



Australian Sahaja Newsletter

Contributions:

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"My heart knows no bounds. In Kali Yuga nobody bothers about the Mother, but the way My children are expressing their love, I don't know how to express My gratitude. Just try to love others, that is much more than loving yourself. Just try to give love, just try to forgive. You will be amazed that you will realise how glorious you are, how great you are and suddenly you will discover that you are a global personality. This expansion is working out and I am hopeful that in My lifetime I'll see this world coming to some peaceful state."

*Felicitations Talk, H.H. Shri Mataji Nirmala Devi
21 March 1995, Delhi.*

Navratri Puja Seminar Weekend

We wish to announce, and to invite everyone to a Seminar to be held over the weekend, **October 15th to 17th** at the National Country Property at Balmoral, which will incorporate the celebration of Navratri Puja.

This Seminar will provide us with an opportunity to begin discussions centred around the celebration of the first Puja in worship of **Shri Mataji for the Millennium – Maha Shivartri**. The weekend will also provide an opportunity to enjoy a few days in each other's company, while celebrating Navratri.

It is hoped that as many people as possible can attend the Seminar to provide an auspicious beginning for arrangements for Shri Mataji's visit. Everyone who wishes to contribute in any manner towards the Tour is invited to volunteer their services. All ideas and contributions are welcomed, discussion centre around the following areas:

1. Preparations required for **Balmoral** to host Maha-Shivartri Puja: including preparatory work to the Puja Hall and cottage, cooking facilities, water supply, car park, on site waste water treatment, landscaping, hedges for privacy, accommodation for up to 1000 people.
1. Arrangements for **Shri Mataji's accommodation** in Sydney and the Bowral/Mittagong area during her stay in Australia.
1. **Public Program**, venue selection, community marketing, target marketing, mainstream media – print, radio, television, posterizing, handbilling, billboards, outdoor posterizing, direct mailing, yogi referrals, Internet site, press kit and a coordinated media strategy.
1. The promotion of the Tour will be based upon our community achievements, material will be prepared highlighting our achievements including: Radio program, Medical Research, Regional Programs, Shri Mataji's work towards universal understanding and peace, high school programs, artistic achievements – music, drama.

Each member of the collective will need to be involved in some manner with the coming Tour, each of us should evaluate the manner of expression of our desire to manifest Shri Mataji's vision for mankind. This is something we need to do on a regular basis to avoid falling prey to complacency and to always keep in mind that we have all been selected to take part in the transformation of the world and perhaps reinvigorating the spiritual dimension within. An individual and collective manifest desire will ensure the success of the coming Tour. There are costs involved in covering catering requirements and the hiring of necessary equipment for the

weekend, but this will be kept to a minimum in order to facilitate as many people attending as possible. Over the coming days tasks will be assigned and shared across the current roster groupings; this is required to ensure the success of the weekend. We look forward to welcoming you all to the Balmoral Navratri Puja Weekend.

Sincerely Avinash Nichkawde and Chris Kyriacou.

Registration - Navratri Seminar Fri 15th – Sun 17th October

The Navratri Seminar will begin with registrations on Friday evening. This will help us begin the weekend together with collective meditation on Saturday morning, providing a most auspicious beginning to the seminar.

Ladies accommodation will be available on the Mezzanine level of the Hall on a first come basis. Gentlemen who so desire can be quartered on the floor of the Hall. Those who have tents are encouraged to camp for the weekend. Additional toilets will be hired, and India style shower facilities provided. Experiences gained on India Tour and Cabella will be put to good use in the back to basics ambience of Balmoral.

Please keep in mind that we all own the property and a duty of care is placed upon us all. Bins will be provided, let us endeavour to thoughtfully dispose of all of our rubbish. A mini-skip will be hired for the weekend, so we should endeavour to leave the property as we find it : in a clean and tidy condition.

There will be no plastic eating utensils supplied, everyone is invited to bring their own cutlery and tea towel for drying. Self-serve washing facilities will be provided.

Agenda for the weekend

Friday evening - Registrations.

Saturday - 7am Morning Meditation

- Breakfast
- Collective Discussion

Preparations required to host Maha Shivartri Puja.

Shri Mataji's arrangements for the Tour.

- Lunch

Public Program, venue, advertising, press kit.

Promotion of the Tour.

- Havan

- Dinner.

- Music, entertainment.

Sunday - 7am Morning Meditation .

- Breakfast.

- 12am **Navratri Puja**.

Registration Form

Seminar Cost:: Adult : \$55 Teenager 6-18 : \$30 Child: \$10
Attending Sunday only Adult : \$35 Teenager : \$20

Name: _____

Address: _____

Projected Costs Associated with Seminar	
Mini Skip	\$100
Hiring Toilets	\$420
Hiring Tables and Chairs	\$ 80
Hiring of Equipment	\$400
Purchase of equipment	\$300
Total	\$ 1300

Breakdown of the Seminar Cost

Puja Dakshina	\$18
Food Allocation for the weekend	\$12
Proportion of Costs (see above)	\$ 5
Contribution to Balmoral Development	\$20
Adult Seminar Cost	\$55

FOUND at the Nature Care College shop at St Leonards,
a CD by Nishat Khan:

“Meeting of Angels”

Nishat Khan - Sitar
Ensemble Gilles Binchois - Gregorian voices.
Amiata Records
Secret World Series

One bedroom is now available at
Killara Ashram.

Contact Jean-Michel
02 9499 3178



SPREAD SAHAJA YOGA THROUGH BHAJANS IN THE PARK at Carrs Park, 24th October

From 11am for lunch picnic, BBQs available.

Lunch together

Sing Bhajans

Distribute Sahaja Yoga literature.

Directions

Turn left at Carwar Ave, Carrs Park, Princes Highway.

Park at or near aquatic centre. Meet in picnic area near netted swimming pool.

Enquiries ring Andrew ph. 9579 2293

Dear Sahaja Yogis,

Here is some advice Shri Mataji gave us on Liver-Diet while she stayed in Ealing, London. You may want to distribute it to all Yogis. At the end is a Liver-diet food list given by HER.

Jay Shri Mataji!

Katya

LIVER TREATMENT

Some suggestions of Mother while she stayed in Ealing, London, July 1999. The list is by no means exhaustive and should be used in conjunction with Shri Mataji's previous guidance on Liver treatment.

Treatment for hot liver:

Sit in front of Shri Mataji's picture with your right foot only in a cold footsoak. Place an ice-pack on your liver and an ice-pack on your ego (left front head). Put your right hand towards Shri Mataji's photograph and your left hand on your liver to give vibrations. Take the mantra 7 times "Shri Chandrama" and 7 times "Shri Himalaya". Then throw away the footsoak-water.

Treatment for Jaundice:

A lot of tender radish leaves should be boiled in 2 cups of water. Boil the mixture down until less than 1 cup of liquid remains. Mix this with vibrated sugar or candy sugar. Drink only this water for 3 days.

From Yogesh and Tilda Rawal in Delhi.

Last Thursday we heard a beautiful discussion about the four petals of the Mooladhar, and somehow that also has stayed with me. Such a beautiful meditation it brings and I'll try to remember as much as I can. The petals are like catchment areas for the blessings or powers bestowed upon us by Our Holy Mother. The first petal goes in a downward direction towards the ground. It holds the joy of the Brahmanand - the pure and absolute joy of the Divinity. So here we can pray - "O Shri Mataji, please bless us with the joy of Brahmanand." Remember always, after the prayer to wait with your attention at Sahasrar until you can feel the attention to the prayer.

The second petal goes towards the left. It holds two blessings - the first is that He removes the obstacles to our Ascent. So here we pray, "Oh Shri Mataji, please let your Shri Ganesha Tattwa remove all the obstacles to our ascent." Secondly it holds the majesty and dignity that is brought by pure Spirit. "Shri Mataji, please fill each cell of our being with the ajesy and dignity of the Pure Spirit."

Third is the petal, which goes to the right. Here there are three qualities. First, the absolute dedication and surrender of Shri Ganesha to His/Our Holy Mother. Pray "Shri Mataji, please fill every cell of our being with the complete dedication and surrender of Shri Ganesha to your Holy Lotus Feet." Secondly, the wisdom which Shri Ganesh endows and thirdly the pure knowledge of the divinity. So here we can pray "Shri Mataji, please bless us with the absolute wisdom of Your Shri Ganesh." And "Shri Mataji, please bless us with the pure knowledge of Your Divinity."

The fourth petal then goes upward. Here there are two blessings, which the petal holds. Firstly is the complete fearlessness, which Shri Ganesha has in the knowledge that he is the child of the Adi Shakti and therefore at one with the Divinity - nothing can harm us when we are at one with God's will. Pray "Shri Mataji, please bless us with the complete fearlessness of Your Shri Ganesh." Secondly this petal collects the amrut that trickles down from the Divine when the Sahasrar is open and one is at one with the Holy Spirit of God. Pray "Shri Mataji, please fill each and every cell of my being with the nectar of Your Divine Love."

Jai Shri Mataji !!



Some other tips:

Sandalwood paste is very cooling.

Put kumkum on your agnya (clockwise) at night. It is very good for the EGO.

Khus oil on cotton wool placed in the ear is very cooling.

LIVER DIET

Shri Mataji said that any liver diet should basically vegetarian. Chicken may be eaten occasionally but really should be avoided.

COOLING

Fruit which is sweet but has a slight bitterness: e.g. Cherries, Peaches, Oranges, Blueberries, Red Berries, Other Berries, Lemon + vibrated sugar (Can all be taken with vibrated sugar), Jam

Other food: Moong Dhaal, Vegetables, Radish, Cucumber, Bread Pasta (preferable brown), Sabza Seeds, Kokum, Cool drinks

NEITHER HEATING NOR COOLING

Chicken

HEATING

Some fruits: Papaya, Mango, Banana, Apples

Other food: Other Dhaals (not Moong Dhaal), Potatoes, Meats, Fish, Eggs, Nuts, Milk, Butter, Cheese

SAHAJA YOGA AT CENTRAL JAIL, NASHIK

It was a request from many Sahaja Yogis to us for conveying them how the programs were conducted at Central Jail. So we are requesting you all to spread this information through E-mail across the world.

The inspiration for this program was from the news we got that there was Sahaja Yoga program for Police in Mumbai(Bombay) at Police Commissioners's office. So one Sahaja Yogini from Nashik contacted the Jail Superintendent. We felt very cool breeze when we met this person second time in Nashik. Then the Chief Jail Superintendent, Pune was requested to give permission for Sahaja Yoga program. An application was forwarded and we got his permission very easily.

With his permission letter we went to Nashik Jail to start the program. With a small opening ceremony the program started at the central function hall in jail, where about 300 to 400 prisoners came and got their realization very easily. They were told about meditation, chakras & nadis. Basic knowledge was given to them. Out of these 300 to 400 prisoners, 35 came on their own for everyday meditation between 4.00 to 5.00 in the afternoon and the transformation process started within them.

Within a period of 6 months with everyday meditation, with 2-3 such camps in jail about 100 prisoners became very good Sahaja Yogis. Now they are able to conduct meditation programs, can give realization, can talk about Sahaja Yoga. The prisoners are very satisfied, felt lot of transformations within themselves. The spontaneity in their life after doing Sahaja Yoga is remarkably noticed within themselves.

In the next program when many new prisoners came for the program, one prisoner who became aware of Sahaja Yoga techniques gave realization to all very easily. When Shri Mataji came to know about this program in jail. She was very happy & faxed us one letter to us. The literal translation of this message is like this:

Gudi Padwa Apr-97
To, Sahaja Yogis
All my blessings

I was surprised & joyous to hear that you are doing so deep work even in jail. I never dreamt that Sahaja Yoga work will reach to jail. It is a pride moment for a mother that such work was carried by you in a very Sahaja manner. This is a work of love. So there will be love flowing amongst each other, not only that but also love for others will also be felt. And it will be taken care of that nobody will be harmed from us. You all are in my attention & I am asking to send your photos to me.

Always Your Mother,
Nirmala