

Sahaja Yoga



3-3-2000 (Revised Edition)

Australian Newsletter

Shri Mataji

State News

Upcoming Events

General News

Jai Shri Mataji!

Contributions:

Burwood: 02 9747 4835

Burwood Fax: 02 9745 4927

email: sahaja@eagles.com.au

Quotes from Shri Mataji...

“The Spirit is the most precious thing we have within ourselves. The preciousness of the spirit is immeasurable and that is why it is called the thing of eternal value. Because it is infinite, we can not measure.”

“Our goal is to be the Spirit – nothing but the Spirit.”



Mother, please come in my heart:
Let me clean my heart so that You
are there
Put Your feet in my heart
Let Your feet be worshipped
in my heart
Let me not be in delusion
Take me away from illusions
Keep me in reality
Take away the sheen of superficiality
Let me enjoy Your feet in my heart
Let me see Your feet in my heart.

Dear All,

Very sad news from this end I'm afraid to say. No doubt you have heard by now, but our wonderful BabaMama slipped away on 28th at 1am.

It was amazing really, because Shri Mataji flew to Nagpur that night and we saw Her at the airport. She was smiling so much and looked so beautiful as ever. She came at the last minute to see BM and worked on him from 8pm to 12pm. Apparently he became totally stable in that time, but suddenly his blood pressure dropped and it was time to go. Shri Mataji was to have visited the academy on Monday, so we were all preparing for this, and then the news came. A huge, huge loss and sadness for us all, but it is as if Shri Mataji literally came to take him with her and she left immediately afterwards. She requested that we all go to see him in the house. He looked amazing even in death, totally peaceful and dignified. We were also asked to attend the funeral (he had a Christian ceremony as his family are Christian) and the burial afterwards, which was quite traumatic I must say, but obviously important that yogis attended.

We all sat up for ages last night telling stories of BabaMama and hearing the most amazing things about him from the people who spent so much time with him and received so much love. I feel so much for those who knew him as a father as well as a great Yogi and all the other things that he was and still is, it is very hard for them at this time. Debs, Radhika, Gyanendra, Lisa - my heart goes out to you at the moment and I send you all a huge hug and all my love and support. I can only tell you that it really feels like BM is every where now, that he has become bigger than ever and is free from a huge amount of physical suffering. What an amazing man, I can only thank Mother for giving him to all of us and all that he gave to Sahaja Yoga and everyone who came into contact with him.

It is a strange atmosphere here at the moment. BabaMama has been very sick for a long time, but it is hard to believe that we will not see him again. There have been a lot of tears and will probably be many more, but at the same time there is laughter, and Rani says that she can hear BM saying very firmly, "RANI - COME ON - WHAT IS THIS!?" So we have to keep on laughing through the tears as the truth is not sad, but light and extremely joyful - this is not the end of the amazing and divine essence of BabaMama - he is just free now.

I could write for a long time, there is just no end to the qualities of this incredible Yogi, the more stories we hear, the more one realizes just how much BM gave to everyone, what an amazing channel he was for Mother and how much he will be missed by everyone, those who spent lots of time with him and those, like myself, who didn't know him personally, but felt his love and generosity of spirit very deeply.

I send you all a huge hug and lots of love. I'll write again after Shivaratri Puja. Take care everyone and thank you, thank you Shri Mataji for BabaMama!

Jai Shri Mataji,
With lots and lots and lots of love from
Sandy

To All Australian Brothers and Sisters,

It is with deep regret that I wish to announce the sad passing of our beloved Babamama. He was in the lap of our Divine Mother in his last moments. So we are assured that he has attained his Moksha. He has been a very dynamic visionary who was always willing to help and provide fatherly guidance. I came to Sahaj through him and like every other Sahaja Yogi always have had a special fondness for him. On this day, let us all imbibe some of his great qualities. It will make him feel more happy to see us all centered on this sad occasion and let us try and dedicate and commit all our lives for Sahaj like he did.

Jai Shri Mataji

Avinash Nickkawde

By now most of you will have heard the news that last weekend, our dearest Babamama passed away. This occurred after a severe illness with serious complications, which would have finished an ordinary person long ago but Babamama was anything but ordinary.

An extraordinary human being: anyone who met him had the unique experience of being enveloped in his overwhelming generosity of spirit. Intelligent, articulate, fascinating, of great humor and compassion, he overflowed with "joie de vivre," sharing this will all around him. His absolute devotion to Shri Mataji is inspirational, a Truer Heart one could not find. The soul of a poet, a singer, a musician and an infamous practical joker, any of us privileged to have known him personally, have been transformed in some significant way. His legacy to all of us is his music and his love. Unquenchable, irresponsible and utterly unforgettable, a great gift to us from our holy Mother, he remains always in our hearts, Our Babamama.

Kim Pearce.

"In a vision, our dear Baba Mama is now walking along the celestial beach
where our hearts are united in bhakti

... Shri Mataji is by his side.

As always, with a cheery smile and a wave of his hand, he is on his way into this other land,
and has left us dreams, and visions of a better world.

As need be, he must linger there, yet he is still the same, only that he is higher, and his love is greater.

And across the heavens flashed scenes from his life. And in each scene, although he did not know it at the time,
now with clear vision he could see that it was

...Shri Mataji who was always there by his side.

During all the times in his life when help was most needed

...Shri Mataji was always there.

As so as it was in the beginning; as it was throughout his life; so it was at the end

...Shri Mataji was always there.

And as the scenes of his life flashed past, he looked back over his life and saw that

...Shri Mataji was always there, by his side.

And although there had been two people travelling, there was only ever one set of footprints left in the sand,
and then he knew that ...Shri Mataji was always with him.

And will always be with him, and he knew that it was She who had been carrying him throughout his life.

...She carries him still"

State News

Victorian Sahaja Yoga News March 2000.

The Victorian Collective wishes to express its deepest sympathy at the profound loss in the passing away of Babamama.

A grateful Yogi writes in remembrance of Babamama.

It is my good fortune to have been married in Ganapatepule in 1990. As luck would have it I met Babamama, the master of ceremonies of all master of ceremonies. His wit, charm, delicate ways and just sheer enthusiasm and joy for life is infectious. I also had the pleasure of being present in Australia while he and the Nirmal Sangit toured Melbourne and we got to know each other then and on subsequent trips to India.

I thought that my desire to go to the Late P.K. Salve Arts and Music Academy in Nagpur was to remain only a desire for I could see no way of my getting there. Yet, as miracles happen, through the grace of our Mother Shri Mataji Nirmala Devi, all obstacles disappeared and I was able to go. I called Babamama and he answered the phone and welcomed me and the journey began.

Even though I had played Oboe professionally and had requested to play Shehnai, Babamama though it not possible at this time. It wasn't until two months into my three-month stay at the Academy that my desire became so compelling that I finally fully voiced my desire. I was riding in the back of Babamama's car and I said, Babamama, my desire is so strong, could you please help me to get a Shehnai and a Shehnai teacher. He said yes. Well, the heavens opened for me, tears ran down my face the sky was a divine blue and the clouds and everything were so alive and dancing. Mother's love filled my being and I was in silence. Babamama reminded me of the obstacles: no teacher, and more importantly no Shehnai.

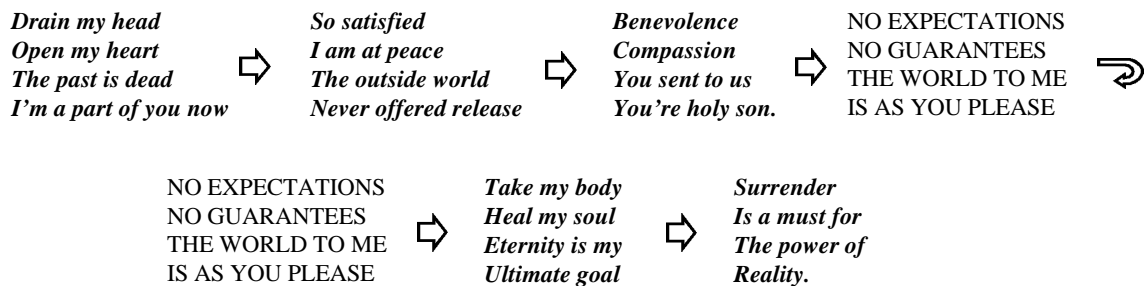
It is a very difficult to find a good instrument. It sometimes had taken in excess of 6 months to get one from New Delhi. We agreed that all one could do is offer one's desire and surrender the rest. That was on Thursday. On Sunday Babamama came to the Academy for one of his incredible talks and story telling. He asked if I would come to see him Monday, he had something for me. I could only hope. I went to his house in Nagpur and after invitation to his quarters we searched for a plastic bag which his wife had removed from the children's reach for safekeeping and placed in one of the many drawers. After finding this yellow plastic bag, Babamama proceeded to produce a beautiful brown Shehnai for me. He then said these words to me. "Jeff, knowing the speed with which this Shehnai has come to us from New Delhi, **There has been divine intervention**". The hairs on the back of my head still stand on edge every time I re-tell or think of the story. Babamama also succeeded in finding an excellent Shehnai teacher for me.

I had the most wonderful time studying at the Academy especially the Shehnai. I truly have been blessed. Babamama's presence and body of works have blessed everyone in the world. His new book is soon to be released and we will never forget his entertaining, his musical endeavours and the indelible mark he left on the academy. Our condolence to his family. Truly the world is a better place for his having been here. Jai Shri Mataji Nirmala Devi.

During my time at the Academy my attention went to expectations, expectations of a personal and divine perspective. Babamama had written an article on that very topic. One of the Yoginis found it for me, thank you! Babamama discussed in mathematical and logical clarity how, that if we have expectations of the divine or expect something for tapasya etc. the divine is limited or we are disappointed if we don't get that exact thing. The universe wants to give us everything, and we are limiting the divine by our expectations. The next week, I recited the following song to Babamama and he was pleased.

While walking through the 48 acres of farmland and natural beauty of the Academy.

I asked myself, what do I really want: here is what came out.



Other news:

New Seekers Campaign 2000

The Victorian collective is determined to spread Sahaja Yoga in the new millennium to seekers everywhere in this State. The advertisements developed over the past few weeks went to press last week in eight suburban newspapers with a readership of well over 500,000 people. The response to the advertisements has been excellent. Everyone is now fully committed to running or supporting the dozen or so weekly programs now available for seekers across Melbourne. In the coming week new programs begin in hitherto uncharted sectors of metropolitan Melbourne: Essendon and Eltham.

Melbourne is also planning the development of new radio programs and TV and video projects to further the work of Our Mother. Plans for new ashrams and a country retreat are also progressing well

India Tour

Melbourne is sending seven Sahaja Yogis (including two children) to Shivaratri puja and a total of nineteen yogis (including eight children) to the Birthday puja. This is a record attendance for Melbourne Sahaja Yogis and reflects the power of the collective desire in Melbourne for a blossoming of Sahaja in this State. Jai Shri Mataji.

Shivaratri Puja in Melbourne

Shivaratri Puja in Melbourne will be held on the ocean beach at Shoreham this weekend. This is the site of a Puja to the Sea on March 12, 1983 in the presence of Shri Mataji herself. On that occasion, Shri Mataji said the vibrations in Melbourne were very strong and that this place was the Sushumna Nadi of Australia. This was the puja where She put Her Feet in the ocean and built a Shri Ganesha in the sand on the beach. When asked about the unpredictable weather patterns of Melbourne, Shri Mataji said that this area used to be under the sea and therefore it has an oceanic climate.

There is a folk story told by Aborigines from this area having to do with a comet which comes rarely but brings with it great geological change. It is believed that this is the same comet that returned in 1995 and was visible all over the world. It was the subject of news reports worldwide at the time. The first time the comet came, Tasmania broke off from the mainland (sometime during ice age). The second time the comet came past, Port Phillip Bay was formed near Melbourne.

Shivaratri falls on the day of the dark half of Phalgun (February-March). The name means "the night of Shiva". Shri Shiva was married to Shri Parvati on this day. There are many references to Shivaratri in the puranas. In one, when everything in all the worlds was reduced into Lord Shiva, in that darkness of nothing present, Shri Parvati worshipped Lord Shiva in with great devotion. The Lord Shiva was pleased by Her prayer and blessed Her. She asked for the benefit of all the creatures that in future whoever worships the Lord on the Shivaratri day with devotion, they too should be blessed and should be given the ultimate liberation.

In another reference is the story of when Brahma and Vishnu fought between themselves over who was the greatest. The fight ended when Lord Shiva appeared before them as a pillar of fire. They were not able to find the starting and end of that pillar. Brahma and Mahavishnu repented for their mistake and prayed to Lord Shiva to forgive their sin, worshipping the Shiva lingam in the form of the flame. In the night of Shivaratri Lord Shiva appeared before them and blessed them.

Offerings of bael leaves are made during Shivaratri. Bael leaves are very sacred as it is said Shri Lakshmi resides in them. It has also been said that the threefold form of the leaves represent the Ida, Pingala and Sushumna Nadis. The significance of the bael tree and its leaves is discussed in the Shanti Parva of the Mahabharata where Bhishma, whilst resting on the bed of arrows and discoursing on Dharma, refers to the observance of Maha Shivaratri by King Chitrabhanu. The story goes as follows.

Once upon a time King Chitrabhanu of the Ikshvaku dynasty, who ruled over the whole of Jambudvipa, was observing a fast with his wife, it being the day of Maha Shivaratri. The sage Ashtavakra came on a visit to the court of the king. The sage asked, "O king! why are you observing a fast today?" King Chitrabhanu explained why. He had the gift of remembering the incidents of his previous birth. The king said to the sage: "In my past birth I was a hunter in Varanasi. My name was Suswara. My livelihood was to kill and sell birds and animals. One day I was roaming the forests in search of animals. I was overtaken by the darkness of night. Unable to return home, I climbed a tree for shelter. It happened to be a bael tree. I had shot a deer that day but I had no time to take it home. I bundled it up and tied it to a branch on the tree. As I was tormented by hunger and thirst, I kept awake throughout the night. I shed profuse tears when I thought of my poor wife and children who were starving and anxiously awaiting my return. To pass away the time that night I engaged myself in plucking the bael leaves and dropping them down onto the ground. "The day dawned. I returned home and sold the deer. I bought some food for myself and for my family. I was about to break my fast when a stranger came to me, begging for food. I served him first and then took my food.

"At the time of death, I saw two messengers of Lord Shiva. They were sent down to conduct my soul to the abode of Lord Shiva. I learnt then for the first time of the great merit I had earned by the unconscious worship of Lord Shiva during the night of Shivaratri. They told me that there was a Lingam at the bottom of the tree. The leaves I dropped fell on the Lingam. My tears which I had shed out of pure sorrow for my family fell onto the Lingam and washed it. And I had fasted all day and all night. Thus did I unconsciously worship the Lord I lived in the abode of the Lord and enjoyed divine bliss for long ages. I am now reborn as Chitrabhanu."

In this Sata Yuga we the Sahaja children of Shri Adi Shakti are so very blessed to be privileged to worship Shri Mataji in the actual form of Shri Sada Shiva.

May our attention never waver.
*Bolo Bhagawati Shri Sada Shiva Sakshat Shri Adi Shakti Mataji
Shri Nirmala Devi Ki Jai*

Western Australia News:

To my dear Brothers and Sisters,

By Shri Mataji's divine grace programs for this year started last week and I have been asked to do two programs with Upper School students at the school where I work during this term. Your attention would be greatly appreciated for the success of these programs.

Jai Shri Mataji!

With much love,.

Suzanne

Darwin News:

Dear brothers and sisters, Jai Shri Mataji!!

We have moved into our new ashram and so far very good. No barking dogs, no noisy neighbors or pubs near us at all. We discovered a rare sight is at our disposal (for a short time due to building plans) is the setting sun, from our lounge room window and into the little horizon of ocean we can see. We had our first public program in our 1st week as usual on Wed night and three returnees made it all complete. The new meditation room, which is the very large lounge of the granny flat that comes with the house has beautiful vibrations already. It feels so right. Others can sleep or whatever, while videos, music or programs are being enjoyed in the separate room.

I have a feeling I gave our new telephone # wrongly. It should be 08 8985 6208.

Well, I must go and pack now for India. Kevin, Sarah and David will be here to receive your calls or yourselves. Hold any Emails till I get back or post to PO Box 2283 Palmerston NT 0831, as Kevin is not into using the computer. I return on the 28th March. With much love to all who I will not see in India, and see you soon to the family I will see.

Jai Shri Mataji,

Linda P

Cairns News:

Cyclone Steve blew in from the Coral Sea on Sunday night winding itself up to a very high category 2 hovering over Cairns for some time uprooting old trees and generally pruning vegetation at will. We prayed that the rain associated with the cyclone be minimal as 48 hours prior to Steve's arrival Cairns district experienced a deluge of record proportions causing flooding. So far the Copperlode Dam and the Barron River Dam at Tinaroo have held and the already swollen river Systems have not been burdened with weight of cyclone Steve's downpour.

The new ashram faired well and although the high tension wires in the street were arcing frantically for some time no damage was done. The city's power supply. was severed during the worst of the storm nevertheless it was restored to the Ashram in time to make tea for the Tuesday morning program. Jai Shri Mataji.

More news of our new seeker mentioned last week. He won his golf game. His wife is attending one of the Brisbane centers and they are in the process of changing their lifestyles for ever it seems. We have invited him to Wednesday's collective program - wild horses could not keep him away. Lots of folk who have attended regularly the Tuesday morning program are suddenly, after two years of, Sahaja are jumping into the Olympic pool of yogic love and devotion for Our Mother. Yet another pray answered.

A beautiful painting of Shri Mataji paddling in the ocean at Clifton Beach has been completed by our youngest artist Andrew Bonneau. It will be presented at Shiva Puja in Pune as a Thank You Gifi to Shri Mataji for the new ashram.

Queensland News:

SHIVARATRI PUJA - SUNDAY, 5 MARCH

Shivaratri Puja at Wamuran will be on Sunday 5th March at 10am. This coincides with Balmoral at 11am Sydney time. Puja meal is to be a simple meal of 2 pots with a budget of \$80 for about 50 people. A meal will be served in the kitchen after the Puja and meditation. As we are cooking a Puja meal for Shri Mataji, less sweet prasad needs to be brought. Generally it is assumed that everybody will attend the Puja - if you are unable to attend, especially if you are in the cooking group, please liaise with your group to see if they need to find extra help in your absence.

TAPES

Please contact Sue Cavanagh if you are running a public program and would like a set of library audio tapes for newcomers to buy or borrow.

WAMURAN SATURDAY PROGRAM COOKING BUDGET IS NOW \$30

COUNTRY TOUR HIGHLIGHTS - BUNDAGERG, HERVEY BAY & MARYBOROUGH

We set off from Wamuran 7.30 Saturday morning, four carloads of yogis, with no seats spare. One more carload joined us later on that day. We drove to Gympie to hold a program at 9.30. The room had been booked in a large Sports Centre. The seekers arrived and sat down. Mathew began the introduction, Shri Mataji's talk was put on and then the fire alarm went off! - relentlessly, on and on. We had to evacuate the building. We laughed, and thought, the amount of heat in the room caused the commotion.

We all sat down on the grass this time, the Realisation was given and everyone received it. We went back upstairs and then listened to Mother's talk without any drama this time. We all felt pretty happy and said we would be back in a month - and people seemed pleased.

We stopped for lunch at a park en route to Bundaberg, with geese, ducks, and a beautiful black swan, the children had a wonderful time. There were 11 children on the tour. We arrived at Bundaberg around 3pm. We took Dr. Mathur (Shubra's father) to the lookout to see the landscape, and then we went on to find Mon Repos and the camping ground where we would be staying that night. We were hoping to see turtles lay their eggs and some hatchlings making their way down the beach to the sea. Soon as we got there, we dumped our gear in our vans and others picked their campsites, and ran down to the beach for a swim and a footsoak. It was heaven.

The Bundaberg collective arrived at around 4pm and came straight down to the beach. Afterwards the Barbie was stoked up and lots of food was cooked. Everyone was fed very well. About 7pm we all started making our way to the Turtle Info. Centre, ready for our tour of the beach. There were hundreds in front of us. We bought tickets in family groups, looked through the museum, and then outside to sit on the grass under the trees around an amphitheatre area. A talk was given and some videos were shown on the history of the place and the life of the turtles. Also, conservation issues played a major part of the talk. Hours went by, we were fading fast, some left and took the little ones back to bed. We went for tea - only machine tea, disgusting! Still we battled on. About 10.30. our group was called. We quietly walked to the beach with the ranger leading us. No torches, just by the light of the full moon, and the occasional flickering light on the boardwalk track. We walked and walked onwards up the beach, looking for signs.

Finally we met up with some other rangers, they showed us where the hatchlings had run down the beach to the sea. Our ranger said she would dig down and count how many eggs had hatched. We couldn't see a hole - the hatchlings have to dig their way up, through the sand, the length (and longer) of an adult's arm - quite a feat for such a small creature, about the size of an adult's palm. Yes, she found two hatchlings there, caught in roots. They were taken out, and we all saw them, and could touch them if you wished. Some took some photos. I felt very concerned for the little creatures, just born and having to put up with so many different energies and extremely bright light from the flash cameras. I felt irritated myself. I hoped yogis could give them some vibrations to help them on their way.

The rangers put them down, this was at the dunes. They had to walk down the beach, following the brightest light to the sea. People were asked not to use their cameras, as this would confuse them. We lined up on either side of their pathway. Manu was asked to shine his torch down to the sand and to stay very still, to help a hatchelling that had become a bit confused. Their trek down the beach to the water helps them to align themselves to the earth's magnetic field, which helps them find their way back to lay their eggs, when they are thirty or forty years old. Wow! Fishing boats are not allowed in the area, during the season Nov. to Mar. We walked back to our beds, tired but absolutely delighted.

We left the camping ground at 8am the next morning, on our way to Harvey Bay, where we were to begin our program at the Botanical Gardens at 9.30. There were quite a few people waiting when we arrived. The vibrations were very heavy, we could hardly stay awake in the program. Paul took them through the Realisation, they all felt the cool breeze. One lady offered her place for a weekly program, her sister is a Sahaja Yogi in Sydney. The new people gathered around and got the directions. The Bundaberg collective said they would come down to help, and we said we would come back in a month. We couldn't stop smiling. We had 20 minutes to eat and get going to Maryborough for a program at 1.30. Three people came. Three people became Realised. They had trouble feeling the vibrations at first, but Paul took them through different clearing techniques, and several meditations. They checked each time, and slowly they were cleaned out, and they learnt a lot.

The Bundaberg collective will be in contact with them, and the new people were keen to join up with the others at Harvey Bay on a weekly basis. Again it was agreed we would be back in a month to guide them into the next stage. We all felt the joy of doing Mother's work. We had to get moving as it was still a long way home, about 3 hours' driving. Some of us had back agnya headaches and pain, which cleared out on the way home. The others arrived back at Wamuran before us, and were eating heartily. There was plenty for us. We ate like starving people. It was great to see Peter and Tatiana back from their holiday at Ayers Rock. We felt very satisfied and extremely happy. We can't wait till the next tour. Gold Coast and Lismore here we come! - Coralie Jessop

CALENDAR OF EVENTS

Date Event/Details/Comments

05 Mar 00 Shivaratri Puja (Wamuran, Preparations commence 8 am - Puja commences at 10am)

11 Mar 00 Program, Hibiscus group, Starts 6pm, Wamuran.

?? Mar 00 Birthday Puja (Wamuran date/time to be confirmed)

?? Mar 00 Program, Lotus group, Starts 6pm, Wamuran.

?? Mar 00 Program, Daisy group, Starts 6pm, Wamuran.

?? Mar 00 Program, Rose group, Starts 6pm, Wamuran.

?? Apr 00 Program, Sunflower/Orchid group, Starts 6pm, Wamuran.

COOKING ROSTER FOR WAMURAN PROGRAMS (Budget \$25)

29 Jan 00 - Cathy & Pam 05 Feb 00 - Krishna & Judy

12 Feb 00 - Meredith & Sharon 19 Feb 00 - No program - Weekend of Introspection

26 Feb 00 - Sue & Tatiana 04 Mar 00 - Shivaratri Puja (Wamuran date/time to be confirmed)

11 Mar 00 - Shubhra & Debbie

GOT SOME NEWS OR A GOOD IDEA?

Please share it. Weekly cut-off for inclusions is noon Mondays.

If possible, the Vikata will be finalised and posted on Monday afternoon. Newsletter will not be issued if there are no changes from issue of week before. (end)

NSW News:

Shivratri Puja 2000 marks the occasion of the first puja of the new millenium. The Sydney collective will be hosting a collective Shivratri Puja on Sunday 5th March at 11.00am at the Australian National Country Property, 30 Railway Parade Balmoral Village, phone 4889 8851.

You are cordially invited to attend this auspicious event. Directions from Sydney are as follows:

Directions from Sydney to Country Property
30 Railway Parade Balmoral Village (phone 02 4889 8851)

Travel south along the Hume Highway and take the Colo Vale / Hilltop turnoff (next after the Bargo turnoff).

At the top of the exit ramp turn right (over the highway) and continue for 1½km, and take the first right turn (to Hilltop). Travel along this road for about 12km until you see the Balmoral Village Hall on your left. Continue for another 1½km, driving slowly until you see a white railing fence on your left and a dirt track on your right.

Take the dirt track (over the old railway line) and turn right into Railway Parade. Ours is the second driveway on the left, showing a "Welcome to Sahaja Yogis" sign.

General News

Birthday Announcements

Our hearty best wishes to the yogis whose birthdays fall in the coming week:

Albert Lewis, A'ishah Ali, Barbara Amor-Smith, Purnima Pawar, Peter Cavanagh, Ricardo Bensaud
Rose Creed

India School Fees

India School fees are due in by the 15th march.

Please contact Toby at Burwood. Ph 9747 4835 to find out the balance of your account.

For Sale:

One solid pine wardrobe, custom made, with two doors over four drawers \$270

One pine single wardrobe with two long drawers. \$180

One single bed with wooden base. \$60

One set of wooden drawers \$25

One wooden desk \$35

Please contact Jean 9799 4573

Free to good home: Extra large wardrobe 9½ ft wide, ready to assemble

Please contact Peter Brownscombe 9747 4835

Sahaj History Project

With Shri Mataji's guidance, there is a project underway to create a book (or perhaps a series of books) offering a collection of memories of our Mother, gathered from Sahaja Yogis from around the world. These would include:

- One-on-one memories of times with Mother .
- Memories of times where more than one person was present, but which were not recorded in any way.
- Memories of stories which involve Shri Mataji doing miracles in Her normal physical form.
- Miracles where Mother has appeared to people or other miracles concerning deities, such as Lord Ganesha.
- Other Sahaj-related miracles and experiences.

These stories can be e-mailed or handwritten in English (or any language), or even recorded on audio or videotape. In North America they can be sent to Sahaj News at 8272 - 141A Street, Surrey, B.C., Canada V3W 0V6 (sahajnews@canada.com).

In England a group of long-time Sahaja Yogis are scheduled to gather to record their memories for this project. There has also been a lot of enthusiastic interest around in this project in several countries, especially South Africa where it is being coordinated.

These memories could all become a beautiful part of Sahaja Yoga history, so we can pray that, by Mother's Grace, it will work out.

Rhythm

Rhythm is at the heart of the Universe and the Natural world. The ordered rhythm of the stars and planets. The direct influence of the moon. The rhythms of the seasons. These we acknowledge..

The human being is also governed by rhythm. We all have a precise daily rhythm, our circadian cycle. Our hormones rise and fall in ordered sequence.

That music and rhythm have a direct effect on all living things has been dramatically demonstrated in a series of experiments on plants. Experiments that seem, at first sight, bizarre. They started with tests conducted by Dr. Singh, Head of Botany at the Annamalai University in India. Stimulated by accounts in ancient Tamil~literature of peasants using music to stimulate the growth of crops, Dr. Singh played recorded lute-like' music to balsam plants. An identically matched group of plants, receiving identical amounts of water, but no music, acted as a control. Within a month the experimentally 'serenaded' plants had 72% more leaves and grew 20% taller.

Further tests sufficiently convinced him to begin a large scale experiment using loudspeakers broadcasting to paddy fields! The resulting harvests were 25% ~~60%~~ higher than the regional average. The experiments that are of most interest to us, however, were conducted by a Mrs Rettallack of Denver. Despite the open ridicule of fellow students at the University, she tested the comparative effect of rock music versus classical music on vegetable plants, petunias, zinnias and marigolds. The plants in the room receiving rock music either grew abnormally tall, with very small leaves, or remained stunted. In *every* case the plants leaned away from the source of the rock music. Within 2 weeks the flowers died. In the identical control room the plants receiving

Baroque compositions, together with the music of Haydn, Brahms and Beethoven, flourished. They outgrew control plants and leaned towards the source of the sound. When she tested Bach and selected classical Indian music, played on the sitar by Ravi Shankar, the plants leaned an unprecedented 60% degrees *toward*5 the music, and the nearest ones literally grew to wrap themselves around the speakers

..
..from *Accelerated Learning*, by Colin Rose.



709

Shiva Vishpan

J. B. KHANNA & Co.,
10, DEVARAJA MUDALI