day and you wouldn't want to miss out. Charles & Lynette Tiralongo ph. 9328 6624. Please pick up the phone and call if you can help, we always have a good time on the

you will also pick that up on the day! need experience with having cups of tea, cake, biscuits, pizza and hot lunch either, as show you the rest. You don't have to know how to operate a computer. You don't We need people who have good attention to detail. That's all you need - we can easily

people to help enter the test results on the weekends of August 22&23 and 29&30. more quickly. This is very easy work, but time consuming. So we urgently need final school. We'll be working on 3 computers at Woollahra, to help get through it all In total, there will be approximately 100 hours data entry work for the tests from this

presented to Shri Mataji at Ganesha Puja early September. coding, data entry and analysis by the end of August so that the results can be The final school will be tested on August 18 & 19. The aim is to complete all the

results will be a formally recognised research analysis. Dharamsala with non Sahaj children in day and boarding schools in Australia. The areas of emotional well being and academic functioning of Sahaj children here and in of time and effort. With Shri Mataji's approval, the study's aim is to compare various As mentioned last Saturday by Uncle Michael, this study is near completion, after lots

CHILD PSYCHOLOGY STUDY - HELPERS NEEDED!



this time. (Please remember, the Yuva Shakti is for anyone 12yrs to 25!) Our last meeting attracted only two people - we hope to see more people



- Fundraisers (not just for Woodford)
 - Festivals
 - Next camp (next holidays)

 - Woodford We need to discuss:

Saturday 15th August Date:

:əmiT Place:

Balmoral - Before Raksha Bandhan

YUVA SHAKTI MEETING



SATURDAY NIGHT PROGRAMMES

We will now be advising each week in the Newsletter (approximately two weeks in advance) whose turn it is to host the Saturday night programs.

As next week is Rakshabandhan and Krishna Puja there will obviously be no program, and the following week there will also be no program as Burwood will be unavailable due to the filming of a video for Ganesha Puja (Cabella).

Therefore the next program will be:-

Date:

29th August

Host:

Wollongong collective

Program to start

6.30 pm for clearing practices

7.00pm SHARP for meditation / puja

Refreshments served at conclusion of each evening



COUNTRY TOUR NEWS

Dates:

15th and 16th August

Region:

Northern

Next weekend is the northern region country tour going to Coffs Harbour (there will be a Havan at VALLA - Graeme & Helena's place), Grafton, Armidale and Tamworth.

Anyone who hasn't been and would like to go, please contact Avinash Nichkawde on 9476 4271 (home) OR 0414 281 567 (mobile).

BABY DEWS!

On Friday 7th August a BABY GIRL was born to Michelle and Jalindar. Weighing in at 3kg and 49.5cm long. Congratulations!



Mt. Kurringai, Berowra etc) (Ryde, Pennant Hills, Galston, Mt. Colah, North-West Metropolitan Dismantle

Pelaw Main, Muswellbrook etc) Gosford, Central Coast, Newcastle, Northern Region Wash up

Ashfield, Petersham, Lewisham etc) Glebe, Newtown, Chippendale, Inner West COOK

Kurrajong, Katoomba etc) Wentworthville, Pendle Hill, (Cabramatta, Guildford, South & West of Paramatta

KRISHNA PUJA ROSTER

punctual.

Krishna Puja at Burwood, commencing at 11am. Please be This will be followed on Sunday 16th August with Shri

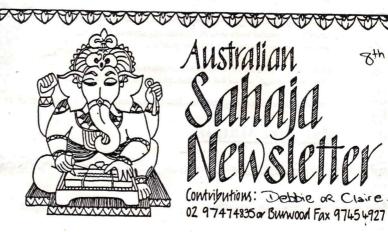
Burwood (there will be no programme at Burwood). place of the usual Saturday Evening programme at Those who wish may stay for an evening of bhajans in

Please bring a picnic lunch. 12 NOON to celebrate the occasion of Rakshabandhan. picnic at Balmoral on Saturday 15th August commencing You are cordially invited to join the Sydney Yogis' in a

> Sun 16th August Sat 15th August

KRISHNA PUJA RAKSHABANDHAN

ARAMANA BARANA BARANA BARANA



RAKSHA BANDHAN

Raksha Bandhan is a special time when the relationship and bond between brother and sister is symbolized by the tying of the rakhi. The rakhi is tied, by the sister, to the left wrist of the brother. The left wrist is the left vishuddi, and purity of the brother-sister relationship is a quality of left vishuddi.

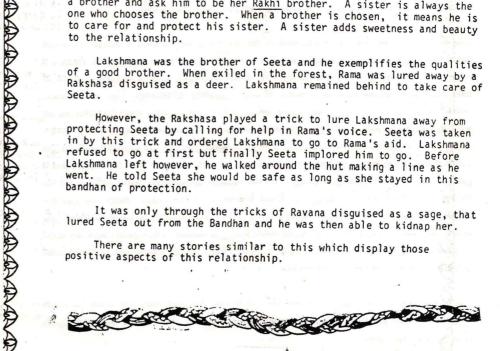
The relationship is a very special one in which a sister will choose and ask him to be her kakni brother. A sister is always the one who chooses the brother. When a brother is chosen, it means he is to care for and protect his sister. A sister adds sweetness and beauty to the relationship.

Lakshmana was the brother of Seeta and he exemplifies the qualities of a good brother. When exiled in the forest, Rama was lured away by a Rakshasa disguised as a deer. Lakshmana remained behind to take care of

However, the Rakshasa played a trick to lure Lakshmana away from protecting Seeta by calling for help in Rama's voice. Seeta was taken in by this trick and ordered Lakshmana to go to Rama's aid. Lakshmana refused to go at first but finally Seeta implored him to go. Before Lakshmana left however, he walked around the hut making a line as he went. He told Seeta she would be safe as long as she stayed in this bandhan of protection.

It was only through the tricks of Ravana disguised as a sage, that lured Seeta out from the Bandhan and he was then able to kidnap her.

There are many stories similar to this which display those positive aspects of this relationship.



Timeless spirit in search of harmony

MARK WILLIAMS

HEN Indian sarod virtuoso njad Ali Khan first sat on a age at the age of 12, he was naware of his musical legacy; all a: knew was he wanted to make his instrument sing.

Khan would soon learn his musi-I heritage dated back to the jurt of the 16th century Mughal nperor Akbar and the singer ansen, considered by many Indiis as the greatest musician who

Legend has it that Tansen's susic had a spiritual quality so ure he could light lamps just by nging, and stories circulate mong Indian dassical music wers of his ending a long drought with a melody so beautiful that the ky cried pouring rain. Tansen assed his profound musical know-: dge on to his sons, who revealed to Khan's forefathers six gener-, ions ago.

After more than 40 years of aying the sarod - a woodendied, fretless instrument brought em Afghanistan to India by his icestors several hundred years n - Khan continues the family



"To be experienced": sarod virtuoso Amjad Ali Khan, left, and his son Amaan

sons Amaan, 21, and Amaar, 19. But Khan says he would be happy if the dynasty ended with them: "As a musician you have to make a lot of sacrifices: it is ... not a normal life. I practise nine or 10 hours a day; it is hard work and I do not wish the hardships I endured upon my grandchildren," he says.

prodigies but the hard work the young men endured to achieve notability was not due to a father's strictness or musical aestheticism: "My wife and I have to push the boys to go out and have a good time, but they are only ever gone a short time before they come back to practise. They have been offered modelling jobs and parts in films but they just want to play music," he says.

Khan believes the music has given them deep values, something he puts down to the spiritual origin of Indian classical music. He says the aim of the music is to bring performer and listener into harmony, while more modern "noisy" music only causes mental and emotional disturbance.

Modest and quietly spoken, Khan is not immune to the meditative effects of Indian classical music himself: "The music detaches you from the rest of the world. I am not part of the noisy, technological, materialistic world - it feels strange sometimes. I feel closer to God and I know the purer my music becomes the purer I become."

Considered one of India's most exhibarating performers, Khan begins a traditional raga, or melody, with a subtle, meditative movement called also. The rags contains a particular ascending and descending order of notes, some of which may be flattened or sharpened as in modal jazz. Each note is introduced to highlight its flavour along with certain key phrases before a rhythm is introduced to a slow melody known a vilambit. Set to a rhythm patter of typically 16 beats - althoug patterns of 12, 10 and seven aialmost as common - the percu sionist solos over the chorus ser tion known as the gat before th soloist improvises continually ovthe rhythm, building its intensiand providing a showcase for ear player's talents.

The piece ends in dramatic fas ion with a quick section known jhala with a series of compl counter-rhythms where ea player tries to outdo the other.

As a visiting professor at Y University in England, Khan has taught hundreds of western classic. students to go beyond their concepof music: "There is no need !. understand any kind of musimusic has to be experienced."

In Australia this weekend 1 celebrate 50 years of Indian ind pendence with concerts in Sydne and Fremantle, Khan and his so Amaan will be joined by a pe cussion genius, tabla-player Zak

Amjad Ali Khan performs in Sydney tomorrow night and in Fremantle on



STOP THE PRESSES!

As many of you know Knowledge of Reality magazine has gradually grown so that it is now distributed in New Zealand and the USA.

The first issue to hit the USA a few months ago sold 300 copies in the first few weeks and was then inexplicably removed from the shelves. The distributor in the USA thought that the magazine was a monthly rather than quarterly!

We quickly corrected that misconception (ie negativity) and the next issue to go to the states

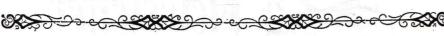
completely sold out in 8 weeks! Over 1,200 copies were sold in bookstores around the USA

and all the sales were direct to the public.

Every one of these readers has now not only read about various "pure knowledge" topics but has also read about Sahaja Yoga too"

The next order for the magazine has now been doubled





FROM NAGPUR (Matthew Stainsby)

2nd August

Doar Mum & Dad & Yogis

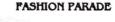
Hi, how are yal. I'm fine. I arrived at Nagpur at 7.00am after 20 hours and 45 minutes of travel. I got the plane to a scorching 35 °C day - this was comfortable according to Jessica and Mamta who picked me up from the airport, and had aiready lasted one summer. We stopped at Baba Mama's house on the way to the academy to have a cup of tea. He was great and welcomed me to Nagpur. Finally, after dodging and weaving through traffic, we reached the academy itself. I slept for half an hour -1needed it after 14 hours straight of video games (Singapore airlines).

The academy is worthwhile, miles and miles of lush green forests; a sudden coolness came over my whole body. What a wonderful place - words can't describe it! There's a river that runs alongside the academy. At about 2.00pm, after a wonderful meal of dhal and rice, everyone went for a swim. It was incredibly refreshing. The local Indians think that we are crazy as Indians never swim. After getting back from the river we all went to a concert. Now, I am going to learn dholak ... this bloke at the concert played a thing called a gautam which looks like a large ceramic pot, but the sounds he could get out of it were amazing. You thought a tabla solo was impressive - wait until you hear a gautam solo - it will blow you away! The instrument comes from North India - we are trying to find a teacher in Nagpur. Baba Mama is on the case. After the gautam player finished I fell asleep after only having about 30 minutes of sleep in about 30 hours. Not even 3 cups of strong coffee could keep me awake! The concert went on until 1.00am. We got back to the academy at 1.30am, but I couldn't sleep due to mosquitoes and ants crawling all over me all night.

The morning was to be my first lesson but due to rain the Jeep could not cross the river. The river is still too high today. Anyway that's my first few days in sunny Nagour. Hope to hear from you.

Love Matt

JILATAM IRH2 IAL



The fashion parade scheduled for 23rd August has been postponed due to the filming taking place at Burwood over that weekend. More information as it comes to hand - probably after Ganesha Puja..



VIBRATED WATER

As requested by many at the Guru Puja at Wamuran (and for those who were unable to attend and therefore missed outs, Fred Millar has provided notes of his talk on "Vibrated Water".

Some 16 years ago, long before I found Sahaj, a close friend of mine who had assisted me financially with some of my inventions and who was, for 36 years, the Chairman of the Victorian Water Board, came to me one day and asked if I could develop a means of purifying MELBOURNE WATER, preferably if possible at the RESERVOIR. I naturally asked why and was told that our drinking water was a poisonous chemical soup with more than 100 different chemicals in it. He also said that he had been informed by his International associates that within 20 to 30 years there will be no unpolluted drinking water any where on earth., above or below ground. I was asked to treat this information as confidential as it was not public knowledge. It is worth mentioning too that the chemical soup problem is not confined to Victoria. It is a problem of varying degrees in all States.

Here is a small example of the chemicals that I was told are present in Melbourne tap water. 1.e - SULPHURIC ACTD, OILS, SOAPS, WOOD PULP, COPPER, ARSENIC, PAINT, PESTICIDES, RADIO ACTIVE WASTES, AGRICULTURAL FERTILISERS, AND A WIDE RANGE OF OTHER CHEMICALS FROM INDUSTRIES.

Not so long ago the NSW Govt, announced concern about the presence of ALUMINIUM SULPHATE in the water supply which has been linked to ALTZIEMERS DISEASE! If you have any doubts about the pollution in OUR/YOUR drinking water, just REMOVE THE TOP FROM YOUR OWN TOILET CISTERN you will see a THICK LAYER OF CHEMICAL SLIME on the inside. The pipes our drinking water comes through, in some cases they are over 100 years old, are also lined with chemical slime.

Drink untreated water at your own risk.

I won't go into detail, but it soon became obvious that the only practical and economical solution to large scale water treatment was to develop a new process to TREAT ALL DRINKING WATER, cheaply, within the household. There is a solution, but that is another story.

WATER

I am sure you know that Mother Earth is covered with 70% water and of the 30% of the LAND. MASS, above the sea, only 10 % of it is ARABLE and we have been basically tilling the same soil for 1000's of years and LEACHING it of the NUTRIENTS we urgently need to keep us healthy. But that is also another story

> Incidentally, our bodies are also 70% water, but where is it all? It may surprise some to know that even our BONES contain water - 10%

BLOOD 90.75% BRAIN has 80.5%. etc. TEETH 13% LIVER 71.5% Well I think that is true of most people but am not sure about mine, some times it goes completely

to water, especially when I have to face an audience. Incidentally, as a matter of interest, Sea Water contains 84 of the 103 known elements and our bodies contain the same elements and in the same proportions. That is of course if you can find unpolluted sca water near the surface. Midway Island is near the centre of the Pacific, yet a recent examination of the young of Albatross nesting there; show that they are already nearing the stage where the thinning of their egg shells, due to chemical poisoning from floating debree, is threatening their future existence.

Cont. on insert