

THE AUSTRALIAN Sahaja Newsletter

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*Whenever I see an erring man,
I say to myself
I have also erred;
when I see a lustful man
I say to myself,
so was I once;
and in this way I feel kinship
with everyone in the world
and feel
that I cannot be happy without
the humblest of us being happy.*

Mahatma Gandhi

1920

Billboard & Railway Poster Advertising.

The 10 x 5 metre billboard, advertising Shri Mataji's public program for earlier this year, is still up! If you haven't had a chance to see it yet, you can still do so. It is located above 75 Parramatta Road Annandale (right hand side of the road as you drive out of the city). We originally got this site for \$2,000 for the month, instead of the usual \$10,000 monthly fee. Even though that space is usually filled, the owners of the site have said they haven't had any more bookings as yet, so Shri Mataji's poster could be up for months to come, at no further cost to us. The original date and venue information on the billboard has been replaced with "Free Meditation, Sahaja Yoga Ph 416 2373".

Railway poster.
All the large colour railway posters have been taken down and are now back with us. They are all still in excellent condition as they are printed on a durable polyester sheet and are intended for outdoor use. The posters can't be used again because of the printed date and venue. So, we would like to distribute the posters back to the collective.

Telephone book distribution.
Thank you to everyone who helped with the book distribution, driving and lunches over the past weekends and weekdays. The final delivery count was 32,471 books! We've now submitted our invoice for \$8,117.75 (25 cents/book) to the Colour Pages people. After expenses of about \$1,200, we will clear around \$7,000. A detailed list of our expenses will be on the notice board next week.

The Colour Pages people were very happy with our work and said we'll be a preferred distributor for next year, if we wish to do the work once again.
Again, thanks to everyone who participated. It was also interesting that apart from the fund raising aspect, so many people commented on their enjoyment of the event as a collective get together. Jai Shri Mataji!

WANT TO BUY A

GANESHA PUJA - CABRELLA

RAFFLE TICKETS?

In Sydney, see either Sue Williams or

Carole McNeill at Saturday night programmes.

Tickets \$15ea or \$25 for two.

Baby News

Congratulations to Jacques & Libby Miliatrait on the birth of their daughter Grace Elizabeth, born May 8th (in Canberra). All doing well.

→ BONZAI!! A baby girl born on ANZAC DAY, 2.50 a.m., to Robert and Tathana Rankin of Brisbane. The baby has been named Jane Leela and weighed 7lb 6ozs. Our love to you all.

1996 WARRINGAH HEALTH & LEISURE EXPO

Where? Cromer Community Centre & adjoining James Morgan Reserve

Cnr Fisher Rd North & Carawa Rd, Cromer.

When? Sunday May 19th

10AM TO 4PM

Need yogis to help give realisation & info. Please phone Ruth Cross if you can come. 9982 9778.

INDIA TOUR 1996

Arrangements are now under way for INDIA TOUR 1996. Would anyone who is contemplating going on either the full tour or the short tour please notify Peter Browncombe (preferably by fax, 02 745 4927) at 10 Clarence Street, Burwood, NSW 2134 by June 7th so that airline seats can be reserved. Costs and dates are expected to be similar to last year. More accurate information will be published as soon as it is known.

Michael Fogarty

Kids' diet low in fruit

FRUIT is losing out badly to twisties and potato chips in the diet of today's children, according to a survey.

In one of the richest and most abundant nations on earth, the diet of Australian children has dropped to "one of the worst on record", nutritionist Rosemary Stanton said.

The first national survey of what children eat since the

1985 National Dietary Survey suggests children's diets have deteriorated, with three quarters of children not eating enough fruit.

The survey of 300 children around the country, aged between 8 and 13, found that chocolate or sweets were what children were most likely to eat on the way to school.

— PHILIP HAMMOND

ADVICE ON CHILDREN by Shri Mataji...

First and foremost importance must be given to a child's health. They should be checked once a month by a Sahaja Doctor. If anything goes wrong with the child, utmost attention and care must be taken. These are precious children in our trust.

The food should be simple, nourishing, interesting and tasty. It should have variety. All should eat the same food except those who require some special diet. Their attention should not be wasted in asking what they would like, or how they would like the food. On their own, if they say something, it should be noted and attended to. They are very special but their ego should not be pampered; they should be made aware of how to be respectable and well mannered to prove that they are specially normal and ordinary.

Personal hygiene habits, of the Western children especially, should be changed. They should not wash their face from the wash-basin, but with clean running water. They must brush their teeth with a herbal toothbrush, like neem or babool, after meals. The tongues must be kept clean. Eyes must be washed clean. The nails and hands must be cleaned after every time they finish playing, after using the toilet and before and after meals. They should not use paper in the toilet, but lots of water. Every day they must be given a good oil massage from head to foot and in India, they must be given a bath everyday. All the clothes must be changed into newly-washed ones. Hair must be cropped and combed with a little oil for boys, and girls' hair must be cleaned and oiled a little bit, and made into proper plaits. Shoes and socks must be comfortable and clean, and feet must be kept very clean and protected.

Namaste !
Much Love from Moscow collective

MOSCOW MEETING OF 23-25 FEBRUARY 1996. "Time to act - not to discuss !"

We, Sahaja Yogis of Russia and CIS, are deeply grateful to the Mother who blessed and gave us that wonderful Celebration of communication and vibrational exchange - "MOSCOW MEETING".

We express great acknowledgment and love towards all the Sahaja Yogis who came at the Celebration!

313 representatives from 94 cities and towns of Russia and CIS (including Moscow Region) and 500 Sahaja Yogis from Moscow took part in the Meeting.

At "Moscow Meeting" the city-leaders shared the experience they got in many spheres of activity, as it was: children education, medicine, science, young people education, sociology, communication with representatives of other teachings and religions, culture, art etc.

1. Positive experience of Moscow Union of Sahaja Yogis in Sahaja Yoga spreading using different methods ought to be marked, as it was:

- through participation in International Forums and Exhibitions given to such spheres of our life as education, medicine, conversion and new professions, human ecology, in which, apart from professionalism, spirituality has great importance.

- through creativity and revival of national traditions, as it were local shows of creative collectives in cities and towns; holding the "Russian Winter Send-off" Celebrations in Moscow featuring invited representatives of social organizations, people of culture, medicine, education, science and other religious teachings.

- through the participation in the activities of the "Forthcoming" Creative Laboratory, organized by Moscow City Duma (Parliament). One of the tasks of the Laboratory is to unite the people professing different philosophic and spiritual teachings and religions; to carry spiritual knowledge to people, etc. This is very difficult and important aspect of Sahaja Yogis' activity.

2. The opening of Information Centre under Moscow Union of Sahaja Yogis is also very important. This Information Centre will support operational connection with the Sahaja Yoga Centers of other Russian, CIS and world cities and it will provide the latest information of current events up-to-date. This center will serve as a base for the following projects: "Electronic Herald" - issuing and spreading of the sahaj-newspaper throughout the e-mail system, and "Information Centre" - telling about Sahaja Yoga through Internet Worldwide.

3. It is planned to start Video Studio (under Moscow Union of Sahaja Yogis) to produce professional-quality video-films corresponding to world TV standards. The video-shooting will be made using professional equipment in BATACAM-SP format. Copying will be made in VHS and Super VHS formats. All the Pujas, press-conferences, interviews and moments held by Shri Mataji will be shooting. The tapes will be protected by license.

The films may be used for broadcasting them by Central and Regional TV, which is very important for Sahaja Yoga development such a vast country as Russia.

4. Togliatti Sahaja Yogis' experience in various fields is very interesting. As it is:

- spreading Sahaja Yoga into different strata including people in jails and addiction health centers.
- working in the Young People Parliament under the City Mayor on the law-making level; for example, by the labour of young people all the immoral literature was out of sale and pornography films demonstration was banned.

- struggling with mafia.
- starting own production - ceramic workshop, which will provide jobs for Sahaja Yogis and will help to spread Sahaja Yoga through the articles of creativity.

- issuing the "Generation" newspaper and perspective - issuing the "Newspaper for All" for spiritual family reading.

5. The works of Voronej Sahaja Yogis was marked. They gave Realization to seekers in science and research institutes, colleges, schools and had positive contacts with the Patriarchate.

6. The great attention is being paid to scientific research presently, which is very important to confirm the reality of Sahaja Yoga method. There was a research held in Semashko Science and Research Institute of social hygiene and health care management economy (Moscow) on the basis of Russian and CIS Sahaja Yogis' questionnaire. It had very important facts for confirmation of Sahaja Yoga method. The work will be kept on.

Professional psychologists, sociologists and doctors - all Sahaja Yogis - from Kiev made very interesting research with help of questionnaire. The research was held in the following directions:

- psycho field;
- health;
- behaviour;
- general living manifestations.

The first interesting results are obtained. The work is being kept on.

Sahaja Yogis from Novosibirsk are permanently take part in scientific research:

- examination of Sahaja Yogis' brain work at different stages of Sahaja meditation with modern equipment was started. The examination was being held in Novosibirsk Institute of Medical and Biological Cybernetics (Siberian Branch of Russian Academy of Medical Science). The results were announced at the International Conference "Morality. Health. Peace. East-West." (St.Petersburg, September, 1995)

In September Novosibirsk Sahaja Yogis took part in "Science and Education at the Threshold of the Third Century" International Congress which was held in

Novosibirsk. Representatives of UNESCO and of many countries of the world participated in it. Dr. Yogi Mahajan addressed the Congress with a speech. Shri Mataji's book "Enlightenment" was presented.

7. In all the addresses the necessity of self-improvement, inner growth, achieving the depth in Sahaja Yoga was accented, for we have to become truly reflection of Divine, being an example of it. Particularly important thing for all of us seems to be active and busy participation in specific Sahaja Yoga matters and specially in working at the subtle plane field. In certain centers (St.Petersburg, Chelyabinsk) these things are not being paid attention to in due course: they do not held collective Havans and shoebeatings.

8. The work on spiritual development of children is gaining great importance. There is need for programme and methods of spiritual development of children officially approved and authorized for practising. It is necessary now to spread Sahaja Yoga among children in very delicate manner: we should not give children Realization without prior acceptance of their parents.

9. During the "Moscow Meeting" special attention was given to Sahaja Yoga Protocol execution, for, unfortunately, it is not being executed by all Sahaja Yogis. There was accented the importance of Protocol execution towards leaders and between leaders.

10. The work on young people is very important nowadays: their active participation in all the Sahaja Yoga matters - specially in creativity, informational and publishing work - is necessary.

11. For execution of big joint projects it was decided to start "General Fund of Russia and CIS Countries". The Executive Board from following city leaders was sanctioned: Moscow, St.Petersburg, Kiev, Novosibirsk, Togliatti, Voronej, Naberezhnye Chelny.

12. Conclusions made by Sahaja Yogis from Western Europe were examined and the decision was made to organize working groups for doing necessary work within their living place and also thematic groups working on specific projects of Sahaja Yoga developing.

13. As suggested by Professor Y.Voronov, it was decided to study the matter of establishing the Mother's Museum and preparing for it all the necessary materials such as films, photographs, audio and video tapes, books, magazines, paintings, pictures and so on and so forth.

14. The matter of assistance to Kingisepp with finance and working hands was approved.

15. It was suggested to all the Russian and CIS Sahaja Yogis to take part in worldwide meditation every week on Sunday at 3 p.m. May our powerful collective vibrations cleanse our Planet and bring people peace and ease.
Russian and CIS Sahaja Yogis who took part in the Meeting marked, that there were Divine Vibrations during all those days. Peace and Silence were pouring upon the surroundings. Havan and Puja had universal combination, high vibrations and collectivity.

The third day of the Meeting was especially joy-giving for all the Sahaja Yogis and guests. It was represented by the play, exhibitions, soya products degustation, national costumes, halls and rooms beautifully decorated by our artists. But the main point which was marked by the guests was so many benevolent, joyous and beautiful people, smiles, love and open hearts.

All the guests took part in dancing and singing and there was a feeling that the joy was encompassing the whole planet.

We are grateful to all the participants of the Meeting for their collective work which allowed us to enter a new stage and unite our mutual efforts in fulfilling our Mother's Divine Vision.

Jai Shri Mataji!

GOLDEN LEAVES

Rajeev Josh

SHRI MATAJI ON AGGRESSION

"...A Sahaj Yogi cannot ill treat another person, anyone, whether he is a sahaj yogi or not a sahajyogi, that is not important. Sahaj Yogi should never aggress. That is not a sign of a sahaj yogi. Sahaj yogi is different. If you get angry when you are provoked it is nothing so great. If you are not angry when provoked that sort of a state is very different..."

SHIVRATRI PUJA

SHRI MATAJI ON RATIONALITY

"...You have to understand that rationality can never make you understand the truth. It is so limited, so conditioned, so full of ego..."

CHRISTMAS PUJA 25-12-93

SHRI MATAJI ON PURITY & CHASTITY

"...Purity and Chastity are one heritage and we should treasure it. "Marriage" is an institution, is an offshoot of that heritage..."

GANESH PUJA 5-12-93

SHRI MATAJI ON BRAHAM CHAITANYA

"...The Paramchaitanya is divine love. It works for the benevolence of the individual and collective and it knows very well what is to be done. It behaves differently with different people. sahaj yoga understand that it is always working for their correction, they will never be disappointed in their lives..."

BRAHAM CHAITANYA PUJA 1989

SHRI MATAJI ON TENSION

"...when the tension is reduced the heart opens, we become the ocean of bliss and joy. So why should we have any tensions..."

"...The wisdom of sahaj yoga lies in the understanding of the limitations upto which you go to express your anger or revenge on any one whatsoever. But the best thing is to leave it to Divine Power..."

DEVI PUJA, FRANCE, 1989

SHRI MATAJI ON "AGNYA CHAKRA"

"...Music has no words, it does not give rise to any thoughts, that is how thoughts can be removed..."

"...The first step is to establish thoughtlessness. This can be done if we understand the Chakra of the Agnya. When the Kundalini passes through it she awakens its diety Lord Jesus Christ. he was first conceptualised by the Divine in the MOOLADHAR CHAKRA. He is the diety of innocence which incarnates on earth. The body of Christ was made of Vibrations that is why he could walk on water. He has said that we should forgive. Thus as soon as we forgive others then this diety is awakened and he sucks the ego. The brain opens up like a lotus inside the limbic area and the Kundalini passes through this fontanale bone area. But this centre has to completely open".

PUBLIC PROGRAMME, VIENNA, 25-7-89

SHRI MATAJI ON HER MAHAMAYA ROOP

"...I am illusive. I am illusive because my name is Mahamaya and I am illusive to judge you..."
DEDICATION THROUGH MEDITATION.

SHRI MATAJI ON GANESH TATWA

"...Only in a heart which is pure, gentle innocent, simple full of faith, can the Power of Shri Ganesha be awakened..."

SHRI GANESH PUJA 5-12-93

SHRI MATAJI ON "Nirvyajya" love- - Love without any Expectations

"... While speaking to people one must speak lovingly, politely. If you denounce them or insult them by putting them in their place, it is totally wrong. Talk politely, with compassion, do everything with nirvyajya love. You may not know the the extent to which it could help you in future..."

The love should be Nirvyajya, meaning love without vested interest, without any expectations. It should be free of self interest, that I am doing this, I have done this for him etc. This is not a good attitude, in fact, it is wrong..."

NAGPUR TALKS TO SAHAJ YOGIS

SHRI MATAJI ON FALSE PRIDE

"...Suppose you give realisation to someone, what does it mean? You do not give it. So one must say that "I am a karmi!" this awakening is given by Shri Mataji "or that" this person has got his awakening". One should not go about saying "I have awakened his Kundalini". So this feeling that I have given something, "have done this", should never be there..."

"...I have observed that all people who nourish this false pride get caught up by 'Bhoots'. This ego keeps bloating so much that they feel uncomfortable in Sahaj Yoga. Then they get angry. They think about themselves as sort of self appointed people incharge of the whole thing, 'We are running this whole show, we are behind in keeping everything intact'. As a result the humility that is most essential, disappears and the love vanishes and this gives rise to those unwanted fault of illusions..."

NAGPUR TALK 5-3-89

SHRI MATAJI ON HOT TEMPER

"...If you are a person with an angry temperament, then better reduce your temper. Whatever number of hot tempered people had come to Sahaj Yoga all have gone. If you have a hot temper, you must study from where it comes. If it is from liver, you must care the liver. BUT YOU MUST CALM DOWN..."

107.3 FM EVERY
SUNDAY 11 a.m.
for the Sahaja Yoga Programme.

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