

MEDITATION

SAHAJA YOGA



SHRI MATAJI
(Founder of Sahaja Yoga)

SAHAJA YOGA BEGINS WHERE OTHER YOGA SYSTEMS END

Benefits:

- Improve attention, concentration, creativity
- Find confidence & self-esteem
- Being really "cool"
- Make clear choices and decisions
- Help in finding answers
- Enjoy life, be yourself
- Free yourself from dependencies
- Come into balance
- Improve health, relationships and more

ADULT & YOUTH WORKSHOPS

Sundays 11.00 am	NEWTOWN NEIGHBOURHOOD CENTRE 1 Bedford St, Newtown (Directly opp Newtown Station)
Thursdays 7.30 pm	GLEBE NEIGHBOURHOOD CENTRE 160 St Johns Rd, Glebe

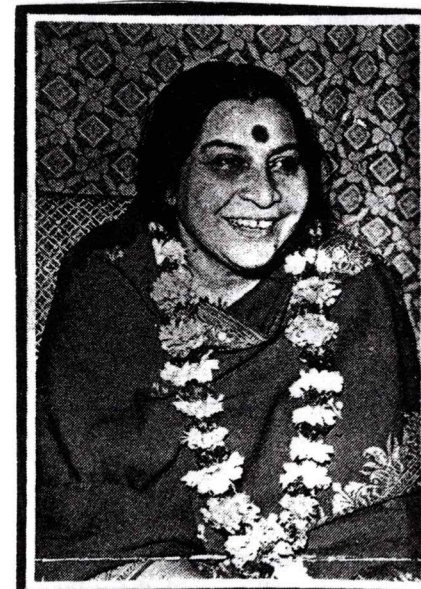
Admission Free

ENQUIRIES 9763 5887 / 9560 0029



Australian May '22nd 1999 Sahaja Newsletter

Contributions: Lidcombe 02 9649 6879
02 97474835 or Burwood Fax 97454927



PUJA AT BURWOOD

Sunday May 30th, 11am.

The puja will mark the beginning of a day of celebration, followed by lunch and activities for children and their parents. All the collective is invited to come and share in the celebrations.

Are we allowing our children to grow big? Are they jealous? Are they saints? Are they beautiful? How do they talk to others? Are they confident? Tomorrow they are going to be the leaders.....

....It's our duty to see that our children grow as great people. Greater than us. They have to look after the world.

H.H. Shri Mataji Nirmala Devi
Education Enlightened.

Garage Sale to raise money for the Radio Program

Garage sale at Lyn and Charles' at Woollahra on Saturday 29th May. Starts 9 am.

If any one has anything to donate please leave at Burwood this week or take it to Woollahra after 8 am on Saturday. Any help in manning the store on Saturday would be appreciated as would any help taking stuff from Burwood to Woollahra ie someone with a trailer or ute.

Any queries?

Call Gillian on 9477 4645 or Lyn on 9328 6624



Reminder about Bondi Festival

Place: Waverley Oval

When: Sunday, 23rd May, 1999

Time: 9am onwards

All help welcome!

Contact: Shannon on 9747 4835

Ulladulla Music of Joy Concert

The South Coast Sahaja Yogis would like to send their heart felt thanks and gratitude to the Music of Joy team and all the yogis travelling with them for the love and vibrations experienced in Ulladulla on the 15th of May. Four of our new people really appreciated and enjoyed a short but powerful Ganesha Puja.

In the evening about 10 other people who have been attending our programs and a few members of the public experienced the joy that could only come from saints carrying our Mother's divine vibrations.

Jai Shri Mataji

PS: The missing carpet was miraculously returned in an unknown van to the place it originally went missing from.

TOYS & GAMES NEEDED...

If anyone can donate any of the following children's items or materials would be a great help – for example – any of the following that are in *good condition and complete*;

- Puzzles
- Games
- Books
- Indian comics / stories about the deities
- Toys – especially wooden
- Puppets
- World globe
- Dressing - up clothes eg. capes, handbags, hats, masks, beads, frilly dresses
- Percussion instruments
- Dolls house – and furniture
- Playdough rolling pins and cutters
- Indoor plants
- Numerical wall clock (or maybe a cuckoo clock)
- Wooden building blocks
- Threading beads
- Dolls in national dress
- Tea-party sets – preferably china
- Wooden train set
- Hobby horse
- Sand-pit
- Tape recorder
- Large brass bell



If you have any of these, or anything else that may be useful, please either contact Tracy Nickawde (ph. 9476 4271) or bring them to Burwood as soon as possible. Thank – you.

