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What you need is not science and technology but better human beings.

## Messiahs Of Peace

One an honorary knight, the other in pursuit of spreading the gospel of peace through spiritualism. Meet Sir C.P. Srivastava and his wife, Nirmala Devi, whom Citizen met at their palatial residence on the outskirts of the city.

**High living: high thinking**

Sir C.P. Srivastava, a knight of the British Empire, is a man of many faces. He is a spiritualist, a peace lover, a social reformer, a philanthropist, a statesman, a scholar, a writer, a teacher, a father, a husband, a friend, a neighbour, a citizen, a human being. He is a man of many talents, many virtues, many achievements. He is a man of many names, many titles, many honours. He is a man of many hearts, many minds, many souls. He is a man of many worlds, many universes, many galaxies. He is a man of many dimensions, many planes, many levels. He is a man of many colours, many shades, many hues. He is a man of many flavours, many tastes, many smells. He is a man of many sounds, many voices, many languages. He is a man of many feelings, many emotions, many passions. He is a man of many thoughts, many ideas, many dreams. He is a man of many actions, many deeds, many works. He is a man of many lives, many deaths, many rebirths. He is a man of many worlds, many universes, many galaxies. He is a man of many dimensions, many planes, many levels. He is a man of many colours, many shades, many hues. He is a man of many flavours, many tastes, many smells. He is a man of many sounds, many voices, many languages. He is a man of many feelings, many emotions, many passions. He is a man of many thoughts, many ideas, many dreams. He is a man of many actions, many deeds, many works. He is a man of many lives, many deaths, many rebirths.

**Goulburn Programmes**

The second programmes for the Goulburn area took place last Saturday. Thirteen of the original 30 seekers returned and seven new seekers came along. Everyone is enjoying their new-found realisation and are happily meditating and footsoaking. Saturday will be our third programme and Sydney yogis are invited to come along to share vibrations with these wonderful people. (Canberra yogis extend an invitation to Sydney folk attending Goulburn programmes and who would like to stay overnight at the Canberra ashram).

Goulburn Programmes: McDermott Centre, (next to the Post office) 2pm every Saturday.

**BABY DARA ARRIVES**

Atul and Sandra Dara of New Delhi announce the birth of the son "Manu Rishi". He was born midday, Wednesday 13th May, 24" long & 7 1/4 lbs. Both parents & baby are well and send their love to everyone. (Sandra said they have just heard that Shri Mataji is expected to arrive in New Delhi very soon for a short visit.

**BABY NEWS**

Hari and Elizabeth Gaikwad announce the birth of their daughter "Madhubhashini". She was born Sunday 24th of May at 9.35am.

**COMMON COLD (to help fix this nasty winter bug)**

-Left Vishuddhi - nose is blocked  
Use ghee with camphor, several times a day, take left Vishuddhi Mantra.  
Right Vishuddhi - nose is running  
Use Ajwan dhuni (Ajwan seed on charcoal, inhale it). Drink decoction of Tulsi (also Basil leaves), Ajwan and Ginger, have rest in bed. Use cool bath in the morning in summer, lukewarm bath in winter and don't go out in the cold one and a half hour after!

# Sahaja Newsletter

29.MAY.92

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**GURU PUJA WEEK-END**

Registration for Guru Puja Weekend at Bundilla will commence next week. The weekend will be from Saturday morning 18 July to Sunday after (19th). More details will follow in next weeks newsletter regarding costs etc. Payment will be required when booking is made.

**INTERNATIONAL SCHOOL DONATION**

Donations for the school can be left in the white box at Burwood. Please mark them clearly "Attention Stephan Taylor - International School". These donations will be deposited into the Education account and will then be forwarded to India to assist in the construction of the new school at Dharamsala.

Paul Henwood will remain in India for a while longer to start the building programme. Seventy children attend the school-- 20 of these children are Australian and next year another seventy children are enrolled to go. Another 20 of these children will be Australian.





Dear Brothers &amp; Sisters,

May 16

We had today the second programme of Sahaja Yoga in Tokyo. For this programme we decided to put the advertisement in the local spiritual magazines. No posters in the street, for it's illegal and not well seen by the Japanese. We had about 20 people at the first programme, and 25 people today. But if we compared with the last programme, the quality of the seekers was overwhelming, very sincere people.

The introduction was spoken only in Japanese by a local Sahaja Yogini, Kazuko, then Bruno spoke in English with translation, and realization was given. We felt the people understood well. And many of them could feel vibrations. So many of the people will come to the 7-day follow-up courses. We told that Sahaja Yoga is not easy because we have to have the discipline of our own guru. But, on the other hand, once there is a discipline everything works spontaneously.

Now the facts:

1. There was a man that after the first programme on his sleep he dreamt of Shri Mataji giving him realization chakra by chakra. And once he arrived in Sahasrara he woke up, very joyfully. That's the second birth !!!
2. There was another man who felt heat in the heart chakra after going back home from the first programme. So he tried to cure by TM technique, but it only got worse, so he phoned us...

3. Today, just before giving realization, a woman felt very sick, heart started beating too much, and high blood pressure. She had to leave the programme together with two companions, probably from a sect.

There were also many people with hopes that Sahaja Yoga techniques will help. This is Japan. The people here are very methodical. If they believe something, they will work hard for it. With the help of Shri Mataji's big bandhan for Japan during the Sahasrara Puja, we think many people are believing that Sahaja Yoga is the unique truth.

Jai Shri Mataji

Sahaja Yogis of Japan

**サハジャヨガ研究会**

サハジャヨガとはサンスクリット語で「自然に導かれて（生まれながらに自然発生的な）悟り」を意味しています。サハジャヨガは1970年、シエリ・マタジによって創始されました。インドでは最も重要な神聖上の人物とされ、Mother (お母さん) と呼ばれています。体位法や呼吸法を一切行わずに、安全にかつ簡単に内なるクンダリーニを覚醒させる、悟りを体験する事を可能にします。世界各国で、すでに多数の人々がセルフリアライゼーション (悟り) を達成しています。金人相が悟りに至る「時が来ている」とシエリ・マタジが言うように、私達は新しい進化の段階へと入って来たのです。

日時 5月13日(木) 7時  
5月16日(日) 7時  
(真なる内容です。)

費用 無料  
会場 東京都立労働福祉会館 (八丁地下車歩1分)  
●お問い合わせ●  
☎0424(84)7207

石井和子

INFORMATION PRESS  
TAMA  
MIND  
NETWORK

## SYDNEY

Sat 21st Nov	SQ 222	Dep Syd	1500	Arr Sing	2100
Sun 22nd Nov	SQ 408	Dep Sing	1800	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 221	Dep Sing	2100	Arr Syd	0615*

## MELBOURNE

Sat 21st Nov	SQ 228	Dep Melb	1445	Arr Sing	2025
Sun 22nd Nov	SQ 408	Dep Sing	1800	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 227	Dep Sing	2230	Arr Melb	0730*

## CANBERRA

Same as Sydney

## ADELAIDE

Sat 21st Nov	SQ 228	Dep Adel	1150	Arr Sing	2025
Sun 22nd Nov	SQ 408	Dep Sing	1830	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 227	Dep Sing	2230	Arr Adel	0925*

## PERTH

Sat 21st Nov	SQ 224	Dep Per	1430	Arr Sing	1935
Sun 22nd Nov	SQ 408	Dep Sing	1830	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 223	Dep Sing	2045	Arr Perth	0130*

## BRISBANE

Note: No flight on 21st from Brisbane this means an extra day in Singapore.

Fri 20th Nov	SQ 228	Dep Bris	1130	Arr Sing	2025
Sun 22nd Nov	SQ 408	Dep Sing	1830	Arr Delhi	2110
Sun 3rd Jan	SQ 319	Dep Bom	2350	Arr Sing	0725*
Mon 4th Jan	SQ 235	Dep Sing	2215	Arr Bris	0730*

\* Demotes next day

High season fares commence after the 21st Nov. Hence the need to be away on or before that date.

India Tour starts 23rd November approximately.

There are 35 seats booked for Sydney

15 for Melbourne  
5 for Adelaide  
10 for Perth  
10 for Brisbane

these are adjustable and the fare is \$1245 Eastern states  
\$1160 Perth

We are open for bookings and a \$100.- deposit will be necessary this year.

For bookings please contact Stephen Taylor Tuesdays, Thursdays and Fridays at Burwood ashram.

## DOWN TO EARTH

with Denise Clyne



Daisies in different guises - there are more than 20,000 species worldwide.

## DAISY, DAISY, GIVE ME YOUR ANSWER

Whatever happened to daisy chains? In the suburban parks of my childhood, daisy time brought a moratorium on mowing. The grass got a stay of execution and all of a sudden the daisies were up, spreading their spoon-shaped leaves, decking the lawns with drifts of summer snow. Bellis perennis, the "day's eye", tiny flower of the field, beloved of poet and peasant.

In those pleasant parks, little girls like me learned to make daisy chains, pressing fingernails through stems to make "buttonholes" for the daisy-heads. I seem to remember it was a "girl's only" craft. You never saw boys making daisy chains. Not real boys. Not in those days. At the end of summer, off came the daisy-heads and the air grew tangy with the green smell of sap. Next year, the daisies popped up again undismayed, part of childhood's annual merry-go-round.

The common daisy still lives in our literature, if not so often now in our lawns. Chaucer, Shakespeare and Milton made fond mention of daisies. Shelley likened them to heavenly bodies, but it was Tennyson's Maud's more down-to-earth feet that "... touched the meadows and left the daisies rosy".

The Scottish bard Robbie Burns disliked beheading daisies, even in the interests of growing his daily bread. Poet and peasant warred in him as he wrote:

Field flowers lauded by poets, garden favourites, the daisy has many faces

Wee modest, crimson-tipped flower  
Thou'st met me in an evil hour  
For I maun crush among the stour  
Thy slender stem.  
To spare thee now is past my power  
Thou bonny gem.

No longer wee or modest, Bellis perennis has lately been given a facelift and a place among its grander cousins in our flowerbeds.

We grow more members of the daisy family (Asteraceae, formerly Compositae) in our gardens than anything else. I did a summer head count and found 19 different daisies blooming in my borders, quite unplanned. To list just a few: aster, arctotis, ageratum, chrysanthemum, coreopsis, cone-flower, dahlia, marigold, Stokesia. As well, there are gate crashers like cat's ears and dandelions.

"Daisies for modesty" says my Victorian flower book. Wrong! Daisies are go-getters. They're probably the most successful of all the flowering plants,

with more than 20,000 species worldwide, as well as a host of hybrids and cultivars.

The fascinating thing about a daisy is that it isn't a single flower at all, but a community of flowers with different roles to play. Crowded together at the centre are the tiny males and females - the disc flowers with their pollen and nectar stores.

Radiating from the central disc are the brightly coloured "petals" - which are not petals, but sterile blooms called ray flowers. Their job is to lure pollinating insects. They advertise the daisy's wares with the colours and shapes that insects respond to, and they do it brilliantly.

Insects love daisies; they offer so much for so little effort. The disc flowers open in succession from the outside, presenting a ring of nectar cups. A butterfly or bee can sit on a daisy and dip into one flower after another, saving the energy of flight. The daisy consortium works like a dream, and the gardener benefits from the long-lasting flowers.

As I see it, the secret of the daisy's success is truth in advertising. A daisy lives up to its promise; those eye-catching commercials sell no bee or butterfly short. The goods are there in abundance - no shopping around, you get all you want from one store. Or, as it's daisies we're talking about, one chain of stores. A daisy chain.