

This week end programmes are starting in Waga Waga and Albany. Yogis from Sydney and Canberra are travelling there to help Judy and Albie Lennatas (who live in Tumbarumba) establish Sahaja Yoga in these areas. Follow up programmes will be on the 4th Saturday of the month. Anyone interested to help please contact Judy on (02) 69483473.

New programs

Please ring Kevin Fitzgerald or Brian Fitzpatrick. It is going to be a wonderful weekend so please come and enjoy the vibrations!!

Next country weekend programs on Saturday the 6th and 13th.

Jai Shri Mataji

Prompted by the positive experience of an Australian Yogi's stay in the Sahaja Yoga Treatment and Health Centre at Vashi, an awareness grew in the collective that we should try to improve our vibratory awareness by using some of the treatments prescribed by the doctors there. Eight of us agreed to go into a retreat for a short weekend from 11 am on Saturday until 12 noon on Sunday. We began with a simple puja and meditation. Dr. Rai's comment that we have difficulty clearing our catches because those catches prevent us from feeling them presented a problem which was overcome by the group putting their attention on each person in turn to determine the major catches to be attended to. We also used a piece of paper on each hand to find out which side we needed to work on. We were isolated from each other except at mealtimes. No talking (very difficult for Sahaja Yogis) was allowed. Meals were provided by our two Yugas shaktis. We used all the various Sahaja clearing methods, but there was no set agenda, each of us did our own thing at our own pace. It was a great chance to go into thoughtless awareness and maintain it and we all took advantage of the time available. Repeating the mantras twenty one times for each chakra and using cross mantras was a great help for some of us. In the evening we conducted a Hong Kong style haven, which for the uninitiated involves using 7 candles instead of a fire, followed by one of Shri Mataji's talks and meditation. The following morning dawn broke there was a collective 'shoe beat' and still 'NO TALKING', then meditation and back to clearing techniques. Before lunch on Sunday we had a general discussion on the events of the weekend. It was agreed that the deep experiences we had felt was an indication of our need to spend more time and effort on regular self clearing and that this would help to strengthen our vibrations. It was a great way to spend a week end and we decided to hold more of them in the future whenever possible.

Illawarra Collectives' Weekend of Silence

Kundalini Puja Saturday 20th June at Balmoral

You are cordially invited to join Sydney Collective for Kundalini Puja at the country property, 30 Railway Parade Balmoral Village on Saturday 20th June at 4:00pm.

The puja roster is as follows:

Set Up:	North-West Metropolitan (Ryde, Pennant Hills, Galston, Mt Colah, Mt Kuringgai, Berowra etc)
Cook:	Strathfield & West to Parramatta (Nicholson St, Torrington Rd, Lidcombe etc)
Wash Up:	Burwood, Croydon & Concord (Clarence St, Burwood Rd etc)
Dismantle:	Eastern Suburbs & Northern Beaches (Woollahra, Bondi, Clovelly, Manly, Dee Why, Forestville etc)

Guru Puja Weekend Sat 11th/Sun 12th July at Wamuran

The Sahaja Yogis of Brisbane will again be hosting a National Seminar Weekend at Wamuran on Saturday 11th and Sunday 12th July.

Invitations for this event will be sent to each state. If you would like to make an early booking, please phone the yogis at Wamuran on 07 5496 6716.

MEDICAL RESEARCH UPDATE.

Medical Research is well and truly underway. It is a very good opportunity for Sahaja Yoga to be proven scientifically. Liverpool Hospital program has already started and is going very well. Prince Alfred Hospital program is starting in a few weeks. We need help from Sahaja Yogi and Yoginis to make it successful. Anyone interested please contact Peter Kennington on 98632489

COLLECTIVE MEETING AT BURWOOD.

There will be a meeting at Burwood on the 13th of June at 2.30pm for all those interested in the country property. All aspects of the property will be discussed.

ABOUT THE PRE-SCHOOL!

Just before India tour last year some parents got together to have a meeting about setting up, once again, a pre-school. There were some good ideas raised but also there was the unspoken sentiment it just wouldn't work out. The reason for that is we just do not have enough qualified people to shoulder the responsibility of such a long term endeavour. It's not fair to expect the one or two people who have qualifications in this area to do it, although that is all we need to start with- The Sahaj Preschool should be built up for posterity. It should outlast all the current preschool age children and be there for all those little ones coming up behind them and it is a project that should be undertaken as a collective.

Through talking to different people I became aware of the Institute of Early Childhood at Macquarie University. A hundred years old and through a few phases of evolution the institute offers graduate, post graduate and masters programmes as well as post-graduate diploma and certificate programmes. The TAFE offers an Assoc. Dip. Of Child Studies, 2 yrs full time or 4 yrs part time. The degree programme offers more scope in the long term as someone pointed out with better pay and able to teach up to 8 year olds. Also it would mean the school could take on more than 30 children - which will be better for its finances - and the graduate would be in a position to teach and/or run a pre-school or specialise in different areas, for e.g. policy and management or education and curriculum etc.

For those already holding a teaching degree there are exemptions which would cut down the duration of the course they undertake. For others it would mean taking an undergraduate degree in Early Childhood. So what am I trying to get at? I'm wondering if those who already have relevant qualifications in this area would consider upgrading to an Early Childhood degree? That way they would be in a position to managed and run or teach in the Sahaj preschool by say, the year 2000? On the other hand I would like to encourage those young people who will be matriculating as well as those who may be at a cross-road in their lives and looking for a challenge, to consider this field as a possible profession. It would be very exciting to have more than one or two qualified people to input into the setting up of our Sahaj preschool. And in the event that we had many more qualified Early Childhood teachers than we needed, then the wider community would surely benefit from all the vibrations they would take with them!

I know that for 'mature ages' amongst us the thought of taking up a 2 year to 4 year study programme could seem very daunting but as this is going to be a long, very long, term project, 4 years will disappear very, very quickly and at the other end of it you would have started yourself off on a very satisfying career. When I was brain storming this with various people I really became aware that the 'mature ages' could well be those who have retired who take it up as a second career. Shri Mataji has asked us many times in many of her lectures to have 'vision' and to 'project'. Perhaps this could be one of the ways?

The other important matters are finance and venue. I envisage that when we undertake the training offered at the Institute we would also gain the know how of raising finance as well as finding the most suitable place. Some months back I saw a 'To Let' notice on the fence of a very large mansion on Liverpool Road just a few blocks up from where I live. Now I see the sign "Kindergarten opening in 1999".

Another idea for the preschool is to open it to the community - this would help its viability enormously. As part of my research I followed up a preschool ad in the local newspaper. They very kindly sent me out their curriculum. Looking through it I noticed the 'religious' component they offered. I gathered that the difference between any preschool would be in just that. If existing preschools are clear about what 'religious' component they offer to all who attend then the Sahaj preschool would also be clear about the 'religious' component it provides. The public is then free to decide whether or not they wish to utilise our facilities.

Could all who are interested please contact me to discuss this further? I would love to hear from you all. Sincerely, Greta More. (02) 9716 4985.



Australian Sahaja Newsletter

May 30th
1998

Contributions:
02 9496 2219 Burwood fax 9745 4927

INVITATION TO GURU PUJA 1998

The Sahaja Yogis of South East Queensland cordially invite fellow yogees to attend the Australian National Guru Puja to be held in July, 1998 at 95 McClintock Road, Wamuran, Queensland, Australia. 4512. (One hour north of Brisbane).

PLEASE register your intention as soon as possible so we can cater for the event. Call 0754 966 716 or fax 0754 966 622. Transport arrangements from Brisbane airports and Roma Street coach and rail station will be arranged to convey you to Wamuran. Watch for more details in the National Newsletter.

Please come, participate and enjoy the vibrations of Shri Matajis Country House at Wamuran Queensland.

JAI SHRI MATAJI!!!

Mexico City, 27 April 1998

To our dear brothers and sisters and Sahaja medical doctors on an International Sahaja Medical Conference to be held the first week of September 1998, in Mexico City.

A month has already passed of the great celebrations held in Delhi, on occasion of our Holy Mother's Birthday Puja. Much has been said on the joy and blessings received on that special occasion, and on the following days when we felt how music and mantras sang in sanskrit by Arun Apte, in the presence of the Adi Shakti, opened our chakras and illuminated our Spirit.

As Dr. Rai and his wife travelled by train from Delhi to Mumbai after the Birthday Puja, I also took the train to visit the International Sahaja Yoga Research and Health Centre in Belapur. After a sixteen-hour trip, we arrived to Mumbai and after an hour and half ride by car arrived to Belapur where the temperature was forty degrees centigrade or more.

Living at the Centre for 10 days was a reaffirmation and rediscovery of Sahaja knowledge, with the love and direction of Prof. U.C. Rai and of the Sahaja medical doctors from different countries. That week, in addition to the Indian doctors who live at the Centre, were a sweet Bulgarian Sahaja doctor, Emiliana Blagoeva, and all heart, efficient Colombian doctor, Edgar Patarroyo. All rooms were occupied by thirty Sahaja patients who went through the normal every day Sahaja healing routines, with surprises and the discovery of their inner beings.

To my appreciation, in the blessed land of Maharashtra, some of the most important reaffirmations were: total surrender in meditation, shoe beating and foot soaking daily, matka when needed, singing bajhans, and been worked twice a day by the Sahaja doctors. In an environment of peace and love, with no aggressive news from the outside world, is like living an angelic life on earth.

During the Adi Shakti's Birthday Puja, in addition to receiving the blessings of our Holy Mother, we had the opportunity to exchange views among brothers and sisters of North and South America, on the great need of having a Medical Conference in a country of the Americas. Many sahaja yogis, especially from the Spanish speaking countries, do not have the opportunity to go to India because the airline ticket costs around two thousand dollars, and also because they do not know the English language. For those reasons, going to India and to the Sahaja Health Centre is limited to just a few ones.

The first week of April, Prof. Dr. U.C. Rai, Director of the International Sahaja Health and Research Centre, consulted our Holy Mother on the possibility of holding this year an International Medical Conference in Mexico. The Adi Shakti told Dr. Rai that the most auspicious occasion would be after Krishna Puja in Cabella. For that reason, the date for the medical conference was defined for the first week of September 1998 in Mexico City.

Last week, the Director of the House of India in Mexico who was during eight years the Mexican Ambassatrix to India, offered the institutional co-sponsorship for the Sahaja Medical Conference. We are well aware that the small Mexican collective, around 25 yogis, are happy and eager to receive for the first time brothers and sisters from other countries, but the great majority has come into Sahaja less than a year ago, and great support is and will be needed from all of you. Medical Sahaja doctors and established Sahaja yogis are most welcomed to come and attend Dr. Rai's conferences and also to a two-day close workshop on Sahaja healing techniques.

Prof. Rai will offer two conferences, one to the scientific community and another one to the general public. We are also looking for a house to rent or a scout vacation camp where all Sahaja yogis will stay for four days, and we could have the workshop there.

In the near future, we will give more details on climate (most of the time temperate), costs, and the days when the conferences will be held the first week of September.

Dear brothers and sisters, in addition to the importance of your presence and vibrations, we need Sahaja medical doctors to attend, and yogis who sing bajhans, if possible with musical instruments. We have already received confirmation of attendance from some yogis from Brazil and Colombia, and on my way back from Delhi, we talked to Manoj and to the New Jersey collective, and they have also expressed their desire to come.

With the Blessings of our Holy Mother, we know we will have a beautiful and successful medical Sahaja Conference. Receive the love of the Mexican collective. Graciela (Maha Devi). tel/fax 525 5751949
E-Mail: indoamci@rtn.net.mx

JAI SHRI MATAJI!!!

Steve Kirby Finds Point of Balance



Long-time Sahaja Yogi and mainstream and contemporary jazz guitarist and composer, Steven Kirby, is soon to release a music CD. Long appreciated at Sahaja Yoga seminars around the world, Steve's debut recording is having an international release. The Dutch label, A-Records, has already released "Point of Balance," (AL 73124) in Europe and will make this nine composition, jazz quartet collection available in Canada and the United States in June.

Steve's musical work is of the highest quality. The Boston Globe says that he "plays and writes from inside the music, putting melody and feeling first." Another jazz critic calls Steve "an improviser of the highest order with a fertile imagination and an unbridled sense of rhythmic daring."

More about Steve Kirby and the upcoming release of "Point of Balance," including audio samples of three of the nine original compositions can be found at Steve's website on the internet at "www.stevengkirby.com".



My Mother
I waded through fire and brimstone
to get to my Mother Divine.
I went through the hell of a seeker
and found that the fault was all mine:

I'd created the mess that I stood in
and fell in and drowned in so long;
I'd muddled the life that She gave me
- it was I who had been in the wrong.

And when I could see what the mess was
- how I'd covered the light that was mine,
I wanted to die like a demon
- I was doomed to the end of all time.

But my Mother said "Don't be a doubter,
You CAN get to me through the mire,
for you are My child, a part of pure Me
- I forged you in My Divine fire.

"I love you forever, dear child,
it's your ego that covers your eyes
and keeps you apart from My bosom
- the Spirit in you never dies.

"Your ego made fire and brimstone
and there will your ego reside,
but your Spirit is part of My Body
- you're with Me on this heavenly ride.

"So give me your ego, My darling,
I'll fling it into its own hell.
The real you is part of My Body
and within Me you always will dwell."

I gave Her my ego, so black and so dark
- the one thing She asked, I gave up.
And now I live on in Her heavenly home
and drink nectar from Her Divine Cup.

For She always was there, and She always could see
- it was I who was blind from the start:
I was born from the love between Her and Her Lord
- all the time I was safe in Her Heart.

-J. M. Watling
7/87

Claire finds a new harmony in her life



Claire Denees... went from piano teaching to the MBA.

Photograph by GEORGE FETTING

IN A world of MBA students whose professions are mostly finance, engineering, science and law, Claire Denees is exceptional in background and achievement. At school she dreamed of becoming a classical singer.

Also a pianist, she got her first degree in music education at the Conservatorium of Music and taught piano for a living.

Now she has hit the high notes as a top MBA student at the University of Technology, Sydney - and, oddly for a creative person, finds the tough "right-brain" accounting and finance subjects the most stimulating. So she's majoring in both.

Denees, who spent 10 years in the media/arts industry - doing everything from freelance journalism to TV production - has taken a year off her job as business unit manager of an ABC Radio creative arts department to fast-track the degree.

She is doing so well that three

months ago she won the \$10,000 Chief Executive Women scholarship, open to women students at several MBA courses and awarded for academic excellence and on the basis of need.

The award "came just in the nick of time", says Claire, who has been struggling financially, with sizable fees to pay on top of living expenses.

While she finds the whole course exciting, she says a sound knowledge of figures is crucial. "Most media people find figures boring," she says. "But knowing about figures gives you enormous power. You can analyse the figures, read budgets and gauge situations accurately."

"People can never snow you with figures or manipulate them without you knowing. Those who don't know about figures manipulate them all the time, because they interpret the figures differently."

"Accounting and finance are very difficult subjects, but being

in classes with professional engineers, accountants and bankers and getting credits and distinctions in them is exciting.

"They also give me a tremendous sense of balance. Coming from the creative production side of the media and majoring in accounting and finance also gives me a tremendous sense of balance - and balance is what I most seek in life."

Denees admits, though, that she found it a bit scary at first to ask questions in class. "Being in classes with professional accountants and engineers requires courage to speak up and ask for things to be explained," she says.

There are, she thinks, "heaps of opportunities" for someone with her background in the huge media/arts industry. "I am in a position of strength because so few people in the industry have both a creative background and an MBA," she says.