

This will be followed by a dinner party to celebrate Maha Devi's birthday. Afterwards, there will be more singing & music.

Starting at 5 p.m. there will be bhajans and choir practice.

EVENT AT CROYDON - Saturday 11th June

Please contact Prue (02) 566-4021

Glebe is an area with a strong community/village spirit and is bursting with seekers. Are there one or two yogis who could help start and ashram and support programs in the area.

Interested in living in Glebe?

Reminder: Burwood ashram changing their program to WEDNESDAY night (7.30PM) as from next Wednesday June 15th

SYDNEY NEWS

Peter Hewitson 27th May 1994.
Journalistic licence

On Sunday 15th May we had two programmes as part of the Women in Sport & Recreation (WISAR) weekend which was held at the "Tardis" the normal venue for our weekly public programmes. Despite being squashed into a tiny room with other activities in progress around us, 26 women and 1 man received their self-realisation. The vibrations were so strong everyone was "blissed out" and many didn't feel inclined to leave. While Linda was conducting the programme I was called out to be interviewed by two ladies from the local radio station "HOT100". After I explained briefly about Sahaja Yoga, she immediately dialled HOT100 and went into her spiel: "We're down here at the Tardis checking out the activities in WISAR and meditation is happening so if you feel really washed out get down here and relax with Sahaja Yoga Meditation!" The newspaper next day reported that Meditation was the most popular event of the weekend with over 60 people attending. Thankyou Shri Mataji for

The new centre for Sahaja Yoga in Darwin is now at 15 Karcacoules Cres, Moulden. Palmerton NT 0820 Phone 089-325099 where Kevin and Linda Pauling reside. This move was brought about as the owner of our Ashram decided to sell the property and not renew our lease. Peter Hewitson is now at 3/56 Sabine Rd Milliner NT 0810 Phone 089-482487.

To Sahaja Yoga Newsletter
News From Darwin

Ancient Shamanic truths of the American Indian

Go out and find yourself a peaceful place among trees, on a hillside, or near a river or stream. If that's difficult because you live in a big city, there must be a park nearby where you can get away from the hurry-burly and pace of modern civilisation and where you can be surrounded by some natural beauty.

Look for a tree that has a fair amount of space around it, and one with a good, thick trunk. Sit with your back against it, so that the trunk supports your back and you can sit upright in comfort. Sit facing the direction of the Sun.

The idea is to spend a few minutes concentrating on each of your senses in turn:

Watch the sunlight dance on the leaves of the trees or notice the rich range of shades of green and brown. Explore the colours of flowers or shrubs, and the crinkly pattern of the

leaves. If it's winter, examine the texture of the tree trunks and the arms and fingers of the branches. Watch the clouds scamper across the sky. Consider the weave of the grass near your feet. Just put all your attention into looking.

Then switch your attention to **listening**. Hear the whisper of the wind in the trees, the songs of the birds, the melody of flowing water, the hum of insects. Just listen for the sounds of Nature.

Next, concentrate your attention on your sense of **touch**. Feel the warmth of the sun on your cheek, the caress of the wind in your hair, or the kiss of rain on your lips. Take off your shoes and let your feet sink into the soft, springy soil beneath you. Feel your oneness with Nature.

Smell the scent of the grass, the sweet fragrance of flowers, the solid earthiness of the soil beneath your feet. Put all your attention into your sense of smell so that you breathe in the fragrance of Nature.

Then **taste**. Television commercials invite us to taste the freshness of certain foods, and that may be an exaggeration. But your taste buds will respond to the true freshness of Nature. Discover the taste in the fresh air that starts the saliva flowing - and that's no exaggeration.

Spend at least five minutes or so in putting each of your senses to work in this way, and you will experience a contact with Nature that you have, perhaps, not known before. Indeed, if you will spend a little time in this tranquillity, if only for half an hour or so once a week within a few weeks you will recognise for yourself an opening up of your senses, a sharpening of your intuitiveness and creativity, and an awareness of the spirit of things. And one day when you perform this exercise you will become aware of the sounds behind those of the Earth, the "hidden" sounds of Nature as the Indian was so readily able to do. When that day comes, as come it will, you will begin to understand the heart of the Redfolk.

Kennah Meadows, a former college lecturer and journalist, has pursued his interest in the esoteric knowledge of ancient peoples for many years. He has studied Shamanic Teachings directly under Native American, British, Scandinavian and other European Shamans. He is a trained shamanic counsellor and author of Earth Medicine Way, from which this article was extracted. Published by Element Books.

Thanks in advance for your support.

Please return ticket stubs to arrive by Thursday 1st September 1994. All cheques should be made payable to Sahaja Yoga. Any queries can be directed to Kim Pearce (074) 966716 or Wendy Flessner (07) 8990950. Any yogis in outlying areas may purchase tickets direct from Kim at the above address.

Kim Pearce
Lot 13 McClintock Rd
Warran 4512
Queensland

All ticket stubs to be sent to:

Adelaide	Greg	(08) 2975474
Brisbane	Wendy Flessner	(07) 8990950
Calms	Lyn Roles	(070) 533913
Canberra	Sarah Francombe	(06) 2810081
Darwin	Linda Pauling	(089) 325099
Melbourne	Debbie Miller	(03) 7237184
New Zealand	Andrea Williams	(9) 6241788
Perth	Joe Reid	(09) 5746100
Sydney	Anna Potts & Susi Hutchings	(02) 7474835
Tasmania	Mary Mahara	(004) 246109

This year's raffle will be drawn on the Friday 2nd September 1994. All monies raised up to \$3,500 will go to the lucky winner for *India Tour* or alternatively to can be used to send a child to *India School*. Any money raised over \$3,500 will be donated towards the building fund for Shri Mataji's property at Warran. This year's prices are: \$15 per ticket (same as last year) or \$25 for two tickets. Please support your local ticket sellers.

Dear Brothers and Sisters,

It's time for India Tour Raffle 1994!!

THE AUSTRALIAN

Sahaja Newsletter

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FRIDAY 10th JUNE 1994

SHRI MATAJI AT THE ROYAL ALBERT HALL, LONDON.

This is a quick report on Shri Mataji's latest program at the Royal Albert Hall.

This year, it seems, it was quite different. It has been described as beautiful and sweet; it also turned out to be short and sweet! Far less music than other years, but this didn't trouble the musicians, they reportedly surpassed themselves.

After a short introduction, Shri Mataji delivered a talk described as concise, happy and bright. After Her talk, She asked for two more songs and then when everybody was on tenterhooks and ready for more, Our Mother rose and bade the audience goodnight. This resulted in an interesting after effect. Literally hundreds of people came to the follow ups. Many, many more than ever before!

Subj: Shri Mataji Nirmala Devi in Taiwan, April 19 to 21 1994

Dear Sahaja Yogis !

This is an account of Shri Mataji's visit to Taiwan this year. This visit was very fruitful in forging a better cohesion in our collective. We were especially blessed with a short Puja on arrival where we could wash Her lotusfeet. The programs while not attended by so many people as in other cities on the tour have resulted in successful follow ups (120 on the first follow up, 46 on the fourth and so far last). Our hearts are still full of gratefulness to the Adi Shakti that She has blessed this country again with Her visit.

Much Love, Harihara

SHRI MATAJI NIRMALA DEVI IN TAIWAN, April 19 to 21, 1994

For Shri Mataji Nirmala Devi's visit to Taiwan lots of help from other countries was instrumental for the success of the preparations. One Yogi and three Yoginis from Austria and one Yogi from USA came well in advance to help with the preparations. Financial support came from Austria, USA, and Canada. The small and young group from Taiwan was very committed to the preparations. The point that we can only grow individually if we get involved in spreading Sahaja Yoga was well realised by everyone.

ARRIVAL

Shri Mataji arrived in Taiwan on CI 17 from Tokyo at 16h41 on the 19th of April. The plane was 20 minutes late, as it came from Hawaii. It took one hour for Her to pass through all the controls (We could try to announce Her to the authorities in order to achieve an easier process for our beloved Holy Mother in all countries - some airports also have additional service, like electric cars which has to be ordered at the time of booking). In the car Shri Mataji said that the airport was insufficiently planned, with long walks and no place to sit down. Except the ladies who were waiting in the hotel for aarti and a few at the program place everyone was at the airport to receive Shri Mataji. A record number of planes was just arriving at the same time - a lot of heat to absorb for our Holy Mother.

While driving from the airport to the hotel, Shri Mataji looked at the sun and asked if this was the moon - it was so pale due to heavy pollution (children did not believe it was the sun either). Dark clouds came over the city, but it did not rain.

MIRACLE PICTURE MADONNA WITH CHILD

Shri Mataji showed a picture that was taken at Wamuran in Queensland. To the right there was a rainbow, to the left a cloud formation in the form of Madonna with child, just like a sculpture from Michelangelo. She said that the programs in Japan the day before were very successful with 600 people in attendance. This crowd came with posturing only as they could not afford newspaper advertisement. She then talked on the beliefs of Muslims and Christians who think their bones can be resurrected - a reason for their desire and willingness to suffer. "Logically - think of it, how is it possible?" On mentioning the JAMA article on the sacrum bone that was found by the Australian Sahaja yogis, She remarked that the old Greeks knew about kundalini and that the orthodox church was responsible for wiping out this old knowledge. Shri Mataji then related how in Delhi She first found Gaia (the Mother Earth), and then, surprisingly Shri Ganesha beside Her. Uncle Gregoire went later there and took pictures (that was before Sahaja Yoga started in Greece).

2 HUMAN GENES

Shri Mataji then touched the topic of genes (She has spoken on that in Canada and Australia already before). There are 2 human genes. One

protects from the sin against the Mother, one from the sin against the Father. Both are much prevalent among eastern people and are missing in the white race. Kundalini awakening can repair the genes. Shri Mataji remarked on the bad living conditions of common people. She pointed to a shabby apartment house in touching distance of the freeway and was asking if this was a factory. Shri Mataji then blasted the double standard of industrialized countries who export polluting technologies but then want to put duties on goods made by those technologies.

ANTIBIOTICS - NO SOUR FOOD FOR SHRI MATAJI

Shri Mataji once got antibiotics and got very sick from them - like Shri Shiva drinking the poison (which got him the blue throat and the name Neelakantha). Since then She has given up eating sour things. (We should not serve anything sour to Her).

HONORARY MEMBERSHIP OF THE ACADEMY OF SCIENCE OF ST. PETERSBURG

Shri Mataji then related that She was made honorary member of the Academy of Science of St. Petersburg, an honour that was put also on Einstein. The vice president had remarked in his speech, that Einstein was working on matter, but Shri Mataji was transforming human beings. Russians understand Shri Mataji very deeply. (You may wonder why She could address so many issues just on the drive from the airport to the hotel - it took one hour for us to get there).

Shri Mataji was again staying in the old part of the Grand Hotel, the Chi Lin Pavilion, where was a temple in old times. She had stayed there when visiting the country with Her husband 20 years ago (at that time in the Jade Phoenix) and at the two previous visits for public programs. From the balcony of Her room one can see the whole of Taipei, as the hotel has a location like the acropolis.

PUJA

Upon arrival in the hotel three Yoginis were performing the Aarti. She then allowed Her feet to be washed and massaged. Shri Mataji especially told us to massage the Vishuddhi (ankles) which were swollen as a sign that we did not absorb the vibrations there. That was also the time when our first public program started, which was held by Sarvesh.

After the public program which was held in the Alumni hall of the most renown university in the country, She remarked it was a good idea to target the intellectuals. (We had not done that as a conscious strategy). During the Tokyo public program She felt Rajneesh's vibrations, so She talked about him (died from AIDS...), which prompted some people to jump up like jack-in-the-boxes and leave. Shri Mataji then discussed the agenda of Her stay and decided to our joy to leave in the evening instead of late morning of the third day.

DAY 2, April 20, 1994

Shri Mataji stayed during the second day in the room as She was working on our Nabhi and Vishuddhi.

SUPPRESSION OF MUSLIM WOMEN

She talked on the difficult situation of Muslim women who have no rights. Even in India there is a different law for Muslim and Hindu women (Rajiv Gandhi refused to change that). Shri Mataji said: "FOREIGNERS SHOULD WRITE ON THIS, THEY WOULD LISTEN".

BOSNIA

On Bosnia She said that the Serb aggression should be stopped. Yogis in the countries that are capable of action - USA, Russia, Europe (especially Britain and France) should put their desire into bringing forth an end to this.

NAZI DEVILS NOW SERBS

Shri Mataji once went on a first of September to Poland, when She felt immense sadness from the people. Then they told Her it was the anniversary of the Nazi invasion. She remarked on the unthinkable cruelties and that they were devils who are now not in Germany, but

Jai SHRI MATAJI



Here is some news from Thailand as quite some changes have taken place in recent times. Just before Shri Mataji's coming to Bangkok this year a couple of newspapers suddenly - and surprisingly - showed interest in Sahaja Yoga. As a result Sahaja Yoga got a decent coverage in two local newspapers for the first time in Thailand.

After our Holy Mother's public program, which for Thai standards was very successful (about 700 people attended of whom some 80 came to the first follow-up and still about 50 to the second follow-up), a Thai magazine asked Shri Mataji for an interview (to be published in July) which turned out amazingly deep. The journalist, himself a strong seeker who has been meditating for many years, asked highly interesting and intelligent questions. The vibrations were very strong and Shri Mataji was thoroughly pleased. After the interview our Holy Mother invited all the Sahaja Yogis to Her suite and we enjoyed a Puja-like atmosphere until late at night. We sang a lot of Bhajans to which two Indians played tabla and harmonium. The performance of the two musicians prompted Shri Mataji to invite both of them to Cabella for the Gurm Puja.

One week later another magazine turned up at our regular meeting. In between we had the pleasure to welcome a camera team from Thai T.V. (Army Channel!) The quite positive report was aired last week.

With all this attention we are getting from the media we are quite confident Sahaja Yoga will spread in this country (Shri Mataji on seeing the newspaper reports after Her arrival referred to them as a miracle).

We are now putting our attention on an ashram as the group is growing. As our Holy Mother has put Her attention on this project already we should be able to open a new centre somewhere in or around Bangkok fairly soon.

Jai SHRI MATAJI



have come as Serbs. It was Hitler's birthday, so the topic came up. We did not realize it was also Shri Ramas birthday. Shri Mataji talked also on a stronghold of Nazi war survivors - Argentina, and that she gave a bandhan to the British in the Falkland war who won in spite of inferior military power on site.

COLLECTIVE ACCEPTANCE OF WRONG THINGS IN THE WEST

Then Shri Mataji talked on the Germans who are feeling they are a higher race, but calling themselves intelligent. Neonazism is a major problem now in Europe. The Germans should write down all what is wrong about their country. Collective acceptance of wrong things is a problem in the west. Something that Sahaja Yogis can change if they put their attention on that.

SCIENCE

She related the story of a Sahaja Yogi who was working on fungi but could not continue as his vibrations made them unable to penetrate cells (their ends became like clubs). Shri Mataji also talked about Dr. Chugh's work on asthma which comes from a right heart - center heart combination. Due to hot liver affecting the heart. On sudden infant death She confirmed earlier remarks that this happened because the infants were left alone, and explained the chain of events: a weakened infant was left alone, would start crying and become exhausted, then bhoots could come and enter (some babies are left alone in a room for up to 12 hours, but western mothers regard a child in another floor as attended).

CHILDREN

Shri Mataji said that the situation of children in modern times was especially difficult as they were exposed to violence through media - TV, video, movies. As children pick up everything this would affect them very much.

PHOSPHORUS/ALL MEDICINES IN THE WEST ARE HOT

On earlier visits She already said that the high phosphorus in seafood would weaken the eyes. This time She confirmed that by likening the orange colour of a boiled salmon to the colour of stones at geysers in Japan. Phosphorus was very heating. Chinese should give up eating seafood. She also said that the medicaments in the west were all heating and that they had nothing to take out the heat. Western doctors should take to Ayurveda. Those who have a hot back agnya (and a weak eye sight as a result) due to fish/seafood consumption should put ice on the back Agnya during meditation. Absolutely sensational, we always have used fire, apparently only in the special case of hot back Agnya.

CORIANDER COOLS, OUR INDIA NAUSEA IS DUE TO HOT LIVER

Western Sahaja Yogis routinely blame Coriander for bouts of nausea and eating disorders frequently encountered in India. Shri Mataji said Coriander was cooling the liver. Indian spices were scientific. It was not logic to connect hot liver which causes our problems to Coriander. As this is a problem that continues after almost 2 decades of India tour we should really attack the liver problem with full intensity. To help us in this She recommended 3 new treatments. She must have told that already before as all of this was available already in the central Austrian ashram, but most people did not know the purpose.

To be continued at a later date....

