

# Sahaja Newsletter



## Contributions:

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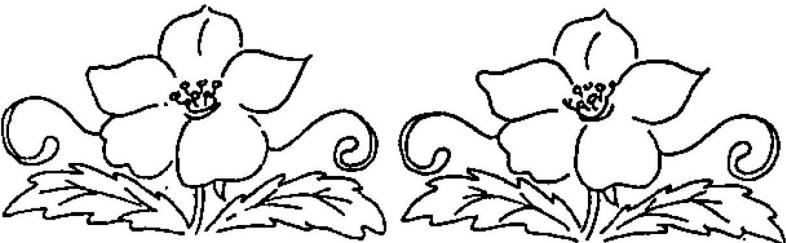
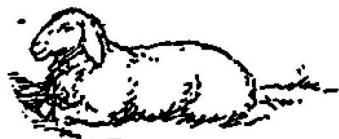
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15th November '91

SHRI MOTHER YOU ARE MY SHEPHERD  
I SHALL NOT WANT ...  
YOU ARE SO SOLICITOUS OF MY WELLBEING.  
YOU QUIETEN MY THOUGHTS UNTIL THEY ARE LIKE STILL WATERS.  
YOU HAVE COME TO RESTORE MY SOUL.  
IT IS YOU WHO SHOWS ME THE PATH OF RIGHTEOUSNESS  
THAT I MUST TRAVEL, FOR YOUR NAME'S SAKE.

I KNOW THAT EVEN THOUGH I WALK THROUGH  
THE VALLEY OF THE SHADOW OF DEATH,  
I SHOULD FEAR NO EVIL:  
FOR YOU ARE WITH ME.  
YOUR VIBRATIONS AND MY KUNDALINI  
ARE THERE TO COMFORT ME.

YOU MAKE IT KNOWN TO MY ENEMIES  
THAT I AM ONE OF YOUR CHILDREN.  
YOU ANOINT MY HEAD WITH THE GRACE OF GOD,  
AND CHAITANYA FLOWS UPON ME.  
SURELY GOODNESS AND MERCY  
SHALL FOLLOW ME ALL THE DAYS OF MY LIFE,  
AND I SHALL DWELL IN THE GLOW  
OF YOUR HEART FOREVER.



## SAHAJA YOGA IN NORWAY

Sahaja Yoga started in Norway recently when Gregoire went there on a diplomatic trip. Some of the Finnish Sahaja Yogis joined him there and held a public programme through which 6 new people got their realisation. This is another step in the spreading of Sahaja Yoga in Scandinavia. JAI SHRI MATAJI.



She came as a respected member bearing gifts and giving out vast sums of money to everyone in such a generous and dignified way. (She really is quite a special person and I keep imagining her meeting Shri Mataji one day. She has a son who is a great seer and will come to programmes soon. On the way home she showed us how thin her wallet was now and she was so happy!) we had some sweets for the children who took them solemnly.

We were taken up a hill that has panoramic views of the city and surrounding countryside - very beautiful with a wide meandering river flowing through neat fields into surrounding hills. The city was sprawling with no high-rise. In fact it was the exact opposite of Hong Kong. The shops are large without much lighting and with no sense of pushing the goods - nothing in the windows, not much advertising. We saw two neon signs. The people neatly dressed and, it seems, more and more girls in pretty dresses with hair clips & ribbons - a change from the days of the communist 'uniforms'. Susan & I went shopping one night. Most things very cheap and the shopkeepers very friendly and honest. It was very special to buy things in China with Chinese money. On the way back to the hotel we stopped on the bridge amidst the stream of cyclists and poured some vibrated water into the slow calm river. We sang some mantras and the wind suddenly blew - cool & playful - as we sang in the dark. We met a very pleasant man who is the Director of overseas Chinese affairs of that County. A real gentleman who spoke no English.

but made us think that there must be so many like him in all levels of business & civil service, & Government in China. After all I suppose most of the corruption & fanaticism is at the top of the hierarchy there.

The whole trip was a great experience & above all gave us such optimism about Sahaja Yoga in China. The real people are openhearted & generous, they are not materialistic or racist, but are quietly waiting to join our universal family of Sahaja Yoga in the loving bandhan of the Adi Shakti, Shri Kuan Yin, Shri Mataji Nirmala Devi.

We had a Puja there on the last day and sadly left for the frantic hustle & bustle of Hong Kong, but already we're planning our first entry in for public programmes (are you packed Dianna).

Apparently Shri Mataji has made Australia responsible for a large portion of the Pacific area and suggested that more yogis move out of Australia to run programmes in other areas. We can thoroughly recommend it.

I watched a fairly new yogini explaining how to give vibrations to an even newer one while working on a third - all Chinese!, and Freda gave her first solo introduction to a new Chinese man in Cantonese! These are milestones, and it is such a blessing to watch them happening. Bhajans next Saturday night, and now a regular havan booking. The 9 bedroom house in Shatin is still available. We have enough desire but not quite enough yogis or funds to



#### THE EXTRA LETTER

It all happened because of the extra letter. What letter you might ask? And rightly so! But that is what I'm about to explain.

L.W.Pilkington, that well known firm of printers, had run off one hundred and twenty one thousand Christmas cards, as was their habit in late October of each year.

The trouble was that this year, one of those infuriating errors of the sort that plagues the printing industry, had cropped up.

To their horror, as they completed the last run of this years four colour Yuletide spectacular, some one spotted the mistake....

The word Christmas had somehow collected an extra letter and had come out as Christimas!

Well, as you can imagine, there was consternation all round. Who type set the card? Who proofed the card? Who authorised the printing - and so it went on - an exercise in 'buck passing' and 'duck shoving' that would have made the proponents of the domino theory beam with pleasure at the predictability of it all.

Then Herbert Bonfleur, the studious member of the board, announced that it was not in fact a mistake and that his studies on the subject had shown that in the 15th century, it had indeed been called Christmass.

The confusion this piece of information caused can well be imagined! A full board meeting was called for the following Friday and all those who could be held responsible for the alleged error, waited with baited breath and the situations vacant portion of the newspaper in their hip pockets.

The meeting started at 11 AM: at 1 PM, they had lunch sent in. At 2 PM, they called for all the references quoted by Herbert Bonfleur. At 3 PM, there was a phone call from the bishop and at 3.15 PM a phone call from the bank. But still the dark cloud of indecision floated over Pilkingtons like a thunder storm on a hot summer afternoon.

At 6 PM the board made up its mind. It was not a long and carefully worded decision. It was not one of those masterpieces of blame apportioning and retributive statements that boards are so fond of and so good at! No! It was one word.

It simply said "Noelle."

St.

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#### ORANGE

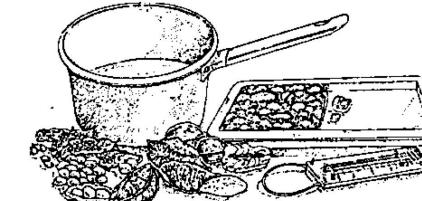
This Sunday (17th November) a workshop will be held at Neighbourhood Centre 79-81 Kite St Orange from 11am to 3pm. All Yogi's welcome. (We are travelling to Orange on Sunday morning & returning in evening.) Please contact Surrender, Andrew Rohowj or Diana if you require further details.

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#### THE KITCHEN PRAYER

Lord of all pots and pans and things. Since I have not time to be A saint by doing lovely things or watching late with Thee Or dreaming in the dawn light or storming Heaven's gates Make me a saint by getting meals and washing up the plates.

Although I must have Martha's hands, I have a theory mind  
And when I black the boots and shoes,  
Thy sandals Lord I find.  
I think of how they trod the earth, what time I scrub the floor.  
Accept this meditation Lord,  
I haven't time for more.  
Warm all the kitchen with Thy love, and light it with Thy peace  
Forgive me all my worrying and make my grumbling cease.  
Thou who didn't love to give men food in room or by the sea  
Accept this service that I do, I do it unto Thee!



#### TAFE

TAFE (Technical & further Education) courses at the Open College Network Tel 3187211 are now open for application (limited places only). Any yogis who have free time may consult the Handbook at Burwood and apply. Limited Fee exemptions are available :

\$460.- Assoc. Diploma Courses  
\$140.- Certificate courses

## Massage touches the traditions of childbirth

A MAYAN Mexican midwife gives an abdominal massage to a pregnant woman as they chat about how the expectant mother feels, while many Japanese women are massaged by their husbands during pregnancy.

From Africa to India, South America to the Soviet Union, babies are routinely massaged during the first few months and years of life.

In our culture, massage used to be a common practice during pregnancy, birth, post-natal care and baby care.

English midwives would turn breech babies by massaging them into place - until a Caesarian section became the standard practice.

Dunham said many traditional practices and rituals of mother care and child care were just common basic sense which emphasised the

wealth of traditional mother and child care practices in her book Matamoto: A Celebration of Birth.

She said she had no qualms about the advent of medical science, which has saved the lives of a great many women who might not have survived if massage had remained the only way of getting their babies delivered.

But she does feel strongly that in our desire to pursue a more scientific way of caring for our pregnant mothers and children, we have abandoned some important human practices such as massage, touch and breast feeding, traditionally adhered to until a hundred years ago.

Her advice to would-be mothers is to "listen to your own body, be more in touch with your own feelings and do what you think will make yourself feel more comfortable".

"Your body is an enormous source of knowledge and education if you learn to listen to it properly," she said.

- C.K.LAU

Australia  
10.10.91

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take it yet. All in good time.

A fantastic week for correspondence - a long letter from Lyn V, a newsy, cute one from Nat, & a huge one from Deb Keestley. Thankyou so much and I will write back.

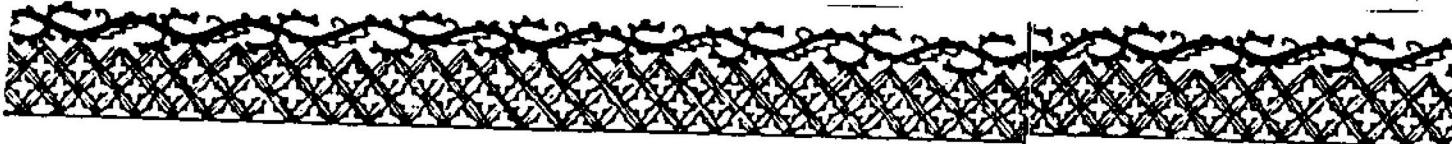
We are all well and think about you a lot. Good news about D. Millikin - quite an unusual twist to the story. If there is any information about the India school, please send it to us. Thanks.

Thankyou so much for the newsletters, tapes and so on. We need a new copymaster for the Shri Krishna Puja '91 as our naughty machine ate it the first time it was played.

Love from all the yogis here, please keep us in your attention sometimes,

Alex, Kate, Radhika-Rose & Sadhana  
& John Cula.

JAI SHRI MATAJI !



#### INDIA TOUR

A record 72 people are going on India Tour this year from Australia; and the ladies are far outnumbering the men.

- 42 ladies and 30 men in all

42 from NSW, 13 from Queensland, 10 from WA, 3 from VIC and 2 each from ACT and SA.

INVITATION  
TO A

'T' PARTY

The residents of ...  
10 Abbotsford Rd  
Homebush

invite everyone to an India Tour farewell/  
Christmas Party / Fancy Dress Party!

on Sat. 23 November  
7pm

Dinner provided.

FANCY Dress essential : it must start with the letter T

Tickets \$10 per Adult  
(Bring Your Own Drinks)

Further details .. 746.9144

(All profits to Shri Matajis Australian Tour 1992.)

An opponent is entitled to  
the same regard for his principles  
as we would expect others  
to have for ours.

Non-violence demands  
that we should seek  
every opportunity  
to win over opponents.

1940

~ GANDHI ~



YUGOSLAVIA

IS IT TIME THAT ALL SAHAJA YOGIS IN AUSTRALIA PUT THEIR ATTENTION  
ON AND SHOEBEAT THE DREADFUL SITUATION IN YUGOSLAVIA?

**GP dies — live**

VALENCIA: A doctor dropped dead — live on a TV show on healing today. Other medicos on the program tried to revive Dr Vicente Dolz who suffered a fatal heart attack.

- \* T-Tickets on sale this Friday at Burwood.