

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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Love is the inclination of the Heart.

The heart then inclines towards God and what is of God, without any effort—Love is concord.

The love of man for God is a reverence indwelling in his heart, and not countenancing the love of any other than God.

The love of God for man is, that He afflicts him, and so renders him improper for any but Him.

This is the sense of God's words: "And I have chosen thee for Myself."

The Doctrine of the Sufis



STATE NEWS

from Queensland...

'A Window into Heaven'

This is an apt description of the Children's Camp held at Wamuran over the September School Holidays.

The Wamuran Ashram is nestled amongst bush and orchards in tropical Queensland. It is a beautiful mud brick house built with the love of yogis for yogis.

At the beginning of our week forty children and their parents arrived by car, plane and train bedraggled and weary. It was almost instantaneous that we were soothed by Mother's presence which could be felt so strongly in this blessed place. These beautiful children, all realised souls; came together to celebrate and enjoy their spiritual awareness away from the maya of this world. It was a step into reality—a window into heaven.

The children stick-danced, bushwalked, made clay Ganeshas, coloured in pictures of the deities, learnt and discussed the deities and their qualities, enjoyed miracle photos of our divine Mother, shoe-beat collectively, sang and sang from their little hearts in praise of our Mother, made meatballs together, performed plays and songs written by Sahaja yogis(inis), played soccer, cricket, table-tennis and elastics.

They meditated, learnt clearing techniques, sang bhajans by the fire at night to the guitar, had a havan and watched movies where they learnt stories about the deities and the creation of the Universe (it must be mentioned that we also watched the all-time Hindi epic —*Lagaan*—which both children and adults thoroughly enjoyed).

The children's favourite activity seemed to be the Treasure Hunt where they used all the knowledge of Sahaja Yoga which had been reinforced throughout the week to go from clue to clue, in order to get to the treasure.

We were all waited upon constantly by several angels who worked tirelessly in the kitchen serving up scrumptious feast after scrumptious feast. The nourishment of the food and the love by these wonderful yoginis was extremely nurturing.

The days were clear and sunny and the nights bathed in strong moonlight with the full moon falling mid-week. On our last day which was to be celebrated with a puja, the children could see vibrations and willow wisps of tiny clouds across the sky. It was commented that the deities had arrived on these willow wisps for their puja. The puja

was joyous and happy, we all felt absolutely drenched in our Mother's love. It was a week where we could all live our spiritual reality and the children thrived in the Sahaja Culture.

Thank you to the Queensland collective for hosting the children's camp at Wamuran Ashram. Thank you to the wonderful ladies who cooked for our children and their parents and everyone else who made the camp possible.

On behalf of all the parents,

Jennifer Donlevy and Christine Clear

from the National Capital...

Floriade stall brings the crowds, despite the rain

One hundred to one hundred-and-twenty seekers got their Self-Realization at *Floriade*, the annual flower festival in Canberra.

The festival lived up to its theme for this year: *the Wonder of Water*. It turned out to be a weekend of regular showers. The rain freshened up and brought to life the many radiantly-coloured flower beds of mainly tulips that covered various areas of Commonwealth Park.

The weather may have been wet, but it didn't dampen the spirit of the yogis/yoginis who took part in giving support at the Sahaja Yoga site. They stuck to their task over the two days (2nd and 3rd October), enabling many seekers to get their Realization. A large number of the seekers were from interstate just visiting for the weekend and some from overseas.

The Canberra Collective would like to extend a big thank you to our NSW brothers and sisters for their support over the weekend, making it a success. Also the musicians and singers of *Music of Joy* for their participation. Who are now working on a Marathi version of *Rain drops keep falling on my head* for next year's event.

*Alan Napper
Canberra*

Rooms available at the Canberra Ashram in Scullin

Any keen and enthusiastic yogis/yoginis considering a move interstate and would like to help with the work of SY in Canberra.

Contact Alan Napper on 02 6254 0797

from South Australia...

Sahaja Yoga goes to South Australian country town

On the weekend of 25th and 26th September seven yogis and yoginis from Adelaide travelled about an hour to Murray Bridge, a country town. We had a Sahaja Yoga stall at the annual *Murray Bridge Agricultural and Horse Show*. We were lucky that there was only us offering any spiritual nature of event.

Our stall was very beautifully decorated with Shri Mataji's photographs, posters, chakra charts, medical research reports etc. The difference between the people attending country shows and *Mind, Body and Soul* is that these people are very normal family people with children who have come to have a good time—not like the people whom you would meet at *Mind, Body and Soul* Expo who are guru shoppers.

This was our first stall at a country show so we didn't know what to expect. Being the AFL finals, Port Adelaide playing first time ever in final we didn't expect many people to attend on Saturday. For about an hour nothing happened. So we decided to work on each other and have a meditation. A couple of yogis were standing outside and tried to lure the people in. Once the first person agreed to take their Self Realization then things started to happen.

The most enjoyable and easiest thing was to give Realization to children. How easy it was, really amazing, they felt it straightaway and without any reluctance they just sat and received their Realization. When the children said they could feel the cool breeze on their hands and on top of their heads then their parents were willing to try and convinced that they felt it too. Many stallholders came and got their Self Realization.

On Sunday when we were ready to get into the car to head home one of the stall holders who got their Realization earlier, came running towards us saying *"Please we would like to give you something. You were great. Would you like a cold drink"*. He served us with Coco Cola, Creaming Soda, Pepsi etc. and promised to come and see us at our Adelaide meeting. Altogether we gave sixty-nine people their Self Realization.

Although we were tired we felt that the whole weekend was a success and worthwhile indeed. On both days we came home and had a collective foot soak and on Sunday after the foot soak we had a small puja and then we ladies quickly cooked some fried rice and had a meal together. It was such joyful two days. Many people left their names and addresses to be contacted if we start regular programs in Murray Bridge. Once we find a suitable venue we are hoping to start programs there. Please put your attention and bandhans for this to happen. Thank you.

Rajah Nadarajah, Adelaide

SAHAJ POETRY

A brief stay in the country
Has prompted me to write
Of the divine beauty we may not see
Unless with God, we do unite.

The morning breeze among the mist
The warming sun through the hills
Are all part of nature's list
Of beauty, that the Spirit fills.

Hearing birdsong sweetly alters
Out attention from the mundane
Creating a forgotten awareness
Nil thoughts coming from this brain.

For a moment we remember
The truth of "who are you?"
Not body, mind, but Spirit
In essence, a life born anew.

'Tis true that with some practise
Of the attention towards innocence
That ego, conditioning and malice
Diminish—now that's heaven-sent!

But, even armed with this knowledge
The student may fail to grasp
What is his or her birthright
To ascend with God, at long last.

"But how does this union happen?"
You may well rightfully ask
Well, here starts your first lesson
Let's take the challenge to task.

'Tis a simple process really
For the kundalini to uncoil
But it must be done with authority
From a Sahaj Yogi who knows the toil.

Prepare yourself with humility
Be strong of pure desire
Then the power born from chastity
Will rise up, as cool blue fire.

Repeat the affirmations given
With hand motions to match
Expect the best to happen
And like a witness, just watch.

When the thoughts dissolve
Then the cool breeze shows
The truth, the joy and happiness
That the Spirit only knows.

This phenomenon is happening
Across all religion, caste and creed
The only question arising
Is, will you join in, to succeed?

Bob Rankin, Brisbane

INTERNATIONAL NEWS

from New Zealand...

Meditation week in Auckland

From Monday 27th September to Sunday 3rd October a whole week of new people's programmes were held across Auckland, culminating in a seminar at 17 Albert Street, a prime central downtown modern office location.

This was a truly collective effort involving all available Auckland Yogis, with a little help from as far away as Wellington. There had been weeks of planning and preparation, care and attention. Robert Hunter had printed thousands of high-quality, well laid out, double-sided 'flyer/brochures'. These were dropped into letterboxes across Auckland by teams of Yogis with maps and with almost military precision. The lovely A4 posters from Australia were displayed in shopping centres, dairies, supermarkets and libraries, with our Divine Mother smiling down on all the new seekers across Auckland. Extensive newspaper ads were placed. Robert had also printed all the handouts for the programmes, a timetable of programmes, plus a seminar rundown and a special brochure on Lakshmi's Kuchipudi dance recitals.

So the scene was set for a great week of Proclamation, starting appropriately, on the North Shore, (where the Ashram is). This was a new superb location in Sunnynook Community Centre. It was very well attended. Yogis supported all the programmes in good numbers and though some public attendances were a little down, it was all an inspiring special few days. It was one of those amazing times when as our collective attention goes on to giving Self Realisation, time itself slows down as we savour the flow of love and blessings. Significantly, except for Howick in East Auckland, every other venue was a first-time programme

Special mention has to be made about the crowning event—the Sunday seminar. For many months Hugh and Vani (the NZ Coordinators) have held Sunday workshop-seminars at the main NZ Ashram in Lake Road on the first Sunday of each month. These are well attended and are instrumental in bringing new people through and nurturing them (as happened in Sydney two years ago when a large seminar was held for new people at Avinash's company's office on a Sunday, in Bathurst Street, central downtown Sydney). It was a very successful and beautiful event, and very well attended. So here we are again in a *deja-vu*. Again, it is through the generosity and foresight of Avinash that we held this major event on the 12th floor of 17 Albert Street, virtually the centre of Auckland's business, commercial and tourist activity. Many of the exclusive major hotels are in this area. The port and waterfront are only

several hundred metres away. Most of the Harbour Bridge is visible half a mile away, and Auckland's beautiful Waitemata Harbour with its boats and ferries gave a peaceful slowly, but ever-changing backdrop. In short, a beautiful venue - even more splendid than Bathurst Street! Thank you, Avinash.

Robert Hunter is the Principal of the Auckland School of Business and Technology run from two floors in this modern building. Natalie also teaches there. And Maria Kourkov. There were different speakers taking the programmes, and we sang *bajhans* at some of them. A highlight was Meri from Wellington, who sang at two programmes. Also, Wayne, who manages a children's Maori Resource Education Centre at Mangere Mountain in SW Auckland, gave a lovely talk about Self Realisation and its links with Maori culture and knowledge. Appropriately, there were several Maori people present. Tea and cakes were served in the evenings, and this gave us a chance to meet and talk to the new people.

A banquet buffet lunch was prepared and served by the ladies. All-in-all it was a great event, a great week, well worth travelling the two hundred kilometres from Tauranga to Auckland. As in Australia at this very time, when there were both Coffs Harbour / Bellingen, and programmes music etc. in Canberra, we also had *The Life Expo 2004 - Free Your Spirit* event in Tauranga over two days, where area Yogis worked in teams at a stand giving Self Realisation and handing out information. So what with all this Sahaja Yoga activity in New Zealand and Australia, and parliamentary elections there AND local government elections this week throughout NZ; it is a very important time. Let's hope Shri Ganesha's wisdom pervades the voters, candidates and all proceedings, plus the results.

The highlight of the meditation week here were two marvellous performances or recitals given by Lena-Lakshmi Wilson in Kuchipudi Indian dance. Lakshmi was born in the Ukraine. She married Alex Wilson of Auckland and has already opened a School of Indian Dance here. Shri Mataji saw her dance in the Ukraine and encouraged her to take up Kuchipudi and Bharat Natyam, arranging for a scholarship to study in India at the *PK Salve Academy of Fine Arts and Music* in Nagpur. Later she studied at the Kuchipudi Art Academy under Dr Vempati Chinna Satyam and his son, Ravi Shankar. She also studied under Seeta Ram Sharma at Kala Peetham in Natu Vangam and Karnatic Music. She has been in India studying for 6 years. She has achieved amazing heights in this very special spiritual expression. Vibrations at her two recitals soared as we were all lost in the joys and beautiful skills that Lakshmi has brought to NZ and is prepared to share with Yogis and people in general. She shared these skills with Karuna, Maharani and Lakshmi Hunter and Reuben in a lovely dance performance of Shri Mataji's three Great Mantras. This was a fitting and auspicious conclusion to a very auspicious week. Lakshmi had rehearsed the chil-

dren for hours, even twice a day before Sunday's performance. Just the dresses, jewellery, hair and makeup take hours of careful preparation.

Here is another "footnote": Barbara Armstrong is organizing a *Voyage of Discovery* travelling down the majestic and historic Wanganui River. This is from 23rd December for 4 days, journeying to the mouth of the river, at the city of Wanganui, where at least one programme will be held.

It will be a unique chance to visit villages and Maori *Maraes*, meet the local people and local Maori, sing bhajans, give realisation, and enjoy Sahaja collectivity by this amazing river. Cost is \$100 NZ including food, children are free. Join in! Ring Barbara now on 64-6-3859433. There is a supply launch and also canoes for the more adventurous. See you there!

Love from David Sharp and all NZ Yogis

from Turkey...

Dear Brothers and Sisters,

Let me share with you joyful news. Two weeks ago Russian Sahaja Yoga music band from Togliatti went to Turkey where they have been holding programs of self realization. They have already held more than seven programs in cities of Turkey and sang Bhajans on TV and Radio.

More than eight hundred got their self realisation through Sahaja Yoga Indian Bhajans, Qawwali and Raags. This figure does not include those (probably thousands and thousands) who got their self realisation through TV and Radio.

I will try to keep you informed with further events in Turkey.

With love from all Russian Sahaja Yogis

Dmitry

MEDICAL RESEARCH

Recent publication of ADHD findings

Just as the Australian yogis are returning from America, the October edition of *Clinical Child Psychology and Psychiatry* has come out. This international peer-reviewed journal is published in the UK, with US and New Delhi distribution centres.

The October edition (vol 9 number 4) includes an article describing the findings from our Australian research with children with ADHD. The article is available on-line for the month of October at the following address <http://www.sagepub.co.uk/journalTOC.aspx?pid=105491&sc=1>

Just open the link to the October edition and the titles of articles appear. The Sahaja Yoja paper is first, with a link to the abstract. To access the pdf file for the entire article, you need to go to the on-line option for the journal. The web address for this is <http://ccp.sagepub.com/cgi/reprint/9/4/479>

This publication gives yogis a wonderful opportunity to speak to the benefits of Sahaja Yoga meditation, based on a scientifically designed study.

*Linda Harrison
Bathurst Collective*

SAHAJ MERCHANDISE

Rings and pendants for sale at Burwood

Please see Greta at Burwood for rings and pendants made by Robin Reid or contact by phone or email.

Many thanks.

*Greta Moré
Sydney*