

Information could be transmitted. Houses can be connected to a network where unlimited amount of put to air. The exciting part of cable television is that all repeated on Saturday nights. We have 8.4-hour programmes ready to Sahaja Yoga programmes are scheduled for Wed. night 6pm and broadcast is beginning in 300 homes in the Centennial Park area. In the week beginning 31st October a trial cable television SAHAJA YOGA TELEVISION!

their baby BOY (8lbs.) Congratulations to Andrew and Mina Rohowj upon the birth of

BABY NEWS.

their Congratulations to Andrew and Mina Rohowj upon the birth of

BABY NEWS.

will accompany the children from the school to Australia. Andrew Jones, Isabella Percell, Nutan Alfeldt with Wendy Browncombe (Adult return fare \$1,650 X 3 = 4950 ÷ 20 \$ 247.50)

\$ 260 per family toward accompanying adults fares \$ 25 per child travel expenses - Airport tax/bus fares \$ 865 per child fare one way.

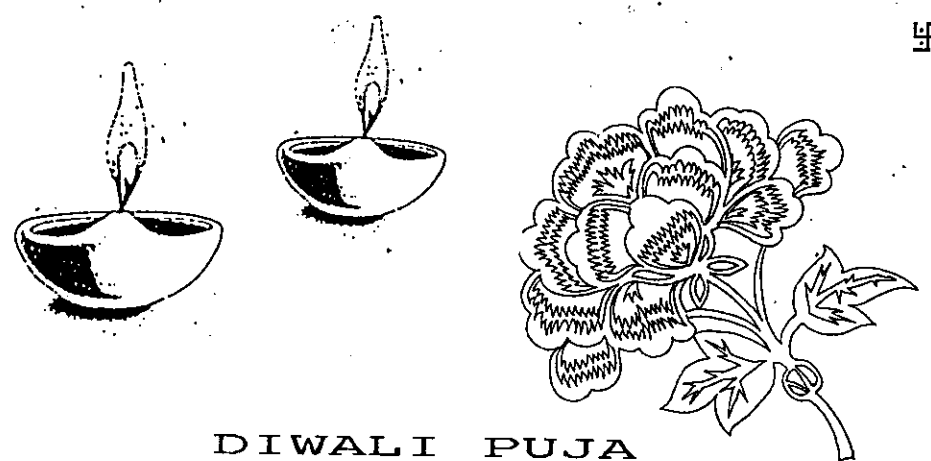
Amounts due...\$1,198 Adult fare one way (child over 12yrs.) so it will show up in the bank statement. but make sure the teller puts your name in after the transaction No. 2223 - Acc. No. 60-916-0338. You can deposit at any branch collect it at the National Australia Bank, Haberfield - Branch all in by 17-11-93 at the very latest. I've opened an account to children's airtares must be paid by 19-11-93. Could we have it

CHILDREN'S AIRFARES. EXCHANGE NEWS

# THE AUSTRALIAN Sahaja Newsletter

Contributions:  
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FRIDAY 5th NOVEMBER '93



DIWALI PUJA  
BURWOOD  
6 PM  
SATURDAY  
13TH NOVEMBER



build an awareness of the 'Sahaj Way' of art and creativity.

A few have expressed the desire to have studios (eg. old warehouses) where all creative types can live and work temporarily or permanently, and which could house emporiums, exhibitions, music concerts, etc.

Several artists indicated that it is essential to have administrative and promotional support for the ArtNet, as artists are generally not interested or experienced in the practical aspects of promotion of their art.

We have received several requests for an ArtNet Newsletter. The purpose of the database (for which we circulated a form) of artists and their specialties was to provide a vehicle for all interested people to be able to get in touch with each other. Those on this listing could automatically be on an ArtNet News mailing list. A Newsletter of this type could serve as a central communication point with as wide a scope as creativity itself.

IF artists in your respective areas wish to arrange to get together to discuss ideas, please send a copy of notes from your meeting before 15-Nov to the following address for inclusion in our "Ideas Folder" which we all will discuss at the International Artists Meeting at Ganapatipule in December.

IF you wish to see an ArtNet Newsletter, please send a note.

IF you would like to be involved in the ArtNet send your name, address, birthdate, phone/fax/email, what medium you are involved in and a brief description of your work.

IF wanting to contribute in other ways, indicate computer support, promotion or coordination/liaison.

Ideas for the ArtNet from all yogis are welcome. Send to: INTERNATIONAL S.Y. ARTISTS NETWORK, C/O 10 CLARENCE STREET, BURWOOD, NSW 2134, AUSTRALIA by 15 November 1993!

JAI SHRI SARASWATI SAKSHIAT SHRI MATAJI NIRMALA DEVI !

We are very much looking forward to seeing everyone at Easter Puja next year. Jai Shri Mataji! Suzie

Tilda and Yogesh Rawal are settling down in Delhi now. News is that life in India is treating Tilda well, and she is managing to get out and go to Hindi classes (although she says not much else gets done). Josina is back from six months in Europe with exciting stories to tell about the yogis there.

After this the established yogis were able to talk about the details and we also tackled that awesome subject - how to stop thinking in meditation. By then everyone was so deep in meditation without any effort, and after some time we listened to a tape of some more about Mother. The vibrations were tremendous and to spend a whole weekend with your attention of Mother and helping new Sahaja Yogis establish themselves is simply an amazing experience. As a result it seems that the Cairns collective has grown in depth as well as numbers. We have some new people to welcome - Pam and Derek who are now helping with the weekly programs in Alberton which is about 1.5 hours from Cairns. Also Dennis, Judith, Yvonne, Gloria and Warren who are helping with the programs in Cairns. Wendy Bonneau is still doing the programs at Cairns High School and getting between 1 and 18 people each week.

The programs have been going well in Cairns so we decided to have a seminar for people who have been coming for a while and wished to go deeper. It was a weekend seminar, and we sent out invitations to people who had registered at public programs, and had a 25% response which was just great. Most people came both days. At the beginning of each day we had footsoaks and exchanged vibrations, teaching people the mantras at the same time. Once the attention was nicely settled we watched a video. We found the two videos prepared by Uncle Stephen for the Mind Body and Spirit excellent for this. This brought us to lunchtime, which we kept as short as possible, to keep the emphasis on the meditation. After lunch we had sessions on those essential practices - shoebeating and paper burning. Afterwards everyone said how this collective attention had worked out some deep seated problems. It was such a buzz to see the amazement of new seekers when they experience the miracles of Sahaja Yoga and how easy it is.

News from Cairns

Please contact Roseville (02) 419 8075.

Would you like to share a large sunny room. Rent \$50.

Are you a lover of arts, music and literature - (bhaajans & videos)

ROOM AT ROSEVILLE.

phone her on (02) 745 2393.

will receive their realization, please see Saritra Chavan or

make a donation towards this 'worthy cause', where many people

However more funds will be needed, so if anybody would like to

raised towards the M.B.S. festival to be held in 3 weeks time.

After the success of the 'movie night' at burwood, about \$300 was

MIND BODY SPIRIT FESTIVAL.

## NEWS FROM THE INTERNATIONAL SAHAJA YOGA ARTISTS NETWORK

We have heard recently that Austrian artists have set up a company, Golden Builders Trade. Their aim is "to establish the use of natural materials through trading, to build houses in harmony with the environment, to integrate the arts in daily life". It sounds quite dynamic and hopefully they'll send news of their progress. The ideas from Austria seem to be leaning toward a strong visual presence thus providing opportunities for the artists to make a living as well as furthering Sahaja Yoga and spreading vibrations through creativity. The Austrians held a national meeting on 01-Nov to discuss their ideas for the International Artists Network (ArtNet).

The ideas from artists from Australasia, America and London include:

- interaction and communication between all creative types; seminars and workshops for Sahaj and non-Sahaj artists; sharing knowledge
- to print/publish illustrated children's books and greeting cards; also papers for non-Sahaj on the nature of creativity/source of inspiration etc., "the Sahaj Way"
- producing collective or individual art, creative projects
- enlarging our personal awareness and cultural base to include all aspects of creativity
- fostering a deeper and better understanding of our own creativity
- fostering patronage of the arts
- attention to the specialized needs of video & film production people, performing artists, jewellers, muralists, comic artists, sculptors, photographers

A video called "Art and Sahaja Yoga" is being made in Sydney for local television purposes but might also be useful in promoting a 'Society for Spirituality Through Art' within established art circles and so begin to



All day Friday, Saturday and Sunday Auckland Sahaja Yogis gave between 150 and 200 people their Self Realisation. A steady stream of people flowed through our little corner almost continuously. 50,000 were expected to visit this festival, at, of all places, Ellerslie Racecourse Conference Centre. However this Racecourse is blessed by beautiful gardens and lawns and lush grass.

We were well placed; just by the escalator top, and entrance to the first floor. As people got to the top of the escalator, there was a lovely large picture of Shri Mataji greeting them with a warm smile. We only needed a back and side wall. These were filled with light panelling in a lovely peaceful mid blue. Mother's picture dominated the back wall and two large laminated posters about Sahaja Yoga and Self Realisation were alongside Charlie Chakra, with white letters saying "Sahaja Yoga Meditation - Simple, Easy, Absolutely Free". We were loaned a wrought-iron candle stand and had a beautiful arrangement of flowers in a long glass vase.

There was a video and television regularly playing two lovely tapes made up for us kindly by Helen Manesseh plus a spare video. A small stereo sometimes played a harp tape or sitar music (Deba Chaudhary). There was barely room for the t.v., video and stereo! But just room for four chairs where, with a brief chat, people received their Realisation and vibrations, and some candle treatment. Many had beautiful experiences. Many were transformed - their faces looking quite different from when they first sat down. A number of people commented on feeling completely different after receiving their Realisation. One lady phoned the next day saying that she'd been sick for two years, but after vibrations and her Realisation she was feeling wonderful. She'd mown the lawns (the first time she'd done so for

two years!) and was feeling completely well. She wanted to make sure to keep the cool breeze flowing and is coming along to programmes.



Most felt the cool breeze. There was no difficulty in getting people to sit down for their Self Realisation - many were waiting just for this. It was all so smooth, so natural. Our Divine Mother was there working through us. There were always four Sahaja Yogis "on duty" often more. New people from classes were invited to help out at the festival, several joined in and became a lovely part of the collective. Vibrations were very strong. For us all, the event just flowed.

Invitations were printed to attend classes at 24 Pukenui Road, Epsom, (the Ashram) Monday 10 a.m. and 7.30 p.m. and Tuesdays 7.30 p.m. These were handed out to several hundred people with our six-sided brochure just updated with a printing of 3,000. Some people have already come along and joined classes this first week. Many have rung and want to join in next week. Some from the festival have brought friends, some came who didn't get their Realisation who just watched others.

There are some interesting stories and experiences from some yogis. A man was visiting the festival from Hong Kong. He is a specialist in clearing buildings of negative force fields or energies. He stated that the Sahaja Yoga area was the clearest and coolest place of the building!

We had on our floor: Mind Development, various Massage therapists, Past Lives Therapy, Tarot, and Shri Chinmoy Meditation etc etc. Shri Chinmoy seemed very quiet and empty most of the weekend. They were also just in front of what

is normally a bar serving alcoholic drinks! Mother gave everyone a haven of peace and coolness in this corner. It got very warm and stuffy on occasions. Hugh said to simply start playing Mothers video again and it would cool down. There were people of many nationalities and many Polynesians who got their Realisation, young to old alike.

It was amazing how we stayed in a quiet cool centred atmosphere amid on the one hand the busy, rush and bustle of right-sided activities and on the other the quite strong left-sided drag of esoteric pursuits. Trisha said when the strong vibrations dropped we simply needed to put our attention back on Mother and in Sahasrara to counteract negativity. Everyone looked fresh and very relaxed after each day. It was truly 'Sahaja' - effortless, a great experience, humbling and an important lesson for all of us.

Near the close, Chris Marshall picked up his guitar and we sang Hasat Ali and Vishwavandita which ended the three days on a beautiful, quiet expression of our love and praises for our Divine Mother.

Thank you, Australia, for your assistance, specifically to Helen for preparing and sending the special video and also to Angelina and Golden Visions for the large negative - which printed beautifully. Thanks too for the information shared by Sydney and Canberra via the marvellous newsletter and word of mouth.

-- JAI SHRI MATAJI --

From us all in New Zealand.

From: Phil Ward 16-Sep-1993

To: Phil Wan  
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Switzerland  
tel. +41(22) 3613478

from: Mindaugas Pranevicius  
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@if.ktu.lt.  
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Jay Shri Mataji!

We are very happy to contact You from Kaunas. Greetings to You and other yogis of Switzerland from all Lithuanian brothers and sisters. This is the first our letter in e-mail to Sachaja adressate. There are not so many yogis and yuginis in Kaunas (up to 18 only). Also in Lithuania Sachaja Yoga goes only first steps. There are some yogis in Vilnius and Panevezys and the bigger group near Klaipeda (Baltic sea coast). They are families, and live in villages separately. Collective meetings go on monthly. There is a group of yogis in Minsk (Byelorussia). We have good contact with them. It is very important to us to know the main news in Sahaja, also the geography and activities. Also we are happy to know, that yogis in far Switzerland know about us, and keep attention on developing of Sahaja Yoga in Lithuania. In 17-th of september in Kaunas we are going to have videodemonstration of public Shri Mataji program in Sankt Petersburg, from this year Rusia tour. There was a little fun in our press. The word we chosed to translate termin "self realisation" doesnt exist in Lithuanian language. So the redactor of our daily newspaper "Kauno Diena" corrected it to "self regulation". Quite interesting version! We hope new members to join our collective after this program. Also we hope that soon collectives will be established in other cities, especially in Vilnius (capital of Lithuania) and Panevezys. Leader of Klaipeda group Rimas with his family is going to expand their house to ashram. This letter was compiled together with Marius and Audrius (You have saw them in Poland). We are waiting answer from You.

With Love from Lithuania to Switzerland!

P.S. The fax and E-mail adress are not my personal, but of my father in Kaunas Technology University. So its important to mark on subject, that the letter is to Mindaugas, Sahaja Yoga, when mailing.

**VINATE SUNIYE arrangement  
performed by the Calgary Boys Choir, Canada**

Some of us have been wondering about the rendition of Vinate Suniye (written by Shri Mataji) which the Calgary Boys Choir (CBC) has sung so beautifully. If you haven't heard it yet, copies of the recent recording of North American Sahaj music may be made available soon.

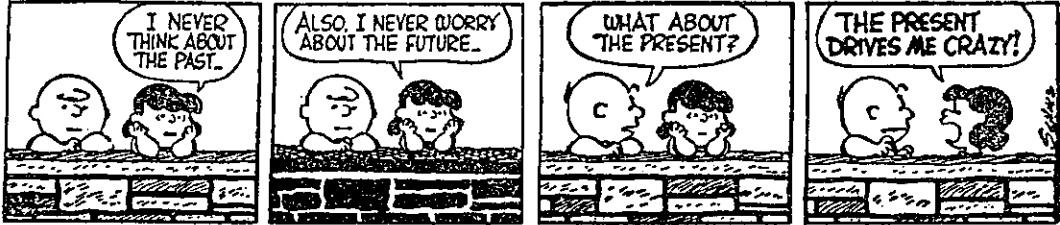
If I understand correctly: the CBC performs a Mother's Day Concert every year in Calgary. The CBC Director, Sahaja Yogi Gerald Wirth (previously of the Vienna Boys Choir) along with a new Sahaja Yugini whose three children sing in the CBC, arranged a special fifteen minute segment of story and song using mantras, english lyrics and bhajans.

It revolved around the Narrator, played by 12-year old Sahaja Yogi, Vinayaka Lacroix, who related to the audience a story of a young man's fruitless life of seeking in the dark, negative corners of this world. Interspersed with his narration were the choral pieces as he took the audience through each avenue of seeking and his reason for it. This segment coincided with the end of the concert and climaxed with the Narrator finally finding what he had long been seeking, ending with their dynamic rendition of Vinate Suniye (in 'Goosebump Major' says brother R.H.)

The yogis and yuginis present for the performance felt an enormous joy in the meaning behind the performance and its subtle impact. Apparently, the audience were perplexed by the unusual and unfamiliar format but quite enjoyed the finale of this segment dedicated to Our Mother.

It goes to show us all what pure desire and proper attention can accomplish with non-Sahaj yogis as the vehicle! This amazing audio recording of Vinate Suniye is also proof of a dynamic group of yogis in Calgary - very inspiring!

**Jai Shri Mataji!**



Prasad Rao.  
Cabella Ligure  
17th August, 1993

Trust all of you are very well at Ramsay Rd, and are now basking in the glow that always comes after every Puja. Most of the Yogis have gone from Cabella by now. Those that are still around are relaxing and soaking in the nature made all the enchanting because of the presence of Shri Mataji the Queen of the Universe. Shri Mataji will be leaving today for England and will commence Her Tour of Poland around the 2nd of September.

Shri Mataji again mentioned the remarkable nature of the Russians - they are not bothered about the post-communist democracy, about governments etc. All they say is that now they are in the kingdom of God now so they are not concerned about anything else. She contrasted this with the Americans and the rest of the Western Countries who are still in the slumber of materialism.

Sir C.P. is also at Cabella. The first night (Fri - 13th) we sang bhajans in praise of the Devi who blessed us with Her presence. Her love flowed over all of us in a soothing flow of vibrations. She was with us for about a couple of hours - but that was enough for us - who were desirous of at least just a glimpse. Saturday evening Anand Kurdeswar accompanied by Yusuf Ali Khan (London) held us enthralled for about 3 hours. Shri Mataji said it was akin to when Shri Krishna's flute would hold the entire village spell bound - that even the leaves would not move. Every living being would suddenly become transfixed and stand still. Similarly the Sahaja Yogis were transfixed by Anands' music.

Saturday morning we performed a Havan with 108 names of Shri Vishnu at Dahlio - another house of Shri Mataji's, built on a hill top with a magnificent view. Sunday evening the Puja began at about 7:00 pm. After the Puja the Americans showed a video entitled - 'A Day in the Life of a Yogi' - it was very well made. The Colombians also made a video of a drama enacting the birth of Shri Krishna till - the destruction of Kamsa. There were some dance sequences describing the Raas Leela (in this video). This was followed by another music programe performed by Anand on the flute. These was real madhurya and people were so mellowed by this sweet sound.

Monday morning Shri Mataji granted an audience to the South Americans. We also presented Her with some flowers on behalf of Australia. The Brazilians had brought some handcrafted gifts that Mother very graciously accepted. She said that She would 'bur South America next year, and would visit some 5 countries Argentina, Brazil, Colombia, Chile, and one other. Rio was the worst of the Brazilian cities - with black magic nonsense ( I am told that the Mahakali Puja talk in Brazil last year dealt extensively with the nature of bhoots and ways to tackle them)

My trip to Milan took some 48 hours after leaving Sydney. But it did not feel all that long. I kept thinking of all of you there and the nice time we had all had together. Sharmila was overwhelmed with the bracelet and the many things that people had sent her without even meeting her. Shri Mataji is very happy with her and is always concerned about her.

We hope to see you in Rio next year. Regards to everyone there

With much love Prasad

