

Sahaja Newsletter

Contributions:

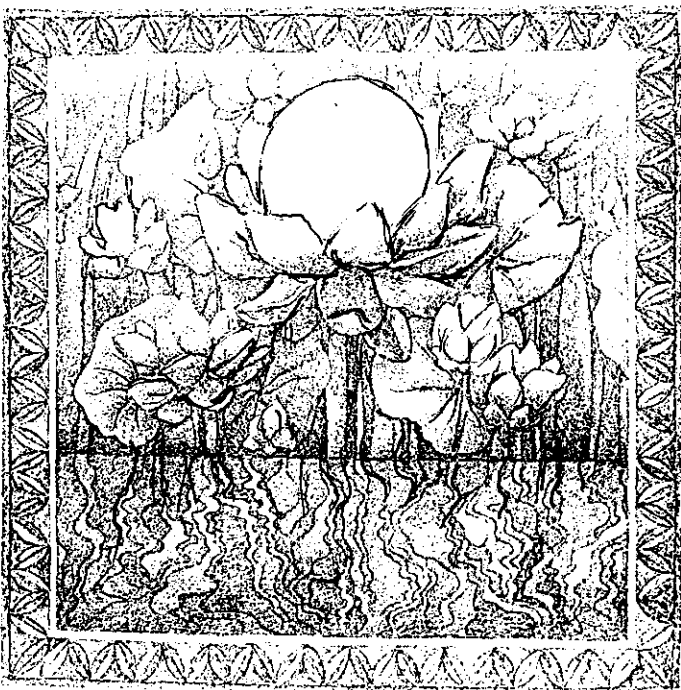
Sue Raggett:
Carole McNeill: (02) 560 6921
Efrem Manassey (02) 560 4134
Fax: (02) 745 4562

APRIL 1ST '93

EASTER PUJA

SUNDAY 11 APRIL, 11.30 AM, 10 CLARENCE ST BURWOOD

Roster:	Setting up	Dismantle
	Central Coast	Eastern Suburbs
	Gosford	Monterey
	Ramsay St	Coogee Bay
	Cooking	Washing up
	Parramatta	East Lindfield
	Ryde	Lindfield
	Mt Colah	



FRIDAY NIGHT PROGRAMMES

Following the success of last year's presentations, here is a suggested order of appearance of hosts for this year's Friday night programmes.

2 April	1	Report from India Stephan Taylor and those who travelled to INDIA	10	Hurstville & Monterey
	2	Burwood	11	Lindfield (Jeffrey's)
	3	Chatswood	12	Newcastle
	4	Coogee Bay	13	North Shore & Mt Colah
	5	Croydon	14	Manly & Turramurra
	6	Eastern Suburbs	15	Strathfield
	7	East Lindfield	16	Western Suburbs
	8	Gosford	17	Wollongong
	9	Haberfield (Ramsey St)		

WATCH THIS SPACE

In May: In Perth, at Gidgegannup. Weekend of 7th to 9th.
A Maha Sahaja Yoga weekend culminating in Sahasrara day Puja!
Details are in the mail. We will print them in full next week.

IN THE MEANTIME -
ALL ARE INVITED
WHERE EVER YOU ARE
COME OVER TO PERTH
FOR SAHASRARA!

FOUND
Sleeping bag at Bundilla:
- green
- bearing Kangaroo emblem
Owner contact JENI HENDERSON (049) 438319



Celebration of Shri Mataji Nirmala's Devi's 70th birthday.

Following is an account of the week long celebrations of Shri Mataji's birthday, and the coming of the New Age. It is a personal account taken from diary entries so apologies for any inaccuracies contained.

We arrived home in our spiritual birthplace of India on Thursday March 18th during the very early hours of the morning. We made our way effortlessly through Delhi customs control to be greeted by the welcome embrace of our Sahaja Yogi brothers. They had come to the airport to receive us and direct us to the camp which was to become our home away from home. Their attention and love was gratefully accepted as we made our way from the airport sleepy and tired after our long journey. We were heralded onto the waiting buses and made our way through the Delhi night to Nizamuddin. The Delhi Yogis were amazing, we thought of how many more journeys the local Yogis would have to make before the thousands of Sahaja Yogis who wished to come would make their way to the chosen place.

The task confronting the Delhi Sahaja Yogis was enormous, to coordinate a six day event dedicated to the celebration of Yogis already there were conducting morning meditation. The camp itself is located within spacious grounds, adjacent to the resting place of a celebrated Sufi saint from which the place took its name, Nizamuddin.

We arrived at the Bharat scout camp around 5.00 am just as the Yogis already there were conducting morning meditation. The camp

itself is located within spacious grounds, adjacent to the resting place of a celebrated Sufi saint from which the place took its name, Nizamuddin.

The camp itself is made up of clusters of permanent bungalows, each of which has rows of elevated bunk style beds. Each bungalow accommodated between 40 - 50 Yogis, depending on how many wished to be squeezed inside. Within the grounds a Pandal was constructed which was to serve

Saturday 20th of March 1993.

The camp was located within short walking distance of the tomb of Nizamuddin. There was some concern by the organisers that there may be some difficulties for the Sahaja Yogis from the high proportion of Muslims in the area. Shri Mataji suggested that the Yogis visit the tomb and offer flowers to the saint. Early Saturday morning before the start of the Felicitation programme all the Yogis set out to visit the tomb. A long line of the saints of our age, whites and silks blowing in the breeze, chapel clad feet stirring up the sacred dust of this land as we made our way to the resting place of a brother saint. The walk to the tomb took us through a series of narrow winding alleys and passage ways through buildings filled with quizzical faces, some lined with what seemed suspicion. As the number of stalls selling roses and prasad increased we knew we must be approaching our destination. We made one last turn, there at one end of a spacious courtyard stood a large orange Mosque, in the centre stood the ornately decorated building housing Nizamuddin. The building itself was constructed from white marble and decorated with beautiful touches of color.

By Muslim custom, ladies were not allowed inside the building. Some Persian carpets had been laid out in the courtyard just before the threshold of the building, an indication that they must have been

By Muslim custom, ladies were not allowed inside the building. Some Persian carpets had been laid out in the courtyard just before the threshold of the building, an indication that they must have been

By Muslim custom, ladies were not allowed inside the building. Some Persian carpets had been laid out in the courtyard just before the threshold of the building, an indication that they must have been

(CONTINUED ON PAGE 5.)

informed of our coming. At one end of the courtyard facing the entrance to the tomb a group of Sufi musicians sat and played devotional music in praise of Allah in the distinctive and captivating style that has come to be so identified with Sufism. To hear such music in the setting where it was developed, and where it is meant to be listened to was an incredible experience. One could feel the kundalini dancing up to the Sahasrara as the Sufi musicians sang the praises of Allah with full heart.

The men entered the tomb and walked around the tomb offering flowers to the resting place of the saint, the vibrations coming from his resting place were very cool. As we left the tomb the men also sat down in the courtyard on the opposite side to the women. We began to clap and sing in harmony with the musicians. They sang a series of kevalis with a main voice, and a number of singers joining in response. Soon all the Sahaja Yogis were joining in joyous response to the main singer, we were clapping, singing, dancing in harmony. For a time it seemed that it mattered not that we were from different countries, or from a different religion, all that mattered was that God's name was been praised and sung in exultation.

It was timeless moment as Sahaja Yogis and Sufis were as brother and sister. After an hour of this unity we had to leave and return to the camp for the beginning of the programme, and our long awaited first glimpse of Shri Mataji Nirmala Devi.

We assembled in the main Pandal and eagerly awaited the arrival of Shri Mataji. Around 11.00am the moment we had all longed for had come, the Adi Shakti herself arrived and took Her place on center stage. We all the Sahaja Yogis bowed before Her. The programme began with speeches by the five world leaders before Shri Mataji.

The first of the leaders to address Shri Mataji was Mr Stephan Taylor. He began by saying that he had thought about what it is which is so important about the seventieth birthday, and he said the thought came to him that Shri Mataji was entering Her seventies. What are the seven T's of Her seventies. He proposed that the first T represented Time, it was the time for the greatest Yoga in mankind's history which Shri Mataji had given as a gift to the world. The second T was for Truth, Shri Mataji has brought truth to the world so that mankind could come to the true meaning of its existence. The third T is for the Temple, the body is the temple of the Lord and we now respect our bodies in a way we did not before and which we can now use to worship God. The fourth T is for Trust, the trust between all of us from different customs, creeds and religions. The fifth T is for Tears, the tears of joy in our eyes when we again see our brothers and sisters. The sixth T is for the Trigunatneka, the integration of the three Gunas, and the three Yogic paths into one. And finally the

not feel tired. By relying on Sahaja Yoga she has also been able to significantly reduce the amount of prescription drugs normally used. In a country like Russia which suffers shortages, this is a significant contribution. Dr Valentina then related some miracle cures of small children, many of these cases are documented and they have helped convince other doctors in Russia of the effectiveness of Sahaja treatment.

Dr Amjut of Pakistan, currently practicing in Australia, then spoke. He related how he had received his self-realisation while studying. He related his early experiences within his family, one member was suffering from depression and received relief when she placed her hands towards a copy of the Koran in which Dr Amjut had placed a photograph of Shri Mataji. He also spoke of the ailments of the western world such as alcoholism, which in the US alone \$117 billion dollars are spent annually on alcohol rehabilitation. which is only 50% effective. Sahaja Yoga can help all these people much more and costs nothing. Dr Brian Wells then spoke and he emphasised that medical science knows nothing, the little they know is ineffectual compared to Sahaja Yoga. He said that Shri Mataji is the doctor of all doctors, the scientist of all scientists, and the psychiatrist of all psychiatrists.

Dr UC Rai then spoke about his research and how he had come to write his book 'Medical Science Enlightened'. He related how he had begun his research into hypertension and how had he developed his own medical condition of hypertension. The conventional medical treatment for this disease is based on drugs known as B-blockers, although these alleviate the symptoms of the condition they do have detrimental side-effects. He was relating his problems to a friend, Dr Talwar who then helped him using Sahaja Yoga treatment. After a few weeks of Sahaja Yoga he was able to reduce the quantity of the drugs he was taking, eventually giving them up completely. He summarised that Sahaja Yoga must have the same mode of action as B-blockers, calming down the over activity of the sympathetic nervous system using just our vibrations. His subsequent research is aimed at proving this hypothesis scientifically. Shri Mataji congratulated him and then released his book.

The next doctor to speak was one of the youngest, Dr Asish Pradan he spoke of how medical science up until now was a prologue, until this moment in time when Sahaja Yoga is now available. Sahaja Yoga is the real science of medicine because it is absolute, it does not change or is ever revised, as some new discovery is made. He also spoke of Lao Tse and how he said that one must first treat the mind, worship the Toa and then treat the body. How lucky we are because the Toa is sitting before us. We are doing in Sahaja Yoga as Lao Tse advised, we use the vibrations to treat the mind and the subtle system, then the physical problems are solved.

seventh T is for Thanks, our thanks to Shri Mataji for all Her blessings, for all Her love and for the many gifts She has given us.

Dr David Spiro next took centre stage, he thanked Shri Mataji for creating a whole world family spread across all the continents. He said by any measure Shri Mataji has lead a quite remarkable life, so many lives have been transformed, so many countries have been blessed, which is a testimony to Her greatness. Dr Spiro ended by thanking Shri Mataji for Her gift of Sahaja Yoga to the world.

Mr Guido Lanza then spoke beginning by saying that words were very inadequate to express what is in our hearts on this occasion, our gratitude, our love, our thanks, which are beyond words as Shri Mataji is beyond time. Mr Gregoire De Kalbermatten then took the stage and began by saying that it was all just too much, too much joy, too much emotion, too much to put into words. How could we put into words the gratitude, the debt we owe Shri Mataji for what She has given us, God is beyond our comprehension.

Mr Rajesh Shah then addressed the audience and related how Sahaja Yoga has transformed our lives beyond anything we have known. He said that Shri Mataji had taken Her birth in India, the land of Yoga Bhoomi, which has made India even greater. Dr Talwar later said that all of us will become Sahaja doctors who will go out and help the world. Later Mr Romel, Shri Mataji's son in law addressed us saying that there was no hope for the world but for this, but for Sahaja Yoga. When Arjuna was awakened he used the power of the central channel to become so powerful a warrior that he could defeat an army. In Sahaja Yoga when we use the powers of the centre we can become great doctors, great poets, anything we wish to become.

After the world leaders spoke, leading Sahaja Doctors introduced by Dr Nigham came to the stage to speak about the medical aspects of Sahaja Yoga, and how treatments using these techniques revolutionise the practice of medicine. The first speaker was Dr Valentina from Russia. She spoke of her experiences in a emergency pediatric ward. She said many doctors in Russia became disillusioned with medicine and think of their patients only as a source of problems, they lose their empathy with their patients. Since coming to Sahaja Yoga, she said that she uses Sahaja Yoga treatment very much in her practice. When treating small children both the mother and the child have to be cleared in order to clear and cure the child. She said that she has found many of the illnesses which affect children originate from problems or possessions in their mothers. Unlike the west, Russian mothers will try Sahaja Yoga, when they see it working. Once they see the good it does the children they stick to it. Dr Valentina also related that after coming to Sahaja Yoga all the doctors work tirelessly and with great love and care for their patients. She said that she sometimes works 24 hour shifts and when she finishes she does

Mr Rajesh Shah related how people have been miraculously cured just through earnest prayer to Shri Mataji. He told us of a close relative was traveling to the US for a heart operation. He put his attention on him and prayed to Shri Mataji to cure him. When he arrived in the US they told him to celebrate: the test showed he was cured. He then related another story about his uncle who had become very ill and was not given much time. The family visited him in hospital to see him and to pay their last respects, as he visited him he took his pendant with Shri Mataji's photograph and placed it before his uncle and prayed to Shri Mataji to save him. Within a few hours he opened his eyes and then went on to make a full recovery.

After this Shri Mataji spoke to us. She said that words were difficult to find at such a moment, and on such an occasion. She said that when She had started Her work She thought that She would not find anyone to listen to Her or to accept Sahaja Yoga. At one point She said that She thought that She would have to come back in another life to tell people about Sahaja Yoga, but Her dream was coming true. People had accepted Sahaja Yoga, and now there are so many saints the world over. She said who could have thought that so many saints would have taken their birth after Her birth. It is the first time in history when so many saints are in the world at the one time. Shri Mataji said that all of us now are Sahaja Yoga doctors, we can use the vibrations and we can cure people, all we need to do is to use Her photograph and the vibrations will do the work.

Shri Mataji went on to say that we should take to writing books in our fields, showing how Sahaja Yoga enlightens our fields of medicine, art, architecture, poetry. We should organise seminars with our colleagues and speak to them about Sahaja Yoga. During Shri Mataji's discourse the Peer of the Sufis of Nizamudin arrived with clerics and other members of his community, including some of the musicians who had played before the tomb earlier that day. The Peer was a very distinguished man, with a long flowing white beard, he wore a saffron turban and looked regal in a long black coat covered with gold embroidery. As he approached the stage Shri Mataji rose from Her chair and greeted him on the stage, it was a fantastic moment as they both stood together and spoke for some time. Some chairs were brought onto the stage and he sat next to Shri Mataji. The Sufi musicians joined our musicians and together they sang, while we danced. Shri Mataji said that these Sufis were our local Sahaja brothers and sisters and that their saint was a saint like us who knew who he was and who used his powers confidently to lead a powerful and dignified life.

After enjoying the music the group left, we later learned that he had invited Shri Mataji to their temple later that afternoon.