

Saturday May 3rd



The Australian Sahaja Newsletter

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A translation
of the Bhajan....

MAIA TERE CHARNO ME (A prayer at Mothers feet)

O greatest Mother if I can receive the dust from your feet
Truly Mother Nirmala my life will be transformed. (chorus)

- 1 Mother, my mind is so very restless
How am I to meditate on You?
The more I try to calm him(my mind)
The more boisterous he becomes.

- 2 Mother, I hear the rain of your compassion
Showers day and night.
If I can receive one drop of your compassion,
The bud of my heart will bloom.

- 3 Mother, you can punish me as much as you like,
But please keep me in your attention
If I ever go out of your attention,
Then I will be without hope.

- 4 O dearest Mother, I have only one desire in my life,
"May You always be in my attention"
Then the meaning of my life is complete.



Photos

If any yogi has photos of the Bhajans group in public program, concerts, pujas etc. (group and \ or individual) from Australia and New Zealand, please send to John Smiley at Burwood. We need a good file of photos for publicity and for going to China. Please write on the back(where the photos come from, and date taken)

Anyone with photos (and negatives) of Shri Mataji to add to the collection of framed photos at Burwood, please contact Peter Brownscombe or John Smiley.

If anyone can locate the talk where Shri Mataji refers to the painting ' Horse Frightened by Lightening' (from a Shri Vishnumaya puja talk?) could they please send details and a transcript of that part if possible to John Smiley at Burwood.

WARRINGAH Health & Leisure EXPO

Curl Curl Youth and Community Centre
in John Fisher Park
Abbott Road, North Curl Curl

following the success of last years realization tent at this expo where approximately 80 people received realization we request your support on...

Sunday, 18th May 1997 10.30 am - 4 pm



On
Saturday 26th April
at 3.00 p.m.
to Meredith &
Matthew Cooper of
Manly,
a girl named Odessa
Rose
♡
On

Saturday 3rd May
at 11.20 a.m.
to Sushma &
Mark Williams,
a boy (7lb 7ozs)

④ The Movie night at Burwood raised approximately \$555.55 for the Bhajan group Travel fund. Many thanks to all and....

only
\$40

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At the same time, you'll be helping our fund-raising efforts!

* Books will be available from next Saturday at Burwood

For more information contact: Gillian Patankar: 9419 8075

THE 1997 LATIN AMERICAN SEMINAR

The first ever Latin American seminar was held March 27 to March 30 at "sítio" Santa Anna near Rio de Janeiro. Over 200 Yogis attended from Argentina, Bolivia, Colombia, Peru, Uruguay, Italy and Canada.

The yogis from Rio hosted the event. The seminar was very well organized with buses taking most of the yogis directly to the site, about an hour out of Rio. The site was beautiful in a lush, green, quiet valley complete with a small river for footsoaking.

The seminar was conducted in a mix of Spanish and Portuguese (Portuguese + Espanol = Portunol?) but no one seemed to have any problem communicating!

The seminar began with a collective shoebeat. It was quite spectacular with everyone sitting in a large circle. There was a Havana on the second day in which we offered the negativity affecting America.

During the day there were presentations and discussion about spreading Sahaja Yoga, the qualities of left Vishuddhi, and the importance of chastity.

The entertainment and music programs included much dancing and bhajans until late in the night. Everyone joyously joined in the singing and dancing.

The seminar finished with a Vishnumaya Puja which lasted until almost 4:00 in the morning. The depth of the Puja was incredible, it was truly at a depth as when Shri Mataji is physically present.

The seminar brought to a new level, the integration of all the Americas, the open hearts and depth of all yogis.

Stay tuned to the Divine Cool Breeze for the complete story on the seminar!

Dear brothers and sisters around the world,

Jai Shree Mataji! In our attempt to foster relations between our brothers and sisters everywhere, we have a desire to hold a Sahaj Seminar in Malaysia on the 30, 31 May and 1 June. The venue is a resort about 50 km north of the capital city, and it is very green and cool (by Malaysian standards) with good vibrations. We would like to invite all Sahaj Yogis to this seminar, the proposed agenda of which is as follows:

Friday 30.5.97

Noon-4 pm Check-in, room allocations, free time
4-5 pm Young uns' time (activities for kids, but free for adults)
5-6 pm Sahaj Commonwealth Games
6:30-7:30 pm Bhajans
7:30-8:30 pm Dinner
8:30-9 pm Collective meditation
9-11 pm Musical Night

Saturday 31.5.97

6-7:30 am Morning meditation, clearing, etc.
7:30-9 am Breakfast
9 am-12:30pm Introduction of participants and updates on all centres + participating nations
12:30-2 pm Lunch
2-3 pm Committees: their functions, activities and plans
3-4 pm SY Treatments
4-5 pm Young uns' time
5-6 pm Physical activity for all (river-trekking, maybe)
6:30-7:30 pm Bhajans
7:30-8:30 pm Dinner
8:30-9 pm Collective meditation
9-10 pm Talking to new people- handling conditionings and different backgrounds
10-11 pm The Adi Gurus- a presentation by the Yuva Shakti

Sunday 1.6.97

6-7:30 am Morning meditation, clearing, etc.
7:30-9 am Breakfast
9-11:30 am Special Challenges to SY in M'sia and the region. Open discussion
11:30- noon Lunch (?) and check-out

Note: This is the proposed agenda. There might be some changes later.

The exact cost has not been worked out yet. We are still trying to get a better rate. For budgeting purposes however, we estimate that it will cost about US\$72.00 or £45.00 for the whole weekend. We need to know the number of people who will come, so we hope that countries with yogis who are interested will elect 1 representative who will contact us via email as soon as possible with these figures. Those who wish to stay longer are most welcome to do so. We just need to know how many are coming.

May Shree Mataji's blessings bring many of you to Malaysia this May!

I hope to hear from you very soon.

Ramesh Tan

Subject: Experience in the Vashi hospital

*** JAY SHRI MATAJI NIRMALA DEVI !!! ***

Dear brothers and sisters,

I just returned from a stay of two weeks in the Vashi Research and Health Center after the India Tour, and want to share with you some of the experiences I had during my stay there.

I must begin by saying that it was a tremendous experience - not only of clearout and curing, but first of all of spiritual growth. The Paramchaitanya is so intense and focused on you once you "check-in" and get your own room - every single day had its lesson and I could see it as a definite step forward in my evolution.

The treatments that were applied were the ones we know and practice at home (footsoak, shoebeating, matka, camphor, 3 candle treatment, etc.) - with these simple techniques that Shri Mataji has put to our disposition everything can be cured and solved. An important thing I remembered were Dr. Rai's words during my first conversation with him - "what we do here is nothing else but to put the patient in balance, and then the Kundalini does the rest".

Some aspects of detail: the cost of a room is at present 1000 Rupees/day, food being an additional 125 Rs/day (or 150 for non-vegetarian diet, which means the lunch or dinner will have an additional meat dish). The total comes to about 33 US dollars per day, which is not expensive at all. The only charge is for the room, there is no charge for the treatment, which is exclusively based on Sahaja Yoga (I have rarely seen Dr. Rai using a stethoscope or checking the blood pressure of a patient). Every room has a picture of Shri Mataji, a small altar with an oil lamp, and all needed supplies are provided for free (oil, candles, matches, salt & footsoak bowls, etc.). However, a few treatments incur a small charge (e.g. 7 limes and chilles will cost 20 Rs, which includes a clay pot and lid to keep them in).

I cannot overemphasize the politeness and readiness to help of the doctors and the whole personnel of the center (needless to say, since they are all Sahaja Yogis). The spirit of sacrifice for the good of the patients knows no limits - the doctors don't care about food if there is any help that a patient needs at that moment (i.e. to be worked on). I have seen Dr. Rai himself coming out of his room to help with a patient even after 9pm, always with a smile and completely detached, compassionate mind.

The discrimination and vibrational power of the doctors there is more than remarkable. I have seen the doctors (especially two Russian yoginis) working on patients practically the whole day, uninterruptedly, one after another, and was amazed how can they carry on without catching, since they always, absolutely always, looked completely fresh. Also, the two Russian yogini doctors I mentioned, although they hardly knew any English at all, were able to communicate with Dr. Rai (and virtually everyone), them speaking Russian and everyone else replying in English! It was really amazing, how one can understand the abstract meaning, as Shri Mataji described, through vibrations.

A typical day at Vashi was being served a cup of chai (tea) around 7:30am, then breakfast and another cup of chai at around 9:30, then the doctors' visit at around 11 (the doctors would check your vibrations and Dr. Rai would decide which doctor will give you the treatment i.e. work on you that day), then lunch would be sometime between 1-2pm, then rest, a short evening doctors' visit around 7-8pm, then sometimes a short collective meditation lead by Dr. Rai with aarti and bhajans, and dinner around 9-9:30pm. Needless to say, all this interspersed with all the shoebeating, footsoaking and meditation you want to have.

And now here's a couple "tips" I have noticed or learned during my stay in Vashi (some of the techniques described below might work for you, some might not - they are by no means the definitive word, but only things to be experimented with):

- first of all, it is important to accept yourself as a patient there, even if you are not ill and have not come to get cured. I made the mistake in my first day to think "oh, it's true that around me there are patients,

myself, I'm all right, I'm not actually a patient here". Consequently, I didn't comply with the common sense rules that patients should not work on anyone or be worked on by anyone except doctors, and they should never go beyond the hospital property. Needless to say, I felt very sick at the end of the day and I learned my first lesson: to have wisdom. Also, it seems that once you accept that you are a patient there, in your own room, the Paramchaitanya becomes extremely active and ready to cleanse you and establish your growth.

- something that the doctors employed extensively to keep themselves clear while working on patients, or in-between, was to say the mantra of Shri Bhoomi Devi with the hands/feet on the ground (or hands towards the ground if standing). I could almost feel the energy going out of their hands into the ground. Also they were asking the patients to do this many times when they were being cleared out or they were clearing themselves out.

- while a patient, it's a very good idea to spend most of your time in your room, in an atmosphere of meditation, introspection and rest. Actually, 95% of my time there I spent either meditating (in which I include footsoaking, shoebeating and all techniques) or resting in my room. Indeed, sometimes the vibrations in your room are better than the ones in the meditation space, since the latter is used a lot for all types of treatments, especially camphor - like a continuous clearout area. I also spent some time in the little gardens of the hospital - absolutely wonderful and meditative in themselves.

- while saying mantras, my attention used to not be in a definite, specific place (i.e. sometimes it would be on the respective chakra, sometimes in the Sahasrara, etc.). I discovered that the best is to keep the attention always in the Sahasrara and not on the respective chakra while saying mantras. I could feel the coolness along my spine and in the Sahasrara if the chakra whose mantra was being said would become clear (similar to the sensation felt during shoebeating when the problem clears out).

- another conditioning of mine that got knocked out was the habit of saying the mantras either 1 or 3 times. As a matter of fact, most of the time when the doctors would work on me they would not say the mantra 1 or 3 times, but twice, 4 times, etc. (I don't know if it was just to knock out my conditioning about 1 and 3, but anyway it worked very well).

- dhooping/ajwaning/frankincensing your room on a regular basis is a good idea (e.g. ajwaning means put some ajwan and camphor in the camphor burner and go around the room, especially in the corners and edges, making bandhans with it).

- I discovered that 3 candle treatment can be done while footsoaking (pretty easy: simply put the candles on the ground, or one on your chair, just behind you).

- for the Ekadesha Rudra mantra, you can make circles with the candle around the head, at the level of the Ekadesha Rudras (above the Agnya but below the Sahasrara). I have noticed an intense usage of the mantras of two of the Ekadesha Rudras: Shri Kartikeya and Shri Hiranya Garbha. For the latter, I was sometimes asked to keep my right palm brought behind my head (right elbow pointing upward), with the fingers and palm on the head, between the left ear and the back Agnya. I don't know where is the place of the Hiranya Garbha, but I know that it worked well (simply made me feel well), even by simply keeping my attention in the Sahasrara while saying it. Also, I "rediscovered" a fact I knew but never applied in practice, namely that the Ekadesha Rudras are represented on the palm as a line (more like a strip) between the circle of the void and the base of the fingers.

- two mantras I never used before, although I had heard about them, are for Shri Lalita Chakra Swamini and Shri Chakra Swamini (for the two chakras between the heart and Vishuddhi that control the hands). I discovered that indeed I had catches on these two chakras and started working on them, especially after noticing that when a doctors worked on the left side of a patient and said all the mantras, they would always mention the mantra for Shri Lalita Chakra Swamini.

I'm sure many things have slipped my memory, but hope that I was able to give a little overview of "staying in the Vashi center as a patient". Dr. Rai said he envisions the Vashi center not only for curing diseases that have become advanced, but also for having yogis come once a year or once in two years, to cleanse themselves and to establish the vibrations of the clearout (Dr. Rai estimated that spending 10 days in all should usually be enough).

JAY SHRI MATAJI !!!

Much love to all,

From your brother Calin