

Sahaja Yoga

31st March, 2000



Australian Newsletter

Jai Shri Mataji!

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Deadline is 7.00pm Tuesdays

“Sahaja Yogis should cleanse themselves and become pure. But instead they get so involved in Bhakti and in their mental world. It is okay, but the best is to wander in their own inner selves. You should build your shaktis. The day your shaktis increase, all the tantriks will run away with their bags and baggages. So on this day of resurrection you have to take a vow that you will transform into a very high level and become very deep Sahaja Yogis. And for this we have to meditate. You do not have to meditate for three hours, but meditate for ten minutes with your heart in it. It is very necessary to put your whole heart in it.

If you are a Sahaja Yogi, then first you must love yourself. When you start to love yourself, then you will find your love will spread to others also. You get angry, you have desires and conditions, but when you cleanse yourself away from all this, then you are resurrected”.

Shri Mataji Nirmala Devi

Easter Puja talk, Calcutta, April 1995



STATE NEWS

Brisbane News

Picnic Lunch, this Sunday.

After our Sunday programme on 2 April, weather permitting, the collective is invited to enjoy a picnic lunch together on the lawn at Wamuran. The occasion is a social get-together to say a special thank you to Uncle Albert for his 17 years of attention and devotion to Sahaja Yoga in Brisbane. Would everyone please bring their own picnic lunch and rug.

Clearing & Practices Night.

Wishart household is hosting the next "Clearing and Practices" evening, 7.30pm, this Friday 31 March. Please bring your own footsoak bucket/s.

Toowoomba Program, Saturday 15 April.

There will be a public programme held in Toowoomba at 10:30am on Saturday, 15 April. The venue is the same as previously used:- *Centre for Focussing, 34 Goggs Street, Toowoomba*. If any yogis would like to attend and need a map of directions, please see Judy Hamilton. We hope to make this a monthly event. We had intended to have a programme at Esk on the same day but there is a Country Music Festival being held there that entire weekend!!

Country Tour News

We had the second tour to Gympie and Hervey Bay on the weekend of 19-20th March. A group of nine yogis left Wamuran early on the 19th driving to Gympie where the programme was to be held at the new venue at the art gallery. Quite a few people who had got realisation the previous trip returned and there were three new seekers. It was heartening to see them so enthusiastic and their desire to feel and share vibrations. Their faces looked bright after receiving self-realisation and all of us felt joyful.

Our next stop was at Tin Can Bay - an idyllic spot near Hervey Bay. The stillness of this bay made us all completely thoughtless. After a quick trip to the coloured sands of Rainbow Beach, we reached Hervey Bay which was the destination of our next programme on Sunday morning.

Here we met up with the yogis from Bundaberg who have been very enthusi-

astically helping us with the country programmes. We spent the evening walking along the beach in the moonlight and sitting around the campsite sharing our experiences in Sahaj with each other, and also recounting personal experiences with Shri Mataji and all the incredible ways Shri Mataji's grace has helped us in different difficult situations. The atmosphere was of love and joy. The bhakti for Shri Mataji poured out of our hearts.

The Sunday morning programme at the community centre, set in the rainforest back-drop was a success too. Many of the seekers from previous programmes returned and there were three new people. Everybody felt their realisation. A returnee from the Maryborough programme had been meditating twice a day every day for the last 3 weeks. He looked so different that many of us couldn't recognise him. A lady who was suffering acute back pain (as a result of an accident) felt no pain before and during the programme. After she exchanged vibrations and was very impressed.

The grace of Shri Mataji could be strongly felt and all of us returned with plans to come back after a month. Jai Shri Mataji !

Cairns News

Classes begin at the Cairns Campus of TAFE next Monday. Please give lots of Bandhans for the students.

News from Shivaratri Puja.

Our Mother was delighted with the gift of a beautiful painting of Herself standing in the ocean at Clifton Beach. The painting commemorated the occasion when Shri Mataji miraculously worked on the Crown of Thorns starfish which was infesting the Great Barrier Reef in the early 1990's. Shri Mataji had the painting in her bedroom for a fortnight following the Pune Puja. The card presented together with this painting (by Andrew Bonneau) was enjoyed by Shri Mataji, who on seeing the photographs of the collective, exclaimed "KAY!" Shri Mataji recognised Kay McHugh instantly!

Nikki Johnson is another miracle story. From being an infrequent attendee at the Collective Wednesday night programs to being at Mother's Feet at both recent Pujas where she along with most of the

yogis from Australia saw Our Mother every day for the first ten days of the tour. What makes this so amazing is that Nikki had left Cairns mid-February with the intention of travelling to Canada to ski, then decided while in Sydney to join the yogis and go to India instead. Such a grand spontaneous decision. We were amazed to see her at Mascot and still further thrilled to watch how this young lady blossomed during the tour. Talk about jumping in at the deep end!

Sno Bonneau won the local government election for the Northern Beaches division. This will be his second term. The win was especially notable as the candidate who came in second was thousands of votes behind Sno. It was a 69% landslide victory. Congratulations, Yogi Sno!!! Cairns can look forward to seeing further amazingly dedicated works from our man from Clifton Beach.

Leanne Tyquin re-joins the collective on 11th April following an extended session at the Nagpur Academy where she excelled in Painting. One of her classical Indian miniatures was presented to Shri Mataji at Birthday Puja.

Jai Shri Mataji

Our First Sahaj Oz Politician

Hi everyone! In the Cairns City Council elections, Sno Bonneau, by Our Mother's grace, has increased his margin over the closest rival from 200 votes five years ago to 2102 votes this time, in the contest for councillor in his division (Cairns Northern Beaches).

Sno is independent and despite a \$400,000 campaign by a rival team and many untrue claims in the closing days of campaigning, Sno's constituents gave him a resounding vote of confidence.

The results were:

<i>Candidate 1:</i>	255 votes
<i>Candidate 2:</i>	395 votes
<i>Candidate 3:</i>	737 votes, and
<i>Sno Bonneau:</i>	2,839 votes, with more coming in!

Many people and commentators are wondering why the rival expensive campaign which managed to cloud the perception of voters in all other areas, did not work in Sno's Division. While some of the success is due to honesty, courage and good representation, there is no doubt that a secret ingredient played a big part in this exceptional result.

Thank you Shri Mataji.

NSW News

New time for Special Collective Meeting

Wednesday 5th April 7:30pm

10 Clarence Street Burwood

(previously announced as Sunday 2nd April at 4:00pm)

Much has been happening here and Shri Mataji has really been sending great blessings to our country. Her attention has very much been with the Yogis here, and of course through them to the rest of the country. We only wish that we could convey something of what is like to be here and now. All that we can say is that the time is at hand to really move forward both individually and as a collective. As part of this process many projects and initiatives which have been dormant for many years should now be acted upon.

To this end we wish to call a meeting for all the collective at Burwood. The date has been changed to Wednesday 5th April at 7:30pm (as we were unable to secure a flight to be able to attend the meeting previously arranged for 2nd April).

The aim of this meeting will be to convey to the collective the messages from Shri Mataji and to relay some of the things which She has directed that we do. In line with this new direction, areas to which She has directed Her attention include:

1. Balmoral
2. Sahaja Pre-School
3. Finances / contributions
4. Support for National Projects
5. Shri Mataji's comments and opinions

During this time of Shivaratri Shri Mataji has placed tremendous attention upon Australia, similar to that which is felt when She has visited our country. Those fortunate to have attended the week long celebrations will attest to the level and degree of love which Shri Mataji poured upon us. The time is at hand when we should really take to heart the messages which She has for us and the projects which She has directed that we take up with a full heart.

Jai Shri Mataji
Avinash Nickkawde

Meditation for Stress Management Wednesday 5th April 12:00 to 1:30pm

SBS Television Conference Room 1
14 Herbert Street Artarmon (9430 2828)

"Learn an enjoyable meditation technique for the control of stress, and enhancement of wellbeing. Everyone welcome."

Contact Therese O'Leary 9130 5794

Radio Meeting

Friday 7th April 6:00pm at Burwood

For all presenters, panel operators and anyone interested in participating and sharing ideas.

Contact Gillian Patankar 9477 4645

Yuva Shakti Music Performance

Saturday 8th April at 12:20pm

Hurstville Main Road

(A rehearsal will be held at Burwood on Sunday 2nd April at 7:00pm.)

Yuva-shakti of any age who are willing to participate seriously are invited to join in this auspicious event. Please be punctual.

Collective meeting

Clearing & Deepening Programs

*Tuesday evening programs at Burwood
8.00pm-10.30pm starting on 11th April*

"For those who want to grow in depth and want some support to get there... growing in the Love of Shri Adi Shakti"

This program is about establishing and strengthening our personal and collective bond with our Divine Mother and Her all-pervading being. So that we don't only mentally know that Shri Mataji is always with us, but we develop a strong faith, trust, confidence, depth and experience. So that we feel our Divine Mother's Love, Compassion, Joy, Protection and Guidance all the time.

The focus will be on:

1. Taking responsibility for our own ascent. Looking at where we are, where we want to go, and what we will do about it.
2. Facing our self. Looking within us to see where individually we have problems and what is stopping us from achieving the height that we want to reach.
3. Looking at how we will overcome our problems to deepen our relationship with our Divine Mother. Looking into our heart to see how much love truly we feel for Shri Mataji. *How we can feel*

more love, Compassion and Joy in our hearts and towards others.

4. Developing and forming a habit of introspecting and experimenting with Sahaja Yoga daily.

5. Cleansing our chakras. Experimenting with different cleansing techniques, bringing in experience of people who have spent time in Belapur etc.

6. Watching Shri Mataji's talk with a question "Are we doing what mother is telling us?" Noting down a few points from Shri Mataji's talk and experimenting over the week

7. End of every week, individually introspect to see where are we?. What have we achieved? How can we improve our individual and collective depth?

Contact Annie Shaw 9648 0407

Medical Research Programs

Sahaj programs are going on at Prince of Wales Hospital, Randwick on Mondays & Thursdays at 6.30pm.

Contact Jelena on 9971 2975 or
Dr Greg Turek on 9498 7070.

INTERNATIONAL NEWS

Birthday Puja

The Puja was tremendous. There must have been ten thousand yogis there with a pendal double the size of the scout camp venue. Shri Mataji had bought the land, 5 acres and donated it to the Delhi collective. It is about 15-20 minutes from the airport and is very close to Shri Mataji's new house in Palam Vihar, which is nearly completed. The land is close to the river and surrounded by wheat fields. It is very peaceful as it is away from the main roads.

The Delhi yogis arranged things beautifully. here were pendals for ladies and gents and for eating, and very good toilet and shower blocks. They had generators for power and it was all very well lit. On the night of the puja the heavens opened up and there was a fantastic thunder storm. Luckily there was a waterproof canvas roof over the main pendal and sleeping areas, but the dining area was soaked. The main pendal where the Puja was held was decorated with balloons and flowers and the stage had a large "77" in the middle and multi-national angels on both sides. Flower arrangements adorned every pillar and there was a large grass area ramping up

to the stage which had a number of large flower arrangements incorporated into the ramp. It was very beautifully arranged and was very appropriate in this rural setting. They had also arranged two large projector screens and a number of TV sets at intervals so everyone could have a closer view of the puja, as it was difficult to see Shri Mataji from the back of the pendal.

Shri Mataji was very pleased with all the work the Delhi yogis had done and gave them praise for their efforts in the Puja talk. She spoke about the power of love and that we need to use this to spread the message of SY. Care for others and genuine compassion will help bring about a transformation of the world. We all need to work hard to spread this message of love. You could feel the power of the love flowing from Shri Mataji penetrating every pore of the body. The talk ended and children were called to pour kumkum on her feet. There were so many children all eager to do Puja to Shri Mataji. They swarmed from every direction and poured onto the stage. So sweet and innocent, and Shri Mataji was enjoying them very much.

Arun and others sang some beautiful bhajans and then the Noida group came on with *Mahamaya Mahakali*, which lifted the vibrations to an even greater intensity. Sanjay sang *Vishvavandita* in such a beautiful way that it carried us into the realms of bliss. This set the mood for Aarti and we all assembled in front of the Adi Shakti. The Goddess looked resplendent with all the ornaments and a golden crown, and She poured out all her love to the children. We all fell at Her feet for a blissful moment and then the photography stampede came. I was almost trampled by the throng of flashers! Some how I managed to ease myself out of the scrum and moved to the side, where I thought I could meditate, only to find another rush for the gift-giving parties!

Despite all the excitement there was a persistent tranquillity that you could slip into if you focused on Shri Mataji. It seems we are more concerned on these physical concerns than focusing on the meditation, which is the most important reason why we attend the Puja. I wish something could be done to prevent this distracting side show, but Shri Mataji is very patient and forgiving to Her children.

Shri Mataji went off stage for 40 minutes with Sir CP to have dinner. Sir CP was presented with a model sailing boat for his birthday, a schooner which was made in Vietnam and presented on behalf of the UK by David Spiro. Kim-My had purchased it in Ho Chi Min city, and the HK yogis took it over. It was very well-crafted and Sir CP was delighted. Sir CP's birthday is also on the same day as Shri Mataji's, and he was celebrating his 80th. The yogis had made two very large cakes with "Happy Birthday Shri Mataji", and on the other cake "Happy Birthday Papaji" which were presented. We all sang *Happy Birthday*, and Shri Mataji blew out the candle to great applause from all the yogis. We then sang *Happy Birthday* to Sir CP and he invited Kalpurna didi to share the cake.

After this Shri Mataji accepted the gifts from all the countries. She took time to speak to all the representatives, and there were a couple of new countries including Trinidad, Tobago and Pakistan, which were represented at the Birthday Puja for the first time. Somehow we were slower off the mark than most countries, so we were relegated to the back of the line. The actual Puja finished at around 11:30pm but the gift-giving went on until 3am. Hong Kong & China went up with Taiwan and we presented the porcelain paintings which Shri Mataji really appreciated. Taiwan presented 2 beautiful brush paintings of water buffalo. Shri Mataji asked how things were going in Hong Kong and seemed pleased with the progress. Henry Ho from Taiwan presented a photo album with photos of all the yogis and Shri Mataji was very pleased with the progress. After we presented our gifts the Indian states came up and finally the Indian Yuva Shakti presented a number of gifts. It was a marathon and by that stage Sir CP had already left. It was 3:30am when Shri Mataji finally departed to a hearty round of Ki Jai's, and She gave one final blessing to all the children. She smiled and was obviously pleased with the first millennium Birthday Puja.

We slowly floated out of the pendal to have dinner, not that we were hungry. The atmosphere was still, pure and very fresh after the rain. It was such a cleansing, both on the subtle and the gross.

The dining pendal which had been set up

in a field was completely soaked after the downpour and the carpets were sitting on a sea mud. A quick bite of tandoori chicken and chips, and it was off to bed. It was 5am before we got to bed. The nights were cool, but as soon as the sun came up you could feel the heat biting. The next day was glorious sunshine. Some of the sleeping pendals had been flooded and the pathways had turned into mud holes. Some small child had wandered into one such muddy pool and was delighted to cover himself with the light brown slurry. Mother Earth is so soothing that I was tempted to join in!

The next evening was the concert night and Shri Mataji arrived earlier than expected with Sir CP. She looked beautiful in an ornate sari, so dignified in front of the great assembly of Her children. Bhajans were sung by various groups and they filled the heart with joy. The Australians were invited to perform. Sadly at that point I had to depart for the airport. It is very hard for the child to leave his Mother but She is always there when we enter into the realms of Sahasrara. I wish I could have stayed there forever. It was such a wonderful puja, and will keep me fully charged for months to come.

Lots of love, Alex

Tell the World (update)

Just a reminder for those of you that wish to participate in the "Tell the World", whereby you write a brief article on the benefits you have received from practising Sahaja Yoga, and post it to the internet newsgroups. Please contact your centre or country leader for more details and guidelines.

Step 1: Show your message to your leader for review.

Step 2: Post to newsgroup (contact your leader for procedure).

Step 3: - Leader selects 30 or so to submit to Mark and Calin for distribution on SY websites.

A Daring Step

Dear Sahaja Yogis,

Jai Shri Mataji,
This is Sahaja yogi from Dubai (Suresh A) reporting. I was in Bombay & Pune for attending the Shiv puja this month. A couple of days after landing in Bom-

bay, I was reading the Times of India Newspaper. Suddenly my attention fell on a report about the Spiritual tour undertaken by the Sr. Shankaracharya (Shri Jayendra Saraswati) of Kanchi Kamakoti peetam of Kanchipuram, who is the descendant & disciple of the Adi Shankaracharya (who had already prophesied about Kundalini awakening & the Divine cool breeze in his scripture named as *Saundara Lahiri* long time back). He was covering most of the region here, and had lots & lots of followers to have his darshan. I developed a desire to go and meet him to tell him about Sahaja yoga. My main intention was to have his permission to address the big crowd that always comes to see him about the Kundalini awakening and sahaja yoga, and invite them for Shri Mataji's public programme. As usual there were a lot of hurdles in meeting him as he was with a lot of police protection, and many members of the inviting committee. However, I used the weapon given to us by Her Holiness (ie the weapon of Bandhan). After that he personally invited me to his room.

Now I was well prepared with our Sahaj Nadis and chakras drawings and a chart, and a tape recorder to record our conversation. As soon as I opened the chart, instead of me explaining sahaja yoga, the senior shankaracharya himself started explaining sahaja yoga and the kundalini awakening to his disciple present there in his room. He also said it was very difficult to have this awakened but now you people have made it so easy.

At this time I showed the Holy photograph of Shri Mataji. The Sr. Shankaracharya of Kanchi Kamakoti Peetam (shri Jayendra Saraswati) immediately recognised Her Holiness Shri Mataji Nirmala Devi and said that she is very pure and he knew her very well from his childhood, and also that she hails from Nagpur and She is the Raja Lakshmi and he knew that. He further explained on Sahaja yoga that the Sun has both light and heat, and the moon has its light and coolness, and when the kundalini crosses the sahasrara and we meditate at that point we get the power of 1000 Suns' light without their heat, and the power of 1000 moons' coolness without their light, and with these powers when we meditate it will lead us to moksha (liberation and union with God). He also let me speak to the crowd who had

gathered out there to have his darshan about Sahajayoga, and I co-ordinally invited them for Shri Mataji's public programme to be held on 12th March 2000.

Then I met Shri Mataji at the Prasthan in Pune and informed her about this. After the Shiv puja Shri Mataji permitted me to address all the sahajayogis about this meeting.

Thanks & Regards
Jai Shri Mataji
Suresh.A i from Dubai

"Mata Nirmala Devi Felicitated"

(The Times of India News Service)

NEW DELHI: Several hundred *Sahaja Yogis* and *Yoginis* from various parts of the country and abroad congregated at Nirmal Dham near Chhawal village on Wednesday to felicitate Mata Nirmala Devi, exponent of *sahaja yoga* on her 77th birthday.

A large number of messages were received from mayors of main cities in the United States, some governors and also from the Vice President of the country, Mr Al Gore, according to a spokesman. Others who had greeted her included the Canadian prime minister, president of Ivory Coast and some members of parliament from Canada and Australia.

The letters in which they had praised her role in the transformation of individuals and societies through propagation of *sahaja yoga*, were read out at the function. Among those who spoke on the occasion were Home Minister LK Advani, former Lok Sabha speaker Balram Jhakar and former MP chief minister Sundarlal Patwa.

Dr Shoba Das, head of the department of physiology at the Lady Hardinge hospital presented to Mata Nirmala Devi copies of two theses, accepted by the Delhi University, on the role of *sahaja yoga* in stress management.

In her address, the Mataji exhorted her followers to use their potential for serving the country. She said some of her followers had even offered to travel to Kashmir and work for peace in the region.

On Thursday, Nirmal Dham witnesses sanctification of 33 "international" mar-

riages among *sahaj yogis* and *yoginis*.

Raiker's Island Prison, New York

Dear all,

Here is a report from a SY program which happened yesterday evening on Raiker's Island in New York:

Raiker's Island houses an enormous New York prison. Through connections made by Andrea and Anna Manzini, Sahaja Yoga got the opportunity to go into this prison and hold a program for the inmates with drug-related convictions! So yesterday seven(!) yogis (Anna, Andrea, Chris Cycoles, Francoise, Ben, Jerry and myself) approached the prison in a public bus, loaded with all kinds of program material we felt important for this event. To give you an idea of our intent, Francoise came with two suitcases filled with pictures of Shri Mataji, incense, candles, candle holders, Meta Modern Era books, saris for decoration and more. All this in addition to our individual kits we had prepared!

But at the first of several security checks the reality of being in a prison was brought to our attention, and everything which could remotely be used as a weapon was taken and locked away for the evening. All pictures with glass or frame, candles(!) and candle holders, incense, matches, even sticky tape!

So we eventually went through security only with the photocopied material we had brought (which luckily had a picture of Shri Mataji as well!) and an intense desire to be able to act as instruments of Shri Mataji's Compassion, who clearly had arranged all this for us! We met with a group of drug counsellors, on whose initiative the whole program was organised. These people try to help break the vicious cycle in which most of the inmates are caught. When the massive steel gate slammed shut behind us, we felt that eerie feeling that inmates must feel when they enter the prison: there is nowhere to escape from here!

Then each yogi went with one of the counsellors into a dormitory which holds between 30 and 50 inmates. They were already waiting for us and many did not show much of enthusiasm as they are required to attend by the rules of the rehabilitation program. After a short introduction I looked into about 50 faces.

To be more precise, they looked more like 50 rocks, of different age, different colour and different levels of erosion! I prayed to Shri Mataji: "Mother, I really have no idea what to say to them. Please take over and make me your instrument!"

I started talking about my own first experience in Sahaja Yoga and how it had transformed my life in a matter of moments. I told them how seekers take drugs, because they are seeking, and how they give up drugs overnight when they enter Sahaja Yoga. I told them about Shri Mataji, how She tirelessly travels around the globe to give Self-Realisation to the seekers of truth. And of course, I briefly explained the subtle system and its importance to our entire life.

All this time I felt very cool vibrations, I felt like being enveloped in a cool cocoon. I was prepared to face all kinds of attacks on my chakras, but I just kept feeling cool vibrations throughout the entire evening, while we were all sweating, because the room was quite overheated (literally and vibrationally)!

When I asked them to take out their shoes at the beginning of the meditation, many of them hesitated. The drug counsellor jumped in and suggested to them not to be shy because of the holes in their socks, so they took off their socks as well and we got settled into the explanation of the meditation.

By then I had the attention of most of the inmates; but there was a constant coming and going because of conflicting schedules with taking medication for the inmates, reports and other things. But when the actual meditation began, everyone (including the police officer and drug counsellor present!) took part, even those inmates who had stayed on their beds in the back of the dormitory sat up and joined the meditation! The closer we came to the Sahastrara in our meditation, the stronger I felt the cool breeze all around us! When we reached the Sahastrara it was really an incredible experience! For a moment I became aware where I was and that most of the people in front of me were convicted inmates.

But then I opened my eyes and looked around and I could not believe my eyes

- I looked into the faces of children! Their eyes were radiant, their faces smiling and their expressions very relaxed! What an amazing transformation, from hard rocks to shining children in a matter of minutes! My heart was going out to them, feeling tremendous compassion and love. How beautiful they are, and how the negativity hits them so hard that they lose all their beauty and get lost in this vicious cycle between drugs and prison! But equally amazing is to witness how Shri Mataji removes all traces of hardness from their faces and brings back their innocence!

About two-thirds of the people could actually feel cool or warm over their heads or hands. And everyone could feel very relaxed. Not many questions were asked, but they promised that they would give Sahaja Yoga a try. Under one condition though - that I would come back next week to teach them more! The time was up and I had to leave, many of the inmates came up to me and thanked me for this wonderful experience. One said: "Why did I not find this earlier?" We shook hands, some hugged me and I had to promise again and again to come back and bring more yogis, so we could give realisation to more people! They said they have 12 dormitories in all in this part of the prison, and they want everyone to get that chance!

When we yogis met on the way out we all had similar stories of transformation, joy, excitement and eagerness to learn more. One of the drug counsellors suggested to give realisation to all their colleagues, she said "Make us into Sahaja Yogis, so we can give this wonderful present to many more inmates here!" What an inspiring, amazing and uplifting experience!

When I reached home late that night I settled for a footsoak. I had candles prepared to work on any negativity I might feel in my subtle system. I was really amazed when all I felt was VERY cool vibrations!!!

May Shri Mataji protect these 300(!) new yogis and give us opportunity to help them grow and to reach many more of the inmates in this prison!

With much love from your very grateful brother, *Herbert*

What Faith Can Do.

Hi!

A good story from Bergen.

Two days ago I had my first Puja in Bergen together with my wife and Rita.

It was very strong and nice experience. Rita told me that if I sleep the night on the floor in front of the pictures, afterwards all my problems will be solved. I was very curious so I tried.

In my job I do research and development on electromagnetic signal sources for digital radio links. The last three years our company (and me) have had a big problem with signal sources when temperature varies, so we just got 30 mill Nkr to do a research program on this for the next three years. 5 weeks ago I held a presentation on a subject I got from a conference in Munich last autumn.

Yesterday my colleague implemented part of my presentation and the whole problem was solved.

Today I was preparing a presentation on a seminar a week from now. The subject is one of the main challenges in our technology, and my job was not to solve this (of course) but to specify the issue to put our attention. After two hours I found a very good question: "for a particular problem we need to develop a method to verify that we meet the new requirement specification." Two minutes later my colleague (the same colleague as yesterday) came to me and was so full of joy. He had found a method to verify that we meet the new requirement specification. The whole problem was solved.

Words can not express the joy. I am infinitely grateful.

Stig Halletvedt, December 1999

Birthdays!

Our best wishes to...

Claire Avoledo, Colin Berry, Annaliese Buff, Ian Cunningham, Kevin Fitzgerald, Hugh Frith, Hauke Horn, Marlene Holland, Mercy Perusco, Rita Skipper, Joy Whiley