



# *Australian Sahaja Newsletter*

## **Contributions:**

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**27th August,  
1999**

## *The celebration of Shri Krishna Puja*

**Balmoral Village  
Saturday September 4<sup>th</sup> at 2:00pm.**

*Following the Puja will be the celebration  
of Raksha Bandhan.*

Fathers Day falls on the first Sunday of September so it was though to have the Puja on Saturday to facilitate the family celebration of fatherhood on the following day.

10 Clarence Street's operation as the pre-school commences around 5:00pm on Sunday evenings and usually it has proved an intricate exercise to return the premises to its school configuration following the hosting of a Puja.

Generally it takes many days to return the premises back to normal school operations. To reduce the demands that are already placed upon the staff and residents of the school during school term all Pujas will be held at Balmoral Village.

## INDIA TOUR

Anyone wishing to attend the Ganapatipule Seminar this year should make their Airline Reservation promptly.

Depart Australia 17th December 1999

Depart Mumbai 2nd January 2000.

Please contact your travel agent or Avinash Nichkawde as soon as possible.

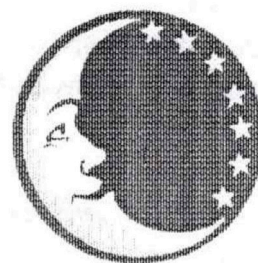
Michael

## High Schools Program

We were invited to give a Sahaja Yoga workshop at a High School in Sydney. Nine staff attended and were very keen to learn to relax. After an introductory talk by Dr Ramesh, which they found especially interesting, the staff settled down for the experience of Self Realisation. They all received their realisation and felt the cool breeze and there were no more questions. Some staff expressed interest in attending programmes around Sydney and said they would also practise at home. The school counsellor is very keen to offer the meditation to year 12's and in the future offer it as an elective in the sports period. Jai Shri Mataji!

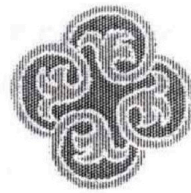
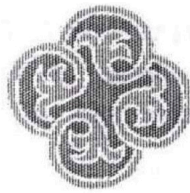
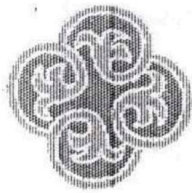
## NEXT COSMIC FAIRS

Gosford	Central Coast	
Dates:	Fri 27th August	10 am-10pm
	Sat 28th August	10am- 8pm
	Sun 29th August	10am-5pm.
Venue:	Gosford Leagues Club	
Contact:	Simon or Ellen Marlow	
Phone:	02 4362 7495	



***PLEASE COME AND HELP TO GIVE REALISATION!***





## **MEDICAL PROGRAMS - SEPTEMBER - URGENT!**

We need your support for the following programs in September:

### **1) Healthy Living Expo, Sydney**

#### **3-5 September (Friday-Sunday this weekend)**

Royal Hall of Industries, Fox Studios, Moore Park, Kensington, 10 am - 6 pm.

A Sahaja Yoga stand has been organised. This event is for the general public and we can expect a large number of people to get their realisation. Some yogis have already promised their help but we need more assistance.

### **2) Complementary Therapies Day**

10 September

Liverpool Hospital, Cnr Elizabeth and Goulburn Sts, Liverpool, 9am-5pm.

There will be a talk plus meditation, and a Sahaja Yoga stand. Expecting about 100 nurses.

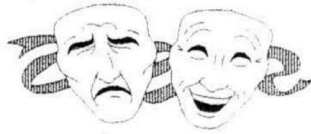
### **3) Healthy Living Expo, Melbourne**

17-19 September

Lecture and meditation workshops. There will also be a Sahaja Yoga stand. Many people are expected to get their realisation.

In October there will be further programs, one of which is in New Zealand. This is the New Zealand Holistic Nurses Association Annual Conference. In addition to this there will be public programs organised by the New Zealand yogis at the same time and a nearby venue.

**If you wish to support these events, please contact  
Hauke Horn on (02) 9874 0042.**



To raise funds for  
**SHRI MATAJI'S  
THEATRE OF ETERNAL VALUES**

Sahaja yogis are presenting  
**AN  
ENTERTAINMENT**

at  
**The Masonic Hall,  
47 Belmore St, Burwood  
at 8pm on  
Monday, August 30th  
and  
Tuesday, August 31st.**

The company of all Sahaja Yogis is requested!  
And can all Sahaja Yogis bring relations and friends!  
Entrance - minimum \$10.

### **VACANT ROOM**

One sunny room with walk-in dressing room will be vacant from 30 September at Killara Ashram. You are welcome to contact Jean-Michel on 9499 3178.

### **Radio Program**

Would anyone who taped the radio program about "*The drugs problem*", done about 2-3 months ago, please contact Jean-Michel on (02) 9499 3178.



## Raksha Bandhan.

"Thus I tie a raksha round your wrist,  
May its protection be eternal"



Shri Mataji has spoken about the origins of Raksha Bandhan, or the rakhi and its implication of the sister's protection, safety, care, referring to the bond which exists between a brother and sister, which is translated through the thread which is tied onto their brother's right wrist.

This piece of thread or Rarki can be made of cotton or silk but what it signifies is much deeper and more profound. It is a promise of sisterly love, respect, nobility, honour and above all, protection; and the brothers' pledge to protect and respect his sister.

Through Sahaja Culture the festival of Raksha Bandhan is celebrated on the day of Shri Krishna Puja. There are several rituals and ceremonies which may take place to celebrate this bond, the sister may perform an aarti for her brother, and mark his forehead with kumkum, and place a sweet in his mouth.

However its deeper essence is the bond of protection, which reinforces the chaste relationship between a sister and brother, and the brother's commitment that he may always protect and safeguard her chastity and spirituality.

In today's materialistic world, this special relationship between a brother and sister has almost become outmoded and obsolete.

Raksha Bandhan is a celebration of the affirmation of the pure relationships that are vital in one's life. It is not just a time to tie a Rarki and exchange gifts, but like most aspects of Sahaja culture it has emerged as an important time to introspect and to re-establish innocence; to reaffirm the pure relationships that exist amongst us; and to confirm the bonds of pure love and innocence that exist between a brother and sister - no matter how close or far they maybe.



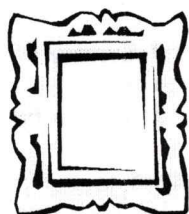
## NEEDED - PROPS - URGENT!

PROPS FOR THE PLAY WE WILL PRESENT TO SHRI MATAJI AT GANESHA PUJA ARE NEEDED.

We need the help of anyone who could make or find the following items:

- ◆ a cook's tray and cake (possibly plastic false cake)
- ◆ artificial flowers (for presentation to Madonna)
- ◆ an ear trumpet
- ◆ statue of the Madonna (papier mache that could be carried in 3 pieces)
- ◆ a bottle in a box (cardboard)
- ◆ framing of 3 paintings (Michelangelo, Van Gogh etc)
- ◆ 2 book covers with golden letters (poet's book and music book)
- ◆ middle age weapons for the Ogre.

Contact: Jean Michel (02) 9499 3178  
Kim (02) 9747 2820  
Brian (02) 9747 0310



## Fiji – Island in the stream

During the occasion of Guru Puja Shri Mataji was presented with a letter from the Sahaja Yogis of Fiji who thanked Her for the blessings of Sahaja Yoga. Shri Mataji commended the efforts of all those who visited Fiji last year to spread Sahaja Yoga and remarked that this is the sort of work Sahaja Yogis should be doing – going all out to spread Her message far and wide.

As a result of the visit last November Sahaja Yoga has taken root in Fiji and Shri Mataji gave Her support for a return visit this year. A photograph of a young Fijian Sahaja Yogi who came as a result of this tour was presented together with his commitment that he intended to give realisation to one person each day.

He also expressed the wish to come to Shri Ganesha Puja to be married for which Shri Mataji gave Her approval, however he does not have adequate funds to make the journey.

Anyone who may wish to contribute in some way to facilitate his first journey from his Pacific Island to Cabella, and hopefully marriage, may contact Geoff Platford in New Zealand 64 9 418 3824.



## Suggestion Box

A suggestion box will be instigated at Burwood to facilitate communication from the collective of all manners. Suggestions can be on any topic that people feel are important. Sometimes one may feel reticent in expressing views, hopefully this may help to facilitate an open expression about concerns, hopes, aspirations, desires, wishes, proposed projects, or better ways to help in the promotion of Sahaja Yoga, or just a means of providing feedback.

## NEEDED - TOYS - URGENT!

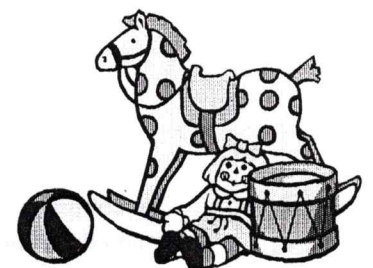
Would anyone who has spare items for 3,4,5 year old children (even for older ones) to play with, please bring them to the Pre-School (or give us a call).

We would appreciate items such as :

- wooden puzzles
- puzzles with larger, stronger pieces
- games with not too many little pieces
- all sorts of games!

These could be for teams or small groups, as well as individuals, and could include inside and outside games or equipment. Anything that can hold the interest of the children, help them settle, or occupy them on rainy days would be greatly appreciated.

Love from the Aunties and Uncles at Burwood



## A Poem

### The Sahaj Pre-school (Sydney)

The Sahaja Pre-school is lots of fun,  
And as a group we all are one,  
With Shri Mataji's loving smile  
In our hearts all the while.

The morning begins with song and prayer,  
And breakfast is sweet with Aunties there.  
The uncles at play are so much fun  
With sharing and caring for everyone!

Reading stories and building blocks,  
Playing in parks without any socks.  
Music and Dance and growing flowers  
The vibrations are flowing for hours and hours.

We love to learn and play and sing  
With Joy our Sahasrara rings  
The children teach us Ganesha's ways  
As we clear ourselves day by day.

And then at night it's back to the dorm,  
Our bandhans protection keep us cosy and warm.  
With Mother in our hearts, showing the way,  
Tomorrow brings another beautiful day!

Jai Shri Mataji  
From Aunty Leanne Tyquin.