our attention stays at this point we find we are thinking either of the past (left-side energy) or the future (right-side energy). As the past is finished and cannot be changed and the future has not yet come, there is no reality in either of these states. Reality is here and now, in the present moment; the place beyond thought but in full awareness of everything that is going on; the place of the witness. So why not take a 'reality check' every now and then and lift your attention above the thoughts with the help of your Kundalini, your mothering energy. The more you do this the easier it will become to be in meditation and the more joy you will experience.

Christine Driver.
Perth, Australia.

Vishwamber and Meenakshi Pujari
have the pleasure to announce
the birth of their baby girl 'Darshini'.
She was born on 19th June 2002.
Thank you to Shri Mataji
for such joy and blessings.