

# Sahaja Yoga

8th December, 2000



## Australian Newsletter

*Jai Shri Mataji!*

### Contributions:

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Publication Deadline each Tuesday

*Do not go into the garden of flowers  
O friend, go not there.  
In your body is the garden of flowers  
Take your seat on the thousand petals of lotus,  
and there gaze upon the infinite beauty.*

*There is a strange tree,  
which stands without roots  
Bears fruits without blossoming.  
It has no branches and no leaves,  
It is Lotus all over.  
Two birds sing there:  
One is the Guru, and the other the disciple.  
The disciple chooses the manifold fruits of life  
and tastes them,  
And the Guru beholds him in joy.*

Kabir



## STATE NEWS

### *News from NSW*

#### **Great Christmas Ideas: Beautiful Terracotta for all the family**

Available for sale at Burwood on Friday 8th December and 22nd December.

Please see Heather Sattarshetty or Dale Simpson after the program.

Any outstanding orders for the three-headed elephant plant stand need to be picked up, as eager buyers are still after them.

*Dale Simpson  
Ph 9747 0310*

#### **Ashram Vacancies**

Rooms are available at Lidcombe Ashram. 30 minutes by train to city, walking distance to station.

*Please phone Rajesh Bhasale  
9649 6879.*

A large bedroom with attached bathroom is available at Hurstville. 10 minutes walk from Hurstville station.

*Please phone Andrew Perusco  
9579 2293*

## INTERNATIONAL NEWS

### *News from America*

#### **Divine Cool Breeze Update**

Shri Mataji wants *The Divine Cool Breeze* to continue to be published in America. It is unique because it is the only international Sahaja Yoga publication dedicated to Shri Mataji – to Her talks, to Her worship and praise, to Her travels and to the many international Sahaja Yoga projects and activities that Shri Mataji cultivates.

We want to reassure you that *The Divine Cool Breeze* will soon resume publication. Money already paid for subscriptions will be advanced towards future issues. With the next issue, a revised expiration date will appear on the mailing label of all subscribers. The new publication schedule will be every two months, for a total of six issues per year.

We are working toward a new look with a color cover and color pages inside as well. We would like to include many photos in the magazine and encourage people who can send images electronically to do so. Printed photos can also be used.

In addition to reports about pujas, Shri Mataji's travels and Sahaja projects, we would like to encourage Sahaja Yogis to contribute their reflections and insights to document our experiences in Sahaja Yoga in this incredibly exciting time. We will

renew our efforts with a new team of writers and correspondents in each of the major regions of the world.

We would request yogis who are writing about or talking about their experiences to each other to make the extra effort to send these observations to *The Divine Cool Breeze*. We can translate from any language, so don't let language be an obstacle. We are also prepared to conduct phone interviews with people who have interesting stories to tell about Sahaja projects of international interest.

Please send articles and electronic or printed images to Richard Payment at [sahajnews@home.com](mailto:sahajnews@home.com) or mail to 8272-141A Street, Surrey, British Columbia, Canada V3W 0V6 or phone/fax to (604) 597-8440. Inquiries about subscriptions should be sent to Anand Joshi, [dcb108@aol.com](mailto:dcb108@aol.com), 4341 East Meadow Drive, Duluth, Georgia 30096; fax (770) 458-1959; phone (770) 458-0033.

*from  
The Divine Cool Breeze Committee  
November 29, 2000*

## *News from India*

### **Sahaja**

#### **Health Care Products**

#### **At Ganapatipule**

Three new superb products will be available in Ganapatipule this year:

1. New Dandrufffree will be useful against hair fall also. Raw material for this has been brought from the Himalayas.
2. A very special tonic to improve general debility, hemoglobin and vitality is introduced. It is effective on depression also. Raw material called "Kasturigandha" has been collected from the parts of Himalayas, which are at 1200' from MSL.
3. Medicines like Antidiabetes, Antacid, Worm Disinfectant, and Stress relief will be available in tablets form.

Quantity being limited the above medicine will be sold on first-come first-serve basis. Our stall will open from 22nd morning at 8.00 am.

Regards

*Vanadevi*

## *Birthdays!*

*Our very best wishes to...*

Donna Goulding

Philomena Fernandez

Peter Hewitson

Deepak Kumar

Pushpa Ranjithkumar

Michelle Shete

Debbie Venugopal

Joe Griffith

Karen McDonald

Robert Webber

Jessica Miller

Diana Corden

Sarah Frankcombe

Neroli Markus

Michael McFadden

Jacqueline Coulter

John Dobbie

Marcus Rome

# **Sahaja yoga offered as a natural route to reduce stress, help balance life**

## **WORKSHOPS MAY BE HELPFUL IN FIGHTING ANXIETY AND DEPRESSION**

BY CONNIE LAUERMAN

Balance is the byword of our times. Who doesn't want to remain balanced in the face of the myriad stresses in the world, the workplace and even at home?

Volunteers from Sahaja Yoga International, a non-profit organization active in more than 80 countries, believe that they can help through their workshops in stress reduction and meditation.

Most modern meditation techniques are derived from Eastern traditions, and Sahaja yoga is no exception. But it differs from insight-oriented meditation, which seeks to raise awareness of what is happening in the body and mind in the present moment, and transcendental meditation, which uses a mantra to focus attention and screen out thoughts.

"The primary difference is that an energy, called kundalini, gets awakened," said Steve Wollenberger, who has been using the method for 17 years and is currently coordinator of the Chicago chapter of Sahaja Yoga. "And you can feel the effects right away...It's something very tangible, so it's not just kind of some vague, nebulous philosophy. It has to do with this whole system we have inside ourselves which governs our inner balance."

The founder of Sahaja yoga meditation is Shri Mataji Nirmala Devi, an Indian woman born to a scholarly Christian family. As a child, Nirmala Devi lived with her parents on the ashram of Mohandas Gandhi and later was a youth leader in the movement to liberate India from British rule.

Twice nominated for the Nobel Peace Prize, she has traveled the world teaching the techniques she developed to trigger the awakening of people's dormant spiritual energy. Classes in stress reduction and meditation are offered in a variety of settings, including schools, prisons, corporations, hospitals, libraries and community centers.

One New York City high school introduced Sahaja yoga meditation to students in an effort to show them alternatives to drugs for coping with stress. The National Institutes of Health offers it to patients in its clinics and to staff members.

A recent study at a British mental health center showed that of three groups of patients -- one receiving no therapy, another receiving cognitive-behavioral counseling and a third receiving Sahaja yoga meditation classes -- only the Sahaja yoga group reported significant reduction in anxiety and depression.

Nirmala Devi, 77, said, "We don't realize it but we have power within us in the triangular bone (sacrum at the base of the spine). If (that energy) is raised, then it is processed through six centers, which look after physical, mental, emotional and spiritual being. It helps people become balanced."

"Medical science talks about the right and left sympathetic nervous system, the autonomic nervous system. All that is completely understood through the knowledge of Sahaja yoga. You work it out yourself."

"You don't have to study anything. You don't have to talk about anything. You need not have an artificial education. It just works spontaneously. It's a natural process."

Annie Pedret, an assistant professor at the Illinois Institute of Technology, admitted that initially she was skeptical about Sahaja yoga meditation. But she concluded it was better than therapy in giving her personal insight and allowed her to be more detached. "Your value isn't put into your success and failure," she said. "You are what you are from the center of your being."

*Connie Lauerman writes for the Chicago Tribune. Let us know what you think of her columns on the body, mind and spirit by writing to Health & Family, 750 Ridder Park Drive, San Jose, Calif., 95190 or by e-mail at [features@sjmercury.com](mailto:features@sjmercury.com).*