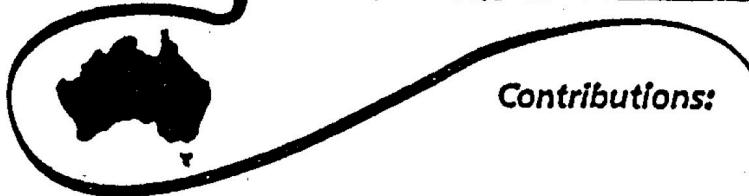


THE AUSTRALIAN

# Sahaja Newsletter



Contributions:

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## *The Three Ants*

Three ants met on the nose of a man who was lying asleep in the sun. And after they had saluted one another, each according to the custom of his tribe, they stood there conversing.

The first ant said, "These hills and plains are the most barren I have known. I have searched all day for a grain of some sort, and there is none to be found."

Said the second ant, "I too have found nothing, though I have visited every nook and glade. This is, I believe, what my people call the soft, moving land where nothing grows."

Then the third ant raised his head and said, "My friends, we are standing now on the nose of the Supreme Ant, the mighty and infinite Ant, whose body is so great that we cannot see it, whose shadow is so vast that we cannot trace it, whose voice is so loud that we cannot hear it; and He is omnipresent."

When the third ant spoke thus the other ants looked at each other and laughed.

At that moment the man moved and in his sleep raised his hand and scratched his nose, and the three ants were crushed.

~ Kahlil Gibran



# Romanian General in Mumbai to awaken his *kundalini* energy

By N. G. S.

Navi Mumbai, Jan. 21: Dr Dumitru Constantia, a neurologist with the rank of General in the Romanian Army, has an unusual passion. The doctor takes a keen interest in Sahaj Yoga, the ancient art of self-realisation through yoga which was rediscovered by Nirmala Devi in 1970.

Dr Constantia has flown down to Navi Mumbai to learn and master sahaj-yoga and its various applications in the treatment of incurable diseases at the International Sahaj-Yoga Research and Health Centre, Belapur, in Navi Mumbai. It was a chance encounter with the sahaj-yoga founder Nirmala Devi in Bucharest, Romania, in August last year that triggered the Romanian general's interest in this form of treatment. Sahaj-yoga centres in 65 countries across the globe aim at achieving health care for people from all walks of life. It is a pure science which deals with the awakening of the dormant primordial energy (the *kundalini*) situated inside a triangular bone (sacrum bone) at the lower end of the spine. According to the teachers, when activated, a flow of subtle and cool cosmic vibrations is generated in the body, which nourishes each and every



RECHARGING THE CELLS: Romanian Army General Dr Dumitru Constantia with Dr Umesh Chand Rai and a patient at the International Sahaj-Yoga Research and Health Centre, Belapur, in Navi Mumbai. A photograph by Gajanan Dhadhukar

## KARMA CHAMELEON

cell. Dr Dumitru has come down to Navi Mumbai to grasp the science of sahaj-yoga from Dr Umesh Chand Rai, director of the sahaj-yoga centre. Dr Rai had researched the effects of sahaj-yoga meditation on the human body for 10 years when he was at the Lady Hardinge medical college, New Delhi.

Dr Dumitru feels that he is not the only one who has shown interest in sahaj-yoga. He says that a number of doctors and scientists in Romania as well as the rest of Europe are eagerly awaiting his return and for him to translate sahaj-yoga and its applications in the field of medical science.

The Romanian doctor is not only surprised by the encouraging results of sahaj-yoga on patients with epilepsy, essential hypertension, bronchial asthma, migraine, and ischaemic heart disease, but also on patients with malignant cancer, which according to the classical form of medicine, has no cure till date.

Speaking through a interpreter, Dr Dumitru said that since Romania is a by-product of western culture, the country has failed to take account of spiritual energy that every man possess. "Western culture use logic and rationale as an approach to treating any disease, since it is based on experimental

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\* This newspaper article was faxed from Indiz by Dr Rai. He wanted to share it with us all. Hope you can read it! It is a bit difficult to enhance twice faxed newsprint. SURE.

## Romanian general

(Continued from Page 9)

re-ls," says the doctor.

Europeans generally tend to absorb a spiritual method of treatment superficially without understanding the rituals involved in the process. As a result, spiritual energy in Europe is weak when compared with India," said Dr Dumitru.

The Romanian neurologist said that the hindrance in the integration of sahaj-yoga in Europe could be solved by frequent interactions between European countries and India through exchange of information on the spiritual form of treatment. Dr Dumitru said, "People in India are very close to a divine, psychic force. It is as if they seem to accept this cosmic force as part and parcel of their life." He added that there was a great need for spiritual treatment for various diseases as classical medicine had failed on many fronts. "Even 2000 years of science cannot explain the universe on a rational basis. That is why we want to seek the divine to sort out the unexplained. Sahaj-yoga will fill the gaps where classical medicine has failed," he added.

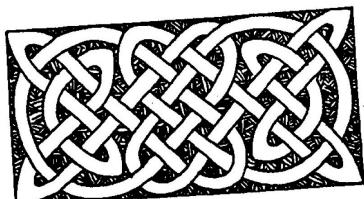
"Modern day medicine should be a synthesis of past experience and present day possibilities of scientific techniques," said the Romanian neurologist. Dr Umesh Chand Rai, who is co-ordinating and guiding research work at centres in London, Paris, Moscow, Toronto, Vienna and Sydney, feels that doctors and scientists all over the world are keen to learn more about this new dimension of medicine as it takes into consideration the physical, biological and spiritual state of a being. Through this, many revelations about the human body have been made, which until now have been mysteries to the classical form of medicine.

"We have found that meditation brings along the production of neurotransmitter like adrenaline which causes blood pressure and constriction of coronary vessels. Hence the possibility of heart and stress-related diseases are reduced," says Dr Rai. Even as many doctors in India are yet to grasp this new theory, China has gone a step ahead.



## Sahaja Stall at Bundilla

Everyone is invited to contribute to the stall at Bundilla. It is a great opportunity to Recycle some of the much loved (& very vibrated) bits & pieces we've all collected over the years. e.g. Brassware, incense holders, silverware, shawls, whites, kurtas, saris, punjabi suits, rugs etc. Many yogis have cupboards full of hidden treasures. There are many yogis who - for all sorts of reasons - may never have the opportunity to go shopping in India. If you would like to find new homes for items that are clean & in good repair please donate them. All proceeds to S.Y. National Promotions. Further details from Therese or Reyhan



# Peace of mind within reach

By BELINDA YOUNG

FROM the moment Sarita Chavan closed her eyes and listened to the soothing voice of her teacher she was hooked.

All the tension and stress of her hectic life just seemed to melt away and she was left with an overwhelming feeling of peace.

After floating out of her first lesson in Sahaja Yoga 12 years ago Sarita has been a changed woman and has joined the effort to help spread the internationally followed teachings of Indian guru Shri Mataji Nirmala Devi.

"I felt the benefits straight away - peace and relaxation, balance in my life and a sense of joy that I had never experienced before," she said.

"It teaches you to recognise your own problems through imbalances in your system and then shows you ways to heal those imbalances."

Sarita is quick to explain that Sahaja Yoga is not the kind of yoga most people think of when they hear the word but a form which is based purely on meditation.

"When most people hear the word yoga they immediately think of stretching exercises but it means union with the all-pervading power and whatever method you use

to reach that is yoga," she said.

In keeping with Shri Mataji's philosophy that Sahaja Yoga classes should be open to anyone, Sarita and her fellow Sahaja followers conduct free lessons in the Wollongong Town Hall once a week.

"We will be starting a six-week course tonight in preparation for the arrival of Shri Mataji in Australia in March," she said.

"She will conduct a public lecture in the Sydney Town Hall which in the past has usually attracted a couple of thousand people."

Sahaja Yoga has become an integral part of Sarita's day with 30 minutes meditation in the morning and another 30 at night keeping her feeling stress free and in control.

"When I come home from work and I'm stressed or tired I use the cleansing meditation techniques to bring myself back into balance," she said.

"Over the six weeks people will learn all the different techniques involved in keeping the body and mind in balance."

According to Sarita, Sahaja Yoga will appeal to people who feel that there is something more



*Sarita Chavan demonstrates how peace and relaxation can be achieved through Sahaja Yoga. Photo by SYLVIA VINCENT.*

to life than the regular grind of working every day to achieve material wealth.

"A lot of people have tried Sahaja Yoga because they are seeking something more, they sense something is missing in their life," she said.

"Sahaja Yoga is a simple philosophy which helps to explain many of the philosophical questions in life while encompassing teachings from all the major religions - Christianity, Hinduism, Buddhism etc."

The six-week Sahaja Yoga day course began today at 10.30am at the Wollongong Town Hall and the evening course starts tonight at 7.30 also at the Town Hall. For information phone Sarita Chavan on 963975

The following article "just happened" after one phone call to the "Advertiser" newspaper in Wollongong (the writer did come to a public programme late last year). As a result the first program was a full house (25 new seekers) and the phone hasn't stopped since with seekers eager to join the course.

So phone your local newspaper now!

(NB. The Advertiser is a free Community newspaper distributed each Wednesday to every household in Wollongong)

In Delhi and around Sahaja Yoga is spreading very fast. Delhi being the capital is full of politicians, however people still are seeking the spirit. It is really great. Example of painting - it is a simulation of reality, but not the reality. To experience Reality one needs a feeling for the subtle - it is a miraculous thing. We have not yet reached reality. People run after the gross aspects of religion and feel that their own religion is best. There are two types of people - one is surrendered to false religions and the other is lost in ego. They will do a lot of penances for false religions.

H.H.Shri Mataji told a nice young man that he didn't need to do anything to achieve self-realisation. He asked Her what could he do each morning at 4 o'clock. It is wrong to believe that everyone will achieve self-realisation. Transformation will happen whether we like it or not but if we desire it we will catch the subtle wave.

We need to identify the problems in ourselves, especially after getting realisation. Introspection is very important because as Sahaj spreads it can also break apart - forming groups. This is very dangerous. It starts with a single person talking about others and it spreads. Don't criticize others.

You have come here to make yourselves complete Sahaja Yogis. It is better to see our own faults. Nobody else can correct us. Christ talked about this problem - "Beware of murmuring souls". People were talking to H.H.Shri Mataji, criticizing people in front of Her.

Another play is the leadership. It is just for name's sake. She is very sad that people are wasting their time with such things. She said She can't expect India to be like Russia. People in India are very comfortable and don't have to do much - hence the gossiping.

Jealousy and competition should not be possible in Sahaja Yoga. If we are involved in anything like this we should know that we aren't even on the edge of Sahaja Yoga. It could be the influence of politics in India. With such things you can never feel the joy. Close your ears and say "Stop! I don't want to listen to you." The one who listens is also not a Sahaja Yogi.

If one cleanses oneself you can love many more people and people will recognise the spirit within you and get 'Atma Darshan'. We can stop world problems with the power of the spirit. We don't need to fight to do this. Only thing is we need to be aware and alert about it. We need to spread our spirituality - not just sit like a sahdu and meditate nicely. If we fight amongst ourselves who will respect you and know you are a Sahaja Yogi? People will be attracted by your personality. We have so much power we don't really need to do anything or even move our hands. We just need to achieve this state. One side is to observe the play around us - the other side is to observe oneself - "Am I getting involved in the murmuring? Are others benefitting from my yoga?

Now the situation is better than it was. We are not writing to H.H.Shri Mataji with family problems of a personal nature; 'my father, my son etc' however, now the attachment is transferred to the local area. Shri Mataji can't go everywhere and we shouldn't expect Her to. Goat says 'me, me, me - (mine [me] mine, mine)' but when we make strings of the goat and play them it makes the sound 'tu hai swara - You are [tu hai] You are...doing it. The one who has experienced this doesn't need to even say 'Tu hai'.

Many miracles are happening in your life each day. Now what is there to be thought about? There are so many Ganas to do what you desire. You must have the capacity to witness those miracles - what is the point of telling to blind people. The most important thing is to experience Reality. It is very subtle and very vast. You will see that you are not small anymore - you are small but also infinite like the sky. When you dissolve like a drop in the ocean you become the ocean. Who is there to fight then? Doubts and questions arise because of our attachments. An example of attachment: People in the West didn't want children then after Sahaj they became very attached to their children. You must understand that God and the Adi Shakti are looking after your family.

Attachment drags you down. Breaking this feeling is very important. Don't run after the taste of one type of food. Become the Witness - you don't gain or lose from any situation. You are outside the situation. Then you will be surprised you can forgive anything very quickly. (Cigarette smoking is due to left vishuddhi.)

The whole vision changes and one starts to wonder at how the whole thing is put together. The brain, which is used to pulling things apart [analysis] then integrating things [synthesis] - this power comes from God. To a person who speaks ill of someone just say 'but this person was praising you.' We have to bring people together, not separate them. This is collectivity. It is a living Being, like a body, one finger cannot fight against another.

If one part of the world is affected then the rest of the world gets affected. The Austrians and Germans have gone to Israel out of a sense of responsibility. Twenty Israelis went to Egypt and did a programme. It gave H.H.Shri Mataji immense joy to see the two enemy countries coming together. This type of expression of love can only happen when you detach from your own problems. The Indian yogis need to forgive the Muslims. Shri Mataji cannot remember what colour people are. Mothers don't discriminate between colours. When this love spreads then all the titles which separate people will drop away."

Notes taken by Graham Brown in extreme cold of Delhi camp. Love from Christine.

### SAHAJA YOGA SCHOOL

Dear Parents,

Jai Shri Mataji!

#### RE: INDIA SCHOOL AND BIRTHDAY POOJA - 97

##### 1. TRAVEL TO INDIA

To be part of the group travel arrangements, you are kindly requested to return the forms posted to you. Travel bookings will only be made upon receipt of this form which should be returned by 18th of February, 97. The \$100 deposit per passenger should accompany the form or be placed into your school a/c.

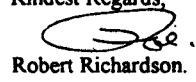
##### 2. Ticket Payment:

Money should be in your school a/c by 18th February at the latest please. Fares are:

- \* \$1450(+\$32 tax) for all students 12 years or over on 19th March.
- \* \$970 for all students under 12 years on 19th March.
- \* Adults going to Pooja and accompanying children please forward \$1350 (+\$32 tax)
- \*\*\*\*\* Please note these fares are Ex-Sydney only\*\*\*\*\*
- \* Passports must be valid to at least 1st February, 98 for students.
- \* Visas must be valid to at least 15th January 1998 for students.

Please call anytime for account information.

Kindest Regards,

  
Robert Richardson.  
25/01/97.

### Shri Mataji's Tour and Shiva Puja

By the time you read this most of you will know that Shri Mataji has decided against coming to Australia for this year's Shiva Puja. On the one hand we are naturally disappointed, particularly that She will now not be able to inaugurate our ownership of the country property at Balmoral Village by Her presence at the Puja which was to have been held there. This is all the more keenly felt considering the energy and enthusiasm that was building towards this auspicious event. On the other hand, we are relieved that She has listened to Her advisers and to our own collective second wish that She not undertake what is always going to be an arduous journey. We shall have to do something about moving Australia a little closer to India.

We believe it is important for the National Collective to gather together each year, it is our intention to proceed with the Shiva Puja and the National Seminar, most probably at Bundilla camp and most probably on the weekend of 1st and 2nd of March. The camp will be available to us after midday on Saturday 1st March. Ample space is available at Burwood and the other Ashrams of Sydney for those arriving early and wishing to stay on afterwards.

We will be holding two major Public programs on March 3rd and 7th while the vibrations are at their strongest. Considering the pattern of Public Programmes that is developing without Shri Mataji's presence in person the future has now arrived where the work of Sahaja Yoga is up to us all. Everyone is invited to help as we begin a new phase in our evolution as Sahaja Yogis.

Yours Sincerely Michael

### The Public Programs

This year we will be mounting two major Public programmes in Sydney, in the week after the National Seminar at Shivartri Puja, while the vibrations are at their strongest. This program will be funded from the requested contributions from the NSW Collective, a letter outlining the scope of this contribution will be included with the letter of Invitation to Shivartri Puja.

These forthcoming Public Programs represent the beginning of a new phase in our evolution as Sahaja Yogis where we will be responsible for spreading the message of Sahaja Yoga. Life for us is Sahaja Yoga, our goal is to ascend and to help the ascent of others. This is the path to which we have committed ourselves and much of the work of Sahaja Yoga is about enlightening ourselves and others.

In the lead up towards the Puja and Public Programs all of us will need to be alert and dynamic and see that it is up to each one of us to get more involved than we have been before, each one of us knows that we can do more.

There is much to do and the promotion of the Public Programs will be achieved by our effort and manifest desire. It should not just be the same set of people who are distributing the posters and handbills, everyone who is able needs to be involved with the upcoming Poster and Handbilling days. Last year many posters and handbills were left in our homes and not distributed, we should all work together to ensure that this is not so this year. We need to be aware of what we are, and what we are doing for Sahaja Yoga. If we fix our desire to spread Sahaja Yoga then this becomes a collective desire, ensuring success.

It cannot work out if we think we are all Sahaja Yogis and want to support the work, then do nothing, we all need to be involved, there is no other way seekers will be attracted. It is at this time that the dynamism of the collective should come to the fore. It will be this dynamism which will fill the venues in the days to come.

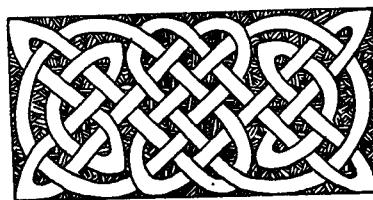
Shri Mataji is our ideal in all things, and we should think of how much She has done to spread Sahaja Yoga. All of us have been selected as Sahaja Yogis with a definite purpose, now it is up to each one of us to take on this great task.

Jai Shri Mataji

Chris and Peter



Mike & Olga Merritt (and 240 Sanja) are moving from Brisbane to Sydney. Any one interested in sharing a big house at Brighton near the sea 'phone 07 386 90505



have lost the links to these emotional parts of their brain.

There is nothing wrong with their intellect; many achieve high scores on IQ tests, but ask them to make a simple decision, such as whether to have their next appointment on Wednesday or Thursday, and they desperately attempt to calculate every possible factor that might be relevant, a process that may take up to half an hour.

IQ tests were originally developed to predict how well people were likely to do at work, but it now seems that a far better predictor, not only of career success but of school performance, is someone's emotional IQ.

JEROME BURN  
Guardian, London

At each other's throats again?  
Blame your brain.