



~Contributions:~

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29 AUG 97.



### FESTIVAL OF HEALTH AND HARMONY

There will be Sahaja Yoga stall in the Festival of Health and Harmony in Sydney Showground. The stall will begin on Friday the 12th of September till Sunday the 14th of September. The timing will be in between 10.00 am. to 5.00pm. You will need entry passes to get through the gate, so if you would like to go for the stall please contact Matthew Cooper for the pass.

We have paid \$ 750 for the stall. Last year the stall was very successful. We would like the support of all the collective. Please come and make this stall successful. for more information please call MATTHEW COOPPER on 9976 0990.

JAI SHRI MATAJI!!!

## *The road before us . . . . the horizon beyond*

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The recent medical programs success seems to be only the beginning as more and more interest is expressed in regards using Sahaja Yoga within this sphere. The Monday 11th edition of the women's lifestyle magazine FOR ME featured an article on the Mind Body Clinics and the use of Sahaja Yoga meditation in the treatment of stress.

The article promoted Sahaja Yoga as a non intrusive technique to help improve one's health and the quality of our life. The journalist responsible for the article has started attending the Mind Body Clinics at Blacktown where she has experience for herself the work being done in bringing relief using meditation. Since their inception the medical programs have introduced hundreds of people to the practice of meditation, clearing, and have encouraged people to take part in the ongoing Mind Body clinics.

Those attending the programs have been most receptive to the message of Sahaja Yoga. because they are generally seeking assistance and help, and are looking for an alternate approach in improving the quality of their lives. Many move onto the more advanced programs to more fully establish themselves as Sahaja Yogis. Recently a milestone was reached when the first Yogi to established themself through these programs has travelled to Cabella to attended Shri Ganesha Puja. Current medical programs are based at:

- Burwood Health 24 - Mind Body Clinic Monday evenings.
- Advanced medical program - Burwood Ashram Tuesday evenings.
- Blacktown Health 24 - Mind Body Clinic Wednesday evenings.
- Anti Natal classes - Fairfield Hospital Thursday.

In many instances health professionals involved with other medical services encouraged by what they have experienced have approached Sahaja Yoga about further expanding the programs .Sahaja Yoga has been invited by the following organisations to expand our services. Campbelltown Hospital is interested in our work at Fairfield hospital and wish to teach pregnant mothers how to meditate. Hoxton Park Community Health Centre want to offer meditation programs through their centre. This centre is mainly staffed with nurses who have said that the approach we have taken will go some way to restoring people's faith in doctors as being interested in people's well being. They offered the Sahaja Yoga approach tremendous support. Nature Care College of Naturopathic and Traditional Medicine which specialises in teaching students natural healing techniques wishes to offer Sahaja Yoga meditation classes. They are also interested in promoting Meditation to the public and providing facilities for our Medical research.

There is now a great need for an Ashram to be founded in the western suburbs possible within the Liverpool area. Many of these new programs are being centred in this area. It appears most likely that this will be the beginning of a new phase in this region. To best support this initiative we need Sahaja Yogis to become established in this area. So if people feel so disposed there is no better time to make a bold move and

to establish a permanent Sahaja presence within what has become the population centre of Sydney, the greater Western Suburbs. It appears as if the interest in the benefits Sahaja Yoga can offer the public is ever increasing, and we are receiving more and more requests to provide people with the opportunity of learning more about themselves, and the new possibilities available to them.

This will inevitably place greater demands upon our time, and we need to move and act together in the pursuit of the aims Shri Mataji has laid before us, the spread of Her message. Each one of us can make an enormous difference, every move we make, every word we speak, every thought we think can positively change someone's life. Each one of us can show someone the way, and set the patterns which other people can then adopt and follow .. and so it goes .. and so it spreads ... changing individuals and changing our society.

We can help people by our enlightened thoughts as well as by our action, it is through our hands that our positive desires get their translation into the language of vibrated deeds, which is when we are at our most effective. And we are most effective when we act together collectively in response to the needs of the moment - at present people seem most receptive to the message of Sahaja Yoga presented within the medical context.

It is up to each one of us to seize the opportunity before us to support this work which will help to move Sahaja Yoga into mainstream establishments where we can help address peoples hopes, needs and potentialities. We are successful because Shri Mataji's attention is there whenever we spread Sahaja Yoga, and forges a link between ourselves and the community thereby altering society. There is no sure way to tell in advance how many Sahaja Yogis may be created from our efforts, but ours is to try and to leave the results to Shri Mataji.

Building work has commenced at our Country property, it is in our interest to complete the work as quickly as is possible. We have the man power, an almost limitless degree of enthusiasm. We need to keep in our attention that each man should contact Peter Brownscombe and nominate one weekend a month to work at the property, there is no other way we can sustain the necessary effort to complete the work. Much effort has been extended in order to secure the property, we now ask for a dedicated effort from the collective to complete the work which is at hand.

The great revolution of Sahaja Yoga is the revolution of equality, there is no one higher or lower, all Sahaja Yogis are equal in their relationship with the Divine which has altered forever the old ideas of authority, hierarchy and deference, but requires of each one of us to be active and informed participants in the work of Sahaja Yoga, and embolden us to live according to our best selves, and to be active, insistent, and resolute in actualising the full meaning of our realisation

The road before us provides a clear path to realise Shri Mataji's vision leading to the horizon beyond ... where meaningful human freedom becomes a reality .. where the wisdom and power that lies within each one of us is awakened ... and where undreamed possibilities for humanity become a reality. — CHRIK \*



**Balmoral property telephone 048 899951**

**Sari Shop**

**Ruth Cross will be looking after the Sari Shop in the absence of Marillyn Fogarty. If you need any assistance please see Ruth Cross. Her telephone number is 9451 3299.**



**Congratulations!!! A baby Boy for Paul and Preeti Bolton. Born on 19th of August at 9.15 PM. Mum and baby doing well.**

**SUNDAY MORNING MEDITATION**

**Sunday morning meditation will begin at 9.00 am. hr. instead of 11.00 am.  
Please come.**

**SHRI GANESHA PUJA**

**Shri Ganesh Puja will be held at Burwood on Sunday the 7th of September 97 at 11.00 am sharp.**

**Puja roaster is as follows.**

**Set - up by Strathfield and west to Paramatta.**

**( Belgrave St., Nicholson St., Brunswick St., Homebush etc.)**

**Cooking by Burwood and Concord.**

**( Clearance St., Weldon St., Crane St. etc.)**

**Wash- up Eastern suburbs and Northern Beaches.**

**( Woollahara, Bondi, Clovelly, Kingsford, Coogee, Harbord etc. )**

**Dismantle Southern Region.**

**( Wollongong, Robertson, Kangaroo Valley, Nowra, etc.)**

## KRISHNA PUJA CONCERT.

From Franz and Susi Baumgartner, Austria.

Friday evening program was wonderful. Amazing performances from children, 2 boys in particular. (I think they are from Canada; But not sure - of Indian parents) One boy was 6 and he played Tabla and his brother (9-10 yr.) played flute on three different Ragas. Ben from Germany (young man mid 20's) sang a song he composed with references to Shri Mataji's Guru Puja talk about racism etc.

An actor reading Blake was very powerful. He asked us all to close our eyes and not to look at him as an actor but to hear Blake's words - very strong!! Traditional dancing from Columbia and a video from Brazil showing a meeting with the Indians (south Americans) and introducing them to Sahaja Yoga.

Baba Mama had a video showing the official ceremony of the road in Mumbai being named "H.H. Shri Mataji Nirmala Devi Road". The concert closed with a video made by the Americans which focused on the fanatic and fundamentalist attitude of Christians and Muslims. A very good story. Shri Mataji said that it was very good acted and it could be shortened in places, but they should also make one showing the Hindus and their fanatic ways etc.

Franz and Susi.

**Krishna Puja - Shri Mataji spoke a lot about Fashion and Italian Designers etc., and how stupid it is to follow them.**

We are free in Sahaja Yoga, we don't have to follow fashion, wear this wear that, you can dress up nicely if you want or not if you don't want doesn't matter.

We shouldn't play into the fashion designer thing and do what they want, they think they are so important and they're not.

Also how important it is to wear clothing that covers your shoulders and knees to protect these chakras - very important (I'm not sure if She was mainly referring to women there or not, but I think so)

Westerners don't like it if someone is invited to dinner, they always say they are busy or have to go and visit their mothers or something. Indians love to have people to dinner and visit etc.

We should not take out loans to come to Pujas etc., because then all the time our attention is on the money and how I am going to pay for it etc.

Shri Mataji said that She will talk about ecological things in Ganesha Puja and our connection to Mother Earth.

Shri Mataji also talked a lot about the Black People in America and how we should open our hearts to them and this is what they respond to. Not to be afraid or aggressive to them.

**Marriages -** There were apparently 88 in all. Many Romanians, Russians, some from USA, Austria, Holland, Italy, South Africa, Finland.

They were true Indian style marriage, absolutely amazing! They took out all the mats from the Hangar, and set up all the little Havan fireplaces, with the decorations, and little piles of wood wrapped in newspaper that apparently came all the way from India.

We had Haldi in morning at the river, the ladies by the bridge, and the men down the river by the men's pendle (the big blue tent). This was such a joy to participate in, the musicians came and gave us music to dance by, and much fun was had by all. There were also many spectators on the bridge.

The Weddings started about 10pm and all went really well. Baba Mama read out the instructions, then they were translated into Italian and Russian, and then you had to wait until the Mantra was read in Sanskrit and then you did the instruction! Can you imagine, it was really funny at times, because by the time they got through the translations most people had completed the move/step, and then Baba Mama would say 'no not yet, wait until we read the mantra etc.'

Shri Mataji then asked the couples to say couplets if they thought of one. We had a few and one in particular was beautiful something like:

"Now I have married Jacqueline,  
and next to Shri Mataji,  
She is my Queen!"

: that's about it for now, I have to hurry as Franz is going back to the studio now and we'll fax this off. Hope it's not too late.

Susi & Franz.

## DELHI MEDICAL CONFERENCE HIGHLIGHTS VISION OF SHRI MATAJI



DELHI (April 7) — There was a medical conference held on April 6th in Delhi at which Her Holiness Mother Shri Nirmala Devi was the main speaker and guest. The topic of the medical conference was "The Art of Healing and Sahaja Yoga." This conference was jointly organized by the Indian Medical Association and Sahaja Yoga Society Delhi. Many reputed doctors and neurosurgeons were present.

Initially, the program started with Sahaj bhajans by Hemalatha. The doctors then presented their speeches for short durations, then Shri Mataji started Her talk. This basically concentrated on the Swadishthan Chakra and all the diseases caused directly or indirectly due to its problems. She chose this chakra as She said most of the doctors have problems related to it. Her lecture contained many quotations from Gyandeva, Guru Nanak and others. She explained in great details the problems due to the Swadishthan.

Dr. Nirmala Devi said that the concept of collective consciousness in the people is very important for world peace and this can happen only when self realisation occurs. She also informed about the medical benefits of Sahaja Yoga and its popularity in various countries of the world. Sahaja Yogis all over the world are very much aware about each other's problems and they are capable of doing wonderful things," she said.

Mr. R. N. Anil, Secretary General of the Unity International Foundation, New Delhi, also announced the conferring of Unity Award for International Understanding to her later this year.

Dr. Umesh Rai, Director, International Sahaja Yoga Research and Health Centre, New Bombay, spoke on the medical benefits of Sahaja Yoga, particularly in diseases where modern medicine has no cure. He said that a number of psychosomatic diseases have no cure in modern medicine and a patient has to be put on medicines all the life. Sahaja Yoga is very useful in the management of hypertension, epilepsy, insomnia, diabetes, migraine, bronchial asthma, along with a host of other related diseases," he said. Dr. Rai said that extensive research and practical experience has shown that psychosomatic diseases are managed much more effectively by the practice of Sahaja Yoga. Commenting on the epilepsy patients, he said that forty percent of the patients are not cured by traditional medicines. On the other hand eighty percent of the patients are cured by the practice of Sahaja Yoga. He dwelled in length on its benefits in patients having hypertension and also heart disease.

Our Divine Mother was also wished happy anniversary as April 7th was Her Golden Jubilee Marriage Anniversary.

SARVESH PRAKASH SINGH

### SAHAJA YOGA BASICS

### Morning Prayer

Shri Mataji:

May I, this day, be what You'd have me be.  
May I, this day, say what You'd have me say.

May I, this day, be part and parcel of the whole.  
And may my thoughts be of a realized soul.

May I, this day, have love for all mankind.

Shri Mataji, be in my Heart and in my Mind.

FROM Sahaj News, Canada.

## Mother,



In my soul, heart, body, mind,  
world, universe

The ever pervading power,  
A drop of purity in the black  
black ocean of evil.

Mother,

You reside in the flower, sand,  
water, sun, moon,  
Your beauty is divine to my eyes,  
Eyes that only saw dark  
now

Shines, sees you and only you  
in everything,  
everyone, everywhere,  
My whole being seeks,  
craves, prays,  
only to attain you.

Mother,

From you, I have learned  
the wonders of oneself,  
You delivered knowledge,  
patience, beauty,

You took LOVE

and placed it on my head,  
Love enveloped me,

flowed through me,

in & out,

Up and down,

through every single cell.

Mother,

You are the fire,  
The birds flying free in the sky,  
Winds that blow through the trees,

The waves of the milky ocean,

The rhythm of all music,

Music to my soul,

Splashing of the water,

Clapping of the hands,

Every breath,

The smell of the

sweetest of flowers.

Mother,

You are the sun emitting vibrations,

You are the sounds,

words, alphabets.

Mother,

The divine purity of God,

So Divine,

White, pure, beautiful,

wonderful, tremendous,

exciting, heart and soul.

Mother,

You gave me life,

the essence,

The patience,

beauty, love,

You gave me vibrations,

Vibrations that united the broken universe,

vibrations that made the flowers bloom,

vibrations that gave us peace,

vibrations that made us grow,

vibrations that made our souls flourish with

divine happiness and joy,

vibrations that made us smile,

laugh, cry, giggle,

vibrations that made us fall on our knees,

vibrations that glowed in our faces and eyes,

vibrations that gave me courage,

vibrations that gave me YOU,

And most important of all,

vibrations that gave

me MYSELF.

FROM  
THE MALAYSIAN  
NEWSLETTER.

Seetha