

As you well know, the success of the radio program depends on many different things - to a practical extent, on fundraising. We would like to ask everyone's help on a particularly enjoyable fundraising experience. Your mission, should you decide to accept it, is over the next two or three weeks for each yogi and yogini to bring in one item which can be used for either left side or right side treatment. These will all be put in hampers and raffled off in late October. Some suggested items are:

Right Side:

Liv52 tablets or syrup  
Reusable ice packs (similar to a water bottle)  
Kailash Jeevan creme  
Tiger Balm  
Chana snacks or other appropriate packaged food/spices  
Salt  
Ice cube tray  
Soothing music - CD or cassette  
Soothing literature or a cookbook

Left Side:

Candle / candleholder  
Natural camphor / camphor burner  
Cotton for string burning  
Mustard oil  
Long tweezers for string burning  
Gehru, snacks or other appropriate packaged food/spices  
Hot water bottle for fomentation (left swadhistan)  
Moov creme  
Inspirational music - CD or cassette  
Inspirational literature or a cookbook

You get the general idea. Not only is the hamper raffle to raise funds for the radio program, but we hope to have some fun with it as well, so don't let this list restrict your creativity of what item you decide to bring. Also, don't forget to include instructions for *extremely* creative items! There will be a labelled box in the library (until Navratri) to collect these things.

- With love and appreciation  
from the radio crew

P.S. The next meeting for the radio program will be Saturday, 5 October at 5pm. Anyone who is interested is quite welcome to join in. We have ideas but need more, and would also invite collective input with the background work (eg. listening to talks for on-air suitability, fundraising, etc). Also, anyone who has a flair for interviewing or panel operation (sound mixing), step right up!

Tell all the nations and tell all the people, all over, the great message—that the time of Resurrection is Here. Now, at this time, and that you all are capable of doing it. You are the ones who are capable of manifesting God's joy on this earth. You are the flutes which are going to play the Melody of God. I am doing all this to perfect you to be the 'most' beautiful instruments of God. Like the ship is built, is brought to the sea, tried, and found out to be sea-worthy to sail out, when you know everything about the ship, everything about the sea. With complete freedom and wisdom, you have to sail now. Not afraid of any storms or any gales or any typhoons because now all you 'know'. Your job is to cross through.

You become the Ocean, you become the Moon, you become the Sun, you become the Earth, you become the Ether, the firmament—and you become, the Spirit. You work for all of them. All the stars, and universes you become, and take up their work.

THE AUSTRALIAN September 28th 1996  
**Sahaja Newsletter**



Contributions:

STRATHFIELD

Heather Sattarshetty: (02) 560 0029

Burwood Fax. (02) 745 4927

Mattara Festival- Newcastle 5th-13th October

The Mattara festival which runs for nine days is widely promoted throughout Newcastle and surrounding districts.

The festival provides us with an ideal opportunity to raise the spiritual awareness in Newcastle of our Holy Mothers existence and of Her precious gift. Any assistance in the way of desire for a successful outcome or in actual participation for a time over the festival period would be greatly appreciated.

Enquiries please phone 049 872736 Steve or Lorraine.



Boys! Boys! Boys!

©Nirānand Daniel Tedesco-  
5-30 p.m. Friday 6<sup>th</sup> Sept.  
8.15 ¼ oz

©Benedict John Henshaw  
2p.m. Mon 16<sup>th</sup> Sept.  
10lb 1oz

Jane and Hugh Frith are leaving Sydney on the 4th October to return to Auckland. Hugh has been offered a dream of a job as a Vegetable Exporter for Malloy Exports. Congratulations and all the best back home.

Shri Mataji suggested at Cabella that it would greatly help the establishment of Sahaja Yoga in New Zealand if some Australian Sahaja Yogis could go over and live there for a while to help out. Geoff Platford says work is AVAILABLE in Auckland. Anybody interested should contact him.

©The twin boys  
of Greta and  
Subhash have  
been named  
Luv & Kush

THIS IS THE LAST WEEK TO PURCHASE TICKETS in the India Tour Raffle. Sarita assures me the winning ticket has not been sold yet. The raffle will be drawn on Saturday night, 5th October. Tickets can be purchased from Ione Docherty.

Good news, Andrew Skipper left hospital last Wednesday. He still needs lots of care and attention and will be staying at Croydon Park (Sydney). We wish him again a speedy recovery.

There is a saying in Sanskrit, which is very common" विद्या विनये न शोभते" (Vidyā vinayé na shobhaté) — That is, "Vidyā," even the knowledge, is decorated—shobhaté—means "gets decorations or is beautified" only through humility. If there is an educated man he has to be a humble person. If he is not a humble person, then he is not educated, at all, in any way.

I don't know if I have told you a story about one saint who was meditating and was blind. And a king came there and asked him, "Did you see some people around?" He said, "Yes. Yes King, my King. Sit down. I saw your servant come in, and then your minister came in, and then the prime minister came in, and then now you have come". He said, "You are blind, how did you know? Through your meditation?" He said "No. Commonsense". He said, "What is the commonsense?" He said, first the servant came in. He said, "What, you are bogus fellow sitting down here, wasting your time". He gave me two-three abuses, used bad language, and said, "Have you seen any person here?" So I said, no. Then the minister came in. He didn't abuse me, but he just asked me. Then the prime minister came. He said "Sir" to me.—Must have been from England! And might have said also Thank you perhaps!—And then came the king. And he said that, "You were extremely humble. You first touched my feet, you sat down on the mother earth, waited for me, to ask you, "what do you want", and in a very humble way said: If you have heard of people around you—because I am blind, so you didn't say something that would hurt me, in such a humble way—if I could tell you. But at least hundred and eight names of the Guru you took, before you asked me this. So I know you are the learned, you are the humblest, so you must be the king." Otherwise in those days we at least never had kings or prime ministers who were box-office actors. Even the public was so innocent that they would not accept such a nonsense, you see. So this was the difference.

New Programmes for New Yogis (Fresh Programmes for fresh Yogis?)

Rozelle Neighbourhood Centre, Darling Street, Rozelle  
Programmes commence this Wednesday at 7p.m.  
Contact Sarah 97984051

Burwood Girls High School

A teacher at the school somehow got hold of Mr Gaikwads work number and rang there asking for the Hari who meditates. A programme was presented last Wednesday afternoon to a class of 35 girls and their teacher and was well received. Hari who meditates and Jessica are continuing with a series of follow up programmes.

Room 3, Parramatta Town Hall, Macquarie Street, Parramatta  
Each Sunday 8-11 a.m. commencing 6th October.  
This will be run as a meditation centre where people can drop in any time to experience meditation. Every hour a realization tape will be played and perhaps during the last hour there will be bhajans. For more information please contact Avinash 97984051.

the indian council for cultural relations  
PRESENTS  
from the indian subcontinent

" Music for THE SOUL "

100 strings from the valley  
of Kashmir  
performed by

the illustrious Disciple of  
pt. shiv kumar sharma  
satish vyas  
on the santoor

accompanied by  
aneesh pradhan  
on the tabla

7.45pm 12th October 1996, Seymour Theatre Centre  
TICKETS \$25 CONCESSION/GROUP \$21 AVAILABLE AT THE SEYMOUR THEATRE CENTRE BOX OFFICE: TEL 9364 9400

We have just heard the sad news that Lalita Castle died in Pune last Thursday. She is remembered with respect and affection by her brothers and sisters