

Sahaja Yoga

4th October, 2002



Australian Newsletter

Jai Shri Mataji!

Phone: 6 12 9716 6516
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Publication deadline for contributions
is midnight each Tuesday



*Then I saw Her face
Now I'm a believer
Not a trace
Of doubt in my mind
I'm in love
I'm a believer
I couldn't leave Her
If I tried.*

The Monkees
(chorus of *I'm A Believer*)

STATE NEWS

News from South Australia

Diwali Puja Registration

Hello once again. Diwali Puja is nearly here and preparations are in full swing...there's excitement all around in anticipation and desire to see a huge number of our brothers and sisters and to give us the opportunity to extend our hospitality. We are hoping that most of you will stay back for a holiday after the puja and the public program. The Public Program is on Monday, 4th November.

REGISTRATION FORM

Please return registration if possible
by Friday October 11th to:

MARIA SANDERY
PO BOX 71
NORTON SUMMIT
SOUTH AUSTRALIA 5136

or phone 8390 1566 or 0400 861 801 or mail to:
msandery@senet.com.au

Family Name
Family members attending:
(1)
(2)
(3)
(4)

Any special needs:

Weekend cost including Dakshina

Adults	\$108
Children (5-16)	\$20
Concession	\$75
Total Amount	\$

Please indicate method of payment:

- * cheque enclosed (Sahaja Yoga Adelaide)
- * mailed
- * will pay on arrival
- * we shall need accommodation in Adelaide for __ days the following week
- * transport required (please specify)

News from NSW

Next Week's Friday Night Programme Moves from Burwood to Liverpool

As part of the next week's festival of regional programs, you are cordially invited to join us at our Public Programme at

7.00pm Friday 11th October
Liverpool Senior Citizens' Hall
185 Bigge Street
Liverpool

Please note that there will not be any program at Burwood next Friday. This is to encourage the maximum collective support for the Liverpool programme.

See you there!

Peter Brownscombe
Ashfield, Sydney

INTERNATIONAL NEWS

News from Hong Kong

Hong Kong Public Program a Great Success

On Sunday September 8 the Hong Kong collective held a public program entitled *Music & Meditation, A Journey of the Spirit*.

Every year we hold a large-scale public program to attract new seekers. This time we were able to get more publicity via newspaper listings and radio announcements. We also advertised in two popular magazines and did a lot of leafletting. Unfortunately in Hong Kong they have recently banned putting up posters so we had to rely on other ways to promote the program. One of the most successful methods we found was to get every member in the collective to invite at least 5 friends. The result was that over two hundred and fifty people came for program most of who received their self realization.

The program venue was the same as last year, Hong Kong's Central Library, that has a very good auditorium for 290 people. Our bhajan group had been rehearsing for a few weeks in preparation. It is a very multi cultural group with Chinese, Indian, Philippino, Russian, English, Australian and New Zealander members. Such a multi cultural group singing in Hindi, Marathi, and Sanskrit. The program opened with *Jay Ganesha* followed by *Namostute* and the vibrations started to flow. The audience was mostly Chinese who are normally reserved, but once the music started they began to clap and relax. You could see the vibrations soothing them and their faces becoming clearer and relaxed. For *Ganesha Ganesha* we started with the digeridoo - a traditional aboriginal instrument from Australia. The deep resonating tone of this instrument puts you in meditation. It was amazing to see the audiences' response as most of them had never heard this instrument before. To conclude, the musical presentation we sang *Jog.Wa* and the vibrations reached a crescendo. This made the process of self-realization much easier and by the end of the program everyone was completely silent and in a deep meditation. We also tried a new idea at this program and included a number of yogis giving testimonials about how Sahaja Yoga had helped them. This presented a more personal touch. We concluded the program with more bhajans and the most didn't want to go as they were enjoying so much. The music really opened their hearts, even though most could not understand what we were singing. Many in the audience commented that they could feel the vibrations much stronger when the bhajans were being performed. The people attending seemed to be of a higher caliber than previous years.

Over the past couple of months we have been getting more and more people coming and they all seem to take to Sahaja yoga much faster than ever before. There is definitely a shift in consciousness

Alex Henshaw, Hong Kong

Sahaja yoga takes off in schools around the world...

News from India

Dear brothers and sisters

Jai Shri Mataji. I am Anuradha Palta from Daltonganj collectivity Jharkhand state India. It is a newly formed state from Bihar. Since couple of months I have been visiting a mission girls high school and with the grace of Shri Mataji I could visit classes 4th to 10th. Each class has 2 sections. More than half school got realization with the blessings of Shri Mataji.

The principal has agreed to have weekly Sahaja realisation by their PT teacher who took realisation in the school and is practising Sahaja at home and will be also visiting local Sahaja center. Here are some attachments as to when school programme started, also of affirmations which we use for giving realisation to children and some details of Jharkhand. I am extremely grateful to Shri Mataji for making me an instrument of spreading Sahaja in schools as yesterday I went to a new school *Sacred Heart School* and gave realisation to class 10th students. Shri Mataji made me speak on Sahaja so beautifully that the principal has agreed to have more sessions of meditation.

Thank you Shri Mataji for beautiful feelings and vibrations. I have no words to express the happiness and my state with love to all brothers and sisters of the world. Jai Shri Mataji.

*Anuradha Palta
Daaltonganj, Jharkhand, India*

This is another example of great work by our yogini sister from Daltonganj, who has all courage to go ahead and manage the entire school alone and still continuing with other school. The school authorities are thrilled, happy and also have encouraged such activities in future. In a personal communication I learnt from her that the school authorities have issued certificate to our sister Anuradha for her such efforts..... although we are already certified by Shri Mataji and we do not need certificate from rest of the world. Only that we need to spread love and the truth by which we are bound. Great work sister! Hope we get more of such beautiful news from Bihar.

Thank you Shri Mataji for the wonderful activity from Jharkhand. I think with Shri GaneshaPuja 2002 talk in our heart we are now certain how we should put our collective attention to the Sahaja Shiksha (education) to the children to grow with enlightened knowledge then only we shall attain our Shri Ganesha tattwa across the world! What do we say! Jai Shri Mataji!

*Rabi Ghosh
Dehra Dun, Uttaranchal, India*

News from Australia

Sahaja Yoga at our local Primary School

In the middle of Term 2 all the teachers and students at Nambucca Heads Primary School received their self-realisation (about 300 people). As a follow-up, each full class and teacher had 2-3 opportunities in the term to try Sahaja Yoga meditation again. These sessions were warmly received by the children and adults, with many Sahaja moments of joy and change. The sessions were quite short, 20 minutes or so at the end of the *Learning Made Easier* kinesiology programmes which run weekly at the school. Parents-only and Parent-and-Child sessions run on a separate day, with sessions advertised weekly in the school newsletter. Parents often come first for themselves and then bring their children out of class time to do clearing and meditation together. So far, about 20 parents have received their realisation at these programmes.

At the beginning of Term 3 I received a card from the principal, thanking me for "bringing a new dimension to the staff, children and parents at our school". Gillian, who runs the kinesiology programmes, noticed that "the colours and atmosphere at the school seems much brighter and clearer". Shri Mataji is recognised everywhere in the school as the "Lady with the Kundalini".

In term 3, the parent-only and parent-and child sessions continued. Gillian and I were asked to target the needy students of each class, i.e. those with social adjustment problems and learning difficulties. Each group had 9-15 children at a time, ages ranging from 5 years to 12 years. We have run 45 minute sessions weekly, with Sahaja Yoga component about 20 mins. Of these targeted children, very few of their parents attended the sessions or showed interest in our parent sessions. We had written permission from parents to work with the children.

Some yogis have asked me how I have presented Sahaja Yoga in this setting. Strong support from the Principal was given right from the beginning and continues. A staff meditation session and presentation to the P & C parent group were essential, giving the support to implementing the programmes for children and parents. Lots of shoe-beating and bhandans went on for about a year before the whole process flowered.

The presentations have been very simple, and keeping within the ideals of education of the whole child, practical ways to develop each child's qualities, and promoting an understanding and interest in the subtle energy system and its relationship to the central nervous system, and learning. Terminology is important in this setting, with the kundalini energy being presented as a facilitating, integrating force for helping us fill the gaps in the complete education of children.

"How can we make things better", "access to our best nature", "integrating the mind with the heart", "learning on the nervous system", "expanding the personality", "changing conditioned reactions and behaviours" etc, etc. My surrender and faith in Mother organising the presentations was vital, She made me say it!!

Shri Mataji's photo is present at all the programmes. I explain that I have brought the photo so people don't think that it is me being the source of this knowledge and understanding of the kundalini. For the children, I explain that the kundalini is their own mother inside. "Mum and Dad, and Grandma and Granddad love you and take care of you on the outside. They keep you clean and safe. You have the kundalini to clean you and take care of you on the inside". I have found that it is important that I have Shri Mataji in my heart very strongly when talking about the photograph. I explain that Shri Mataji's dream is that as many people as possible gain their kundalini awakening so that the world can be transformed from the grassroots level. Her kundalini is "the biggest in the world" and can nourish others and inspire us. I am merely Shri Mataji's "helper". Then I show the miracle photo on the large meditation cards, and explain that this is a photograph of Shri Mataji's kundalini energy captured on film. And then pointing out the lines of energy emanating from Shri Mother, brings a deep silence. We then move on to the self-realisation exercise. At follow-up programmes, I tell the children and parents, to look at the chakra chart if they are finding it hard to stay still or thinking too much. The children always look at Shri Mataji spontaneously and ask questions about Her bindi, sari, age, where She lives, etc, etc. A natural curiosity. On one day for the children, I showed the Community Television video showing Shri Mataji's talk. The children spontaneously did namaskar following Mother's namaskar. Having Mother in my heart and attention helps me to explain about Her photograph at other sessions with parents, where we learn to absorb vibrations.

Negativity from Christian groups

This is where I really learn about having Mother in my heart! The only parents who objected to their children doing meditation were 3 Jehovah Witness families at the school. Their objection was in writing to the principal, and for personal reasons- "We hope that other children will benefit from the meditation. Even if ONE child with ADHD stops being medicated, it is worthwhile". One of the school teacher aides came to 2 sessions in a row, and had been very supportive of meditation, as she has been cured of epilepsy after being taught to meditate by an Indian doctor in Sydney years ago as a young lady. When I offered her a meditation card, with Mother's photo on it, she refused as she said she had a strong Christian belief and couldn't use it, nor could she recommend Sahaja approach to her own children. Mother came into my heart again, and we found ourselves talking about the Holy Spirit. I listened to the lady's feelings, then spontaneously came out of my

mouth, "Yes, this is the same thing, the kundalini is the Holy Spirit within us". She was pleasantly astonished at this, then I went on to simply explain that the kundalini and Shri Mataji have made the Holy Spirit "accessible" to millions of people who would otherwise never find out about it, or feel that Love. This lady's agnya seemed to clear straight away, and we left the room the best of friends. Since then, she has spent time with me talking about her life experiences, given me hugs, and most importantly of all, helped me with carrying footsoak buckets!! On one occasion she encouraged me with the statement "These children will always remember what they have been shown".

The kundalini is a powerful energy, enhancing nervous system integration and emotional stability so that the children can learn. Gillian the kinesiologist, has noted that since the children have had their self-realisation, they are absorbing the benefits of her sensori-motor brain gym activities more powerfully. Both parents and children have stated to me their delight at Sahaja Yoga meditation helping with problems such as tension and anxiety headaches, nervousness, shyness, anger and frustration, poor attention etc. Others simply state, "I really like it." The main chakra catches have been in the heart chakra and back agnya, and vishuddhi, along with general left-side problems.

In the large class groups we have been saying the simplified affirmations out loud together collectively. This has been most successful as it disciplines the children and they are learning to listen and gradually recognise positive human qualities. We have to remember that many children seldom hear or learn to make positive statements about themselves, and to give them this opportunity to experience emotional maturity above the level of agnya is enough to put any yogi in complete thoughtless awareness and state of joy. Working with the children has helped me to expand my awareness of the depth of Mother's recognition of our human qualities. "Please, kundalini, help me to know myself", "...to be happy", "...to have a kind heart", "...to have a strong heart", "...to be fearless", "...to have a brave heart", "...to have a warm heart", "...to have a generous heart", "...to have a heart that protects", "...to have a heart that gives to others".

There's one in every crowd

– Well, in a class of targeted students, there is more than one! The helpers and myself quickly learnt who needed individual vibrational attention, and we stand behind these children and give vibrations during the sessions. Massage and head-holding seemed to help a lot with the very talkative, jittery ones. After some affirmations and asking again each week for their self-realisation and establishment of their self-realisation, a short but beautiful silent meditation usually follows. I say to the children to "Close your eyes, open your hands, stay very very still, and listen to the sounds around us in the present moment. You don't have to move or do anything, just enjoy being yourself." After

the silence, I would give them some encouraging feedback on their coolness and co-operation, and they would check the kundalini above their heads, working on bringing the strands of energy from the base of the trunk to the fontanelle. They would then tie the kundalini and do the rainbow bhandans. Smoother faces, steadier eyes, joyful faces, resulted.

Footsoaking was incredibly popular, and we had a great system going for getting the buckets ready. Who needs gym classes to keep fit? Ice-packs on the liver, back agnya and front agnya, were really enjoyed by the hot-tempered children. I showed them how to give the ice-packs bhandans before and after use. We also showed the children how to raise the kundalini on themselves and on other people. One little girl piped up "It's like pouring water over your head!". This gave us a wonderful metaphor to use to describe the cooling soothing effect of the kundalini.

The naughtiest boys have often proved to be the ones that enjoy meditation the most. Even if they do not initially find it easy, they soon learn to enjoy the altered state of consciousness. I think they recognise this state as the goal of their seeking. Amongst the girls the left side improves very quickly. One hot-and-tough group of boys last session of the day proved a challenge that Mother sorted out quick smart. Gillian brought them up to the session, and they were in a wild mood, all running here and there, unable to sit still or even lie down still. They were in a fighting mood. Gillian was so outraged, she stated that she was to get the principal, and left me alone with ten fighting 9 year olds. A rare and treasured moment of doubtless awareness dropped onto my attention, and I got them to stand up on their mats and tie up their kundalinis and do bhandans. A few of them said "It's working! I feel cooler now!" I quickly placed 10 icepacks on 10 mats and told the 10 heads to lie on the icepacks. Mother started working again, and I found myself stating very firmly "Listen to this music. It is called *The Heavenly River*. It is this water that makes the rivers flow, that makes the grass grow, that makes the trees grow. And it is the same water that flows in you as the Kundalini". The Heavenly River music started with it's bubbling flow, and these 10 heads soothed down, and were completely still. The Principal and Gillian turned up, and were dumbfounded to see 10 still bodies on 10 mats. My attention on those 10 heads was immediate, and I felt completely humbled at the enormity of this moment. The Principal stayed til the end of the meditation, and instead of admonishment, gave the children what they deserved, acknowledgement of that achievement of silence and peace. Gillian gives this group over to meditation very quickly each week!!

Other tools of change:

- The Prayer for Improvement (slightly modified) was very good with 9-12 year olds. Again said out loud together.
- Video of Shri Mataji's life and short excerpt of talk was very uplifting for the children to view.
- With the very little children, clapping and singing Ganesha bhajans has been very effective to settle their attention, and clearing.
- Helpers for the programmes were all known and trusted by the children, being 2 teachers and a trained teacher's aide. All got their realisation, and have firm belief in the power of vibrations, footsoaking, affirmations, ice-packs and practise at home themselves.
- Respect for oneself and others was demonstrated by our actions towards each other e.g. bhandans, raising others' kundalini, open palms, not touching other people's footsoak water or ice-packs, namaste to the teachers and adult helpers.
- The large meditation cards have been great to give the children to take home. A Certificate was given to each child at the end of the term, where they were asked to state "Meditation has helped me to..."

The Outcomes

More balanced children, easier to handle, a peaceful and happier workplace for teachers, a more dignified and respectful school culture has developed.

Parent participation in fund-raising and other activities has improved. Our school recently won a national literacy award. We now have an extra teacher and slightly smaller classes. A special needs class has been established. Individual parents have commented on how their child enjoys meditation at home, with benefits such as reduced headaches, less anxiety, more balanced personality and behaviour. Gillian has stated her commitment to helping raise the kundalini awareness of as many children as we can. We look forward to working together on this approach at other schools. We are putting together a questionnaire on the teacher observations of effects of the programme.

Doing this work for Mother has been extremely joy-giving and humbling. Her Love has proven boundless.

Comments from the children about how meditation has helped them:

"I feel happier."

"I feel calmer."

"It's easier to be still and quiet."

"I don't run around all over the place any more."

"I am sleeping better."

"I do what I am told by my mum and dad more often."

"I'm listening better to other people."

"I'm not so angry."

"I'm footsoaking better."

"I gave my mum a footsoak at home, and lit a candle and put the meditation card up for her. She doesn't shout at me any more."

"My reading and writing is better."

"I like meditation. I like doing it at home."

"I can fix up my pain and sore places."

"I have more energy."

"Meditation has helped me to face my fears."

One little 6-year-old boy said very directly but sweetly

"I don't think it has made any difference to me at all."

Maybe he's been in the centre all the time!

"Can we come to your place for meditation?"

Helena Campbell

Valla, NSW, Australia