

## Bright music

The music of Mozart has come up trumps in relaxing and improving the complex reasoning of college students.

Californian researchers have found that listening to a Mozart sonata - the Sonata in D for two pianos, if preparing for an exam - increased the IQ of college students.

Researchers at the University of California's Irvine Centre for the Neurobiology of Learning and Memory found that 10 minutes of listening to Mozart increased the measurable IQs of 36 university students by an average of nine points for 15 minutes.

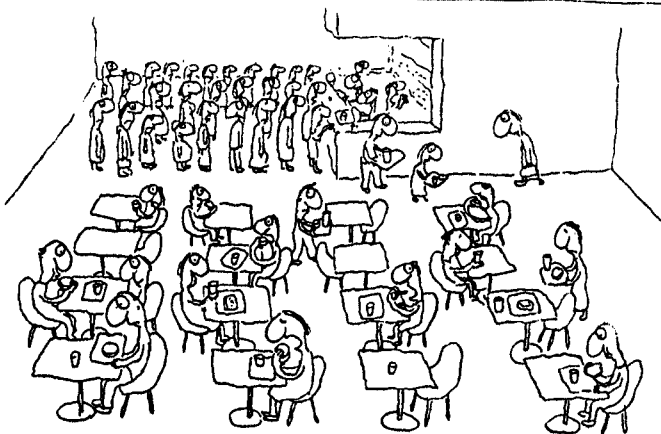
Their theory was that complex musical patterns stimulated brain activity, the corollary of which is that repetitious, hypnotic grunge, heavy metal and other music have the opposite effect and could, as one newspaper editorial says, "turn brain cells into oatmeal".

For those with young children, the Californian researchers also have a message: research shows that listening to Mozart can improve a child's ability to learn maths and science.

Dr Francis Rauscher, one of the group, has said that only 15 minutes of playing and being instructed to play keyboard along with a singing group can improve a pre-school child's IQ by up to 46 per cent.

The group's research showed "an unmistakable causal link between music and spatial intelligence", she said.

SMH - 16.9.96 □ GRAHAM WILLIAMS



"Man is born free and everywhere he is in fast food chains"

— ROUSSEAU (APPROX.)

Leunig

THE AUSTRALIAN

# Sahaja Newsletter



Contributions:

1996  
Saturday October 19th

Heather Sattarshetty: (02) 560 0029

Burwood Fax.

(02) 745 4927



Icon of the Mother of God of Tender Feeling, Russia, late 19th-early 20th century.

Veni, Creator Spiritus

- 1 O Holy Spirit, by whose breath life rises vibrant out of death: come to create, renew, inspire; come, kindle in our hearts your fire.
- 2 You are the seeker's sure resource, of burning love the living source, protector in the midst of strife, the giver and the Lord of life.
- 3 In you God's energy is shown, to us your varied gifts made known: teach us to speak: teach us to hear; yours is the tongue and yours the ear.
- 4 Flood our dull senses with your light; in mutual love our hearts unite. Your power the whole creation fills; confirm our weak, uncertain wills.
- 5 From inner strife grant us release; turn nations to the ways of peace. To fuller life your people bring that as one body we may sing: Praise to the Father, Christ his Word, and to the Spirit: God the Lord.

Anon., Latin 9th cent. paraphrase by John Webster Grant 1919-

# I Will Be There To Help You

Sahaja Yogis should have understanding, enjoyment among yourselves. If a Sahaja Yogi cannot enjoy, who is going to enjoy life? I can't understand the one who has his kundalini awakened only, who has felt the all-pervading power of Love, who knows what is the Truth, who is standing on the complete oneness with the Divine, how can such a person, anyway, have any kind of problem?

It is to realize that you're sitting in the realm of God Almighty. You've entered into His kingdom and you're under the attention, compassion of Adi Shakti. But it is like this, if you make a beggar who has been begging all his life sit on a throne, he still begs sitting on this throne. So that is sometimes the situation with Sahaja Yogis....

...For your own life it's very important that you grow fully into the understanding of the powers that you have got and the love that your Mother has. When you say you must surrender yourself to Mother, means what? What do you have to surrender? Just think of it. What you're surrendering is what is perverted, whatever is destructive, whatever that misleads you, whatever is your ego and your conditionings. That's all you are surrendering, just to purify yourself, to enjoy yourself and to know God Almighty. If you don't know yourself, how will you know God also. Impossible. So to know yourself you have to evolve....

...As it is growing sideways, it should also grow upwards. As it is growing in quantity, it should also grow in quality. And as you grow in quality, more and more people will come. Because I know, all the time, you are so collective that you all the time, you feel, "Mother, you see, my uncle is still not yet a Sahaja Yogi. See Mother, my brother is not yet a Sahaja Yogi." I know that feeling you have, "that my father is still not yet a Sahaja Yogi." So forget about them, but those who are seeking approach them. They are your real relations. Then afterwards, when all these people will join, your father, mother, brothers, sisters, children, all of them will jump in. They're that type. They will wait and wait and wait. They're not seekers. But those who are seekers, you should seek them. You should find out where are they.

My attention is, of course, is with you and every time you think of Me, I'll be at your service fully. Whatever you want I will be there to help you whichever way is possible. Anything you find very difficult is not because you take it upon yourself, but you should leave it to this all-pervading power of Divine Love, to this power of Adi Shakti, Paramchaitanya. Nothing is difficult. Nothing is so bad that you cannot manage....

SHRI MATAJI NIRMALA DEVI, ADI SHAKTI PUJA, CABELLA ITALY, 9 JUNE 1996.

## Study on Sahaja Children

There has been a considerable difficulty experienced in France, Switzerland and Belgium regarding children attending school at Dharamsala. Her Holiness Shri Mataji Nirmala Devi has given us the opportunity to assist those in Europe by undertaking a research project in Australia. The research project will attempt to identify any differences in scholastic aptitude or mental health between Sahaja children attending the International Sahaja Public School and their peers.

In order to establish this, we have chosen a number of questionnaires that will allow us to determine the level of children's self esteem and social functioning. We will also be able to gain a measure of their intellectual functioning. The parents of children attending Dharamsala have been requested to agree to their child being tested. Written consent is required before any testing can take place. The consent forms are available at Burwood, from Robert Richardson or Gerard Webster.

It would be greatly appreciated if these forms could be completed and returned to Gerard by 30 October '96 by mail to GPO Box 3683 or Faxed to (02) 9386 1717. If anyone has any questions or suggestions, please call Gerard on (02) 9331 6894 or (02) 9386 1717.



Newcastle festival.

Big thankyou to all for the assistance at the Mattara festival in Newcastle. It was a great success and a joy to be part of. A follow-up course offered during the festival resulted in 80 people attending.

Steve.



To Eddie & Anna Vidaic, Wollongong, a son, Adam Peter, born 13<sup>th</sup> October, 2.21 a.m., 3.39 kg. All well, everyone happy, including big sister Katelin.

