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## Editor's Note:

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It is our great pleasure to put forward the second issue of Sahaja Yoga Canada Newsletter. In this issue, we have tried to incorporate your inputs and feedback accordingly. We hope you will find this issue much more interesting. Mother's 85th birthday is coming; we shall try to keep you posted of every activity.

As always, please feel free to [contact us](#) if you have any suggestions for improving this newsletter.

## Sahaja News

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### Marriages on Birthday Puja

According to the latest news, marriages are not taking place this time.

### Sahaja Growth Insights

#### ONTARIO

Barrie: Yogis are taking turns to travel to Barrie for conducting the Sahaja session. They advertise for the Sahaja Yoga class by putting posters in and around the area before the program. Small ads and editorials have also appeared in weekly programs.

On 09 Feb, 08 - Thirteen people attended the class, of which six were new and they got their realization. Two ladies who have been coming from September were present. Others have been coming for over a month. Few walked-in to enquire about the class for the next session onwards.

#### GTA:

*Sahaja Yoga presentation at Humber Institute of Technology & Advanced Learning:*

Fifteen Council members of the Student Counseling Department including the Psychological Counselor at Humber Institute got their realization after a presentation on Sahaja Yoga for 25 minutes on 06 February, 08.

## Sahaja Events

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### Upcoming Events

- **Public Program**

#### Collingwood Public Program

**29 Feb, 08** - from 7:00 to 8:30 pm - at Community Centre Multipurpose Room, 5288 Joyce Street, Vancouver. For more info:

<http://www.freemeditation.ca/collingwood/collingwood.html>

#### Art & Spirituality

**02 Mar, 08** - at the Burlington Class - Brant Hills Community Centre, in Nelson Room.

2255 Brant Street, L7R 3Z6

Info: (905) 635-1887

- **Workshop/ Tours**

#### International Sahaja Yoga Seminar

**22 - 24 Feb, 08** - in Netherlands

For the relevant information:

<http://www.sahajayoga.nl/seminar/>



### **Sahaja Growth Insights Contd...**

They all had a wonderful experience & desired to add Sahaja Yoga in their agenda after the approval of the Institute Board.

#### *Realization at Albion Public Library* :

Twenty four Gujarati community club members got realization at Albion public library on 8th February. It was a two hour presentation on Stress Management through Sahaja Yoga. Everyone felt the tremendous flow of vibrations & expressed their desire to have Sahaja Yoga Meditation every week for at least 15 to 20 minutes before their weekly community club workshop.

#### **BRITISH COLUMBIA**

We are part of a united celebration of our Mother's advent upon the 85th celebration of Her birth, by giving a public screening of the film 'Freedom and Liberation' at the 'Robson Square Media Center Theater', joining with Australia, New Zealand, China, Hong Kong, Taiwan, Thailand, Japan, and Malaysia. Shri Mataji has spoken several times at that theater and the auspicious time of the event is Thursday March 20th, 7:00pm.

#### **85th birthday celebrations will take place at Shri Mataji's birthplace, in Chindwara, India.**

Certainly, 21st March, 2008 is a unique day unparalleled in history. H.H.Shri Mataji has given Her Divine Consent to celebrate Her Birthday Puja in Her Divine Presence on Good Friday (21 March 2008) at Her Holy birthplace; in Chindwara, India.

#### **"The Legend of Dagad Trikon" now on iTunes**

Two chapters of "The Legend of Dagad Trikon" by Gregoire de Kalbermatten have been made available for free, in audio format on iTunes. The voice belongs to Alan Wherry, the editor and publisher of the book. Two chapters of "The Legend of Dagad Trikon" by Gregoire de Kalbermatten have been made available for free, in audio format on iTunes. The voice belongs to Alan Wherry, the editor and publisher of the book.

To listen, all you need is to have iTunes installed (get it for free at <http://www.apple.com/itunes/download/>), then go to the iTunes Store and search "Legend of Dagad Trikon". Please spread the word to yogis and other prospective readers of the book.

#### **Request from Stefano Poli**

Stefano Poli has recently finished writing a long feature screenplay, a romantic thriller about an 18th century Sicilian warrior. With this story she is trying to spread some messages of the Sahaja vision of Christianity, in a way that they can be appreciated also by people who are not Sahaja Yogis.

Some US professional readers consider that the script is good and has the potential to become a Hollywood film, but the translation from Italian language looks sometimes scholastic or not genuine. If anyone has good English writing skills and willing to translate can help her. Contact her for further information at [stefano\\_spirito@virgilio.it](mailto:stefano_spirito@virgilio.it)

### **Upcoming Events**

- **Workshop/ Tours**

- **Maharashtra Tour**

**10 – 18 Mar, 08** - The tour would start from Nirmal Nagari, Pune, 10 Mar, 08, after the Shiv Puja celebrations at Pune and will end at Chindwara, Madhya Pradesh, India.

- **Music, Meditation and Spirituality**

**11-18 Mar, 08** - Workshop –at Shri P.K. Salve Kala Pratishthan Music Academy.

- **Pujas in March**

- **Maha Shivratri Puja**

**08 - 09 Mar, 08** -Sakshat Puja in Pune.

In GTA on 09 Mar, 08 from 5.30pm to 10.30pm - at

Elmbank Community Centre  
10 Rampart Road, Toronto  
ON M9V 4L9

- **Birthday Puja 2008**

**20 – 23 Mar, 08** - Sakshat Puja at Chindwara, Madhya Pradesh, India.

In GTA on 21 Mar, 08 at Party Room (Rental Office Building) 85 Charolais Blvd. Brampton, ON

- **Release**

- **Documentary**

**21 Mar, 08** - Chindwara house- It is at this great historical site that the All Mighty Supreme Adi Shakti decided to incarnate on 21 Mar, 1923.

### **Past Events**

- **Public Program**

**09 Feb, 08** - Mall Realization program was done at Eastgate Mall in Hamilton.

**16 Feb, 08** - Mall Realization took place at Lime Ridge Mall in Hamilton.

Many seekers got their self - realization.



### Latest From Pune...

*59th Republic Day of India on the sprawling lawns of Pratishthan.*

As early as 7 o'clock in the morning, people started gathering in the front garden at Pratishthan, Shri Mataji's home near Pune. At 9 o'clock, about 1000 people were waiting in a beautiful setting, specially prepared to receive Shri Mataji and Her husband, Sir CP Srivastava.

The program began by the unfurling of the National Flag by Shri Mataji. The National Anthem was sung with great fervor and respects by the whole assembly of Sahaja Yogis and Yoginis which was standing in unison.

Shri Mataji then saw the pilot vehicle made for spreading the message of Sahaja Yoga which is equipped with all publicity material. The children then danced to patriotic songs. Later when Shri Mataji was asked whether She would like to address the assembly gathered there She said in Hindi that by seeing everything today "Mera jee (man) bhar aaya hai", implying She was overwhelmed with joy.

The Russian collective offered their respects to Shri Mataji in the form of a bhajan. Sir C.P. presented the chief guest invited on the occasion- the Inspector General of Police of Maharashtra with a potrait of Shri Mataji.

*The Sankranti Puja was on 17th Jan, 08*

On 17th Jan, 08 Shri Mataji expressed the desire to have a Sankranti Puja in Pune. In a short time preparations were done. Shri Mataji announced that today is Sankranti. Shri Mataji explained the importance of this day and what one should do to appease the Devi on this day.

### Divine Knowledge

#### The Shri Lalita Centre

Shri Lalita Chakra is the moon and contains the power of the left side. This Chakra is above the left heart. It is the point where sacred union of Shri Shiva and his Shakti takes place. Their joy becomes expressed within us at our level of earthly existence. It is situated on the left side so that we can experience this joy spontaneously and we desire to seek it again and again. From here one learns to surrender emotional attachments to the Maya. As a result we are emotionally attached solely to the attainment of joy, to God almighty. Since this point is between Heart and Vishuddhi, by establishing that link, it can help us to get rid of guilt and deep insecurity. Thus when we fully recognize Adi Shakti and set into the state of doubtless awareness, we feel Divine joy within. This gives us our witness power, which helps the attention to remain firm in Sahasrara.

*Catches:* can be caused by a false guru. When one feels that one can intellectually know and possess God, then one can become very gaunt. Imbalance in Left Vishuddhi and lack of joy is a constant cause of catch. Avoid moving shoulders. Also, ladies should cover their shoulders.

### Past Events

- **Online Global meditation**

**11 Feb, 08** – 57 yogis participated - next session is on 23 Feb, 08 at 9:00 pm EST - Use Sahaja Yoga Radio to join the meditation.

### Useful Links

- [Archives](#)
- [Sahaja Yoga Canada Website](#)
- [Weekly Classes](#)
- [Sahaja Radio Live Broadcast](#)
- [Sahaja Path](#)
- [Global Meditation](#)

For any ideas, news, information and suggestions, please feel free to write to us at: [newsletter@sahajayoga.ca](mailto:newsletter@sahajayoga.ca)