

Sahaja Yoga

10th May, 2002
17th May, 2002



Australian Newsletter

Jai Shri Mataji!

Contributions:

Sydney ph: 61 2 9716 6516

fax: 61 2 9716 0203

email: sahajnews@yahoo.com

Publication deadline for contributions
is midnight each Tuesday

*The valley spirit never dies;
It is the woman, primal mother.
Her gateway is the root of heaven and earth.
It is like a veil barely seen.
Use it; it will never fail*

Lao Tze
Tao Te Ching



STATE NEWS

News from New South Wales

Northern Country Tour Update

Recently, a gathering for Sahasrara Puja was held at Uralla (Armidale). It was attended by the Coffs Harbour collective, two ladies from Tamworth and two from Armidale region.

Sahaja Yoga has now become more acceptable amongst the local people in those areas. I have received several positive comments from both the local newspaper and the community centres. They felt that we are the only "New Age Group" that is not "ripping Tamworth off" in that we don't sell anything or try to make money out of anyone. Another positive comment referred to Sahaja Yoga being engaged in community services in both Tamworth and Armidale.

During 2001 and 2002 we have had an increasing number of local people benefiting from the SY meditation and clearing techniques. The collective efforts involved with Ramesh's medical research have legitimised our presence in the country regions. Copies of the Sydney Radio Programs have been sent to many new seekers to assist them in their meditation. These have acted as a teaching tool or reminder to them to do the SY practices (ie footsoaking, balancing etc.)

Our last program was attended by a mother and her son. The son has been diagnosed with ADD. We included the treatments of ice packs and cold footsoaks to all the seekers with right-sided problems. It has been reported that most of the seekers thoroughly enjoyed themselves and experienced a good night's sleep.

Armidale has been lagging behind Tamworth and really needs more attention this year. In previous years cars or drivers were not always available to do the two-day trips up to this region, but hopefully this will soon change.

The country tour north also covered Port Macquarie for a time. A new town is on the Sahaja map, Nundle, where we are attracting increasing numbers of young people who live in the mountains. Our last program there was held in a North American tepee tent - quite a wonderful experience!

Details of the May Tour North

- Sydney 24 May:** (Friday night) Depart from Sydney
Scone 24 May: Overnight stay in a cabin at Scone Camping Ground
Nundle 25 May: Programs will be held in the mountain region south of Nundle.
Tamworth 25 May: Programs from 3.00-5.00pm in the School Room, entrance in Darling St. Tamworth Community Centre.
Uralla 25 May: Overnight stay at Kerri Clark's house
Armidale 26 May: Program from 10.00am-12.00noon, Kent House, 141 Faulkner Street. (Also, I am looking a Market stall which is in the main street of Armidale shopping Mall in Beardsy St, but this has yet to be confirmed.)

I will be gradually handing over the coordination of the Northern Country Tour to the Northern collective. There has been a strong attendance from the beginning of this year and many changes are now in the wind. Over the years that the Country Tour has gone north we have had the assistance of the Wollongong, Sydney and Central Coast collectives and regular attendance from the Yuva Shukti. I would like to thank everyone for their support and love in our efforts.

Hauke Horne will be looking after the next tour north.
*Contact Hauke at home: 94890907,
or mobile 0425 223 298*

June Tour North: 29 & 30 June

Sean Daly is the contact for this tour. Contact Sean at home: 9984-0302, or mobile 0410 445 226

New Southern Country Tours

As from 8th & 9th June (to be confirmed) I am looking at doing country tour programs on the south coast. That is, Jarvis Bay, Ulladulla (Milton) and Batemans Bay. Venues and other information will hopefully be available by the next Newsletter. Jai Shri Mataji!

*Sue Williams
Coordinator - Country Tours North*

Sahaj Writers' Seminar

Any yogis interested in developing their writing talents—in poetry, stories, articles, plays—please come along to:

**Ashfield Ashram, 85 Bland Street
on Sunday 19th May at 2.00pm.**

The aim is to establish regular meetings. Please bring something of your own to read.

*Contact Lyndon DeValle 9326 3853
or Brian Bell 9747 03101*

Free Publicity in SMH for Sahaja Yoga Radio Program

We were pleasantly surprised to find the piece below in the *Sydney Morning Herald* on Saturday 4th May under highlights for 'TV and Entertainment' for the coming week. We thought some kind of Divine switch must have taken place because we sent this blurb to Radio 2SER for their usual website coverage of the week's programs, yet it magically appeared in the print media! Subsequent investigations have revealed that Harriet Veitch (bless her heart) of SMH regularly cruises the 2SER website and she picked up our special announcement. Jai Shri Mataji!

The Radio Team

"Sahaja Yoga Special, 9am Sunday, 2SER: 'Sahaja' is 'born with you'. 'Yoga' is 'union, connection with the divine'. This program marks the 32nd Sahasrara Day, with interviews, news about medical research into the verifiable benefits of Sahaja Yoga and excerpts of lectures by Shri Mataji Nirmala Devi (founder of Sahaja Yoga). Harriet Veitch"

Fairfield Youth Festival

The first Youth Festival was celebrated in the Fairfield City show grounds. We had a Realisation Stall in the centre of the ground. The photograph of HH Shri Mataji could be seen from all directions. Among all the activities and loud music, the vibrations were tremendous and the meditation was undisturbed. HH Shri Mataji was pouring her love on the young people, which is what they needed most. These children responded as babies to their Divine Mother's love. As they stopped to look at HH Shri Mataji's photograph so intensely, one could see the transformation taking place within them and one dared not disturb the process until complete and then they were encouraged to enter the tent for meditation. Around 80 young people got their realisation and the Sahaja Yuva Shakti experienced the heavenly blessings and the joy that cannot be explained in words.

Later at a Fairfield Council meeting the meditation stall was mentioned as a big success. Police Youth Liaison Officers were surprised and commented that they did not understand how the young people were meditating peacefully in the middle of the party and among their friends.

Jai Shri Mataji

*Christine Masal,
Sydney*

News from Queensland

Rearranged Programs in Bundaberg a Great Success

Things are going well in Bundaberg. We have reconstructed our week. Our week used to consist of one new people's program, two intermediate programs (half of our small collective would attend one and half would attend the other), and our collective program. We have now united our intermediate programs into one, and it is so much better.

With the extra support on the intermediate night we have started a Kid's Club in the adjoining room. I look after the children whilst Cheryl, Pam and Alan do the intermediate program next door. Last week was our first night for Kid's Club and it was wonderful. I really loved it. There were three children (two were mine). They did foot soaking and icepacks, treating their right side and we talked about it so they understood what helps certain Chakras etc. They really were listening. Then we listened to a little Mozart followed by a song about the mother earth which the girls really loved as they were in the school orchestra. The song had beautiful sounds of the violin. We then quietly sat and the children created some beautiful Mother's Day cards. I must say I was very fortunate I think because I had the best meditation with these children. I think they really appreciated the individual attention also. I think they will be giving their parents a nudge to come each week.

The adults also had a wonderful meditation. One lady recognised Shri Mataji to be Divine when looking through some miracle photos. She commented that "This isn't something you can just keep to yourself. People need to know about Sahaja Yoga." Jai Shri Mataji.

Love to all

*Leanne Lingard,
Bundaberg*

News of Western Australia

Sahasrara Puja at Gidgegannup May 2002

We had heard so many wonderful things about Gidgegannup that we thought we would go to Sahasrara Puja. The warmth and loving hospitality which was bestowed upon us was beyond expectation, for the moment we arrived at the airport we were picked up by some friendly yogis and yoginis. Our accommodation was all arranged at Suzanne and Nirdosh's Ashram in Fremantle where we enjoyed the company of our brothers and sisters and collective living.

When we arrived at Gidgegannup we were amazed at the beauty of this place – the artistic nature of the décor, the rustic use of railway sleepers, all the use of natural materials bringing the outside inside, the open plan kitchen & eating area and the sense of community. Our imagination ran amok when we visualized a similar dwelling at our country property at Balmoral. The use of this country property by the collective and the exchange of friendship which happens every week at the collective meeting and overnight stay. The buzz in the kitchen of wonderful aromas and the fun of preparing meals together for your brothers and sisters. Our meals were brought over to us – we felt very spoilt.

One rare occasion when I found myself sitting alone some Perth yogis waved to me to come and join them. The interstate guests were given mattresses to sleep on ensuring our comfort. Each room was decorated with an altar of Shri Mataji. The amount of talent during the music program was very joyous and uplifting. The yogis all worked to bring the magic of the puja together. The altar was beautifully decorated with colourful flowers and proteas from the property. Fran, a very talented yogini, made clay ladies painted in vibrant blues and greens with fountains of water flowing out of their Sahasraras. The Vision video was played where Sri Mataji describes so beautifully the opening of the Sahasrara. Our hearts opened with joy and a sense of how fortunate we were to be chosen by our Divine Mother.

The warmth, friendliness and loving nature of this collective was very evident. The way we were looked after so beautifully and made to feel very welcome. Yogis and yoginis whom we had never met before opened their homes and their hearts to make our stay such a wonderful experience. We realized the importance of attending the National Pujas, not only for the support of our interstate collective, but also for our own growth, to learn and share from others. We hope to show the same love and open hearts when our turn comes. Thank you again yogis of Western Australia, and also for the thoughtful gifts.

*Clare Avoledo,
Sydney*

Vacancy at Sorrento Ashram (Perth)

We are currently looking for 1 to 2 yogis to fill a recent opening at Sorrento Ashram. This most beautiful ashram currently has 8 people living together, enjoying Sahaja yoga and the Perth environment. Living in Sorrento means you're 10 minutes' walk from the beach, as well as the Hillarys Marina, and only a short drive to the city. Also there is no problem taking public transport from this prime location.



*For more details, please call 9203 8307
or e-mail Martin Purcell on martin@aipmedia.com.au*

Love from all of us here at Sorrento Ashram.

BIRTHDAYS!

Our birthday list this week covers Australian yogis whose birthdays fall in the period from 10th May to 23rd May. May they all have many happy returns of their special day...

Alice Bhasale, Kate Mankar, Jennine Toledo,
Paul Stainsby, Simon Marlow, Cheryl Taylor,
Michelle Holmes, Alexandria Vernier, Todd Dellow,
Deb Keetley, Maxine Whitnell, Goni Naidoo, Greg Turek,
Norman Creed, Dusko Ristovski, Michelle Hinge,
Esme Reynolds, Thomas Armstrong, Michael Harper,
Bob Rankin, Peter Boland and Graeme Campbell

INTERNATIONAL NEWS

News from India

Uttaranchal Sahaja Yoga Family Invites One and All for the 2002 India National Seminar in Uttaranchal

Dear brothers and sisters,

Sahaja Yoga India National Seminar is being organized at Vandemataram Kunj, built on the banks of Holy river Ganga in Uttaranchal from 12th to 16th June 2002. The Sahaja Yoga Centres of Uttaranchal shall organize the Seminar. The venue is a 10 kms drive from Chilla Hydro Power Project and is 20 Kms run from Haridwar, while, a 7 Kms on the Rishikesh Chilla highway. The venue is situated amidst dense forest of Rajaji National Park on one hand while the cool, refreshing and ever-vibrating streams of River Ganges on the other. The wild beauty of the lush green surroundings with the vibrations of holy River Ganges in the foothills of Siwalik Himalayan Range shall provide an ideal environment for deliberating on various aspects of Sahaja Yoga, sharing of our experiences and objectively aiming at developing depth in Sahaja Yoga to become the effective instruments of Adi Shakti Shri Mataji.

The seminar aims to focus on collective sharing of the ultimate truth-seeking through the universal love that is Sahaja. It also provides a unique opportunity for our personality development through various interactions, cultural programme, and meditating together in collectivity and Sahaja Sports. It not only helps us ward off many of our conditionings but also promotes to acquaint ourselves in realizing the essence of spiritual awakening within our subtle self, basking in the fountains of Divine Vibrations in Her Niraakar presence. Ultimately She is the Doer and She is the Enjoyer. And it is once again Her Blessings that we are congregating on this Divine land of Haridwar to attend the Uttaranchal National Seminar 2002. So let us all join our collective hands and attention to absorb and enjoy the Divine love of Param Puja Shri Mataji as we rise together in our spiritual ascent through this Seminar.

A formal invitation letter to all Sahajayoga centers have been already sent by mail.

Programme

Wednesday 12th June

Arrival at Vandemataram Kunj, Haridwar and Registrations formalities (up to 1600hrs). Havan and Puja with Bhajans offering at Her Holy Lotus Feet to mark the opening of the National Seminar after 1700 hrs.

Thursday 13th June

Seminar on introduction to Sahaja Yoga, Seeking Sahaja Yoga through Dhyana and Dharna, Sahaja techniques of Chakra Clearance, the various Protocols and the Vision of Shri Mataji. The essence of Puja, Havan and other Sahaja Activities like Mariages in Sahaja. Sharing individual Experience in Sahaja Yoga, the rituals and the conditionings.

Friday 14th June

Seminar topic covers aspects of Medical Science and Sahaja Yoga, Effect of Sahaja Yoga in Agriculture, Stress manage-

ment - Sahaja Yoga the Stress buster. Sessions on question and answers. Cultural programme: Topics covering the various essences of Ragas and their effects on our Subtle System - the Chakras. Recent research findings in the Indian classical music and their relationships with Chakras and their importance in Sahaja Yoga.

Saturday 15th June

Seminar on topic covering the means and mode of communication adopted globally for the spread of Sahaja Yoga. Understanding the essence of workings of NGO run under the banner of Sahaja Yoga or the Life Eternal Trusts across the globe.

Yuva Shakti interactions and the various Yuva Shakti leaders meet to understand and draw out workable plans for the spread of Sahaja Yoga across the country.

A Sahaja Quiz competition for entertainment.

Sunday 16th June

Departure after morning Meditation and Breakfast

Charges for boarding and lodging:

Adults: (above 25yrs) Rs. 800 and @ Rs. 250/day (for Part Attendee)
Yuva Shakti: (12-25yrs) Rs. 500 and @Rs. 200/day (for Part Attendee)
Children: (6-11yrs) Rs. 300 and Rs. 100/day (for Part Attendee)

Important:

- Early registration is encouraged.
- Advance confirmation shall facilitate the organizer with their hosting formalities and organizing programme.
- Weather in this part of the country is quite warm during the day and pleasant at night. However, carrying light woollens, bed sheet and torch shall be an added advantage.
- Sufficient clothes should be carried to avoid unnecessary washing to help conserve water.
- Vandemataram Kunj, built on the banks of Holy River Ganga has been offered for conducting the seminar as an event only. Therefore, it is enjoined upon each yogi coming for the seminar to maintain utmost cleanliness and order keeping the environment clean.
- The seminar is for regular Sahaja Yogis. However, discretion may be observed in individual cases in light of their spiritual growth in Sahaja Yoga.

For all correspondences & details following can be contacted:

Shri Jagpal Singh 0133 - 412123, 416330
e-mail jagpalsy@hotmail.com
Shri Sulekh Chand 0133 - 427765
Shri Ajay Singh 0133 - 414378
Shri DK Chawla 0133 - 422017
e-mail: chawladk@bhelhwr.co.in (out till 30th May)
Shri Rajesh Sharma 0133 - 420440
e-mail: sharma@bhelhwr.co.in

Looking forward to a pleasant gathering in the foothills of the Himalayas, amidst the serenity of the dense forest and auspiciousness of the cascading holy River Ganges, to enjoy the unique ambience and spiritual experience.

Jai Shri Mataji

Jagpal Singh
jagpalsy@hotmail.com

News from Mexico

Request for Information to Assist with Architectural Thesis

To: The Sahaja International collective, especially to Sahaja Architects.

From: Graciela Vázquez-Díaz, tel/fax (5255)557519 graciela.mexico@hotmail.com

Address: Tejocotes 56-201, Col. del Valle. México D.F., 03100. México

Subject: Information on Sahaja Ashrams around the world to be included in the Architectural Thesis of a Mexican Yogi: zaratus-tra57@hotmail.com

Address: Héroes de 1810 No.31, Tacubaya México D.F. 11870. México.

Marco Antonio Chi Chiong is a 24-year-old Mexican Sahaja yogi, who came into the Mexican collective three years ago, and is now one of the coordinators for new comers and Yuva Shakti in Mexico. He has already finished his studies in the Faculty of Architecture at the National University of Mexico (UNAM), and is in the process of preparing his thesis to become a formal Architect.

What is most significant is that he has chosen the construction of an Ashram for a Sahaja Yoga collective as his architectural objective to be presented to the University authorities, in the course of May 2002.

To fundament the project, we will be most grateful if any yogi could help Marco with the following information:

Convenience and experiences of yogis living in an Ashram.

It is important to know the direct positive experiences of yogis living in an Ashram, and also it will be most important if you could inform us of the programs where our Holy Mother has mentioned or has instructed us on the harmony and objectives of living in an Ashram.

General Architectural Characteristics and basic information of:

- Already established Ashrams
- Proposal for new Ashrams
- Number of Sahaja Ashrams established at world level.
- General Characteristics.
- Photos, sketches or design of Ashrams.
- Number of persons living in the Ashram.
- Area (square meters or yards) of the Ashram

Architectural project if any, and some of the following characteristics:

Meditation Room: (number of persons, sq. meters, location of altar, etc).

Kitchen: square meters, number of persons.

Dining Room: square meters, number of persons.

Bathrooms: sq. meters, number of persons (women, men or multiple).

Bedrooms: number of rooms for men, women, couples and children.

Green areas or other areas: square meters

GENERAL NEWS

Best Wishes for a New Freedom in Burma

Well, the battle has just begun for Suu Kyi as her incarceration would be mild compared to what she now has to do in rebuilding a nation that has had their centre heart knocked out of them.

So please let's give this leader and her country all the bandhans so that wisdom will guide their every step now. For too long the demons have had their way.

Love,

*Greta More
Australia*