

Sahaja Yoga

11th October, 2002



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday



*When the moon rises in the Heart of Heaven
And a light breeze touches
the mirror-like surface of the lake
That is indeed a moment of pure joy.
But few are they who are aware of it.*

Taoist Sage

STATE NEWS

News from Queensland

Sahaja Yoga Videos in Public Libraries

By the Grace of Shri Mataji a new avenue for spreading Sahaja Yoga has revealed itself in recent weeks. It began last year when a yogini spoke about an idea that the Community TV Video was a great way to give self realisation to people who could not, or may not, attend a program. More recently another yogi was reminiscing about the joyful enthusiasm and eagerness he felt about sharing Sahaja Yoga when he first received his self realisation. This led him to the notion that Sahaja Yoga would spread more quickly if we asked new people to tell others about it and perhaps even provided suitable hand-out material to help them do this (taking advantage of the exponential effect).

These seeds have now sprouted into the inclusion of Sahaja Yoga videos and CDs into some council library collections. The Ipswich City Council has four library branches and has purchased five 'Community TV' videos and five CDs. The Logan City Council has purchased three 'Community TV' videos and three sets of *Experiment With Truth*. They also requested a list of suitable CDs to order from.

The whole process was incredibly easy. Both councils have agreed to purchase the videos without even viewing them. The Logan City Council has asked us to do a tour of their four or five branches, conducting a class at each and providing a display for each library to launch the videos into the collection. The Brisbane City Council, with thirty-three branches, is proving to be a slightly harder nut to crack but we'll keep gently prodding them.

The covers were designed to attract attention and give enough information to enable the seeker to meditate at home. We tried to avoid putting any information on the covers that would cause them to date, so the only contact number used was the 1300 number. The libraries were also given a suggested keyword list.

There are a number of great advantages to having Sahaja Yoga materials in the libraries:

1. Wonderfully, Shri Mataji's picture will be on show and self realisation is made available to all library patrons. Our new people can also borrow from the library to share self realisation with family and friends in a very informative manner that reflects well on Sahaja Yoga.
2. Free advertising. Whenever someone looks up meditation (or chakras or Kundalini etc) on the catalogue, Sahaja Yoga will be there.

3. We can provide resources to library members interested in Sahaja Yoga, taking advantage of the libraries' administration systems.

4. Data will be collected by the library about the demand for Sahaja Yoga materials, thereby demonstrating how popular this method is; perhaps supporting the inclusion of more materials in the libraries later on.

5. It could be a way to increase access in remote areas to self realisation and Sahaja Yoga materials.

To the Yogis involved in the production of these materials, congratulations on your wonderful work. And thank you to the Melbourne Yogis for their hard work and speedy copying. We sensed that the libraries were impressed by our efficiency and promptness. Hopefully more work will be coming your way and more homes will be graced by Our Holy Mother's presence.

Much love from your Brisbane brothers and sisters.

Robert Beckerton

News from NSW

Call for Assistance with Sydney City Programs

Dear all, the 110 Bathurst Street City programs at midday every Tuesday & Thursday and every Wednesday evening have been running well for a few months now, allowing many seekers to be 're-born'.

However, the idea came that we should prepare a roster with dates and names of those responsible for leading each program. It would be good to have a variety of people to run the programs.

Please let us know if you want to be part of it, ASAP.

You can write to this email address:

jm_huet@yahoo.com.au or call me on 0402 223 102.

The programs are on:

Tuesday 12:30 to 1:00pm
Wednesday 6:30 to 8:00pm
Thursday 12:30 to 1:00pm

Also please note that we need someone to look after the Wednesday program from 25th October to 20th November as I will be away, and after that I will be available only once every two weeks.

Jai Sri Mataji.

Jean-Michel Huet

Navaratri 2002

Australia's National Puja Celebrations

The collectives of NSW and the ACT wish to extend a final invitation to all the Sahaja Yogis of Australia to join us in the celebration of the Navaratri Puja at the National Country Property at Balmoral Village, commencing during the evening of Friday October 24 and continuing to Sunday October 26.

During this collective occasion we will come together in worship of our Divine Mother as the Supreme Devi and Goddess and to spend time with the wider collective in worship. This is the very foundation of our divine life, and will inevitably lead to a re-invigoration and strengthening of our collective desire and will. The Puja and National seminar will also provide us with an occasion for introspection, deep meditation and a motivation for earnest reflection about spiritual selves.

The Puja Dakshina cost for NSW and ACT Yogis will be \$108 for local Yogis. It will be the same for those only attending the Puja on Sunday October 27, or for the entire seminar weekend.

The monies collected for the Puja covers those costs associated with hosting the six Public Programs and the events held in the weeks leading up to the Puja weekend. The Puja Seminar cost should then be viewed as supporting our major annual promotional programs. By hosting programs in many different locations through our region we seek to provide an opportunity for Yogis to promote programs within their areas and develop their local collectives.

This will be the first opportunity to enjoy the new renovations to the Puja Hall. As the finely-polished floors will remain exposed, can we request each Yogi to bring their own mat or cushion to sit upon the wooden floor.

Accommodation

Interstate guests will be accommodated within the new rooms added to Shri Mataji's cottage.

Camping over the seminar weekend is encouraged for all those who possess the necessary equipment.

There are 48 beds available at the Aboriginal Land Council property over this weekend on a first-come first-served basis. This accommodation is a short drive from the property. It is located only a few kilometres along the road from Balmoral. Costs are \$21 per head per night:

- *Tharawal Local Aboriginal Land Council*
220 West Pde Couridjah NSW 2571 ph (02) 46810059
They can be contacted between 8:30am and 4:00pm.
Further accommodation is available at the following motels in the area which are a short drive from the property:

- *Picton Village Motel*
Hume Hwy Picton NSW 2571 ph (02) 4677 2121
- *Botanical Gardens Bed & Breakfast*
16 Brially Pl Picton NSW 2571 ph (02) 4677 2967
- *Tahmoor Inn Hotel Motel*
Hume Hwy, Tahmoor NSW 2573 ph (02) 4681 8505

Itinerary

Friday 4th National Navaratri Seminar
Saturday 5th National Navaratri Seminar
Sunday 6th Navaratri Puja

Cost

| | |
|----------------------------------|-------|
| <i>Adult NSW / ACT</i> | \$108 |
| <i>Interstate Adults</i> | \$ 51 |
| <i>Students & pensioners</i> | \$ 51 |
| <i>Children</i> | \$ 25 |

Registration

This year we will be instigating a system for individual registration for those attending the Puja and seminar weekend. This will involve registration and the issuing of badges. This will help smooth the progress of better planning, administration, and coordination

Could each State please collect the monies and make a list of names of those attending the National Seminar weekend.

Chris Kyriacou

Sahaja Yoga at Ashfield *Carnival of Cultures* this Sunday

Sahaja Yoga will be presenting a stall this Sunday 13th October at the annual Ashfield *Carnival of Cultures* held at

10.00am to 4.00pm
Ashfield Park
Orpington Street Ashfield

Yuva-Shakti and All welcome!

Jacob Nadas
for the Sydney Yuva-Shakti

Celebration of the Nine Days of Navaratri

This year's celebration of the nine days of Navaratri within NSW will commence on Friday October 18 and end with Dassera on Sunday October 27, the day nominated for the celebration of the National Navaratri Puja at Balmoral.

The observance of collective morning or evening meditations and/or Havans will be locally-based in three Sydney areas located around the Western Suburbs, Eastern Suburbs and North Shore. This should proceed from Friday October 18 until Thursday October 24.

The nine day celebration will culminate in the National NSW weekend Seminar at Balmoral. Collective salutations on Friday October 25 will be offered at Balmoral, with the commencement of the National Navaratri Puja Seminar.

Can the Puja Group coordinators and Yogis local to those areas arrange and agree upon locations, venues and times to maximise their collective involvement and attendance over the nominated period. The celebrations should be held in different Ashrams, collective houses, and Yogis' homes to help spread and lift the vibrations around Sydney. Once agreed, the nominated arrangements should be communicated to all Yogis within each area.

Chris Kyriacou

Havan this Sunday at Lindfield

In preparation for the Public Programs to announce Sri Mataji's Advent, a havan will be held at 39 Bent Street, Lindfield this Sunday commencing at 5:00pm sharp.

All Sahaja Yogis welcome.

If you need to call us the no is 9416 2205.

Jean-Michel and Leanne Huet

Sydney's Navaratri Public Programs Commence on a Joyful Note

October 7, Sahaja Yoga arrived in Campbelltown with a program that was out of this world. Around 50 new people attended, which was a great achievement for the area. The truly collective manner with which the event was supported and promoted by the Yogis who had adopted the program was inspirational. There are great things in store for the coming programs.

The success of the program demonstrated that as the vibrations flow through us and through the collective we can assume our roles as Yogis, without any mental process or comparison: Sahaja Yoga in action, without any resistance.

During the last few weeks many around NSW have been involved with the promotion of a range of Public Programs. Through this work they have surrendered their thoughts and actions to the powers of God. Through vibrations we have been working to carry Shri Mataji's message out into the world.

There is a fine distinction between awareness and attention. The great instrument of all Sahaja Yogis is their attention, which has access to unlimited powers, which if we allow, can become the vehicle to accomplish all that is needed. Then we may move away from our normal level of human experience and move towards the unfolding vision of spiritual liberation through the use of divine vibrations.

During the evening's program there was felt that certain spiritual joy which may, at times, take us by surprise. It is that very special feeling when we know we have come together to do selfless work for Sahaja Yoga and achieve a fantastic outcome.

Realisation means we have the capacity to utilise our liberation in a meaningful manner, but it still depends on the way that we use our human instrument, the choices we make, the work undertaken and the path we choose to walk upon. With this in mind I wish to further request support for this weekend's Public program and Puja in Canberra. We have booked a 25-seater bus, of which less than half the seats have been filled. Let us reciprocate the support the ACT collective have demonstrated towards the NSW collective this year with a similar demonstration of support.

Please reconsider this weekend's schedule. To book your seat please call Tony Carbone on 0411 733 908 or on 9706 4911.

Chris Kyriacou

One of the Best Long Weekends Ever!

On the 3rd October we approached Hornsby Council for their suggestions on where we could distribute leaflets and give a short meditation experience to those who were interested. We told them we were Life Eternal Trust, a non profit making organisation who were also a registered charity helping the community through a meditation technique known as Sahaja Yoga Meditation, and we have been doing this for the past 32 years.

The council said "You need a place of high volume traffic. We suggest beside the water feature in the mall." This water feature is a 20 foot high sculpture which is in fact a giant clock. "Please contact the Westfield for the permit".

Two days later we set up a tent for protection from the sun, altar, chairs, sandwich board displaying the signage used in England as designed by Shri Mataji, and a couple of yogis.

We stayed Saturday from 10am to 5pm and Sunday from 11am to 5.30pm. We were asked only once for our permit, and then they did not actually want to see it. Another community group refusing to pay the \$11 permit per day were troubled by security then police and were taken to court by council.

For two whole days, at a cost less than the equivalent of one hour in some halls in the busiest place in town, we handed out thousands of leaflets, spoke to hundreds of people and invited as many as possible to stop for a short meditation experience. We gave realisation to many people - more on Sunday as we realised that if people see us exchanging vibrations they think they are missing out on something, stop to look and ask for a go.

Two lads walked by shouting out to the young fellow having his Kundalini raised "Oh no! It's not working." over and over. He was too blissed out to even open his eyes! Cheeky grins were exchanged.

After only two days we started recognising the locals and exchanging greetings. One Yogi referred to it as a Back to Basics. We remembered how Shri Mataji started teaching Sahaja Yoga to the villages in India by walking from place to place and felt that this direct connection with the community is so important.

We handed out leaflets, gave realisation, and had way too much fun!

Love from the yogis on the long weekend Hornsby stall.

Jai Shri Mataji

GENERAL INTEREST

Call to Reinstate the Weekly Birthday List

I have had a number of calls to re-instate the list of birthdays of Australian Sahaja Yogis which we used to include each week in this newsletter. This was a light-hearted feature whose purpose was to draw attention to yogis in our midst who were about to celebrate the auspicious occasion of their birthday.

This weekly feature was discontinued for two reasons:

- The source of information for this list was an old Sahaja Yoga national phone list. Birthdays are no longer included in the phone list. This meant that as time progressed, there were an increasing number of new sahaja yogis who were not included in the list.
- The sahaja yogis whose birthdays bring the most joy – namely our children – were also not included in the weekly list.

In response to these requests, I would like create a new weekly birthday feature which would now include the children and the age they are about to turn. To do this we will need someone to keep an up-to-date national birthday list of yogis who wish to participate.

Any yogi, anywhere in Australia, who would like to take on the task of creating and maintaining such a list, please give me a call on (02) 9716 6516 or email sahajnews@yahoo.com.

Love to all our readers and thank you for your continued support. Jai Shri Mataji!

Peter Brownscombe
Editor