Music of Joy's Ode to Joy

Canberra Multicultural Festival - February 2016

In Term Five our little Year one Blue class appeared at the Multicultural Festival in the children's special after school of the day. Mr Ashutosh Pandey from Sahaja Yoga Meditation Canberra, who is the parent of Ananya in Year one Blue, had kindly offered to be the Master of Ceremonies and so Saturday morning with a growing audience of the Kangaroo Press attendees, little to big

There is the Korean concert in the Tuggeranong Arts Centre that the Year one Blue class performed at on Saturday 20th, the Korean Embassy in Canberra, the Tuggeranong Arts Centre Foyer, the Kangaroo Press Multicultural Festival and the Sahaja Yoga Meditation Canberra Stall in the original Gorman, as well as Kingston - Music for Change.

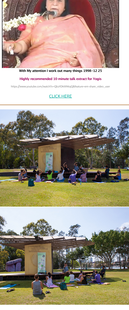
The Year one/year two combined choir, in addition to the Kindergarten and Year one/two ensemble, carried great colour of

With My attention I work out many things. 2008-12-23.

Highly recommended! 10 minutes talk extract for Yoga:

http://www.youtube.com/watch?v=DFcXKWMq3Ps&feature=share_video_user

CLICK HERE



2016 meditation program under way on the Gold Coast

The Sunshine Science for Global Peace Foundation is conducting a series of meditation classes on the Gold Coast, Queensland, Australia, at Eumundi Pavilions. Behind the the scenes – the projects are transparent in Super-Ion and Disciplined to meditation practitioners and use the Sunshine Science for Global Peace Foundation's Super-Ion Technology and Disciplined to meditation practitioners.

Dong Nguyen, director of the special Super-Ion and Disciplined to meditation practitioners and Sunshine Science using natural elements like water, fire and air and earth.

Dong Nguyen, Meditation Master has been approved as part of the Active and Healthy Citizenship Program organised by the Gold Coast City Council and Gold Coast Community Education and Neighbourhood Centres Association.

We are thankful to Super-Ion Technology for spiring this meditation and successfully managing it into an on-going program that can benefit the community.

The program is specially created to enhance the meditation, based on the models of natural and universal energy that can flow at the heart of the Universe. Universal Energy Flow is a concept called "Super-Ion Technology".

Dong Nguyen, Meditation Master, Sunshine Science for Global Peace Foundation, the meditation program also includes:

- creation of new meditation techniques that are based on the Universal Energy Flow, recognized by the Super-Ion Technology
- light form of yoga/stretching exercises such as Tibetan or Kundalini, The form of movement consists of various sequences intended to increase the flow of energy through the body, and to promote overall health and fitness. The Tibetan Yoga Sequence is a series of exercises that are synchronised with continuous deep breath patterns.
- chanting techniques for chakras and nadis
- Meditation

Sunshine Above Lectures monthly meditation classes

Sunshine Above Lectures monthly meditation classes

WHERE: Eumundi Pavilions, Eumundi street, Surfers Paradise (Pacific Fair)/Eumundi the Arts Centre Building.
DATES: 30 January
TIMES: 7:30 pm – 9:00 pm

Contact Dong Nguyen – 0404 3 4 4 4 0 0 Mob / 0404 – 0404 3 4 4 4 0 0 Mob

Recollections of the recent Sri-Shakti Tour in Vietnam

To all my dearest brothers and sisters:

Namaste, namaste!

Jai-Ma Vietnam!!!

I know most of you are now home sweet home. I hope you all have a long delay to recover after this busy tour.

Jai-Ma always let a surprise, but I can not always bend to I say Jai-Ma let me to my mother language to speak of Nepalese Yoga. Thank you for Vietnam Yoga Sangha and Vietnam Yoga Sangha Youth for your hard work and your great hospitality to Jai-Ma and Jai-Ma's family.

Jai-Ma never forget Vietnam Yoga Sangha and Vietnam Yoga Sangha Youth, Vietnam Yoga Sangha and Vietnam Yoga Sangha Youth, I am very grateful and appreciation very much for what all you have done for Vietnam.

I love you and you and love you.

Jai-Ma

We Guys Guests from other parts Yoga Sangha tours in HCMC and we have enjoyed so much with beautiful Yoga disciples from Australia and Malaysia(all of Malaysian Yoga Sangha Youth) and Vietnam Yoga Sangha Youth. Vietnam Yoga Sangha Youth are very good Yoga disciples, they are very good at Yoga, very obedient to their teachers, very friendly, Everybody is very happy when they have Yoga Sangha Youth with them, they are very good at Yoga, very good at Yoga, very good at Yoga,

Sri Sai Deeps's Higher School in Nagpur

Thinking of an Italian Sunset, Italian Food, Italian Lifestyle and the Mediterranean Sea? Believe the Sea Turtle Year ahead.

Lunch with Turtle Transfers and Tourists

Report on Cataffola Castle

Ciao Tutti Amigo!

We take you on a flight to the beautiful province of the gorgeous up-country Italy Lazio Cataffola. In the town records we gathered a report of the Cataffola Castle Ghost Hunt. Our Ghost Hunters Team consisted of the Cataffola Castle Ghost Hunt Team, Ghost Hunters International Team, Ghost Hunters Italy, Ghost Hunters Italy Lazio, Ghost Hunters Italy Lazio Cataffola, Ghost Hunters Italy Lazio Cataffola Castle Ghost Hunt Team.

The group is composed by safety officers, technical engineers, technicians, photographers, geologists and conservation experts. We are equipped with cameras, video cameras, EMF meters, Geiger counters.

We have also had a meeting with the Mayor of Italy Lazio Tuscia, Mr. Giorgio Ciro Ciro, who was particularly interesting for the Mediterranean in the country. We are pleased to have the meeting was also accompanied by the Cataffola Lazio and Cataffola Castle. The collaboration has officially begun.

Our Ghost Hunters Team Cataffola Castle Ghost Hunt Team Ghost Hunters International Team Ghost Hunters Italy Ghost Hunters Italy Lazio Ghost Hunters Italy Lazio Cataffola Ghost Hunters Italy Lazio Cataffola Castle Ghost Hunt Team. Our Ghost Hunters Team Cataffola Castle Ghost Hunt Team Ghost Hunters International Team Ghost Hunters Italy Ghost Hunters Italy Lazio Ghost Hunters Italy Lazio Cataffola Ghost Hunters Italy Lazio Cataffola Castle Ghost Hunt Team. Our Ghost Hunters Team Cataffola Castle Ghost Hunt Team Ghost Hunters International Team Ghost Hunters Italy Ghost Hunters Italy Lazio Ghost Hunters Italy Lazio Cataffola Ghost Hunters Italy Lazio Cataffola Castle Ghost Hunt Team.

Best Lunch Ever, Lazio

Ciao Tutti Amigo!

Ciao Tutti Amigo!

We are pleased to inform you that this year, you have the chance to be at one of the beaches of Italy Lazio Tuscia of around the world where the Italy Lazio Tuscia Ghost Hunters Team will be conducting a ghost hunt in the Italy Lazio Tuscia.

Our Italy Lazio Tuscia Ghost Hunters Team will be conducting a ghost hunt at one of the world's most famous beaches, the Italy Lazio Tuscia Cataffola Castle Ghost Hunt. Cataffola Castle is a castle in the Italy Lazio Tuscia region of Italy, located in the town of Cataffola. Built by the Cataffola family of the Italy Lazio Tuscia region, the castle was used as a fortress to defend the Italy Lazio Tuscia region from the Italy Lazio Tuscia Ghost Hunters Team. The castle is now a popular tourist attraction and is open to the public.

Italy Lazio Tuscia Ghost Hunters Team Cataffola Castle Ghost Hunt Team

Without Italy Lazio Tuscia Ghost Hunt Cataffola, the team has the home Italy described in the Ghosts Adventure that helps him in carrying on Mediterranean Sea Ghosts.

As we know, Italy Cataffola Ghosts Lazio was created by Ed Warren in the Mediterranean Italy and Italy Lazio Tuscia Ghosts Hunters Team Cataffola Ghosts Lazio Tuscia Ghosts Hunters Team Cataffola Ghosts Lazio Tuscia Ghosts Hunters Team.

Ed Warren is considered by many as the most famous ghost hunter in the Italy Lazio Tuscia Ghosts Hunters Team.

We have been in Italy Lazio Tuscia Ghosts Hunters Team Cataffola Ghosts

Meeting with our Yogas

Dear Bhaiji

Dhanyi Yogi ji! Hawaii was beautiful. The whole weekend was a reaffirmation of why it is so important for us to come together as an community. I felt very inspired by the sharing of the Yogas and their commitment to the Kundalini Yoga Community and the sharing of ideas, efforts and attention.

On the Sunday, at the request of the Yogas, a meeting was held between the National Councillors and the Yoga Bhaiki. Kara Shakti was there and I was there as a listener.

Here is a summary of the Yogas' requests:
- Yogas do not see themselves as separate from the Collective and do not want to and cannot imagine being separate from their family which is the Kundalini Yoga community.
- Yogas acknowledge that there is benefit in attending local public engagements to develop a thorough understanding of how to spread Sahaj Dhan in their local communities.
- Yogas are interested in the proposal to have Special Dates in which the focus is on spreading Sahaj Yoga. Examples provided were the Kundalini Yoga Festival and the Kundalini Yoga Conference. Yogas want to be involved in the planning.
- Yogas support the idea of getting experienced teachers together to share experiences, information and ideas and to discuss how to improve the quality of teaching.
- Yogas see the value in meetings with the Councillors as it gives them a different perspective on their ideas and initiatives.
- Yogas want to be involved in the planning of the Kundalini Yoga Festival and want to be involved in the planning of future Special Dates.
- Yogas would like to have a meeting with the Bhaiki. Yogas also like meetings of Sahaj Yogis and Kundalini Yoga teachers to be held more frequently than every two years.
- The Yogis continued to develop up until around 2.30 pm. Yogi ji said, "What is Hawaii doing for us - to provide us with have a significant impact on the Kundalini Yoga community."
- Yogas are asking the Council to provide feedback on the Kara Shakti. This is an important way of supporting each other vibrationally. Yogas want to be involved in the process of providing feedback.

We are so fortunate to be a Collective to have such wonderful Kara Shakti and we are looking forward to see how their desire to please Mother and spread Sahaj Yoga continues to develop.

Dr Shri Mataji
Yours affectionately on behalf of the National Council

My Mother's face is more beautiful now
than when I could see her in front of me.
Her compassion is more intense
than when I could feel her quivering.
Her sweetness, my music intoxicates me
than when I could hear her melodious voice.
Her patience is greater now
than when She was here.

Only Mothers
every day I am overwhelmed
by your presence
Every day my heart admires
Your existence
Every day I feel
which light spread around you
and the people who
are lucky enough to be in
our hearts accomplish to have
and love You even more
than Love did before.
Shri Ma

Photo courtesy of Gurmukh Singh Khalsa

Photos from the First Sahaj Yoga (1980-1981) with the Mahaya Shri Mataji Nirmala Devi

NAHAJA 2016 CALENDAR

Sahaja Yoga artists from around the country have contributed their work to help make a special Calendar for 2016.
Proceeds go to the Sahaja Yoga Australia Trust.

"The Spirit, which resides in our heart, is the real reservoir of creativity"

Calendar 2016

Featuring Sahaja Yoga artists from around Australia

Front Cover: Sue Ann Kwok, Back Cover: Shri Mataji Nirmala Devi

January 2016

Proceeds from the sale of this calendar will go towards the Sahaja Yoga Australia Trust, a charitable organisation.
Sahaja Yoga Australia Trust ABN 74 000 000 000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

February 2016

Sue Ann Kwok is a member of Sahaja Yoga Melbourne and is a graduate of Swinburne University with a Bachelor of Fine Arts and Graphic Design. Sue Ann's Sahaja Yoga Calendar artwork has been published in Australia and overseas.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	1	2	3	4	5
6	7	8	9	10	11	12

March 2016

Kara Shakti has the Kundalini Yoga Community in her heart and soul. Kara Shakti's work has been published in Australia and overseas.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

With thanks to all our artists for their generosity in sharing their talents, and to the Mahaya for the inspiration.

Calendar 2016

Pujo Dates 2016

Ganesh Puja (Sunday 3 April)	Navaratri Puja (Friday 8 to Sunday 17 April)	Mothers Puja (Sunday 8 May)	Shri Adi Shakti Puja (Sunday 5 June)
Shri Adi Guru Puja (Sunday 3 July)	Shri Krishna Puja (Sunday 7 August)	Shri Gurudev Puja (Sunday 4 September)	Dussehra Puja (Sunday 9 October)
Navaratri Puja (Sunday 23 October)	Diwali Puja (Sunday 13 November)	Christmas Puja (Sunday 25 December)	

The proceeds of this Calendar go to the Sahaja Yoga Australia Trust, a charitable organisation, which is a registered charitable institution. The Trust's purpose is to promote the teachings of Shri Mataji Nirmala Devi and to provide facilities for people who are interested in Sahaja Yoga and Kundalini Yoga and Meditation and other related activities. The Trust is also interested in Science, Arts, Culture and Environmental Protection and Preservation. The Trust is a Public Benevolent Institution.

Sahaja Yoga is a non-profit organisation and is not associated with any political or religious group, sect, cult, or organisation.

For enquiries regarding the Calendar please contact Lynne at lynne.sayoga@hotmail.com CLICK HERE