.dios anul June 23rd. biadfield Lewisham

BURWOOD FRIDAY COLLECTIVE PROGRAMME ROSTER.



Colleen Mahoney - Subiaco WA Linda Pauling - Darwin MT A2 boowalliM - 1100M gətə John Henshaw - Sommerville VIC Clouda Graham - Cairns QLD Judy Hamilton - Brisbane QLD Sarah Frankcombe - Leon's ACT Harish Rajek - Burwood NSW

21 JULY. The prize includes packaging and postage to your home. opportunity but don't delay - see your local ticket seller (listed below) NOW! DRAWA For the incredibly small sum of (55) you have the chance to win this investment

her interpretations of the deities and Sahaja Yoga to the public. Diana is currently preparing for a solo exhibition in 1996, the theme of which is India, and she hopes to present and in the Tresillian Art Award. She is represented in West Australian, Australian and overseas Collections. This WN artist studied at Claremoni School of Art, Perth and is a Prize Winner at the Darlington Festival of Arts

interpretations of the deities. The professionally framed work measures 72cm x 59cm. a contemporary view of Divinity and an attempt to homogenize western and costern appeal (whather or not the winner is a Sahoja Yogi) and suitable for most decore. It is The framed work is in gold leaf and acrylic giving the effect of an icon and is of general donated a work named 'THE TRINITY' to the Parth collective for our fundraising efforts. number of times to our Great Mother and has been continually inspired by Her. Diana has blessings she has received from Shri Mataji. She has been able to present her work a Diana Selentin has been a Sahaja Yogini for twelve years and is truly grateful all the

BUY A TICKET FOR A FRIEND AND FOR YOURSELF!

I(erateie and eraphord arateaw and tho glad Be in the draw to win a beautiful artwork painted by a realised soul. (And AN OPPORTUNITY TO ADD TO YOUR ART COLLECTION

TOP END NEWS

The Barunga Aboriginal Cultural and Sports festival was recently held 400 kms south of Darwin at a typical Aboriginal settlement. It is being quietly built up to be an annual event to increase awareness nationally and internationally of the Australian Aboriginal culture.

Demonstrations of painting, didgeridoo playing, arts and crafts, spear throwing, music, football, basketball were all plentiful, as well as a Corroboree. The festival portrayed life on the settlements which most Australians do not get the chance to see.

Sahaja Yogis were there with a subtle message - to show how the Rainbow Serpent and the Kundalini were linked. One of our two exhibitions showed "The Role of the Serpent in Mythology" - it showed how all ancient cultures all used the same serpent symbol as a feminine form of wisdom and healing. It attracted mostly foreign tourists and residents from Darwin and Katherine.

A lot of Aboriginal children came and got their self realisation. The same children kept returning time after time, and kept bringing along their friends and brothers and sisters. They learnt how to raise their friends' Kundalinis and how to give them vibrations. One young girl asked "What are you sprinkling over the lady's head?". Apparently she could see the vibrations. Many of the local children were born realised and asked us very intelligent questions. At times we felt out of our depth at not being used to such young seekers questions. At first the children would come in giggly, shy and overactive but within seconds of being put in bhandan would be calm and blissed out. They were all very respectful towards Shri Mataji's photograph and all removed their baseball caps and shoes (if they had any) straight away. Some children and teenagers just kept reappearing time after time over the 2 days as if attracted by a magnet!

We were in quite a sunny position and by mid afternoon it was very hot. Suddenly out of nowhere someone came and spontaneously put up an extension verandah over our exhibitions and said "We can't have this out in the sun!" (None of us had asked for it!)

Children were running around and playing with pop guns from one of the army displays. One such gun was aimed point blank range at Shri Mataji's bindi in the photograph on the altar before any of us could stop or even draw breath the youngster on the other end of the gun, hesitated momentarily, unpopped his gun and with a dazed look on his face "shot through" with incredible haste much to all our relief!

One adult Aboriginal lady from the settlement achieved her self-realisation. The Aboriginal children ranged in age from 3 to 16 or so. We hope that the many interstate and overseas tourists will contact their local centres when they reach home. Most were astounded at not having heard of Sahaja Yoga before. (Ring a

Love to all from the Darwin and Katherine Collectives Jai Shri Mataji!



Privicon LONDAY 18th JUNE At Kincumber Mountain Reserve, Glanting II am. Bring Meat and Salad. All welcome. Enquiries to Sue Medovern 043.512.292. 9 violet Tubo 043.932.816 * The Central Coast conective invite an yogis to a Bar-boque

about Gahrija Yoga meditation. Even store holders rext cloor to us came to maditate & enjoy the vibrations, and also to receive their Gelf Realization. We've been invited to join the Show again next year. of people, (approx 15), coming back to our homes to learn more * The Central Coart Craft & Laisure show resulted in numbers Thebay theol betries

Argentina

MAR dd PLATA CP (7600) EEPI OSHAM AMAUL MRS. MARCELA JUAUA GALLARDO seend them to this address...

Itti Shri Matajitit

Thank you very much!

Mother.

We hope that you can all help us to make a beautiful presentation for Our Holy you these photos when we finish.

could be cating, playing or even in meditation, it doesn't matter, We will return We need to have as soon as possible different photos of children. The children in Salisia Yoga.

We are propesting a special presentation for next Krishna Puja about children We would like to have your collaboration as well as your attention. Hello! How are you?

Don't Brothere and Slaters in Sahaja Yoga;



Contributions:

Carole McNeill: (02) 560 6921 Phone & FAX

JUNE 16th '95

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(02) 745 4927

But I trusted you the day I saw you. The day you came to me, I trusted you, and I worked out from the very first day, knowing what you are, but I trusted your Spirit, that it would shine. In the same way, trust...

H.H. Shri Mataji

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AUSTRALIA TOUR 1995 Itinerary

Saturday, July 1

Evening

Performance - Darling Habour Amphitheatre Performance - HMCS Vancouver (Time TBA)

Sunday, July 2

1430

Performance - Joan Sutherland PAC - Penrith

CANBERRA

Thursday, July 6

1930

Performance - Llewellyn Hall Canberra School of Music

MELBOURNE

Saturday, July 8

1900

Performance - Bengido Regional Arts Centre

Tuesday, July 11

Performace - Ararat Town Hall

Wednesday, July 12

1330

Performance - Melbourne Concert Hall Performance - Melbourne Concert Hall

BRISBANE

Tuesday, July 18

Performance - Caloundra Civic Centre

Wednesday, July 19

Performance - Twin Towns Service Club

Thursday, July 20

1100

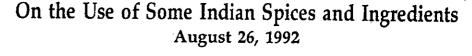
Performance - Southbank Parklands

<u>AUCKLAND</u>

Saturday, July 22

Concert at St. Matthew's Church





Masala

Chilli

Onion

Dried fish,

sardines

Oil, fat

Tomatoes

At breakfast on August 26, 1992, Shri Mataji blessed us with these instructions on the use of

some Indian spices and ingredients.

seeds: teeth, liver

leaves : act as natural regulator of body fragrance.

teeth, liver (Jira, coriander and ajwain prevent

Ingredient: Good for:

Cumin

Turmeric

(haldi)

Ginger

Garlic

Silver leaf

(seeds)

White

Cheese

(Jira)

skin, liver

liver

high blood

problems

(Garlic came from ambrosia: therefore it is good for the heart. On the other hand, it's a perfect

horror to bhoots and the like.)

(Shri Mataji gave us cardamom seeds, each rolled in silver leaf.

Immediately the whole right half of our bodies cooled down.)

extremely cooling (the shell should

not be eaten) Used a lot in combination with

other hot spices to give a balance; like in garam masala, curry, or with

black tea (chai), etc.

(fresh cheese like mozzarella,

cottage cheese, panir, etc.) Very good and light.

It would be better for the liver if we could get used to these instead of

our yellow cheeses.

(At that point Shri Mataji gave a bandhan that cheese mozzarella be produced and brought to market in Austria, Germany, and other countries. This is because in most European countries we get only very expensive, imported Italian white cheese.)

Yellow

(cheese like Emmenthal, Gouda), Chester, etc., but without fungus) Al right, but take care with the

(things like Camembert, Rotten Cheese

Gorgonzola, Rocheford, Quargel, etc.: all types of smelly cheese) An absolute no. Very bad for the

liver and the Mooladhara.

Yogurt,

In the West it's too sour, it's to quote Shri Mataji, "dangerous for Vishuddhi." Yogurt may be condensed a bit by gently boiling it. Then it should be beaten with some sugar in the blender. (Stirring by

hand does not fully dissolve the sugar.)

(It is a universal plant, used all over the world. Shri Krishna likes it a

Roll a black pepper seed into a fresh basil leaf and take once a day,

and you won't catch a cold.

Pepper gives heat

gives hear (garam=hot)

(Garam masala is a mixture of more than a dozen spices.)

Vitamin C; remedy for constipation

vitamin A; heart

Vitamin C

remedy for constipation (but be careful with the liver)

Manjeny very cooling, like Kailash Jivan)

(use pure vegetable oil or pure

To be used sparingly. For cooking,

ghee is best.

OK, but not for elderly people, as the seeds can help production of

Other comments:

In summer cook more sour, tart food (e.g., food with gravy or sauces); use green masala which is a mixture of fresh green coriander, mint, green chillies, garlic and ginger.

Another method says heat kills heat. We can see that in all hot areas the people use a lot more chillies and hot spices; they increase perspirationand help to cool. Despite the heat, these people generally have a better liver than Westerners.

Shri Mataji went on wondering how it is that we are so weak on the liver. She mentioned that we consume most things from tins these days, nothing fresh. These processed foods (tinned or frozen) are a clear disadvantage compared to what is used in an Indian Kitchen. Deep frozen foods are all right, but fresh foods are to be preferred.

OM TWAMEVA SAKSHAT SHRI ANAPURNA SHAKSHAT SHRI ADI SHAKTI MATAJI SHRI NIRMALA DEVI NAMO NAMAHA.

Indian Spices and Ingredients



Gleeping Quarters & Meals Required

Handsome, Friendly and just 1/2 months Old! "TIGER" (the German Snepherd/Border coulie Cross) is currently looking for a new home to protect. Has excellent auru/Disciple attitude but needs more leg-room than is currently being offered by present owners. Please open your hearts (and back yard) Call Now! 716-7538

Festival Reminder

Date: Bunday 18 June Time: gam - 3pm

Place: The Parkway Hotel, frenches Forest Rd, Frenches Forest

The details are: Mahaganesha Puja - Cabella 1996 Raffle *

We wish to advertise in the next newsletter a raffle that Melbourne is running.

First prize: Monies raised to the value of \$2400.00. The winning Sahaja Yogi will be able to use this money to attend the puja in Cabella next year. Any extra funds raised will go towards extending for further living quarters at Somerville ashram and the setting up of a school room. Tickets are \$15 each or \$25 for two. The planned draw date is 24th September 1995. (excluding victoria)

There is also a \$50.00 prize for the winning ticket seller, For all those interested see your local ticket seller and any further enquiries please ring Debbic Miller (059) 751-861 or Margaret Jackman (059) 778-543.

Thaning you Debbie Miller

Jai Shri Mataji

