



Australian Sahaja Newsletter

15th-22nd
November

1997

Contributions: Heather Sattawshetty
02 9560 0029 or Burwood Fax 9745 4927

Dear Brothers and Sisters,

Jai Shri Mataji. Just a bit of news from India. I had the pleasure of spending the Diwali week at the school. I just wanted to let the parents know how well our children are doing. I don't want this to sound like a Sahaj cliché but all of their faces were really shining and their vibrations fabulous. It was such a contrast to working in an Indian (any) city. We had such fun. I know that there were a couple of children who had trouble adjusting earlier but they have over come whatever problem they had and are now doing very well. One young chap was a bit freaked out when his muni left after delivering him to the school but now is leading his class and at times the entire school for puja and to say the least, is enjoying himself. The change in him is like night and day, his parents (and the rest of the collective) should be so proud of him. Meditation with the children was puja strength, wonderful!

Mr Kaul, the new director, is doing a sterling job. I had the opportunity to speak with him on a number occasions. Through his persistence the school now has: a laundry (was that ever needed) a bakery and a hot water plant. They may seem little things to people in the West but working in India, I know how hard it is to get things done, particularly if you have to involve bureaucrats. Next, he is getting the road to the school surfaced and carpets and central heating in the dorms.

The new principal Mrs T. (forgive me but I have lost the piece of paper with her name written), is a big hit with the children. She resides in the senior school building and after classes her room is full of children who wander in and out at will. She is very motherly and loving towards them all and they obviously enjoy her very much.

One thing that they can very much use at the school is a supply of good quality documentary videos (PAL format). They are very difficult to source in India. Mr Kaul requested that if possible some could be sent to Ganaputipule. He is concerned that the children have good quality programs to watch on TV. I would also request, with the coordination of a parent or two, that documentaries are recorded from TV during the year and are then sent up on a regular basis.

Finally, I would like to thank the collective for their: love, support, vibrations, bhandans and good wishes. Last year was the most difficult that I have ever faced and knowing that all of your hearts were with me helped me through. Bless you all. I love being part of Shri Mataji's vast family.

I hope to see as many of you as possible at Ganaputipule.
With love to you all,

Laurence
12 November 1997

**Sahaja Yoga Meditation
Radio Program**
Sundays 10-11am, 2SER 107.3FM

After our last regular meeting (everyone welcome on the first Saturday of every month at 5PM at Burwood) these things emerged:

- We have two fledgling new panel operators joining the team (Hooray!). Presenters, are you out there?
- To make participating in the program less traumatic (ie. microphones/live to air) we invite everyone, especially those people who have suggested topics and ideas in the past, to actually "produce" a program and the team will then present it for you under your supervision. Producing involves gathering pertinent and accurate information about your topic and how it relates to Sahaja Yoga, perhaps relevant readings and poetry; most importantly excerpts of one or more of Shri Mataji's talks which may address the subject matter, appropriate music conducive to the theme, and anything else you may want to include. We would then help to put it into a format for presentation (ie. fitting the material into timed segments of the hour). Topics could be just about anything but have to be related to Sahaja culture in some way (eg. religion, social issues, contemporary or historical personalities, "seeking" topics, music, art, literature, etc), or you may want to try your hand at an interview with one or two of the Sahaj collective. The choice is yours and we'll take the pain of presentation out of it for you so you can concentrate without distraction on the material. Contact anyone from the radio team if you would be interested and we'll arrange a date to put it to air.
- Another very positive project which is underway and will be ready to go to air in February/March is an ongoing **RADIO DRAMA!** "Nirvana Café" and its regular customers will feature every week for 5 to 10 minutes in a series of stories illustrating qualities of the gunas and will reflect Sahaj principles. Joy and thanks to writer Brian Bell and our talented drama group for this exciting new addition to the radio program.
- We invite musicians here and everywhere to provide us with cassettes, DAT or CD's (preferred) of their own music, even play live in our studio, for the radio program. See one of the team personally or send details with the recording to Sahaja Yoga Radio, PO Box 1469, Darlinghurst NSW 2010 Australia.
- We have discussed doing a short series of programs on Indian classical music, not only for a sampling of the music on-air but to provide a basic understanding of ragas to westerners who may have no outlet or opportunity to find out about it. As we understand it, Mr Ashok Roy from the Institute of Eastern Music may assist us, but we will have to verify this. Anyone who would like to participate in this series in any way (providing music, instrumentation, doing research, etc) contact Jean-Michel Huet at Burwood.
- Again, please remember that we advertise all programs being held in Sydney, Wollongong, Blue Mountains and Central Coast (broadcast area) on the program, so please make sure Leanne Huet at Burwood has all and any up-to-date information.

- Last but not least, our last movie night fundraiser provided \$600 to the radio kitty - a great success! You know that we are ever grateful for the loving support - both spiritually and financially - you provide for this dynamic and enjoyable project. The radio program has been running for two years now and keeps evolving into new areas and awareness (and our nervousness keeps dissolving at an equal rate!). It seems a bit inappropriate to thank you all...

for this is all Shri Mataji's doing: we are all cells in the same Sahaj body working towards the same Sahaj goal, and when we're working together, each fulfilling our natural part, it just flows effortlessly...but the radio program wouldn't be working without your continued support and attention.

JUST A BIT OF FOOD FOR CONTEMPLATION:

We, on the radio team, have had ample opportunity to hear such comments as, "I can't possibly speak on-air, I'll say the wrong thing", or "I'd freeze up", or "I'm not good enough to do that". Well, we on the team, felt like that when we started (some still do!) but with faith, bandhans and a prayer Shri Mataji takes over, the vibrations flow and before we know it the hour is over and we are on our way to the local cafe for a relaxing chat before we go our separate ways. So we ask:

Who is our Mother? What are we, now, here for? What are we honestly, really afraid of?

With love from John B, John T, Peter A, Justyn, Jean-Michel
Rodney, Lawrence, Gillian, Leanne & Liallyn

Come and give Realisation in Tasmania!

There will be a Weekend Introductory Workshop in Hobart on the weekend of 29th & 30th November. A great opportunity to give realisation, spread vibrations, and have a good time! Catherine Bisgaard has booked a Library Auditorium which holds 80 people, from 11am- 4pm on both days, and she's advertising in the Hobart papers each week, so we hope for a good roll-up of seekers. Judging from the enthusiasm and interest shown at the Expos earlier in the year, there should be a good response.

Anyone who would like to come and help, please contact Judy Dobbie (02 9416 2373) as soon as possible, as flights are getting very booked up.

BALMAIN FESTIVAL (Nov 23)

Will be on this Sunday at Elkington Park Balmain. Here we will have the opportunity to share with our fellow Sydney-siders the experience of Self-Realisation. Please come along even for an hour or two. All help would be very much appreciated.

WOODFORD GLOBAL FESTIVAL

All those interested in coming on the Woodford Global Festival trip, over Christmas - New Years, please contact Max (PH: 9747 4835) as soon as Possible. This is an opportunity not to be missed!!

SAREES FOR SYDNEY

Two very beautiful sarees were raffled at Diwali Puja in Victoria. The first prize was won by Hemlata Buff, the second by Jessica Miller and the third by Prue Page. For those who missed out on a prize there is a new selection of saris on sale at Burwood plus some inexpensive bed covers and punjabis.

CANBERRA

We are happy to announce the birth of Baptiste Gyaneshwara Ritchie in Canberra on the 25th October 1997, weighing in at 3.31 kilos. He joins his big sister Kalyani and mum and dad. Seeta and Neil. All very well.

SATURDAY NIGHT SPECIAL

As part of the usual programme on Saturday night the Sahaja Drama Group will be presenting Acts one and two of the play "The Saints and Mr Paul" over two weeks. Act one will be read on Saturday the 29th Nov. and act two on the 6th December.

DIWALI PUJA

On behalf of the yogis from New Zealand ,Sydney Wollongong Canberra Adelaide etc we would most sincerely wish to thank our brothers and sisters from Melbourne for taking such kind care of us during our weekend at Rushworth. It was absolutely worth the rush to get there. We all had such a luxurious time: old friends, good food, soft beds, an extraordinarily simple and peace provoking location. During the puja one quarter of the tent wall was left open to reveal this three tiered vista: A cloudy, swirling sky, a quiet lake, straw-coloured grass. All the work was achieved with effortless grace by our hosts- so relaxing for guests. On Saturday night we enjoyed a concert hosted by our American import Jeff Lyons who also revealed himself as a fine classical musician. Mary Martin from New Zealand sang two songs in the Moari language. "We rejoice" and the Lords Prayer. At Ganesha Puja in Cabella this year Mary had sung for Shri Mataji and those of you who were there would understand how beautiful and moving her performances are. The concert finished with a spectacular fire dance performed by Candice. Thankyou once again to our generous hosts, getting together we remember we are together and "my hearts bee drinks its nectar"as Kabir says.

ROOMS TO CHOOSE

There are rooms available at Strathfield suitable for a couple and a single man. Please contact Margaret on 97472820.

FRIDAY, Night at the Dobbies - 28th November
EVERYONE WELCOME
for a viewing of the video of the
CABELLA ENTERTAINMENT Programme
from Ganesh Puja. ^{East Lindfield}
Please bring your own refreshments - it's 5½ hrs of video!

Date: Wed, 29 Oct 1997 14:46:10 +0000
From: Alex Henshaw, Hong Kong, smtech@hkstar.com
Subject: News From China

Jai Shri Mataji

We have some good news from China to share with our brothers and sisters around the world and a request for bandhans to be given. The Indian New year marks a very auspicious start to the spreading of Sahaja Yoga in mainland China. On Sunday November 2 we will be holding public program in Shenzhen, the closest Chinese city to Hong Kong, just over the boarder. The program will be held at the Polytechnic in one of the lecture rooms. We have one mainland Chinese Yogini, May, who is coordinating the program. May is a teacher of English at the Polytechnic and received her realisation from Shri Mataji in Beijing when she attended the UN women's conference there. The programs will be held every Sunday afternoon from 3pm-5pm for the next month. This is an experiment to see how the general public respond to such a program and if it is successful we will continue on a month by month basis. The Polytechnic has given us permission to hold the programs which is a real breakthrough as it is often difficult to get permission for such activities in China. In order not to raise suspicions only Chinese yogis will run the programs as westerners attract the attention of the authorities who are very strict about public gatherings.

The other major step forward for Sahaja Yoga in China is a program on stress management that will be conducted in a Beijing women's clinic, starting Thursday November 6 from 7pm-9pm. Lyndon de Valle, who is living in Beijing with his family will be conducting the program which is focusing more on the medical benefits of Sahaja Yoga. The eight week course will gradually introduce participants with the basic practices of Sahaja Yoga demonstration how to eliminate stress from daily life. Two yogis from HK will attend the first program to boost the vibrations but if we have the collective attention on the programs it will definitely help to move things along.

We are also looking for established yogis to come and help in China and Hong Kong. Two of our collective will be returning to England in December and we have a vacancy in the Hong Kong ashram for 2-5 yogis. Also in Beijing we need some help so if anyone is interested in coming to China to work and live, even for a few months, then please let us know.

Lots of love to all our brothers and sisters from around the world.

The China Sahaja Yoga Collective.

From: DELADOEY Eric, Switzerland <ERDELADOEY@providentia.ch>
Subject: Ivory Cost tour
Date: Mon, 3 Nov 1997 09:02:28 +0100

Dear brothers and sisters

We would like to share a marvellous experience that we had the chance to live, by the grace of Shri Mataji.

Since few years we were in contact with one SY, Jean-Claude Lainé, leader of Ivory Cost. We had invited him in Switzerland 5 years ago and he could go to Puja in Cabella and in India for the tour. Few month ago we felt it would be great to go there and help the collectivity of Ivory Cost to spread Sahaja Yoga. We proposed them the project, and slowly and nicely it came to fruition. Everythings worked out perfectly, we had a good price for flying tickets, we could send poster there nearly for free (actually it costed 3 boxes of chocolates), our holidays, and many little other things...

So we were 5 Sahaja Yogi of Switzerland who manifested the desire to go there. We must say that we had brought the project into the attention of Shri Mataji and She was very happy that we could go there.

It was a stay of 10 days. They had prepare 3 public programmes (2 in Abidjan and 1 in Bouake). It was for them a new experience because it was the first public programmes in Ivory Cost and for us a great opportunity to give realisation as it has become quite difficult under our latitude. They enjoyed a lot to put posters and few little story happened. One girl was putting posters and a lady came to shout at her, telling that this photo is the devil and so and so.... The girl could not answer anything because she was quite new and the lady was very aggressive and suddenly a man came from nowhere and started telling the lady that she should not speak like this to the girl and explain everything to the lady about yoga, chakras in a Sahaj way. The lady could not answer anything and went away. Then the man went away also without saying anything.....

We had about 400 people in the first programme in Abidjan, more than 500 for the one in Bouake and about 180 in the second programme in Abidjan. At the first follow-up, for Abidjan and Bouake together, came about 40 people. They came because they could feel the cool breeze but also some didn't feel but had dreams of Shri Mataji. People came a second time the same day with their parents to give them Realisation.

A journalist who has a very well known show of 2 hours on radio RTI called "Myth and Mystery" did an interview of 2 hours after the programme in Abidjan in public. Himself and the public where asking questions to us.

Otherwise we had a seminar with the SY with Havan, Puja, and talk. It was really tremendous. The vibrations where so strong, we could really feel the presence of Shri Mataji. And all the time Mother nature was responding to our prayers with storm, heavy rain, thunder or strong wind. We could always feel that something special is happening.

We also enjoyed the deep, sincere and hearty sens of hospitality of the SY of Ivory Cost. It is also something that we will remember for ever. These 10 days there where really like 6 month, so intense it was. It has really transform us.

We will write more about it for the "Divine cool breeze" and also about tremendous miracle that the SY told us.

We hope, by sharing this happening, that it will awake the desire of the SY to go there, in Africa, or to do something to help all the new Sahaj collectivity there to purify the left Swadisthan of the Univers for that the Pure Knowledge of the Vibrations spread on the Earth.
Jai Shri Mataji.

Eric Deladoëy

Date: Wed, 05 Nov 1997 19:52:27 +0000
To: sahajnet@halcyon.com (Mark Mays)
From: Shantanu Chatterjee <e9627256@student.tuwien.ac.at>

JAI SRI MATAJI

Dear Mark,

We have just come back from Portugal Diwali Puja. We had tremendous experiences with our African brothers and sisters who gave several performances in which they showed their love and dedication to Sri Mataji so spontaneously and sweetly that we were all very touched by it. Sri Mataji asked us to promise to talk about Sahaja Yoga and Her to every possible person.

One of the Austrian Puja gifts to Sri Mataji was the following prayer attached by us now. Sri Mataji was very pleased with this prayer which was presented in middle of a huge hand with all the symbols of dharma on each finger.

If you find this prayer suitable for circulating on the email list of SY, pl. feel free to do so.

Lots of love

from all of us here

Shantanu

P.S. We will print the prayer next week.