

To Robert & Shrivani Hutcheon
A boy!
James Flynn - 916
Born May 14th (and rumour has it -
born with roller blades attached)
on Tuesday 14th May at 8am. (with you great fun!)



In order to complete the transaction for the property we will need to know by May 21st.

Everyone should feel encouraged to contribute what they can, and it would be most appropriate if the purchase of the property was truly national in every sense. To this end we are proposing that if at all possible each person in the collective donate some amount towards the purchase of the property. Those who are better placed financially may be able to contribute more, some may be able to give less. People must give as they best see fit. Those who do not have the available means should contribute as much as they can sensibly manage.

We are now looking towards the purchase of a property, buildings and the renovation of the residence for occupation. So our requirements for funds has expanded. If for any reason people are holding back from contributing until the last minute, well the clock has just reached that time. Now is the time for all people to come forward.

We are writing to inform you that the agents acting on behalf of the owners of the Richmond property have accepted our offer for their property. We are now very close to realising our aim of purchase of the Property. We need to expand our vision beyond our immediate needs and towards a project such as this and towards the goal Shri Mataji has set before us. Success is not only measured through the achievement of ones aims, what is equally important is the manner with which those aims are achieved: through positive desire, vibrational support and overwhelming desire will make it all possible.

We would like to express our thanks to those in the collective who have demonstrated their support towards the Country Property project. The manner with which many people have accepted this project into their heart and recognised its National significance has been a tremendous encouragement to us all. But we are to reach the full amount pledged by the collective. We need to expand our vision beyond our immediate needs and towards a project such as this and towards the goal Shri Mataji has set before us. Success is not only measured through the achievement of ones aims, what is equally important is the manner with which those aims are achieved: through positive desire, vibrational support and overwhelming desire will make it all possible.

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Country Property

Vivek Chudamani
A sound foundation for ideal society

Vivek Chudamani is a great book. It is a book of Vedantic literature written by a great spiritual Master, Adi Shankaracharya, who is known for his brilliant commentaries on Prasthanas, Upanishads, the Bhagavad Gita and the Gita. The title of the book is significantly self-explanatory: it means 'Discrimination' (Viveka). The Jewel (Mani) on the Head (Chudamani) in Sanskrit means 'discrimination'. Vivek Chudamani propounds that Viveka or discrimination is the faculty of discerning the reality in vast myriad of unrealities which appear as reality (Maya). It is a distinctly precious virtue with which human beings are endowed and which alone can make human beings human.

The Vedantic plan is enshrined in the Vivek Chudamani. It is not a mere philosophical discussion of the real and the unreal; it is a call to know the Real, to realise the Truth in the day-to-day life and to experience its bliss. It presents a practical science of developing human excellence and building Vedantic society where unity, equality, freedom and fraternity would be natural and spontaneous, where each individual would be craving to serve each other, and no one would seek to exploit any one. There would be no selfishness and no corruption, nor any other immorality. How can Discrimination lead to such a state of society?

In the Vivek Chudamani, Shankara teaches us to distinguish between 'I' and not-I, self and not-self, subject and object. We are guided to train our mind to realise the difference between mere creatures and free, mukta, human beings. We are shown the passage from creatureliness to liberation. True, we have a sensory level of life like all creatures. We too have a physical frame, a body, with same biological needs and traits as other creatures have. But God in His Infinite Mercy has endowed us with the faculty of discrimination, which constitutes Man's Man's being, with discriminative mind. We get a human body, life by evolution over millions of lives. It is described as the most rare and difficult achievement to get human life along with earnest desire, to liberate oneself from the concept of creatureliness. (I am the body, to eat, sleep and begot is the end-all and be-all of my life) and for that purpose to have protection and guidance of a realised soul.

Having got a human life, we need not stagnate at sensory level. Let us go beyond this to the realm of the spirit, of the Divine. Shri Ramakrishna said, 'Go forward, do not tell a story of wood, carver, whom a passing monk told.' Go forward. The wood carver who was stuck up with ordinary, fuel wood, now finds real wood, which is valuable, wood is ultimately a natural wood as he goes forward. We too have tendency to get stuck up at pleasures coming from gratification of senses. The Great Masters like Shankara and Ramakrishna incarnate on the earth to exhort us to go forward, to realise the ultimate Reality and the Bliss. We have two-fold tendencies: Pravritty, the tendency to be active and Nivritty, the tendency to contemplate. Both are needed. We must be active and work for earning our livelihood honestly and also for contributing our mite for the welfare and well-being of society. We need also to be contemplative to find the summum bonum of life, the ultimate goal and ideal for all our activity and shape our character accordingly. Then our Pravritty activity will have a higher and noble dimension. Thus engaged actively in life for higher pursuits, our contemplation will become meaningful; otherwise it will be a vain day-dreaming.

To live a life based on Viveka, discrimination, we must become good disciples with earnest inquisitiveness and reverence. Then we shall find a Guru/Master, who teaches out of infinite compassion and not for money. The Guru must be calm and well-poised (Shanta), broad-minded and generous who teaches for the good of the people without any other selfish design.

The Vivek Chudamani is in the form of dialogue between a disciple and such a Guru. In the very question of the disciple, all Vedanta is included. Vidya, or knowledge of science is of two kinds: 1. Physical Science, concerning physical, perishable, ever-changing nature/world. 2. Supreme science, Brahman (Vidya). Totality of eternal, final truths. The Reality is one. That becomes many, like several reflections of the one Sun in several water pots. One is Maya (illusion). Many are discrimination/Viveka. We have to transcend this Maya, the reflected plurality and realise the one, the ultimate Reality. That is what the Guru or Master is prompting, inspiring and leading the disciple to do in the Vivek Chudamani. He is leading him through the process of 'Neti, Neti', negating, rejecting what appear to be real, yet are not real. The five sheaths (Pancha Kosha) are considered: the Disciple himself has to understand whether they are permanent, unchangeable, pure, conscious, free; these traits make the Reality. The disciple has to remove the sheaths of Maya, illusion, and realise that 'I (i.e. the Reality about me) am not this body, nor intellect, nor mind, nor ego, etc. I am beyond this. I am spirit, soul, invisible, but eternal, truth, conscious, pure, free of all adjuncts. This our true nature, is hidden by the illusion that visible, tangible things, perceptible by senses are real. This Maya is also the creation of, Brahman, the Supreme Soul. But we must realise this fact: experience it in our day-to-day life and then live in this visible, tangible world, as free beings unaffected by its turmoil. From Neti, we come to Atman. In all things, animate and inanimate, we see that and our work and behaviour, with all beings, gets a new dimension, a spiritual outlook. Then we can only love and serve. We can never hate and exploit. As call sciences, but does not stop there. Having known about the world around, it teaches to look ourselves as in others. There is no winning from knowledge of the Atman - Atmanana. It is science, for it encourages rather demands questions - bold and fearless questions. It is far from dogmatism. Vedantic Guru, though a realised soul himself, never asks his disciple to believe this or that. We ask him to realise and experience in Vedanta. Truth is not diminished when questioned. It shines when questioned. Truth must be verified, and verifiable. Vedanta is a road of Truth. Vedantic religions are not believing and having faith; it is realisation and experiencing. Each individual must discriminate, happy, free of conflicts and strifes, each one trying to serve each other, no one to exploit anyone, no one to steal, murder. It will be really free society, as people will behave orderly and humanly without fear of law and punishment. Morality will come spontaneously. Thus Vedantic society, built on the realisation, that 'I am not this body etc. but I am that eternal, pure Brahman, Atman', alone can be truly democratic, socialistic and secular. In such a society built on such a spiritual edifice, foundation, liberty, equality, justice, fraternity (the principles enshrined in the preamble of the Constitution of India) will shine forth spontaneously. They principles must form the constitution or character of individuals in society, otherwise there would be more words in the book of Indian Constitution; the actual condition would be just the reverse as we find in India and the World. Today, full of mutual hatred, each one trying to crush others liberty suppressing and looting each other, a society full of corruption, exploitation and immorality. The solution lies in imbuing Vedantic culture and way of life, as expounded by Sankar in Vivek Chudamani and by other Great Masters in Their Great Books.

By B.T. Advani,
General Secretary,
Shri Ramakrishna
Sanskrit Peeth,
Kamptee.

"The only thing where you can really hide yourself is the love of God; where you can really get the great restful, blissful feeling of His complete protection."

Tai
Shri Mataji!

THE AUSTRALIAN
Sahaja Newsletter

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May 18th 1996

Whenever you advise a ruler in the way of Tao,
Counsel him not to use force to conquer the universe.
For this would only cause resistance.
Thorn bushes spring up wherever the army has passed.
Lean years follow in the wake of a great war.
Just do what needs to be done.
Never take advantage of power.

Achieve results,
But never glory in them.
Achieve results,
But never boast.
Achieve results,
But never be proud.
Achieve results,
Because this is the natural way.
Achieve results,
But not through violence.

Force is followed by loss of strength.
This is not the way of Tao.
That which goes against the Tao
comes to an early end.

1. The following is a brief diary of the events in Manila, Beijing, Japan and Hong Kong.

The first medical conference that was held was in Manila, Philippines. Rajiv Kumar had asked us to come before Beijing as the timing was better to hold the conference on the 19th, with public programmes on the 20th & 21st of April. A number of Australian Yogis including Dr Ramesh came to assist in the programmes. Unfortunately Rajiv had to go to Mongolia for his work and missed the programmes. Vineeta, his wife, did an amazing job looking after everyone so well and organising all the programmes.

On the Friday morning Professor Rai presented his Sahaja Yoga research findings to twenty doctors who attend the medical conference and all of them got their realisation. Twelve of them came back to a second programme on the Saturday and were very keen to learn more. The public programme on Saturday evening was held in a commercial district and around thirty people attended. There was a mixed audience with Indians, Philippines and Chinese and everyone got their realisation.

The public programme on the Sunday was held in China town in Manila in the afternoon. The meeting room was packed with about sixty people some with epilepsy and others that were possessed. Towards the end of Professor Rai's speech the power failed and all the lights went off. As the room had no windows the only light came from the candle in front of the photograph. More candles were used to illuminate the room and the left side cleared out nicely. Most of the people received their realisation. On the Monday Professor Rai and party returned to Hong Kong en route to Beijing.

We arrived in Beijing on the Monday evening with a feeling of excitement and joy. We met up with all the other yogis who had come for Australia, England and Hong Kong.

Tuesday, April 22.

The first day we had arranged to visit the Traditional Chinese Medicine Hospital in a city close to Beijing called Tianjin. We met with the director and he was very interested in finding out what we were doing. Afterwards we had a tour of the hospital which treats all patients with acupuncture and Chinese herbs. We explained about the healing effects of Sahaja Yoga and they organised a meeting with a number of staff including one of the professors. It was a wonderful experience and about ten of the staff including a number of doctors received their realisation. The Chinese professor had a very deep experience and commented on the photograph saying that Shri Mataji is a great saint with amazing powers. He practises Qi Gong, an ancient Chinese form of meditation but after kundalini awakening, he went into a deep state of meditation which lasted for quite some time. He sensed the difference between the two and the ease at which he went thoughtless. Other staff also felt cool breeze. Luckily we had about five people from Hong Kong who spoke Mandarin so we were able to explain about the workings of the subtle body. We invited them to attend the programme in Beijing. We hope to be able to do further programmes at this hospital as they would like to know more about Sahaja Yoga.

Tuesday 23 rd April.

We attended the opening ceremony of the World Epilepsy Congress which was attended by the Chinese Minister of Health his deputy and other senior ministry officials. During the tea break we managed to introduce Professor Rai to the deputy minister of health who was the chairman of the conference. We extended a personal invitation for him to attend our presentation which was scheduled for the Thursday afternoon. We also met with the director of the David Lewis Foundation which was organising the congress. The David Lewis Foundation is based in the UK and provides treatment and support for people suffering from epilepsy. They were very interested in our approach to use Sahaja Yoga, and also promised to attend the presentation. We spent most of the day handing out invitations for Professor Rai's programme.

Wednesday April 24.

We meditated early and all put the conference into bandhan. The vibrations each morning and evening meditation were getting stronger and stronger. We had employed a Chinese cultural tour operator in Australia who had a lot of connections in Beijing. He organised all the hotel and travel arrangements and had arranged a meeting with the Bureau of Chinese Traditional Medicine. Dr Ramesh Manocha from Australia met him at the Ministry of Health. Mr Shen Yu Long was a director of foreign affairs at the Bureau of Chinese Traditional Medicine. He was very interested in coming to Professor's presentation.

During the day we met with delegates and invited them for the programme. We were the most active in promoting our presentation as we had a venue which could seat around eighty. The organisers had made Professor Rai's presentation a special event which was held in a separate function room within the hotel. During the evening we wrote letters of invitation to various ministers in the health department. We also decided to have a mini havan in the hotel room with seven candles acting as our fire. We offered all negativity we could think of to the fire. It felt much lighter afterwards and we all enjoyed a deep meditation.

Thursday April 24.

In the morning meditation we gave bandhans for the success of the programme. We arrived early to make sure all was ready. Our presentation was scheduled for 4:30 pm and we were well prepared. People started arriving half an hour before the programme including the deputy minister of health. By starting time the room was almost full with about 70 people. We had worked out a programme which involved

all the visiting doctors. Dr Amjad Ali from Australia gave a historical background to Yoga and explained that Sahaja Yoga was based on ancient knowledge. He showed slides of early Indian manuscripts depicting the positions of the chakras and the nadis. He also drew parallels with the ancient Chinese knowledge.

Professor Rai presented his research on Epilepsy with slides showing the results He spoke about how Sahaja Yoga had helped to eliminate the seizures even after medication was stopped. Dr Bernadette then presented some personal experiences with Sahaja Yoga and urged the doctors to have an open mind. Dr Brian Wells then gave a summary of all the presentations and talked about his experiences in Sahaja Yoga. At the end of the first part the audience was invited to ask questions. One, in particular, asked if Sahaja Yoga could be used with children with epilepsy as they represent the highest percentage of sufferers. We explained that children can learn and develop better than adults.

Dr Bogdhan led the realisation with a beautiful slide of Shri Mataji. After the process he asked if anyone could feel the cool breeze, but only a few people raised their hands. He then went through the procedure again, but unfortunately the time had run out and people started leaving. A few doctors remained behind to ask questions, all of them had felt the cool breeze. It was an interesting experience as it was unclear how many people had received realisation.

Friday 26

The day started with an early morning meditation and most people went to the conference to follow up. We had organised another programme for Saturday in the hotel which we had announced at Professor's Rai's presentation. We were keen to get as many delegates along to it as possible. Professor Rai spoke to the organisers and they were interested in his results. The general comments were that they were concerned about the religious aspects and the use of the photograph. The English doctors from the David Lewis Foundation were interested in experimenting with Sahaja Yoga because there is no cure for epilepsy.

At the closing ceremony they had a final round table discussion and Professor Rai stated that Sahaja Yoga represented an ideal form of treatment as it was free and could easily be applied in the third world.

Saturday 27

We had organised a follow up programme in the hotel where we were staying. The hotel was located in the Asian Games Village which was the venue for the World Conference on Women last August. We had organised the television and newspaper reporters to attend the programme. All the ministry people had been invited but most were unable to attend. The programme commenced in the afternoon and a number of doctors had come from the conference. Mr Shen Yu Long, the Director of Foreign Affairs at the Bureau of Chinese Traditional Medicine was also present and had shown a lot of interest. There were about thirty people in the room and we had a very nice programme where the doctors spoke about the medical benefits of Sahaja Yoga, followed by realisation. We had more time to answer questions and to give individuals vibrations. This time everyone felt the cool breeze!!

After the programme we hosted two officials, Mr Shen from the Chinese Traditional Medicine Bureau & Mr Cui Guowei Vice Director of Beijing Physical Culture and Sports Commission, to a banquet. After the food we presented them with some small gifts and a new book in Chinese on Sahaja Yoga written by Edwin Hou, a Yogi from Hong Kong. They were very pleased and Mr Shen said that he would organise a meeting with his senior people at the Bureau.

Sunday 28

A tour of the Summer Palace and The Great Wall had been organised so we left the hotel early. The Summer Palace is a very beautiful monument surrounded by extensive gardens and a huge man made lake. It was very crowded as many families were out enjoying a beautiful day. We took a boat ride on the lake and viewed the grand pavilion which was on a man made hill. The Chinese have an incredible sense of art and balance between the nature. Very natural rocks and beautiful gardens with trees and flowers and water ponds with lilies all added to the beauty. Spring is certainly the best time in Beijing as all the flowers are out and the temperature is very pleasant.

In the afternoon we visited the Great Wall and walked up a section to the top of a hill. The mountainous area was very rugged but very beautiful in the afternoon sun. Much of the wall is in a state of decay as it is 2,000 years old and only the sections visited by tourists are well maintained. There was a constant left swastika catch as we found out that the workers that died during its construction were buried inside the wall. The surrounding hillsides were all pink and white with the flowering cherry blossom.

We returned to Beijing in the evening where they had organised a farewell dinner for all the Yogis who had to leave the next day.

Monday 29

In the morning we visited the Forbidden City which was a very interesting look at the architecture and art of Imperial China. In the afternoon the doctors visited the Sino-Russian Friendship Hospital to meet with some of the doctors in the research section. The director was very interested in collaborative research using Sahaja Yoga and is awaiting the approval from the Ministry of Health.

The remaining Yogis visited the Temple of Heaven which is near the Summer Palace. This is a Taoist temple built at the same time as the Forbidden City. After the visit we went shopping for silk at the same silk shop as last time, but found

3. that the prices had increased from last time. We purchased some stone washed silk in different colours.

Tuesday April 30.

A lot of the Yogis left for their respective countries in the morning and only a small group remained behind. We had been invited by the State Administration of Traditional Chinese Medicine for a meeting on the Thursday with the Director and his colleagues. In the afternoon we went shopping for Shri Mataji's present for Shastara Day. We found the most beautiful pearls at the same shop where Shri Mataji had bought last year. We selected a double necklace with exactly 108 pearls for the gift. It had such cool vibrations.

Wednesday May 1.

Wednesday was a holiday in Beijing so we spent some time preparing for our meeting. The rest of the day was spent visiting hotels to see what would be the best for Shri Mataji's proposed visit. We found the Palace Hotel to be the most suitable with a beautiful presidential suite. The Palace Hotel is managed by the Peninsular Group and is regarded as the best hotel in Beijing.

Thursday May 2.

This was a very important day which we were all hoping would be a breakthrough for Sahaja Yoga in China. We were met at our hotel by Mr Shen, who took us to his offices. We waited in the meeting room and finally the people arrived. They included the following officials:

Dr Shen Zhi Xiang, M.D., the Director General - Department of Foreign Affairs, State Administration of Traditional Chinese Medicine, Jiang Zai Zeng the Vice Director, Professor Chen Shikui, Director, Department of Administration, Mr Shen, Division Director and Ms Guo Jing Hua, programme Officer.

From our side we had Professor Rai, Dr Ramesh Manocha and Alex Henshaw.

The meeting started with the usual formal introductions and explanations. This followed with an in-depth discussion about Sahaja Yoga and how we should start something in China. Professor Rai explained about his research and the positive results that came from practising Sahaja Yoga. We compared the great cultures of China and India and how Indians were much closer to the Chinese than westerners, (which Shri Mataji has already explained to us). There was a very good rapport between all the participants and some excellent questions were asked by the Chinese side. The vibrations were extremely strong and we could feel the presence of the Divine throughout.

In the end it was agreed by the Chinese that a joint research facility be established in Beijing and that a programme of exchange be worked out in detail. They also asked us to draft a protocol of intent that can be signed pending the programme details. Mr Shen also said that they would be honoured if Shri Mataji could come to Beijing at her convenience to officiate at a signing ceremony. We mentioned about August and they asked for specific dates. We must reply to them soon.

Friday May 3.

Professor Rai and Dr Ramesh left for Hong Kong from Beijing in the afternoon. Raymond our Chinese tour coordinator was from a city in China called Hangzhou which is where most of the silk is produced. There are large textile factories which produce a lot of silk for export. He had arranged for a number of yogis to travel there on Thursday night. In the morning we visited the silk export corporation and the silk for sale was less than half price that of Beijing. We then went to the local silk market and found even cheaper prices of around £2.00/ metre. We purchased quite a lot for Shri Mataji. We then went to a factory to find very fine floral designs also at good prices. We purchased some more samples and some longer lengths as it was very cheap. We also got some sample pieces for future reference. What we found out is that most of the silk on sale was production over-runs on orders for Europe. The designs are limited but there was a reasonable choice. They usually take designs from Germany, Italy and America and produce exclusively for the buyer. The minimum order is 1,000 metres which will cost approximately US\$8.00 /m depending on the number of colours.

Overall the market is depressed and sales had dropped off this year according to the factories. They are always keen to do more business. In the evening we were hosted to a banquet with a silk trading company manager. This company has a wholesale shop in Beijing which supplies the shop where Shri Mataji purchased silk last time.

Saturday, May 4.

Professor Rai and Dr Ramesh travel to Japan for the medical conference scheduled for May 6.

In the morning we travelled to Shaoxing, a town about two hours drive away. We visited the state run trading and export office to see what sort of items they had for export. We looked at samples of men's business shirts in TC all for such a cheap price of US\$3 and very good quality. They are exporting millions all over the world especially to Russia and the CIS.

Later we visited a garment factory which is producing a lot of silk clothing. The quality is very good and all the stitching was well done. The main line is women's wear. After this factory we visited another one which sells patchwork quilts. These quilts are beautifully made by hand in villages around the province. The designs are based on traditional American and European patchwork patterns.

Shaoxing, and Raymond arranged a visit to one factory. We went to the river and followed a narrow road to a very small village. There were a lot of Chinese men repairing fishing nets so we asked them where we could find the pearl factory. They laughed and said wait for a minute. One man got into a boat and went out to the clam beds and returned a few minutes later with a basket full of clams. They opened up a number of shells and there were lots of pearls up to twenty per shell. The colours were beautiful from pink, gold, white, black and metallic blue, such a variety. We arranged to purchase some as samples of various sizes and colours. Normally they would open hundreds of the clams before selecting the pearls. Each clam is over five years old before harvesting.

Sunday May, 5.

We returned to Hong Kong on an early morning flight to join in the celebration of puja on this most auspicious day. We had a lovely puja which was celebrated in the ashram.

Monday May 6.

(Account of the medical conference as related to me by Dr Ramesh)

The Indian embassy in Tokyo had arranged a special medical conference and had invited a lot of doctors to attend. The yogis had also placed advertisement in the main newspapers. The meeting which was held in the embassy drew a big crowd. There were a number of doctors and the majority of the audience were Japanese. There was a very positive response from the presentation and a lot of people received their realisation.

Wednesday, May 6.

Professor Rai and Dr Ramesh returned to Hong Kong and we had arranged for a medical conference in the afternoon at the Chinese University. We were met by Professor Li, who is head of school in the Department of Anatomical and Cellular Biology. About seven doctors attended and showed a lot of interest in Professor Rai's presentation. Unfortunately there was no time to give realisation as Professor Rai and Dr Ramesh had to rush to the catch a plane to Delhi.

END.



This report on the Beijing Medical Conference is from Alex Henshaw of Hong Kong. Presently in Sydney to attend the birth of his fourth daughter on Friday, 17th May, weighing in at 3.08 kg. No name as yet, though Amy Tai has been mooted by a favourite aunty.