

Baby Kapil arrived approx 10am Wednesday, 7 June.  
Her mum, Susan, is now 7lbs lighter! Her dad, Rakesh is relieved it's all over. (Have we got news for him!) Her big sister, Radhika, presently at India school is smiling.  
Our congratulations to you all



All help welcomed!

A box will be placed in the hallway at Burwood for the Tractor Fund.

Trust), or perhaps through fund raising.

Here is our opportunity to help Sahaja Yoga in another country, by giving a donation (cheques to "Life Eternal

land."

short, buying lots of tools that we need for working on the

Because my little money that I brought with me is getting

situation of the collection of money for the tractor?

advised. Many people got their realisation... How is the

came to Buenos Aires for a Public Program that we

"We are living and working on the farm... Yesterday we

asked to help find the money for a tractor.

The Argentine Collective is urgently requiring \$8,000 to buy a tractor for their farm. The Australian Collective has been

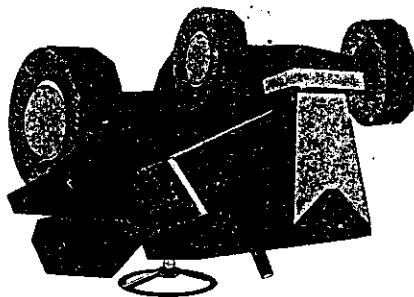
Argentina

for

A Tractor

Needed!

Urgently



## MESSAGE FOR KUNDALINI PUJA

3rd June 1995

I was fortunate to speak with Shri Mataji just before Kundalini puja and during the course of conversation She sent this message to Her children in Australia:

It is very Important to worship our own individual mother within us

We must introspect

She is our Mother's image within us

We have often hurt her

We must be soft spoken

We must be kind and nice

We must be without ego

We are not to hurt anyone

We must respect the value system; both the value system of Sahaja Yoga and the value system of the country we live in.

We must respect Dharma

Our Kundalini is trying to help

What are we doing for her?

We endeavour to please Shri Mataji; but what about your mother the Kundalini?

We must have full respect for our Kundalini and for Sahaja culture

We have to save the world

We have powers to raise Kundalini

Keep a watch on yourself  
don't develop ego

Remember the Kundalini is going against gravity

We must have quality if we are to attract the quantity - to change the world and to overcome the madness going on.

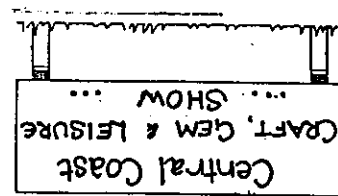
I may not have kept up with Shri Mataji's speech.  
If by not doing so, I have made any mistakes - I ask for Her forgiveness.

Michael

SAHAJA YOGA'S COUNTRY PROPERTY PURCHASE.  
Uncle Michael's letter, regarding the purchase of a collective country property, was mailed out to the NSW & ACT collective last Monday. The letter details the background to the project and various funding options required for the project to proceed to the next stage.  
It is hoped that all replies to the letter will be returned by the end of June to Mrs Radhika Richardson at 195 Burwood Road, Croydon Park NSW 2133.  
If you didn't receive a letter and would like a copy, please contact Andrew Jones on Ph: (02) 686 1919. Copies are also available from Burwood (on the sideboard in the hall).



Sahaja Yoga has been given a free stall this weekend (10th, 11th, 12th June).  
Any Yogis interested in helping please  
Contact: Sue McGovern .. 043.51.2292  
or Simon or Ellen Maylow. 043.53.3309



Sahaja Stall at Organic Market  
There will be a Sahaja Yoga stall at the opening of an organic market in Frenches Forest on Sunday 18 June. The market will be located at the Parkway Hotel, Frenches Forest Road, Frenches Forest .. 9am - 3pm.  
All Yogis are welcome to attend.

BURWOOD FRIDAY COLLECTIVE PROGRAMME ROSTER.  
Hurstville June 16th  
Lewissham June 23rd  
Lindfield June 30th



THE AUSTRALIAN

# Sahaja Newsletter



Contributions:

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If your Agnya is alright, then your eyes are perfectly alright. They emit nothing but love wherever they glance. Only with a glance of your eyes you can raise the Kundalini; with the glance of your eyes you can cure people. Only with your glance you can bring joy into the destroyed, ruined people, with your eyes. They are the windows of your being. A realised soul's eyes sparkle like diamonds. One must know what to order and how to obey. Obey the Divine. Obey our elders. Obey your Self—and not your ego. Then you can order also others. Not only human beings, but the Sun and the Moon and the winds, and everything in the world. Everything you can control with this Agnya. If you know someone is going to do something wrong, take his name to your Agnya and he will not do it. Anything you order on your Agnya must be respected. But your Agnya must have Christ there—your Agnya has to be clear. Those who have a good Agnya can master anything. You can really become the master of yourselves. When people see you they will know Christ is reborn again within you. As long as you have done no wrong, there is nothing to worry. And as it is, even if you have done some wrong: God is there to forgive you.



... H.N. Shri Mataji

STAR, FRIDAY MARCH  
30TH 1995  
KUALA LUMPA  
By Andrew Gia

## The good vibes yoga

Picture this: Hundreds of Sahaja Yoga meditators "radiating good vibes" into the mighty Volga river of Russia.

The river is polluted and there's not much biological life in it. Yet on the bank where the meditators performed their deed, scientists find more fish and aquatic life in that part of the river.

This is one of the claims related by Sahaja Yoga devotee Steven Pang, a computer businessman who said: "Sahaja cured me of workaholism. I used to work and worry 15 hours a day. But now I have peace of mind."

This Sunday, the founder-guru of the movement from India, Shri Mataji Nirmala Devi, will give a talk in Pataling Jaya on Sahaja Yoga.

### Plugging into our spiritual power source

So what is Sahaja Yoga anyway?

"It is a simple technique of 'self-realisation' that anyone can practise. The *kundalini* 'life force' within us is activated and flows through seven *chakras* to enhance our health and well-being and vitality," says N. Latha an engineer and Sahaja Yoga devotee for the past three years.

*Chakras* are subtle energy centres in the body (located at seven points which correspond roughly to nerve

centres such as the solar plexus).

The *kundalini* is a spiritual life force which lies dormant at the sacrum bone near the base of the spine.

What Sahaja Yoga claims to achieve is to activate -- via "self-realisation" -- that dormant *kundalini* life force at the base of the spine and to channel it upwards through the body's seven *chakras*.

In short, self-realisation is a simple affair. As the theory goes, the spiritual power already lies within us and awakening it is thus supposed to be effortless, easy and spontaneous.

In practice, the self-realisation ritual merely entails a would-be devotee asking himself questions such as: "Am I the Spirit?" and "Am I my own master?" His hands are placed in certain positions and he must have a heartfelt forgiveness for "everyone for everything."

Finally, he supplicates: "Please may I have the experience of self-realisation?"

And the supposed result? "A feeling of internal silence and well-being. The person feels a cool breeze of vibrations on the head and palms," says Latha.

### Instant salvation

It sounds almost like a Smart-Shop Didi Glow-type "instant shine up your life" offer, except that you can't pay by credit card or whatever. Money is not in the equation at all, thus lending perhaps some credibility to the whole affair.

But still it seems a tad too easy. Could it all be true?

"It's in reverse. Instead of going to the Himalayas and becoming an ascetic for years to gain realisation, in Sahaja you gain it at once, then only do you build it up by meditation practice."

"We like to compare it with a seed. Upon self-realisation the seed germinates into a seedling. All we need to do is to water it for growth," says devotee Malke Petach. "Don't believe in it yet. Just experience it first and then judge. Take it like a scientific experiment," she adds.

The "experiment" can cover broad areas. In social relations, Malke, a secretary, claims: "I've seen really racist people in South Africa totally change their attitude after Sahaja. People have given up drugs. I even know one African lady who was cured of cancer."

Housewife Mrs. T. Sarojam was "cured" of materialism and worry. "There's just no hankering for material things any more. I can love my family better. It's a sort of pure detached love. Just loving without getting pulled down by it. Loving without expecting love in return. Now I don't worry so much about my children anymore."

"That's a mother talking," chips in Latha.

The Sahaja experiment also entails quitting alcoholism and smoking -- effortlessly. Listen to how Edith Petormann, who works for a TV station in Austria, describes it: "When people take up Sahaja, they don't have to give up smoking and drinking. It just happens. They just lose the urge for those things."

### Good vibes

Sahaja devotees argue that there is scientific verification for their claims. For one, there is the Volga river "meditate and life blooms" encounter.

Austrian scientists have also supposedly conducted experiments using "vibrated" water to grow plants. ("Vibrated" water is created when a Sahaja devotee "infuses" his or her energy into water.) The "vibrated" plants were purportedly greener and grow faster than the control sample.

Dr. D. Chugh of the Lady Hardinge Hospital, New Delhi, has also found from electro-encephalograph (EEG) studies that the human nervous system functions in an entirely new way during Sahaja Yoga practice.

\*TURN TO PAGE 17

scriptures have been adulterated or edited by man. Your vibrations will tell you which are accurate and which aren't," says Latha.

Believe it or not?

Steven Pang didn't. "My wife was into it. I just used to pick her up. My workaholism was creating tension in our marriage anyway. So I thought, try it for three months and see what happens. Now my life has changed. I just work my eight hours and I get more done! I can appreciate greenery whereas formerly I'd just look over it"

He encourages: "Give yourself three months, if it doesn't work, fine, leave."

## Using vibes as 'goodness' detector

\*FROM PAGE 15

On a more personal level, the cool breeze of vibrations on the head and palms (obtained upon self-realisation, remember?) acts as a personal "negativisms" detector.

"I can feel your vibrations and tell you which of your *chakras* are blocked. I can even put my palm over water to test it. If there's a cool breeze then the water is okay. That's why when I went to India, I had no problems at all with diarrhoea.

"You can even test out scriptures. Some argue that



Sahaja devotees at the PJ centre going through a 'self-realisation' exercise.

## Christian faiths urged to unite under Vatican

By PETER FRAY  
Religious Affairs Writer

Pope John Paul II has called for all Christian faiths to be unified under the banner of the Vatican for the first time in a thousand years.

In his latest encyclical, the Pope has apologised to other Christians for the pain caused by the papacy over the centuries, conceding that other denominations may have "certain painful recollections" of Catholicism.

He also supported the examination of papal authority and other central Catholic teachings "before a true consensus of faith can be achieved".

However, he stopped short of suggesting his primacy as leader of the world's one billion Catholics could be relinquished, underlining the view held within the Church's leadership that unity would be under the papacy.

Titled *That They May All Be One* (Ut Unum Sint), the 115-page encyclical, the most authoritative form of papal communication, was released in Australia yesterday and is the 12th of the Pope's 17-year reign.

Local Catholic and non-Catholic leaders last night supported the encyclical's conciliatory tone, although senior



Anglicans were quick to dismiss unification as "not on the cards".

The Anglican Bishop of South Sydney, the Right Rev Peter Watson, said most Anglicans had "real problems with the primacy of Rome".

"The climate for talking is enhanced by this document," he said. "[But] I do not see anything in this that would encourage Protestants to think there's been a change from the position that union would entail us coming into the Catholic Church, which would be unacceptable to us."

Increased co-operation between Christian faiths, including the possi-

bility of a merger, has been under discussion for most of this century.

In his encyclical, the Pope wrote that "as the Church turns her gaze to the new millennium" the ultimate goal of the discussions between Christians should be to "re-establish full visible unity among all the baptised".

The secretary of the Catholic Bishops' Committee for Ecumenical and Inter-faith Relations, Bishop Pat Power, said the Pope's statement should not be seen as a "triumphalist document", but agreed that Catholics would want unity under or through the Pope.

The Pope nominated for further discussion several subjects which split many Protestants from Catholics, including seeing the Virgin Mary as the Mother of God and the Eucharist (the body and blood of Christ) as indicating the real presence of Christ.

The Moderator of the General Synod of the NSW Uniting Church, the Rev Ken Cornwell, supported the Pope's move, but said few non-Catholic churches would be interested in being "gobbled up" by Rome.

"I think we've all got to die to rise in one Church," he said. "I think that is the will of God."



Cow philosophy