

# Sahaja Yoga

18<sup>th</sup> January, 2002



## Australian Newsletter

***Jai Shri Mataji!***

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*"We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made."*

Albert Einstein

*"India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great grandmother of tradition."*

Mark Twain

*"If there is one place on the face of earth where all dreams of living men have found a home from the very earliest days when man began the dream of existence, it is India."*

French scholar Romain Rolland

*"India conquered and dominated China culturally for 20 centuries without ever having to send a single soldier across her border."*

Hu Shih (former Chinese ambassador to USA)



# STATE NEWS

## *News from Queensland*

### Hotel for the Japanese

Shri Mataji has recently scrapped the idea of having a golf course, and would like us to look into the viability of creating package tours centred around Wamuran which is set in the Glasshouse Mountains, Queensland.

The idea would be to accommodate them in the most professional manner, with a lot of care and attention to vibrations.

In this area of Queensland there are many attractions including golf to be able to construct a very attractive series of package tours.

There is, however, a lot of work involved. Firstly, in estimating the cost of a hotel, then working out various optional package tours, then promoting them in Japan and working out the staff required to do such a project.

I'm sure this would be a great fun thing to do – looking after tourists, showing them all the natural beauty from the Glasshouse Mountains to Frazer Islands, to bush walks and a round of golf. To cook for them and to generally look after their well-being while they are in our care.

Naturally the object of the exercise is to raise the level of awareness and hopefully give self realization to the seekers.

So if anyone has any experience in the hospitality business and the tourist industry, or has any good ideas and would like to have some input to this great project please contact Mark Beaven on 07 5496 6716 as soon as possible.

Sincerely,

*Mark Beaven, Brisbane*

## *Birthdays!*

*Our very best wishes to Sahaj yogis whose birthday falls in the coming week. May they all have many happy returns of their special day...*

Hemlata Buff  
Ron Ragel  
Gloria Webb  
Roger Green  
Pradip Sen  
Tracy Nickkawde  
Harish Rajak  
Devdutt Barman  
Mamta Dara  
Jeanine Dowsett  
Zoe Kenyon

## News from NSW

### Bhajans this Saturday Evening

19th January 2002

All are invited to Homebush (Kim/Bevan/Deb/Mercy) for Bhajans this Saturday night.

Everyone is invited to a BBQ dinner at 6pm (please bring some meat; everything else is provided) and the music will flow afterwards.

Regards, *John Smiley*.  
Sydney

### Accommodation Available for Yogis

Gardenflat/Studio + ensuite for rent in Lindfield. Close to train, shops and school. 1-2 year lease (available from March).

Ring Kevin or Barbara on 9416 2205 (going overseas in March)

*Kevin and Barbara FitzGerald*

39 Bent Street  
Lindfield Sydney NSW 2070  
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phone: +61 2 9416 2205  
e-mail: [mailto:kb@cia.com.au](mailto:mailto:kb@cia.com.au)

## GENERAL NEWS

### Mustard Chilli Salt Treatment

*My sister sent me this treatment 'recipe', however, some of you may already be familiar with it:*

Very simple...basically you vibrate dried chilli peppers (the smaller the better), mustard seeds and salt.

Then, you take seven of the dried chilli peppers, a little sprinkling of mustard seeds (1/2 teaspoon) and the same amount of salt, and wrap in a paper towel or a few tissues.

Then, you use this little parcel to work on ALL of your chakras (bandhans holding it in your right hand), with a candle burning behind you [at left swadhistan?], and another in front of your left hand. (I actually press it against me where I'm having most problems) - very effective!

When finished the contents of the parcel should be flushed down the loo or burned (be careful not to create a blockage with paper towels).

*Liallyn Fitzpatrick*  
Sydney, Australia

## The Wise Man

*In the Buddhist scriptures, there has been little, if any at all, mention of Kundalini or the chakras. However, in the Dhammapada, there is a reference to the seven lights of awakening, and in another version, the seven lamps of the spirit. Clearly they refer to the 7 enlightened chakras. While some abridged versions of the Dhammapada omitted this seemingly insignificant line, at least 2 of the editions I found contain this remarkably lucid Sahaj reference:*

### The Wise Man (from the Dhammapada)

The wise man tells you  
Where you have fallen  
And where you yet may fall -  
Invaluable secrets! Follow him, follow the way.

Let him chasten and teach you  
And keep you from mischief.  
The world may hate him.  
But good men love him.  
Do not look for bad company  
Or live with men who do not care.

Find friends who love the truth.  
Drink deeply.  
Live in serenity and joy.  
The wise man delights in the truth  
And follows the law of the awakened.

The farmer channels water to his land.  
The fletcher whittles his arrows.  
And the carpenter turns his wood.  
So the wise man directs his mind.

The wind cannot shake a mountain.  
Neither praise nor blame moves the wise man.  
He is clarity.  
Hearing the truth, he is like a lake,  
Pure and tranquil and deep.

Want nothing.  
Where there is desire, say nothing.  
Happiness or sorrow - whatever befalls you,  
Walk on untouched, unattached.  
Do not ask for family or power or wealth,  
Either for yourself or for another.

Can a wise man wish to rise unjustly?  
Few cross over the river.  
Most are stranded on this side.  
On the riverbank they run up and down.  
But the wise man, following the way,  
Crosses over, beyond the reach of death.

He leaves the dark way  
For the way of light.  
He leaves his home, seeking  
Happiness on the hard road.

Free from desire,  
Free from possessions,  
Free from the dark places of the heart.  
Free from attachment and appetite,  
Following the seven lights of awakening,  
And rejoicing greatly in his freedom,  
In this world the wise man  
Becomes himself a light, pure, shining, free.

Arun Goyal, India