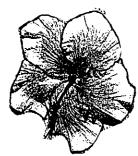
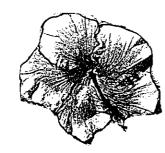
Hawaii is having a public program on July 19 and we would like to offer all our love and support. We know it's a bit of an uphill battle for such a small collective over there,so bandhans and shoebattle for such a small collective over there,so bandhans and shoebating please to help them along.

NEMS EROW HAWAII





All enquires, soe Lakshman & Zone.

· 219:5500 5141 in BRAZIL and your support will make in \* Proceeds will go to setting up schola roga Ruthe to be drawn Friday, July 23, Burwood. or sole at Friday right programmes, Burnood. and patters shops or just enjoy the tranquility of being close to nature. down stage coach, visit the farmyard nursely Sunday vide on the old coop & Co. horse of examey. Have fun bush-walking, go for a rainforcest area only 23 hours drive south Kungaroo Valley is a beautiful temperate The cabin van will accompadate 4.6 people. amenities) at alenmack Caravon Pork. and contains both kitchen and bathroom Etaying in a cabin van (larger than a comunan WIN a trip to KANGARDO JALLEY FOR 2 nights

8

Come Live on the Sunny Central Coast

There is space available for a couple or a single yogi to live in the Gosford Ashram with a view to moving in the next 2 months to a rural property 10 minutes out of Gosford - close to Terrigal. The property has a 5 bedroom county home with a 4 car garage & tennis court. Rent is estimated at \$50.00 per person.

The Central Coast is a growing area and needs the support of committed yogis.

If this sounds like you - simply ring the ashram at Gosford - phone (043) 23 1913 for all information.



PROGRAMMES

The Fremantle programme has finished, with 2 people still coming from the Alexander Library public programme. There is also a lady still coming to Bassendean from that programme. She told Heather that from the moment she walked in she was absolutely spellbound by the music. Bhajan practice next week is on Thurs at Kevin and Barbara's 7.30pm. We hear that a talented violinist has joined the group, much to everyone's delight. Our sources suggest that 'he will pick up the music as quickly as our flute-player has!' Non-musicians do hope there will be a Friday bhajan night soon so we can enjoy too. If you can't wait EVERYONE is welcome at bhajan practise evenings - they don't make newcomers sit in front of the microphone for the first few weeks!

the Bandhan of the Sky - encircling and protecting the way of the yogis ! the rain stopped and - the fourth sign that came was a beautiful rainbow capacity, he calmed down (the rain must have cooled him down also), then realising that he is fighting with something beyond his power or see sulthing through it, he had again to slow down completely. Finally, 917 of a sudden a torrential rain came from a clear sky and as he couldn't тьет, ая тве гоад ресаме погмал адаль, ве гезимед тве јегкя. Твіз тіме, a lot of holes and he had to slow down again and quit his crazy style again. about the bus maneouvres. Right away, the radar caught the driver and he had to slow down (and probably pay a fine also). Then as he got away he started to do it again, Next thing, he found himself on a very bumpy road with the bus left and right in a violent manner, so as to hurt the yogis in the bus, or at least to scare them. The yogis started immediately giving bandhans and saying the mantras to shit Ganesha and Shri Hanumana, without bothering, bribes, etc. And so angry he was, that on the way home he started to jerk the busy schedule of the yogis, and also he was amazed how could this people pass so easily the borders without any difficulties or paying the usual very angry that he could not do some business and things like that because of and lessons throughout this mini Tour of Turkey); the driver of this bus was to one of the Romanian buses on the way home (although there were many miracles in guise of conclusion let me mention one more miracle that happened

full of hope that a new stage in the spirituality of Turkey had begun.

After the great success of the program, next day was the puja dedicated to shir fatima, [Sorry for having no details about the talk - it is on a cassette on Pal which I haven't been yet able to see here.] At the end of Her stay, shri Mataji called in Her room the two managers of the hotel where she was staying - one of the finest in Istanbul - she thanked them for hospitality and talked to them about the bad things of fundamentalism end they got their realization. They were so grateful for it, that they said they were poth foreigners - Dutch and German if I remember well), and at the said they got their realization. They were so grateful for it, that they said they cannot possibly accept the 2000 pounds cost for shri Mataji's stay in the hotel - which is probably unique in the history of all the hotels of the world

The program was attended by ... around 500 seekers ! - unprecendented event in Turkey. Shri Mataji gave a long talk about fundamentalism and the difference between it and the true spirituality, and at the end she gave the Realization in a very simple way: "Put your hands towards Me and you will feel the cool breeze in your hands".

names of Shri Canesha and were happy to see them pass right away, etc.), and I go directly into the subject - something that Shri Mataji has said again - the sufis are very close to Sahaja Yoga.

So the day before the public program, Shri Mataji scheduled a visit to the sufi quarters of Istanbul, where the yogis passed a night growing younger and younger with the beautiful sufi music and dances interleaved with our beloved bhajans that the sufis enjoyed a lot. Everybody enjoyed it a lot and Shri Mataji said that the sufis are Sahaja Yogis, they can feel the Cool Breeze.

sent me about this visit - seemingly a historical one for Turkey.

There are very few Sahaja Yogis in Turkey (or I should say, there were before this Tour) - about eighteen - due to the extreme fundamentalism there. But a lot of Yogis came from the neighboring countries - about 125 from Romania, a couple of dozens from Hungary and Bulgaria. I skip over the details of the border crossing by the three Romanian buses (you nave to bribe the custom officers, they are very nasty and don't let you go, the drivers were also not very nice at all - everything solved with a simple bandhan and joyous songs to Shri Ganesha and the Goddess - some custom officers were watching an exciting movie, some others were unable to bear the Yogis singing the 12 names of Shri Ganesha and were happy to see them pass right away, etc.), and I go directly into the subject - something that Shri Mataji has said and I go directly into the subject - something that Shri Mataji has said

Dear Yogis and Yoginis,

These are not first-hand recollections as I wasn't in the Turkey Tour

but I will try to reproduce some things from the very detailed letter my father

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SHRI MATAJ'S VISIT TO TURKEY (Calin Costian - Indiana - US - 18/6/93)

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## Sahajal Newsletter

Contributions:

Carole McNeill: (02) 560 6921 Efrem Manassey (02) 560 4134

Fax: (02) 745 4562



Guru Puja will be held at Burwood Ashram, 11.30 am, July 4.

JULY 2NO'93

Sahaja Yoga. Hong Kong 12a, 18 Shan Kwong Rd Happy Valley. Tel 893 5227 Fax 572 0187

Jai Shri Mataji

Greetings from Hong Kong. Over the last two months we have been working towards a major programme to be held on Monday 28 June. The venue is the City Hall Theatre, which we had originally booked for Shri Mataji's tour. Its an excellent venue, seating 450, in the heart of the Hong Kong business district.

During initial discussions about the programme we wondered if Sahaja Yoga could be presented in a slightly different way. It occurred to us that we may be able to combine forces with other movements, and present a programme sponsored by Sahaja Yoga but appealing to a wide audience of conscious people. The theme of "Holisic Integration" emerged, and we contacted our friend (and sometimes yogi) Dr Alex Yuan, a highly qualified and respected homeopath and chiropractor. Alex was very enthusiastic and agreed to be one of our guests speaking about natural medicine and attemative health. He also suggested we contact Dr Simon Chau, an author and founder of the Green Power movement in Hong Kong. Simon agreed to speak, and suggested his topic be called "achieving peace with nature". Both Alex and Simon are well-known made figures in Hong Kong with available part agreed to and Simon are well-known media figures in Hong Kong with excellent contacts.

So we had a full programme - coverering the environment, personal health and also of course the only true solution to problems in both these areas - Sahaja Yoga. Our first choice for presenting Sahaja Yoga was of course Stephan. We hoped perhaps he could come (conveniently) on his way to Guru Puja... and eventually this too has

At the movement we are working on programme content, advertising, handouts, getting translations done, postering, handbilling and arranging newspaper articles and radio interviews. All is progressing well and our regular yogls are very much involved and everyone is feeling the excitement mounting. It is proving to be an attractive and unique way of presenting Sahaja Yoga and should draw on a very wide range of the community. We have arranged an excellent new venue for the follow up workshops.

With Shri Mataji's blessings we pray that it all bears the fruit of many true seekers receiving their Realisation. So, please keep us in your attention, as a successful programme of this kind in Hong Kong will eventually be of great importance in the spreading of Sahaja Yoga onto the Mainland. We'll let you know how it's going.

All our love and thanks for your ongoing support. (here's a copy of our poster)

A free evening seminar

Holistic Integration
How to achieve a natural state of balance

Sponsored by Sahaja Yoga Three international guest speakers Who are devoted both personally and collectively the achievement of a vořkable solutions: higher state of balance have agreed to p eŝent Dr Simon Chau, Green Movemen Head Achieving peace with flatury dampopalli, l Dr Alexander Yuan, "Natural medicine and quernative Mr Stephair Thylor, all international leader of "Kundalini, medical and vibratory sources." Saliaja Yog

## City Hall Theatre Monday June 28, 7.30 pm

Be early, seating is on a first come - first seated basis For any enquiries please phone 893 5227

16

Standing upon the mountain steep How low the valley seems! And yet, because it lies so deep, It gathers all the streams.

17

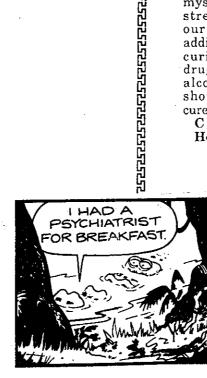
The valley-spirit cannot fall Because it lies so low; And yet it is the base of all, And to it all things flow.

18

Earth's bulk, and heaven's awful curve, How can they so endure? Neither has selfish ends to serve, And so their strength is pure.











Sahala Yoga Newsletter

Jai Shri Mataji! Great news from Hong Kong.

On Monday night we had our "Holistic Integration" program at the Hong Kong City Hall. Following a concerted promotional effort that included articles, radio interview, press ads and posters - more than 300 people attended!

We were thrilled and the program was a great joy. It really began when Uncle Stephan arrived on Friday, just beating a big typhoon into Hong Kong which swept the city clean and cooled everything down. Of course everyone had to stay home quietly and read there Sunday papers which had our ads plus a good article in them! Also banner headlines on Hong Kong's super high levels of stress. Mother's magic was working it all out.

The evening was different in many ways and the atmosphere was very different, like a big group of concerned and conscious friends who were there to start working it out. We began with some ambient music and some nature slides beginning with Uluru, Kailasa, streams, forest, ocean, whales and porpoises. Pavan was MC and he introduced the speakers with a short talk on what "Hollstic Integration" meant - a blending of the gross, the subtle and the

Our first speaker was Dr Alexander Yuan, a naturopath, homeopath and chiropractor who gave some great insights into the problems of conventional medicine's approach to todays problems and how the expense and failures were monumental in size. For instance there are more bankruptcies in America because of medical expenses than any other reason. He narrowed the causes down to one word 'stress' and then proceeded to report on a definite cure-detailing Dr Rai's breakthrough research on the effects of Sahaja Yoga with stress and hypertension. He closed with a personal testimony to the non-commercialism of Sahaja Yoga and the sincerity of the Yogis, urging everyone to "come on board". It was as beautiful as it was unexpected and everyone applauded as young Sadhana gave the first of her three bouquets to him.

Dr Simon Chau is probably Hong Kong's foremost "Greenic" and a more sensitive and beautiful person is hard to find. Simon started, and lives on Hong Kong's only major organic farm, has written 57 books and is a real seeker. He began his talk by getting everyone on their feet doing exercises and by introducing his friend, a small fern in a potin no time he had us laughing. With disarming honesty, humility and humour he spoke of his experience and told subtle stories that pinpoint the need to stay in tune with nature and our intuitive self. He spoke of awe, relatedness and wellbeing and the search for Spirituality, including his personal liberation from the RC church. He was greatly appreciated and closed by playing a short piece on his mouth organ with the lights dimmed.

After a short break Pavan introduced Uncle Stephan and Chakra Chan. We all felt we were now touching on the essence of the evening as Stephan picked up the threads of the other speakers and highlighted the essential role of the Mother to us all in times of distress. Working up through the chakras, he spoke of the qualities of each, of the knowledge behind the system and how health can be achieved through its enlightenment and connection with the all-pervading power. His personal testimony as to how his own physical problems. unresponsive to conventional medicine, were solved by Sahaja Yoga, gave great credibility to his talk. In a subtle and sensitive way he then parallelled the words of Lao Tse with the ascending Kundalini -

"The valley spirit never dies; It is the woman, primal mother. Her gateway is the root of heaven and earth. It is like a veil barely seen. Use it; it will never fail."

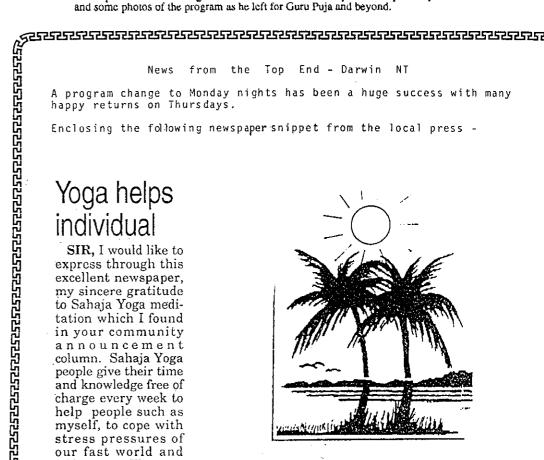
Stephan then introduced Alex who led us into the Self-Realisation sequence and meditation. By now everything was very still. At the conclusion of the meditation Alex invited everyone to the four week free course commencing on Monday July 5.

All the yogis involved gave people assistance to register and gave out our new handouts plus the Greenpower literature. Needless to say Dr Chau had a very strong experience and wants to meet with us again soon.

In all it was a fantastic evening with more than 60 course registrations and many phone enquiries since then. We are all very grateful to Uncle Stephan for coming to Hong Kong and hope to see him here again soon. We sent with him copies of our publicity materials and some photos of the program as he left for Guru Puja and beyond.

help people such as myself, to cope with stress pressures of our fast world and addictions. They are curing habits like drugs, smoking and alcohol or rather showing us how to cure ourselves.

C Loehr **Howard Springs** 



The Suburban

DARWIN N.T

THURSDAY, MAY 27, 1993