



Australian Sahaja Newsletter

16th
April '99

Contributions: Lidcombe -02- 4649 687
02 97474835 or Burwood Fax 97454927

Sahasrara Puja Weekend at Country Property, Balmoral Village

You are cordially invited to attend a

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

Sahasrara Puja at 11:00am Sunday 9th 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

Yuva Shakti

There is a Yuva Shakti Meeting for all, being held on the Easter Puja Weekend at Balmoral.

When: Saturday 24th April, 12 pm
Where: Balmoral Country Property

Please everyone make an effort to attend as there is much to be discussed.

The road before us ... news from India

During the occasion of the celebration of Birthday and Shri Hanuman Puja Shri Mataji devoted much attention to Australia, and to initiatives and opportunities that She wishes us to seek.

An open meeting was called on Tuesday, April 13th at Burwood to discuss these opportunities, and how best we can support the initiatives laid before us.

We have known for some time that Shri Mataji wishes to send a container of handmade Terracotta handicrafts to Australia. Arrangements in this regard were undertaken at Ganapatipule and have recently been finalised. The container will be beginning its voyage from India to Australia. It is Shri Mataji's wish that the Terracotta be stored at Balmoral.

Her instructions are that we should not pursue wholesaling, or manage a retailing outlet. Her indication is that we should endeavour to utilise more informal channels for their sale. There appears to be no need to set up a large scale importing venture, it is more important these items arrive in Australia, and are distributed. We may not be aware of the subtle implications of the distribution of these items, which are ostensibly composed of the earth and vibrations of Maharashtra. It is a project that Shri Mataji has raised on a number of occasions and we hope that we can do the needful things to ensure its success. Shri Mataji has asked Avinash Nichkawde to look after this project and he wishes to solicit the wider collective's assistance in regards advertising, marketing, sale and distribution.

During the last few months the issue of drugs and their detrimental impact upon society has risen to the top of the political agenda. The use of illicit drugs has been a perennial and fundamental problem for Western societies. Prohibition and draconian law enforcement has only managed to minimise the excesses of open use. As we are aware drugs are freely available in our schools, on our streets, and is at the core of the activities of organised crime.

Recently leaders of our country such as the Victorian Premier, Mr Geoff Kennett, the NSW Premier Mr Bob Carr, and the Chief Justice of NSW have openly campaigned to have the drug related matters no longer considered a law and order issue, but viewed rather as a health problem. They acknowledge that the current approaches to addressing this problem are a monumental failure and have only resulted in filling up our courts and jails.

Shri Mataji has put Her attention on this problem. She has created an environment within our country where many influential people are open to a fresh approach and are reassessing what can be done to help the victims break away from the downward spiral of drug abuse, crime and despair.

Shri Mataji said that many of the young people who endure these problems are seekers who through confusion fall prey to drugs. She has suggested that we hold youth camps at Balmoral, and that Sahaja Yoga can help seekers who have these problems. She said that if this initiative is to work out, then its best chance of success is in Australia.

During the meeting much time was devoted to discussing how we can bring Her aspiration to fulfilment. It was a meeting well attended and characterised with bright promise and a hear-felt desire to assist the youth of our country.

We have before us a clear opportunity and responsibility to do all that we can to realise Shri Mataji's hope for those of our lost youth who maybe liberated from their burden of despair.

The outcome of the meeting was that we should pursue two approaches :

The first is to seek to offer relief to those young people whose problems are perhaps less severe; street kids, children who are experiencing problems at school or within their families, those attending youth refuges, and perhaps those who come from a disadvantageous or abusive environment. Our aim is to host

youth camps at Balmoral where children are taught meditation, and are shown love, care and attention. They could partake in recreational activities such as bush walking, orienteering, and swimming, perhaps taught some life skills or basic trade skills, or take part in drama classes which were very successful during the recent Yuva Shakti camps.

We should endeavour to demonstrate to these children that there is also hope in the world, a way forward; that there are people who want nothing from them.

The second approach is to provide relief to those of our youth whose problems are perhaps more severe; children who have already experimented with drugs, or have a drug problem, or who have entered into the drug rehabilitation. The aim is to also host youth camps for these children. For these children very important issues of management, health care, and supervision will need to be formerly addressed whereby a duty of responsibility will be placed upon us all.

In both instances some level of screening would be carried out to exclude the recalcitrant element which could only be disruptive, our efforts should be directed to those who would be more likely to benefit.

Before we can proceed Sahaja Yoga needs to establish its credentials in this area; we must liaise with relevant government officials, bureaucrats, and health professionals seeking their cooperation and establish our motives for offering our services. In some cases we will be dealing with minors, some degree of monitoring, appraisal and evaluation must be conducted to provide both accountability and transparency in all that we undertake.

Based on some degree of acceptance we have achieved within medical research circles we will attempt to contact professionals in the areas of drug and alcohol rehabilitation offering our services and seeking an opportunity to work in the area. We have a demonstrated a capacity to deliver medical benefit. Relevant authorities may allow us to begin work in this area which they would then evaluate.

At the end of May a Drug Summit will be hosted by the NSW Parliament. Interest groups, religious and social organisation, and professionals with expertise in this area will be invited. We will investigate the possibility of securing an invitation for Sahaja Yoga to participate, and to possibly make a presentation. If this is achieved then it may introduce Sahaja Yoga to spheres of government influence, and facilitate our activities in this area.

A great challenge has been placed before us, one that individually and as a collective we may need to rise to meet; if we so choose. It will require a level of dedication and commitment never before asked of us. Shri Mataji does not frequently present us with such a clearly defined direction, and would not put this task before of us if She did not believe we could achieve this. She has said that the job will be difficult but it can work out in Australia.

When the time comes to attend the youth camps, if this is left to a dedicated few then we cannot possibly succeed.

Each of us may need to explore the manner with which our commitment to Sahaja Yoga and its work may be strengthened and deepened, remembering that we have all been selected to take part in the transformation of the world; helping the youth of our nation, and establishing Sahaja Yoga. Involvement in current social issues is one active part we may all play to achieve this.

During the evening we listened to Shri Mataji's Birthday Puja discourse, a talk of far reaching scope and vision. Shri Mataji spoke about the dawning of Sattwa Yuga, a new age, with new priorities, where the ways of the world will forever change. She suggested that each of us should commit to writing our vision of the world in the new age. During the next few weeks let each of us make an attempt, and at various times during the Easter Puja weekend we can share these with you.

YOUTH PROGRAMS AND CAMPS FOR YOUNG SEEKERS OF AUSTRALIA

Avinash will be attending Sahasrara Puja next month and he will be reporting back to Shri Mataji about the ideas we have come up with so far. We thought it would be good to speak together again, so Saturday, 17 April at 5pm we are gathering to hopefully come up with a more crystallised approach to offering Sahaja Yoga to youth (Idea 2 above). Anyone in the Sydney area or in other States who may have experience, suggestions, ideas or offers of assistance, please contact:

Avinash Nichkawde: (h) (02) 9476 4271
(mobile) 0414 281 567
(w-fax) 9906 7289

and for ideas and suggestions specifically relating to the "Sahaja Yoga treatment for Addiction" evaluation submission to the NSW Drug Summit, contact:

Dr Ramesh Manocha: (h) (02) 9746 7129 Mark Williams: (h) (02) 9150 7402
(mobile) 0418 270 786 (mobile) 015 069 134
(fax) 9746 7444

JAI SHRI MATAJI!! JAI SHRI MATAJI! JAI SHRI MATAJI!!

**FOR SALE: Digital answering machine, as new (used only briefly)
\$50.00 Contact Liallyn 9763 5887**

Entertainment Books

Fund raiser for Yuva Shakti.

Features the best restaurants, hotel accomodation, activities, sports or theatre in the area. With 2 for 1 and 25% to 50% off offers.

Purchase a book for \$45 and receive \$5000 in value.

\$9 from each book goes to Yuva Shakti.

Books available cover Sydney and Sydney North.

Contact: Gillian Patankar on 9477 4645

**AN ENTERTAINMENT
is being undertaken to raise money for
The Theatre Of Eternal Values.**

**The show
will consist of a number of sections,
each of which will be rehearsed
separately.**

**There will be singing and acting
and dancing and music,
and a strong need for support.**

Rehearsals will begin after Easter Puja.

**Will those interested in taking part
as singers, actors, designers,
wardrobe, make-up,
whatever,
please contact
Brian, at 9747 0310,
during the next week!**

INTERNATIONAL SAHAJA YOGA RESEARCH & HEALTH CENTRE

Plot No1. Sect. 8 C.B.D. Belapur.
Navi Mumbai, India

Both Linda and I have just spent two weeks at the Hospital undergoing treatment for our own particular ailments, and like others before us, want to share our experience which I am sure is somewhat different for each of us.

There have been some very informative reports on the effectiveness of the treatment at the Centre, so we thought that it may help prospective patients to have some information relating to the administration, day to day events and means of transport to and from the Hospital which is actually at Belapur. It takes about half an hour by Taxi to travel to Vashi.

Transport from & to Mumbai.

It is possible to travel by Train but it is not recommended. Taxi is the preferred mode of transport. There is a Sahaj Yogi Taxi Driver based in Mumbai who will meet you at the airport by prior arrangement with the Hospital, but we don't have his address or phone number. He charges 600 to 700 Rupees. At Belapur, when departing, there is a local taxi Driver, also a Sahaj Yogi named "Bitoo" who charges only 400 Rupees and can be booked for you by the Girls at the front office. We had to leave at 1am but the early hour presented no problem. You can arrange for the night watchman to give you a wake up call. At that time of night it only took an hour to get to Mumbai Airport. By day, it would be wise to allow about two hours due to the traffic congestion.

On arrival we were interviewed by Professor Rai and as our problems were a little complicated we both, as recommended, had previously prepared a written medical history which he was pleased to have, as it made his initial assessment much easier.

We were allocated a twin room with air-conditioning and ensuite. Shortly after settling in, Professor Rai came and read our vibrations and he said that treatment would start tomorrow by one of the Doctors.

The following morning we were visited by Prof. Rai and three other Sahaj Doctors. Almost before we had completed putting on a Bandhan they had finished checking our catches and were on their way to the next room. Some time later in the morning an Indian lady, Dr Mane, who became our regular Dr. came to our room and gave us Sahaj treatment

Daily Routine

7am	Tea (Adjwain) Shoe Beat, meditate etc.
8am	Group meditation in the Meditation Room
8.30am	Breakfast, brought to the rooms, as were all meals.
9am or later	Visit by all the Drs. to check catches, treatment prescribed for that day.
Mid Morn.	Own Dr. comes to room for treatment session. (sometimes we went to the treatment room)
1pm	Lunch - then rest or use prescribed treatments
4pm	Afternoon Adjwain Tea Late afternoon - further treatment session..

The case of Mr S S Argawal mentioned in the article warrants further comment as it is a very good example of Sahaja Yoga at work. He occupied the room next to ours and we had several talks about his condition which was, when he arrived at the centre, critical. When he was told that he would have to spend the remainder of his life, he is 65, on a dialysis machine if he could not get a kidney transplant he said he gave up hope. It transpires that his Son in Law is the Sahaj Leader in Mumbai and he told Argawal that the best thing he could do would be to take his realisation and contact Professor Rai and see if he could get into the Centre. Argawal was naturally aware of Sahaja Yoga but was not interested in knowing anything about it until his health problem.

When admitted to the Centre his reading (can't remember the technical term) was 116, very high, he was virtually bed ridden, could not walk unaided and was in great pain. After a few weeks of treatment the reading came down to 69. After the 4th week it was down to 57 and he was walking slowly but without pain. By the time we left the Centre he was walking freely, not quickly, and his reading was almost normal. and he was not in need of a kidney transplant. I guess it goes without saying that he is now a confirmed Sahaja Yogi.

General

In answer to the obvious question, YES, we both received cures for some long standing and recently diagnosed health problems. We also benefited greatly in relation to some others problems and the prognosis is good providing we continue the treatment at home.

As you would expect, the atmosphere at Vashi was very peaceful and the vibrations incredibly strong. The treatment was given with love and an in depth understanding of the problems, particularly by our Doctor, Dr Mane, (pronounced "MONET") who in a very short time became a friend as well as our Doctor. (The other Doctors were also outstanding in their loving attention to their patients). Despite her being at the Centre for only a short period, (Dr Manet received her realisation on the 15th Dec. last), she was very efficient and knowledgeable. She closed her Practice, as a Paediatrician, for three months to do Mother's work at the hospital and to learn more about Sahaja Yoga. When she finishes in April she plans to run programs at her home in Mumbai.

If anyone would like further information and we can help we will be pleased to do so. We have already been asked many questions about the type of treatment we received. At a later date we will provide some general comments but about our own particular experience which, however, may not be appropriate to another Sahaj Yogi. Without question, there is only one place to receive the correct treatment, that is at the Sahaja Yoga Health Centre where Mothers attention is on the Patients.

Fred & Linda Millar
Melbourne Collective.
Email - fwmjnr@telstra.easymail.au

Ph (03) 9787 5105

PS If anyone wants to buy an harmonium direct from the factory in Mumbai, we can provide the address. The price paid by a Sahaj Yogi who was also at the Centre, was 60 Pounds Sterling for the model one down from the top of the range. The top model would cost about 100 Pounds.

Jai Shri Mataji

Lost Property

There is a build up of lost property which has been accumulating over past weeks at Burwood. A pile of clothes, kurta's, shawls, a pillow from weekend at Balmoral, socks, shoes, you name it. Also a necklace (silver) of Shri Mataji on one side with Shri Ganesha on the other, plus a number of Shri Mataji rings. If these items remain uncollected they will be given away for use amongst others or thrown out. So if you have lost something in the past please for your sake collect it.

7.30	Dinner
8pm	Group meditation. till 8.30pm.
8.30	Own activities, some patients sat around quietly talking, this was a good opportunity to learn about Sahaja Yoga activities in other parts of the world.
10.30pm	Lights out

Note -

1. Sometimes there was a string burning session held, early evening, for those with left sided problems. On one further occasion every body participated including the Doctors and the Centre Manager.

.2 It is advisable to take:-

- (a) Water proof sheet to sit on as the grass for meditation etc., it is often wet in the mornings either from dew or watering.
- (b) Mantra book
- (c) Camera if you wish. Security, we had a wardrobe with a lockable drawer and door.
- (d) Tissues or hankies. India is a tissue less culture which can be a culture shock for some who are accustomed to having toilet paper provided. Due to the very small diameter of the sewage pipes toilet paper causes blockages, with unpleasant consequences.
- (e) Knife. For peeling fruit or other needs. You are only given a spoon with meals.
- (f) One photo of yourself. A postage sized photographic record, head & shoulders, is kept of all patients.
- (g) Cash or bank cheque for the stay. Payment was in Rupees and may be required some days before you are due to leave. (a money changer comes once or twice a week, ask the office girls).

3. Ample drinking water is provided in sealed bottles.

Shopping

A local Sahaj Yogini comes to the centre on a regular basis. Her name is Dipti. She will take orders for various items of clothing shawls etc. Mostly purchased or made in Vashi. For local items such as papers, fruit, printing of photo's and chemist supplies etc. one of the boys working at the centre does the shopping for you.

Hot off the Press (see next week's newsletter !)

Two days after we arrived, the Centre was subject to a visit from a National T.V Crew who were there to interview patients who had benefited or been cured by the treatment offered at the Centre. Eleven patients were given the opportunity to tell their story and were also asked several questions about their treatment. We know that at least one of the crew was a Sahaj Yogi as he was seen putting a Bandhan on a recalcitrant TV Monitor, successfully I might add. The following day the Times of Indian, in the New Bombay Plus segment, carried both a photo and a summary of the interviews (copy attached). Brian O'Gorman, incorrectly identified in the article as coming from the United States and Belinda Mascarenhas were the Australians interviewed. We could not establish if the TV program will be shown outside of India.

YUVA SHAKTI COLLECTIVE WEEKEND AND DRAMA CAMP WEEK, BALMORAL, 2 - 9 APRIL 1999

By all accounts, the Yuva Shakti had a great time during their stay at Balmoral, their sense of collectivity naturally blossomed out just by virtue of them being together for a significant period of time, and drama coach Michael McFadden is to be applauded for his morning-till-night efforts during the week of the drama camp. It was a highly enjoyable as well as an interesting learning experience for us all. Gratitude goes to all the parents, aunties and uncles for their support in the preparations and proceedings.

The weekend included:

- havan, puja and all meals prepared by the Yuva Shakti;
- the tent raid the boys played on the girls in the wee hours;
- a daily swim in the icy dam (only for the brave);
- their great sacrifice of having no soft drinks or lollies for days on end;
- being lost far into the bush just about the time lunch was being served;
- the long daytime and midnight talks about high school, India school reminiscences, the arts school in Nagpur, etc.;
- a creative cross-stitching marathon;
- an impromptu east/west music jam session;
- a meeting to discuss the conception and production of a Yuva Shakti theme/music video for presentation at Ganesha Puja in Cabella this year;
- conversations and sharing of news around the campfire;
- no-real-rules rugby in the hip-high grass in the paddock;
- the pretend-grumbling when the boys were rostered to cook the puja dinner for the collective (a wonderful barbecue);
- the spontaneous whizzer-cutting of part of a paddock for a game court and digging of a deep, narrow hole for the post for a basketball net;

The drama camp week was largely 9am-to-midnight fun drama exercises and activities with only short breaks for meals and rest – the time flew by. The kids want to continue with this and work towards putting on a play later in the year.

Arrangements and efforts made by the numerous NSW, ACT and Victoria Yuva Shakti present during the weekend produced a unique vibrational experience during the NSW/ACT collective havan and Hanumana Puja. Everyone felt the dynamism and fresh momentum of our young people. Seeing them all together offering flowers in Puja was an emotional, significant moment for us all. The Hanumana bhajan we sanghat night was brilliant – Shri Mataji and Shri Hanuman were there!

By Shri Mataji's grace, our youth – the new generation of Sahaja Yoga – will develop their own roots and continue to grow and develop for their own ascent and for the future of Sahaja Yoga.

Jai Jai Jai Mataji Nirmala Devi Namoh Namaha!!

Recital de Prano CD

To hand recently, a new CD: **Recital de Prano** played by French Sahaja Yogi Georges-Henri Ganapati MONCOQ, 70 minutes of playing time comprising 19 tracks of pieces by Rachmaninov - Satie - Chopin - Schubert - Domenico Scarlatti - Debussy - Mozart and Beethoven. Nice, centred playing, a 'clean' sound and a good stereo image of the piano. Whether the beginning prelude by Fredric Chopin (Op.28 No 15 for those who know their Chopin). The sunny first two movements of Mozart's Sonata K332 or the familiar moments musicaux, D 780 of Franz Schubert and Beethovens Sonata Op 27 No2. The music is mainly reflective, occasionally spiky (Scarlatti's sonatas) but always enjoyable. Recommended.

For your copy send US\$25 to George- Henri Moncoq at 68 Rue Parmentien, 94460 Valenton, France