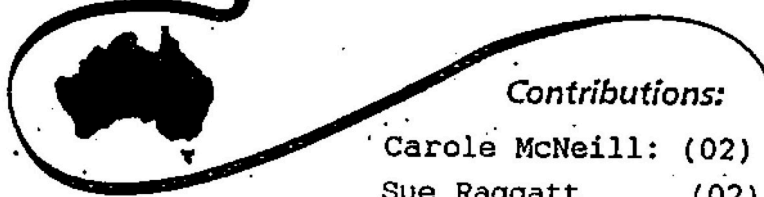


THE AUSTRALIAN STRATHFIELD Sahaja Newsletter



Contributions:

Carole McNeill: (02) 560 6921 Phone & FAX

Sue Raggatt (02) 747 2820

Burwood Fax. (02) 745 4927

SEPTEMBER 22ND

LAST WEEKS!

INDIA TOUR RAFFLE

2 WEEKS TO GO UNTIL WE HAVE A LUCKY WINNER!

DON'T MISS OUT

TICKETS ON SALE BURWOOD

THIS FRIDAY NIGHT

BUY YOUR'S NOW!

ROOM FOR A MAN IN HURSTVILLE.

Hurstville ashram is looking for a yogi to share a room with Patrick.

Contact Hurstville on (02) 570 8562.



FAR SOUTH COAST NEWS.

As some of you may know Alfred Hewitt is now living in Eden. Programmes have been running successfully for 6 weeks in Pambula. They began with 7 seekers and 3 are now getting established. Alfred will soon begin programmes in Bega, programmes previously in this area have shown there are many seekers, but as there were no resident yogis it was hard to establish them. Now, with Alfred there we hope Sahaja Yoga will establish in the area. If you would like to assist in some way, Alfred can be contacted on (064) 962 168.



NEWS FROM MELBOURNE.

A decision has been made to move the drawing date of the GANESHA PUJA - CABELLA RAFFLE from the 24th September '95 to NEXT YEAR 1996. The raffle drawing date is to be announced, but is expected to be sometime after Shri Mataji's 1996 visit to Australia.

This is good news, as it gives us more time to buy tickets. A ticket in the GANESHA PUJA-CABELLA 1996 RAFFLE would make a great Christmas present...

Good News....

Sahaja Yoga Meditation Radio Programme will begin on Sunday, 2nd October ... 11am on 2SER-FM (107.3). It will continue on 2nd & 4th Sundays of every month. Also looks like we will be able to present a documentary type programme on the 1st & 3rd Sunday. This would be a programme aimed at seekers without actually mentioning Sahaja Yoga.



INDIA TOUR REMINDER

This coming Thursday 28th September is the date for the payment of ground fares for all those going on tour. Letters have been sent out to everybody on our list, explaining the procedure of how to make this payment.

If you wish to be included in the tour this year you must pay your ground fare on this day. If you haven't received your tour application forms and instructions for making this payment, you should phone (02)747 4835 or fax (02)745 4927 Bevan Pearce or Peter Brownscombe as a matter of urgency, otherwise you may miss out on going.



HAVAN AT COOGEE ASHRAM

Sunday 24th September
5.30pm

Dinner will be provided but please ring first so we know the numbers... All Welcome. Telephone 665.8210

oooooooooooooooooooooooooooooooooooo

| PUJA ROSTER | Set Up | Cook | Wash Up | Dismantle |
|-------------|--------------------|------------------------------|------------------------------------|-----------------------------|
| Navaratri | Coogee Lewisham | Roseville East Lindfield. | Hornsby Mt Colah Mt Kuringai | Haberfield Stuart Street |

NAVARATRI Puja will be held at Burwood Ashram on Sunday 1st October. Starting time to be advised.

JAY SHRI MATAJI III

Dear everyone,

Here is the schedule of events for the upcoming North American Tour:

Oct 3: Shri Mataji arrives in New York

Oct 4-5: rest

Oct 6: New York public program (at 7pm)
2 West 64 St. Manhattan (Corner of Central Park West)

Oct 7-8: Puja in New Jersey (same place as last year)

Oct 9: departure to LA

Oct 10: LA public program

Oct 13: Vancouver public program
Robson Square Conference Centre
Robson & Hornby Streets
at 7:30 pm

Oct 15: Toronto Public Program
125 Chastworth Drive (at Lawrence and Avenue Road)
at 4pm

departure to Russia

Regards

Calvin Costigan



A Letter from Efrem.

SHRI GANESHA PUJA

CABELLA, ITALY 1995.

Sunday September 10th.

A mirthful, joy giving event, Shri Ganesha Puja was hosted by the Swiss yogis with help from the Polish collective. It took place on a weekend following torrential rain, which dried up little more than a day beforehand. It was a Puja typified by song, laughter and children dancing on the stage... Here is a recollection of Shri Mataji's talk by a small group of happy but tired and road weary yogis, on a bus to Milan's Linate Airport, shortly after the occasion:-

- * Shri Mataji gave us a new ruling. We must project our innocence deliberately. i.e. when talking to people.
- * There are lots of good people in the world who we should have compassion for.
- * Shri Ganesha is the one who lets us feel vibrations.
- * Other groups, religions or even cults have weapons. Our weapon is innocence.
- * Shri Ganesha has the "ganas" within us as antibodies. We Sahaja Yogis are also ganas and must work - help out. We are the world's ganas.
- * We have stored up so many vibrations within us.
- * We can help to bring about Shri Mataji's vision of a peaceful world.
- * ~~The importance of~~ **Importance of** Mandans: Until we use our powers, we won't know we have them.
- * Coincidences: They are NOT coincidental. The coincidences are all arranged by Shri Ganesha.
- * The Magnetism of innocence: Innocence has such magnetism. This can be seen in relation to children. For instance, when a child is lost, everyone worries. People enjoy watching children; How they talk, act, move about. It is the innocence that we enjoy. Shri Mataji gave an example of a book entitled "Children's View on Politicians." It sold out almost immediately.
- * Shri Ganesha has the power to control the elements. It rained, for example, before the Puja. Everything in Cabella was muddy. The rain came to purify. Then the brilliant sunshine cleared the moisture away. This was no coincidence. Shri Ganesha was responsible... At one point, when it was still raining, hail fell only around the Palazzo Doria (Shri Mataji's house). Hence Shri Ganesha, who loves His Mother beyond all else, made beautiful "ice walls" around the house.
- * Shri Ganesha is light - He has a big belly and is short, yet He can dance lightly.
- * He is also JOLLY. He is not "stiff" like some people.
- * He is rhythm.
- * Shri Ganesha loves His Mother most of all. Even we Sahaja Yogis would find it the most unbearable thing to leave Shri Mataji. We can't do it!
- * Shri Ganesha cures so many diseases and saves us from accidents. He is awakened in Sahaja Yogis and protects us all the time.

- * Many societies have lost respect for Shri Ganesha and innocence is lost. People chase the pleasures of the moment which lead to destruction.
- * Shri Ganesha is also our conscience which "eats us up sometimes" until we realise something.
- * Due to Him, we need not fear as He is awakened.
- * Someone commented to Shri Mataji, how radiant Her disciples were. This is due to Shri Ganesha.
- * Shri Mataji also told us a Chinese story to illustrate how peace results from innocence. It goes something like this:-

A Chinese Lord wanted his fighting cock to win all the tournaments. So he gave his prize rooster to a great saint and instructed this wise man to teach the cock to win at all times. After some time the saint returned the cock to the Lord. In the arena, the other cocks charged about and bit or clawed each other. Every time one of them approached the Lord's fighting cock it drew back and stood up, aloof. Then all the other cocks were wounded and tired, eventually. The winner was the Lord's cock as it was the only one left standing. The nobleman gave this rooster to the wise man, saying that it had now become a saint itself!

Much love, Efrem.

EDITOR'S NOTE:- This is the last letter from Efrem, he will be returning to Sydney at the end of September. Thanks Efrem, we all have enjoyed your reports on the Pujas.

NEWS FROM PERTH.

FROM PERTH: All yogis most welcome to attend the Medical Conference - accommodation will be to camp "India" style at Gidgegannup.



Shri Mataji Nirmala Devi • Founder of Sahaja Yoga

Life Eternal Trust Australia & Sahaja Yoga proudly sponsors a free

Public Medical Conference

Meditation: the useful adjunct to any treatment
PERTH
Sat 14th October, 7PM • Curtin University
Elizabeth Jolly Theatre ~ Enter main gate to car-park No 8.

Speakers Include

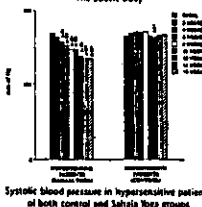
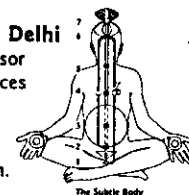
Professor Umesh C Rai Prof. Physiology All India Medical Institute • Delhi
Doctor, Physiologist, Author, Educator, Vice-Principal, Chairman, Visiting Professor to Zurich & Oxford, WHO Consultant, Fellow of the International Medical Sciences Academy, International speaker incl UK, USA & USSR

Dr S C Nigam MD • Delhi
Coordinator Sahaja Yoga Delhi speaking on Sahaja Yoga as a world-wide phenomenon.

Dr Amjad Ali MBBChir(Cantab) BSc MPhil • Melbourne
Speaking on meditation and the subtle body.

Dr Ramesh Manocha MB BS BSc(med) • Sydney
Speaking on the Australian experience of doctors and of the new clinical study programme at Liverpool Hospital with University of New South Wales.

Dr Craig Armstrong BChrio • Perth
Doctor of Chiropractic speaking on conscious control of the nervous system.



Also a free practical workshop will be held at 11 am Sunday 15th Oct. at Gidgegannup
Enquiries please phone - 09 - 2797314 - 09 - 3821983 - 09 - 3133069 - 09 - 5746100