

Sahaja Yoga

29 November 02



Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

...I looked and beheld a great multitude which no man could number, from every nation, from all tribes and peoples and tongues, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands, and crying out with a loud voice "Victory to God who sits upon the throne, and to the Lamb"...

...Then one of the elders addressed me, saying "Who are these, clothed in white robes, and whence have they come?" I said to him "Sir, you know." And he said to me "These are they who have come out of the great tribulation; they have washed their robes and made them white in the blood of the Lamb. Therefore they are before the throne of God, and serve him day and night within his temple; and he who sits upon the throne will shelter them with his presence. They shall hunger no more, neither thirst any more; the sun shall not strike them, nor any scorching heat. For the Lamb in the midst of the throne will be their shepherd, and he will guide them to springs of living water; and God will wipe away every tear from their eyes"

When the Lamb opened the seventh seal there was silence in heaven for about half an hour. Then I saw seven angels who stand before God, and seven trumpets were given to them. And another angel came and stood at the altar with a golden censer; and he was given much incense to mingle with the prayers of all the saints upon the golden altar before the throne; and the smoke of the incense rose with the prayers of the saints from the hand of the angel before God...

John of Patmos
Book of Revelations, Chapter 7



NATIONAL NEWS

Your assistance is requested to help establish the reputation of ISPS within the secular world in which we live.

Currently the viability of ISPS is under question in Europe and we need former students to provide a first hand account in your own words of the value, worth, and unique contribution the school has made to your individual development as young adults.

Can you pass the word around to other former student of the school who wish to make a contribution in this regard. I will then pass on your replies.

The reply should be somewhat like a Resume, beginning with personal details, Name, Age, Address, Years at the School, Current School/College/University or Occupation, Achievements, Activities, Interests, Hobbies.

Then in the main body of your reply in your own words explain the positive manner with which your time at the school has influenced your life, experiences of value, the expansion of your experience and world view, how good the school was for you (this is not the place to discuss other aspects of your experience), what you are doing now and perhaps the role the school has played in helping you to aim for your goals in life, or helped you along the way.

Time is of the essence, you may need to enact all your communication channels, we need your replies as soon as possible Emailed to candskyriacou@hotmail.com

Good luck

Sincerely, *Avinash Nickkawde and Chris Kyriacou*

STATE NEWS

From NSW...

Invitation Reminder - Lakshmi Puja
156 Albert Rd, Strathfield
Saturday 7th December 2002 at 6pm

All yogis are warmly invited to our Lakshmi Puja. Please join us for what we hope will be the first of many collective happenings in our new home! We will be having a puja, dinner, and maybe some Christmas carols.....

Mike, Olga, Donna, Rajesh and Alice.
Ph 9746 5161

Change of times for Burwood Workshop
This Sunday, Dec 1

Jai Shri Mataji!!! This Sunday's workshop will commence at 12.00 noon and finish at 5.00pm. No booking is required and no lunch will be provided for this workshop. Instead, refreshments will be served for afternoon tea and at the end of the day.

Topics to be covered at this Workshop include...

- * Introduction to meditation - a separate session for newcomers
- * Collective meditations - learn how to go deeper into meditation
- * Easy techniques to help reduce stress
- * Balancing & clearing the subtle system
- * How to introduce children to meditation
- * Spirituality in Art
- * Tips on how to meditate at home
- * Video talk by Shri Mataji
- * Live music for meditation

Over 100 people are expected to attend. Most will be new people, so all help and support would be most welcome.

Best wishes, The Workshop team

Vanadevi Products

The other day an aunty called us and said she had heard we were involved with bringing these products back to the Australian collective. No! we said, not for a long time and not again.

Today a letter arrived from the Director of Vanadevi products requesting the advance order by post for the Australian collective. So here we go!

If you would like: KASTURI GANDHA, BODY COOLANT, LIVER TONE, PILES CORE, GUMS CARE, GOODNIGHT, HEART TONE, STOMACH SOOTHER, ANTI TONSILLITIS, WORM DISINFECTANT, STRESS RELIEF, ANTI DIABETES, ANTI ACID, DANDRUFFFREE OIL, COLD BALM, PAIN BALM, MASSAGE BALM, ANTI ARTHRITIS, SHEET GIVAN, TOOTH POWDER, ROSE WATER, GHEE CAMPHOR, AMRUT DHARA, COUGH DROPS, MORNING GLORY, HERBAL HAIR WASH, HERBAL FACE PACK, CANDLE (WAX) , CANDLE (GIFT ITEM) (WAX). OR JUST ONE OF THESE!!!

Please call Raymond or Reema on (02) 9498 6591 for details of payment. This is one of our few opportunities to bulk order for the year. Orders will be brought back from G.P.

Orders close 10 th December. HURRY!

Meeting at Burwood to Plan Yuva-Shakti Camp 2003

The Yuva Shakti are very keen to begin to plan for the first National Youth Camp to be held at Balmoral January, 2003.

We have meet on a number of occasions to begin to talk about what we should be doing to cater for their needs, and to help them as best as we can.

This Friday night at 6:30 we are holding our first open planning meeting and everyone is invited, so please pass the word around.

This Friday's night meeting we are looking for volunteers from the wider collective who want to be involved with all aspects of running, planning, and facilitating the Yuva Shakti Camp 2003 to come together.

We are open to all ideas, with the view of providing our young with something of relevance to them, and to the collective.

So all are invited.

Sincerely, *Chris Kyriacou*

Letter to Sydney Council Requesting permission for Sahaja Yoga stall In Hyde Park

Dear J. Thank you for returning my call.

Life Eternal Trust is a free community service that has been working in Australia for over 30 years, we are also a registered charity. We teach a meditation technique that people benefit from known as Sahaja Yoga. This technique has been researched for many medical conditions and used at the

Randwick Women's Hospital and Alternative therapies unit.

We would like to apply for permission to place a chair near the water feature in Hyde Park. We wish to be able to hand out some leaflets and give anyone interested a two minute demonstration to see if they can benefit. This meditation is free at all times.

We have public liability cover. Anyone wishing to try will only need to sit for a couple of minutes, no movement is required.

Would we be able to try this over the next couple of weekends? Thank you for your help in this matter

Best wishes, *Raymond Hampton*

Realisation in the Parks

On November 23 & 24 we went to Hyde Park and spent the days giving realisation literally non stop!

This effort came about after seeing the results in L.A. during Navratri & Diwali Pujas. We arrived back in Australia and contacted Sydney council the very next day. "Of course you can", came the reply. "Just put the request in a letter and I will add you to the approved list." I should add here that two days in central Sydney at the busiest time of the week in one of the busiest thoroughfares and most well known parks it cost us - absolutely nothing.

When we arrived on Saturday it was raining. Our requested time was 10 am till 3 pm. At 10 the rain stopped and yes at 3 it started again! Six yogis spent the day with 3 chairs continuously filled with people. We had a small lull when someone turned up with lunch - this was immediately kick started when we started exchanging vibrations. I'm

sorry to say that we could not tell you how many we gave realisation to as we spent the whole time completely thoughtless. Some of us counted up to 3 some up to 6 - that was in the first couple of minutes.

"Would you like to try free meditation - only a couple of minutes" is what every body heard as they walked past and stopped to see what it was all about.

We left Saturday aware of our lack of chairs and the need for more yogis help.

Sunday saw us the wiser armed with fifteen chairs and approx 20 yogis. We took the boxes and chairs out of the car, turned around and two Japanese students were already sitting there waiting for their realisation before we even had a chance to set up. The sun became very hot which led to a call for a sunshade from Burwood resulting in several yogis, 2 gazebos, no instructions and plenty of laughs.

We could not keep up with the number of people wanting their realisation. French yogis, Spanish yogis, Chinese yogis and Indian yogis had the opportunity to exercise their language skills. IT BECAME CLEAR WE COULD GIVE REALISATION TO THE NUMBER OF PEOPLE THAT WE WANTED TO ASK. Every yogi had a continuous look of contentedness and wonder on their face.

We over shot by half an hour - "couldn't get the people to leave" I heard myself saying to the Law Enforcement Officers. "Your permit papers don't mention the tent you've put up" said the very nice officer. "Yes, I know but by 11 am people were melting and we have a duty to keep them from the dangers of sun exposure." "And Please!! Don't call it a tent, it's a Gazebo. It'll sound really bad if you write in your report to council that we put up a Tent!"

Apparently someone complained about the sandwich board - so it brings home that we must stick very closely to the rules. As the officer said " you'd be surprised what people complain about."

We have a duty to keep our clutter to a minimum - not too many signs i.e. a sandwich board somewhere that nobody can trip over. The real key here is not so much signage but yogi contact. The council is fine with our responsible out look on sunshade - but no tent pegs.

This is a big breakthrough for us in Sydney. We are at last getting rid of our reticence and getting ourselves ready to go out there and meet the masses. The days of caution are numbered. Those who missed out should not worry. There will be another Open Air Workshop (OAW) this coming weekend at Hyde Park (near the fountain, next to St James Station, corner of Elizabeth and Market St).

Some of the highlights were:

1. People coming up and saying they were looking in yellow pages the day b4 for something.
2. One TM lady saying that even after 12 years of TM she did not experience such quietness after such a short time.
3. A whole group of scout kids getting realization at the same time.
4. One family of around 4-6 kids getting realization on Saturday and waiting their turn because we were so very short staffed. We were only 6 and ***grossly overworked :)***

SO IF YOU WOULD LIKE TO COME,
THERE IT IS, HYDE PARK
THIS WEEKEND 10 AM - 3 PM.
Alin Chicos is man on point this weekend.

Best wishes Raymond Hampton

Collective Picnic to celebrate Uncle Alfred's 70th Birthday.

**Clifton Gardens Reserve Mosman
Saturday, November 30th - 12noon**

Please keep in mind the collective picnic this Saturday, all are welcome to partake in a collective picnic and family day, and celebration of this milestone.

For many years Uncle Alfred has worked tireless within the capacity of caretaker of our property at Balmoral helping both to maintain the property, and to clean up after our collective use of Shri Mataji 's temple.

He is always the first to lend a hand, and to pick up tools he can be seen boldly striding forth at the crack of dawn for his daily morning walk after observing his daily meditation.

Those wishing to contribute toward a collective gift may wish to contact Barbara Napper on 02 6254 0797

Please bring your own picnic basket of goodies.

Location:

The reserve is a beautiful, tranquil park on Sydney Harbour 's foreshore. There is a small beach with an enclosed swimming area, a playground, a wharf for fishing and bush walking tracks.

Sincerely *Chris Kyriacou*