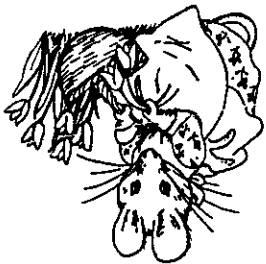


8 out of 10 yogis prefer three candle treatment for the left side !



The Newsletter is pleased to announce that Heather Sattarshetty has joined the Newsletter crew. Welcome aboard Heather.

NEWSLETTER ADDITION.

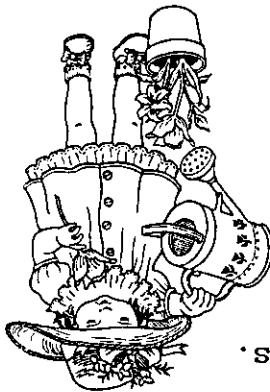


The Sahaja Yoga Radio Programme will soon be transmitted via satellite all over Australia to other community radio stations in capital cities and remote places, soon, in about 3 weeks.

ALSO

Next Thursday night 16th Nov. on 2 S.E.R. 107.3 Hear interview with Dr. Nigam on "Soul Safari"

TUNE IN!



Please contact Ramaa MaharaJ for details. Phn, (02) 746 7129.

Saturday 18th Nov. 10:00am at Burwood Morning Tea meeting of all Sydney parents to establish activities for children when home on holidays.

INDIA SCHOOL REPORT.

# THE AUSTRALIAN Strathfield Sahaja Newsletter



Contributions:

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NOVEMBER 10, 1995



AND the priestess spoke again and said: Speak to us of Reason and Passion.

And he answered, saying:

Your soul is oftentimes a battlefield, upon which your reason and your judgment wage war against your passion and your appetite.

Would that I could be the peacemaker in your soul, that I might turn the discord and the rivalry of your elements into oneness and melody.

But how shall I, unless you yourselves be also the peacemakers, nay, the lovers of all your elements?

Your reason and your passion are the rudder and the sails of your seafaring soul.

If either your sails or your rudder be broken, you can but toss and drift, or else be held at a standstill in mid-seas.

For reason, ruling alone, is a force confining; and passion, unattended, is a flame that burns to its own destruction.

Therefore let your soul exalt your reason to the height of passion, that it may sing;

And let it direct your passion with reason, that your passion may live through its own daily resurrection, and like the phoenix rise above its own ashes.

I would have you consider your judgment and your appetite even as you would two loved guests in your house.

Surely you would not honour one guest above the other; for he who is more mindful of one loses the love and the faith of both.

Among the hills, when you sit in the cool shade of the white poplars, sharing the peace and serenity of distant fields and meadows—then let your heart say in silence, "God rests in reason."

And when the storm comes, and the mighty wind shakes the forest, and thunder and lightning proclaim the majesty of the sky,—then let your heart say in awe, "God moves in passion."

And since you are a breath in God's sphere, and a leaf in God's forest, you too should rest in reason and move in passion.

THE PROPHET ~ K. Gibran



## - Qawwali Concert -

A Qawwali Concert featuring the Sahaja Yoga Bhajans Group was held at the National Centre during the evening of Saturday the 4th of November. The concert was a special project presented by Mr John Smiley towards the completion of his Bachelor of Music at the Sydney Conservatorium of Music. John is completing his final year of study before the confirmation of his Bachelors Degree. As part of an elective subject he has chosen the Qawwali as his field of study. This subject within his course comprises a written component, as well as the staging of a live performance.

The assessment of John's work covers all aspects of the staging of the concert, as well as the actual performance itself. As such John devoted much effort and time towards creating the ambience so much in keeping with devotional music. For this reason the National Centre provided the perfect venue, the backdrop was a scene depicting Shri Ganesha dancing before Shri Shiva and Shri Parvati at Uluru. A stage large enough to comfortably accommodate the Bhajans group was assembled. Much attention was also paid to the provision of a professional sound and lighting system. With the assistance of our resident graphic artist Guy Jeffrey a ten page program was created providing background information concerning the origins and inspirations of the Qawwali style of devotional singing. The program also contained translations of the two main Qawwali's that were to be performed that evening Mataji Qawwali and Adi Shakti Merti Nirmala Mata

The night of the concert was heralded by some much appreciated drought breaking rain. The main hall at Burwood was filled with music lovers, friends, family and teachers from the Conservatorium there to assess the performance. The concert was introduced by Mr Jonathon Salomen who welcomed the audience to Burwood. The Sahaja Yoga Bhajans group then took the stage and after the recitation of Shri Mataji's three mantras began the concert. Realised souls one and all then began to sing the praises of Our Divine Mother. The music which we have all so grown to love filled the halls of Burwood with its infectious tunes. The music was full of melodious rhythm and sweetness of tone, yet underlaid with powerful vibrations, the performance was also noted for its devoted execution and it was an altogether riveting performance. Smiles of appreciation on the faces of his teachers demonstrated that they were also appreciative of the performances. Altogether it was a most successful concert.

On behalf of all the collective we congratulate John as he approaches the completion of the formal aspect of his ongoing instruction into the realms of music. Those who know John appreciate his humility and healthy deference when it comes to words of praise. John has always expressed the view that he is a Sahaja Yogi first and foremost, who also happens to be a musician. Yet it would be remiss of us if we did not take this opportunity to express our appreciation for the services he has rendered to the collective. Over many years he has given much of himself in helping to create a musical experience much loved, enjoyed and appreciated by us all. He has taken a talent and uses it to express devotion and to reflect glory upon Our Creator Shri Adi Shakti. In doing so he has helped convey the magic, mystery and beauty of the Divine to many people both within and outside the Sahaja Collective. We would like to take this opportunity to thank him and all the Sahaja Bhajan musicians for all their efforts, and to wish him every success in the continuing pursuit of his spiritual and musical goals.

Patrick.

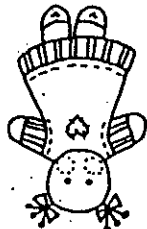
For more information contact Diana, Hugette or Some help set-in-up (muscle-wise) needed. Hurstville. 9.30am - 4pm. Hurstville Boulevard, Forest Rd.

HURSTVILLE: Saturday November 11th



FESTIVALS ON THIS WEEKEND.

NEWTON: Sunday November 12th Newtown Underground Festival



Camperdown Memorial Rest Park

Lennox St. Newtown.

9.30am - 6.30pm

Shahaj stall No. Q13.

Help needed, please ring Mathew Phn. 665 8210.

## Hints for India Tour

The following observations have been put together based upon the experiences of those who have been to India before. They are by no means the last word on the subject and are rendered with the desire that the India Tourists may find them of assistance.

o The India Tour ground fare covers ones accommodation expenses from the official beginning of the Tour until its ends. Those arriving before the official start of the Tour may have to pay a daily fee to cover additional accommodation expenses. This was the case last year, as it may be for the Australians this year, who will be arriving a few days prior to the start of the Tour. This will be made clear upon registration at Nizamudin. This is also the case at the end of the Tour, if one is staying on after the official end of the Tour please keep in mind reimbursement for ones accommodation expenses.

o Medical advice suggests that for the prevailing climatic conditions consumption of 2 - 3 litres of water per day is desirable. With this in mind one may need to budget about 80 Rupees per day for the duration of the Tour for the purchase of bottled water.

o Take good care of yourself, it will be quite cold in the north, take a scarf, a woollen hat and a very warm jumper or jacket especially for the mornings. Despite the best precautions some people may experience a time when they are unwell. Sometimes the only way something may work out within the subtle body is through the manifestation of an ailment in the physical body. In the past Shri Mataji has commented that episodes such as diarrhoea are an instance of clearing. So if you find yourself unwell try to keep a positive frame of mind, and consult the Tour Doctors.

If you see someone who is unwell try to help them in whatever way you can, these small acts of kindness do so much to raise a person's spirits.

o One should endeavour to only eat the food provided for you by the Tour organisers, the amounts and quality are sufficient for your needs. Partaking in outside food available in the various cities that you visit and at Ganapatepule can only increase the chances of picking up an undesirable bug.

o At the beginning of the Tour one should put aside an amount of money to cover departure tax, end of Tour expenses, to allow for additional accommodation, hire of a bus to take the group to the airport, and travelling expenses for the return journey to Australia.

o While shopping in Delhi keep in mind that whatever you purchase you (or your brothers) will have to carry around India for the next four weeks. Try to keep them in mind, if possible keep the bulk of your purchases until the end of the Tour. One idea is to take advantage of "registered sea post" and ship your Delhi purchases home. Again moderation is advisable, shopping may fill your wardrobe, but years after the Tour ones attention will not so much dwell on what was purchased as apposed to the joys and experiences of the Tour.

o Your country leader will be spending a lot of time looking after all sorts of issues: confirmation of tickets, visas, insurance, any country purchases etc. They will devote much of their time performing these duties. Be supportive to them and be ready to offer assistance if at all possible. Also let them know if your itinerary has to differ from the rest of the Tour, if you are unwell, or if you have to leave the Tour for any length of time. If you are having any difficulties at all, discuss them with someone, let your country leader know. Chances are someone (or everyone) else will be having the same difficulties as they clear away.

o In past years Australians have had a reputation of standing out in a crowd. If someone was behaving loudly and raucously, even to the extent of being critical, unfortunately in the past it has sometimes being an Australian. In fact last year people commented that the Australians had toned down compared to previous Tours. When on Tour you are representing your country, how you behave very much reflects upon the wider collective. So represent yourself and your country with quiet dignity. Last year one of the country leaders advised his group that he wanted them as individuals and as a group to be "invisible", from your behaviour no one should be able to tell which country you are from.

o Rather than reserving a seat on a bus with a friend, try getting onto any bus and taking the first available seat, this is the best way to meet people whom you do not already know. Many people have said that they have formed lasting friendships by taking this approach. A tradition of the Tour is that you do not sit next to someone of the opposite sex.

o Please take particular care of your essential personal items such as passports, air tickets, money and valuables. Theft and loss occur every Tour. When changing money use an official

source, using street money dealers only encourages an illegal activity. And every year someone has to leave the Tour and take a partner away from the Tour to sort out lost passports. Always keep these items with you at all times, making sure not to leave them behind at the showers or bathrooms. Keep a photocopy of your documents in a separate place.

o At the commencement of last years Tour, Nigel the Tour leader set the tone for the coming Tour. He said that one has come on Tour at the express invitation of Shri Mataji. She has made it possible for one to earn the money, secure the leave and manifest the desire to be on Tour. Each day of the Tour provides you with a unique opportunity. One does not have to think about work, about earning money, cooking, cleaning or any other of the many things which so fill our attention in our own countries. Each day of the Tour, if one so wishes ones attention can be spent focused on the attainment of ones spiritual aims, and in keeping Shri Mataji in ones attention all the time. Anything which does not aid in this pursuit can be thought of as a distraction, and a waste of this opportunity. He said the days of the Tour progress at a surprisingly fast rate and before you know it you are at the end of the Tour, hopefully you will not look back over the Tour and feel that you could have better spent your time.

o Moderation in all things is advisable, this pertains to most activities, avoid the temptation to over eat, to talk too much, to spend too much time shopping or running around the various places you visit, ones attention should be inside. India provides one with the possibility of absorbing the vibrations which manifest during the Tour and imbibing the nature of our spiritual home. Always keep in mind the main purpose of your visit is the pursuit of your spiritual aims, which can be easily lost if ones attention is distracted by external factors.

o Of the Tour it has been said that one of its main benefits is an opportunity to enjoy collectivity. So keep in mind that your brothers and sisters should not be inconvenienced by anything that you may do. At the outset put aside any considerations of comfort and feast upon the enjoyment of the spirit. During the last Tour a discussion began centred upon the various qualities of Shri Ganesha one wished to develop, and dwell upon those of generosity and collectivity. Many felt that the best expression of our generosity was developed through the giving and spreading of your vibrations. So many of us made an effort to give vibrations to our brothers and sisters from other countries. and thus help to foster the bonds of love which bind us one to another.

o At Ganapatepule the India School children will be in your care. Some of parents of the children present will not be at Ganapatepule, so it is vitally important that one should treat all the children as your own, and to always be mindful of their care and welfare. Especially for those children whose parents are not on Tour the best gift you can give them is your time and your love.

o During the course of the Tour there will many occasions when you will be asked to help with the work of the Tour. Much discussion in the past has centered around the issue of giving up your personal time, dedicated to your spiritual aims, in order to perform collective work. Most people are in agreement that they are one and the same. Any time that you devote towards helping the collective on the Tour is time spent developing your spiritual nature. So if an occasion presents itself to contribute to the Tour look upon it as a positive opportunity. The Tour works best if

everyone participates both in regards to following instructions given by the Tour organisers and in graciously offering any assistance required.

o When you are in Shri Mataji's presence ones attention should always be totally focused upon Her. One should be seated and settled before She arrives, and one should not leave the function before Shri Mataji's departure. One should not talk, eat, or in other ways show disrespect while in Shri Mataji's presence. With this in mind the hours of the day should be quietly spent so that one is rested and can be attentive for the entire duration of Shri Mataji's presence. If one falls asleep or is overtired then you can reduce the efficacy of the clearing process that is always taking place when Shri Mataji is physically present.

o By the grace of Shri Mataji each person experiences a cleansing of their subtle system and is bathed in the Divine vibrations of Shri Adi Shakti. This enables each person on Tour to experience tremendous spiritual growth and provides the opportunity for each Yogi to spread these Divine vibration within their country upon they return

-Jai Shri Ganesha, Jai Shri Mataji, - enjoy your spiritual pilgrimage.

