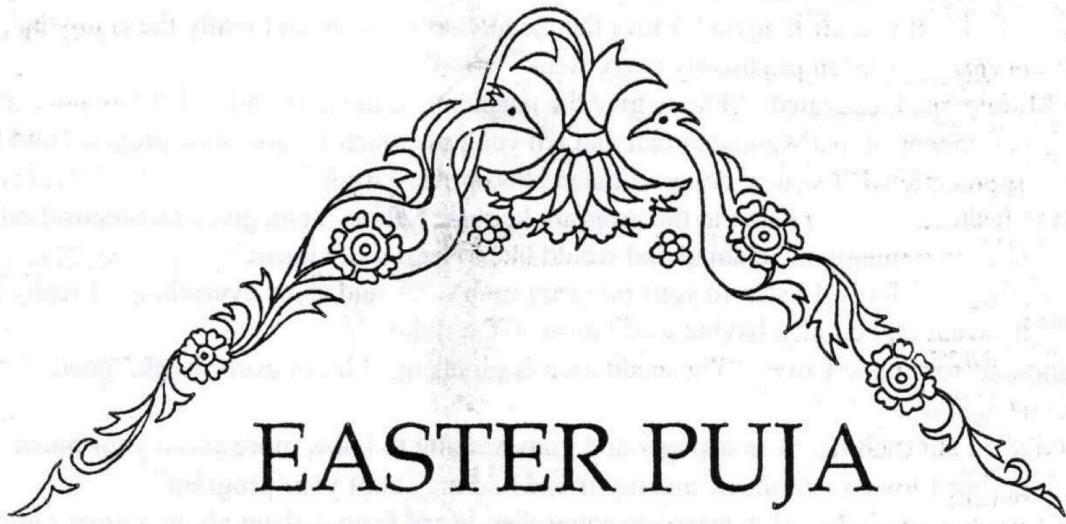




Australian Sahaja Newsletter

28MARCH98

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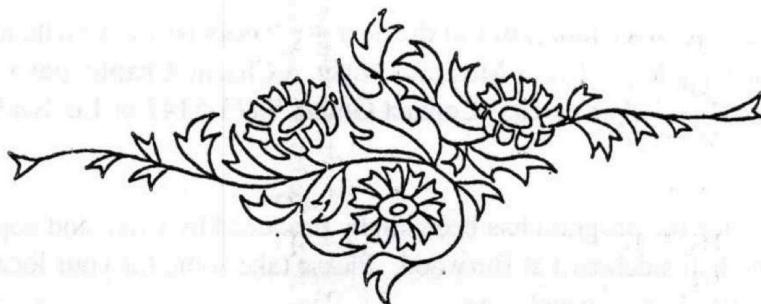


EASTER PUJA

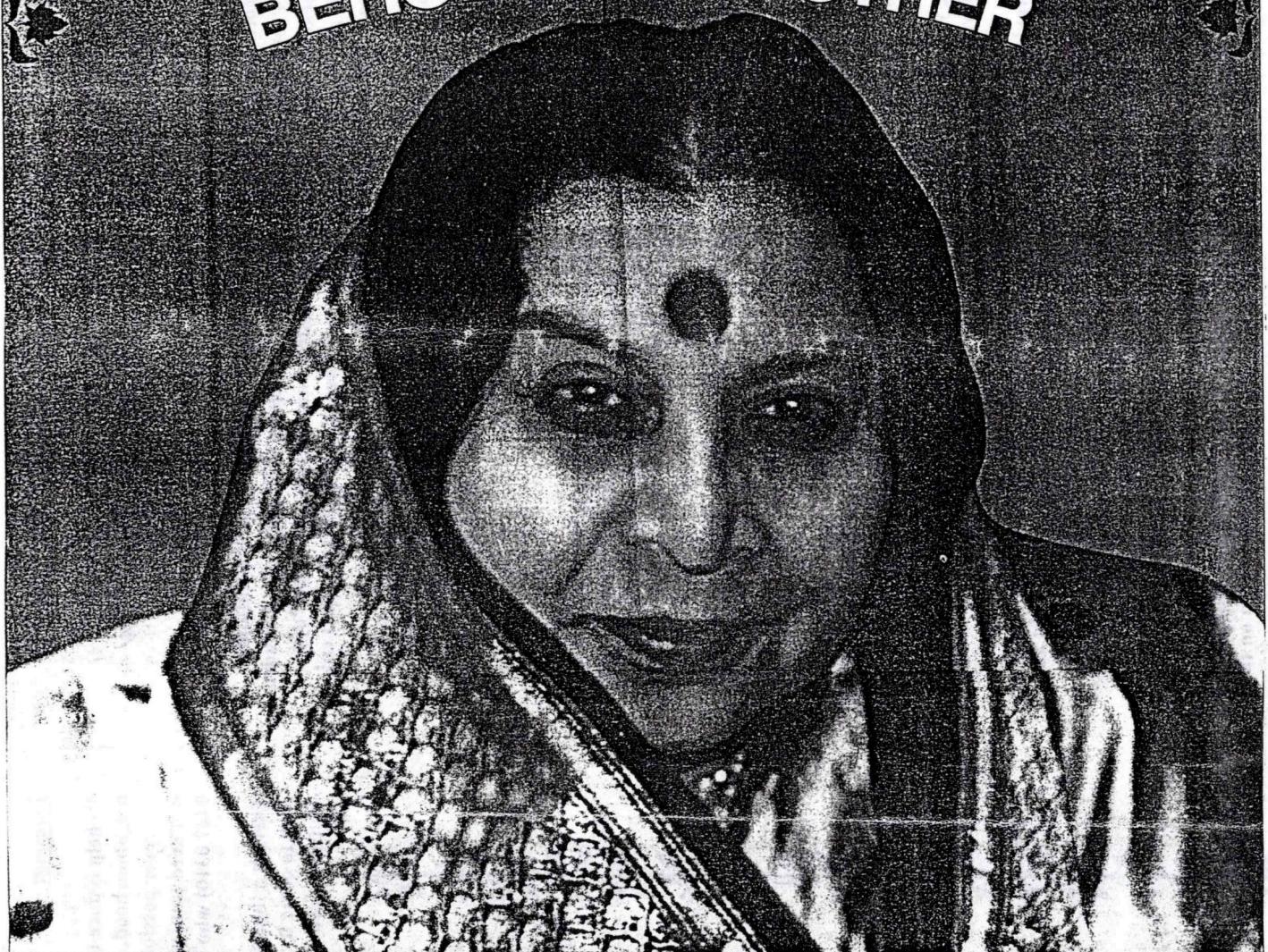
17th, 18th & 19th April 1998, Istanbul.

Our Holy Mother has blessed the collectives of Turkey, Greece & Iran
with the honour of hosting Easter Puja in Istanbul.

It is with great pleasure that we invite all our brothers and sisters from
around the world to come and join us in praise of our Mother and
celebration of our resurrection.



BEHOLD THE MOTHER



Joyous Felicitations to Her Holiness Mataji Shri Nirmala Devi on Her 75th Birthday

Greetings and best wishes to Mataji Shri Nirmala Devi for Her selfless service to the mankind

Shri K.R. Narayanan
President of India

Mataji is a truly remarkable person having entirely devoted the last 27 years of Her life to humanitarian work for the salvation of human race. Her methods and message are simple yet at the same time profound, and reach into the lives of people of all races, creed and religion through Sahaja Yoga of which She is the founder.

Ayatollah Dr. Mehdi Rouhani
Chef Spiritual de la Communauté
Musulmane châtre en Europe

Her Holiness Mataji Shri Nirmala Devi was born on the day of the spring equinox, the 21st March 1923 at mid day (12 O'clock-time when planets were aligned in the most auspicious configuration) at Chhindwara, which happens to be located at the centre of India. The grand celestial design manifested itself once again on 5th May 1970, when Shri Mataji made the unique discovery of *Sahaja Yoga* - a method of experiencing the divine, through self-realisation by awakening the *Kundalini Shakti*, which lies dormant in every human being.

Ever since, Shri Mataji has travelled tirelessly within the country and abroad to spread the message of *Sahaja Yoga*, through en'masse self-realisation cutting across all barriers of caste, colour, creed, gender, region and status in society, thus establishing an innate, pure and global religion.

The seeker practising *Sahaja Yoga* enjoys the divine bliss and leads a balanced life of physical, mental, emotional and spiritual well being. Thousands have been cured of many incurable diseases. Followers of *Sahaja Yoga* are now in 76 countries creating a new enlightened compassionate brotherhood in the prevailing atmosphere of turmoil, hatred and confusion.

Shri Mataji has received numerous honours and accolades. These include the membership of Petrovskaya Academy of Science & Arts in St. Petersburg, Russia and a doctorate in Cognitive Sciences from the University of Ecology, Bucharest, Romania. Through Her selfless work of more than 27 years, Her mission of new spiritual world of enlightened people is becoming a reality.

Warm greetings to Shri Mataji Nirmala Devi on the occasion and wish the celebrations all success

Sri Krishan Kant
Vice President of India

गृहीत एवं विजय मन्त्र श्री
माता जी के साथ द्वारा देवी गोदा
गांडा ने बहुत ग्रन्थों द्वारा देवी
श्रीमाता की अवधि के लिए
देवी गोदा ने यह श्रीमाता के लिए
उपर्युक्त अवधि के लिए देवी गोदा
देवी गोदा द्वारा देवी गोदा

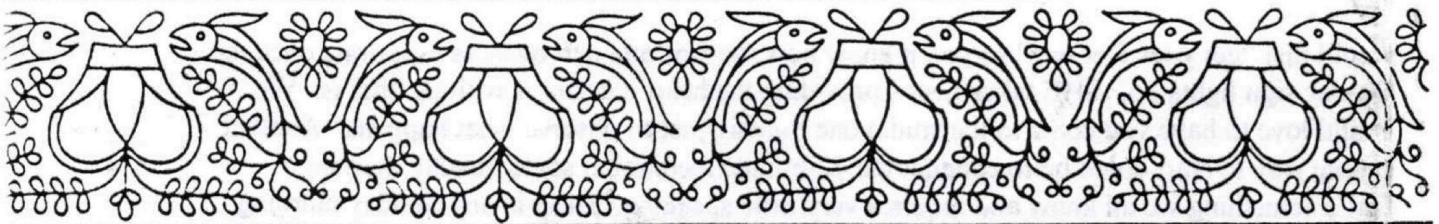
नेहरू भव
ग्रन्थालय
भृगु भवन, 12, बी. ब्लॉक

To know about your self and for your
inner transformation visit Sahaja
Mandir C-17 Institutional Area behind
Quat Hotel New Delhi Every Sunday
10 am - Sahaja Mandir 78 Krishnagar
(Opposite B-29) Vasantpur Enclave
New Delhi Every Wednesday 6.30 pm

SAHAJA YOGA IS THE MAHA YOGA

On this Holy occasion of Her 75th Birthday, we, Her children offer our pranams and gratitude to Shri Mataji for the Light and Love She has brought in our lives — Sahaja Yoga of the World

Space courtesy : A Wellwisher in Delhi



SATURDAY, MARCH 28, 1998

If you can't say anything nice, karma will get you

By BOB BEALE

Your mother was right. If you can't say something nice about someone, it's better to say nothing.

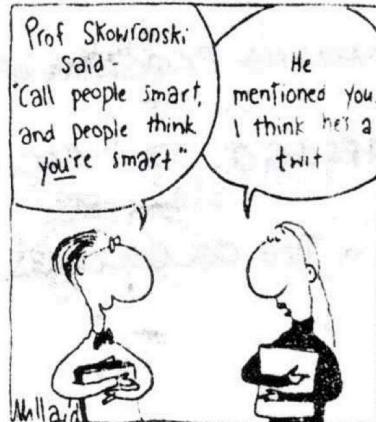
New research confirms that gossip "boomerangs": when you bad-mouth someone your audience will unconsciously think badly of you. But if you praise others' good points, people are more likely to see your good side.

A team led by Associate Professor John Skowronski of Ohio State University says it has found the first laboratory evidence for this seemingly irrational, unconscious aspect of human behaviour, dubbed "spontaneous trait transference" or STT.

In the *Journal of Personality and Social Psychology*, the team reports that STT results in communicators taking on the qualities they describe in others.

"In other words, politicians who allege corruption by their opponents may themselves be perceived as dishonest; critics who praise artists may themselves be perceived as talented; and gossips who describe others' infidelities may themselves be viewed as immoral," the report said.

It suggests that STT could play a significant role in politics, perhaps influencing the way Australians react to the current



ministerial standards debate, or Americans to the White House sex scandal.

"For example, when Kenneth Starr accuses Bill Clinton of perjury, Starr himself may be seen as more deceitful," the report said.

"The gist of our research is that when you gossip, you become associated with the characteristics you describe, ultimately leading those characteristics to be transferred to you."

Because STT seems to shift impressions subtly, Professor Skowronski suspects that for most people it would not drastically alter the overall picture they get from other social cues.

But he speculated that it might be particularly important

in some cases. Reporters who often described murders or acts of violence might be seen as more violent themselves; professors who frequently described brilliant research might be seen as more intelligent.

"If I might go out on a limb, the increasing dishonesty people feel towards politicians might be a direct consequence of STT in negative campaigning: describing all the dishonest things that your opponent has done might help to tear that opponent down and win an election, but it may rebound on the communicator as well."

STT might also come into play in everyday life when people were making judgments that were not clear-cut, he said.

The experiments involved four studies in which participants looked at photographs or watched actors on video, along with brief statements. Participants were told the statements either referred to the anonymous person being looked at or had been made by that person about someone whom that person knew.

Participants in all four studies consistently attributed positive or negative traits to the speakers according to the statements they made, even when in one study they were told specifically that there was no connection between the two.

EASTER PUJA SEMINAR WEEKEND

Good Friday 10th April to Easter Sunday 12th April
at National Country Property, Balmoral Village NSW

Information

You are cordially invited to attend our first seminar weekend at the National Country Property at Balmoral Village for the occasion of Easter Puja. Included in the weekend will be a havan, evening entertainment, and the Easter Puja. There will also be plenty of opportunity to bushwalk, play ball games, and enjoy the company of lots of brothers and sisters.

The seminar will officially commence at 5.00 pm on Good Friday and continue until after the puja lunch on Easter Sunday. You are most welcome to come early or stay on after the seminar, but you will need to arrange your own meals.

Cost

The cost of the seminar weekend, including puja dakshina, is \$80 per adult, and \$40 for each school-age child. This money can be paid in cash or cheque made out to Life Eternal Trust and forwarded to Mr Bryan Fitzpatrick (phone 02 9416 2373) who will be co-ordinating registrations.

For yogis who are only able to attend for the puja on Easter Sunday half rates will apply.

Accommodation

The sleeping accommodation at Balmoral will be India Tour style. We can offer you some floor space (or loft sleeping space) in the Meditation Hall, or some very limited space in the flat attached to it. Alternatively, you are most welcome to bring your own tent. You should be prepared for cool evenings and possibly warm days.

If you would prefer motel-style accommodation there are 14 units at a motel at Tahmoor, some 12km away. Double rooms are available at \$45 per night and \$15 for an extra person. There are also some railway carriages converted to cabins at nearby Buxton, with bunks at \$20 per head. Please contact Mr Alfred Hewitt on 02 4889 8851 for details of local accommodation.

Meals

All meals from dinner on Friday night through to the puja lunch on Sunday will be provided. Please bring your own crockery/cutlery to ease the burden on the environment.

Sahaja Yoga Meditation Radio Program

Sundays 10-11am, 2SER 107.3 FM

Recently the radio team had been concerned about the absence of feedback from our listeners. Enter Divine Orchestration in the form of Knowledge of Reality Magazine who have generously offered copies of a recent issue for an on-air give-away (first five callers sort of thing). The response was so heartening and so positive and supportive we thought you'd like to hear what these nice people said:

- Michael from Darlinghurst: "The meditation is really good and what a great idea to have meditation on the radio: I feel the cool: I try to listen every week".
- Tamzin from Rozelle: "I listen every week: the meditation is fantastic and I love the music you play".
- Barbara from Cabramatta: "I enjoyed hearing Hildegard's music today: the program was very interesting: I enjoy the meditation and listen every week if I can".
- Suzie from Ashfield: "Very good program: I like what you're doing".
- Eve from Randwick: "I was very sorry to have missed the first part of "The Vision" tape - when will you air it again? I love the meditation segment and really enjoy the program: I listen practically every week".
- Mr Middle-aged, educated: "Please give the magazine to the next caller, I'll buy mine at the newsagent. I just wanted to call and tell you how much I enjoy your program and I appreciate what you're doing. I listen almost every week".
- Selvar from Kew: "I listen to the program because Sahaja Yoga gives self-realisation: I like everything you're doing and would like to hear more music".
- Cathy from Bexley: "I listen to your program each week and enjoy everything: I really feel it: what a good idea having meditation on the radio".
- Rhiannon from Lane Cove: "The meditation is excellent: I listen every week: good program".
- Maxine on her mobile: "I'm a singer and I am wanting to know more about your music group: I love world music and my friend told me about your program".
- [Last week a yogi's friend, a marriage counsellor, heard from a client about a great radio program on 2SER which teaches true meditation.]

Jai Shri Mataji!! So, there are people listening after all!! What a relief! They were so straightforward about it and very supportive of what it's about. It occurred to the telephonist that there may be many people out there quietly meditating at home and that we may never see them at a program. So on a semi-regular basis we will be having a magazine, book, cassette or CD give-away for our listeners who would appreciate reading/listening to something with vibrations. These will be provided either by the radio team or by people who have indicated they would like to contribute in this way. See Gillian or Liallyn about this.

We will need to have another fundraiser in the next 4-6 weeks so we'd invite any ideas for this. Suggestions so far include a raffle, a Medieval Night, a Charlie Chaplin party. We welcome your ideas and hands-on help as well.. Contact Gillian 9875-5142 or Liallyn 9736-1386 with your suggestions.

Also, a small flyer for the program has been kindly produced by Clive and copies will usually be available on the hall sideboard at Burwood. Please take some for your local health food store, bookshop, library, new people, etc

Again, your help and support of the radio program is wonderful and we always welcome your comments or suggestions. The joy of participating is very fulfilling and we wish more of you

Transport

To help reduce the number of vehicles arriving in (and disturbing) the neighbourhood, we ask that vehicles travelling to the seminar be shared wherever possible. If you have a spare space in your car for an extra yogi, or if you need transport to the property, please contact Mr Juan Vega (phone 02 9747 0310) who is co-ordinating the transport for the weekend.

There is a limited train service to Picton and Tahmoor stations. Any yogis who wish to come by train should contact Juan (in advance). Juan will arrange transport from the station to the property.

INDIAN CLASSICAL MUSIC CONCERT

Saturday 4th April
BURWOOD ASHRAM
(10 Clarence Street)

Presented by
HINDUSTANI MUSIC CIRCLE

6:30 :- Meditation
7:30 :- Concert
Featuring :- Music of Joy
Special Guests
Familiar Faces

would just "get your feet wet" so you'd know how the fear and nervousness evaporate once the On-Air sign lights up. SHE takes over - providing the heart's desire is with us, that is. We would love to have you come to the studio one Sunday just to observe what happens. Another simple way to start could be to conduct the 12-minute meditation some Sunday morning - that's something we all know and requires very little speaking. Drop in any Sunday morning before air time. The studio is at University of Technology Sydney on Broadway, Ultimo, on the 26th floor (near Central Station). We often go to the cafe afterward for what usually turns out to be an ideas session, then off home, to a movie, the Art Gallery, or what have you.

- With love from John B, John T, Peter A, Justyn, Lawrence,
Jean-Michel, Gillian, Leanne & Liallyn

P.S. HAS ANYONE SEEN THE COLOUR PHOTOCOPY OF THE POETRY PROJECT WHICH WAS PRESENTED TO SHRI MATAJI SOME YEARS BACK? LAST SEEN: BEING USED AT EVENING PROGRAM OF SHIVARATRI PUJA A FEW YEARS AGO. THE RADIO TEAM IS IN NEED OF IT; IT'S THE COLLECTIVE'S ONLY COMPLETE COPY.

SAHAJA RADIO PROGRAMME

2SER FM 107.3

Every Sunday 10am

This weeks programme is on meditation