

THE AUSTRALIAN

# Sahaja Newsletter

## Contributions:

Carole McNeill: (02) 560 6921

Efrem Manassey (02) 560 4134

Fax: (02) 745 4927

FEBRUARY 25th '94

## Happiness

Man, the way God planned him and the way the poetry and wisdom of the people have understood him for many thousands of years, was created with a capacity for enjoying things even if they are not useful to him, with a sense of beauty. Mind and senses have always played an equal part in the joy man feels in beauty. As long as men are capable, in the midst of the distresses and dangers of their lives, of rejoicing in such things as these: the play of colors in nature or in a painting, an appeal in the voices of storm and sea, or in man-made music, as long as beneath its surface interests and necessities the world can be seen or felt as a whole, consisting as it does of interrelationships, from the curve of a young cat's neck to the variations of a sonata, from the touching eyes of a dog to the tragedy of a poet, an interconnection of a thousandfold riches of relationship, correspondences, analogies, and reflections, out of whose eternally flowing language their hearers derive joy and wisdom, entertainment and emotion – just so long will man again and again triumph over his ambiguities and be able to ascribe meaning to his existence.

HERMANN HESSE  
1949

Vist to Goa for The Young Presidents Organisation Seminar -  
 "Doors of Perception"

When Rajeshshah asked me if I would run a meditation session for 4 days in Goa, I thought "Wow. That's putting one's head in the lions mouth! How could I have the nerve to talk about meditation in the home of meditation, without being regarded as some sort of interloper musseling in on one of their prize possessions. However, it was'nt like that. The venue was at the Fort Aguada Hotel on the beach side of Goa and the delegates to this conference were all presidents and CEO's of their companies from all around the Pacific and South East Asia.

To say the whole affair had anything much to do with India would be a gross exaggeration. It was not! There were about 180 delegates and their wives and contrary to my conditioned reaction, many of them were extremely interested in meditation and indeed seemed to recognise that this world is not only made up of sales, bank balances and economic forecasts!

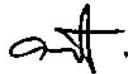
The classes were held on a beautiful lawn at 7 a.m. each morning with the sound of the sea punctuated by bird calls and the occasional distant bell. The first morning, to my surprise, saw 32 people all eagerly awaiting some insight into how to calm their jangling nerves and tense muscles! Each day, the number grew and it was tremendous. We started on Thursday and by the Saturday, we reached 47 persons when we had Debu Chowdery in person to play some delightful meditation music which was much appreciated.

That morning at 9.20, we had a Keynote Speaker of world renown. None other than Sri Mataji Nirmala Devi. Sri Mother gave her usual address, but in such an unusual way. Her delivery was different and her style was one I had not seen before - ideal for her audience. After her talk (which included realisation), she invited people to come to see her in her bungalow. Many came and she spoke to them from around noon to 3 p.m. and again from 6 pm to 10 pm. It was so heartening to see these 'barons' of industry and commerce talking to her in such a humble way, seeking advice and being totally taken aback with her knowledge and perception as to their own particular wants and needs.

It is an area we have never attempted to reach before. We had always dismissed these people as unreachable. It seems we were wrong. There were delegates from USA, Australia, Hong Kong, Singapore as well as the UK, Holland and South Africa. At least half were from outside India!

There is no doubt the 'moguls' of industry are beginning to think about things other than materiality. It's wonderful to see them respond to Sri Mataji in the way they did. It means there is a whole new field out there that we can approach (albeit extremely carefully). It means that Sri Mataji's message is becoming acceptable to even the most hard bitten business executives!

I've come back believing the world is changing before our eyes. There is so much still to be done and that no strata of society is unreachable anymore. We just have to know how to approach it.

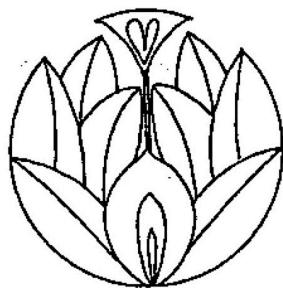


Stephan

24.2.94



**SHIVARATRI PUJA**

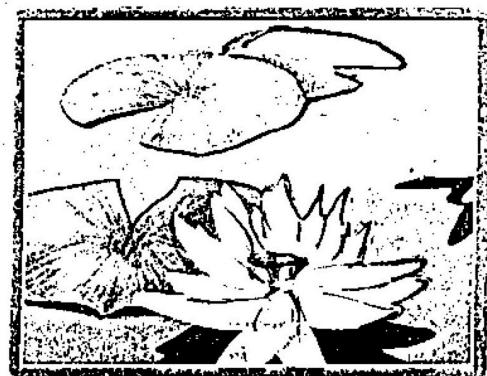


Will be held on:

Friday 11th March

7.30pm

BURWOOD.



**SHIVARATRI PUJA DUTIES.**

Set-up	Gosford, East Lindfield.
Cooking	Lindfield, Wollongong.
Washing-up	Roseville, North Shore, & Mt. Colah.
Dismissal	Northbridge, Chatswood.

\* \* \* \*

**BRISBANE TO WAMURAN TRANSPORT ARRANGEMENTS.**

**NEWS FROM  
QUEENSLAND**

Yogis wishing to travel to Wamuran for Shri Mataji's visit from the 14th to the 17th April. PLEASE note there will be NO pick-ups available this year from the airport etc. Wamuran is an 80 minute drive north of Brisbane.

Phone Beverly - Transport co-ordinator on (07) 399 4662 before 30th March to order maps which will be available from Beverly at Easter Puja in Sydney.

Judy James will have a supply for Sydney phn. (02) 745 4562. Hire cars are available at Brisbane Airport. Yogis wishing to share hire car costs, please let Beverly know if you have spare seats and we shall endeavor to fill the spaces in your car, even if you are driving your own car, and have a spare seat please ring.

**RAIL TRAVEL TO WAMURAN.**

Trains leave Brisbane Central half hourly on week days for Caboolture. Last train 11.39pm weekdays. Taxis from Caboolture station to Wamuran - 15Kilometer trip one way. Please note the public programme will be held in Brisbane city hall so if you would like to attend it is wise to have your own wheels.

**SYDNEY NEWS**

REMINDER : Sewing Bee at Croydon.

Starts at 10am.

Bring a plate of food.

Your overlockers.

Scissors for cutting.

N.B. Crèche facilities.



THANKS VERY MUCH!!!

A special thank you to our West Australian Yogis for the roll of stamps with which to post the Newsletter to W.A.  
This was a very thoughtful gesture and it is much appreciated.



## USING SAHAJA YOGA TO OVERCOME OUR PROBLEMS

ALL CURES ARE MEANINGLESS WITHOUT DEEPENING IN MEDITATION.

### DR NIGGAM

The framework within which cures occur: Everyone is a doctor in Sahaja Yoga. Thro' Mother's grace we are transformed. Doctors know only what the eyes can see. But there is a big part they cannot see therefore cannot cure.

Shri Mataji has given the knowledge of the parasympathetic system. SY knows that the chakras govern the nerve plexuses so we can treat the ROOTS of the problem whereas doctors treat only what they see.

SY does not cure. The person gets cured automatically when the system is put in balance. It is the duty of Sahaja Yogis to inform the masses we can reach what Medical science cannot. When you get your yoga YOUR PROBLEMS LEAVE YOU gradually so the emphasis should be on Realization, not so much on curing.

Basic Principle: WORK ON THE ROOTS.

HEADACHE: Migraine very severe (no medical cure) The pain is in the head but the problem starts in the liver. Put ice there for 3-4 mins and steam comes out! You haven't touched the head.

CHEST HEAVINESS when working, sometimes pain - medical diagnosis: heart. SY - man suffering in both nabbis and both visshuddis. Clearing these chakras cleared the heart.

Basis of SY is that we give YOGA not cures.

We need only the 5 elements: earth, air, fire, water, ether, for cures.

Whenever we work on someone we work on the chakras and nadis NOT the disease. Should feel the vibrations on both hands equally. Keep yourself in balance.

### DR ENGLEBERT OMAN

All standing on shore of the Ocean of Knowledge - the Nirmala Vidya. Disease is every burning sensation of not being satisfied.

Health for a Sahaja Yogi is God Realization.

Subtle system is one of extreme beauty. Adi Shankaracharya wrote the Viveka Chodyanini? as a kind of cure for the burning desire for the truth. The Saundhari Llahari? - Praise of the Mother included the proper treatments with Mother's shakties and deities.

Sri Nirmala Vidya, beaming light-filled energy is the root centre of our inner curing. The

knowledge bubbles up with the potential to cure when we work on this centre.

From the left swadhisthan all kinds of emotional disturbances, fears etc create diseases like shoulder pain and spondylitis - go to the deity of the vissuddhi Sri Vishnumaya for the shocking effects of lightning etc. With disease you need a shock, a scolding to get to the core of the problem.

The honesty of a true Sahaja Yogi in going deeper makes us a doctor. Soothing to understand oneself + using the power of The Nirmala Vidya.

### DAILY PRACTICE FOR STAYING IN BALANCE:

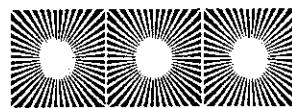
#### MEDITATION

1.shoebeat ego and superego

2.forgive everyone

3.footsoak

#### MEDITATION



Date: Friday, 11 February 1994 14:26



\*\*\* JAY SHRI MATAJI NIRAMALA DEVI ! \*\*\*

Dear everyone,

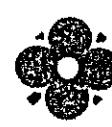
Although many of you might know more news about the recent public program Shri Mataji held in Puna, here is some news I got from our brother Brian Greenwald, who got married with an Indian girl from Puna and spent the whole month of January there.

There were 25,000 people who attended the program, and Shri Mataji said that that night 180,000 people got their Realization, which is a world record. It took two hours for Shri Mataji to leave the site of the program at the end because of the huge crowds. There were two lines, quarter of a mile long, of people doing Namaskar along the two sides of the road as Shri Mataji left the program by car.

\*\*\* BOLO SHRI GANERAYA SHRI ADI SHAKTI MATAJI SHRI NIRAMALA DEVI KI ! JAY ! \*\*\*

Much love,

Calin



### Tidbits from around the world

At a recent seminar in northern Austria, one yogi told of his experience while shoebeating. He saw Shri Bhoomi Devi like a maiden in the earth, very loving, soothing and soft. She raised Her hands and took all the problems, all the negativity the yogi offered to Her. Only as he was shoebeating the problem of fossil combustibles she winced and needed a little time until She got into balance again.

This led to a discussion of the protection of our environment. One doctor of chemistry, who is helping people install systems such as utilising grey-water in their ashrams and houses, said that all the oxygen was 'built' by the primordial rainforests. Normally oxygen was burned when the trees died and rotted. Because lots of these forests sank underground there was a huge amount of oxygen left behind which was obviously created to bring up human beings. He said that it is not enough that we reduce the amount of forests used, but we need to preserve the oxygen because when we burn the fossil combustibles (coal, oil, gas) the oxygen decreases and carbons and toxic gases increase.

Also from this seminar, a project will start to compile an international library of books with vibrations. There are no details about this yet.

Some little 'societies' exist in Austria who will combine to approach the government for funding regarding promoting art and spiritual culture. This is an idea for ArtNet groups to look into!

## NEWS FROM ARTNET

International Sahaja Yoga Artists Network

February 1994

### JAI SHRI MATAJI NIRAMALA DEVI !!

With Our Divine Mother's blessings, ArtNet has been growing in leaps and bounds since its beginning in August 1993. So far there are 20 countries represented by nearly 200 artists and support people, and the list continues to grow! Consequently, all the additional names and ideas mean that the first official ArtNet Newsletter has been a little late in getting off the press, but it won't be long now. Just to keep you all up to date until the Newsletter comes out, here are a few bits and pieces for your information:

**GOLDEN BUILDERS TRADE (GBT)** in Austria are a group set up with Shri Mataji's direction for building and design using natural and creative resources. GBT need for their catalogue of offerings a list of artists and photographs of their work (name, profession, subject of art). It should be work consistent with their aim to integrate arts with construction and restoring of houses (e.g. glass painting, murals, lamps, furniture, etc.). Contact GBT's representative, Devadatta Wolfgang Gillick at: Wiesenstrasse 8/1, 2000 Stockerau Austria, Tel: 2266 6716721, Fax: 2266 6716777 immediately.



**MUSICNET** is a sub-group of ArtNet and the main contact is Mr. Devananda Daniel Wagner at: Kranenbitter Bodenweg 17, 6020 Innsbruck Austria, Work Tel: 015212 4427, Work Fax: 015212 4438, Ashram Tel: 0512 854042. He would welcome any musicians/composers contacting him directly with your ideas or to find out what MusicNet is doing.



**FILMNET** is another sub-group of ArtNet coordinated by filmmaker, Mr Thurner Gunter. Anyone who has experience in the film field can contact him at: Rodopska 3147/1, Modrany, Praha 4 Slovakia, Tel: 00422 4013785, with your ideas or to find out what FilmNet is currently doing.



We have heard about a Performing Artists sub-group coming up but we have received no details as yet. It would seem that this group could work well with the FilmNet group.

An **ARTNET ARTIST'S CATALOGUE** is being compiled by Mr. Tarakeshwar Schneider (at: Bahnstrasse 13, 2831 Gleissenfeld Austria, Tel and Fax: 02629 2116, Email: c/o "ringhofer\_m@vnabrw.net. DEC.COM") of photo's, slides, negatives or photo CD's of artist's work. The idea is to use the catalogue as a sample for selling artists' work. More details to follow.

ArtNet will be accepting information forms from artists and support people on an ongoing basis. If you have questions or ideas, or if you haven't yet been entered on the database, send your full name, address, telephone no., fax no., email address, date of birth, computer/promotion supporter, category of art (ie. literature, fine art, music, film, performance, design, handcrafted work), particulars and description of your work, and your resume if available, to: ArtNet Database, c/o Mrs. Liallyn Fitzpatrick, 10 Clarence Street, Burwood NSW 2134, (Sydney) Australia, Fax: 02 712 3614.

The ArtNet Newsletter coordinator is Mrs. Michelle Holmes Shetty (same Sydney address) and everyone who has sent in their information will be receiving a newsletter and an ArtNet database soon.

May Shri Saraswati inspire our creativity, and may Shri Ganesha guide us in everything.

- With love from Michelle and Liallyn

## NEWS FROM INDIA

### Excerpt from Shri Mataji's Talk at the Noida Temple Inauguration March 25, 1993

It really is such a wonderful thing that has happened, this 70th Birthday. There are so many things which are to be noted as something suggestive of this new Age coming. There are more things waiting for us in this new Age. You'll have lots of miracles, lots of blessings, complete understanding, and complete maturity in Sahaja Yoga. The new atmosphere will change so many things. Even the people who are opposing us for no fault of ours will also step aside and things will start working out.

All the problems of the world will have their solution, a solution of a very miraculous type, and you'll be amazed how things have been corrected in every way. In the beginning maybe you might feel a turmoil and an unsteadiness, and you also might feel that there is no hope, but after the turmoil is over, you will see the peace that is manifested through your vibrations, and it will be effective, it will be acting, and you will realise that.

So many nice things to look forward, and that's maybe the reason you might have intuitively felt that 70th Birthday is important. I never said that after my 70th Birthday this Satya Yuga would start, but somehow I think you people did have an intuition. That's the reason you came here to celebrate the beginning of it.



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