

## The Common Cold

Some advice re: General Health from Shri Mataji

Many years ago in a UK public programme Shri Mataji answered questions relating to health. The tape is very interesting for anyone who has not heard it before - unfortunately I don't know the date nor the details of the programme - ! - so here are some of the interesting points:

- The Common Cold comes from *either* the right heart or the left nabhi. You need to work out where your cold is coming from. The cold comes from either lethargy - or aggressive, over-active behaviour.
- For a sore throat you should take the mantra of Vithala Rukmini for right vishuddi or Vishnumaya for left vishuddi rather than taking Shri Krishna's name.
- Shri Mataji says "never" use very hot water for a bath. She says you will get pain in the joints because the hot water melts the fat and creates an acid (lactic acid) which then gives pain. This has to be transformed back into glucose to be consumed by the body. So if you *do* have a very hot bath you should do vigorous exercise for a while after the bath.
- Bathing in the night time (rather than the morning) is recommended. Shri Mataji says most "Indians in England die of lung cancer" because they have their bath in the morning and then go out into the cold. She says if you have a morning bath you should make it very early and then go back to bed to keep warm. Otherwise, the American system of having dinner at around 6pm - then having a bath then supper and bed is better.
- Sitting in the sun is bad for the brain - it melts the fat of the brain. Wearing a hat all the time also reduces the circulation in the head.
- Migraine can be caused by hot liver - take vibrated sugar with powdered ginger in water. If you have a hot liver the signs are nausea, giddiness and aversion to light. Migraine can also come from having a spirit in the brain (from false gurus) or it could be a growth in the brain.
- For weak eyes - it is a left (back) agnya problem - you should look at the candle and get somebody to give a bandhan with a candle to your left agnya. You can wash your eyes in the morning in front of the rising sun. Do not look at the setting-sun at all.

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(cont. from front page)

Many such Pujas have been performed in My presence. Every time a big wave comes and takes you to a new land. Experiences of many such lands becomes your own. They give vastness to personality and open new gates of joy. Best is worshipping in the heart. If, the photograph by looking at it, can be placed in heart or, after the Puja, its view goes to heart, then the joy which you get only at that time, can become everlasting and everpresent.



# Australian Sahaja Newsletter

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*The following is an excerpt from translations of Shri Mataji's old Marathi letters on rewards and blessings of the Puja.*

"Puja is an external offering, but you should understand how you get the reward of the blessings of the Puja and its Prasad. A Puja or a prayer grows from your heart. Mantras are the words of your Kundalini. But if Puja is not performed from your heart or if Kundalini is not associated with recitation of Mantras then that Puja becomes a ritual.

If you become thoughtless in Puja, know that your heart is also involved in it. Collect the Puja material and offer it sincerely. There should be no formality or binding in the offerings. It is correct to wash hands, but is your heart washed? When attention is on heart it does not go to others. Although you remain quiet from outside, you are speaking from within. Hence you should not be silent for long time. If man's heart is not clean, then the silence becomes very harmful. At the same time loose talks can bring catastrophes.

You should say the Mantras in Puja but with great faith (Shraddha). There is no alternative to Shraddha. You should perform the Puja when Shraddha grows deep, so that the heart itself gets all Puja performed. At that time waves of bliss start flowing because it is the Spirit that is saying, 'How can any thought come at that time?'

People pour wine in the glass. Your Puja is like that. In that, wine is your faith and the glass is the recitation of Mantras and the worshipping. When you are drinking that wine forgetting everything, how can a thought come! Then only bathing in the ocean of bliss! How can that joy be expressed in thoughts? Who will pour that wine, back in the glass, which is to be drunk and that too in the inferior glass of thoughts? However, the joy that you get after drinking the wine is eternal and ever present. It becomes your asset.

## NEWS FROM VALLA

We wanted to say a big "thank you" to all the yogis and yoginis involved in bringing country tour up to the Coffs Harbour area all through 1998 and 1999. Your support and dedication has been fantastic in lifting the vibrations and helping us locals to deepen and appreciate Sahaja Yoga even more.

At Valla we now have another yogi (Anthony) living collectively with us as a direct result of country tour. In Coffs Harbour there are two programmes every week (including Bhajans on Thursdays), and once a month programme at Macksville. A small very dedicated collective is forming. Shri Mother's attention is marvellous to watch in action in our lives.

The country tour organisers work hard to prepare for the tours, but sometimes didn't quite make it in person to Valla (In spirit yes, but time, distance constraints were an obstacle!!). We decided that rather than push a few people to the limit of "yogi endurance", that maybe it was time our little collective took responsibility for regular programmes, and once in a while hold special events when yogis from Sydney/Brisbane/wherever, could join with us to help locals experience some deeper collective aspects of Sahaja Yoga.

Please keep us in mind for an overnight stop when travelling the coastal route as we are exactly halfway between Sydney-Brisbane. We generally celebrate all the major pujas to which an open invitation to all yogis is extended.

DATE	EVENT	CONTACT
Sun 5 Sept morning	Shri Krishna/Shri Virata Puja & Raksha bhandan	Helena (02) 6569 5153
Thurs 23 Sept	Shri Ganesha Puja	Helena
Oct Long Wkend 2-3-4 Oct	Bellingen Global Carnival (World Music) Sahaja Yoga realisation stall	Max Liebermann (Sydney)
?Soon? (Sydney)	Intensive S.Y. workshop weekend	Reyhan Vilmaz or Helena

JAI SHRI MATAJI!!!

Love from Helena and Graeme Campbell,  
and children, and Anthony Foster.

## Reminder: Australian Collective Photographic Album.

During the recent celebrations of Guru Puja Shri Mataji requested that an album of photographs of the established Yogis of the Australian collective be compiled. She said that sometimes when names are being discussed She would like to have access to a photograph of the person.

To this end we are calling for everyone in the collective to promptly send a photograph of themselves, or if married of their families by the **end of the first week of September in readiness for Shri Ganesha Puja.**

Photographs should be attached to an A4 Sheet of paper indicating the **name, date of birth, and the date of realisation** of everyone in the photograph in the format indicated and sent to:

Trevor Sandford  
76 Frances Street  
Lidcombe NSW 2141

**This information is needed by 10th September!!!**

Dear Brothers and Sisters

Just a note to let you know that all is well in Exmouth. We have had fires and Cyclone Vance to cleanse the area this year....it really has been a blessing....with thanks to our Divine Mother. Recently Carmen, Janet and Rachel and Romnee visited us and after that Hugh, Marilyn and their friend Tony which has been truly lovely....since their visits there are 4 people coming to programs and 1 more coming to morning meditation with me at home....its just wonderful. Next week after my visit to Perth, Heather will be here to help keep the vibrations flowing on her trip around Australia with her husband...Love and cool vibrations to all....your sister, Suzanne....."Jai Shri Mataji"

Love from  
Suzanne