

The remainder of the concert was made up of a dance presentation starting with 'Vignara' Pooja' in Odissi style, and concluding with a two hour performance in Bharatanatyam style of 'Paathukaikku Orr Arjali' - 'Ramayanam' telling the Sahaja Yoga meditation.

Many members of the mainly Indian audience expressed their appreciation to the Sahaja musicians during the interval, some insisting we should have received a standing ovation; that we should have sung for 2 hours; that my friends have all been telling me about your group, but this was the first time I've heard you, and you were fantastic. There were also a number of enquires about Sahaja Yoga meditation.

The curtain rose, and Shri Mataji's Three Great Mantras cast their vibrational spell over the thousand strong audience. Next followed 'Vishwawandita', and then the two requested Bhajans 'Jai Ganesh' and 'Ai Giti Nandini'. For this performance, the bhajans group was not at its usual strength, but this did not seem to have any effect on the vibrations which continued to build throughout the Ganesha Bhajan. We'd been told by the organisers that the audience would sit and listen, but not get involved by clapping etc. However half way through this song, and after some persistent prompting from Robert, the audience started to clap along, reflecting their appreciation. Many of us were reminded of the performance at the State Theatre earlier this year, as the joy started to move like ripples through out hearts, and it became impossible not to smile. The following 'Ai Giti Nandini' did not flow so easily at first (as if the audience was resisting the 'vibrational' message), but by the end of the song, they were again involved and vibrations were very strong.

The usual chaos that surrounds preparation for a concert was definitely prevailing when we arrived at the hall for our microphone check, but as we took up our positions on the stage behind the curtain, we were able to put ourselves into bhandan, tie up our Kundalinis and enjoy a deep meditation.

Last Saturday night (29th July), the bhajans group gave a performance at Bankstown Town Hall as part of a concert entitled 'Raga Thalam'. The concert was presented by the South Indian/Sri Lankan community of Sydney as a fund raiser for orphanages in Sri Lanka. The organisers, Mr and Mrs Shivanathan, had previously heard the bhajans group at an Indian concert at Burwood Ashram a few years ago, and they had also attended one of the Music of Joy concerts in 1993. This year they attended Shri Mataji's program at the State Theatre, and shortly afterwards they invited the bhajans group to perform at this concert. Mr & Mrs Shivanathan also requested two of the bhajans that we should sing: 'Jai Ganesh' (Noida), which they had enjoyed at the State Theatre, and the other one being 'Ai Giti Nandini'. That they requested this song is quite significant, because there is quite a strong attachment to the false Sai Baba amongst the South Indian and Sri Lankan communities, and so the suggestion of singing this song in praise of the Goddess who destroys Mahishasura was gladly accepted by the Sahaja musicians.

BHAJANS GROUP AT BANKSTOWN

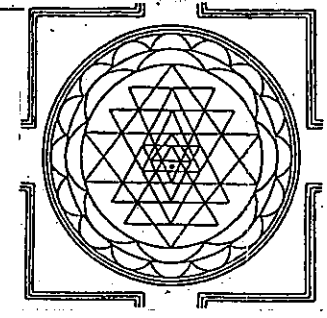
THE AUSTRALIAN STRATHFIELD Sahaja Newsletter



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SHRI CHAKRA

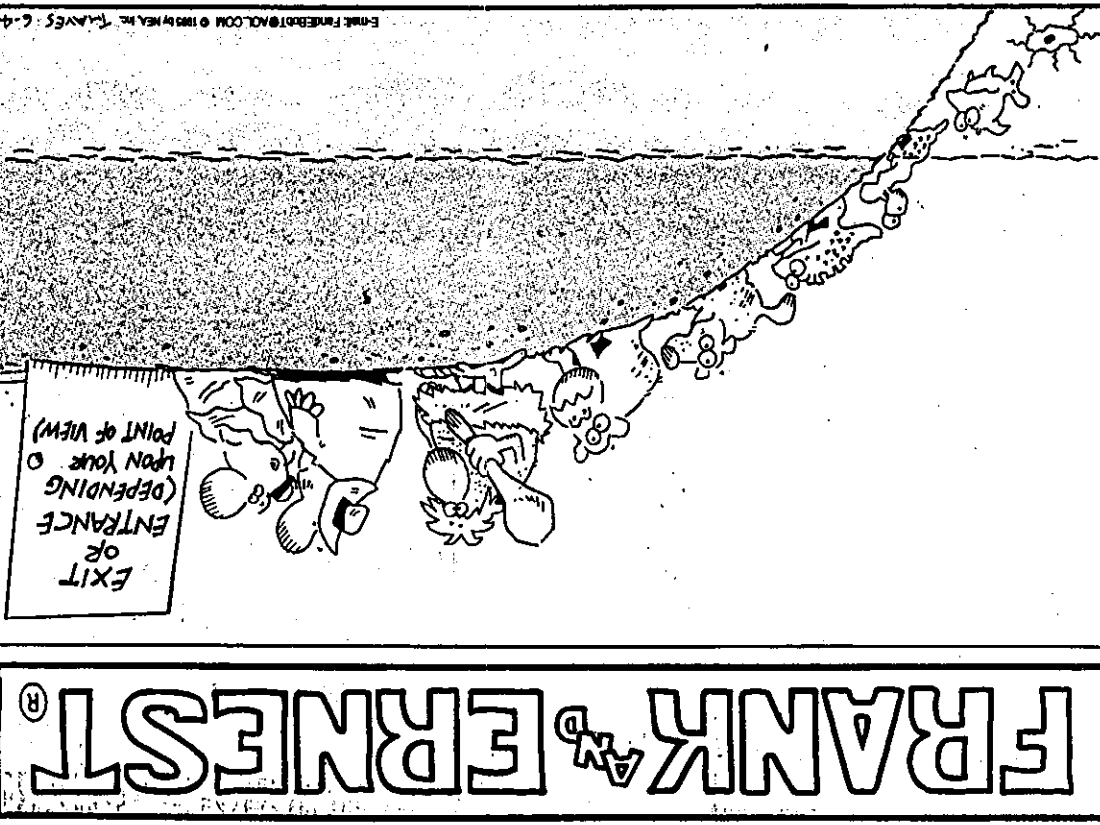
Shri Chakra is the diagrammatic representation of the Shiva-Shakti in the cosmic and individual aspects. In the Hindu devotional practice, there are three kinds of external symbols used for worship of the Supreme Being who is in Himself formless and nameless. The most external is the image cast in various human forms but with paraphernalia signifying supra-human divinity. The last and the most subtle is the Mantras, which are Divine names. A Mantra is Divine Power clothed in sound. Between these two come Yantras, also call Chakras which are representations of the Deity in geometrical diagrams. The Mantra is repeated followed by meditation. Yantra is for external worship.

The small central circle [in Shri Chakra] known as Bindu stands for Shiva-Shakti in the causal stage of creation. Shakti is here represented as Mahatripurasundari, the great Mother or the Divine Beauty of the three Puras or Bindus. The Bindu represents the initial pulsing forth of the universe within itself.

The rest of the Shri Chakra represents the whole of the Cosmos (Brahmanda) as evolved from the Bindu, standing for Tripurasundari or creative cosmic power. Surrounding the Bindu are a series of nine overlapping triangles. These nine constitute the nine basic categories of the universe, evolving from the Supreme Mother Tripurasundari represented by the central Bindu or small circle.

The nine basic triangles symbolise the twenty-five elements (Tattvas) that constitute the Cosmos and individual bodies. By the intersection of the lines of these nine triangles are formed forty-three Konas or triangles, in which is included the central triangle having the Bindu in the middle. In all these Konas are placed the different letters of the alphabet, which stand for the Devatas, who are emanations of Tripurasundari as the conscious forces governing the various powers of Nature in the Cosmos and the individuals.

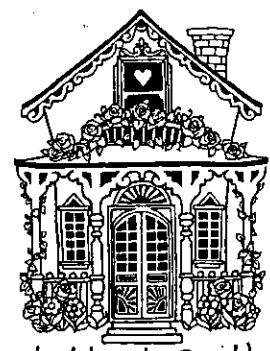
The Spirit, the Being-Power, is one only, and what are called gods and goddesses placed in the various parts of the Shri Chakra are only its manifestations for governing the various forces of Nature. Thus, the Shri Chakra, as representing Shiva-Shakti in its evolution as the Cosmos, also represents the Sahasrara inclusive of the six Chakras in the individual and all gods and goddesses governing the Chakras. [It has been said that the Shri Chakra is the subtle instrument of the Divine looking down at it from Sahasrara.]



JAI SHRI MATAJI

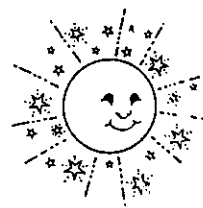
story of Shri Rama's life up until his 14 year exile in the forest. This whole presentation was beautifully performed by a cast of about 50 school students who demonstrated an obvious dedication to their Guru, Mrs Dhamayanthi Balasaju, on for the second part were rewarded with a visual and vibrational feast. This is the first time the bhajans group has been invited to perform in a concert and it demonstrates that Sahaja Yoga is being accepted more and more readily throughout the community. As such, it was a very auspicious occasion, and one that the Sahaja musicians will remember with much pleasure.

Thankyou Shri Mataji for the unending joy we feel through our spirit, and for transforming our lives into existences of which we could never have dreamed.



Laxmi Puja

Laxmi Puja will be held at 30 Rochester Street, Homebush on Sunday Aug. 13th at 11am. (It is also Rakesh's birthday. All welcome!



WE HAVE A WINNER!!

CAROLE McNEILL (of the Newsletter) is the winner of the raffle for the painting "The Trinity" that was organized by the Perth Collective.



Raksha Bhandan

Raksha Bhandan will be held on Aug 11th (Friday Night) at Burwood ~ instead of the programme.



NEXT BHASAN PRACTICE: Friday Night 6pm. Burwood.

SALT

Salt, is not the normal subject for this news letter, however as health is important to all of us we recommend you read this condensed report which was developed from several overseas papers on health.

It is well known in Sahaj that we use salt for the left side. But, some have complained they do not feel well if they use salt.

This mundane subject is really very important and it is sincerely hoped you will find this information about SALT both interesting and helpful and that you benefit from it as we have.

It is not news that the general medical recommendation is to avoid salt. We are constantly told that it is bad for us and can cause many health problems. I presume you already know about this and that books on, a salt free diet, are more popular than ever.

If our medical scientists are referring to 'refined' commercial table salt "Sodium Chloride" they are correct, as salt in this form is in fact toxic to the body. Why?, will be explained later.

The idea that natural Celtic (sea) salt in the diet has some positive value is however mostly ignored.

Firstly let us look at the potential harm that inadequate Mineralised Salt in the diet can actually cause e.g.:-

liver failure (and we all know how important a healthy liver is), an increase in blood pressure, kidney problems, an accelerated ageing cellular degeneration also massive adrenal exhaustion. On a salt free diet, the valves of the heart muscle can tire and lacerate, leading to a possible heart attack.

Salt is necessary, even critical, to healthy human life.

After all:-

A mother's amniotic fluid is a salty mini-ocean in which the foetus develops.

The blood needs salt for the body to function. Our body cells must be bathed in a sodium based, extracellular fluid, if not, they will explode.

The process of digestion also requires salt.

Without salt there is no longer any exchange between the sodium on the outside of the cell and the potassium on the inside. This chemical reaction is often referred to as the sodium pump which I guess you have heard of before.

This so called "Sodium Pump" is the process whereby two minerals Sodium (salt) & Potassium are exchanged into & out of the bodies cells, some 100 trillion of them I understand, the mind boggles. If this process ceased, so would we.

Deprived of that saline solution the cells age. You can't function without some salt. Your heart can't function, your adrenal glands can't function, your liver and kidney's can't function and we totally lack in energy.

After all without salt in the body how could we cry or perspire! Both both tears and sweat are salty.

Salt also helps the healing process. How often has someone, with a minor infection, gone swimming and found the redness has disappeared.

A richly mineralised salt can make it easier for the heart to contract and pump and also cleanse the plaque off blood vessel walls.

Finally, if salt is so bad why do they feed, intravenously, saline solutions into hospital patients.

In fact, Sodium is the most predominant factor in the bodies circulating blood plasma and tissue fluids and there is a striking resemblance of the "Salty" ionic blood serum of all warm blooded animals on earth.

Sea water is a photo copy of the minerals and trace elements that go to make up the body and in precisely the same proportions as the body. Sea water is a complex chemical soup containing 84 of the 103 known elements. In the Oceans the sodium is buffered, as it also is in our blood, and as it should be in our diet as well.

Having said all that, what can we do about it? Is there a solution (no pun intended), a safe Salt we can use?

Yes there is!

So now the good news:-

SALT has been produced for many centuries. About 9 hundred years ago the Celtic people of France changed the archaic boiling method of preparing salt and developed a process of drying the salt by the sun. These salt makers were even given Royal Status. The same method was used along the entire coast from Netherlands to Morocco. Brittany, in France, was favoured because of the unusually bright sunny climate and prevailing winds. Today the same pristine process of salt making continues.

Celtic salt contains all the 84 elements that are present in sea water, minus the mud. To make the salt, ocean water is taken through a mile long decanting lake. This allows the particles to sink to the bottom. The water then becomes a beautiful blue, more blue than any tropical ocean. It is then guided in spirals along a series of concentrating ponds for 1 to 2 miles.

When the salt reaches a certain concentration, they take out the excess magnesium salts. The remaining salt is dried by the wind and sun. What remains is biologically active, pure, "MOIST" Celtic Salt. No chemicals, preservatives or anything else is added.

CELTIC SALT is ALWAYS MOIST.

Refined salts are DRY SALTS, including most so called Sea Salts are dry, this warns that it has been processed and the magnesium removed, because magnesium is a water-hugging molecule. In regular salt the refined sodium chloride often stays in the body long after it has done its job. Celtic salt actually helps to remove this excess sodium, as soon as it is no longer needed by the body. This is because the Celtic salt has 3/4 of 1%, by solids, of magnesium.

One of the roles of magnesium in the body is to remove the "Excess" Salt. For the technically minded, the three forms of magnesium in Celtic salt which dissolves the sodium are magnesium chloride, mag. sulphate, mag. bromide.

It is one of the great nutritional paradoxes, that you have to give salt, mineral rich salt, in order to lower the level of salt in the tissues.

Try these tests:-

To make a comparison first taste some Celtic salt, your taste buds will be gently awakened. Then put some regular salt on the tongue, your taste buds will be out of commission for some 30 mins., you can't taste anything else. This is why SALT is often used to excess, the sense of taste is suppressed.

Next time you get a cut or scratch put refined salt on half and Celtic salt on the other half, cover with a band-aid over night, see the difference.

In the USA salt is a no no. In France when a patient comes in with a heart complaint, high blood pressure or other hard to diagnose problem, the question asked is "What kind of salt are you using"?

Some of the best scientific research on the properties of good salt are published in French, German and Portuguese. The worlds foremost authority on salt, Dr Jaques de Langre of California USA provides the following information.

It is not unusual, in cases of severe hypertension, for Celtic salt and pure water (we boil, filter and vibrate our water) to eliminate the problem, including some patients in their 80's.

Over time cases of Edema (large amounts of fluid filled tissue spaces, e.g. swollen ankles) can clear up when Celtic Salt is taken.

Vegetables cannot be fully digested without being salted. Celtic salt allows up to 7 times more nutrition to be absorbed out of vegetables. Applied to oily foods (eg. avocado) the salt helps to digest and emulsify oils, even natural oils.

Salt from long buried salt mines or ancient sea beds (e.g. rock salt) provides no more benefit than processed salt. After thousands of years of rainfall seeping through the geological layers, many of the vital minerals are depleted or accumulate in the bottom layer.

Refined salt is produced basically by extracting all the precious elements out of the salt which is then sold to the chemical companies for a good profit. What is left is a by-product, pure sodium chloride. To this they add anti-caking agents, anti-yellowing bleaches and glucose. Dr Langre adds that the "Inorganic Iodine" (only ORGANIC minerals can be absorbed into the body cells) added to commercial salt can cause obesity and sexual paralysis.

Some get a mild rash when first taking Celtic Salt because it acts as a scavenger and purges the body of many toxins. These toxins then enter the circulatory and lymph system, particularly the kidney area. This is where the rash comes from, it is a kidney cleansing. This only occurs in those who are very toxic, in others it does not happen. If it does occur it is good news, bad toxins are being removed. The treatment for the rash is simply to take a bath using some Celtic Salt and rub the rash very gently with the saline solution. After the rash has gone in some cases it has been found that warts and black skin moles have shrunk in size and dropped off.

Using Celtic Salt the body will heal much faster, the body cells appear to regenerate more quickly. Used in the diet it reduces the healing time of open wounds and applying some salt to the wound helps to reduce scar tissue. Some extra salt in the diet at the time of injury also helps.

Good Salt is used as an energiser. The drink 'Recharge', used by athletes, is a salt based fluid.

Its also good for animals, even pet fish!!

The healing powers of the Celtic Salt is now considered to be equal those of Vit C & E and many other nutrients in the health food shops.

Where to use Celtic Salt

- * In the cooking, to taste.
- * In a cup of tea etc. Experiment with just a couple of grains to start with.
- * In a bath as described above.

Celtic salt is naturally not a panacea for all ailments, but my wife Linda & I found it to be very beneficial. We paid \$8.80 for 500gms from a health food shop. For two of us it is expected to last 4 to 5 months.

If you decide to try the Celtic Salt I would recommend doing as we did and check the Vibrations of the Salt before buying.

Note - Edema may also be spelt Dedema.

Good health - Frederick Millar
Melb. Collective

"Jai Shri Mataji"

Editors Note:
Please shop around.. Other kinds of organic sea salt are available eg. "Atlantic" Sea Salt.

Vishva Nirmala Dharma

We have started Vishva Nirmala Dharma. You are under the vision of Shri Ganesha, under the guidance of your Spirit, and under the blessings of God Almighty. But be careful, because once you become that, you have to keep to that Dharma, you have to be honest about it. Sahaja Yogis today represent the growth of this universe, the growth of the human race. You will become like a lotus—beautiful, fragrant, overpowering all kinds of negativity. So let us now promise within our heart, that we are the people who are beneficiaries of the blessings of God, that we have got our realisation, that we have risen so high. But now let us spread our wings.

HH. Shri Mataji