

Sahaja Newsletter

Homebush

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NOVEMBER 20th '92



A Chance to Live in America.



Hello everybody,

Jai Sri Mataji!!! Good news!

Yesterday, Nov. 10, my wife Cynthia gave birth to:

Molly at 8:34 AM, 6 lbs 9 ozs

Gary at 8:35 AM, 5 lbs, 3 ozs

Kara at 8:36 AM, 5 lbs, 7 ozs

Mother and babies are all doing really well--far better than anyone dared hope. All will be coming home on Saturday to start a new life. My three-year-old daughter and I are busily preparing the house for the new arrivals.

I have no words to express what a tremendous event this was. And there are no words to express my deep gratitude for this miracle. May this be a good omen for America!

From: "Nicholas Delonas" Boston USA.

From: "Nicholas Delonas" Boston USA
To: snoc02::kyriacou

Thank you so much for the thoughtful words. I'm sure the birth of these brave saints bodes well for America. Well, at least I hope it does. Things on there surface sure don't look very promising in this country.

No. Still no yogini found. If you run across one who'd like to come to America (and we plan to move to beautiful up-state NY next year), please have her contact us.

--Nick

As mentioned Nick has just been blessed with triplets and Cindy and Nick would be willing to pay a Yogini to help out with bringing up the kids, housework etc. So if any Yogini is interested in spending some time in America in a semi paid position they can initially contact Nick through the Sahaja Network.

Ariane or Chris is NSW, Mary-Anne in Victoria.

NEWCASTLE 4 WEEK COURSE

Over the last month the Newcastle Collective has been preparing to hold a 4 week course. Thanks go to the Golden Girls of Gosford for the inspiration gained from their successful course. We based our course very much on their posters and Newspaper adds. Preparations for the course included around 200 hundred posters being placed in most of the major shopping centres in Newcastle. Alfred Hewitt did a lot of incredible amount of leg work covering Newcastle in Posters.

Advertisements were placed in both major local newspapers.

We also sent letters to all the newspapers, radio stations and TV networks explaining that we were a non profit community based group who would be holding a free four week meditation course. There was no mention of the name of Sahaja Yoga, chakras, or anything too complicated. Surprisingly all of the newspapers gave us a mention. Some of the local radio stations also broadcast the announcements. Thursday night was the first week of the course and 45 people came for their self-realisation.

An interesting observation was made in relation to attracting seekers. Normally we get about 1 inquiry every two weeks from our Yellow pages add. During the last week before the course began 6 people rang inquiring about meditation saying they had looked us up in the Yellow Pages.

A breakdown of how people heard about the course:

5	Radio Station announcement.
8	Posters.
6	Yellow Pages.
26	Newspaper (both adds and news items)

We only hope that we can hold on to some of these new people after the course end.

LAKE MACQUARIE TRADE AND LEISURE FAIR.

About two months ago the Lake Macquarie Trade and Leisure Fair wrote to us informing Sahaja Yoga about the up and coming fair and asking us if we wished to purchase a stall in the Leisure and Health section of the Fair.

Because of the cost we initially declined the offer, but we sent the organisers a letter informing them of who we are, what we do and the fact that we are a non-profit and community based group. We did not hear anything more until two days before the Fair was to begin. We received notification that the Fair Committee had agreed to grant us access to a free stand. Some were unsold and they felt it better to have someone there rather than leave it empty. So the collective decided to attend.

Friday was spent making an early morning trip to Sydney to pick up the materials need to construct the Stall, the afternoon was spent building the stall at the Marquee supplied by the Fair. By Sunday there were about 20-30 other exhibitors in the Leisure and Health Marquee. Interestingly there were no other Yoga or meditation groups there so we did not have any competition in this area.

The Fair ran for Saturday and Sunday 9-5, we did not actively handbill, but about 500 people paused to take the literature as they passed the stand.

Most people who displayed an interest paused to view the video or look at the photographs for a few moments before taking the literature and passing on. On some occasions we approached them and engaged them in conversation. Many people demonstrated an interest in attending programmes in their area.

In all it was a very interesting experience, giving Sahaja Yoga a degree of publicity and giving many people a chance to see Shri Mataji's photograph and hear her voice.

Newcastle Collective



GOOD NEWS FROM THE MIND BODY & SPIRIT FESTIVAL:

Latest news from the Festival tells us that people are queuing to get their Realization! Yesterday was the first day and about 50 - 60 people received their Realization. More Yogis are needed to help in this joyous work. More people will get their Realization if there are more Yogis to pass it on! Don't wait to be asked VOLUNTEER YOUR TIME NOW.

MIRACLE JIM.

Jim is an elderly seeker in his late 60s who came to Sahaja Yoga through the Kings Cross programmes 4 weeks ago. In the past Jim has been affected by many health problems i.e. several heart operations, asthma and skin disorders, chronic arthritis and very high cholesterol level. However in the few short weeks since attending the programmes, his skin problems have been completely cured, asthma is nearly gone (he no longer has to take drugs for asthma) and can now enjoy long walks without fatigue. His heart is improving all the time as is his arthritis. Cholesterol level is now completely normal.

Jim's comment: I don't know what's going on here - but I know it's something special.

Jim's doctor's comment: Well this thing you're doing may have cured your skin, asthma, cholesterol level and improved your heart condition but the arthritis you will have for the rest of your life.

Yogi's comment; Ha Ha! Watch this space.

DAVID WITHERS
COOGEE BAY (Brahmachari's Hotel)

Mind, Body and Spirit Fair.

Darling Harbor Convention Centre, Sydney November 18th - 22nd.

Each year the Mind Body and Spirit Festival is held at the Darling Harbor Convention Center in Sydney. In the New Age movement it provides a forum for many disparate groups to present their paths to the Public. For the public it provides a chance to experience many different alternate philosophies and spiritual paths in the one venue. If one is seeking then such a Fair provides an opportunity to maybe find that indefinable something driving ones seeking. Where there is a need the charlatans are sure to gather and prey upon the innocent. Many of these fake gurus and plastic people attend these Fairs charge exorbitant amounts of money, give nothing worthwhile in return and in many cases do real harm.

Due to the high costs involved in securing a site Sahaja Yoga has been in two minds for a number of years about getting involved in such a Fair. We are ever mindful that the money may be better spent elsewhere. Some were concerned that the kind of seekers who would attend such a Fair would be the burnt out type, tired after many difficult and damaging experiences. Some were concerned that should Sahaja Yoga the path of truth, compete at the same forum with many paths which are patently false and evil. These and many other thoughts were ever present, and in the past discouraged us from attending.

The Mind Body and Spirit Festival is by far the largest and best attended of the New Age exhibitions held within Australia. Earliar this year it was decided that we should get involved at least once, to gauge the response, and give the many seekers who attend these Fairs an opportunity to get to the truth. The tremendous success we experienced was beyond what anyone of us had expected.

The stand purchased was about 20 feet by 10 feet, each stand in the Fair was constructed from a standard gray partition material provided by the Fair Organisers. Our stall was decorated with beautiful red silk saris with gold embroidery. Photographs of Shri Mataji adorned the walls, along with a diagram of the Subtle

System, and some quotes of Shri Mataji. At one end of the stall was a simple Altar with a large photograph of Shri Mataji and a candle. At the opposite end was a table with a television playing Shri Mataji's video. The rest of the stand was lined with Indian carpets and was packed with small chairs facing the altar upon which people could sit to get their self-realisation.

On the Tuesday before the opening a number of Yogis assembled our stand and after doing the rounds of the other stalls were agreed that ours was the most vibrant, colorful and spectacular of the stalls, as well as the only one with good vibrations. The rest were a waste of space, with very hot and heavy vibrations and peopled by exhibitors who displayed no inner peace and had nothing to offer. Around our stall emanated a small whirlpool of vibrations and was surrounded by Sahaja Yogis who faces shown with the light of the Kundalini. Later many of the new people said they felt better just walking into our stall. They asked why this was so, we said once they received their realisation they would know.

On the opening night many people started arriving and walking around picking up material. Ramesh, one of the Organisers of the stall arrived and asked how it was going, to which the assembled Yogis said that things were progressing well. Many people had stopped to look and take the literature. How many people have had their realisation he asked, to which they replied that none as yet had come inside. Thats not too good he said, as a seeker paused to read the information Ramesh approached him and asked him that rather than reading about it would he rather have his realisation, to which the seeker said yes. So he sat down and the Yogis started to give him his self-realisation. This opened the floodgates, as people walked past and saw others receiving their realisation they asked what was going on. After explaining how easily and effortlessly the Kundalini can be awakened enabling one to go into meditation they asked if they could have it too.

Many of the other stalls charged large amounts of money to even show people for a few minutes whatever path they were selling. Many of the people asked us how much we charged, we told them that you cannot pay for God. The people came in droves, very quickly crowds gathered around our stand, all of the chairs quickly filled with people receiving their realisation. Still more came, some sitting on the floor of the stand. We removed items from every flat surface, they sat on tables, then they spilled out into the adjacent hallway and they receiving their realisation sitting there, as this became filled others simply stood and received realisation on the spot. For the first time, for many of us, people

were queuing up and asking for their realisation.

Each of the Sahaja Yogis were positioned behind each of the chairs in the stand, as one person received their realisation they were given some literature, told that in order to establish their realisation they must attend a follow up course at their local center, informed of Shri Mataji's coming Tour and farwelled. As soon as a chair was vacated at that moment another would come to fill their place to also receive their realisation. It was a never ending stream of people, which stopped only at closing time. We were all busy giving realisation, one after another, the hours slipped past 4 or 5 hours felt like a matter of minutes. One lost track of the number of people who had received their realisation. At the end of the day many Yogis felt exhilarated and tired, many of the new people had taken in lots of rubbish before getting to our stall so lots of clearing out was taking place. We went home for long footsoaks and candle treatments but eager to come back. On subsequent days many of us carried lemons and made good use of candles to make the job a bit lighter.

On the Thursday night the Sahaja Yoga musician took centre stage at the Exhibition to perform for the assembled crowd. They only had a limited time about half an hour so they got straight into it. In no time those on the stage, in the crowd, and in the stalls were up on their feet and dancing. About 70 Sahaja Yogis had come to attend the concert and they were dancing too. Soon everyone was as one enjoying this Divine music and enjoying the Divine vibration flowing all about. At the end of the concert there were calamitous applause and shouts of more, more and more rang out in the hall. After the concert the assembled Sahaja Yogis then gathered outside the stall helping out, everyone being too excited to leave.

If the week days were busy Saturday and Sunday were even busier. The crowds receiving their realisation filled our stand and started to again occupy the hallway, standing, sitting, finding any available vantage point in order to receive their realisation. Word must have spread throughout the Fair about the reality of what we were offering because soon we started to give realisation not only to new people but to the exhibitors who were manning the other stalls, some commenting that even they could feel something.

We had about 10 small chairs inside the stand upon which people

sat, during the weekend each of these were in constant use, at some stages as a seat became vacant a few of the new people were competing in who could get to the available seat first. It seemed amazing to many of us that here we were with new people eager and keen to get their realisation, rather than the other way around.

At any point in time about 10 - 15 Sahaja Yogis were in attendance and as word spread throughout the collective about the response many Sahaja Yogis came to relieve those who had been there for long periods of time. The success of the fair could not help but fill all the Sahaja Yogis with tremendous excitement and enthusiasm. Some Yogis who maybe lacked a bit of confidence in speaking to new people and giving realisation all said that to do so at the Fair was effortless. This really helped many Yogis in gaining confidence in the use of their spiritual powers. Some commented that over the last few days they had given more people their self-realisation than over the preceding number of years.

On Saturday and Sunday, on a one to one basis about 50 to 60 people received their realisation every hour. On Saturday and Sunday around 1000 people received their self-realisation with the direct help of the Sahaja Yogis. For the 5 day duration of the fair between 1500 - 2000 people received their self-realisation. The rush of people made it impossible to keep accurate numbers. By Sunday night we were running out of literature to give out, and mailing cards for people to fill in. As closing time came for the Fair people still kept coming. We went into closing time and continued giving the remaining people their realisation. As we continued into closing time the Organisers turned the power off. Still some more people came, these last people had their Kundalinis raised to the sounds of hammers and drills as the Organisers began to pull the stand down around us. The last lady opened her eyes to find the stall which had been there when she arrived no longer present.

Thus ended the Mind Body and Spirit Fair, something many of us felt outside of Public Programmes with Shri Mataji had been one of the most dynamic and rewarding experiences we have had with new people. Hopefully some of these will follow up and come back to the centers to establish their gift from the Adi Shakti, or come and see Shri Mataji for herself in February.

Chris

Diwali in Talnoo, a letter from Caroline.

Sun 25 Oct

Dear folks and parents,
Sunday afternoon of Diwali. Happy Diwali to you all. We held our pooja in the ground floor of the new building - the only covered space we can all fit in at one time. All the children started to "dress-up" after breakfast while the adults prepared the altar and pooja. The girls love to get dressed up in their fancy clothes, and some of them are quite fancy! After the pooja was finished gifts were given out to all the children. Sue had given me a present for each child so Michael distributed them all too. The flying dinosaurs were a great success. 30 boys romping around outside with their gliders - coming up and asking me to "stitch them up again" when they broke. (Meaning re-inforce them with sticky tape.) The girls had fun comparing and swapping their gifts too.

Towards the end of the pooja we heard rumblings in the mountains. It had been a beautiful morning, quite warm and clear but there was a storm gathering up high. The wind turned icy cold and we had a light rain but our hills and mountain peaks were covered in snow. Such a beautiful sight.

After lunch and a video to keep them in out of the sudden cold, the children are now enjoying a pleasantly warm late afternoon. Many of the boys have built a bon-fire for this evenings fireworks display, and are now having sword duels with the remaining wood. The girls are gathering around Mankumari (aunt from the dorm) as she is putting mendi on their hands. A special dinner is promised tonight with ice-cream for the children. All the dormrooms and dining hall and new building have been decorated with lights, balloons and streamers. Its a bit like Christams.

The sun is getting lower, a golden light is striking the peaks of the mountains covered in the fresh new snow. Two of the local women have just come up from the jungle. Their bundles of cut grass tied up and carried on their back, about the size of a small car. They have been cutting the grass daily for over two weeks now. Some of the boys have been helping our "cow man" to cut the grass around the school and stack it to dry in the branches of the trees. Shri Dara can use the sythe to cut it with. Annabel went down to see the cows milked this evening. The cow man is a great friend of the children. Some of the girls are now twirling round with arms spread out, to dry the mendi on their hands. Shakti is busy having a duel with Sahaj - she won't come and have her hands done. Two old wheel barrows are being used for rides between the bonfire site and the building site. The crickets have started singing just to add to the volume of babble and general fun. The coloured lights on the new building are flashing now. The sun has almost set and soon it will be dark. Time for fireworks, time to chase up children to put their jumpers, shoes and sox on. Time to fill the water bucket and warm the water for footsoaking tonight. The candles are being lit now and put into all the windows and around the school. Fireworks begin. So noisy and exciting, colourful and dangerous! But amazing - no accidents. Thankyou Shri Mataji!



• LIFE'S LITTLE INSTRUCTION BOOK •

448 • Don't be afraid to say, "I don't know."

449 • Don't be afraid to say, "I made a mistake."

450 • Don't be afraid to say, "I need help."

451 • Don't be afraid to say, "I'm sorry."

452 • Never compromise your integrity.

The way of true wealth a creed for the '90s



By STEPHEN JUAN

IT IS called "true wealth" - the real wealth for the 1990s. We have all heard that "money will not buy happiness". Testament to this is the all-too-often sad and lonely lives of wealthy people.

It is said that wealth involves much more than money. In fact, two US psychologists go one step further. They claim that wealth has nothing to do with money. Instead, "the true meaning of wealth is enjoying what we have. Once we understand that principle, getting more wealth becomes easier ... and more enjoyable."

Peter McWilliams and John-Roger are the Los Angeles-based authors of *Wealth 101: Getting What You Want - Enjoying What You've Got* (Prelude Press, \$US19.95, available in Australia in 1993 through HarperCollins). The two psychologists redefine "wealth" in a new way for today.

1) **ABUNDANCE** is having more than we need or want. True "needs" are very few - food, shelter, protection - but our "wants" are potentially infinite. The goal of abundance is most easily achieved when we decide what we really want and focus on that.

2) **BALANCE** is the way we place ourselves on the wealth spectrum between enjoying what we already have and getting more of what we want.

3) **CARING** adds compassion and action to our loving, so we try to improve the person or object of our concern without mistaking our own desires for the wants of the other.

4) **ENJOYMENT** comprises appreciation and gratitude. It is the reason we seek wealth.

5) **HAPPINESS** means focusing on the good aspects of whatever happens to us.

6) **HEALTH** is not the absence of illness; it is being fully alive with vitality, passion, love and enthusiasm. "This is the true basis of wealth."

7) **KNOWING WHAT WE WANT** tells us what we should be doing ... and knowing that we are moving in the right direction brings a sense of satisfaction and security that money cannot buy.

8) **LEARNING** is the way we make use of everything that happens to us - thus building our wealth.

9) **LOVING** is choosing to focus on the good in ourselves and others. But if we cannot find enough positives in a person, object or project, we should move away from it. Life is too short.

10) **OPPORTUNITIES** do not just

happen. The person who recognises opportunity when it knocks - and makes it happen when it does not - knows a key secret of wealth.

11) **RICHES** are available to everyone because they go beyond expensive material objects. These inexpensive riches include "nature's riches" such as sunrises, flowers, stars; "cultural riches" such as books, films and art; "human riches" - friends, family and fulfilling work; and "personal riches" including talent, wisdom, ethics and personality.

12) **SHARING** possessions and ourselves with others adds to our wealth "because without others to share it with, wealth is meaningless".

Having described "true wealth", McWilliams and John-Roger advise that the recipe to obtain it is to focus on our true wants - and commit ourselves to spending time, effort and money in pursuit of them.

They write that "identifying your true wants is not difficult. One good way is to look at what you are doing now. If you are not actively pursuing what you say you want, you do not really want it. Or your pursuit may not be as active as it should be, because you are too busy chasing many other things you do not really want. In that case, you need to be more selective."

How does one select true wants?

The two authors suggest the following.

1) List all wants on cards - one on each card - and then try to select your true wants from among these. "Sort through your cards and discard the things that do not interest you any more. Add more cards with other things you want to keep ... your house and car and clothes ... spouse and friends, etc. Add another set listing all the wants you can think of ... profound and frivolous ... seemingly impossible and obviously trivial. Take as long as you want."

2) Divide all cards into one of five categories - career, family, social, spiritual and recreational. "Does one of your want cards represent the single, burning goal to which you want to dedicate your life? If that is the case, then go through all your cards ... keep those that automatically help toward that goal ... and put away all the others. Is one category far more important to you than the others? If it is, keep all the cards in that category ... arrange them in their order of importance to you ... and put away all of the others."

3) Once the path to "true wealth" that best suits you is chosen, describe your goals in terms of specific end results you want to achieve.

4) Commit all your efforts to attaining these results.

"True wealth" - it is more than money can buy.

• Stephen Juan is an anthropologist and lectures in the Faculty of Education at Sydney University.



WHAT THE HECK, MAKE IT A DOUBLE

IF YOU have a major liver problem and need a transplant, you may soon be able to grow your own replacement.

While doctors at the University of Pittsburgh school of medicine recently transplanted a baboon liver into a human (the patient lived for 71 days), doctors at the Children's Hospital in Boston have a more dramatic approach - growing a complete new liver from just a few human liver cells.

A gauze-like sponge is first implanted into the patient's body. After a few weeks, the sponge becomes infiltrated with blood vessels from surrounding tissue. The sponge is then injected with liver cells, which proliferate and begin to manufacture the enzymes made by a normal liver. After a few more weeks, the biodegradable sponge dissolves, leaving behind a new piece of a working liver. A complete liver is thus grown in stages.

Stephen Juan

good weekend
14/11/92

SYDNEY MORN. HERALD

Tuesday, November 3, 1992 9

Hazy start for French smokes law

PARIS, Monday: In the Pullman Saint-Jacques Hotel, in southern Paris, Japanese tourists sat cramped together behind a sign declaring their seats a "smoking zone". None was smoking.

Smokers in their group wandered freely in the rest of the lobby, where smoking is banned. Although the sign was in English and French, its message was clearly misunderstood. The mischievous could have called the police to impose fines of up to \$A350 on the transgressors.

On day one of the stringent new French law to stop smoking in enclosed public places, there was little of the resistance some cafe owners have promised.

Nor was there any sign that the authorities were preparing drastic action to enforce the law.

Many restaurant owners say they will declare their establishments "reserved for smokers. Non-smokers accepted".

Yesterday was All Saints' Day, not the time for challenging authorities or denouncing a neighbour for lighting up in the wrong place.

Today may bring the real test, when the workplace becomes a clean-air zone and smaller cafes and restaurants, with little room for separate zones, reopen.

Independent