



Shri Ganesha Puja Burwood

LETA Trustees - Newsletter



HH SHRI MATAJI NIRMALA DEVI

SHARING THE JOY

NEWSLETTER
FROM LIFE ETERNAL TRUST AUSTRALIA



Dear brothers and sisters.

Jai Shri Mataji!

The Life Eternal Trust Australia (LETA) Trustees want to recreate a friendly, joy-filled atmosphere only focusing on positives and the great blessing HH Shri Mataji constantly bestows upon us all, reflected in our beautiful family.

This new Newsletter will feature Her Holiness and the great beauty She creates, joyous events, Yogis creative gifts to the world, poems, stories, recollections of time with HH Shri Mataji, new ideas for public programs, festivals and events, Yuva news and initiatives, MOJ programs and news, resources, and National and State News in later editions.

We look forward to receiving your positive offerings to share as we move forward into a new phase of loving enjoyment, 'Sharing the Joy'.

With love from the LETA Trustees



In this 1st edition: February 2025

- A poem written by HH Shri Mataji in Cabella
- Enjoying HH Shri Mataji's homes – Genoa Home Photos
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- 70+ Seekers receive Realisation
- Easter Puja Balmoral - 2019
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- Something to share?





A poem written by HH Shri Mataji in Cabella watching the mountain from Her room

I see a mountain from my window
Standing like an ancient sage
Desireless, full of love.
So many trees and so many flowers
They plunder the mountain all the time.
Its attention is not disturbed
And when the rain pours like
Many pitchers of clouds bursting
And it fills the mountain with greenery.
The storms may come soaring,
Filling the lake with compassion
And the rivers flow running down
Towards the calling sea.
The sun will create clouds and
Wind carries on its feathery wings
The rain on to the mountain.
This is the eternal play
The mountain sees
Without desires.







PRATISHTHAN

HH SHRI MATAJI'S BEAUTIFUL HOMES



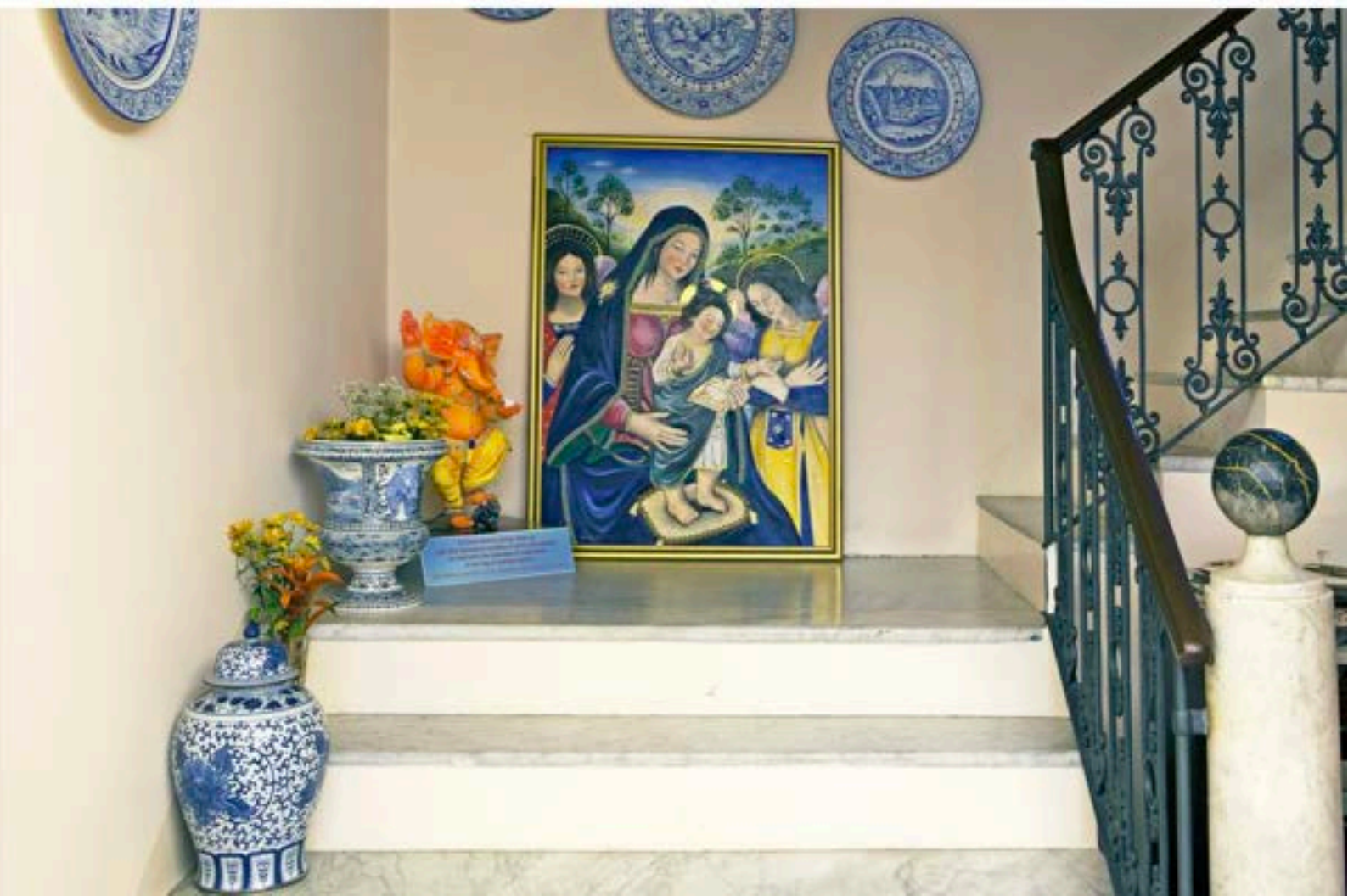
GENOA HOUSE - ITALY



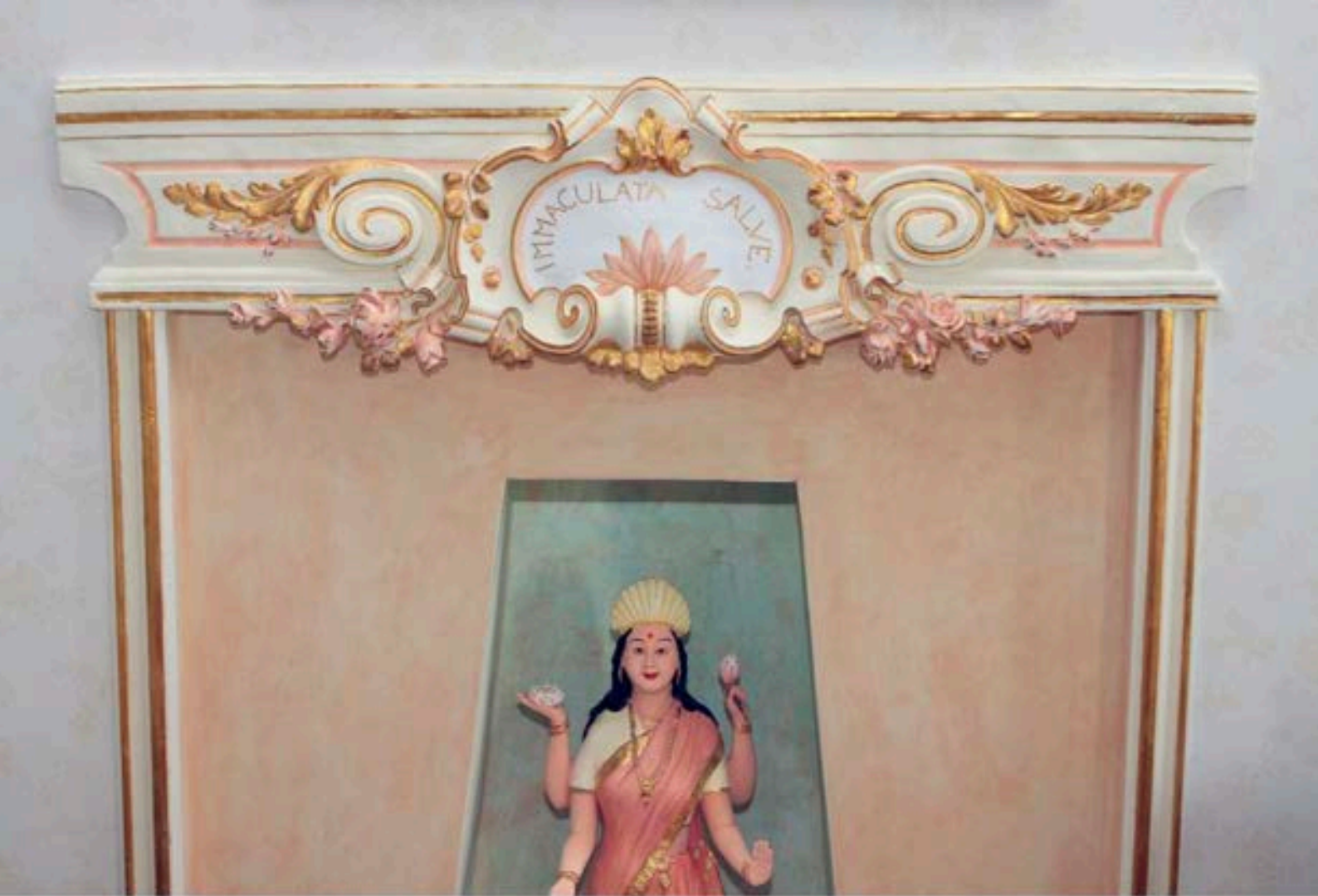
















Sweet Memories

Yuva Shakti Tour and Camp - 2013

(Photos shown as the event was 12 years ago.)



This years Yuva trip and camp started in Balmoral, after which we went to Canberra, then Melbourne and finished in Hiawatha. We could detail the sessions and give you our movements over the two weeks but that could convey nothing of the love that grew between us nor the silence that developed within over the time we spent together.

Suffice to say that there were a lot of clearing sessions, art, games, discussions, laughter and meditation. There was something different about this camp. All the kids who came wanted to be there and were eager to enjoy the collective and experience meditation. Most people who came said that the vibrations of the whole trip were the best of any of our camps held so far and it definitely felt that something big was working out through the whole thing.

Everywhere we went we were looked after so beautifully, we really felt the love of our collective, love that desired our benevolence. lot of the kids who came, the camp was

the one time in a year where they could be with the larger Yuva collective.

Many find it difficult to be disciplined in their meditation, to be connected with Mother, so the Yuva camps are an excellent means for them to reconnect with their friends and themselves.

It was such a pleasure to be among people who wanted to go deep, who wanted to become the Spirit, and in whom one can find solace and sincerity.

With love from the Yuva Shakti

LINK TO YUVA SHAKTI NEWS: <https://globalyuva.com/>



Spreading the Love

70+ seekers receive HH Shri Mataji's blessings at Chinese Lunar Festival

Jai Shri Mataji,

Dear All,

We would like to share the joyous event which occurred at the Chinese Lunar Festival in Chatswood, North Sydney recently where visitors to the festival were given the opportunity to experience their Self Realisation. A somewhat nostalgic experience reminding us of 'the old days' as so many were very open to the gift on offer.

The invincible Divine Powers of the Holy Mother has shown how She can attract Her children to get their Realisation wherever & whenever She desires and it was a great delight to meet so many seekers open to their Spirit.

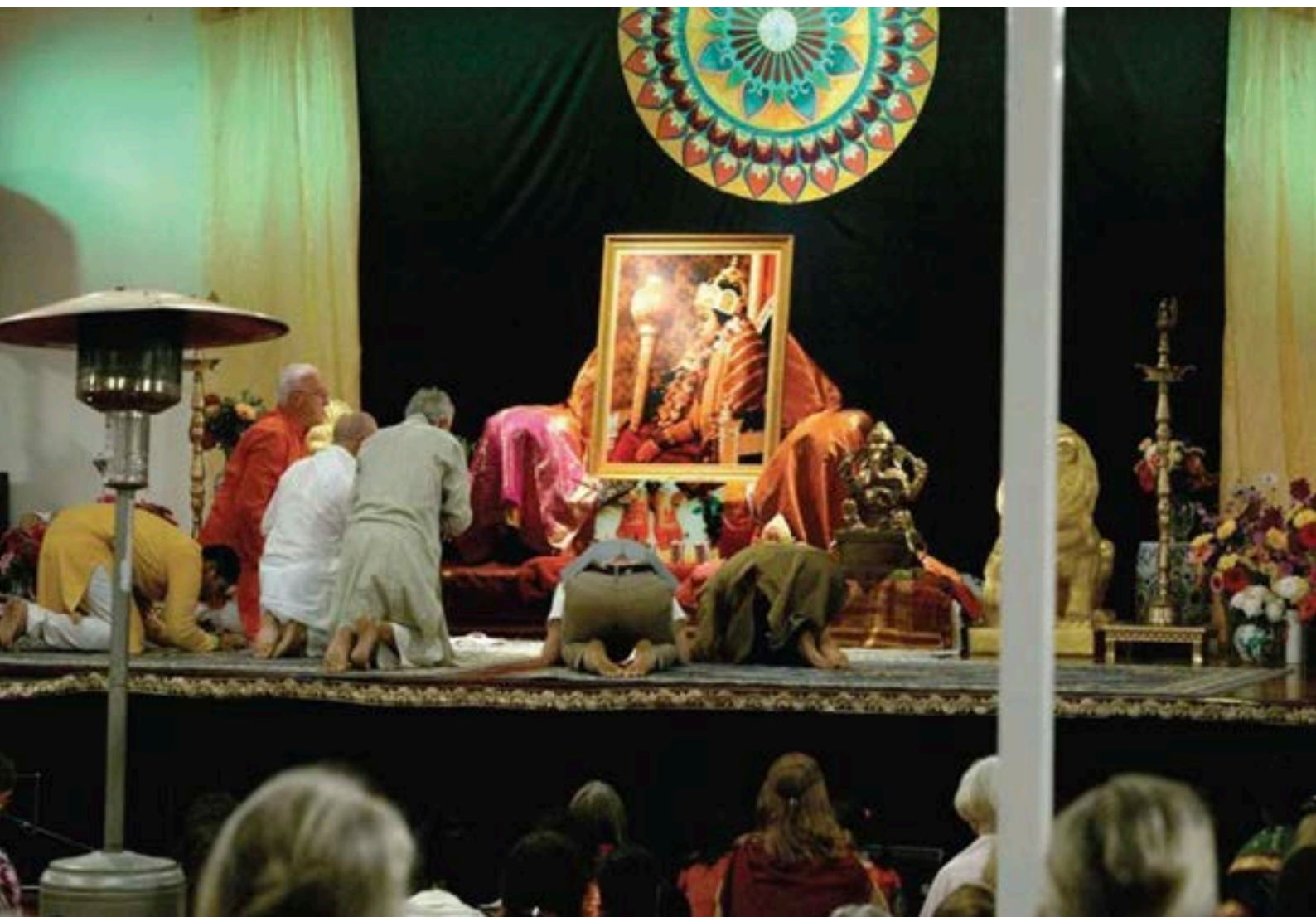
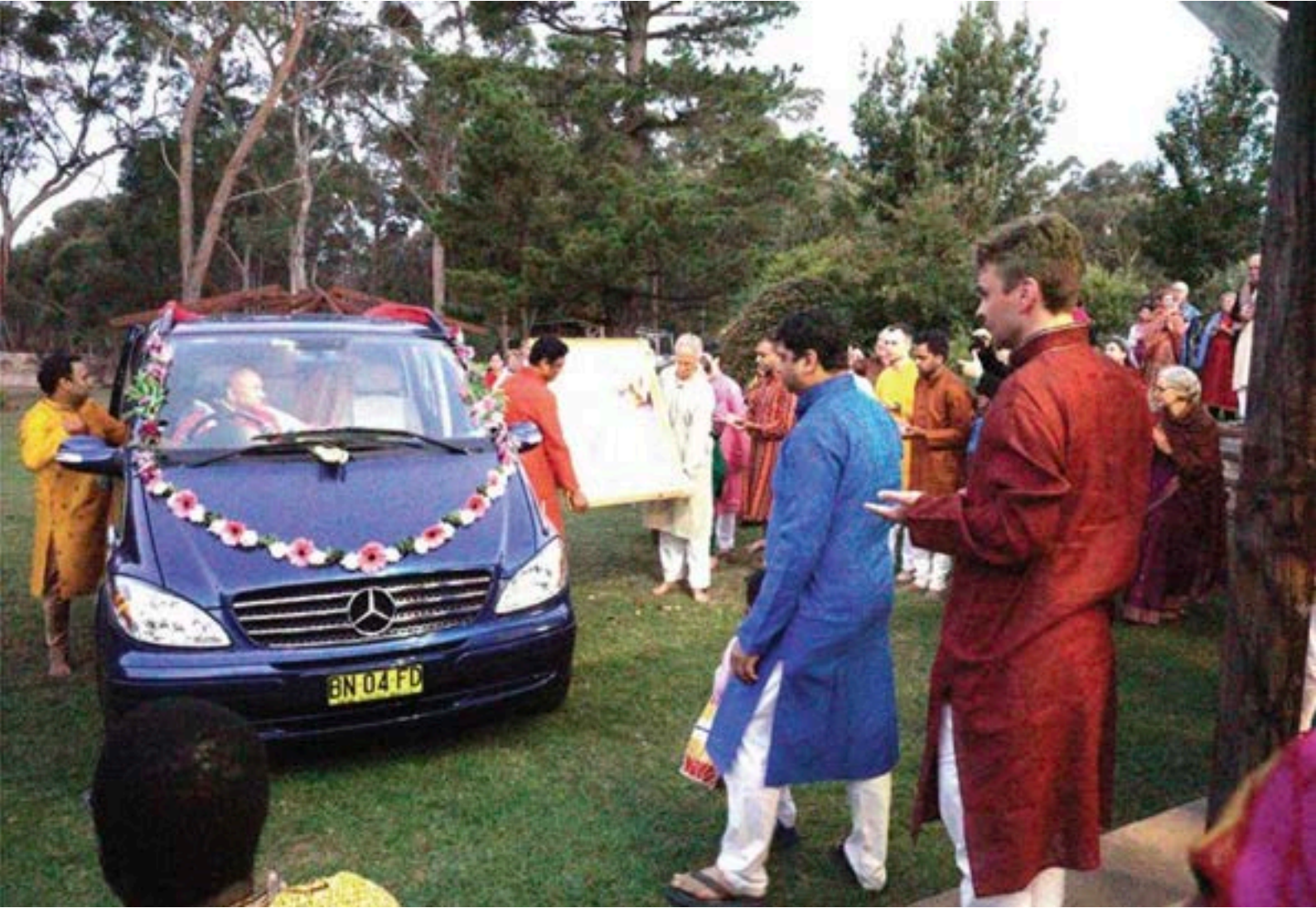
Attracting and approaching the visitors seemed quite effortless and we were constantly greeted by people stopping & watching in curiosity in that special moment of trust between us as they approached the stall with open hearts. We looked after the Realisation Stall from 10am to 10pm with over 70 Seekers of Truth who really felt their Kundalini's pierce the final vital centre of Sahasrara.

Kind regards and lots of Nirmal Love
from the Sydney Festival Self Realisation Team



International Easter Puja Seminar, Balmoral - 2019

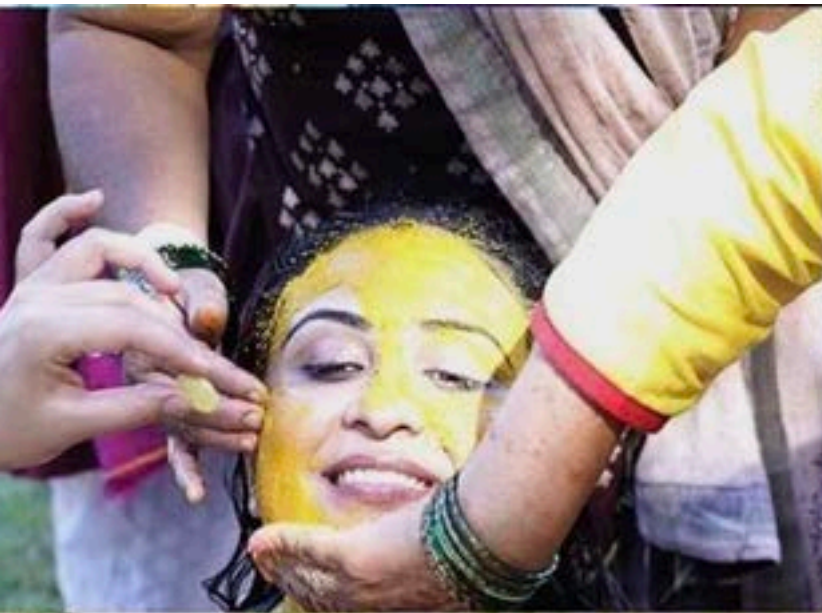




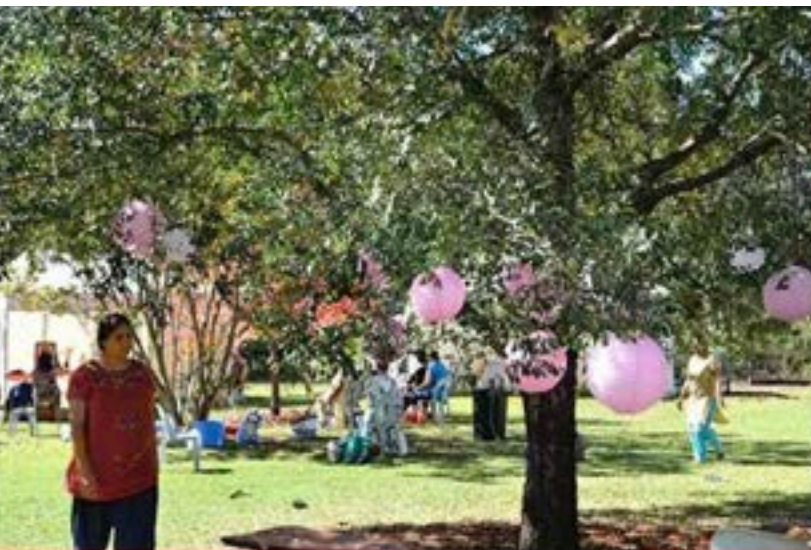














SPEECH OF THE WEEK

Dear Family

Jai Shri Mataji!

The LETA Trustees have initiated a **“Speech of the Week”** to help raise our Collective consciousness so we all focus on the same connection to HH Shri Mataji.

We all know that the best way to honour HH Shri Mataji for opening the Sahasrara, creating Sahaja Yoga, and all She has done for the human race is to develop our spiritual ascent individuals and collectively.

Our attention should be on all the positive aspects of Sahaja Yoga and how to achieve our spiritual ascent. We do not progress if the attention is elsewhere.

Help prevent our attention wandering

To stay at one with HH Shri Mataji and as a true Sahaja Yogi, we need to constantly introspect and surrender our ego and superego, imbibing HH Shri Mataji’s words.

All of Her words are for each and every one of us and we must apply them to ourselves and not to others. If we all put our attention on a topic it will help prevent our attention wandering onto things which aren’t beneficial for us individually and collectively.

You can find the weekly speeches at:

<https://www.yogis.com.au/category/speech-of-the-week>

SPEECH OF THE WEEK

SHRI SHAILPUTRI (DEVI) PUJA

DHARAMSHALA 1985

“...Making Me feel extremely
proud of you.”

Her Holiness Shri Mataji Nirmala Devi





From the Heart

In the past many Yogis have been inspired to express their love and deep gratitude in poems and stories to HH Shri Mataji for Her great gift of Self Realisation and the many blessing She provides, and we want to encourage everyone to express and share this love in our newsletter.

Please send anything you would like to offer Her Holiness and share with Her family to: sahaja.sharingthejoy@gmail.com

Below are some beautiful offerings from the past.

A new Shiva song

In my heart and in yours pure love

In my heart and in yours pure joy

In all the world pure love

In all the world pure joy

With love the sunshine glistens on the leaf

With joy the raindrop cools the Earth

Shiva hum

We are one

Angela Page

Only You can speak and make our hands speak

Only You can smile and make our hearts smile

Only You can laugh and change the weather

Only You can make joy last forever

Lyndon de Valle

Grandfather Ocean

Oh Grandfather Ocean
you're mighty and strong
you roar like a lion
when you sing your song.
You can rock us so gently
like a babe in a cot
or toss us so wildly
up onto a rock.

Oh Grandfather Ocean
you caress as you roll
your waters are healing
it cleanses the soul.

Oh Grandfather Ocean
we love you so dear
if we speak to you sweetly
will you promise to hear.

Oh Grandfather Ocean
although you destroy
to the people who love you
you always bring joy.

Oh Grandfather Ocean
you're mighty and strong
you roar like a lion
when you sing your song.

Heather Churchill 2001

Eternal Rhythmn

Innocent child and His Mother,
Holy Ghost, Shakti, Tao.
Benevolent earth and its revolving
laws of unwritten guiding.
Lotus in the generous morning sun.
Power of love and security,
Joyful human talking,
Forgiveness and opening
love of all and oneself.
Feeling full and integrated,
Allah and the Holy Ghost,
Thousand petals in the breeze.

Phillip Frankcombe

Who makes the Kundalini rise

And who makes the Kundalini rise?
Who brings the brightness to our eyes?
Who brings the comfort to our hearts?
Who brings the joy within our lives?

Sakshat, Adi Shakti





OUR REQUIRED POLICIES



Dear Family

To help everyone become aware of and understand our required LETA policies we will feature some in each Newsletter with a brief summation and a link to the full policy. Sahaja Yogis are encouraged to learn about these important guidelines to ensure we all get to enjoy our family without disturbances and comply with all legal requirements.

This edition features the *'Working With Children Check'* and *'Insurance'* and *'Parental Responsibility'* policies.

Insurance Cover and Procedures

The LETA/LEPA Trustee-Directors have negotiated and arranged and pay for specific Insurance Policies which are revised and renewed annually to cover Sahaja Yoga Meditation properties in the event of damage or accidents.

Our Public Liability Insurance (renewed June 30th) relates to the involvement of members participating in Sahaja Yoga Meditation events or gatherings on LETA/LEPA properties or during public activities, and other specific policies are purchased including Voluntary Workers Personal Accident.

It is a requirement that any gathering, celebration or meetings at Sahaja Yoga properties or events in public buildings or other public venues including fairs, music events etc. must all be covered by the LETA Public Liability Insurance with Insurance Cover Notes being issued for all events.

A request for insurance must be made in advance of any events with details of the applicant/s names, venue details, WWCC clearances, numbers attending, dates, and other information. Cover notes are only provided for specific events and locations and cannot be used elsewhere. Those responsible for venues and events need to make the venue as safe as possible to minimise the risk of accidents.

See all of our policies at: <https://www.syletanews.com/policies>

Working with Children & Child Safety Policy

It is our policy that all Sahaja Yogis over 18 years of age have a current Working With Children Check (WWCC) clearance (or equivalent).

The Trustees have delegated and appointed a National Child Safety Coordinator with

appropriate high-level training, expertise and experience to plan, assess risks, assign and manage State Child Safety Coordinators and volunteers to be responsible for the safe and successful implementation of LETA's children's programs.

It is of utmost importance that every child attending its premises, training or event feels and remains safe at all times.

The LETA Trustees and all those involved in caring for our children are committed to ensure the wellbeing of our children and young people wherever they interact with the Collective and take part in activities by creating and maintain a safe, positive, child-focused environment for children and young people at its premises, meditation and training venues and other events.

Our National Child Safety Coordinator is in regular contact with government departments seeking advice and ensuring we are up to date with legislation.

See all of our policies at: <https://www.syletanews.com/policies>

If you have any questions regarding our Policies please contact our Legal Compliance Coordinator at: compliance.syaus@gmail.com



Parental responsibility

When we are all together its only natural that children will want to say hello to friends, aunties and uncles and get a little excited, but too much activity can cause a disturbance for everyone and there is also the possibility of accidents happening.

The Trustees acknowledge the importance of and encourage children's involvement in events held at Collective properties or hired venues and aims to support families by providing suitable facilities in an appropriate environment. As an additional safeguard, we require all adults involved to possess Working With Children Check approvals.

Parents play a vital role in safeguarding children's welfare, ensuring their safety by knowing where and who they are with at all times, and overall well-being, in line with their duty of care referred to as '*parental responsibility*.' While we all wish to create a friendly, relaxed environment, we also respect the need for Sahaja Yogis attending to have spaces for quiet meditation and reflection.

Therefore the Trustees respectfully urge all parents to fulfill their responsibility to ensure their children are under their constant supervision, ensuring their safety, well-being, and preventing any disruptive behavior. It's crucial not to assume that others will automatically take on this role.

While the Trustees strive to provide a suitable environment, they are not liable for the safety and care of children beyond this provision. These responsibilities and duty of care rest with the children's parents or carers. We thank everyone for your cooperation.

See all of our policies at: <https://www.syletanews.com/policies>





KEEP UP TO DATE WITH MOJ TOURS AND NEWS

Visit: <https://www.musicofjoy.com.au>

PUJA DATES 2025

Mahasamadhi 23rd February

Krishna Puja 24th August

MahaShivatri Puja 2nd March

Ganesha Puja 30th August

Birthday Puja 21st March

Marriages 1st September

Easter Puja 20th April

Navratri Puja 28th September

Sahasrara Puja 4th May

Diwali Puja 19th October

Shri Adi Shakti 8th June

Shri Bhairavah 20th November

Guru Puja 13th July

Christmas Puja 25th December

CONTACT US: life.eternal.trust.australia@gmail.com

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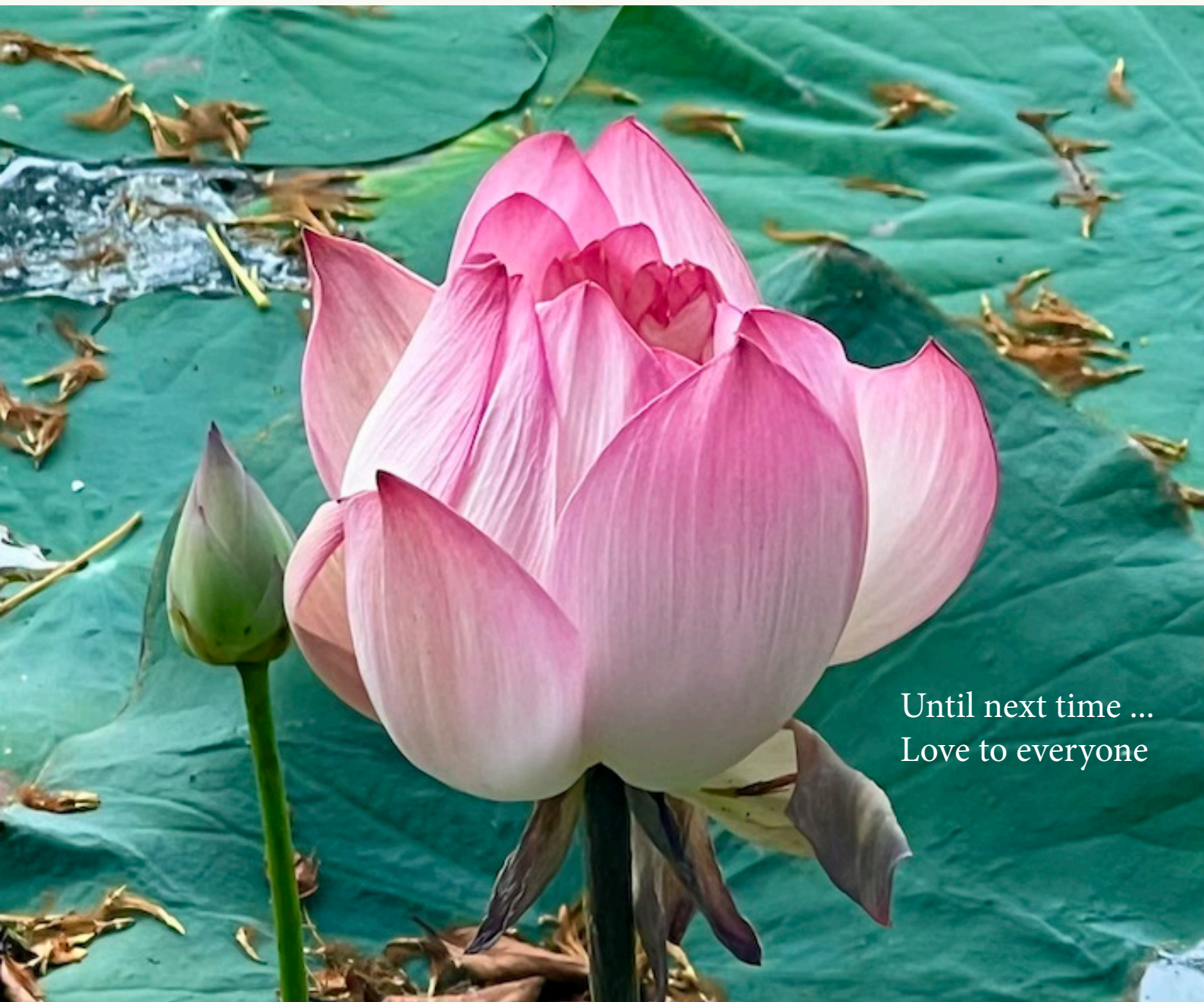
SOMETHING TO SHARE?

Please send us any positive news to share, including photos, artwork, poems, stories, recollections, new ideas for spreading Sahaja Yoga, weddings, new arrivals and anything joyful to:

sahaja.sharingthejoy@gmail.com

(All contributions will be subject to approval by the Newsletter Team)

Thank You Dearest Mother for all the love
Jai Shri Mataji!



Until next time ...
Love to everyone