

8th July 1994  
VALLA N.S.W.



#### MUSIC NEWS

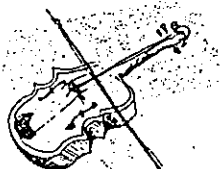
Some information received from Rebecca and Sumanta Battacharya (now living in Pune), on how the ragas relate to the Chakras.

Most of this was taken from Shri Mataji's talk in America while Nishat Khan was performing.



CHAKRA	NOTE NAME	RAGA
Mooladhara	Shadaje (SA)	Shudha Bilawal (morning) Shyam Kalyan (morning)
Swadhistan	Rishav (RE)	Yaman (1st 1/2 of night) Todi (daytime)
Nabhi	Gandhar (GA)	Gunkali (early morning) Lalit (early morning)
Void		Malkosh/Malkauns (3rd 1/2 of night)
Heart	Madhya (MA)	Bhairav (morning, 1st 1/2 of day) day)
Centre Heart		Durga (midnight)
Vishuddhi	Pancham (PA)	Jaijavanti (night, 2nd 1/2-3rd 1/2)
Agnya	Dhaiwat (DHA)	Bhoop/Bhopali (1st 1/2 of night) Bageshree (midnight)
Sahasrara	Nishad (NI)	Bhairavi (concluding Raga, early morning) Darbari/Darbari Kanhra (Midnight)

BHAJAN PRACTICE AT NORTHBRIDGE  
ASHRAM - Wednesday night 7.30p.m.  
ALLWELCOME!!!!!!!!!!!!!!!!!!!!



THE AUSTRALIAN

# Sahaja Newsletter

#### Contributions:

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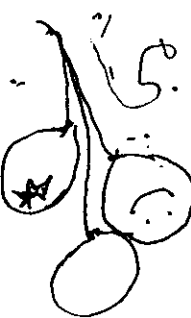
JULY 15th '94



The joy is not that you laugh aloud, the joy is not that you are always smiling. No. It is the stillness, the quietitude within your self, the peace of your being, of your spirit.



ALL WELCOME.....Meena 744 7049  
If you are coming (for catering).  
There will be bhajans and  
food provided. Please let Meena know  
on Sunday 17th July, at 6pm.  
It will be held at Burwood Ashram  
Party for her husband, Andrew.  
Meena Rohowj is having a Birthday  
PARTY AT BURWOOD



The 'SEWA' Centre library is almost a reality (no longer a work of fiction!) All it needs is books. We do have some, minus all the books that were not returned! We have set up a simple system that should be effective in minimising the loss of books.  
We will probably be asking borrowers to register and pay a registration fee (one off) of about \$10 to cover postage and book covering materials etc.  
When one borrows a book, there is a very simple system that identifies the borrower and the day it is due back. One can, of course renew, but only if negotiated. Borrowing period is 2 weeks.  
Borrowing times will be on Friday nights before and after the program to begin with. Some times during the day can be arranged later if there's a demand.  
So all those people who have been waiting for there to be a proper system before donating books, please bring them in. Any books that you would recommend to Sahaj Yogis as good books would be suitable. Books on religion, philosophy, literature, culture, travel etc. - books which are useful for research or simply good for the spirit.

Kate Carmichael



Dear Everyone,  
Greetings from the mid-North Coast of N.S.W.  
We have recently re-commenced regular programmes here after a one-year break following the arrival of our son Remy. After some advertising in the local "Happynings" magazine and three local newspapers over a one month period, about 20 people have come to our home for programmes, 3 ladies in Kempsey and a man in Port Macquarie. One lady who had practised Sahaja in Melbourne some years back as a beginner has been coming every week and was delighted to find out that there were Sahaja Yogis in the area.  
There are many seekers here and the multitude of activities to cater to them, so it is hard for people to settle down in Sahaja. Our own vibrations are improving and meditations stronger as we are learning so much through giving programmes. We have certainly learnt the importance of nurturing relationships and friendships with people scattered over a wide geographical area (from Grafton to Coffs Harbour to Kempsey and around Nambucca Heads), and paying strong attention to the ones who stay on. One new lady cured her horse. The horse had been very sick in the chest and weak. Denise decided to put her left hand out and asked the Divine for help as she raised the horse's kundalini, and it worked. Denise's son Trinity, has also been coming to collective meetings since his mum gave him realisation. He is a very sweet 9 year old.  
If anyone has been thinking of getting away from the Big Smoke and would like the challenge of presenting Sahaja Yoga in rural areas, there is a big country out there, and lots of interest from locals if advertising is regular and time flexible.  
Thanks to everyone who has helped us with tapes and books. We love to have visitors too and are situated exactly halfway between Sydney and Brisbane so please drop in anytime for a visit.  
Love to all from Graeme and Helena.

### News from Darwin

Greetings to all our brothers and sisters.

Sunday 27th June started early for the Sahaja Yoga team here in Darwin. Our tent at the NT Health & Healing Expo in the Botanical Gardens under the shade of beautiful palms displayed our red banner (made by Ian & Allina from Alice Springs) "Sahaja Yoga Meditation"

A constant stream of people wanting self-realisation faced us soon after opening. At one stage five yogis were giving realisation with another half dozen taking realisation from our Beloved Mother via the video screen where Stephen's "Evolution" tape (with self-realisation) was playing continuously. People were waiting three deep for the next available Yogi!! We estimated that around 130 people received self-realisation with many tourists from overseas and inter-state.

Another popular attraction was free Tamarind juice (kokum) which we had placed at the entrance. Our sign - "You will live as long as your liver will allow - Cool refreshing Tamarind Juice - Liver Tonic" was a great draw-card as was our hand-out explaining how the liver is the seat of the attention and liver problems prevent good meditation. Many people remarked that they felt better after one small cupful.

We continued throughout the day with hardly a break and as the sun sunk lower over Mindil Beach and cast long shadows over our little tent, we suddenly felt the pangs of hunger as not one morsel had passed our lips since breakfast!

With no more seekers appearing we hastily dismantled our display and repaired to the Pizza Hut for some much-needed sustenance!

As a result of the very powerful Havan which took place the day before the Expo in which we read out the 108 names of Shri Mahakali and the 11 Ekadesha Rudras, some surprising things have happened. Firstly the new Hotel in Rapid Creek burnt down. (We had offered Alcohol and drug abuse to the fire). Many child abuse cases have been brought to court. In the follow up programmes we received many more women than men, where usually the opposite is the case.

A work associate whose wife could not get realisation at the Expo due to the queues, invited Linda and Kevin to a BBQ with some acquaintances so that they could all receive realisation. As a result all six felt the cool breeze, however one, who was writing a book on spirituality was very sceptical. However his very right-sided wife was transformed to calmness and tranquillity after receiving Divine Vibrations. Another interesting aspect is that it is slowly working out in the Aboriginal community with several realised souls now working at Kormilda College - a predominantly Aboriginal boarding school and an Aboriginal mother and daughter came to our follow-up programme.

We have also started a second weekly programme in Palmerston (population 10,000) so things are beginning to move here in the Top End. Our thanks to Ramesh from Sydney (now Alice Springs) and Ian from the Alice for much needed assistance.

Jai Shri Mataji!

Peter Hewitson

### MOTHER NATURE AND ENVIRONMENTAL PROBLEMS

Shri Mother talks a lot about our need to get back to Nature and learn and care about Nature, but maybe most of us do not know how to ACT to change things for the better in a rapidly damaged environment. Acting and behaving positively and responsibly can be the first step in becoming our own gurus in regards to the environment.

1. Visit wild places and national parks, walk on the beach, swim in the ocean regularly to remind yourself about the beauty of the elements clearing the subtle system, and appreciate that they are not to be taken for granted.
2. Educate yourself about what is happening to our environment. Specific issues such as forestry, pollution, alternative energy, wilderness, chemical issues, and organic agriculture are all worth finding out about. Sources for education include your local environment group, membership to the Australian Conservation Foundation and The Wilderness Society gives subscription to their magazines, and tapping in to the world-wide Pegasus network via your computer.
3. Write to your local member or relevant ministers, write to public and private companies when an issue is brought to your attention that could damage the local or global environment. Remember that every letter is equivalent to 1000 other people who feel the same way but don't do anything.
4. Take care of your home and family in an environmentally friendly way by recycling, composting kitchen wastes, growing organically, reducing electricity consumption, recycling water when possible, using safe cleaning agents (bicarb soda, pure soap, vinegar and cloudy ammonia are all you need).

Mother Nature has given us a paradise, Shri Mother has given us Sahaja Yoga to clear within, so acting and behaving responsibly should be easy!

GAAEME + HELENA.



Carole McNeil  
We really feel  
You're really looking better  
So Happy Birthday  
Once removed  
And back to the NEWSLETTER.



### SAHAJA Newsletter 22

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#### INTERNATIONAL NEWS: INDIA

Welcome to Subhash, Greta's husband, who has just arrived from Thane, India, where there are 5 Sahaja Yoga centres and 4 more planned. A recent exhibiton in Dada Hall where they regularly hold programmes showed Mother's miracle photos, videos and information about Sahaja Yoga. It was very helpful in showing an overview to newcomers. They have started a singing group for bajhans.

The yogis have noticed a big difference in Thane since they all took part in a cleansing experiment using 4 treatments daily. For one hour each day each yogi has been working on the subtle system with shoe-beating, footsoaking, string-knotting and onion treatment. All feel more in balance and have experienced the Sahasrara opening more. (This typist can feel it too!)

They have also started an experiment in Brahmana Vidyalay High School with 150 year 10 students having one hour Sahaj Yoga programmes each day. Already the children's personal problems are reducing and parents are commenting on their quietness and improvement generally.

A meeting was held in Washi on June 25 for all the yogis who will be working at Ganipatipule this tour. An unsubstantiated rumour is going around that there may be some sort of celebration at Nargol next year for the 25th anniversary of the opening of the Sahasrara.

**NB Onion Treatment:** cut a small onion into 3, dry fry until black (no need to turn) Lie down with head towards photo, place onion pieces on hamsa and eyes. Say front and back agnya mantras or lie without thinking.

#### HIMALAYAN NEWS

Raji will be brushing up on her Hindi for the next few months. The boys are doing very well in English at school but their Hindi is not up to scratch! Sandeep was first in Science, Social Studies and English in this month's tests and Sanjay is very much enjoying his dance classes. Both boys are happy and well but sadly 'Ducky's' legs have been lost in the mountains and can't be found! 'Piggy' is fine though. Sanjay has made two new friends however and all the children enjoy their weekly visits to town on Sundays. Can you believe it's 3 months since they left Perth?

The following notes are from information sent by the Registrar of the school to parents: The children have settled down at last after exhausting the reactions and conditionings brought from their respective countries.

The new school building is almost ready for use

andwork will start soon on the high school. A pipeline to bring pure water directly from the Himalayas to the school over 5kms of complicated terrain, is being built in a simple and joyous way by Mr Valera, a Sahaja Yogi from Russia. A chef with star hotel experience is supervising the preparation of the children's food which is served in an elegant way with love and care but parents are asked to encourage the children to live in the present and eat without thought. Parents are reminded to send parcels for birthdays only!

The older children recently attended two Public Programmes in Palampur which began with the children singing Sahaj songs. Mr Rao, a Sahaja Yoga from Bangalore has been appointed by Shri Mataji to have overall charge of the school.

**CHINA:** Congratulations to Kate who has received a scholarship to study in China. Australian attention needs to be on China since Mother said we will be helping to work out Sahaja Yoga there. China has just outlawed labour by children under 16.

**Uncle Stephan leaves on 15th July for GURU PUJA which is being held at Cabella on 23rd July.**

**Dallas Lynch is having a short stay in the Sir Charles Gairdner Medical Centre, Ward 53 Room 18 bed A, after a fall from the hangar roof. Bandhans would be appreciated. Our attention is with you Dallas.**

Jaimie Sreshthaputra

Bangkok 20/6/94

Here we have been quite busy since Mother's visit - still 10 to 15 people are coming every week, all Thai people and very sincere seekers

I will leave the group for a few weeks but I am sure that the other Sahaja Yogis will take care of the new people very well - I want to follow Shri Mataji from Switzerland to Vienna (France, Belgium, Germany...) and Guru Pujya in Cabella. The tabla player and the harmonium player who have been invited by Mother to Cabella will also come. I am very happy if that

In August my daughter Saraswati will get married with her "Sahaj" husband from Minsk (Belorussia). They got married last year in Moscow. So I'll be back in Thailand after the wedding

I would like to thank again and again Australian Sahaja Yogis for their help, so important for the tapes they are sending to us regularly, for the beautiful posters they printed for us this year, and for your constant love and attention on us

Love to all of you  
Jai Shri Mataji  
Jaimie