The Geography of The Virata

Ida Nadi - River Ganga
Pingala Nadi - River Yamuna
Sushumna Nadi - River Saraswati

Ladies from the Adelaide Collective enjoying a recent get-together

I.S.P.S. and Prinicipal win Prestigious Awards

I.S.P.S (International Sahaj Public School) Dharamshala has been recognised as the Most Influential brand in Education by Asia One Magazine. ISPS Principal Mrs. Gagandeep was also recognised as Most Influential Leader in Education.

Many congratulations to the principal, teachers, non-teaching staff, parents, students and school management.

Based on the teachings of Her Holiness Shri Mataji Nirmala Devi, Sahaja Education, while striving for excellence in an internationally recognized academic curriculum, envisages the development of the child in an atmosphere where the students imbibe the timeless and unchanging values which come from inner awareness, and are not subject to the vagaries of fashion, religion or national culture or mindless competition.

It is a well-rounded education, with lots of exercise, many creative and expressive outlets, a great deal of collectivity but perhaps most importantly plenty of Sahaja Yoga meditation.

The focus of Sahaja Education is on developing self-respect which leads to respect for others, a love of Nature, care for the environment, gentleness, nobility, honesty and wisdom; essential assets for the great adventure of life.

This is a proud moment for staff, students, alumni and Sahaja Yogis around the world to reflect and acknowledge Shri Mataji's amazing vision and celebrate this recognition.

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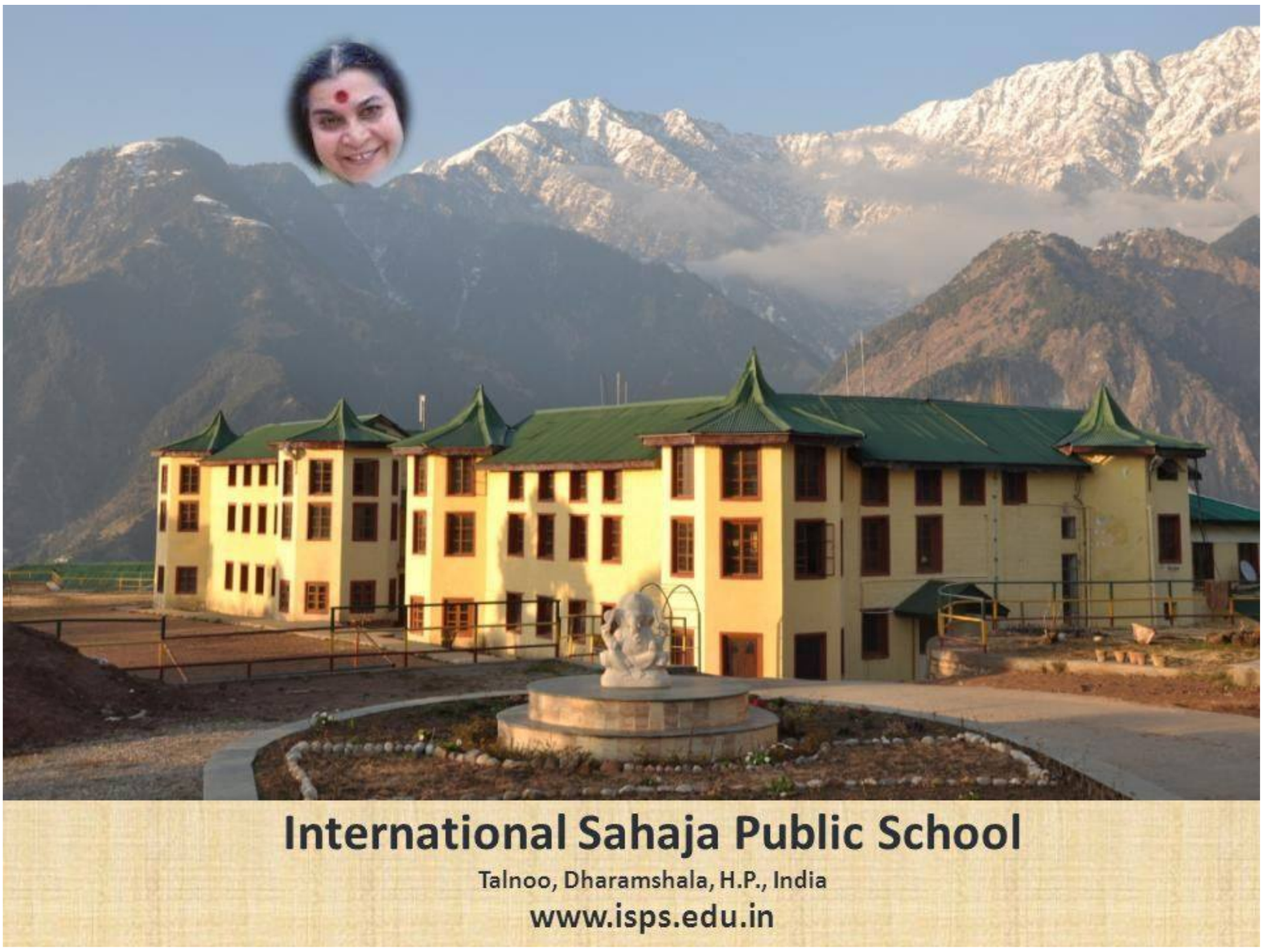
The Australian Collective offers our heartiest congratulations to everyone at and involved with the School in achieving such recognition for Her Holiness Shri Mataji's vision and creation for all the young angels.



Auspicious Rain on Uluru

A spokeswoman from the Ayers Rock Resort said rain had been flowing down the iconic rock in what was "an incredible sight".

It is thought that less than 3 per cent of tourists to the area ever get to see rain at Uluru. "The rich ochres on it kind of turns it a steely grey," the spokeswoman said.

She said it had been an unusually wet winter in Central Australia and there were large numbers of wildflowers in the area.

Natural and cultural resource ranger at the Uluru-Kata Tjuta National Park, Lauren Hook-Walker, said the large amount of rain had caused birds to descend on the area because the Spinifex had begun seeding, and frogs that had been in hibernation underground had come to the surface.

Senior meteorologist with Weatherzone, Jacob Cronje, said 16 millimetres of rain had fallen at Uluru in the 24 hours to 9:00am on Tuesday.

The last time it rained that much in a single day in August at Uluru was back in 1986, Mr Cronje said.

Link to video
http://www.abc.net.au/news/2016-08-30/rare-sight-of-rain-flowing-down-uluru-captured-on-video/7798252 CLICK HERE

VIDEO: Shri Mataji Playing with Dandiya Sticks 19-08-1990 Shri Krishna Puja, Ipswich, UK

CLICK HERE

UPDATE

We extend an open invitation to all Sahaja Yogis to take part in the India Tour 2016–2017

Jai Shri Mataji!

We need to finalise the group flight bookings from Sydney-India next week due to traveling to and in India in peak season.

If you can start your journey from Sydney we need your passport details by the 14th August. If you are travelling from any other city you can organise your own flights and travel arrangements to meet us at Delhi on the 24th. We would request a photo of your Passport Id by August 26th to commence the train and domestic flight bookings in India. You can also come for part or all of the Tour as circumstances permit.

For many Yogis touring countries and spreading Sahaja Yoga with the collective is one of the peak Sahaja spiritual experiences both from the perspective of one's spiritual ascent and development. To be a witness to Shri Mataji's Nirakara form, seeing Her Love transform the world before our eyes. Yogis who take part come back transformed in a better ways for the experience.

The pilgrimages leave a long and lasting impression being part of something which is much greater than ourselves.
Such is the power of Shri Mataji's All Pervading pure and true love. The impression left in our heart is long lasting, and when revisited throughout our life continues to give joy.

Twenty five years ago while touring Australia Shri Mataji said one day we would all be touring Asia together. Collectives joining and working together. That we would all be following in Her footsteps. Taking up Her work. The joy we feel is perhaps the most uplifting when we align ourselves with a long planned Divine design. All of this was preordained. This story was written long ago that we would seek to follow in Shri Mataji's footsteps and to help spread Her message to all the seekers of the world.

It is with this spirit that all Yogis are invited to join the India Tour this year. Attached is the India 2016-2017 Tour Schedule which is close to complete with Program details and Travel arrangements. The main group departs from Sydney on Malaysian Airlines on Dec 23rd (see below). We are likely to be leaving Mumbai on January 15th as Jan 14th is Makar Sankranti celebrations in Mumbai .

These are the Flights we are looking to book. We are renegotiating with the Airline as we missed our initial booking deadline. It should be in the range of $1700 to $1800 for the flights. The ground fare works out to be around $50 a day. The three week Tour Ground Fare should be around $1000.

Departure
MH140 M 23 DEC SYD KUL then MH190 M 24 DEC KUL DEL

Return
MH195 M 15 JAN BOM KUL then MH141 M 15 JAN KUL SYD

We have set aside a block of tickets for December which we need to book as soon as possible if we are going to hold the bookings and secure the seats as it is peak season. To book your seat, if you have not already done so you will need to take a photo of your Passport ID page and email it to ckyriacou@gmail.com .This is needed for the Flight bookings.
We also have to plan for the train bookings as it opens up online soon and we need to allocate our seats.

This really is a Sahaja Yoga tour and the more Yogis we have from all States of our wonderful country (and internationally) than better!

Overseas Yogis can join us for the Tour in Delhi.

Sincerely

Sahaja Yoga India Tour 2016 - 17 Team

Contact Chris Kyriacou: ckyriacou@gmail.com

Please CLICK HERE to see the Tour Schedule

After 35 years HH Shri Mataji's Shri Ganesha statue is still emitting strong vibrations

April 4th 1981

On Shri Mataji's first visit to Australia, She stayed at Diana Reeves' mother's apartment in Drummoyne, overlooking the Parramatta River. We had the Burwood Ashram, but we had only had it for about 2 weeks when Shri Mataji came and it was crowded with yogis. We had people sleeping on the leaky, laundry floor, a yogini in the pantry and the Girls' Dorm was wall to wall bodies, impossible to get out of bed without stepping on someone.

We had prepared a room for Shri Mataji, where She took Her afternoon rests, but at night She stayed at Drummoyne and two yogis and two yoginis were rostered to stay with Her each night. (One evening when I was there, we were looking over the river when Shri Mataji asked what the river was called. One of the yogis said, "The Parramatta River Mother." She replied, "Ah the Mother Beyond! They knew." It was one of those silent moments.)

The morning of April 4th, Shri Mataji decided that She would prepare for the Puja at Burwood. So She arrived and was in Her room, when She asked for some yoginis to come to Her. There were about four of us close by, who were ushered into Her room.

When we entered, the room was empty and Shri Mataji called to us from the bathroom. There She was, sitting on a chair holding a small bowl of what looked like clay in Her hands. She asked us to rub this into Her arms. When the bowl was empty She scraped the paste off and gently molded it into a tiny shape. "This is how Shri Parvati created Shri Ganesha." She said to us, holding up the tiny model. We were then told that we could leave Her and we quietly backed out of the bathroom. At that time I had no comprehension of the greater symbolism of this scene. So many incredible things were happening to us and around us, we were just watching.

Later that day we had the first Shri Ganesha Puja that we have all seen on DVD and where the photo of Our Mother as Shri Ganesha was taken. The room was full. It was the raised part of the now large meditation room at Burwood, which at that time was a separate room wIth windows looking into the lower section. We were very squashed, no mike, people ringing the door bell, dog barking, children running around and yelling, someone asking Shri Mataji to speak up, for some their first Puja and there was Our Mother, just love flowing, smiling at Her children, working so hard for us all, complete patience and love. She explained the story of Shri Ganesha and asked us to learn the protocols of being in Her presence.

Shri Mataji called all those who had never had the chance to wash Her Feet to come up to wash Her feet during the Puja and after the Puja She worked on all those who had come for the first time. Her patience was endless.

That little statue is now 35 years old and still emitting vibrations. Still emitting vibrations to help us in our ascent.

Jai Shri Ganesha, sakshat Shri Adi Shakti Mataji Shri Nirmala Devi

Sahaja Yoga Collective in Canberra celebrates International Youth Day – Sunday 7 August 2016

The celebration of the International Youth Day on Sunday morning 7 August 2016 at Mother's Ashram in Canberra proved to be very successful in more ways than one with 3 new people coming to our Centre for the first time and two young people who have attended before following up from previous workshops. Most encouraging to see were the multiple number of breakthrough firsts (4 in all) occurring at our advertised workshop.

The previous evening we had spontaneously decided on the structure and who would be the key note presenters keeping to the theme of youth both young in heart and appearance. A first as our normal approach is to plan and organise a few days ahead of the event.
Overall the workshop went very well with 3 youthful looking presenters running the entire program.

A Yuva Shakti volunteer introduced the workshop giving an overview of his experience in Sahaja Yoga, a little bit of information about the subtle body and the benefits of meditation thru daily practise. Not only did Purnanand give his presentation but also participated (on guitar) in the collective bhajans group later on. Another first for the Canberra Collective for the yuvas at an advertised workshop.

A relatively young married couple (for whom time has stood still in terms of youthful appearance) presented the next few sessions of the workshop. Young Phillip County gave a more detailed presentation about the chakras and subtle body followed by self realisation and a short meditation.

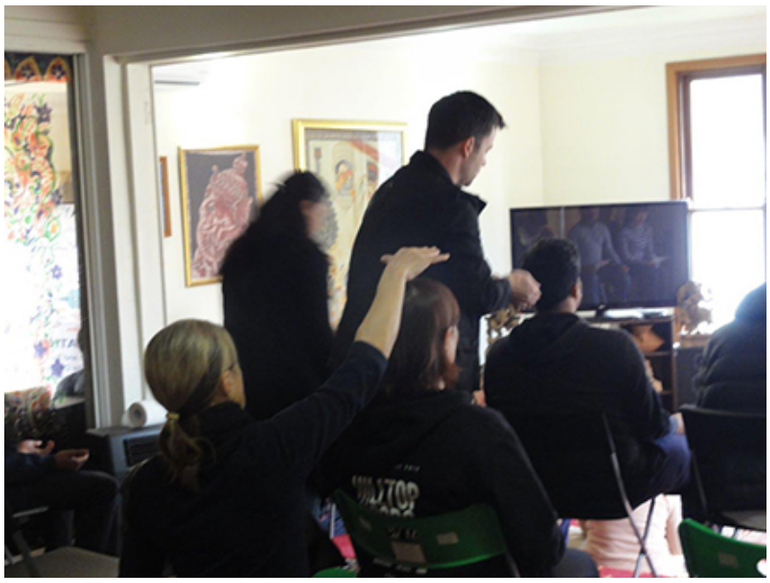
We then watched about a 20 minute segment of a talk given by Shri Mataji in March 1990 at the University of Sydney during which Mother drew our attention to the differences in lifestyle between India (which from ancient times has a climate supportive of an outdoor meditative lifestyle) unlike some western countries where the nature is somewhat more challenging.

This was followed by a footsoak guided by Mr County's wife who took us in to the meditative state thru clearing the left and right side channels and cooling the right nabi (liver). Having balanced our left and right sides and cooled down our livers we then gently guided to hold both hands above our laps towards Shri Mataji's photo to see how much clearer we had become.

The fourth part of the session was an exchange of vibrations to assist the new attendees become more sensitive and aware to the energy flowing thru their now awakened subtle instrument. Whilst this was occurring we had our local group Sahaj Rhythms singing some now, very familiar songs, being Pita Nah, The Spirit Never Dies, We are the Children of the Earth Ending with Jago Kundalini Ma.

The established yogis then mingled with the new people enjoying convivial conversation about their meditative experience and encouraging them to follow up at our weekly programs around Canberra. Thank you very much from our hearts Shri Mataji for all these wonderful breakthroughs You gave us in the presentation and expression of Sahaja Yoga that occurred on this auspicious occasion of the celebration of the International Youth Day at your ashram in Canberra.

With love from the Canberra Yogis



Cabella Newsletter – July 2016

These weeks between the Guru Puja and the festival Culture of the Spirit are such a blessed period of the year! The river of Love is at its utmost and overflowing here, in the Yogiland of Cabella, where one is drenched into the vibrations and the joy. Let us all be fully aware of the great chance we have to live together these exceptional moments of bliss! Rather than being blasé, let us all try to feel and follow the tremendous beauty that our Mother is pouring so generously in our lives!

Festival
Culture of the Spirit

30 and 31st of July: two intense days of joy, with music and dance everywhere. We are happy that nearly 100 new comers obtained their Self Realization, as this is one of the main purposes of this event.

We will only mention a few of the very great musicians present here: Anandita Basu and her deep sufi devotional songs, Rachelle Jeanty on beautiful jazzy rhythms, the bansuri master Shaktidhar, the amazing ghatam (anfora) player Giridhar Udupa, Tanya Wells singing sweet ghazals, the well-known Indialucia group playing flamenco fusion and Indian music and of course the divine sounds of the Divine Symphony Orchestra.

Great and beautiful dancers also: Kinga Malec the Kathak, Valeria Vespaziani the Bharatanatyam, Siddhi Basale the Kuchipudi. Filled with wonder, we watched Shaina's spectacular performance of Poi fire and we all danced the Bhangra at the end of the festival! Yes, it is all about the flow, being in the flow, dance within the flow...

Art Academy

One thing is for sure: every yogi(ni) should at least once in life come to the Art Academy and attend some classes. The enthusiastic and great-hearted members of the theatre company TEV (True Eternal Values) again this year offered us the opportunity to discover or to develop a new talent.
For nearly two weeks, from the 19th until the 28th of July, we could attend a very wide range of courses: different kinds of music, dance, theatre, painting, knitting, breathing technics, ayurvedic massage, aikido, photography, design and so on and so forth, we definitely don't have enough space here to enumerate them all. It is not only about the content of the classes, the generosity and the competence of the volunteering teachers, but also about the subtle interaction between all those present here. There is such a joy, such richness in the exchanges, such beauty in the spontaneous encounters that you may have! But of course, one should experience it to really understand its value.

Guru Puja

On the 17th of July, over 2 000 yogis and yoginis from the four corners of the world celebrated a majestic Shri Guru Puja in our newly transformed temple (originally called the hangar). Two days later we also enjoyed a beautiful Shri Guru Purnima Puja with less participants but with strong vibrations.

Wellness Camp

The Wellness Camp continued during the summer until the Guru puja. Yogi(ni)s from different countries in search of an oasis of peace found here a place where they can fortify themselves so that when they go back to their homelands they can spread this energy of love and benefit to all around them. For many of them it was not the first time they were coming. Nor the last...

Cabella International Sahaja School

We are delighted to announce you that Cabella International Sahaja School will be reopening for the academic year 2016/2017. Since the administrative issues have been taken care of and Cabella School is now fully compliant with all the necessary norms and regulations of the various government authorities, the board of the World Foundation has decided to reopen CISS. We would like to invite all the parents who are interested in sending their children to Cabella School for this academic year to pre-register here.

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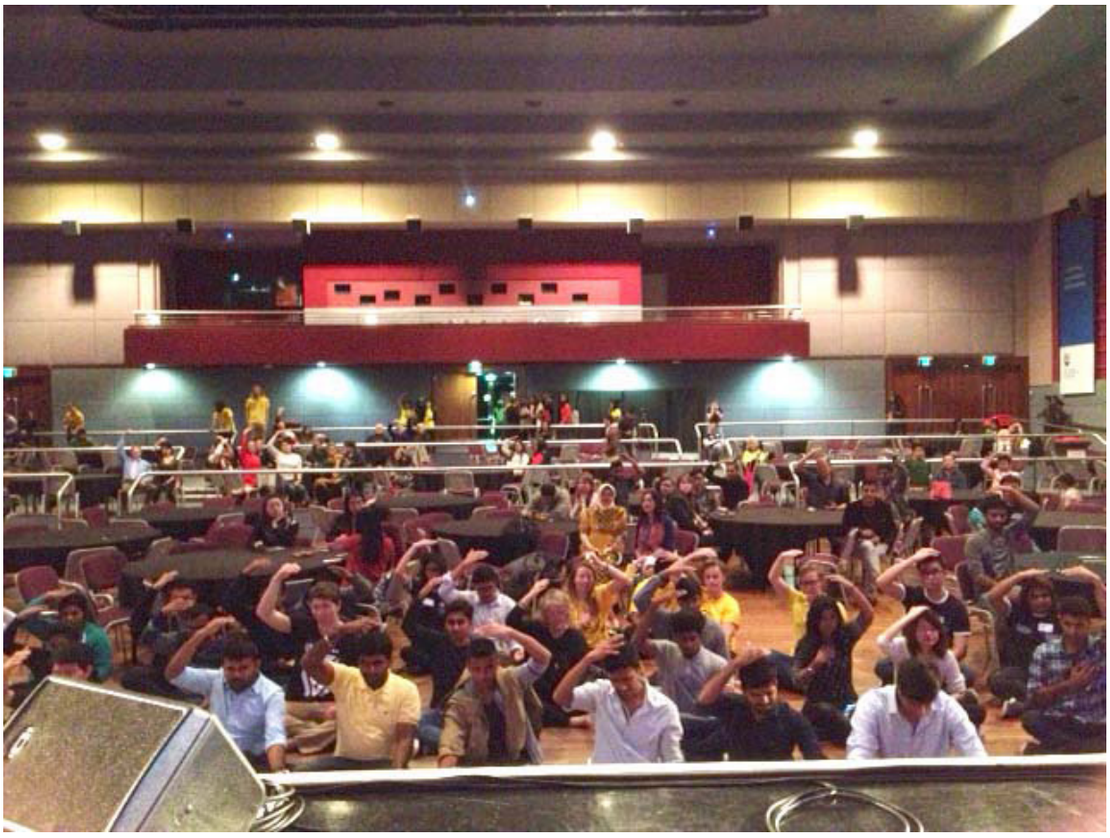
www.sahajaworldfoundation.org

Our mailing address is:
Shri Mataji Nirmala Devi Sahaja Yoga World Foundation
Via Martiri della Liberta 11
Cabella Ligure, AL 15060
Italy



Wollongong University program

Jai Shri Mataji!

Through Shri Mataji's blessings, a large group of Sahaja Yogis attended the welcoming night for international students at the University of Wollongong on the 8th August.

Having appeared at the university as Music of Joy several months ago, we were invited back to present music and meditation for an event attended by 400 international students.

The audience was extremely responsive and appreciative, dancing joyfully and enthusiastically and then with equal attentiveness, sitting cross-legged on the bare floor to receive self-realisation and experience a deep meditation.

A number of students took the details of the coming Hornsby program, so we hope to see them again.

We look forward to future programs of the same kind at universities and elsewhere.

With love from the yogis involved in the Music of Joy events.

"Divinity is not a fashion. It is the way of life.

It is the need of your being.

You have become that."

****

"Freedom is when you really get your own powers which are within you,

in you central nervous system and in your conscious mind.

You must feel the existence of the Spirit."

HH Shri Mataji Nirmala Devi

New NSW State Councillors

Dear Family,

Jai Shri Mataji!

We are happy to advise that the attached letter containing the names of the new State Councillors for New South Wales was recently offered at Shri Mataji's Divine Lotus Feet at Nirmal Dham.

The letter was offered seeking Her Divine blessings for the new Councillors and the wider Australian Collective.

The new Councillors **(Jenny Zappavigna, Lisa Barron, Minakshi Pearce and Andrii Grybovskyi**), selected on vibrations, will now take up their positions with a 'hand over' period now commencing. It's important that we sought Shri Mataji's blessings before advising everyone.

We thank all those offering their names for consideration and those assisting with the process, including all the Yogis at the National Guru Puja Seminar at Wamuran.

We sincerely thank Michelle, Kabir and Andrew for their heartfelt and dedicated service to Shri Mataji and to the NSW Collective for 3 years.

We thank Shri Mataji again and again for guiding us through the vibrational selection and indicating Her choices. We ask that all Yogis support the new Councillors as they take up their new roles.

Love

Lyn and Andre on behalf of your Australian Councillors

Dear Holiness Shri Mataji
We humbly offer the following names and seek
Your blessings for the new New South Wales
State Councillors all being chosen by
vibrations and involving all of the Australian
Collective present at the National Guru Puja
in Wamuran, Qld.

Ms Jenny Zappavigna
Ms Lisa Barron
Ms Minakshi Pearce
Mr Andrii Grybovskyi

We offer all of these Yogis at Your Lotus Feet
Divine Mother and request Your attention on
show that they may be Your vehicles in
sustaining the Collective and that they act as
Your instruments to create a loving nurturing
environment for the Collective to grow in their
Spirit.

We also seek Your Divine blessings f
Australian Collective, and th
their love and full vibr port to
the State Councillors in t

Wamuran Redevelopment Project

Dear Yogis,

Jai Shri Mataji!

A great weekend of unending warmth was enjoyed with the celebration of the 18th National Guru Puja at Wamuran. It was a weekend that was all Sahaja, hosted by the great open heart of the Queensland collective, of which we are all so thankful!

To the delight of all present, the Wamuran Redevelopment Project was launched on Saturday night, the first phase being a redevelopment of the Puja Hall. A second phase will be to extend the existing house as the Brisbane collective grows.

Twenty years ago, when leaving Brisbane following a Tour, Shri Mataji gave a talk at the Airport (extract attached). The Brisbane Airport Talk was only recently uncovered and translated from Marathi with Shri Mataji's clear instructions. Shri Mataji asked us to work on the Puja Hall to remove and replace the tin with brick.

https://vimeo.com/57417421 CLICK HERE

After much discussion and good will over the weekend, as a collective we decided that we would carry forward with Our Divine Mother's original request and complete this long requested task. Shri Mataji spent a night in the Puja Hall and She spoke to the Yogis on the verandah (a much loved talk from 1994).

The Puja Hall will need to be demolished and rebuilt (following the existing footprint) to make the changes directed by Shri Mataji. This rebuilding will address the structural implications, and also accommodate the spatial needs, the functional requirements, and the aesthetic aspirations of the collective. The rebuilt Puja Hall will also be integrated with the existing house.

The launch of the National Wamuran Redevelopment appeal on Saturday night was a truly magnificent expression of Sahaj love. $14,000 was raised in donations, with representatives from each state in attendance opening their hearts and donating generously. Thanks to the winner of the Cabella Raffle who then donated the Prize back to the Redevelopment appeal!

We are so blessed with the number of country and city properties which we all enjoy. Whilst we need to look after these special places and maintain them and ensure they are in good condition for Yogis to enjoy Shri Mataji's vibrations and the Collectivity now and into the future we are also going to ensure we comply with all legal and health and safety standards. We are beginning this work at Mother's Wamuran property in Queensland and intend lookingat all our properties to ensure we comply with health and safety requirements as well as attending to any identified maintenance works.

This is the first major National Collective Project since the Burwood Project in 2007. As the National collective supported the rebuild of Burwood at its time of need, it is the right time for the Australian collective to support this great Project, setting Wamuran up for the future. The Queensland Collective is growing and this is a fantastic opportunity to cater for a growing collective.

The bank details for the Wamuran Building fund account for those wishing to make a donation are included. We are asking that yogis use the description/reference **'150'** on any electronic transfers for accounts that do not allow words for the reference.
If they can use words, then **'Wam Bldg'** would be fine.

Bank: ANZ Burwood Branch – NSW
BSB: 012 245
A/c No. 3491 53587
A/c Name: Life Eternal Trust National Projects Account

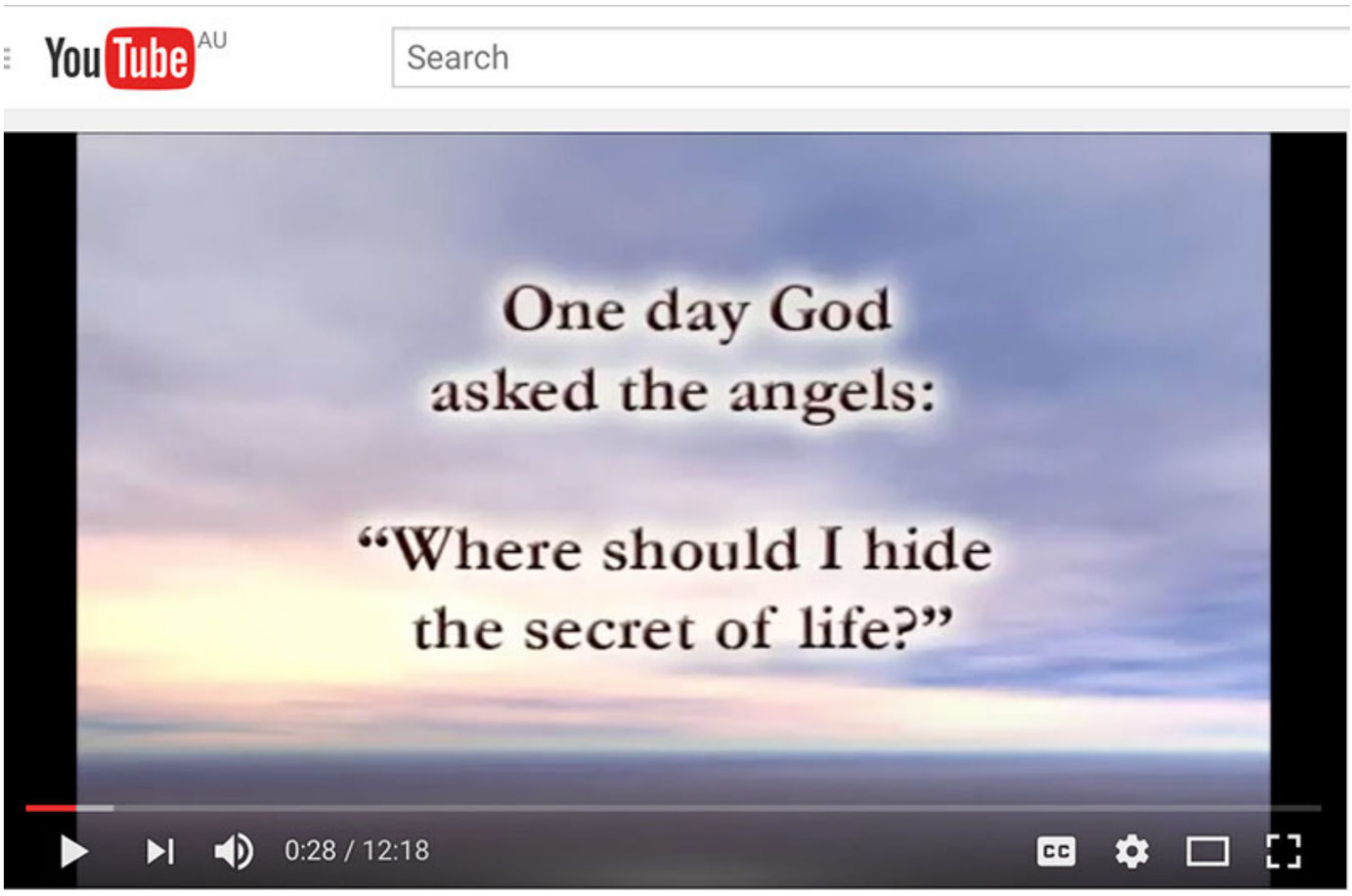
Jai Shri Mataji!

Lyn, Andre, on behalf of Australian Councillors, Queensland State Councillors and Trustees

"We are working out now ashrams and projects and things and all that. But when it comes to money, Sahaja yogis think, "Oh no, that's not my job. Only I can send my child there. Mother must look after all the children, Mother must do this, Mother must find out this, She must provide for this." Everything She should do and what about me? I'll just put money in the banks, Swiss banks specially." So one has to decide, "How much of my money I'm giving for the work of Sahaja Yoga?"

I don't want your money. No money is to be given for Sahaja Yoga in the sense for your realization. But if you have to have a hall, if you have to have a program, if you have to have an ashram, anything is to be done, you need money. And for that anybody asks, "All right give one pound." They won't give. "No, why should I give one pound?" And there's a national competition in that, national competition. It shows that still you have not touched your depth. If you touch your depth, you'll give and you'll enjoy your giving. You must touch your depths. So the enlightenment is yet not complete. Now, I'm saying it to you all individually, you introspect yourself and see for yourself. Let us see, count how much money have I given for Sahaja Yoga work, all of us, individually. Now, you will give Me present, because you think that gives you blessings. That's not the point. Point is: How much money I have kept for Sahaja Yoga out of my income? This is the first question of Lakshmi principle."
HH Shri Mataji Nirmala Devi, 20 October 1990, Diwali Puja, Sotto, Italy

Photo taken at HH Shri Mataji's ISPS School, Dharmsala recently.



Fantastic video on the history of Kundalini and Sahaja Yoga

Highly recommended and good for Public Programs

https://www.youtube.com/watch?v=sZSQHSBqbW8&feature=youtu.be CLICK HERE

Yogic insights into Islam

There are a number of legends about the early life of Mohammed, founder of the religion of Islam.

It is said that just before Mohammed's birth his father, Abdulah, dreamt of his unborn son. He saw growing from his child's back a tree, which climbed upward, and reaching its full height emitted a light that spread around the world.

Most Muslims interpret the dream and its imagery symbolically. The tree would of course represent the religion of Islam, supported by Mohammed. The light is the wisdom of his teachings that have truly been globally disseminated.

However we also know that the tree in Mohammed's back could be the 'tree of life' and is a common symbol in Middle Eastern and Islamic culture. Carl Jung, after years of studying the language of the unconscious, interpreted the tree of life as one of the universal unconscious's synonyms for the Kundalini.

The Kundalini, said Jung, is a spiritual energy best documented by (but by no means exclusive to) the yogis of India. It should not at all be surprising, should we take an open- minded and closer look at Islam, that as with the other great religions, we find a deeper, more mystical and universal message: that of self realisation and the mechanism by which it occurs–Kundalini awakening. Every culture and religion has had individuals who have achieved a living, spontaneous, direct experience of their religion. A dynamic, suprahuman awareness that went beyond dogma and blind faith. The Gnostics of Christianity, the Yogis of Hinduism, the Fang- Shi of Tao and the Sufis of Islam all achieved these states and each have spoken of experiences that, despite differences of appearance, are strikingly similar in content.

Let us then look at Abdula's dream from a yogic perspective. We can suggest that he actually saw the uniquely powerful Kundalini of his son. The ascent of Mohammed's Kundalini was not simply of individual importance to Mohammed but had global, even cosmic significance. For the light, the divine energy of Mohammed's Kundalini, was about to affect a spiritual and cultural revolution in Arabia. Mohammed was the vessel through which the universal unconscious, or 'divine', or 'God' was about to act.

As a child and young man Mohammed showed few signs of his prophetic destiny. He was well known for his moral integrity and good character but it was not until his forties that he became aware of his true purpose. Through a series of transformative experiences Mohammed was prepared for his divine role. These experiences culminated in the amazing Meraj (or 'Ascent').

The experience of the Meraj, like the rising kundalini that Abdula had seen, would not only revolutionise Mohammed's awareness but send out shock waves which resonated in the unconscious of all Arabians and later, all the world.

Through the Meraj Mohammed realized the need for the establishment of a new culture. He was to establish a creed that went beyond the petty tribal boundaries, blood feuds and violent practices prevalent at the time. To go beyond such ingrained behaviour patterns Mohammed drew upon an awareness of superhuman proportions. He transcended the limitations of the human mind and tapped into the universal intelligence. His vision then became universal: to unite the peoples of Arabia under a system of morality, justice and compassion. A system that would serve as the foundation for one of the greatest civilisations in recorded history.

The Meraj gave Mohammed the confidence, wisdom and superhuman energy to attempt such a revolution.

In this visionary experience the angel Gabriel escorted Mohammed from his humble quarters to the Dome of the Rock in Jerusalem. There the Buraq, a fantastic steed with the body of a horse, the head of a woman and the wings of a bird, greeted him. She shone with dazzling white brightness and her tremendous strength bore Mohammed up into the cosmos through the various divine dimensions.

Gabriel escorted Mohammed on the Buraq through the seven heavens. Each heaven had its own guardian angel and resident prophet who ruled the dimension in accordance with God's laws. Mohammed bowed to guardian angels who determined his readiness to enter into their heaven, and then Mohammed respectfully paid homage to the reigning prophet. The prophet in turn blessed Mohammed and ushered him on to the next heaven and so on.

At the sixth heaven Gabriel brought Mohammed to the verge of the seventh. The archangel said that he himself could go no further. This, the seventh heaven, was the last frontier between god and man and Mohammed was ushered into the place described as the abode of God almighty.

Their Mohammed saw a beautiful, radiant tree with wondrous multicolored leaves. It was here that he communed with God and learned of his true purpose.

This beautiful and inspiring vision has motivated millions of Muslims for more than a thousand years. Its significance becomes even more universal when we examine it from the perspective of kundalini awakening, using the symbolic language of the universal unconscious.

The seven heavens through which Mohammed passed must of course correspond to the seven chakras that exist within the human body. Each chakra, say the yogis, is the abode of a special deity whose character embodies the chakra's innate spiritual qualities. The human chakra system is a microcosm for the entire Eastern pantheon of gods, goddesses and heavenly beings. The prophets and angels that Mohammed encountered in each heaven could well have been these same inner deities that the yogis personally discovered through intense meditation.

The seventh heaven or chakra is the 'Crown Chakra' also termed Sahasrara. Yogis have described it as the most important of all the chakras for it represents the ultimate level of mystic awareness.

Like all the chakras it has a specific number of petals (in this case more than a thousand)|. Each chakra not only has a specific number of petals but also a specific radiant colour. The sahasrara's appearance however is said to contain all the colours of the rainbow for it contains within it all the aspects (and hence the colours) of the six other chakras below it.

Such ancient yogic descriptions of the sahasrara could logically correspond to the resplendent and multicoloured sidrat which Mohammed encountered in the 7th heaven.

The kundalini is a feminine energy often described as an 'inner goddess' or 'mother energy'. Her ascent from the sacrum, through the chakras located in the spinal cord, is the process of self-realisation. When the kundalini arrives in the crown chakra (sahasrara) the seeker experiences the complete transformation of awareness. One is taken beyond the limits of the human mind into the mystical states of meditation described by sufis and yogis alike.

In fact C.G. Jung described the kundalini as the 'divine feminine 'or 'God the mother'. Notably, Mohammed's vehicle for his own ascent through the heavenly dimensions was the lady-faced, dazzling buraq. The buraq could well be a feminine, Arabic synonym for kundalini.

In conclusion Mohammed's ascent through the seven heavens was, in fact, the ascent of the kundalini, taking his consciousness with it, to divine union with the god almighty.

It is no coincidence that the entire Meraj is described to have started and finished in an incredibly short period of time: While sitting in his room Mohammad heard someone grasp the door handle and the sound of the latch clicking was the last thing he heard before Gabriel's appearance and the duo's departure on their spiritual journey. Mohammed's return to mundane experience restarts with the next few clicks of the same latch movement. In other words the entire experience occurred in a sort of 'no-time'.

This is not an unusual proposition since meditation is a state of awareness created by the ascent of the kundalini through the chakras. As it pierces the sixth chakra ('third eye' or Agnya) and seventh, it takes the meditator into the state of 'thoughtless awareness' (Nirvichara Samadhi) and beyond. This is a simple state where one experiences true mental silence, beyond the normal mental awareness of past/future, cause/effect .

The mind, as this editorial column has often discussed before, can only deal with the dimension of past and future, cause and effect, thought and memory. However, the state of meditation begins in the 'spaces between the thoughts'. This is the numinous dimension where there is no passage of time but only a singular, silent, eternal, thought-free and joyful experience.

It was from this dimension of awareness that Mohammed perceived the divine vision of a universal culture and spirituality. Through his meditative vision he learned of humanity's higher potential thus his mystic perception of the universal spirit and its presence within each of us became the template upon which he sought to fashion a new society whose foundations lay not in issues of common material interest but in the unique awareness of self realization. Mohammed was, in fact, laying the first building blocks for the emergence of a spiritual civilization that may only now come into fruition.

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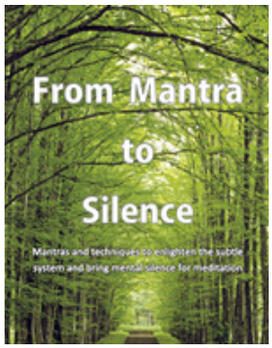
RESOURCES FOR YOGIS

www.resourcesforyogis.com CLICK HERE

Our hard working Web Team have created an extensive website containing a wide range of resources to help with public programs and as general information for new Yogis and those wishing to expand their knowledge of HH Shri Mataji's beautiful gift of Self Realisation.

Publications AVAILABLE for DOWNLOAD include:



‘From Mantra to Silence’ Booklet

About the subtle system and how affirmations and mantras can strengthen the meditation experience to further enlighten inner system to deepen and enjoy the silence of thoughtless awareness.

‘Words of Wisdom from Shri Mataji’ Booklet

A compilation of talks and quotes from Shri Mataji, founder of Sahaja Yoga Meditation.

Shri Jesus – The Light of the World

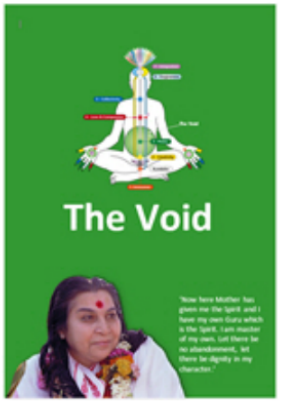
In praise of Lord Jesus Christ – contains transcripts, stories, mantras and treatments.

Puja Book

Divine Advice given by H.H. Shri Mataji Nirmala Devi on the Protocol and meaning of Puja
Contains Shri Mataji’s advice, talks and guidance on the protocol of performing Puja to our Holy Mother.

A Collection of Prayers and Praises

“Prayer is a very great thing for Sahaja Yogis. Pray with your heart.”
Her Holiness Shri Mataji Nirmala Devi



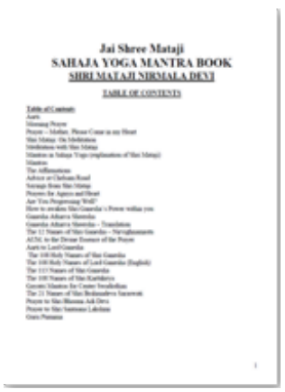
The Void

In praise of Shri Adi Guru Dattatreya and His 10 Incarnations. A compilation of Shri Mataji's talks and quotes on the Void.

Australian Sahaja Yoga Songbook

Contains Aartis and devotional songs from the world collective.

Dedication
To the Mother of all Music
To the Origin of all Bhakti
Her Holiness Shri Mataji Nirmala Devi



Sahaja Yoga Mantra Book

Contains prayers, mantras, names of Deities and praises to our Divine Mother.

An Outline for Understanding the "The Deities"

Originally printed in Nirmala Yoga magazine, Dec 1984

www.resourcesforyogis.com CLICK HERE

Footscray (Victoria) program a great success

The Public Program we had on 25 June in Footscray Community Arts Centre brought about 35 seekers from a variety of suburbs together with the entire Melbourne Collective.
The Realization was felt very deeply by everyone present. Shri Mataji's video, the bhajans performed on stage, the meditation on a raga played live on saxophone, all
kept the energy of pure joy continuously high up above everyone's heads.

The beautiful response inspired us not to give up and here we are now having weekly classes in the Footscray Library all during the winter. The Library is centrally placed in one of the most vibrant multicultural suburbs of Melbourne and we really hope the Divine Mother will send all those who seek Her love and solace.

The first follow-up has been attended by 10 seekers eager to continue their spiritual journey.

Besides the arrival of new seekers, it is remarkable how Her Holiness is growing our Collective as it gets larger and larger with one Yogi family shifting to Melbourne from overseas every second month.

We all feel overwhelmed with Shri Mataji's attention working out miracles in front of our eyes.

Jai Shri Mataji!

Warm regards and love,

The Victorian Collective

Good luck to all taking part in the Vietnam and Singapore Tour

Sending our best wishes to everyone about to depart on the Tour of Singapore and Vietnam commencing this Friday 1st July.

Congratulations to all the Yogis in the Australian, Vietnamese and Singaporean collectives for all their hard work in support of all the

Congratulations to all the Yogis in the Australian, Vietnamese and Singaporean collectives for all their hard work in support of all the arrangements.
It is really great that 40 Yogis from Australia and Singapore will be on tour!

Thanks also to everyone around the country for their fundraising efforts.
On Saturday night at Burwood $1950 was raised from the evening meal including a sum of $950 from a generous Yogi. Then afterwards there were
many Yogis offering a $50.00 note saying "this will now give you the $2,000". This brings the total raised for the Tour from fundraising activities to a very generous $3825 (including $1600 raised in Perth)!

This amount is fantastic and shows the love Australians have for their brothers and sisters in Vietnam and Singapore and how much desire we have for the growth of Sahaja Yoga in Asia.

Let us keep the Tour in our attention and humbly ask Shri Mataji, to bless the Tour for the growth of Sahaja Yoga in Vietnam and Singapore.

Love
Your Australian Councillors

Message from Vietnam

Dear Australian council ,Australian brothers and sisters, dearest MOJ members,

Jai Shri Mataji!

All our love from Vietnam to you.

Vietnam has melted and got vibrated with 13 days tour with Music of Joys, the time passed very fast we could not realized, so many memories, love, hugs, joys we have with all brothers and sisters. The greatest joys and love from Divine Mother spread all over Vietnam through all of you, members of MOJ. It's always amazing time MOJ spend with us, it's so much love you bring to each of us and make our heart filled with lots of joys, love. You have touched our hearts so the tears of joys roll in our cheeks.

We are sure after this tour the fifth tour of MOJ to Vietnam will bring lots of benefit to Vietnam collective, the collective will grow, especially the young yogis, the future Sahaja yogis of Vietnam. Shri Mataji 's message to us this time that we are making the building – as Joe has dream. This tour is really different with the 4 of the tour before and as we are making building it's not easy, Shri Mataji wants to teach us that how to cross the challenged in our spiritual way, I would say the beautiful thing of this tour is collective awareness and collective achievement as instruments of Mother. The first 04 tour is easier , this time the quality of seekers are very deep, we could talk more about Sahaja Yoga in the concert and one thing really touched my heart is the first time we have grand Aarti in Hanoi program with more then 400 seekers and all of us, thanks to John amazing idea. The first time Shri Mataji's Lotus Feet in our program. The first time Shri Mataji's Lotus feet flight from HCMC – Da Nang – Hanoi-Nha Trang – HCMC. Shri Mataji has vibrated all over Vietnam with Her powerful Lotus Feet.

We have touched Guru Puja in Da Nang and Shri Mataji really came with sooo strong vibrations, the best ever Guru Puja we have, thank you Shri Mataji for your endless love to Vietnam, so many beautiful auspicious Puja silver items given by Australian collective and our dearest sister Shobhana, brother Anil to Vietnam collective. Shri Mataji crown beautifully place next to Shri Mataji's photo, thank you brother Anil and sister Shobhana brought it very far from India to Vietnam for us, first time we have Shri Mataji's crown in Vietnam. We feel Shri Mataji is very happy smiling and very nice strong vibrations which each of us feel. Many tears of happiness roll on yogis cheek.

Shri Mataji 's love and blessing always with us, She go with us every where, the special flight for MOJ from Nha Trang – Da Nang arrange by Her. She is the doer and she is the enjoyer. Shri Mataji's love with MOJ first time to many place in Vietnam like : Da Lat, Da Nang, Long An.... The beautiful bungalow was arranged for MOJ group in Da Lat, with touched last mediation night in Da Lat, I can not stop my tear with Her love filled my heart.

Dear MOJ, you are always in Vietnam collective 's heart and Mother's love work through you for us. Shri Mataji created MOJ group like angel /deties singing dancing around Her giving realization to Vietnam and whole world, 13 days tour your face always shinning in the stage during program, how much love you given to Vietnamese people and collective without expectation. Thank you for being apart with us always to built the building, we know that Mother always send you to take care us, we wish one day Vietnamese yogis will be become members of MOJ and follow Shri Mataji every where doing Her work. After Vietnam strong we still have neighbor countries to go.

My words never enough to thanks for your love to Vietnam, we bown down again and again to Shri Mataji for Her endless love and blessing to Vietnam collective to all of us to be Her children, thank you Shri Mataji accepted and allow us to be a instruments of Her to do Her work in Vietnam. Follow Her every where doing Her work is our greatest joys and lucks, happiness, we pray that we could always serve Her in this life to please Her with a little work that we do.

Lots of love from Vietnam collective ,

Van Giang (on behalf of collective)

Vietnam Program

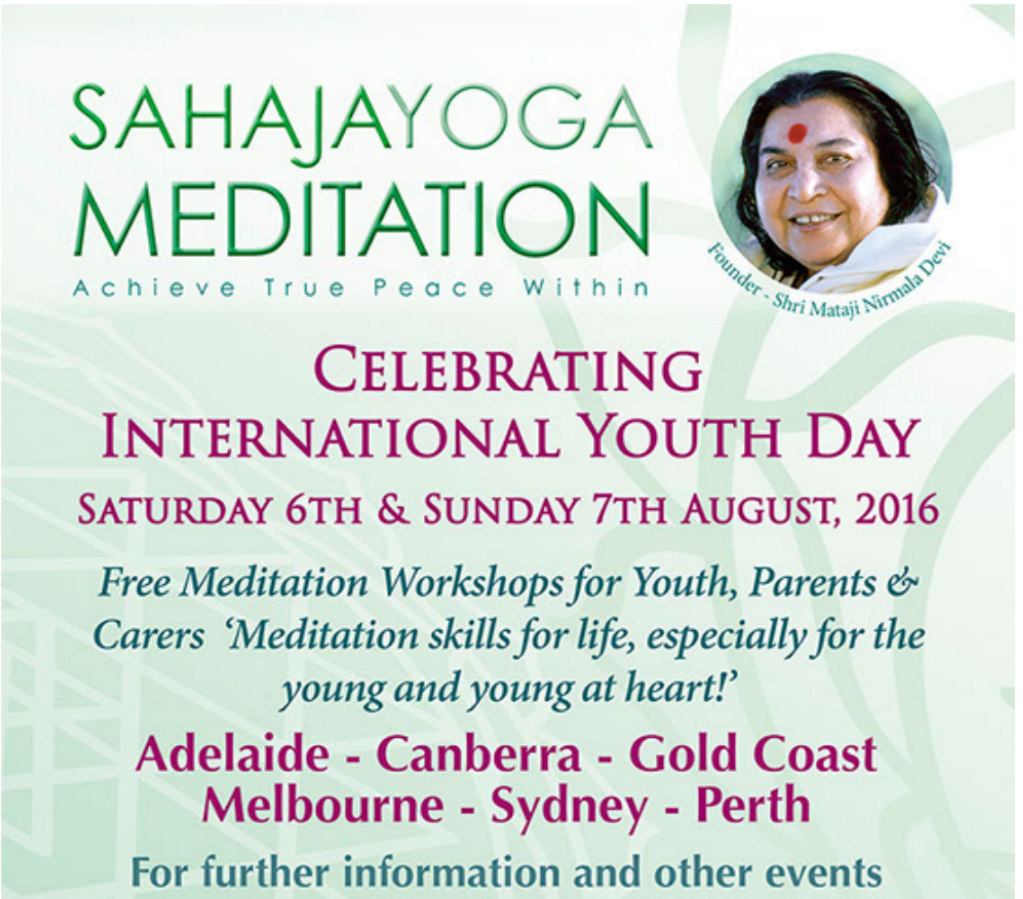
Guru Puja - Vietnam

Singapore Public Program

VIDEO https://www.youtube.com/watch?v=78VNnD50AjY&feature=youtu.be CLICK HERE

VIDEO https://youtu.be/78VNnD50AjY CLICK HERE

INTERNATIONAL YOUTH DAY CELEBRATED AROUND THE COUNTRY



"National Yuva Shakti Seminar –2016"
At Nirmal Dham – Delhi (India)
From August 13th to August 15th, 2016

By the grace of our Divine Mother, "National Yuva Shakti Seminar -2016" is being organized at Nirmal Dham, Delhi (India) from August 13th to August 15th, 2016. The detailed information of the programme is given in the attached invitation circular in English as well as in Hindi.

We request you all to please go through the contents of this circular and also please bring it to the notice of all Sahaja families/ collectives in each and every center of all the countries/cities/villages etc to enable them to be a part of the National Yuva Shakti Seminar at The Sacred Land of Nirmal Dham, Delhi (India).

Transport including Public transports i.e. Auto etc. will be available for Nirmal Dham from Dwarka, Sector-21 Metro Station on 13th, 14th & 15th, August 2016. You may please use Metro to reach Dwarka, Sector-21 Metro Station.

Sahaja Yogis are welcome to contact the following yogis/yoginis for any clarification & further assistance please:

Mr. Puru Gupta: 09582100781

Mr. Rajesh: 09868858096

Mr. Ashray Singh: 09015146668

Mr. Aashish Kanaujia: 09555991436

Mr. Karan Mutneja: 09911237333

Ms. Nitasha Chadha: 09871312869

With Open Hearts,
Look Forward to Your esteemed Participation.

STAYING INFORMATION (EXCEL) CLICK HERE

WELCOME & PROGRAM (PDF) CLICK HERE

Sahaja Yoga Canberra celebrates World Yoga Day on two occasions

The celebration of the World Yoga Day on Sunday morning 19 June 2016 at Mother's Ashram in Canberra proved to be very successful with 11 new people coming to our Centre for the first time. The program went very well with four key note presenters guiding the new people into the experience of self realisation and thoughtless awareness.

The session was opened by Surender who gave an overview of the subtle system explaining the mechanics of how the distribution and expression of subtle energy thru the three channels and what true yoga achieves.

Following on from that we had Dr David expertly led us all through the self realisation process which had us all in thoughtless awareness as we experienced the inner silence of true yoga and meditation.

This was followed by a very beautiful public program talk by Shri Mother given in Brisbane during the early nineties. After which we had a led meditation designed to establish our attention in thoughtless awareness directing us to the instrument within ourselves.

This was led by Dr Himanshu taking us on personal journey thru our subtle system. First putting our attention, thru the use of our hands, on our left heart to acknowledge and confirm that we are nothing but the spirit – the eternal spirit. Then to our left swadisthana to awaken the pure desire within us to become the pure knowledge.

Our attention was then directed to our right nabhis and swadisthanas to cool down the centre of thinking and creativity so that the pure knowledge could be given the space to manifest.

Before going into thoughtless awareness our attention was taken to our centre heart and the role of the thymus gland. The place where our sense of physical and emotional security is nurtured and immunity to disease is strengthened. Dr Himanshu touched on the importance of the thymus gland – particularly its role in early childhood thru to adolescence and how the kundalini activates its role by giving us a sense of inner security and strengthening our immune system.

At each step along the way affirmations were applied to each area of the body that the new people could relate to. Next we were asked to forgive ourselves and then to connect to the all pervading energy around us. Into the silence. The meditation included some Chennai music. Dr Himanshu explained to us that the health benefits and the feeling of peace and relaxation (which does occur) are just positive by products of self realisation and meditation that gives us the state of thoughtless awareness.

John Fisher wrapped up the introductory session with a recap of the information provided earlier going into a little bit more detail about the workings of the subtle system subsequent to the experience of self realisation. Reiterating that the benefits to our health and a sense of well being and relaxation were merely by products to achieving the goal of thoughtless awareness.

The new people seemed to be taking it all in and did not have any questions and whilst they had some difficulty deciding on whether they felt anything on their hands or Sahasaras they all agreed they felt more relaxed and peaceful.

As always the light refreshments assisted to engage in pleasant conversation with these newly blessed yoga aspirants. The group comprised a few from India, Mauritius and a few local. Based on the level of interest shown we are hopeful that some will wish to continue by attending our weekly follow up programs.

One lady commented that she had the choice of attending the physical yoga session at Old Parliament House (aka The Museum of Australian Democracy) – which received media coverage on Sunday - or coming to our meditation program. She chose wisely as did the 10 others who attended our Centre.

True yoga being the spiritual connection to the all pervading energy around us and of course to Shri Adi Shakti.

On the actual World Yoga day (Tuesday 21 June 2016) thanks to some useful contacts of a local Sahaj Yogi (Kamlesh Singh) Dr Nitin Gupte was able to present Sahaja Yoga in the local community to a group of 55 people (that included 10 children) at the Hindu Temple and Cultural Centre in Florey (a suburb in the north part of Canberra not far from Mother's Ashram in Scullin).

The group were very receptive and interested to follow up with some weekly programs at that venue which we will hope lead to some of them attending our weekly programs at our various venues around Canberra.

The Sahaja Yoga meditation session followed on after a physical yoga session that was led by a Mr Vijay Arora a registered senior teacher with Yoga Australia ACT. He kindly and graciously introduced Dr Nitin who speaking both in English and Hindi to the assembled throng and with the help of the Sahaja Yoga pull up banner and local yogi Kamlesh Singh presented the basics of the spiritual component of true yoga– leading to the process of awakening the kundalini and self realisation as taught by Shri Mataji.

The session was completed with taking the assembled group thru the raising of the kundalini and bandhan together with the Om mantra said 3 times taking the attention from Mooladhara to Sahasrara.
After the meditation session quite a few took the green handout Sahaja Yoga leaflets and also showed interest in Dr Manocha's book Silence the Mind.

All in all a very successful couple of days for Sahaja Yoga Meditation in Canberra. Our endless thanks to Shri Mataji for Her guidance in Her work to redeem the humanity – the work of Our Holy Mother as Shri Adi Shakti.

Follow up programs are planned for Wednesdays evenings at the Hindu Temple to gauge the level of interest by the Indian local community.

With love from the ACT Collective

Invitation For Shri Mahalaxmi Puja Greece 2016

Jai Shri Mataji!

Dear Brothers and Sisters,

With great joy derived from the simple and open heart of Sahaja Yogis of Greece, we wish to announce, and to offer a sincere Sahaja welcome and invitation to all brothers and sisters from all over the world to participate in Shri Mahalakshmi Puja offered to our Holy Mother Shri Mataji Nirmala Devi in:

Athens, Greece, from October 28th to 30th 2016.

Our world is beset with challenges at every level leading to division and separation in the family of humanity. With humility and genuine heartfelt sincerity, we wish to thank each and every Sahaja Yogi who saw the great need for unity and attended Shri Mahalakshmi Puja in Greece last year.

Building upon the auspicious offering last year, we wish to gather once again to worship Our Divine Mother in this ancient and sacred land. This is an elevated and deep expression that our Sahaja community seeks to please Our Mother at whose Feet rests the salvation of all humanity.

Your presence being the affirmation that as one Sahaj family there is nothing we cannot achieve. The Nirakar presence of Our Mother was felt by all who attended last year as a tremendous flow of vibrations, an all pervading auspiciousness, and an unbridled joy.

The feeling that we were taking part in something that is much greater than ourselves, We were one. Instruments of the Divine.Some reflections are shared below:

https://drive.google.com/folderview?id=0B81rWvbOinWMUUkxNEVmcUNhMXc&usp=sharing CLICK HERE

There is much still to do. Our societies remain challenged economically, politically, and socially. Our beautiful Mother Earth remains under a threat to the balance in Her climate.

The forces working against our evolution are real and ever present. In numbers the Yogis of Greece maybe small, but our measure is not in mere numbers alone, but in the largeness of our heart, in the generosity of our spirit, and in our commitment to extend ourselves to the full measure of our capacity and resources to help reshape this world in the Vision of Our Mother.

We have referred to the vibrations and our path is clear to offer Shri Mahalakshmi Puja in 2016. It is the calling of our Sahaja spiritual revolutionary purpose . With deep sincerity and respect, we ask for all your support, help and confirmation.

Please join us once more. Together there is nothing we cannot achieve. We invite all the Yogis to come to Greece so together we may offer our worship, praise, adoration, reverence and love to Shri Mataji in Her form of Shri Mahalakshmi.

Like last year, the Puja will be held at a beautiful sea-side resort near Athens.

For details regarding the location, registration, cost, please visit the puja web site. Puja cost is similar to last year.

For better organization, please register ASAP and definitely before 7 October 2016.

We are planning to arrange public program or other realization event before or after puja which will be communicated later.

http://www.sahajayoga.gr/en/mahalaxmi-greece-2016. CLICK HERE

To register visit http://www.sahajayoga.gr/en/mahalaxmi-greece-2016-Registration CLICK HERE

Impressions of ISPS

Jai Shri Mataji!

I would like to share with you the Joys , Vibrations and Happiness of Mother's love myself and some of our sisters and children enjoyed, and we are all really blessed to have the experience of ISPS, Mother's school.

We feel that we are really blessed to be able to send our children to ISPS which is under Mother protection, love and great blessings. We are so lucky.

The vibrations of the school are always amazing, I always offer thanks that Shri Adi Shakti for being so very kind to all of us to give us the opportunity of sending our children here, the place of Heaven on Earth. The teachers, Dorm Aunties, Staff are so friendly and show lots of love to the children, we feel our Heart so warm and full of joy.

I felt really touched when Assembly started on the first day as a very auspicious and great blessing. The vibrations were so strong, all the children having such innocenct faces, especially the little one. They are really Angels chosen by God.

When the mantra Ya Devi Sarva Bhuteshu was sung the vibrations were so strong tears came to my eyes, Shri Mataji cleared out all the negativities of the children before they entered school and started their first day.

We felt all the deities were present at that time, so much auspiciousness for all of us. After that many prayers were shared between the children, teachers, staff and management which really touched our hearts.

We bow down so many time to Adi Shakti for the endless love She showers upon us, and we feel Shri Mataji's message to all of us that now we should all go back to our countries and do Her work, and She will take care our children there. All the children then walked inside the school led by Shri Mataji and all the deities.

Oh Shri Mataji! We are so lucky to be the dust at your Lotus Feet and we can communicate with you, under your attention, protection and having so much love from you, we thank you for allowing us to be your instruments to spread Sahaja Yoga.

May your fragrance spread all over the world and let Sahaja Yoga be established all over the world as we grow very strong and innocent, with Your love always shining in each of us.

We are sure Shri Mataji's attention will be more and more on our collective and thank Her for arranging for our children to attend ISPS.

"You are your Self and you must see yourself as your Self, as your Spirit;

and Spirit is a Universal Being, is the innocence, is the virgin within you.

This body is a palace and it is the House of God.

Within it God kept the Infinite Flame."

HH Shri Mataji Nirmala Devi

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With love from Hobart in Tasmania

"The puja itself was so peaceful, cool and thoughtless.

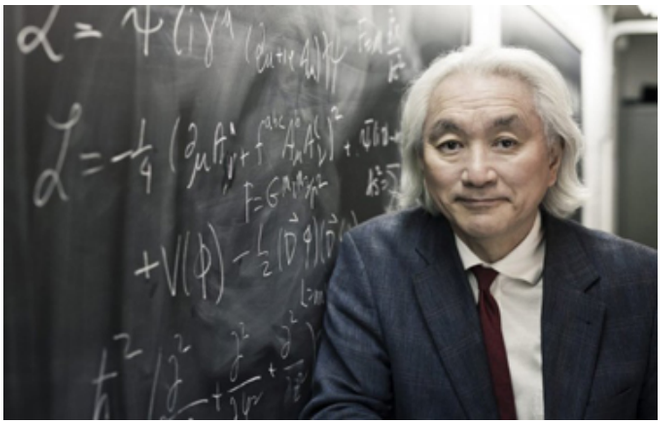
We wondered if you'd like to see a photo, although they don't really do it justice because of the lighting."

We all send our loving attention and best wishes to our family in Tasmania.

Noted physicist says string theory suggests we're all living in God's matrix

Theoretical physicist, futurist, and bestselling author Michio Kaku has developed a theory that points to the existence of God using string theory.

String theory assumes that seemingly specific material particles are actually "vibrational states."



His view about intelligent design has riled the scientific community because Dr. Kaku is considered one of its most respected and prominent voices. He is the co-creator of string field theory, a branch of string theory.

"I have concluded that we are in a world made by rules created by an intelligence," he stated, according to the Geophilosophical Association of Anthropological and Cultural Studies.

Dr. Kaku has continued Einstein's search for a "Theory of Everything," seeking to unify the four fundamental forces of the universe—the strong force, the weak force, gravity and electromagnetism.

The very purpose of physics, says Kaku is "to find an equation ... which will allow us to unify all the forces of nature and allow us to read the mind of God."

Because string theory may provide a unified description of gravity and particle physics, it is considered a candidate for a Theory of Everything.

To reach his conclusions about intelligence behind the universe, Dr. Kaku made use of what he calls "primitive semi-radius tachyons."

A tachyon is a particle that always moves faster than light. Many physicists believe such particles cannot exist because they are not consistent with the known laws of physics.

<http://blog.godreports.com/wp-content/uploads/2016/06/Kaku-BG1.jpg>

As noted by Einstein and others, special relativity implies that faster-than-light particles, if they existed, could be used to communicate backwards in time.

Dr. Kaku used a technology created in 2005 that allowed him to analyze the behavior of matter at the subatomic scale, relying on a primitive tachyon semi-radius.

When he observed the behavior of these tachyons in several experiments, he concluded that humans live in a "matrix," a world governed by laws and principles conceived by an intelligent architect.

"I have concluded that we are in a world made by rules created by an intelligence, not unlike a favorite computer game, but of course, more complex and unthinkable," he said.

"By analyzing the behavior of matter at the subatomic scale affected by the semi tachyon pitch radius, what we call chance no longer makes sense, because we are in a universe governed by established rules and not determined by universal chances plane.

"This means that, in all probability, there is an unknown force that governs everything," he noted.

However, the unknown force – the first cause that set everything into being and holds everything together is actually a person, Jesus Christ, Christians believe by faith.

In Dr. Kaku's understanding, the Universe is possibly a symphony of vibrating strings emanating from the mind of God, with His cosmic music resonating through an 11-dimensional hyperspace.

The Japanese-American physicist states "physicists are the only scientists who can say the word 'God' and not blush."

"To me it is clear that we exist in a plan which is governed by rules that were created, shaped by a universal intelligence and not by chance."