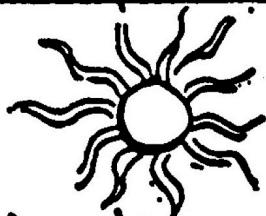


12th July 1997.



The Australian Sahaja Newsletter

Contributions:

Heather Sattarshetty: (02) 560 0029
Burwood Fax. (02) 745 4927



Dear Brothers and Sisters,

The following is the latest announcement regarding the Russian Tour. Like always, the schedule is subject to change. All the best to our Russian brothers and sisters that are able to help so many seekers get their self-realization (measured in stadium size venues!) and walk the streets amongst thousands of yogis. Someday I hope to witness this sight live and in person!

Kind Regards From Your Brother Mark

Shri Mataji has approved the following tentative schedule for Russian tour.

Mon	Aug 4th	Arrival in Moscow
Tue	5th	Rest
Wed	6th	Public Programme
Thu	7th	Music Programme
Fri	8th	Puja
Sat	9th	Celebration of Marriage
Sun	10th	Night Train to St. Petersburg
Mon	11th	Arrival and Public Programme
Tue	12th	Departure for Togliatti
Wed	13th	Public Programme in Togliatti
Thu	14th	Departure for Kiev
Fri	15th	Public Programme in Kiev
Sat	16th	Departure to Moscow
Sun	17th	Departure to Milan

GANESHA PUJA

A reminder to the whole of the Australian collective, that we need to receive your contribution to meet our budget of sorts associated with staging the Shri Ganesha Puja at Cabella in early September.

We share the responsibilities and costs with our Asian and Pacific neighbours.

Let the contribution be the same as it was last year; \$ 108 from each member of the collective, or otherwise whatever you are able to send. Please make cheques payable to Life Eternal Trust Australia and send to **RADHIKA RICHARDSON** at 195, Burwood Road, Crydon Park NSW 2133. Please include a note to confirm that it is for Ganesha Puja , or you could write this on the inside of the envelope

Raffle News: Shri Ganesh/Cabella

Just a reminder that Shri Ganesh/Cabella raffle is coming to a close, so don't forget to buy a ticket and be in the draw. Tickets are \$15 each or 2 for \$25. Raffle will be drawn on the 27th July.

Ticket sellers please have ticket stubbs and money returned by Friday the 25th July to Debbie Miller, 5 Moorina Crt., Mornington 3931.

Thank you for your support.

Debbie Miller

FROM PELAW MAIN

Last weekends music concert and seminar held at Pelaw Main combining the collectives of Central Coast, Hunter Valley, Newcastle and Muswellbrook left us humbled and with an increased realisation of the love of Shri Mataji.

Musicians and speakers from Sydney and Kempsey expressed a depth and range of love, knowledge and talent that combined with the spiritual energy of collectivity and raised vibrations to high levels.

We extend our heartfelt gratitude to all our brothers and sisters who helped make this a most memorable event.

Jai Shri Mataji.

Steve Hirst

Public Programme on Cyprus

There are preparations under way to hold the first ever public programme on Cyprus, probably on the 27th and 28th of July. If anyone can attend, please contact Brendan Hickling, tel/fax +30 1 8229262, 66-68 Alkamenous, 10440 Athens, Greece.

Jai Shri Mataji!

from the Greek collective

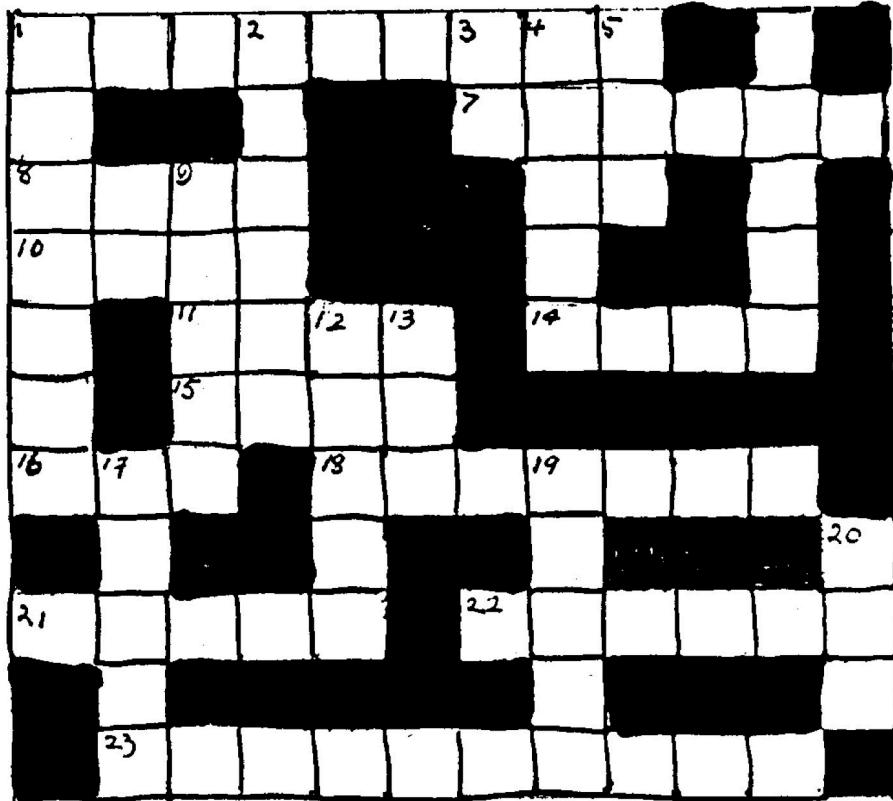
Country Living

Expressions of interest from those interested in living at the property are still open.

There are still opportunities for those who wish to move to the country property and to help support the collective work which will soon be conducted on the property. Those interested should communicate with Uncle Michael.

Peter and Chris

CAN YOU SOLVE THIS PUZZLE?



AROSS

1. AUTHOR OF YOGA SUTRAS (9)
2. NO PLACE FOR A LAMP! (6)
3. FABULOUS SERPENT (4)
10. AT THE RIVER BANK (4)
11. SUN GOD (4)
14. MOTHER (4)
15. KIND, DEVOTED, PIous (4)
16. BAHU (3)
18. KRISHNA's OWN COUNTRY (7)
21. SITTING DOWN (5)
22. UNYOKED (6)
23. NISHKALANKA (10)

DOWN

1. A NADI (7)
2. DIVINE INCARNATION
3. PERFECT FORM OF SPEAKING (3)
4. PERTAINING TO SIVA
5. ANOTHER NADI (3)
6. KNOWING (9)
9. HOT (5)
12. STORY-TELLING SAGE
13. AHAM (1,2)
17. SAGE (5)
19. RAJAN (5)
20. BOAT (3)

GURU puja WAMURAN, OLD, WEEKEND 19TH JULY 1997

Things to bring

Torch

Cutlery- knife, plate, cup

Tea towel

Warm clothes (Nights are cold: 6 degrees C)

India Tour style sleeping- Ground sheet, sleeping bag

Repellent

Nearest shops are 8 Km away. Bring what you need with you.

Main events are:

Saturday 19th

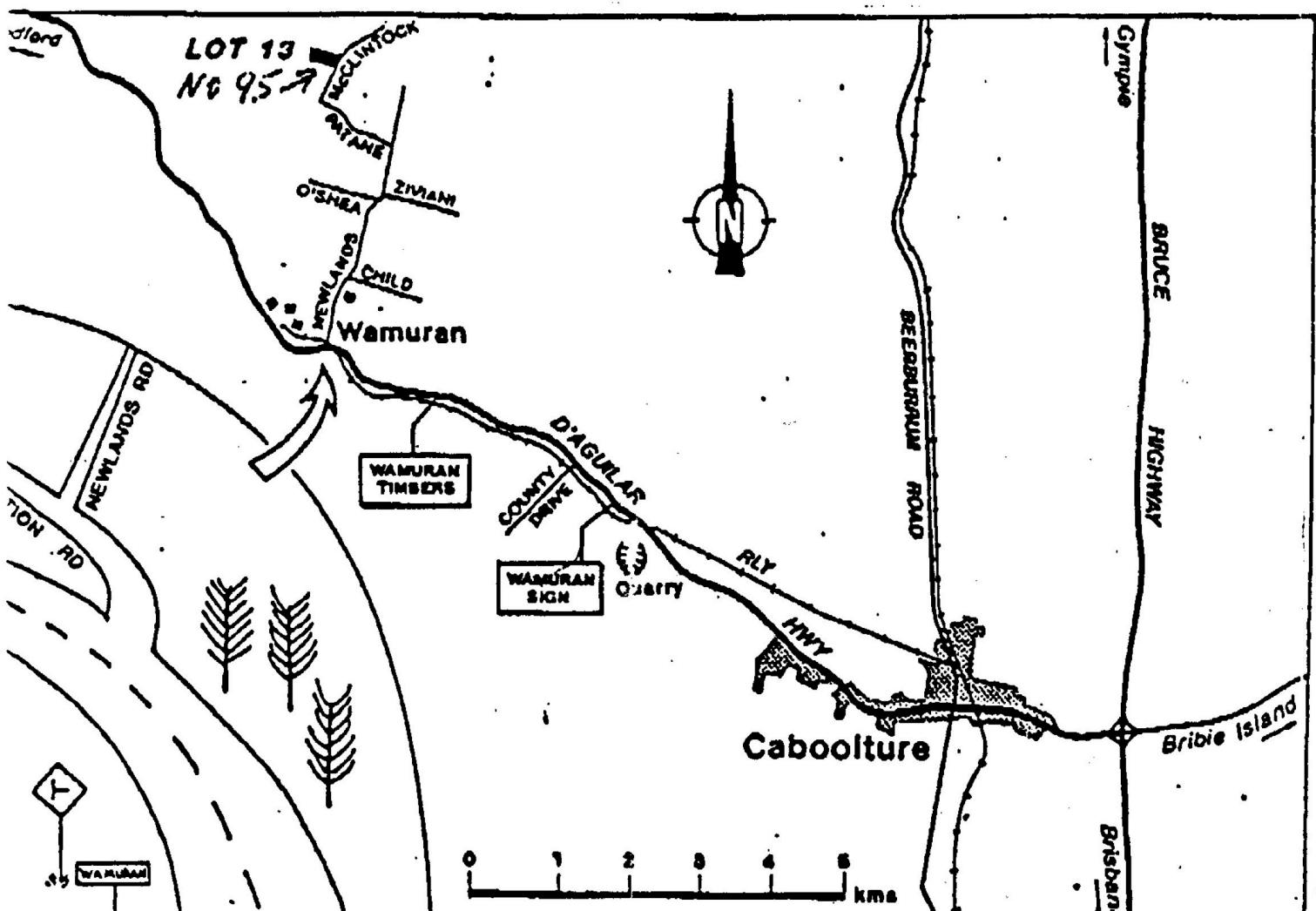
10.00 Havan

Afternoon Pamphleting Brisbane City

7.00 PM Public programme, Ithaca Auditorium, Brisbane City Hall

Sunday 20th

Midday Puja



After many years and much searching we are all now the owners of the National Country Property at Balmoral Village. To celebrate the occasion a picnic and informal Puja was held on the property on Sunday 29th June.

The day dawned cold and wet, thundering showers drenching Sydney. The telephones of those organising the event rang all morning with enquires about proceeding with the picnic. The response "come torrential rains, floods, or hail storms we will be there with Aarti lamp in hand to celebrate this most auspicious occasion - be there with us"

So we all drove from under the rain burdened clouds above Sydney, and headed into the only clear blue sky and sunshine on the NSW coast - that which was above our property. The air was crisp and cool, winter sky and sun greeted us all as we gathered around the buildings on the property.

We held a Puja to welcome Shri Mataji to the property, the vibrations were very strong. As the familiar sounds of the Bhajans filled the Hall for the first time we all felt privileged to be present on what we all felt to be a most auspicious occasion. Uncle Michael spoke after the Puja to mark the significance of the occasion and to ask for our assistance in the coming development work. He said we now own the land, and we have gained permission to develop the property, now we have to use it, and to improve it, and to make it a fitting place of worship for Shri Adi Shakti.

After the Puja the assembled Yogis walked along the boundaries of the 35 acres of the property. At each corner of the property we buried a coconut which had been offered during the Puja. The last coconut was buried by our children, it was quite sweet as the young ones all dug the hole with shovels and started to cover the coconut with Earth. After awhile tools were laid aside, and the children reverted to the more familiar methods of moving the earth with their hands and feet. We then enjoyed a meal together with most people staying at the property until after dark.

Those responsible for purchasing the property have spent much time and effort in helping to bring Shri Mataji's vision to reality. Now to a large extent this responsibility passes onto the rest of the collective. The time is now at hand when we will begin to work on the property and to convert the Shed into a Puja Hall. This responsibility now passes onto all of us.

Peter Schwartz has kindly agreed to be the Master of works and we thank him for his generous offer. With the combined expertise of our builders all things are possible. There will be much to do, and the development of Balmoral will be achieved through all our effort and manifest desire.

It should not just be the same set of people who are there every weekend working. Every able bodied man needs to be involved to contribute their labour. We should all

work together to ensure that we contribute towards this project. We need to be aware of what we are, and what we are doing for Sahaja Yoga. If we focus our desire then this becomes a collective desire, ensuring success of the task before us.

Work will begin shortly after Guru Puja. Peter Brownscombe will collect names of people and the weekends when they are available to work on the property. It is envisaged that we will stay overnight at the property to reduce the amount of travelling time and allow us to work Saturday and Sunday. Some work will also be carried out during the week.

Everyone should aim to contribute one or two weekends a month to working on the property. Please call Peter and nominate the weekends that you are available to work. Once we have this information, we will arrange a work roster and give people ample notice of the weekends when they are to work.

The transformation of our property cannot work out if we think we are all Sahaja Yogis and want to support this work, then do nothing. We all need to be involved. There is no other way this project will be realised. It is at this times such as this that the dynamism of the collective should come to the fore. Please contact Peter and provide us with the necessary details.

Yogis 'lift' roof at Pelaw Main

Over 60 Sahaja Yogis of the Central Coast, Newcastle, the Hunter Valley and Sydney accepted the invitation to attend a Sahaja Yoga Seminar organised for the weekend of July 5th through to 6th at the Pelaw Main Center. By all accounts the weekend was a tremendous success.

It was felt that we all needed to make more of an effort to help expand the vision of many of the newer members of the collective, and in a sense to become more dynamic in helping to establish the seekers. This would not only help establish those seekers who have recently come to Sahaja Yoga, but also help to introduce them to the wider collective. The seminar was a significant event, providing an invaluable opportunity to meet other Sahaja Yogis and to gain wider insight into the vision of Sahaja Yoga.

The weekend began with a 'Music of Joy' concert, presented on Saturday July 5th commencing 7:00 pm. Everyone was encouraged to bring their families to the concert as a means of giving them an experience of the joy which we all share together. The level of vibrations which built throughout the concert opened the hearts of all those fortunate enough to be present. The Kawali sung to conclude the concert lifted the roof of the hall with the strength of its music, aided by the accompanying applause of an appreciative audience. The newer members of the collective said afterwards that they had never heard music like it, or felt so much happiness listening to music before. This is one of the means by which we can clearly demonstrate the effect that the Kundalini can have in opening the heart, and lifting ones spirits.

Many of those who attended the concert accepted the kind invitation of our hosts and stayed overnight. Anyone who has visited Pelaw Main will recall that there is no shortage of room, or hospitality. This was most certainly proven yet again.

The more formal section of the seminar commenced the next day at 10:00am. Dr Bohdan opened the seminar with a vibrational bang! He related his early experiences in England with Shri Mataji and the glimpses She provided of the states of consciousness which maybe possible for Sahaja Yogis. He spoke of a state of awareness where one is totally identified with Shri Mataji, and where the awareness of being anything separate, and Ego bound, does not exist. He said we are not there yet, but it is something worth striving for because it is more real, and self-fulfilling than anything we have experienced before.

Dr Bohdan certainly provided those present with a vision of what is possible. Those attending then broke up into two groups and spent some time practising clearing techniques using the elements of Earth and Fire. In each case the onus was on the new people to give vibrations and to use the techniques rather than being passive spectators listening to someone speaking.

The session before lunch was a question and answer period where a panel of Yogis answered questions. Discussed where some of the reasons we perform the practices of Sahaja Yoga, and their importance in purifying our attention, so that we can become identified with the Spirit and our self-realisation, moving us away from those areas where our attention is normally attracted. Also explained was that to grow in Sahaja Yoga one has to continually increase ones spiritual depth, this is achieved through meditation and by spreading Sahaja Yoga. Both activities excite the Kundalini and move us more into that realm where the Divine dominates.

The luncheon break provided us with an opportunity to spend more time making new friends and acquaintances.

The afternoon began with a practical session dealing with the relationship between the physical body and the chakras and techniques of massage will help to clear problems. Everyone was given a guided demonstration on how to give a massage to areas of the back which correspond with the locations of the various Chakras.

Also discussed was the recent work begun in the Medical field which is beginning to prove the effectiveness of Sahaja Yoga as a treatment for many incurable and persistent problems. The day ended with a talk about Puja and why it so beneficial to our growth.

This concluded the weekend and what was a most enjoyable experience for everyone concerned. Many Yogis related that they felt that had enjoyed the experience as much as the new people, and asked why we do not host more seminars of this nature.

Hopefully it will not be too long before a seminar of this nature is organised in Sydney. Thanks to everyone who helped to make this seminar possible, and to those who provide support through their attendance.

Chris K.

