

To Madhuri and Michael McFadden in Canberra, on the birth of a baby girl, born on 26th October, 2:30 am, 8lb, 2oz and 52 cm. Her name is Sophie.

CONGRATULATIONS!!!



All Sahaja Yogis are welcome to come and give realisation. This is one of the biggest festivals of the year. We have given realisation at this festival for five years now.

SUNDAY 8th November
10am - 6 pm
Newtown Festival, Camperdown Memorial Park, Newtown
(One or two blocks behind the Newtown Neighbourhood Centre.)



Date: Fri, 30 Oct 1998 23:18:21 -0600
From: Calin Costian, USA <sydallas@aplink.net>
Subject: Meta Modern Era on the Web, and VND cards

Dear Sahaja Yogis,

As we all know that the popularization and advertisement of Shri Mataji's book is of such great importance for all countries, a Web site dedicated to Meta Modern Era has been created:

<http://www.metamodernera.com>

with a review, chapter by chapter description, and ordering details for all the seekers to see. Please use the above Web address in all your future advertisements promoting Meta Modern Era - it could also be included on flyers, etc.

A "VND card" has also been created, with Shri Mataji's picture, the chakra chart, a beautiful quote from Shri Mataji (You cannot know the meaning of your life until you are connected to the power that created you) and the web address (www.sahajayoga.org). It is all in blue shades on a white background, of the size of a regular business card. Such cards have been distributed at Shri Krishna Puja, and we would like to know if any of the English speaking countries would like to order more (the idea is for the yogis to carry a few of these in their wallets and give them to seekers they meet; their ph no could be stamped/written on the back of their cards). If the yogis in your country would like to receive such cards, please specify how many you need (for the whole country) and send this info to Calin Costian at sydallas@aplink.net.

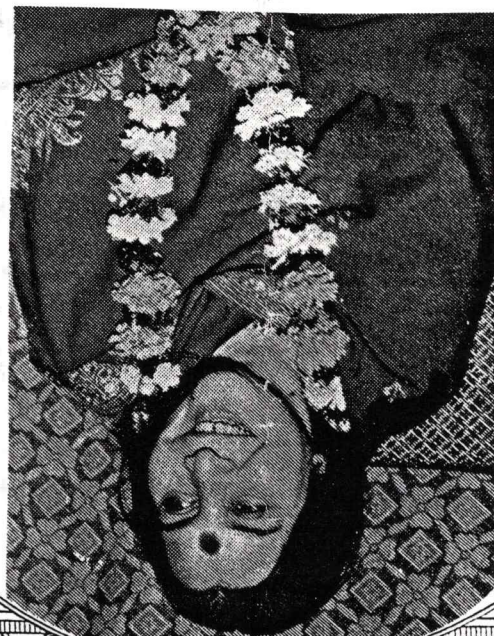


Shri Mataji Nirmala Devi

...So first of all you must get your chakras alright. On the chakras you must put your attention. After the Samadhi state you will start opening them out properly, clear them out properly, clear them out, know what are the chakras that are bad, I've seen people who have very bad few chakras, and many good chakras, but they will be only enjoying the good chakras and will not worry about the bad ones.

Pay attention to your bad chakras. Cleanse them, cleanse them. Put all your attention to that. Put the attention of the God, of the Deity whom you worship, and you'll get the complete manifestation of their power within yourself.

So clear all the chakras, all the pradeshas to be established and after the establishment of the pradeshas, you have to establish the "rapport" with others on the collective level....



Australian 7th of November '98 Sahaja Newsletter

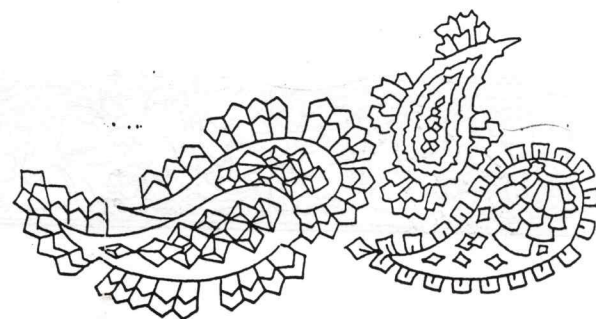
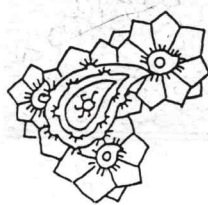
Contributions:
02 97474335 or Burwood Fax 97454927

Program in New Delhi, December 1998

All the Sahaja Yogis are cordially invited to attend this significant occasion.

- 15th Dec: Arrival Delhi
- 16th: Welcome and music program
- 17th: Ceremony for awarding of Peace Award to Her Holiness Shri Mataji Nirmala Devi by Unity International.
- 18th: Public Program, Ramlila Ground, New Delhi.
- 19th: Travel by train: Delhi to Ratnagiri and then to Ganapatipule.

Anybody who will be travelling to Delhi please contact Mr Peter Brownscombe.



COUNTRY TOUR FEBRUARY 1999

A joint venture of NSW, VIC, ACT & Queensland yogis.

A country tour has been planned from 4/2/99 till 14/2/99. The tentative itinerary is as follows:

- 4/2/99 (THU) Wollongong Major Program & Concert,
- 5/2/99 (FRI) Ulladulla Prog & Bateman's Bay prog
- 6/2/99 (SAT) Cooma prog, meet Melb yogis at Albury, Campfire
- 7/2/99 (SUN) Albury 2hrs, Wagga Wagga 4hr SEMINAR & Stay
- 8/2/99 (MON) Young & Cowra Stay at Forbes
- 9/2/99 (TUE) Forbes & Bathurst SEMINAR 4hr, Stay at Dubbo
- 10/2/99 (WED) Dubbo & Coonabarabran Stay at Tamworth
- 11/2/99 (THU) Tamworth FULL DAY SEMINAR
- 12/2/99 (FRI) Armidale 4 hr SMNR, meet Brisb yogis, Grafton PR
- 13/2/99 (SAT) COFFS Major SEMINAR, Puja, Bhajans & Fun with Brisbane Yogis.
- 14/2/99 (SUN) Port Macquarie prog & Drive back.

HIGHLIGHTS OF THE TOUR

- (1) Melbourne yogis may conduct a mini country tour and meet up at Albury where a joint program would be conducted.
- (2) Canberra yogis would also join in for part of the tour.

Medical Research Miracles

As we all know the asthma research programme continues. Some remarkable results are emerging!

Here is the story of one patient who has finished his 16 week programme with Sahaja Yoga and has been assessed. At the beginning of the programme his asthma was so severe that he was unable to do many of the lung function tests at all.

The basic tests that he did do indicated that he was of the very worst category- even room air alone would trigger an asthma attack if he breathed too hard!

At the Sahaja Yoga programme he took to meditation like a fish to water. At the end of the 16 sessions we assessed him. To our surprise he now used almost no medication whatsoever! His asthma was so much better that not only had his lung function almost doubled but there was no trace of asthma in his system whatsoever!

There are a number of patients of the trial that have experienced improvements like this. While not all patients have experienced this kind of improvement most have experienced substantially positive changes.

New research Programme for 1999

As a result of the asthma research we have now been granted permission to conduct a **three-year, multi faceted research programme on Sahaja Yoga.**

Our plan is to conduct a number of clinical trials as well as specialised studies such as blood-borne biochemical markers, heart rate, blood pressure, brain-mapping etc etc.

The bulk of this research will be funded by the university and associated hospitals.

Our first project will probably be a trial of Sahaja Yoga in the treatment of about 100 sufferers of chronic headache. This will be conducted under the auspices of the UNSW and the Institute of Neurological Sciences.

(3) Brisbane yogis may conduct a mini tour on way to Coffs Harbour where everyone would engage in the festivity and share the joy of collectivity and devotion.

(4) There would be a good music concert and a major public program at Wollongong.

(5) It would spread the vibrations and encourage the programs in the new towns.

(6) An attempt would be made to further consolidate the country towns currently on the Sahaj map through seminars.

(7) It gives an opportunity for the yogis planning holidays in February to help posterity, follow-ups or just have an ideal spiritual holiday.

COSTS : It is relatively very inexpensive. The whole 10 day tour including Travel, Accommodation and Food may cost between \$150 to \$200. (Depending which restaurants you choose?)

Like in heaven, seats are limited. So book early.

Even if we are unable to go we can pray to Shri Mataji that all the seekers of truth get their self-realisation on the tour and that Sahaja Yoga gets established in the country areas.

For any suggestions, help you can contact Brian Fitzpatrick, Sue Williams, Diana Reeves, Marcus Rome, Kevin Fitzgerald, Paul Stainsby, Toby Patterson or Avinash Nickkawde

JAI SHRI MATAJI



Medical Research Miracles (cont.)

The bottom line

Tremendous progress is being made in these fields that will become powerful support for the progress of Sahaja Yoga.

The problem remaining to us is that there is a substantial body of expenses for the asthma programme that are essential for the research to continue. The grant from the Royal Australian College of General Practitioners has long since been spent. (We did not anticipate that it would last very long). In the course of the project we have encountered a vast number of unanticipated costs and budget shortfalls. For example, the grant did not make any allowance for advertising and yet our very successful ad campaign cost over \$12,000! This campaign led to a record-breaking flood of **toll free** phone calls: over 500 people applied for the study (of which 120 were assessed and only 56 made it into the programme) and we have to pay for those calls which cost more than \$7,000 (we budgeted for only \$2,000). There have been many other unanticipated expenses such as these.

At this stage a small number of very generous yogis have donated to cover these expenses. However this money is running out and so the time has now come to humbly request that any yogi wishing to support the research please do so soon (before our furniture is repossessed). Make cheques out to "Asthma Research Fund" and send to 10 Clarence St, Burwood. The financial accounts of the research programme will be gladly made available for inspection.

