



AFRICAN NEWSLETTER 10



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Country Updates:

Lesotho



People described as Sotho have lived in Southern Africa since at least the 10th century AD, moving throughout the high veld of the region. By the 16th century, the Sotho people had arrived in the area known now as Lesotho, marrying and intermingling with the Khoisan people, and forming small chiefdoms. Extensive trade links were established between the groups, as well as with outside people.

By the early 19th century white traders were on the scene, exchanging their ever-reliable beads for cattle. In came the Voortrekkers (Boer pioneers), and suddenly the people of the area, now called Basutoland, had to recognise that constant expansion for 300 years was placing extreme pressure on the environment. At the same time, consolidation and expansion of the Zulu state was causing a chain-reaction of violence throughout southern Africa. Survival by the loosely organised southern Sotho society is attributed to the strong leadership of Moshoeshe the Great.

The Basotho emerged as a people around 1820 when Moshoeshe the Great gathered the tribes scattered by Zulu raids and established a stronghold at Butha-Buthe, and later on the mountain of Thaba-Bosiu, about 30km (20mi) from what is now Maseru. By 1840 his people numbered about 40,000. Worried by the Boers, Moshoeshe the Great enlisted British support, but the British were equally worried about Moshoeshe, and launched an unsuccessful attack on him. When the English left defeated, the Boers pressed their claims to the land, leading to the 1858 Free State-Basotho War (won by Moshoeshe) and another in 1865 (in which Moshoeshe lost much of the western lowlands). In 1868, under increasing pressure from the Boers, Moshoeshe placed the region under the protection of the British government, but as part of the deal, lost even more land to the Boers.

The British signed over control to the Cape Colony in 1871 - a year after the death of Moshoeshe the Great - and the new government wasted no time reducing the power of the chiefs. After another war in 1880 the land was again shuttled back to British control. This turned out to be a lucky break for the people of Lesotho. Had they remained part of the Cape Colony, they would have become part of the newly-formed Union of South Africa and, under apartheid, would have become a homeland.

In 1884 it was restored to direct control by the Crown. The colony of Basutoland became the independent nation of Lesotho on Oct. 4, 1966, with King Moshoeshe II as sovereign. King Moshoeshe was exiled in 1990. Constitutional government was restored in 1993 after 23 years of military rule. In 1998, violent protests and a military mutiny following a contentious election prompted a brief but bloody South African military intervention.

Constitutional reforms have since restored political stability; peaceful parliamentary elections were held in 2002.



Lesotho has a continental climate which is characterized by extremes in temperatures. Snow is frequent in the Eastern Highland while the lowlands can also experience occasional snow in winter. The summer season is from October to April with rainfall at its heaviest during January.

The principal ethnic majority are the Basotho who are Bantus of southern Sotho stock and account for around 99.7% of the population. The remainder are Zulu, Tembu and Fingo. Mostly Christians with 43% of the population Roman Catholic while 30% are Protestant, 11.5% are Anglican and 8% are of other Christian denominations. The remainder follow local native tribal beliefs.

The official languages are Sesotho or Southern Sotho and English with Sesotho spoken by virtually all the Basotho. Lesotho relies on remittances from miners employed in South Africa and customs duties from the Southern Africa Customs Union for the majority of government revenue, but the government has strengthened its tax system to reduce dependency on customs duties. Completion of a major hydropower facility in January 1998 now permits the sale of water to South Africa - it was a much-needed economic boost, as unemployment hovered between 40% and 45%. As the number of mineworkers has declined steadily over the past several years, a small manufacturing base has developed based on farm products that support the milling, canning, leather, and jute industries and a rapidly growing apparel-assembly sector. The economy is still primarily based on subsistence agriculture, especially livestock, although drought has decreased agricultural activity. The extreme inequality in the distribution of income remains a major drawback. Lesotho is another southern African country ravaged by the aids epidemic.

Shri Mataji Blesses Lesotho – 10th – 13th December 2004

I reached Lesotho border early on Friday 10 December. I met a young man from California (Taiwanese and Japanese descend), who was travelling around Southern Africa. Very spontaneously we decided to travel into town together. As we checked in our passports a young man approached us who was from Bloemfontein on a business trip to Lesotho. Very kindly he offered to drop us at the Sun Hotel in town. From there we hitch hiked to another hotel and then to another hotel. Finally we were at the Lake Side Hotel, which seemed to offer best rates and ample accommodation as the bus load of 30 yogis was still to arrive from KZN and JHB. I was getting a bit eager as to the arrival of yogis as it was evening already. All of a sudden the air became much cooler and there was a light drizzle, announcing the arrival of much awaited brothers and sisters. Everyone was full of laughter and joy.

Without even thinking about it the obvious happened next, the hotel staff were receiving their self-realisation in the reception area. Some of them felt it immediately which showed on their faces too. The next day all of us left early for one of the local prisons. There was a long queue of relatives of inmates waiting outside the prison gate to visit. The yoginis did not waste time sitting inside the bus while some of us tried to organise some programme for the officers on duty. They were out giving self-realisation to the people waiting outside. From there we headed towards the main shopping mall. We set up everything near the mall entrance. With Ajeeth on his guitar and beautiful voices of our sisters (and brothers of course) the passers by got their self-realisation in no time.

During our stay Rajen received a call from Insp. Lejone Makhakhe of the Police Head Quarters-Lesotho Mounted Police Service, that they had received our invitation to conduct Stress Management Programmes, and they were very interested on hosting us at their training head –quarters in Maseru. We met Steven in Maseru on Saturday evening and he indicated that he would try and arrange about three programmes for Monday 13th December. Eventually two programmes did take place.

The first Stress Management Programme took place at The HQ of Lesotho Mounted Police Services as arranged by Insp. Steven. As pre-empted by Insp. Steven we added some self-motivation in the presentation. Steven managed to assemble some eighty policemen and women. Rajen Moodley, Krish, Bashnee and Ajeeth represented the Sahaja delegation.

In keeping with stress format no mention was made of religion, deities or God. Attendees were not asked to remove shoes, nor were they asked to put their hands towards Shri Mataji, though her picture was on the beautiful chakra chart Rajen got from Spain thro' Arlene. Cosmic Energy was used to replace terminology like "All pervading power of Gods Love" etc.

The response to the presentation was fantastic. Everyone got their realization. All were curious to know how to decode what they were feeling on their hands after Rajen requested them to ask a question " Please show me what is wrong with my self. "

There were beams Of Smiles when they were asked if they felt a cool breeze above their heads. The enthusiasm when hand-outs and pamphlets were being distributed was amazing. They were pushing their way forward like excited school- kids being given sweets. We thanked them for hosting us and for warm hospitality which we felt from all the people we met in Lesotho. Steven thanked us for inspiring them and invited us back to do more

programmes in Lesotho. The whole presentation was video-recorded by their media personnel.

The second programme was at a police station in central Maseru, where we were received by Supt. Ellen Mafake and by approximately 40 of her staff. Again the response was fantastic. All got their realization, and they were dancing like little children when they felt the cool breeze. Supt. Ellen, a women in charge, was like a little school girl beaming with joy and happiness, especially as she was so formal and business-like at the beginning of the presentation. She was so pleased to see the joy on the faces of her subordinates.

Again we were thanked for our presentation with eagerness and invited back in future. Supt Ellen gave a very positive report back to Insp Steven as we were later informed by him. This brought to an end a very satisfying day.

Later in the day we decided to go and try our luck at the casino. We never knew how lucky we would get. Everyone was carrying pamphlets in their hands. The casino is situated at a very beautiful spot, right on top of the mountains with a full view of the valley. The rays of the setting sun added to the beauty of that place. There was not much opportunity for us to hand out the pamphlets inside the casino. As we were walking towards the bus, some of us handed pamphlets to the ladies leaving the casino. They enquired as to how it done. What better opportunity for us as there was lush green grass right next to the parking area! We all settled down on the grass and had a collective experience of self-realisation. We started with four new people and by the time we opened our eyes, the entire lawn was full of people. Everyone was thoughtless and we as yogis had a very deep and meditative experience. We felt the presence of our Holy Mother.

On Sunday 12 December Rajen suggested we go into the country side and perform a Puja to Shri Mataji. As we drove out of town, the hill tops shone with the rising sun, looking just like the traditional Basothu hats that the local people wear. It was very symbolic of the Sahastrara. Instead of 1000 petals there were 1000 hills. We stopped at a small village near a river. Shri Mataji's photograph was placed in the shade of a big tree and all of us gathered around to sing bhajans. The local children who were selling fruits at the bus stop came and joined us in the praise of Shri Mataji. Dancing and clapping in joy our visitors enjoyed biscuits for prasad and also collected 2005 pocket calendars with Mother's painting printed by the KZN collective.

From there we continued our journey to a famous dam nestled between the mountains. On our way back we stopped by a river which flowed into the dam that supplies water to a number of towns in Lesotho. The altar of Shri Mataji was decorated with natural surroundings. We offered the Puja to Shri Mataji with Shri Ganesha's mantras and some bhajans. The vibrated water flowed from Shri Mataji's Holy Feet into the river. Everyone enjoyed the peace and tranquillity of that place. It was time to say good bye to everyone. The experience of being one with the collective was thoroughly enjoyed.

Interestingly when the bus with yogis arrived at Lesotho there was Thunder and Lightning in the sky with no rain. When we were leaving Lesotho, at the border post, from a clear sky there again was thunder and lighting, and rain began to fall on our drive back bring to closure a memorable tour to Lesotho.

Thank you Shri Mataji.
Ajeeth & Ajay

Lesotho Pictures

December 2004



Combined Effort



Musical Attraction



Centre of Attention



From Us to Them



Trying it for themselves



Self Realisation

STRESS MANAGEMENT PROGRAMME

GAUTENG-DENTISTS CPD COURSE-JOHANNESBURG HOSP-10 DEC-2004

South African Medical Doctors and Dentists have a compulsory CPD-Continuing Professional development Programme which they have to attend and are awarded points for these meetings. On the 10 DEC 2004 Teri Cohen facilitator for CPD programme for the Gauteng region invited Rajen Moodley to do a Sahaja Yoga Stress Management Presentation for the dentists employed by Gauteng Health Services.

The meeting took place at the Johannesburg Central Hospital which is attached to the Wits University Dental Training School and was scheduled for 2pm and to last for an hour. As briefed Ms. Teri Cohen all their meetings are held on a Friday afternoon and most dentists leave the meeting within an hour as their week-end begins thereafter.

About forty-five dentists turned up for the presentation and included people of all the different races and religions of our rainbow nation. After a brief introduction by Teri Cohen and armed with a beautiful chakra chart from Spain the presentation done by power point with the aid of a laptop projector and screen began. Undoubtedly these aids helped to make a big impression for these academics as it was very professionally done.

All stayed on to receive realization, and all received their self- realization. The presentation was very well received and many commented that it was different to their normal dental orientated talks. Everyone enjoyed the short meditation at the end of the presentation and the peace and silence with the aid of a beautiful classical raga was deep and relaxing which contributed to the huge positive impression of the benefits of Sahaja meditation, to a group of professionals who belong to one of the most stressful professions in the world and as a result of which, has one of the highest incidents of suicide in the world.

Well past their normal time of remaining for these lectures most of the dentists stayed on asking many questions and showing keen interest. One lady dentist wanted to contact Rajen the same evening to begin meditating but was politely informed that she would have to wait as we were on our way to tour Lesotho the same day. Another invited him to do a presentation for her Muslim group at a later date. That week was even more fruitful for Sahaja Medical Committee, as in Maseru the following Monday approximately 120 policemen and women were given realization in two stress management programmes in Lesotho. Undoubtedly all these were as a result of Shri Paramchaitanya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi.

JAI SHRI MATAJI NIRMALA DEVI

Nigeria

With the blessings of Shri Mataji I now stay in Lagos, **NIGERIA**. Brother Obi from the London (UK) collective met us with the desire to organise public programs in the different provinces of Nigeria.

We are happy to report back that that the first public program was held on the 23rd October 2004 with the assistance of brothers Thomas Menou & Guedenon Patient from Benin.

At Amaseri in Ebony States brother Obi taught us Sahaja treatments during a four day seminar. A havan was also accomplished by yuva Shakti from Benin. Another public program was held where many seekers received their self realisation.

The seminar ended with the yogis of Nigeria having a desire to obtain more Sahaja knowledge.

We pray to our compassionate Mother each day, to up our devotion to Her, to up our desire so that we become Her divine instruments.

Samuel Polve

OCTOBER / NOVEMBER 2004 NIGERIA TOUR & SEMINAR.

It all started with the Lagos Yogis booking two hotel halls in different parts of Lagos and holding a series of meetings. Posters were commissioned with radio advertisement campaigns; leaflets distributed starting at the Indian Cultural Association Centre in Ilupeju where the Indian community in Lagos was meeting daily for the nine nights. We maintained a stand with the huge chakra chart, giving out leaflets for most of the nights. One of the nights was sponsored by Sahaja yoga and this was announced to the over two thousand Indians present.

The first public programme was on Saturday 23rd October at New Castle hotel with ten new people getting their realisation. Yogis from the east of Nigeria had arrived to join Lagos yogis. On Sunday 24th October we all left to Rep.De Benin for Navaratri puja.

The bhajan group in Benin is now a whole Orchestra with a yogi standing before the group and conducting. Viewing this is truly humbling and some thing for us in the west to learn from.

We all enjoyed the puja to our Mother and the hospitality of our Benin brothers and sisters for the night. We returned to Lagos with two Beninouse viz. Patience Guedenon and Yvonne. Our attention now moved to the east for the first Sahaja yoga seminar in Nigeria. We started leaving for Amasiri in Eboyin state of Nigeria. We made a small detour to Calabar to arrange for halls, TV and radio campaign.

At Amasiri we held seminars as well as public programmes. On Friday 29th October 15 new people received their realisation. On Saturday we held a series of seminars and talks and took a walk to see the piece of land that the Amasiri Town heads have donated to Sahaja Yoga. This land has beautiful and strange rock formations with caves. It is a tourist attraction.

Sunday 31st October after meditation, a quick dash to the football field a kilometre away for a novelty football match between the yogis in Amasiri and the visiting yogis from the rest of the country. All the yoginis (shaktis) gathered to watch and cheer. It was hard to say which side any one yogini was in support of. The match ended with no goal. We quickly got tidied up and set out to the town centre for a public program before puja. 5 new people again got their realisation. During it, we all turned to look as two very old folks on walking sticks made their way into the hall. They could hardly walk, being bent over with age they slowly dragged themselves to the front and sat. You could easily make out the peace and enjoyment they had. More people were trickling in but we had to stop to be able to worship Mother on Diwali Puja - also for those who had to set off same day back to their homes. The Amasiri yogis helped by the Rep. De Benin yogis performed the puja.

Following day, Monday 1st November we were in Calabar leafleting. First programme was on Thursday 4th at the cultural centre. 10 new people received their realisation. One of them first had it 3 years when Joy Ferguson and Obi went there. He has since been meditating alone yet with very good results as he told us his experiences. Friday 5th only 2 new people came.

Saturday 6th we were off to Abuja the geographic centre of the country which is the seat of the capital. The yogis there have made all the arrangements. Christian Akplogan and other mostly Benin yogis in the Abuja collective put out posters and sponsored radio adverts, and paid for a conference hall in a very posh hotel. Sunday 7th we had the public programme with 10 new people getting their realisation. After the programme we had to leave for the coach for the over night journey to Lagos. Arrived Monday and on Tuesday 9th, second Lagos programme, where 11 new people got their realisation at the Kilo Hotel Surulere.

On Friday 12th Lagos yogis, went to visit our elder yogi who was speedily recovering after sustaining a broken leg at an accident. He told us it was Mothers blessings by which he survived from that mangled wreckage. He is making full recovery and has already started going out.

Bir Singh, who has been the coordinator in Lagos and the East of Nigeria, has joined his Shakti in Romania. Samuel Polve is now the coordinator in Lagos and Eastern Nigeria, while our newly married Christian Akplogan is in Abuja.

Sahaja yoga will catch up in Nigeria. It is still early days yet and the giant machine is turning though so slow we may not see by how much. It has formed in a triangle with the axis starting from Lagos to Amasiri in the east, to Abuja in the centre of the country, then back to Lagos. Help is always welcome in spreading Mothers love in Nigeria. It has not proven easy yet and we hope the break through comes soon.

God bless us all
Jai Shri Mataji

CONAKRY, GUINEA

During the International Seminar (July 29th - August 3rd) in Padiégnan, Ivory Coast, sister Alganesh told us to organize SY Public Programs in Guinea and Mauritania during the 2004 year, after the ones we did in Mali and Niger in the previous year.

So, a delegation composed of Estelle, Khady and brother Michel (SYs from Ivory Coast) went to Conakry between September 21st -28th, 2004, being invited by brother Toussaint, the Guinea's leader who's job is in Guinea for now.

The delegation was more than welcomed! The very next day after we arrived, we started the postering for the Public Program. In just a few days, the town was inundated by the posters with our Divine Mother Shri Mataji Nirmala Devi. We thank Her for giving us the opportunity to feel Her presence in seeing on the sky a huge Rainbow rising from the sea; it was the Adi Shakti's bandhan that seemed to say "You're Welcome!" on the Guinea's land as She is Omnipresent.

On Saturday, Sept. 25th, 2004, 4 PM it was the SY Public Program in the Palace of People, in Conakry. Yogis were there early in the morning to prepare the Hall. Starting with 2 PM, the first seekers arrived to receive their second birth .. and their number increased more and more as the time got closer to the scheduled start time.

At 4 PM, the SY Public Program started with Brother Michel's presentation about Sahaja Yoga, followed by the experience of the Self Realization, conducted by our sister Khady. After that, brother Toussaint responded to the questions that the participants (visibly happy of feeling the Ruh's manifestation that is told about in Koran) were interested in. 20 persons received that day their Realization.

We feared to be obstructed by the rain in this rainy season but Ritambara was there. The rain stopped during a few days and allowed us to do our work. It started to rain only after the public program as soon as we returned to the house.

KHADHIJA

IVORY COAST

When one thinks of Africa the past colonialism & slave trading come to mind. Many of us believe it's all "history" ..but racism and new -colonialism DOES EXIST in Africa, and all the Africans know & feel it and react to it. And the biggest problem is that by reacting to it they prefer and take pride in practicing whatever they consider as being "traditions" in opposition with the "white culture" ... they develop their own racism, even among themselves... and of course with the white people, even many of the last ones may have come with love and friendship to Africa.

People grouped peacefully before the French army attacked them, that their president Gbagbo is indeed a popular one, that wants that Ivory Coast to get rid of the French oppression but instead the French president wants to put "his own man" so the France will continue to dominate this country.

As you know, since September 2002, there is military and political crisis in this country. Mainly it is a conflict between actual Cote d'Ivoire President GBAGBO and France President Chirac, as recent attacks and destruction of all Cote d'Ivoire military and civil planes by France force Licorne. Really, ultimate fight of president Gbagbo is to liberate his country from France domination; and perhaps to liberate Africa from all western domination, by the grace of Shri Mataji.

The situation in Abidjan, is very difficult, because France army shut and killed civilians on the roads, near TV and radio stations, & the presidential house.

After 5 days of confrontation between French army and unarmed Ivorian airports, markets & shopping malls began to open. People started to return to jobs and pupils go back to school in spite of the presence of the military which is an insecure situation. But France military personnel continue their occupation of the country.

A very interesting thing we know for sometime is that a SYi, **Amon** wrote a book in **Ivory Coast** which presents SY as a solution for Africa.

Please, would all Sahaja Yogis from the world give bandhans for Cote d'Ivoire political and economic freedom.

May Shri Mataji save Cote d'Ivoire and all Africa countries in war!

Let us put our collective attention at Her Holy Lotus Feet on military and political crisis in Côte d'Ivoire (Ivory Coast, West Africa). May the pure desire in us be enacted by the blessings of Shri Mataji . As She is the Doer and She is the enjoyer.

Michel Ayokoin

Quelles Solutions pour les problèmes du Swadisthan chakra Gauche ?

Le sujet en lui-même semble impliquer que le continent africain a un problème. Ce qui n'est forcément pas faux. Mais il faut auparavant reconnaître que si l'Afrique a un problème, elle n'en a pas plus que quiconque.

Ce que nous appelons problème est une espèce de résultat de bilan sur l'état intérieur qui nous pousse tantôt ici, tantôt la-bas Je veux par-là dire qu'être africain n'est ni péjoratif, ni un état en soi. Etre africain me semble être un adjectif générique signifiant une nécessité de purifier, de développer le swadisthan chakra gauche ?

Le problème de l'Africain demeure donc me semble t-il dans l'urgence de comprendre qu'elle a la responsabilité de purifier le swadisthan chakra gauche, qu'elle doit trouver un moyen ou des moyens pour cette purification et dans le même sens, adopter une morale, une hygiène de vie susceptible d'établir cette pureté chakratique. A partir de cet instant, se pose un problème du comment faire comprendre aux africains qu'ils ont des engagements vis à vis du cosmos ? C'est là même où Sahaja Yoga se pose et apparaît non comme une religion au sens institutionnel de l'église, mais comme un instrument non seulement pour la prise de conscience sur ce que nous sommes véritablement, mais aussi pour la transformation de nos fausses priorités et nos fausses identités, et enfin pour la purification de nos centres subtils en général et le swadisthan gauche en particulier.

De ce qui précède, nous pouvons conclure que l'Afrique a le devoir d'apprendre, de comprendre et de connaître, et enfin d'enseigner afin que nul ne l'ignore et que tous se transforment par la connaissance acquise. En réalité, il se trouve que la responsabilité africaine à travers le swadisthan chakra gauche est grande car non seulement elle doit être le pionnier de cette connaissance, mais aussi doit être son véhicule.

Pour que l'Afrique mène à bien les missions qui lui sont cosmiquement dévolues, elle doit mettre sur pied un vaste véritable et vaste programme de sensibilisation en utilisant vraiment et réellement les autoroutes de communications. Les solutions du swadisthan chakra ne sont donc pas ailleurs qu'en Afrique .

Jai Shri Africeswari !!!

Jai Shri Mataji !!!

Importance of *Seven*

- 1 7 important CHAKRAS in Human Body
- 2 7 RAGAS in music
- 3 7 COLOURS in a Rainbow
- 4 7 DAYS in a Week
- 5 7 CONTINENTS on the Earth
- 6 7 APRIL Wedding Anniversary of Mother
- 7 7 MULTIPLIED by 3(i.e. month March) gives 21 (birth date of Mother)
- 8 7 Digits in Word NIRMALA
- 9 7 From the Auspicious number 786 of Muslim (there addition gives 21)
- 10 7 Rounds around the Agni Kunda during marriage called SAPTAPADI
- 11 7 Important Planets in our Solar System
- 12 7 Finds an important place in the evolution OF SAHAJA YOGA year 19(7)0
- 13 7 Important saints From Maharashtra -
 - 1 Gyandev-Brahmin
 - 2 Savanta-Gardener
 - 3 Tukaram-Tradesman
 - 4 Eknath-Brahmin
 - 5 Namdev-Tailor
 - 6 Gorakumbhar-Potter
 - 7 Chokamela-Sweeper
- 14 7 Of the 10 Primordial Masters (Guru's) Avatars from outside INDIA
 - 1 Abraham
 - 2 Moses
 - 3 Zarathustra
 - 4 Confucius
 - 5 Lao-Tse
 - 6 Socrates
 - 7 Mohammed
- 15 7 Married women for the PUJA of DEVI (SUHASANI'S)
- 16 7 Great Rishis called SAPTARISHI
- 17 7 Mountains to reach the temple Of 1/2 (half)peth of the 3 1/2 of devi called SAPTARSHINGI (Near Nashik)
- 18 7 Life CYCLES to be crossed for getting MOKSHA (sat janam jo punaya kiye-sahaj bhajan)
- 19 7 The Ancestors' of mother where called SHALIVAHANAS (SATVAHANAS-Sat (Hindi word) means seven in English)
- 20 7 CHIRANJIV'S-They never die they are always present in all the evolutions of world
 - 1 Hanuman
 - 2 Kartikeya
 - 3 Ganesh
 - 4 Parshuram
 - 5 Narad Muni
 - 6 ?
 - 7 ?
- 21 7 Aura's around the Heart (Medical finding)
- 22 The best way to strengthen yourself is... to be together as Sahaja Yogis... you must attend the programs, when there is a collective Aarti... or Puja... or Meditation. When you collect together... something happens to you... if you sit at home, and do something... nothing works out much. Anywhere when there are people sitting together in meditation, Sahaja Yoga itself manifests... because it is a collective phenomena. There is a mathematics about it... and Sahaja Yoga works out after actually there are more than seven people (770126.1)

- 23 There are 7 notations sa re ga ma pa dha ni [seventh being ni for Sahasrara and Ni for Nirmala]
24 also seven heavens
25 there are 7 loops/strands of DNA

Quotation

There is no one without faults, not even men of God. They are men of God not because they are faultless, but because they know their faults, they strive against them, they do not hide them, and are ever ready to correct themselves. I look to the good qualities of men. Not being faultless myself, I won't presume to probe into the faults of others.

Mahatma Gandhi

Contributions

Please send contributions for the next newsletter to:

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We would very much like to hear from you as to what you would like to see on this newsletter - please send comments & suggestions to the e-mail address above ...