

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

Song of the Flower

*I am a kind word uttered and repeated by the voice of Nature;
I am a star fallen from the blue tent upon the green carpet.
I am the daughter of the elements with whom Winter conceived;
To whom Spring gave birth;
I was reared in the sap of Summer
and I slept in the bed of Autumn.*

*At dawn I unite with the breeze to announce the coming of light;
At eventide I join the birds in bidding the light farewell.*

*The plains are decorated with my beautiful colours,
and the air is scented with my fragrance.*

*As I embrace Slumber the eyes of Night watch over me,
and as I awaken I stare at the sun, which is the only eye of the Day.*

*I drink dew for wine, and harken to the voices of the birds,
and dance to the rhythmic swaying of the grass.*

*I am the lover's gift; I am the wedding wreath;
I am the memory of a moment of happiness;
I am the last gift of the living to the dead;
I am a part of joy and a part of sorrow.*

*But I look up high to see only the light,
And never look down to see my shadow.*

This is wisdom which man must learn.

Kahlil Gibran



STATE NEWS

from New South Wales...

Invitation to Shri Krishna Puja Weekend Seminar at Balmoral 9th and 10th August

The Canberra / Woollongong / NSW country collectives are hosting Krishna Puja weekend seminar this year at Balmoral on the 9th & 10th of August which will be held as a collective weekend.

On behalf of the hosting collectives we wish to extend an open invitation to all NSW and ACT Sahaja Yogis for an opportunity to share, enjoy and experience the joyful celebration of Shri Krishna Puja. The Puja celebration will be conducted as a weekend seminar to be held on 9th and 10th August hosted by our brothers and sisters of the Canberra and Wollongong collectives.

This will be the last weekend seminar held in NSW this year before construction work commences upon the Puja Hall. We request all Sahaja Yogis to demonstrate their support by attending the weekend event at our country property.

The weekend will commence on Saturday afternoon with a havan followed by movie, dinner, and concert. The Puja will be the highlight of a weekend event held within Shri Mataji's Temple at Balmoral on Sunday.

The men will be accommodated on the floor of the main hall so that they will have the best opportunity to enjoy the full extent of the music and festivities late into the night, and until the rise of the sun on Sunday. The ladies will be accommodated within the Mezzanine area,

The weekend seminar includes the following itinerary:

Saturday

1.00 pm	Registrations
3.00 pm	Havan
5.30 pm	Video-Mahabharata
7.30 pm	Evening Meal
8.30 pm	Music Program/Entertainment

Sunday

6.00 am	Morning Meditation
8.00 am	Breakfast
11.00 am	Puja (followed by Raksha Bandhan)

Dakshina

Adults	-	\$50
Students 12-18yrs		\$25
Children 5-12yrs		\$12
Under 5yrs		free

Chris Kyriacou

Change of Venue for Sahaja Yoga Children's Clinic

We would like to advise everyone that the venue for the Children's Clinic has changed to 110 Bathurst St Sydney instead of Burwood.

The time will still be the same – Saturdays 12pm to 4pm and we are aiming to open on 2nd August.

We are still waiting on lots of people to advise us as to whether they are willing to work at the clinic and how often they would like to be rostered on. If you have completed a form but haven't handed it back could you please do so this weekend (or alternatively, you may phone me with your details and availability or email them to syclinic@optusnet.com.au).

The roster for the next couple of months is being drawn up at the moment, so we need to know exactly who is interested and committed to helping us out. This project really does rely upon the support of the collective and it is a wonderful chance to spread vibrations to these children.

With thanks,

Jai Shri Mataji!

Gabby Delaney

from Queensland...

Yuva Shakti Week and Guru Puja at Wamuran a profound and enjoyable experience

This year Guru Puja was preceded by the Yuva Shakti camp which was attended by around 30 young Sahaja Yogis from all over Australia. The first day was spent exploring the grounds of Wamuran, setting up their sleeping spaces in the large dorms, getting to know each other and dividing into groups.

From then on mornings started at 5:30am with Auntie Kim calling everyone for the morning shoebeat followed by meditation which was arranged by a different group each day. Meditations included bhajans led by John Smiley and some of the *Music of Joy* singers. One can't imagine the level of vibrations and the exhilarating feeling in the mornings unless one has attended such a gathering. Just an amazing start to the day.

After meditation, breakfast was served by the Brisbane ladies who had given up their time to live at Wamuran, cooking, cleaning and serving for the entire event.

Buses had been hired to transport the group during their stay and the first trip was to Australia Zoo to visit the famous crocodiles then a bush walk around the Glass House Mountains. Another day was spent in the park at Mooloolaba giving self realization with the sandwich boards and again in Brisbane's Queens Street Mall.

By Friday more yogis had arrived but the weather was turning wet with a constant drizzle and by afternoon had increased to heavy rain showers. Everyone headed to the city for the public program. The *Music of Joy* group was joined by some Brisbane musicians and proceeded to brighten up the evening with some lively bhajans.

Shri Mataji's video was shown followed by self realization and more bhajans. Refreshments were served in the lobby where a colourful Sahaja display was on show.

Then it was time to head back to Wamuran where even more yogis had arrived and more refreshments were being served.

Saturday morning dawned wet with a slight drizzle. By 12 o'clock this had cleared in time for the havan which was a powerful experience. Then it was time to prepare for the evening's entertainment. The weather kept clear for most of the evening.

The first part of the entertainment was the Yuva Shakti drama comprised of a series of short individual "skits" some of which had been made up on the spur of the moment from actual real life experiences. One of the funniest was "The Indian Shopkeeper". This featured an Australian customer, who was an Indian with a broad Aussie accent entering an Indian shop served by two white men with In-

dian accents! The ensuing drama was hilarious and had everyone rolling around in stitches.

After the drama bhajans followed and lasted well past midnight and included the stick dance using the sticks presented to us in Sydney at Sahastrara Puja.

Sunday morning dawned bright and sunny and after the early morning shoebeat, meditation and breakfast, preparations began for the Puja. The sky was cloudless so the Puja was setup outside under the shade of the trees in the small pergola. Carpets and tarpaulins were laid as the grass was still wet from yesterday's rain.

The yogis prepared themselves in brightly-coloured kurtas and saris. The altar was adorned by a sea of beautiful flowers and the back-drop was a deep blue ocean.

The Puja began with bhajans and there was the slightest hint of a cloud in the sky. Shri Mataji's talk started with the words "*and the monsoons came to Maharastra, but first to Cabella!*" A slight rumble could be heard in the background - but was that on the tape or was that here? As the talk continued, more rumbling could be heard on the tape followed by the monsoon downpour. Kookaburras suddenly landed on the trees overhead and started laughing loudly. The ominous black cloud became bigger with thunderclaps overhead. Suddenly drops of rain could be felt on our outstretched hands. Gradually the rain became heavier until there was a mad scramble to unplug the microphones and sound gear, pick up the instruments and head for the meditation hall. We stood outside the meditation hall our hands outstretched looking across at the Puja and Shri Mataji's photo through the pouring rain. The pujaris never left their post before Shri Mataji's feet with umbrellas to keep them from the rain.

The bhajan group started playing *Binate Suniye* and everyone joined in. After some time the rain passed but the ground was sodden. Shri Mataji's talk continued on the stereo system inside the meditation hall. The musicians arranged themselves on the verandah and the Puja slowly continued with the children coming up to wash Mother's feet.

The weather stayed fine for the rest of the Puja and the vibrations were immense. The sound of "Shri Mataji Ki JAI!" echoed through the tree-tops. After the gift-giving and presentations, we all enjoyed a sumptuous feast provided by the tireless lakshmis.

Sunday night and Monday morning was a time for good-byes, back-slapping and "see you next year!" as quietness descended on the ashram. The meditation hall overflowing with beautiful flowers which just seem to get bigger and the vibrations, the laughter and the wonderful collectivity of the week remain.

Peter Hewitson

Yuva Shakti Radio Interview

The Yuva Shakti supervised by all the uncles and aunties swamped Brisbane's Queen Street Mall, giving realisation to seekers on the Friday before the puja.

After spending a few hours giving realisation, Uncle John, Uncle Kevin, Rishi and myself set off to a small new market-based radio station called *Planet Radio* (88FM). Sitting in the enclosed side veranda we immediately felt the cool breeze flow. Our programme was supposed to last anywhere between five minutes to half an hour (well, that's what we were told). We began with a small introductory interview about Sahaj Yoga, sharing personal experiences and giving information about the public programme that was to be held that night.

We then went through the process of self realisation, accompanied by Uncle John and Uncle Kevin playing a beautiful spontaneous improvisation piece. It must have been one of the most beautiful experiences of self realisation I have ever felt. I could feel my heart open and my kundalini rise. It was just beautiful. As the radio presenter exclaimed, "that was stellar!", he was completely blown away, the experience was so strong.

As we began to gather our things the presenter looked at us in shock and asked whether we would like to go through the process again in about 10 minutes. They also asked if it would be alright if they recorded it to use as material which could then be sent to the BBC as an example of what *Planet Radio* does (*Planet Radio* is the only eco radio station in Australia, if not in the world). The experience was just as powerful the second time around.

After a few more questions about Sahaj Yoga and a few more exclamations of "stellar!" our time was up. Our session had lasted close to an hour. With this excellent exposure we hope to increase awareness of our local programmes by way of *Planet Radio*. We are also hoping to get a regular time slot on *Planet Radio* giving regular programmes over the airwaves, run by the Yuva Shakti for all the like-minded young people out there.

Emma Pierce

INTERNATIONAL NEWS

another Guru Puja report...this time from Italy...

"The start of a New Era"

Guru Puja 2003 at Cabella Ligure was a tremendous event. The flow of love from our Divine Mother, who blessed more than a thousand Yogis with two evenings, still remains and will always be with us. Shri Mataji indeed looked very well and was smiling happily enjoying the great love we have for Her.

This weekend of the 10th to the 13th of July was momentous for the flow of Pure Love whose source is Shri Mataji.

By the grace of the Irish cut-price airline *Ryan Air*, David and Trisha and many Yogis from the UK flew to Genoa only a couple of hours from beautiful Cabella. We arrived Wednesday the 8th and went straight to Centrassi (where we had spent 4 days after Shri Adi Shakti Puja and where there are such beautiful views over the river and green wooded hills).

Already there were dozens of yogis having lunch and using up every inch of floor space with bedrolls and the Centrassi mattresses. Even in the fields below the hanger the tent city was already growing fast with residents. We joined them. Unlike at Shri Adi Shakti Puja, we were not aware of any problems with the Carabinieri Police acting on behalf of the Government regarding the SARS virus and the gathering of Yogis from every continent.

The weather was fine and dry, and on the whole a little cooler than June but there were a couple of very hot days. The nights were nice and cool. The beautiful river was very popular for bathing and swimming—the subtle colours, haze and light constantly and wondrously changing.

The Italians and Russians were the hosts. The arrangements, cooking and hosting were phenomenal—such a great task, so well carried out. The Russians worked in so well with their Italian brothers and sisters who were on familiar land and have such a strong collective. Guido had written an epic which the Yogis started rehearsing the week after Shri Adi Shakti Puja. This only gave them 3 weeks until the performances! Yogis from several countries were involved in the drama and dance spectacular. The epic itself was both of and about evolution. It was a tapestry of the wonderful things that Shri Mataji has told Sahaja Yogis over 33 years and of Sanskrit classics, the Bible, and Guido's creative imagination. Part of the tapestry was some extremely skillful dance—not just Indian Classical, which was superb (and featured Jessica from Australia, now married and living in Finland), but also about 10 very accomplished ballet dancers who made 3 appear-

ances. There were at least a dozen modern dancers amazingly well-rehearsed and synchronized, who performed from *Lagaan*, and later performed a acrobatic dance after the scene from *the Last Supper*. There was a professional dancer from the French Ballet along with a young yogi dancer from Hong Kong. What a spectacle it all was. There must have been over 100 performers? It was mind-boggling to see the costumes, makeup, the amazing props, scene shifters, lighting and sound experts. Yes, this was a major event. I feel it was an evolutionary step in itself. It was such a gigantic production by any standards that two whole nights were needed!

Friday and Saturday

We were all overjoyed when Shri Mataji came on the first night with Sir CP. She looked radiant and really seemed to enjoy the 3 hours of Act 1. This covered the story of how two dogs were allowed to incarnate as humans, and then their progress in their ascent in different lifetimes up to the time of Christ. This first night was quite fast-moving and dynamic, compared to the five hour performance on Saturday night. This told the story of Christ, his disciples and the Marys. The continuing incarnations of the seekers through the Ages was shown until the Great Incarnation of Shri Mataji Nirmala Devi and her wonderful Advent, and her special creation—Sahaja Yoga. The acting was superb, so well held-together by several professional actors and *Theatre of Eternal Values*, with a great supporting cast. Nick Granby played 4 quite major roles! Dr James Lavett from Canberra starred for 20 minutes as a hippie! Dinner for most was served after 4am. The hanger had been completely full with planks for rows of seats outside the great rear sliding doors. Even after the night of the great play, yogis seemed to be around early, many of us meditating under the coolness of Shri Mataji's chair—so nice.

Sunday

Sunday was a very hot day but beautifully subdued and peaceful in its expectation of meeting our Mother again to worship Her as the Guru of Gurus. The day floated along, many of us bathing and footsoaking after breakfast and then again later in the afternoon. That river and its waters are so cooling.

As there was hardly a square inch of empty space on Saturday in the Hanger, Trisha and David made ourselves ready early. Shri Mataji arrived significantly 10 minutes before her Puja when the Moon was completely full for Guru Purnima. Over 120 children were readied to again offer Kumkum over the Goddess's Feet. It was breathtaking to see our Guru in a beautiful elegant and delicate pink sari—the beautiful fond Mother exuding Love. This was the great quality of this Puja and indeed of the whole weekend—it was Love radiating from the very source of Love. Shri Mataji was smiling so much as if answering her children's concern for Her and our tremendous flow of Love back to Her. There were many tears of Joy and Love

during the Puja, which itself did not last much more than an hour. The odd tear of Joy continues and I hope always will in memory of such a beautiful time in human evolution. The Puja was also special for the presence of Sanjay Talwar and Simple.

At the end of the Puja Shri Mataji, in an amazing candid and humble way, told us that this was a very special Puja for Her. Her Granddaughter had gone missing. She said She was supposed to be Adi Shakti but realised she was worried. We all worry, it's part of life. But as Sahaja Yogis we must not 'worry' about others. We must look after ourselves. At the end of the talk She said significantly "*I hope you will all think about this*". This is a good note on which to finish this message (which I've so enjoyed writing).

Trisha and I wanted to share with everyone in Australia and NZ.

A special PS: Bohdan told us about the wonderful programme and music etc of the Bathurst /Orange event. Congratulations! (Bohdan looked so clear after he arrived after 30 hours of flying). This sounded like yet another stage in evolution, wonderful...

Love to you all. Jai Shri Mataji.

David and Trisha Sharp