

Our musicians will be playing from 3-4 pm on Sunday
All welcome

Venue: Top Ryde Shopping Centre
(in Blackland Road)

Time: 10am - 4pm
Sun 30 Aug

Date: Sat. 19 Aug

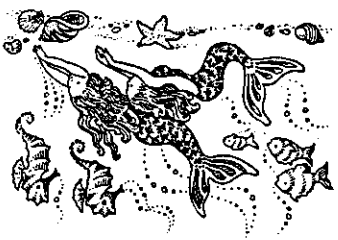
Psychic Festival.

Sahaja Yoga is having a meditation stall at The New Age

NEW-AGE PSYCHIC FESTIVAL

Private Swimming Lessons

Robert Hutchison's sister (a qualified swimming instructor) will give swimming lessons to anyone interested. She has a private pool so it will be discrete. Fees are \$11.00 per 1 hour lesson and nine lessons are proposed. call Rob for more info 747-3458.



Missing Video Tape

A 15 minute tape of Shri Mataji giving self-realization to seekers in Melbourne has been taken from Burwood. As this is Burwood's only copy they are most anxious to have it returned. If you know its whereabouts can you arrange its safe passage back to Burwood?

He who is meek and contented, he who has an equal vision, whose mind is filled with the fullness of acceptance and of rest;

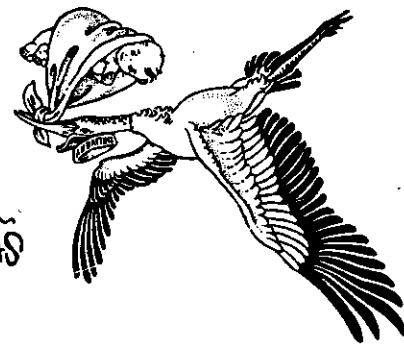
He who has seen Him and touched Him, he is freed from all fear and trouble.

To him the perpetual thought of God is like sandal paste smeared on the body, to whom nothing else is delight:

His work and his rest are filled with music: he sheds abroad the radiance of love.

Kabir says: "Touch His feet, who is one and indivisible, immutable and peaceful; who fills all vessels to the brim with joy, and whose form is love."

Kabir



Stop Press!
Hugh + Janie Firth are proud new parents of baby Ruben born Monday 14 Aug

Kind regards,
Rob Richardson (02) 745 2996.

The school must know soon who to expect for next year. and pay enrollment fees NOW, please contact me for details. Also, very importantly, ALL children who MAY be going to school in 1996 MUST complete an enrolling form next year (app. 30% of the school population). This could be of distinct administrative advantage for the school as well as cheaper and more convenient for the Australian parents. An added benefit for us would be a central register here of fees paid and due. If you have any ideas or suggestions about this please contact me as soon as possible.

It has been suggested that for the 1996-97 school year, fees could be collected in Australia (in Australian Dollars) and forwarded by combined drafts to the school. With an estimated 60 children going from Australia next year (app. 30% of the school population). This could be of distinct administrative advantage for the school as well as cheaper and more convenient for the Australian parents. An added benefit for us would be a central register here of fees paid and due. If you have any ideas or suggestions about this please contact me or the school.

Should you be having difficulties with fees please has massive expenses which include the building programme. that you remain up to date with the fees as the school system to do so, it is appreciated that many are unable to pay so far in advance. All I can request is whilst I encourage all who are able to pay by this \$3,350 approximately).

2 x 36,000 Rupee payments per child (a total of for Ganapataputi. Thus the year is broken into The second period is the 33,000Rs in fees plus 3,000Rs plus 3,000 Rupees for the imprest account.

The first 6 mth period means 5,500 Rupees per month half-yearly, that is April-Sept (inc) and Oct-March (inc). reminding us of their requirement that fees be paid Recently I have received a letter from the school

INDIA SCHOOL REPORT.

THE AUSTRALIAN STRATHFIELD Sahaja Newsletter



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August 18, 1995.



Light a candle before Mother's photograph.
With stretched hands meditate on her.
No sooner we have surrendered our egos,
the light of her love shall be kindled in our hearts.
Ma Kundalini beckons and calls you, - 'Come and attain your powers that lie dormant within'.

SHRI CHAKRA - SHRI LALITA CHAKRA PUJA
(India-Tour 1990/91 - Bramapuri, Dec. 17, 1990)

Today I was thinking we should do the puja of Shri Chakra and Lalita Chakra, which we have never done, its the right place to do these two chakras today, a lot has been written about Shri Chakra and about Lalita Chakra but to understand fundamentally the left side when it reaches up to Visshudhi then it uses on the right side the Shri Chakra, on the left side the Lalita Chakra to manifest itself. These two Chakras are the ones who manifest all that you see, but these Chakras are the ones who emit vibrations of different kinds and because of their anglearities (?), like if you have some sort of a cardboard attached with small, small holes of different colors which rotates all the time, you get different colors also you can get different permutations and combinations, in the same way different permutations and combination are created and that is how you get all the advantages of Sahaja Yoga.

So these two Chakras are very important, I do not know if you know of any Mantras about Shri Chakra but I will give you a book later on - I will translate it to you and you can compose something for Shri Chakra.

Shri Chakra on the right side, Lalita Chakra on the left side - so what we are really worshipping today is Maha Saraswati power and Maha Kali power both put together, so now we have started combining things - not individual. Now these two energies are very important. Without the energy, without the power nothing exists, for example: if this light had no power to give light or to burn it is useless. In the same way without getting your realization you are useless because your power is not awakened, at least not complete but these two powers give us lots of benefits even without realization. Whatever you see in this world created, is done by these two Chakras of the Adi Shakti but here the power does not move, it is not moving but in the human being the power starts moving and when it starts moving then we can say it is creating another world. But movement is not the only thing, this power acts, gives you intelligence, gives you all kinds of things that you have as human beings but later this power itself becomes enlightened within you. The left and the right side both become enlightened, this enlightenment you get it when you get your selfrealization but not immediately, not immediately, this one should understand for example: if you have pain or if your Chakra is catching, you have to use your hands. You cannot say that the energy is flowing within me so it's alright, I can manage. It's not like that - you have to use your hands to impart that power to yourself or to others.

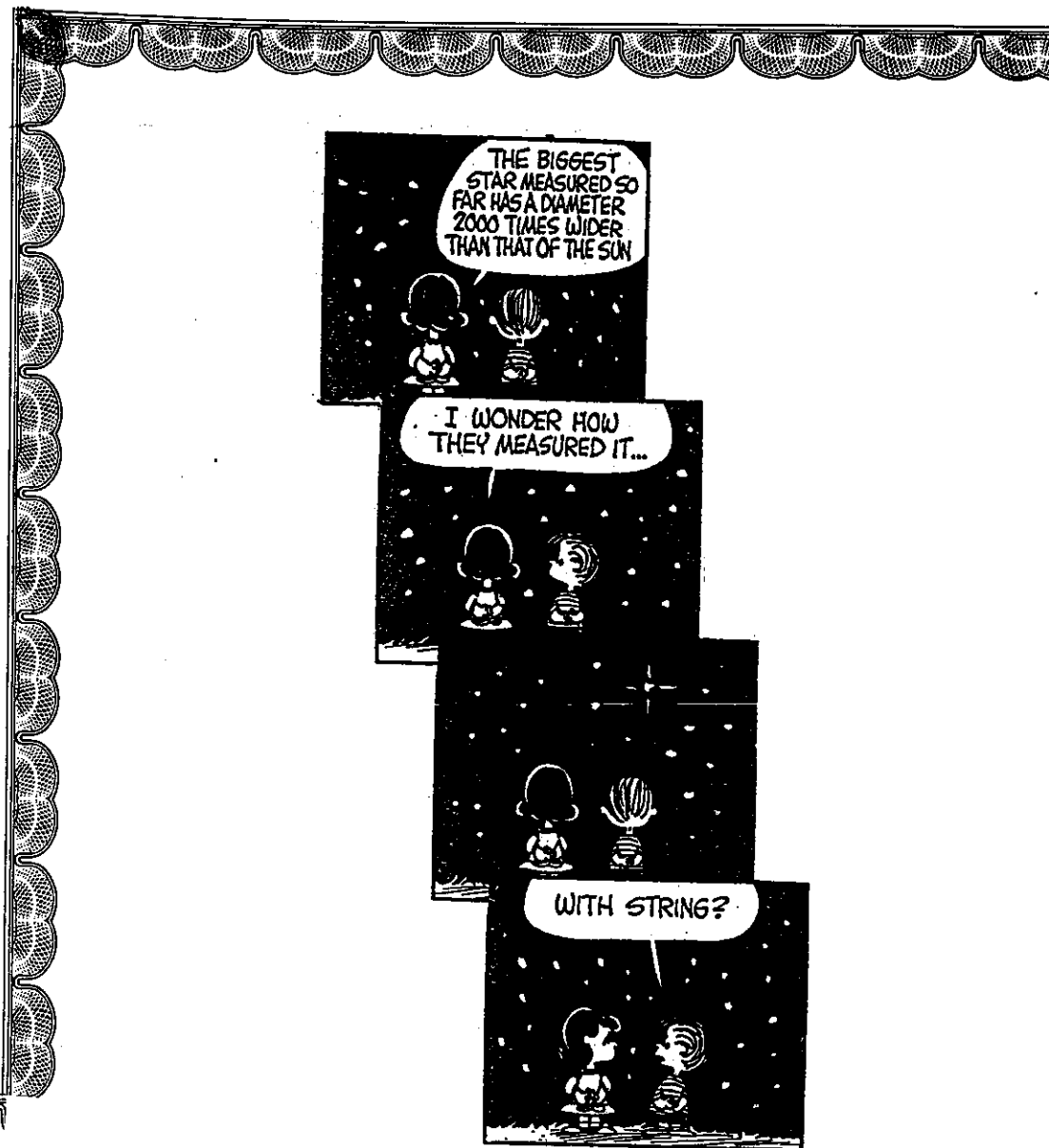
If you have pain in the stomach then you can say: if there is energy in my stomach, why should I have pain in the stomach but the play of these Chakras has to come and that is why you have to use your power of your hands, if you cannot use your hands then you cannot impart this energy. Many people have asked me that: Mother, when will it move horizontal, it will move horizontal no doubt! it does, but even that horizontal movement is to be guided by these two very important Chakras.

So you must understand the importance of these two Chakras within you, that is why I have told many times don't move your head too many times and this is the way many people talk. I mean it's a style of talking, this, that, (Shri Mataji shows how...) very common with French especially, that's another way you are not respecting your Chakras, should not move your shoulders too much. Most of you talk like this (Shri Mataji shows how...) is anti Chakras! is anti Chakras. Should keep your shoulders straight.

When you are singing you can move your whole upper part - is alright - but not your shoulders, this is the thing one has to understand that these two centers are to be looked after, you can move your neck, your body, when you are singing, it is important, that helps but not your shoulders, shoulders are to be kept intact. But while saying just YES you need not keep going on yes, yes, yes (Shri Mataji shows how ...) it's a very, very simple thing but it can have a very bad effect and those who move their shoulders too much do not feel vibrations much - because the Chakras are not alright.

It's a very simple thing to be understood that they are the most important Chakras we have and whatever is to be used out of this Paramchaitanya they have to be used by these two centers. Even supposing your S...(Sub?)...Chakra is catching on your spinal cord, you have to use your hands. Somebody can say: I can just put my attention, it does not work out that good! Because yet your attention has not reached that stage where these Chakras like Lalita Chakra and Shri Chakra obey your attention - they do not! So you have to work it out with your hands, be careful, do not move your shoulders too much and if you see how Indian's, when they sing bhajans, they move the whole body, they do like this (Shri Mataji shows how ...) but never the shoulders. The shoulders will move in the same way as the neck is moving, they might move their neck also but they will never move their shoulders like this and is regarded as inauspicious according to Indian standards. Because of this culture based on what the Saints have told and also about many seers have told it is more related to spiritual life than to materialistic life. Now the materialistic life, unless and until there is a foundation of this spiritual life, takes you to a very partial development you can say. But to get a full development you must have your foundation on spirituality. That's why spirituality, being the foundation, has to be deep, has to be fully equipped, has to be absolutely perfect then the whole building can be built. What has gone wrong in the West does not matter, now you can build it up and then you will be surprised how you become really solid people.

This is a very short talk about Shri Chakra. I think, I should sit down and write all about it and it will be a nice handy thing for you to read but you must know that beyond thought when you go, these Chakras become extremely efficient because the thought puts a pressure on them and because of the pressure the movement of these Chakras is very slow and ineffective - but once you can get out of your thoughts and go into thoughtless awareness then these Chakras start working it out and you start moving much deeper into your own being.



Concord Festival

Concord Festival will be held this Sunday 20 August between 10am - 4pm. Sahaja Yoga will have a stall and the musicians will play at 1pm. All welcome.



Recruiting for the Newsletter

Yogi/Yogini with dedication to see a project through to the end... week in, week out. Must have strong sense of discrimination and good sense of humour. Apply Newsletter crew. No Experience necessary - learn on the job.

