

Sahaja Yoga



Australian Newsletter

Shri Mataji

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General News

Jai Shri Mataji!

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Sahaja Yoga is very close with any Art, because it is the expression of the heart, when the imagination of the artist reaches the reality, then the artist becomes Sahaja automatically.

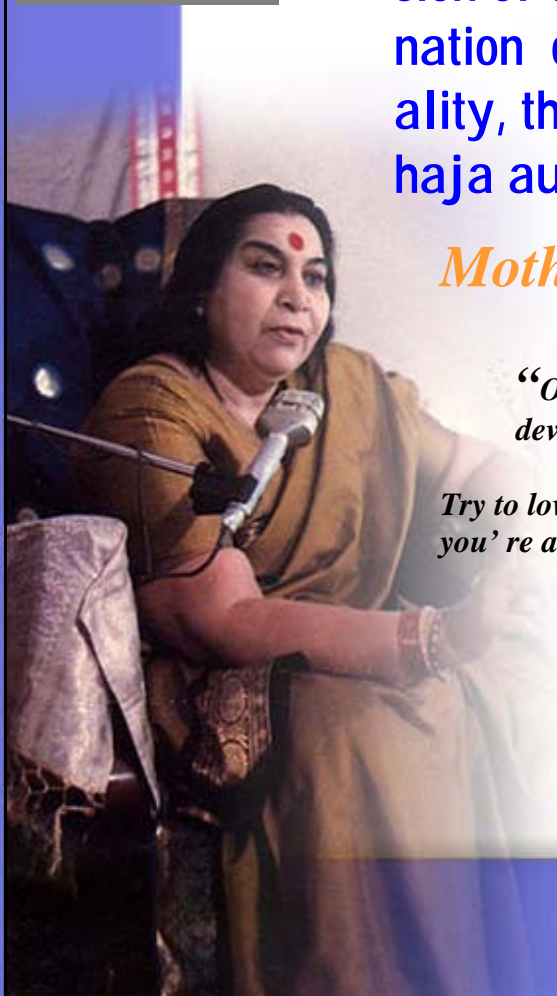
Mother's Quotations....

"Only through your Bhakti – Through your devotion and dedication can you achieve me."

Try to love each other – in dedication, because you' re all my children, created out of My love."

"Complete dedication is the only way you can grow further."

"The greatest possession you have is your mother, through her you have your brothers and sisters."





State News

Queensland:

Country Tours: Over the weekend of 19th-20th Feb Sahaj Yogis from Brisbane, Wamuran and Bundaberg travelled to Gympie, Hervey Bay and Maryborough.

Saturday at Gympie 18 people got their self-realisation. The fire alarm went off after half an hour so we sat outside on the grass for meditation, realisation. Everyone felt the breeze very clearly. When the alarm finally stopped we went inside for a video and further meditation. Everyone was eager for follow-ups and gave their contact phone numbers. In spite of the alarm (which was very handy in a way!) this was the best program. A further program is planned for the 18th Feb.

Saturday evening we travelled to Bundaberg and stayed in a cabin near the beach. We witnessed an amazing sight as the turtles laid their eggs (120 at a time). Later we had a BBQ as the sun went down.

Sunday morning at Hervey Bay 15 people attended. This was not as easy as Gympie with a lot of heat and negativity but some were very keen and glad that we had the program. One Sahaja Yogini from Sydney who has recently moved here, will continue with weekly programs.

Sunday afternoon at Maryborough only three people turned up but are all enthusiastic and will attend the Hervey Bay programs in future.

Sunday evening we returned to Wamuran for a BBQ and "debriefing" !! Everyone enjoyed the fun and vibrations of the trip and very enthusiastic to continue on a monthly basis.

CAIRNS:

Dear newsteam,

Since the formation of our new Cairns ashram the phone has been ringing cool!

Two more public programs have been established at the ashram bringing the total per week to three.

The week now consists of :- Monday night - public program at Smithfield Library, Tuesday am - Public program at the ashram, Wednesday night - collective program at the ashram, Thursday evening - 5.30 and 7.30 pm public programs at the ashram, Saturday - early morning collective meditation at the ashram and ongoing weekly workshops at the Cairns High School.

For the seekers who can't make it to these programs we have adopted a "Self Realisation by appointment" system which operates any time of the day or night.

We have all been having a great time with the huge flow of people and the spreading by word of mouth is amazing. We haven't even had time to poster as we are still unpacking nevertheless people are pouring in.



One of the public program regulars whose workmate has a thirty year old son who had suffered an horrific trauma two years ago encouraged the mother to contact the ashram. The son, a high powered business man who lived in Brisbane, was sent a package of the full works. Tapes, paperwork, and heaps of other things which normally one would not give out to beginners. The son on receiving all the info decided to pack it in a suitcase and hop on a plane to Cairns. Currently he is on long leave and is staying with his mother attending morning meditation at the ashram and going to every public program. In just one week he is a totally different person. He is utterly accepting and says he realises the Sahaja Yoga is a lifestyle not just a cure.

Last Monday morning he voiced the fear of facing his peers at golf. Later that day he played a round with three mates who broke out the compulsory tinnies early in the round. Boy weren't they stunned when our man refused the grog stating that he wanted to stay focussed. He told us on Tuesday that for the first time he realised he had been swinging at the ball in a relaxed style - minus the usual need to relieve the stress and aggression. He told us that he had been worried about his golfing mates because they would only relate to "the old me" - but Mother came through for me again!

We reminded him that we had put his fear in a bandhan Monday.

This great seeker is intending to stay in Cairns until he regains his balance and is fully established even if it takes months! Then he will return to Brisbane and his wife who is expecting, armed with the addresses of Yogis there. His mother comes most days, work permitting.

Beverley's art studio is also at the ashram and a small art class for children is held here on the wide verandah overlooking the city. A number of students have expressed interest and have received their Realisation.

Angela our youngest ashram member has been very busy giving Realisation to her age group especially, and also to the children from the art class. She has a remarkable gift for communicating in language they understand as she is an assistant preschool teacher.

We the Sahaja Yogis of the Cairns region thank Our Beloved Shri Mataji for this huge Blessing and for allowing us to be Her instruments . Jai Shri Mataji!

Victorian News

Victorian is steaming ahead with more programs and activities. The mood is buoyant and cheerful with everyone involved in one way or another.

The Victorian collective ran its first Ballarat program last weekend and attracted thirteen new seekers to the introductory talk and self realisation process. All thirteen newcomers are keen and strong seekers (NB the temperature reached 37C that day!) A follow up program is planned in the coming weeks. Ballarat was the first leg on a 500-kilometre country tour made last Saturday which also included a follow program in Bendigo. The tour was strongly supported by the collective especially, the bhajan group who began the programs with some beautiful Sahaj songs. Those who made the journey said it was great fun and encourage others to join them next time around.



Gosford:

The Indian music/meditation evening at Gosford on the Central Coast last Wednesday 23rd was very successful with about seventy people attending, Strong support from both local and Sydney collectivity made it a great evening for the 15 or so new seekers. They enjoyed bhajans which was followed by the Albert Hall video and finishing with a very warm and informal chat.

This effort by all yogis involved has taken the Coast into a higher dimension of reward. Avinash visited our collective on Monday 21st to enhance our commitment. Follow up programs will be at the Gosford City Art Centre every Wednesday evening at 7.30 pm, All Welcome.

Jai Shree Mata Ji

- Upcoming Events -

Shivatri Puja will be held at Balmoral Country Property on the 5th March at 11am.

New South Wales Puja Roster:

Setup and Dismantle:

Strathfield

Cooking:

Lindfield / Gordon

Washing up:

Lidcombe / Torrington

Sydney Bhajans and Picnic

The music of Joy has been invited to sing at Ashfield Park. So the Bhajans & Picnic will be held at Ashfield Park instead of Burwood Park on Sunday 27/2/00 between 2-3pm.

All welcome to attend.

BIRTHDAY ANNOUNCEMENTS

Many Happy Returns to:

Rajesh Bhasale, Meredith Cooper,
Lilian Lemaic, Madhavi Rome,
Charles Tiralongo, Jacqueline Phillips,
Graham Brown, Barry Purcell,
John Smiley, Nitin Gupte, Sanjiv Bandi
Maria Mamone, Patrick Walsh, Reyhan
Yilmaz

- Inspirations -

Sunday,

A Yogi was invited to do a Sahaja program on radio 2000 98.5 fm in Marathi About 500 families were tuned in and hopefully got their self-realization.

This opens up a new avenue whereby Sahaja Yogis can give self-realization through different ethnic media and more diverse interest groups.

Jai Shri Mataji!



Introspection Weekend

The first of the introspection weekends was held at Balmoral – many Yogis made the effort and took that step to partake in something beyond the normal day to day routine that we are living. Many took advantage of the opportunity to experience something beyond their ordinary life and to focus their attention upon Our Divine Mother who has given us a new enlightened life – a spiritual life, one that we were given effortlessly, but one that we must all continually exert our effort, introspection and commitment to maintain.

The weekend provided us with the time to nurture and to care for the spiritual realisation that has been given to us and to make a conscious effort to use the powers we have been given to purify ourselves.

The weekend began with Friday evening meditation, over 50 people making the effort to arrive after work. It was a positive start to the weekend to see so many people had made the effort, and expressed the desire to strive beyond the complacency and the lethargy imposed upon us through our day to day lives. Throughout the weekend one could feel everyone's enthusiasm to embark upon a journey of introspection, and to express and manifest the spiritual life that Shri Mataji has bestowed upon us. Last Friday evening we listened to a Puja talk from a number of years ago where Shri Mataji spoke very strongly about the need for a unity of vision and strength amongst the collective.

This weekend was to provide everyone with an opportunity to solely devote a few days towards introspection, clearing the subtle system and meditation in order to facilitate the attention dwelling upon Shri Mataji and the inner spiritual dimension.



Saturday morning began with an early rise at 4:30, shoe beating on the frosty earth amongst the falling morning dew and starry skies, as the session ended two shooting stars was sighted lighting a trail upon the heavens as they fell to earth.

Following morning meditation we walked through the bushland as the morning mists were rising over the waters of the dams, making our way to a beautiful location called 'the rock', we listened to the sounds of the waking animals and observed the rays of the morning sun illuminated the surrounding trees, it was a moment of peaceful inner silence.

We returned to a breakfast of cereal, and eggs cooked over an open fire.

The morning sessions comprised of exchanging vibrations, head rubs, meditation and listening to Shri Mataji's Puja talks: the focus being upon inner development, meditation and gaining greater spiritual depth, a time to re-invigorate and re-acquaint ourselves with our spirit, it was an opportunity to enjoy time in the company of others who are also embarking upon the inner journey.

Lunch was a lavish affair managed with dedication and resolve by the magnificent Yuva Shakti who more than lived up to their name – 'youth power'. Over the last year this group of young Sahaja Yogis have moved from strength to strength as they have focused their energy and enthusiasm for Sahaja Yoga towards performing the work of Sahaja Yoga with love, harmony and commitment to each other and Shri Mataji. Their dynamism is a revelation to all who have watched the flower of youth open and develop.

The afternoon session began with an contemplative meditation asking for Shri Mataji's blessings in all that we do. An



open session then followed with discussions centred on how better to express and manifest the work of Sahaja Yoga both as individuals and as a collective.

The discussion covered how to better look after and nurture people who have recently come to Sahaja Yoga, it was decided to dedicate one collective program a month solely to establishing new people who have been attending their local centres, but need to make the big jump into the wider collective. Much attention was devoted to really looking after each other remembering that we have all been selected to take part in a great endeavour.

Jai Shri Mataji!