

Dear Editor,

Just before I went to bed, I glanced at your magazine and quickly ran through the article on Mohammed having an awakened Kundalini. I have said this same thing countless times, since it is obvious to anyone who reads the Koran and about his life.

Anyway, I woke up this morning, at 4:00 a.m., completely determined to photocopy the article and mail it to at least 100 scholars, scientists and others who are on my mailing list.

Then I was going to write an e-mail to you, telling you this and saying that your article was one of the most important of the 20th century. I'm not kidding. That article can do a world of good in opening up the minds of the idiots (scientists and scholars) who know nothing about Kundalini and do not wish to learn anything.

So thank you very, very much. Its strange, but Australia seems to be miles ahead of the States in being open to this subject.

All best wishes,

Gene Kieffer  
Founder-Director, The Kundalini Research Foundation, Ltd.

*Knowledge of Reality magazine - Issue 16 - Letters to the Editor.*



CONGRATULATIONS TO

RUTH & BRAD CROSS have been blessed with another baby girl, a younger sister for Leela. Amy Maree was born on 9th April, 4:31 pm, weighing 4.07kgs (9lbs).

Also MARK and CATHERINE BEAVEN have another little boy - congratulations to them also!!!!



**RADIO PROGRAM**

Radio team is looking for anyone who may have taped the program on last Sunday, 18th April.

The program was about Nagpur Academy.

Please contact Jean-Michel: 9499 3178

**PS... DONT FORGET TO LISTEN TO THE RADIO PROGRAM,  
ON EVERY SUNDAY AT 10 am,  
2SER 107.3FM**



Australian 24<sup>th</sup> April '99  
**Sahaja  
Newsletter**

Contributions: Lidcombe 9649 6879  
02 97474835 or Burwood Fax 9745 4927

***The basis of collectivity is detached love.  
Love is the only way.***

H.H.Shri Mataji Nirmala Devi, France July 1989



**Sahasrara Puja Weekend  
at Country Property, Balmoral Village**

You are cordially invited to attend a

**Pizza Night Saturday 8<sup>th</sup> May**  
(cost \$5.00 per person), and stay overnight for the

**Sahasrara Puja at 11:00am Sunday 9<sup>th</sup> May**

*There will be no Saturday Night program at Burwood this weekend.*

Set up and dismantle: Roster group 7  
Cooking and washing up: Roster group 3



# Many foreigners taking to Sahaj yoga

Srinivas Iyer/Belapur

An increasing number of foreigners are getting attracted to the International Sahaj Yoga centre at CBD Belapur. At present, members from 28 countries have joined this centre. What's impressive is that within three years of starting its operations, the Centre has, besides Indians, more than 170 people from United States, UK, Switzerland, Belgium, Austria, New Zealand and Australia. They were admitted in the research and health section.

Founded and started by Shree Mataji Nirmala Devi three years ago, today this Centre has more international visitors than Indians. Situated in sylvan green environs, the International Centre for Sahaj Yoga Research and Health Centre is a unique centre of its kind in the world, where treatment is done by vibratory awareness, developed by Sahaj yoga meditation.

In February 1996, Shri Mataji Nirmala Devi, a renowned spiritual scientist of the world founded and threw open this sprawling centre. Dr U C Rai, former head - physiology department, Jawaharlal Institute of Post graduate Medical Education and Research, Pondicherry, and professor in various medical colleges of Delhi, heads the Centre at Belapur, as its director. Recently, he was conferred with 'Gladnir Vernidzky Honoured doctor' award in Moscow, for his research on Sahaj yoga at the centre.

The highlight of this centre is the free treatment provided. Speaking to *New Bombay*

Plus, Dr Rai said, "Through Sahaj Yoga, the results in the medical field, have been fantastic, especially in areas where doctors' efforts had been futile."

Narrating about a rare recovery of a patient - S S Agarwal from Delhi - he said, "His was a case of chronic renal failure, for which doctors had ruled out all treatment, except ongoing dialysis. By applying Sahaj yoga, we aroused his Kundalini energy (which is a dormant energy at the base of the spine) and directed it towards the kidney to clear his blocked chakras." Today, Agarwal medical reports indicate near normalcy.

Etienne Loyson, a 62 year old architect from Belgium is just spell-bound. "Earlier I had high blood pressure. Doctors abroad had suggested taking several tablets ongoingly as the only method of treatment. But today, with the Sahaj yoga treatment and the blessing of Shree Mataji Nirmala Devi, I am full of energy. I have stopped all medicines and I feel I am just 30 years old."

Katherine Reid from England (who suffered from irritable bowels syndrome), is a happy woman today, in contrast to her life previously when she had to take several medicines prior to her arrival in Navi Mumbai. "I feel much better having stopped my medication completely. My health has improved by about 80 per cent." Anna Kargaity, a Canadian who suffered from depressive psychosis is full of smiles today. "I now have a positive outlook towards life, being able to develop my

own personality and express my feelings," she says. Similar benefits were highlighted by Bilinda from Australia, Kumar from Canada, Bryan from USA and others.

On being asked as to why so many foreigners are coming to India, when advanced medicines are available with doctors of modern medicine all over the world, Dr Rai added, "The doctors abroad don't have a treatment for the psyche of human being, except giving tranquilisers, sedatives and anti-depressant drugs. These are not only harmful, but also habit forming. In view of this, Sahaj yoga, which can control the psyche of human being by meditation, has become very popular for the treatment and prevention of psychosomatic diseases like bronchial asthma, migraine, irritable bowel syndrome, infertility, multiple sclerosis and spondylitis, to name a few. It is all due to the blessings of Shree Mataji Nirmala Devi, who founded Sahaj Yoga centre, and has enlightened thousands of people all over the world."

We do charge them for their stay and for the food provided by us, he adds, but not for the treatment. "Anyone can heal themselves using Sahaj Yoga as this energy is present within every individual. Why should we charge anyone?" comments Dr Rai.

With over 60 foreigners having already taken treatment from the centre, between January 1-February 14, 1999, a record number of international visitors are likely to arrive during the coming year.

## Pune Programmes news from Jayant Patankar

In Pune Shri Mataji showed us the miracle photo that came at the Bombay public programme of 20/2/99. In this photo sahajayogies are seen preparing the stage for Shri Mataji's arrival for the public programme, but mother is seen in the picture as standing and as if supervising all the arrangements being made!!! This absolutely goes to say how much her attention is omnipresent and looking after even the minor tasks.

The spate of collective activity started in Pune with Mothers arrival from Delhi on the 23rd of March. The Pune Sahajayogies had gathered in a large number to welcome our divine Mother, she was overjoyed to see the enthusiasm and response. I was told by the senior Sahajayogies of Pune that the work done in about 200 schools all over Pune had generated these vibrations. It seems that in these schools there is sahaj meditation happening everyday and the children are exhibiting the most unbelievable response which the school authorities can scarcely believe. These children have become peaceful and observe a pin drop silence during the meditations, which the teachers and others have never seen. This has given rise to acceptance at both levels, at the schools as well as at their homes. These exercises have resulted in the huge turnouts that had assembled at the public programme in Pune on the 25th.

In her speech Shri Mataji came down heavily on the Indians who were aping the west, in particular the Americanisation of the world. She said that the answers to the problems of the world were embedded in this culture. We Indians should feel proud of the heritage and culture that is inherent in this land where so many incarnations have taken birth and worked. But instead widespread corruption, materialism, nonrealisation and decline in the values have become the hallmark of the day. She said that this was due to the Kaliyuga that we are living in. But she clarified that the most opportune moment of getting our self realisation would also come to us in the midst of this mayhem, hell fire and brimstone as promised by Kali himself in Ancient Legend of the Nala and Damayanti Purana. Pune according to the scriptures is the place which is the place of 'Punya's' which means all the good deeds or godly activities. When all the people in the end got their realisation and raised their hands in the air to indicate the feeling of the cool breeze in their hands and/or their heads, Shri Mataji said with a full heart that it looked as though the ancient prophecy as per the Hindu scriptures had come true and that so many people were the recipients of this greatest blessing of the divine in this Punya Pathanam, ie the land of saintliness. It was a very strong programme.

In her talk she said that the muslims better believe in Shri Shiva as he only is there in Mecca, also that there is a temple to the goddess in Mecca called as Hindola Devi! This was a startling revelation, at I did not know about this before. Finally she asked for the song in praise of Mother India "Vande Mataram....." to be sung, she made all the people sing this inspiring song during which tears welled up in her eyes. She said that to the tune of this song so many people embraced death in their fight with the british and that even her own father was shot in the head while hosting the Indian tricolor atop the highcourt building. At that time he made all his children including our divine mother who was a little girl then, sing this great song and derived the courage and inspiration which we now know comes from the vibrations of this song.

The next day ie the 26th there was a music programme at Pratishtan in Pune itself. The music was divine and scintillating, as the quawwals from Nizamuddin, Delhi sang their hearts out. There were also vocal and instrumental performances by different other artists. There was a desciple or Ravi Shankar who gave a very absorbing Sitar recital. Then another young muslim singer gave a deep and serene vocal performance, the vibrations were great. Shri Mataji in course of the music spoke a few times each time when it looked that the musicians were getting carried away, mother injected a fresh dose of vibrations to sustain the depth and intensify the spiritual. This went on past midnight by which time there was dancing happening spontaneously to the quawallis. Shri Mataji said that this music needed to be heard and understood all over as this only raises your attention higher and gives you the sublime experience. On the 30th there was the pre Puja music which again was feast in itself. There were some legendary musicians of the past, whose present generations according to mother are carrying out the work of furthering this tradition of classical Indian music. On lady in particular whom mother asked all sahajyogies to give a standing ovation was Saraswati Bai Rane whose grand daughter Meena Faterfekar was singing. Mother asked her to sing "Haasat Aali Nirmal Aai....". Mother said that she had heard raag Jog sung by her grand mother and could never forget it thereafter. She said that she was the greatest Indian classical musician alive today. Her blessings to her were forever, also mother paid her the respect by giving her a saree and other gifts. The next were the illustrious Shiledar family, the three sisters sang such beautiful devotional songs that they had the maharashtrian sahajyogies in raptures. These songs were the compositions of the great saints like Tukarama, Chokha Mela and others. They all spoke about unity, integration and oneness of the whole world. How in the child like innocence of the divine experience they sang the song of joy desiring to make the whole world a joyous place for all the people. Mother was absolutely blissful. So were her children. The songs were "Johar Maibaap johar....", "Awagachi sawnsar sukhacha karina...". These are from some very famous Marathi drama's, classics at that. This programme set the mood and state for the puja the next day. The puja started at 8:00 and Shri Mataji came and spoke about the Shakti [power] and Bhakti [devotion]. The former being the blessings of Shri Hanuman and the latter of Shri Ganesha. In this context mother cited the example of Shri Rama. She said that every Sahajayogi had both of these deities with them, wherever they went. She spoke about the need for overcoming anger. Angry people were prone to develop incurable diseases. She said that those who fret and fume in a repressed way would develop Alzheimers disease.