

STRATHFIELD

# Sahaja Newsletter

29.MAY.92

## Contributions:

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## GURU PUJA WEEK-END

Registration for Guru Puja Weekend at Bundilla will commence next week. The weekend will be from Saturday morning 18 July to Sunday after (19th). More details will follow in next weeks newsletter regarding costs etc. Payment will be required when booking is made.

## INTERNATIONAL SCHOOL DONATION

Donations for the school can be left in the white box at Burwood. Please mark them clearly "Attention Stephan Taylor - International School" These donations will be deposited into the Education account and will then be forwarded to India to assist in the construction of the new school at Dharamsala.

PAUL Henwood will remain in India for a while longer to start the building programme. Seventy children attend the school-- 20 of these children are Australian and next year another seventy children are enrolled to go. Another 20 of these children will be Australian.

## Messiahs Of Peace

One an honorary knight, the other in pursuit of spreading the gospel of peace through spiritualism. Meet Sir C.P Srivastava and his wife, Nirmala Devi, whom *Citizen* met at their palatial residence on the outskirts of the city.

**O**N the face of it, the harmonious union of the two seems incredible, what with their interests as diverse as the sky and the sea. But an insight into their minds provides the answer. Both are in their own special way, endeavouring to bring unity and harmony to mankind through the message of peace.

Sir C.P Srivastava is the more earthly of the two. Having embarked on a career in the prestigious administrative services he has achieved eminence in the maritime field ... a stint over a decade from 1961 ... 1974 as the Managing Director of the Shipping Corporation of India, he transformed this virtual non-entity into a profitable enterprise, which under his guidance became one of the largest corporations in the world. His subsequent association with the IMO, until recently, as its Secretary General, for a record-breaking four terms, earned him the knighthood from the Queen, besides the thirty one other highest awards that he has received from several European nations.

His spouse, Nirmala Devi is a spirited being, having carved a niche for herself by concentrating on matters, much above the material-

istic world. Through spiritual means, via meditation techniques like the Sahaja yoga and Kundalini, she claims to awaken the minds of the people towards self-realisation.

Sandeep Bhansali



**High living : high thinking**  
sation and more energy. This apparently, inspires the person to become more dynamic in his day to day routine. Since the past two decades, she has attracted a large following, from all round the globe.

Obviously, both have travelled extensively around the world and have complemented each other in their respective endeavours. Their family comprising of two daughters have been given due attention. Nirmala Devi's spiritual mission took off,

only when the girls were big enough to be independent. Today, both are still active and energetic as ever and have chosen Pune for spending the remaining part of their

lives. Although Sir C.P. Srivastava is the ruling Chancellor of the World Maritime University in Sweden, where he has to pay off a -

luxuriously surrounded with lush greenery boasting of hundreds of varieties of plants and trees flown from all parts of the world. And the insides can dwarf some of the best mansions in India. Resplendent doors from all parts of India, marble written on all floors and pillars, cut glass put to the most creative use, exotic furniture, both traditional and modern and decorative pieces from practically every part of this country speak of the immense labour of time and money that has been channelised to build this palatial bungalow. The decorative pieces were still lined up in one huge room, waiting to be given their proper position.



ditional visits, his base is Pune. Nirmala Devi on the other hand, is all set to expand her mission, with a generous helping hand of her husband.

It is a breezy drive to their magnificent home on the NDA road. Sprawled over acres and acres of land, 'Pratishthan', as this house is christened, is

distinguished order of St. Michael and St. George. In July 1990 was stationed in Pune for a few days. This unassuming man has an aura of immense dignity about him. Soft-spoken and elegant, his humility overcomes you. As he spoke about his present and past, his deep sense of commitment in

whatever he undertakes forms the most striking feature.

Recalling the lavish dinner that was organised in his honour at the prestigious Lancaster House in London, the venue of many important social and political events, he says, "I was overwhelmed by the graceful manner in which the event was organised. My family had also been invited, which shows how meticulous they are in every little detail. It is just remarkable."

The address of Cecil Parkinson, the Transport minister who hosted the function was most touching, according to Srivastava. After carefully studying his bio-data, which spelt of a record breaking service in India and the numerous honours bestowed upon him by several nations he said "I have heard of legends but had not met one until this evening."

Awards are a routine thing for Srivastava. Says he "The Padma Bhushan awarded to me in 1972 by the Indian Government set the motion for the string of awards that followed." The Padma Bhushan which he received was in honour of his excellent contribution in establishing one of the most successful public undertakings, i.e. the Shipping Corporation of India.

During his tenure in India, his proximity to the Late Prime Minister, Lal Bahadur Shastri has inspired him to become an author. One of his major goals in life today, once he resigns from the Chancellorship next year, is to write the book in the cool ambience of his home here, Lal Bahadur Shastri, who was an epitome of

humility according to Srivastava, taught him some useful lessons in his life. He was acquainted with this dynamic Prime Minister, when he was posted to Lucknow in the capacity of the City Magistrate.

He recalls "A few years later, I went to the railway station in Delhi to receive my wife and children. I was standing on the platform when I could see several officers scurrying about as a train arrived from Lucknow. Shastri alighted from the train and when he spotted me, he came towards me and introduced himself. I

"Through her world of spiritualism, she is creating a new world for her disciples, who get totally transformed as they become self-realised. After having seen this genuine transformation for years, it would be much too irrational if I do not accept it." Explaining further, he says "This activity is important, as what you need is not science and technology but better human beings. What we need today, to make our country better, is half a dozen more Shastris."

What are his future plans after he vacates the

ity, motherly affection and bubbling enthusiasm to show you every part of her newly built home - every bit of which has taken shape under her keen supervision. Her garden and field that has blossomed into myriad shades of green, are a result of the tender care of her green thumb.

"Spirituality," she explains, "does not stand by itself. You can use your spiritual power, the all pervading power of self-realisation for increasing all activities in your day-to-day life, for example agriculture. You can feel this energy in the central nervous system. We have a mechanism, Sahaja Yoga, which can transform the person completely. He becomes dynamic. It is like electricity. It is there - only you have to use it."

Believing in the theory that material life should express spiritual life, plans to set a commune in Shere, 25 kms from Pune is already on the anvil. With the help of her disciples from abroad who have the spirit to work with dedication, she plans to engage the villagers into any economic activity which is viable.

Regarding the skepticism that is stamped with any spiritual movement, she says "You must have a scientific mind. Treat it as a hypothesis and have an open mind. Things won't be so haphazard then."

The smell of fresh paint and polish still pervades the air. And with both these celebrities having mega plans of active participation in our society, it seems, Pune is once again set to cut yet another interesting dimension.

## What you need is not science and technology but better human beings.

was stunned! His memory, his greatness and his humility left a deep impression in my mind. Since then, I have left any inhibitions of taking the first step to greet a person. This taught me to brush away any ego from my mind - a useful education indeed!"

His respect for his wife Nirmala Devi's spiritual zest is evident in just about everything that he says about her. "When I first met her, through her brother who was my classmate, I could see that she was somebody special. Her face reflected her inner divinity and strength which became more and more evident as the time passed."

Appreciating her efforts to build a better world through her philosophy, he comments,

Chancellor's seat next year and comes back to Pratishthan for good? Well, he has chalked out a three way plan. "I wish to complete my book on Lal Bahadur Shastri. I shall be assisting the Sahaja Yoga movement. More importantly, I shall seize the opportunity of serving the country by promoting the idea of building up standards to pursue excellence. For this, I am planning to form an association in Pune by getting together like minded people and building up confidence to convince them that they can achieve excellence."

Better known to the world as Her Holiness Shri Mataji Nirmala Devi, you expect a living deity to speak to you with a lot of reservation. But she pleasantly surprises you with her warm hospital-

### Goulburn Programmes

The second programmes for the Goulburn area took place last Saturday. Thirteen of the original 30 seekers returned and seven new seekers came along. Everyone is enjoying their new-found realisation and are happily meditating and footsoaking. Saturday will be our third programme and Sydney yogis are invited to come along to share vibrations with these wonderful people. (Canberra yogis extend an invitation to Sydney folk attending Goulburn programmes and who would like to stay overnight at the Canberra ashram).

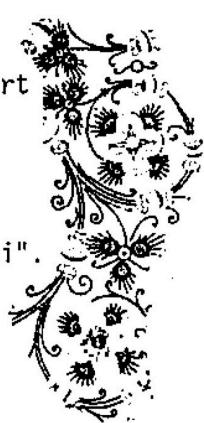
Goulburn Programmes: McDermott Centre,  
(next to the Post office) 2pm every Saturday.

### BABY DARA ARRIVES

Atul and Sandra Dara of New Delhi announce the birth of the son "Manu Rishi". He was born midday, Wednesday 13th May, 24" long & 7 1/4 lbs. Both parents & baby are well and send their love to everyone. (Sandra said they have just heard that Shri Mataji is expected to arrive in New Delhi very soon for a short visit.

### BABY NEWS

Hari and Elizabeth Gaikwad announce the birth of their daughter "Madhubhashini". She was born Sunday 24th of May at 9.35am.



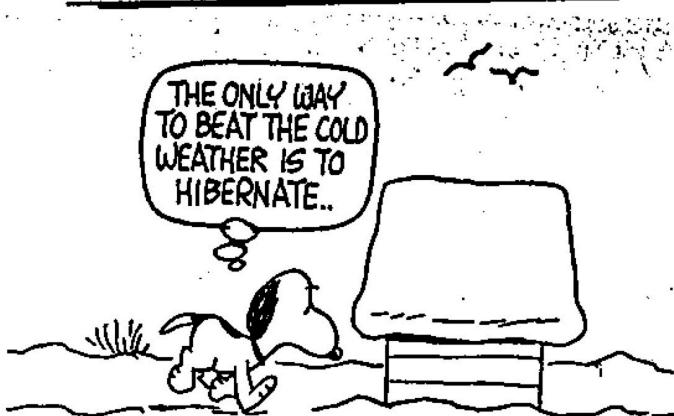
### COMMON COLD (to help fix this nasty winter bug)

-Left Vishuddhi - nose is blocked

Use ghee with camphor, several times a day, take left Vishuddhi Mantra.

Right Vishuddhi - nose is running

Use Ajwan dhuni (Ajwan seed on charcoal, inhale it). Drink decoction of Tulsi (also Basil leaves), Ajwan and Ginger, have rest in bed. Use cool bath in the morning in summer, lukewarm bath in winter and don't go out in the cold one and a half hour after!



Dear Brothers & Sisters,

May 16

We had today the second programme of Sahaja Yoga in Tokyo. For this programme we decided to put the advertisement in the local spiritual magazines. No posters in the street, for it's illegal and not well seen by the Japanese. We had about 20 people at the first programme, and 25 people today. But if we compared with the last programme, the quality of the seekers was overwhelming, very sincere people.

The introduction was spoken only in Japanese by a local Sahaja Yogi, Kazuko, then Bruno spoke in English with translation, and realization was given. We felt the people understood well. And many of them could feel vibrations. So many of the people will come to the 7-day follow-up courses. We told that Sahaja Yoga is not easy because we have to have the discipline of our own guru. But, on the other hand, once there is a discipline everything works spontaneously.

Now the facts:

1. There was a man that after the first programme on his sleep he dreamt of Shri Mataji giving him realization chakra by chakra. And once he arrived in Sahasrara he woke up, very joyfully. That's the second birth!!!
2. There was another man who felt heat in the heart chakra after going back home from the first programme. So he tried to cure by TM technique, but it only got worse, so he phoned us...



3. Today, just before giving realization, a woman felt very sick, heart started beating too much, and high blood pressure. She had to leave the programme together with two companions, probably from a sect.

There were also many people with hopes that Sahaja Yoga techniques will help. This is Japan. The people here are very methodical. If they believe something, they will work hard for it. With the help of Shri Mataji's big bandhan for Japan during the Sahasrara Puja, we think many people are believing that Sahaja Yoga is the unique truth.

Jai Shri Mataji

Sahaja Yogis of Japan

<b>サハジャヨガ瞑想会</b>	にします。世界全国で、すでに多數の人々がセルフリアリゼーション(悟り)を達成しています。
サハジャヨガとはサンスクリート語でサハ(自然) + ナシヤ(生まれる)つまり自然発生的な神との合一を意味しています。	全人類が悟りにかる「時が来ている」とシリ・マタジが言つたように、私達は新しい進化の段階へと入って来たのです。
サハジャヨガは1970年、シリ・マタジによって創始されました。インドでは最も重要な神聖上の人物とされ、Mother(お母さん)と呼ばれています。	日時 5月13日㈫ 7時 5月16日㈮ 7時 (真なる内容です。)
体位法や呼吸法を一切行わずに、安全につか種実に内なるクンダリニを覚醒させ、悟りを体験する事を可能	費用 無料 会場 東京都勤労福祉会館 (八丁地下車歩1分) ●お問い合わせ● ☎0424(84)7207 石井和子



INFORMATION PRESS  
TAMA MIND NETWORK



#### 1992/93 INDIA TOUR FLIGHT DETAILS



##### SYDNEY

Sat 21st Nov	SQ 222	Dep Syd	1500	Arr Sing	2100
Sun 22nd Nov	SQ 408	Dep Sing	1800	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 221	Dep Sing	2100	Arr Syd	0615*

##### MELBOURNE

Sat 21st Nov	SQ 228	Dep Melb	1445	Arr Sing	2025
Sun 22nd Nov	SQ 408	Dep Sing	1800	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 227	Dep Sing	2230	Arr Melb	0730*

##### CANBERRA

Same as Sydney

##### ADELAIDE

Sat 21st Nov	SQ 228	Dep Adel	1150	Arr Sing	2025
Sun 22nd Nov	SQ 408	Dep Sing	1830	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 227	Dep Sing	2230	Arr Adel	0925*

##### PERTH

Sat 21st Nov	SQ 224	Dep Per	1430	Arr Sing	1935
Sun 22nd Nov	SQ 408	Dep Sing	1830	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 223	Dep Sing	2045	Arr Perth	0130*

##### BRISBANE

Note: No flight on 21st from Brisbane this means an extra day in Singapore.

Fri 20th Nov	SQ 228	Dep Bris	1130	Arr Sing	2025
Sun 22nd Nov	SQ 408	Dep Sing	1830	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 235	Dep Sing	2215	Arr Bris	0730*

\* Denotes next day

High season fares commence after the 21st Nov. Hence the need to be away on or before that date.

India Tour starts 23rd November approximately.

There are 35 seats booked for Sydney

15 for Melbourne

5 for Adelaide

10 for Perth

10 for Brisbane

these are adjustable and the fare is \$1245 Eastern states  
\$1160 Perth

We are open for bookings and a \$100.- deposit will be necessary this year.

For bookings please contact Stephen Taylor Tuesdays, Thursdays and Fridays at Burwood ashram.

## DOWN TO EARTH

with Denise Clyne



Daisies in different guises - there are more than 20,000 species worldwide.

## DAISY, DAISY, GIVE ME YOUR ANSWER

Whatever happened to daisy chains? In the suburban parks of my childhood, daisy time brought a moratorium on mowing. The grass got a stay of execution and all of a sudden the daisies were up, spreading their spoon-shaped leaves, decking the lawns with drifts of summer snow.

Bellis perennis, the "day's eye", tiny flower of the field, beloved of poet and peasant.

In those pleasant parks, little girls like me learned to make daisy chains, pressing fingernails through stems to make "buttonholes" for the lady-heads. I seem to remember it was a "girl's only" craft. You never saw boys making daisy chains. Not real boys. Not in those days. At the end of summer, off came the daisy-heads and the air grew tangy with the green smell of sap. Next year, the daisies popped up again undismayed, part of childhood's annual merry-go-round.

The common daisy still lives in our literature, if not so often now in our lawns. Chaucer, Shakespeare and Milton made fond mention of daisies. Shelley likened them to heavenly bodies, but it was Tennyson's Maud's more down-to-earth feet that "... touched the meadows and left the daisies rosy".

The Scottish bard Robbie Burns disliked beheading daisies, even in the interests of growing his daily bread. Poet and peasant warned him as he wrote:

Field flowers lauded by poets, garden favourites, the daisy has many faces

Wee modest, crimson-tipped flower  
Thou'rt met me in an evil hour  
For I mean crush among the stour  
Thy slender stem.

To spare thee now is past my power  
Thou bonny gem.

No longer wee or modest, Bellis perennis has lately been given a facelift and a place among its grander cousins in our flowerbeds.

We grow more members of the daisy family (Asteraceae, formerly Compositae) in our gardens than anything else. I did a summer head count and found 19 different daisies blooming in my borders, quite unplanned. To list just a few: aster, arctotis, ageratum, chrysanthemum, coreopsis, coneflower, dahlia, marigold, stokesia. As well, there are gate crashers like cat's-ear and dandelions.

"Daisies for modesty" says my Victorian flower book. Wrong! Daisies are go-getters. They're probably the most successful of all the flowering plants. A daisy chain.

with more than 20,000 species worldwide, as well as a host of hybrids and cultivars.

The fascinating thing about a daisy is that it isn't a single flower at all, but a community of flowers with different roles to play. Crowded together at the centre are the tiny males and females - the disc flowers with their pollen and nectar stores.

Radiating from the central disc are the brightly coloured "petals" - which are not petals, but sterile blooms called ray flowers. Their job is to lure pollinating insects. They advertise the daisy's wares with the colours and shapes that insects respond to, and they do it brilliantly.

Insects love daisies; they offer so much for so little effort. The disc flowers open in succession from the outside, presenting a ring of nectar cups. A butterfly or bee can sit on a daisy and dip into one flower after another, saving the energy of flight. The daisy consortium works like a dream, and the gardener benefits from the long-lasting flowers.

As I see it, the secret of the daisies' success is truth in advertising. A daisy lives up to its promise; those eye-catching commercials sell no bee or butterfly short. The goods are there in abundance - no shopping around, you get all you want from one store. Or, as it's daisies we're talking about, one chain of stores.

A daisy chain.