

THE AUSTRALIAN

STRATHFIELD

Sahaja Newsletter

Contributions:

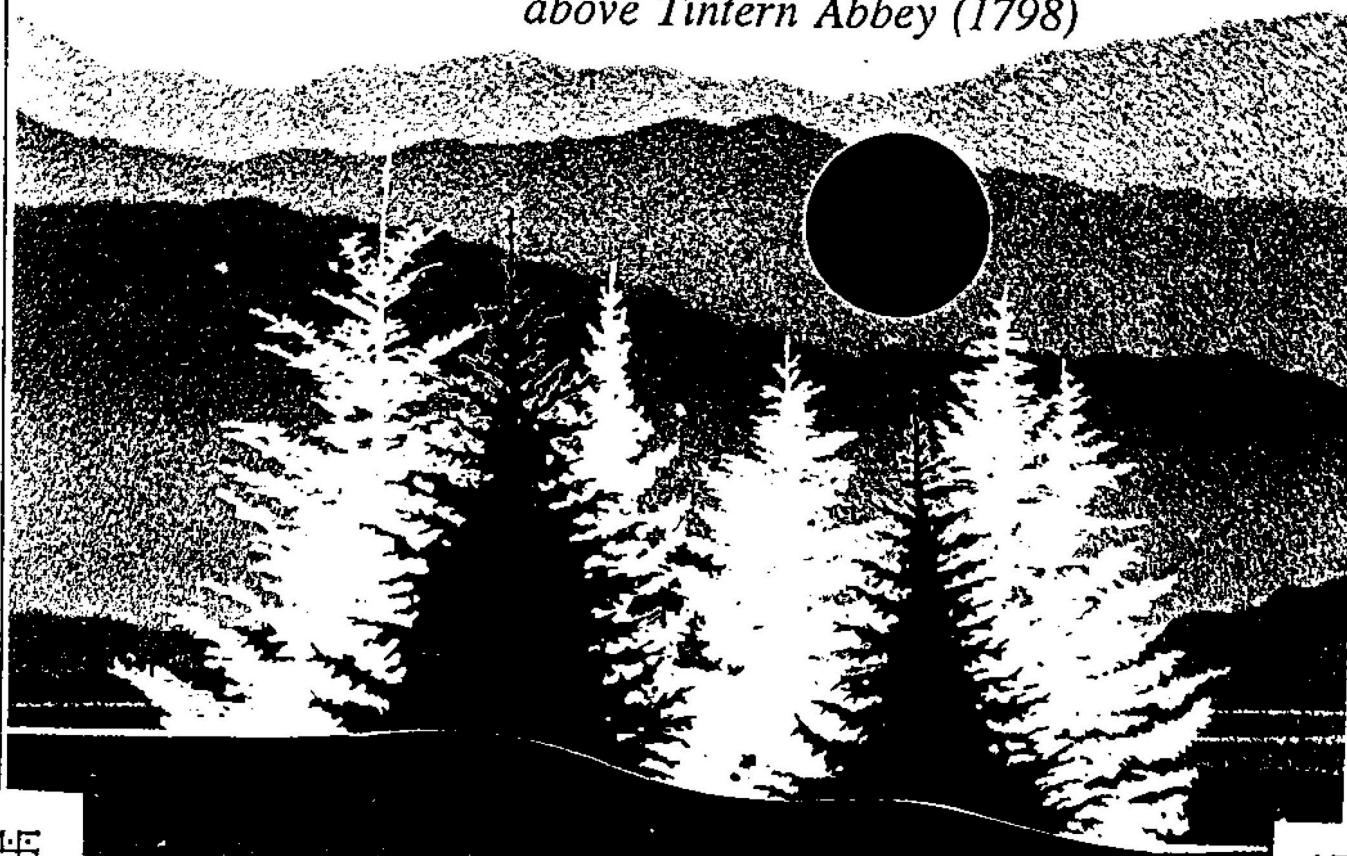
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FEBRUARY 4TH '94

And I have felt

A presence that disturbs me with the joy
Of elevated thoughts; a sense sublime
of something far more deeply interfused,
Whose dwelling is the light of setting suns,
And the round ocean, and the living air,
And the blue sky, and in the mind of man,
A motion and a spirit, that impels
All thinking things, all objects of all
thought,
And rolls through all things.

- William Wordsworth, *Lines written
above Tintern Abbey (1798)*



COUNTRY NEWS

"Shri Lakshmi Puja : "Curraweela" Taralga N.S.W. 2580

Saturday 5th February 1994.

Programme: Walks & Fun

Bhajan practice 2.30 pm

Puja 4.00 pm

Map: Sydney -- Hume Highway towards Canberra - Goulburn Exit - 1st set of lights turn right and follow signs to Taralga -- 10 Kms past Taralga comes a fork, Keep on left towards Oberon - 7.5 kms from fork look for the brick house with a green roof top - Turn right and you are welcome in "Curraweela". If you reach the "Curraweela" creek crossing turn around and look for the house on left.

If you wish you can camp. Please do not forget to bring sleeping bag.

(2) Goulburn Concert & Exhibition

A free two hour concert & the Sahaja Yoga exhibition will be held on Sunday, 6th February 1994 at the Goulburn Art Gallery.

Concert : 10am - 12noon

Exhibition : 10am - 2pm

Two radio interviews, a good size editorial with Sri Mataji's photograph, some ads and reasonable posterizing is expected to bring in lots of seekers of truth.

AVINASH & TRACY - (048) 438-130

Change of Address for Divine Cool Breeze Subscriptions:

Please note that Ian & Judy Hamilton (the Australian Distributors of DCB) have changed their address to:

10 Princess Street
BULIMBA QLD 4171
Tel: (07) 899.0950

SEMINARS GIVEN DURING INDIA TOUR 1993-4

From notes taken by Helen Jackson and Christine Driver with apologies for any mistakes, especially with not knowing speakers names.

COMMITMENTS AND RESPONSIBILITIES OF SAHAJA YOGIS TO SAHAJA YOGA

Gregoire:

This is a chance for our childhood to end and for us to reach adulthood. We will still always be Mother's children. Till now it's like we have been too shy to use and experiment with our powers. We have to become competent and excellent at spreading Sahaja Yoga. We now have to pass another stage, shift up a gear, we cannot be sloppy and incompetent in dealing with new people. How can we 'Responsibilize' everyone?

We have to be more efficient in organising our Finance, Publishing and all activities. Mother does it all - WITH MANY INSTRUMENTS. Our job is to become better instruments.

..Mother has been talking since Easter about the importance of self-esteem and assuming your powers. We all need to make a decision:

"Have I ever made the decision to use my life for Sahaja Yoga?"

Each yogi should sit down and say: "I decide to use my talents, strengths, many connections, whatever I have, to change my self and the world." We should say: "I am a Sahaja Yogi and I will do everything to repay my debt to The Divine."

PLEDGE;

About 600 yogis then made this pledge together:

"Shri Mataji, I decide to dedicate whatever I have, whatever I am, to Sahaja Yoga."

KEN (England)

Shri Mataji gives lots of hints that we're capable of giving large public programmes without Her Presence. We are the people the new Sahaja Yogis have to focus on. When Shri Mataji is there we all look at Her. We need to take the initiative.

Time seems to be a problem. If we can find time for India Tour then we can find time at home to help fulfil Shri Mataji's dream. And it's a lot cheaper!

Indian Lady:

Women in India generally are not taken seriously. They have courage, energy, commitment and talent. Women should be able to go out together with their husbands and brothers to hold programmes. Indian women will go week after week rain, hail or shine with only a small number of people turning up to programmes.

We request of men to please respect women in India!! Respect the shakti aspect in them. (Applause) First thing in Sahaja Yoga is to change the exploitation of women in the whole world.

Daniel (Austria)

We will be responsible for the musicians. The arts are coming together - music, poetry. MUSIC is going to WORK IT OUT. We have to find our own character and use it for Sahaja Yoga. The Artists' Network will support all work to spread Sahaja Yoga internationally.

Vicki (UK)

Whatever we do at the mental level in Sahaja Yoga is not enough. We should do everything with love for Shri Mataji.

Mother said: that we 'should have the commitment to Sahaja Yoga as God's children.'

We also have to be responsible for the mundane, everyday activities and commit to live as Sahaja Yogis - no-one should be inconvenienced or put out by any of our actions.

Must increase our communications and suggestions to Shri Mataji via our leaders.

Must help each other in every way.

When we are motivated then the money will be there.

Try putting the change from your pocket each day into a 'piggy bank' for a month and see how much there is to give to Sahaja Yoga.

Uncle Stephan (Australia)

The reason for doing anything has to be correct. Ask yourself: "Why am I doing this?" Your attitude is important. Then the commitment will be there.

ASHRAM MATS

HURSTVILLE

WE WOULD LIKE TO SHARE
HURSTVILLE ASHRAM WITH TWO
MORE YOGIS. PLEASE DON'T
HESITATE TO CONTACT US IF YOU
THINK YOU COULD BE ONE OF THEM.
COUPLES ALSO SUITED. PH 5708562

LOST AND FOUND.

FOUND: A very handsome stainless steel, Sheffield-made, "Bowie" hunting knife has been found. It has a wood and brass handle, and comes in a possum fur sheath.

As this precious utensil must surely be greatly missed by a Yogi or Yogini somewhere, Please ring Efrem on (02) 560 4134 to claim it!



THE WHOLE WORLD COULD GET
BLOWN UP ANY MINUTE AND ALL
YOU THINK OF IS DANCING!!



Wollongong

Local programmes.

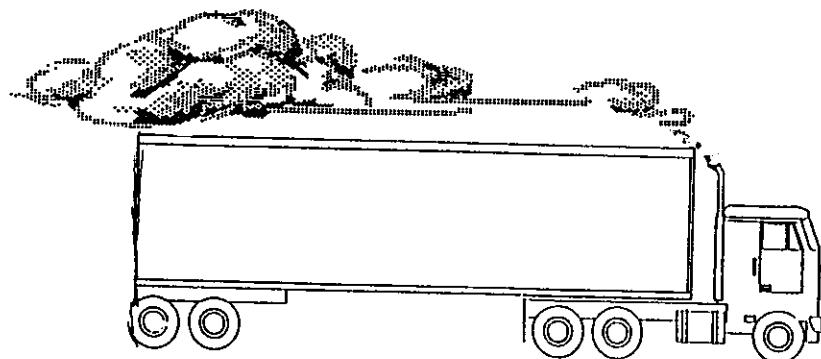
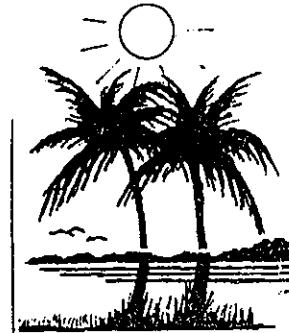
Several good things have worked out recently in the area. We decided to pursue a course approach and also to follow Sydney's lead by preparing a stall for local fairs. Both of these have worked well and at our second fair the ladies also raised some funds with cakes, jars of goodies and handicrafts. Local programmes seem to have their own momentum now and some big fairs are coming up later in 94. Also two positive articles were arranged in national 'new age' magazines which had stands at the Mind-Body-Spirit festival in Sydney, and both editors are keen to interview Sri Mataji if possible.

Keira High School programmes.

By invitation of the school we were invited to run an eight day course in "Yoga and meditation" at Keira High School in Wollongong just prior to annual holidays. 30 students of all ages signed on to do the course for an hour and a half each afternoon. Topics in our agenda included: Seeking, Music, the Whole Person, the Whole Earth, Evolution, Great People, and Modern Society and how to live in it. The students enjoyed and needed the stimulation of participation, i.e. meditating, discussion and activities although we found a lot of information was often lost on them. We kept the programmes quite light and did not confront them.

The most important thing of course was that they all received their Self-realisation, some were able to feel it well and all reported feeling positive things during, and as a result of, the meditation. There was a noticeable change on the second day, calmer, less giggly, better attention. We had fun on all the days and on the Great Peoples day one girl suggested Sri Mataji since "She gives so much, and without asking for anything back." On our last day, the one when holidays commenced, we abandoned our 'Modern society, how to live' programme and all watched "Groundhog Day" instead which served the same purpose and was lots of fun.

Teacher and student feedback was very good and they thanked us and asked us to return. Eight students came forward to ask for information about continuing to meditate and so we hope to see them again soon.



Sister Ginger and the Cannibals

HUpon a lonely grassy hill
Above the jungles of Brazil
There lived a nun of utmost fame
And Sister Ginger was her name.

One night upon that fateful mound
The cannibals were closing round
A-beating on their bongo drum
NUN FOR DINNER! YUMMY-YUM!

Now Sister Ginger didn't want
To end up in a restaurant,
She prayed to God that she'd be saved
From being caught and microwaved.

So God replied, "Don't worry, sis!
I'll very soon take care of this!"
And as the natives neared her bed
He stamped a message on her head.

The tribe surrendered with a bow,
"We won't eat Sister Ginger now."
"Yippee!" she cried. "But tell me, pray,
What does this wondrous message say?"

The natives moaned, their eyeballs damp,
"God's given you a USE BY stamp
And judging by the date we know
You went off several weeks ago."

But though the cannibals were foiled
The little sister's anger boiled,
"A USE BY stamp? What utter gall!
Why, I'm the freshest nun of all!"

"How dare that anyone suggest
My quality is not the best.
I'm no spring chicken, I agree,
But no one's out-of-dating me!"

Her foolish boasting cost her dear
The natives ate her up, I fear.
In heaven, God looked down and sighed,
"So much for Sister Ginger's pride!"

"It's better to be out of date
Than fresh on someone's dinner plate."



FROM SISTER MADGE'S BOOK OF NUNS.

World Indigenous People's Conference, Wollongong University

The WIPC was held in order to set educational policies for indigenous people around the world. The conference was held for one week at the Wollongong University. Sahaja Yoga became part of the conference very spontaneously. One yogi was working as a volunteer for the Cancer Council at the conference when it occurred to him how nice it would be if there could be a Sahaja Yoga stall present. In true Sahaj fashion, there was a space available for the last two days of the conference - at no cost! On a few hours notice we got together Sahaj information, videos of Sri Mother, the display board, ran photocopies of handouts, set up the trestles and chairs and it quickly became a Sahaja Yoga, travelling, vibrational roadshow.

While the video continually played tapes of Sri Mataji's public programmes we watched as people passed us by until one lady stopped, stood and watched the video, and a Yogi offered her a chair. She sat for a long period and other people then showed interest until finally there were no more chairs to be offered and people were standing around the display awaiting their own chance at Self-realisation.

In the beginning most of the people were Canadian Indians and we found it to be a profound experience to be speaking to people who were already very spiritually conscious. Later on many Maoris, a few American Indians and finally a few Australian Khooris got their realisation. We found these people to be very accepting of Sri Mataji and were respectful and they had a deep reverence for Her. One young Maori girl asked if she could offer Sri Mother a flower herself when she meditated at home.

Overall, the Yogis found it to be a very profound and deep (and afterwards exhausting!) experience being with the indigenous cultures of the world. Through Sri Mother's divine intervention the Sahaja Yoga stall was situated in the most prominent position in the main pavillion! We gave handouts with a Sahaja Yoga world address list to well over a hundred people from all over. Jai Sri Mataji!

