

Sahaja Yoga

8th November, 2002



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

**Nainam Chidanti Shastrani
Nainam Dahati Pavakah
Na Chainam Kledayanty Apo
Na Shoshayati Marutah**

**Acchedyo 'Yam Adahyo 'Yam
Akledyo 'Shoshya Eva Cha
Nitya Sarva-gatah Sthanur
Achalo 'Yam Sanatanah**

***Weapons cannot cut this Atman
Nor can it be burned by fire
It cannot be wet by water
Nor dried by any wind.***

***For this Atman is Eternal and All-pervading
Universal, immovable and unchanging.***

Shri Krishna to Arjuna
(Bhagavad Gita Chapter 2, verses 23 & 24)

These verses are often quoted by Shri Mataji in her lectures.
Her uniquely musical rendition gives an intense, silent, joyful
understanding of these profound Sanskrit words.



STATE NEWS

News from NSW

Invitation to Yogis to participate in the *Youth Camp Seminar 2003* at Balmoral, NSW Australia next January

The first National combined Sahaja Yoga Youth camp is being arranged for the second week of January to be held at our National Country property at Balmoral.

The camp is aimed to bring young people of ages, and from all quarters of our country together for a week where we envision that everyone will spend much time enjoying themselves in a range of cultural, physical, artistic and sporting pursuits as well as enjoy and explore the qualities, attitudes, behaviors that young teenagers and children can develop to fulfill Shri Mataji's own vision.

One of the aims of the camp is to provide an position and supportive environment in which to bring the children of Sahaja Yogis together from all over our country and to enable them to develop and strengthen their experience of Sahaja Yoga and support the bonds of friendship between themselves, and their elder Sahaja peers, be they Uncles, Aunties, or older Yuva Shakti brothers and sisters.

The camp is aimed at setting aside time where the care, protection and needs of all young Sahaja Yogis is our primary concern and to demonstrate that our love and support for all our young Sahaja Yogis. Sahaja Yoga dharma, and boundaries of behavior will be focal point for all activities.

Nowadays as our children are growing and becoming mature and capable of self-determination, or making their own decisions we should demonstrate in the real sense what the self is – and how to become it.

The camp aims to have fun, enjoy ourselves but to also trigger seeking in young people to know the truth beyond the knowledge they can gain at school, which is limited. What is new is that self-knowledge and the truth is not a matter of knowing or following one's parents but it is about becoming the self. Far beyond behavioural changes, good times, factual knowledge we aim to assist Young Sahaja Yogis in becoming and identifying with Shri Mataji and their spirit, and to use all their powers in life

The camp will be arranged around two age groups:

- **Yuva Shakti Camp for those aged between 12 and 18,**
and a
- **Youth Camp for those from 6 to 12.**

For NSW-based children between 6 to 12 it is recommended that at least one parent, or nominated carer attend the camp with their child(ren) in order to help look after them.

There are two proposed dates for the camp:

- **Sunday January 5th to Sunday January 12th** or
- **Sunday January 12th to Sunday January 19th**

The date most convenient to the maximum number of people responding to this notice will be selected. There will be a cost associated to cover costs, this will be communicated once we have a better idea of numbers, activities etc.

To gain an idea of numbers, and to vote for a date, can everyone interested in attending please send an email to candskyriacou@hotmail.com.

When responding to this invitation to the above Email address please provide the following information:

1. Preferred Date from the nominated dates above.
2. Name and age of Yuva Shakti attendee.
3. Name and age of child to attend the Youth Camp and nominated parent or carer.
4. Suggestions for the curriculum, things young people want to learn about.
5. How we should go about teaching Sahaja Yoga.
6. Desired activities, eg arts, theatre, crafts, sporting, practical life skills.
7. Volunteers from anyone wishing to help us run, organize and administer the camp. This will be a big job and only possible with widespread support from primarily parents and anyone interested in getting involved.
8. As a volunteer if you can run an activity or offer something of interest and value to the Yuva Shakti.

Chris Kyriacou

Impressions of Australian National Navaratri Seminar 2002 at Balmoral

The Sahaja Yogis of NSW and the ACT as hosts for the Puja weekend and the associated events keenly looked forward to welcoming Yogis from around the country for the National Seminar at Balmoral. We wish to thank the nearly 40 Yogis who travelled from as far away as Darwin, Perth, Bundaberg, Brisbane and Melbourne, and acknowledge those from Cairns who had travelled on the previously-advertised Puja dates.

An invitation had been extended to all Sahaja Yogis of Australia the call had been made, and what a joy it was to witness the manner with which it was answered from our Interstate brothers and sisters who demonstrated to the NSW collective the meaning of commitment, dedication, and substantive enthusiasm.

During the ensuing Seminar there were programs organised for the weekend; Havan and concert night. There were also discussions concerning methods for clearing the subtle system; miracle stories and our experiences with Shri Mataji; how to deepen our understanding and experience of Sahaja Yoga; yogis addressed us all and everyone spoke from their heart with the hope of supporting the uplifting atmosphere.

The Navaratri seminar enabled each one of us, together with Sahaja Yogis from all around the country, to explore our individual commitment to Sahaja. These are significant events, which if supported, may rejuvenate, strengthened and invigorated attending Yogis.

The theme of the seminar was 'Spiritual Depth' and during the seminar Yogis were asked to express the greatest and most memorable moments in their spiritual life, and to talk about some of the pitfalls along the way. The only guideline being the same pitfall could not be mentioned more than once.

It was quite an inspiring session which was run on two occasions over the two days to provide an opportunity to everyone who wished to speak. Many reaffirmed their commitment to stand up and to take on the responsibilities of the work of Sahaja Yoga, and to pledge to shed off those things which prevent us from assuming our role as instruments of the Divine, created to express Shri Mataji's will.

Many thanked Shri Mataji from their heart for their realisation and for allowing us to live our dreams; for saving each one of us, for the world is full of people who have lost all hope, and for whom joy is but a memory ; our life is full of enlightened promise through the dawning of the new age ; when our utmost spiritual aspirations can be met, but we must reach out and live the enlightened life offered us.

During the seminar it was acknowledged that it is Shri Mataji who allowed us to gather far from the turbulent space and who permitted us to worship Her. Shri Mataji has taught us the new way by setting us upon the pathway seldom used; the path of justice, glory and spiritual brother and sisterhood. By Divine grace we have been allowed to gaze into the face of our Creator ; to listen to Her words; and with an open heart to enjoy our freedom.

This is all possible by the grace of Shri Mataji, however in some small way reflected by the level of commitment, and the aspirations manifested by those Yogis in attendance, it was the kind of experience upon which our motivation for our spiritual Sahaja life is encouraged.

There may have been all sorts of reasons that come before us that could have served to have prevented our attendance at the Puja. There were many good reasons why it would have been difficult to make the journey to Balmoral, but do these compare to the blessings and the experience of being there, as local Yogis there was no other place we should be.

Many appreciated that it is how deeply each one of us believes in, and feels the commitment towards Sahaja Yoga, and our spiritual life, which gives true meaning to our life.

We were provided with an unique occasion for introspection and to experienced a level of joy, unity and harmony that is rarely reached in our normal lives.

During Navaratri Puja we remember our Great Guru, and for all eternity Her children shall remember the love that beams from Her Being: Shri Mataji we live in a world where life is full of Your love; in deep prayer and with humility, Shri Mataji we thank You. Jai Shri Mataji.

Chris Kyriacou

First Anniversary Celebrations for Mother's Love Childcare Centre

Please keep in mind that all the collective are invited to attend the celebrations for the First Anniversary of the opening of our Childcare Centre to be held on Saturday, November 9th at 11am.

This will be a day of enjoyment dedicated to this great event, and we wish to invite and courage everyone to enjoy a great day and to take part in the festivities and celebrations.

It will be a day of fun and we wish to encourage to come along to take part in the festivities and celebrations.

Activities arranged:

- Sausage Sizzle
- Children's hobby farm
- Helium balloons
- Magician
- Face painting

Thanks to those who helped promote the event, around 10,000 handbills were distributed in the Burwood area last Saturday and during the week.

Chris Kyriacou

Sahaja Writers' Seminar this Sunday

Over the last few months we've collected a number of pieces - poems, articles, stories - which will be published soon, to share with the sahaja family. The next meeting, to edit the draft, will be held at

**Ashfield Ashram,
85 Bland Street
on Sunday, 10th November
at 2 pm.**

Anyone interested, who has not been before, is welcome. Bring some of your writing to read.

Lyndon De Valle 9326 3853
Brian Bell 9747 0310

Spontaneous Caterers at Aroma Therapies Conference in Sydney on 16th and 17th November

Sahaja Yoga has been awarded the catering contracts to provide food for the Aroma Therapies Conference. The first conference will cater for around 300, the second for up to 250. And so *Spontaneous Caterers* returns to Sydney after a successful venture in Melbourne.

We will need to provide a light lunch and afternoon tea sufficient for those attending.

Once we meet our cost and based upon the efficiency of our collective effort this represents a unique opportunity to generate a significant amount of direct income which will be used for the Burwood and the Balmoral Development project.

Rather than continually having to rely upon collective donations to fund Sahaja Yoga this represents a great opportunity to earn direct income.

This will represent a significant amount of work and we ask that all the ladies based at home put aside a few days around this time to help with the purchase of groceries, meat, fruit and vegetables, food preparation, packaging, and presentation, and food serving on the day.

Volunteering ladies offering their services should contact Katherine Tolfree 02 4937 5154 who will be coordinating the catering effort.

Lets us do our utmost to make the most of this opportunity.

Chris Kyriacou

INTERNATIONAL NEWS

News from India

Recollections from Diwali Puja at Kolkata

Jai Shri Mataji. It is simply an inexplicable pleasure to sit down and write after a very powerful and unique Diwali Puja here at Kolkata. But, first of all wishing the Sahaja family of the world collectively a very Happy Diwali.

Puja here in Kolkata was very powerful. I could feel in my heart the enormous power of compassion of the Devi and how She was working on the collective Mahalakshmi Tatwa. It was the Guru Tatwa in all its splendour. So much patience, so much compassion, so much joy, so much sweetness, so much gravity, that I felt as if I was actually a part of the collectivity of Sahastraras of all the worlds who had come together in unison to offer puja at the Lotus Feet of the Devi.

It is indeed unique that how Mother works out our minimum to minimum desires that carry the light of Love and Collectivity. Indeed, the Divinity lies only in desires and actions where the end leads to a collective sharing and collective joy. What good is that enjoyment that is not collective, what good is that joy that is not collective, what good is that love that is not collective, what good is that achievement that is not collective and most importantly what good is the ascent that is not collective. In this Diwali Puja, I realized deep in my heart that time has come for all of us to look straight in our eyes and introspect to expose in all honesty befitting a Sahaja Yogi, a child of the Adishakti, a child of our Divine Mother, whatever flaws we have in ourselves and all that which becomes a hindrance in all our desires, actions and manifestations to be collective. It is no point that we cover ourselves in the shadow of our own excuses that we create in the name of protocols, introspection, imbalance, negativities and such like avenues. If we are sure, deep inside our hearts, that we are the children of our Divine Mother, then it is time now that we realize that perfection as desired by Mother, is the minimum to minimum mandatory requirement for all of us. If we fall short, then we ought to re-introspect and justify ourselves as Mother's children. There can be no greys for a sahajayogi. It's either white or black. For all of us it is time that, either we are Mother's children or we have not been able to. No more trying to.

Let me share with you a realization that my wife, Anusua very spontaneously expressed. Before going for the pujas suddenly Anusua started having a serious stomach pain. She was moaning in pain and was feeling very sad that just when she was getting ready to go to the puja, she was feeling ill. I was doing footsoaking that time. She sat

down to pray to Ma, and in actually seconds, all her pain vanished. So she offered pranam to Ma, and got up to get ready with all enthusiasm. When she got up after offering pranam to Mother, I asked Her to give herself a bandhan. She very spontaneously smiled at me and told me that pranam is for Mother, and bandhan is for ourselves. She said that Ma just bestowed Her blessings upon me, and She has given me Her protection. Why should I ask Her again and again for the same thing. Immediately I realized that these subtle understandings of doubtlessness render a sahajayogi's actual identity, his/her relationship with Mother, and more importantly understanding that relationship and enjoying it.

My Regards and love and Diwali greetings to all our brothers and sisters all over the world.

With lots and lots of love

Subho (from Kolkata)

GENERAL INTEREST

Interesting comment on the 'Ghost of Materialism'

The cost of parenting would not be so high if it were not for corporations' relentless pursuit of children, writes Nick Galvin - SMH November 4 2002

The only conclusion I can reach about where that \$450,000 disappears is that much of it is extracted from parents' wallets by an industry that has grown up to service the supposed needs of our kids, trading on equal parts guilt and avarice.

And there's no doubt it is hard to resist the subtle and not-so-subtle onslaught of the marketers who slice and dice our kids into a dozen consumer segments. They then take aim at each in turn, creating a need where none existed and awakening a nascent acquisitiveness long before it would naturally arise.

But ultimately, the key to raising happy, well-adjusted children has little to do with how much you do or don't spend.

It's about all the old-fashioned things that money can't buy such as simply being there for them and giving generously of your time...