

# Sahaja Yoga

16<sup>th</sup> January, 2004  
23<sup>rd</sup> January, 2004  
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## Australian Newsletter

***Jai Shri Mataji!***

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*"...as we wind down the road  
Our shadows taller than our soul  
There walks a lady we all know  
Who shines white light and wants to show  
How everything still turns to gold..."*

Robert Plant

(Excerpt from a song written in 1971.

See page 4 for the whole song.)



# STATE NEWS

## *from Victoria...*

### New people's workshop

A successful workshop for new people was held in Melbourne last Saturday (31<sup>st</sup> January) for those attending programs in the eastern suburbs of Burwood East and Box Hill. New people from other Victorian programs also attended.

In the morning session (from 11 till 1 o'clock) a talk on the subtle system was followed by a practical session of foot-soaking, with established yogis helping the new people to clear their chakras and concluding with a meditation.

After an Indian-style buffet lunch, the afternoon session resumed with the theme of vibrational awareness. The video of the experiment with the Vega machine was played, after which participants were invited to meditate on the photograph of Shri Mataji which had been used in the experiment. The session then continued by inviting the participants to feel the vibrations flowing from the video of a live performance (with subtitles) by the late Nusrat Fateh Ali Khan.

Following afternoon tea, a brief Q&A session was followed by *The Vision* video. A longer meditation then concluded the workshop.

We hope to continue these workshops every three months.

*John Noyce  
Melbourne*

## *from Queensland...*

### Vacancy at Wamuran

Mark and Cathy Bevan and family are moving from Wamuran to Airlie Beach as Mark has had an irresistible job offer with a construction company.

This leaves two large vacant rooms at beautiful Wamuran, the only property owned by Shri Mataji in Australia. It is only 60 km from Brisbane.

All interested parties can call Peter Hewitson or Brett Johnstone at Wamuran or call me on 07 33006616.

*Paul Nicolai  
Brisbane*

## *from New South Wales...*

### Request for payment for *Cooking with Love*

Dear All

Those who ordered the *Cooking with Love* cookbooks, could I please have the money for them ASAP which means we will be able to have them ASAP! Aust\$54.00 which includes postage from Europe to Australia.

Please deposit the money into:

**Account No: 062637 10085568**

**Bank: Commonwealth Bank**

**Name of A/C Holder: Greta C More.**

Please send me a notice via email great2@tsn.cc when you have done so with the amount you deposited and the date you did it. You can also give me the money when you see me at Burwood if that is more convenient for you.

Once I get all the money I will order the books.

Many thanks,

*Greta Moré  
Sydney*

### Wonderful news of a dear Australian sister now living in Romania

I had a phone call from Belinda Mascarenhas who is living overseas to say "Hello!" and to let the collective know that she is having a baby around the 25th May.

Belinda is very well and happy with her new life in Romania. She would like the collective to know the wonderful news. Any emails to her would be most welcome as Romania is a long way from home. She would like to hear from the collective in Australia sometime.

The email address she gave to me is  
belinda5za@yahoo.com.

Jai Shri Mataji

*Carole Carlstrom  
Sydney*

# INTERNATIONAL NEWS

## *from the Czech Republic...*

### **Borotin Kindergarten completes its first year**

By the grace of our Divine Mother, the Sahaj Kindergarten in Borotin, Czech Republic, has already completed its first year of operation. It has gone from a local project for the Czech children to a school hosting children and aunts/uncles from the international Sahaj community.

At present our kindergarten has a capacity of hosting 25 children and about 15 adults maximum. However, there is plenty of scope, as well as desire, to expand, given the right resources and help.

The school is situated on 3.3 acres of land in a property which was previously used for farming. Now belonging to Sahaja Yoga, the property includes several buildings, only one of which has been developed and is currently being used. We would like to develop some of the other buildings, which have not been used for many years and are in need of renovation.

In this way we hope to be able to host many more children in the years to come, something which seems to be more and more of a necessity, given that the Rome school is at its full capacity.

Our collective has been working hard to make this dream come true and as the project continues to develop, we would like to extend the invitation for help to yogis worldwide. Any help offered will be welcomed, from your enlightened attention to more mundane aspects!

For example:

- Aunties and uncles to look after the children and do general work.
- Manual labour and expertise (laying floors, putting up tiles, plumbing/electrical work, project coordinating, decorating etc.)
- Financial support and fundraising (even a small contribution can be of great help!)
- Donations of useful items, such as:
- Soft furnishings (unused materials, curtains, suitable carpets).
- altar equipment (new saris for the altar, large framed photographs of Shri Mataji, altar cloths, rugs for Shri Mataji's feet, puja items, etc.)
- School equipment (educational material, books, material for art, music and drama, children's videos, no scary ones please and no noisy electronic gadgets!)
- kitchen equipment (cooking utensils, good quality pots and pans, electrical kitchenware such as blenders, liquidizers, toasters etc)
- other items that you may think of not mentioned here

Please ensure that all items are new or as new, preferably not plastic and suitable for use in the kindergarten. Storing space is very limited at the moment so please make sure you contact the school before bringing things over.

If you would like to donate money (which is very useful of course) our bank account details are:

**Account number:**

**27-5817910247 / 0100; S.W.I.F.T. Code: KOMBCZPP**

**Account holder:**

**Spolecnost Sahadza Joga (ie Sahaja Yoga Association)**

**Bank name and address:**

**Komerční Banka**

**Na Příkopě 33, 114 07 Praha 1**

**P.O. Box 839, Czech Republic**

Some brief information about financial matters:

For the last year and a half, the Czech collective has donated more than 28,000 Euro towards the building and equipment of the kindergarten. The next step in the development of the kindergarten would be to increase the capacity for another 10 children and upgrade the accommodation for adults. For this, the budget is estimated at 42,000 euro. Your help would certainly make things move in a more dynamic way!

This letter will also be sent to your leader so that your collective may have the opportunity to contribute financially or otherwise, if you so wish.

You may email us at: [sy.borotin@tiscali.cz](mailto:sy.borotin@tiscali.cz)

Call us on: +420 604 326 306

Or write to us at: Radka Mackova, 679 37 Borotin 16, Czech Republic

We wish you all a wonderful Christmas season and we hope to see you in Borotin!

With lots of love,

*the Borotin collective*

*from Italy...*

**"This song's for all the Sahaja Yogis!"**

It's 9.30 on Friday night, a packed venue in Milan, the young fans are going wild as the band, currently number one in the hit parade, prepare to launch into another number. Suddenly the young bass player grabs the microphone and says *"THIS SONG'S FOR ALL THE SAHAJA YOGIS!"*

The band was Rasmus and the young man was Eero, a Finnish Sahaja Yogi who is doing all he can to spread our Mother's message.

When the Italian yuva shakti heard the band was coming to Italy, following the news about the concert in Vienna last November, they quickly mobilised! A group of about thirty young (and a few not so young!) went to the concert in Milan. Eero came before the concert and autographed lots of Sahaja leaflets. For once there was little risk of leaflets being glanced at and then thrown away! The fans were really thrilled to have such a nice memento. During the gig we spoke to many young people and even gave some their realization, but it was after, when everyone was leaving the hall that he suddenly returned. At first the fans couldn't believe it, then they quickly surrounded him. He autographed many more leaflets and told them they should try Sahaja Yoga, then he and the yuva shakti worked on people and gave realisation.

A lovely moment happened outside the concert when two people, who had just received their realisation, were seen raising the kundalinis of their friends! Afterwards we all went for a very joyous pizza and then a meditation at a nearby yogini's house. For a Sahaja Yogi, in the middle of all the maya of being a rock star, this welcome meditation with the other yogis was probably the high point of his evening!

Then, the next day, down to Reggio Emilia. There the venue was much bigger and kali yuga more evident! Now it was the turn for the yuva shakti from Reggio, Bologna, Ferrara and a large contingent from Rome. Once again the slightly bemused fans were bombarded with leaflets by a laughing and joyful yuva shakti. Here it seemed that the crowd would be too dense for Eero to come and give a hand, but suddenly there he was again. This time about twenty people got their realization and nearly 2,000 were given leaflets (of which at least a hundred will be very carefully conserved!).

For the young yogis this was a fantastic opportunity to combine a great night, rock music and dancing, with the joy of giving realisation. As we said goodbye to Eero we said how grateful we were for this wonderful opportunity, he replied *"Don't thank me, thank Shri Mataji"*.

With love from Italy, *Finbar*

## SAHAJA POETRY

### *Stairway to Heaven*

*There's a lady who's sure all that glitters is gold  
And she's buying a stairway to heaven  
And when she gets there she knows if the stores are closed  
With a word she can get what she came for.*

*There's a sign on the wall  
But she wants to be sure  
'Cause you know sometimes words have two meanings.*

*In a tree by the brook there's a songbird  
Who sings sometimes  
All of our thoughts are misgiven.*

*There's a feeling I get when I look to the west  
And my spirit is crying for leaving.  
In my thoughts I have seen rings of smoke through the trees  
And the voices of those who stand looking.*

*And it's whispered that soon  
If we all call the tune  
Then the piper will lead us to reason  
And a new day will dawn  
For those who stand long  
And the forests will echo with laughter.*

*And it makes me wonder.*

*If there's a bustle in your hedgerow  
Don't be alarmed now  
It's just a spring clean for the May-Queen.  
Yes there are two paths you can go by  
But in the long run  
There's still time to change the road you're on.*

*Your head is humming and it won't go  
- In case you don't know  
The piper's calling you to join him.  
Dear lady can you hear the wind blow  
And did you know  
Your stairway lies on the whispering wind.*

*And as we wind down the road  
Our shadows taller than our soul  
There walks a lady we all know  
Who shines white light and wants to show  
How everything still turns to gold.  
And if you listen very hard  
The tune will come to you at last  
When all are one and one is all  
To be a rock and not to roll.*

Robert Plant