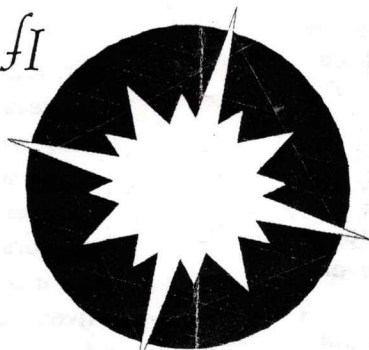


Plato

physicians first separate the
the human body, that
our day in the treatment of
for this is the great error of
begin by curing the mind ...

If the head and the body are to



of food for lunch.

There will be a picnic held on the 7/11/98 at Burwood park at 12 Noon.
We need to discuss further projects and activities. Those who are 11
turning 12 in 1999 you are also invited to join this meeting and further
activities. Farewell to all those turning 26 we enjoyed your company.
We also need to discuss who will be the organiser of things as I am
going to Italy for 6-12 months next year. Please bring a plate

ATTENTION YUVA SHAKTI!



RADIO PROGRAM NEWS

The next radio program will feature Nicolas Buff and his saxophone LIVE
on Radio 2SER FM 107.3 on Sunday 1st November at 10.00am.



BABY NEWS!

Congratulations to Kevin & Barbara Fitzgerald on the birth of a baby girl, born 27th
October at 6.00am.

WANTED

KILLARA ASHRAM would like to know if anyone has a curtain or
thick fabric to hang between the meditation room and the lounge
room to cut the noise as much as they can.

If anyone has anything that could help please let them know by
phoning on (02) 9499 3178



Gandhi!

1939

Far more indispensable
than food
for the physical body is
spiritual nourishment
for the soul.
One can do without food
for a considerable time,
but a man of the spirit
cannot exist for a single second
without spiritual nourishment.



Australian Sahaja Newsletter

31st October '98

Contributions:
02 97474835 or Burwood Fax 97454927

From: Ealing Yogis, UK <ealing@dircon.co.uk>
Subject: urgent - Ratna award programme in Delhi
Date: 10/21/98 Time: 4:42PM

Dear All,

We have just heard that Shri Mataji has invited the yogis to go to India on
the 16th of December via Delhi to attend a Ratna award programme, which
will be held on the 17th or 18th of December.

Shri Mataji has suggested the following programme:

- 16th December Arrival in Delhi (preferably with chartered flight from Milan
- to be confirmed)
- 17th or 18th December programme in Delhi (Ratna award)
- 19th/20th/21st December Travel to Ganapatipule via Bombay with train
- 21st-30th December Ganapatipule seminar and travel to Kalwe
- 31st December Puja at Kalwe
- 1st-2nd January Departure from Bombay (chartered flight)

Happy Diwali lots of love

India Tour Committee, Ealing



Date: Sat, 17 Oct 1998 12:02:54 -0400
From: Mary Yelesin, USA <maryci@ce.net>
Subject: medical conference

Submitted for possible distribution on the Sahaj net.

Shortly after Dr. Rai arrived in Washington DC for the NIH Medical Conference, he gave a talk to the yogis who were gathered there for Shri Ganesha Puja seminar. He gave some interesting information. Below are the notes from Dr. Rai's talk after Ganesha Puja - 9/16/98 Wheadon MD.

1. Dr. Rai thanked the whole collective for inviting him, especially on the auspicious occasion of Ganesha Puja and expressed the desire that with this puja, all badhas inhibiting the growth of Sahaja Yoga in the U.S. would be finished.

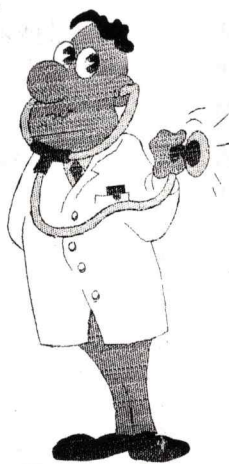
Shri Mataji has said that the time has come when SY is going to pick up momentum in the U.S. Rai sees as a breakthrough that NIH has sponsored this conference and has invited him to speak for the whole day.

2. News from International SY Research and Health Center. In 1996, Shri Mataji established the Health Center, which had been a desire for many years. Dr. Rai was hesitant to become director because he worried that some problems could not be solved by Sahaj methods. ("We don't even have a syringe there.") But in three years he has never had a case that embarrassed him. Among the many diseases which have have worked out very well are:

schizophrenia, depressive psychosis, (which was very difficult to manage because the center doesn't have guards, or the like.) But some who had the desire to work it out have done it. Very difficult cases have improved in fifteen days, with significant improvement in one month.

chronic fatigue syndrome
angina
high blood pressure (patients off meds in 15 days)

Dr. Rai stressed the need for patients to raise the kundalini and feel vibrations. If you do, he feels, the likelihood of cure is 100%. But you must raise the kundalini, and do the treatments as directed by the doctors.



Dr. Rai entertained questions from the yogis.

DO YOU HAVE TO KEEP MEDITATING? Of course, absolutely, that is most important. Sahaja Yoga is dynamic, not static. Today you are clear, and tomorrow you are not. You can work on yourself, but it is always more effective to clear from the back.

WHAT IS YOUR DAILY CLEANSING ROUTINE? Footsoak in the evening, use regular treatments, meditate 15 minutes, put on bandhan and go to sleep. You should change the footsoak water after ten minutes.

IS IT POSSIBLE FOR DOCTORS TO COME TO THE HEALTH CENTER FOR TRAINING SEMINARS? It's happening. Teams of doctors are coming from Russia and also doing research. Also from Bulgaria, Italy...of course they have to be realized.

ANY PLANS TO TEACH SAHAJA YOGA IN MEDICAL SCHOOLS? There aren't enough people yet who can do that. Also, more research needs to be done, and for that we need some equipment.

DO YOU HAVE TO BE REALLY SICK TO COME TO THE CENTER? No, that's why it's called a health center and not a hospital. Yogis can go for clearing.

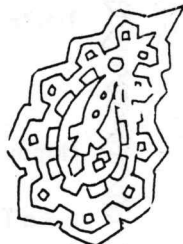
PLEASE SPEAK ABOUT THE TREATMENT OF HEROIN ADDICTION. We have no experience with it at the center. Shri Mataji has plans to open a center at Daglio near Cabella for drug treatment. We've had 1 or 2 alcoholics who worked out.

IS IT OPEN TO ANYONE? Only to those who are Sahaja Yogis, or are willing to practise Sahaja Yoga.

ARE THERE ANY CONDITIONS WHERE THE ROOT CAUSE IS MENTAL ACTIVITY? There are many, that is what psychosomatic means. SY is the best for such diseases because no modern medicine can control the mind. It is mental, psychological, emotional stress that causes heart attack, stroke, etc.

CAN CHILDHOOD DIABETES BE TREATED IN SY? We don't have such a child but it should work out. Type 1 diabetes is very difficult because the islets of langerhans may not be functioning, but one woman went from three shots of insulin to 0 in one month.

Dr. Rai interjected that in Russia they always talk about "bioenergy" and Russians think that is the same as param chaitanya, but it is not. Param chaitanya is a spiritual energy.



The center has been covered favorably by media in India and foreign countries and enjoys a good reputation.

The idea of opening the center came because it is not possible to say (in a treatment book, for instance) how exactly to treat each patient. Each disease needs thorough checking morning and night, and you must know what chakra is catching. Some go from right to left. Sahaja Yoga is a dynamic process.

3. Rai was recently invited to a conference at a University in Mexico City. He didn't expect much because Mexico is a left sided country, but he was surprised to find that the University was interested in doing research. 12 doctors invited him for breakfast, and all got realization. "I never expected doctors to get realization on the first day, because I never got it." Rai said. The Doctors were all in very high positions in the University, and of a variety of specializations. They asked for Dr. Rai's book to be translated into spanish.

Dr. Rai felt this was a sign that attitudes are changing in the medical profession. People are fed up with modern medicine because it cannot help with even common problems. For example, in the U.S., 30% of people suffer from hypertension. Even doctors feel helpless against such problems as migraines, athsma, and diabetes. Although "in U.S.A., the doctors still cover their ears when you say yoga," the public is going for it because they don't want to take medicine for the rest of their lives. Unfortunately, people have been deaf to Shri Mataji's message from 1970 to 1998. Rai himself was skeptical at first (he first met Shri Mataji in 1984) but he changed his mind when the results of research proved to be good.

4. He spoke in some detail about treatment methods, mentioning that SY is useful in treating cardio-vascular disease.

(?? a couple of sentences I didn't hear)

He talked a little about the right and left sides. "If you have a strong and persistent catch on the left, then that is the root problem, even if you have catches on the right. You have to determine the root cause of the problem." "You have to do treatments, but in order to know whether you are clear, someone else has to check you."

5. Soon the center will have email and can answer questions.

WILL DR. RAI PUBLISH A TREATMENT BOOK?

Yes, but it is difficult because of the lack of staff. Doctors using Sahaj methods need to work with dedication and love. It won't work if you approach it in a routine way.

WHAT ABOUT HEALTH FOODS AND VITAMINS?

Vitamins are good, because sometimes food can be deficient. But you shouldn't take too much, or the body loses its ability to mobilize nutrients on its own. You can't take them indiscriminately. Some vitamins are toxic when too much is taken (e.g. vitamin A). Too much calcium can cause problems. It's a very narrow margin.

CAN SY TREAT MULTIPLE SCLEROSIS?

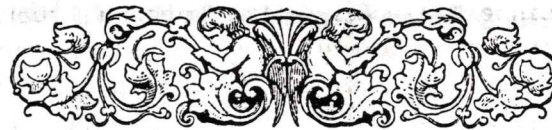
Yes, we have had many cases. They are feeling much better.

WHAT ABOUT LOW-FAT DIETS?

Right sided people should cut down on proteins and fats. But in everything you have to have a balance. You can't reduce one thing too much.

HOW DO YOU EXPLAIN THE KUNDALINI TO SCIENTISTS?

The kundalini doesn't exist in the physical body, but in the subtle body. I call it a physio-nuclear energy because it is the energy that creates the fetus in the uterus. When the umbilical chord is cut this creates the gap that we call the void, and the connection with the divine is lost. But when the kundalini is awakened it has the capacity to fill that gap.



MANLY DAYTIME PROGRAM

Daytime programs will start in Manly on Mondays for the month of November (5 weeks) at:

Manly Library, Market Place, Manly
10:30am - 12:30pm.

Any yogis interested, please come along and help. For further information please contact Ruth Cross (9984 9002) or Meredith Cooper (9976 0990).

