



Australian Sahaja Newsletter

2nd July '99

Contributions: Lidcombe: 02 9649 6879
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I was really very much touched because now the New Year is coming with a new challenge for all of us, which we have to accept that the Kali Yuga is over and we have to establish the Sat Yuga, for which all of you from every country should be thinking how you can do it in your country and other countries. What are the problems in another country?

Put your attention outside, not inside - this way that you should say that "I need this, I need that". We should know what other people need. What is their need? What the people in our society, in our nation, in our world require. Better write them down, what do they require?

It's better it will work, might be. It might be corrected. It's very important for Sahaja Yogis to sit down and write down what the world needs and what is to be done. It will be a nice idea for all of you to really aspire for that kind of a homogeneous society that we have here today. And we will, one day, you will be surprised that we will be the ones who'll guide and lead the rest of the people with our love, attention and care.

H.H. Shri Mataji Nirmala Devi
Birthday Puja, Delhi, 1999.

Newsletter contributions: Because of the new program time for Sydney Collective Programs, the newsletter is now compiled on Thursday evening. Please submit items by Thursday 3pm. Note that if you wish to email an item, please ring first as we are having some modem problems at present.

NEW GURU PUJA DATES

We have received news that Guru Puja will now take place in Cabella on the weekend of 31st July /1st August.

The Puja Seminar in Brisbane has also been changed in accordance with these dates.
PLEASE REGISTER AS SOON AS POSSIBLE!

BURWOOD COLLECTIVE PROGRAM

A reminder that the collective program at Burwood is now being held on Friday nights at 7:30pm, not Saturday evening.



GANESHA PUJA TRAVEL

Those coming to Ganesha Puja this year should arrange their travel so as to be at Cabella by the evening of Monday 20th September. This means leaving Australia on the weekend of 18th-19th September.

Last year we had a very enjoyable and relaxed time in the early part of the week, setting up the kitchen and in the hangar, before all the people arrived.

Open World Travel at Artarmon have provided some indicative prices for travel to Milan.

Departing from Eastern Australia

With Lufthansa	via Singapore and Frankfurt	\$1825
With Lauda Air	via Vienna	\$1625

Michael

GURU PUJA, WAMURAN, QUEENSLAND
30th July -1st August 1999

FEES

(includes dakshina, food and accommodation costs for the weekend)

Adults	\$80
Students	\$40
Children (5-15)	\$25
Children under 5	Free

Payment in advance would be appreciated to offset our costs of hiring equipment, pendal etc.

TRANSPORT

Anyone requiring transport to Wamuran from the airport/train station etc. please advise.

PROGRAMME (Times approximate)

Friday Evening (For those arriving early)

6.00pm	Evening meal
7.30pm	Meditation, exchanging vibrations, socialising etc.

Saturday

6.00am	Meditation
7.00am	Breakfast
8.00am	Preparation for entertainment programme
12.00pm	Lunch
1.00pm	Havan
2.30pm	Preparations continue - rehearsals etc.
6.00pm	Dinner
7.30pm	Entertainment programme commences

Sunday

6.00am	Meditation
7.00am	Breakfast
11.30am	Puja (includes puja meal)
5.30pm	Departure (for those leaving early)

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GURU PUJA, WAMURAN

<u>Monday</u>	<u>(For those staying longer)</u>
6.00am	Meditation
7.00am	Breakfast
???	Relax and enjoy the post puja vibrations

You are welcome to stay longer if time and/or desire permits!

THINGS TO BRING

Sleeping Bag
Plate, bowl, cup, spoon, knife & fork
Warm clothes (night temp. 4 degs !)
Camera & film
Song book

CONTACT NUMBERS

Entertainment Prog: Peter Cavenagh 07 3378 0493
Puja Registrations: Peter Hewitson 07 5496 6716
Transport: Mario Auer 07 3200 3817



David and Mahima Morgan are now the
proud parents of a beautiful baby girl
Samira.

Born 25th June, 3.5kg.

Warm congratulations to Mummy, Daddy
and Grandparents!



ART EXHIBITION - WILLANDRA ART CENTRE

770 VICTORIA ROAD RYDE NSW 2112 - PH 02-9808-2254

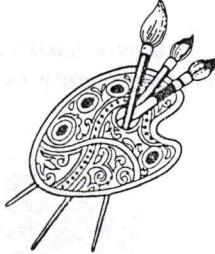
EXHIBITION BY THE MELDRUM GROUP - City of Ryde Art Society
(Students and ex-students of Graeme Inson, Hayward Veal & Alan Martin)

FROM 26TH JUNE TO 3RD JULY, THERE IS SOME DISCUSSION ABOUT EXTENDING FOR ANOTHER WEEK, WILL ADVISE

WILLANDRA ART GALLERY HRS - 2PM TO 4PM SATURDAY 26 & SUNDAY 27 JUNE
- 10.00 AM TO 3.00 PM MONDAY 28 TO THURSDAY JULY 1
- 2PM TO 4PM SATURDAY 3 JULY

SUE WILLIAMS HAS THREE PAINTINGS BEING EXHIBITED

- RAG DOLL
- STILL LIFE - PANSIES
- ORIENTAL STILL LIFE



Only Human;

Sometimes I feel like a total human being
with all its faults
with all its weaknesses
with all its challenges
and with all its longings
but in other times I feel like a human being
with all its perfection
with all its strength
with all its sincerity
and with all its love....
Please Mother, come into my illusion
and settle my dreams
so that the reality of Your Love
will fulfill my soul and my heart.

Jai, Jai, Jai Shri Mataji
Much love and joy from Sidsel ,Norway

Comments on a visit to the
SAHAJA YOGA TREATMENT & RESEARCH CENTRE
Belapur (Near Vashi) India
by Linda Millar

Having recently returned from a 2 week stay at the Sahaj Hospital just outside Mumbai, I would like to pass on some of the experiences my husband and I were fortunate enough to enjoy.

The first thing one notices on arrival at the Centre is the peace and serenity. Anyone who has travelled the roads of India will know how much hustle & bustle accompanies the journey, constant horn blowing, near misses with other vehicles, the appalling pollution. Imagine then the glorious feeling of arriving at an oasis of peace, the vibrations instantly obvious in the coolness that emanates from the front entrance; the silence of the "inner sanctum" broken only by bird calls and gentle voices. We felt instantly refreshed. Mother's attention is there all the time and that makes it a very special place indeed.

The collective meditations held morning and evening in the Meditation Hall are guided, with the objective of helping everyone to experience a very deep meditation and to feel the cool breeze in their hands. We were reminded that Sahaja Yoga works from the heart. A very good way of opening up the heart was to invite Shri Mataji in. After putting ourselves in bandhan, and saying Mantras for Shri Ganesh and Mothers 3 Great Mantras, it was suggested we, *from the heart, and with all our love, with utmost humility, and with deep sincerity*, say (silently of course) - "Shri Mataji, Please come into my heart, Enlighten my Spirit, and help me to experience the Divine Vibrations". We were given about 5 minutes to say this over and over until we could really feel a change happening. Then attention moved to the Vishuddhi in case blockages here were interfering with people feeling vibrations. We said to ourselves, "Shri Mataji, I am not guilty. As I am the Spirit, how can I be guilty", and "Shri Mataji if I have made any mistakes against my Spirit, please forgive me". Then after a few more minutes, to the Agnya, "If I have done anything wrong, Shri Mataji, please, forgive me;" "I have forgiven everyone, everything," and "I have forgiven myself". All this with emphasis on our prayers being from the heart, sincere, humble. The difference that such depth of feeling makes to ones meditation, and the coolness one could feel in the hands was amazing to us.

This mood set the scene for the whole time we were at the Centre; ie the depth of devotion, but also the JOY, there was so much joy. (We certainly had a lot of light hearted fun as well). Spending the day with ones attention on Shri Mother, doing Sahaja clearing techniques, being in meditation and thoughtless awareness, surrounded by other Sahaja Yogis, is a joyful experience we wish everyone could have at some stage of their lives. We really recommend it.

Fred and I shared a twin room, so of course we had the same Doctor. I should mention that there are several Doctors on duty at the Centre, with Professor Rai in charge. They do their "rounds" all together in the mornings to test patients vibrations and set the course of treatment for the day. Then later in the morning the Doctors each visit their appointed patients to give vibrations, 3 candle treatment etc. Our doctor was a resident doctor, Dr Mane (pronounced Monnay), a Paediatrician in private practice who had closed her clinic for 3 months to donate her time to the Centre doing Mothers work. She is compassionate and dedicated, (as I am sure they all are) and despite the considerable work load faced each day was happy to answer our many questions.

The following is extracts from part 2 of Fred and Linda Millar's the description of their visit to Vashi hospital. Apologies for the long delay in publishing this and also that we cannot publish it all at once, but look out for more details in coming weeks.

From: Alex Henshaw, Hong Kong <ahenshaw@ingr.com>
Subject: A Chinese Legend

An ancient Chinese legend has similarities to ancient Indian legends which may be interesting to share with yogis.

Nv Wa Patches up the Sky

A nearly female figure in Chinese mythology is the goddess Nv Wa (sometimes Nv Kua). According to one legend it was she who was the creator of mankind

The earth was a beautiful place with blossoming trees and flowers, and full of animals, birds, fish and all living creatures. But as she wandered about it Nv Wa felt very lonely. She bent down and took up a handful of earth, mixed it with water and molded a figure in her likeness. As she kneaded it the figure came alive -the first human being. Nv Wa was so pleased with her creation that she went on making more figures both men and women. They danced around her cheerily and loneliness was dispelled.

Nv Wa is defined in China's earliest dictionary by the philologist Xu Shen (c.58-147) as being " in charge of breeding of all living things", so possibly her origin is associated with fertility.

In some versions of the legend Nv Wa is said to have been both the sister and the wife of Fu Xi, the legendary ruler who was credited with teaching man to domesticate animals and to have taught people matrimony. Nv Wa and Fu Xi were pictured as having snake like tails interlocked, with a child between them in an Eastern Han dynasty (A. D. 25-220) mural in the Wu-liang Temple in Jiaxiang county, Shandong province. She was credited with, among other things, the invention of the sheng reed pipes.

Another legend tells how she patched up the sky. Two deities, called in one version Gong Gong, the God of Water and Zhu Rong, the God of Fire were in battle. They fought all the way from heaven to earth, causing turmoil everywhere. The God of Fire won, and in anger the God of Water struck his head against Buzhou Mountain (a mythical peak supposed to be northwest of the Kunlun range in southern Xinjiang). The mountain collapsed and down came the big pillar that held heaven from earth. Half the sky fell in, leaving a big black hole. The earth cracked open, forests went up in flames, floodwaters sprouted from beneath the earth and dragons, snakes and fierce animals leaped out at the people. Many people were drowned and more were burned or devoured. It was an unprecedented disaster.

Nv Wa was grieved that mankind which she had created should undergo such suffering. She decided to mend the sky and end this catastrophe. She melted together various kinds of colored stones and with the molten mixture patched up the sky. Then she killed a giant turtle and used its four legs as four pillars to support the fallen part of the sky. She caught and killed a dragon and this scared the other beasts away. She gathered and burned a huge quantity of reeds and with the ashes stopped the flood from spreading, so that the people could live happily again.

The only trace left of the disaster, the legend says, was that the sky slanted to the northwest and the earth to the southeast, and so, since then, the sun, the moon and all the stars turn towards the west and all the rivers run southeast.

PS... (by Fred)

In addition to the information Linda has provided you may also find these additional comments of mine of interest.

On the third day at the Centre, after she had finished the treatment and had checked my Kundalini, Dr Mane said to me " look at the palm of my hand!, it is covered in condensation" and explained that the Kundalini is flowing very strongly and the extreme coolness caused the condensation. She then brushed her hand on my arm, also Linda's arm who was watching the treatment. There was a lot of moisture present on the Dr's. right hand, which she had been using, but none on the left, so although it was a warm day there was no possibility of it being perspiration, besides there was a fan on in the room.

My first reaction was that this is an unusual occurrence, but after thinking about it for a few minutes it was obvious that if there is sufficient moisture present in the atmosphere it will condense on any suitable surface *cooler* than the surrounding air. Eg. who has not noticed the condensation on a car in the morning which has been parked outside all night. In this case the Kundalini energy made the Drs hand very cold causing the condensation to form on the palm of her hand. (*It happened almost instantaneously too, which is most unusual, as the amount of condensation I saw would normally occur over quite a period of time*). Never-the-less it was a very pleasant experience and proves, beyond doubt, that the Kundalini energy is real and is definitely cool. I also understand that when the Kundalini is flowing freely it actually drops the body temperature marginally.

Without going into details, I was very relieved when after just TWO DAYS, I found that one particular War related condition which had been a serious problem for me for nearly forty years, (to make matters worse it became chronic a few years back) JUST WENT AWAY. No conventional treatment had been of the slightest benefit. Just overcoming this problem alone has dramatically improved my life style. "Thank you Mother".

We have been asked several times how long was it necessary to stay at the Centre for treatment to be effective?. The answer appears to be, it is up to you and without doubt any period is better than none. For personal reasons we stayed for two weeks. Others there stayed a month, some even longer.

The day before we left for home a very enlightening comment was made by one of the Doctors, who said that not only do the patients who attend the Centre benefit physically and spiritually, as clearing takes place and many layers from the past are stripped away, but so can their families.

Linda has very competently described much of what we learned at Vashi. But, I guess it goes without saying that despite the fact that we can perform treatments at home it is first essential to be able to positively identify the catches we have and ensure we have the correct treatment.

In our humble opinion, if you have a need for treatment, there is only one logical solution and that is to make the effort to go to the Hospital. By the way, not all those who go there go for health reasons, some of the patients were there just for their ascent. Could there be any more important reason for a visit to our Sahaja Yoga Major Research and Health Centre.

Naturally it would be self evident, that each patient who attends the Centre will come away with memories, experiences and benefits quite different to ours and it would be helpful to hear what they are.

Fred Millar
Melbourne Collective

Jai Shri Mataji