

# Sahaja Yoga

2<sup>nd</sup> August, 2002



## Australian Newsletter

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***Jai Shri Mataji!***

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*Whatever befalls the earth  
Befalls the sons and daughters of the earth.  
We did not weave the web of life;  
We are merely a strand in it.  
Whatever we do to the web,  
We do to ourselves...*

Chief Seattle (1788-1866)  
Native American (Suquamish) leader



# NATIONAL & INTERNATIONAL NEWS

## Leadership Changes in Australia

During the recent celebration of the Adi Shakti Puja there was an occasion to speak with Shri Mataji during which time the appointment of Paul Nicolai as the new leader for Queensland was confirmed. We wish to take this opportunity to congratulate Paul on his appointment and we are sure everyone will offer him full support to continue the good work being undertaken within the Queensland collective.

It is also appropriate that Shri Mataji has accepted Robert Henshaw's desire to step down from the position of Victorian leader and acknowledge the appointment of Colin Berry and Jeff Lyons as leaders with joint responsibility for the Victorian collective, who will also be building upon the tremendous dynamism and momentum generated within the Victorian collective in recent years.

Over the last few months there has been somewhat of a generational change in responsibility and leadership across our nation and it is appropriate to acknowledge and recognize the commitment and steadfast leadership provided by

Robert Henshaw – Victoria  
Mark Bevan – Queensland  
Neil Riches – ACT  
Lynn Roles – Cairns

With leadership comes the noble responsibility of helping to ensure that the great work of Sahaja Yoga is continually promoted, and the depth of spiritual collective is manifest and a forward momentum is generated within our collective.

Over the last two years a revitalized sense of national unity, collectivity, and accord and has been seen within our Nation, driven very much at the State level by these dedicated Sahaja Yogis. As a collective we offer them our thanks, but perhaps this is less than the knowledge that they helped play an important part in carrying forth Shri Mataji's great work.

We offer our collective support to the new leadership team and wish them every success in carrying on with the great task that has been laid before us all:

Jeff Lyons and Colin Berry - Victoria  
Paul Nicolai - Queensland  
Alan Napper - ACT  
Sno Bonneau - Cairns

Shri Mataji was pleased when informed that Sno could be our first representative within our Federal Parliament.

## International Sahaja Public School

Shri Mataji also encouraged all parents to return, or to send their children to Her school at Dharamasala.

To this end She said that at this time a primary school in Australia should not be started so that we could devote our undivided support to India School.

She said that the level of financial support in regards of the payment of all incurred Fees was an important part of our support for the school. Without this ongoing support India School is placed in a difficult financial position.

Parents of children not returning to India School for the remainder of the year should consider continued payment of school Fees for the remainder of the year to help ensure the continued viability of the school.

## Shri Ganesha Puja at Cabella

*"The best way for a Sahaja Yogi to cleanse his Mooladhara chakra is to be pure in heart and to lead a chaste life full of good thoughts and good deeds. Through innocence one can make the attention very pure and unattached. He is a living God, and is active all the time. No human words can describe his glory"*

To the Australian Collective everyone is invited to enjoy the newly-awakened national spirit through the celebration of the International Shri Ganesha Puja at Shri Mataji's home in Cabella Figure.

We wish to extend an open invitation to all Australian Sahaja Yogis for an opportunity to share, and enjoy, and experience the joyful celebration of Shri Ganesha Puja in the presence of our Holy Mother, Shri Mataji Nirmala Devi.

In order to support and finance Shri Ganesha Puja we launch the National Appeal for the \$108 donation which will be contributed towards our countries hosting is this very important International event.

I request all Sahaja Yogis to demonstrate their support and express their pure love by supporting and attending this wonderful event in Italy. This Puja has become the highlight for the spiritual progress of many Sahaja Yogis, and what better means is their of achieving this than through your support for the National collective?

Shri Mataji has requested Australians to submit their marriage forms to the National leader to allow enough time for them to be received by Her in Italy.

We also invite all Yogis to submit ideas for cultural expressions of our National heritage and traditions through contributions in music, theatre or drama.

## Weekly donations to Life Eternal Trust National and State Accounts

Over twenty years ago, a handful of inspired individuals began a journey to establish Sahaja Yoga in our country which continues today. These committed Sahaja Yogis rolled up their sleeves, and by dedicating all that they had they went wherever they were needed, and did whatever came to hand. Such selfless sacrifice and willingness to give all that was needed has been a hallmark ever since, and laid the foundations of Sahaja Yoga which we all enjoy today. It was selfless work that created a presence for Sahaja Yoga in our city and country so that all genuine seekers would have the opportunity of finding their way home to Shri Mataji's Lotus feet.

Sahaja Yoga is a diverse, creative collective of realised souls founded on enlightened spiritual values, with a unique opportunity to spread a message of truth to all who seek it to help transform the quality of their life.

Sahaja Yogis are the committed enlightened individuals within our community. As advocates for Shri Mataji Nirmala Devi and Sahaja Yoga we have helped all seekers irrespective of their status and condition in life, nor religious background or beliefs.

This journey has brought us from a world of false teachers and prophets—a world lacking in true spiritual comfort—through the extremes of spiritual need and yearning, through to Shri Mataji's grace into Sahaja Yoga.

Through Shri Mataji's work God's love for this World is expressed. She created the physical, economic, emotional and spiritual reality of this world and the help that we may bring to the spiritual needs of people. Through Shri Mataji's unending compassion, benevolence and provision, coupled with the commitment, generosity and desire of the Sahaja Yogis, the work that is needed in this world is accomplished. Spiritual salvation is not something that can be purchased, but without funds we are unable to go out into the community to spread Sahaja Yoga.

The National and NSW funds are currently at their lowest recorded levels.

Historically, the regular \$10 contribution to NSW and National finances has not been a high priority for the majority of the Sydney collective. This is evident from the relatively low numbers of Sahaja Yogis who regularly contribute.

However, due to the expansion in the number of projects and activities promoted by the collective this has dramatically increased the demands upon available funds. There has been an continuing growth in our activities. Hopefully this growth in our activities will continue, yet there has been a steady decline in the level of our contribution to our funds.

The dedication of many Yogis has envisioned Sahaja Yoga having a presence throughout the breadth and depth of our community, while continuing to help improve the

spiritual lives of many people through the following projects:

- ? Sahaja Yoga Seminars
- ? Sahaja Yoga Radio Program
- ? Medical Programs
- ? Country Tours
- ? Knowledge of Reality
- ? ADHD programs
- ? Widespread City and Regional programs.

Now is the time to bring together a deeper level of commitment from the Yogis who are leading by example through their commitment to Sahaja Yoga and collective living.

Having reviewed the finances we would like to thank those who are regularly contributing for their expression of steadfast support for the work of Sahaja Yoga. However, it appears that less than half of all Yogis are meeting this financial commitment.

We are asking for a unified expression of commitment and support, recommending that everyone should contribute weekly **\$10 to Life Eternal Trust Australia and \$10 to Life Eternal Trust in their State** for the work of Sahaja Yoga. The targeted contribution has been set and has met with Shri Mataji's approval.

Within the Ashrams this contribution should be collected with the rent each week, paid to the house accountant at this time, and a monthly amount from the Ashram/ Collective houses, together with the list of contributors sent to Radhika Richardson.

For individual contributors living outside ashrams payments can be sent directly to Radhika. Sydney yogis may leave contributions within the collections box at Burwood.

As Sahaja Yogis each of us shares the responsibility to support the work of Sahaja Yoga. A crucial and critically important part of that support is financial.

We now ask for your full support as we reinvigorate the weekly contribution to the funds.

Sincerely,

*Avinash Nickkawde*  
*Sydney*

# STATE NEWS

## News from Queensland

### Sahaja Yoga meets the Queensland State Government

On 10 June two staff of Queensland Treasury's Corporate Development met with three Sahaja yogis in the State Government's Executive Building, to discuss the benefits of Sahaja meditation for staff of the department.

The yogis were Professor Reddy, Peter Hewitson and myself. Professor Reddy, head of sociology at Osmania University, Hyderabad, was in Brisbane for about 10 days to attend the *15th World Congress of Sociology* (his presentations there included one on Sahaja Yoga). He suggested the Brisbane yogis try and arrange some interviews for him with some local corporations, to present Sahaja Yoga in a corporate health context, as he was in the habit of doing this when travelling.

I work in Treasury, so on 9 June I contacted John, the manager of Treasury's *Corporate Health Program* and discussed the possibility of a meeting with him and hopefully one of his senior officers. He agreed to a meeting the next day, but wasn't optimistic about getting a senior staff member to attend at such short notice.

The next day we arrived at the appointed time and place and John promptly ushered us in and whispered to me that Ingrid, the Director of Corporate Development would be attending the meeting. My jaw dropped, momentarily. Ingrid is basically two levels down from the Department's CEO. So we had our meeting, and Sahaja Yoga was presented beautifully by Professor Reddy. Ingrid, it turned out was quite familiar with Sahaja Yoga and Dr Manocha's research and was very interested in the opportunity to find out more, including the possibility of meditation sessions in Treasury. During the 45 minute meeting both officers took their self-realisation and had no problem feeling cool over their heads. They enjoyed the experience and left the meeting feeling very keen to make arrangements to have it presented in Treasury.

In the two weeks since then, discussions have taken place between Ingrid and her divisional director about the proposal. It was agreed that Sahaj could be presented, but not sponsored by the Corporate Health Program (at this stage...). Instead, it seems the Treasury staff social club will sponsor the sessions, however Corporate Development will still facilitate the events (arrange venues and equipment etc) and it will be promoted across the Treasury Portfolio. This means about 600 Treasury staff will receive an invitation to express interest in attending.

Some details remain to be worked out, including the possibility of inviting Dr Manocha to participate in the opening event.

Because of the strong links between corporate development functions in Treasury and three other core departments of the Queensland Government, there is a very strong possibility that a successful Sahaja Yoga program in Treasury will see it flow across to these and other Departments. There is long-term potential also that Sahaj may enjoy attention at a Ministerial level. However, one step at a time...

<sup>+</sup> Please everyone hold this potential in your attention to help the Paramchaitanya continue working this out. Brisbane collective will keep you abreast of further news. much love.

*Peter Cavanagh, Wamuran*

### Appreciation for a Supportive Leader

The Bundaberg collective would like to give a heartfelt thank-you to Mark Beaven for his support of our small collective during his time of Queensland Leader. He certainly was—and still is—an inspiration to our collective with his devotion to Shri Mataji.

So thank you Mark and Cathy.

P.S. At Guru Puja I accidentally picked up a CD called *Celebrate From Your Heart*. Can the owner please call me on 07 4159 8069 and I will send it to you. Jai Shri Mataji.

*Gavin and Leanne Lingard, Bundaberg*

## News from South Australia

### Invitation to Diwali Puja in Adelaide

Having recently attended Guru Puja in Wamuran I wish to thank in particular the Brisbane Sahaja Yogis for a wonderful weekend, for their hospitality, the great food and sharing all the fruits of their labours which manifested in the beautiful vibrations felt on Shri Mataji's property. It was a truly memorable experience.

It brought home to me the many blessings we can receive by attending Pujas in other states, relating to our brothers and sisters, meeting new Yogis, learning from each other and sharing with others the rich experience we all have obtained through the blessings of our Holy Mother.

The Adelaide yogis would like to remind you that we will be hosting Diwali Puja on the weekend from 1-3 Nov, with a Public Program on the Monday evening. We too would like to share this experience with many of our interstate yogis. We would also like a few musicians to help with the Public Program.

*Maria Sandery, Adelaide*



## News from New South Wales

### Shri Ganesha Puja: Performers Wanted

We would like to know who at this time is thinking about going to Shri Ganesha Puja as Michelle and Helen have an idea for a play/performance (including musicians).

We are looking for about 10 people in total plus singers.

*If you are interested please call Helen Splarn (4737 9796) or Michelle Shete (9371 4669)*

### Ganesha Puja Flights

We are currently trying to organise a group booking for flights to Ganesha Puja.

This year the Puja weekend is on the weekend of 14th and 15th September. This is high shoulder season for flights; by booking as a group we can get a discounted flight.

At the moment we are looking at either Air France (flies to Singapore on Qantas) or Qantas/BA, as they are the cheapest quotes. As we are hosting the Puja we hope to arrive in Milan on Wednesday 11th to begin the preparations on Thursday.

For this we need 10 or more people and we all need to leave on the same flight together. You can come back whenever you like.

We would therefore like to have the names of as many people who might be going as soon as possible.

*If you are interested please contact Helen on tel: 4737 9796 or [helen.splarn@bigpond.com](mailto:helen.splarn@bigpond.com)*

### Sahaja Writers' Seminar

Due to the change of date of the Hurlston Park Laxshmi Puja, the seminar will now be held at Ashfield Ashram on Sunday, 11th August at 2pm.

Remember, this time, as well as sharing and feeding back, we hope to gather a selection of items for fellow yogis to read. All writers and wannabe writers are welcome.

*Info: Lyndon De Valle 9326 3853 Brian Bell 97470310*

## 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!

### Second-Hand Puja-Clothes Stall

We are also asking people for donations of unwanted puja clothes—particularly children's—but saris and kurtas are also welcome.

Many people do not get the chance to go to India and buy puja clothes for their kids, or haven't been for a long time and their kids have grown out of them. Along with the craft stall, we are also proposing a second-hand puja-clothes stall.

Now is the time to go through your wardrobes and pull out all those unwanted puja clothes, wash and iron them and mark them with the age of the child they would fit (or if it is for an adult then the size).

Bring them along to Krishna Puja and donate them to the stall. While you are there, you might be able to find something you want, too.

*For more information call Rebekah Gupte on 02 6255 3747*

# GENERAL NEWS

## Sahaja Yoga Media Exchange

*Sahaja Yoga Media-Exchange* (SYME) was founded at Sahasrara Puja 2002 as a network of all people who are working or who would like to work with film, video or new media. If you want to join the newsgroup mail to Ian Paradine - [ianparadine@yahoo.com](mailto:ianparadine@yahoo.com) and he will put you on the list of members. Please pass on this information to other Sahaja Yogis working in audiovisual media who you think might be interested. A few points on the status of SYME so far:

### At Adi Shakti Puja:

1. It has been decided to have a fixed SYME meeting on each Puja weekend, on Saturday at 2 in the afternoon, near the video headquarters (meaning the video pit in Cabella - and elsewhere the place where Jeevan works the mixer).
2. We talked about a number of little workshops and exercises we could do as well as more ambitious projects. We decided to organise a 2-day workshop in Cabella before or after Ganesha Puja (so let us know what is better for you, Thursday and Friday / Monday and Tuesday).
3. A fast competition for a storyline (and ultimately a script) was launched for the film workshop which is taking place in Sicily this summer - sorry, all places full now, but hopefully something like this will take place again next year. Ideas welcome.

### At Guru Puja:

4. Mohan volunteered to set up two database, the details of which we discussed at the meeting. You will be invited to send in information once it is set up. The first database will be a talent pool for all available talent in SY. The second one will list all audiovisual material which has been produced by Sahaja Yogis, and which could be made available to other countries for broadcasting or other purposes. (Excluding Shri Mataji's Talks and Puja Videos)

Here is an excerpt of a mail from Jeevan from the 1.7. for all newcomers:

**What is the goal of SYME?** Basically spreading Sahaja Yoga and sahaj ideas and ideals to larger masses, using pure creativity to keep vibrations moving, tell about God and the truth that we know. Also to unite the video and film makers of Sahaja Yoga so that we can start to do projects together and maybe enjoy our work even more. Any more definitions?

**Do we set up something like FEV (Film of Eternal Values) under Shri Mataji's auspices?** Eventually, yes. But for the time being we felt like it was good to get to know each other a little better and continue to develop a few projects so we have something tangible when we want to introduce our idea to Shri Mataji. Maybe all the members can think of good names for SYME/FEV?

**Is SYME open to everybody?** SYME is open to all yogis who are interested in spreading Sahaja Yoga or sahaj ideas through audio visual means. It doesn't matter if you don't have experience as long as you have enthusiasm. (But Jeevan pointed out that it is hard to work with people who are egoistical and who are not collective or who still have many personal problems to work out. We also need Sahaja Yogis who are dynamic and able to put their ideas & words into action.)

**Do we aim at internally-produced Sahaja Yoga films or "real"fiction films?** We hope to do both. At the moment since we're right at the start we feel it would be good to first create a "talent pool" gather the information of all the yogis who know how to do something in this field. After that we can start to have projects. Some of them can be just for Sahaja Yogi enjoyment, like for instance a lyrical short film with close ups of Shri Mataji's hands and feet—something that we can show at a Puja. Then could be the clearly SY-driven documentaries that "appear" objective like a portrait on Shri Mataji's life work or of her history as a youth leader in the Indian independence struggle. Then the documentaries about "sahaj" subjects like the life of William Blake, or a look at ayurveda or the Ajanta Caves—documentaries on subjects that anyone could pick but that get special value if they're done by a sahaja yogi who has more vibrational knowledge on the subject. Then we have shorts that could be fictions or documentaries aimed for the festivals and then finally, really big and ambitious projects that would of course be aimed at the general public and distributed properly. At the moment we naturally aren't ready to do a Holly or Bollywood movie, but in a way that could be our goal—to touch as many people as possible with as sahaj a message as possible. Of course if we talk about big blockbusters there's no way we will be able to finance them internally, and that will mean that we will have to deal with the big question of producer (or studio) control. But by that time we'll have crossed so many obstacles that a few bandhans will work miracles!

**Do we do commercial projects that have "nothing" to do withSY?** Mostly this kind of project will come through somebody like our SYME friend Peter is offered a commercial or music video to do. So I guess he can, if he wants, do the project with yogi backup and fish some people out of the talent pool to help him. Then we naturally act like any professionals, doing contracts and getting paid etc. We spoke about this a moment in our meeting and had the feeling that a sahaja yogi can always contribute something (vibrations) to a project so it's good that we're all out there doing things. Of course we would probably all think twice if we were offered to do a commercial for something that we don't approve of, like a tobacco ad, or a clip to promote vodka! Anyway the pro approach could be found useful in many situations: basically we see each other as professionals and colleagues, and we have sahaj culture and our friendship with each other to back us up.

*from Sigrid Jones, UK*