

The GANAS are the workers

1. When a child is about till the twelve years of age, this centre [of the Heart] produces the **Ganas**. **Ganas** are the workers on the left hand side. ...Saint Michael is their leader, but their King is Ganapati, Ganesha. (Navaratri Puja 1992)

2. You are walking on the street, normally people are afraid if there's darkness, afraid that somebody might attack, but a Sahaja Yogi does not, if he's a real Sahaja Yogi, because he knows there are **Ganas** and there are angels around him. No one can touch him and the one who will try, these Ganas will make such a fool out of that person that you'll have a nice chance to laugh at him. (Kundalini Puja 1992)

3. If a person is in a big temper, then Bhairavanath plays tricks on that person to cool him down. He organizes everything under his own control with **Ganas'** help, with Ganapati's help, to cool down your temperament, to give you a balance. (Shri Bhairavanath Puja 1989)

4. Many miracles are happening in your life each day. Now what is there to be thought about? There are so many **Ganas** to do what you desire. (Rajalakshmi Puja 1996)

Sahaja Yoga School Sport

In the last school term of last year, Sahaja Yoga was offered as a sports elective to Year 8 at Forster High School on the NSW Mid North Coast. Many government schools run some form of yoga as a choice for school sport and Satyananda had been doing Year 9 and 10 sport at Forster High for years.

Twenty girls chose Sahaja Yoga and all but a few settled into the practices and experiences. From day one a full altar was used with a photograph of Shri Mataji and over the eight available weeks - video talks, exchanging vibrations, clearing techniques using the elements, shoe beating, mantras, Deities etc were introduced to the students. Detailed literature was given out with no reaction from parents, students or staff.

At the end of the course, a 'test' was devised where students were asked to sense the vibrations of three identical sealed envelopes, numbered 1-3, and select which they thought had the coolest vibrations. They wrote their name and the number they chose on a slip of paper. They were told that it didn't matter if they got it wrong because they just might need more practise or may be having an off day. When the slips of paper were laid out next to the envelopes the majority had chosen number 3. The envelopes were opened - no. 1 and 2 had blank pieces of paper and no. 3 a photograph of Shri Mataji.

It was refreshing to be able to talk openly with students about Sahaja Yoga and encouraging to see them explore the depth of their vibrations.

Jai Shri Mataji!

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Peter Boland



Australian Sahaja Newsletter

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For Sahaja Yogis, it is very important to have that courage within themselves. If you develop your discretion, then it works out. On the ego side what kind of a discretion you develop, and how? On the right side are all the Devas, all the Deities sitting around you. You have to understand these Deities. You have to know what they are going to do. Supposing, now, you are lost on the way. So, you should not think like all other people, 'Oh, I am lost on the way. How will I go there? What will I do?' After all you are going for some nonsensical work. It doesn't matter. But you must think, 'Why, Hanumana, He must have brought me here for some purpose. Let's be on the look-out.' Accept it, accept the situation. When you accept the situation, you are playing into the hands of the Deities, and they are guiding you. Your Deities are working it out. Accept it! And this acceptance will give you a wonderful discretion over your ego. Whatever goes wrong, it's all right. We accept it.

Hansa Puja Talk, Grafenashau, Germany, 1988

EASTER PUJA IN NEW ZEALAND

New Zealand is hosting the regional Easter Puja this year. All Yogies are invited to come to 'Auckland Easter Puja' on the 2-3-4-5 April'99. Cost will be \$55/- including food, boarding and Puja.

We had wonderful time in 97 so come in 99!

Contact: Geoff Platford on 0011 6494183824.

Country Tours - Final leg.

By the grace of Shri Mataji, the Queensland contingent of yogis, twelve in number, arrived at 2:30pm, 12th Feb for the Grafton public programme. They were met by the tour-weary NSW group. About 15 seekers received their self-realisation including one young girl whose mother left her while she did the shopping!

The combined group then proceeded to Graeme & Helena's beautiful homestead at Valla. Many more familiar faces arrived including another five from Brisbane. We spent a very enjoyable evening meal, recalling old times, listening to music, meditating etc.

The follow morning we all headed for Coffs Harbour where two halls had been booked - one for newcomers and another for established people. It soon became apparent that the rooms were too small for the numbers arriving. Fifty newcomers received their self-realisation meanwhile 20 established people enjoyed the vibrations and participated in foot soaking, clearing etc. The vibrations were strong once clearing of the left and right channel had taken place. Afterwards bhajans were sung followed by tea and biscuits. Again we spent some time chatting, laughing and enjoying the vibrations as yogis always do.

Then it was back to Graeme and Helena's house to prepare for Shivatri Puja which was to be held in the new house down the hill. Around fifty yogis attended. For some it was their first puja. The atmosphere was one of brotherhood and sisterhood - yogis enjoying what comes naturally - singing, dancing, with light hearts and smiling faces. The bhajans continued until way past midnight.

The next day dawned cooler and overcast. A lovely meditation in front of the Puja altar with birds singing and the sounds of insects. Then breakfast, goodbyes and on the road to Tweed Heads arriving there 30 mins early. An additional seven support yogis arrived.

The room was quickly prepared as the seekers arrived. Twenty people received their self-realisation. After clearing the left and right channel the cool vibrations started to flow. Those who didn't feel the vibrations were worked on by willing yogis. Most stayed on chatting and eager for more information. The hall has since been booked for next month to continue the good work.

The Queensland yogis are now planning their own tour, soon to be announced. We would like to encourage anyone who can spare the time to participate in supporting these tours. Not only are we spreading Sahaja Yoga but improving and enjoying ourselves at the same time. Thanks to everyone involved. Jai Shri Mataji !

A Brief Update for Follow-up Programs for Western and Northern Run.

The **Western** follow-ups programs are on the 3rd weekend of every month.

Bathurst, Orange, Forbes and Dubbo.

Dates are Feb 20 and 21, March 20 and 21, April 17 and 18, May 15 and 16

Contact: Marcus Rome.

The **Northern** follow-up programs are on the 2nd weekend of every month.

Tamworth, Armidale, Grafton and Coffs Harbour.

Dates are March 13 and 14, April 10 and 11, May 8 and 9.

Contact Avinash Nickwade.

A more comprehensive schedule will be in the next weeks newsletter.

YUVA SHAKTI

To all the Yuva Shakti,
There is a gathering being held at Burwood on Saturday 27th February at 4.00pm before the program, to discuss the coming events and to get to know each other again.

We hope all will attend or at least most will. See you there.

Jai Shri Mataji,
Shannon, Madhav and Liallyn Fitzpatrick.

PS: There will be a group photo taken on Saturday to be sent to Shri Mataji at the Birthday Puja.

VACANCY AT MITTAGONG

Vacancy for two Sahaja Yogies at Mittagong. Bushland views, 15 mins from Balmoral Property.
Please ring James Berg at 02 4871 3223 or 02 4871 3920 after 6.00 pm.