

Sahaja Yoga

23rd May, 2003
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Australian Newsletter

Jai Shri Mataji!

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Publication deadline for contributions
is midnight each Tuesday

*She is the composer and the choreographer,
the lyricist and the conductor.*

She fashions the instruments and the music.

She creates the musicians.

Each of us await the cue of Her baton.

Her music is beauty and we know

*—not always, but when we reflect upon it, we know—
that the music is not ours.*

*As much as we practise, we know it is Her breath in our flutes,
Her hand guiding ours upon the bow.*

The strings, the bridge, the fingerboard are all illusion.

She is the only reality.

Sometimes we forget,

*but when we remember, we try again to be only with Her
—in tune.*



STATE NEWS

from South Australia...

Sahaja Yoga coming alive in Adelaide

The SA collective wish to send you all our love and best wishes.

So far this year we have had over 50 new people attend our weekly meditation programs and many are coming regularly and for the monthly seminars to grow deeper and to learn more about Sahaja Yoga. The seminars have been extremely well received and have been very beneficial to our collective as well.

Some of the newer people are now joining the rest of the collective in taking turns to prepare collective programs. This has certainly helped them to deepen and gain more insights into the Truth that is Sahaja Yoga.

We have begun a concerted effort to distribute A5 fliers in letterboxes in the suburbs which invite people to our weekly newcomers programs.

The ladies are getting together this week to begin the embroidery project for Shri Ganesha Puja.

The collective has been taking part in the early 4am meditation and weekly havans and this appears to be creating a renewal within and without. It provides a wonderful opportunity to become nourished, strengthened and renewed. In solitude of meditation we discover the beauty that is within and frequently this can be concealed by routine. Solitude is not loneliness as it awakens us to that part of ourselves which illuminates our spirit which redeems and transfigures everything and connects us to the Divine in a deeper way. May we break from our complacency and benefit from this initiative to help our Divine Mother realise Her desire to transform ourselves and the world.

Jai Shri Mataji

Maria Sandery
Adelaide

from Victoria...

Dear Victorian Collective

A reminder to all yogis that this Friday is the first of the New People's Programs to be held at the Port Melbourne Community Room, at the Port Melbourne Library. The address is 147 Liardet Street Port Melbourne, Melway ref. 57 C3, starting time 7.30pm. This program will replace our normal weekly program, and so we are asking all yogis to attend. Tell your friends and anybody that you feel may be interested, to come along.

We are urging all yogis to commit to memory the *Ganesha Arthava Sheersha*. Sri Mataji has said all yogis should know it by heart, and we are suggesting it be said every day as part of morning meditation.

A birthday party for Denise is to be held at Sammy's Restaurant in Templestowe on Monday night at 7.00. Contact Andrea Bowley for details. 5967 3397 - Everybody welcome - Come and help Denise celebrate her 21st again!

Colin Berry
Melbourne

from New South Wales...

Burwood workshop this Sunday from 10.00am to 3.00pm

As a follow-up to our workshop and meeting events held in and around Sydney last week, we will be conducting a free Workshop this Sunday, June 1 at Burwood. Everyone is welcome - separate sessions will be held for newcomers. It's free of charge and no booking is required. Lunch and morning/afternoon tea will be provided.

Lots of yogi help required... we need help with greeting people when they arrive, giving vibrations (we're planning footsoaking and clearing sessions), serving tea and lunch and room set-up.

Below is some email feedback from people who attended last weekend's workshop and were contacted to attend this weekend's follow-up..

"I attended the workshop in Sydney on 24/05/03 and it was a lovely experience. I really think you are all really good and I had a great feeling on what you spoke about. I would love to continue following your work, but next Sunday I will be working and won't be able to attend. Can you please let me know when the next meeting will be. I would love to participate. Have a nice day..."

"Hi, Loved the course last weekend. I have been practising every day! I will be coming with 2 other newcomers. Thanks..."

Hope to see you on Sunday!

Best wishes,

Charles Tiralongo for the Workshop Team

Sahaja Yoga Children's Clinic every Saturday from noon to 4.00pm

We are very excited to announce the opening of a new Sahaja Yoga initiative – the Sahaja Yoga Children's Clinic. Given the positive results of the medical research that has been conducted in Sydney and overseas, we are now opening our services up to the community through this clinic. The focus will be on assisting children with physical and/or psychological problems, rather than being research focused. As such, we will be able to accept children with a range of disorders instead of being limited to just those being researched. The aim of the clinic will be to promote the health and wellbeing of children through meditation.

The clinic will start in mid June and initially will be open on Saturdays from 12pm to 4pm. During this time, children (along with at least one parent) will attend and be allocated to a treatment group, consisting of a small number of children. These groups may run for up to an hour (depending upon the needs of the child). Sessions will be extended over several weeks and during this time, both the children and parents will be taught Sahaja Yoga Meditation and cleansing techniques. These sessions will be free of charge (though donations will always be welcome!!). We hope that by the end of their time at the clinic, the parents will be equipped with enough tools to treat their children at home.

We would like to stress that the focus of the clinic is to teach meditation to these children which may assist them in dealing with their problems. It is not a medical clinic and no form of professional advice will be offered to patients. In addition, we recommend that all patients should inform their doctor that they are attending the clinic so that they may be monitored by their doctor. We will not be making any changes to their current medical treatment and recommend they only do so in consultation with their doctor.

We would also like to make it clear if you are talking to anyone about the clinic that we do not claim to be able to cure any illnesses. The purpose of the clinic is merely to invite members of the community to try Sahaja Yoga Meditation and to see for themselves if it has any benefit for them. Though we may know the benefits of Sahaja Yoga, we need to make sure we are able to back up any claims that we make so please use your discretion when talking to people about it.

Given the nature of this exercise, we need to ensure that the clinic is run as professionally as possible. It isn't necessary for staff to have any form of health care training, but they will need to be reliable and have good vibrations. Staff will need to undergo training prior to working at the clinic and a roster will be set up to ensure there are sufficient numbers each week (and not a huge crowd one week and a few yogis the next). It is likely that if you are

rostered on you will be required most of the day (from 11am to 5pm) to assist with setting up beforehand and tidying up afterwards. If you are interested in assisting at the clinic then please contact me.

If you know of people that may be interested in bringing their children along to the clinic, they will need to speak with the clinic coordinator. They may either email their details to sahajayogaclinic@yahoo.com.au and we'll contact them, or they may call me on my mobile 0412 398 560 (evenings are the best time – please don't direct any enquiries to my home phone number). There is some information about the clinic on the website also if they wish to know more (www.freemeditation.com).

We hope that your attention will be on the project as it gets underway. The success of the clinic will really depend upon the willingness of the collective to support it.

Jai Shri Mataji

Gabby Delaney
Sydney

Yuva-Shakti Fundraiser Night Sunday June 8

After the success of our *Lagaan* fundraiser night earlier in the year, the yuva shakti have prepared another fun night for you all on the June long weekend.

Enjoy the spectacle of another Bollywood blockbuster - *Devdas* - a tragic love story based upon the classic Bengali novel.

Entry price is \$10 for adults, \$5 for yuva shakti and \$2 for kids (under 12) - includes movie and nibbles to get your tastebuds going. Pizzas and other exotic dishes will be available for sale.

The main event will start at 7pm (yes it is another epic so be prepared!!). Doors open at 6.30pm.

Hope to see you all there!

Jai Shri Mataji!

Gabby Delaney
for the Sydney Yuva-Shakti

New Caretaker sought for Balmoral

It is with some sadness that we announce that Uncle Alfred has decided to cease his tenure as caretaker of our Balmoral country property and will be moving on.

On behalf of the NSW collective I would like to take this opportunity of thanking him for his selfless contribution over the last six years to the Balmoral property. He has devoted much love, attention and care to the role of caretaker and his presence will be sorely missed, and we also say a fond farewell to 'Fruitcake', his devoted disciple.

This opens up an opportunity for an enterprising, hardy, and committed yogi family, couple or single who feel a move to the Southern Highlands would be just the thing to add that extra dimension to their lives. It is a peaceful, tranquil life where you can make a difference in helping to look after Shri Mataji's country property. Uncle Alfred will be leaving in a few weeks time so we need to find a replacement very, very soon.

Can anyone interested in the role please speak with Avinash, Raymond, or myself.

Chris Kyriacou

Help requested to run new people's program at Denistone

I recently put a small notice in the school newsletter at my children's school offering Sahaj Yoga meditation classes and was overwhelmed by the response.

We had our first program last Wednesday and everyone seems very keen to continue. Since then I have also received more enquiries about classes.

While I already have three Sahaj Yogis helping I think it would be great to have a few more helpers so that these ladies can get the attention they deserve.

At this stage the program is being run at 10am on Wednesday morning and goes for about 2 hours. It is run from home at 6 Enid St Denistone. If you are able to help it would be greatly appreciated.

Thanks in advance,

Jenny Zappavigna
(02) 9802 6694

Sydney's marathon week of public programs a great success

Each year at the time of the hosting of the National Puja the local collective makes a intensive effort to host a series of major public events to build upon the vibrations and enthusiasm generated at this time, and take this into the community: specifically into the lives of seekers.

During the last few months a genuinely collective endeavour had begun with the hosting of the National Sahasrara seminar in NSW and had progressed to express itself with the promotion of a range of Public Programs within areas spread right across our city. From the early meetings held to discuss what was before us there was the view expressed that if the maximum number of Yogis could be involved with all aspects of the planning, promotion and the carrying out of the programs, then if we surrendered our actions to the param-chaitanya we would be playing our part as instruments to help carry Shri Mataji's message into the world.

Collective awareness, support, and unity are the greatest instruments manifest by Sahaja Yogis, drawing upon the powers of the Divine as we become vehicles accomplishing all that is needed: we move from normal human experience towards an unfolding vision of spiritual liberation. The strategy was to host seven programs and a Music concert and encourage groups of Yogis organised around responsibility for Puja roster duties, and the Yuva Shakti, to take on the ownership, promotion and hosting of the each of the programs.

In preparation 75,000 leaflets and 6,000 posters were produced to promote the programs. The focus was centred upon the desire and activity of the Yogis. Each program group was provided with 10,000 leaflets and 1,000 posters to promote each of the programs. The strategy was to use each program venue as the central point and to poster and distribute leaflets to the letterboxes of homes within the immediate vicinity of the program.

Local advertisements were placed mainly in the newspapers confined to that area. Large distribution daily papers were avoided, although they have huge areas of distribution, advertisements placed tend to get lost amongst a sea of other material. The theme for promotion was to act along regional lines promoting the program within the local neighbourhood.

Meditation in the Park opportunities were organised for each of the programs in appropriate venues during the weekends leading to the programs. Some groups set up information stands and stalls at local community malls, that were held in the neighbourhood prior to the programs.

Significant effort was extended by many of the groups to

promote the programs by means of local community services: libraries, community health establishments, community service organisation, information was also disseminated through the networks of the local Councils. Some Yogis were able to secure the publication of associated articles promoting the benefits Sahaja Yoga meditation can deliver.

During each of the programs an informal poll was conducted where we asked those attending how they had come to learn about the program. Those attending had gained knowledge of the program evenly across letterbox leaflet distribution, handbilling, newspaper advertisements, posters, directly via Email, and through the Internet via the homepage www.freemeditation.com

As the vibrations flow through us, and through the majority of the collective, this means Shri Mataji can work to attract seekers: as we assume our roles as Yogis. We now make a real effort to collect the Email contact details from everyone making inquiries about Sahaja Yoga. Yogis receiving phone inquiries via the 1300 number, Yellow pages, realisation in the park.

Experience has shown the majority of people are very keen to provide this information, after we assure them their privacy will be respected. Our contact database has been steadily expanding over the last twelve months and very few people have written back to request to be taken off the list. Email details have been shown to be one of the better means of encouraging people to attend Sahaja Yoga programs.

Campbelltown - Monday May 19

The first of the seven programs was held at western extremity of Sydney within the town of Campbelltown. Sahaja Yoga came back to Campbelltown with its second major program, around 50 new people attended. Another step forward for the area. The manner with which the event was supported and promoted by the local Yogis and those who had adopted the program was splendid. It was a great beginning and an indication that there were to be many great things in store for Sahaja Yoga in the area.

The program began with music. One could sense the lifelessness and flatness lifting as the audience engaged with the music and began to respond to the vibrations. There were a number of speakers who spoke about Sahaja Yoga, its benefits, historical significance and Shri Mataji's unique gift to the world, after which the self realisation segment was conducted. Shri Mataji's *Visions* followed this video presentation, then further meditation before handing back to the musicians, the program concluded with the essential tea and cake.

During the program there was felt that positive spiritual joyfulness, it is that very special feeling that you feel at Public Programs, when we have come together for the selfless

work of Sahaja Yoga. There is so much to be individually and collectively gained from involvement with spreading Sahaja Yoga.

Hornsby - Tuesday May 20

Hornsby Shire is located on the northern extremity of Sydney with a unique combination of natural bushland, urban environments, a diverse population with a strong commitment to community living. Sahaja Yoga has been established on the North Shore from the very early days of Sahaja Yoga's establishment in Sydney. It has a relatively large and committed collective who also wanted to host a major program. A successful follow-up program has been running in Hornsby since last year's program.

The collective worked as a committed, dedicated and enthusiastic group of Yogis. The Yogis of this region have, over the years, had to overcome a number of obstacles placed in their path as they have sought to promote Sahaja Yoga. On this occasion no quarter was asked or given as they took Shri Mataji's message into their community and much of the resistance has evaporated.

Around 60 new people were in attendance, and in keeping with the elevated results already seen the vibrations were extremely strong, and meditation experience conveyed all that we desired to communicate.

Manly - Wednesday May 21

For the next program we travelled to the seaside suburb of Manly located at the southern end of the Manly Warringah Peninsula of the Northern Beaches, which is immediately to the north west of the entrance to Sydney Harbour. It is a beautiful part of Sydney, with no part of Manly more than 1km from either the Harbour or the Pacific Ocean. The area is well known for its natural environment, with areas such as Sydney Harbour and its foreshores and frontage to the Pacific Ocean being recognised as important and sensitive environments.

Aside from the major program in Sydney, this was to be the largest of the regional program with around 80 people in attendance. Large numbers of Sahaja Yogis were also on hand to create a significant and major program. As we did with all the programs we passed a number of clipboards around the assembly with forms designed to collect Email and contact information. This seems to work far better than an information desk, where people forget, or are too busy to take the time out to attend.

The program unfolded in an effortless manner as we had settled into a groove about what we needed to do, trying to surrender as much as we could to Shri Mataji. As with all the programs everything came together, the state of meditation achieved was as deep, and profoundly silent as any achieved in our collective meetings. It facilitated a greater appreciation that Sahaja Yoga is not a lecture, nor mere words upon a page, but an experience, an awakening, a phenomenon.

There was nothing further that needed to be said, or done; all that had to be communicated had been experienced during those moments of silent contemplation and introspection.

Katoomba - Thursday May 22

Katoomba is based in the beautiful Blue Mountains region which serves 26 townships and covers an area of 1433 square kilometres, situated about 100 km west of Sydney. Katoomba is at the centre of the Greater Blue Mountains World Heritage Area recently announced as Australia's 14th World Heritage Area. The Blue Mountains was nominated for its outstanding natural values, the biodiversity of its plant and animal communities, its vegetation dominated by Australia's unique eucalypts and for the unmatched beauty of its natural landscapes.

The venue for the program was the local community Hall. Leading into the all the programs was a sophisticated Sahaja Yoga Exhibition which had been developed to present basic information about the chakras, subtle system and some aspects of their relationship with the physical body. The information was presented on large freestanding displays that could be positioned at any designated location throughout the venue. The exhibition ably presented key information and helped present Sahaja Yoga in a proficient and competent manner.

This formed the basis of the program build, which was stored and transported to all the program venues. The Yuva Shakti acted as a most capable build team, marshals and all-purpose aides.

Once established the format of the programs were fairly similar, commencing with live music provide by the bhajan group at nearly all the venues. This always made easier the lifting of the vibrations and settling of the audience. A number of speakers presented the introduction, followed by self-realisation, Shri Mataji's video presentation and meditation.

The venue was again full, another good crowd of around 50 seekers. Before the program Avinash asked each of the people attending the reasons they had come. What was it about Sahaja Yoga meditation that had attracted them and what had they wanted to achieve from the evening? This proved to be extremely interesting in helping us to appreciate the variety of reasons people had come.

Many reported they were looking for peace of mind, meditation, better ways of dealing with life, coping with stress, some came out of curiosity, some admitting their wives or girlfriends had made them come. As the program unfolded the different speakers attempted to direct the program to address some of the issues that had risen.

Randwick - Friday May 23

The oldest municipality in New South Wales, Randwick was incorporated in 1859 and proclaimed a city in 1990. It is conveniently located a short distance from the heart of Sydney. Randwick City enjoys 25 kms of ocean coastline and bay side foreshores - strongly influencing the character, ambience and leisure activities of the area.

Sahaja Yoga had been invited to present a program by the local community information and resource centre that had advertised and promoted the program within the local community.

It was an interesting exercise in that the resource centre hosted the program, provided the venue, and its promotion. We just turned up on the day to host the program. As there were about 15 seekers gathered in their conference room the more personal setting allowed for more of a one on one discussion between the attendees and the three yogis supporting the program. In this manner the program very much catered to the needs and aspirations of the seekers resulting in a very deep program.

Based upon the very positive reception to the program from the Centre's administrator I am sure it could be used as a launching pad for approaches to run Meditation program in similar centres located in every Council in Sydney. If anyone is interested we can provide further details about how this can be brought about.

Music of Joy Concert

at the ABC's Eugene Goossens Hall – Friday May 23

Music is intuitive, instinctive and natural. Its power is lost if it is examined too closely. When performed by realised beings it is something that operates directly upon the soul, without an appeal to the intellect.

The *Music of Joy* concert was dedicated to Shri Mataji Nir-mala Devi and performed as a tribute to the late HP Salve – our Babamama - and it proved a most fitting climax to the week long program celebration. The venue was a state-of-the-art theatre which proved a most appropriate and fitting setting for the creation of music of the highest quality and worth.

The concert was promoted on the handbills and posters as well as a targetted mail-out to a list of people interested in music. We were encouraged with an almost full house, around 300 people. Sahaja Yogis comprising less than half of the audience.

The evening began with a riveting and entrancing performance by the *Music of Joy* bhajan group who presented a collection of bhajans written by Babamama, establishing the link between music and the awakening of the spirit promoting 'music which appeals to the soul and spirit'. Their music displayed an inspired beat, pace, tempo that created an infectious and enthralling rhythm and which served to mesmerise and enthrall the audience. Their performance

was riveting and entrancing as they sang with full voice and open hearts lifting the vibrations of the audience.

The art of dance is creation - it captures the delicate tranquil moments of nature and presents it in the most sublime manner that it reaches the very depth soul. Kuchipudi is one such unique form of dance that is blend of grace and vigour and elevation. A single dance performed by Jessica Heinonem, who has spent the last 5 years in India, rendered the Kuchipudi performance. Jessica originally studied at the *PK Salve Music Academy* at Nagpur before spending the next 4 years training in Chennai. The theme of the performance was religious in nature – the *Shiva Astakam*: a 2000-year-old Indian temple dance, derived from the scriptures and mythology her dance portrayal of certain characters as the central motif of the dance.

Jessica captivated the audience with her rendition of fast rhythmic footwork and sculptural body movements, stylised mime and her use of hand gestures and subtle facial expression, combined with beautiful movement, blended into a unique performance: Kuchipudi at its classical best.

The next item was performed by an Irish music ensemble who entranced the audience with movements from their *Fire Eye Suite* performed in celebration of the ancient Goddess of the land of Ireland rendered on the Uilleann pipes, tin whistle and steel string guitar. Their music was captivating. Time seemed to slip away as their music unfolded creating a spellbinding mood amongst the audience. The first half of the performance was then concluded well received

Intermission was spent enjoying Indian snacks, tea and cake provided by the Sahaja Yogis as the next group of musicians prepared to take the stage.

Babamama helped found the late *PK Salve Music Academy* at Nagpur that was founded to help preserve and perpetuate the traditional values of Indian classical music and dance, and to spread them beyond India's boundaries to all corners of the world.

The academy he helped start and run began in a humble way with three students who came to learn, to sing, play and imbibe the subtleties of this heritage of universal musical values. Two of those first three students were performing the next item in the concert, Lyndon De Valle and Nick Buff. They performed an inspirational classical traditional raga with Nick on the Saxophone, Lyndon on the harmonium and Bobby Singh playing tabla.

Time seemed to slip away as their music unfolded creating a spellbinding mood amongst the audience, a serene expression of art which more than words could ever express explained the link between music and the awakening of the spirit. The mood having been created, the work almost

complete, the audience was given their self-realisation and led into guided meditation with music being played to lead the attention ever in and up towards that union which we ever seek.

The concert was brought to a joyous conclusion by *Sahaja Qawwal* who ably performed Sahaja-inspired Sufi Qawwali music with its roots in the spiritual and mystical traditions of Islam, where in an ideal situation the participant would be moved to a state of spiritual enlightenment

The music strives to attain truth and divine love by direct personal experience both for the performers and the audience. The Qawwali may be viewed as an extension of the vocal form of the remembrance and worship of God Al-mighty. The performance aimed at the use of music as a spiritual force helping the audience experience thoughtless awareness. This ended what was both a captivating and inspiring musical journey around the world where harmonies from many varied traditions were skilfully utilised to reach out and awaken the spirit of the audience.

Menzies Hotel, Sydney - Saturday May 24

The programs ended with Sydney's biggest free annual all-day meditation seminar event held within the ballroom of the Menzies Hotel located in the centre of Sydney.

The seminar was promoted to the public whereby they could experience the enjoyment of the peace of collective meditation. Key points used in the campaign to promote the workshop were: benefits of Sahaja Yoga, how to go deeper into meditation, balancing and clearing the subtle system and energy centres, how one could learn to meditate at home, and easy techniques to help reduce stress suitable for absolute beginners and regular attendees. Around 230 new people attended the day.

The morning segment of the seminar included an introduction to meditation hosted by a variety of speakers, the *Visions* presentation by Shri Mataji, guided meditations and a presentation of the clearing aspects of the subtle system.

The musicians were again on hand throughout the day to provide a perfect medium through which Shri Mataji could communicate the joy that is so integral to the spiritual experience. As they played through the lunch break many seekers forgo their food so they could sit and listen to the music.

Following the luncheon break an in-depth session was presented about the subtle system, the chakras, nadis and use of mantras. This provided a deeper level of knowledge and experience than could normally be presented during an introductory program. Shri Mataji's public program video was presented and the day ended with a deep collective meditation.

During the hosting of the seven programs Shri Mataji blessed the collective with great success: the tremendous results could only be achieved through a dedicated effort. Success is not measured only in terms of numbers but in the depth of experience conveyed to seekers and the enthusiasm and keenness expressed by the majority of those attending.

There was much to commend the unity of purpose, collective effort and unbridled enthusiasm, but there could be no greater reward than venue after venue that were overflowing with seekers.

Self-realization means we have the capacity to utilise our spiritual freedom in a meaningful manner. It depends upon the choices that we make, the work we choose to undertake, the path we desire to walk upon, but we need to act as instruments in this great work of the Divine unfolding before us.

Gosford Central Coast – Sunday May 25

The City of Gosford covers an area of 1,000 square kilometres stretching east to the Pacific Ocean, south to the Hawkesbury River and Sydney, west to the mountain ranges of the Great Divide and north to meet Newcastle. Situated between the major centres of Sydney and Newcastle, each about one hour away, the region has an attractive natural environment of ocean beaches, extensive lakes, waterways, mountain forests, and lush valleys.

Unlike some of the locations for the other regional programs, Sahaja Yoga has been well established on the Central Coast for a number of years, with a relatively large dedicated collective who wished to take advantage of the new momentum to host a major program.

In fact someone commented that the two-week period involving much travelling, attendance and support of a variety of public programs and puja had been somewhat like a mini Tour: it certainly felt like one.

As many drove north from Sydney to the Gosford program the dominant impression of the region is one of towns and villages separated by extensive areas of beautiful natural vegetation, waterway and bush covered hills. It retains a semi-rural atmosphere and sense of community, far removed from the anonymity and impersonality of Sydney. These characteristics combine to provide a relaxed and comfortable quality of life for residents. The local yogis had worked hard for its promotion and gave their full support to the program.

The public program was attended by around 50 seekers and aided with the usual lift provided by the bhajan group. There was the introduction talks about Sahaja Yoga meditation; video presentation by Shri Mataji, and a scaled-down version of the subtle system presentation from the Menzies. The afternoon ended with a collective meditation and the new people encouraged to attend the follow-up programs and use the techniques learned to meditate at home.

On a cold and wet autumn Sunday afternoon the local leader ingratiated himself when he announced all the Yogis were invited back to his home for pizza. There was a cloud of dust and kicked-over chairs as the yogis stampeded their way to his home. It was the perfect end for the week. Many Yogis relaxed as they consumed a never-ending array of pizzas and discussions moved onto what we had learned during the preceding few weeks of hosting programs, our spiritual experiences, collective understanding, greater familiarity with our brothers and sisters, the power the bhajans can wield as part of the programs, and many many other aspects of Sahaja Yoga in action taken out into the world – it was a fitting conclusion to the week.

Postscript

The Divine is being represented on the Earth by the powers of love, truth and awareness, no better articulated than by the work of taking Sahaja Yoga to so many lives from north to south, from the mountains to the sea, to all quarters of our city. While our nation is not without its faults, it is by and large dedicated in its goodness, its rejection of violence and its commitment to social justice, which is perhaps why we were so well received with so much openness and acceptance.

Many Yogis have reported than many more new people have begun attending their local programs, many more than they have seen in previous months and that none of these new people attended the new programs, yet they still came. Many yogis also mentioned dreams they had of Sri Mataji last week – and we all felt Her presence so very strongly at the programs.

Everyone works through the param chaitanya. Last week through our desire and our effort we are able to connect and strengthen its flow through the collective, which has subtle yet powerful manifestations. Seekers will feel the effects and be drawn to Shri Mataji. That is why it was so important that so many of the Yogis from all the groups were involved in the work and promotion for the programs which is the key, the greater our desire, our collective involvement, the more we work together as one, the greater Shri Mataji can manifest in Her formless state and work through the collective.

What has been happening was the work of individuals from an enlightened collective, a new race of beings of manifest humanity, influenced and driven by the motive to help others achieve the same meaning and experience that has enriched our lives. While so many people today seek to put out of sight the light of Divine from the world yet that great light is supreme, too powerful and all-pervading to ever be so diminished, and each of us has been chosen to play a role.

During the last few weeks each of us has done our modest part to ensure that the Love of Our Divine Mother will one day surely reign supreme in the world.

Chris Kyriacou

Dear Yogis,

We would just like to take this opportunity to pass on our thanks to everyone for the manner with which we all came together to take on the great task Our Holy Mother has laid before us all. Much was asked of us all and much was given by one and all.

Somehow the entire emancipation of humanity, as the Visions tape proclaims, is our purpose for taking on this earthly form, and may at time seem daunting, one for which we may not have the privilege of seeing where this journey will take us, but we have been given the honour of being asked to play our part in this great work. As Yogis we can with a full heart work to the best of our talents, abilities, and commitment move forward, both as a collective, and importantly in taking out into the community, in a credible way, the truth of Sahaja Yoga, and Shri Mataji's Advent in the World.

The results of our effort we surrender to Shri Mataji but over the last few weeks beginning with the Sahasrara seminar, and through the various programs and music concert we saw a wonderful effort which we hope will inspire the yogis and seekers alike. There are just too many people to individually thank, and the risk is too high of not appropriately acknowledging each and everyone person who has given so much of themselves, and of their time. Also any mere humble thanks that we may offer would pale in comparison with the punyas, blessings, and spiritual experiences earned by those committed yogis over this period.

The experience has been profound. All that we would like to say is that in our meditations and prayers we should each thank Shri Mataji from the bottom of our hearts for blessing us, for keeping us in Sahaja Yoga, and for Her real presence in Her formless state at all the programs, anyone who attended could not but have been inspired and humbled by the level of vibrations and blessings She showered upon us all.

Sincerely, Avinash, Raymond, Chris

Hi all,

The program was fantastic. Many seekers came from the Campbelltown area. They sat through the whole program and many stayed to receive vibrations from the yogis afterwards.

I felt very strong vibrations throughout the whole program. Its really worth the extra effort. Shri Mataji even gave me a reprieve on some work engagements so that I didn't have to get to work early today!

Regards,

Andrew Perusco

INTERNATIONAL NEWS

from America...

Sahaja Yoga Pioneering in Milwaukee

Sahaja Yoga was offered for the first time in Milwaukee with help from our brothers and sisters from the Chicago, Indianapolis, and Michigan collectives.

On Saturday, in response to a request late on Friday afternoon, the Sahaja Yogis from neighbouring states showed their spontaneity and enthusiasm for spreading Sahaja Yoga by making the drive to Milwaukee for the day.

Three Sahaja Yogis from Indianapolis, three from Chicago, and one from Michigan, arrived in Milwaukee just after lunch and filled our small apartment to the brim. As all Sahaja Yogis know this is the greatest feeling in the world, especially when you're living alone (Something we haven't done for quite a few years).

After some food and drink we headed down to the fore-shore of Lake Michigan to a beautiful park situated in downtown Milwaukee and set up a Sahaja Yoga "A" frame and four chairs just near the water.

The passing foot traffic along the lakefront was fairly light and we were a little concerned about the lack of people in the area. Fortunately, we were blessed with music from the hammer dulcimer played by Michael from Indianapolis which really set the scene, and the combination of this and the realization seemed to attract seekers from all over the park.

Even in this relatively quiet park within three hours we had given realization to over forty seekers, including a local newspaper journalist who took our phone number and wants to do a story on Sahaja Yoga.

We start more formal programs in Milwaukee in two weeks time. We had a very positive response from the Milwaukee people in general and many of the seekers that we met today have agreed to come along.

After spending some time during the past weekends in Chicago giving realization in two supermarkets and outside the city zoo, this once again shows the power and versatility of Sahaja Yoga, and that you can set up an "A" frame and some chairs just about anywhere and the seekers will come.

Jai Shri Mataji

*Paul and Debbie Stainsby
(who recently re-located from Australia to the USA – Ed)*

POETRY

The mystics of Islam

Jai Shri Mataji
How lucky are we
the ones who know
know Islam
know the meaning of Islam
the true meaning of Islam
I surrender
I surrender my soul
my heart
not only know
but feel
feel surrender to the Devi
the great Devi
Shri Mataji Nirmala Devi

The Sufi saints

Only greatness can come from these days
these days of Glory, Glory of the soul
when, when the soul merges with the almighty
Only greatness, only glory of these days
these days of light
light from within, light from above
pure knowledge, pure in its essence
only love shall flow from the purity of knowledge
knowledge Supreme, supreme bhakti
ananya bhakti, merged with the ultimate
merged with love
The Prophets have said, the Prophets have sung
this movement has only begun
come all, come one
Only greatness can follow
only greatness can follow this love
this love that flows from the supreme
Oh, oh no longer a dream
but, but reality
reality, let us see, let us see
let us be, let us be
in the loving company of the Divine
yes, yes, in this time
The Prophets have said, the Prophets have sung
become one, become one
let us come, let us come
become one, become one.

*Derek Johannesen
Sydney, Australia*