

Sahaja Yoga

8th August, 2003



Australian Newsletter

Jai Shri Mataji!

Phone: 612 6298 3743
email: sahajnews@yahoo.com
Publication deadline for contributions
is midnight each Tuesday

*Those who set their hearts on me and ever in love worship me,
and who have unshakeable faith, these I hold as the best yogis.*

*But those who worship the Imperishable, the Infinite, the Form-
less unmanifested, the Omnipresent, the Beyond all thought, the
Immutable, the Neverchanging, the Ever One;*

*Who have all the powers of their soul in harmony, and the same
loving heart for all; who find joy in the good of all beings—they
reach in truth my very self.*

*Yet greater is the toil of those whose minds are set on the Tran-
scendent, for the path of the Transcendent is hard for mortals to
attain.*

*But those for whom I am the End Supreme, who surrender all
their works to me, and who with pure love meditate upon me and
adore me—these I very soon deliver from the ocean of illusion,
because they have set their hearts on me.*

Shri Krishna



STATE NEWS

from Queensland...

Brisbane's recent International Health Expo hosts a great Sahaja Yoga stall

On the weekend of the 25th to 27th July we were invited by the AMA to attend the International Health Expo at the Convention Center, South Bank, and they offered us a price we could not refuse.

It was a three-day event starting Friday. We were offered a seminar on the Saturday and Sunday for 30 minutes. It was a great three days with 350-plus people getting their realization. For the seminars we used Pavan's powerpoint display, similar to the one shown on the Guru Puja weekend, and it proved very effective. The vibrations were extremely strong and was helped by the fact that this was a mainstream Expo with no false Gurus. The people attending mostly were normal and many had not tried meditation before.

The seminars had about 50-60 people each and the Sunday one was at 10.30am. This seemed to have a flow-on effect as for the rest of the day our small 3x2m booth was swamped with groups of seekers of up to 14 at a time, getting their realization, sitting or standing, in the booth or in the aisles. Even as we were packing up at 5.00pm people were still asking for their self realization.

Paul Nicolai, Brisbane

Recent Yuva Shakti Camp proves to be a wonderful occasion

The second Yuva Shakti camp is complete and the one overall feeling is that apart from these camps being right for the youth it was also a great success.

The camp started with an evening meditation and continued with at least three substantial Sahaj activities every day. These were conducted in a practical and enjoyable way that is the essence of youth.

We did warn you all of the possibility of the best week of your life – and it was delivered. The Wamuran setting was beautiful with its mixture of cultivated gardens and perfect natural beauty of the bush.

The Yuva Shakti travelled on a 22-seat bus plus other vehicles. Their first excursion was to Maloolabah beach to

hand out leaflets and give realization. This was preceded by a session on the grass at Wamuran for giving realization and exchanging vibrations.

Our next trip was to Australia Zoo where Steve Irwin (he who wrestles crocs and baits snakes) has his family zoo. We saw snakes (huge ones!) and too many salties to count. We got lectured on how to avoid getting taken by a croc and their general habits. Unfortunately no Steve, no wrestling and therefore no chance of mishaps! These guys were complete professionals.

We went on an all day excursion through the Blackall Ranges. This is stunning beauty and had to be seen. We stopped for our homemade kebab lunch, walked up a mountain and spent a very memorable hour in the water at the beach.

Each day had an element of drama workshops and music sessions. Michael McFadden introduced some quite sophisticated material which the students grasped very well. The music always had very strong vibrations and we can see these wonderful young people coming up with very great ability to play bhajans. These young musicians captivated the audience with their bhajans at the Friday public program in central Brisbane.

On program day they all went to the city and spent the whole day handing out leaflets and giving realization in the Queen Street Mall. The whole occasion was a success with estimates of 100 people getting their realization.

Other activities were the soccer games, the foot soaks at the dam, video evenings outside with the big screen and camp fires, tea and cake and soft drinks on tap. The opportunity was there to sit around the grounds and draw, talk and enjoy each others' company.

No matter what time every one went to bed there was 6.30am shoe beat followed by meditation. Each of these sessions was run by one of the four Yuva Shakti groups arranged at the camp. Evening meditations were also conducted by these groups.

It should be noted that each of these young people conducted themselves impeccably – a credit to themselves. They were a joy to be around. This camp was a healthy building on the foundations of the first and we look forward with great enthusiasm to many more such camps.

Thank you to all the participants, helpers and Queensland collective.

The Queensland collective rounded off our stay hosting a most beautiful Puja. Mother's talk started with saying that first it would rain in Cabella and then India. We then heard a rumble of thunder on the tape. We then heard a rumble of thunder immediately after the first – this was not on the tape. Then the heavens opened up with cooling rain...

Jai Shri Mataji

Raymond Hampton, Sydney

from New South Wales...

Yuva Shakti news:

Bellingen Global Carnival in October

The annual Bellingen Global Carnival is happening on the long weekend of the 3rd, 4th and 5th of October. We want to know how many Yuva Shakti want to make the journey to give self realisation to people over the time of the festival.

The festival is a kind of alternative culture thing with world music, fire twirling, people dressed up as woodland creatures etc, and it is a great opportunity to share the pure joy of sahaja yoga with seekers and also to have a great time together.

For those who came to the Woodford festival last year will remember what a rewarding and fun time it was. We are currently organising a meditation stall and the group will be driving up on the Friday afternoon.

Bellingen is located near Coffs Harbour, near the border of NSW and Qld. Ticket prices, if we book them by the end of August, are \$123 for adults and \$72.25 for under 18. So if you want to come, let us know by the end of the week and we can book tickets.

Contact either Andrew on 95916295, Gabby on 99693438 or Minakshi on 87460360.

Thanks,

*Andrew Bonneau
for the Sydney Yuva Shakti*

Guidance for our Yuva Shakti: how to foster the enlightenment of our young people

Two weeks ago a spontaneous meeting was held at Burwood with many parents regarding our youth and what we should do in the face of the life choices many of the children of Sahaja Yogis are making, and how we can help prevent our children going down the lost path into the western maya.

One strong point raised was that it is our responsibility as parents to teach them about Sahaja Yoga and spirituality, to help give them strong leadership and the implicit self-confidence to know right from wrong in both a spiritual and moral sense, and hope they make the right decisions based upon what they've been taught but more important from being to listen to the inner voice of the spirit.

It is our responsibility to ensure our children are well guided to logically explain to them why following the principle of dharma are beneficial, and to manage to really convince them on an intellectual level why they should be doing all the things their friends at school are indulging in.

As parents and Yogis we need to be the example of what we believe in by living Sahaja Yoga day to day, rather than leaving everything up to 'free choice', we need teach our children what this actually means. Many former Dharmasala boys are going their own way. When the issue was raised with them about the necessary expression of maturity in realising how our actions and words effect others, and their responsibility not to influence other youngsters in the wrong way, they were non-committal, saying that young people will want to try those things.

This attitude has no place in Sahaja as it is an expression of the old adage Shri Mataji spoke about years ago when we all first came to Sahaja when She asked the seekers why they took to destruction, to which the reply was "why, what's wrong with doing these things?" to which Shri Mataji said something along the lines that "there is nothing wrong if you want to take a running jump into a life of destruction and self-delusion".

The indicators are there to suggest to parent not compromise on advising your children not to go to places which advocate behaviour not in keeping with dharma and to stand upon the truth of Sahaja Yoga, but we need to provide alternatives. We need to change direction with our young for what we have done to date has clearly not been enough to help our young face the challenges of western society.

We do this not, as some have suggested, because at one time we did these things ourselves and now wish to put our children tight control. It is done from the aspect of leader-

ship, of explaining and standing upon the principle of Sahaja dharma and morality, and helping to guide our young along this path.

Everyone is free to choose what they do, but decisions must be made with full knowledge of the real choices made and the potential fall that may await the unwary, and the despair that many encounter as it is fall from grace made with the knowledge of what has been potentially given up, and lost.

We are open to all ideas as to how we can build up our relationships of trust and support - particularly between the older boys and the collective, but you only have to look at the teenage boys in Sydney over the last ten years to know we have not done justice to their spiritual heritage.

So we are asking:

1. How can we better build up our Yuva Shaktis' self-esteem and confidence so that they prevail and have society look to them rather than them having to change to fit in.
2. How do we fully educate our children on these issues so they are armed to make the best choices.
3. Let's come up with some ways that we can approach this on multiple levels.

One idea is to start the Yuva Shakti programs at No 12 with short programs for the 5 to 10 year olds, helped to run perhaps by the older Yuva Shakti, overseen and driven by some parents to give our young children that sense of developing responsibility, and also to let the children know and learn from their direct peers about Sahaja Yoga, as opposed to running in little circles out the back during programs.

Another is to begin a Yuva Shakti Fellowship every second Saturday to allow the boys to get out and kick a football, and help burn off some energy with their uncles and dads. Also Uncle John has agreed to coach a Yuva Shakti choir and bhajan group every second Saturday from 4:30pm at No 12.

Recently we received an email (see next page) from a committed Yuva Shakti in Europe whom we wrote to gain a perspective in relation to other teenagers from Dharamasala to see what their experiences have been like and to see if there was any advice as to how they managed this problem in Europe. There seems to be a very strong network of Yuva Shakti that has been built up in Europe and the boys are particularly dynamic. The same culture has not developed in Australia, so we were wondering what their "secret" was.

I believe his email displays a level of maturity and wisdom far beyond his age in years, most certainly gained at a much deeper level. In his note he has made some very

good points - one really being leadership. This was talked about in relation to the Youth Camps and was the reason why we started them in Australia last year. Of course we should have done this twenty years ago, but that is another topic.

Enlightened leadership is so very important, particularly for the boys. Teenagers need to have positive and committed good role models around for them that they can also interact with.

Chris Kyriacou, Sydney

A Yuva-Shakti writes from Europe...

Well...indeed.. the question you ask is not simple but I will do my best to answer it. Some of the boys you are referring to I knew personally at Dharamsala to properly answer your question would take me ages, especially if I was to write everything out. But I will do my best.

In the end what matters in Sahaja Yoga is your own personal relationship with Shri Mataji. There are many reasons why we here in Europe have managed to steer thru the difficult teenage predicaments in which your average 17-18 year old kid finds himself.

Indeed our collectivity is a very important one. Our love for each other as brothers has definitely given us strength and a feeling of reassurance. But why doesn't this happen in Australia?

I think there are one or two major factors. Leadership: I feel that we have been well guided by our parents and leaders. My parents for example managed to logically explain to me why having girl friends was not a good idea or why drinking was wrong. They managed to really convince me on a "intellectual" level why I shouldn't do these things. This of course helps a lot because if people tell you don't do it and they don't give you good reasons why not, then you will end up doing them. Perhaps in Australia there isn't a cohesive leadership force that can really explain why to do certain things and why not to.

It is not enough to say "you will ruin your vibrations if you drink" because these young people most of the time don't really understand what that means. Sahaja Yoga demands a lot of maturity and when your young you follow Sahaja Yoga almost instinctively.

So these kids basically need to understand that it is not a question of "Sahaja fanaticism" but there is a logical completely comprehensible reason not to do certain things. In Europe I believe this understanding is there, to one extent or another, and that is due to the positive, intelligent guidance of our elders, who not only are wise and deep but are also very "cool" and fun to be with. This bridges the generation gap and permits us to understand them better.. There is definitely a strong bond of love...and this is key.

Then Shri Mataji: as I said earlier and as you know Sahaja is about only one thing: how deep and strong is your relationship with "sakshat Shri Mataji"? If these people are getting lost it is because they are not giving enough attention to their spirit, in other words meditating. But its easy to say this, what implications does this have for your average 17 year old Yuva Shakti Australian who wants to show his six pack to the girls and is acquiring a taste for alcohol.

This is really the most important point by far: One's relationship with the divine is based solely on your under-

standing of yourself. What do I mean: it is sooooo important for us to realise our spiritual importance. The truth is that Shri Mataji is the operating divine power of God and She has chosen us!! to be born in this period to channelize her love and compassion to humanity for its salvation! When you realise what this means, then you begin to understand that there is something very different between you and the other people around you, that you have an immense responsibility vis-à-vis yourself and the world, which you simply cannot afford to behave in such a vulgar ignoble manner.

The deciding factor is whether you realise your own importance, whether you touch your spiritual dimension. When this happens, or begins to happen, then meditation is a natural corollary. But most of these people don't have a clue about any of this. I don't believe that "you can come back strong from Dharamshala" and then get completely lost. So there might be some innate issues these people really have to deal with. But for the others that do not have this relationship with the divine and don't meditate but are supposed to do so what can be done?? They have to realise one thing, that it all begins with desire. Many of them probably feel guilty etc and feel that they are completely lost and don't know where to go, but everything begins with desire.

The moment they decide that they want to take a step forward everything in their lives will completely change drastically. Either miracles will happen they might have dreams etc that show them who Shri Mataji is, that reveal to them their spiritual dimension that they have lost touch with. Desire is the beginning and if those people know this they might not change today or tomorrow, but come a time of crisis they will remember these words and will take (hopefully) the right steps in the right direction.

INTERNATIONAL NEWS

from Indonesia...

***Sahaja Yoga Roadshow:* the fourth round of national programs in Indonesia**

By Sri Mataji's grace, preparations continue for the fourth national set of Sahaja Yoga programs in Indonesia and the second to cover the populous Island of Java (where 120 million people live in an island the size of Victoria, Australia). The Indonesian Sahaja Yogis have called the programs the *Sahaja Yoga Roadshow*.

Public programs and follow-up programs will be held in six Indonesian cities in the period 6 to 27 September in:

- Denpasar, the capital of the Bali, at the Tragia Building
- Sidoarjo, just outside Indonesia's second largest city, Surabaya
- Yogyakarta, at the Hotel Candra Dewi ("Hotel of the Moon Goddess")
- Solo, at the Wisma Batari ("Goddess Building")
- Semarang, and
- Jakarta, at the Manggala Wanabakti ("Local Devotion Building").

Last year in these programs realisation was given to 2000 Indonesian seekers by the travelling yogis of Indonesia and Australia. This year, Adriana Phiong, the Indonesian leader newly appointed by Sri Mataji at the regional seminar in Singapore, is coordinating the programs with the help of local coordinators and Robert Felix, who shepherded Sahaja in Indonesia through its infancy. This time the programs are being run entirely by Indonesian Yogis who are developing a special power-point presentation to get Sri Mataji's message across to spirituality-hungry Indonesians.

Please keep these programs in your enlightened attention. Indonesia has had a difficult last half decade and with the recent hotel bombing in Jakarta your attention can help in stabilise the situation and neutralise the fanaticism which has caused so much damage to this beautiful country. The Sahaja Yoga collective of Indonesia's capital, Jakarta, is also holding a seminar over the weekend of 9-10 August in the volcanic mountains near Jakarta and have asked that yogis holding havens burn the negativity which caused the recent bombings in Jakarta.

Please pray to our Divine Mother for the success of these programs which will strengthen Sahaja Yoga's mission of enlightenment and peace in the world's fourth most populous nation.

John Fisher, Canberra
Adriana Phiong, Jakarta

from Singapore...

An Australian Sahaj Yogi in Singapore

What an amazing turn out!! I showed up at the weekly 'new people's program' in Singapore, expecting to see about five or seven new people. And slowly the room filled up. Apparently each week around 30 to 40 people come, around half of them for the first time.

Actually it was quite laid back. At the official start time Frederic moved to the front of the room and welcomed everyone. I noticed that he spoke quite softly, quite shyly and it crossed my mind that some of the new people might struggle to understand, with his soft voice and gentle French accent. "Normally we have a chart to show you, but as you can see (he smiled) it hasn't come yet." But this wasn't a problem, as he easily explained about our right side, our left side and the value of being in the present moment. All the time, smiling, quietly joking, very humbly introducing our subtle system in a very subtle way.

Soon the chart arrived and Shri Mataji's photo was put up and the candle lit. All the while Frederic continued his talk and our attention never wavered. I think nearly everyone was already at Sahastrara, their hearts open and desire kindled for a nice meditation, being introduced in a very sweet manner. When Frederic smiled everyone's kundalinis leapt up their spine. It was the clearest I have seen: that we give realisation through our own vibrations. Our enjoyment of our own realization and our love for our Mother communicates itself if our vibrations allow. And we really don't have to do anything at all, just let Shri Mataji's vibrations flow through us – there are no obstacles, just joy that everyone feels.

"So, are there are questions?" Frederic asked after the realisation process. "What if I am feeling some heat on every part of my hands?" came from the front row. "Well, then I must be brutally honest" came the response, "maybe you have to do some work in all of your chakras". Everybody laughed, including the guy with the hands. But then that reassuring smile "But don't worry, it is not such hard work and it can be fixed up quite well." Really reminded me of Shri Mataji.

Claire Pisani, Sydney