

Sahaja Newsletter

Friday 4.10.91

This is the tale of Herbert Crone,
Whom, I suppose, if he had known
The proper way to handle life,
Would not have been in so much strife.

He usually started in the left:
A sorry mess, who quite bereft
Of any sort of self esteem,
Was rarely heard and seldom seen.

He lurked in shadows full of woe;
He never had a place to go.
If anyone should catch a cold,
T'was usually him and ten days old.

And then one day a message came,
Addressed to Herbert Crone by name.
It simply said, "the time is right;
It's time for you to see the light".

Wake up young man and take your cue,
This clammy youth's not really you.
Go out my boy and make your mark.
Do twenty laps around the park.

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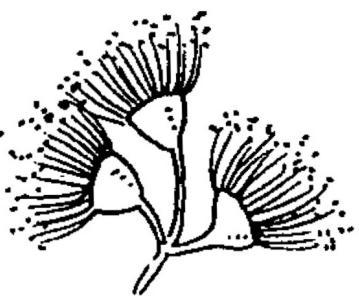
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Plan a journey; write a book.
Learn to paint, to ski, to cook!
Express yourself, be a king;
Don't sit around: do anything!

And this he did, I'm glad to say,
He changed completely from that day:
For now he's full of zest for life,
He's got a job and found a wife.

His plans a'plenty come and go,
He's always after more to do;
His energy is out of sight:
In fact, you guessed, he's in the right!



And so we hope another note
Will bring a kind of antidote;
From which some sense will surely enter
And push him back towards the centre.



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GANESHA PUJA AT 'ULURU' AUSTRALIA.

ON THE SAME DAY OUR HOLY MOTHER WAS HAVING GANESHA PUJA IN ITALY, A GROUP OF YOGIS FROM THE CAIRNS ASHRAM DID SHRI GANESHA PUJA AT ULURU (AYERS ROCK), IN THE CENTRE OF AUSTRALIA. ULURU IS THE BIGGEST SWAMBHU IN THE WORLD, AND REPRESENTS SHRI GANESHA. ON EARTH.

A WEEK BEFORE THE PUJA WE RAN A SERIES OF PUBLIC PROGRAMS IN ALICE SPRINGS FOR THE FIRST TIME, AND EXPERIENCED SOME OF THE STRONGEST KUNDALINI'S IN NEW PEOPLE THAT WE HAVE EVER FELT. EVERYONE LITERALLY FELT THE COOL BREEZE TWO FEET ABOVE THEIR HEAD. ALICE SPRINGS IS ABOUT 5 HOURS DRIVE FROM ULURU.

WE FLEW DOWN TO THE ROCK ABOUT 6-30AM ON SUNDAY MORNING. THE PILOT WAS A FRIEND OF OUR CONTACT IN ALICE SPRINGS, DELLA, WHO HAD RECENTLY GAINED HER SELF REALISATION, AND WAS VERY NEW TO SAHAJA YOGA. WE INTENDED HAVING PUJA LATE IN THE AFTERNOON, BUT WHEN WE ARRIVED, THE PILOT TOLD US HE WANTED TO LEAVE BY 2PM, AND THAT HE WOULD ESCORT US EVERYWHERE WE WANTED TO GO. SO WE SAID WE WANTED TO FIND GANESHIA'S MOUSE, SO HE TOOK US TO A SMALL ROCK BESIDE ULURU CALL TAPUTJI (TAPAS MAYBE). IT FELT RIGHT TO HAVE THE PUJA BETWEEN THE ROCK AND THE MOUSE.

THE PILOT WAS STILL WITH US, AND HAD BEEN EXPRESSING

MORE AND MORE INTEREST IN WHAT WE WERE DOING. HE FELT LIKE A VERY SIMPLE COUNTRY PERSON, SO KAT EXPLAINED PUJA TO HIM, AND GAVE HIM HIS REALISATION, WHILE WE ORGANISED THE PUJA. THEN WE HAD THE PUJA WITH HIM, AND HE THOROUGHLY ENJOYED IT. THE PLACE WAS HOT AND DUSTY AND WE WERE ALL COVERED IN BUSH FLIES! IT WAS A VERY SPONTANEOUS PUJA. EVERYONE FLEW BACK TO ALICE SPRINGS EXCEPT KAT AND MYSELF.

THE NEXT MORNING WE WENT BACK TO ULURU TO MEDITATE AT DAWN, THE ROCK CHANGES TO MANY COLOURS AS THE LIGHT INCREASES

THEN, WE WENT BACK TO THE SAME PLACE WE HAD THE PUJA THE PREVIOUS DAY. WHEN WE APPROACHED THE SPOT WHICH WAS ABOUT 100yds FROM THE BASE OF THE ROCK, THE WIND STARTED TO BLOW SO HARD WE COULDN'T PUT ANYTHING DOWN, AND IT DROVE US CLOSER, AND CLOSER, TO THE ROCK, UNTIL WE FOUND OURSELVES AT THE BASE OF THE ROCK LOOKING UP AT OUR GREAT LORD. AS SOON AS WE WERE THERE THE WIND STOPPED.

IT MUST HAVE BEEN SHRI GANESHA DRAWING US CLOSE AND WANTING US TO DO PUJA TO THE ROCK ITSELF. AS WE Poured WATER AND APPLIED KUMKUM TO THE ROCK FACE, THE VIBRATIONS WERE OVERWHELMING. THEN AS WE SANG AND DANCED OUR MOTHERS PRAISES THEY BECAME STRONGER AND STRONGER.

IN ALL HONESTY I'VE NEVER FELT THE PRESENCE OF SHRI GANESHA WITHIN ME, AND AROUND ME, SO STRONGLY AFTER MANY YEARS IN SANTHA YOGA, AND AT LAST IT FEELS LIKE AN UNDERSTANDING HAS BEEN ESTABLISHED THAT WAS NOT THERE BEFORE.

JAI SHRI GANESHA — JAI SHRI MATASI

MARTIN MCGLYNN.
CAIRNS.

HULLO FROM YOUR FRIENDLY INDIAN CORRESPONDANT
HOPE ALL IS FINE ON THE SUNNY SHORES
OF THE LAND OF Oz.

LOOKING FORWARD TO SEEING HUNDREDS OF YOU
ALL FOR THE TOUR.

POSTCARD FROM INDIA

The rainy season is over and now begins the season everyone looks forward to - the festival season.

First was Shri Krishna Puja with the breaking of ghee pots and now the Ganesh Festival. Here in Maharashtra the people have a special love for Shri Ganesh - the chants can be heard all around - Ganapate Bappa, Moriya - Victory to our big brother Ganapati!

The vibrations drift in through the window from the processions going by, that of families taking beautiful handmade statues of Shri Ganesh home for worship:

For we westerners who are new to Sahaja the protocols and ceremonies for Shri Ganesh have to be learnt but here everyone knows. To take Shri Ganesh into your house is considered a great honour and a great responsibility.

He must be taken care of meticulously, must have large meals, to keep his lambodar in order, have aarti sung to him twice a day, alongwith the best sweets available, and is worshipped with the utmost respect. Only those who feel capable of maintaining this auspiciousness and protocol take Shri Ganesh home, he is not to be taken lightly. People here have an awe and fear of God and they know to behave incorrectly is asking for trouble, especially with the protector of the Mother and the beginning of all things. Instead those who don't have Shri Ganesh at home take sweets and flowers and visit another's home where Shri Ganesh is, to take His Darshan.

The statues range from 10 inches to 30 feet high. It is certainly an amazing thing to see a 30 foot tall Ganesh looming above you. It is a time of family, friends and collectivity, music and joy filling the air. Residential societies and groups club together and bring one huge collective Ganesh, all contributing.

And then finally on the 10th day, all will take in a procession, to be immersed in the sea, their Ganesh. On that day the roads are jammed with Shri Ganeshas. Such a fantastic sight. We happen to live on the road to the sea, so the procession goes right past our house. Hundreds and hundreds of beautifully painted, flower be-decked, lotus eyed Ganeshas, some carried on top of heads, some filling the backs of lorries. The drums beating, cymbals clanging, people dancing and one begins to feel and understand the innocence of Shri Ganesh and Maharashtra.

This is the true richness and culture of India.

lotsa love to all

Pragya + Kamal



GREETINGS FROM GEELONG (Reza and Mary Ann Ghaffurian - 26.9.91)

The Miracle Book is slowly coming along and Phil hopes to present a draft to Mother at Navaratri.

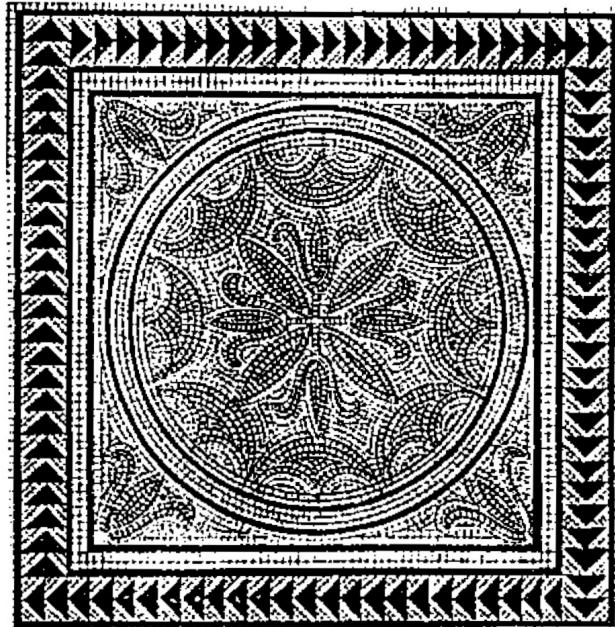
We are holding programs still at the Grace MacKellar Centre on Saturday afternoons. We held a "New Age" Seminar at the South Coast Learning Centre and gave a seminar on Meditation to the graduate nurses of Deakin University here in Geelong. Over 60 nurses got their realization. Incidentally they taped the seminar to play to night-shift staff working in the hospital. So perhaps we reached many more people.

18 elderly people were brought to us for realization. This was an interesting experience as most of them were suffering chronic debilitations through leftside paralysis, rightside paralysis and many could hardly move limbs. We proved that though their nervous systems were so damaged, still the kundalini could rise and proved its existence to them in the form of heat as it worked away in their chakras. At that first stage they couldn't feel the cool breeze, only their catches.

With those that persevered after a while they could feel the cool breeze from their Sahasrars as the accumulated negativity was thrown away outside of themselves and their physical condition improved.

With Love and hoping to hear from you soon.

Mary Ann and Reza and baby Shahram



A Prayer from the sisters:

Oh Most Beloved Shri Mother, loving salutations and best wishes for Your continued good health!

Your daughters entreat You, grant us Your powers of love.

Help us to learn and embody all the qualities we need for our ascent and for the well-being of our Sahaja family. Help us to wash away those things detrimental to the collective.

Let us realise Your unlimited joy, peace and compassion. Let us be a real source of joy, peace and compassion.

Let us recognise the imbalance and error of criticism, impatience, expectations and judgmentalism. Allow us to be fully content with the blessings You most lovingly and generously send our way. For this, may we be humble and wholly surrendered to Your Divine Play. Please grant us patience and forbearance. Let us be alert.

Please illuminate our brain with the Pure Light of the Spirit. Please grant us pure attention so that this Light permeates all that which our attention touches. Please let the seekers of ages recognise this Light.

Let us fully realise our relationship with You and with our brothers, sisters, husbands and children. Allow us the depth and strength to nurture these relationships properly.

In our love and devotion to our eldest brother, Lord Shri Ganesha, may we establish our innocence, chastity, wisdom and discrimination. We pray that His powers help us to become the best that we can be and thereby please You. Please allow us the joy and privilege of becoming hollow instruments for Your Most Holy Orchestration.

Shri Mataji, with all our heart and soul, we love You.

Shri Mother, with our very breath we dedicate to You.

Only with You are we complete. Only with You are we in joy. Only with You can we ascend as Your offering to the Resplendent Lotus Feet of our father, Lord Sadashiva. May Your son, our brother, pave the way for our Holy journey out of the mire and into Your Loving Grace.

We desire only to be with You, one and all, part and parcel. That is all.



A modern fable By JIM SCHEMBRI

Frannie's franchise



ONE cold, cold day in the heartless heart of the big, big city, a woman called Frannie sat on a chair in the middle of the square under a sign that read: FREE HUGS. On the first day business was slow. This was because people were suspicious. "What is she really up to?" they asked themselves. "Why is it free? What's in it for her? What's in it for me? Do I have to sign anything? Is the whole thing being secretly filmed?"

Frannie quickly sensed what was wrong. So the next day she changed the sign. It read:

FREE HUGS
NO STRINGS ATTACHED
NO QUESTIONS ASKED

Business picked up after that. People lined up around the block. Late one night as Frannie prepared to go home after a busy day's work a man went up to her.

"It's quite a nice little racket you've got here," he said.
"It's not a racket," she said. "I'm just helping people a bit."
"You could help them a lot more, you know."
"Oh?" she said, hiding her smile. "How?"
"By charging. Turn a profit, expand, set up franchises worldwide. A staff of thousands servicing millions of people. Imagine the potential!" His mouth began to foam. "Then, diversify! Mini-hugs. Mega-hugs. Family hugs. Discount hugs. Hug Starter Incentive Programs. Hug vouchers, redeemable at any Hug Booth." His eyes nearly popped. "We'll patent the concept. If people hug on their own, we'll sue! For squillions! We'll be rich!"

Exhilarated and exhausted, the man doubled over to catch his breath. Frannie was going to say "If I was doing this for money, I wouldn't be doing this". Instead, she hugged him. He got the point.

Kiddies at risk from car fumes

CHILDREN living near main roads may have to be screened for lead poisoning, a leading medical researcher said yesterday.

And the NSW Government may have to dump leaded petrol immediately if the health of children is to be assured.

The warnings come as the move towards unleaded petrol is faltering with the sharp downturn in sales of new cars, which use lead-free fuel.

Dr Geoffrey Duggin, head of the toxicology unit at Sydney's Royal Prince Alfred Hospital, co-authored a review of recent research printed in the latest *Medical Journal Of Australia*.

The review found "considerable evidence" that lead was still prevalent in "significant quantities" in Australia.

Excessive lead absorption is one of the most common childhood health problems in industrialised countries. In 1989 Sydney — along with Paris — had the highest concentration of lead in the air.

The review concluded that even very low concentrations of lead in the blood — below current Australian safety standards — can affect cognitive development of foetuses and the intelligence and behaviour of young children.

"We can't become a smart country while we have a lot of lead around," said Dr Duggin. "The very obvious place to clamp down is on lead in petrol."

Dr Duggin said more research was needed and it may identify children living near main roads as the group

By STEPHEN SKINNER
Environment Reporter

most at risk. If so, the lead in petrol may not only have to be reduced but eliminated.

This may cost owners of older cars "a few cents a litre more" at the pump for petrol with lead substitutes (which are still being researched overseas.)

Since 1986, all new cars have run on unleaded petrol, which now makes up 33 per cent of petrol usage in NSW.

But because of the age of the Australian car fleet and the very low scrapping rate, the State Pollution Control Commission (SPCC) estimates it will be at least another decade before the great majority of cars run on unleaded fuel.

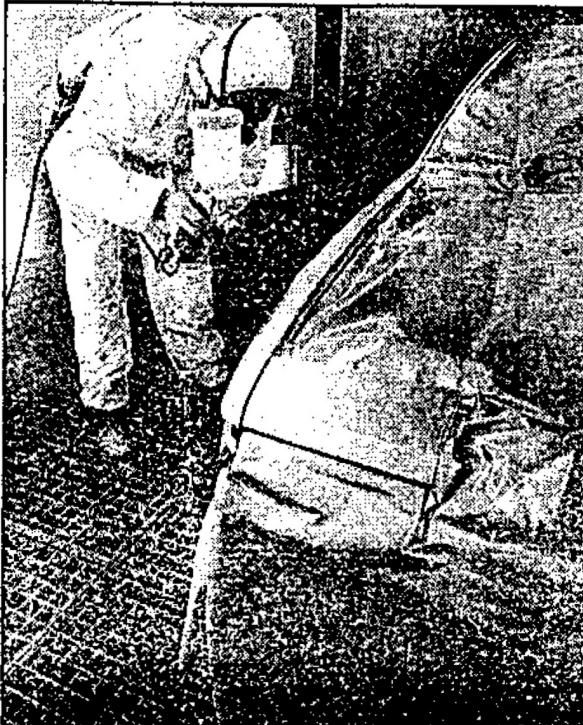
Michael Delaney, executive director of the Motor Traders Association of Australia, said: "The conversion to unleaded fuel is extremely slow and is getting slower."

The Federal Chamber of Automotive Industries wants governments to reduce the sales tax on new cars and penalise the use of older vehicles.

Greenpeace says these measures must be combined with rapid development of public transport — so lower-income people in commuter suburbs will not be discriminated against — and alternative fuels.

As it is, many models of cars available in Australia before 1986 can run on unleaded petrol, as can most motor cycles.

GRAVE DANGER FOR SPRAY PAINTERS



NO DANGER: This is how spraying with toxic paints should be done — in a booth.

Picture: DAVID PORTER

Lead expert Dr Garth Alperstein, who is involved in the research with Dr Duggin, said parents could reduce the risk of their children being poisoned.

With ingestion of lead dust being the major means of absorption, he suggested:

- Exposed dirt in yards should be minimised.
- Hands should be thoroughly washed before eating.

● The house should be regularly vacuumed and mopped.

● Furry pets should be regularly washed.

● Food and vegetables should be thoroughly washed.

A diet low in fat and adequate in calcium, iron and zinc would reduce absorption.

Dr Duggin and Dr Alperstein joined the NSW Health Department

A CAR industry chief yesterday said a widespread flouting of spray-paint safety regulations at NSW smash repair shops was "the asbestos story all over again".

"Nobody has done anything about policing the regulations — not the union, employers or government," said Don Holstock, executive director of the NSW branch of the Motor Traders Association.

"Nobody can deny injuries being sheeted home to spray shops. Half the time you don't know until after you've retired that you have a problem."

Bill Taylor, secretary of the Vehicle Builders Union, said lead was still used in brightly-coloured car paint, such as reds, yellows and oranges — making up to 24 per cent of dry content.

He said many spray painters were not wearing masks when using these paints.

Of greater concern to the union and health authorities is the increasing use of "two-pack" paints containing isocyanates, with violent asthmatic reactions known to have resulted in death.

By law, workers must have a medical check every year, with leaded and "two-pack" paints, which are often also leaded, only able to be applied in a spray booth, which directs filtered fumes to the outside air.

In the booth the body must be fully covered and an approved mask — in the case of "two-pack" paints, an airline respirator — must be worn.

The Motor Vehicle Repair Industry Council has stipulated that all the 3,000 or so spray-painting shops in NSW must have a booth by next March.

But the minimum cost of \$15,000 combined with hard economic times and difficulty of manufacturers in meeting demand led Mr Holstock to comment: "There's not a hope in hell that will happen."

— STEPHEN SKINNER

in voicing concern over the renovation of older houses decorated with lead paint.

They said that using sanding machines, torches or heat guns on old paint, which can contain up to 50pc lead, was extremely dangerous, especially for children and pregnant women.

Adults with severe lead poisoning can suffer nerve, kidney and brain damage.