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INDIA TOUR 1997

Shri Mataji has graciously consented to allow another India Tour this year.

The first part will be a tour of South India, commencing in Madras some time in the first week of December. The tour will proceed to Travancore, Bangalore, Hyderabad, Pune, and then go on to Ganapatipule for the second part of the tour.

Yogis joining the second part will proceed from Bombay on 19th December to Ganapatipule. Shri Mataji has indicated that She will be joining the tour at Ganapatipule, and will perform Sahaja Yoga marriages as in previous years. The tour will proceed back to Kalve in Bombay, and depart from India after 31st December.

Details of the tour are not yet finalised. Further details and changes to this itinerary will be advised as the information comes to hand.

Any Australian yogis wishing to join the tour this year should contact Peter Brownscombe in Sydney on 02 9747 7835.

Itinerary for the Mind Body Clinics across America

Arrive New York	8th September 9th September	Medical Program Medical Program
Travel to Dallas	10th September	Lunchtime Medical Program Evening Medical Program
Travel to Atlanta	11th September	Medical Program
Travel to Chicago	12th September	Lunchtime Medical Program Evening Medical Program
Travel to Phoenix	13th September	Medical Program
Travel to LA	14th September 15th September	Medical Program

The nature of this message is one of thanks. In discussions with Manoj he asked me to pass on his thanks to the NSW collective, and all those members of the wider collective for sponsoring the Mind Body Clinics across America. We discussed the up and coming programs, nine programs in nine days, visiting six cities. Manoj spoke highly of the motivating force behind our support for these programs and said this had really helped to excite and lift their collective.

From our perspective it appears as if the necessary arrangements for the coming programs are proceeding well, especially taking into account the limited time at our disposal. It appears as if there is manifest desire on everyone's part to try this different approach in presenting Sahaja Yoga to the American public, hopefully it will meet with success. If not, it will certainly not be from lack of trying. Many cities which are hosting these programs are making arrangements to establish on going Mind Body Clinics in the coming months.

Since we began discussions everything has gone incredible well, probably because Shri Mataji's attention is directed at these programs. Many people desire that this 'mini-medical' American Tour will achieve great results. If for no other reason than a small core of our collective, representing the Mooladhara, will for a time be connected to a similar representative aspect of the Vissudhi.

Earlier in the year we undertook a similar exercise over Easter, when we held programs of this nature in New Zealand, and it somehow felt that a subtle yet profound connection was established by which everyone benefited. It was almost like two parts of one whole coming together. We hope this American tour will represent a similar 'coming together'. Let us all hope and desire that many people come to the programs, and showbeat any negativity preventing the success of these programs.

Tips on How to Look After Your Husband

The following is an extract from the *Home Economics Book* published in 1950. This was a serious article which now reads as quite hilarious. How times have changed.

Have dinner ready

Plan ahead, even the night before, to have a delicious meal ready on time. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospects of a good meal are part of the warm welcome needed.

Prepare yourself

Take 15 minutes to rest so that you will be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work-weary people. Be a little gay and a little more interesting. His boring day may need a lift.

Clear away the clutter

Make one last trip through the main part of the house just before your husband arrives, gathering up school books, toys, paper etc. Then run a dust cloth over the tables. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too.

Prepare the children

Take a few minutes to wash the children's hands and faces (if they are small), comb their hair, and if necessary, change their clothes. They are little treasures and he would like to see them playing the part.

Minimise all noise

At the time of his arrival, eliminate all noise of washer, dryer, dishwasher or vacuum. Try to encourage the children to be quiet. Greet him with a warm smile and be happy to see him.

Some Don'ts

Don't greet him with problems or complaints.

Don't complain if he's late for dinner, count this as minor with what he might have gone through that day.

Make him comfortable

Have him lean back in a comfortable chair or suggest he lie down in the bedroom. Have a cool or warm drink ready for him. Arrange his pillow and offer to take off his shoes. Speak in a low, soft, soothing and pleasant voice. Allow him to relax - unwind.

Listen to him

You may have a dozen things to tell him, but the moment of his arrival is not the time.

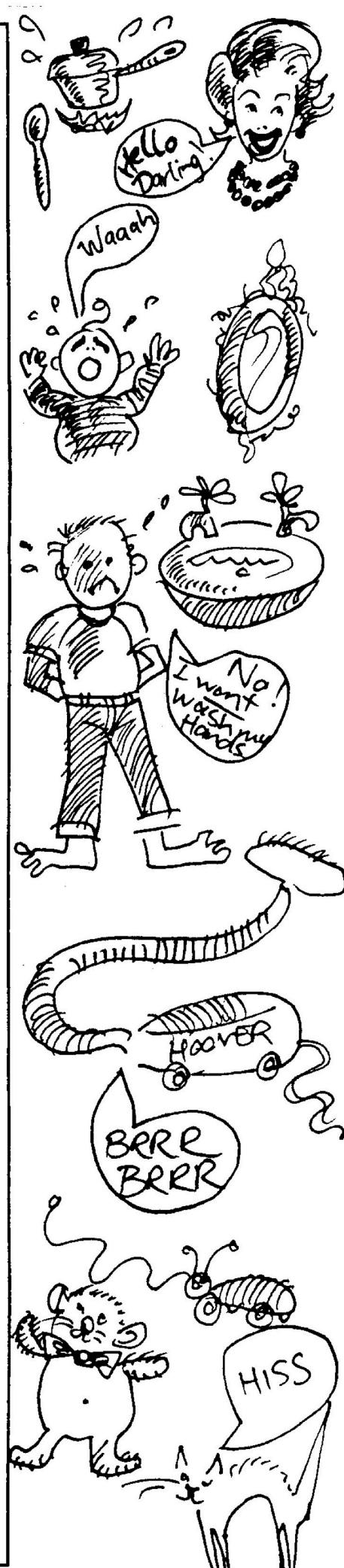
Make the evening his

Never complain if he does not take you out to dinner or to other places of entertainment. Instead, try to understand his world of strain and pressure, his need to come home and relax.

The goal

Try to make your home a place of peace and order where your husband can renew himself in body and spirit

To get this treatment these days you would need to look like Mel Gibson and win the lottery (millions). Perhaps



MOVIE NIGHT AT BURWOOD

Friday, 19 September 1997

7:30 pm

Admission: \$10 (adults)

Refreshments will be available at ridiculously low rates

EACH ADMISSION TICKET WILL BE
ELIGIBLE FOR THE DELIGHTFUL DOOR PRIZE

Parents Note: A children's video (with minder) will
be running simultaneously

*Please come out and enjoy a relaxing social evening
and show your support for the Radio Program*

FROM INDIA SCHOOL

We have added transfer of call facility to our telephone number 21225. Kindly ring up 21225 whenever you wish to talk to your child. Soon we are adding one more telephone line; till then please bear with us.
Packets/parcels sent by ordinary post are difficult to trace if lost or tampered with. Kindly send every artical either insured or by registered post for assured delivery.

JAI SHRI MATAJI!

Dear mum and Dad.

How are you? I am fine. Yesterday we had Madka breaking (is when someone acts like Krishna and climbs on a lot of children and cracks a pot full of Amrut) Niraj was one of the people on whom Daniel Napper climbed on, acting like a Krishna. When Daniel cracked the pot, all this butter mixed with milk fell on Niraj! but Niraj didn't care because he licked it off his face! Yuk! I would never do in my life time, but boys are boys (obviously!) Yesterday I got a phone call from you "thanks" I really needed that one.

Victoria.

(a letter from a student to her parents)

Changes to / Bondi Beach programs

SATURDAYS - 12 noon
at Bondi Pavilion
Seagull room (upstairs)

We live a community life of discipline & diligence. We have long days which look short for us.

Early mornings amidst the sylvan surroundings & the holy heights is not a sight to be missed. So the students cannot be allowed to miss the soft whispers of the refreshing breeze. So their motherly matrons wake them up and they are out of bed before it is 6 A.M. only to enjoy the chirping of the birds. Soon they are found in the corridors shoe beating their negativities and clearing their Vishudhies while the staff is engrossed in the morning meditation in the meditation hall.

Now it is time for meditation & the students move to the meditation hall for it, to gain inner strength and tranquility by surrendering themselves at the LOTUS FEET of SHRI MATAJI and receiving the blessings of joy and bliss. Now they are in a fit mood to meet the challenges of new day with hope and confidence.

The dining hall is the next destination. Tempting breakfasts and changing varieties. Sometimes it is hard to resist the temptation to over eat and subsequently, visit the sick room perhaps for a change?

Now they have an hour to call their own and some of them are seen engrossed in playing and making fun in groups. To heighten their bliss Chetak, Shyama & Meena play an important role.

Soon the bell sees them rushing to the morning assembly. Soon after extolling the Devi and praying for Shanti, Smriti & Buddhi they march to their classes.

On Mondays every house presents a report of the whole week. Wherein they identify the areas for better attention and further improvement as for them sky is the limit. It is here that they receive the most opportune instructions required to develop values that are most needed during that week.

Their regular education now starts. They have three sessions of three periods each, two before lunch and one after

lunch. The three sessions are punctuated by short in between breaks which they enjoy as tea break and fruit break.

The concluding part of formal education ends with games, sports and hobby activities, which meet all their fatigue and they feel fresh again.

The evening meditation is very much awaited by all of us as it is followed by prayerful songs and recitations.

They then go for dinner followed by supervised learning and assignment.

It is then time to bid good bye to the day which always looks to be inadequate for doing all that we wanted to do. Finally, a bath/foot soak & restful sleep.

OUR LIMITLESS CURRICULUM

While the school does follow the prescribed courses of study its own curriculum is limitless and admits no boundaries. With the pursuit of excellence as the sole aim the school takes care of both the scholastic and non scholastic aspects of pupils growth.

What others call as extra curricular are all curricular for us.

The wide ranging activities and hobbies offered by the school enable each one of them to pursue his or her interests and to acquire a high degree of proficiency in them. Each of them, therefore, has abundant opportunities for igniting and nurturing their talents.

With a view to providing extensive choice for intensive growth we have a very well organised house system.

The houses are named as

SENIORS	JUNIORS
SATYAM	SAT
SHIVAM	CHIT
SUNDARAM	ANAND

The Houses show a number of responsibilities in the functioning of the schools and these duties keep on rotating among them. A lesson in collectivity of course.

Inter house competitions are a regular on going feature of our programme and we learn the spirit of sportsmanship and co operation through them.

Art and craft exhibitions are a great attraction to all of us. We all feel proud of our innovative and creative

You name an activity and we have it. We even indulge in adventures through our adventurous activities like trekking, hiking & excursions. These are not just used for pleasure but more so for education in the practice of the human values and qualities.

The full individual, and the complete personality is our constant aim.

Wall magazines, subject clubs & creative writing and quiz competitions provide opportunities of participation to one & all and are looked forward to by juniors and seniors alike. They are great learning experience. After all we want to have a serving hand and loving heart that finds the world too small a place for giving out its gifts.

THE SAHAJ PATRIKA VOL I JUN 97 ISSUE I OM SHRI GANESHAYE NAMAH

Our Inspiration

"I am sure the children who are brought up in Sahaja School, wherever they will go, they cannot change. They will change others, but they will not change because they will be so well developed in their own personality that their own personality will impress others. Sahaja Yogis do not change. They change others"

H H SHRI MATAJI

Om Shri Ganeshaya Namah

Through the unbounded love & blessings of H H Shri Mataji we venture to bring out the 1st issue of the Sahaj Patrika the future issues of which will be brought out by the students themselves.

Living in an ethos of International brotherhood, committed to universal love and goodwill and following a democratic way of life our endeavour is to train the students to govern themselves and even take crucial decisions through different committees.

Not that they would be free to do anything they like but would always look to the teachers as their guiding stars. The desire and the decision to reach you through a newsletter 3 times a year in an academic session is aimed at bringing closer the home and the school.

The attempt embodies therefore, for developing accountability, a value which is so thoroughly drilled and instilled into them at the school. A feeling of being accountable to the parents, to the teachers and the community at large is highly desirable. It is up to their accomplishments, ambitions and aspirations.

The School Plant And Its Environs.

International Sahaj Public School is gracefully perched in the lap of the Dauladhar Range of the Himalayas on the one side, and flanked on the other side by the vernal woods. The environment is best suited for full and balanced growth of body, mind and soul of the young Saha Yogis of the world under the kind protection of H H Shri Mataji.

The snow peaked mountains provide unexplainable comfort and solace and urge us all to rise high to enviable positions like them.

We have three staircase-like plateaus which house the Junior and Senior wings of the school and extensive playgrounds.

The landscaping of the campus and the flowerbeds are a sight to see, and we enjoy these gifts of nature to beautify to which we add our own efforts.

Our School A Community Of Nations.

We come from different social, cultural, political and economic environments representing the following countries:

Australia, Austria, U.S.A., Canada, Italy, Germany, U.K., New Zealand, France, Switzerland, India, Finland, Israel, Belgium, Taiwan, Hong Kong and the Philippines.

The school therefore presents a truly international kaleidoscope of the comity of nations.

Does it not look amazing as to how all of us have come to be so close and so quickly when only a few days back we were complete strangers to one another. Is not it only natural that the whole world should assemble with the feeling of surrender at the Holy Feet of Shri Jagat Amba Mother Of The Universe.

Sarvam Samarpayami.

THE GENESIS OF OUR EDUCATIONAL PURSUITS

The educational inputs offered by the school are unique in many ways. A few of the salient highlights of these innovative approaches are that we learn how to learn, we become our own rivals always endeavouring to excel our performance.

We try to develop a questioning mind for getting over dogmas and prejudices & superstitions. We learn through exploration, experimentation and observation. We learn to be original and creative.

We imbibe leadership qualities, we acquire a sense of responsibility.

And above all we develop a love for humanity:
Vasudaiv Kutumbkam

INTERNATIONAL SAHAJ PUBLIC SCHOOL.

TALNOO Dharamshala, Cantt. (H.P.) India.

"JAI SHRI MATAJI"

You will be happy to know that with the blessings of Shri Mataji, Sahaj Public School, Talnoo, Dharamshala is registering students for admission to 11th class (1998-1999 session) First year Diploma Course in Education of International Baccalaureate Diploma Program of Switzerland.

The general objective of the IBO are to provide students with a balanced education to facilitate geographical and cultural mobility to promote international understanding through shared academic experiences. In the 30 years since its founding, the IBO diploma has become symbol of academic integrity and intellectual promise. The students who satisfies its demands demonstrates a strong commitment to learning, both in terms of a mastery of subject content and in the development of the skills and discipline necessary for success in a competitive world. College and universities are well served by encouraging the enrollment of these able young scholars.

All application forms for registration of students duly filled in should reach:

DIRECTOR
INTERNATIONAL SAHAJ PUBLIC SCHOOL
TALNOO, DHARAMSHALA, CANTT.
DISTRICT, KANGRA

The last date for registration is 30th of October 1997.

Please circulate it among Sahaja Yogis whose children are eligible for admission.

"Jai Shri Mataji"

Director

Sahaj School, India.