

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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*I ask all blessings,
I ask them with reverence,
of my Mother the earth,
of the sky, moon, and sun my Father.*

*I am old age: the essence of life,
I am the source of all happiness.
All is peaceful, all in beauty,
all in harmony, all in joy.*

Anonymous Navaho (19th–20th Century)



NATIONAL NEWS

Children's Camp, Wamuran Brisbane
Monday 27th September to
Thursday 30th September 2004

(Arrival on Sunday 26th September, leaving on Friday 1st October)

Closing date for registration: Friday 3rd September.

The first annual National combined Sahaja Yoga Youth camp is being arranged for September to be held at our Country property at Wamuran, in Brisbane, Queensland.

The camp is aimed to bring young people 5 to 13 years of age from all quarters of our country together for four days, where everyone will spend time enjoying themselves in a range of cultural, physical, artistic and sporting pursuits as well as enjoying and exploring the qualities, attitudes and behaviours that children can develop.

The camp is time dedicated for one purpose alone: our children. What we want to get out of the camp:

- Deepening in Sahaja Yoga
- Experiencing vibrations and clearing
- Collectivity and fun
- Sahaja Culture

There will be a cost associated to cover costs: \$10.00 per day, per child and per adult. This will cover food costs, and a one-off \$10.00 to cover craft and activity materials per child, and also a one-off \$10.00 per person to cover electricity and gas, cool room hire, etc. Children under 5 free. (If we need to buy water there may be an extra surcharge).

Please be aware that morning and evening meditations are non-negotiable and are an integral part of the camp. So be prepared for early morning rise and early evenings as well as exchanging vibrations and other Sahaja activities.

This camp is going to require everyone's help. Because of the age of the children we need the following groups of people to make it all happen:

Cooking team and a co-ordinator

(not involved with the day to day children's activities, need about 5 adults for this)

Can all parents bring a cake/and or biscuits

Co-ordinators for each activity

Meditation, Sahaj, Clearing, Play, Craft, Sport and Other Activities. It would be great if each state could prepare an

item in each category and take responsibility for that.

Co-ordinator for travel for each state (not necessarily someone who is coming to the camp) We also need an administrator for each state to co-ordinate groups travel arrangements and for sharing general information and updates.

Children's Supervision

All the children need to be supervised, the idea is that we will have

- for children aged 5–7 with 1 parent per 3 children
- for children aged 8–13 with 1 parent per 4–5 children

Supervisors will be fully responsible for the children's whereabouts etc.

(This is the initial idea, will be finalised as we find out numbers of children and parents attending.)

This needs to be organised by each state, so that all the children are covered. If parents are unable to find someone to supervise their child please let us know at the earliest.

Parents sending their children with other parents will need to sign a duty of care, consent form.

The idea is that the organisers then know that all the children have someone taking care of them in regards to making sure they get to meditation, bathe, eat, attend sessions

Dormitory Aunties

We need aunties to supervise the dorms, clothes washing, meditation wake up etc.

Travel

The idea is to start the camp on the Monday, giving yogis the weekend to travel to Brisbane, and finish on the Friday morning. Yogis can then leave on the Friday.

We should avoid arriving on Monday and leaving on Thursday, so that we can start and finish the camp all together and settle in the vibrations.

Cars

From Sydney, we are looking at driving up in cars, so we can have more drivers.

Plane

As far as possible please arrange to fly in groups from each state to reduce the number of times we need to go to the airport. There are some good prices on the internet if you book soon. If you leave a few days before the school hols start, it's a bit cheaper.

First Aid Officers

We need one first aid officer qualified in children's first aid for every ten children attending the camp.

Could anyone who is interested in coming, helping out, committing to an activity please contact:

Gillian Patankar on gpatankar@hotmail.com
or by phone 02 99404588

Teams

We will probably divide the children into teams by age for some of the activities. So need to be aware of this when organising the events.

Day-to-day activities

will include: (This is a suggested format, any ideas welcomed)

Meditation

Morning and evening

Music

Bhajans, instruments (children to bring own) Jamming.

Sahaj sessions

One in the morning and one in the afternoon. Each session to cover a chakra eg: qualities of chakras, relating to qualities with stories, plays, role plays, relationship between divine qualities and human qualities. Historical aspects eg 'when Christ came', 'now Shri Mataji is here' etc. Emphasis on feeling vibrations, experiencing meditation.

Clearing session

Afternoon session: eg: exchanging vibrations, lemons and chilli meditations, onions, head rubs. Use of elements, experiencing how the elements work and why. Footsoaking why? Using the earth, candles etc.

A play

Suggestions?

Craft

- Mural that can be completed collectively
- Present for Shri Mataji
- Clay
- Face Paints
- Costumes and sets for the play

Any ideas?

Sport

Bush walks, exercise fun, volleyball, badminton, soccer, cricket, elastics, skipping ropes, balls.

Activities

- Chakra Treasure hunt in the bush
- Knot tying, bush humpies, bush/nature activities.
- Stick Dancing
- Holi festival (colour water spraying)
- Helping cook, enjoying collective preparation time.
- Cleaning the Ashram activities, eg ajawan, sweeping etc
- Plant trees for the Ashram

General guide for a day's activities

6.00am Wake up
Meditation
Breakfast
Baths
Sahaj Session
10.00 Morning tea
10.30 Craft
11.30 Sport
12.30 Lunch
1.30 Break
2.00 Sahaj Session
3.00 Afternoon Tea
3.30 Clean the Ashram time
4.00 Clearing sessions
5.00 Dinner/Break
7.30 Games, Stories, Songs, Movies
9.00 Bed

This is an initial advice to let everyone know about the camp and get some feed back. More information will be sent out as the numbers are finalised.

We need everyone to register by September 3rd 2004.

Jai Shri Mataji

Gillian Patankar
Sydney

STATE NEWS

from the National Capital...

New people flock to Canberra's recent free introductory workshop: two yogis write

Canberra yogis are still flying high with all the great vibrations generated over the weekend August 21-22, when the Scullin ashram was filled to capacity with thirty new people for an introductory workshop.

Preparations began weeks earlier when Sydney yogis had 10,000 attractive high quality brochures professionally distributed to letterboxes in the local area. Half a dozen people couldn't wait till the workshop and turned up to programs a week before the workshop. We also sent out emails to those most recently registered on the website as well as posterizing yogis' local areas.

Over the weekend we were lucky enough to have Sydney Qawwali group come to stay and perform on stage at the Belconnen Mall. We all went to the mall for the lunch time performance on the stage, brochures were available on tables and half a dozen people who registered on Sunday mentioned that they had heard about the workshop at the Mall.

Back at the ashram for lunch and a rest before the evenings events, which included a havan and dinner followed by a much appreciated music concert rocking the ashram till late in the night.

The following day at 9.00 am we gathered to set up for the workshop—thirty chairs lined up in the meditation room, registration table, nametags and signage. By 10.00 am we had a long queue at the registration table. There were young, old, Indian, Chinese, Australian - all excited to have found a place nearby to meditate. The room was full to capacity and when we broke into two groups for candle lighting and foot soaking, there was pin drop silence as all the participants put their full concentration to the job of clearing each other. One elderly lady was heard instructing her husband how to do the candle lighting when it was time for his turn, she said "Do it with full concentration, then you will feel the vibrations more strongly". When we all came together for a final meditation towards the end of the workshop the stillness and depth of vibrations was profound for all of us. The new people gave around of applause at the end and not one of them left early and lots stayed on for the music and lunch afterwards. When it finally came time to go, most left gratefully promising to be back.

It was a tremendous weekend, we are really grateful for the support of the Sydney Qawwali group and still feeling lots of vibrations from the weekend."

Lyn Vasudeva for the Canberra collective

I had the most beautiful week end in Canberra and I wish to extend a warm thank you to the Canberra Collective who looked after us so nicely and also to the Qawwali Group and yogis who joined in, making the whole event so enjoyable.

The performance of the Qawwali group at the Belconnen Mall was very impressive with Mother showering Her blessings throughout the shopping centre. I heard a lady nearby answering her impatient husband wanting to leave, just like a little girl would do: "No, No, one more, one more" and she was literally dancing on her chair. The Havan was continuously pouring with vibrations and the music evening was a real treat for all of us.

Having been living in Canberra for six years I knew how difficult the place could be and how impossible it seemed to even get new seekers attending public programs. How pleasantly surprised I was when I saw about thirty new people turning up at the Ashram for the Sunday morning workshop. They were from various backgrounds and different ages and by the end of it they all had a beaming smile lightening up their faces that did not seem to want to go away.

I feel Canberra has been blessed with such a beautiful Ashram and Mother's presence can be felt very strongly there. I can only encourage yogis to whenever possible come along and support Canberra Collective and help the Capital of Australia to truly become a beautiful and generous Lotus radiating its fragrance to the whole of Shri Ganesh's Land. JAI SHRI MATAJI.

Meenakshi Pujari

from Victoria...

LET Video goes digital!

All video orders will now be supplied on DVD unless specifically requested.

We can supply a DVD copy of any video held in the national video masters collection or Victorian state collection. The video signal is transferred to DVD via a TBC unit, which improves the picture quality on the majority of talks.

We are in the process of transferring to DVD-R all Australian talks, together with the early talks from London and elsewhere held here in Melbourne. 1981 to mid-1985 have been transferred so far. We are transferring at the rate of 2-3 videos per day. Our mailing list is at: <http://groups.yahoo.com/group/sylistings> which also has available for download the various video listings which have been compiled over the years.

DVDs are supplied boxed with covers and cost \$21 (including royalty) plus postage and packing. GST will be charged at the appropriate rate. Orders from local collectives are tax exempt if the goods are exclusively for collective use. We can also supply on TDK 'armour plated' disc (supposedly 100 times better surface coating than normal discs) for an additional \$5.

Orders to: johnnoyceau@rediffmail.com
or phone 03 9802 2749

The *Experiment with Truth* series has been transferred from Beta copy masters to digital tape (thanks to Robert Henshaw for arranging this) and will shortly be transferred with chapter indexing to DVD-R.

We intend also to have available, in due course, the talks from HH Shri Mataji's Australian visits in boxed sets by year of visit. With regard to this we need to track down copies of:

- Shri Ganesha and Shri Gauri Puja 1981
- 3rd Public Program Sydney 1983
- 1st and 2nd Public Programs Sydney 1985

If anyone has, or knows the location of, videos of these historic events, please let us know asap. We would also appreciate help in locating, if they still exist, the master tapes (supposedly Beta) of the 1981 and 1983 Australian visits.

John and Samarth Noyce
Melbourne
03 9802 2749

Please see attached file distributed with this newsletter for a full list of videos available.

(Editor)

from New South Wales...

Next Sydney children's program

Our next children's program will be at 12 Clarence St, on Saturday 4th September 6.30pm.

Gillian Patankar
Sydney

SAHAJ MIRACLES

Love and Collectivity have no bounds

Our son Kiran Premnath, a 16 year old young lad, was diagnosed with a massive tumor, *juvenile angiofibroma*, on October 7th 2003 after a phone call from Concord Hospital, Sydney. As parents it was a mighty shock to the family and mentally it took us two days to surrender this issue to our Divine Mother and also break the news to Kiran and let him know that he would have to go in for a major operation which would take him a while to get back on his feet.

On Dec 5th 2003 Kiran was operated on by a team of surgeons at St. Vincent's Hospital. After thirteen hours of surgery the surgeons came out fully satisfied, exhausted and totally delighted over their own miraculous performance. They then revealed the apprehensions that they had prior to the surgery and were totally amazed over their victory. A yogini had suggested to send Shri Mataji's photograph into the operating theatre and throughout the surgery the surgeons felt that they were well looked after by the photo!

Isn't it amazing how Mother takes care of Her children! Kiran is a living miracle of Shri Mataji and Sahaja Yoga and to us as his family we need to know or hear no more of Mother's boundless love and her uncompromising efforts to see Her children through thick and thin.

We are new in Australia, having just come into Sydney about a year and a half ago and not knowing whom to turn to, we sent an e-mail to the leaders concerning Kiran's tumor. Everyone pounced on it instantly arranging for vibrations at Burwood Ashram and also whenever an opportunity arose anywhere.

There were many at Burwood Ashram and all over who took turns to give Kiran vibrations. We as a family will never forget the uncompromising love and care rendered to us by the entire collective in Sydney, Malaysia and also wherever the yogis and yoginis were all over the world attending pujas or accompanying Mother at that time.

Like us, everyone else was so concerned about Kiran and we would never have breezed through this without the collective. Phonecalls and visits never ceased and all would say, "If you need anything all you need to do is ask".

There were many in the collective who persistently did bandhans, put attention, shoe beats, paper burning, vibrations, letters at our dear Mother's altar. No words can describe how grateful we are for your love to help us through this traumatic period. All weekly collectives would call for a collective bandhan for Kiran's recovery. It is amazing when you are new in a collective and people always remind you that you are not alone—true revelation of Sahaj love and collectivity.

We as a family, feel truly gifted and honored to belong to such a committed, selfless, loving and participating family like the Australian and Malaysian Collective.

It has been about nine months after the surgery. Help and concern have not ceased from all in the collective and we are truly grateful for all your love. All our lives we will treasure this love and collectivity as we would never have made it through these traumatic times without all of you being there.

Thank you, Mother, for all the grace you have shown and given us. No words can describe the grace and the boundless love showered upon us by Our Divine Mother, the Collectives in Australia and Malaysia (special thanks to Burwood Ashram), all the family support, all yogis, yoginis, yuva shakthis and friends in Australia, Malaysia and all over the world.

In Kiran's issue, the true sahaj collectivity was very evidently expressed and the success of the surgery was so full-heartedly and strongly desired and so joyously shared by one and all in the collective.

Jai Shri Mataji. May this sense of collectivity, selflessness, boundless love, positive attitude, thoughtfulness for all prevail in all Sahaj collectives all over the world. May Mother's blessings be bestowed upon all.

As always, thank you Mother for our self realization and all the grace bestowed upon all of us.

Thank you Mother for your divine love, blessings and all thoughtful collectives all over the world,

Premnath
Kiran Premnath
Shaun Premnath
Neesha Premnath
Sheena

Sydney, Australia