



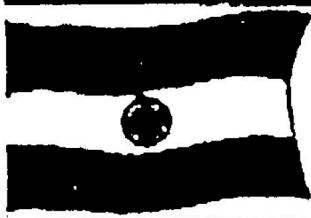
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16 AUGUST 97

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50

YEARS OF INDIAN  
INDEPENDENCE

CONGRATULATIONS! WE  
SALUTE MOTHER INDIA  
ON THE 50TH  
ANNIVERSARY  
OF  
INDEPENDENCE!!

NATIONAL ANTHEM OF  
MOTHER INDIA WRITTEN  
AND TRANSLATED BY SHRI  
RABINDRANATH TAGORE.

#### Jana Gana Mana

Victory to thee O Dispenser of  
India's destiny!

Thou art the ruler of the minds  
of all people.

Thy name rouses the hearts of  
the Punjab, Sindhu, Gujrat  
and Maratha of the Dravidian  
Orissa and Bengal;

It echoes in the hills of the  
Vindyas and the Himalayas,  
Mingles in the music of Ganga  
and Jamuna and is chanted by  
the waves of the Indian sea.

They pray for thy blessings  
and sing thy praise, thou, O  
Dispenser of India's destiny!

Victory, Victory, Victory to  
thee!

Day and night thy voice goes  
out from land to land, calling  
the Hindus, Buddhist, Sikhs,  
and Jains round thy throne,  
and Parsis, Musalman and  
Christians.

The East and the West join  
their hands in their prayer to  
thee and the garland of love is  
woven!

Thou bringest the hearts of all  
people into the harmony of one  
life.

Thou, Dispenser of India's  
destiny!

Victory, Victory, Victory to  
thee!

Eternal Charioteer, thou  
drivest man's history along the  
road rugged with rises and  
falls of nations.

Amidst all tribulations and  
terror thy trumpet sounds to  
hearten those that despair and  
droops and guide all people in  
their path of peril and  
pilgrimage.

Thou, Dispenser of India's  
destiny!

Victory, Victory, Victory to  
thee!

The darkness was dense and  
deep was the night.

My country lay in deathlike  
silence of swoons

But thy Mother arms were  
round her and thine eyes gazed  
upon the troubled face I  
sleepless love through the  
hours of ghastly dreams.

Thou art savior of the people I  
their sorrows.

Thou O Dispenser of India's  
destiny!

Victory, Victory, Victory to  
thee!

The night fades; the light  
breaks over the peaks of the  
eastern hills; the birds begin to  
sing and the morning breeze  
carries the breath of new life.

Touched by the golden rays  
thy love India wakes up and  
bends her heart at thy feet.

Thou king of all kings!

Thou Dispenser of India's  
destiny!



### **GANESHA PUJA 3**

In two weeks time we leave for Cabella. Thirty Australians have responded to the invitation to be there to ensure Australia is well represented, as one of the host countries. As those who went last year will know our costs are considerable. Apart from the personal costs of travel, meals and accommodation, we have two main areas for which your contributions are required. The monies which go to Shri Mataji in repayment for the puja items for which She has already paid, and the running expenses. Last year the first category was shared by the host countries and Australia supported the whole of the second (running expenses).

This year I have endeavoured to establish a more equitable sharing of the running expenses: transport, flowers, invited musicians costs etc.

Australia's proportion of the total expense bill, apart from the international gift, to which all countries contribute, is \$13,850.

Radhika Richardson tells me that so far she has received only \$5,800. We have not reached half of our share. Disappointingly we have received no contributions from our established ashrams in Sydney, (with one or two acknowledged exceptions), nor from Victoria, Queensland, or Western Australia. On the other hand Canberra, Cairns, and North Australia have been very generous.

Please remember that whilst it is understandable that you may have little idea of what is involved in such a campaign the hosting of Ganesha puja at Cabella is where Australia is represented as a nation within the international Sahaj community.

Last year the novelty factor worked in our favour. It was always going to be more difficult once we became part of the puja calendar as is the case with the European and American collectives, who have been hosts for a number of years now.

If we are not to be embarrassed and last year's good work undone....please consider. Contribution to Radhika Richardson 195 Burwood Rd Croydon Park 2133. Cheques in favour of Life Eternal Trust. Suggested amount is \$108 or less if you can not manage that.

There is a lot of enthusiasm going with a smaller group. We need the help of those staying behind.

Michael Fogarty.

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#### **An Australian in Romania..**

All welcome at Huystville Ashram for dinner & bhajans on Friday evening 22nd August (from 7pm) to fare well Anna Chicos (with bhajans & BBQ) before she leaves for Romania to be with her adoring husband.  
PLEASE COME!!

## RAKHI BROTHER'S SONG

It seems to me sweet sister, that there could hardly be  
A love more like our Mother's, than the one you've offered me.  
With face so fair and innocent, no other motives there  
Except, expressed right from the heart, true respect and care.

I am your Rakhi brother, a spiritual brother to you,  
And this bond between us will last our whole life through.

The giving of a gift like this, is more than I could say,  
You've touched me very deeply, and in a holy way,  
Now I'll think of you each day wherever I may go.  
My soul will reach across that space and try to let you know.

And so today, as through the years, your face again I see,  
Reflecting there the grace and good that is Shri Mataji,  
Your sweetness and your beauty shine, inspiring me and so  
Thank you again sweet sister, you've helped me much to grow.

And so it is, and so will be, the Golden Age this way,  
We know the Dharma it requires is here with us today,  
The flower and sweets, the perfumed oil, the Rakhi that you tie,  
Reminds us of the truth and love we know will never die.

## RAKHI SISTER'S SONG

### Chorus

Swift as the wind our brothers are  
Strong as the sea  
Sure as the sun; Mother's love  
Reflected in thee.

Brothers you do inspire us  
To clearly see  
Shining in every heart  
Mother's perfect quality.

### Chorus

Innocent, wise, all purity  
Of Shri Ganesha  
All playful love of life  
Is the joy of Shri Krishna.

### Chorus

Perfect King, father, brother, friend  
Of Lord Shri Ram  
Gentleness, wondrous strength  
Of the mighty Hanuman.

### Chorus

Ganesha comes as Jesus Christ  
Power to forgive  
Shiva in all our hearts  
With joy and peace we live.

### Chorus



## FREEDOM STRUGGLE

When the time came for higher education, Nirmala chose to study medicine. She wanted to know how far the human knowledge had gone. However, Her heart was in the country's freedom struggle. Her heart would wrench with pain as She would helplessly watch the atrocities of the British tyranny. Her soul would go out to the martyrs and Her torn heart would express its anguish in tender songs:

Glory to Mother India,

Victory to thee

The whole universe resounds with thy name

Even the green pastures of your villages sing thy praise

When my eyes are filled with tears

and my throat is choked with grief,

My heart is crying out for thy victory.

The smoke from the martyr's pyre rises to meet the sky

Even there his spirit hails thy glory.

Victory to Thee

Victory to Thee.

Young Nirmala bore the full brunt of the freedom struggle. From 1928 Her parents were regularly in the jail. They had made a rule that no one was to shed tears on their departure for jail, as it would be derogatory. The parents taught the children to share joy and grief alike, there were no dual standards between the society and the home. Though open minded, the children were brought up traditionally. There was no question of superficiality or compromise. In the absence of the parents young Nirmala shouldered the domestic responsibilities from the age of ten. She particularly mothered Her youngest kid brother, Baba.

Her attention was always on the benevolence of others. In 1942 She spearheaded the student struggle for freedom and often frequented the jails. On one occasion the British put Her on ice to torture Her, but it no way dampened Her indomitable spirit. She was rusticated from Medical College and could not complete Her studies. The veteran freedom fighter Vinoba Bhave tried to dissuade Her from participating in the freedom struggle, but Her father warned Her to pay no heed to the old man's advice. When the police came to curb the striking students She stood boldly, alone guarding the gate, shouting the freedom slogan and facing their barrels. The principal of the college was witnessing this scene in amazement and realised Her great Shakal.

- FROM THE BOOK  
'THE FACE OF GOD'

## CELEBRATION OF INDIAN INDEPENDENCE

### MUSIC CONCERT.

Dr. Rajam on Violin & Zakir Hussain on Tabla  
with Ramanji on Flute & Raja Rao on Mridangam.  
On Saturday 30th August 6.30 pm. at Hills Centre  
baulkam hills. Tickets from \$30.00  
For tickets Please ring Mark Williams on 9764273

SRI MATAJI NIRMALA DEVI

## SHRI KRISHNA PUJA

"YOU ARE A UNIVERSAL BEING"  
GARLATE - MILAN ASHRAM - 06.08.88

TODAY we have gathered here to worship Shri Krishna. We must understand the significance of Shri Krishna's advent on the Vishuddhi chakra. As you know very well, except for once or twice, Shri Brahma has [not] taken his incarnation. Also Shri Ganesha has only once taken His birth as Lord Jesus Christ. But Vishnu Tattva, the principle of Vishnu, has taken many a time birth on this earth, as the Goddess had to take many a time Her birth. They had to work together many a time, and with the principle of Vishnu, the principle of Mahalaxshmi has acted to help the ascent of the people. So the principle of Vishnu is for your ascent, for the evolutionary process of human beings, through this advent and through the power of Mahalaxshmi, we have become human beings from amoeba stage. This is a spontaneous working for us, but for the principle of Vishnu He had to go through various incarnations to evolve.

As you know, there have been incarnations of Shri Vishnu as a fish to begin with, and went on till it came to the state of Shri Krishna, where they say that He has become complete. But, one has to realise that He works on our central nervous system, He builds our central nervous system. Through our evolutionary process our central nervous system has been built up and this central nervous system has given us all the human awareness that we have. Otherwise we would have been just like the stones. But through this building up of our awareness, one after another, building up different chakras within us, this principle of Vishnu has brought us to the understanding that we have to seek the truth and ultimately we have to become Sahaja Yogis.

So this principle of Shri Krishna is so important that at the state of, as you call it, the Vishuddhi chakra, we become complete in the sense that when the Sahasrara is opened out for you and you start feeling the vibrations, you are not yet fully complete. If you were just complete then it would have been an end of your evolution; because at that stage, if you had finished it then there was no need to have Sahaja Yoga. But actually it means that once the Sahasrara is opened out, then you have to come down to your Vishuddhi chakra; that means to your collective. If it is not working on your Vishuddhi chakra, the enlightenment on Vishuddhi chakra, you cannot feel the vibrations. As you saw yesterday, the artists started playing in a very new dimension. It is not that they got only the awakening of the Kundalini; the awakening of the Kundalini was there, no doubt, but it had to come down to their Vishuddhi chakra. If I could not have brought it back to their Vishuddhi chakra, their hands could not have moved that fast, they would have never felt the sweetness, the 'Madhuria' of Shri Krishna and they would not have manifested it.

So all that is expressed through your fingers and hands achieves that new awareness of creating the 'Madhuria', the sweetness. In your art, in your music, in your gestures,

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SHRI KRISHNA PUJA  
Next Saturday 23rd August  
STARTS at 7 pm.

nose, eyes, neck, all these things are looked after by Vishuddhi chakra. As a result, also you can become great actors, you can have eyes which are innocent, you can have a skin which is shining, you can have ears which can hear the divine music, you can have a nose which shows your dignity. In the same way, your whole facial expression changes. If you are a very harsh person and a hot-tempered person and you have harshness on your face or else if you are like a beggar all the time, or you are crying all the time, weeping, your face looks so miserable, everything changes and comes into the centre, where you look beautiful, you look attractive in a divine way and also you get a very sweet countenance.

Also the teeth and the tongue are looked after by the Vishuddhi chakra, so your teeth which are in trouble get cured ... you ... sometimes as I told you, I have never been to a dentist in all my life, so you can imagine that you don't have to go to the dentist any more if you have your Vishuddhi chakra alright. Then, also your tongue improves, for example, some people are very sarcastic by temperament, they cannot say something sweetly, all the time they are sarcastic, saying sarcastic things. Some people have a habit of abusive language, some people are extremely beggarish types, all the time talking in a very beggarish manner. There's no dignity, there's no sweetness and there is no self-confidence for some people. Some people even stammer, some people cannot stand on stage and give a lecture, all these things drop out as soon as your Vishuddhi chakra improves.

This is only outward, this is the outward manifestation of the Vishuddhi chakra's improvement within yourself, through the awakening of Shri Krishna on the Vishuddhi chakra. But what happens really is that, inside you, you become a witness, you become a witness in the sense that all that is disturbing, all that is troubling you all that is a problem, you just start watching it. You start witnessing it, you start seeing it and you do not get disturbed. That seeing, that witnessing state has a tremendous power, whatever you see without thinking, your problems get solved. Any problem you have, once you get this witness state, what you call 'tathastha', means you are standing on the shores and watching the waves move, then you know how to solve the problems.

So your witness state has to be developed and sometimes I have seen people have to go through little difficulties to develop that witness state. This is very important that once the Kundalini starts supplying you from your Sahasrara downward, moving on your chakras and enriching your different chakras. On the Vishuddhi chakra, when it has to stay, it really tries to take you through turmoils. And you start thinking that, "see how my life was so blissful, I had so many blessings and now what has happened". But this is the time when you should become 'tathastha' - means you should become a witness - if you become a witness everything improves. For example, you are, say, a person who is working in some place, as soon as you become a witness, you see, your attention goes inside and you start watching things from inside out. As a result, you see exactly what's wrong where, and as you have got the power of witnessing, with that power you get over the problems that you have.

Problems get solved very easily if you know how to witness the whole situation [rather] than to get involved in it. And this is the best state, which you call as 'Sakshisvarupatva', which you achieve when the Kundalini comes up and the connection is established and the divine ray starts falling through that and enriches your Vishuddhi chakra.

classes soon to begin

## RELAXATION CLASSES FOR PREGNANT LADIES

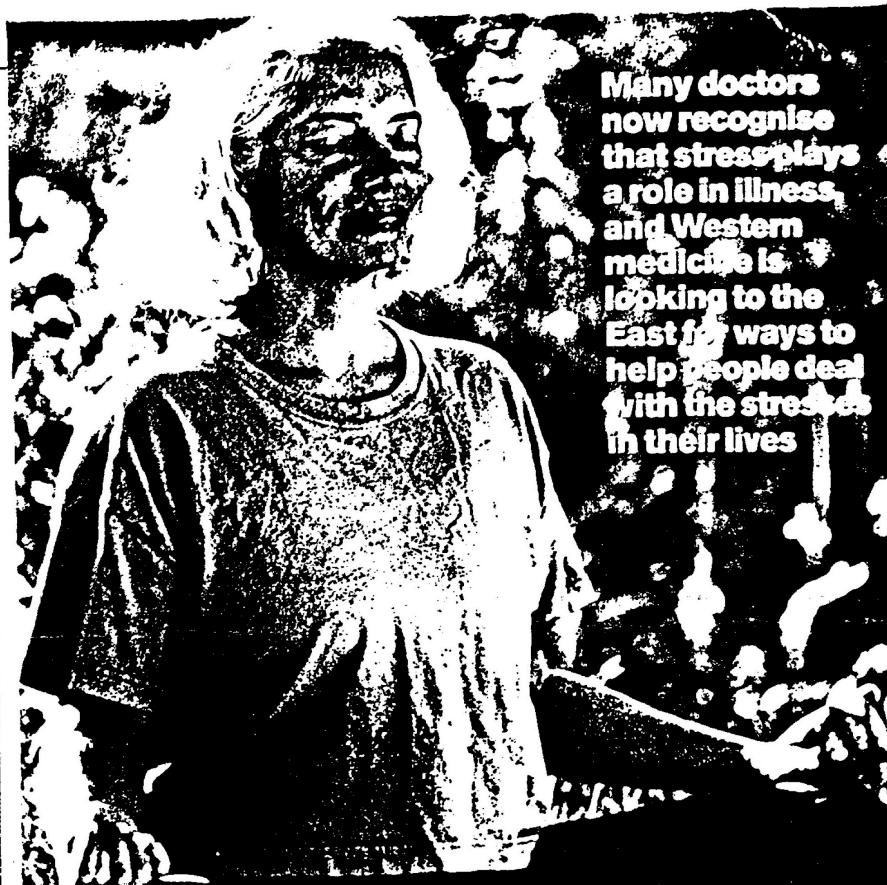
THESE CLASSES ARE EASY, ENJOYABLE AND FREE!  
THE CLASSES ARE HELD HERE IN THE CLINIC EVERY WEDNESDAY

SESSION TIMES 8.30, 9.00, 9.30, 10.00, 10.30, 11.00

YOU WON'T LOSE YOUR APPOINTMENT

YOU'LL FIND IT USEFUL DURING YOUR PREGNANCY, LABOUR AND AFTER TOO

Article appeared in Woman's Lifestyle magazine on Aug 18, 1997 ISSUE 27.



**Many doctors now recognise that stress plays a role in illness, and Western medicine is looking to the East for ways to help people deal with the stresses in their lives**

present so a lot of our thought processes are dealing with things that don't exist."

When we meditate, the brain has "time out". It relaxes and is better able to send signals to the rest of the body. This results in:

- \* an improved immune system;
- \* hormones working at their best;
- \* a nervous system which controls our organs properly;
- \* a calm state of mind;
- \* improvement to physical and psychological health.

"When the brain malfunctions, it reflects in our physical body," Dr Manocha says. "Stress is a state of agitation which translates into physical illness."

Meditation leads to psychological health as well as physical well-being. It can help people:

- \* overcome a short temper;
- \* become less judgemental;
- \* reduce their aggression;
- \* become calmer, less agitated;
- \* improve their self-esteem.

"When your self-esteem improves, you are less a slave to the demands of others," Dr Manocha says. "You are more true to yourself. The way we interact with other people directly relates to our physical health."

Psychological links with disease have been well-documented:

- \* People who are aggressive have less chance of recovering from a heart attack.
- \* Women with breast cancer have a better chance of recovery if they belong to an emotional support group.

\* The recovery rates from melanoma are strongly linked with psychological health.

Dr Manocha says the inner peace of meditation occurs when coiled energy (kundalini) stored at the base of the spine is released through seven subtle energy centres (chakras) in our bodies.

"When kundalini is awakened and passes through the chakras unobstructed, there's perfect balance. It unifies a person's spiritual, physical and emotional aspects."

Dr Manocha and other workers at the clinics teach the easy-to-learn technique voluntarily because they are committed to making it available on a wide scale.

Sahaja yoga meditation is also suitable for healthy people.

## What to expect

When you are taught Sahaja yoga meditation, you remain in your everyday clothes and:

- \* sit on the floor or in a chair - wherever you feel comfortable;
- \* move fingertips to parts of the body that correspond with the seven chakras. These are:

- just above your left groin;
- to the left of your navel;
- near your heart;
- the left side of your throat;
- your forehead;
- the back of your head;
- the fontanelle area at the top of your head;

- \* repeat a set of affirmations which include:

- give me the pure knowledge;
- I am my own teacher;
- I am the spirit;
- I am not guilty;
- I forgive everyone;
- give me self-realisation.

Once the energy is released, you become peaceful and silent, but still aware of yourself and your surroundings. Indians call this a state of "thoughtless awareness".

For help  
There are centres where Sahaja yoga meditation is practised around Australia - NSW: 02 9747 4835; Old: 02 5498 6716; SA: 08 8297 5474; Vic: 03 5977 8543; WA: 09 3133 3069; ACT: 06 2810081; NT: 08 8932 5099.

# Meditation – can it improve your health?

**M**editation, developed and refined over thousands of years, not only reduces stress but can also alleviate the symptoms of disease, says Dr Ramesh Manocha, from the Mind Body Clinic in NSW.

Dr Manocha, whose clinics use meditation techniques to help people find better health, says Western science has developed new techniques such as biofeedback, visualisation, hypnotherapy and cognitive therapy to help people overcome illness.

He says: "While these all work well in some cases, none are effective across a broad spectrum, and some are quite costly. Therefore Western medicine has looked to Eastern culture for the answer."

Dr Manocha explains meditation as a deep and sustained inner silence which enables you to:

- \* experience stillness of mind;
- \* feel a sense of wellbeing.

\* feel aware of the moment.

While there are many forms of meditation, the non-profit Mind Body Clinics use Sahaja (which means "born with" or "spontaneous") yoga because:

- \* it is the only meditation that has been scientifically evaluated with consistent results;
- \* it doesn't cost anything to learn;
- \* it can be used by anyone of any age and from any cultural or religious background;
- \* it has no recorded negative side effects;

- \* techniques are easy to learn;
- \* the results are powerful.

University research in India has shown Sahaja yoga meditation can help alleviate conditions such as:

- \* asthma;
- \* high blood pressure;
- \* epilepsy.

A research project at Liverpool Hospital, Sydney, is investigating the use of Sahaja yoga meditation

alongside orthodox treatment to relieve the symptoms of asthma. "Meditation tames the mind so it isn't fretting about how to pay next week's gas bill, or why somebody criticised you last week," Dr Manocha says. "Much of our stress is about the past or what is going to happen in the future. It is rarely about what is happening at this moment. But we live in the

**W**hen Antje Blecken, 55, first inquired about meditation she wasn't expecting much. "I was sceptical," she says. "But I'd had a third of my right lung cut out and also fallen and fractured my hip. I felt

wasn't bad luck, that something was wrong. I read about meditation at the Mind Body Clinic and thought maybe that's what I needed." A fitness instructor, Antje, of Erskineville, NSW, was always on the run. Three months

after starting daily meditation Antje has noticed the difference. She says: "I'm calmer. I cope better with everyday situations. I didn't ever rest before. The most important thing I've learned is to know when to take a break."

## I was sceptical at first

