

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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is midnight each Tuesday

*The human heart may go the length of God.
Dark and cold we may be, but this is no winter now,
The frozen misery of centuries cracks, breaks, begins to move.
The thunder is the thunder of the flow, the thaw, the flood,
the upstart spring.
Thank God our time is now
when wrong comes up to meet us everywhere
Never to leave us
till we take the greatest stride of soul folk ever took.
Affairs are now Soul size.
The exploration is exploration into God
But what are you waiting for?
It takes so many thousand years to wake,
But will you wake for pity's sake?*

from *The Prisoner*
a play by Christopher Fry



STATE NEWS

from Queensland...

Sahaja Yoga thriving in the Bundaberg Collective

Sahasrara Puja at Balmoral was a very enjoyable and uplifting experience for the three of us who travelled together by car, train, plane and bus from Bundaberg.

We just want to send a big thank-you to everyone for looking after us so well. Sharing in the love and openheartedness of so many Yogis was a wonderful experience of the joy of Sahasrara. The joy was still showing on our faces three days later when we were sharing our experiences of the weekend with the rest of our small collective. They are all very keen to go to Guru Puja in Brisbane. We are all looking forward to meeting up with as many of you as possible then.

Fifty-five people have got realisation at the public program in Bundaberg this year and there are three new Yogis. A midweek intermediate program is working very well. When the new people have attended the public program two or three times and show that they are meditating they are invited to come on Wednesday nights. After footsoaking we cover different topics, eg Chakras, basics of Sahaja Yoga, thoughtless awareness and introspection. We also listen to Shri Mataji's tapes and have a meditation. Some nights we teach them to sing some bhajans. All seem to be enjoying the nights and take the opportunity to stay back to talk and ask questions. We've collected a small library also and let people borrow books and audiotapes. The sahajavidya website has been very helpful to us for improving our knowledge about Shri Mataji's teachings and also our ability to answer questions. Every subject is covered. If you haven't checked it out yet the web address is www.sahajavidya.freeuk.com

Jai Shri Mataji

*Alan and Pam Jenner
Bundaberg*

Invitation from the Cairns Collective for visitors to experience the joy of Sahaja Yoga in a tropical paradise

The Cairns collective send their love and best wishes to yogis everywhere.

We are all very much enjoying the love from Our Holy Mother, and recently had the joy of welcoming a new baby to the collective, Danny and Tracey Richardson's daughter, Nirmala Rose. The beautiful vibrations from these great souls arriving fresh from heaven are so very special and we can only wonder at their future roles in the transformation of the Divine Creation.

Our regular weekly public programs on Monday, Tuesday and Fridays are attracting a mix of locals and visitors to the area and many are coming to our all day seminars to grow deeper in their new awareness.

An established group of yogis are now enjoying Sahaja in Innisfail and we have a yogi moving to Townsville to follow up on the inquiries received from seekers there.

The local Council has invited Sahaja Yoga to present weekly programs on the busy City Esplanade area. They will advertise us in newspapers and newsletters. We have decided on Saturday mornings from 7.00 until 8.00am to give Realisation and spread vibrations. We also continue to receive requests from schools in the region to hold programs.

Our Yuva Shakti members are looking forward to getting together with everyone at Wamuran and have been arranging and being very involved in pujas recently.

While we are quite satisfied with the abundant blessings bestowed upon us it is always a delight to have visitors, so we thought we would remind you that the days here are around 27 degrees with a fresh 20 degrees at night. We have rooms available near the beach, with a pool and all the tropical delights, and would love to welcome any yogis needing a warm and a break.

With Guru Puja coming up, an extra week or so before or after in Cairns may be worth considering.

Again, our love to everyone.

*Sno Bonneau
Cairns*

from NSW...

Six public programs and a concert
next week
demonstrate the dynamic potential
of the Sydney Collective

Hi Yogis,

Next week a series of six Public Programs will commence
and will be held at locations throughout Sydney and NSW.

Included with this message is information about the pro-
grams which we ask you to distribute to friends, family and
work colleagues to let them know of this great opportunity
to attend a Sahaja program, or perhaps attend the concert.

We also wish to let you know that our web site [freemedita-
tion.com](http://freemeditation.com) has been updated with the details of the six pub-
lic programs and *Music of Joy* concert commencing next
week. Information can also be found at [http://www.
freemeditation.com/sydney](http://www.freemeditation.com/sydney).

Personal referrals to people known to us is one of the
most powerful means of doing our part to help promote the
work of Sahaja Yoga and spread Shri Mataji's message as
far and as wide as possible.

On many occasions established Yogis have later re-
marked that they first came to a Sahaja Yoga public pro-
gram because of the recommendation of a friend and the
trust implicit in that friendship.

So can we ask all Yogis to distribute this information as far
and as wide as possible. Also, invitation emails to our da-
tabase people (about 1,300 people) have gone out.

Regards

*Avinash Nickkawde,
Raymond Hampton and Chris Kyriacou
Sydney*

A special moment at the
Mother's Day outdoor program
held last weekend
at Hornsby shopping centre

A gentle voice asked "what is this about?" I turned my
head and smiled at this young and friendly face. He must
have been 16 or 17 and I could see a lot of kindness in
those eyes. "Do you want to sit down?"

Peter—as Peter was his name—sat down on the carpet
very close to Mother, removed his shoes calmly and lis-
tened to the words of truth coming out of my mouth. Then,
when we went through the self-realisation process, he
went straight in deep meditation. I could feel how comfort-
able I was with him and how much joy he was already giv-
ing me. After a long moment of silence I said "how do you
feel?" He opened his bright and shiny eyes full of inno-
cence and simplicity and said "I feel happy." I could not re-
frain a spontaneous laugh ...then we laughed together.

Pointing at Shri Mataji's photograph, he said "I know Her.
When I was a little boy, my Mum and I went to a program.
She called all the children on the stage but I was too shy to
go. I could feel something special." When he told me the
story I felt my Kundalini filling all my back with divine vibra-
tions, like a big draught just went through my body... and I
realised that our divine Mother was putting little seeds into
people, until it's time for them to grow. And then one day
they go shopping in Hornsby Mall and their attention gets
attracted (should I say distracted?) by something familiar,
and from there their life might take a complete different
curve.

Then I said, "The Kundalini, Shri Mataji, is your inner
mother. She loves you and wants to help you. Isn't it
beautiful to get your self-realisation on Mothers' Day?"
The only thing I remember next is his smile.

We didn't have many seekers this Sunday in Hornsby
Mall—maybe 20—but it does not matter. What matters is
that Sahaja Yoga was there for Peter and the others, so
the little seeds that have come to crack their shell can re-
ceive the nourishing light and pursue their growth, pushed
by the blowing of our Divine Mother.

Jai, Jai, Jai Shri Mataji

*Caroline Clement
Sydney*

Invitation to join
weekly Embroidery Bee
at Burwood every Saturday afternoon

Dear ladies

To get the momentum going on our cross-stitch project for Shri Ganesha Puja, you are all invited to join us every Saturday at Burwood Ashram from 2pm onwards until the start of the program for some cross-stitching.

This get-together will be happening every Saturday from now on to get us going on the task. Come along and let us enjoy working together! The other states will be starting their designs also.

Looking forward to seeing you there

Jai Shri Mataji from

Lene & Roxanna

from Victoria...

Collective get-together at Hiawatha
this weekend for clearing and fun

Dear Victorian Collective

As all of you are probably aware, Sri Mataji has suggested that we need to clear our left sides with candles, and to have Havans. So instead of our normal weekly program, we are asking the collective to come to Hiawatha for a clearing and havan weekend.

Since it is difficult for some yogis to get to Hiawatha, we suggest car pooling, to make it possible for as many yogis as possible to attend this weekend. Could all yogis let me know if they are able, or unable to attend, and if they need a lift, or are able to give a lift to other yogis. Travelling together makes the trip a lot more enjoyable, and the time passes quickly.

This is a great opportunity to have some bhajans and to practise some stick dances with our new sticks that we received from NSW as a puja gift at the National Sahasrara Puja.

Let's all get together and have a fun weekend (no work!).

Colin Berry & Jeff Lyons
Melbourne

POETRY

Earth Vision

*After the deaths and destruction of all the evil,
The kundalinis rise all over the world
And through the broken egos of æons emerge.*

*The myriad single lights spontaneously mingle,
Creating one great blazing light of truth,
And all the people begin to see one another.*

*Together they grow in pure love and stature.
The snakes of ignorance held in their hands in the dark
They drop in amazement now they see what they are.*

*Where there was horror the Earth swallows it up,
Where there were floods the rains ease and clear,
Where there was drought the rains sweetly fall,
Where tornadoes raged the winds become gentle.*

*Rivers go back to where they were before;
The fires cease, soft greenness covers the black.
The people look at each other in light and wonder
As burdens of karmas of millenia now are lifted.*

*They see themselves and others in their glory.
Their grief for those who are lost is soon assuaged
With knowledge and understanding of the Whole.
Their sadness dissipates in the joy of the Spirit
And loneliness on Earth has ceased to be.*

*The maimed and the crippled are healed and pain is gone.
Shri Kalki, Jesus, has come again to cleanse.
He is the love, forgiveness, resurrection
Of the whole human race reborn in Truth.
He is the Judgement, and judges absolutely.*

*The meek in heart, the good, the innocent,
The loving, caring, sensitive and gentle
Inherit the Earth and joyful Earth responds
With total resurrection of Her glory.*

*The Garden of Eden returns for all the people
To love, enjoy, rejoice in and return
The love to God with grateful praise and worship.*

*You are the Love, Oh Mother, the Truth and the Law;
We thank you Mother, now and evermore.*

Katie Cartmel
Sydney, Australia