COOGEE BAY (Brahmachari's Hotel) DAVID WITHERS

Yogis comment; Ha Hal Watch this space.

but the arthritis you will have for the rest of your life. your skin, asthma, cholesterol level and improved your heart condition Jim's doctor's comment: Well this thing you're doing may have cured

Jims comment: I don't know what's going on here - but I know it's something special.

in the few short weeks since attending the programmes, his skin problems have been completely cured, asthma is nearly gone (he no longer has to take drugs for asthma) and can now enjoy long walks without fatigue. His heart is improving all the time as is his arthritis, cholesterol level is now completely normal level is now completely normal. the Kings Cross programmes 4 weeks ago. In the past Jim has been affected by many health problems i.e. several heart operations, asthma and skin disorders, chronic arthritis: and very high cholesterol level. However in the few chost works since attending the programmes this skin problems Jim is an elderly seeker in his late 60s who came to Sahaja Yoga through

MIRACLE JIM.

received their Realization. More Yogis are needed to help in this Joyous pass it onl Don't wait to be asked VOLUNTEER YOUR TIME NOW. Latest news from the Festival tells us that people are queing to get their Realization! Yesterday was the first day and about 50 - 60 people

GOOD NEMS EROW THE MIND BODY & SPIRIT FESTIVAL:



Newcastle Collective

In all it was a very interesting experience, giving Sahaja Yoga a degree of publicity and giving many people a chance to see Shri Mataji's photograph and hear her voice.

look at the photographs for a few moments before taking the literature and passing on. On some occasions we approached them and engaged them in conversation. Many people demonstrated an interest in attending programmes in their area programmes in their area. Most people who displayed an interest paused to view the video or

Transcripts for Russia

Recently a request was put into the Newsletter for transcripts, photos and general resource material for Russia. Many people now wish to know where to send the material some addresses are include below:

There are only two full addresses but if you wished you could send material to the other cities mentioned care of the addresses below.

RUSSIA

(n.b. Russian addresses have city first and recipient on last line)

MOSCOW 115 580 Ul Musi Djalila Dom 29 Korpus 1 KV 179 Kraznoivarđeyskaya Dr. Bogdan Shehovych Phone: [7 095] 396 84 84 (may not work. Try also sahaja yogi next door, English-speaking:

[7 095) 396 84 81) 197349 LENINGRAD

Ul Koroloba 29-1-196 KROPOTOV VLADIMIR : NATASHA

Samarskaia Obl. 445 046 Sitie TOLIATTI - 46 Ul Kommunisticheskaia Dom 13 Kv. 97 Solodiankin Sasha

Centres also in St Peterburg, Novosibirsk, Dnepropetrovsk, and other cities.

Centres also exist in republics of Ukraina (Kiev, Sochi) and Belarus (Minsk).

puess The Pair ran for Saturday and Sunday 9-5, we did not actively handbill, but about 500 people paused to take the literature as they passed the

groups there so we did not have any competition in this area. Health Marquee. Interestingly there were no other Yoga or meditation the materials need to construct the Stall, the affernoon was spent building the stall at the Marquee supplied by the Fair. By Sunday there were about 20-30 other exhibitors in the Leisure and sunday there were shout 20-30 other ware no other to meditations. Friday was spent making an early morning trip to sydney to pick up

so the collective decided to attend. to have someone there rather than leave it empty. us access to a free stand. Some were unsold and they felt it better received notification that the Fair Committee had agreed to grant the organisers a letter informing them of who we are, what we do and the fact that we are a non-profit and community based group. We did not hear anything more until two days before the Fair was to begin. We Because of the cost we initially declined the offer, but we sent

asking us if we wished to purchase a stall in the Leisure and Health wrote to us informing Sahaja Yoga about the up and coming fair and About two months ago the Lake Macquarie Trade and Leisure Fair

LAKE MACQUARIE TRADE AND LEISURE FAIR.

after the course end. Me outy hope that we can hold on to some of these new people

Newspaper (both adds and news items) Kellow Pages. Posters. Radio Station announcement.

A breakdown of how people heard about the course:

looked us up in the Yellow Pages. Yellow pages add . During the last week before the course Normally we get about 1 inquiry every two weeks from our An interesting observation was made in relation to attracting seekers.

self-realisation. Thursday night was the first week of the course and 45 people came for their mention. Some of the local radio stations also broadcast the announcements. too complicated. Surprisingly all of the newspapers gave us a There was no mention of the name of Sahaja Yoga, chakras, or anything group who would be holding a free four week meditation course. We also sent letters to all the newspapers, radio stations and TV networks explaining that we were a non profit community based

Advertisements were placed in both major local newspapers.

did a lot of incredible amount of leg work covering Newcastle in most of the major shopping centres in Newcastle. Alfred Hewitt for the course included around 200 hundred posters being placed in to hold a 4 week course. Thanks go to the Golden Girls of Gosford for the inspiration gained from their successful course. We based our course very much on their posters and Newspaper adds. Preparations for the course included around 200 hundred nosters heing placed in Over the last month the Mewcastle Collective has been preparing

NEWCASTLE 4 WEEK COURSE



Contributions: Sue Raggatt:

(02) 746 9144 Ariane Kaub: (02) 798 6779 Carole McNeill: (02) 560 6921

NOVEMBER 20th 92

Jai Sri Mataji!!!

A Chance to Live in America.

(02) 745 4562

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Hello everybody,

Good news! Yesterday, Nov. 10, my wife Cynthia gave birth to:

Molly at 8:34 AM, 6 lbs 9 ozs

Gary at 8:35 AM, 5 lbs, 3 ozs

Kara at 8:36 AM, 5 lbs, 7 ozs

Mother and babies are all doing really well--far better than anyone dared hope. All will be coming home on Saturday to start a new life. My three-year-old daughter and I are busily preparing the house for the new arrivals.

I have no words to express what a tremendous event this was. And there are no words to express my deep gratitude for this miracle. May this be a good omen for America!

"Nicholas Delonas" Boston USA.

From: "Nicholas Delonas" Boston USA snoc02::kyriacou

> Thank you so much for the thoughtful words. I'm sure the birth of these brave saints bodes well for America. Well, at least I hope it does. Things on there surface sure don't look very promising in this country.

No. Still no yogini found. If you run across one who'd like to come to America (and we plan to move to beautiful up-state NY next year), please have her contact us.

--Nick

As mentioned Nick has just been blessed with triplets and Cindy and Nick would be willing to pay a Yogini to help out with bringing up the kids, housework etc. So if any Yogini is interested in spending some time in America in a semi paid position they can initially contact Nick through the Sahaja Network.

Ariane or Chris is NSW, Mary-Anne in Victoria.

Diwali in Talnoo, a letter from Caroline.

Sun 25 Oct

Dear folks and parents,

Sunday afternoon of Diwali. Happy Diwali to you all. We held our pooja in the ground floor of the new building - the only covered space we can all fit in at one time. All the children started to "dress-up" after breakfast while the adults prepared tha altar and poooja. The girls love to get dressed up in their fancy clothes, and some of them are quite fancy! After the pooja was finished gifts were given out to all the children. Sue had given me a present for each child so Michael distributed them all too. The flying dinosaurs were a great success. 30 boys romping around outside with their gliders - coming up and asking me to "stitch them up again" when they broke. (Meaning re-inforce them with sticky tape.) The girls fad fun comparing and swapping their gifts

Towards the end of the pooja we heard rumblings in the mountains. It had been a beautiful morning, quite warm and clear but there was a storm gathering up high. The wind turned icy cold and we had a light rain but our hills and mountain peaks were covered in snow. Such a beautiful sight.

After lunch and a video to keep them in out of the sudden cold, the children are now enjoying a pleasantly warm late afternoo. Many of the boys have built a bon-fire for this evenings fireworks display, and are now having sword duels with the remaining wood. The girls are gathering around Mankumari (aunty from the dorm) as she is putting mendi on their hands. A special dinner is promised tonight with ice-cream for the children. All the dormrooms and dining hall and new building have been decorated with lights, balloons and streamers. Its a bit like Christams.

The sun is getting lower, a golden light is striking the peaks of the mountains covered in the fresh new snow. Two of the local women have just come up from the jungle. Their bundles of cut grass tied up and carried on their back, about the size of a small car. They have been cutting the grass daily for over two weeks now. Some of the boys have been helping our "cow man" to cut the grass around the school and stack it to dry in the branches of the trees. Shri Dara can use the sythe to cut it with. Annabel went down to see the cows milked this evening. The cow man is a great friend of the children. Some of the girls are now twirling round with arms spread out, to dry the mendi on their hands. Shakti is busy having a duel with Sahaj - she won't come and have her hands done. Two old wheel barrows are being used for rides between the bonfire site and the building site. The crickets have started singing just to add to the volume of babble and general fun. The coloured lights on the new building are flashing now. The sun has almost set and soon it will be dark. Time for fireworks, time to chase up children to put their jumpers, shoes and sox on. Time to fill the water bucket and warm the water for footsoaking tonight. The candles are being lit now and put into all the windows and around the school. Fireworks begin. So noisy and exciting, colourful and dangerous! But amazing - no accidents. Thankyou Shri Mataji!



LIFE'S LITTLE INSTRUCTION BOOK

- 448 · Don't be afraid to say, "I don't know."
- 449 · Don't be afraid to say, "I made a mistake."
- 450 · Don't be afraid to say, "I need help."
- 451 · Don't be afraid to say, "I'm sorry."
- 452 · Never compromise your integrity.

he way of true wealth a creed for the '90s

morning Heart Thursday, October 1, 1992



By STEPHEN JUAN

T IS called "true wealth" - the real wealth for the 1990s. We have all heard that "money will not buy happiness". Testament to this is the all-too-often sad and lonely lives of wealthy people.

It is said that wealth involves much more than money. In fact, two US psychologists go one step further. They claim that wealth has nothing to do with money. Instead, "the true meaning of wealth is enjoying what we have. Once we understand that principle, getting more wealth becomes easier . . . and more enjoyable."

Peter McWilliams and John-Roger are the Los Angeles-based authors of *Wealth 101: Getting What You Want -Enjoying What You've Got (Prelude Press, \$US19.95, available in Australia in 1993 through HarperCollins). The two psychologists redefine "wealth" in a new way for today.

1) ABUNDANCE is having more than , we need or want. True "needs" are very few - food, shelter, protection - but our "wants" are potentially infinite. The goal of abundance is most easily achieved when we decide what we really want and focus on that.

2) BALANCE is the way we place ourselves on the wealth spectrum between enjoying what we already have and getting more of what we want.

3) CARING adds compassion and action to our loving, so we try to improve the person or object of our concern without mistaking our own desires for the wants of the other.

4) ENJOYMENT comprises appreciation and gratitude. It is the reason we seek wealth.

5) HAPPINESS means focusing on the good aspects of whatever happens to us.

6) HEALTH is not the absence of illness; it is being fully alive with vitality, passion, love and enthusiasm.
"This is the true basis of wealth."

7) KNOWING WHAT WE WANT tells us what we should be doing . . . and knowing that we are moving in the right direction brings a sense of satisfaction

and security that money cannot buy.
8) LEARNING is the way we make use of everything that happens to us - thus

building our wealth.

9) LOVING is choosing to focus on the good in ourselves and others. But if we cannot find enough positives in a person, object or project, we should move away from it. Life is too short.

10) OPPORTUNITIES do not just

happen. The person who recognises opportunity when it knocks - and makes it happen when it does not - knows a key secret of wealth.

11) RICHES are available to everyone because they go beyond expensive material objects. These inexpensive riches include "nature's riches" such as sunrises, flowers, stars; "cultural riches" such as books, films and art; "human riches" - friends, family and fulfilling work; and "personal riches" including talent, wisdom, ethics and personality.

12) SHARING possessions and ourselves with others adds to our wealth "because without others to share it with, wealth is meaningless".

Having described "true wealth" McWilliams'and John-Roger advise that the recipe to obtain it is to focus on our true wants - and commit ourselves to spending time, effort and money in pursuit of them.

They write that "identifying your true wants is not difficult. One good way is to look at what you are doing now. If you are not actively pursuing what you say you want, you do not really want it. Or your pursuit may not be as active as it should be, because you are too busy chasing many other things you do not really want. In that case, you need to be more selective."

How does one select true wants?

The two authors suggest the following. 1) List all wants on cards - one on each card - and then try to select your true wants from among these. "Sort through your cards and discard the things that do not interest you any more. Add more cards with other things you want to keep ... your house and car and clothes . . . spouse and friends, etc. Add another set listing all the wants you can think of ... profound and frivolous ... seemingly impossible and obviously trivial. Take as long as you want."

2) Divide all cards into one of five categories - career, family, social, spiritual and recreational. "Does one of your want cards represent the single, burning goal to which you want to dedicate your life? If that is the case, then go through all your cards . . . keep those that automatically help toward that goal . . . and put away all the others. Is one category far more important to you than the others? If it is, keep all the cards in that category ... arrange them in their order of importance to you ... and put away all of the others.'

3) Once the path to "true wealth" that bests suits you is chosen, describe your goals in terms of specific end results you want to achieve.

4) Commit all your efforts to attaining

these results.

"True wealth" - it is more than money can buy.

• Stephen Juan is an anthropologist and lectures in the Faculty of Education at Sydney University.



WHAT THE HECK. MAKE IT A DOUBLE

IF YOU have a major liver plant, you may soon be able to grow your own

While doctors at the University of Pittsburgh school of medicine recently transplanted a baboon liver into a human (the patient lived for 71 days), doctors at the Children's Hospital in Boston have a more dramatic approach - growing a complete new liver from just a few human liver cells.

A gauze-like sponge is first implanted into the patient's body. After a few weeks, the sponge becomes infiltrated with blood vessels from surrounding tissue. The sponge is then injected with liver cells, which proliferate and begin to manufacture the enzymes made by a normal liver. After a few more weeks, the biodegradable sponge dissolves, leaving behind a new piece of a working liver. A complete liver is

thus grown in stages.
Stephen Juan good weekend

14/11/92

SYDNEY MORN. HERALD

Tuesday, November 3, 1992 9

#Hazy start Ifor French smokes law

PARIS, Monday: In the Pullman Saint-Jacques Hotel, in southern Paris, Japanese tourists sat cramped together behind a sign declaring their seats a "smoking zooe". None was smoking.

Smokers in their group wandered freely in the rest of the lobby, where smoking is banned. Although the sign

was in English and French, its meisage was clearly misunderstood. the police to impose fines of up to

On day one of the stringent new French law to stop smoking in enclosed public places, there was little of the resistance some cafe owaers have promised. Nor was there any sign that the authorities were preparing drastic action to enforce the law.

action to enforce the law.

Many restaurant owners say they
will declare their establishments
"reserved for smokers. Non-smokers' accepted".

Yesterday was All Saints, Day,
not the time for challenging authorlites or denouncing a neighbour for
lighting up in the wrong place.
Today may bring the real test,
when the workplace becomes a
clean-air zone and smaller cafes
and restaurants, with little room
for separate zones, reopen:

for separate zones, reopen: