

THE AUSTRALIAN

# Sahaja Newsletter

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JUNE 17th '94



*The fire of Kundalini cleanses  
you completely - and you start  
seeing your own glory, your  
own nature, your own  
greatness.*

BABY ANNOUNCEMENT!!!!

## SYDNEY NEWS

(2)

CONGRATULATIONS to Jacques and Libby Filiatrault  
on the birth of their new baby boy, Jacob Matthew,  
born June 11th at 10.15 a.m., weighing 8lbs 15oz.

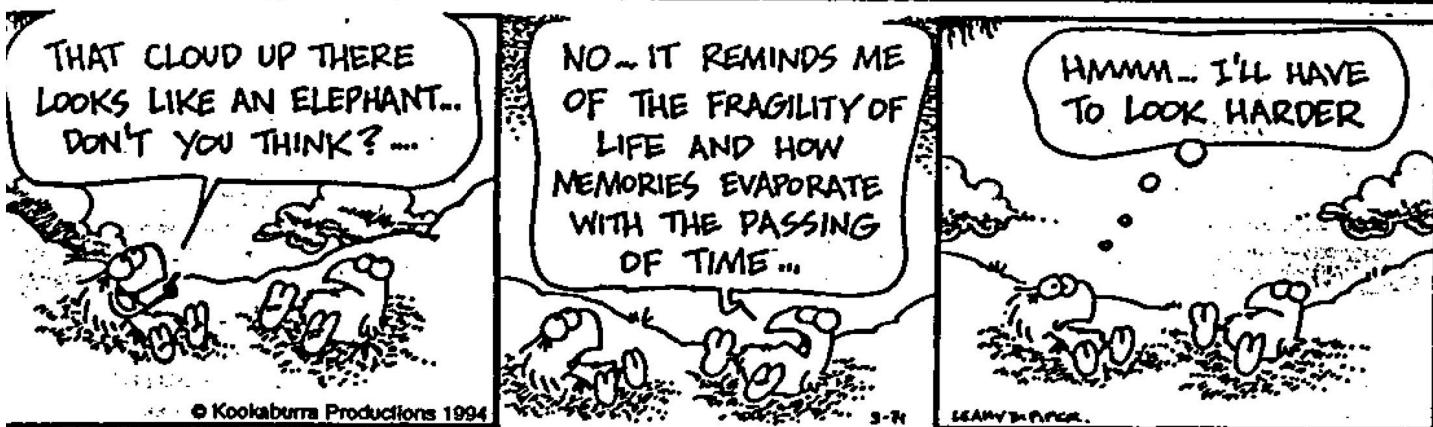
Mother and Baby are both doing very well,(and Daddy too!)

### PUJA ANNOUNCEMENT:

SRI ADI SHAKTI PUJA IS TO BE HELD AT BURWOOD,  
(10 Clarence Street) on Sunday 26th June, 1994.

Starting at 11.30 a.m.

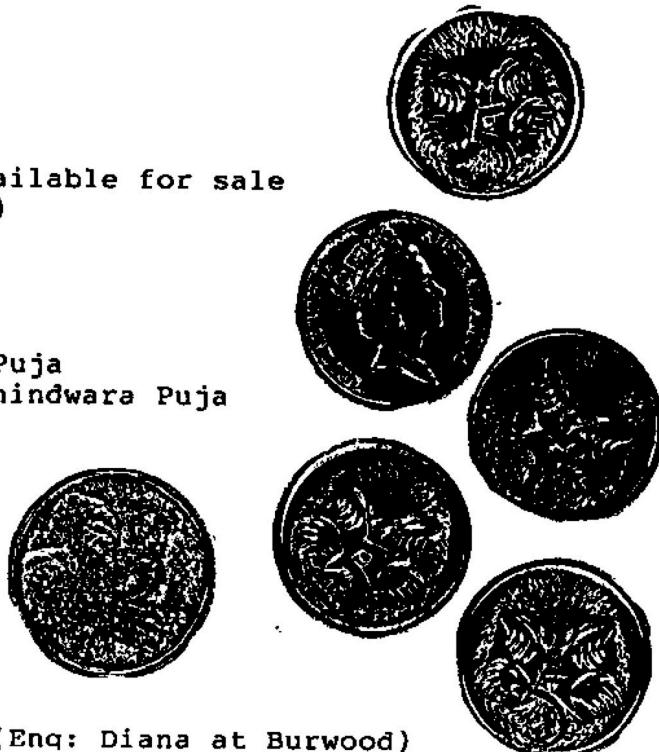
## Beyond the Black Stump



### UDIO TAPE NEWS

The following commercial tapes will be available for sale next Friday night at Burwood. (\$5.50 each)

- 993 Guru Puja
- 993 Ganesha Puja - 1993 Diwali Puja
- 993 Navaratri Puja
- 993 India tour: Krishna Puja- Christmas Puja
- 994 Shivaratri Puja - 1993 India Tour: Chindwara Puja
- 994 Birthday Puja
- 994 Australian Tour: (6 tapes)
  - Easter Sat talk
  - Easter Puja \*
  - Talk at Picnic
  - Talk last evening at Burwood
  - Mahamaya Puja - NZ
  - Talk at Wamuran - Brisbane
- 994 Sahasrara Puja



# CONTINUED..SHRI MATAJI NIRMALA DEVI IN TAIWAN, APRIL 1994.

## CORIANDER COOLS, OUR INDIA NAUSEA IS DUE TO HOT LIVER

Western Sahaja Yogis routinely blame Coriander for bouts of nausea and eating disorders frequently encountered in India. Shri Mataji said Coriander was cooling the liver. Indian spices were scientific. It was not logic to connect hot liver which causes our problems to Coriander. As this is a problem that continues after almost 2 decades of India tour we should really attack the liver problem with full intensity. To help us in this She recommended 3 new treatments. She must have told that already before as all of this was available already in the central Austrian ashram, but most people did not know the purpose.

## 3 NEW TREATMENTS FOR THE LIVER

No.1 Chandrenasi paste. 1 spoon after lunch (start with teaspoon, later tablespoon).

No.2 Audumbar (Oudumbar) water (the juice of a fig like tree). After lunch and after dinner.

No.3 Sapza seeds. These are small black seeds. One teaspoonful per person should be soaked overnight in a glass of water, then in the morning after brushing the teeth and before breakfast we should drink the water and eat the seeds. They get a whitish jelly around in the soaking process. The good news for us was that we found the seeds a week later in the mountains (locally called Shan Fen Yuan) and could start this treatment immediately.

In traditional treatments Shri Mataji recommended Ginger powder for the winter and fresh Ginger in the food (all seasons).

## NEW TREATMENT FOR THE HAMSA CHAKRA

For those who are tired of Ghee in the nose and want a change in treatment Shri Mataji recommended the following. A whole onion should be heated until black outside then cut into half along the length so that the hemispheres could be taken out. The onion layers should be then put on the Hamsa area of the face (between the eye brows and beside the nose) for about 10 minutes. Then wipe dry, but do not use water (the Hamsa likes warm, not cold).

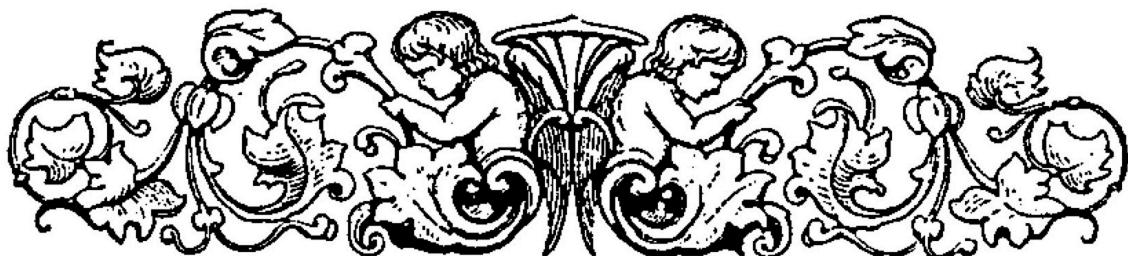
## WOMEN IN CHINA

Probably as a reaction to long standing suppression women have become very right sided in Taiwan, resulting in a left Nabhi problem and a loss of Laxmi quality. Shri Mataji went into the subconscious and then told us that the problem was lying very deep. All Sahasrara was very clear after Shri Mataji was working on the left Nabhi.

## PUBLIC PROGRAM

The public program in the evening was attended by 400 seekers who were very concentrated and respectful. About 10 percent of the people did not feel the vibrations and probably did not get self-realization.

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### The Man of God

The Man of God is drunken without wine:  
The Man of God is sated without meat.

The Man of God is rapturous, amazed:  
The Man of God has neither food nor sleep.

The Man of God is a king beneath a humble cloak:  
The Man of God is a treasure in a ruin.

The Man of God is not of wind and earth:  
The Man of God is not of fire and water.

The Man of God is a sea without a shore:  
The Man of God rains pearls without a cloud.

The Man of God has a hundred moons and skies:  
The Man of God has a hundred sunshines.

The Man of God is wise through Truth:  
The Man of God is not a scholar from a book.

The Man of God is beyond faith and disbelief alike:  
For the Man of God what 'sin' or 'merit' is there?

The Man of God rode away from Non-being:  
The Man of God has come, sublimely riding.

The Man of God Is, Concealed, O Shamsudin!  
Search for, and find – The Man of God.

*Jalaludin Rumi*

*The Way of the Sufi*

#### POSSESSION THROUGH ANCESTOR WORSHIP

After the program a boy came to the hotel room to Shri Mataji. He said that he was possessed by ghosts who were talking to him and told him that they were gods, could move things. He and the 2 friends were even told to commit suicide. She let him put the right hand out of the balcony door, and the left hand over a candle towards Her. She was probing the boy to the exact nature of the possession which was returning to him, and said that this were the ancestors possessing him (there is an ancestor worship in China and also Japan, and all the families including the children go to the cemetery at least once in the spring). During the process She asked him to make the confirmations, "I am the Spirit", and "You are Matreya" (=the future Buddha, Trigunatmika). After that he stopped shaking and was very much relieved. He could now feel the cool vibrations. She told him to bring his possessed friend to the follow ups, and told us not to touch this kind of people with the hands when working on them. For going home She advised him to cover his head, adding that bhoots were stupid fools.

#### BHOOTS

Are dead souls, they still have the spirit, but it does not reflect (in living humans the spirit reflects God, the Almighty). They can get Moksha and reenter the life cycle. This might be one of the reasons possessed people try to get to Shri Mataji. In the process of ancestor worship, bhoots might possess children when the families go to the cemeteries. To prevent bhoots from coming out from cemeteries that are near living areas we can put vibrated Kum-Kum at the gate. We should take care and give a good bandhan before.

#### CHINESE-INDIAN RELATIONS

Shri Mataji talked about the strained Chinese-Indian relations. She said that the British, when making the border created it as 9km broad zone, which was naturally made for creating tensions. The Sino-Indian war after independence broke out because Nehru, the Indian prime minister at that time was arrogant and insulted Zhou En-Lai, the Chinese prime minister at that time. During the time Shri Mataji spoke there was a meeting of Indian and Chinese officials in Calcutta, India where the differences were narrowed.

#### ADVICE FOR TIMES OF CHALLENGES

Shri Mataji advised that during times of difficulties we should think of Her and not react when being challenged or attacked. If, as a reflex action we can think of Her and go into Sahasrara then things work out and we cannot be harmed.

#### BOOKS ON SAHAJA YOGA

She advised us to print books on Sahaja Yoga in local language to aid the spreading of Sahaja Yoga.



#### IMPROVING OURSELVES HELPS NEW PEOPLE

If we improve our health, eyes others could see the power of Sahaja Yoga. Once our liver is better we can also deal better with others. "HOW YOU PEOPLE ARE THEY WILL SEE".

We should not frighten new people. She used the example of the introduction talk where the speaker said nobody is a sinner, and a lot of people left. Christians are finished if they are not sinners, because it has been put into their heads for so long. We should soothe them down. Start with the tape, translate slowly, then ask them to meditate, ask them if they can feel the vibrations, but not to touch them. DON'T TELL THEM DO THIS OR THAT. For example if you meet a person who is catching on left Vissnuddhi, ask him "Do you feel guilty?", then recommend better do not. Sooth them, do not disturb them. Seldom use the word sin. They think they cannot be redeemed, so why should they be good? Don't laugh at their stupidity. Tell them don't do, BE in meditation. "SHRI MATAJI, YOU ARE THE THOUGHTLESS AWARENESS"

That helps people to become peaceful and to meditate better.

Shri Mataji again talked on ancestor worship and the boy who was cured from the possession by his ancestors. Then she said why should these people go with their children to the cemetery.

#### KUMKUM CHASES BHOUTS AWAY

By using KumKum we are not bothered by bhoots. We can even put vibrated KumKum at the gates of cemeteries, so that bhoots would not come out.

#### BUDDHA USED LIGHT AND KUMKUM

Buddha always had a light and Kumkum (modern Buddhist don't). Sahaja yogis who went to Elefanta saw the light in the Agnya of a Shiva statue when they entered the cave.

#### SHRI KALKI HAS NO FACE

Shri Mataji then described miracle pictures. One with the Madonna standing before Her in Ganapati-pule like a light, another one when She was in Brisbane and a Sahaja Yogi took a picture from a rainbow and one could see Madonna with child in the clouds. After describing the picture where the sun was in place of Her face, She said that Kalaki was described as having no face, also the redeemer in Jewish religion had no face. Those who are dull can doubt everything. PARAMCHAITANYA IS DOING ALL KINDS OF THINGS. After describing 2 other pictures where Shri Ganesha had appeared, She said those were LIVING DEITIES, not imaginary. Gods in Shinto/Deo religion were the same.

#### MANTRA FOR BUDDHIST "MOTHER YOU ARE MATREYA".

The futuer Buddha has been described as Matreya, as 3 mothers in one. "Shri Mataji You are Matreya". Our body is like a computer, it will answer, even if people do not have Selfrealization.

#### RUSSIANS ARE SENSITIVE TO SAHAJ

Sensitivity is more among Russians because they are not materialistic. In Moscow 250 scientists and 300 doctors are Sahaja Yogis. They do not want to hear about medical science, they ask Shri Mataji to tell them about the parasympathetic and about the Divine.

#### QUALITY OF FAITH

Shri Mataji then related about Gregoire who was about to loose his gums at the hands of dentists and then went to the "Expert Doctor" in America who cured him (Shri Mataji, who was at that time in the US). Also She told about a woman who was about to die from Meningitis when her case was related to Shri Mataji - she was perfectly alright immediately afterwards.

But we must have the QUALITY OF FAITH. William Blake predicted a special category of people who are men of God, divine, and who can make others divine. This is tangible now. But people are very conditioned, they think it is just a fairy tale. Through raising Kundalini, giving realization, becoming one, the quality of faith improves. Only that quality of people can be saved. In others the Divine has no interest. Don't worry about such people.

#### PHYSICAL LOCATION OF KUNDALINI WHEN SHE ASCENDS

She had explained before that the Kundalini rises in the fluid-filled central channel of the spinal cord. This channel connects to the fluid chambers of the brain. The 2 last and biggest are located in the hemispheres left and right. So we asked if the Kundalini goes into these 2 chambers. Shri Mataji explained: The Kundalini is an energy. When She rises in the central channel She pushes the fluids on the sides and enlightens. She is an energy of love and care. During the process She does not cause any suffering. The chakras are formed by the nerves. The energy rotates in the sympathetic nervous system around the center. The Kundalini integrates left and right sympathetic nervous system. In the brain, She ascends in the middle and does not go into the ventriculi of the hemispheres, but Her light spreads there and enlightens them.

#### TALK TO LOCAL SAHAJA YOGIS ON THE DEPARTURE DAY

Shri Mataji said taking to modern culture brings problems for the Chinese. This modern ways were not suitable for Indians and Chinese, and then added they were not suitable for anyone. Sahaja culture takes everything in a balanced way. Indians and Chinese were culturally very close, so it would be easy for Chinese to take to Sahaja culture and attitude, to witness and to keep in the center. She had felt that local people had bad livers and diabetes due to too much thinking and indulging into money/materialism. Though in spite of the hot climate the liver of the local people was not so hot than that of western people who had a horrid liver. When giving realization/working on the new people we should balance them by from the back raising their left and putting down their right.

#### LIVER TREATMENTS

To take out the heat we could use ice not only on the liver but also on the left side of the head (representing the right side), the back of the head (hot back agnya, helps for weak eye sight). Heat could be taken out of the liver, the brain, and the pancreas (this is new, under the left rib bow), putting the right hand towards the photograph. CANDRANASI paste. One spoonful (start with teaspoon, later tablespoon) should be taken after lunch.

AUDUMBAR (OUDUMBAR) water (the juice of a fig-like tree). One spoonful after lunch and after dinner. (AVAHAGHE IN INDIA ONLY) SAPZA seeds. These small black seeds should be soaked in water over night (one teaspoon of dry seeds in a glass of water). Early in the morning after brushing the teeth we should drink the water and eat the seeds.

#### WINTER:

Ginger (raw, cut) with lemon and salt in the food. Ginger (powder) covered with vibrated sugar (a little powder on a spoon, cover with sugar, eat).

She likened the physiognomy of the local people to the Bengalis who were also eating fish too much, and were very artistic and good with their hands.

#### COOLING THE RIGHT HELPS THE LUNGS

Because of pollution the lungs get affected. The treatment of cooling the system helps also the lungs (the heat of the liver can damage the right heart, heat has an upward movement).

#### COLLECTIVE LIVER TREATMENT MONTH

The three new ayurvedic treatments would help to cool down. We should have a collective liver treatment month in august (the hottest month).

#### NO CANDLE OR SUN FOR LIVER PEOPLE

Liver people should not use the candle, and not expose themselves to sunlight, rather moonlight. We should cool also the Agnya byforgiving.

Shri Mataji then took questions from the Yogis, remarking, "Sahaja Yoga is complete freedom".

#### MEDITATE, ATTEND THE MEETINGS

While answering questions from Yogis, She stressed the following points: Meditate, attend the collective meetings. If a nail is cut out from the body it cannot grow.

She explains also why we put the right on the ground and the left towards the ether during balancing. The left side ends in Mother Earth (having a natural down movement), the right side ends in the ether (having a natural up movement).

During the drive to the airport She was working on the Yogis in the car. First She asked the Yogi to give his right hand (thumb) on Her left mastoid/temples to receive vibrations for the Agnya/right side. This resulted in a jet stream of vibrations through the central brain. Then on Her back Agnya, where She asked to press hard, which really improved the contact and lets more vibrations flow. Then She worked on the left Vissnuddhi by letting the right hand of the Yogi touch Her left shoulder/neck. During that time, the right hand is put towards the ether. She said Taiwanese would feel guilty for turning to modern lifestyle.

The arrival at the airport yielded 3 miracle photos, taken by Sarvesh from Seattle. One shows Shri Majai being only partly visible with the surroundings full of vibrations. The other shows vibrations coming from the Sahasrara of the Yogis whose upper half of the head is turned into vibrations. In this picture Shri Mataji is also only partly visible. In the third one Shri Hanuman can be seen (this one has been taken when Shri Mataji came).

An interesting incidence happened when Shri Mataji was about to enter the escalator. A western traveller tried in high speed to squeeze in before Shri Mataji, when in the same high speed he was suddenly turning 180 degrees and going for the staircase. Ganesh doing their job.

Shri Mataji then sat with the Yogis in the airport restaurant. Then the Adi Shakti left for Hong Kong, leaving us sad but in the consciousness that Her visit had transported us into a higher plane.

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JAI SHRI MATAJI !!!  
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