

# Sahaja Yoga

5<sup>th</sup> March, 2004



## Australian Newsletter

***Jai Shri Mataji!***

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*We have received our realisation,  
So please come to receive yours!*

*We are the children realised by Shri Mataji  
We are her children, bathing in divine vibrations.*

*Darkness vanishes with Sahaja Yoga  
And this darkness itself turns into light.*

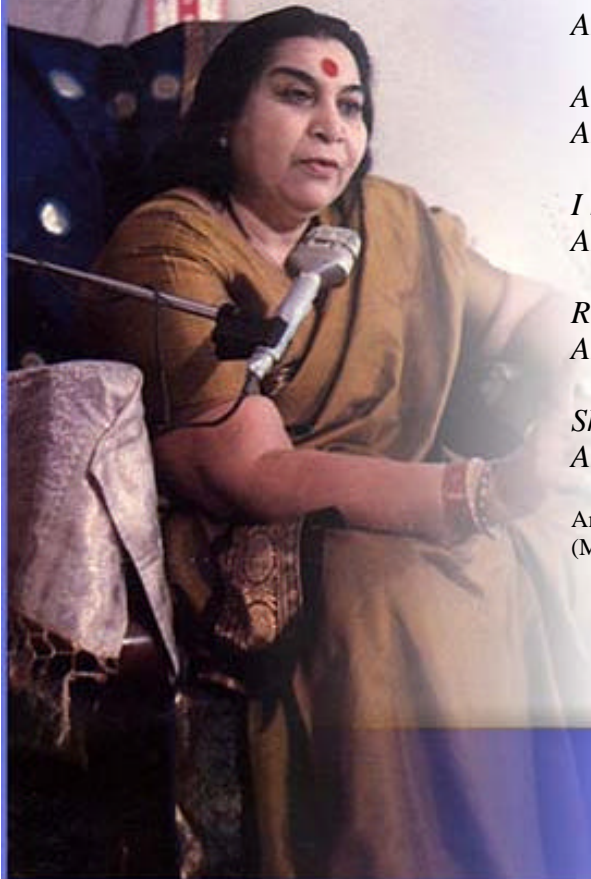
*Anger vanishes with Sahaja Yoga  
And this anger itself turns into love.*

*I have been realised by Shri Mataji  
And through her love I have now become a Mahayogi.*

*Religion has been realised by Shri Mataji  
And this religion has now become universal.*

*Shri Mataji has given realisation to people  
And these people have now become pure and saintly.*

Ami Bi Ghadalo  
(Marathi bhajan)



# STATE NEWS

*from New South Wales...*

**Come along to a program of self realisation this Sunday 7th March at Bondi Beach from 8am till noon**

The Sydney collective now has the opportunity to give realisation to people at Bondi Beach, one of the great beaches of the world. Waverley Council is giving us a trial day on the promenade in front of the beach. We will either be in front of the pavilion or further down the promenade near the skating ramp at South Bondi.

The program will be run like the Manly Corso program, with passers by being invited to try Sahaja Yoga Meditation and experience self realisation. Hopefully we can also feed some seekers to the Eastern Suburbs programs.

As this is a one-off at the moment, it would be great to have as many yogis present as possible to make the day a success. The event will start early, at 8 o'clock, and finish at midday. It is a good chance to come early for a seaside meditation before giving others realisation.

*Please contact Keiran McPhail at Burwood on 9747 4835 or 0416 217 445 for more information.*

**Pilot Children's Program  
next Saturday evening 13th March  
in the Sahaja Pre-school  
at No 8 Clarence Street Burwood**

The next children's program will be on Saturday 13 March in the preschool at 6.30pm. Children can attend the 5.30 clearing program and after puja go to the preschool.

This program we will be making Ganeshas from clay, so please bring the following items as well as the ones listed further below:

- 1 wooden board about the size of a chopping board (could be ply wood)
- a smock or wear clothes that can be decorated with clay!

All children are welcome, BUT MUST COME WITH AN ADULT. THIS IS VERY IMPORTANT.

The program will run for about 1 ½ hours then everyone will move next door to No 10 for Aarti and meditation. It is very important that we rejoin the rest of the collective.

The children will sit the front for the aarti and should sit for meditation for about 5 minutes afterwards to absorb the vibrations and to keep their attention together and settled.

As the programs progress we will also use this opportunity to have the children sing songs, etc, or put on short plays in order to share what they have learnt with the collective.

Please bring the following items:

- 1 per child—A4 size Visual Diary 60 sheets (120 pages) (these are books with a black cover, metal spiral binding and blank pages of acid-free drawing paper. They can be brought in Big W, etc or newsagents and cost about \$4 to \$6)
- 1 per child—A5 size Visual Diary (as above)
- please also bring, scissors, pencils, rubber, ruler, felt pens, crayons, glue etc—whatever your children like to use for drawing and decorating
- the children should also bring a drink and a snack
- and finally \$4.00 each week, per child, to cover the cost of photocopying and colour photographs etc

There are many ideas for activities that we can do with the children to increase their experiences of vibrations. We will do meditation, bhajans, exchanging vibrations, treatments, make sure they know where the chakras are on themselves and others, why we do puja, etc.

The A4 book is for the children to make their own books of *Nirmala Vidya*, with photos of Shri Mataji in Her various forms, miracle photos, pictures of the deities, stories as told by Shri Mataji, pictures that relate to the chakras, Cabella, Dharamsala, etc etc.

The smaller book will be a song and poem book that they can illustrate etc—hopefully write their own poems and songs too.

Let's see how it goes. Any ideas are welcome. This is just a start and will evolve as it goes.

The main thing is that the children should enjoy themselves, enjoy learning the sahaj knowledge and experience the joy of the collective and the vibrations.

Everyone is welcome. Any Aunties, Uncles or Yuva Shakti who would like to help in any way, please come along or call me.

Jai Shri Mataji.

*Gillian Patankar*  
*ph: 99404588 gpatankar@hotmail.com*

from Queensland...

## A little light relief in this fantastic Brisbane weather...

*You know you're in Brisbane today when:*

- a. The best parking space is determined by shade instead of distance.
- b. Hot water comes out of both taps.
- c. You learn that a seat belt buckle makes a pretty good branding iron.
- d. The temperature drops below 35°C and you feel a little chilly.
- e. You discover that in February it only takes two fingers to steer your car.
- f. You discover that you can get sunburnt through your car window.
- g. You develop a fear of metal car door handles.
- h. You break a sweat the instant you step outside at 7:30am.
- i. Your biggest bicycle wreck fear is, "What if I get knocked out and end up lying on the pavement and cook to death?"
- j. You realise that asphalt has a liquid state.
- k. Farmers are feeding their chickens crushed ice to prevent them from laying hard-boiled eggs.
- l. The cows are giving evaporated milk.
- m. The trees are whistling for the dogs.
- n. while walking back barefoot to your car from the beach, you do a tightrope act on the white lines in the carpark.
- o. you catch a cold from having the aircon full blast while you sleep during the night.
- p. You learn that David Jones isn't a department store—its a temple to worship air-conditioning.

Stay cool!!

*Rishi Nicolai, Friday 27th February 2004*  
<http://www.switonline.com>  
mobile: 0402 455

Addition:

This really happened many a time in the shed at Wamuran

*You know you're in Brisbane when—* Your candles keep melting before you have time to light them.

*Love, Kim Pearce*

## SAHAJ INTEREST

### Tempers blamed for failures of the heart

Giving vent to strong emotions may not always be the healthiest strategy. Men who throw temper tantrums and are hostile to others have a higher risk of developing an irregular heartbeat that can lead to sudden death, new research shows.

The 10-year study of nearly 3700 Americans also found that hot-headed men were 20 per cent more likely to have died than those who stayed calm. Women were at no greater risk of a heart flutter, or atrial fibrillation, if they displayed anger and hostility.

The study, published in *Circulation*, the journal of the American Heart Association, is the first to link emotions with heart-beat. The research team's leader, Elaine Eaker, the president of Eaker Epidemiology Enterprises in Wisconsin, said the findings challenged popular wisdom.

"There has been a perception that you can dissipate the negative health effects of anger by letting anger out instead of bottling it up," she said. "But that is definitely not the case in this study."

Steve Bunker, a spokesman for the National Heart Foundation of Australia, said research on personality and heart disease was a controversial area.

A popular misconception persists that type A people, with a rushed, competitive, impatient personality, are prone to heart disease, but many studies have disproved this, Dr Bunker said.

The new study was a valuable attempt to focus on aspects of personality, such as anger and hostility, he said. But more research was needed to confirm the link with irregular heartbeat.

The US team studied 1769 men and 1913 women who were the adult children of the original participants of a study into heart disease in the town of Framingham, Massachusetts.

Men who described themselves as fiery, quick tempered, hot headed, furious when criticised, or belligerent were 30 per cent more likely to suffer from atrial fibrillation during the decade they were followed.

Their average age was 48, whereas atrial fibrillation mostly strikes people in their 70s or 80s, Dr Eaker said. "The cases we observed in this study could be characterised as early onset or premature atrial fibrillation, largely occurring without pre-existing heart disease."

The National Heart Foundation of Australia last year published a statement which concluded that psychological and social factors were as important in heart disease as smoking, blood pressure and high cholesterol. The three main ones were depression, social isolation and a lack of good social support, Dr Bunker said.

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