

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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is midnight each Tuesday

"I had to return to finish my schooling in Australia. I have always been envious of my sister who went to ISPS for much longer.

I was at my happiest there, where I was accepted and loved for who I was. Here I feel tremendous pressure to conform to the superficial standards kids have here. I can resist, because of my time at the school. Although I was there when quite young, it showed me other standards and what fun can be had in simpler things. It also taught me a great understanding of all people and to abhor racism in all forms. These things come from inside my heart."

(This is another of the beautiful testimonials received from ex-pupils of the International Sahaja Yoga School at Dharamshala in India. More will be published in future editions)



STATE NEWS

from the Northern Territory...

Sahaja Yoga gives a boost to the politicians and business community in Darwin

Jai Shri Mataji

Kevin and I belong to a very progressive business association up here in the Top End. Recently it won a few thousand dollars worth of free advertising spread over a year to give time to anyone who did a 'community' or 'not-for-profit' activity at their place of business. We qualified. I put up my hand and was counted. Now what to do, and how to present Sahaj in just a 2-minute commercial? A few very sweet yogis offered all sorts of help but nothing came together in time so it was Shri Mataji and me on cue.

I set up a small photo of Shri Mataji in front of myself and the interviewer (the president of the business association) on the boardroom-type table, and gave him a brochure which he held up for the camera to pick up. I also had a hanging poster behind us with the chakra chart and Shri Mataji once again. Plenty of exposure, it was fantastic! I was then introduced as a member of the association and that we also did something quite different from selling chainsaws etc at our premises. I said my piece and then he thanked me and wrapped up with a final 'thank you'.

Then the cameraman asked us to carry on talking for a bit to fill in etc, so I suggested he asked for his realisation to test out what I had said. He looked a little sheepish but did it anyway. He put his hands palm-up on the table, closed his eyes and asked 7 times in his head for the Mother of the Universe to give him his Self Realisation. To his complete astonishment he had a great experience in such a tiny moment and was overwhelmed by it, saying he felt electricity in his hands.

This man is also an advisor to our Leader of the Opposition, so I didn't waste any time. He said everyone should get this, to which I replied, "I'd love to give it to the polities." "I can organise that" he said. So I continued, "I'd love to give it to all our business association members." "I'll organise that too" he continued. Wow! Here we go!

So my lovely family, lots of bandhans please, because the NT is going to work out and it seems it may just be from the Top! (sort of).

*Linda Pauling
Darwin*

from the ACT...

Outdoor programs a success in Canberra

A stall at Hall Markets on the outskirts of Canberra proved to be a good venue for the giving of realisation. Although the attendance at the markets was low due to the recent fires, twenty-one seekers got their realisation. Many others made enquiries and took information about follow-up programs.

This market is held on the first Sunday of each month. Our intention is to have a Sahaja Yoga stall there throughout the year.

On Sunday 16th February the collective attended at the Celtic Fair organised by the National Multicultural Festival. The Sahaja Yoga stall was well supported by the collective, with twelve to fifteen seekers getting their realisation and others taking information about follow-up programs.

Canberra's weekly collective program has been changed to Friday nights to allow time for giving realisation at the weekends,

*Alan Napper
Canberra*

from New South Wales...

**One-day workshop at Burwood
Sunday 2nd March**

Our first one-day workshop for 2003 will be held on Sunday March 2 for all newcomers and regulars. The workshop will run from 9.30am to 4.00pm, with lunch provided. There will be a nominal charge of \$10 per person to cover the costs of refreshments, lunch and printed material for the day. (Yogis are asked to pay \$5 for the lunch). We expect the majority attending will be newcomers who have made contact with us through the various meditation stalls and fairs held in recent months, in particular the 'meditation in the park' events.

An email was sent out last Monday (17th February) to all the people on our database (approx 1,000 people!) inviting them to the workshop. So, if you have any new email addresses please contact Rajen (Ph 9706 4930) so we can have you included in these mail outs.

Or, for 'internet savvy' yogis, you can now add your new people's email addresses to the mailing database by using our online form at www.freemeditation.com (follow the link to "To be notified of future workshops"). When using the online form, please add a brief message in the 'Comments' field, explaining that you have added the person to our mailing list as a result of them providing their details to you/us. When you hit the form's 'Submit' button, an email (with your comments) will be sent to the new person's email address advising them that they have been added to our mailing list.

In the meantime, please contact us if you have any suggestions on subject material that can be presented on March 2 for the newcomers and regulars.

Best wishes,

*Charles Tiralongo
for the Workshop Team
ph 8900 7062
sy_workshops@yahoo.com.au*

**A call for talent to perform at
Shivaratri Puja in Pune**

A short play and musical items are currently being prepared to be offered at this year's Shivaratri Puja in Pune.

If you are attending this Puja and are reasonably confident as a singer or instrumentalist, could you please contact John Smiley so that we can incorporate the various talents from around Australia and New Zealand into the presentation.

*John Smiley
213a Burwood Rd
Burwood NSW 2134
ph: 9747 0310
email: jsmiley@vtown.com.au*

***Spontaneous Caterers say
thank you for a job well done***

Thank you to all the Sahaja Yogis and Yoginis who worked so hard to make the catering event last week, such a success. The presentation was of an extremely high standard, which is a credit to everyone.

Jai Shri Mataji, the Caterer of all the caterers. It seems to be getting easier as we become more committed and professional.

Love

*Katharine Tolfree
Pelaw Main*

TWO POEMS

*The ideals that form under misty blue skies
is that of an ocean
drifting, draughting, opening areas into which
those elevated heights can only touch once
once forthright, forth seen, forthcoming
intertwined shall thou be
for it is only once
one time, one moment, one iota of such
let us be such
perpetuate the seemingly in-acquirable
then only, only then
'tis such a moment.*

*Be constant with the way
God's love is so great
you come to him in your own freedom
be constant with the way
the way of vibrations
the way of Paramchaitanya
if you are that
then that is what you are
be constant with the way
you do not force
for it is not the way
it is God's love
it is the way
be constant with the way.*

Derek Johannesen
Sydney