

Sahaja Yoga

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Australian Newsletter

Jai Shri Mataji!

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In the resurrection of Christ,

*Death has suffered a humiliating defeat by its own death,
And my Lord has emerged out victorious over Death.*

To celebrate the resurrection of the Lord,

the whole Cosmos appears to be jubilant

and have decked up to welcome the victorious Lord.

*Likewise, even in Heaven, Angels have assembled like an army
to accord their welcome to the resurrected.*

Their belief and love in Christ

is further accentuated by the Resurrection.

Seeing all these celebrations, Death wept bitterly on its defeat.

Everyone was in a mood of enjoyment

and they were laughing merrily.

The nature also expresses its joy

by showering the flowers all over.

Saints and Seers bow down in sheer reverence.

Even the devotees bowed down in surrender,

thus showing their devotion and faith in Jesus Christ.

In resurrection, Christ was reborn

and to this newborn we bow down and salute in reverence.

By garlanding him with fresh flowers full of fragrance

We will adulate him by singing his praises.

He has now created a permanent abode in my heart

because of His glorious victory over death.

Marathi hymn "Maranche Mele"

(translated into English by BabaMama)



STATE NEWS

News from Victoria

Easter Comes Twice in One Year

I consider myself fortunate to have been present at the *Sahaja Yoga Meditation Retreat* at Hiawatha in Eastern Victoria for Easter Puja 2002. We were treated to the full second blast of Easter Vibrations this year. In addition to the vibrations already imbibed at the Easter Puja performed on the calendar Easter Day we were treated to a second, more powerful and deeper blast of vibrations and collectivity this weekend with the grace, blessings and attention of our Holy Mother who was simultaneously attending an International Puja in Turkey.

Shri Mataji's presence in Istanbul, Turkey and holding Puja there reminds us of the importance of our Sahaja Yoga family all around the world. Islam means "surrender", and all who surrender know that things work out much better. We all got to dance the Qawwali after the puja and gained the full allotment of freedom, joy, collectivity and surrender. For me the Easter Puja 2000 tape played at our puja brought home again the importance and essential nature of purity, the self-confidence, and the inner strength gained from being pure, and as Shri Mataji said, the only way to love fully. Sahaja Yoga has been very good to me. Thank you all.

"Why an egg?" you may ask, "because it can be reborn". We are given so many chances to get it right. Jai Shri Mataji Nirmala Devi, it is now time to fully share the joy of Sahaja Yoga with all who will listen.

We thank all the incredible yogis and Yoginis (such as the Sydney bus, leaving Friday evening, arriving Saturday morning and even more amazingly leaving 5pm Sunday to arrive back in Sydney 14 hours later to start a Monday workday) who made the tremendous effort to share Easter with us: WA, NZ, NT, NSW. Good on ya!

The performers reached deep into our hearts and we applaud your love, artistic achievements and the joy you gave to us, may it re-visit you tenfold. Merri, whose voice touched many chords in our beings, Derrick whose poetry reflects depths in us all, *Cake* from the Sydney Collective – it's all about eating what our Mother has prepared, *Twinkle Twinkle Little Star* from three Little angels and the Melbourne Sahaja Yoga Bhajan/Qawwali group for striking up the band, and to Avinash for leading the dance, which so appropriately got us all moving, grooving and enjoying the freedom of the dance.

You are my heroes, thank you.

Jeff Lyons for the Victorian Collective

News from Queensland

Sahaja Yoga at Cairns State High School

Here is some feedback on the Sahaja Yoga sessions at Cairns State High School's *Year 12 Leadership Camp*, held just before Easter. It was very successful, measured by the level of interest, respect and enjoyment of the 164 students who attended in 8 groups of about 20 students.

The sessions were held under a donated marquee at a beautiful spot overlooking Lake Tinnaroo on the tablelands above Cairns. The talk before the meditation covered mainly the subtle system and its workings, and how we have to be connected to this all-pervading power, which has been here a lot longer than us human beings.

I also showed two lovely big pictures in a double frame of Shri Mataji at Clifton Beach near Cairns, but I did not talk a lot about Shri Mataji. Some sessions were attended by two teachers and our relatively-new principal. He also found it very interesting but did not stay for the meditation, because he wanted to visit the other groups and their activities too.

Almost all the students tried and enjoyed the meditation. Even those who didn't join in kept quiet and were respectful. Only a few Christian students left before the meditation.

Compared to ten years ago when we first started the Sahaja Yoga sessions it was all so easy and natural and especially troubled students, those who are homeless or experiment with drugs or are racist or violent, seemed to really enjoy it. Students were looking forward to the Sahaja session. One boy was very ill and was vomiting at lunchtime. I told him to have a rest, but he did not want to miss out on Sahaja, so I told him to get a pillow and go to the marquee to rest. When I got there later he was a bit better and after the session he felt great. I also realised that the last two years Sahaja Yoga was not offered to the Year 12 students: these students attended Sahaja Yoga sessions on their Year 8 camps, a lovely reminder that Shri Mataji has it all worked out.

It was wonderful how Mother looked after the weather. Rain was forecast but never fell, and kept all negativity at bay.

Jai Shri Mataji and lots of love from Josina in Cairns

Northern Tour a Great Success

From 5th to 16th April programmes were held at Airlie Beach, Mackay, Rockhampton, Bundaberg and Brisbane. The Airlie Beach programme was organised by the Women's Domestic Violence Group, however only six ladies actually turned up. Initially quite heavy-going, by the end everyone was feeling cool. They would like to carry on the meetings but there needs to be someone to coordinate this.

The weekend was spent relaxing at Dr Sanjeev and Vinola Bandi's sumptuous place at Mackay which is high on a hill and has beautiful views of the valley. I can highly recommend a visit and we were looked after marvellously. On Sunday a small Lakshmi puja was held; the vibrations of which were really fantastic.



This photo was taken just after the Lakshmi Puja at the Bandi's house

On to Mackay on the 8th, where we had fifteen people attending. Another (physical) yoga group was conducting a session in the room opposite and people could see them sitting in a yoga pose. We had to stand guard and direct them to our meeting as they assumed it was Sahaja Yoga. A very enthusiastic group was eager to continue meditating at the Bandi's residence on a weekly basis. Let's hope this becomes the catalyst for the establishment of a larger collective in Mackay.

In Rockhampton we were joined by Allan and Pam who had travelled the 2½ hours from Bundaberg. We had booked a room upstairs in a small "crystal" shop called *The Inner Light*. We had our reservations about such a place, but it turned out really nice. Angela, the owner, was very helpful and also got her realisation with the 21 other attendees. She waived the usual \$50 fee and said we could have the room any time for free. Again people came forward to request regular meditation meetings and since then we have had an offer from two ladies who wish to coordinate them.

In Bundaberg we stayed with Allan and Pam at the new

ashram which is a roomy old "Queenslander" and neat as a pin. It is ideal for an ashram and is located in the centre of Bundaberg. It has plenty of room for Sahaj Yogis, so why not pay them a visit? Our programme was held on 11th but due to a mix-up with the newspaper, our ad did not appear. Only three new people attended: a lady with two children, one of which was ADHD. I don't know if she understood anything as she struggled to control her children but was interested to come to the ashram every week to follow the ADHD treatment program.

First Sahaja Yoga ADHD Program held in Brisbane

Back in Brisbane our first ADHD programme was attended by 22 parents whom we had contacted from enquiries after the Channel Nine *Today Show*. Basically everyone was given a thorough introduction to Sahaja Yoga and received their self-realisation, after which the ADHD treatment program was introduced. We have booked the hall for seven weeks especially for this program. All participants are expected to follow the treatment along with their children twice a day.

We are already planning our next trip north as well as the Sunshine and Gold Coasts.

Jai Shri Mataji! *Peter Hewitson, Wamuran*

New Sahaja Yoga City Centre for Bundaberg

At the start of the year Alan and Pam moved into a large Queenslander in the centre of Bundaberg. Since then we have held weekly collective programs and Wednesday night intermediate programs there.

It's a very spacious house with a room for a library and clearing, and also a separate meditation room. We'd love anyone passing through to drop in.

The address is 2 Bingera Street Bundaberg.

Phone: 07 4154 1590.

Email: apjenner@hotmail.com.

Our public program is held at the Neighbourhood Centre on Monday nights, with an introduction from 6.30pm to 7.00pm, and then a workshop from 7.40pm to 8.45pm.

Attendance has been excellent, with 10 to 12 new seekers getting realisation each week.. Workshops are being trialled to give new people experience in clearing and giving vibrations etc. before introducing them to the Wednesday night intermediate program.

We are considering approaching a local community radio station to do a Sahaja Yoga program. Please have this in your collective attention. Jai Shri Mataji!

*Alan & Pam Jenner
and the Bundaberg Collective*

News from South Australia

Appreciation of Easter Puja at Haiwatha

After a bliss and vibration-filled fantabulous weekend at Haiwatha which I truly hoped would never end, have come back thoroughly recharged to tackle the world!!!!

Being my first trip to Haiwatha I was completely bowled over and rendered speechless (a difficult prospect in any circumstances!) by the scenic beauty and the strength of the vibrations being emitted, which seem to surround the whole place for miles on end in a vibrational halo. After the seemingly endless drive to Haiwatha, all tiredness and soreness completely dissolved the second we set foot on the land blessed by Mother.

Apart from huge sighs of satisfaction and a blissful grin plastered on my face and a brain that's truly decided to be in a thoughtless wordless state, and a heart that is thoroughly filled and bursting with joy and love, and feeling the presence of the all-pervading power of our Divine Mother working things out through the weekend of meditation, havan, music, and puja, I'll leave the details of the weekend to be described by other artfully talented yogis. A heart-felt thanks to the yogis of Melbourne for all the hard work, the delicious catering, wonderful five-star accommodation and a blissfully enjoyable weekend.

Weekly Programs in Adelaide

Back in Adelaide the three weekly programs are going very well. After a long time we're having an intermediate program where 75% of seekers from the beginners programs are continuing through.

We've formatted the programs to a casual and experimental tone which seems to have been very successful. One of the tapes I've been using is "The Breaths of Shri Mataji". So during the realisation process and saying affirmations of the left side we play the tape, which makes the vibratory awareness a much stronger experience for the seekers. Incidentally, even though it's the same tape it sounds and feels different at every program, and even the seekers seem to be tuned to it. One seeker (who has trouble with her nabhi and void) commented that the tape sounded like waves in the ocean, and when I said that it was Shri Mataji breathing into the microphone on the various chakras she was astonished and insisted that it did sound like the ocean. On one side of the tape there's the breaths of Mother for each chakra 21 times and on the other there are bija mantras for the chakras 21 times. Great tape for meditation.

We are also experimenting with once-a-month workshops for the seekers who've been attending the beginners' or the intermediate programs. It's also a good opportunity for them to meet the whole collective and gives a chance for a one-to-one clearing workout. Last workshop we introduced them to mantras, and as an experiment did the affirmations for the three channels and then did the mantras to see if they could feel the difference - a theme we continue to use in the intermediate sessions. The seekers have experienced a profound difference in the strength of vibrational clear-out when using the mantras. An explanation of footsoak, candle treatment and camphor treatment was followed by practical demonstration and use. Also had the new seekers experiencing vibrations on other yogis and how to use vibrations to clear out and balance which was good in developing their self-confidence in their own feeling of vibrations.

All in all, by Shri Mataji's blessing the workshops have been a huge success.

That's all for now. Love from Adelaide.

Regards, Rita Skipper

BIRTHDAYS!

Our birthday list this week covers Australian yogis whose birthdays fall in the period from 19th April to 2nd May. May they all have many happy returns of their special day...

Sharyn Salomon
Amie Zar
John Hohnan
Ilse Trewin
Dragan Lemac
Olga Merritt
Mario Auer
Maryann Ghaffurian
Elizabeth Henshaw
Trevor Sandford
Raelane Wright
Wendy Brownscombe
Ramaa Purcell
Rebekah Gupte
Anne-Marie Barnett
Steve Morsingh

News from NSW

New Saturday Programs Commencing in Bankstown

A new program is starting from Saturday 4th May 2002 in Bankstown.

Venue: Meeting Room
Bankstown Library
The Mall, Bankstown.

Time: 9am till 11am.

Please feel free to come and give realisation to new people. Your contribution will be greatly appreciated.

For further information about the program please ring David or Mahima Morgan on 02 9790 0506.

Garage Sale in aid of Radio Program

This is your chance to clear out your garage of all those things you haven't used for the last year and help to raise funds for the continuation of the Sydney radio program.

We need your junk (well, good junk only).

On Saturday 11th May there will be a garage sale at the Tiralongo's in Woollahra. That's 2 weeks away.

So can we all please gather our 'flash trash' and ring John Tedesco or Peter Aerfeldt to find out what to do with it.

Country Living

Any Yogis interested in living and doing programmes in the country? There is space in a large house, set in wonderful rolling hills just outside Orange, with cows as neighbours.

Come and have an adventure!

Anyone interested can contact Dave Matthews on 02 6361 7216

INTERNATIONAL NEWS

News from India

News from a Romanian Yogini in India

On April 2 2002 at AIIMS (*All-India Institute Of Medical Science*) there was held a Medical Conference organized by Sahaja Yogis. Shri Mataji attended this Conference.

The speech was very interesting. Shri Mataji talked about the left channel, which is known very little (or even at all) by doctors. At the end of her speech, Shri Mataji expressed Her desire to open a hospital in Delhi also.

Shri Mataji invited the doctors to come and work in that future sahaj hospital, mentioning that the retired doctors are also welcomed and She told them even the salary range.

The conference was successful, and the hall was full of doctors.

On April 8 was celebrated in Delhi Ashram the anniversary of 55 years of marriage for Sir CP and Shri Mataji. Actually their marriage was on April 7.

A musical program was scheduled to begin at 7:30pm, but it started around 11pm.

Mr LK Advani, the Home Minister, arrived around 8:30pm at the Delhi Ashram. Of course, there were many people from Security inside and around the Ashram, and they looked worried and with lack of confidence in Sahaja Yogis. The Security people were everywhere. But later - our yogini narrator recalls - "I saw one of them, keeping the both palms up (like one of us) and listening to a Sahaja Yogi's explanations."

The meeting between Shri Mataji and LK Advani (a very important political person) was established for 15 minutes, but it lasted for more than an hour and a half. We were very anxious to find out about the results of this meeting as there are tensions now between communities.

We almost lost our "hope" that Shri Matji will attend the classical music concert in the meditation room, when Shri Mataji appeared. The Indian soloist, quite young (27 years old) sang wonderfully. Shri Mataji invited him to Sahasrara puja. The Program ended around 1:30am.

I believe that Shri Mataji heard our tummies crying of hunger and She didn't come in basement where was prepared the dinner! Instead, She went at the upper level. So, all Sahaja Yogis were invited to enjoy this wonderful dinner.

This occasion was our farewell moment from Her Divine Presence until next December in Ganapatipule.

Shri Mataji will go to Dubai (where are approximately 60 SYs) before Turkey.

I hope that these news have satisfied a little bit our hearts' hunger for news about Shri Mataji.

Yours, *Ioana*