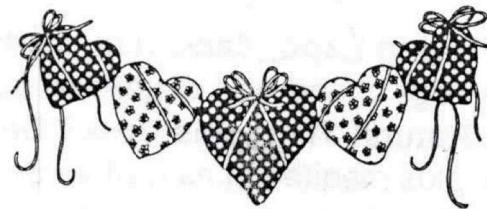




Australian Sahaja Newsletter

25th June '99

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"Gradually all nations will become one, I am sure of that. Because great times are coming and so many people at the helm of affairs will take to Sahaja Yoga. Once they take to Sahaj Yoga, then things will be very much different.

Today it is not with them. Sahaj Yoga is not with them - they have no knowledge of our great movement of love, so they want to have separate of everything. They don't know tomorrow they will be scorched away with the heat around or maybe that the Mother Earth might absorb them.

So we should all be together, whatever may be the differences. In different families we were born, after all. All cannot be born in one family. But now you belong to Sahaja Yoga Family and this Sahaja Yoga Family is one. It doesn't believe in having separate existence or separate speciality. We're all one with each other and we don't care what sort of differences are outside".

H.H. Shri Mataji Nirmala Devi
Birthday Puja, Delhi, 1999.

Medical Research Project

After the conclusion of the first research project and Shri Mataji's ongoing support the second project aimed at further demonstrating the beneficial effects of Sahaja Yoga meditation has begun. Also a number of opportunities have been offered to Sahaja Yoga. These include opportunities to conduct further research, and invitations to attend a number of conferences at which the audience will hear about Sahaja Yoga and receive their realisation.

Sahaja Yoga to be introduced in Medical Schools.

One of the most exciting developments is occurring at the University of New South Wales, Faculty of Medicine. A spontaneous series of events has led to one of the senior administrators suggesting that meditation become a part of the curriculum for Fifth year medical students based on the ongoing research into Sahaja Yoga .

There will be a trial series of lectures on Sahaja Yoga meditation plus practical sessions that will become a part of the standard set of lectures that almost all fifth year students will attend commencing in 1999.

If these are well received then a Sahaja Yoga "lecture" (which will actually be a 30 minute talk plus 30 minute meditation) will be formally incorporated into all future lecture series' run in fifth year medicine. Every doctor emerging from this University will receive their self-realisation.

After this it may be possible to introduce similar lectures at other colleges thus spreading Sahaja Yoga amongst many professionals entering the health services.

With positive desire this could be the beginning of a new trend where institutions begin to incorporate the teaching of Sahaja Yoga. This may be another means by which Sahaja Yoga can be brought to mainstream society. With the dawning of Satya Yuga this may become one of the instruments by which Shri Mataji's vision of a spiritual society may be realised.

Medical Research Programs

The medical research programs continue on Monday and Thursday evenings, 7-9pm, Royal Prince Alfred Hospital. Everyone is invited to attend. The current project is a pilot study to determine the efficacy of Sahaja Yoga for those suffering severe migraine. These patients have found

no relief with conventional medication and have been sent to us by specialists interested to see if Sahaja Yoga can help. After only 2 or 3 sessions the patients are already reporting improvements-one patient is almost completely better!

Please consider attending and help make a difference.

Contact people are:

Thurs evening- Dr Greg Turek, (w) 9747 4328,
Mon evening - Andrew Jones, (w) 9688 4444

Conferences and Seminars

Sahaja Yoga is receiving a growing number of invitations to present research information, run meditation workshops and provide self-realisation booths at health-related conferences and events. These events have provided good opportunities to spread Shri Mataji's work and to give seekers their self-realisation. Whereas in the past we have sought opportunities to present Sahaja Yoga, due to our growing reputation organisers of these seminars are seeking us out. In the past we have had to dedicate financial resources to attend, now Sahaja Yoga is being invited to attend and in many cases sponsored to do so. We are developing a reputation for providing good presentations and meditation experiences

In the past few months the following events have occurred:

April 9, Complementary Therapies Workshop for Nurses, approx 170 nurses received their realisation at a talk or at the Sahaja Yoga stand; **May 21, General Practitioners Conference and Exhibition**, approx 300 doctors and health industry representatives got realisation at meditation workshops or at the Sahaja Yoga stand; **May 29 Natural Therapies Expo**, about 100 natural therapists got their realisation at a Sahaja Yoga stand. All of these programs stemmed from interest in the medical research results which the collective worked so hard to accomplish.

The next few months there will be further opportunities to give more people their self-realisation. In order to give Yogis ample opportunity to attend these events and hopefully ensure that as many people as possible get their realisation a list of the forthcoming events and programs is included. These events have been booked (there are other smaller ones which are already taken care of). Please consider coming along, check your schedule and give us a call close to the date to confirm the details. Many of these events are held during the working week, which may limit the number of people who may attend. (*Continued inside*)



BABY NEWS.....

Congratulations!!

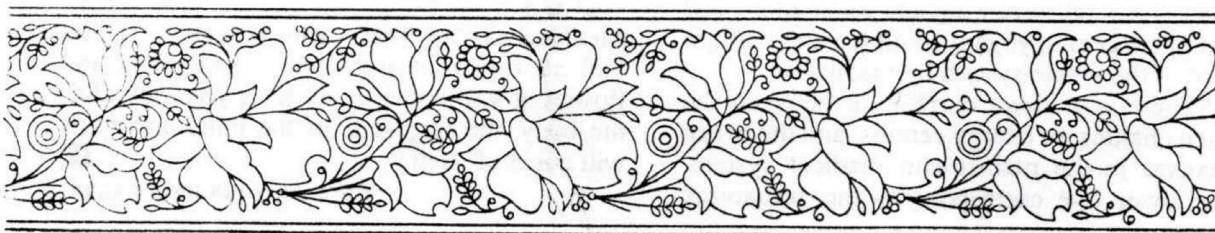


Warmest congratulations to Suhas and Joanne Bhasale in Auckland on the birth of a beautiful baby girl - a sister for Vijaya and Satyaprakash.
Born June 18th, 3.5kg.



LOST AND FOUND

A lady's wedding band has been found at Burwood. If it is yours, please contact Burwood Ashram.



Update on Youth Workshop - June 20th

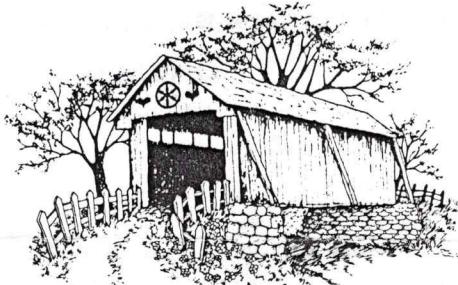
Dear Yogis,

What a wonderful day we had last Sunday. The sun beamed down from a crystal clear sky as yogis from Regional NSW, Canberra and Sydney traveled to Balmoral for the day. They were accompanied by seven seekers keen to discover the meaning of life.

The workshop was an absolute success. We commenced with a general discussion about our goals in life, to which one seeker commented "union with my maker"! This was followed by a tranquil guided meditation, the only external sound being that of sweet, singing birds. We then exchanged vibrations as we sat outdoors on the warm grass in the sunshine where the seekers were very obviously very relaxed and at peace. Our meditation was then followed by a viewing of "The Vision" video produced by the US collective. What a beautiful heart felt production!! For those yogis who have not yet seen this video, it is a real gem. It tells of the life of Shri Mataji from her youth, the beginnings and ultimately the blossoming of Sahaja Yoga, with lots of little anecdotes along the way.

Our programme concluded with a delicious BBQ lunch and hot steaming chai, with a bush walk for the more adventurous in our group. Both yogis and seekers alike, truly enjoyed a wonderful divinely blessed day.

Follow up workshops will be held in September and November and we hope to do a lot more advertising and posterizing for these events. Dr Ramesh and Peter Tubb will design a medical/psychological questionnaire to be given at the September workshop.

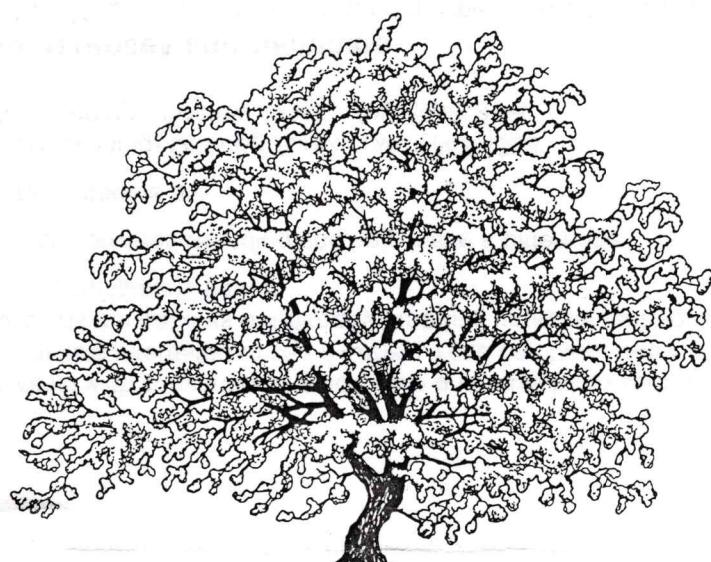


The seekers will be encouraged to participate in a four week course which will then culminate in another workshop in November and a follow up questionnaire for comparative purposes.

Gillian and Annette have written and distributed a letter to 300 Sydney schools in the hope that Sahaja Yoga meditation may be offered in the school system. Our involvement in youth workshops, drug addiction and stress relief will no doubt have a bearing in the success of this venture.

The Youth Workshop last weekend was a foundation to what will hopefully be a successful and different avenue in which yogis can express compassion as their strength. Please do not let fear be a deterrent in preventing you from becoming involved with seekers who have various addictions to overcome. At the end of the day a footsoak, perhaps a little candle treatment followed by a meditation will clear and satisfy you. Try and see these workshops and other Sahaj community events as a challenge to strengthen and open your heart and to truly understand the meaning of the Brotherhood of Man. After all, are we not all Shr Mataji's children?

Love to everyone from the yogi's who attended the workshop.



Medical Research Project (continued)

1. Jul 5, 12.30pm, Lecture Theatre, Royal Hospital for Women, talk plus meditation to about 50 medical students.
2. Jul 6, 7pm, Holistic Nurses Association, location to be advised, talk plus meditation to about 20 nurses
3. Aug 24, 3pm, Allied Health Forum, Edmund Blackett Lecture Theatre, Prince of Wales Hospital, Talk plus realisation to about 60 allied health workers
4. Sep 3-5, Healthy Living Expo, Randwick, Meditation Workshops and possibly a Sahaja Yoga Stand, lots of general public
5. Sep 4, 9am-7pm, Natural Therapies Upskill Day for General Practitioners, Talk plus meditation as well as Sahaja Yoga Stand, expecting about 100 doctors.
6. Sep 10, 9am-5pm, Complimentary Therapies Day, Liverpool Hospital, Talk plus meditation and Sahaja Yoga Stand, expecting about 100 nurses.
7. Sep 17-19, Healthy Living Expo, Melbourne, Lecture 18th Meditation Workshops 17th-19th and possibly a Sahaja Yoga Stand, lots of general public
8. Oct 8-9, Healthy Living Expo, Adelaide, Lecture 9th Meditation Workshops 8th-9th and possibly a Sahaja Yoga Stand, lots of general public
9. Oct 8-10, 9am-5pm, Australian Integrated Medicine Association Conference, Manly, Brief talk and Sahaja Yoga Stand, expecting about 200 doctors and alternative medicine representatives.
10. Oct 15-17, 9am-5pm, New Zealand Holistic Nurses Assoc Annual Conference, New Plymouth, New Zealand, Talk plus realisation and Sahaja Yoga Stand, expecting about 150 nurses.
11. Oct 22-24, 9am-5pm, NSW Holistic Nurses Assoc Annual Conference, Masonic Centre, Talk Plus realisation and Sahaja Yoga Stand, expecting about 200 nurses
12. Nov 5-7, Healthy Living Expo, Brisbane, Lecture 6th Meditation Workshops 5th-7th and possibly a Sahaja Yoga Stand, lots of general public.

If you feel you can come along and you wish to take part please
Call Hauke Horn on (02) 9874 0042.

"workout" strengthens muscles that have been shortened after exercise, and they're perfect after doing weights."

There is now a great deal of evidence to support the benefits of yoga, in one form or another, in a range of medical conditions from asthma to carpal tunnel syndrome. A study by Dr Dean Ornish, an American cardiologist, found that an experimental group of patients whose extensive changes in diet, exercise and stress management included yoga practices, showed greater reversal of coronary heart disease after five years than the control group who followed a program recommended by the American Heart Association.

Dr Ramesh Manocha, a research fellow at the Royal Hospital for Women's Natural Therapies Research Unit in Randwick, is part of a team conducting a ground-breaking study into the effect of a technique of meditative yoga called Sahaja on a variety of ailments including high blood pressure, epilepsy and asthma. Developed in the early 70s, Sahaja focuses on restoring a state of balance to energy centres, or chakras.

"All subjects enrolled in the study had a consistent effect and showed clinically and statistically significant results," said Dr Manocha. "With the asthma trial there are a number of very remarkable results waiting for analysis. We're also looking at its effects on severe migraine, rheumatoid arthritis and psychological changes in healthy people. We've compared techniques and Sahaja yoga meditation is the only one I can recommend. It can be done at any age with no props. It's the cheapest and safest of all the meditative techniques."

Dr Manocha dismisses the popular notion that yoga equals physical exercise. "It is a systematic and mechanical science described by Patanjali, an Indian mystic around 2,000 years ago. In fact, yoga has eight branches, one of which is exercise. The other branches include ethical restraint, breathing and meditation. The central concept in yoga is re-tuning and realignment of the whole system by meditation.

"There is a direct correlation between the seven chakras, or energy centres, and the seven plexuses in the mainstream medical system. The lower five correspond to the autonomic

THE SUN-HERALD TEMPO. JUNE 20, 1999
"PUMPING SPIRITUALITY".

- FIONA STEWART

nervous system, the top two to the central nervous system

"Each of the chakras is described as a wheel or a flower with a specific number of petals that directly correlate with the number of sub-plexuses. The lowermost energy centre has four petals; in mainstream medicine, the pelvic plexus has four sub-plexuses."

Many of the styles of yoga taught in the West are hybrids of traditional streams. Some focus on strict alignment of the body, others on the coordination of movement and breath, still others on deep meditation. Whether your ultimate goal is self realisation and spiritual enlightenment or just a stronger, more supple body, it is well worth looking around until you find a style that suits you. In the words of B.K.S. Iyengar, the revered yogi described by his student, the late Yehudi Menuhin as "my best violin teacher": "If you look after the root of the tree, the fragrance and flowering will come by itself. If you look after the body, the fragrance of the mind and spirit will come of itself."

More on yoga next pages