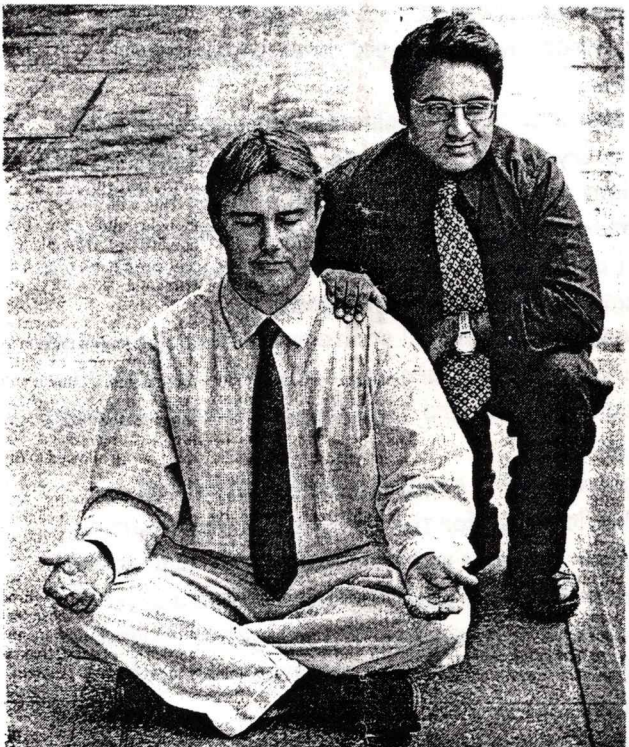


The Globe weekly 24/6/98

Asthma trial is a breath of fresh air



Meditation for asthma sufferers? ... researchers Peter Kenchington and Rumesh Manocha at RPA Hospital

ROYAL Prince Alfred (RPA) Hospital's Institute of Respiratory Medicine will study the beneficial effects of meditation for asthma sufferers.

"There is some evidence to suggest meditation works with asthma and that poses a bit of a paradox," associate researcher Dr Rumesh Manocha said.

"The relationship between stress and asthma to some extent defies scientific explanation."

The Institute is looking for 60 asthma sufferers to undergo 16 weeks of once-weekly professional instruction in meditation techniques.


"If our findings are correct, we will be bringing attention to an affordable way of addressing asthma," Dr Manocha said.

The trial's success will be measured by monitoring physical lung function, symptom scores and questionnaires.

Asthma sufferers interested in taking part in the 16-week meditation trial can contact Dr Manocha or Peter Kenchington at RPA on 9715 1758 or 9764 5523.

MASSAGE

From this Saturday a few hours before the programme at Burwood, Mamta will be available with her massage chair (no oil, no undressing) for a 20 minute seated massage session. (Bookings advisable). The charge of \$15 will be donated to National Promotions. Please call Mamta on 9727 9073, mobile 018 971 582.



Australian 27 JUNE 98

Sahaja Newsletter

Contributions:
02 9499 2219 Burwood fax 9745 4927

From: Derek Lee, UK <ealing@dircon.co.uk>
Subject: Shri Mataji at Royal Albert Hall
Date: Saturday, June 20, 1998 7:28PM

Dear Brothers and Sisters,

As many of you may have already heard, Shri Mataji has blessed England by once again accepting to give a Royal Albert Hall Programme in London. You are most cordially invited to come to this most auspicious event in the "Heart of the Universe" which, by Our Mother's grace, will take place on SUNDAY 5th JULY at 7pm.

She has also said that most exceptionally, She will Herself be present at the TWO follow-up meetings on MONDAY 6th JULY and TUESDAY 7th JULY at IMPERIAL COLLEGE of the University of London. This is a unique opportunity to attend Public Programmes with Shri Mataji on three consecutive days. Please come to London if you can and hopefully many Sahaja Yogis from neighbouring countries will take this opportunity to visit UK.

Please e-mail me at ealing@dircon.co.uk or telephone Chelsham Road Ashram to give them details of numbers, dates etc. of Sahaja Yogis from your country who would like accomodation in the Ashram or with Sahaja families (tel:44 171 622 1634 or fax: 44 1223 423278).

Jay Shri Mataji!
Derek Lee

NATIONAL GURU PUJA, WAMURAN QUEENSLAND

11-12 JULY 1998

Guru puja is fast approaching and so far there has been very little response. As we need to complete the catering and accommodation arrangements everyone intending to come must register by next Wednesday with Peter Hewitson by phoning 07 5496 6716 or faxing 07 5496 6622.

Sleeping arrangements will be India Tour style (you will need sleeping bags, pillow & ground sheet). Temperatures have been down to 4°C lately at night.

Please bring your own plate, bowl, cup, knife, fork and spoon.

Please contact Rakesh Arora on 9499 2219 regarding the bus arrangements for travel to Wamuran from Sydney.

GURU PUJA - SYDNEY

The Sydney Guru Puja will be held at 4pm on Saturday 11 July at Burwood

- Set Up: Southern Region (Wollongong, Robertson, Kangaroo Valley, Balmoral, Bowral, etc)
- Cook: Lindfield (Bent St, Balfour St, Pleasant Ave, etc)
- Wash Up: South of Burwood (Croydon Park, Hurstville, Punchbowl, etc)
- Dismantle: North Shore (except Lindfield) (Chatswood, Gordon, Turramurra, Castle Cove, etc)

Please note the correct dates for Guru Puja in Wamuran are 11th-12th July

Guru Puja Weekend of Events Wamuran, Queensland

Come and enjoy a beautiful weekend filled with our Mother's Love.

Saturday 18th July, 1998
Morning - commence arrivals, registrations
Afternoon - Havan
Evening - Entertainment Program

Sunday 19th July, 1998
Morning Meditation
After Breakfast - Preparation for Guru Puja
After lunch - Guru Puja
Evening - Public Program - 7.30 p.m.
Queensland Museum Theatre, Brisbane.

It was a request from many Sahajayogis to us for conveying them what and how the programs were conducted at central jail. So we are requesting you all to spread this information through the media you have across the nation and the world.

The inspiration for this programme was from the news we got that there was sahajayoga programme for police in Mumbai (Bombay) at Police commissioners office. So one Sahajayogini Mrs. Mohgaonkar from Nashik contacted the Jail superintendant, we felt very cool breeze before met this person second time at his office.

Then to chief jail superintendant, Pune was requested to give permission for Sahajayoga program. such application was forwarded. We sought his permission very easily.

With his permission letter we went to Nashik jail to start programme, to chalkout program.

So with a small opening ceremony finally the program started at (a central) function hall in jail where about 300 to 400 prisoners came and got their realisation very easily.

They were told about meditation, chakras & nadis. Basic knowledge was given to them. Out of these 300 to 400 prisoners, 35 came on their own for everyday meditation between 4-00 to 5-00 in the afternoon and the transformation process started within them.

Within 6 months period after everyday meditation, with 2-3 such camps in jail about 100 prisoners became very good sahajayogis. Now they are able to conduct meditation programmes, can give realization, can talk about sahajayoga.

In the whole process of programmes conducted by sahajayogis, the prisoners are very satisfied, felt lot of transformations within

very happy and faxed one letter (in marathi) to us. The literal translation we did of this message is like this:-

Gudi Padwa

april(97)

To Sahajayogi

all my blessings

I felt surprised & became joyous to here that you are doing so deep work even in jail. I never dreamed that sahajayoga work will reach to jail. It is a pride for a mother that such work was carried out by you in a very sahaj manner.

This is a work of love. So there will love flowing amongst each other, not only that but love for others will also be felt and it will be taken care of that nobody will be harmed from us.

You all are in my attention & I am asking to send your photos to me.

Always your mother

Nirmala.

ASTHMA RESEARCH NEWS!!!!!!

The medical research programme has finally gotten underway. This project has very real potential to facilitate the growth of Sahaja Yoga particularly in Western Countries. It is an exercise that has been encouraged by Shri Mataji for this reason.

- It is one of the largest of its kind in the field of relaxation and illness (this means that the results can be very **conclusive-whether we like those results or not!**)
- It is one of only a few in the West that has been supported by the mainstream medical establishment
- It involves at least 60 subjects who are randomly allocated to either Sahaja Yoga or Non Sahaja Yoga treatment groups. They will have their asthma assessed before and after (lung function, symptom levels, psychological profiles) to see if they improve and which group improves the most (no prizes for guessing which group we should be bhandaning)
- The Liverpool group has been going for at least 4 weeks and most of the patients in the Sahaja Yoga group have started improving (the comparison group has not fared so well-hooray!)
- By Shri Mataji's Grace the people who are randomly allocated to the SY group have turned out to be **seekers of good** quality who are keen to hear about Shri Mataji, gladly use Her photo and are happy to watch Her videos. We intend to give them audiotapes to listen to twice a day, teach them about bombs and other treatments. In fact Shri Mataji advised that we teach them the mantra of Shri Sita Ram (the usual catch that causes asthma) which we will do soon!!
- If the patients receiving the SY treatment are completely cured then we can openly and proudly tell people that **Sahaja Yoga is a scientifically proven technique!**
- This kind of proof will convince a lot of seekers who are otherwise skeptical, give SY a lot of credibility amongst the general public and will silence a lot of Sahaja Yoga's critics
- If the project doesn't succeed, of course, the opposite situation could well occur and would make it very difficult to

The news published in local marathi news paper is like this:-

YOGA WILL TRANSFORM PRISONERS LIFE IN JAIL!

Nashik (reporter) 'In one of the critical moments in life which made you to do crime & you are in jail. But it will not last longer. After you will be free from jail, you will be labelled as prisoners in the world, But what will be surely helpful in changing the view of the people is Sahajayoga given by Shri Mataji Nirmala Devi...' So this were the quotes of a news paper editor, who came for the ceremony the prisoners practising Sahajayoga gave realisation to the new coming prisoners.

As a part of rehabilitation & transformation different programs are conducted in jail, for example Raksha bandhan, poetry, yoga classes. Now sahajayoga has entered the jail. Nashik district sahajayoga reader Mr. Sadashiv Shukla, Mr. N.K. Pandit, Ravindra Kulkarni and all Sahajayogis taught the process of Sahajayoga to prisoners for 2 hours everyday.

"We learned an art of living. We understood the process of cleansing of our mind & body. We were sleepless whole night. Desire of revenge was burning within, But now, we became peaceful, can sleep well, anger is no more freed from addictions" this is the heartfelt agreements made by some of the prisoners cekars.

By catching the same string the chief editor said you're very lucky that you got your realization through sahajayoga even though you're in jail.

The balance in life is achieved by the process like sahajayoga. Jails will be no more there if the community understands this yoga. And it will prosper the lives definitely.

Further more, he said that there are many people with obstructive mind & criticism in their tendency. But when they pass through such

process of mind peace & experiences realization then complete transformation is seen in their lives.

Mr. Sadashiv Shukla while informing sahajayoga said that it is practised by millions of peoples in about 80 countries all over the world. The person ascends with the cleansing of his mind & body.

The jail superintendant said that all prisoners are under stress all the time in jail, are always burning with revenge in their mind. To make their life easy & sahaj such process is carried out, which made peace in prisoners, gave them self discipline & productivity in jail is increased.

Mrs. Madhuri Mohgaonkar was a channel to arrange this program.

The prisoners were specifically asked to keep attention & cleansed left swadhishtan, vishudhhi & agnya chakra for pure desire, no guilty feeling & forgiveness respectively.

get the opportunity to do it again—that's why this project **needs the best wishes, strong positive desire and lots of enthusiastic bhandans and shoebeats from everybody.**

- You may have noticed our research advertisements calling for volunteers in newspapers. The best form of advertisement are genuine articles such the one that appeared in this week's Glebe and Inner Western Weekly because they attract many more potential subjects than simple ads alone.
- Please remember that this is a **collective exercise** and that we hope that everyone will participate. In order to satisfy the demand for tight scientific control please contact us first if you wish to attend the sessions so that we can regulate the flow of yogis (as spontaneously as possible) to ensure that we have consistent numbers at all of the sessions.
- We have come up with an overall strategy and basic programme format as well as some general guidelines so that we give the patients a good impression and make them confident in placing their trust in us
- Peter Kenchington has the somewhat mammoth task of coordinating the logistics for the SY sessions. He is putting together a **roster of Yogis** who wish to help. We appreciate any help offered- the most valuable help would be a several week commitment per yogi so that they can get to know the patients and follow their vibrational progress with useful advice and encouragement.
- So please do come along and be an instrument for Shri Mataji's healing vibrations and help us take advantage of this great opportunity for Sahaja Yoga to deflate the rational ego of the West!
- Contact Peter on 0413 766 603/ 98632489 or Hari if you have any questions or ideas

Jai Shri Mataji, the Mother of all the Sciences!