

THE AUSTRALIAN

Strathfield

Sahaja Newsletter



Contributions:

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Now in the puja, of course, it works. You do feel nice. Suddenly you rise. Agreed. But still what happens that at the puja, I find that the vibrations are not sucked in. The reason is, at the time of puja, you must try not to think and try to suck my vibrations more. Pay more attention to me. Formerly I found that when it was the mantras, your attention was spreading out. So I said "All right now you sing a music". Now your attention at that time is not on the puja, but on the music. It's a kind of an entertainment that starts working out. I don't know what to do, how to make your attention enter into it, to go deep into it. We have to work hard. You see this gentleman who is mad, or whomsoever it is. How much he has suffered. We are such lucky people to be together, to be moving together with full understanding and dignity. Even if you have been for three days in Sahaja Yoga, you can do it if you have decided on that.

So remember, sins are not forgiven at all. They multiply. Be careful. Be careful. It's a very important time. You have spent so much money, so much time coming down here, all of you. It's not for anybody else I'm saying. I'm saying it for each one of you -- to sit down, meditate, keep your attention in the center. All the time see where is your attention.

Now also when you talk, just talk about Sahaja Yoga and nothing else. The best thing is to talk about Sahaja Yoga. Especially when you are in the city, you'll find your attention will be disturbed. But if you stand on your two legs, if you have your own personality, if you have your own depth, nothing can move you. Nothing can move you. So develop your roots deeper and deeper and deeper and stand by yourself. Don't get disturbed by this happened, that happened.

Also, it doesn't behoove any one of you now at this stage to say, "I was caught up because somebody else was like that, because somebody did like that. This doesn't behoove. There's no need to say that. You have to be all right and nothing can spoil it. If you are not all right, you'll get spoiled. There are so many other things which you have to look after, which I'm sure your leaders will tell you, but one of them I feel that you just start sympathizing with people with whom you should not, and you are not bothered to see what's wrong with you, but try to see what's wrong with others, which is not the way we are going to improve.

We have to respect our realization. We have to respect ourselves, and we have to respect our personality. We are all saints, and through this saintliness, all the best things of the heavens are going to come down to this earth. We have a big responsibility. We have to be pure people. We have to be simple people and all of our complications should drop out. I hope my words act as mantra on you, and that all of you try to follow a path of ascent and not of descent. Don't talk too much about things, especially before meditation and after meditation. Try to keep quiet for a while. To be quiet itself is very great, and also if there are thoughts, then you have to say, "Not this, not this, not this." Disturbances should not upset you, any disturbance whatsoever.

Dear Brothers and Sisters,

Thank you for your kind support of the Sahaja Yoga Radio Program in the past.

At present there are more than a dozen seekers attending Sahaja Yoga programs regularly as a result of the Radio program and every week we receive more enquiries.

With more than 4000 listeners every week the Radio program represents a vast forum that is vital in the spreading of Sahaja Yoga, and one that we alone dominate - *a number of false gurus and money makers however are keen to have their own program on 2SER should we be unable to continue with ours.*

The program costs \$190 per hour and a further \$100 to be beamed to community radio stations around Australia via satellite each week (to approximately 20 stations including Adelaide, Cairns and Darwin).

At nearly \$300 per week the program finances are constantly in the red, relying on the donations and weekly contributions of a few generous yogis to stay afloat.

We are looking at a few options such as a half hour instead of an hour long program and possibly ceasing or winding back our satellite agreement in an effort to control our expenses.

To continue we need your support.

There will be a collection tin near the National Promotions box in the hallway or you can see Heather Sattershetty, Llallyn Fitzpatrick or Mark Williams with your donation.

Some weeks we will be manning the door asking for your assistance in the form of gold coins (\$1 and \$2) that most of us wouldn't miss and quickly add up to a tidy sum.

Please give generously and don't forget to listen in every Sunday at 11am on 2SER FM 107.3.

North Sydney Lunchtime Program
Stanton Library - Tuesdays 12.30-1.30PM

This program has been running for 2 weeks now with 2 more to go. It's been quite successful, full house each week. So look out for seekers coming to your program as a result.

(Any yogi support appreciated.)

Cabella Fundraiser

for funds to send
yogis to Ganesha
puja.

FRIDAY 9th August

6.30 p.m at Burwood Ashram

only \$10.00 will buy you . . .

- * Hindi movies (English subtitles)
- * English movies (no Hindi subtitles)
- * light supper including Samosas, pakoras with Yummy Chutneys & popcorn.

Drinks & icecream will also be available for a small price.

ALL WELCOME.

Please come along and enjoy yourselves.

example of
the reach of
radio

3rd July 96

Mark Williams
Meditation Programme (Sundays)
2SERFM

Broadway, NSW



Dear Mark,

I am a regular listener to your programme and I am finding it a refreshing approach to both meditation and radio. Congratulations!

Larrikin is a major distributor of ambient and world music and I am sending you some samples that might be good for the programme.

Best regards

(@)

Warren Fahey
Chief Executive Officer

Registration, Travel & Accommodation

GANESHA PUJA, CABELLA

27-29 September 1996

Name

TO BE RETURNED
AS SOON AS
POSSIBLE.

Address.....

Phone ().....Fax ().....

Costs:

1. Each working adult is asked to contribute \$108 to fund the cost of the Puja. This can be paid to Toby Patterson, 33 Church Street, Mt. Kuringai, 2080 in Sydney. 4570030
2. People attending the Puja at Cabella will be asked to pay a registration fee of around \$108 at a later date.

Travel:

Two block bookings have been made flying JAL to Milano via Tokyo. Both operate on the same time schedules but operate a day apart.

	Group 1 - 13 people	Group 2 - 12 people
Depart Sydney	Sunday 22nd Sept 0920	Monday 23rd Sept 0920
Arrive Tokyo	Sunday 22nd Sept 1800	Monday 23rd Sept 1800
Depart Tokyo	Monday 23rd Sept 1225	Tuesday 24th Sept 1225
Arrive Milano	Monday 23rd Sept 1750	Tuesday 24th Sept 1750

The overnight stay with breakfast in Tokyo at the Narita Nikko Hotel is included in the fare. The cost is \$1654 plus departure taxes of \$30.40 Sydney, and \$24 in Tokyo. At this stage the plan is to travel by bus to Cabella on the evening of arrival, and a fee will be charged for bus hire. Melbourne, Adelaide, Brisbane and Cairns people will pay the same fare. (Canberra yet to be confirmed). Brisbane and Cairns have a daily service to Tokyo and will meet the group there. Melbourne and Adelaide people fly Qantas to Sydney to join the group. Auckland people will have an additional cost of NZ\$379 to join the group in Brisbane.

Return trips can be arranged on a "Brown's Cows" basis i.e. you can return from the following cities; London, Zurich, Amsterdam, Paris, Madrid, Rome, Frankfurt, Moscow, Milan at a nominated date. Once nominated these return cities cannot be changed but the date of return can.

We now require names with a \$200 deposit. Return this form with your cheque to Toby Patterson (address above).

More information will be provided when available.

(Mark the correct boxes)

I am arranging my own travel: Arrival details Date..... Time..... I would like assistance to Yes No travel to Cabella from Milan <input type="checkbox"/> <input checked="" type="checkbox"/>	I wish to travel with the group 1 <input type="checkbox"/> departing from..... (City) I wish to travel with the group 1 <input type="checkbox"/> departing from..... (City) Return Details City of Departure..... Date.....
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Accommodation:

Yes

I require a hotel room in Cabella

(per day)

No

Estimated cost \$50 per person. Note that the hotel is some distance (downhill) from the pendal.

The alternative is a sleeping bag in the pendal.

Co-ordinators Use Only

\$108 Host Country Funding Paid

\$200 Booking Fee

<input type="checkbox"/>
<input type="checkbox"/>

Puja Registration Paid

<input type="checkbox"/>
<input type="checkbox"/>

Remainder Airfare

Sahaj Society Flourishes in St. Petersburg

Greetings from St. Petersburg, the heart of the Agnya chakra of the world! This city, designated by the Czars, is a fascinating blend of culture, history and creativity and collectivity. Shri Mataji has said this city is one of the most beautiful, artistic cities in the world. But with over a thousand yogis attending the major pujas, St. Petersburg also can provide an interesting example for the rest of the Sahaj world.

The Americans are very much impressed with the mechanism that runs Sahaja Yoga here. It's quite different from the old days of "the leader must do everything." In contrast, it's democracy at work. Who is the leader in St. Petersburg? One would hardly know because he is so quiet. The organizational infrastructure here is incredible. This allows the leader to be silent at collective programs and pujas.

Every Monday there is an on-going soviet, or collective council meeting, where business affairs are discussed. A well run soviet reduces the amount of practical matters and ensuing discussions which can creep into regular meditation programs for newer people. It is during this soviet that one sees and hears the leader most as he manoeuvres through a network of committees, special project teams and representatives of the weekly public programs. Many of these teams are headed by skilled yogis with professional expertise. They include groups for artists, translators, accountants, musicians, transportation, children's programs, audio and video people, golden builders, lakshmis, sewing and embroidery, gifts and printing.

It seems that the leader's primary focus is threefold: to communicate Shri Mataji's words and desires; to take overall financial and managerial responsibility for the practical functions; and to maintain a certain level of Sahaja protocol. This last point is all the more necessary with so many new people. Granted, not everything is perfectly planned, but with a continu-

ous flow of yogis coming into and then receding from the spotlight, things work pretty well here and many people share in the satisfaction of that responsibility.

There are eight different centres scattered throughout the city, where twenty-seven regular programs are held during the week. This does not include an uncounted number of smaller, informal weekly gatherings at yogis' homes or offices. Each of the formal programs are headed by key people who take responsibility for ongoing needs. Some are big, some are small, some are for new people, some for older people, some with bhajans, some not, but all have their own distinctive personality. There are so many available options to choose from that it is possible to attend several meetings a week and not be familiar with yogis who attend other meetings. On the street it's not unusual to see Shri Mataji's badge on people who one didn't know were yogis. It is a very pleasant experience and there is no pretense to try to remember names.

In addition to the programs, everyone's social life is

St. Petersburg, known as Leningrad in Communist times, is Russia's second largest city with a population of about five million people. The city was built beginning in 1703 by Peter the Great as a window looking upon Europe. Its spacious beauty is the gift of French and Italian architects who designed this new capital for the czar. The city is immortalized in the great novels of Dostoyevsky Tolstoy and others. The city was renamed Petrograd in 1914 and then Leningrad in 1924. Hundreds of thousands of people died in this city during a two year German siege in the Second World War. St. Petersburg is a splendour of palaces, museums and cathedrals, many in a neo-classical style. This important Russian port is frozen by ice for three or four months of the year. A striking phenomenon of St. Petersburg is the prolonged twilight, or the "white nights," of June and July.

enhanced through many morning get-togethers. These include rehearsals for dramas, bhajans, Russian folk dancing, Indian classical dancing and lessons for painting, drawing, sewing and embroidery, cooking, carpentry, Hindi and English, to name a few. All are relaxed, casual affairs

observes the fruits of collective action.

There are also regular all-day Saturday programs in the ashram, for children ages four to ten in the morning, and eleven and over in the afternoon. The children often number anywhere between twenty and thirty for the

A Full and Satisfying Sahaj Life is Possible in St. Petersburg

that always include a short meditation. With the exception of having a non-Sahaj job (and there are a few yogi businesses that imbibe Mother's wisdom), it is quite possible to live a full and satisfying life in St. Petersburg surrounded by a comprehensive Sahaja society. One hears Shri Mataji say that we should be only with Sahaja Yogis. In St. Petersburg this is not only possible, but it feels incredibly natural. Let us all realize that this is an indication of what's to come in the future of the whole world.

Because of the large size of the collective, pujas are limited to the major pujas during the year, or about one a month. Each is quite a spectacular theatrical event held in a rented auditorium. They are all well planned, themed and decorated as if Shri Mataji was physically present. Here again, the leader appoints new captains for each puja to take responsibility for overseeing preparations and handling money. The captain is the only person who works with the accounting team who have set up a professional petty cash system. All expenses must first be estimated then approved and signed by the leader before money can be given out or reimbursed. The captain also appoints responsible sub-captains who then recruit help for the many necessary activities including drivers, musicians, artists, stage decorators, technicians and managers, lakshmis, children's group organizers, interpreters, amrit yogis, puja MCs, speakers, etc. When puja day comes often the person who organized it sits back and silently

first group and about ten or more for the second group. It is run by volunteer aunties who not only teach the children art and music, but also introduce Sahaja Yoga to them at their age level. This is in the form of singing bhajans, listening to Sahaj stories, making clay sculptures of the deities, drawing pictures of their fears and then burning them with a candle, etc. There is also a joyful puja to Shri Ganesh every week, where children learn basic protocol and how to behave collectively and meditate. There is a Sahaja school for children in Tagliatti for grades one and two, but the children live at home and attend the school. In St. Petersburg there is interest in starting a school but the usual matter of finances makes it highly impractical now.

Currently, it is very expensive here for most Russians. A salary of \$100 a month is considered very good, but paid in rubles and with inflation escalating, real dollars are diminishing every month. Buying food (which is almost at Western prices) is a real problem for many. On the street and in the underground metro (a beautiful gem created during the Communist days when money was more available), one sees the look of desolation on so many faces. But Sahaja Yogis are quite different. They literally lighten up the subway. For any collective gathering everyone brings a little something to eat. No one feels ashamed for lack of money, nor is any offering too small. If it is a small jar of sugar, a home baked cake or a few

apples, there is always plenty of food. It just spontaneously works out through collective generosity. People's conditionings and bodily space requirements here are also such that they just don't need as much, so when they see the opulence behind all the Western choices, it really appears to them as material decadence and it's therefore quite easy to reject as unnecessary.

Real estate is also very, very expensive for Russians and most flats are

It Spontaneously Works Out Through Collective Generosity

relatively small. The larger, grand apartment buildings that decorate the inner city were chopped up during the early days after the revolution. Hence, the ashram here in St. Petersburg is not really an ashram but more a community centre that is used for special events and rehearsals. But again, money is always in the background. The yogis completely renovated a large five room, ground floor unit of a state-owned building three years ago, only to have it currently turned into a revenue-producing children's preschool on weekdays from 9 am to 9 pm. It is staffed by yoginis, but no yogis can afford to send their children there. Instead, the St. Petersburg golden builders are renovating another similar-sized space across the adjoining walkway, but this process will not be done for several more months. Neither of the spaces have real bedrooms, but a few responsible yogis manage to live there contentedly. Both places are full of Shri Mataji's joyful vibrations and offer wonderful refuge from the outside world. It is believed that nothing else like this exists in any other Russian city. Instead, many individual yogis throughout the country open their homes and hearts for brothers and sisters to reside with them. It is a very ironic paradox that in America the ashrams are often large, beautiful and empty, but in Russia, where the yogis are plentiful, the real estate isn't available. We can be sure that in time Shri Mataji will work out both extremes.

Russia really is a fascinating centre for Sahaja Yoga. The yogis here are as deep and introspective as Shri Mataji says. They manage to witness the political and economic drama that continues to unfold in Russia by seeking comfort within themselves and the collective instead. Thus, the collective here is anything but stagnant. It continues to grow and mature. Much of this is made possible by the evolution of leadership styles. Often we hear Shri Mataji say not to criticize leaders, to give them a chance. Here too, in St. Petersburg, the leader has seen turbulence, but time passed and lessons were learned, with the result being a really invigorating model of how Sahaja Yoga can be run in the years and decades to come. I know one thousand yogis is a common dream we all have for America - in fact, we have to have at least 16,000. But to do so effectively, we must gradually install the Sahaja infrastructure to accommodate the large number of seekers who will come and stay on, or else they will pass through our hands unnoticed, unnamed and unloved. It is hoped that anyone who has the opportunity can witness this collective first hand, for it is truly a wonderful heart opening experience.

Like the Albert Hall meeting, Shri Mataji's public program in Budapest was quite short. In the self-realization Shri Mataji simply asked the people to put their hands towards her and did not give vibrations to individual chakras.

An hour-long Sahaja Yoga radio program is now airing in Christchurch, New Zealand.

The fortnightly program can be heard on Sundays at 10 am. A similar show may soon be broadcast in Auckland.

The first program produced for community TV in Australia has recently been aired to the pleasure of yogis, viewers and the television station.

On August 1st there will be a new ashram in Toronto. It will be in Mississauga.

"As I read somewhere, 'You want to make God laugh? Tell him your plans.'" American television journalist John Chancellor



FILM & TV

The Sahaja Yogis of California are set to produce a series of half hour shows that will be broadcast on PBS.

The programs will have excerpts from Shri Mataji's talks and short interviews with Sahaja Yogis.

Each will be introduced by Dave Dunphy.

"Immaculata," the Californian-based Sahaj movie company, is currently working on a thirty minute long documentary on the life of our Divine Mother, after which they will start on a longer project, the making the feature film about Indian prime minister Lal Bahadur Shastri's, based on the book by Sir C.P. Shrivastava.

TALNEWS

TALNOO (June 22) - Monsoons are starting soon, beetles are flying in and the cable tennis craze is on. Last Sunday, June 16th, we performed a play in Dharamsala for fifty top VIPs, Uncle Yogi Mahajan and two hundred other Sahaja Yogis from all the way to Bombay up to Pathankot. The play was written by Uncle Yogi on a few scenes in Saint Gyaneshwar's life. Bhajans were included as well as Sanskrit shlokas, though the play was in English. Tenth class sang and Andrew Lewis from Australia played the part of Saint Gyaneshwara.