

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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Your Mother is in you, and you in Her. She bore you; She gives you life. It was She who gave to you your body and to Her shall you one day give it back again. Happy are you when you come to know Her and Her kingdom; if you receive your Mother's angels and if you do Her laws. I tell you truly, he who does these things shall never see disease. For the power of our Mother is above all. And it destroys Satan and his kingdom, and has rule over all your bodies and all living things.

Lord Jesus
(from The Gospel of the Essenes)



NATIONAL NEWS

A proposal to the Australian Yuva Shakti, parents and supporters

Hi All,

Everyone involved with the recent Yuva Shakti Camp held in Sydney would like to take this opportunity to thank you for taking the time and effort to attend. Everyone involved with organizing and working for the Camp hopes that you enjoyed the time spent with other young Sahaja Yogis. Hopefully some of the other slightly older(?) Sahaja Yogis present with you during the week were able to provide positive, intelligent support, and who were perhaps a little bit wise, and also fun to be with.

This more than any words uttered bridges the generation gap and permits us to understand you all the better. Hopefully you experienced that there is definitely a strong bond of love and this is key to not only providing positive examples of what we believe in by living Sahaja Yoga day to day, but may help you experience the implicit self-confidence to know and live your life from both a spiritual and moral sense.

One important lesson from the camp experience in relation to the drama exercise *Saving the World* was the message to Unite, indeed your collectivity, the bonds of pure love and friendship you have for one another are so very important, the love for each other as brothers and sisters will definitely give you strength, protection, and a feeling of reassurance and support as you make your way in the world.

Never lose sight of your own importance: touch your spiritual dimension. When this happens, or begins to happen, then you realise one important thing: that it all begins with desire. When you decide to take this step forward everything in your lives can completely change drastically. Desire is the beginning, meditation the natural outcome and a life of happiness the natural result.

Mentoring Initiative.

One of the great aspects of Sahaja Yoga are some of life transforming experiences that we hear about. Recently there was a situation where a Sahaja teenager was going through a hard time. What eventuated was that a Sahaja Uncle began to communicate with the teenager via Email. In a real sense he began pen-palling him. The result was fantastic, in this case the teenager was transformed.

Somehow if there is a person outside the family who really takes an interest and wants to help - which they are not obliged to do, as they are not so bound by family responsibilities - this open offer of help and assistance from the Uncle or Auntie can mean a great deal.

What we are proposing is to facilitate the establishment of this sort of mentoring initiative for any Yuva Shakti who wish to be involved.

We have asked for volunteer Uncles and Aunties who feel they can take on the responsibility of at least writing one Email every two weeks to a Yuva Shakti who wishes to take part, with the approval of your parents, for the role as an mentor Uncle / Auntie who perhaps maybe much closer than a friend. A simple "how's school?" or "friends", you may be having trouble at school, with studies, friends, or going through a hard time, it's a feeling of community, support, guidance and advice provided by the Sahaja Yoga Uncle.

The Emails are being sent from Sahaja Yogis so we should have that trust in them. So as parents have 100% confidence and there can be a level of trust developed.

It will take a lot of detachment and love. The Uncles / Aunties should not expect very much in relation to Emails back, but experience has shown the receipt of the Emails are keenly sought. What has been seen is that Yuva Shaktis read what they get and will be enamoured that an Uncle / Auntie is taking such an interest, and hopefully react incredibly well.

In the case mentioned above the mentoring Uncle involved wrote:

"We conversed about 'everything', but really about 'lifestyle', and Sahaja Yoga is a way of life that touches everything. But it should be reasonably spontaneous and 100% genuine. Hopefully it can work that you really have a connection with your Yuva Shakti which remains within the uncle-nephew aunty-niece mariyadas, and then it will hard to ignore what you are saying because it is coming from an interested Uncle who has a connection with him, it is the proper integration of all the relational dynamics that we should seek, it's the role of the Sahaja community we wish to promote."

So if you wish to get involved send me an Email and we will begin the process to help facilitate this connection. Many younger Sahaja Yogis such as Sunil and Aarti, Sudhir, Keiran, Sean, Tony Carbone, Rodolphe and Caroline, Roger and Helen, Kim, Debbie, John and Gulshan, Andrew Jones, Peter Aerfeldt and many more can be involved.

If you feel there is someone you can connect with and wish to nominate let us know, or we can arrange something, again just let us know.

Yuva Shakti Email Group - AUSSIENSYS

Aunty Aarti and Uncle Sunil have volunteered to set up and run a Yuva Shakti Email group on yahoo for use by

the Yuva Shakti all over Australia.

This way all the Yuva Shakti all over the country can be in contact with each other. With this system you just have to send an email to the Email Group address and it will reach all the Yuva Shakti.

Aarti and Sunil are the moderators, so all the emails will first go to them. They can then put it to the group for everyone to read, and they can just to keep a check on what is happening. This way you can all discuss personal issues, the collective, the Yuva Shakti.

The leaders in different parts of the country can be asked to collect Yuva Shaktis' email addresses. If you don't have an personal email address then someone can quite easily set up one for you on hotmail or yahoo and show you how to use it. If you are all in regular contact with each other then perhaps you will not feel as much pressure from outside as is currently the case.

What is needed is your names, email id's, location for our database, for registration. We can also include your age, qualification and address if you wish.

We have named the GROUP as AUSSIENSYS, the group email id will be

aussiensys@yahoogroups.com

AUSSIE is for Australian and NSYS is for Nirmal Sangh Yuva Shakti, as previously named by Shri Mataji.

The aim of the group is to connect the Australian Yuva Shakti through email. They can be in touch with each other and also exchange what is happening in your region, views about any particular topic, Pujas, jobs, Mother's talks related to the Yuva Shakti. Basically you can discuss whatever you wish but in Sahaja limits.

If you have questions then they can be directed to:
Aarti at aartis@comperation.com or Sunil at sunils@comperation.com

We may not have everyone's Email address so pass this around as you see fit.

Regards

Chris Kyriacou
Sydney

STATE NEWS

from New South Wales...

**Request for assistance with handouts
for public program
and *Music of Joy* concert
Friday 5th March**

Hi everyone

There is a public program and *Music of Joy* concert in Glenwood at 7:30pm on Friday 5th March.

**Caddies Creek Public School
Cnr Glenwood Park Drive and Currawong Street
Glenwood**

We have only two weekends to do the handouts. Please assist as much you can. Handouts can be picked up from:

Hari at Burwood ph 9747 2820 and
Priya at 9/181 Pennant Hills Rd Carlingford ph 9630 7498

Thanks

Hari Gaikwad

Expression of gratitude for the collective support at the recent Sahaja wedding in Sydney

Jai Shri Mataji. Please excuse the lateness of conveying our gratitude to the collective for the roles each played in the ceremony and reception of Shanti and Shamik's wedding.

From many expressions, accounts and experiences during this very significant time it has become obvious that this occasion was like puja. The strength of vibrations leading up to, during and post celebration indicated without doubt that Shri Mataji orchestrated the whole event. We were merely the instruments in the play, and with the knowledge that Shri Mataji is moving more into the formless, the openheartedness, generosity, love and support was given with such joy of commitment.

Past, present and future came together as one—all having played significant roles in the life of Shanti as her extended family, giving her the opportunity to express her gratitude and love for the support in her growing up within Sahaja Yoga, and allowing her to move into the next phase of her life with confidence that she has a solid family behind her that she respects and loves dearly.

As most of you would know, Shanti has only really known Sahaja Yoga as her real family. For this reason alone I would like to express my gratitude to all my brothers and sisters—young and older—for expressing your unconditional love during this time. Without it the whole event would not have gone so smoothly and, as mentioned, expressed Shri Mataji's pure qualities and joy.

Thank you for this opportunity Shri Mataji.

With love and devotion

*Raelene Wright
Katoomba*

SAHAJA VIEWPOINT

A year of many significant events

I'm sure some of you have noticed that this year is the year of elections, with national elections scheduled in Sri Lanka, India, U.S., Australia and many other countries (Italy as in every year, but who knows: maybe even England the way things are). There must be some subtle desire for transformation driving all of this. It seems no mere coincidence that our attention is turning again to inner transformation, not just of the self but inclusive of our whole outlook on collectivity.

Election times can seem confused, harsh and hesitant, a rocky landscape of issues, conflicts and pitfalls. While candidates reek with confidence and extroversion, for voters the real nature of election times is reflection, introspection and careful navigation through the political maze. And whether the outcome means a confirmation of the status quo or a new impetus for change, it requires voters to take on the responsibility of determining the collective destiny.

For Sahaja Yogis it seems that these times could be both a test and an opportunity. A test on the attention and detachment, but also an opportunity to harness those subtle transforming energies which are motivating this global disruption.

Sahaja Yoga is more than a mere democracy: leadership is not the problem or issue that we face. We are aware that it is not only on election day but every day that we have a responsibility towards the strength and quality of the collective. In this way Sahaja Yoga is unique in the world. No other organisation is so liberating or allowing of individual spontaneous contribution. Even now we are still learning what it is that Shri Mataji has gifted us.

So, while the noise of political confusion clatters all about us we can ride the wave of energy that is the source of all transformation. Not with confusion or hesitation, but with joy and exhilaration we can achieve greater liberty and a stronger bond with our brothers and sisters.

*Lyndon De Valle
Sydney, Australia*