



# Australian Sahaja Newsletter

28 FEB 98

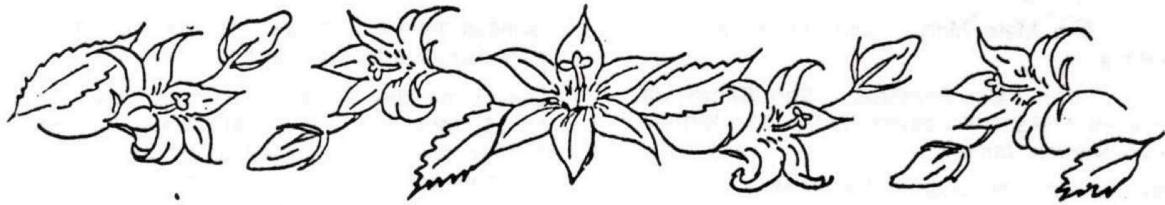
Contributions: Balraj & Claire Singh  
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I am under the direction of Messengers  
from Heaven, Daily and Nightly,  
but the nature of such things is not,  
as some suppose, without trouble or care.

Temptations are on the right hand and left;  
behind, the sea of time and space roars and  
follows swiftly;  
he who keeps not right onwards is lost,  
and if our footsteps slide in clay,  
how can we do otherwise than fear and tremble?

But if we fear to do  
the dictates of our Angels,  
and tremble at the tasks set before us,  
if we refuse to do Spiritual Acts  
because of Natural Fears and Desires!  
Who can describe the dismal torment  
of such a state!

WILLIAM BLAKE



### Birthday Puja 8 - Non Parent Adult Group

A reminder to all those Sahajis travelling via Singapore on 12th March: we are still obliged to collect Shri Mataji's artworks and antiques to take with us and I am looking for the maximum number (23 people) to stay as a group and travel together.

Please let me or Helen Manassey know only if you have a compelling or unavoidable reason to change.

In any case, Rob tells me, the Airline views us as a group and will resist changing the departure date.

Once you have received your ticket it may be possible to change the return date of your flight, but once again please be reminded, we have the 12 suitcases of clothing to bring back with us, and need the excess baggage capacity per person.

### Accommodation

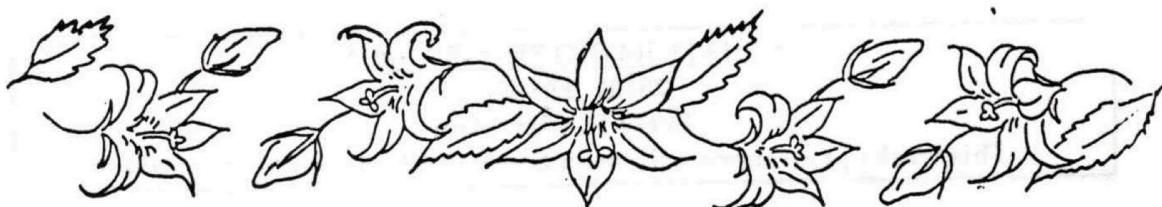
It may not be possible for all 23 people of this group to be accommodated in the Dunphy's apartment in Singapore. Therefore hotel accommodation may have to be arranged for some. Dave personally knows the managers of a number of hotels, though his work as a hotel architect, and can obtain "the best" rate for us. Helen Manassey will be contacting the Singapore group once the Dunphy's have assessed their accommodation capacity.

### Delhi Stay

As so many of us are unavoidably arriving a week ahead of the Birthday Celebration, it is to be hoped that we can stay together at the Nizzamudin Camp. I am hoping to be able to speak to Mr Nalgirkar this week and if successful will advise via the telephone or at the latest in next week's Newsletter.

Jai Shri Mataji

With love Michael





### Sarees for Sale

The Saree Shop will be open at Burwood next Saturday, 7th March, both before and after the programme.

It would be greatly appreciated if anyone with a long standing layby could finalise their payments before the yogis leave for Birthday Puja.

There is a good selection of sarees still available. There is also one of Shri Mataji's personal sarees for sale.

I look forward to seeing you at the shop.

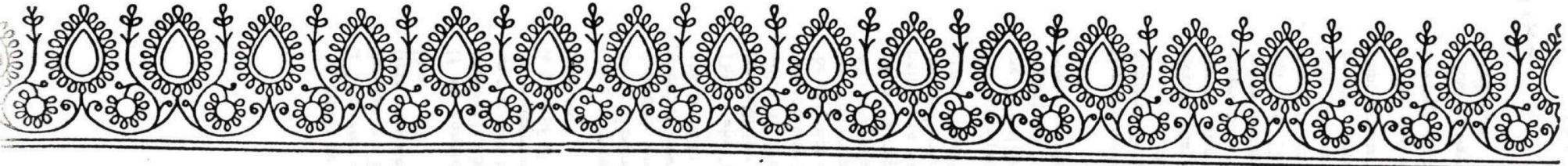
Marillyn



### News from Valla

We were delighted to be involved in the "Country Tour" Sahaja style, earlier this month. Admittedly, initially when we heard it was to occur, we thought it would be an exhausting exercise for those involved. However, we could not deny the cool vibrations and deep meditations pro, to, during and after the programmes in this area (exactly half-way between Sydney and Brisbane). Interestingly, a few people who received their realisation years or months before, rang just before the tour, wanting to come to programmes again! We noticed the new seekers have a depth and sincerity about them that is different from past programme attendees. They genuinely see Sahaja Yoga as a unique and deep experience. An 8 week programme is starting on Saturday mornings on 28th February, and we welcome any assistance from our brothers and sisters. All your loving attention, visits and generosity to us in the past is greatly appreciated. We are so fortunate to be in Shri Mataji's attention, and can never say we feel alone up here in the bush. Looking forward to more tours, holiday visits, stopovers, working bees (!!)... from Sahaja Yogis.

Love from Graeme, Helena, Remmy and Jay.



Jacqueline COULTER and Judith WHITTET

invite you to the opening of their exhibition

Thursday 5 March, 1998 at 6:30 pm

# STEPPING - STONES

*Stepping-stone - a stone rising above water or mud to afford a passage:  
a means to gradual progress*

at WATT SPACE GALLERIES

Auckland Street, Newcastle, Phone: 4921 8733

4.3.98 - 22 3.98

Watt Space is funded by The University of Newcastle Union and the Faculty of Art and Design

## Ayatollah Rouhani: "Shri Mataji, You are the Messenger of Peace"

Address by the Ayatollah Rouhani, delivered at the Royal Albert Hall, London, on Thursday 3rd July 1997 (text translated on sight and read by Derek Lee).

If we consider the most ancient evidence left by homo sapiens, we can see that man has always been aware of the existence of a Supreme Being, who is Lord of all things and of all living creatures.

Using every conceivable means, human beings of every era have always tried to show their feelings of deep respect (and reverence) towards God and to perform what is due to their Creator.

This is why Islam has always stressed the possibility of direct communication with God. Even those who have fallen into idolatry have never denied the existence of the Creator, but have simply put their idols and their images in His place. And this is still happening today. This being the case, how can we recognise a true prophet and what is his or her mission?

The mission of the prophets is to reveal the Will of God, that is, to provide a logical and tangible explanation of religion as it is experienced in our daily lives.

Genuine monotheism – the belief in a Supreme Being – means (or implies) the unshakable oneness of the whole creation, that is, the indissoluble union between man and God. Monotheism proves, then, the pointlessness of idols and of images that come between man and God. The mission of the prophets thus is to set human beings upon the right track, and in order to do this, the prophets have used two parallel and complementary paths:

- The way of learning, based on theology and philosophy.
- And the way of Self-knowledge or Self Realisation.

### Self Realisation and Sahaja Yoga are in perfect harmony with the teachings of Islam.

It is thus that both the experience of spontaneous Self Realisation (which is revealed by Shri Mataji Nirmala Devi) and Sahaja Yoga (which is the practice which she teaches) are in perfect harmony with the teachings of Islam. It is because of this revelation by Shri Mataji that I have wanted to speak to you tonight.

In similar vein, I should like to end my talk by referring to the condition of women in Islamic countries today. As you know, the position of woman as mother is glorified in the Islamic tradition. The Prophet Mohammed went as far as to say: "We experienced Paradise at our mother's feet". Regarding the position of the woman as a wife, Islam not only acknowledges her complete right to choose her own husband, but pays homage to her in the famous words of the Prophet, who says: "The best amongst you is the one who behaves best towards his wife". Or

again: "Women are sent to us by God and men are responsible for keeping them safe." Women are thus considered to be equal to men in both their responsibilities and in their legal and civic rights.

Today, unfortunately, we have seen that this great insight of the Koran is not always understood and therefore not respected in the various Muslim countries.

You, Shri Mataji, by virtue of your courage, your sincerity and your purity, by virtue of your untiring travels through the five continents, you are today justly considered to be the Messenger of Peace in the world.

Your exemplary life makes you the perfect symbol and model for Muslim women. May their quest for Justice, their desire to be able to enjoy a true spiritual life in their own dignity, may their quest find an echo in the spiritual approach of the real Islam. This will make it possible to put a stop finally to all kinds of injustices which are still being committed against women in the name of religion.

It is with this vision and with the aim of defending the rights of women in Muslim countries throughout the world and in particular in Afghanistan, in Iran and Turkey, that I address this brief talk to you Shri Mataji and to all the people assembled here tonight.

Medhi Rouhani

DECEMBER 1997

NIRMALA VIDYA

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If one considers the simple well known (amongst yogis) treatments and methodology used at Belapur the question then arises: why don't we manage to clear ourselves more successfully at home? There are perhaps a number of reasons.

The first is that we just aren't consistent enough. If we are to get into and maintain a state of balance then we should work out a daily routine of treatments for ourselves and exercise discipline in sticking to it. As an example, how about grabbing an ice pack from the fridge as soon as you get home and applying it to your liver (front and back). A footsoak should be a must every night. A 3 candle treatment should be done if necessary. The other treatments, such as Matka can be used when it seems appropriate.

Secondly most of our left Vissudhis are catching. We should pay great attention to clearing this chakra as it controls our vibrations. If it is catching we can't be sure which of our other chakras are caught up so we don't get the true picture of the state our subtle system. Getting another yogi to check out your subtle system from time to time would seem to a logical thing to do. If we are suffering from a serious physical disease and can't go to Belapur, we should also get an opinion from an experienced yogi as to what chakras we should concentrate on in order to improve our condition. Our national leader, Dr Siva Govender, would seem the ideal person to ask. There was a case at Belapur where a young yogi thought that his headache was an Agnya problem but Dr Rai diagnosed Vissudhi as the cause. There is always a subjective element in self diagnosis.

According to Hassan, the only martial art that Sahaja yogi's can take part in is Taekwondo as it is purely defensive and not offensive. He also told us that Javed Khan, a yogi from Kashmir, has written a book called 'Islam Enlightened' which sounds exciting.

In order to ensure that you were feeling the cool vibrations Dr Rai would say at all collective meditations:-

"Mother please come into my heart, enlighten my spirit and let me feel the cool vibrations."

Say this a number of times until you feel the vibrations. You must say it quickly so that you don't think. A little later:

"Mother I am the spirit and I am not guilty."

Repeat silently until the vibrations come. And then lastly:

"Mother I have forgiven everyone including myself. If I have made any sin, knowingly or unknowingly, then please forgive me."

### THE SAHAJA YOGA HOSPITAL AT BELAPUR

Brent Malan, a fellow yogi from Cape Town, and I recently had the privilege of spending the month of July 97 at the International Sahaja Yoga Medical Research and Health Centre in Belapur, Navi Mumbai. What follows is a hodge podge of comments, suggestions, and information which arose out of our experience.

The Centre is commonly referred to as Vashi amongst yogis. We would like to suggest that the name Belapur should be used instead as the Centre is in the Belapur district of Navi Mumbai and not in Vashi which is the adjacent district.

The level of collectivity experienced Belapur was exceptional. Dr. Rai and his wife, the doctors, the office staff, the kitchen and the cleaning staff were all very kind, concerned, and caring. The patients were equally so.

The vibrational treatment at Belapur is aimed at putting your left and right nadis completely into balance so that the Kundalini can set about doing the work of repairing your physical problem. The first thing one learns at Belapur is to try to keep your attention in Sahastra all the time. If it is, then your Kundalini is up and able to carry out its work.

According to Hassan, Dr Rai sends a fax to Shri Mataji every third day so you are in Her direct attention during your stay at Belapur. Hassan is a young yogi who occupies an administration position at Belapur.

The treatments used at Belapur are all well known to us: footsoaks, three candle treatment, camphor treatment, saying mantras and affirmations, saying Allah Hu Akbar and shoe beating. Footsoaking normally took 10-15 minutes. Perhaps 3 or 4 per day are done. Surprisingly the camphor treatment was used very sparingly. It depends on the individual's condition and the doctor's personal preference. I only had candle treatments (two per day) and Brent only had one camphor treatment the whole time we were there. On the other hand, there were some patients for whom camphor was used often. This point is made because in view of this experience we would say that camphor is currently being used too often by our Cape Town collective. Camphor treatment should only be used on the left and never on the centre nadi. Some yogis have been doing this using the rationale that the camphor flame is cooler than a candle flame. This may or may or may not be so, but the camphor flame overall produces much more heat than a candle as it is a bigger flame. Heat should never be used on the centre in any event.

The earthenware matka bowl was charged with vibrations before it was brought to your room and

placed under your bed. The lid was removed at night and then put on again during the day. The bowl was not vibrated again after the initial vibration.

Shoebeating is not effective during the day. One should shoe beat before dawn and after dusk. This arises out of an incident where Dr Rai had occasion to correct a yogi who was doing a rather loud shout beat during mid morning.

The candle treatment didn't take very long, perhaps 5 to 10 minutes. The doctor would indicate what mantra one should say and you would then say it. If the chakra was okay then the mantra would be said once. If the chakra was catching then the mantra would be said four times. The mantras are said fairly quickly one after the other. This doesn't leave much time for thinking. The patient and doctor separately did their own bandhan before the treatment. After the treatment the doctor leaves you in thoughtless awareness to meditate for 5 to 10 minutes.

The doctors concentrate on your left side to start with and once it is clear they then treat your right. The right seems to clear quite easily once the left is clear. Ice packs (2 or 3 per day) are used to good effect here in addition to the clearing with the hand and saying mantras.

The way to do 'Allah hu Akba' is to put your Vishuddhi fingers fairly tightly in your ears. The other three fingers and thumb should be closed, your eyes open with your head tilted towards the sky, your arms a should be horizontal and the mantra should be said from deep in the nabhi.

When being worked on the doctor made me sit straight up on the floor with hands on the knees. No slouching was allowed. It took the doctors eleven days to get my vibrations completely clear. Brent's response was similar.

The purpose of my going to Belapur was to get treatment for my heart. It was suggested that as part of my treatment, I should say the 101 names of Lord Shiva twice a day. I managed once a day.

Dr Rai put me on to eating a clove of raw garlic (unprocessed) per day. It is well known that garlic lowers the cholesterol level in the blood. Dr Rai now said that it can also clear blocked arteries, which is tremendous news for arteriosclerosis sufferers. My heart went back into sinus rhythm at about the 16 day mark. Brent who was at Belapur because of having had a stroke about 18 months ago, seemed to visibly improve in physical and emotional strength after his subtle system cleared.

DECEMBER 1997

NIRMALA VIDYA

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... Shri Mata Mary, Shri Mahavira, Shri Buddha, ...

... Shri Kalki Shakhat, Shri Sahasrara, Swamini, Moksha, Pradyanai, Mataji, Shri Nirmala Devi, Namoh Namah.

Say the mantras once if the chakra is clear, otherwise say them maybe four times. Say the mantras as quickly as you can and repeat the whole set as many times as you can manage. These cross mantras were used in the early part of our treatment. They also combine well with footsoaking.

Something you can do to clear Agnya. Cup your right hand and bow your head into it. Say the Ekadesha Rudra mantra 11 times. Then cup the back Agnya with the right hand and say the Maha

Ganesh mantra 11 times. You can also put your front Agnya to Mother Earth to clear.

During my stay I read in Nirmala Yoga, Vol.3, No.15, May-June 1983, that 'During the Havan Mother threw some grapes on to the fire saying that they will gradually lose the ability to ferment'. Maybe we should do this with our Western Cape grapes at our Havans.

My visit to Belapur was an absolutely wonderful experience, one that I hope I may be able to repeat one day. I am sure that the long term physical and spiritual benefits are incalculable. ☺

No bird soars too high if he soars with his own wings.

William Blake

Jay Shri Mataji!  
Hunny Reid



Amendment to previous message in Newsletter dated 7/2/98:

#### BABY NEWS!

Geoff and Anna Wickham of Melbourne (previously of the Wollongong Collective) are delighted to announce the birth of their son Jonathan, born on Tuesday 3rd February 1998 at 5:03am weighing 3.4kg (7 pounds, 8 ounces), 51cm long. Mum and Dad and baby are doing well. Thanks to all the Sahaja Yogis for their kind wishes.

#### SAHAJA RADIO PROGRAMME

2SER FM 107.3

Every Sunday 10am

This weeks programme will be on Gypsies culture around the world