

THE AUSTRALIAN STRATHFIELD

Sahaja Newsletter



Contributions:

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A black and white portrait of H.H. Shri Mataji Nirmala Devi. She is shown from the chest up, wearing a light-colored, patterned shawl over a dark blouse. She has long dark hair and is smiling. A small bindi is visible on her forehead. The portrait is set within a decorative rectangular frame with a floral or geometric border.

"... But I trusted you the day I saw you. The day you came to me, I trusted you, and I worked out from the very first day, knowing what you are, but I trusted your Spirit, that it would shine. In the same way, trust..."

H.H. Shri Mataji

Dear Brothers and Sisters in Sahaja Yoga;

Hello! How are you?

We would like to have your collaboration as well as your attention.

We are preparing a special presentation for next Krishna Puja about children in Sahaja Yoga.

We need to have as soon as possible different photos of children. The children could be eating, playing or even in meditation, it doesn't matter. We will return you these photos when we finish.

We hope that you can all help us to make a beautiful presentation for Our Holy Mother.

Thank you very much!

Jai Shri Mataji!!!



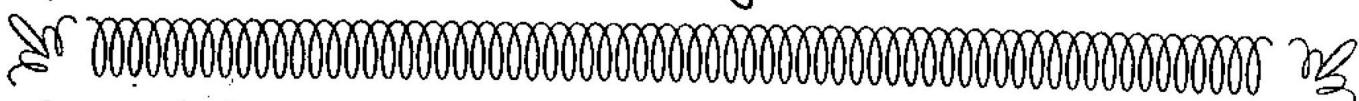
Please send them to this address...

MRS. MARCELA JUANA GALLARDO

JUANA MANSO 1933

MAR del PLATA CP (7600)

Argentina



Central Coast Update

* The Central Coast Craft & Leisure Show resulted in numbers of people, (approx 15), coming back to our homes to learn more about Sahaja Yoga meditation. Even store-holders next door to us came to meditate & enjoy the vibrations, and also to receive their Self Realization. We've been invited to join the Show again next year.

* The Central Coast collective invite all Yogis to a Bar-b-que Picnic on SUNDAY 18th JUNE at Kincumber Mountain Reserve, Starting 11 am. Bring Meat and Salad. All welcome. Enquiries to Sue McGovern 043.512.292. or Violet Tubb 043.932.816

AN OPPORTUNITY TO ADD TO YOUR ART COLLECTION

Be in the draw to win a beautiful artwork painted by a realised soul. (And help out your western brothers and sisters)!

BUY A TICKET FOR A FRIEND AND FOR YOURSELF!

Diana Selentin has been a Sahaja Yogi for twelve years and is truly grateful all the blessings she has received from Shri Mataji. She has been able to present her work a number of times to our Great Mother and has been continually inspired by Her. Diana has donated a work named 'THE TRINITY' to the Perth collective for our fundraising efforts. The framed work is in gold leaf and acrylic giving the effect of an icon and is of general appeal (whether or not the winner is a Sahaja Yogi) and suitable for most decors. It is a contemporary view of Divinity and an attempt to homogenize western and eastern interpretations of the deities. The professionally framed work measures 72cm x 59cm.

This WA artist studied at Claremont School of Art, Perth and is a Prize Winner at the Darlington Festival of Arts and in the Tresillian Art Award. She is represented in West Australian, Australian and overseas Collections. Diana is currently preparing for a solo exhibition in 1996, the theme of which is India, and she hopes to present her interpretations of the deities and Sahaja Yoga to the public.

For the incredibly small sum of (\$5) you have the chance to win this investment opportunity but don't delay - see your local ticket seller (listed below) NOW! DRAWN 21 JULY. The prize includes packaging and postage to your home.

Harish Rajek - Burwood NSW

Sarah Frankcombe - Leon's ACT

Judy Hamilton - Brisbane QLD

Rhonda Graham - Cairns QLD

John Henshaw - Sommerville VIC

Greg Noon - Millswood SA

Linda Pauling - Darwin NT

Colleen Mahoney - Subiaco WA

BURWOOD FRIDAY COLLECTIVE PROGRAMME ROSTER.

Lewisham June 23rd.

Lindfield June 30th.

TOP END NEWS

The Barunga Aboriginal Cultural and Sports festival was recently held 400 kms south of Darwin at a typical Aboriginal settlement. It is being quietly built up to be an annual event to increase awareness nationally and internationally of the Australian Aboriginal culture.

Demonstrations of painting, didgeridoo playing, arts and crafts, spear throwing, music, football, basketball were all plentiful, as well as a Corroboree. The festival portrayed life on the settlements which most Australians do not get the chance to see.

Sahaja Yogis were there with a subtle message - to show how the Rainbow Serpent and the Kundalini were linked. One of our two exhibitions showed "The Role of the Serpent in Mythology" - it showed how all ancient cultures all used the same serpent symbol as a feminine form of wisdom and healing. It attracted mostly foreign tourists and residents from Darwin and Katherine.

A lot of Aboriginal children came and got their self realisation. The same children kept returning time after time, and kept bringing along their friends and brothers and sisters. They learnt how to raise their friends' Kundalinis and how to give them vibrations. One young girl asked "What are you sprinkling over the lady's head?". Apparently she could see the vibrations. Many of the local children were born realised and asked us very intelligent questions. At times we felt out of our depth at not being used to such young seekers' questions. At first the children would come in giggly, shy and overactive but within seconds of being put in bhandan would be calm and blissed out. They were all very respectful towards Shri Mataji's photograph and all removed their baseball caps and shoes (if they had any) straight away. Some children and teenagers just kept reappearing time after time over the 2 days as if attracted by a magnet!

We were in quite a sunny position and by mid afternoon it was very hot. Suddenly out of nowhere someone came and spontaneously put up an extension verandah over our exhibitions and said "We can't have this out in the sun!" (None of us had asked for it!)

Children were running around and playing with pop guns from one of the army displays. One such gun was aimed point blank range at Shri Mataji's bindi in the photograph on the altar before any of us could stop or even draw breath the youngster on the other end of the gun, hesitated momentarily, unpopped his gun and with a dazed look on his face "shot through" with incredible haste much to all our relief!

One adult Aboriginal lady from the settlement achieved her self-realisation. The Aboriginal children ranged in age from 3 to 16 or so. We hope that the many interstate and overseas tourists will contact their local centres when they reach home. Most were astounded at not having heard of Sahaja Yoga before. (Ring a bell?)

Love to all from the Darwin and Katherine Collectives
Jai Shri Mataji!



The CALGARY BOYS CHOIR

AUSTRALIA TOUR 1995 Itinerary

SYDNEY

Saturday, July 1

- 1300 Performance - Darling Harbour Amphitheatre
- Evening Performance - HMCS Vancouver (Time TBA)

Sunday, July 2

- 1430 Performance - Joan Sutherland PAC - Penrith

CANBERRA

Thursday, July 6

- 1930 Performance - Llewellyn Hall
Canberra School of Music

MELBOURNE

Saturday, July 8

- 1900 Performance - Bendigo Regional Arts Centre

Tuesday, July 11

- 1900 Performance - Ararat Town Hall

Wednesday, July 12

- 1130 Performance - Melbourne Concert Hall
- 1330 Performance - Melbourne Concert Hall

BRISBANE

Tuesday, July 18

- 1100 Performance - Caloundra Civic Centre

Wednesday, July 19

- 1100 Performance - Twin Towns Service Club

Thursday, July 20

- 1100 Performance - Southbank Parklands

AUCKLAND

Saturday, July 22

- 1930 Concert at St. Matthew's Church



Sleeping Quarters & Meals Required

Handsome, friendly and just 7½ months old! "TIGER" (the German Shepherd/Border collie cross) is currently looking for a new home to protect. Has excellent Guru/Disciple attitude but needs more leg-room than is currently being offered by present owners. Please open your hearts (and back yard) Call now!

716-7538



Festival Reminder

Date: Sunday 18 June

Time: 9am - 3pm

Place: The Parkway Hotel,
Frenches Forest Rd,
Frenches Forest

On the Use of Some Indian Spices and Ingredients

August 26, 1992

At breakfast on August 26, 1992, Shri Mataji blessed us with these instructions on the use of some Indian spices and ingredients.

Ingredient : Good for :

Coriander seeds: teeth, liver
leaves : act as natural regulator of body fragrance.

Cumin (Jira) teeth, liver
(Jira, coriander and ajwain prevent gases)

Turmeric (haldi) skin, liver

Ginger liver

Garlic high blood pressure, heart problems
(Garlic came from ambrosia; therefore it is good for the heart. On the other hand, it's a perfect horror to bhoots and the like.)

Silver leaf (Shri Mataji gave us cardamom seeds, each rolled in silver leaf. Immediately the whole right half of our bodies cooled down.)

Cardamom (seeds) extremely cooling (the shell should not be eaten)
Used a lot in combination with other hot spices to give a balance; like in garam masala, curry, or with black tea (chai), etc.

White Cheese (fresh cheese like mozzarella, cottage cheese, paneer, etc.)
Very good and light.
It would be better for the liver if we could get used to these instead of our yellow cheeses.
(At that point Shri Mataji gave a bandhan that cheese like mozzarella be produced and brought to market in Austria, Germany, and other countries. This is because in most European countries we get only very expensive, imported Italian white cheese.)

Yellow cheese (cheese like Emmenthal, Gouda, Chester, etc., but without fungus)
All right, but take care with the liver!

Rotten Cheese (things like Camembert, Gorgonzola, Rochedford, Quargel, etc.: all types of smelly cheese)
An absolute no. Very bad for the liver and the Mooladhara.

Yogurt, In the West it's too sour, it's to quote Shri Mataji, "dangerous for Vishuddhi." Yogurt may be condensed a bit by gently boiling it. Then it should be beaten with some sugar in the blender. (Stirring by hand does not fully dissolve the sugar.)

Indian Spices and Ingredients

The Divine Cool Breeze

We wish to advertise in the next newsletter a raffle that Melbourne is running.

The details are: Mahaganesha Puja - Cabilia 1996 Raffle *

First prize: Monies raised to the value of \$2400.00. The winning Sahaja Yogi will be able to use this money to attend the puja in Cabilia next year. Any extra funds raised will go towards extending for further living quarters at Somerville ashram and the setting up of a school room. Tickets are \$15 each or \$25 for two. The planned draw date is 24th September 1995.

(excluding Victoria)

There is also a \$50.00 prize for the winning ticket seller. For all those interested see your local ticket seller and any further enquiries please ring Debbie Miller (039) 751-861 or Margaret Jackman (039) 778-543.

Thank you
Debbie Miller

Jai Shri Mataji

