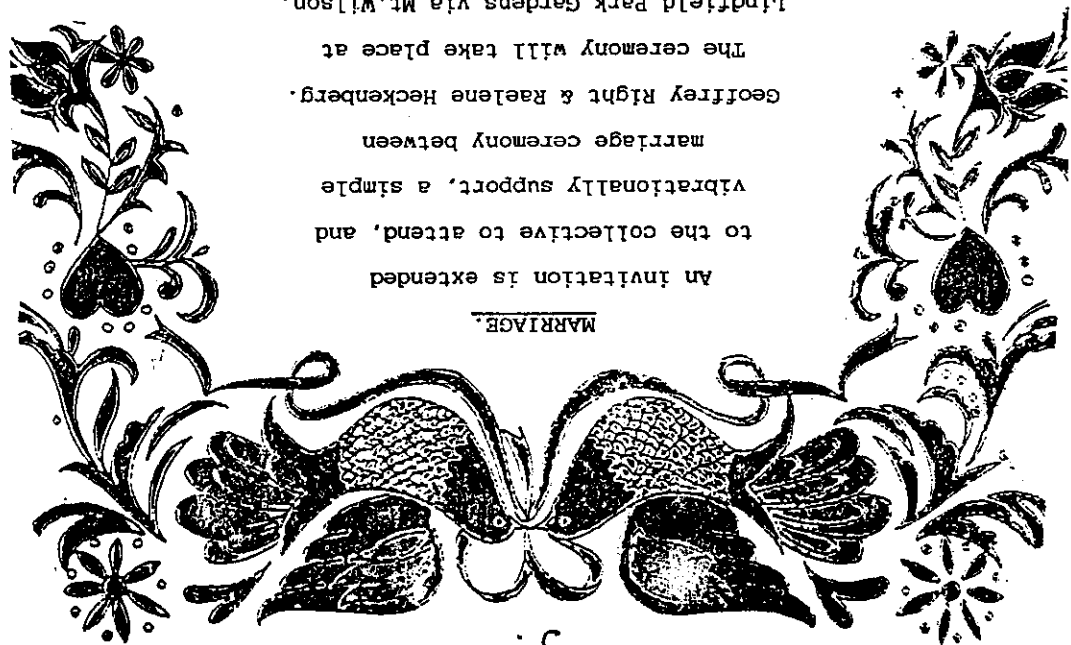


at Katoomba. R.S.V.P. Sunday, 21st November.  
Then afterwards a buffet lunch will be held  
at the gazebo at 11am, Sat 4th December.

Lindfield Park Gardens via Mr. Wilson,  
The ceremony will take place at  
Geoffrey Right & Raelene Heckenberg.  
marriage ceremony between  
vibrationally support, a simple  
to the collective to attend, and  
An invitation is extended

MARRIAGE.



3

4

## The Rules for Being Human



1. YOU WILL RECEIVE A BODY.  
You may like it or hate it, but it will be yours for the entire period this time around.
2. YOU WILL LEARN LESSONS.  
You are enrolled in a full-time informal school called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. THERE ARE NO MISTAKES, ONLY LESSONS.  
Growth is a process of trial and error: experimentation. The 'failed' experiments are as much a part of the process as the experiment that ultimately 'works'.
4. A LESSON IS REPEATED UNTIL LEARNED.  
A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. LEARNING LESSONS DOES NOT END.  
There is no part of Life that does not contain lessons. If you are alive, there are lessons to be learned.
6. 'THERE' IS NO BETTER THAN 'HERE'.  
When your 'there' has become a 'here' you will simply obtain another 'there' that will again look better than 'here'.
7. OTHERS ARE MERELY MIRRORS OF YOU.  
You cannot love or hate something about another person unless it reflects something you love or hate about yourself.
8. WHAT YOU MAKE OF YOUR LIFE IS UP TO YOU.  
You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. YOUR ANSWERS LIE INSIDE YOU.  
The answers to Life's questions lie inside you. All you need do is look, listen and trust.
10. YOU WILL FORGET ALL THIS!
11. YOU CAN REMEMBER IT WHENEVER YOU WANT!!



OR else see Suzy tonight at Burwood.  
working hours) or Sarita at Croydon (Phn 745 2393)  
So if interested ring Suzy Hutchings (Phn 560 1935 after  
of Shri Mataji's next Australian Tour.  
This year there will be follow-up programmes and promotion  
and results were really fantastic.  
Last year we gave realisation to over 1,000: The feeling  
We need many people to give a definite commitment now...  
to 7.30pm every day.  
to Sunday 28th November. Opening times are from 10am  
Our involvement in the M.B.S. will be from Wednesday 24th  
People to help with our stall!  
urgently needed!!!

MIND BODY & SPIRIT FESTIVAL.

M. B. S.

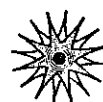
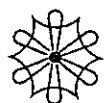
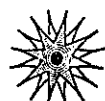


EXHIBIT NEWS



THE AUSTRALIAN

## Sahaja Newsletter

Contributions:

Carole McNeill: (02) 560 6921  
Efrem Manassey (02) 560 4134  
Fax: (02) 745 4927

FRIDAY 14th NOV. '93

SHRI HANUMANA.

You are the angel of Our Mother's heart.  
You are the messenger of dreams that come true.  
Please deliver me at the threshold of surrender  
and give me the strength to enter without fear.  
Please bring me to the depths of my spirit.  
for it is so cold  
and lonely  
out here  
on the surface  
all alone.....



After many successful experiences at local Community Fairs, it seemed natural that we should also attend the Newtown Community Fair which was held on Sunday November 14th.

Newtown is one of Sydney's oldest inner city suburbs. Once it was quite a fashionable place to live but over the years it has tended to become a bit run down, almost dilapidated. Its close proximity to the University of Sydney meant it has attracted large number of students and people seeking temporary accommodation. All manner of people are attracted to the area.

Each year a local park in Newtown serves as the venue for a Fair where many cultural, ethnic and new age exhibits are available for public display. The inhabitants of Newtown are what could be described as very different, they come from many different social and ethnic groupings as well many who share quite alternate views. Under such circumstances seekers also seem attracted as they delve into the different paths available.

Because of the diverse nature of the people some Yogis had reservations about our presence at the Newtown Fair. Some said that Newtown was full of weird people and that we may get caught up going there. After considering the situation it was decided that everyone should have the chance to receive their realisation. It only takes the spark of self-realisation and we all know the transformation which maybe wrought. So if people are there, it was felt we should also be there to give them the chance of discovering Sahaja Yoga.

We had a few weeks in order to organise our stall. On this occasion we took the opportunity of securing two stalls. One was to serve as a meditation tent, the second was to be a food stall aimed at generating some funds. In the weeks before the Fair time was spent organising the food stall. As usually happens much work fell onto the shoulders of some very dedicated Sahaja Yoginis. It took about 7 days to organise the food stall. All manner of equipment was hired, food was purchased, power was arranged and planning made in relation to the menu.

The Newtown Fair was held at Camperdown Memorial Park behind King St which is the main street of Newtown. The park is quite large and provided ample space for a variety of different organisations to exhibit their material. Community Organisation of many types were represented ranging from Rotary, Workcover, through to many Ethnic Organisations. Other stalls were also selling food and a variety of goods. Ours was the only stall at the Fair offering to teach people meditation.

The Sahaja Yoga Meditation tent was located in a very quiet and peacefully part of the Fair, away from the busiest part of the Fair where there was a fair amount of hustle and bustle. Again the site of our stall seemed larger than anyone elses. Sahaja Yoga hired a large tent which was erected on the grass covered site. A large banner with the word "MEDITATION" was erected above the tent. The tent was setup as a 'meditation room', and served us well as the place where people were to receive their self realisation. When people visited our stall they would be given some introductory literature and invited into the tent to experience self-realisation and meditation. The tent itself was filled with about 20 chairs before a photograph of Shri Mataji. Display panels were also used and parts of the Sahaja Yoga Exhibition were put on exhibit.

The Fair ran for one day, Sunday November 14th from 10am until 6 pm. The day of the Fair arrived and it began with wind and rain. The inclement weather seemed to discourage people from attending the Fair in the morning. This made preparations a bit more difficult as the Sahaja Yoga workers began the task of getting everything ready. Preparations finished around 11:30. Around this time the wind and rain abated and with the change in nature of the weather the number of attendees of the Fair increased considerably.

What began as a tide of visitors to our meditation tent soon became a veritable flood. What keeps us coming back to the Fair is the overwhelming response of people to the message of Sahaja Yoga. This was again in evidence at Newtown. The chairs inside the tent quickly filled with people wanting their self-realisation, queues began forming outside the tent as people waited for the next available opportunity. The queues of people never seemed to shorten no matter how fast the Sahaja Yogis worked at giving realisation. One Sahaja Yogi commented that as the crowds increased there did not seem time to go through the normal series of affirmation used to raise the Kundalini. The Yogi began asking people to put their hands towards Shri Mataji and ask from their hearts for Shri Mataji's energy to come and give them self-realisation, at that moment the Kundalini rose. As some of these people left they were heard to comment to each other that they had enjoyed it so much they would like to go back inside for another turn.

One lady approached the Yogis saying that she always suffers from headaches and could this help her. A Sahaja Yogini assured her that it would help. She sat down and she began to work on her. After a time the lady herself said she could feel her headache lifting from her. In an excited rush she left the stall, soon returning with all her family, 18 people in all, including 6 small children. She told the Yogis that she wanted all her family to experience this. Large numbers of people continued to visit our tent throughout the day. Sahaja Yogis who had come to help setup the tent, the food stall, or to visit for a few hours found themselves stationed behind a chair for the entire day giving realisation to one person after another. The continuous demand for self-realisation meant that people missed their lunch and just worked continuously on people. Many Yogis had worked tirelessly from 11:30 until 6:00 giving scores of people their realisation.

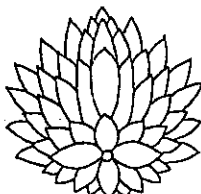
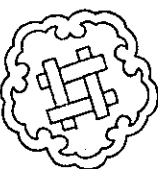
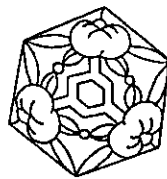
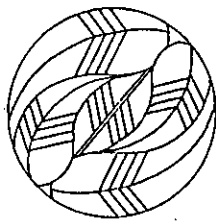
Some of the attendees had many pre conceived ideas about meditation and discussions soon developed which usually meant that the self-realisation did not happen as effortlessly as for others. Most of the visitors to our tent received their realisation easily and felt the cool breeze. By days end around 300 to 400 people had received their realisation and we had given out more than 1000 leaflets.

The food stall also proved a big success. Due to the hard work of a number of ladies including Beena, Sarah, Alice everything appeared to run effortless. The food on offer consisted of samosas, pakoras, mung beans, tandoori chicken and soft drinks. An indication of the type of people attending the fair was the high demand for vegetarian food and the distinct lack of interest for meat, resulting in progressive price reductions of our chicken meal as the day wore on. After all our stall was driven by the demands of our market. By the end of the day the food stall had sold nearly everything they had on offer and turned a handy profit which could be used to cover the costs of the Fair.

The fair ended at 6:00pm and many of the other stalls began packing their material and ending their day. However our stall was still busy with crowds milling around outside waiting for their last chance to receive their self-realisation. As the Yogis were packing up the exhibition new people still came for their realisation. The Yogis did not finish until after 7:00 pm, as the sun set and the light faded, we finished our days work.

Many of the people who received their realisation asked if we would be running programs in the Newtown area. During the following week some of the people who had received their realisation attended programs at Burwood and Haberfield. Again our attendance at the Fair proved to be a great success as hundreds of people had the opportunity to be given the spark of self-realisation which may hopefully burn brightly in their lives, and who is to know where it may lead them.

The Sahaja Yoga traveling exhibition will in all likelihood attend the Glebe Fair which is to be held on the 21 st of November, which then leads us into the Mind Body and Spirit Festival beginning November 24th. By all accounts it has been quite a year for spreading the experience of Self-Realisation far and wide among the people of Sydney.



WHEN HUGH AND JANIE FRITH RETURNED FROM THEIR EUROPEAN VISIT, AND GURU PUJA, THEY WERE FULL OF LOVELY VIBRATIONS, AND IDEAS. ONE OF THESE (IT SEEMED SO WISDOM) WAS TO RUN PROGRAMMES AT SCHOOLS AROUND AUCKLAND. WHAT NICER WAY TO PUT SOME GOOD VIBRATIONS INTO SCHOOLS AND CLASSROOMS?

WE HAD A COLLECTIVE MEETING WHEN WE WERE ASKED TO PUT GOOD ATTENTION ON THIS IDEA AND SELECT THE LOCATIONS. A COUPLE OF SCHOOLS WERE SUGGESTED AS EXAMPLES. SO ALL THIS WAS PUT TO MEDI-TATION AND THE VIBRATIONS.

THE FOLLOWING MONTH (SEPTEMBER) WE WENT TO GREEN BAY HIGH SCHOOL IN WEST AUCKLAND. WE HAD 3 FORAYS WITH PROGRAMMES IN WEST AUCKLAND FOR MEDIOCRE RESULTS. CHRIS MARSHALL IS AN ENGLISH TEACHER AT GREEN BAY, TEACHING UP TO 7<sup>TH</sup> FORM. CHRIS WAS ABLE TO ARRANGE THE USE OF A LARGE MUSIC ROOM WITH EVERYTHING HANDY THAT WE MIGHT NEED. IN FACT THIS ROOM WAS IDEAL. IT ALSO HAD GOOD VIBRATIONS - VERY CLEAR AND 'CLEAN'. THE HIREAGE CHARGE WAS SO REASONABLE AND KEYS AND TRUST WERE NO PROBLEM DUE TO US BEING ABLE TO APPROACH THROUGH CHRIS.

FOR 3 WEEKS ON A WEDNESDAY AND THURSDAY EVENING WE RAN A COURSE FOR NEW PEOPLE, MAINLY ADULTS. SO THERE WERE 6 CLASSES ALL TOLD.

WE HELD A DINNER AFTER THE FINISH FOR NEW PEOPLE, WHEN THEY WERE INVITED TO MOTHER'S HOUSE. WHENEVER WE INVITE PEOPLE THEIR COMMENTS REMIND US WHAT A BEAUTIFUL HOUSE THIS REALLY IS. THEY JOINED IN A POU BIAW - SOME IN ENGLISH - WITH THE SAHAJA YOGIS. IN THE MAIN MEDITATION ROOM (WHERE SHRI MATAJI ALLOWED US TO PERFORM HER PUJA).

A BANDHAN BY AUSTRALIAN SAHAJA YOGIS AND ALL YOGIS WHO READ THE NEWSLETTER WOULD BE APPRECIATED, TO HELP NEW PEOPLE STICK ON AND DEEPEN IN NEW ZEALAND.

WE ARE TO GO TO OTHER SCHOOLS ONE PARTICULARLY AT SELWYN COLLEGE, EAST AUCKLAND. ALEX WILSON IS A 6<sup>TH</sup> FORMER THERE. ALEX'S MOTHER JENNY AND BROTHERS GARETH (9 YEARS) AND JUSTIN (17) ALSO LIVE IN THE ASHRAM.

ONEHUNGA, OUR CLOSEST HIGH SCHOOL, IS ON OUR LIST. SO PROGRAMMES FOR NEW PEOPLE ARE GOING REALLY WELL AT THE ASHRAM. THESE INCLUDE PEOPLE FROM THE HEALTH, WEALTH AND ENVIRONMENT FESTIVAL, FRIENDS OF NEW PEOPLE, YELLOW PAGES ENQUIRERS, AND FROM THE GREEN BAY SCHOOL. ONE COUPLE SAW A POSTER IN A SHOP AT BLOCKHOUSE B AFTER THE FINISH OF THE COURSE AT GREEN BAY. THEY NOW BRING THE LADY'S MUM.

PEOPLE WHO HAVE BEEN COMING FOR A WHILE HAVE BEEN JOINING IN THESE CLASSES AND HELPING OUT. THEY SAY THEY REALLY ENJOY IT AND SAY POSITIVE THINGS WHEN WE ANSWER NEW PEOPLE'S QUESTIONS TO GIVE US POSITIVE SUPPORT. THEY ARE PARTICULARLY GOOD WHEN WE START GIVING VIBRATIONS TO PEOPLE.

Rio is a spectacularly beautiful city blessed by nature with a very salubrious climate. The people are quite warm hearted and take to Bhakti very easily. Awakening the Kundalini and establishing Sahaja Yoga will quickly establish the Dharma here. The consciousness of what is right and what is not, the discrimination and the wisdom will now start manifesting with the attention of Shri Mataji being very strongly felt here. When the Adi Shakti has said that after Russia, Brazil will lead the Western world in spirituality, it is a fait accompli. Of course She also said that Rio is a difficult place - but Her attention is all the more strong in places like this.

We had a seminar on September the 4th and 5th. There were about 25 Yogis from interstate and about 17 from Rio. Many of the established Yogis had traveled between 7 and 24 hours to be with us. It was a very intense seminar and quickly helped establish a core group of about 12 Yogis. It must have worked something out for Rio too, on a subtle level. Because we have suddenly been receiving all these telephone calls from people who want to take up Sahaja Yoga. Yesterday we had about 20 new people for the programme - without any advertising. Jai Shri Mataji.

Just goes to show that there must be thousands of seekers here who are feeling the call of their Mother who has incarnated Herself to bring joy into their lives.

Herbert Reininger from Austria is also here in Brazil since mid-July. He is such a pillar of support for Sahaja Yoga in Brazil. Soon after his visit he met a group of 7 millionaires in Sao Paulo. I sent Pavan a copy of his letter to Javier. Shri Mataji was very pleased to read it. Now the economic power of Brazil (ie Sao Paulo) was united with the political power (ie Brasilia) and Sahaja Yoga was going to take off. She said. Last year the President of the Senate and a few other members had been blessed by Shri Mataji. Also in another parallel activity the Caixa Economic Bank has asked Dr Marden Negrao to do a programme on stress reduction using Sahaja Yoga. They have thousands of employees all over Brazil (being the biggest bank here) Pavan has very kindly sent them some material that he put together. It is being translated into Portuguese.

Yogis here have already translated some 10 to 15 talks of Shri Mataji's. Medical Science Enlightened by Dr U.C. Rai is also being translated so that it can be put into the shops. The transcripts of Shri Mataji's are most appreciated. We first hear the Portuguese translated (entire talk) and then listen to Shri Mataji's talk on tape. Are the transcripts Surrender organised available on computer disk, if so is it possible to send them to us on a disk.

Sahaja Yoga has been growing steadily in the other cities of Brazil. Salvador (the oldest), Brasilia (the capital) and Belo Horizonte. Sao Paulo and Rio the two largest cities here are the newest in Sahaja Yoga. Sao Paulo is the financial and industrial capital of Brazil, while Rio is famous mostly for its tourist appeal. But hopefully both these cities will now become known as centers of spirituality.

Shri Mataji was very pleased with Her visit to Russia this year. There were 30,000 people at a public programme in Moscow. At a Puja in the forest an estimated 15,000 Yogis had gathered to perform Puja to the Goddess! The rest of the West is in a slumber of materialism. Shri Mataji said. We felt a sense of urgent concern for the people who are not feeling the call of the most spiritual period in the history of creation!

Again many thanks to everyone for the many ways in which they have helped us. If possible could a copy of the Newsletter be sent to the above address.

With lots of love to all of you Prasad

Jai Shri Mataji.

Prasad Rao,  
Rua Benjamin Constant, 120  
Gloria, Rio De Janeiro  
Brazil  
29-9-93