

(cont. from p.1)

So I am talking about the future Indians. Some of them I have seen, eight year old children, they are geniuses I tell you. They sing as if we feel that the old musicians are being born. It is very surprising how they show their talent. So we should not try to control and check our children too much. That's a part of our Sahaj culture. It doesn't fit into Indian culture, I must say, but it should fit into Sahaj culture to understand the value of our children who are realised souls. I enjoy their company, they speak so sweetly of all the things, of all the persons and they describe about everyone so sweetly. Just allow them to talk and they'll tell you all kinds of things.

Now I have praised you a lot, the outsiders we can call them, non-Indians, and it is a fact, the way they have taken to Sahaja Yoga is remarkable. But the way they are taking to this Indian music and to Indian art, I can't, I really can't believe it. I can't understand it.

So you have freedom, but now use this freedom for expression, of whatever you have achieved in Sahaja Yoga. Because you are already grown up with your freedom and if you do not utilise that personality full of freedom in expressing Sahaja Yoga in your own languages, you won't help your people. You have to help them because your percentage is very low, your quality is high, but in your own country, your percentage is low. So you have to go all out to get them into Sahaja Yoga and to let them know what they can achieve and what they are. You are duty-bound I think.

H.H. Shri Mataji Nirmala Devi



Illumination

Illumination is both an event and a state. As an event it marks the subject meeting and experiencing itself shorn of a feeling of otherness and freed from the interference of otherness. Understanding comes through effort-through struggle. Illumination is spontaneous-action of effort has ceased.

It comes with the ending of thought process, in the interval between two thoughts. It is a "direct experience" and resembles in character the creative insight or the satori in Zen.

As a state, it is a sustained condition of enlightenment in which empirical knowledge appears vain and inferior, life appears superior to logic, and timelessness cuts across time. It is not consciousness of one particular level, but an awareness of the totality of being. It is a state of higher wisdom in which the psychic faculties become charged with energies hitherto unknown and unexperienced, and new insights emerge from inner depths as the source of a new life. These insights sprout as naturally as leaves on a tree.

The tree of Sahaja blossomed forth and yielded the fruit of Wisdom.

**Knowledge of Reality magazine - Issue 13 - SahajaState -
An Indian Ideal of Mental Health.**



Australian Sahaja Newsletter

27th March '99

Contributions: Lidcombe - 96496879
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Ganesha Puja, Kalve. New Year's Eve 1998.

"Because you are very free in the West it is very difficult for you to accept, but once they come to Sahaja Yoga, I am really surprised how they have accepted Sahaja Yoga so beautifully. They had the freedom, the complete freedom to do what they liked. In India we don't have such freedom for children that they can go wherever they like, they can do whatever they like. The teacher cannot correct them because of that freedom that they had. There's one good thing that has happened - so many are lost, all right - but those who are saved are rare people. Because of that growth of freedom within them, I think they learn our Indian music in five months, four months. No Indians can do it because they are restricted all the time, they are controlled all the time, they are kept on the path of religion. So ultimately, the freedom that some of you had and enjoyed has given you a special personality, that you pick up very difficult things without any effort. Now whether you should have that freedom or not is your own lookout. But too much restrictions on children, I think, is not a good thing.

With Sahaja Yoga, born with Sahaja Yoga, those who are, should be given full freedom, I think. Such children should be given full freedom, for they will not do anything wrong. And you will see they will pick up things very fast. Not that Westerners are more intelligent or alert, but the way they are given freedom, their growth, their personality - sometimes they are like a vagabond, I think, sometimes they are like a tomboy, sometimes to me they look very vulgar - but once with that wealth of freedom, they come to reality, they shine.

So too much restriction on children also curbs their personality. This is what I have discovered. But the Western people go through such hell, first of all, develop such problems to begin with and ultimately what happens is this, that they can be discarded as bad, bad, bad people. But if they come as good, good, good people, they are marvellous. All the freedom they have enjoyed before is showing results, otherwise how can this miracle happen to Western people. There is no justification.

Now the problem is to give freedom or not. We have a proper sense now, after realisation, that a child that is born realised, in the beginning he won't understand, he won't understand.

But gradually such a child will show results, maximum capacity to absorb and to express.

So today I am telling you about this freedom, which is the freedom of the Spirit. We should have understanding of such children who have that spirituality in them. They have dharma in them and we should not try to constrict them or to trouble them. Let them do what they like. They will never do anything wrong because they are born realised. (cont. on back page)




Date Change: Turkey Public Program

Dear Sahaja Yogis,

Another date change regarding the upcoming Public Program with Shri Mataji in Istanbul, Turkey. The program will take place on **April 26** so please adjust your schedule accordingly if you plan to attend.

Kind regards,

Mark Mays



"As far as possible try to abstain from all the time thinking about sex life. If you are that way,... your mind starts building up and the children suffer because your atmosphere, your vibrations affect the children... the children build up the same frustration, without knowing why they are so frustrated."

6.



Shri Mataji's advice on babies/children

(taken from "children in sahaja yoga" -


a compilation of Shri Mataji's talks - produced in America, 1991.)

The next newsletter will end this series of points on children in sahaja yoga

1986 Child care - Australia July 9 continued from last newsletter

- Shri Mataji recommends morning baths for children.
- Don't let children breath in talcum powder because it has chemicals in it.
- Don't use plastic spoons etc.
- Mother should be dedicated to properly cleaning and caring for the child for 3 years.
- From 3 months to 2 years, the ego starts to develop if you give undue importance to the child.
- Make sure the child is taught to be respectful and to do nice things for people.
- Until 6 years, children should not ask questions.
- From 2 - 6 years they should be taught self-respect and dignity.
- Discover and encourage their natural talents.

1986 Rome - Re: School

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- Don't buy too many toys.
 - Classroom should be colourful with plants etc. - 'like a garden'
 - Teachers should not be like strict nurses.
 - Put oil in the baby's nose and ears up to 6 years of age.
 - Teach drama and stories.
 - Let children feel the senses and appreciate colour.
 - Teach them about nature
 - Show them beautiful things in the city.
 - Teach them to share.
 - If they cry while on the lap, put them down.
 - Babies / children should not be kissed too much.

COMMUNITY TELEVISION PROGRAM

A LIMITED NUMBER OF VHS TAPES ARE NOW AVAILABLE. IT IS THE PROGRAM WHICH WAS MADE IN SYDNEY A FEW YEARS BACK AND BROADCAST ON CHANNEL 31 IN MELBOURNE.


THE TAPE RUNS FOR 52 MINUTES WITH AN INTRODUCTION TO SAHAJA YOGA, 1992 WOOLLONGONG PUBLIC PROGRAM AND REALISATION.

THEY HAVE BEEN NICELY PACKAGED AND ARE SUITABLE FOR INTRODUCTION PROGRAMS.

\$32.00 (INCLUDING \$20.00 FOR ROYALTIES)

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POSTAGE AND PACKAGING ARE EXTRA.

PLEASE SEND CHEQUES TO BURWOOD ADDRESSED 'COMMUNITY TELEVISION PROGRAM TAPE'




From "The Australian" newspaper, February 1999. An interview with Young Australian of the Year, Frank Gaenster, astronomer.

Astronomy is more than a career for Gaenster. It gives him perspective; it satisfies his yearning for inquiry; and it shows him that the work of God is to be seen in the poetry and majesty of science.

"I'm quite convinced that everything up there has to have been made by somebody," he says. "What always gets me is the more detail you go into, the more patterns and amazingly beautiful and clever things you can see.

"A lot of people say, 'oh, you're a scientist, doesn't that conflict with religious beliefs?'. I was pretty uninterested in those issues until science showed me how clever God was.

"It's the cleverness of science and nature, rather than any spiritual angle, that made me convinced there is a creator.



If you gave me a giant computer and as much pen and paper and as much time as I want, I could never write down one equation that worked — let alone hundreds of equations which all come together and somehow make atoms work and make air and sunlight and people. The more you understand it, the more you come to appreciate just how clever it all is."

The universe reminds Gaenster that we are all, like the stars, part of a cycle. From dust to dust, in fact.

"The atoms and quarks and molecules that make a star shine are the same things that make us live and breathe, that make a violin sound beautiful, that make flowers smell nice," he says. "Every atom in our bodies was once part of a big cloud of gas floating out in space. And that's a humbling thought if nothing else."