

Sahaja Yoga

30th March, 2001
and 6th April, 2001



Australian Newsletter

Jai Shri Mataji!

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Vibheeshana was crowned King of Lanka in a magnificent ceremony. The new Lord of Lanka came out to the Vaanara camp and bowed low before Raama.

Then Raama said to Hanumaan: "With the King's permission, enter Lanka and tell Seeta what has happened." Hanumaan accordingly took permission from Vibheeshana and went to Asoka Vana to convey the news to Seeta.

Seeta's joy was beyond words. She was silent.

"Why, Mother," asked Hanumaan, "why do you not speak?"

"What is there to say, my son?" she answered. "How can I repay my debt to you? Your wisdom, your valour, your prowess, your patience, your humility are all your own. None in the world can equal you." As she said this, her eyes filled with tears of gratitude and affection.

Hanumaan looked at the raakshai women who had guarded Seeta, and turning to Seeta said: "I wish to slay these cruel women who troubled you. Do give me leave!"

"No, my son," she answered. "Who in the world is blameless? It is the part of noble souls to be compassionate towards all – sinners as well as good people."

These words of Seeta are treasured like nectar by generations of pious men. The worst sinners, clinging to the golden feet of the Mother, can gain forgiveness.

"These Raakshasis," she continued, "but carried out their master's orders. How are they to blame? Their king is dead and has paid for his crime. It is unjust to punish these Raakshasis now."

All that Hanumaan could find to say in reverent admiration was that what she said was only what was worthy of Raama's wife.

from the *Ramayana*, chapter LXXV
(translated by C. Rajagopalachari,
published by Bharatiya Vidya Bhavan, Bombay)



NATIONAL NEWS

Invitation to attend
the Australian
National Seminar and
31st Sahasrara Day Puja

Balmoral Village, NSW
Friday 4th May to Sunday 6th May

The collectives of NSW and the ACT wish to extend an open invitation to all Sahaja Yogis of Australia and New Zealand to join us in the celebration of the first National Puja for 2001 to be held at the National Country Property at Balmoral Village, commencing during the evening of Friday May 4th, until Sunday May 6th

Last year's experience of the States playing a role in hosting National Pujas was a tremendous initiative, and helped forged an increased sense of unity amongst the National Collective.

A new National Puja roster has been compiled, together with the proposal that with the advent of affordable air travel within Australia that each Sahaja Yogi should attend at least one National Puja outside of their home state.

It may be that this month, or more likely this very day that each of us has thought that we could do much to demonstrate the kind of Sahaja collective commitment that we aspire towards, and which is needed to transform our Nation, and which would encourage and expand our collectivity.

The celebration of the 31st Sahasrara Day by the National collective will be a significant event that can help each of us. There may be all sorts of reasons that come before us, there is much that may come to mind, but one only has to cast one's mind to the experiences of last year's Sahasrara seminar. There may be many good reasons why it is difficult to

make the journey - the point is how deeply we believe in, and feel the commitment towards our spiritual life.

It is collective occasions such as this when each of us commits the time to come in worship of our Divine Mother, and to spend time with the wider collective which become the very foundations of our divine life, and inevitably leads to a reinvigoration and a strengthening of our collective desire to pursue our spiritual aspirations.

The Puja and National seminar will also provide us with an occasion for introspection, deep meditation, spreading Sahaja Yoga, and a motivation for earnest reflection about ourselves and how to improve the nature of our spiritual life.

The cost of \$108 for NSW and ACT yogis will be the same for those only attending the Puja on May 5th, or for the entire seminar weekend.

The monies collected for the Puja / Seminar covers those costs associated with hosting six Public Programs and the events held in the week leading up to the Puja weekend. The Puja Seminar cost should then be viewed as supporting our major annual promotional program.

The Sahasrara Puja Seminar and the range of events and Public Programs held leading up to the Puja represents our major collective initiative directed towards spreading Sahaja Yoga within our State.

Each year we should be hosting major programs within the different areas of our city to advance, promote and spread Sahaja Yoga as best as we are able.

By hosting a number of major programs we are able to maximise the effectiveness of the advertising campaign that will be instigated to promote the programs.

Also, by hosting programs in many different locations we hope to provide

an opportunity to Yogis throughout Sydney to promote follow-up initiatives and programs within their areas, and provide an opportunity towards developing their local collectives.

We ask for the open and full-hearted support of all Yogis in all facets involved with the hosting of the public programs, and the Sahasrara Seminar.

Sincerely,
Avinash Nickkawde
Chris Kyriacou

Birthdays!

Due to the missed edition last week, this week we are sending our best wishes to all those whose birthdays fall between 30th March and 12th April. May they all have many happy returns of their special day...

Carolyne Lynch
Vijay Patankar
Claire Avoledo
Mercy Perusco
Sunil Sivarajah
Anneliese Buff
Mary Clancy
Rita Skipper
Kevin Fitzgerald
Joy Whiley
Ian Cunningham
Hauke Horn
Colin Berry
John Clayton
Marillyn Fogarty
Cheryl Bradshaw
Joe Docherty
Rob Richardson
Dale Simpson
Charlotte Winston
Kamalesh Datta
Prue Page
Sue Williams
Maria Giannasi
David Matthews

STATE NEWS

News from Canberra

Combined Birthday Puja and Shri Laxmi Puja plus a Concert in the Park

On the weekend of the 24th and 25th of March, the Yogis of Canberra hosted Shri Mataji's 78th Birthday Puja. To mark the completion of the major additions to the Canberra Ashram, a Luxmi Puja was held also. It was my first visit to Canberra for several years. The A.C.T. has kept a wonderful feeling of space with large parks, gardens, and lakes, with many trees from around the world. You see very few high-rise buildings.

On walking into the Ashram, the vibrations are beautiful – very strong and steady. Several Yogis travelled from Sydney and from other parts of NSW to celebrate this dual Puja. The Music of Joy brought open hearts, their voices and instruments and their love, to join with the Federal Capital of Australia Yogis in praising and giving gratitude to Shri Mataji. Vibrations became even stronger. It was exceptionally joyous. Everyone was given a chance to take part in the beautiful proceedings – children and adults. The Yogis of Canberra are exceptionally warm-hearted and generous. Nothing is too much trouble for them. As guests from Sydney and elsewhere, we were treated very royally.

After the Puja a meal of numerous dishes was served; it seemed like a banquet - so satisfying and plentiful. One Yogi felt very strongly that Shri Mataji was actually at the Puja with all of us. Thank you Shri Mataji for all your Blessings.

Straight after dinner the Irish music offered more joy and vibrations.

On Sunday morning the *Music of Joy*

and most Canberra Yogis came to entertain the large crowd of people gathered at the start of the 5 km *Walk Against Want*. This was at Lake Burley Griffin opposite Parliament Buildings. It was a large affair sponsored by *Community Aid Abroad / Oxfam*. It felt fantastic to hear this vibrational music echoing around the nearby trees, and going across the lake, hopefully stirring seekers and all the public who were there.

Congratulations Canberra on putting on such a joyous weekend and on being such a dynamic force for Sahaja Yoga.

With gratitude from all of us in Sydney.

David Sharp
Sydney

Joy & Music in Canberra

Being a traveller, I have been driving past Canberra many times, but I never felt the amazing vibrations like last Saturday! Two pujas in one week, especially as they were celebrations of our Great Mother's birthday, the great feeling was just hard to describe.

Saturday evening (24th March), about 70 yogis gathered in Canberra ashram to celebrate Mother's birthday and the new extension of the ashram. We enjoyed the refreshing 'before puja snack' prepared by our dear sisters and had a very good chat with our Canberra collectives.

When the bhajans started, the strong feelings of vibrations filled up every single corner of the beautifully decorated ashram. It was a nice and long puja, we got a wonderful message from Mother's talk recorded in 1985, India. And after that, we enjoyed the delicious 'after puja dinner', and couldn't help to dance like a kid when the Irish music was being played by our lovely musicians.

The music didn't just stop there, our sister Rebecca had helped arranging a concert next day that *Music of Joy* was invited to sing in the charity function *Walk Against Want* in Canberra.

We prepared ourselves by listening to Mother's 78th birthday talk (recorded a few days ago). That extremely strong message about Honesty, Commitment and Devotion had touched most of our hearts. We felt the strong urge to go to spread the vibrations. To get ready, there's nothing else better than Mother's words and the warm breakfast prepared by our sisters (Sita, Madhuri and others...)

It was a lovely warm day, Nitin led the way, a team of cars arrived the park by the lake right on time, giving us enough time to set up the best sound. We sang and danced and had a great concert. We've got good response from the audiences and even the radio channel was announcing about our performance.

We spent another hour on the grass having a picnic prepared by (guess who?) and realized that was such a wonderful way to conclude our Canberra tour. A big thanks is dedicated to our dear brothers and sisters in Canberra, and you'll see us again soon!

Jai Shri Mataji!

Faraday Pang
Sydney

News from New South Wales

Sydney Collective
Easter Puja 2001

***Easter Puja for 2001 will be hosted
on Sunday the 22nd of April at
11:00am at Balmoral.***

Please note that this is one week after the "official" Easter weekend. This has been arranged to coincide with Shri Mataji's International Easter Puja celebrations in Istanbul on Sunday 22nd April.

Hosting the Puja will be:

***Setup, conduct puja and dismantle
Strathfield*** (Anil Sattarshetty)

Cooking
Lower North Shore (Hauke Horn)

Washing up –
Western Suburbs (Robert Monaghan)

During the hosting of recent Pujas the group performing Puja Setup is now in charge of all responsibilities associated with hosting, running and performing the entire Puja, those involved to date have reported how much they all gained from the experience, but time must be allowed to properly allow for proper preparation for this important responsibility.

In this manner all Yogis associated with each of the Puja Roster groups will have an opportunity to be closely and personally involved with learning, and performing the protocols of Puja.

Sincerely,
Chris Kyriacou

Landscaping Work
to commence
at Balmoral
Easter Weekend
13th to 16th April

With the coming of the autumn planting season the time is now at hand when we are to begin in earnest the great task of the landscaping, re-development and re-invigoration of our country property at Balmoral Village.

Over the next few weeks those involved with the landscape design for our property will be working overtime to do the needful things in order for major works to begin.

A number of meetings have been held to confer about the landscaping development of Balmoral and specifically around Shri Mataji's residence, discussions centred upon the possible appropriate selection of plants and trees to make the property more suitable to our needs.

It was felt that an expressed strong desire to accomplish something new and exciting, specifically designed and planted for all our needs seemed the more appropriate course. A design and landscaping that would express an aesthetic and sentiment in tune with the Australian experience.

The first stage of this work will require the laying of extensive irrigation lines to ensure the survival of the trees and plants placed in the ground. To do this we will need a large, consistent, and dedicated work force of Yogis to support this great task.

This will require the manual labour of our men, digging of trenches and laying of water lines, but also the nurturing and caring of our ladies. This work needs to be completed without delay so that planting can begin.

This work will commence over the Easter weekend, specifically Easter Saturday and Sunday April 14th and 15th.

Each individual's commitment to this

work program, can in a real sense demonstrate the difference each one of us can make through the contribution of our effort, labour and work, towards the realisation of transforming and beautifying our property.

Please bring with you any gardening tools you may have, such as spades, mattocks, gloves etc. They will be put to good use!

Those who are able to commit to working over the Easter Weekend should contact me on 9371 3696.

Sincerely,
Chris Kyriacou

New Public Programs at Surry Hills

A new program was recently started in Surry Hills in Sydney, an inner Sydney suburb adjoining the CBD.

Surprisingly, so far there have been on average 5 new seekers each week plus regulars. Surprising, because it's a small suburb bordered by freeways (to and from the airport) and businesses. Thank you, Shri Mataji for fulfilling our desires.

Any yogis wishing to come, it's on every Wednesday at 7.30pm at Kepos Street Activity Centre, 7-11 Kepos Street Surry Hills.

Contacts for the program are
Edna Alexander 8399 1789
or *Diana Reeves* 9642 7614

Eastern Suburbs Havan this Saturday Evening 7th April

All are welcome to this Saturday night's havan at Coogee Ashram, 216 Rainbow Street, Coogee.

It starts at 6 pm and there will be dinner served afterwards.

Hope that you can all make it. Please call 9326 5039 to let us know if you are coming.

Jai Shri Mataji
Sunil Sivarajah

Your Attention is Needed to help the Sydney Radio Program

As you know, our Sahaja Yoga Meditation program has been broadcasting live each week on 2SER 107.3FM in Sydney since October 1995.

At that time 2SER was *Sydney Education/Ethnic Radio* and aligned closely with University of Technology and Sydney and Macquarie Universities. Over the last two years there have been some changes (eg. a shift in focus with 2SER now calling itself *Underground Radio* (independent 'indie' music, contemporary issues talk aimed at a small niche segment of the population, largely youth-oriented)). One great improvement has been the addition of a live stream via the Internet [see freemeditation.com].

We are one of several User Groups (mainly non-English programs) who, unlike regular weekday broadcasters, pay for our air time. The User Groups are all lumped into weekend programming and seem to be considered quite separate from the mainstream 2SER staff/volunteer community – non-entities apart from the nice revenues we generate for the station.

There have been a number of radical decisions implemented recently by the new Station Manager, Mr Phillip Shine, whose questionable decisions and what we understand to be a divisive management style have the 2SER staff and volunteers in an uproar.

As part of that picture, we, ourselves, recently received a rather blunt form letter from Mr Shine stating that we may or may not be continuing at 2SER in our time slot, or our one-hour time slot may be reduced or we may be moved to Saturday. Mr Shine wants to halve the User Groups, cut weekday talks programs and make more techno music on the weekends as well as weekdays (apparently, an easy way to generate

revenue and reduce admin time is via record company promotion as opposed to providing community service, ethnic and/or educational programming).

The problems at 2SER are clearly much deeper than the issues covered here and seem to have a lot to do with people being so stuck in old or comfortable behaviours and attitudes that they fail to see the world has changed and moved forward, but they haven't.

John Brownscombe and Liallyn Fitzpatrick from our Radio Team attended a station meeting last week which was the first stage in 2SER staff/volunteers having a voice in addressing these issues. We were concerned to discover that, as the only User Group in attendance, for many (not all) of the staff and volunteers who spoke, User Groups are simply not in their big picture when it comes to what or who to consider regarding any changes being made.

Another 2SER meeting is planned for 6pm, Wednesday, 11 April, for which all who attended the last meeting were asked to put in writing our concerns and suggestions regarding 2SER programming and staffing issues.

So, the Radio Team requests everyone

1) To tell John B or Liallyn before Tuesday, 10 April if you have any suggestions for any or all of the above, and

2) To use your attention and your Sahaj toolkit to assist the above situation so to reach the best outcome for all concerned....whatever outcome that may be.

Shri Mataji, if it pleases You, we hope we can continue to provide vibrations over the radio waves through this very enjoyable and fulfilling project. Please remove all obstacles.

Jai Shri Mataji!
The Radio Team

New South Wales' Responsibility towards hosting Sahasrara Puja and the National Seminar

The time for hosting Sahasrara Puja will soon be at hand where we will once again will be presenting Sahaja Yoga in all its many facets to the Public of Sydney.

This will begin with a series of programs commencing on Saturday April 28th, through the ensuing week, and ending with the **National Sahasrara Puja** at Balmoral Village.

It is the privilege of the **Sahaja Yogis of NSW** and the **ACT** to host the National Seminar held to celebrate the **31st Sahasrara Puja** beginning on the evening of Friday, the 4th of May.

At the outset let us all commit to accepting our joint responsibility as **hosts** and welcome our Interstate visitors, and commence the weekend together for **Friday evening program at Balmoral**. This is the major NSW collective seminar for the year and each of us should ensure that we collectively inaugurate the weekend together, and make every effort to be present at Balmoral to welcome our guests.

This will be the second occasion when a week-long celebration will be held, and full advantage taken to extensively present the many and varied aspects of Sahaja Yoga.

During the time leading up to the programs many Yogis will need to display an open and generous heart in the true Sahaj manner by which all things are accomplished: the time is at hand when we will all need to come together and actualise our collective potential and desire.

We ask for the contribution of each Yogi's vision, foresight, passion, enthusiasm, dedication and unfaltering commitment towards the success of the National Seminar and Public Pro-

grams.

This year the organisation of work required during the weekend will be apportioned based upon the Puja roster groups as outlined below. Can each of the Roster Coordinators please liaise with their groups to determine their meals so that we can prepare an overall approach for the weekend.

This year we will also be instigating a system for **individual registration** for those attending the Puja, and seminar weekend.

This will involve registration and the issuing of **badges**. This will help smooth the progress of better planning, administration, and coordination.

The facilities at Balmoral have progressed but, may not yet be as comfortable as we would like, but there is much collective strength and depth which maybe gained by everyone making the effort to gather together for an elevated purpose.

Leading to the Seminar there will be much that will need to be done, and everyone will need to be fully involved in order to ensure the success of all the programs, the Puja and Seminar weekend.

Outlined below are some of the areas of responsibility. Anyone wishing to volunteer and to contribute towards these responsibilities should contact me as soon as possible.

1) Hosting of the Australian National Yuva Shakti Seminar

2) Public Programs / Concert:

- Preparation of promotional material, posters, handbills.
- Newspaper advertising, articles, community announcements, libraries, web sites.
- Distribution, coordination for the Posters and Handbills.
- Coordination, administration, setup for the **Music Concert**.
- Coordination, administration, setup

for the **three Public Programs**.

- Coordination, administration, setup for the three **Stress Buster** Programs.
- Ushers, marshals, volunteers, handouts and information desks for the programs.
- Transport, stage decoration, backdrops, loading / unloading for each of the above programs.
- Lighting, sound, PA mixing, video projection, stage setup
- Potential fund-raising tea, coffee, cakes, hotdogs at the programs.

3) Follow-up Program:

- Liaise with Ashrams, collective houses for the selection of follow-up venues for each area
- Prepare standard follow-up material.
- Ensure follow-up program venues are booked, and attended.

4) Seminar Weekend:

- Building work, Puja Site preparation, work required for the property at Balmoral
- Preparation of Puja momento
- Transport for visitors to the Puja and Programs
- Accommodation for visitors for Puja and Programs
- Coordination with interstate visitors.
- Puja preparation, staging, production.
- Saturday night concert, arrangements for the seminar.
- Equipment hire, pendal, skips, kitchen equipment, amenities.
- Seminar weekend ordering /. Purchasing of food.
- Seminar weekend transport of food / facilities to Balmoral

As always, with everyone's cooperation everything will come together and we shall once again collective enjoy the bliss of Sahasrara.

Sincerely
Chris Kyriacou