

# Australian Sahaja Newsletter

8th August '98

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## RAKSHA BANDHAN

Raksha Bandhan is a special time when the relationship and bond between brother and sister is symbolized by the tying of the rakhi. The rakhi is tied, by the sister, to the left wrist of the brother. The left wrist is the left vishuddi, and purity of the brother-sister relationship is a quality of left vishuddi.

The relationship is a very special one in which a sister will choose a brother and ask him to be her Rakhi brother. A sister is always the one who chooses the brother. When a brother is chosen, it means he is to care for and protect his sister. A sister adds sweetness and beauty to the relationship.

Lakshmana was the brother of Seeta and he exemplifies the qualities of a good brother. When exiled in the forest, Rama was lured away by a Rakshasa disguised as a deer. Lakshmana remained behind to take care of Seeta.

However, the Rakshasa played a trick to lure Lakshmana away from protecting Seeta by calling for help in Rama's voice. Seeta was taken in by this trick and ordered Lakshmana to go to Rama's aid. Lakshmana refused to go at first but finally Seeta implored him to go. Before Lakshmana left however, he walked around the hut making a line as he went. He told Seeta she would be safe as long as she stayed in this bandhan of protection.

It was only through the tricks of Ravana disguised as a sage, that lured Seeta out from the Bandhan and he was then able to kidnap her.

There are many stories similar to this which display those positive aspects of this relationship.



*You're Invited*

**RAKSHABANDHAN  
KRISHNA PUJA**

**Sat 15<sup>th</sup> August  
Sun 16<sup>th</sup> August**

You are cordially invited to join the Sydney Yogis in a picnic at Balmoral on Saturday 15<sup>th</sup> August commencing 12 NOON to celebrate the occasion of Rakshabandhan. Please bring a picnic lunch.

Those who wish may stay for an evening of bhajans in place of the usual Saturday Evening programme at Burwood (there will be no programme at Burwood).

This will be followed on Sunday 16<sup>th</sup> August with Shri Krishna Puja at Burwood, commencing at 11am. Please be punctual.

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**KRISHNA PUJA ROSTER**

**Set up**

**South & West of Paramatta**  
(Cabramatta, Guildford,  
Wentworthville, Pendle Hill,  
Kurrajong, Katoomba etc)

**Cook**

**Inner West**  
(Glebe, Newtown, Chippendale,  
Ashfield, Petersham, Lewisham etc)

**Wash up**

**Northern Region**  
(Gosford, Central Coast, Newcastle,  
Pelaw Main, Muswellbrook etc)

**Dismantle**

**North-West Metropolitan**  
(Ryde, Pennant Hills, Galston, Mt. Colah,  
Mt. Kuringai, Berowra etc)

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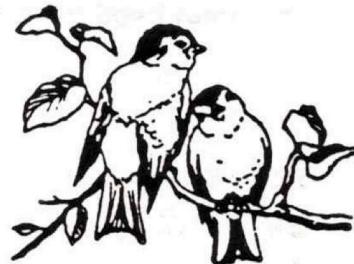


## **YUVA SHAKTI MEETING**

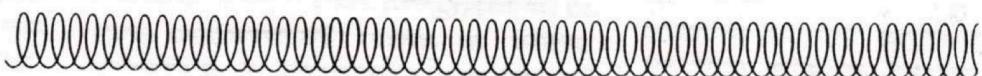
**Place:** Balmoral – Before Raksha Bandhan  
**Time:** 11.00am  
**Date:** Saturday 15<sup>th</sup> August

**We need to discuss:**

- Woodford
- Next camp (next holidays)
- Festivals
- Fundraisers (not just for Woodford)



**Our last meeting attracted only two people – we hope to see more people this time. (Please remember, the Yuva Shakti is for anyone 12yrs to 25!)**



## **CHILD PSYCHOLOGY STUDY - HELPERS NEEDED!**

As mentioned last Saturday by Uncle Michael, this study is near completion, after lots of time and effort. With Shri Mataji's approval, the study's aim is to compare various areas of emotional well being and academic functioning of Sahaj children here and in Dharamsala with non Sahaj children in day and boarding schools in Australia. The results will be a formally recognised research analysis.

The final school will be tested on August 18 & 19. The aim is to complete all the coding, data entry and analysis by the end of August so that the results can be presented to Shri Mataji at Ganesha Puja early September.

In total, there will be approximately 100 hours data entry work for the tests from this final school. We'll be working on 3 computers at Woollahra, to help get through it all more quickly. This is very easy work, but time consuming. So we urgently need people to help enter the test results on the weekends of August 22&23 and 29&30.

We need people who have good attention to detail. That's all you need - we can easily show you the rest. You don't have to know how to operate a computer. You don't need experience with having cups of tea, cake, biscuits, pizza and hot lunch either, as you will also pick that up on the day!

Please pick up the phone and call if you can help, we always have a good time on the day and you wouldn't want to miss out. Charles & Lynette Tiralongo ph. 9328 6624.

## SATURDAY NIGHT PROGRAMMES

We will now be advising each week in the Newsletter (approximately two weeks in advance) whose turn it is to host the Saturday night programs.

As next week is Rakshabandhan and Krishna Puja there will obviously be no program, and the following week there will also be no program as Burwood will be unavailable due to the filming of a video for Ganesha Puja (Cabella).

Therefore the next program will be:-

Date: 29<sup>th</sup> August  
Host: Wollongong collective

Program to start 6.30 pm for clearing practices  
7.00pm SHARP for meditation / puja

Refreshments served at conclusion of each evening.



## COUNTRY TOUR NEWS

Dates: 15<sup>th</sup> and 16<sup>th</sup> August  
Region: Northern

Next weekend is the northern region country tour going to Coffs Harbour (there will be a Havan at VALLA - Graeme & Helena's place), Grafton, Armidale and Tamworth.

Anyone who hasn't been and would like to go, please contact Avinash Nichkawde on 9476 4271 (home) OR 0414 281 567 (mobile).



## BABY NEWS !!

On Friday 7<sup>th</sup> August a BABY GIRL was born to Michelle and Jalindar. Weighing in at 3kg and 49.5cm long. Congratulations!

# Timeless spirit in search of harmony

MURK WILLIAMS

**H**EN Indian sarod virtuoso Amjad Ali Khan first sat on a stage at the age of 12, he was unaware of his musical legacy; all he knew was he wanted to make his instrument sing.

Khan would soon learn his musical heritage dated back to the court of the 16th century Mughal emperor Akbar and the singer Tansen, considered by many Indians as the greatest musician who ever lived.

Legend has it that Tansen's music had a spiritual quality so pure he could light lamps just by singing, and stories circulate among Indian classical music lovers of his ending a long drought with a melody so beautiful that the sky cried pouring rain. Tansen passed his profound musical knowledge on to his sons, who revealed it to Khan's forefathers six generations ago.

After more than 40 years of playing the sarod — a wooden-sided, fretless instrument brought from Afghanistan to India by his ancestors several hundred years ago — Khan continues the family



'To be experienced': sarod virtuoso Amjad Ali Khan, left, and his son Amaan

sons Amaan, 21, and Amaar, 19. But Khan says he would be happy if the dynasty ended with them: "As a musician you have to make a lot of sacrifices: it is... not a normal life. I practise nine or 10 hours a day; it is hard work and I do not wish the hardships I endured upon my grandchildren," he says.

Both his sons are lauded as

prodigies but the hard work the young men endured to achieve notability was not due to a father's strictness or musical aestheticism: "My wife and I have to push the boys to go out and have a good time, but they are only ever gone a short time before they come back to practise. They have been offered modelling jobs and parts in films

but they just want to play music," he says.

Khan believes the music has given them deep values, something he puts down to the spiritual origin of Indian classical music. He says the aim of the music is to bring performer and listener into harmony, while more modern "noisy" music only causes mental and emotional disturbance.

Modest and quietly spoken, Khan is not immune to the meditative effects of Indian classical music himself: "The music detaches you from the rest of the world. I am not part of the noisy, technological, materialistic world — it feels strange sometimes. I feel closer to God and I know the purer my music becomes the purer I become."

Considered one of India's most exhilarating performers, Khan begins a traditional raga, or melody, with a subtle, meditative movement called alap. The raga contains a particular ascending and descending order of notes, some of which may be flattened or sharpened as in modal jazz. Each note is introduced to highlight its flavour along with certain key phrases before a rhythm is intro-

duced to a slow melody known as vilambit. Set to a rhythm pattern of typically 16 beats — although patterns of 12, 10 and seven are almost as common — the percussionist solos over the chorus section known as the gat before the soloist improvises continually over the rhythm, building its intensity and providing a showcase for each player's talents.

The piece ends in dramatic fashion with a quick section known as jhala with a series of complex counter-rhythms where each player tries to outdo the other.

As a visiting professor at York University in England, Khan has taught hundreds of western classical students to go beyond their concept of music: "There is no need to understand any kind of music; music has to be experienced."

In Australia this weekend to celebrate 50 years of Indian independence with concerts in Sydney and Fremantle, Khan and his son Amaan will be joined by a percussion genius, tabla-player Zak Hussain.

Amjad Ali Khan performs in Sydney tomorrow night and in Fremantle on Sunday.



## STOP THE PRESSES!

As many of you know Knowledge of Reality magazine has gradually grown so that it is now distributed in New Zealand and the USA.

The first issue to hit the USA a few months ago sold 300 copies in the first few weeks and was then inexplicably removed from the shelves. The distributor in the USA thought that the magazine was a monthly rather than quarterly!

We quickly corrected that misconception (ie negativity) and the next issue to go to the states

### completely sold out in 8 weeks!

Over 1,200 copies were sold in bookstores around the USA and all the sales were direct to the public.

Every one of these readers has now not only read about various "pure knowledge" topics but has also read about Sahaja Yoga too.

The next order for the magazine has now been doubled!

### Jai Shri Mataji!

2nd August



FROM NAGPUR (Matthew Stainsby)

Dear Mum & Dad & Yogis

Hi, how are ya! I'm fine. I arrived at Nagpur at 7.00am after 20 hours and 45 minutes of travel. I got the plane to a scorching 35 °C day — this was comfortable according to Jessica and Mamta who picked me up from the airport, and had already lasted one summer. We stopped at Baba Mama's house on the way to the academy to have a cup of tea. He was great and welcomed me to Nagpur. Finally, after dodging and weaving through traffic, we reached the academy itself. I slept for half an hour — I needed it after 14 hours straight of video games (Singapore airlines).

The academy is worthwhile, miles and miles of lush green forests; a sudden coolness came over my whole body. What a wonderful place — words can't describe it! There's a river that runs alongside the academy. At about 2.00pm, after a wonderful meal of dhal and rice, everyone went for a swim. It was incredibly refreshing. The local Indians think that we are crazy as Indians never swim. After getting back from the river we all went to a concert. Now, I am going to learn dholak ... this bloke at the concert played a thing called a gautam which looks like a large ceramic pot, but the sounds he could get out of it were amazing. You thought a tabla solo was impressive — wait until you hear a gautam solo — it will blow you away! The instrument comes from North India — we are trying to find a teacher in Nagpur. Baba Mama is on the case.. After the gautam player finished I fell asleep after only having about 30 minutes of sleep in about 30 hours. Not even 3 cups of strong coffee could keep me awake! The concert went on until 1.00am. We got back to the academy at 1.30am, but I couldn't sleep due to mosquitoes and ants crawling all over me all night.

The morning was to be my first lesson but due to rain the Jeep could not cross the river. The river is still too high today. Anyway that's my first few days in sunny Nagpur. Hope to hear from you.

Love Matt

JAI SHRI MATAJI!!



## FASHION PARADE

The fashion parade scheduled for 23rd August has been postponed due to the filming taking place at Burwood over that weekend. More information as it comes to hand — probably after Ganesha Puja..



## VIBRATED WATER\*

As requested by many at the Guru Puja at Wamuran (and for those who were unable to attend and therefore missed out!), Fred Millar has provided notes of his talk on "Vibrated Water".



## BACKGROUND

Some 16 years ago, long before I found Sahaj, a close friend of mine who had assisted me financially with some of my inventions and who was, for 36 years, the Chairman of the Victorian Water Board, came to me one day and asked if I could develop a means of purifying MELBOURNE WATER, preferably if possible at the RESERVOIR. I naturally asked why and was told that our drinking water was a poisonous chemical soup with more than 100 different chemicals in it. He also said that he had been informed by his International associates that within 20 to 30 years there will be no unpolluted drinking water anywhere on earth, above or below ground. I was asked to treat this information as confidential as it was not public knowledge. It is worth mentioning too that the chemical soup problem is not confined to Victoria. It is a problem of varying degrees in all States.

Here is a small example of the chemicals that I was told are present in Melbourne tap water. I.e. SULPHURIC ACID, OILS, SOAPS, WOOD PULP, COPPER, ARSENIC, PAINT, PESTICIDES, RADIO ACTIVE WASTES, AGRICULTURAL FERTILISERS, AND A WIDE RANGE OF OTHER CHEMICALS FROM INDUSTRIES.

Not so long ago the NSW Govt. announced concern about the presence of ALUMINIUM SULPHATE in the water supply which has been linked to ALZHEIMER'S DISEASE!. If you have any doubts about the pollution in OUR/YOUR drinking water, just REMOVE THE TOP FROM YOUR OWN TOILET CISTERNS you will see a THICK LAYER OF CHEMICAL SLIME on the inside. The pipes our drinking water comes through, in some cases they are over 100 years old, are also lined with chemical slime.

Drink untreated water at your own risk.

I won't go into detail, but it soon became obvious that the only practical and economical solution to large scale water treatment was to develop a new process to TREAT ALL DRINKING WATER, cheaply, within the household.. There is a solution, but that is another story.

## WATER

I am sure you know that Mother Earth is covered with 70% water and of the 30% of the LAND MASS, above the sea, only 10 % of it is ARABLE and we have been basically tilling the same soil for 1000's of years and LEACHING it of the NUTRIENTS we urgently need to keep us healthy.

But that is also another story

## Incidentally, our bodies are also 70% water, but where is it all?

It may surprise some to know that even our BONES contain water - 10% and TEETH 13% LIVER 71.5% BLOOD 90.75% BRAIN has 80.5%. etc. Well I think that is true of most people but am not sure about mine, some times it goes completely to water, especially when I have to face an audience.

Incidentally, as a matter of interest, Sea Water contains 84 of the 103 known elements and our bodies contain the same elements and in the same proportions. That is of course if you can find unpolluted sea water near the surface. Midway Island is near the centre of the Pacific, yet a recent examination of the young of Albatross nesting there, show that they are already nearing the stage where the thinning of their egg shells, due to chemical poisoning from floating debris, is threatening their future existence.

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