

# Indian eves beat England in first ODI

London

Skipper Mithali Raj led from the front with an unbeaten knock of 94 as Indian women's cricket team defeated England by five wickets in their first One-Day here.

Chasing 230, the Indian Women overhauled the target with three balls to spare. It was a morale-boosting triumph for the Indian eves, who had lost both the Twenty20 matches preceding the ODIs. Opting to bat after winning the toss of coin, the hosts were all out for 229.

Right-arm pacer N Niranjana trapped both the English openers leg before wicket. England skipper Charlotte Edwards was dismissed in the second over and 62 runs later, Niranjana sent back Tammy Beaumont.

A few overs later, Archana Das dismissed Sarah Taylor. Wickets then continued to fall at regular intervals. Heather Knight was bowled Veda Krishnamurthy in the 30th over while Niranjana castled Jenny Gunn to leave the home team on 132 for the loss of five wickets.

After Laura Marsh edged Gouhar Sultana to the wicketkeeper in the 42nd over, Arran Brindle (58), the top-scorer for England, was claimed by Das.

Jhulan Goswami then chipped in with the wicket of Katherine Brunt while Das crashed Danielle Hazell's woodwork to wrap up the England innings with five balls remaining.

Of the seven bowlers used by Raj, all except Meshram picked wickets. Niranjana returned with three scalps, while Das claimed four.

It was not the best of

starts for India as well as Mona Meshram, opening the chase with Poonam Raut, run out for nine with just 21 runs on the board. However, Raj and Raut forged a 106-run partnership before the latter was eventually bowled by Danielle Hazell for 60.

But Raj held up one end to ensure victory for the visitors. She, along with her deputy Harmanpreet Kaur, added 89 crucial runs for the third wicket. Kaur, who scored a 51-ball 50 with four hits to the fence and the only six of the Indian innings, was Hazell's second

wicket.

Veda Krishnamurthy then chipped in six runs before falling to Danielle Wyatt while wicketkeeper Sulka-shana Naik returned to the pavilion without opening her account. Raj, however, held steady to take India across the line.

## BRIEF SCORES

**England 229 all out in 49.1 overs (A Brindle 58, A Das 4/61, N Niranjana 3/28)**  
**India 230/5 in 49.3 overs (Mithali Raj 94 not out, Poonam Raut 60, Harmanpreet Kaur.**

# Olympic torch making firm faces penalty over Indian immigrants

London

A firm involved in making Olympic torches has been suspected of employing illegal Indian immigrants right under the noses of Games security staff in Britain.

Crown Polishing and Plating faces prosecution and a fine of 50,000 pounds (over \$78,000) after policemen and border officers held nine men from India during a raid, The Sun reported Monday.

According to a source at the firm, security staff supplied by Olympics organisers had been stationed there.

"They count workers in and out, check how many torches are being worked on and they're all accounted for," said the

source. "What they didn't realise was there were illegal immigrants right under their noses."

After the UK Border Agency officials turned suspicious, the factory, located in Wolverhampton city, was raided in February. The arrested men are aged between 20 and 58.

Crown gold-plates the torches after they are made by Premier Sheet Metal in Coventry city.

A London 2012 spokesman said: "The company was not directly contracted and the issue has been dealt with by the UK Border Agency."

The 2012 London Olympics are scheduled to be held between July 27 and Aug 12.

## LIFESTYLE

## YUMMYLISCIOUS! DELICIOUS SEA FOOD...

**P**ratap Lunch Home is the ultimate destination for sea food lovers. Founded by K.C. Amin in the year 1961, Pratap Lunch Home is the only first original Mangalorean Seafood Restaurant of Mumbai to have completed 50 successful years of providing it's patrons a fine dining experience. Apart from sea food the menu also includes a sumptuous range of South Indian, North Indian, Mangalorean, Mughlai and Chinese dishes. This multi-cuisine restaurant blends the choicest culinary delights with the finest ambience. You will discover that this is an ideal place to enjoy great food with friends and family.

Located in the heart of buzzing Jannabhoomi Marg, Fort, Pratap Lunch Home boasts of relaxed setting, crisp modern design, edgy lighting, and friendly, experienced staff and the tasty food that will surely make your taste buds dance leaving you craving for more. Pratap Lunch Home has specialised dishes which include Haryali Crab Meat, Tandoori Crab, Crab Kalamiri Tandoori, Gassi Crab, Fish Tawa Fry, King Prawns Gassi, Pomfret Butter Pepper and Prawns Chilly Roast.

Pratap Lunch Home's upscale yet unpretentious atmosphere provides the canvas for an unparalleled dining experience. On offer at Pratap Lunch Home are a selection of unique dishes inspired by a variety of cultures and styles, incorporated with finest ingredients in their refined cuisine. The staff at Pratap Lunch Home is extremely amicable and makes you feel at home. Since its inception, Pratap Lunch



Home has been a favoured destination for Seafood lovers all over the world. Cutting edge fine dining and ambience have always been our calling card, bolstered with exceptional service. So what are you waiting for? Head to Pratap Lunch Home for a sumptuous indulgence in sea food.

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Ms. Teresa Chen

And the right way to go about it is to go in for hair and nail extension.

As far as hair extension is concerned, an increasing number of women in metros and small towns are opting for it due to the time factor. Women and men do not want to wait for years to grow their hair long, especially when social functions are happening throughout the year. A hair extension offers a fast way to add length and adds volume to your hair and have the hairstyle that you desire.

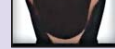
You can also add highlights and lowlights without the chemicals. Some of the ways to extend



## GLORY SALON



hair is through bonding, weaving, braiding etc. The popular hair extensions are: Clip-in hair extensions: Clip-in hair extensions are usually composed of a moderate to large amount of hair attached to a clip or a comb that can be placed in the hair to add volume, highlights or length.



Heat fusion hair extensions: In heat fusion application of hair

extensions, the extensions are applied using a special type of adhesive, typically a wax or glue adhesive

Cold fusion hair extensions: Cold fusion bonds the extensions to the hair, similar to the way heat fusion does, however, it is bonded using a special ultrasound device to create the bond.

Skin weft hair extensions: They come in long, wide sections and are bonded to

the uppermost part of the natural hair using a special type of tape or glue. Micro bead hair extensions: Microbead hair extension application involves the use of a small metal bead with an inner silicone lining.

Nail extension of enhancement is also a boon to women who don't have time or have problems growing their nails to a fashionable length. Nails can also be brittle nails due to every working condition, lifestyles. No wonder, long nails remain envy for many. There are many substances used for nail extensions. But the main ones are Acrylic and Gel nails. Acrylic nails are the most commonly known and used artificial nails. They are the ones that can last long without a lot of maintenance and meticulous care. Gel nails are artificial nails having an extremely realistic look. They are thin, flexible, non-yellowing and non porous. All the above mentioned grooming facilities are available at Glory Again beauty salon.

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## GURU PURNIMA

|| गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।  
गुरु साक्षात् पश्यन् तस्मै श्रीगुवे नमः॥ ||

# Tribute to Shri Mataji Nirmala Devi

**"GURU PUJA"** is an important aspect in life of the Sahaja yogis who received self-realisation from H H Shri Mataji Nirmala Devi and others by attending public programmes and Sahaja yoga centres all over the world. For Shri Mataji Nirmala Devi's revolutionary and selfless work in the field of yoga, meditation and world peace, which benefits the mankind, various countries have conferred honours and awards. The abodes of Sahaja yoga, Cabella in Italy, Nirmal Dham in Delhi, Nirmal Nagari in Ganapatipule, Brahmapuri in Maharashtra and other places are blessed by Shri Mataji Nirmala Devi, continue to carry on and spread the message of sahaja yoga. This Sahaja Yoga meditation is unique and very simple to practice, which has transformed lives of innumerable yogis and new comers are increasing day by day. By the knowledge of self-realisation and kundalini awakening, Sahaja yogis are experiencing divine vibrations (chaitanya lahari) in their day to day life. In India, The Life Eternal Trust, Mumbai and Delhi Life Eternal Trust have been organizing programs to spread Sahaja yoga.

Feeling the greater need or calling for seeking and truth in the world led Robert Hutchison to the unique realization of the practice of Sahaja Yoga, the teaching and gifts of Shri Mataji, the blessings and the benevolence has been manifested beyond his dreams. Robert Hutchison from Australia, along with his wife Shrivani, who are beneficiaries of Sahaja Yoga, founded by Shri Mataji Nirmala Devi, now live between Mumbai and Sydney. Robert said, "Growing up in very good part of inner city Sydney, offered a lot of potential. Growing up very disgruntled awkward and angry, loved but with a lot of toxicity, no dad, undiagnosed mental disorders and depression in the family made the family unit very dysfunctional and vulnerable, creating a legacy of co-dependency and complete dysfunctionality."

"Growing up unable to fit in completely trying to integrate, thus many poor judgements were made, be it additions to almost all vices, poor relationships, money worries, all of it was like a tumble machine, relentless and very bleak. I searched going to various groups, I was not satisfied. My inner search was looking for something more. Quazy spiritual rubbish was empty

## SHRI MATAJI'S ADVICE

**I**t is very hard to be a Mother and a Guru. Mother is the Guru of Gurus. Mother has to be a Guru to her children but she does not perform this duty the way the Guru does. She reduces the distance between her disciple and herself by treating them as her children her own part and parcel. But, Oh my children, you are really born out of my Saharashra. I conceived you in my heart and gave you the new birth through the Brahmarandhra. The Ganges of my love has carried you into the realm of collective consciousness. This love of mine is too great for my human body. It nourishes you, soothes you and gives you security. Gradually it opens your awareness to bliss and joy. But this love also corrects you and prunes you. It guides you and directs you. It reveals itself in the form of true knowledge. It absorbs your shocks and settles you like a gliding leaf on the hard surface of truth. It strengthens you to fulfill your aspirations of reaching spiritual heights. After all what is Guru principle? It is that aspect of this Divine Love that guides and warns, which gives you the dos and

and very temporary, albeit abounding."

"Then a very close family friend had just interviewed a lady called, Shri Mataji. I asked who, she said, 'You are off the merry go round', these Sahaja Yogis have it, - they have their realization - the experience is permanent, - it is not exclusive and something to build on - they know how to clear their chakras - they know how to work out the chakras of others - they can share the experience and give the realization, - amongst other qualities."

"After the phone call I sat back and was completely immersed in the experience, I felt a cool breeze coming out of every pore of my skin, I couldn't think at all, the sense of undiminished self respect and dignity, it lasted for some days. I then finally went to a meditation centre and started to learn about the teachings of Sahaja Yoga and that of Shri Mataji, the experience grew, the love of the collective was huge, it felt as though I had come home. The experience hit me like a complete wave, the bliss and the experience was like nothing else. My addictions completely evaporated they

just had no demands or hold ever again, they seemed to belong to another. I have continued with the experience and am still working things out but from a completely evolved perspective. Today I have a wonderful career, self employment and the opportunity to spread the experience, travel, and always attempting to understand and live within dharma and the teachings of Sahaja Yoga," said Robert.

A senior official of public sector bank (now in Baroda) came to know what is self-realisation when he came across a sahaja yogi in Uttar Pradesh. He said, "I am a person from traditional orthodox family from Rajasthan. During my posting in UP, I met a Sahaja yogi, who said that it takes few moments for you to experience the universal power that is ever flowing through you. He showed me the sahaja yoga way. Though I was tense for my office related work at that time, he told me to forget those things for few minutes and do the meditation. Alas, it was a surprise for me. I enjoyed the cool vibrations flowing through my palms. I felt as if what I was searching for all

don'ts. Because, if human beings fail, they become Rakshasas and Danavas, which is a fact.

All your ancient scriptures are singing praise of the incarnations as Gurus. Dattatreya, the three fold innocence that guides the path of Dharma. There are ten basis Dharmas of human beings. They must be guarded, respected and are to be identified with tadatmya.

There is no compromise but human intelligence gives ideas by which human societies have gone into horrible conditions. The play of mind takes us to sin and we become insensitive to sin. I want you to resolve that you all will become absolutely Dharmic. It is hard to be a Dharmic. The society and the environment force you to be Adharmic. You are born in innocence and later you go on compromising and accepting Adharmic patterns as normal. For a Sahaja yogi, it is difficult to be Adharmic. If he tries to do a wrong thing he is corrected by the vibrations. But if you go on killing your awakened conscience you are free to do so and kill all your chances of ascent. In Sahaja Yoga you have to forget the past as you have been

bathed with Divine Love, like a newly born baby. Purity of heart expressed as fidelity in marriage for both husband and wife is the most enjoyable virtue and is the most powerful. When you understand the purity of relationship, you enjoy them the most. You do not confuse your sensitivity to joy. Your mother is a mother and wife is a wife. Steady your attention by keeping your eyes on the mother earth. Thus you get the loving bandhan of your Mother and you become free of enslavement to your lust. Enjoy the tragedy of your life as a witness and think of what image you create for others to follow. Realise what is the role of a Sahaja yogi in this disturbed self-destroying world? Thus arise into new role.

There are other 'Dharmas', all very important, meditate on them. I find my love reflected in your shining dharmic eyes."

With blessings to you all.

Mataji Nirmala Devi  
(Excerpts from Shri Mataji's Advice)

these days I had got it. Though I was connected with some other organization, initially, I could not concentrate or get to the depth required. My continued meditation with no conditions attached, I understood that this universal love flowing through individuals, as taught by Shri Mataji Nirmala Devi, in the form of vibrations can be passed on to others. Though I have not met Shri Mataji personally, just seen twice and listened to her only in crowded gatherings, the knowledge of Sahaja yoga given to me by another yogi is marvelous. I am now fully convinced that as of today for any genuine seeker of truth it is only Sahaja yoga that can lead to the ultimate. The only condition is that he should not strive for anything else but the truth and truth only. He should also be prepared to work very hard for it. The kundalini would take the seeker to the truth and she has no other interest as Mother," said B.M Sharma, DGM, Bank of Baroda.

Rajesh Talageri from Mumbai, now employed in Chicago, USA, has an interesting anecdote. He used to go to

Sahaja yoga meditation centre regularly. In evening after his office hours while leaving for meditation centre, he used to see a lady going past in her car. After many days of seeing each other in the evenings, one day she asked him where he is going so that she can drop him on the way. Though, while on the way, he used to tell her about Sahaja yoga, she did not show any interest. One day Rajesh told her to come at least once and try to see and enjoy the vibrations after meditation. May be it was time for her destiny. She came and followed all the steps told to her. It was a great surprise for her. Not only she experienced silence, peace and vibrations flow, she said, what she was searching for all these days, she got it. And next day she brought her 15 friends to the meditation centre as she was convinced of divine message to her.

In a public program organized in March this year by Sahaja Yoga Meditation Centre, BHBL, Hyderabad, on Stress Relief and Health Management through Sahaja Yoga, for the benefit of BHBL Employees. This program was attended by present

and past General Managers of BHBL based in Hyderabad and others, which was inaugurated by chief guest, BHBL Executive Director, R. Krishnan. Sahaja yoga followers, A.K. Jha AGM (Projects) welcomed the guests, Osmania University's Prof. K. Narasimha Reddy, HOD, Sociology (Retd.) and Prof. S. Ramamohana Rao, Dept. of Chemical Engg., explained the benefits of Sahaja yoga meditation. All the participants experienced the self realization with flow of divine vibrations through both palms and peace and coolness. Sahaja yogis who have been immensely benefitted from stress have been organizing such programs at schools, colleges, corporate houses, industrial workshops, etc.

Two months before the final exams were to take place, the municipal school authorities organized students groups to attend sahaja yoga meditation - one for the morning batch classes at 7.30 to 8.00 am and for the afternoon batch classes at 1 to 1.30 pm "Students regularly attend Prayers. It is observed that a proper environment was getting created during the meditation. Students listening to the guides attentively and peacefully and after meditation experienced flow of cool vibrations. Their concentration on studies improved and also interest in the studies increased. These boys started meditating at home too. They developed self-confidence, peace of mind and power to listening capacity. For teachers too this program was organized, in which details were given on self-realisation, how it is achieved, experiencing cool breeze. I am sure these qualities will help the students and teachers in their future life," said Head Mistress of Municipal Marathi School No.2 in Magathane, Borivali (East). Various school teachers practising Sahaja Yoga meditation have similar experiences with students.

There are primary and high schools run on Sahaja yoga principles in India. They are Vishwa Nirmal Vidya Mandir, Jajuri in Maharashtra, Kannur in Kerala and Dharmashala in Himachal Pradesh. The students, maintaining the tradition of Sahaja yoga principles, are coming out with flying colours in various fields.

**A Sahajayoga-Connect-Initiative. For Details on Sahaja Yoga Centres contact: Help line No 91-9773331333.**

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