



New Seeker Programs

Beginning of the year Catch-up

Shivaratri Puja 2 March 2019

For any queries or feedback please write to
rahulrajashinde@gmail.com or hauke.horn@gmail.com

Points for Discussion

- Silent Meditation – 5 min
- Session will not aim to cover any points on training but will rather focus on improving the existing process
- The Well Project – collecting attendance data from weekly programs
- Current Challenges in running the programs
- Mechanisms to improve
- Use of technology/media and forums (actual screenshots of ‘How to DIY’)
- How to start a new seeker program in your area

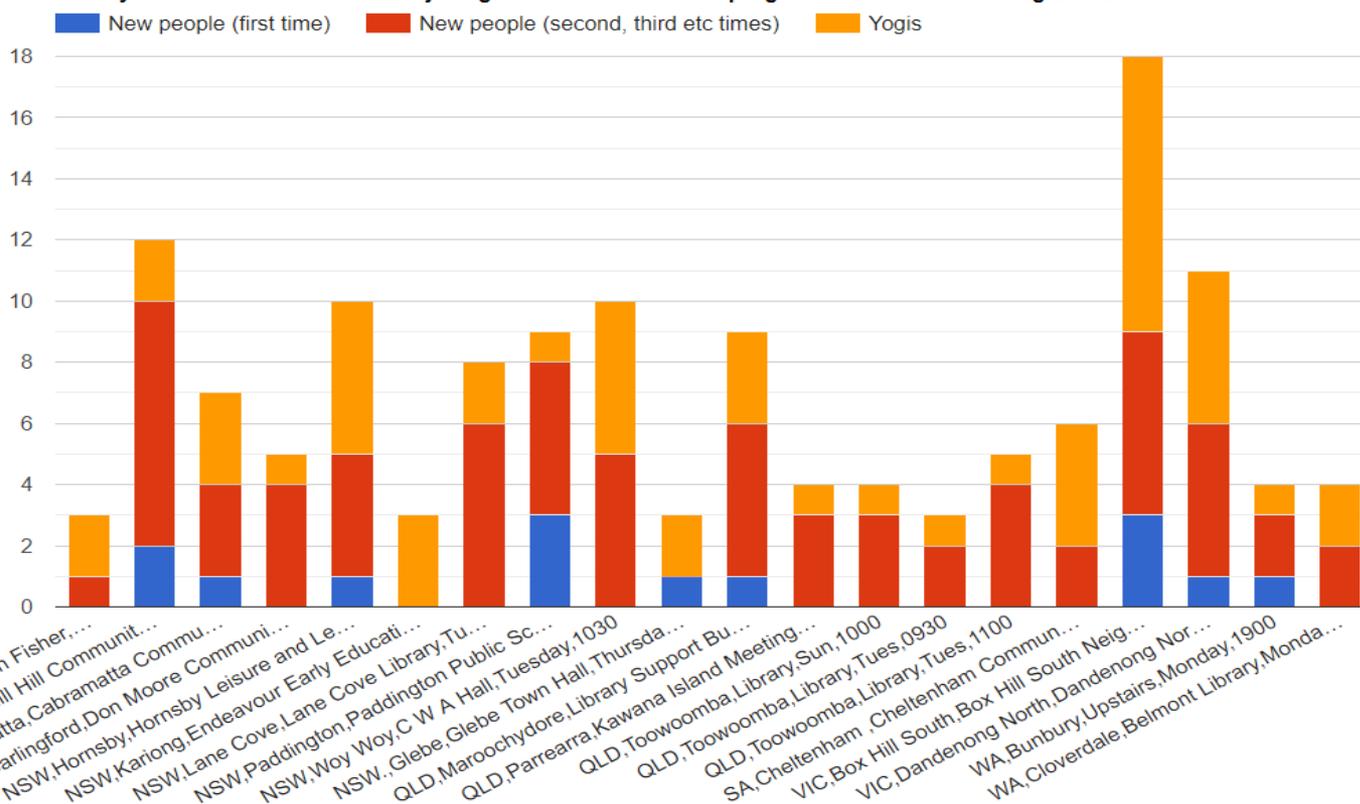
Current Challenges

- Very Low conversion rate in spite of high number of realisations
- Giving mass realisations – the easy part. Nurturing and follow up to settle new seekers – the bigger challenge – inputs from every one
- Direct reflection in footfalls (attendance) at Burwood
- E.g. In a Sydney program – Last 1.5 years – 200 new seekers realisations. Only 6-7 people have settled in SY including two couples which is on the lower side
- Lack of regular follow up with attendees
- Collection and maintaining of contact details
- Monotony of Program Coverage
- Lack of Audio Visual equipment/media
- Follow up after the regular school holidays
- Irregularity of Pamphlet Distribution
- Lack of multiple speakers to conduct

The Well Project

- Register for Well project – sahajayoga.com.au/yogis/well-project
- Web form to collect weekly program attendance details. Collective attention on programs allows us to find out what works and why.

Weekly attendance details for Sahaja Yoga Australia Meditation programs for the week ending 24/2/2019



Mechanisms to improve

- Regular follow up by sending reminder text message every week about the program content. Most people are appreciative and respond positively. Only 3 out of 200 people on the list opted out due to various reasons
- Keep clipboard and contact sheet handy after every program. Ask people how they found out about the program
- Sending contact details to the Web team on a regular basis to be added to the SY database
- Means to follow up and keep in touch:
 - Reminder text after every school holiday - Important
 - Invitation for catch up for tea
 - Sending young people to Friday yuva program
 - Accompanying regular attendees to Tuesday intermediate programs
 - Homework – Mental stillness app, emailing daily blog, foot soaks etc
 - ‘Keeping in touch’
 - Invitation to workshops
 - **Suggestions from everyone?**

Mechanisms to improve – contd...

- Vary program content. E.g. one chakra each week, talk about and demonstrate simple treatments, 3 nadis, medical and health aspects, music and beej mantras, vishuddhi and breathing exercises.
- Objective is to break monotony and retain group interest
- Divide responsibility to conduct programs between at least 2 or 3 yogis. This ties up to the points above. Important to be collaborative and being on the same page – and not run with individual narratives. Maintaining good relationship between yogis and with new seekers
- Invest in a laptop or audio visual equipment to present talks and SY videos
- Giving out program related print outs to new seekers – e.g. printed chakra information on a page etc.
- Ensuring pamphlet distribution is regular - every quarter or so -
Important

Use of technology

- Create a Whatsapp group of yogis who conduct or help to organise the program in the area for better co-ordination.
- Using MSMS app – available on android and iOS to send free bulk text messages to new seekers regularly
- Messages need not be very detailed or intrusive. Just enough to remind seekers and keep the interest going

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CONTACTS 153 FOUND ^



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Sending Lists

List name15

FAQ & User Guide: www.msms.co.nf

Import Sending List

- Empty list
- Phone Contacts
- Phone Groups
- Text/CSV File
- Mix with current list

- +919820560594
+919820560594
- +919850337517
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- +919987299554

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Sending Lists

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FAQ & User Guide: www.msms.co.nf

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 - HPP Alfred
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 - HPP Alison
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 - HPP Ana Paula
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 - HPP Anil
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 - HPP Anna

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 Sending Lists 

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- HPP Ana Paula
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- HPP Anil
0431340513
- HPP Anna

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 Messages 

Hello The address for th...  

FAQ & User Guide: www.msms.co.nf

Characters : 218  SMS Parts : 2

Hello

The address for the intermediate meditation programs in Burwood is 10 Clarence Street Burwood 2134

Every Tuesday 7 30 pm. Entry via the driveway door on the left.

Thank you
Sahaja Yoga meditation team
Homebush



5 Vishuddhi Chakra

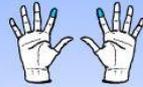
Cervical Plexus

This Energy Centre Looks after the functioning of Neck, arms, mouth, tongue, teeth, nose, face, speech, inner & outer part of ears, movement of the eyes & Thyroid Glands

POSITION IN HEAD



POSITION ON HANDS



POSITION ON FEET



Cervical Plexus



Located at the level of the throat

Characteristics

- 16 Petals
- Element: Ether
- Color: Light blue
- Physical plexus: Cervical plexus
- Planet: Saturn
- Place on hand: Index finger

Vishuddhi Chakra Knowledge

The Vishuddhi embodies the qualities which governs our communication with others. As it awakens we discover greater self-respect (left Vishuddhi) and greater respect for others (right Vishuddhi). Our ego is not bloated by praise and we are not upset by aggression or criticism. The Vishuddhi is also the chakra that manifests the power of witnessing. By daily practice of Sahaja Meditation, we become identified with our spirit. In this state of union with our spirit, we become witness of our body, our mind, our thoughts, our emotions, and ultimately the detached witness of the drama of our lives.

Vishuddhi Chakra Benefits

- Allows us to communicate
- Charming personality
- Enables the five senses
- Controls the Hamsa chakra
- Experience of Oneness
- Detachment

Causes & Problems of Vishuddhi

- | | |
|------------------------|---------------------------|
| ● Lack of collectivity | ● Smoking |
| ● Lack of witnessing | ● Alcohol |
| ● Lack of self respect | ● Swearing, harsh talking |
| ● Feeling guilty | ● Sinus problems |
| ● Catching cold | ● Too much talking |

Vishuddhi Chakra Affirmations:

- "Mother, make me the detached witness, please make me part and parcel of the whole."
 "Mother, I am not guilty at all."
 "Mother, please take away all my aggression and dominance."
 "Mother, give me a sweet voice, & make me a sweet collective person."

Qualities

- Communication (ENT)
- Collective consciousness
- detachment
- Sense of fun and humour
- Teamwork,
- Diplomacy,
- Tactfulness &
- Dignity

Physical functions regulate

Neck, arms, mouth, tongue, teeth, nose, face, speech, inner and outer part of ears, movement of the eyes

Diseases Caused

- Flu
- Loss of voice
- Throat problems
- Depression
- Cervical cancer
- Problems with the five senses

HOW TO CURE THIS CHAKRA

- **Left:** Stop feeling guilty. Develop the quality of purity in brother & sister relations. Do not be sarcastic or cynical. Do not allow yourself to remain in a bad mood. Do not speak excessively about yourself.
- **Center:** Give vibrations to the Vishuddhi chakra Gargle with salt-water night and morning. Use Tulsi or Ajwan tea. Burn Ajwan seeds and inhale to clear nasal passages, sinuses, and bronchi. Brush your teeth twice a day and use dental floss. Clean surface of your tongue.
- **Right:** Speak less, and if you do, try to avoid to dominate others by your voice. Develop the quality of speaking sweetly to others. Pay less attention to the taste of food. Forgive everyone and dissolve your anger. Don't argue with people or spend a lot of time convincing people of your point of view.

Creating an Online Forum for presenters

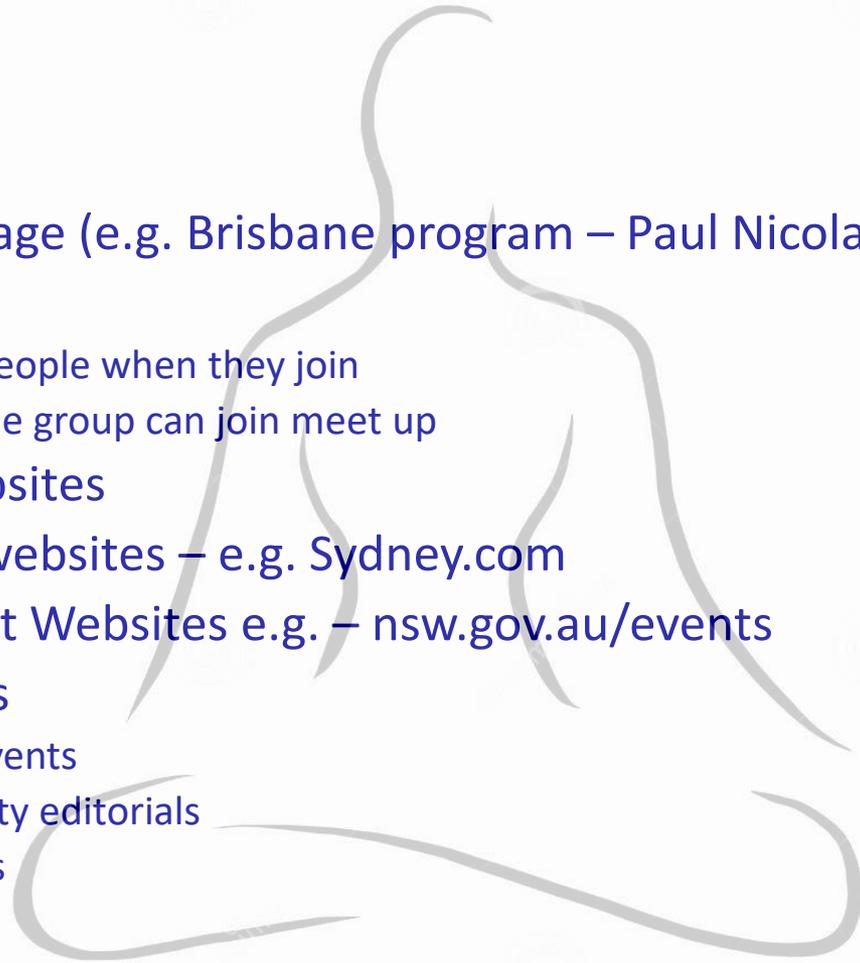


- Involvement of collectivity for pooling Sahaja Yoga knowledge and resources
 - Online Forum
 - Ask Questions (new program and general)
 - Ongoing knowledgebase growing over time
 - Materials and resources
 - **Suggestions?**

How to start a new seeker program in your area



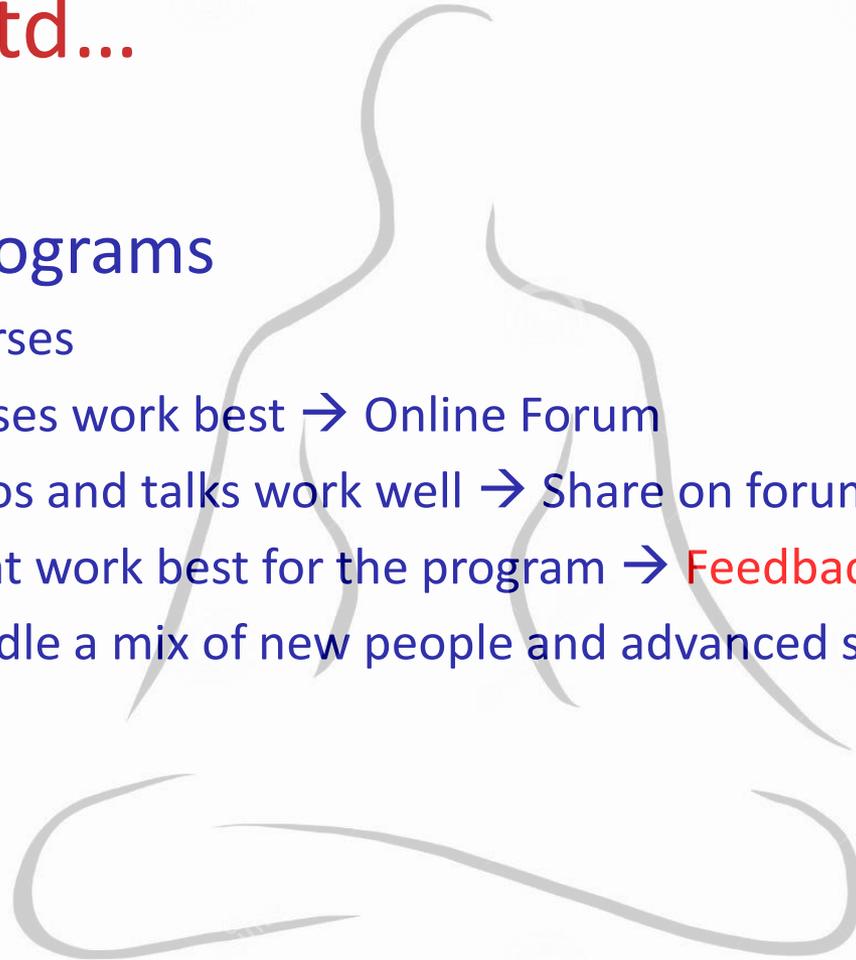
- Publicity
 - Facebook Page (e.g. Brisbane program – Paul Nicolai)
 - Meetup
 - Contact people when they join
 - Yogis in the group can join meet up
 - Council websites
 - What's on websites – e.g. Sydney.com
 - Government Websites e.g. – nsw.gov.au/events
 - Newspapers
 - Weekly Events
 - Community editorials
 - Classifieds
 - Banners
 - Posters



How to start a new seeker program in your area – contd...

- Running Programs

- 7 week courses
- Which courses work best → Online Forum
- Which videos and talks work well → Share on forum
- Formats that work best for the program → Feedback?
- How to handle a mix of new people and advanced seekers in the same session





Q&A and Suggestions

Jai Shri Mataji!