



Michael

Yours sincerely,

With thanks.

what is its purpose.

Everyone should contribute \$50 towards the cost of our contribution to hosting Shiva Puja. Please send your contribution to Radhika Richardson, 195 Burwood Road, Croydon Park, NSW 2133. Cheques and postal orders to be made out to "Life Eternal Trust". Please accompany contributions with a sheet of paper stating who it is from and

Shiva Puja 4, Contribution

Dave Dunphy's estimate is about 300-350 kgs in total. Be prepared to travel a little bit lighter. As we are now the co-hosts of Shiva Puja we should probably arrive in the early morning of the 13th March to be able to contribute to arrangements later that day and during the day of the 14th. This will mean leaving on Wednesday 11th March to be able to stay overnight in Singapore and fly on to Delhi the next day with the merchandise Shri Mataji has asked us to bring with us from Singapore.

Shiva Puja -3, Travel

Shiva Puja will be held in Delhi, India on Saturday 14th March. The Birthday celebrations will commence on 15th March and Shri Mataji's Birthday Puja will be celebrated on 21st March

Shiva Puja -2, Time and Place

Australia has been asked to share the hosting of the Puja with India, and in fact it is not only Australia but South East Asian neighbours as well (in the manner of Ganesha Puja). Australia has been asked to share the hosting of the Puja with India, and in fact it is not only Australia but South East Asian neighbours as well (in the manner of Ganesha Puja).

I spoke with Vinay last Monday while he was in Delhi and he confirmed this was the case and that Shri Mataji would like as many Australians as possible to come to Shiva Puja in Delhi. By now most people will know that Shri Mataji is not coming to Australia for Shiva Puja.

Shiva Puja - 1998

The Glebe public programs have commenced again this year

SAHAJA YOGA

(Spontaneous state of meditation)

Achieve the state of meditation and Self Realisation effortlessly through Kundalini awakening.



As taught by Shri Mataji Nirmala Devi

Classes are on-going and always free of charge. Come along anytime.

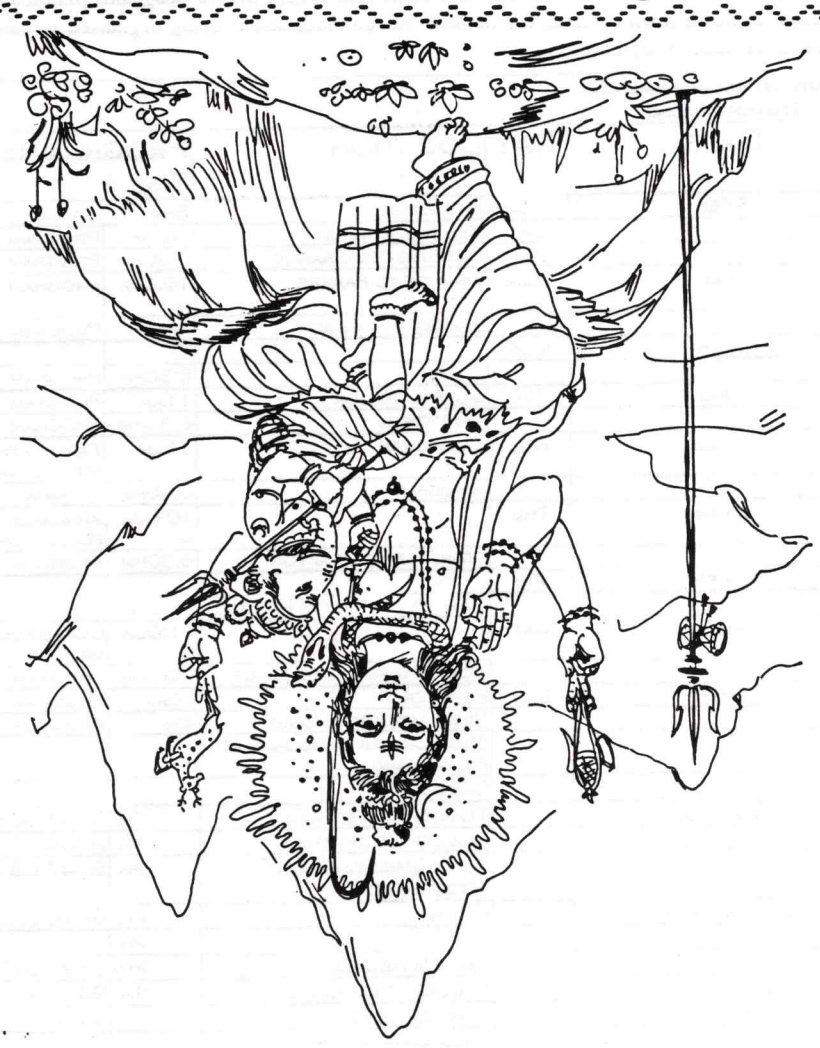
Thursdays 7.30pm
Glebe Neighbourhood Centre, 160 St Johns Rd.

Marguerite Fashion Store

Open every Saturday night after the Burwood programme

I am not bound to win
but I am bound to be true.
I am not bound to succeed
but I am bound to live up to
what light I have.

Abraham Lincoln



Australian Sahaja Newsletter

Contributions: Balraj & Claire Singh Date: 31/01/98
02 9499 2219 Burwood fax 9745 4927

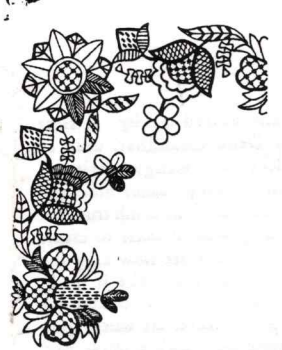
FREE FROM FEAR

I have veered from Yama to the Lord.
My woes have vanished,
Happiness abides within me.
Those who were foes
Have turned into friends,
The evil have become gentle and pious.
Everything that happens
I now accept as a blessing;
I attained peace
When I realized the Lord.

A million afflictions infested my body;
Through my absorption in Sahaj
They have given way to bliss.
He who realizes his true self
Sees the Lord
And only the Lord
In everything;
Nor disease, nor three fevers¹
Afflict him now.

My mind has returned
To its own primal state;
I realized the Lord
When I died while living.
Says Kabir: I am merged
In the bliss of Sahaj;
I no longer know fear,
Nor inspire it in others.

Kabir



Starting on Friday 6th February there will be a series of programs in country centres of NSW, most programs are in or close to towns where established yogis live who will be doing advance publicity and follow-ups with the new people.

This is a great opportunity to help establish Sahaja Yoga in country NSW, get to know the yogis who already live there and have some fun. There are 16 programs planned over 9 days so pick a town or come for the lot! Accommodation is being organised so contact Kevin, Avinash, Toby or Diana.

COUNTRY PROGRAMMES ITINERY 1998			
DATE	DAY	LOCATION	PROGRAMME TIMES
6-FEB	FRIDAY	KATOOMBA	8PM HAVAN
7-FEB	SAT	SYD TO BATHURST	10AM PROGRAM
		BATHURST TO ORANGE	6:30PM PROGRAM
8-FEB	SUN	ORANGE TO PARKES	10:00A PROGRAM
		PARKES TO DUBBO	4PM PROGRAM
9-FEB	MON	DUBBO	6:30PM PROGRAM
10-FEB	TUE	MUSSELLBROOK	11AM PROGRAM
		TAMWORTH	6:30PM PROGRAM
11-FEB	WED	TAMWORTH	11AM TAMWORTH FOLLOW-UP
		ARMIDALE	6:30PM PROGRAM
12-FEB	THU	ARMIDALE	10:00A ARMIDALE FOLLOW-UP
		ARMIDALE TO GRAFTON	6:30PM PROGRAM
13-FEB	FRI	GRAFTON TO COFFS HARBOUR	6:30PM PROGRAM
14-FEB	SAT	COFFS HARBOUR TO TAREE	11:00A COFFS FOLLOW- UP
15-FEB	SUN	FORSTER	6:30PM PROGRAM
		NEWCASTLE TO SYDNEY	10AM PROGRAM
		(PUJA, DINNER & BHAJANS AT PILAW MAIN)	4PM PROGRAM
		CONTACTS	
TRAVEL/FINANCES		TOBIAS PATTERSON	PH: 9457 0030
RADIO ADVERTISING		LIALLYN FITZPATRICK	PH: 9736 1386
MUSIC		JOHN SMILEY/KEVIN FITZGERALD	PH: 9747 0310
EXHIBITION/PROGRAM MATERIAL		KEVIN	PH: 9416 2205
POSTERS		DIANNA REEVES	PH: 019 907720
MISCELLANEOUS		AVINASH NICHKAWDE	PH: 9476 4271
NEWSPAPER ADVERTISING		JOHN DOBBIE	PH: 9416 2373
		AREA CONTACTS:	
DUBBO, PARKES		DOCTOR SUNJEEV & VINOLA	PH: 068 844 075
KATOOMBA, BATHURST, ORANGE		GEOFFREY & RAELENE WRIGHT	PH: 047 824965
MUSSELLBROOK		LISA	PH: 065 412 930
GRAFTON, ARMIDALE, TAMWORTH		DIANA/AVINASH	PH:
COFFS HARBOUR		GRAEME & HELENA	PH: 065 695 153
TAREE, FORSTER		PETER & JO BOLAND	PH: 065 552 719
NEWCASTLE		STEVE HIRST	PH: 049 872 736
PELAW MAIN		KATHERINE & JACQUELINE	PH: 049 375 154



Maha Birthday Celebrations

Come and celebrate Shri Mataji's Birthday with joy by giving realisation to the seekers of Sydney.

As part of Shri Mataji's Birthday celebrations it has been suggested that the Sydney collective have a public programme with a difference on the 1st of 2nd weekend of March.

The programme could include talks from yogis about Shri Mataji's work or individual experiences in Sahaja Yoga, the Vision Video, Realisation, a free "Music of Joy" concert, birthday cake for everyone and lots of dancing!

Everyone can get involved with ideas, suggestions, inspiration and action.

Please contact Brian Bell, Kim Pearce, Gillian Patankar, Avinash Nichkawde or John Smiley and let's give Shri Mataji a present of newly realised souls and a joyous collective!

Children's Bhajan Practice

Due to the country programs there will be no children's bhajan practice for the next two weeks. The practices will commence again at 5pm on Saturday 21st February at Burwood ashram. All welcome.

Very Important Radio Programme, 31st Jan 4:30pm at Burwood, regarding forthcoming projects for Shri Mataji's visits. The music & drama groups are especially needed to discuss some wonderful new ideas for Shri Mataji's blessings. All welcome.

THE UK SAHAJA NEWSLETTER

JANUARY 1998 ISSUE

*"Be joyful! The entire universe
has to receive the bubbling
streams of your love."*

Shri Mataji Nirmala Devi

Shri Mataji's promise to her father fulfilled Nagpur Music Academy unites artists from all countries

Over the autumn and winter period 1996-7, more than 20 Sahaja music and dance enthusiasts were living at the Academy of Fine Arts and Music in Nagpur. Countries represented were Brazil, Germany, South Africa, Canada, Russia, Switzerland, Italy, Australia, India and the UK. If you exclude Antarctica, yogis from all the world's continents were attracted to learn Indian classical music in the centre of India. At present, subjects being followed are in the field of classical Indian instruments like the sitar and harmonium and if you include your voice, learning how to sing Sahaja bhajans properly. Kathak dance was also learnt enthusiastically by some students. Shri Mataji has great plans to extend the subject range to include handicrafts and painting.

The Academy is situated in the house of Shri Mataji's older brothers N.K.P. Salve and V.P. Salve. H.P. Salve, more commonly known as Baba Mama who is running the Academy under the guidance and instructions of Shri Mataji, has bought land just outside Nagpur which is where the Academy

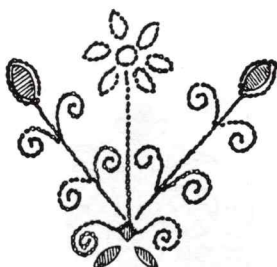
will be situated. Here the land is being made ready for clay and straw huts designed by Shri Mataji with much attention on the huts keeping everyone cool. When we left in March which is still only Spring, the temperature was already climbing into the 40's.

At one of the evening programmes before Birthday Puja, Shri Mataji talked of the importance of Indian classical music in relation to the Music Academy. She mentioned the land that has been bought for the Academy where we will be able to enjoy music and collectivity. She also said that there is no such institution in India for Indians to learn these classical subjects and that they too should come to the Academy and send their children there. She said She had promised Her father as a young girl to spread Indian classical music and culture. There is a river running through the Academy land where Shri Mataji would go with Her father as a child.

The incredibly enriching and rewarding experience of the Academy has helped open my eyes and ears to aspects of Indian classical music which had up to

then totally passed me by. A sitar recital by Debu Chaudhari used to sound like a twangy stringed instrument making rather nice and interesting sounds. This is still true, but understanding what it takes to create such sounds - despite how easy the pundits and ustaads make it look, (every note produced is accounted for and their performances are based upon years of dedication) adds a whole new and important dimension to our appreciation of Indian classical ragas. To appreciate this helps hold the attention and absorb more vibrations.

Sanjeev Lal, Cambridge



TIMES
OF
INDIA

INNER SPACE

Discourses on religion and Philosophy

Awareness through Sahaja Yoga

In March 1988, 160 prominent earth scientists met in California, USA, to debate a bold new scientific theory on mother nature. The proponent of the Gaia hypothesis was James Lovelock who wondered why Mars is too cold for life, Venus too hot, but the earth is just right. This hypothesis looks at the planet as a giant living organism on which all living things interact to maintain stability," says R. Venkatesan, principal economist with the National Council of Applied Economic Research and a follower of Mata Nirmala Devi's Sahaja Yoga philosophy. He says according to this creed an individual is an integral part of collective consciousness. No man is an island, the poet John Donne had said.

"Sahaja Yoga helps the transformation of a person to a higher level of consciousness when the Kundalini (called so because of its coiled form) or dormant force within a person which resides in the Sacrum bone at the base of the spine, is awakened and drawn through various energy centres which describe the awareness levels in the subtle body. The term Sacrum is derived from Greek, meaning sacred bone. The ancient Greeks were aware of this noting that this was the last bone to be destroyed when the body was burnt, and they attributed special powers to it. The priests of the Pharaohs of ancient Egypt often raised their kings' Kundalini for higher awareness."

Adherents of the practice claim that Sahaja Yoga achieves self-realisation by unlocking the Kundalini, which makes the long-winded techniques of purification and the accompanying asanas of Hatha Yoga unnecessary. It enhances balance in the central nervous system, leading to stress relief and mental relaxation, improves concentration and communication skills.

"You learn to manage through detached involvement. While Sahaja Yoga's curing ability is well known and documented, its ability to transform managers into strategists, or aid managers in coping with stress is little known. The contemporary manager has to content with downsizing, re-engineering, outsourcing and benchmarking - which add to his stress level as a result of globalisation. A manager is able to avoid stressful situations when he develops the skill of entering the witness state through Sahaja Yoga. Mataji says compared to swimming in an ocean, being in a boat represents a higher level as you can witness the waves without getting unduly affected. Today's manager cannot restrict himself to merely honing his skills at planning, organising, directing and controlling. He must identify core competence, resource-based strategic management, economic value analysis, etc. Transported to a witness state he can stand by and observe himself in action - unaffected by fear, jealousy and anger. He becomes a strategist whose entrepreneurial capabilities and performance lie more in spontaneity than education, more in originality and intuition than in learning, more in personal greatness than in specific narrow capabilities."

(Mr Venkatesan is co-author of the book Divine Knowledge Through Vibrations. Contact: Sahaja Mandir, C-17, Qutub Institutional Area, New Delhi-110016).

Kshemendra Upadhyaya