

THE AUSTRALIAN

# Sahaja Newsletter



## Contributions:

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Jai Shri Mataji.

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Dearest mummy and daddy. How are you?

I am fine here by the grace of shri Mataji.

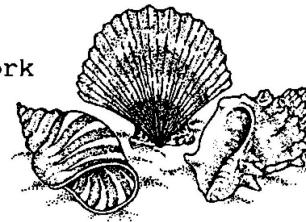
Yesterday some of the school children went to a museum. I also got to go. Me and Rosie had to welcome the chige guest <sup>me and ribbon wife</sup>.

I had to give him flowers and Rosie had a tray with some sweets and a pair of scisors. The scisors were for cutting a red ribbon. The other children had to stand near the tings they made. It was very sun.

(There was <sup>of the school,</sup> exabitions).

REMINDER Diwali Puja.

Please bring your own plate, cup & fork  
for the Puja meal - thankyou.



Liverpool Hospital "Stress Management Research" Programme

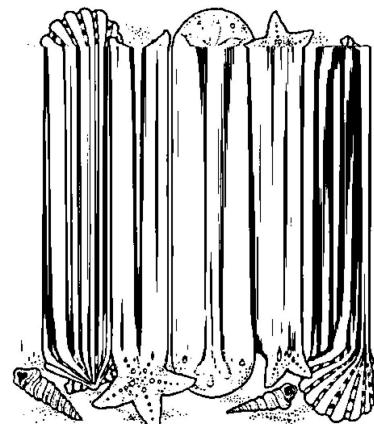
Full approval has been to classes for.. - Staff

- pregnant ladies
- medical patients
- public
- clinical research

We plan to begin the first programme this year on pregnant ladies who will be monitored to see if Sahaja Yoga causes a reduction in post-natal complications.

NEEDED! Yogis to attend, to work/co-ordinate Various programmes. The hospital has demanded a minimum 2-3 year commitment from us.

More info soon. Please contact Dr. Ramesh Manocha if you are interested in helping.



FESTIVALS.

HURSTVILLE: Saturday November 11th  
Hurstville Boulevard, Forest Rd.  
Hurstville. 9.30am - 4pm.  
  
Some help settin-up (muscle-wise) needed.  
For more information contact Diana, Hugette or  
Patrick.

N.B. Sahaja Yogis from Sydney: Please bring containers to Burwood on Saturday if you wish to take puja meals home. Thanks!

IN THE NEWS .

The Hindi language is now being taught in some Australian schools.

Today, students will sit the exam for Aboriginal Studies, which has grown from 376 students in 1993 to 665 this year, and exams in 29 different smaller candidature languages. These include new courses in Hindi, Maltese, Persian and Portuguese, which are being examined for the first time, under national syllabuses developed in Victoria and accredited in NSW and other States.



The Sydney Morning Herald

Tues , Oct. 24. 1995

We have to remember that Sahaja Yoga is always 'on the move.' Things are improving world-wide. Are we really keeping up and enjoying ourselves by getting things done-or are we "sleeping off nicely, etc." - content with Sahaja Yoga that existed 10 years ago, two years ago, six months ago ?? — G.W.U.K.

Shri Mataji also said that we should begin to talk about the fact that Sahaja Yoga works - in a matter-of-fact way - to colleagues, professional people etc., and tell them to go to the G.O.T.O. meetings

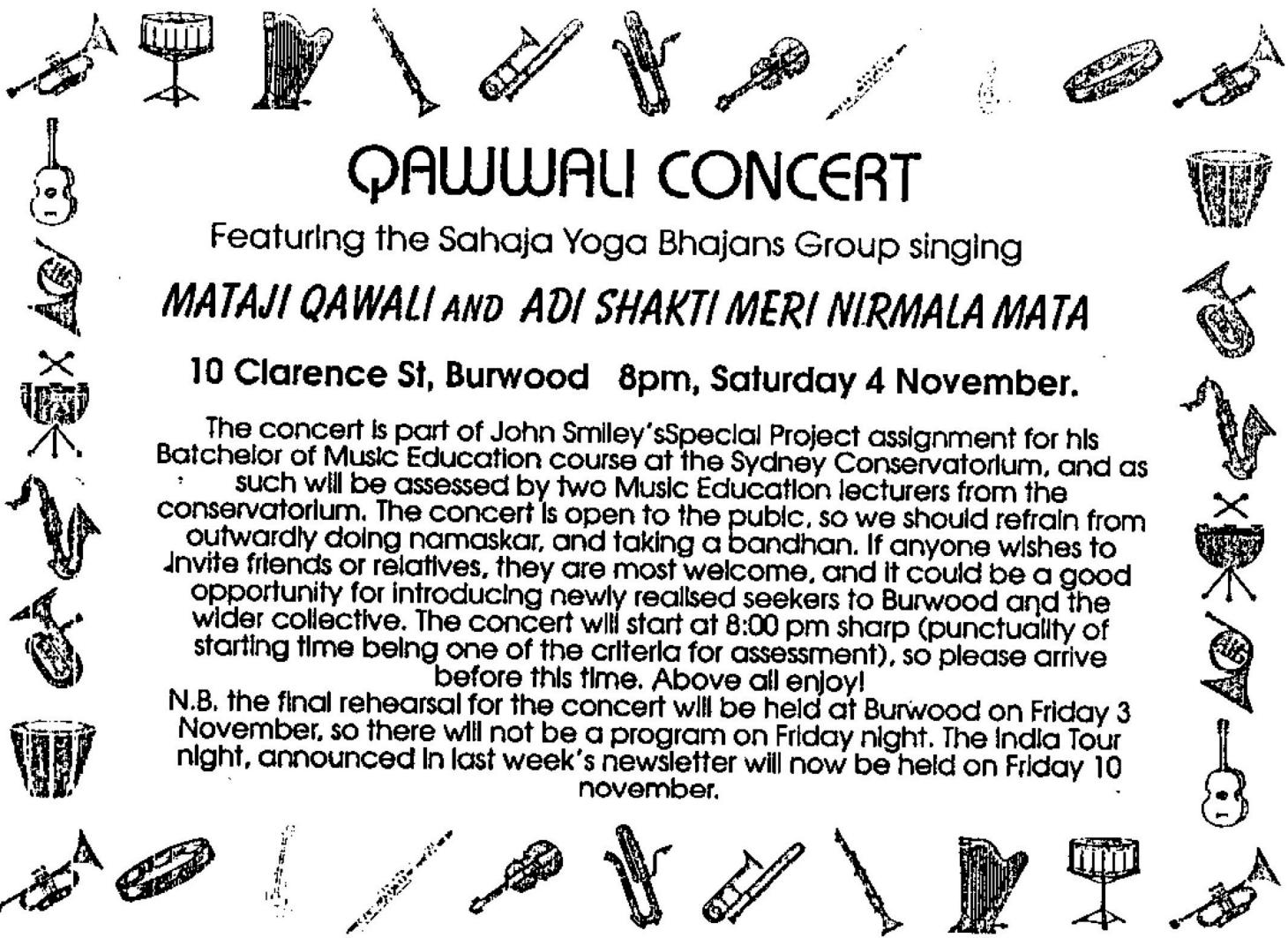
watch out please. This is where we need most self-discipline and clarity. Sahaja Yoga is not a sect. — D. U.K.

NEWTOWN:



Sunday November 12th  
Newtown Underground Festival  
Camperdown Memorial Rest Park  
Lennox St. Newtown.  
9.30am - 6.30pm  
Shahaj stall No. Q13.

Help needed, please ring Mathew Phn. 665 8210.



# QAWWALI CONCERT

## Featuring the Sahaja Yoga Bhajans Group singing

## MATAJI QAWALI AND ADI SHAKTI MERI NIRMALA MATA

**10 Clarence St, Burwood 8pm, Saturday 4 November.**

The concert is part of John Smiley's Special Project assignment for his Bachelor of Music Education course at the Sydney Conservatorium, and as such will be assessed by two Music Education lecturers from the conservatorium. The concert is open to the public, so we should refrain from outwardly doing namaskar, and taking a bandhan. If anyone wishes to invite friends or relatives, they are most welcome, and it could be a good opportunity for introducing newly realised seekers to Burwood and the wider collective. The concert will start at 8:00 pm sharp (punctuality of starting time being one of the criteria for assessment), so please arrive before this time. Above all enjoy!

N.B. the final rehearsal for the concert will be held at Burwood on Friday 3 November, so there will not be a program on Friday night. The India Tour night, announced in last week's newsletter will now be held on Friday 10 November.

## INDIA TOUR RAFFLE

## THE WINNER

TS

Leanne (Leah) Holland  
Brisbane Qld.



## Austrian Visit - Some News

**Shri Mataji recommended that all Austrian yogis go on a liver diet. She also has said that one**

Dr Nigam kindly confirmed that 'Gidgegannup is a heavenly place' during his stay there recently. Even the lady who developed our photographs asked: "Where is this place, it looks so relaxing and beautiful". The Artists' Retreat was looking its current best for the Seminar held there on Sunday 15 October, thanks to the hard work of some yogis, including our Finnish-Australian window-cleaning wizz specially imported from Sydney. Thank-you so much Helja! (How many windows are there again?) As always, right up to the very last minute Robin was at work with his back-hoe, redesigning and reforming the red soil of the entrance area that takes one inside to the curving staircase which looks like a section from Blake's 'Jacob's Ladder' painting. Even the kitchen floor had been transformed into a colourful 'tiled' expanse worthy of a palace by Kevin and his team. Not surprisingly then, the food which was prepared by Raji and assistants was declared to be 'in India fit to be served to princes' by Dr Nigam. Indeed one new gentleman at the seminar felt so at home that he was discovered chopping vegetables shortly after he arrived! He is a student from China and by the end of the day he and a fellow student were offering to come and work on the building after their exams are over. Another gentleman who has been coming to our weekly programmes for some months on seeing Gidgegannup for the first time said that it was an incredible place and has offered his truckload of tools and skill as a builder to Kevin.

It's so difficult to write about such an event as we shared this weekend in Perth because everywhere and in everything the hand of Shri Mataji could almost be seen and was certainly felt. Her Love flowed like rain over the Collective for the whole time so that even when there were apparent difficulties and setbacks these were so easily overcome or reappraised that only the smallest disturbance was felt. At least one visitor remarked on the intriguing sight of so many people being fed with such delicious food with no formality or difficulty. There were no rosters or lists of jobs and planning sessions were very informal during the leadup and preparation time and even the 'rehearsal' by the doctors for the Medical Conference itself was characterised by the feeling of loving friends getting together to enjoy themselves. Those who had particular skills needed for the job at hand offered their services and Shri Mataji moulded us into a beautiful form that we felt to be a rehearsal in the Virata for future similar events.

It seems fitting that the first Medical Conference was held on the ancient pre-cambrian rocks of the left mooladhara. Shri Mataji has walked there perhaps not only in modern times but also in the past when this part of Australia was still joined to the present east coast of India and this sense of timelessness and continuity was felt very much by the yogis, from when we met our visiting brothers from India at the airport through the weekend to the bajhans late on Sunday evening.

Professor Rai and Dr Nigam travelled to Gidgegannup through the hills which were looking their best with the characteristic red soil almost wholly covered in green and scattered with beautiful wild flowers. They were joined a day later by Drs Ramesh and Amjad and author Greg with pen. (How lovely to have a Sahaja book to offer new people.) The doctors were housed together on Jo and Robin's place overlooking Lake Josephine and just a short distance from the Artists' Retreat so that they could have the opportunity to plan together. They all joined the rest of the Collective for meals and conversation in between their press interview engagements and the Public Conference. We were also delighted to have other brother and sisters with us - Auntie Marilyn, Helja, Louise and Pavan from Sydney and Jo and Vinay.

Perhaps it's too soon for us to understand fully what has happened but many of us feel that something special worked out over these few days. It seemed that Our Mother has sent her Ambassadors for a new stage of Sahaja Yoga. Both Professor Rai and Dr Nigam are like the elder statesmen; like the Grandfathers in the Mahabharata; they are Masters of their craft and speak with authority; but especially they speak with Love. One yogini said it's as if they are showing the younger ones how to use their weapons. Professor Rai gave us the technical details of 'Holistic Medicine for the 21st Century' with humour and humility and Dr Nigam's personal account of his own healing through the Grace of Shri Mataji had everyone sitting on the edge of their seats. One yogi remarked that he had heard the Doctor tell his story several times before and the effect was always the same: the opening of every heart is palpable. There were tears of joy in many eyes - and not just yogis!



Dr Nigam  
and  
Professor Rai



Vinay Srivastava  
and  
Dr Greg Turek



Pavan Keetley,  
Dr Nigam and  
Professor Rai.



graham Brown,  
Helja Kallioinen  
and Kim Laird



Tuesdays follow up meeting →  
30 people attended including 5 'new' ones

It was also a great blessing to have our Australian born Dr Ramesh describe the work on Stress Management that is about to start at Liverpool Hospital in Sydney with Sahaja Yoga. The programme will be an official part of hospital services and includes making some work time available to staff to learn how to meditate if they choose to do so. His description of his own personality conversion from an INTP (someone who's stuck in his head and doesn't know how to enjoy himself) to an ENTJ (extroverted, non-thinking, feeling, joyous etc) after meeting Shri Mataji brought tears to the eyes of a different kind!

Dr Amjad explained the subtle system and presented the credentials of Sahaja Yoga in a way that made us proud to be present. Professor Rai emphasised that in all Sahaja Yoga research we can get 'consistent and verifiable results'. We can answer any challenges in all senses including the scientific. Pavan acted as master of ceremonies and introduced the speakers. About 20 doctors were in the audience of 70 new people and 50 yogis for the main presentation on Saturday evening and a further 35 new people attended the Sunday seminar including 3 doctors. We hope to have some feedback on their perceptions. Two theatre sisters who attended were excited by the findings of Professor Rai's research and like most others very moved by Dr Nigam's talk. Four evening and one afternoon follow-up programmes are planned and will be taken by Dr Craig (Chiropractor). Two of Craig's patients attended the evening talks and were very impressed especially by the 'coincidences' that had occurred in one of them happening to be there.

4 800 invitations with the Clinical Study information were sent to doctors, specialists in various fields, dentists, psychologists, chiropractors, psychiatrists, school principals, child care nurses, alternative practitioners and others. The advertising material was prepared in Sydney by Guy and Pavan which saved considerable time. Mailing lists were prepared from the Yellow pages and personal knowledge of yogis, labels typed and printed by yogis and the Collective put them into envelopes and stamped them. We discovered the Post Office Marketing Dept to be very helpful and knowledgeable and worth consulting before you start. Colleen's knowledge of the local medical 'scene' was invaluable in posterizing and preparing the radio and newspaper advertising. Three radio interviews including one on the local ABC afternoon magazine show were arranged for Professor Rai and 30 phone calls were received at the Ashram after this interview. Somehow everyone in the Collective was able to play an active role in the preparations, no matter how small, so there was a strong feeling that all our vibrations were spread into the community.

After inspecting the venue for the formal proceedings at the university, Colleen and Pavan were travelling back to the Ashram in separate vehicles. As Colleen stopped at some traffic lights a swarm of bees flew past her car. She went completely thoughtless watching this phenomenon. She discovered that the same experience with the same result had happened to Pavan. One of the yogis told us that bees are a form of the Devi.

For yogis only at this stage Craig brought his latest piece of equipment for us to try out over the weekend. He has a computer programme which provides a Quantitative Analysis of Heart Rate Variability based on the fact that the human heart doesn't have a constant rate but fluctuates according to changes in sympathetic and parasympathetic nervous system activity. A cardiac electrode is placed around the heart and a signal is transmitted to the computer screen which displays the length of time between heart beats. While Greg Turek was assessed he spontaneously put his hands towards the photograph of Shri Mataji. Immediately a rise in parasympathetic activity was observed. On the basis of this he and Craig set up a small experiment with a small sample (of one!) during which Greg sat on a chair with his eyes closed and Craig placed two items in front of him at times and in an order unknown to Greg - also unperceived because fortuitously? Heather started vacuuming nearby so Greg could neither see nor hear anything else. When Craig placed a tennis ball in front of Greg at hand level no change occurred in his heart rate. But when a photo of Shri Mataji was placed in front of him, even though his eyes could not see it, his heart obviously did because there was an increase in parasympathetic activity by a factor of 50%. We look forward to seeing more experiments. We are in the process of transcribing interviews and preparing tapes etc and these will be advertised in the newsletter as soon as possible. Jai Shri Mataji! Love to all from the Perth WA Collective, Christine.