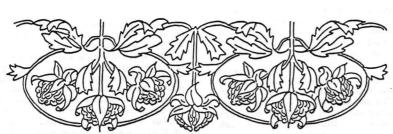
Love from Graeme, Helena, Remmy and Jay.

forward to more tours, holiday visits, stopovers, working bees (!!).... from Sahaja Yogis. Shri Mataji's attention, and can never say we feel alone up here in the bush. Looking visits and generosity to us in the past is greatly appreciated. We are so fortunate to be in and we welcome any assistance from our brothers and sisters. All your loving attention, experience. An 8 week programme is starting on Saturday mornings on 28th February, past programme attendees. They genuinely see Sahaja Yoga as a unique and deep We noticed the new seekers have a depth and sincerity about them that is different from years or months before, rang just before the tour, wanting to come to programmes again! between Sydney and Brisbane). Interestingly, a few people who received their realisation meditations pro, to, during and after the programmes in this area (exactly half-way exercise for those involved. However, we could not deny the cool vibrations and deep Admittedly, initially when we heard it was to occur, we thought it would be an exhausting We were delighted to be involved in the "Country Tour" Sahaja style, earlier this month. News from Valla



Marillyn

I look forward to seeing you at the shop.

personal sarees for sale.

There is a good selection of sarees still available. There is also one of Shri Mataji's

payments before the yogis leave for Birthday Puja.

It would be greatly appreciated if anyone with a long standing layby could finalise their

the programme.

The Saree Shop will be open at Burwood next Saturday, 7th March, both before and after

and Judith WHITTE

ch, 1998 at 6:30 pm ening of their exhibition

invite you to the op Thursday 5 Man

Jacqueline COULTI

5

Sarees for Sale





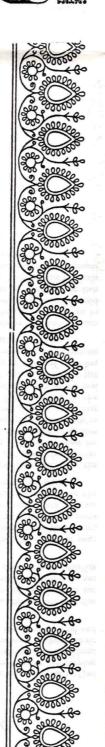
ewcastle Union and the Faculty of Art and Design

Watt Space is funded by The University

castle, Phone: 4921 8733 - 22 3.98

GALLERIES

at WATT SPA Auckland Street, Nev



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STATE OF THE PERSON OF THE PER

With love Michael

Jai Shri Mataji

latest in next week's Newsletter.

speak to Mr Nalgirkar this week and if successful will advise via the telephone or at the to be hoped that we can stay together at the Nizzamudin Camp. I am hoping to be able to As so many of us are unavoidably arriving a week ahead of the Birthday Celebration, it is

Delhi Stay

the Singapore group once the Dunphy's have assessed their accommodation capacity. hotel architect, and can obtain "the best" rate for us. Helen Manassey will be contacting some. Dave personally knows the managers of a number of hotels, though his work as a apartment in Singapore. Therefore hotel accommodation may have to be arranged for It may not be possible for all 23 people of this group to be accommodated in the Dunphy's

Accommodation

back with us, and need the excess baggage capacity per person. flight, but once again please be reminded, we have the 12 suiteases of clothing to bring Once you have received your ticket it may be possible to change the return date of your

departure date. In any case, Rob tells me, the Airline views us as group and will resist changing the

reason to change.

Please let me or Helen Manassey know only if you have a compelling or unavoidable

for the maximum number (23 people) to stay as a group and travel together.

obliged to collect Shri Mataji's artworks and antiques to take with us and I am looking A reminder to all those Sahajis travelling via Singapore on 12th March: we are still

Birthday Puja 8 - Non Parent Adult Group

28FEB98

Contributions: Balraj & Claire Singh 02 9499 2219 Burwood fax 9745 4927 $oldsymbol{1}$ am under the direction of Messengers from Heaven, Daily and Nightly, but the nature of such things is not, as some suppose, without trouble or care.

Temptations are on the right hand and left, behind, the sea of time and space roars and follows swiftly; he who keeps not right onwards is lost, and if our footsteps slide in clay, how can we do otherwise than fear and tremble!

But if we fear to do the dictates of our Angels, and tremble at the tasks set before us. if we refuse to do Spiritual Acts because of Natural Fears and Desires! Who can describe the dismal torment of such a state!

WILLIAM BLAKE

Ayatollah Rouhani:

THE SAHAJA YOGA HOSPITAL AT BELAPUR

bowl was not vibrated again after the initial and, then put on again during the day. The placed under your bed. The lid was removed at

The candle treatment didn't take very loud shout best during mid morning. occasion to correct a yogi who was doing a rather This arises out of an incident where Dr Rai had should shoe beat before dawn and after dusk. Shoebeating is not effective during the day. One

you in thoughtless awareness to meditate for 5 to treatment. After the treatment the doctor leaves much time for thinking. The patient and doctor separately did their own bandhan before the quickly one after the other. This doesn't leave said say four times. The mantras are said fairly cuakra was carcuing then the mantra would be then the mantra would would be said once. If the would would then say it. If the chakra was okay indicate what mantra one should say and you perhaps 5 to 10 minutes. The doctor would

the nand and saying mantras. good effect here in addition to the clearing with is clear, ice packs (2 or 3 per day) are used to with and once it is clear they then freat your right.

The right seems to clear quite easily once the left The doctors concentrate on your left side to start

mantra should be said from deep in the nabhi. sky, your arms a should be horizontal and the your eyes open with your head tilted towards the other three fingers and thumb should be closed, Vishuddi fingers fairly tightly in your ears. The The way to do 'Allah hu Akba' is to put your

The purpose of my going to Belapur was to get treatment for my heart. It was suggested that as clear. Brent's response was similar. eleven days to get my vibrations completely No slouching was allowed. It took the doctors straight up on the floor with hands on the knees. When being worked on the doctor made me sit

part of my treatment, I should say the 101 names

physical and emotional strength after his subtle months ago, seemed to visibly improve in Belapur because of having had a stroke about 18 at about the 16 day mark. Brent who was at sufferers. My heart went back into sinus rhthym which is tremendous news for atteriosclemosis now said that it can also clear blocked aderies, lowers the cholestrol level in the blood. Dr Rai (unprocessed) per day. It is well known that garlic Dr Rai put me on to eating a clove of raw garlic of Lord Shiva twice a day. I managed once a day.

William Blake

physical and spiritual benifits are incalculable. 🕏 experience, one that I hope I may be able to repeat one day. I am sure that the long term

My visit to Belapur was an absolutely wonderful

Maybe we should do this with our Western Cape

that they will gradually lose the ability to ferment.

No.15, May-June 1983, that 'During the Havan

During my stay I read in Nirmala Yoga, Vol.3,

Ganesh mantra 11 times. You can also put your

front Agnya to Mother Earth to clear.

Huntly Reid

Jay Shri Matajil

sours with his own wings.

grapes at our Havans.

AYDIV AJAMRIN

system cleared.

No bird sours too high if he

arose out of our experience. comments, suggestions, and information which Navi Mumbai. What follows is a hodge podge of Medical Research and Health Centre in Belapur, of July 97 at the International Sahaja Yoga recently had the privilege of spending the month Brent Malan, a fellow yogi from Cape Town, and I

and not in Vashi which is the adjacent district. Centre is in the Belapur district of Navi Mumbai name Belapur should be used instead as the amongst yogis. We would like to suggest that the The Centre is commonly referred to as Vashi

were all very kind, concerned, and caring. The office staff, the kitchen and the cleaning staff exceptional. Dr. Rai and his wife, the doctors, the The level of collectivity experienced Belapur was

your attention in Sahastra all the time. If it is, then first thing one learns at Belapur is to try to keep the work of repairing your physical problem. The balance so that the Kundalini can set about doing putting your left and right nadis completely into The vibrational treatment at Belapur is aimed at

The treatments used at Belapur are all well known

The earthernware malka bowl was charged with

back Agnya with the right hand and say the Maha

Ekadesha Rudra mantra 11 times. Then cup the

right hand and bow your head into it. Say the

Something you can do to clear Agnya. Cup your

of our treatment. They also combine well with

These cross manuas were used in the early part

whole set as many times as you can manage.

the mantras as quickly as you can and repeat the

otherwise say them maybe four times times. Say

Say the mantras once if the chakra is clear,

Swamini, Moksha, Pradayini, Mataji, Shri Nirmala

Shri Kalki Shakshat, Shri Sahasrara,

Shri Mata Mary. Shri Mahavira, Shri

Devi, Namoh Namah.

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patients were equally so.

position at Belapur. attention during your stay at Belapur. Hassan is a young yogi who occupies an administration Mataji every third day so you are in Her direct According to Hassan, Dr Rai sends a fax to Shri

never be used on the centre in any event. than a candle as it is a bigger flame. Heat should camphor flame overall produces much more heat This may or may not be so, but the have been doing this using the rationale that the camphor flame is cooler than a candle flame. left and never on the centre nadi. Some yogis Camphor treatment should only be used on the we would say that camphor is currently being used too often by our Cape Town collective. point is made because in view of this experience patients or whom camphor was used often. This were there. On the other hand, there were some had one camphor treatment the whole time we candle treatments (two per day) and Brent only the doctors personal preference. I only had depends on the individual's condition and camphor treatment was used very sparingly. Perhaps 3 or 4 per day are done. Surprisingly the Foatsoaking normally took 10-15 minutes. treatment, saying mantras and affirmations, saying Allah Hu Akbar and shoe beating. to us: foatsoaks, three candle treatment, camphor

vibrations before it was brought to your room and

That is why we find in our Holy Book, Messenger of Peace" "Shri Mataji, You are the

Today, unfortunately, we have seen that this age by Shri Mataji Nirmala Devi. concrete means of putting this message into practice is what is offered to us in responsibilities and in their legal and and phrases which hint at the "way in" to knowledge of the Highest Self. The to be equal to men in both their and men are responsible for keeping them safe." Women are thus considered the Koran, both scholastic discourses

You, Shri Mataji, by virtue of your Cod is closet to man than his own respected in the various Muslim Prophet Mohammed, who tells us: me, I will quote these words of the always understood and therefore not this great insight of the Koran is not To back up this Truth, if you will allow

today justly considered to be the Messenger of Peace in the world. to know himself, so as to finally achieve knowledge of God." through the five continents, you are knowledge of the Spirit, man will begin by virtue of your untiting travels courage, your sincerity and your purity, And the Prophet says: "With the

"With the purification of his inner

teachings of Islam. are in perfect harmony with the Self Realisation and Sahaja Yoga perfect symbol and model for Muslim

you tonight. Mataji that I have wanted to speak to It is because of this revelation by Shri which she reaches) are in perfect harmony with the reachings of Islam. and Sahaja Yoga (which is the practice revealed by Shri Maraji Nirmala Devi) spontaneous Self Realisation (which is Islam. This will make it possible to put a scop finally to all kinds of injustices It is thus that both the experience of

complete right to choose her own Regarding the position of the woman as a wife, Islam not only acknowledges her Paradise at our mother's feet". went as far as to say: "We experienced tradition. The Prophet Mohammed mothet is glotisied in the Islamic you know, the position of woman as women in Islamic countries today. As

In similar vein, I should like to end my talk by referring to the condition of

the famous words of the Prophet, who

husband, but pays hommage to her in

Derek Lee). (text translated on sight and tead by London, on Thursday 3rd July 1997 Address by the Ayatollah Rouhani, Adelivered at the Royal Albert Hall,

is Lord of all things and of all living the existence of a Supreme Being, who see that man has always been aware of evidence left by homo sapiens, we can If we consider the most ancient,

reverence) towards God and to perform show their feelings of deep respect (and beings of every era have always tried to Using every conceivable means, human

into idolatry have never denied with God. Even those who have fallen is the Spirit." This is why Islam has always stressed what is due to their Creator.

recognise a true prophet and what is his being the case, how can we this is still happening today. This their images in His place. And have simply pur their idols and the existence of the Creator, but

religion as it is experienced in our daily logical and tangible explanation of the Will of God, that is, to provide a The mission of the prophets is to reveal

prophets have used two parallel and right track, and in order to do this, the is thus to set human beings upon the and God. The mission of the prophets and of images that come between man proves, then, the pointlessness of idols between man and God. · Monotheism creation, that is, the indissoluble union Supreme Being - means (or implies)
the unshakeable oneness of the whole Cenuine monotheism - the belief in a

• The way of learning, based on theology and philosophy. complementary paths:

 \bullet And the way of Self-knowledge ot Self $\,$ says: "The best amongst you is the one Realisation. $\,$ who behaves best towards his wife". Ot

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PAGE 6

differentiating the cool breeze fron the forced air go constantly. One gets quite proficient at At Belapur during the hot humid summer the fans

Medhi Rouhani

assembled here tonight.

to you Shri Mataji and to all the people

and Turkey, that I address this brief talk

and in particular in Afganistan, in Itan

Muslim countries throughout the world

It is with this vision and with the aim of defending the rights of women in

which are still being committed against

quest find an echo in the spiritual approach of the real

their own dignity, may their

to enjoy a true spiritual life in

Justice, their desire to be able

women. May their quest for

Your exemplary life makes you the

women in the name of religion.

The first rule of Sahaja Yoga treatment is that you

from the beginning help in this regard. get cured as soon as they receive their Self-Realisation. Total surrender and absolute faith you. There are exceptions of course where people build up and it takes time for the Kundalini to cure normally slow. Your condition has taken years to the treatment book. Sahaja Yoga treatment is should go to a medical doctor in an emergency. Dr Rai said that this should have been written in

available, Sahaja Yoga vibrational treatment and analable, Sahaja Yoga vibrational treatment and malable said that he would have liked to have opened such a will have full allopathic medical treatment at Belapur There will be centres/hospitals which I believe that I saw the future of holistic medicine

already described. Then there was the situation vibrational threatment I received which I have My case was an example of such holistic threatment. There was firstly my being on to garlic – previously referred to. There was the centre but there wasn't money to do so.

ieg while at Belapur. to treat the thrombophiebits I developed in my left where Dr Rai put me on to antibiotics immediately

receiving post operative chemotherapy while There was a lady at Belapur The necessity for chemotherapy is then avoided patient could be given vibrational treatment to make sure that the cancer is completey cured. size -- hence the necessity for surgery. The be removed. SY treatment would not shrink the tumour to nothing but only marginally reduce the and safe to operate on. The tumour could then hospital could be say a cancer patient first being given SY treatment to make the cancer benign Another example of treatment in such a holistic

An effective form of 'cross' mantra is as follows:was there. She left, pain free just before I did. completely.

Shakti Mataji, Shri Nirmala Devi, Namoh Namah. Om Twameva Sakshat, Shri Nirmala Ganesh, Shri Gauri Kundalini, Shri Karlikeya, Shri Adi

Vidya, Shri Himalaya, Shri Bramadeva-Saraswati, Shri Nirmala

Shri Raja Laxmi, Shri Laxmi-Vishnu, Shri Gruha Laxmi,

Shri Guru Dattatreya,

Shri Vitala Rukmini, Shri Yeshoda Maya, Shri Radha-Krishna, Shri Vishnumaya, Shiva Sita-Ram, Shri Jagadamba, Shri Shiva-Parvati,

> home? There are perhap a number of reasons. manage to clear ourselves more successfully at Belapur the question then arises: why don't we yogis) treatments and methodology used at If one considers the simple well known (amongst AYOIV AJAMRIN

can be used when it seems appropriate. necessary. The other treatments, such as Matka you get home and applying it to your liver (front and back). A footsoak should be a must every night. A 3 candle treatment should be done it grabbing an ice pack from the fridge as soon as in sticking to it. As an example, how about treatments for ourselves and exercise discipline balance then we should work out a daily routine of to este to get into and maintain a state of The first is that we just aren't consistent enough

cause. There is always a subjective element in yogi thought that his headache was an Agnya problem but Dr Rai diagnosed Visshudhi as the sak. There was a case at Belapur where a young Siva Govender, would seem the ideal person to what chakras we should concentrate on in order to improve our condition. Our national leader, Dr get an opinion from an experienced yogi as to disease and can't go to Belapur, we should also If we are suffering from a serious physical time to time would seem to a logical thing to do. another yogi to check out your subtle system from chakras are caught up so we don't get the true picture of the state our subtle system. Getting catching we can't be sure which of our other chakra as it controls our vibrations. If it is We should pay great attention to clearing this Secondly most of our left Visshudhis are catching.

Sahaja yogi's can take part in is Taekwonda as it According to Hassan, the only madial ad that

sounds exciting. written a book called 'Islam Enlightened' which told us that Javed Khan, a yogi from Kashmir, has is purely defensive and not offensive. He also

vibrations Dr Rai would say at all collective In order to ensure that you were feeling the cool

"Mother please come into my head, enlighten -: SUOIIEIIDƏW

my spirit and let me feel the cool vibrations."

Say this a number of times until you feel the vibrations. You must say it quickly so that you

Repeat silently until the vibrations come. And "Mother I am the spirit and I am not guilty."

"Mother I have forgiven everyone including

unknowingly, then please forgive me." myself. If I have made any sin, knowingly or

2SER FM 107.3 SAHAIA RADIO PROGRAMME

This weeks programme will be on Gypsie culture around the world Every Sunday 10am

born on Tuesday 3rd February 1998 at 5:03am weighing 3.4kg (7 pounds, 8 ounces),

Geoff and Anna Wickham of Melbourne (previously of the Wollongong

BYBX NEMSi

Collective) are delighted to announce the birth of their son Jonathan,

Thanks to all the Sahaja Yogis for their kind wishes.

Siem long. Mum and Dad and baby are doing well.

Amendment to previous message in Newsletter dated 7/2/98: