



# Australian Sahaja Newsletter

14<sup>th</sup> Nov '88

Contributions:

02 97474835 or Burwood Fax 97454927

*Every personality is a drama. Very enjoyable - if you just want to see the drama and if you just know, oh, you just have to watch the drama. You have to see it.*

*Only painful part is, that as a guru, I have to tell that this is not good, that is not good. Thats the only painful thing. I wish I could have avoided it somehow, but its not possible. Because from the darkness to the sunlight you have to come out and you're holding my hand so I have to tell you that be careful. Its a very, very small road and both of the sides you can fall off into Ida and Pingala.*

*So hold my hand tightly, we have to go further. Further. Further. Don't look this side, that side. That's all. And this is what it is when you have the discretion to put your hands into the hands of your guru. Then you don't do anything. You just watch everyone, see everyone and the only thing you do is to enjoy. Whether you do it or not is not the point, but you are in the state of enjoyment. And that is the state we have to achieve and should become that state as our own being.*

*H.H. Shri Mataji Nirmala Devi.  
Puja, 1991 New York.*



**LAKSHMI PUJA**  
22nd November, 10:30 am  
Kingsgrove Ashram  
31 Moreton Ave, Kingsgrove



All Sahaja Yogis are invited to attend Lakshmi puja at Kingsgrove Ashram, followed by lunch.

Please RSVP if possible.

ph. 9150 7402

We also have a room available that would suit either a couple or a single person.

### **COUNTRY TOUR - NORTH**

Just keep a note in your diaries if you are interested in joining the Country Tour North on weekend of the 21st & 22nd November.

The programs have been advertised in local papers for Tamworth, Armidale and Coffs Harbour.

Please contact Avinash Nichkawde for further details.

Home: 02 9476 4271      Mobile: 0414 281 567

Office: 02 9436 2661



### **INDIA TOUR TRAVELLERS**

We have a selection of genuine imported Italian suitcases (with Cabella experience) now available at Burwood.

Price: \$20-25

See Marguerite Fashion Store

## ATTENTION - ATTENTION - ATTENTION

Come all and celebrate. Please make a note in your diary for the.....

### SAHAJA CHRISTMAS BBQ LUNCH.

**WHEN:**

Sunday, December 6th

**WHERE:**

20 Strathmore Pde, Chatswood (Dochertys')

**TIME:**

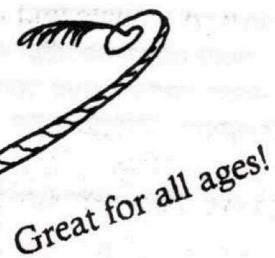
1 pm.

**Please bring:**

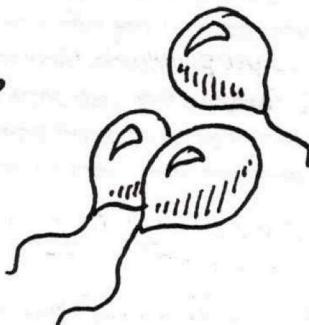
Your own meat to BBQ

A plate of food to share.

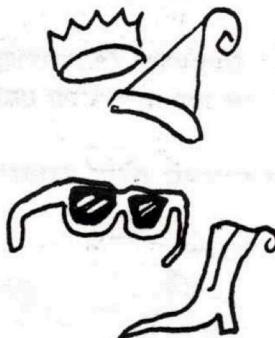
## MORE PARTIES.....



### *ARE you READY to DANCE?* SOMERSBY FANCY DRESS DANCE PARTY for Family and Friends



Come join the fun!!!!  
on November 28th



29 Vitasolos Rd, Somersby  
(02) 4372 1546

Cost \$3 - Adults  
Kids - FREE (Ages 0 - 12)  
RSVP 27th November



# Message of Her Holiness Shri Mataji Nirmala Devi on Her Birthday Pooja

Bombay

21st March 1985

Today is the day of Gauri. Gauri is the one who, as a Virgin, created Shri Ganesh. And in the same pattern you have got your realisation. In the same pattern!

So you have to use the same power within you, that is of Gauri, that you keep your heart clean. You must have a clean heart. You must have a clean thinking. There should be purity in your mind. Of course, the *bhakti* (devotion) 'does' give that purity, but if there is anything lingering in your mind I have to tell you there are three things that are going to happen from today.

First, we have started Vishva Nirmala Dharma. You are under the vision of Shri Ganesh, under the guidance of your Spirit, and under the blessings of God Almighty. But be careful, because once you become that, you have to keep to that Dharma, you have to be honest about it.

If you have decided, from today onwards you be careful; anything can happen to you if you get out of the 'Maryādās'. Till you keep the maryādās' of Sahaja Yoga, saying morning-evening-night that, "I am a Sahaja Yogi", nobody can harm you, hurt you. Nobody can trouble you. On the contrary you will be enjoying life if you keep to the 'maryādās'.

But if you leave the 'maryādās' of Sahaja Yoga, you will have big problems.

So this is the second thing I want to tell you that today we have started the great vision, which was promised long time back of realised souls.

Now the third is that with all these things we are doing we must promise to God also that we will know about Sahaja Yoga, through proper understanding, reading every word of it. We'll master the knowledge of Sahaja Yoga. We'll keep ourselves clean. And completely surrender our lives to Sahaja Yoga.

This is what you have to promise in your heart. Surrendering to Sahaja Yoga is actually surrendering to joy, bliss and peace. In that you are the gainer, nobody is a loser in it.

This is how today we have to decide once for all.



## SAHAJA NEWS REPORT

## Holistic Life Skills Workshop ~ Corporate Program

Since the mid 80's there has been an interest in bringing Sahaja Yoga into an organisational and business setting. Shri Mataji raised the question in New York back then and a lot of discussion followed. Whilst all felt it was a great idea some of the yogis there expressed concern over issues like management sanctions, voluntary participation, and what about fees or charging? What was agreed was that there are many conscious and competent people in companies and organisations who were ethical and 'spiritual' in their values and approach. These people would make wonderful Sahaja yogis and somehow we must try to bring the experience of Self-realisation to them.

Recently the whole subject of stress management and meditation has received more publicity and organisations are now staggered by the cost of their people becoming dysfunctional and ill through stress. They are also aware people need 'Life Skills' to self-manage in sustainable ways. In Perth we have run several programs for hospital staff and for some interested business people.

One of the Western Australian universities, Murdoch University, has had Sahaja Yoga programs on campus for nearly three years for the 'campus community' organised initially through the Student Guild. Several events and workshops have been staged since and program posters are common. Recently interest was expressed by some staff regarding the need for a formal staff development program and so yogis met with Murdoch Library managers to talk about what they had in mind. It was decided the best approach was a 'smorgasbord' of 'holistic' options which would attract the most interest and stand the best chance of being sanctioned and supported by the university administration, including a venue and rostered working hours off to attend.

Craig Armstrong, Pavan (paul) Keetley and Colleen Keetley compiled a program of "Holistic Life Skills" and prepared a letter outlining three basic steps: 1 Life Mindmaps, 2 Practical Exercises, and 3 Meditation. We explained Sahaja was free and that Shri Mataji's photo was to be present.

The response was very positive, management agreed and more than 45 Library staff booked for one of the two three hour workshops. These were very well received and a third workshop for an associated branch was also booked. The staff who attended did so as volunteers and they all felt it and whilst we have seen little follow through yet we believe something great is working out.

Murdoch is furnishing us with a formal feedback letter and we have heard other parts of the university are interested in something similar. They have also expressed satisfaction and further interest in Craig's exercises and Pavan's work as a consultant-trainer. We are pretty sure that other organisations are ready for this type of approach and we would be happy to send copy-masters of our internal promotional and workbook materials to any interested Sahaja yogis.

Another organisation that Pavan is working with, the Cancer Support Association, a non-profit organisation, is happy to have an in-house Sahaja Yoga meditation program for staff and then a program as an ongoing part of their 'Holistic Empowerment' approach for cancer patients.

We enclose the covering promotional page and front cover for the "Holistic Life Skills Workshop"

Love to all Sahaja Yogis from Western Australia - Jai Shri Mataji!



## Holistic Life Skills Workshop

A staff development workshop available from Sahaja Yoga facilitated by voluntary experienced professional practitioners.

A three hour in-house workshop which focuses on practical, holistic self and stress management tools and techniques including the practice of Sahaja Yoga meditation.

Broadly speaking, the three hours suggested are utilised with three logical steps:-

1 - Mindmaps: Looking into stress and its effects, the Whole Person model, our personal Vision and Values assessment, Self-Time-Team management, Service principles, Maslow, the Pigmentation effect, Holistic Integration, Getting It Together in your own Big Picture.

2 - Practicals: Sources and Symptoms, Options and Ideas, discussion, compiling your own Whole Life plan, micro, mini and macro interventions, things you can learn to do now, Sitting, Breathing, Stretching, Walking, Massage, Recreating, Affirmations, Visualisation.

3 - Meditation: The difference between concentration, relaxation and meditation, your Subtle Body system, the major nervous systems, Kundalini, Yoga and Self-Realisation, how to raise and balance your energy to establish thought-free awareness and true meditation.

The program as outlined provides a useful set of options for your team to self-help and balance their lives and create more harmony and well-being in their work-places. The ideas are holistic and only universally held principles are used in the workshop. The knowledge of Sahaja Yoga Meditation is credited to Shri Mataji Nirmala Devi, the founder of the world-wide Sahaja Yoga movement. A photograph of Her is always present when the Sahaja Yoga Meditation is taught and no fees are allowed to be charged ever for these teachings.



## The presenters of the program

Craig Armstrong, a registered Doctor of Chiropractic and Sahaja Yoga coordinator.  
Paul Keetley, an organisational development consultant, speaker-trainer and yogi.  
Colleen Keetley, a manager for a medical supplies company and meditation teacher.

All three have practised and taught Sahaja Yoga Meditation for many years and feel they are privileged to be able to pass it on to others. They will not accept fees for this training however Sahaja Yoga has accepted donations if people and organisations feel so moved.



UNITED WORLD FOR INTERNATIONAL CHILDREN'S RIGHTS

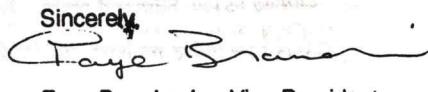
Gentzgasse 137 • 1180 Vienna, Austria • Telefon and fax (0043) 1 865 1766

Mr. H. N. Kaul  
International Sahaja Public School  
Talnoo, Dharamsala CANTT.  
District Kangra H.P.  
176216 India

September 21, 1998

Dear Mr. Kaul,

It was a pleasure to meet you at the Hackl's during your recent visit to Vienna. On behalf of the United World for International Children's Rights, I would like to heartily congratulate you and your staff on the Sahaja Public School's acceptance into the International Baccalaureate Program. We highly support and encourage all scholastic endeavors that have the benevolence of the child at their heart. Extraordinarily, you have complimented the already evolved status of the Sahaj culture at your school with the progressive and challenging status of the IBO. It has also come to our attention that a senior class student scored amongst the highest in India on her grade level exams! The Sahaj Public School will most certainly produce graduates of quality and unique purpose. Again, our enthusiasm and praise could not be greater. We wish you, the staff and of course, the students the greatest success and blessings for the present and the future.

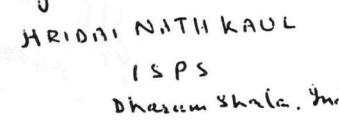
Sincerely,  


Faye Brandmaier, Vice President

Shri Mataji,

Thank you for these blessings.

Thanks again.

  
HRIDAI NATH KAUL  
ISPS  
Dharamshala, India

10 November 1998

Dear Craig, Paul and Colleen

This letter represents a formal thank you for your wonderful presentation in our Staff development workshop in well-being and life skills.

The "Holistic Life Skills Workshop" was extremely well received by all staff that attended.

Very Stimulating and relevant material was professionally delivered to staff in the short time we had allocated.

We as an organisation have been very fortunate to have been involved in setting this precedent for Sahaja Yoga and look forward to participating in future workshops.

Thankyou once again to this very experienced team of professionals.

Tracie Pollin  
Acquisitions Supervisor  
Murdoch University Library