

Sahaja Yoga

28th November, 2003



Australian Newsletter

Jai Shri Mataji!

Phone: 612 6298 3743

Email articles for publication to: sahajnews@yahoo.com

Email subscription requests to: johndobbie@innocent.com

Publication deadline for contributions is midnight each Tuesday



Beata Mater et innupta Virgo...

Repelle mentis tenebras

Disrumpe cordis glaciem...

(Blessed Mother and Virgin...

Drive away the darkness of our minds.

Break up the ice of our hearts...)

one of the stanzas of a hymn by Angelo Poliziano (1454-1494)

STATE NEWS

from New South Wales...

Spread the word:

**Sahaja Yoga Workshop
at Burwood next Sunday**

The following message was emailed to the new people on our database. Please circulate this information to all those who do not have access to email.

We are pleased to announce that our next one-day workshop will be held on Sunday, 7th December.

These workshops are suitable for newcomers and regulars to Sahaja Yoga.

Program for newcomers:

- Introduction to meditation and how to meditate at home
- Introduction to the subtle system—the chakras (energy centres) and nadis (channels)
- Practical sessions on how to clear and balance the subtle system

Program for regulars:

- Elements & spirituality of the chakras
- Introduction to mantras and how to use them
- Deeper meditations—the next stage

The day will also include...

- Collective meditations
- Video presentation of Shri Mataji (founder of Sahaja Yoga)
- Live music performed by the *Music for Joy* group
- Lunch and refreshments

When

Sunday Dec 7, 2003

9.30am to 4.30pm (Doors open 9.00am)

Refreshments/lunch

Lunch plus morning/afternoon tea will be provided.

Cost

\$5.00 (to cover cost of lunch and printed materials)

Hope you can make it to the workshop!

Best wishes,

*Lyndon deValle and Charles Tiralongo
for the Sydney Sahaja Yoga collective*

**Invitation to 80th Birthday Party
for Joe Griffith**

12 noon Sunday 14th December 2003

for lunch followed by an afternoon of music
(please bring your music and instruments).

at Wallaby Hill Road, Robertson

for catering purposes

R.S.V.P. by 7th December

telephone: 4885-1069

*Lorraine Griffith
Robertson*