

It is with deep regret that we announce the death of Isabel Reus Vega last Saturday night (12th March). She passed away peacefully in her sleep. Our love and fondest thoughts are with her - a beautiful Sahaj Yogini.

PLEASE DON'T ASSUME THEY KNOW ALREADY, UNLESS YOU HAVE PERSONALLY REGISTERED WITH THE APPROPRIATE CONTACTS FOR EACH CENTRE.

Any yogi's going to Perth please send a fax to Ric Lum on 09 367 1580. He needs to know who you are and how many of you there are etc., etc., etc.

URGENT MESSAGE FROM PERTH

Any yogi's travelling to N.Z. please notify David Sharp on 64-9-625.8888. Accommodation is being arranged in a motel at \$NZ25.00 per night, with about an extra \$10 per day to cover other expenses. The motel is within walking distance of the Ashram. It is imperative that you book a.s.a.p. as they have to book the rooms.



PLEASE LEAVE A MESSAGE IF THE ANSWERING MACHINE IS ON.

SUSI HUTCHINGS 02 560 1935 (HOME) OR 02 560 4357 (WORK) IN SYDNEY. PLEASE CONTACT EITHER BEVERLEY BUDGEN (07 399 4662) IN BRISBANE, OR WOULD ANYONE TRAVELLING TO BRISBANE DURING SHRI MATAJI'S TOUR IN APRIL?



Please don't forget to let would be hosts know of your arrival to any of the S.Y. ashrams.

This will be the last offer on this matter. After this, it will be up to travelling yogis to make their own arrangements.

(07) 399 4662

Beverley Budgen has offered to arrange hire cars for groups of southern yogis on arrival. Her number is

There was a very poor response to the Brisbane offer to organise transport for travelling yogis heading for Wamuran for Sri Mataji's visit. (See below)

TRAVEL NEWS...

TRAVEL ASSIST NETWORK

To assist our interstate yogis to know in advance how many are coming and to help share transport within our collective, 4 ladies have compiled a TRAVEL survey.

Anyone not contacted to date, please now phone Joy on (02) 744 7670 this weekend as numbers need to be forwarded now.

MELBOURNE: For registration phone Joy (02) 744 7670

1. Even if overnight bookings already made.
2. For early booking in yogis homes.
3. For motels and late enquiries. Phone Sandra Corpe - (03) 726 9201 or Margaret Jackman (03) 722 1698

CANBERRA: Phone Joy (02) 744 7670 for earliest booking in houses OR phone direct to hotels suggested- 10 mins from ashram.

Statesman (06) 281 1177 Embassy 06 281 1322
Downtown Motel 06 249 1388 Brassey Hotel 06 273 3766
Macquarie Private 06 273 2325

Double Twin \$50 7 & 8 April - \$25 per person

Youth Hostel. YAS O'Connor: 4 share dormitory \$14 adult & half for children. Temporary membership will cost \$5. You need to bring 2 sheets & pillow case. Blankets supplied. Sleeping bags only on beds are not permitted.

For all late enquiries phone Neil Riches (06) 281 0081



"For crying out loud, Doris... You gotta drag that thing out every time we all get together?"



Could everyone please bring a snack of some kind for afternoon tea.

On Sunday afternoon at 2pm there will be a Bhajan rehearsal at the Roseville Ashram for about 4 hours. This is a very important rehearsal as it will allow us the opportunity to cover a large number of Bhajans, refreshing our memories of ones we have not sung for a while, and checking on proper taals and instruments parts (guitars, sax, flute etc.) It will be our second last rehearsal before Sri Mataji arrives in Australia so let's make the attempt to attend.



There will be a working bee at Burwood this weekend to clean the kitchens and outside area of Burwood and any other cleaning that can be done in preparation for Sri Mataji's visit. We will need lots of ladies and a few men. Even if you can only help for an hour or two we would deeply love to see you here. Please come. For information, please contact Judy James - 745 4562 or leave a message at Burwood if no answer.

SYDNEY NEWS

THE AUSTRALIAN

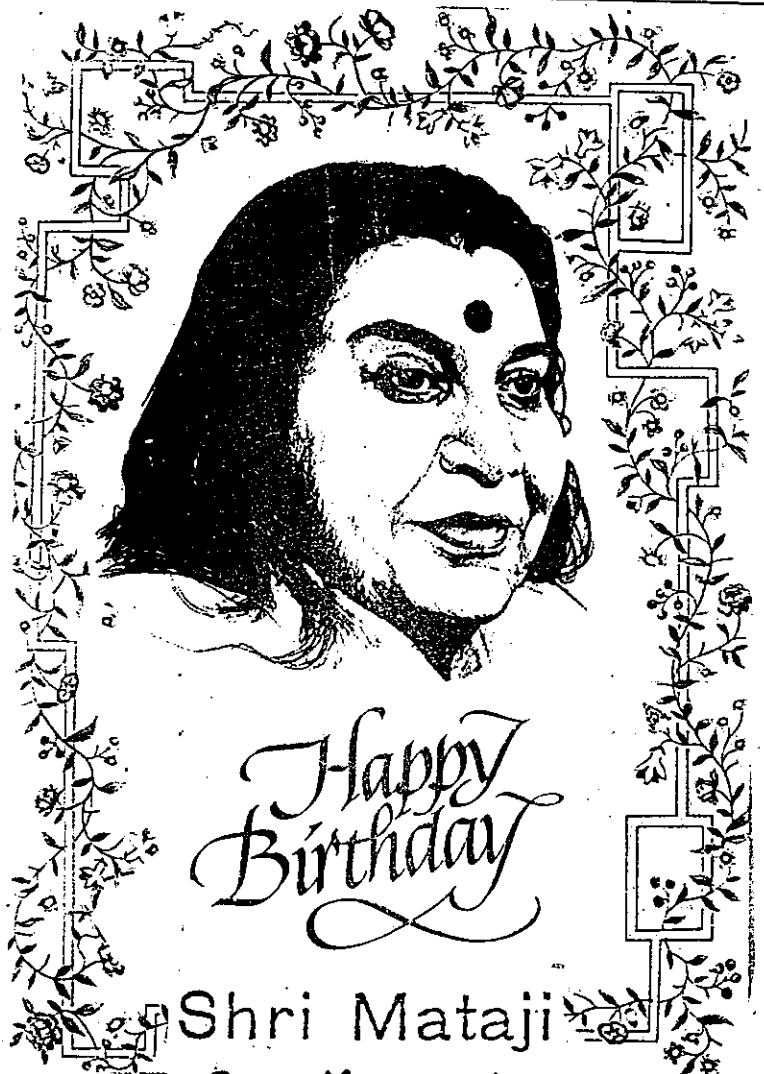
Sahaja Newsletter

Contributions:

Carole McNeill: (02) 560 6921 Phone & FAX
Efrem Manassey (02) 560 4134

Burwood Fax: (02) 745 4927

MARCH 18th '94



Happy Birthday

Shri Mataji

21st MARCH '94

*** Jay Shri Mataji !!! ***

Dear brothers and sisters,

The very first issue of the Indian (national) newsletter, entitled 'Blossom Time', has recently appeared. Thanks to our brother Shantanu Chatterjee from Bombay, I hope to receive it regularly (I arranged a subscription of the American newsletter for him, and he arranged a subscription of 'Blossom Time' for me). I find it wonderful to keep in touch with the Sahaj events in other countries, but since India is so important for all of us, I thought it would be good to post some excerpts from the Indian newsletter to our email list (I am planning to do it regularly if I will have time - the newsletter appears twice a month).

Here is Shri Mataji's schedule for the end of March:
March 20] Birthday Felicitation at Nazrul Manch
March 21] Birthday Puja at Mohan Bagan Ground, Chowrangee
March 21 evening Kala Kshetra Dance Ballet at Nazrul Manch
March 22] Public Programme at Netaji Indoor Stadium
Shri Mataji departs for Australia from Calcutta

All those who wish to subscribe to the Indian newsletter can send 125 Rs as annual subscription to Blossom Time, 9 Bhagyachintamani Societ Paud Road, Kothrud, Pune 411 029.

(follow some excerpts relating about the great program in Pune where 25,000 people attended and when Shri Mataji seems to have said that 100,000 people had their Realization that night):

The city of Pune wore a festive look on 27th Jan 1994 as our beloved Mother Shri Mataji was scheduled to address a Public Programme in the evening on the grounds of New English High School at Tilak Road.

Shri Mataji's beaming face flashed at every bus stop, on banners across the road and flags hoisted atop lamp posts.

Thousands of people sat impatiently awaiting Shri Mataji's arrival. The Yuva Shakti of Pune with orange turbans were the outriders on the motorcycles in front of our Holy Mother. Shri Mataji held the audience spellbound by Her presence and speech for over an hour. It was a great experience to see almost all the hands raised to show the en mass awakening of all the Kundalinis.

[Late in the next evening on the courtyard of the lawns of Pratishthan, which is the earthly abode of our celestial Holy Mother, there was a program of Kawali composed by the Sufi Kawals of Hyderabad. A small compact gathering was carried to raptures listening to the praises extolling our beloved Mother.

The very next day, the Cable TV of Pune showed parts of the public programme which was very informative to the public. We suggest that other Sahaja Yogis from all over the country take benefit of this media and arrange to show Cable Video programs towards the spread of Sahaja Yoga.

Also, there was recently a program in Bombay where, although Shri Mataji was not present in Person, there were 20,000 people who came, and almost all of them got Realization. Shantanu was saying that indeed this is the Blossom Time, by the Grace of Shri Mataji it has started.

*** JAY SHRI MATAJI NIRMALA DEVI !!! *** Much love,

Calin

Subject: How The Sacrum Got Its Name

Dear everyone,

This is the title of an article published last year in the Journal of the American Medical Association (JAMA 1987, Vol. 257, pp 2061-3), written by one Oscar Sugar, PhD, MD, of the Dept. of Neurosurgery, University of Illinois College of Medicine, Chicago.

Here are the abstract, and a few extracts from the text. Enjoy!

Much love

Phil

"The os sacrum (sacred bone) was so named by the Romans as a direct translation from the older Greek hieron osteon. Explanations of the attribute "sacred" or "holy" in the past have included misinterpretation of the Greek word hieron, use of the bone in sacrificial rites, the role of the bone in protecting the genitalia (themselves considered sacred), and the necessity for the intactness of this bone as a nidus for resurrection at the Day of Judgment. A more plausible explanation may be that the holiness of the sacral bone was an attribute borrowed from the ancient Egyptians, who considered this bone sacred to Osiris, the god of resurrection and of agriculture."

"Why the bone under the last lumbar vertebra should be called the os sacrum, or holy bone, has been a mystery for centuries. That it is a direct translation from the Greek hieron osteon merely pushes the inquiry back from the first Latin use in about 400 AD to the time of Hippocrates (about 400 BC). ... [who.] in describing different large bones in the spine, designated the sacrum as hieron and used megalos spondylos (great vertebra) for the large bone at the end of the lumbar spine... These words, from his section 45, "On Articulations", are said to be the first recorded use of the words hieron osteon for the sacral bone."

"... The idea that the sacrum is the last bone in the body to disintegrate after death and, therefore, necessary for resurrection, could qualify it as sacred. The first Biblical intimation that a single bone might be the bone needed for resurrection is in Psalms 34:21: "He watches over all the bones; one of them shall not be broken. ..."

[The following anecdote is taken from Jewish lore:]

"[Emperor] Hadrian (may his bones rot and his name be obliterated) asked Rabbi Joshua ben Hananiah: "Whence will man sprout in the Hereafter?" He replied, "From the nut of the spinal column." He said to him: "Prove it to me." He had one brought; he placed it in water but it did not dissolve, in fire but it was not burnt; in a mill but it was not ground. He placed it on an anvil and struck it with a hammer; the anvil split and the hammer was broken, but it remained unaffected. He added: "Hence even if the rest of the body disintegrates, this will remain intact, and it will provide the starting point for its reintegration."

(The Hebrew word for "nut" is "Lux", which has also been translated as "light". In Aramaic usage it refers to the bone at the base of the spinal column.) ... "the Arabs as well as the Jews held that the coccyx (el ajb) was the first bone to be formed in the human and would persist to the last day when it would be the seed from which the whole body would be renewed."

MUSIC OF JOY CONCERT IN CANBERRA

(held Saturday 12 March '94)

The Canberra Collective would like to thank the Sahaja Yoga Music Group for bringing their beautiful music and vibrations to Canberra for their Music of Joy Concert. This was their first official public engagement in Canberra and thanks to Shri Mother's blessing and the efforts of all concerned it turned out to be more successful than we could have imagined.

It proved to be a memorable night. One which we hope will leave a lasting impression on the seekers who came. The Ralph Wilson Theatre at Gorman House has a 80 seat capacity and we went reasonably close to filling it. Reports from those in attendance suggest there were some 25 'new people' at the concert. Local and Sydney support made up the rest.

The Music of Joy was introduced to the audience as music which captures that moment - that moment which can be called as the present - the present which allows us to touch something sublime and joyous within - such music opens the heart and soothes a restless and overactive mind.

It was explained that music which inclines too much to the left may make one sad or over emotional. On the other hand music which inclines to the right takes ones attention outside and into too much mental or physical activity.

Music of Joy though, expresses the universality in man and of the various cultures around the world. This expression takes on an added poignancy in a program which gives equal billing to eastern and western classical music.

An Indian classical raga played on saxophone by a western sahaja yogi highlights the poignancy of this fascinating blend and integration of east and west. Of course the other items were equally delightful in their own inherent way particularly the Garbha (Stick Dance) performed by six Indian yoginis.

I'm sure judging by the comments of many of the 'new people' in the audience the music, the dancing and Uncle Stephan's story telling all added up to make a positive if not sublime impression of what Music of Joy is trying to achieve.

An added plus for us was the recording of the concert by the Canberra Stereo Public Radio Station who incidentally had aired an interview with two members of the group - Avinash Nickkawde and John Smiley - and hour or so before the concert began on a program called 'Fine Tuning' - one of their many cultural and ethnic programs they have on their station.

The young man recording the concert was most impressed with the music and in fact had attended one of Shri Mataji's public programs in Canberra a couple of years ago.

He was confident of getting an hour of the concert onto tape for broadcast purposes.

Of course the concert was a great opportunity to invite the audience to come to Shri Mataji's public program in early April. At the end of the concert details were given regarding Shri Mataji's public program and a warm invitation extended to all those who may desire to attend.

Canberra has a reputation for being a bit of a hard nut to crack - it takes a little time for a Canberra audience to discover spontaneity and joy and warm to the occasion. However by the end of the concert I'm sure there had been a mutual exchange of heartfelt enjoyment between the audience and the performers - a mutual exchange of joy for the vibrations expressed in the music and dancing.

For as so aptly put by one yogini from Canberra in her closing remarks - quoting the words of C.P.E. Bach - 'a musician cannot move others unless he himself is moved'. I think a little bit of Canberra was moved - moved a little way towards their spirit, their realisation and their Mother - on that night!

Once again thank you to all the musicians for the joy giving music and vibrations created and to all those who contributed in other ways no matter how small to make this venture a success on the subtle level. Knowing that many of you has to take time out from busy schedules makes us doubly appreciative of the time and effort put in to make this concert a success.

Naturally, we look forward to the another Music of Joy Concert later on in the year.
JAY SHRI MATAJI.

NEWS FROM IRELAND.

The seed of Sahaja Yoga has germinated in Ireland, with the establishment of four yogis who run a programme every Friday evening in Dublin. - Interestingly two of these yogis are placed equidistantly on points of the border with Northern Ireland.... must not underestimate the significance here... Particularly at this time when the 'Downing Street Declaration' (peace for N.I.) is pending all round acceptance.

Please shoebeat the I.R.A.

If anyone has any surplus Sahaja books, literature etc., our brothers and sisters in Ireland would be greatly helped by such gifts, as they are very new in Sahaj, and a bit isolated. If you have something suitable and would like to help.

CONTACT Patrick on (02) 570 8562.

SPECIAL BOOKS.

As Charles Tiralongo had a lot of enquiries from NON English speaking Chinese at Shri Mataji's last Sydn Program, he requested me to organise some printed material in Chinese for this year's follow-ups at Burwood and Ashrams.

A 42 page booklet for \$5 has been printed. Each page is set out clearly with lots of sub-headings 1/2 page in English opposite column translation in Chinese. Our copy kindly made available by Mamta Lim (Carolyn Vance's book translated by Malaysian Yogis) 10 orders to date from ashrams and individuals. Pick up date Fri 25th March receipt on payment. Please direct orders to Joy on 744 7670 to be passed to John Dobbie who will do bulk runs only. P.S. There may be other yogis having connections with another language (regardless of whether personally fluent in it or not) who would like to make use of bi-lingual material. If so please pass your ideas on as some ladies are willing to explore this area. Joy Whiley.