



# New Seeker Programs

Beginning of the year Catch-up

Shivaratri Puja 2 March 2019

Feedback from Yogis present

For any queries or feedback please write to  
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# What has worked

- Giving responsibilities to new seekers to help with centre arrangements
- Teaching regular attendees on how to give self realisation to others or explaining basics of subtle system
- Mixing program content to suit both new comers and regular attendees
- Using updated Chakra material and Sahaja Yoga information

# Recommendations from audience

- Creating a Whatsapp group for new seekers from a program for regular updates or queries
- Adding new seekers to the Whatsapp group after every program
- Immediately sending Talk and music links from the program to the group
- Respond to seeker's questions regularly
- Run practical sessions to demonstrate different program environments (schools, corporates etc) during Easter Seminar
- Having pamphlets and banners at strategic locations like grocery shops and train stations

# Important things for presenters

- Acknowledging – running a program is a great responsibility as we are working on establishing something Shri Mataji has worked so hard for.
- Clearing yourself before and after every program
- Vibratory awareness has to be completely established to be able to run a program successfully and under Shri Mataji's guidance
- Being a good listener and relating to day to day practical problems

# Important things for presenters (cont.)

- Importance of being professional as presenters are ambassadors of Sahaja Yoga
- Proper collective planning is important to run a program or a course, not merely depending on spontaneity every time
- Have quarterly meetings with local yogis to improve program functioning
- Setting up the program before time and giving ample time for new seekers to settle in – not rushing through a pre-set narrative
- Balance of professionalism and friendliness to accommodate new seekers needs to be established while running a program

# Advertisement

- Facebook advertising using the national Facebook page – underway. Has been a huge success with different collectives in the past.
- SY Meditation apps to be shared with new seekers. For android please go to:  
<https://play.google.com/store/apps/details?id=au.com.healthed.healthedmentalstillness>  
iPhone:  
<https://itunes.apple.com/au/app/mental-stillness/id1240081662?mt=8>