at shout no sign, Aguans still not the susob Aguans room house in shatin is still graviable we have and now a regular navous booking. The 9 bedthem happening. Bhayaus next sourceday might milestones, and it is such a bussing to watch neix churcse man in constanese! These are Freda gave her first solo introduction to a working on a thud - all dunese!, and to give intrations to an even newer one while ! hatched a fairly new yogun explaining, how areas. We can thoroughly recommend it out of risharks to run programmes in other ories and suggested that more yogis move Apparenty, shi nextor has made Austrama in for public programmes (and you packed Diging). but already were planning our tust entry wrotpirat to strand 3, ather waste of thoughong, we had a pup there on the last day and sadly the Sharth, Shi khanyin, Shir Madayi Virnada Levi Schaya yega in the loving bundhan of the to Minist housing to John our universal family of they are not materialistic or racist, but air Chura. The real people are openhearted & generous, gave, us such ophnism about sahaya yaga un The whole trup was a great experience & above all marading there. The correspon E fandadism is at the top of the government in chura. After au 1 suppose most of whe him in all levels of business & ain! semice, & but made us think that there must be so many

county. A real gentleman who spoke no English who is the Director of overseas churese afforms of their We sawy in the dout, he met a very pleasaint man and the wind suddenly bles -cost - E playth - as who the slow coun new. We said some manthas The stream of eyelists and poured some vibrated water back to the hotel we stopped on the bridge amidst things in china with chinese money on the way very theriday and homest. It was very special to buy one right. Most things very cheep and the shopkeepers of the communist uniforms! susant & went shopping with hair clips is inbbons - a change hom the days and, it seems, more and more guts in protty diesect We sow the near signs. The people neatly dissert nothing in the windows inst much advertising. - speed and sunsind to sense on which pring the of Hongkony The shops are large inthout much youtwith no high-ise. In fact it was the exact opposite Fields with sumounding will The will was sprawsung with a whole meandering west troung through near of the city and suramidury counting de - very beautiful We were taken up a him, that has panoramic views some sweets for the dildren who took then soleming walket was now and she was so happy!) We had on the way home she showed us how thin her great sector and will come to programmes soon. This Modey! one day. She has of son who is a a special person and I keep unaguing her incoung a generals and dignified way. (She really is quite hous in smoothers of warrant to energent in such she counce as a respected member beauting Bitts and







take it yet. All in good time.

A fantastic week for correspondence— & a long letter from Lyn V, a newsy, cute one from Nort, E a huge one from Deb Keetley. Thankyou so much and I will write back.

We are all well and think about you a lot. Good news about D. Millikin - quite an unusual twist to the story. If there is any information about the India school, please send it to us. Thanks.

Thankyou so much for the newsletters, tapes and so on. We need a new copymaster for the Shri Krishna Rya 91 as our naughty machine ate it the first time it was played.

ate it the first time it was played. Love from all the yog's here, please keep us in your attention sometimes,

> Alex, Kate, Radhuka-Rose & Sadhana + John Cula.

JAI SHIEL MATAJI!



INDIA TOUR

A record 72 people are going on India Tour this year from Australia; and the ladies are for outnumbering the men.

- 42 ladies and 30 men! in all

42 from NSW, 13 from Queensland, 10 from WA, 3 from VIC and 2 each from ACT and SA.



YOU ARE SO SOLICITOUS OF MY WELLBEING.
YOU QUIETEN MY THOUGHTS UNTIL THEY ARE LIKE STILL WATERS.
YOU HAVE COME TO RESTORE MY SOUL.
IT IS YOU WHO SHOWS ME THE PATH OF RIGHTEOUSNESS
THAT I MUST TRAVEL, FOR YOUR NAME'S SAKE.

I KNOW THAT EVEN THOUGH I WALK THROUGH THE VALLEY OF THE SHADOW OF DEATH, I SHOULD FEAR NO EVIL: FOR YOU ARE WITH ME. YOUR VIBRATIONS AND MY KUNDALINI ARE THERE TO COMFORT ME.

YOU MAKE IT KNOWN TO MY ENEMIES
THAT I AM ONE OF YOUR CHILDREN.
YOU ANNOINT MY HEAD WITH THE GRACE OF GOD,
AND CHAITANYA FLOWS UPON ME.
SURELY GOODNESS AND MERCY
SHALL FOLLOW ME ALL THE DAYS OF MY LIFE,
AND I SHALL DWELL IN THE GLOW
OF YOUR HEART FOREVER.







SAHAJA YOGA IN NORWAY

Sahaja Yoga started in Norway recently when Gregoire went there on a diplomatic trip. Some of the Finnish Sahaja Yogis joined him there and held a public programme through which 6 new people got their realisation. This is another step in the spreading of Sahaja Yoga in Scandinavia. JAI SHRI MATAJI.

THE EXTRA LETTER

It all happened because of the extra letter. What letter you might ask? And rightly so! But that is what I'm about to explain.

L.W.Pilkington, that well known firm of printers, had run off one hundred and twenty one thousand Christmas cards, as was their habit in late October of each year.

The trouble was that this year, one of those infuriating errors of the sort that plagues the printing industry, had cropped up.

To their horror, as they completed the last run of this years four colour Yuletide spectacular, some one spotted the mistake.....

The word Christmas had somehow collected an extra letter and had come out as $\operatorname{Christlmas}$!

Well, as you can imagine, there was consternation all round. Who type set the card? Who proofed the card? Who authorised the printing - and so it went on - an exercise in 'buck passing' and 'duck shoving' that would have made the proponents of the domino theory beam with pleasure at the predictability of it all.

Then Herbert Bonfleur, the studious member of the board, announced that it was not in fact a mistake and that his studies on the subject had shown that in the 15th century, it had indeed been called Christlmass.

The confusion this piece of information caused can well be imagined! A full board meting was called for the following Friday and all those who could be held responsible for the alleged error, waited with baited breath and the situations vacant portion of the newspaper in their hip pockets.

The meeting started at 11 AM: at 1 PM, they had lunch sent in. At 2 PM, they called for all the references quoted by Herbert Bonfleur. At 3 PM, there was a phone call from the bishop and at 3.15 PM a phone call from the bank. But still the dark cloud of indecision floated over Pilkingtons like a thunder storm on a hot summer afternoon.

At 6 PM the board made up its_mind. It was not a long and carefully worded decision. It was not one of those masterpieces of blame apportioning and retributive statements that boards are so fond of and so good at! No! It was one word.

It simply said "Noelle."

ORANGE

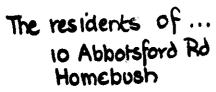
This Sunday (17th November) a workshop will be held at Neighbourhood Centre 79-81 Kite St Orange from 11am to 3pm. All Yogi/s welcome. (We are travelling to Orange on Sunday morning & returning in evening.) Please contact Surrender, Andrew Rohowj or Diana if you require

further details.



INVITATION "T" PARTY







invite everyone to an India Tour farewell/ Christmas Party/Fancy Dress Party!

on Sat. 23 November 7 pm

Dinner provided.

FANCY Dress essential: it must start with the letter T

Tickets \$10 per Adult (Bring Your Own Drinks)

Further details .. 746.9144

(All profits to Shri Matajis Australian Tour 1992)







T-Tickets on sale this Friday at Burwood.

THE KITCHEN PRAYER

Lord of all pots and pans and things. Since I have not time to be A saint by doing lovely things or watching late with Thee Or dreaming in the dawn light or storming Heaven's gates Make me a saint by getting meals and washing up the plates.

Although I must have Martha's hands, I have a theory mind And when I black the boots and shoes, Thy sandals Lord I find.

I think of how they trod the earth, what time I scrub the floor. Accept this meditation Lord, I haven't time for more.

Warm all the kitchen with Thy love, and light it with Thy peace Forgive me all my worrying and make my grumbling cease. Thou who didn't love to give men food in room or by the sea Accept this service that I do, I do it unto Thee!



TAFE

TAFE (Technical & further Education) courses at the Open College Network Tel 3187211 are now open for application (limited places only). Any yogis who have free time may consult the Handbook at Burwood and apply. Limited Fee exemptions are available:

\$460.- Assoc. Diploma Courses \$140.- Certificate courses

SECURIOR AND THE TRANSPORT OF THE PROPERTY OF

Massage touches the traditions of childbirth

A MAYAN Mexican midwife gives an abdominal massage to a pregnant woman as they chat about how the expectant mother feels, while many Japanese women are massaged by their husbands during pregnancy.

From Africa to India, South America to the Soviet Union, babies are routinely massaged during the first few months and years of life.

In our culture, massage used to be a common practice during pregnancy, birth, post-natal care and baby care.

— Englishi midwives would turn breech babies by massaging them into place — until a Caesarian section became the standard practice.

Carroll Dunham, an American anthropologist who graduated from Princeton University, has recorded a A MAYAN Mexican midwife gives

wealth of traditional mother and child care practices in her book Mamatoto: A Celebration of Birth.

Importance of bonding between mother and baby.

Contemporary practices in the

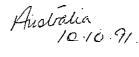
wealth of traditional mother and baby.

matoto: A Celebration of Birth.

She said she had no qualms about the advent of medical science, which has saved the lives of a great many women who might no have survived if massage had remained the onlyway of getting their babies delivered.

But she does feel strongly that in our desire to pursue a more scientific way of caring for our pregnant mothers and children, we have abandoned some important human practices such as massage, touch and breast feeding, traditionally adhered to until a hundred years ago.

Dunham said many traditional practices and rituals of mother care and child care were just common basic sense which emphasised the





An opponent is entitled to the same regard for his principles as we would expect others to have for ours. Non-violence demands that we should seek every opportunity to win over opponents.

~ GANDHI~



YUGOSLAVIA

IS IT TIME THAT ALL SAHAJA YOGIS IN AUSTRALIA PUT THEIR ATTENTION ON AND SHOEBEAT THE DREADFUL SITUATION IN YUGOSLAVIA?

GP dies — live

dropped dead - live on a TV show on healing today. Other medicos on the program tried to revive Dr Vicente Dolz who suffered a fatal heart attack.