



\* Some of the above ashrams have disbanded and regrouped in other suburbs. It is requested that the yogis who were residents at the time of exodus answer the call of duty.

SET UP  
KILLARA  
CENTRAL COAST  
STRATFIELD  
PARAMATTA  
RANDWICK  
WOOLLAHRA  
LINDFIELD  
NEWCASTLE  
WASH UP

Sydney collective's Easter Puja will be held on 19th April - Easter Sunday - at the Croydon Masonic Hall (Previous pujas have been held there). Cnr Paisley & Fitzroy Sts. It is asked that everyone be seated by 11am.

#### EASTER PUJA



After some concerns being expressed initially we now have a format for the project which has received Shri Mataji's complete approval. A separate corporate entity has been formed to own and run Lilliydale with no legal or financial connections with Sahaja Yoga, Vishwa Nirman Dharma or Shri Mataji. Under the direction of John Henshaw, John is hoping that many Sahaja programs will be held at Lilliydale including pujas and our next National Sahaja Yoga Conference. Meanwhile, more appropriate funding for the project is being sought. Your bandhans please, we will keep you informed.

#### LILLYDALE PROJECT

At Croydon 7 the Strand there is one room available. Ring Angelina 745 4562

#### MORE VACANCIES

Please contact Toby Patterson 416 8963  
Andrew Rohowj 798 0005  
Monash Parade Croydon. It is a 2 storey house with 7 bedrooms, big lounge & big kitchen. There are 3 vacant rooms.

#### VACANCIES

Group singing lessons have been recommended at the Australian Institute of Eastern Music on Monday evenings. If interested please contact David Withers at Randwick ashram tel. 398 2361.

#### INDIAN SINGING

Hello from the Coffs Harbour-Valla area.

We had a public programme at Coffs Harbour on Sat. Feb 22nd Sahaja yogis and yoginis travelling between Brisbane and Sydney touring with Shri Mataji came to present the programme. Mother was aware of the programme and her attention must have been on us, because we had 35 new seekers and their families. It was wonderful to see so many people - most were positive about Shri Mataji and all got their realisation. On the next day, a follow-up seminar was held at Helena and Graeme's place at Valla with much sharing of vibrations and a swim in the dam afterwards.

With so much support and encouragement from Mother and the body of Sahaja yoga, we hope that Sahaja yoga will gradually grow in this area. Regular collective meetings are held on Sundays with a small group of people, plus regular contact with some other people in Grafton and Woolgoolga practising meditation daily and showing more and more interest in Shri Mataji and growing in respect for her.

Any Sahaja yogis and yoginis who are travelling through this part of the world are very welcome to come and stay. We are about halfway between Sydney and Brisbane. Our thanks go to all our new friends in Sahaja yoga for their beautiful gifts and help.

Helena and Graeme went to Shivatri Puja and Mother's talks in Sydney and Wollongong. Our hearts felt humbled and loving whenever we were near or saw Mother. The music was so beautiful too. The feeling of love and true peace was strong at every programme amongst the new seekers. We look forward to getting tapes of the programmes to show others up here who missed out on seeing Mother.

Maybe this will help others - we have found that Martin McCue's tape on the "First weeks in Sahaja Yoga" is very good to use with beginners, thank you Martin for such a good tape.

Love to our friends in Sahaja yoga,

Graeme and Helena Campbell ph. 065 695153

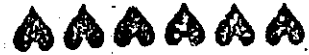


#### YOGIMOBILE

A car is for sale, 1977 late model Corona Station Wagon, fully imported AM/FM Cassette; just been on the hoist and has not rust! Mechanically in excellent condition for only \$2,200.- Call Deborah Keetley on 747 4835. Hurry it won't last.

A garage sale will be held at Clarence St, Burwood on Easter Saturday (18th April). Yogis who would like to donate their time to assist Helen are asked to contact her at Burwood ASAP. Profits from this garage sale will go to our Video Fund.

#### GARAGE SALE



Andrew Warren

The morale of this true story is "be careful when you wish for a frog that you specify 'where' you would like it to appear."

Next day at work on the first floor what do you think had taken up residence in the ladies toilet bowl? A frog.

desire for a frog to come again. The Sahaja Yogini expressed the back yard, seemingly out of the sky. And one little frog used remembering when frogs used to come to the little pool in the back yard, seemingly out of the sky. And one little frog used

Three of us put our left hand on her back around the void area and the right hand out and one could feel the pulsating of the kundalini at the site of kundalini chakra. Then the vibrations travelled up chakra by chakra (according to the progress report of the Sahaja Yogini - she could feel each one) then her body deflated back to normal and she felt wonderfully light and so full of real joy.

Then while watching a video of Sri Mataji her tummy started to swell as we could all see and especially when Mother's Mantras were being sung. She could feel the vibrations coming in from Sri Mother and travelling to different chakras of her body.

It was suggested that she was filled with vibrations and needed to give them out. She was shown how to do it and after a couple of minutes she cried out in joy and wonderment her stomach just simply deflated.

Sahaja Yogini who had been to both Sri Mataji's 1992 programmes and one follow up arrived at Monterey Monday night for programme. She had a large blown up tummy which looked just like Bhudda's. She had been to the doctor and had ultra sound, etc. nothing could be found to be wrong with her. When questioned she said it had only happened since her attendance at Sri Mataji's programmes.

Homebush

# Sahaja Newsletter

Friday 10th of April

#### Contributions:

Sue Raggatt:  
Hm. (02) 746 9144

Ariane Kaub:  
Hm. (02) 798 6779

Carole McNEILL  
Hm. (02) 560 6921



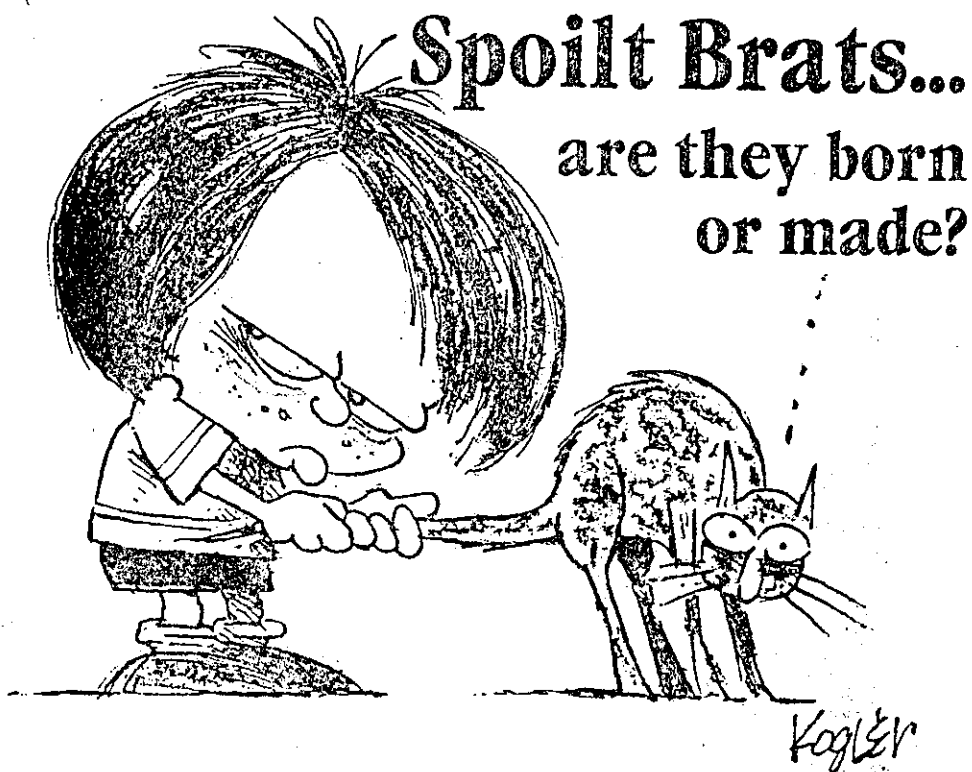
162. Michelangelo, The Last Judgement (detail)

#### MATTHEW

18 At that time the disciples came to Jesus, saying, "Who is the greatest in the kingdom of heaven?" And calling to him a child, he put him in the midst of them, and said, "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles himself like this child, he is the greatest in the kingdom of heaven."

5 "Whoever receives one such child in my name receives me; but whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone fastened round his neck and to be drowned in the depth of the sea."

7 "Woe to the world for temptations to sin! For it is necessary that temptations come, but woe to the man by whom the temptation comes! And if your hand or your foot causes you to sin, cut it off and throw it away; it is better for you to enter life maimed or lame than with two hands or two feet to be thrown into the eternal fire. And if your eye causes you to sin, pluck it out and throw it away; it is better for you to enter life with one eye than with two eyes to be thrown into the hell of fire."



Even though we're told that it's not possible to spoil a baby, most parents have a horror of producing a spoilt child. Bronwyn Donaghy asks where to draw the loving line

**T**he younger ones are as common as cars and almost as loud. They are usually knee high, red-faced and roaring, either struggling or prone on some public piece of floor. The older ones have sleek hair, enormous shoes and slack lips. They take whatever they want, particularly from the unfortunate adults who are their parents. In return, they give nothing but cheek. They are the V.I.P.s, the numero uno's, the first in, best dressed, stay up till midnight, go where they like, I want it now brigade. They are spoilt brats and popular opinion has it that by fulfilling their every need, their parents have ruined them. But they all began as babies... and popular opinion expects the mothers of babies to fulfill their every need. What a huge dilemma the threat of spoiling has produced for parents! Modern research tells us that it is impossible to spoil a baby. But common sense tells us that an increasing

number of young children are spoiled rotten. So when does comforting become spoiling? When does caring turn into ruin? In short, how old does a baby have to be before it's in danger of becoming a brat?

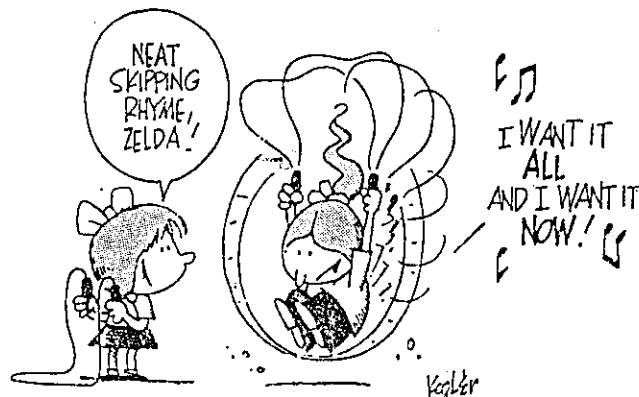
#### Spoilt babies: why they're impossible.

One of the reasons why parents have trouble answering these questions is the fact that the gap in popular beliefs and developmental facts is widest when it comes to babies. Our society revolves around adults and children. Babies and toddlers don't come into either category. Parents are confused by old wives' tales and contradictory advice. The truth is that it is impossible to spoil a child under one year of age. For an infant, there is no such thing as too much love and care. In fact, a baby is more likely to develop behavioural problems if its parents withhold their affection and attention for fear of

spoiling it. Expressions like 'you'll spoil him if you pick him up every time he squeaks' and 'you have to show him you're the boss' sooner or later find their way into the most caring nurseries. They spring from an outdated and inaccurate conception of babies as crafty little beings who calculate that by crying constantly, they can con their exhausted mothers into staggering to the cot or capsule even more often than they are already doing.

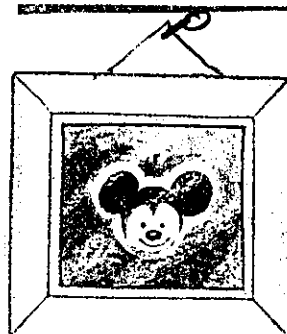
#### Trust: the very first lesson

A baby who cries for a long time, whether from hunger, discomfort, loneliness, boredom or fear, is likely to have little faith in a world which leaves him helpless when he is in trouble. This is the view of Poppy Harris, a child psychologist at the Royal Alexandra Hospital for Children at Camperdown, NSW, who has spent 20 years working with mothers and young children.



Dr Stephen Juan, author of the book *Only Human* (Random House) and a lecturer in early childhood at Sydney University, suggests that spoiling can be avoided providing parents establish reasonable rules of discipline. They should also teach their children the value of simple courtesy and good manners and ensure that they themselves are setting a good example of appropriate behaviour. "Tragically, often the most pathetically out-of-control and obnoxious children are innocently confused as to why nobody likes them," said Dr Juan. "Rejected, they then act even worse. Failing to teach children consideration for others is a special kind of child neglect."

Dr Juan stressed that giving children of any age what they wanted was not as important as giving them what they needed. "Children need love, warmth, understanding, guidance and approval first," said Dr Juan. "Material things come later." Sadly, spoilt children are often given virtually everything they ask for, but scarcely anything they really need, such as the time and attention of their parents and the effort it takes to set and supervise the limits they need to feel secure and happy.



#### Autonomous tots

Perhaps the most important aspect of discipline is that it should be carried out in a way which teaches the child to control his own actions. "If you say to a young child: 'I love you too much to let you do that — if you do it again this (the punishment) will happen to you,' you are allowing the child to make his own choice about stopping or continuing the bad behaviour," said Poppy Harris. "You are then allowing him autonomy over his actions, while still teaching him that the behaviour is wrong."

Because it is important to follow up the warning if the naughtiness continues, parents should be careful not to threaten the child with inappropriate discipline. The aim, said Ms Harris, is to teach. It is not to deprive the child of his will. In other words, if you're not really going to hang him by his socks from the jacaranda tree while you belt him with your chocolate milk soaked sweater, don't say you are.

#### Discipline — the unspoil

Discipline can be done without damage. A parent who remains calm and speaks firmly is usually more effective than the mother or father who becomes upset and angry. Dr Ivan Lerner, a Sydney family counsellor, suggests that when behaviour is bad, the best emotion to express is disappointment, tempered with hope for an improvement in the future. Anger only begets anger. It is better, says Dr Lerner, for a parent to emerge with his or her dignity intact. Punishment, when necessary, such as a ban on television, the confiscation of bikes or other popular items, or a temporary end to sweets or visiting rights, should be carried out immediately, no matter what, to avoid future confusion. Most of the experts

recommend removing very young children from the scene of their 'crime' and insisting that they stay in their rooms for a certain time. Keep in mind however, that to a three year old, five or ten minutes may seem like an eternity.

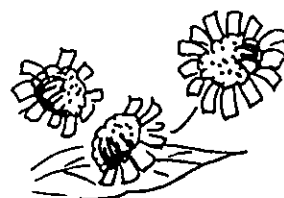
#### 'No' — a new word for the nineties

According to Ivan Lerner, learning to take 'no' for an answer teaches children to deal with frustration by looking for a solution. Thoughtful, caring parents who are determined to show their older children reason and justice on every issue sometimes lose sight of the simple negative when arguments become involved, loud and time-consuming. As one grandmother said recently, after listening to a 20 minute mother/daughter debate about seeing a certain movie: "Why don't you just say 'no, you can't go'?" Don't forget that you are the parent. You are the boss. And as hard as it is to believe it, that's the way most children really want it to be. In the words of Dr Lerner, it is better for young children to live under a benevolent dictatorship than in a democracy.



## Hairdresser and Beautician

Gulshan Fisher



Gulshan will be travelling to Sydney once a month to offer her services as a hairdresser and beauty consultant to Sydney Sahaja Yogi(ni)s. Gulshan was a senior instructor with Pivot Point, an international beauty organisation, for 4 years. She represented India as a judge at the World Hairdressing Titles in 1990.

#### Services

- Women's, men's and children's haircuts (\$13, \$10, \$7) and styling
- Hair treatments (henna, colouring, perms)
- Facials — \$15 and \$25 — (including Aroma therapy, essential oils)
- Waxing (legs, arms etc)
- Threading

Gulshan will be offering her services at Burwood Ashram each month. This month appointments can be made for:

**TUESDAY 14 MARCH TO THURSDAY 16 MARCH**

To book an appointment, or simply inquire, please call Gulshan at Burwood (747 4835) after:

**9AM TUESDAY 14 MARCH**



How can a baby cry purely to get its mother's attention, she asks, when it has been shown that young babies have no physical awareness of themselves as being separate from their mothers at all? According to Ms Harris, a psychological umbilical cord exists between the baby and the mother, at least until the baby is three to five months old. "When a baby cries because its stomach hurts, the mother comes and provides milk," said Ms Harris, "but the baby believes it has produced the breast or bottle itself, with its magical cry." Ms Harris said babies do not cry for no reason. "What other way does a helpless baby have of letting you know that something is wrong? In the baby's limited experience, its world is only complete when the mother is there. "Babies who receive consistent, continuous and reliable care during the first year of life are more likely to feel stable and secure," said Ms Harris.

#### From clinging vines...

Somewhere between four and eight months of age, and usually at about the time he learns to sit and then move about independently, a baby makes the discovery that his mother or carer is a being separate from himself. The result, at seven months or so, is usually the 'clingy' phase, when the baby cries for his mother, because he needs the security of her presence, even though she is no longer seen as an attachment. "This is often misinterpreted as the baby deliberately getting on top of the mother," said Poppy Harris. "However, if the mother continues to come when she's needed, the security given to the baby in the first months is reinforced."

#### ... to young explorers

From the age of around one to 18 months, after he has learned to walk, a baby enters into a phase of intense discovery and excitement. He is still too young to have any sense of danger and discipline is virtually impossible. Distracting the baby from potential trouble spots or removing him from dangerous and difficult situations is more effective than crime and punishment. Assuming he has enjoyed good health, and is emotionally secure, a baby whose parent has supplied all his needs for the first year and a half of life generally develops trust, not only in his mother but in his own small world and in himself. It is this, trust, said Ms Harris, which eventually helps a child to accept discipline.

#### When spoiling can start

Discipline becomes genuinely necessary when, at the age of 18 months to two years, the development of the child's sphincter muscle heralds what Ms Harris describes as "a marvellous sense of power". "We're not just talking about control of his bowel action," said Ms Harris. "The 18 month old child wills something and expects it to happen. He still has no sense of danger or reality, but he has a sense of his developing power. His physical maturity is followed by a new emotional development. "The child now needs guidance to protect him and to teach him about reality. In our society we call this guidance 'discipline' and for some reason it is one of the hardest things for parents to understand. "Many parents equate discipline with cruelty," said Ms Harris. "They think it's kinder to give in and provide whatever the child demands." It's at this stage of life that spoiling begins... when without the right care, the fruit of your womb can start to go off. A child of two is totally self-centred and if his needs have been met during infancy he is convinced, with his new-found sense of power, that the world will provide not only all that he needs but all that he wants. He is still unable to distinguish between the two. (Aren't we all?) "Most parents know how furious and enraged a two year old can be if his will is being thwarted," said Ms Harris.

**"Many parents equate discipline with cruelty... They think it's kinder to give in and provide whatever the child demands."**

The resulting temper tantrums of the 'terrible two's' are proof of two year old confusion. "He has no sense of danger, no sense of time, and poor frustration tolerance," said Ms Harris. "He doesn't understand what has happened to his magic."

#### Reality versus magic

The introduction of simple disciplinary measures once a child is displaying his own sense of will is not aimed at holding down his growing spirit or punishing him for behaviour which is part of his natural development. Instead, parental discipline — 1. Protects. Small children have to be protected from and taught to be aware of

danger. 2. De-centres. They must recognise that there are other people in their world, that they have rights too. 4. Teaches Reality. Discipline helps children to realise that things don't just happen by magic. 5. Teaches Frustration Tolerance. When parents make it clear that certain behaviour, toys, actions are not acceptable, the child has to learn to deal with his feelings. 6. Encourages Maturity. Children whose parents give in to them grow up expecting the world to do the same. It won't. 3. Displays Control. Children learn (and are grateful for the fact) that the parents are controlling their lives. According to Poppy Harris: "Nothing is more terrifying for a child than to be full of powerful rage, yet have parents who are not being stronger, who are not setting limits." Ms Harris said all the security which has been established in the first year can be undone if a child is permitted to behave in a way which makes him feel unsafe. However, you know your own child best. Ms Harris warns that if he is not emotionally mature, even two may be too young to begin any but the most gentle and loving discipline.

#### You ought to be... manipulated

Poppy Harris said many parents gave in to tantrums and spoilt brat tactics because their children became so very upset.

This is where the reverse of the spoilt baby principle comes into play. Babies or toddlers of this age are capable of manipulative action. While the first tantrum or two may happen by accident, when the child is faced with a frustrating situation, he soon learns that by throwing tantrums he sometimes gets what he wants. Inevitably, toddlers will try out their will against that of their parents. If you let them win, in the long run you are letting them down.

#### Reaching the age of reason...

Children who have learned to live within clear limits during their early childhood are more likely to respond well to fair and reasonable rules as they grow older.