

Sahaja Yoga

9th August, 2002



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

*It is the time of union,
It is the time of vision,
It is the time of resurrection,
It is the time of grace,
It is the time of generosity
The treasure of gifts has arrived.*

*The brilliance of the sea has flashed forth.
The dawn of blessing has arisen.
What is this ancient wisdom?
The source of these living waters
is in your head and in your eyes*

Rumi



STATE NEWS

News from New South Wales

Sahaja Yoga at Urunga Public Primary School

Sahaja Yoga was presented to the P&C at their meeting on the Tuesday night, (July 23rd) after Guru Puja. The principal, the president of the P&C and another 3 members were present. I stayed close to the medical/physical benefits that can be gained through the practice of Sahaja Yoga and then showed them the two interviews from the *Today* and *7.30 Report*.

As it always happens the Divine speaks through us and I was amazed to see how my unprepared speech was absolutely tailored to the content of the two segments on the benefits of SY Meditation practice for children who suffer from ADD and ADHD. They loved it. One of the ladies now comes to the Tuesday meditation sessions I have currently running at the school (she is also studying to be a teacher, with high ideals as to how she could contribute beneficially to the education system).

At this presentation I also handed out the brochures that have the photograph of Shri Mataji in vibrations. It was the perfect photo because I found myself explaining that this shows the Kundalini emitting out of Shri Mataji's fontanelle and that it was also the reason why we used Her photographs, worldwide, when we present Sahaja Yoga. I said that we used it as a support for us as our own Kundalinis were not as strong as Hers. They accepted this very well.

The next morning, the vice-principal saw this brochure in the staff room and requested a presentation be made at a Staff meeting. So this took place the following Tuesday afternoon (July 30th) after school. Altogether 15 teachers were present including the principal and vice principal, who was the token male in the room and withstood all the jokes being made at his expense! Again I did not have anything prepared and was not sure how it would work out, but work out it did! After a brief presentation referring to the contents of this same brochure, which had all the treatments, balancing, etc in it, I said that at this point we could go one of two ways. I could give them the experience of self-realisation or...and I did not get a chance to say what the other option was, as the vice-principal jumped in and said, "yes, yes, that's why we asked you here!" We all laughed at this, especially me, in great surprise.

I took them through the guided meditation, then asked them to check to see if they could feel cool, but most said they felt warm breeze. So I again asked them to go back into meditation, then balanced left and right, saying that they would find this technique in the brochure they had been given. Then as the vibrations still did not feel cool or balanced I guided them through meditation on the Heart chakra again, asking them to say the "I am the Spirit" affir-

mation. In between I asked them to return their attention to the top of the head and allow the attention to float up and let it rest there...and if they had any thoughts to tell the thoughts not now, later. Each time I introduced a new thing I would refer back to how they could apply this in their own meditations at home.

At the end of this session all said they could feel something but not cool, but from their eyes I could see that Kundalini was nicely settled at Sahastrara. They let me check their Sahastraras and all 15 were absolutely cool and strong. They were so relaxed they could hardly keep their eyes open. But before they left, the principal asked me a question, which I guess had been in her mind for quite some time! "How did all this sit with people from different religions and if it clashed?" I replied softly that if it clashed I let it!!! But that in Sahaja Yoga we respected all the incarnations as they were represented on the subtle system. I went on to tell them exactly who sat where along the spinal column and at the void, mentioned the names of the different incarnations of the Adi Guru...I apologised, saying that perhaps I had not mentioned all of them...the principal laughed and said that she believed me! I was waiting to see what reaction I'd get at Agnya when I mentioned the deities seated there! Only one teacher looked like she would burst out with some sort of exclamation but of course she held herself in check. (This same teacher looked beautiful a few days later when I saw her again.)

And, at Sahastrara I mentioned that the incarnation seated there was Shri Mataji as She opened the Sahastrara, and somehow this sat well with the principal as I saw her nodding her head in agreement. I also told them that they would have all heard about the 'rider of the white horse' and that as far as I knew this principle was not a physical manifestation. That it was the other principle of the Sahastrara and that it was the transformative process taking place in our brain in these current times. That was certainly a lot of food for thought!

At this point an hour and a half had passed and the meeting was called to a close and all shuffled out. Some had the energy to say thank you and bye and others did not. Next morning I saw the principal and she said that all had reported they had all had a very good night's sleep. Two days later I was able to observe these teachers as they strolled up to the sports fields for the School's carnival. One teacher who always used to look frazzled (and the same one who had to contain herself from exclaiming her surprise aloud) had the biggest and most open smile on her face. Another, who is a great seeker, smiled openly to me and waved. And all the teachers who had been present at that staff meeting had this sense/space of openness above their heads. They looked free and relaxed. Their gait was lighter and more joyful.

So now to the next task of how to go about awakening the Kundalinis of ALL the children in the school! Jai Shri Mataji.

Greta More, Valla Beach

News from Queensland

New city venue for Sahaja Yoga in Brisbane

The Sahajis of Brisbane and Wamuran on Sunday decided to proceed with a new venue for Sahaja Yoga in the Brisbane CBD.

The venue, a new venture called *The Festival Centre*, is the entire 1st floor of an old 2-storey building newly renovated as a multipurpose place for meetings, functions, receptions, concerts, art displays etc. The centrepiece is the main hall with a seating capacity of 120 (theatre style).

We anticipate the venue will provide us with the much-needed central location, higher profile and growing room that Sahaja Yoga is worthy and in need of in Brisbane. It's a five minute walk from the Queen Street Mall (centre of Brisbane), and is on a major pedestrian thoroughfare to trains and buses. The owner is keen for us to use the venue and has made us a very generous offer (\$110 per evening), well below market value.

Programs are set to start on the evening of Tuesday 27 August, probably with two sessions, one from 5.30pm to 6.45pm (to catch the city workers on their way home) and a second from 7pm to 8.30pm for others. We've already got loads of ideas about the potential of the centre for Sahaja Yoga and Sahaja culture (music, dance... drama?).

In any event, the centre has a great capacity to become a powerful vibrational hub for Brisbane. Jai Shri Mataji !!!

Regards,

*Peter Cavanagh
and Robert Beckerton 07 3208 3134 or 0408 208 313*

News from Darwin

Appreciation for Hospitality at Guru Puja

Jai Shri Mataji. What a Divine Blessing to have been at our Mother's property for Guru Puja. I have never felt the vibrations flowing so strongly as I did this time at Wamuran. It really was the best.

My heartfelt thanks to all the Old yogis who worked so hard, not that we could feel the effort so obviously put in. Everything was presented so well, so smoothly and with such love. The Laxshmis always make us want to take them home with us. I would like to take you *all* home with me. Then I'd have a collective. Darwin is such a strange place for collectivity. They come and stay for a few months or weeks and as usual by the time I get home from a Sahaj trip away, they've gone off the boil.

We have a couple of seekers who are helping with poster-ing and suggestions to get the Message out. I then had the opportunity to mention the importance of collectivity and its powers.

Seems it was just what they needed, we are getting together over this week end for a Bhajan learning experience. (Trust me it will be an experience, with no singers or musicians available), but it will be quite good fun and they will feel the vibrations flow. Until we have a real collective up here I rely on all of you beautiful people to keep up the Good Work spreading your love, singing, music and dance for us remote yogis to soak up vibrations to recharge our batteries when we can make it to a National Puja. We really do appreciate all the hours of practice and devotion that must go into your performances, and the hours of preparation for the Puja and cooking arrangements.

I look forward to seeing you all again soon and — who knows—I might have a new yogi to introduce before too long. Shri Mataji will take care of everything in good time.

Thank you once again and love to everyone.

*Linda Pauling
Darwin*

INTERNATIONAL NEWS

News from Estonia

Programme in Tallinn Children's Home

Dear brother and sisters,

On Sunday (June 16) our Estonian sahaja youth made a programme in Tallinn Children's home. We prepared a little show for children. It happened in a very spontaneous way.

Three weeks ago five of us just had some tea and talked. Suddenly we felt we should do something new for spreading SY in Estonia. So we decided to make a programme in Tallinn Children's Home. We prepared a performance about Shri Ganesha, found different riddles and plays, took lots of presents and came to the Children's Home. To help us a bhajan group from Kohtla-Järve had come.

First of all we made Havan at that place to destroy all negativity that prevent children and their tutors to get realization. Then the program began. About 40 children aged 10-15 and their tutors had come. We started with *Ganesha Ganesha*. During the song a yogini dressed as Ganesha danced and made children laugh. Then she asked children to put their hands on the heart and say "I am kind and joyful person". Almost all of the children and their tutors felt cool or warm breeze. Then we showed our performance about Shri Ganesha, gave children lots of sweets, played and danced with them and at the end asked once more whether they feel anything or not. All of them felt. And they asked us to come again.

After the program we had a picnic in the park of Children's Home. Some boys were all the time with us. They asked to give them badges with Shri Mataji's picture. We left Tallinn full of enthusiasm and decided to make the same programs in other places.

When we were coming back from Tallinn to Pärnu we saw a very bright rainbow in the sky.

Jai Shri Mataji!!!

Larissa, Estonia

(from *The World Saviour* website)

News from Bali

Sahaja Yoga Tour in Java and Bali

The dates for the Sahaja Yoga tour of Java and Bali have now been finalised. Indonesian and Australian Sahaja Yogis will be holding public programs and follow-up programs in the Indonesian cities of Jakarta, Semarang, Yogyakarta and Denpasar (Bali) over 31 August—8 September. We will also be visiting some very interesting cultural sites and enjoying the company of our Indonesian sisters and brothers.

With Sri Mataji's blessings, the tour will be a tremendous success in spreading Sahaja Yoga in two islands with the population density of the Gangetic Plain (Delhi to Calcutta) in India. There are 130 million people in the area we will travel through. Please keep the tour in your attention and pray for its success. Although I have contacted by e-mail all those who have indicated interest (please excuse me for any lapses here), if you are interested and haven't been contacted please drop me a line: jdfisher@hotmail.com or 02-6232 4455.

John Fisher, Canberra

Apologies from the Editor

We have been experiencing further problems with our internet connection. If you have recently sent a contribution that has not been published, please send it again.

Hopefully the problem has now been fixed.

Peter Brownscombe, Sydney