

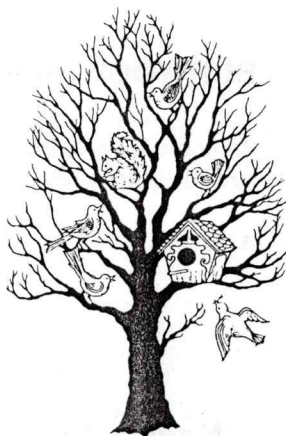
POSITION VACANT BLUE MOUNTAINS

Any yogi/yogini or family wishing to relocate to the Blue Mountains, there is an opportunity to apply for part-time permanent work at Medicare Katoomba (Customer Service). The hours are 8:45-12:45 Monday to Friday.

For details contact the Manager, Jos (pronounced 'Yoss') Jonkers on 02 47 824882 OR Raelene - 02 4782 4965.

There is a room available at Whitton St and a possible house and workshop for home industry available after Christmas (next door).

We'd love to share the Mountains with more Sahaja Yogis with the vision to help establish many more!



ROOMS AVAILABLE

Two rooms are available now in KINGSGROVE ashram.

There is one double/family room and one single room.

Please contact Mark or Sushma Williams on 9150 7402



Australian Sahaja Newsletter

Contributions:

30th July 1999

Lidcombe: 02 9649 6879

Burwood Fax: 02 9745 4927

email: sahaja@eagles.com.au

The next night I sat at the sea-shore the whole night. I was alone and I felt very nice. Then I went into meditation and thought that I should open the Sahasrara. As soon as I desired that the Brahmarandra should open, I saw the Kundalini within myself. She rose like a telescope making a 'khat' noise through each chakra. Her colour was like many colours, like when you heat iron and the many colours that flame from it.

Then the Kundalini arose and pierced through the Brahmarandra. I understood that now I could begin my work because the problem is finished, I became completely free from worries. I thought, what will happen? Perhaps people will oppose, protest, or may laugh at me? If they want to do more they will kill me. So there's nothing to worry about. I have to do this because I have come into this world for this job. Because I had to awaken collective-consciousness. I thought till people do not get self-realisation, they do not know themselves till then this work is impossible. You can do all the things in the world, but its no use.....

H.H. Shri Mataji Nirmala Devi
Diwali Puja 1995, Nargol India (translated from Hindi).

Shri Matajis Fashions - Working Bee

Shri mataji has recently made inquiries as to the progress of the sales of her many vibrated fashion garments. Due to general business and the starting of a number of larger projects we have put the priority for this project aside. It seems that this project is very much in the Adi Shaktis attention, and remembering that she has personally handled these garments it is most important that we carry on the work of spreading the vibrations in this wonderful way.

We are therefore sending out a request to all persons willing to help in the sorting, and labelling of the garments and at the same time offering ideas on how we can further promote and sell the clothes. We feel that in doing this work we are working out something on a deeper level, and if we put our collective desire and a some time to the project Shri Mataji will let it all unfold.

So please come for a very vibrating day at Burwood on Saturday 7th of August, starting at 10 a.m. If you are able please bring a plate(something simple), so that we can all share lunch together.

JAI SHRI MATAJI!!!

Lene Jeffrey

Avinash Nishkavde



BURWOOD programs

Programs for new Sahaja Yogis are now being held at Woodstock (in the street behind Clarence St), on Monday nights at 7:30pm.

ALL WELCOME



Medical Research Update

The migraine preliminary research trial ended on Thursday 29th July. A more structured study will begin in about mid-September which will go for about 10 weeks. The preliminary trial has shown that quite rapid improvement can be expected in severe migraine patients who "properly" take to Sahaja Yoga.

The medical specialists are beginning to take notice as they have given us their most severe, treatment resistant patients who have never responded to any conventional treatment. Many thanks to our regular Monday and Thursday Yogi helpers who have been indispensable to this very important project. Let's look forward with renewed enthusiasm to the formalised research project in September.

Details of time and place will be printed in the newsletter when available.

Greg Turek
on behalf of the medical research team.

Re: Upcoming Cosmic Psychic (mini mind/body festival)

Newcastle

Friday 30th of July
Saturday 31st July

Times: both days on 10:00 am to 5:00pm

Location:
Workers club corner of King and Union Street, Newcastle

For further information contact Jacqueline Coulter on (02) 49375154

TUGGARAH

Saturday 7th August - 10:00am - 8:00pm
Sunday 8th August 10:00am - 5:00 pm

Location:
Tuggarah Lakes Memorial Club, 313 The Entrance Road, Tuggarah

Contact:
Ellen Marlow on (02) 4362 7495

Gosford

Friday 27th August - 10:00am - 5:00pm
Saturday 28th August - 10:00am - 5:00pm
Sunday 29th - Maybe !!!!

Location:
Gosford Leagues Club, Gosford

Contact:
Ellen Marlow on (02) 4362 7495

Please come and help give realisation.
Anyone interested in co-ordinating future Sydney programs, contact Gillian Patankar on 9477 4645.



LONG before children start school, television has already taught them lessons that will stay with them for life, a conference in Sydney has heard. KIM SWEETMAN reports.

CHILDREN under the age of five learn far more about how to behave from television and other media than from their parents, new studies show. Children as young as three can grab a basic understanding of complex concepts like the war in Kosovo, purely based on the amount of time they spend in front of the box.

A conference on the effects of the media on young children yesterday heard from a range of experts that TV is now the single biggest factor in teaching socialisation to young children.

For the first time researchers are now warning that the younger children are — right down to newborns — the more susceptible they are.

This is a backflip on traditional theories which hold that puberty is the most influential age.

Children as young as four months appear to be influenced by the advertising, violence, language and images of television.

What makes such findings even more disturbing is that other research shows that children learn more before the age of three than they do at any other time in their lives.

The older a child gets, the more difficult it becomes for them to learn anything new.

All of which prompts calls from some experts for a major rethink of the way our education system functions.

But that's another issue — what the experts who are meeting at the University of NSW this week want is some recognition of the massive new effect the media has on modern children.

Psychologist and early childhood expert Professor Philip Gammage told the conference he had recently witnessed a class of very young children in Finland discussing the Kosovo conflict — a lesson which showed children

understood far more from television than most adults realised.

"Kids are more socialised by television than by family or stories et cetera," Professor Gammage said.

With the average child now watching more than 23 hours a week, parents and carers needed to get rid of the idea that most children couldn't understand some of the more disturbing or violent themes shown on the small screen.

"What they understand is astounding," he said.

Parents and other adults too often made the mistake of comparing their own experiences to those of their children when deciding how to manage their children's lives.

Modern children had childhoods that bore almost no relation to the childhoods of even 20 years ago, Professor Gammage said.

Divorce rates, life expectancy, technology, health levels and the end of manual work all meant that children today were growing up in a situation not a single adult really understood.

"The changing family is inevitable and clear throughout the 29 countries of the OECD," he said.

The uniformity of the world is another factor children of today are learning almost unconsciously.

Of 29 OECD countries, 19 now screen the Simpsons and in every one of those it rates as a highly popular show for children.

Time and again studies from around the world are producing children as young as five months who respond to advertising jingles.

According to Professor Gammage, such influences cannot be underestimated or simply countered by other influences.

Carers, parents and teachers needed to realise that children under three had already learned most of their language skills, symbol recognition and emotional control.

Considered in the light of television

viewing patterns the implications are astounding — Homer Simpson's "D'Oh!" is now hard-wired into the vocabulary of millions of children.

And the effects of watched violence are only vaguely understood.

New Scandinavian research shows children whose brains are constantly exposed to images of violence are not only more likely to exhibit violence but may actually be developmentally damaged.

Some of them appear to actually lose the ability to feel and react normally to situations — desensitised does not begin to describe the reaction of such children to images of violence.

Professor Diane Levin, a world-ranked authority on children's viewing habits told the conference the media was probably now the single greatest influence on many children.

"The media now market to children, knowing the things they are marketing can be harmful, in exactly the same way the tobacco industry deliberately marketed to children in the past," she said.

Dr Levin argues the ratings system for movies and television programs has become largely irrelevant as toys and merchandising are usually aimed at children too young to actually see the movie.

She warns no one can understand the effects of the long-term exposure of violence and "dumbed down" programs on children.

The United States deregulated their children's television in 1984, meaning that even children who have spent all their lives watching programs made without any quality controls are still too young for anyone to know how their adult lives will be affected.

Australian children's television is still regulated but there is talk of relaxing restrictions on how much Australian content must be included — a factor which alarms many.

THE INDIA COUNTRY TOUR – A TIME TO REMEMBER

At the time of Sahasrara Puja of May 1999 in Cabella, Shri Mataji decided to have programs in the North Eastern states of India. She suggested that 5 Australians and 5 westerners from other countries attend. There was urgent communication between Italy, India, and Australia to organise times, venues, and people.

Less than three weeks later five Australians arrived in Calcutta to join the Calcutta collective heading to the North Eastern states. At the airport we were met by three Sahaja Yogi uncles, including the leader of Calcutta. Their welcoming of us was one fit for kings, and throughout the entire tour we constantly received the same treatment from all our Indian brothers and sisters. This left all of us with a tremendous feeling of gratitude, and touched all of us deeply.

Over the next four weeks we traveled through various towns of the states Assam, Arunachal Pradesh, and Gangtok. The land was very fertile and we were told that this part of India has a high rainfall. Rainforests and woodlands were common sights on our journey.

During our trip we often attended a program for new people, and a follow up program each day that we were not travelling. During these programs, which were sometimes very spontaneously organised (telling villages of the program as we traveled through the town), we would often find that between 200 – 300 would attend. Often we invited any officials attending the programs to come on stage and give their observations. All of them spoke with very high regard for Sahaja Yoga and stressed the importance of Meditation. One school principal said that he was ashamed that Westerners had to travel to India to tell the local people about their own heritage.

One of the first towns we visited was Shillong (a town in the mountains of the state Meghalaya) in which Dr. Professor Rai, and Arun Goel gave speeches at conferences, organised by the dynamic Shillong collective, on "World Peace Through Inner Transformation". Many local Christian priests, academics, and media were invited to these conferences. All those who desired were blessed with their self-realisation. The media also gave positive coverage of these events in three local newspapers.

At another town named Tezpur, in which most of the program organisation had been done by two gentlemen (one a journalist, and the other a prominent local businessman) who had only been practicing Sahaja Yoga for less than 10 days. On our arrival to Tezpur we were informed that these two gentlemen were the only ones to practice Sahaja Yoga in the town. Their enthusiasm for Sahaja Yoga was a good example for all of us. During the program, which was attended by many locals, police, and army commandos, everyone by divine grace got their self-realisation.

After leaving this town we learnt that a Sahaja Yogi, who had visited Tezpur a couple of weeks prior to our program, spoke to an army chief. After introducing him to Sahaja Yoga, he had asked the army chief what were the current major problems he faced. The army chief told the Sahaja Yogi that terrorists, who had weapons (ak47 assault rifles) and equipment better than the army, were a major problem. The Sahaja Yogi explained that to change the situation you need a divine power to act, not just a uniform. He asked the army chief "What do you suggest is the solution?". The army chief responded and said "The only way it will work out is if the terrorists came and surrendered". On the following day 100 terrorists came to the army chief's feet and surrendered themselves along with their weapons.

Later during the tour we met with the principal of the Arunachal Pradesh Police academy, Mr. Toor. He had been transferred from Dehli, and had performed for H.H. Shri Mataji during Her 76th Birthday celebrations. He was a quiet man but very supportive of our programs. He invited us to give a program for the Police academy students, which we did.

Among the officials who we met, and who showed respect for H.H. Shri Mataji, was the Ex-Chief minister of Arunachal Pradesh. He showed us gracious hospitality and spoke to us of his vision to increase trade, and bring about peace between bordering China.

After many transforming experiences, much laughter, and much joy we reluctantly departed our new found friends with much heart-felt gratitude to them and especially to H.H. Shri Mataji for making all of the tour and experiences possible.