



By all accounts it was a very successful seminar as always both new and established Yogis gain much from the day both in terms of experience, knowledge and relationships created and strengthened throughout the day.

Following the last official item we ended with a meditation followed by tea and cakes. Many of the new people stayed for many more hours continuing the discussion began in the day. It must have been around 8:30 before the last person left.

The seminar concluded with a video of Shri Mataji taken at Kundalini Puja 1992. The large video projector was used which displayed a larger than life image of Shri Mataji on the wall of the meditation room.

Sahaja Yogi means. as coming to a realisation of what the vibrations are and what being a vibration to clear their own subtle systems and those of others. By doing this one becomes confident in the use of the vibrations as well as vibrations to clear their own subtle systems and those of others. By use them in order to clear oneself and to become confident in the powers of Sahaja Yoga. He told the audience that they must use their own experienced mingled and enjoyed a pleasant hour of midday sun. Following a delicious lunch followed the workshop where yogis of all levels of on ones hand as well as the on the chakras themselves.

as Prasad talked about the history of shoebeating and the circumstances under which the Prophet Mohammed introduced the practice. It appears that at a time of vulnerability the Prophet and his followers were about to be attacked by a force ten times larger than their own number. Prior to the attack the Prophet instructed his followers in the practice of shoebeating and surrendering the problems to the Earth. One of the powers of the Adi Guru is his ability to call upon the powers of nature to further God's work. In shoebeating we as Sahaja Yogis also call upon the power of the Mother Earth to resolve our problem. After Mohammeds force completed their shoebeating the attacking force turned and fled the field legend has it that flocks of birds even rained a hail of stones upon their foes.



REHEARSAL - MUSIC OF JOY CONCERT

This Saturday afternoon at 1 pm there will be a meeting and rehearsal at Burwood for the next Music of Joy concert. We are trying to have a photo session so please be timely. (The next Music of Joy concert is on Saturday 24th July).

Baby Marlow

Simon and Ellen Marlow have just received a seven pound seven ounce addition to the Newcastle Collective. Their baby girl was born on Saturday June 12. Congratulations Marlows!

ROOMS AVAILABLE IN MELBOURNE

Rooms available for couples or singles in Pytchley Hall Ashram in Melbourne. Please phone John or Robert on (03) 723-7184.

- Q. Why did the yogi refuse the Novocaine injection from his dentist????
A. Because he wanted to transcend dental medication. !!



The Australian Post Office is selling this lovely 45c stamp. It features Uluru and the rainbow serpent.



After this we all retired to the back garden where Prasad lead a workshop illuminating the practice of shoebeating. It was a most interesting workshop

some of the Yogis in the room. that following the talk they could see vibrations above the heads of discussion lasted for about two hours. One of the assembled Yogis later commented with the chakras as well something about the Deities and their qualities. This associated with each chakra, the problems which can become associated half of the discussion dealt with each Chakra and the clearing techniques Alma, the Kundalini and the various powers of the Subtle system. The second deal with the inter-relationships between the Chakras, the Nadis, the Prasad and Sarita. The discussion was held in two parts, the first half was a discussion of the Subtle System by a group of speakers including Following the introduction by Uncle Michael the first item of the day

importantly to strengthen the experiences of Sahaja Yoga for the people. This was the aim of the organisers to impart knowledge but probably more a day where one could deepen ones knowledge and experience of Sahaja Yoga. by Uncle Michael who made everyone feel welcome and he promised everyone others for a matter of weeks. The programme began with an introduction Some of these people had been coming for a number of months. Sahaja Yoga had assembled along with about 20 established Sahaja Yogis. minutes around 35 people of varying levels of experience and knowledge of The participants began arriving at the allotted time of 10.00, within fifteen

room and comfortable and cool atmosphere. itself very favorable as the venue for such seminars with its large meditation center. It was the first seminar held at Burwood for some time, and after the success we should hold them more regularly. The National Centre lends On Saturday a very successful and inspiring seminar was held at the National

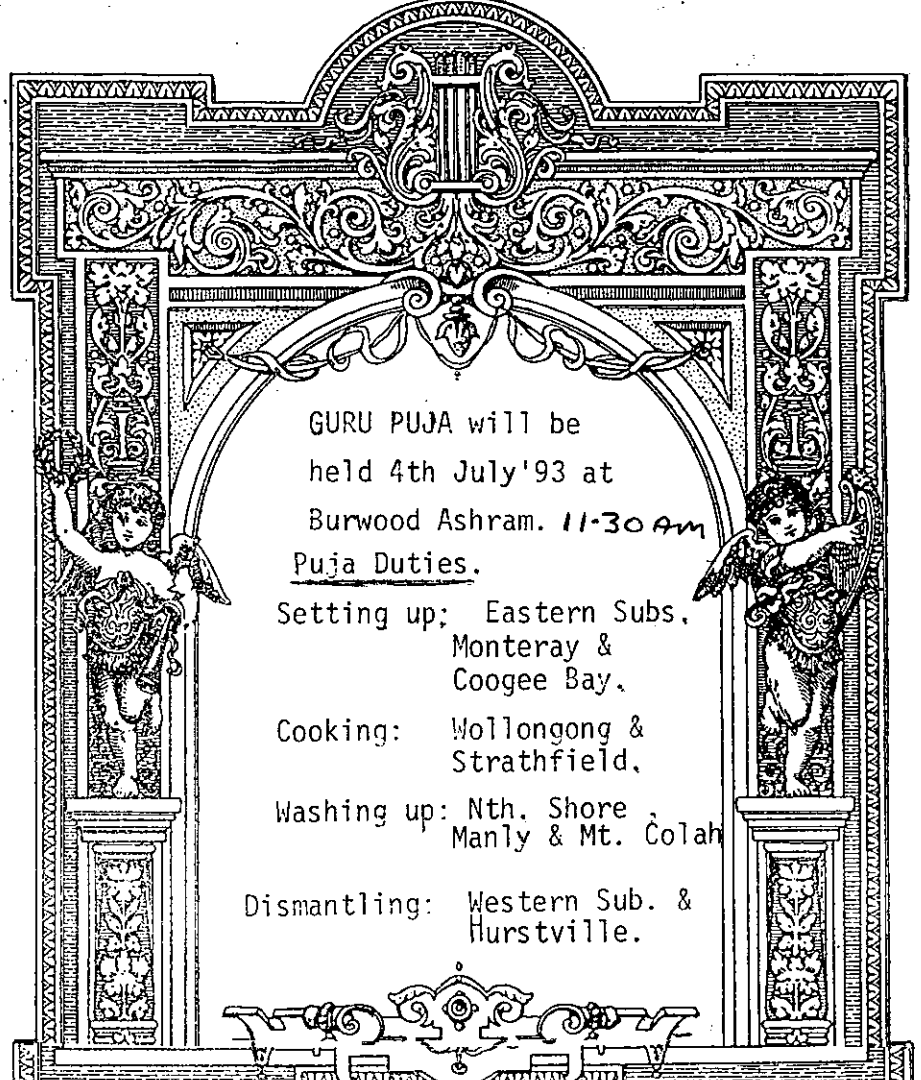
SAHAJA YOGA. WEEKEND SEMINAR Saturday July 19th.

Sahaja Newsletter

Contributions:

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

FRIDAY 25th JUNE '93.



GURU PUJA will be held 4th July '93 at Burwood Ashram. 11-30 AM

Puja Duties.

Setting up: Eastern Subs, Monterey & Coogee Bay.

Cooking: Wollongong & Strathfield.

Washing up: Nth. Shore Manly & Mt. Colah

Dismantling: Western Sub. & Hurstville.

This is the article and accompanying advertisement that proved to be very successful in Melbourne newspapers. As a result, many new people came to programmes all over the city.

Ancient practice successful in health care



Shri Mataji Nirmala Devi, founder of Sahaja Yoga.

RECENT clinical studies have proven the ancient system of Sahaja Yoga meditation to be a successful preventative measure in health care.

Shri Mataji Nirmala Devi, founder of Sahaja Yoga internationally, says, "Good health is a natural by-product of Sahaja Yoga practices." The practices are completely natural and can be done by all the family, they put no strain on the body. The potential is within everyone. It is Sahaja (born with you), it just has to be enlightened and Yoga (union) is achieved.

In a recent medical conference held in New Delhi (March 93), doc-

tors from all over the world, examined the results of various clinical tests of Sahaja Yoga techniques.

Practitioners are shown to be far less prone to stress and heart disease. Diabetes and asthma have been controlled without drugs and in some cases eradicated completely.

In a Moscow children's hospital, the shortage of drugs led consulting paediatrician, Dr Valentina, to try Sahaja Yoga practices on the children. The results to date have been completely positive. Cases of infantile diabetes and asthma have been arrested, re-

ported the delighted paediatrician.

Health is controlled inside, a person's state of mind triggers responses within their glands and organs preventing or causing disease.

A major public program is to be held towards the end of April or early May (see advertisement in this section). Regular weekly programs are held in Balwyn, Hawthorn, Croydon, Mt Eliza, Mooroolbark and Templestowe. There is no charge for Sahaja Yoga programs.

For further information phone 802 8924 or 723 7184.

Discover

The silent revolution of the spirit

"When we know the Essence every problem will be solved." Experience the teachings of international spiritual leader, Shri Mataji Nirmala Devi.

Public program: Richmond Town Hall, Bridge Rd, Richmond, Sat. Thurs 20th May

Regular weekly programs held in: Balwyn, Hawthorn, Croydon, Mt Eliza, Mooroolbark and Templestowe.

Enquiries phone: 802 8924 or 723 7184. No charge for Sahaja Yoga programs.



THAT SOUNDS REASONABLE



I ALWAYS THOUGHT YOU GOT A HEADACHE BECAUSE YOUR EARS WERE TOO TIGHT!



SNOOPY HAS A HEADACHE..



HE PROBABLY PICKED UP A COLD. SOME PLACE...

SMALL GREEN MANTRA BOOK.

A list for names will be on the notice board at Burwood. People wanting a copy of the small green Mantra Book, please add your name to the list. If you cannot get to Burwood to put your name down-- ask someone to do it for you. This list is a first on first served list. Price to be advised later. Uncle Stephen is going to Guru Puja, and will try to obtain copies of the Mantra Book.

304 · Judge your success by the degree that you're enjoying peace, health, and love.

• LIFE'S LITTLE INSTRUCTION BOOK •

THE SAHAJA YOGA EXHIBITION AND THE MUSIC OF JOY CONCERT II

After the great success of the first concert it has been decided to hold Music of Joy II. The Sahaja Yoga Bhajan Group will again perform in concert at Parramatta Town Hall, Saturday, 24th of July at 7:30 pm. All of us who were there for the first performance will have experienced the great response received from the Public and Sahaja Yogis alike. The first concert was by all accounts a great success and demonstrated that Spiritual Music provides a good means of spreading vibration, providing publicity for Sahaja Yoga and giving us a new means of attracting seekers.

Following the conclusion of the first Music of Joy concert Shri Mataji received a copy of the video and some photographs taken at the concert. Shri Mataji was very pleased with the concert and sent Her blessings. Music of Joy II concert will be again provide a vibrant presentation of music drawing from both Eastern and Western sources. Music will again be chosen for its spiritual and joyful qualities. As we all demonstrated with the first concert

The success of the seminar and concert can only be assured through the support of the collective. With this in mind each centre, ashram, or Sahaja Yogi can support the concert by:

- o Selling tickets for the concert to yogis, friends, and family in your area.
- o Concerted poster in your area,
- o Helping with the organising and manning of the Exhibition.
- o Any other means you can think of to promote the concert.

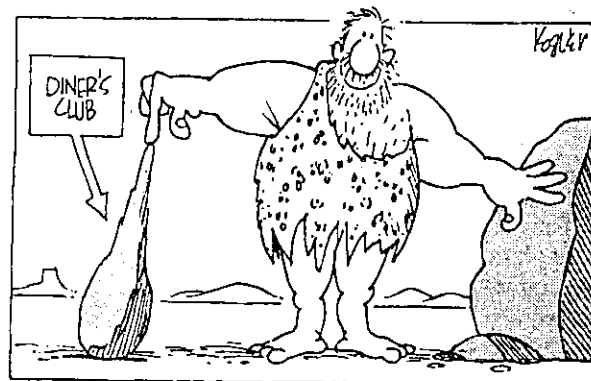
The exhibition and concert is little more than four weeks away so we need to start begin work almost immediately. With all your support this exhibition and concert may mark a new chapter in the way we spread Sahaja Yoga.

Included is a draft of the Press Release which will be sent to the various media organisations.

THE EXHIBITION

If anyone has seen or been involved with Exhibitions dealing with Sahaja Yoga, can they offer help. Many of these have been held in various countries around the world and have met with great success. Many yogis have come to Sahaj through such exhibitions. By the grace of Shri Mataji, let us all work together to hold an exhibition dealing with all aspects of Sahaja Yoga. It is planned that such an exhibition will be held on the day of the Music of Joy Concert at the Parramatta Town Hall. The format and content of the Exhibition is up to us to determine. Let us work it out together!

Phone HARI GAIKWAD - 716 7538



BRISBANE NEWS

20th June 1993

Mary and Kerry O'Neill are now holding two programs per week, one being Thursday night and the other on Monday at 10.00am.

A comprehensive first aid kit has been purchased at a cost of \$95. Needles and tweezers have been at a premium since woodchopping began several weeks ago. Profits from firewood sales are now over \$1,200. All woodchoppers are very welcome, as this money maker is obviously limited to winter only. A special thanks to Brad Miller for the many dedicated hours he has put in.

A large second hand wood planing machine has been purchased for \$200, new price being around \$650, which will be put to good use dressing the Jarrah from Darwin and also the chain saw milled timber from the property.

Once the transfer of clay takes place from the front dam to the house site next week, it will open up many new jobs for enthusiastic yogis, such as sieving, batching, mixing and brick making.

Another reminder that India Tour raffle tickets are available from Debbie Miller at \$15 per ticket.

He who neither rejoices nor hates, nor grieves nor desires, who renounces both good and evil and is full of devotion to Me, is dear to Me.

He who is alike to friend and foe, and likewise to honour and ignominy, who is alike to heat and cold, pleasure and pain and is free from attachment.

He who takes praise and reproach alike, who is given to meditation and contentment with whatever comes unasked, has no attachment to home, is having stable intellect and is full of devotion to Me, that man is dear to Me.

• source unspecified, perhaps the Gita??