

Gillian informs us that one of India's top saxophone players Chandri Gopu Lenarta is on a whirlwind tour of Australia and will be in Sydney next Saturday night playing at the Clancy Auditorium. Please contact the University of NSW for more information.

#### BLACKTOWN MEDICAL SEMINAR



It was recently suggested to have an information seminar to tell people in Blacktown about the Sahaja Yoga Clinics

With a small amount of advertising and positive editorials in local newspapers over 100 people have booked seats for the seminar to be held on Wednesday the 30th July.

The seminar will involve a short talk on the medical usefulness of Sahaja Yoga meditation followed by self realization.

Those patients/audience who are interested can then immediately go to a workshop. If they wish to attend the clinics then they can book on the night.

The entire Medical Centre has been offered to us free of charge. It would be great to see a good turn up of yogis to support these programmes. If you are able to attend the seminar or the follow up programmes please phone Peter Kensington Home-96884865 Work-95569567 or Andrew Jones Home-045 713213 Work-96884444

To Raelene & Geoff Wright  
a baby girl ~ Sita Elizabeth  
born at Katoomba  
Hospital Saturday 19th July  
7a.m.  
A healthy baby sister - 8lb 103 -  
for Shanti & Kranti.

To Jo & Peter Boland  
of Foster  
a baby boy ~ Alexander Rama  
born at John Hunter  
Hospital Saturday 12th July.  
The baby was born premature  
but both mama and baby are doing  
well. Both will be in hospital  
for some weeks, anyone wishing  
to contact her c/o Ronald  
McDonald house, John Hunter  
Hospital, Newcastle 049-214733



Heather Sattarshetty: (02) 560 0029  
Burwood Fax: (02) 745 4927

#### MEDICAL PROGRAMME UPDATE

The Sahaja Yoga Clinics are currently very popular both for yogis and the public. They are a revolutionary approach to Sahaja Yoga. Although the clinics are ostensibly focused on healing illnesses we have found that the vast majority of people that come to the clinics are very good quality seekers. Quite a few have no medical problems but are attracted to Sahaja Yoga because it can be seen to work even for illness. One patient said of the programme, "These clinics have been my salvation."

For the first time in the history of Sahaja Yoga the public is approaching us and asking for our help. This is the opposite to the usual situation where we attempt to convince people that Sahaja Yoga is authentic. Now, thanks to the clinics, people are literally asking for the opportunity to practice Sahaja Yoga and experience its benefits. Symbolically, society is now

acknowledging the legitimacy of Sahaja Yoga.

#### CURRENT PROGRAMMES

Burwood Clinic (Medical Centre)  
Burwood advanced Class (Main Centre)  
Blacktown Clinic (Medical Centre)  
Fairfield Hospital (Antenatal unit)

#### ASTHMA RESEARCH PROJECT

The Asthma Research Project is in the recruiting phase. We need to recruit at least 60 severe asthmatics who will attend either Sahaja Yoga or "placebo" classes for 12 weeks.

This is our greatest opportunity to scientifically demonstrate the power of Sahaja Yoga under the scrutiny of the Western Medical System. We may never get the opportunity again.

So please shoebeat all negativities preventing us from getting all the subjects we need. The recruiting process is quite rigorous and requires the involvement of GPs and patients as well as yogis. Please bhandan and desire the success of this project. A non yogi associated with this project said, "this project is so important that I'm sure God will help us"

Yogis wishing to participate please contact DR Ramesh Manocha.

**BHAJANS GROUP CALENDAR**  
26th July - Saturday - N.S.W. Art Gallery 1.45 p.m. Performance from 2.30 to 4.00 p.m.  
27th July - Sunday - Burwood Ashram 1 p.m. Rehearsal for approximately 4 hours - to be recorded.  
31st July - Thursday - Final rehearsal for the Music of Joy concert - probably at Burwood with an early start so that we can finish early.  
1st August - Friday - Petersham Town Hall - 6 p.m. assembly for microphone check and warm - up. Please wear your best puja clothes. We will also need help setting up the stage and with decorations.  
2nd August - Saturday - N.S.W. Art Gallery 1.45 p.m. (meet at the Exhibition Bookshop) Performance from 2.30 to 4.00. joyful evening with very strong sympathy with its period) is shaping up to be a very professional and grand Petersham Town Hall (built in 1939 and recently refreshed in The MUSIC OF JOY concert in the C

vibrations. Both the Indian Consul General and his Deputy have expressed a desire to attend and we are hoping they will do so. We still need help in a number of areas and would appreciate support from the wider collective. In addition to poster and selling tickets to friends, family and work colleagues, we need help in setting up the various parts of the hall from 3 p.m. onwards. We need Ticket sellers and ushers on the night and help with the catering etc. etc. Please contact John Smiley or Kim Pearce to assist with the concert or Heather Sattarshetty to assist with the catering. The concert will commence at 8 p.m. and the provisional programme is as follows:  
Bhajans, Qawwali, Tarana Indian Classical Dance Poetry of Kabir 'Savitri' a short play from the Mahabharata - an owl will be playing Saxophone Raga played by Nicky Buff, recently returned from the Nagpur Music School. Supper will be sold at interval and light refreshments before the concert. Tickets are \$15 & \$8 concession, available now from Kim Pearce or on the night of the concert. Please come everyone!!!

**LA BELLA CABELLA**  
Sue Williams advises all those still wishing for the chance to get to Cabella to Buy their raffle TICKET this week, as this is the LAST week she will be selling them before returning the stubs to Melbourne for the imminent draw. This year ticket sales in Sydney have been slow but the raffle provides an opportunity for another helper to attend GANESHA PUJA in September this year. See Sue or rue the day! Sue also has available Shri Mataji's invaluable book 'META Modern Era' INDONESIA John and Gulshan FISHER, and their son Madhav left last week to live in Indonesia. John has been posted to Jakarta by the Department of Foreign Affairs and will be resident there for up to three years. They will spend their first two months in Yogyakarta, an artistic centre of Indonesia, in central Java. From October 1997 the following will be their address in Jakarta: John and Gulshan Fisher Kusumamajaya Menteng Djakarta, Indonesia. Please contact them on 02-21-5227111.

Home Phone: 61-21-330819 or contact John through the switchboard at the Australian Embassy, Djakarta, 61-21-5227111. Also below is their postal address from 27 July for all postal items - don't send mail to their home address in Djakarta, even when they are resident there. The postal address is a diplomatic bag and will take at least one week to reach them. John and Gulshan extend an open invitation to all Sahaja Yogis to visit them and also look forward to seeing us in Delhi, Ganapathipule or Cabella. O fishers of men we wish you well! GURU PUJA CABELLA 1997 Uncle Michael returns next week from Cabella after attending Guru Pujas there with fellow Australian Dr Ramesh Manocha. We have heard that Shri Mataji's opening sentence in Her puja address was (please excuse any error) You will not be truly creative unless you are collective. O Please dance (my Lord) in jewelled shoes in my heart and do not hurt Your feet on the rocks. Shankaracharya 788-820 L.E.



## Translation of Old Marathi Letter from Her Holiness Shri Mataji

Our journey to the place where the National Guru Puja was to be held began by boarding the bus in the early evening at our ashram at Burwood. Just under 50 Yogis from NSW and the ACT took their places within the vehicle which would take us the nearly 1000 kilometres to Brisbane and home again.

We began riding the bus, travelling miles of bitumen, riding the road we had chosen North. Our journey took 17 hours, sleeping on a bus is never easy, yet the hours rolled passed with little effort, perhaps because we were travelling to take part in the work in Sahaja Yoga. When we make an effort, a sacrifice for Sahaja Yoga then everything seems to work out effortlessly. Each one of us who were in a position to make this journey had determined to expend the necessary effort, time, and to put ourselves out, in order to play our part in the National Guru Puja. When we are older we look back on these opportunities and the days we shared together

This trip brought back feelings of journeys made many years ago when we all travelled away together to Melbourne. It brought back memories of a time of enthusiasm, when Sahaja Yoga was just starting in our country and those who are now the older established Yogis were fresh faced enthusiastic youths for whom Sahaja Yoga was everything, and to which they devoted much of their spare time. We were young and perhaps naive thinking we could change the world overnight, it is taking a bit longer, but change it most certainly has, and we have all played a role.

Times have changed, many life experiences, some difficult, yet we still need that enthusiasm more than ever, there is much yet to achieve.

In the city we are so busy with so little time, but we need to take some time for ourselves, for each other to feel the collective, this is why it is so advantageous to spend time away together.

Winter time in Brisbane promised clear blues skies and winter sunshine, we had much to do and experience during the next three night and two days. Crossing our wide country we sometimes forget how expansive and beautiful is this land of Shri Ganesha. We arrived at Shri Mataji's house at Wamarun mid morning on Saturday to be greeted by Sahaja Yogis from Melbourne, New Zealand and Cairns. By the commencement of the Puja there would be around 150 Yogis from around Australia who had gathered to worship Our Holy Mother as our Guru, as the world Guru for this age.

For many of us it was the first time we had seen the completed Wamarun Ashram. The house had been constructed from bricks hand made from the clay delved from land on the property. The building took many years to complete, made possible by Shri Mataji, and achieved through the labour of

the Yogis. The strength of the vibrations present certainly a just reward for the effort.

It is always the same whether it is India Tour, or Cabella whenever we gather together there is always a joy that is ever present, everywhere there were smiles on people's faces, and time spent forming new and re-establishing old friendships.

In the afternoon a Havan was held to remove negativity, and any obstacles preventing the success of the Public Program to be held that evening. We sat on the grass surrounded by trees and beheld the beauty of Mother nature, it was warm and pleasant. We conducted our Havan, accompanied by the sounds of birds singing in the nearby trees.

That evening we travelled into Brisbane for the Public program. The local Yogis had arranged a program to take advantage of the boost in vibrations which comes when Yogis visit. The musicians gathered on stage prior to the commencement of the program and the songs came out fine and strong, the music was beautiful, and the vibrations began to flow. The audience warmed to the music and we could feel their hearts open as the tired looks on their faces were washed away by the vibrations.

We played our role as the bearers of truth, helping people to feel the power of the Divine, and to begin that process where they could begin to find meaning. We all felt well, and shared that feeling of joy and exuberance that comes after a successful Program. It was the most successful Public Program held in the city since Shri Mataji last visited. We travelled back to the Ashram where we were staying, and enjoyed a late night meal, and later night conversations.

Guru Puja commenced on Sunday at midday, it seemed most appropriate to be holding the Puja outdoors within an almost forest setting. The backdrop for the Puja were the trees and surrounding bush land. We were seated on the earth before Shri Mataji's photograph, the sun shining upon us, filtered by leaves of the surrounding trees, a warm pleasant breeze blew. We looked up to see a wide blue sky, the soothing sounds of nature helping to settle the attention upon the spirit. It is so quite in the country, this is one of the reasons it is so conducive in helping us touch our own inner silence.

At the conclusion of the Puja Uncle John Henshaw thanked our hosts on behalf of us all. He spoke of the National, and International feeling of brotherhood and union that this event had established, due in no small part to the hospitality and warmth showered upon us by the Brisbane collective. This Puja had provided a boost to the Brisbane collective as well as to everyone who had participated.

He concluded by saying that he is looking forward to the opportunity of the Victorian collective welcoming the National Collective to celebrate Diwali Puja later this year at a venue near the Victorian NSW border.

Man wants peace, wealth, power etc. but God is the origin of all these. Then why should not there be the desire for God? Why should there be no aspiration and ambition to meet the God? We should pray to the God who is peace itself. This should be the difference in satisfaction of a common man and a Sahaja Yogi. One should be ready to surrender the very desire to meet God at the God's holy feet. All attention must be on Him. For that, one must have dedication, determination and concentration (tapasvita) and in that all material attachments should be destroyed. What is there in this world to cling to? You must realise the glory of those in which all fades and becomes peaceful. Only then you will have your glory.

Why should one brag of one's achievements? You must understand that whatever is being done by you, is all God's power i.e. working of Adi-Shakti and you are only the witnesses to see these miracles. For achieving that stage you should pray "May our 'I consciousness' fade away, may the truth that all of us are small parts of your being, be assimilated within us, so that your Divine Bliss would resonate every particle of our bodies and this life would be filled with beautiful melodies enchanting the whole mankind and would show light to the rest of the

world." Let love flow from your hearts. Love is unlimited. Your attention is on material things and you are talking about eternity! Your attention should merge in eternity so that you will have eternal life.

You are officials of God's kingdom then why are you sulking? All deities are your elder brothers in this kingdom. They are present in many forms along the path of Kundalini. You should recognise them and attain them. Kundalini is your Mother. Learn to always remain under Her care. Be Her child and She will take you to the ultimate —Once you accomplish that from where everything is born you will have the rest very easily.

But you are not consistent in the practice of meditation, love and peaceful life. You are talking casually even to me. But how eager you are in worldly matters! How you become adamant on having what you want! Why are you not casual in that respect? Do not run away from the reality because I am Mahamaya. Attain me, I am yours. I am for you. I have given you that which has been beyond the reach of very great sages and saints. How will you make use of it? You have been given a big asset. Thousands of stars and planets were created with its just one wave.

There is great significance to your rebirth.

But you yourselves have to achieve that; find the meaning of 'SWA' (Self). Sahaja yogis can do it. It is a big contrivance. I have told you the secret but what have you achieved? Nobody sulks having been benefited. You are unhappy means you have not been benefited. If you achieve the trick, you will open the gate of joy and forget yourself while enjoying that bliss.

Nobody becomes happy from wordly matters. I have given you the key to the treasure, which others haven't got. But you must work to open the door. You have taken everything casually. You want Mataji to feed you, to wake you up in the morning and make you sit in the meditation, to clear you of your anger, hatred etc.

Today is the day of Guru Puja. What 'Guru Dakshina' (Gift to the Guru) have you given me? Understand, that your money is not worth the dust on the feet of your Mother-Guru. You should give your hearts; only clean and holy hearts. You must clean your physical beings. Do not be lazy in that. Make a vow. You must get up early in the morning and spend at least one hour on meditation and worshipping, Perform 'Arti' and meditation in the evening.

Satan's disciples work hard at a funeral place. I cannot understand why you are taking everything so casually. Stop all gossiping. Leave all jealousies and quarrels. Time never waits for anyone. Do you want to go empty-handed despite having the key to the treasure?

If you do not accept God's kingdom, satan's kingdom will come and you will have yourself to blame for it. Remember, because you

Sahaja Yogis are dear people, you have been selected as officials. If you ignore it, on one hand you will be deprived of great source of joy and on the other, you will lose your authority due to incomplete knowledge of Sahaja Yoga. Hence be wise and stand firm. Every movement has thousands of directions. Let your rays spread in different directions. You will do the welfare, to the whole world. Get over your inaction to act. You are to be captains. Let God's melodies be sounded from your flutes.

Transcend in your feelings above those who have not been realised and blessed and God's kingdom will be yours. May you get that auspiciousness. All my efforts are for that. You have been made like temples. Keep it clean.

Some of you are enjoying in the ocean of bliss. My blessings are that all of you should be happy. Your worldly life and satisfaction should be of the same level. Sahaja Yogi's satisfaction and the circumstances he is in, are balanced. Our both legs grow together. If one leg is shorter than the other, you will become lame. I do not want to tell you to lower the level of your circumstances if contentment is less. But Sahaja Yogi's satisfaction does not depend on the circumstances. He is happy in the circumstances that are prevailing. If he is not, then his satisfaction is superficial and not from within. May God grant you eternal place at His feet.

Yours Mother,  
NIRMALA

1. IN UTTER HUMILITY WE PRAY:  
O MOTHER, YOUR FORM IS SOOTHING TO OUR INNER BEINGS,  
IT IS QUENCHING THE THIRSTS OF OUR SPIRITS,  
IT IS FULFILLING THE WISHES OF ALL GREAT SAGES, SAINTS  
AND SEEKERS.  
KINDLY KEEP THIS FORM IN GOOD HEALTH FOR YEARS AND YEARS.
2. O SUPREME GODDESS,  
I SURRENDER TO YOU ALONE AND NO-ONE ELSE.  
HENCE HAVE COMPASSION ON ME  
AND PROTECT ME.
3. O DEVI WE ALL PRAY: O MOTHER,  
MAY ALL OF US, BROTHERS AND SISTERS, THY CHILDREN,  
BE COMPLETELY FILLED WITH THE PEACE, THE SILENCE,  
THE BLISS OF THE ABSOLUTE, THE JOY OF OUR SPIRIT.  
MAY EACH AND EVERY MOMENT OF OUR LIVES INVOLVE US IN  
ADORATION OF THY LOTUS FEET AND TAKE US DEEPER INTO OUR  
FOUNDATIONS OF INNOCENCE AND THE BEAUTY OF THE SPIRIT.
4. SALUTATIONS AGAIN AND AGAIN TO THE DEVI  
WHO ABIDES IN ALL BEINGS  
IN THE FORM OF PEACE!

