

The Divine Cool Breeze

August 1989



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International Newsletter

|| Aum Shri Nirmala Devi, Namoh Namah ||



"When your attention has got the compassion and the love of another person, then only you can work out the realization of others."

--Shri Mataji, Shri Guru Puja, Switzerland, July 23, 1989

GURU PUJA SYNOPSIS

Switzerland, July 23, 1989

Shri Guru Puja was held in Switzerland at Lago de Braies. During Her puja address, Shri Mataji asked the Sahaja Yogis to desire the development of the Guru principle within them. She emphasized that the awakening, recognition and worship of the Guru principle within is necessary for a true Guru Puja, without which the effects of a Guru Puja will not flow in full measure. In fact, a puja to any principle becomes meaningful only when it is worshipped within.

The Guru principle surrounds the Nabhi. There are hidden chakras in the "Bhavasagara" (ocean of illusion) which connect the Nabhi to the Guru principle. These chakras are to be awakened, enlightened and activated. The Nabhi is the central or pivotal point for the Guru principle. This Nabhi chakra is given to us by our Mother, and those who have their Guru principle awakened are motherly in nature: they are benevolent and take care of others. They desire the ascent of other people and help them to grow.

The limits of the Guru principle are determined by the rotation of the Swadhisthana chakra around the Void. The Swadisthana bestows creativity. Shri Mataji emphasized that a Guru has to be creative in order to inspire others with divine charm. He has to create new personalities out of ordinary people with his compassion.

The energy and force of the Swadhisthana chakra is attention. Therefore, purity of attention is necessary to awaken of the Guru principle. Pure attention has the quality of love. When our attention is filled with compassion and love for another, realization definitely works out. If the attention, on the other hand, is wobbly or engaged in frivolities or criticism of other people, the Guru principle gets wasted. Purity does not entail harshness or asceticism, but it implies concentration on the Spirit amidst temptations and confusion. Those disciples who do not have their attention on ascent are not good for Sahaja Yoga.

Creativity is the aim (laksha) of our attention. Creativity is to create new personalities through giving realization. When we give a realization to another person we see our own image in that person and enjoy the joy of creation. The Guru principle cannot be awakened unless we create many Sahaja Yogis in this manner. As the Guru principle develops, our quality of wisdom evolves. We see our mistakes and focus on rectifying ourselves.

It is necessary that Sahaja Yogis be surrendered and have complete dedication to Shri Mataji. It is our behaviour that influences the behaviour of new seekers and our attitude to our Guru that will influence their attitude to their Guru. Sahaja Yogis are like angels but to maintain their position the development of the Guru principle is essential.

Brahma Chaitanya Puja Synopsis *Munich Germany, July 1989*

This was the first puja in which Sahaja Yogis worshipped Shri Mataji in the form of Paramchaitanya, "the all-pervading power of God's love." Shri Mataji explained that Paramchaitanya does everything. It is the power of Adi Shakti and contains everything within itself. It may appear separated or dislocated, in the same way as we feel that there are differences between countries, but it is actually continuous, working within itself.

It pays special attention to Sahaja Yogis; whatever is desired comes from the Paramchaitanya if we are one with it. This formless energy has all the intelligence, coordination and organization, and above all, it is the love of God and the love of our divine Mother.

To become one with this Paramchaitanya, we have to become the reality. Shri Mataji explained that others' photographs cannot work out Sahaja Yoga because they have not become the reality. A painting of rain will not make anything wet, nor can it make flowers grow. In the same way, we must know that in reality we don't do anything, and that everything is done by the Paramchaitanya. A Sahaja Yogi feels this as truth in his heart, while a non-Sahaja Yogi may understand it, but not feel it as part and parcel of his being.

The Paramchaitanya is divine love. Shri Mataji explained that to us, love means mad behavior. We love our family, our children, which is unreal and unpredictable. But the Paramchaitanya knows how to express its love, and the essence of love is concern or "heet," benevolence. It always corrects us, in whatever form is required, whether appearing cruel or affectionate. It works for the benevolence of the individual and the collective, "and it knows very well what is to be done." It behaves differently with different people. If Sahaja Yogis understand that it is always working for their correction, they will never be disappointed in their lives. Shri Mataji noted that since Sahaja Yogis have found this Paramchaitanya and the connection within, they should stop thinking and worrying, simply jump into it and become part of this reality.

Shri Mataji also explained that horrible things have happened in the past, such as wars and the massacres that took place in Germany, for example, but through them a lesson is taught which makes us more collective and helps to overcome nationalism and racism. After every war there has been a kind of explosive movement toward the knowledge that something is wrong within us. Shri Mataji discussed modern problems such as AIDS, drugs, poverty and ecological problems. She said that leaders do not know how to solve these problems, and that most people are unwilling to recognize, face and correct their mistakes. In this time of Kali Yuga, everything that is ignoble, detested and useless becomes good for people.

At the end of Her talk, Shri Mataji asked Sahaja yogis to pray that "we be more and more aware that we are part and parcel of the Paramchaitanya and we can feel it, we can use it, we can work it out."

Shri Buddha Puja Synopsis

Spain, May 20, 1989

Shri Buddha was Guatama, who was born in a royal family and became an ascetic to see mankind's problems arising out of desires. As an incarnation, Shri Buddha had to reach His enlightenment so that His whole potential could open out in a different way than an ordinary seeker. After that, He realized that one must become desireless.

Shri Buddha taught that man's greatest problems come from ego, which leads a person to extremes. He worked on the Pingala Nadi and stationed Himself on the ego to control it. Christ, Mahavira and Buddha are the Lords, the rulers, of the Agnya chakra, which relates to tapas (penance); They have already done austerities for us so there is no need for us to do them.

The essence of Shri Buddha's teaching was truthfulness, including honesty with oneself. Shri Mataji explained that many people try to escape the truth by giving arguments or explanations to others and to themselves. Sahaja Yogis should know that they are real Brahmans because they have felt the truth of the Brahma, the all-pervading power. As such, they must lead spartan lives.

Those with ego get easily dominated by others with ego. Going blindly along with the latest fashion is an example of this. If the ego is all right, we should have our own character, personality and temperament. When one plays into the hands of ego, the left side is weakened. Then a person has no braking function in the subtle system so the chastity also gets spoiled. This is why Shri Buddha advocated celibacy. Those who are too much on the right side develop complications. It starts with a "What's wrong?" attitude, which leads to dryness, speediness and inability to have children. To bring down ego we must worship Shri Buddha, and to do this we must first respect our own chastity. This can be done in the context of marriage and family life.

Shri Mataji explained that there are three types of people. First, those who are not bothered about others and are overly involved in themselves. They can be very harsh, even cruel, and feel they are the best and the cleverest, but no one likes them. The second type of person is always complaining, thinks he has lots of diseases, and always tells about things in a negative way. The first type of person is over-satisfied, the second type is never satisfied, and the third type is a saint who doesn't know if he is satisfied or not; he just cares about others' satisfaction. This last type was exemplified in Shri Buddha.

Shri Buddha addressed the problems of all three types of people in three mantras. *Buddham sharanam gachami*, I bow to all those who are realized souls. All Sahaja Yogis must be respected and surrendered to as Buddhas, regardless of their situation in life. The next is *Dhammam sharanam gachami*, I bow myself to my dharma, which is Vishwa Nirmala Dharma. For this, we should ask what we can do for Sahaja Yoga. Each person should do every type of work and not criticize others, especially without examining one's own abilities first. The third mantra is *Sangam sharanam gachami*, I bow to collectivity.

Detachment from within is central to Shri Buddha's teachings. Self-realization is the goal, rather than misdirected worship of outside forms. The later followers of Shri

Buddha did not understand this and perverted His teachings, but Sahaja Yogis cannot spoil Sahaja Yoga because if they do they lose their vibrations. We should be beware, however, because the ego can fool us, even to the point of convincing us that we have vibrations when we don't.

Shri Buddha's message of truth is known through our right side, through our attention. We should realize our own "I-ness" as Sahaja Yogis, recognizing that we have felt this universal religion innately and fully believe in it. We must be aware that our lives are for the work of God, and for that we must be pure and watch ourselves. We must not be hypocritical nor cheat ourselves through ego. We should remember the qualities of compassion, hard work, dedication and sacrifice taught by Shri Buddha. "The truth is going to make us beautiful."

Shri Athena Puja Synopsis

Athens, Greece, May 24, 1989

The themes of the first Shri Athena Puja in the history of Sahaja Yoga were integration and respect. Both individuals and entire nations must manifest these qualities in order to evolve. Greece, as the center of the Nabhi of the universe, has shown these qualities in her history and will now lead the rest of the world in these areas.

Shri Athena is Adi Shakti, the One who unites and integrates. To do this, Shri Mataji said She came on this earth in material form in Greece, as Shri Athena, to "create an integrated force which will have the whole chaitanya spread like an integrated force."

Adi Shakti created the Devaloka, the area where the Devas were created, in Greece. (The Ganas were created on the left-hand side in the region of Nepal.) Greek mythology shows that the Greeks knew of the Devas; however, the Greeks brought the Devas down to human level, which was the reason for their downfall.

Greece provides the balance of the universe through dharma in the Nabhi. The special job of the Greeks is to integrate left and right-sided people. The Greek quality of integration can be seen in the life of Alexander who set out to conquer India but turned back. To move towards a goal but recede back if the goal is not pure shows the integrating force at work.

The Primordial Masters had the specific task of creating balance. Abraham, Moses and Mohammad, confronted by ignorance and immorality in people who had gone into the left, had to move to the right. They couldn't let the people try to understand dharma in their freedom. They had to lay down the law and use punishment as an incentive. By the time of Socrates, people had evolved to the point where He could talk about wisdom, honesty, righteousness, peace and other eternal qualities. He was the Master of Logic. Logic is pure, whereas "rationality is blindness."

In Sahaja Yoga, Shri Mataji first gives realization and then talks so that we are able to understand. Shri Mataji explained that there are two types of people: Sahaja Yogis and non-Sahaja Yogis. Some Sahaja Yogis may not be worthy, they may go back, but

they can become worthy of understanding the knowledge. The Kundalini makes us capable; the Sahasrara enables us to absorb the knowledge, see the logic, and verify the truth. All past religions have made money and pulled their adherents towards hell in the name of the incarnation. Sahaja Yogis must pull others out instead of going down themselves.

Greece, as well as Egypt and China, have embodied the qualities of integration, balance, and respect in their cultures and these qualities are still manifesting in places in these countries. But the depth of awareness that India has is lacking. Shri Mataji has come to Greece only now, as Greece has now to grow up to the Sahasrara point; Shri Athena is now in Sahasrara. The Greeks have an understanding of the worthlessness of indulgence. Immorality has come from copying westerners, an effect of the Kali Yuga. But they are still solid and have a respect for women of character, and for the Mother.

Shri Mataji then spoke of respect. Because of the Greek sense of respect, Alexander went to India and grew spiritually. The English, however, were there for 300 years and gained nothing. One must have respect for others, their culture. Once the British sense evolves into true respect, the world will transform. We must "positively respect" other Sahaja Yogis. Respect which comes from the heart indicates a high state of understanding of God. We must respect Adi Shakti from the heart, not in an artificial way. When that happens, we will be transformed completely. We must learn to respect Adi Shakti as the Deities do. Greeks will lead us in this respect.

On the individual level, Sahaja Yogis need to balance themselves by integrating the qualities of left and right. The integrating force of Athena must evolve within the yogis, and Athena must awaken in Greece; then Greece will be purified and will help work out the balance for the rest of the world.

PROTOCOL FOR SAHAJA YOGIS

The following advice was given by Shri Mataji for all Sahaja Yogis.

These are certain points to be kept in mind relating to Shri Mataji's public programmes:

1. The photograph of Shri Mataji is not to be sold to anyone. It is only to be given free to genuine seekers at follow-ups but not at any public programmes.
2. No person (Sahaja Yogi or press reporter) should take any photographs during Shri Mataji's talks at pujas or public programmes unless allowed by Shri Mataji. Sahaj Yogis should be alert to spot and stop anyone doing so without prior permission.
3. No printed materials are to be sold at public programmes unless they are approved by Shri Mataji and intended for public sale. Other books on Sahaja Yoga which are approved by Shri Mataji can only be sold at the centers to genuine seekers. (No printed material should state curative attributes of mantras.)

4. At a public programme no trading activity should be undertaken in rings, pendants, etc. They may be sold only to Sahaja Yogis at cost (without charging any profit.)
5. Any Sahaja Yogi desirous of publishing any books on Sahaja Yoga should take prior approval of Editions Marguerite, Switzerland. All copyrights are to be with Life Eternal Trust.
6. No unauthorized recording (audio or video) is permitted during Her talks at pujas or public programmes. Audio and video cassettes are not to be copied by individuals. These should be bought from the official distribution center.
7. During a puja or public programme no one should extend their feet towards Shri Mataji. It is very disrespectful.
8. Do not close your eyes or give yourself a bhandan in a public programme or puja unless Shri Mataji asks you to do so.
9. Shri Mataji's chair should only be covered (wherever She sits) with an asana (silk brocade cloth) bought for Her for this purpose. No Sahaj Yogi should use any of their personal sarees or shawls for Her to sit on, walk on, or use in any other way. Anything used by Her should be kept aside for Her and not used again by anyone else.
10. On the stage, to the right of Shri Mataji's chair (facing the audience) keep a table with a pitcher of water and a glass (covered). On Her left side keep a candle on a stand. Keep the Virata Chart on a stand on Her left. Keep enough chana ready to be vibrated and distributed as prasad after the programme. No one should sit, stand, walk, or remain on stage during Her talk during pujas or public programmes. To the right of Her chair on the stage, have a table with a cloth and a framed photograph of Shri Mataji. It should preferably be a regular meditation photograph (the black and white one from India in the 'Abhay-Daan' mudra) or any other one; we should be careful not to use any puja photographs. Incense, in a holder, can be lit in front of the photograph. A candle and some flowers or a garland may also be offered.
11. The following are the colors of the chakras to be shown on the chart:

Mooladhara	-	Coral red
Swadisthan	-	Yellow
Manipura	-	Emerald green
Anahata	-	Ruby red
Vishuddhi	-	Sapphire blue
Agnya	-	Pearl white
Sahasrara	-	All colors

In General:

12. Shri Mataji's photograph should not be used as a wall decoration, as a protocol has to be observed with every displayed photo of Hers. On a daily basis, one should wash the photograph (if possible) with rosewater, apply perfume and kumkum, offer flowers, light incense and do puja. If the photo is not being respected Her attention is likely to recede from it.

13. If one finds some consumable item left over after use by Shri Mataji one should not have it alone. Only that which is shared equally amongst all present is prasad.

14. At the end of Her talk in a public programme, Shri Mataji uses a certain method to grant self-realization. We do not have the authority to use the same method. If Shri Mataji is not present in person, a video tape can be played of Shri Mataji leading the process and the seekers can follow the steps from the video.

15. Sahaj Yogis should not leave to represent their center or country to visit another one without prior sanction from their leader. They should not stay in any ashram; their stay should be arranged independently or with a relative or friend. Only persons carrying a letter of request from their leader as a reference may stay in an ashram if the host leader is willing to accommodate the person conveniently, and the daily expenses are met by the visiting yogi.

16. For Indians: Do not use "genda" (marigold) flowers for stage decorations as they are associated with funerals.

17. About the Divine Cool Breeze:

- It is not to be copied, xeroxed, borrowed or lent. Each person should have his own subscription.
- Please keep the editor informed of any new centers that open anywhere.
- A certain portion of the newsletter is reserved for news of events in various centers so please send your contributions.

Harsh Mehra, San Francisco

THOUSANDS ATTEND RUSSIAN PROGRAMS

Shri Mataji has just returned from an historic visit to Russia which marks a turning point for Sahaja Yoga in the West. In Leningrad, 2,000 people attended the public program, and another 2,000 waited outside, unable to get into the crowded hall. The hall in Moscow accommodated 1,000 which left 5,000 waiting outside. Forty Sahaja yogis from different countries were also there. An official news team accompanied Shri Mataji everywhere so that the Russian public has also become aware of Mother's visit. Sahaja Yoga has been officially recognized by the Soviet Government, which sponsored and paid for Her entire trip. Shri Mataji has commented that the Russians are simple people who respect and worship the Mother. She was very pleased with the "miraculous" response.

GURU PUJA Switzerland, July 1989

We came thousand-fold to worship our beloved Mother as our Guru on the shores of an emerald lake tucked within the skirted folds of the Italian Alps. The mountains hugged the lake shores and shot up, sheer to the skies, breaking their metal in the ripples of the waters below as we looked on in awe at the face of our Mother our Guru. Oh! dear God, that we may be so sure and solid in our properties. So pure in our being and crystal clear in our delivery. So Joy-giving in our effect.

We had all been traveling many hours and arrived late into the night wandering the corridors of the vast chalet-like hotel juggling for sleeping quarters with that delicious sense of having entered new dimensions in time, where we knew that our hearts would expand to catch a greater sight of reality. When we awoke to see where we had actually landed, our hearts leapt for joy at the majestic beauty of our surroundings and the morning was spent navigating our way through a glittering sea of a thousand brothers and sisters exchanging news and greetings from all over the world. At one point I turned to greet a smiling face that seemed so familiar...it was my sister Cecilia come from Norway! What a blessing. Jai Sri Mataji!

Shortly after lunch the time had come and we all lined the road approaching the hotel with small bunches of wild flowers in our hands to receive our Guru our Mother. And when She arrived She drove through our ranks like the parting of the Red Sea and we fell back in behind her, tip-toeing to catch a glimpse of the Goddess although every cell in our being could see Her and there were tears of joy in our eyes. There would be a time, Mother had told us, when we would not be able to get near Her for the crowds and it is truly impressive to be at a European puja for you can indeed see that that time is upon us now and we must be fit and ready to receive the many that Mother is sending.

The rest of the afternoon we played in our Mother's lap and droplet by droplet of grace She showered on us and we could hear the echoes of compassion and resoluteness fill our awareness as she cradled the universe and rearranged the stars from Her room on the second floor. We did convene, all of us, to share ideas of how to spread Sahaja Yoga. We heard part of a most inspired tape from Australia entitled, "I Have Been Blessed," of Biblical proportions, which communicated in a very intuitive fashion, using music and prose, a song from the heart of why we are so taken with Sahaja Yoga. This was very fresh, deep and effective and took us away from the humdrum mechanical repetition of the chakra lessons. If only we could learn to speak like that, no one could resist Sahaja Yoga for a second!

The day spun on weaving days within days and minutes before Mother was to join us for an evening of musical entertainment. We made our way down a path to an Austrian-style pendal that looked like a massive airplane hanger on the shores of the lake. A bed of hay had been put down for our comfort. Mother then joined us and there began a wonderful program put on by our Austrian brothers and sisters for our evening in the Kingdom with God. How beautifully they all sang together in angelic choir, lead very sweetly by Marcus. Baba Mama was there too, in fine form, with all the Nagpur musicians that had come all the way from India to play for our Mother and show us the way into the hidden gardens of our spirit. Every time we are blessed to

hear them playing, it transports us into higher regions and shows us subtleties of Divine ecstasy that we never dreamt possible.

We must somehow surrender our egos little by little, to allow the Divine creativity to flow so the joy may be felt. Such an exquisite tapestry our Mother is piecing together for us to unravel, imbibe and become part of. We danced and sang into the wee hours of the night until our Mother bid us goodnight at 4 a.m. saying, "Please keep it up, keep up the joy; the joy that you have got, the joy the others have got and collectively the joy we have had...nobody has business to spoil the joy...let us keep it up...let us have this joy for ever and ever..." We followed Her back to the hotel and fell blissfully to sleep.

The puja was to begin at 11 a.m., but the stage was not ready and neither were we. So the day began in a little confusion catching us off guard and the seas began to churn. You could feel a tremendous undercurrent of movement and unrest as the level of vibrations rose and fell and the puja preparations got underway. They were refined and redefined and dismantled many a time on a glorious stage setting that jutted over the waters. We came and went, trying to settle down. There must have been at least 200 children and together the sounds were of many of us crossing over to the promised land. You could almost hear the livestock! At one point a storm started rolling in out of nowhere. It started to rain and the wind played havoc with the stage awning.

Our attention was so scattered that it was preventing the puja from taking place. Mother very sweetly sent down a message to us that we needed to rest up and lie still, for the puja was to be a long one. Loaves of bread and cups of tea were somehow handed out to a thousand of us! Still the storm within was not settling and Mother sent down another message that she wanted us to have a havan in the middle of the tent. Yogi Mahajan read the 108 names of Guru Dattatreya which were so grand and sobering that we were able to work out some of the obstacles and the fire purified us sufficiently to get to the stage where we could really worship. Shortly after, the rain stopped and our Guru was able to come to be worshipped and awaken the guru principle within us through granting the tremendous blessing of being able to perform Guru Puja. It was now 6 p.m.

Mother's talk was so great and full of new and vital information about the connection between our creativity and the guru principle which all comes out of our mothering energy of compassion. It is the attention purified by love that gives us the dynamism and strength that we need to communicate Sahaja Yoga and bring the disciple across the Bhavasagara with love and proper direction. She likened the relationship between the Guru and his disciple to that of a Mother and child: we must be perfect, loving, firm and, above all, sincere.

The puja was so very powerful and came to a close well into the night with the beautiful ceremony of gift-giving which ended when Mother was asked to vibrate a map of the world which was slipped under Her feet. To see one foot on America and one on Russia was quite awesome. Oh! dear God, may we surrender to You as the emerald lake to the mountains, so still and dynamic and full of respect. May we feel the oneness with you in whose image we were made and may You be proud to be our Mother.

And so another page turned and we came away full of vibrations and with new unfathomable depths of understanding to meet the world and help our Mother transform

it and all mankind within. But there we were for one split moment in infinity standing on the shores of Braies, to anoint our Guru, where men of all races had come together...and it felt so good!

Thank you dear Mother, we thank you again and again and to all of you brothers and sisters in Munich and Austria for taking such good care of us we thank you, too. And we want you to know that we love our mantra books that you gave us so sweetly. They are great.

Babette Watson, New York

THE JAGRAN OF THE VISHUDDHI

After Shri Mataji boarded Her plane for London at the end of the amazing 1989 America Tour, Karan, the new leader of the USA, gave us an inspiring talk at JFK Airport in New York on the new dimension that this visit of Shri Mataji opened for all of us worldwide. Indeed, a few hours earlier, Shri Mataji had declared, "I gave jagran to the Vishuddhi."

Jagran means, She said, full jagruti, full awakening. We may now expect, as a consequence of this, that the aspects of Sahaja Yoga's communication, manifestation and expansion will reach a new level of dynamism, not only in North and South America but in all countries of the world. This, brothers and sisters, is the promise that the 1990s are going to be a tremendous decade for Sahaja Yoga, to carry mankind in the second millenium of the Revelation of the Adi Shakti. Jai Shri Mataji!

Gregoire de Kalbermatten, New York

CHILD OF LOVE

Have you loved your Heart this day?
Held It like a tender child
Beheld pure innocence at play
Shared Its laughter bold, yet mild.

Have you turned your eyes within?
Seeing Goodness spread Its wings
Breathing deep, the cool soft Wind
Thanking Love for all good things.

Have you felt Her Lotus Feet?
Caress the child who dwells within
Bathing It in Amrit sweet
That flows as Joy from Love's Ocean.

Have you loved your Heart this day?
Have you sung Its song of Bliss?
Take this moment now to pray
That we may all, now share in this.

Edward Saugstad, Vienna

A New Ashram in Vancouver

By the Divine Grace of Shri Mataji Nirmala Devi, following Her visit to America in June, the Vancouver collective has found a new residence and effective immediately the new mailing address will be as follows:

Post Office Box 27006
1395 Marine Drive
West Vancouver, B.C.
V7T 2X8
Canada

Phone (604) 921-9946

The new ashram is situated outside of Greater Vancouver area, to the north and up the coast about forty minutes drive from the core of the city. It is a small village called Lion's Bay and is nestled on the side of the mountain overlooking the sea. Immediately to the north, and within hiking distance, are the two mountains known as "The Lions" which look down upon and guard the city of Vancouver.

We feel very blessed to have found such an ideal location and hope that by Mother's grace, the new ashram will become a gathering point for many of the new people to come and deepen their understanding of Sahaja Yoga.

We hope many more brothers and sisters from other centres will again visit and if anyone is interested, please call or write ahead so that we can give specific directions and the street address. (We have not included this since there is no mail delivery in the area and we don't wish to confuse anybody by supplying two addresses.)

Our doors are always open and all are welcome.

BY OUR MOTHER'S HOLY GRACE, AND OUR COLLECTIVE DESIRE, MAY AMERICA COME UP!

JAI SHRI MATAJI !

With much love,
Lori Wills, Vancouver

SHRI MATAJI'S ITINERARY

(Subject to change)

September 8	Leave London for New York
September 9	Arrive in Los Angeles
September 10	Public Program in Los Angeles
September 14	To New Zealand
September 18	To Australia for one month

ANNOUNCEMENTS

- ** Shri Mataji has asked all professional Sahaja Yogis to write on their letterheads about the scientific and logical method of Sahaj Yoga and how they came to Sahaja Yoga and improved. She has also advised that all Sahaja yogis whose jobs have improved or have had better married lives since they have come to Sahaja Yoga, or have got out of possessions or traps of false gurus, should write about it to their center leader. All those who have been physically cured of any diseases should write about their experiences with all medical documentation and doctors' opinions, if possible, from diagnosis to cure. All others who have benefited in any way financially, emotionally, mentally, or spiritually should also write a letter of thanks to Her and give it to the leader.
- ** Dr. Deepak Chugh, an Indian Sahaja Yogi, has just received his M.D. degree based on the physiological effects of Sahaja Yoga.
- ** A new ashram has just been established in Queens, one of the five boroughs of New York City.