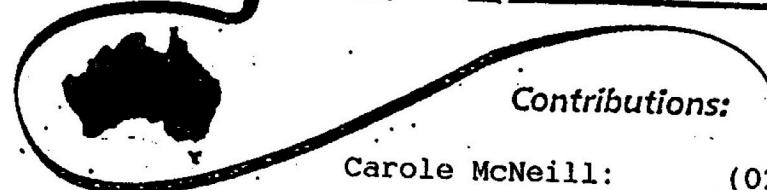


THE AUSTRALIAN *Nicola Sene 85*
Sahaja Newsletter



Contributions:

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JUNE 8th '96

Come One. Come All to a Fundraiser:

Fun and Games Night

Friday, 14 June at 7.30pm
Plumes Café
1st Floor, 842 Pacific Highway
Gordon NSW (near cnr McIntyre St)
Cost: \$15 per person

**Team Sahaja Trivial Pursuit - Charades - Hearty Fare -
Good Company - Loads of Laughs - Prizes Prizes Prizes**

Advance bookings requested

To help cover the costs associated with the weekly Sahaja Yoga radio program, we would like to remind you all about the Fun and Games Night to be held next Friday, 14 June at Joe and Ione's café. The radio team will be providing the excellent service you have come to expect from Plumes. Dinner will be served during intermission, and refreshments and cappuccino will be flowing all night!

Tickets purchased ahead of time will be eligible to win the Door Prize, and tickets are going fast. There will also be a Special Prize hidden somewhere on the premises; but the fact is that no one will be going home empty handed!

Contact Heather 560-0029 or Liallyn 747-4795

Please support the radio program!

SAHAJA YOGA VIDEO

It is a self contained video suitable for Public Programs and new people.
There are introductions to SHRI MATAJI and Sahaja Yoga before a full public program talk.
This is followed by realisation. The total duration is 52 minutes. Available for \$32.00

VIDEO GROUP

MEETING TUESDAY 11TH JUNE at BURWOOD 7.30pm

To Continue the production of video programs. We need to discuss our possible aims, direction, content, skills, schedules, etc etc etc..... for further projects.
Committed people for these long term projects, working with a group and long hours.....
please come and share your ideas and enthusiasm

"WINTER MAGIC FESTIVAL - KATOOMBA"

22nd JUNE - SATURDAY

IF ANYONE IS INTERESTED AND ABLE TO PARTICIPATE, COLLECTIVE SUPPORT WOULD BE GREATLY APPRECIATED IN A COMMUNITY LEANING TOWARDS THE NEGATIVE, BEHIND THE TITLE "CITY OF THE ARTS". HAVAN ANTICIPATED THE NIGHT BEFORE AT 2 WHITTON ST., AND MAYBE A LITTLE SPREADING OF VIBRATED KUM KUM AND WATER ALONG KATOOMBA STREET TO INITIATE THE JOY AND INNER MAGIC OF THE DIVINE.

P.S. It's definitely "thermal" wear weather - it SNOWED last week!

ROOM AVAILABLE.

There is a LARGE room available at Beresford Rd. Interested people please phone (02) 746 7129 OR if no answer, ring (02) 746 7444 to leave a message.



New scientific research and the practice of Sahaja Yoga.

A growing body of compelling scientific evidence is demonstrating the link between mental and emotional attitudes, physiological health and long term well being. Even though it has long been suspected that negative emotions such as anxiety, fear and anger have a deleterious effect on our health, it is only quite recently that researchers have devised equipment and techniques to actually quantify these phenomena.

It is research involving HEART RATE VARIABILITY (HRV) that is providing many incredible insights into how we respond internally to our surroundings.

(HRV) is a measurement of the beat to beat changes in heart rate. This time interval between heart beats is always changing and is influenced by almost any stimulus of the brain or mental processes such as emotion, thoughts, sound, images etc.

These changing heart rhythms affect not only the heart beat but also our brain's ability to process information, including decision making, problem solving and creativity. They also directly affect how we feel.

The heart is regulated by the autonomous nervous system (it works automatically without our conscious control). The input signals come from the sympathetic and parasympathetic nervous systems. The sympathetic system speeds up the heart, usually due to some mental reaction to a real or imagined life situation. The parasympathetic nervous system tries to slow the heart down and bring it to an equilibrium. So HRV analysis measures the balance between the sympathetic and parasympathetic systems and is a key indicator of overall health.

An imbalance of the autonomous nervous system can lead to a variety of disease conditions. When someone is under stress, the typical HRV graph shows an erratic jerky pattern, as the sympathetic and parasympathetic are competing with each other, one trying to speed up the other trying to slow down the heart. It's like driving a car with both brake and accelerator pressed at the same time. This creates extra wear and tear, uses more energy and ultimately results in breakdown.

Experiments have been carried out measuring HRV and EEG (brain electrical patterns) in people who would spend several minutes thinking either positively or negatively. Positive thoughts such as appreciation, love and care were found to produce a marked increase in parasympathetic activity and a general harmonising of the HRV patterns. On the other hand, negative thoughts such as anger, frustration, fear etc., produced an erratic HRV pattern as mentioned earlier.

It is our immune system and our ability to fight off infection and disease which is directly affected by these positive or negative emotional inputs.

The importance of this information is highlighted by the following research result. Five minutes of mentally recalling an argument, creates similar disorder in the autonomous nervous system as real time anger and depletes the immune system for six hours.

Any way of increasing parasympathetic activity has a balancing harmonising effect. A variety of techniques have been tried as alternatives to traditional psychotherapy and drug treatments for the treatment of mental or emotional imbalances. Most techniques focus on areas of the body that are known to contain biological oscillators. The heart, brain and intestines contain biological oscillators known as pacemaker cells. By intentionally focusing attention on one of these oscillator systems, one can alter one's rhythms. This is true at least for the brain (meditation), yogic breathing (respiration) and heart (freeze frame technique which involves visualisation). It is most likely true . . .

CONT on back page →

in the case of the gut (qigong) which is also regulated by the autonomous nervous system. Furthermore all these systems synchronise to a frequency varying around 0.11 Hz. Thus with the correct techniques, we can intentionally bring these systems (acting as coupled electrical oscillators) into synchrony or harmony with each other. How can the average person achieve this? Perhaps by mastering mind control, breathing control, visualisation and qigong energy techniques. But even with the many highly organised and expensive courses which claim to be able to show us, how many could hope to reach this state?

The practice of Sahaja Yoga produces a strong parasympathetic response, yet it costs nothing, is safe, effortless and benefits the complete individual. In the near future, studies will be undertaken to measure HRV in Sahaja Yogis and thus show in a scientific way the great health benefits to be gained by the practice of Sahaja Yoga. Chiropractor, Dr. Craig Armstrong a Sahaja Yogi from Western Australia, has been experimenting with a HRV monitoring system. The following account of a small experiment Craig and I carried out recently should illustrate the great potential of the HRV techniques for scientifically quantifying experiences and phenomena previously regarded in the general community as offbeat or weird.

While being tested on Craig's HRV machine, I put my attention on some flowers nearby. The parasympathetic response on the read out screen was immediately apparent. Following on from this, we set up a little HRV experiment as follows. I would sit with my eyes closed while various objects were placed in front of my outstretched hands. I was totally unaware of in what order or when the objects were placed in front of me. Firstly a tennis ball was placed for several minutes and the HRV was observed. As one would expect, no change on the monitor. Next a photograph of Shri Mataji Nirmala Devi was placed in front of my outstretched hands, still with me totally unaware of what or when it was placed there. Almost as soon as the photo was placed, a very strong parasympathetic response was displayed on the monitor screen. It would seem from this remarkable observation that my body was internally automatically responding to the photograph without my conscious knowledge. By having my eyes closed there could not have been any emotional reaction or response, it was totally spontaneous and unconscious.

Many have felt the "vibrations" and effect from Shri Mataji's photograph but here was a machine that measured it scientifically!

This is verifiable, objective evidence of the energy emitted from Shri Mataji's photograph.

Anyone interested in finding out more about these findings is more than welcome to contact myself, Greg Turek at the following address.

PO Box 186
Lindfield
NSW 2070
Australia

JAI SHRI MATAJI

Dear brothers and sisters,

We are hoping to put together a book which will be offered to Shri Mataji at this year's Shri Ganesha Puja. This book will be in praise of Shri Ganesha, and will include:

- drawings, paintings, or any visual image of Shri Ganesha (especially by children)
- photos of Shri Ganesha swayambhus
- poems, stories, quotations relating to Shri Ganesha or innocence

It would be wonderful if all countries were represented in this book. Please contribute!!!!
Please send your contributions by August 15 (or sooner!) to:

Shri Ganesha Project
c/o Victoria Zbylut

La Bardesque
Les Valayans
84210 PERNES-LES-FONTAINES
FRANCE

Remember about.....?

GANESHA Puja 1996, Cabella.

Dear Collective,

How are you all?..... amidst yellow pages, colour pages, country properties, Puja set ups, dismantlings, wash ups etc?

Well as I promised last week here is a summary of jobs that need to be done and the name of the coordinator.

We need your help! There is a lot to do. So please call us ASAP.

As you appreciate there are approximately 15 weeks left to accomplish the organisation and the 2 weeks prior that is under the surmise that the date will not change, which is always a possibility!

We look forward to your comments, commitments, activities, suggestions etc. etc.

Ciao!

GANESHA Puja 1996, Cabella Task responsibles.

Joe Solomon.

General secretariat and treasury.

- Sending out letters worldwide with comprehensive information regarding the Puja.
- Budget control.
- Collecting all fees, banking, paying of all expenses.

Transportation and accommodation:

- Organise collection of International and interstate visitors from Airports, train and bus stations to Cabella and back.
- Organise accommodation for working team in Cabella.
- Be a contact point for all interstate and international visitors in case of need.
- Travel arrangements and accommodation.

Fred Meyer.

Technical services:

- Liaise with all task responsibles regarding technical needs they may have.
- Organise enough man power to complete all tasks and responsibilities.
- Organise trucks, tools, extension cords etc.
- Organise scaffolding, paint, nails, screws etc.
- Supervise erection of the main stage backdrop frame and any other incidentals. Check lighting installation and organise spares if required.
- Keep a check on toilet and wash facilities, rubbish disposal and general maintenance.
- Check all expenses to stay within the budget.

Decorations:

- Take ultimate responsibility that all decorations are organised and completed in time. This includes the backdrops for both concert and Puja, entrance archway, general decorations in the hangar etc.
- Organise the purchase and/ or hire of theatrical props such as large vases, specialised lighting, coloured bunting, plants etc. etc.
- Collect and present designs for collective approval.
- Supervise the installation of all decorations, including Puja silver, flowers and plants.
- Organise the return of all borrowed and rented items after the event.
- Check all expenses to stay within the budget.

Recruitment, security and general affairs:

- Organise a task roster for all duties on the camp in liaison with other task responsibles.
- Keep a general eye on security around the camp.
- Organise a lost property station.
- Be a general information point.

Entertainment Program:

- Communicate with all interested parties who wish to perform nation wide.
- Finalise the program 6 weeks prior to the Puja.
- Organise all sound and lighting equipment required.
- Organise any other needs of the performers.
- Print a program for H.H. Shri Mataji .
- Organise a MC to conduct the program or be it yourself.
- Check all expenses to stay within the budget.

LAST WEEKS ! !

SHRI GANESHA PUJA - CABELLA

RAFFLE TICKETS

\$15ea or \$25 for 2

Raffle drawn on 23rd June in Melbourne.

Tickets on sale till 16th June.

Sydney sales :- Sue Williams
Carole McNeill

John Tudesco.

Registrations:

- Physical registering of attendees on site.
- Allocating sleeping quarters.

Catering:

- Prepare the menu for the weekend, this is Friday dinner, Saturday breakfast, lunch and dinner, Sunday breakfast, lunch and Puja meal.
- Purchase all food and beverage items.
- Rent and or buy cooking utensils other than already available at the camp.
- Organise teams to prepare the meals as well as clean up after the cooking.
- Have permanent water, coffee and tea stations in operation.
- Organise cold drink vending stations.
- Return all rented or borrowed goods.
- Control all spendings stay within allocated budget.
- Food transportation and serving to the attendees.

Flowers:

- Purchase flowers sufficient for the whole event.
- Organise people and necessary tools, vases, ribbons etc. to arrange the flowers.
- Ensure that at all times there are flowers either at the altar or where H.H. Shri Mataji is. This includes Her cabin, the car, the concert, the Puja, the walkway to the pendle.
- Make sure that flowers are always fresh.
- Check all expenses to stay within the budget.

Cleaning:

- Provide wash up stations after each meal and one for each beverage station.
- Keep a general eye on cleanliness.
- Organise clean up after the event.
- Washing and ironing of H.H. Shri Mataji's clothes.

' RAFFLE - WAMURAN BUILDING FUND'

to raise funds for : cementing verandah
finish Shri Mataji's bathroom
✓ 2nd collective bathroom
floor covering (tiles etc)

PRIZE: 6 piece luggage set, brown/red floral
design, polyester, PERFECT FOR
' INDIA TOUR or CABELLA' or as a
gift

TICKETS: \$2.00ea or 3 for \$5.00

DRAW: end July (may be extended)

YOGIS IN ALL STATES HAVE KINDLY AGREED TO SELL TICKETS

News from Darwin

Jai Shri Mataji

Hello to all our brothers and sisters and welcome to all our new nephews and nieces. How we are growing. Congratulations to all the mums and dads. As things did not seem to work out for us to go to China this year we decided to put plan B into action. I.E. Spread Sahaja Yoga to the small towns and communities on the West Coast of Australia. We had 4 weeks, a new motor in our latest acquisition, lots of bandhans and great hopes to find new family. Programmes were advertised over community radio stations and posters were fax'd to very helpful staff of various councils. Sometimes it is just so obvious that we are not doing anything. One very helpful lass sent fax's to all the cattle stations, service stations, and business houses in her area to announce our arrival. Radio stations are easy to get on to, if you can give them some warning. ABC Karratha gave us an interview which covered an area as far north as Kununurra, as far south as Albany, and as far east as the NT border. Port Hedland was the best attended programme with 42 seekers. We tested the vibrations collectively after my talk to prove just how strong This Power is and yes, they were all blasting before we went through the self-realisation process. The feeling was absolutely electric in that room. Nobody wanted to leave.

Wow, it is such a buzz to be a part of Our Holy Mother's work.

We gave programmes in Kununurra, Wyndham, Broome, Pt. Hedland, Karratha and Exmouth. We stayed 8 days in Karratha with our family, Jasvinder and Poonham + 2. They are quite new to Sahaja so the programmes and follow-ups were like training for them as they are very keen to do the Work. For this reason it was easy to decide to stay longer for Sahasrara Puja and also to have a Havana to show them how. We are not sure of everything ourselves but we always have amazing results. Must be doing something right. Jasvinder and Poonham welcome all Yogis to pay them a visit, but I must warn you to go on a diet first or you'll never get out the door. Kevin is still rubbing his Nabhi with fond memories.

Suzanne in Exmouth was equally happy to see us and to exchange stories and material for spreading the Word. Exmouth has great fishing and Sue's son Blair knows all the best spots. We also had a Havana there. After we left Exmouth apparently it blew a gale and this wind seemed as if it was chasing us home. Of course we had to call in on Dr. Dan in Katherine, share

some stories and then off to Darwin to catch up on programmes and gather up the little "chicks" and get the collective back into full swing. We were delighted on this trip by many different living creatures. Dancing Broglas, goanna with a snake in its mouth running up the rocks, ancient aboriginal rock paintings, huge baob trees made into jail-houses 14 metres round, donkeys, jabaru's, thorny devils, kangaroos (mostly on roadside), lots of fish in protected areas at Coral Bay. There is one very good advantage in travelling along the coast and that is foot and body soaking. We camped in a tent and slept on the earth. It was wonderful. Jai Shri Mataji!! It is our desire to do a similar trip across the Barkley Highway to Townsville next year.

Thankyou to everyone who gave bandhans for the success of this trip and to Patrick W. For helping financially.

ALL GLORIES TO OUR DIVINE MOTHER
Linda & Kevin.