



Australian Sahaja Newsletter

29th August '98

Contributions:

02 97474835 or Burwood Fax 97454927

WORKSHOP AT LIVERPOOL HOSPITAL

On Friday 28th August, as a response to the credibility of the asthma research, Sahaja Yoga was very well received at the Inaugural Complementary Therapies workshop.

About seven yogis were able to attend, and a presentation was given followed by about one hundred nurses experiencing realisation. A stall in the exhibitors area provided a more comprehensive explanation of Sahaja Yoga and the asthma research, and gave the nurses the opportunity to experience vibrations. A great deal of interest was shown by the health professionals and a very light and enjoyable day was experienced by all.

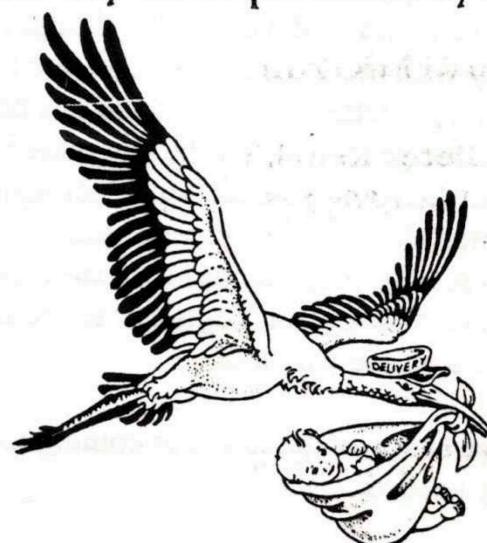
JAI SHRI MATAJI!

From Peter Kenchington

Ph: 9863 2489

BABY NEWS!!

On Monday 13th July a BABY BOY was born to Ramaa and Martin in WA - Weighing in at 8lb 3oz. Congratulations!



COFFS HARBOUR NEWS

The last 12 months has been an interesting time for collectivity on the North Coast. The Bellingen Global Carnival in 1997 was really successful vibrationally (a Puja was held here too). By March 1998 and the first Country Tour, the vibrations lifted our attention on to regular Sahaja Yoga programs. With the loving support of dedicated brothers and sisters in Sydney (you know who you are!), on the 3rd Sunday of every month, "the city comes to the country" for collective support and sharing of vibrations with new people.

A small but strong group of seekers continued to attend weekly programs in Coffs Harbour since March. All are meditating regularly and doing treatments at home. It's wonderful to see them growing and recognising Mother's greatness and divinity. In August a powerful havan was held.

We wanted to extend our thanks to yogis involved in the organisation of the country tour, and encourage all in the "big" collective to join in the growth of the "little" collectives in country areas.

Coming up on the calendar besides the weekly programs in Coffs Harbour . . .

- 
- Sept 5th Tallowood Health & Beauty Fair Stall
 - Sept 12th Bellingen Spring Plant Fair Stall
 - Sept 20th Country Tour program
 - Oct 2nd-4th Bellingen Global Carnival Stall (Seekers from all over Australia will be at this event. See Max (9130 3264) if you would like details on this big music festival. A poster on the Global Carnival will be on the Burwood noticeboard. A weekend ticket to enter the carnival costs \$60 (earlybird) \$70 (late).
 - Oct 18th Country Tour program
 - Nov 15th Country Tour program
 - Nov LETS Trading Day Mind & Body Expo.

During the year we also have enjoyed many visits from lovely yogis. We live 7 minutes from the beach on a 25 acre property, have 2 dogs, 2 kids and lots of gum trees. Sharing our place with yogis gives us great joy and is really good for the nabhichakra!

Love from Graeme & Helena

GANESHA PUJA

Place: Burwood Ashram
 Date: Saturday 5th September
 Time: 4.00 pm



Roster

	Set Up	Cook
Ganesha	7. Strathfield & West to Parramatta (Nicholson St, Torrington Rd, Lidcombe etc)	8. Burwood, Croydon and Concord (Clarence St, Burwood Rd etc)

	Wash Up	Dismantle
	9. Eastern Suburbs & Northern Beaches Woollahra, Bondi, Clovelly, Manly, Dee Why, Forestville etc)	10. Southern Region (Wollongong, Robertson, Kangaroo Valley, Balmoral, Bowral etc)



GANESHA PUJA – Cabella (ALL TO READ)

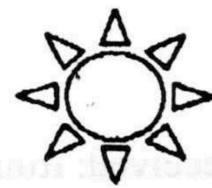
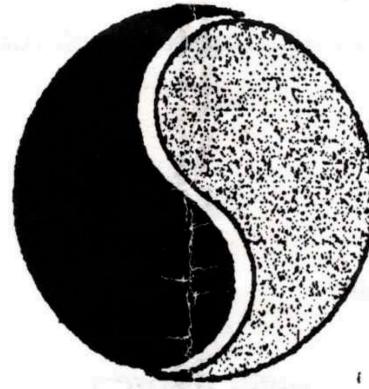
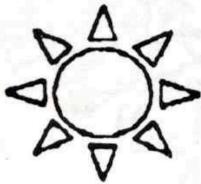
This year Ganesha Puja will be an even bigger event than in previous years. There will be 16 countries (from Asia and Eastern Europe) hosting the weekend and Shri Mataji has granted Sahaja weddings as well.

Australia will be represented by about 35 yogis and much preparation has already gone into ensuring that this weekend will be memorable. We need the assistance of all Australians. Some of the other host nations are less prosperous than we, and need extra financial support.

If you have not already done so, please send your contribution to Radhika Richardson, 195 Burwood Road, Croydon Park NSW 2133. Cheques payable to Life Eternal Trust.

Many thanks,
 Michael

(Reminder – contribution asked for was \$55 single or \$108 per family – or whatever you can afford).



To : **STHARA YOGA CENTRE**

From: Natalie

Date: 19/8/98

Just like to drop you a quick note, to say how much I enjoy your Sunday morning radio program on FM radio – 2SCR!

I especially enjoyed the program of about 2 or 3 weeks ago – the live music with didj!!!

Anyway, it's an excellent way to start the day

KEEP IT UP

P.S. I think everyone should listen – our planet would be a better place.

Date: Wed, 05 Aug 1998 11:13:05 +0200
From: Nirmala House <nirmala@etr.it>
Subject: Shri Mataji's Itinerary

Jai Shri Mataji!
Hi Mark,
this is the new itinerary of Shri Mataji to be posted:

14-15-16 August 1998	Shri Krishna Puja
4-5-6 September 1998	Shri Ganesh Puja
25-26-27 September 1998	Shri Nav.ratri Puja
18-20 October 1998	Travel to Israel and Public Programme
22 October 1998	Travel to Cibella Ligure
24-25 October 1998	Shri Diwali Puja (Portugal)
28 October 1998	Travel to Cibella Ligure
	Travel to India



From: Steve.Wollenberger@harrisbank.com
To: Clayton Carrigan, Canada, <carrigan@netcom.ca>
Subject: FW: Children of the Light
Date: Fri, 7 Aug 1998 08:44:20 -0500

Brothers and Sisters "Jai Shri Mataji"
The long awaited "Children of the Light" Dancing in Divine Love c.d Tape will be made available at Krishna Puja in Cibella. The beautifully produced production was personally named by our Divine Mother and has beautiful vibrations. In the recording of these tracks we seemed to strongly feel that our Divine Mother was here producing and arranging the tracks.

The production was Recorded in Vancouver, Canada by the Vancouver Collective. It includes among others, a very nice version of "Jago Kundlini Ma" and "Vishwa Vandita" also a Russian Bahjan "Issuse Hristos" and a very nice 16 minute music score set with poems written by Sahaja Yogi's from around the world.

Tapes will be available to the centers and individuals at Krishna Puja and a distribution through the local tape centers seems to be comming up next. For more info or to order contact anyone in the Vancouver Collective and/or Clayton Carrigan at Email - carrigan@netcom.ca



Medical research miracles

The medical research programmes are going very well. Both liverpool and camperdown programmes have now got about a dozen patients each requiring vibrations and attention from the yogis.

The patients that are nearing completion of the 16 week programme invariably report an improvement in their condition. There are many encouraging stories.

Here are two:

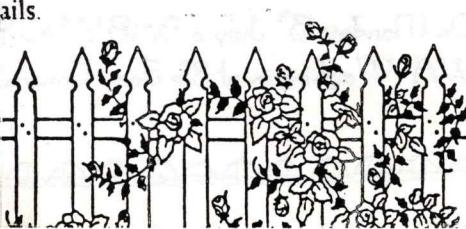
1. A patient in the liverpool programme who is nearing completion now reports that he has almost completely reduced his need for Ventolin (the drug that is used to relieve the symptoms of asthma), his Peak flow has improved by 50% (Peak Flow is an indicator of their lung function), his asthma has not gotten worse over winter (asthma usually gets much worse in the cold weather), he has had no asthma exacerbations (which usually occurs regularly, especially in the winter season) at all since he started meditating and in the last couple of months he has saved almost \$1,000 in medicine bills!

2. A patient in the camperdown group came for her first session with the Sahaj Yoga treatment programme only recently. At the programme She began to weep with joy. She told a concerned Yogi (who thought she might not come back because she was unhappy with the programme) that she felt something fundamentally change in her heart as if something lifted off and left her (probably an old bhoot). The next week she told the yogis that, for the first time in her life, she was able to sleep through the night without being woken up by her asthma. She has slept like log every night since she started the Sahaj Yoga mediation!

As you can see the programmes are extremely powerful. However for the past few weeks we have had a shortage of Yogi's due to the increased numbers of patients. There are more patients on the way too!

So if you've ever wondered about coming to the programmes please do so as your help is desperately needed.

Call Peter Kenchington or Hari Gaikwad for Details.
The research phone number is 9764 5523



From: "Ms Linda Williams", South Africa <wilms-l@pelican.vista.ac.za>
Subject: News from South Africa
Date: Mon, 27 Jul 1998 10:32:04 -0700

At the Grahamstown Arts Festival, South Africa, the Sahaja presentations which had been planned worked out better than we hoped for: a large number of people received realisation and very good time as had by all the Sahaja Yogis who came. But it was the unplanned events which gave the week magic. For ten days in July the whole town is given over to this arts festival, and people come from all over the world, especially southern Africa.

By South African standards a large number of Sahaja Yogis supported our presentations at the festival. A British Sahaja Yogi kindly sponsored two ladies from Soweto (Johannesburg) to come and help us with people who only spoke indigenous African languages; a French yogini came all the way from Europe, and about thirty other Sahaja Yogis from all over South Africa travelled the long distance to be with us. We had a stall in the High Street, a room where we had a Sahaja exhibition and played bhajans leading to realisation being given, and we had introductory programmes with bhajans and dancing in the local township (the suburb formerly reserved for Xhosa people). We had a TV interview and a number of newspaper articles written by and about people from all the many cultures of our rainbow nation. This was happening the same week that Shri Mataji was giving programmes in London and it is perhaps no accident that the first group of British settlers in South Africa founded Grahamstown.

Most of the visiting Sahaja Yogis stayed at a farmhouse in the countryside some 30kms from the town, so the whole programme turned into a collective get together, so we had a havan, and well as much singing and dancing. The ladies from Soweto were the stars when it came to giving realisation. Wherever they went, whether on the stall, giving prearranged programmes or even standing on the side of the road when the car bringing them into town one day broke down, people felt cool breezes and joy, and received realisation. They were an example for all of us with their warmth, commitment and total trust in the power of Mother as the Holy Spirit. At the first township programme, which was conducted in Xhosa, after the newcomers had got their realisation most of the young people who had come decided that as we had sung for them in Indian languages and English, they should sing to us in Xhosa, so they treated us to a stirring rendering of our National anthem, Nkosi Sikele Afrika, which means God bless Africa and includes a line which says 'Come Holy Spirit, please come to Africa.'

On many occasions during the festival we felt She was here, blessing us and helping to create a new South Africa which truly expresses the joyful, creative and fulfilling qualities the left swadishthan.

Thank You, Mother.

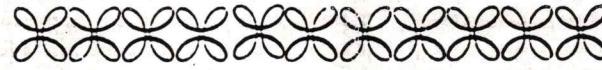
With greetings from the Sahaja Yogis of South Africa.



Received: from Pwanage@aol.com

I needed your help with another project of preparing the brochure for Vishwa Nirmala Dharma. We are requesting photographs of Shri Mataji and Sahaja Yogis and of the projects and school. If you have some pictures of the school which we could use for the brochure. I will get back to you about the research about the school. Jai Shri Mataji.

Prabhakar Wanage
Phoenix, Arizona.



General Notice for all newsletters and state coordinators

The Victorian collective is very pleased to be able to invite the National collective to join them at the picturesque Lake Waranga Holiday Camp Rushworth Victoria for National Diwali Weekend on the weekend of October 16th to 18th.

Maps and further information to be forwarded to state centres soon

Registrations and enquiries to Rob Henshaw
ph: 0359762116; fax 0359759332; email: coloramavideo@bigpond.com

Registration costs: Adults \$108; Full time students \$75; children age 5-16 \$20

Cheques to "Sahaja Yoga Victoria"

Enquiries to Rob Henshaw after hours only please.