



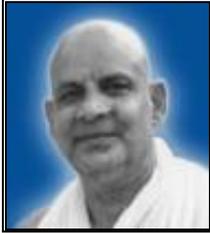
# Divya Sandesh

The Newsletter of  
**THE DIVINE LIFE SOCIETY OF AUSTRALIA Inc.**

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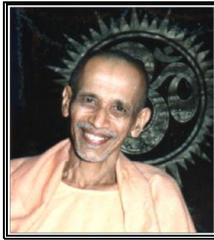
## Peace



Peace is within. Search for it in the chambers of your heart through one-pointed concentration and meditation. If you do not find peace there, you will not find it anywhere else. Remember, dear friends, that the goal of life is attainment of peace and not the achievement of power, fame and wealth.

**Swami Sivananda**

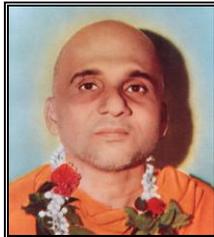
## God is Love



Out of love comes untold good to all living beings, to the whole world, to all life. Out of love comes benefit to everyone. The highest degree of welfare of all beings is secured through love. GOD IS LOVE ! Therefore love has been raised to the level of a prime qualification in succeeding in the great adventure of attaining God.

**Swami Chidananda**

## Desireless Action



Our actions, our activities, our deities, whatever they are, are not really our actions, our duties, our performances. They are the performance of the Cosmic Powers, *sattva*, *rajas* and *tamas*. They are doing all things in an impersonal manner for a universal purpose. And we, unnecessarily, ask for a credit for this impersonal activity of someone else! We are a result of the commingling or the permutation and combination of *sattva*, *rajas* and *tamas* in some degree, and all the objects of the senses also are of a similar nature. Thus, the whole universe is working without any sense of individuality within itself.

**Swami Krishnananda**

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## SATTVIC BACKGROUND OF THOUGHTS

SWAMI SIVANANDA

The vast majority of people will always want something concrete to hold on, something around which, as it were, to place their ideas, sometimes which will be the centre of all thought-forms in their minds. That is mind's very nature. A background of thought is needed for fixing the mind.

Have a Sattvic background of thought of mental image. The mind assumes the shape of any object it intensely thinks upon. If it thinks of an orange, it assumes the shape of an orange. If it thinks of Lord Krishna with flute in hand, it assumes the shape of Lord Krishna. You must train the mind properly and give it proper Sattvic food for assimilation.

You must have Sattvic background of thought to take you to the goal (salvation). If you are a devotee of Lord Krishna, have a background of thought of His picture and the repetition of His famous Mantra 'Om Namoh Bhagavate Vaasudevaya' and His qualities (Form-formless-qualities). A Nirguna Upasaka (Vedanti) should have a background of thought of 'OM' and its meaning (Infinite Ocean of Light, Satchidananda, Vyapaka, Paripurna-Atman). Work in the world and, the moment the mind is free, begin to think of the background of thought—either Saguna or Nirguna background according to taste, temperament and capacity for Sadhana. By constant thinking, a habit in the mind will be formed and, without effort, the mind will run towards the background of thought.

It is a pity that the vast majority of persons have no ideal, no programme of life at all and no Sattvic background of thought. They are doomed to failure. The background of thought of a young married lady is usually lustful. The background of thought of an old mother is the affection towards her sons and grandsons. The background of thought of the vast majority of persons is hatred and jealousy. Even the so-called educated persons with many university qualifications and academic knowledge which is only husk when compared with spiritual knowledge, have no ideal, no programme of life and no background of thought. A deputy collector, after getting pension, marries a third wife and goes on as a Dewan of a State.

A worldly minded person is a prey to sexual thoughts and thoughts of hatred, anger and revenge. These two types of thoughts actually take possession of his mind. He is a slave to these two sets of thoughts. He does not know how to divert his mind and fix it on some other good, noble thought. He does not know the laws of thought. He is quite unaware of the nature and suitable workings of the mind. His position is extremely deplorable despite his earthly possessions and bookish knowledge obtained in universities. Viveka has not awakened in him. He has no Sraddha in saints, Sastras and God. He is unable to resist an evil desire, craving or temptation on account of his weak will. The only potent remedy to remove his world-intoxication, world-charm, world-delusion is constant Satsanga or association with Sadhus, Sannyasins and Mahatmas.

After retirement, everybody should have a background of thought and should spend his time in philosophical studies and divine contemplation. Old habits of loose thinking must be replaced by cultivating fresh habits of good thoughts. At first, a tendency to think of good thoughts will be formed. By continued practice, a positive, definite habit of thinking of virtuous, helping thoughts will be developed. You will have to struggle very hard.

The old habits will try to recur again and again. Till you are firmly established in the habit of thinking of good thoughts only, you will have to fill the mind again and again with Sattvic thoughts, divine thoughts, thoughts of the Gita, Lord Krishna, Lord Rama, Upanishads, etc. New grooves and avenues will be formed now. Just as a gramophone-needle cuts a small groove in the plate, Sattvic thinking will cut new healthy grooves in the mind and brain. New Samskaras will be formed.

You will have concentration without much effort. He who has subdued his mind beholds in his own Self by the help of his own pure intellect the Immortal, Eternal Brahman which is subtler than the subtlest, which is an embodiment of bliss, peace and wisdom. It is the contact of the sense with the sense-object that gives rise to a mental perception. But if the senses are withdrawn and the mind is stilled there comes a stage where there is no touch with any sense-object.

It is the state of bliss and pure consciousness or Nirvikalpa Samadhi which burns all Samskaras that give rise to birth and death. Attachment is death. You are attached to body, action, wife, children, property, house, place and articles that give you pleasure. Wherever there is attachment there are anger, fear and Vasanas. Attachment leads to bondage. If you want to attain God-realization you must get rid of all sorts of attachment.

The first step in detachment is to be detached from the body with which you feel so much identified. The Sanskrit word for the Self is Atman. Atman is derived from the root 'At' which means to go always. Atman thus means that which evolves itself always into names and forms of the universe in order to realize His real, essential nature which is Existence-Consciousness-Bliss Absolute.

## **Dattatreya – The Divine Trinity**

**Swami Chidananda**

**( Dattatreya Jayanti Message from the book Awake! Realise Your Divinity!)**

Worshipful homage unto Dattatreya, the trimurti avatara, the divine son of the austere and illumined Sri Atri Maharshi and sati sadhvi, mahapativrata, rishi patni Sri Anasuya. May the benedictions of this divine couple be upon all married couples, in all countries, throughout the world.

The divine trinity, Brahma, Vishnu and Mahesvara were born as the unique divine child Dattatreya. Actually Dattatreya was born as triplets, three children, and yet they were not born, they were immaculate conceptions. Later on they gave a boon that they would be born as children of Sage Atri and Anasuya in a natural and normal way, and then they disappeared. Anasuya became the mother of these three children, but later on two of them withdrew into their abodes. Somatreya, the manifestation of Brahma, the creator, and Durasatreya, the manifestation of Rudra, the dissolver, both merged into Dattatreya, the manifestation of Lord Vishnu, and then they returned to their abodes leaving behind their unique symbols. Brahma left the kamandalu and mala, Lord Siva left the trisula and damaru and the sankha and chakra were retained by Lord Vishnu. So Dattatreya is the manifestation of all the trinity, brahma vishnu sivatmaka svarupa.

And this unique manifestation was the direct result of the irresistible devotion of a chaste dharmapatni, Sati Anasuya, the wife of the great sage Atri Maharshi. Her chastity was well known throughout the three worlds, the celestial worlds, the heavenly worlds and this earth plane. She was known to be the symbol of the highest purity as a housewife. And it was the power of her chastity that rendered the three murtis into little infants. Later on it was the same power of chastity and her chaste love for these infants that made them grant the boon that she desired.

May the blessings of sati sadhvi Anasuya be upon all women throughout this world today. May they be filled with the lofty, supreme power of life-sanctifying chastity and may the power of the tapasya of Atri Maharshi bless all sad-grihasthas and make them shine with sadachara, shine with the power of purity, self-control and fidelity to their life-partner. This is the one thing needful in the world of today.

For it is the character, the nature of the parents, their purity of conduct and character, that decides the nature, svabhava, and the moral fibre of the child that is born to them. For the child is not biologically or physically different and apart from the father and mother. They are one. It is the parents themselves manifesting in the form of a new generation. Therefore, what the parents are, what their inner state or condition is, their psyche is, becomes the nature of the child. It is that which decides its behaviour.

Therefore, if the world of tomorrow is to be peopled by citizens of sterling moral character, of self-control, moderation, purity, high idealism, chastity, good conduct and lofty character, then it is indispensably necessary that the source from which they spring should be of the same lofty nature. If one generation is fired with lofty idealism and is of sterling moral worth, then the succeeding generation will also tend to be likewise, to be of great moral worth.

Therefore, there is a close connection between a married couple and their offspring. From the offspring you can judge what the parents might have been. From the parents you can judge what the offspring is going to be, quite apart from the fact that each jivatma, individual soul, comes with its own previous karma-janita (born of karma) samskaras and vasanas. The austere, self-controlled sage of sterling character and conduct, Atri Maharshi and the shining exemplar of absolute chastity and fidelity, Sati Anasuya, thus became worthy of being parents to no less than God Himself, the divine trinity of Brahma, Vishnu and Mahesvara themselves. By the power of her chastity and his penance, they proved eminently deserving and worthy of being parents of Divinity.

May the divine grace of Dattatreya be upon you all. He was a supreme yogi. Like Dakshinamurti, He was the adi guru, the primal world teacher. Contemplate His life. Meditate upon Him. Feel His divine presence. Evoke in your mind the sacred memory of Sati Anasuya and Atri Maharshi, the power of chastity, and divine grace in the form of Divinity taking birth at the earnest supplication and prayer of a heart filled with devotion. The earnest prayer of a heart filled with devotion never goes unanswered or unfulfilled. This is what the advent, the avatara of Dattatreya represents or proves.

Try ever to be steeped in the lofty teachings of Guru Dattatreya. His one admonition and His one teaching was God-consciousness. Until you realise God, attain God-consciousness and become established in God-consciousness, ever strive to keep yourself by continued, unbroken effort in a state of awareness of your divinity, at least upon the intellectual level. May there not

even be one moment when there is any doubt about your divinity in your mind or intellect. May your intellect be firmly based, with absolute conviction, upon this truth: "I am divine. I am immortal soul, birthless and deathless, beyond time and space, without name and form. I am Atman, formless. I have no limitations. The body does not limit me. The mind does not confine me. I am the limitless, all-pervading Divine-consciousness. This is my true identity. This is my real nature."

By constant affirmation of your divinity, develop within yourself, within your interior, a state of feeling and thinking, a state of intellectual conviction of your supreme divine nature. This is the one teaching of Jagat Guru, Adi Guru Dattatreya. Never fall into the error, the slumber of Self-forgetfulness or ignorance. Ever strive to keep yourself in a state of ever-wakeful awareness of your divinity. And as His benediction and prasada, this is the one thing we should strive to receive from Him today. Because, He is an immortal who is ever present. He is a nitya avatara, a pratyaksha devata, a living, immortal manifestation of Divinity upon the earth plane. And His direct admonition is: "Be aware, be aware. Be rooted in the consciousness of your essential nature, of your divinity."

And beloved and worshipful Guru Maharaj Swami Sivanandaji ever hammered this fact into the minds of all his disciples and all sadhaks and seekers who came to him for spiritual instruction. "You are not this body. You are not this mind. You are immortal soul. Know thyself and be free." That was Gurudev. That was Gurudev's central message, his central call to modern mankind. "Awake! You are not this perishable clay, this cage of flesh and bones. You are not this restless mind filled with ego, non-discrimination, ignorance and selfishness. You are not this little, finite intellect prone to a hundred errors, subject to confusion and also capable of misleading you through avichara and aviveka. Body, mind, intellect and their functions are all characterised by limitations and imperfections.

"Blessed Immortal Atman, be aware that thou art beyond these three finite instruments, upadhis, that you have acquired through human birth on this planet Earth. They cannot touch or alter the truth of your real identity. Enquire, 'Who am I?' Know thyself and be free. Thou art not this body, not this mind. Thou art immortal soul." Thus beloved and worshipful Holy Master Gurudev Swami Sivanandaji echoed the great teachings of Dattatreya to twentieth century mankind. He is to us what Dattatreya was during His times, in days of yore.

May the blessings of Gurudev, the blessings of Dattatreya and the benedictions of Sati Anasuya and Sage Atri Maharshi enrich your spiritual life and elevate you to lofty heights of divine consciousness and awareness!

## **The Great Truth Of Vedanta** **Swami Venkatesananda**

All the systems and the codes of ethics have been reduced to perversions; all the religions of the world have become putrid accumulation of dogma and ritual. Whatever man captures dies. Whatever he hoards smothers him. What he seeks destroys him. Objective phenomena are interpreted by one's own self. Everything in this world is 'related' to oneself, evaluated on the touchstone of one's own self. To the extent they are related to one's self - either through love or through hate or through fear - their value is exaggerated. Life's problems therefore do not spring from the external objects, but from the triple factor of love, hate and fear.

Life and its problems, objective phenomena and their value can therefore be understood as they are, only if we understand these three factors. Fear is not inherent in the objects feared, but comes into being within me in relationship. This fear, if not understood for what it is, will continue to infect all relationships, as it goes in search of a cause. Even so in the case of love (in the sense of sensual infatuation) and hate.

Hence it is vital that one should turn within oneself to see what this fear is. What is it made of? When the light of this enquiry is turned onto fear within oneself, one is looking at this fear. One is becoming more and more aware of this thing, this sensation that one calls fear.

The 'I' seems to stand aloof and look at the fear. It is as if in semi-darkness one is facing one's own shadow and fears that it is somebody else! As the sun of awareness arises on the horizon of one's consciousness, this distinction disappears. In a flash one realises: "The fear and the 'I' are of one substance."

Even so with other aspects of life. This vital awareness dispels the shadow of distinctions which has been created by what we have unfortunately called 'knowledge'. Hence, this science is called *Vedanta*. '*Veda*' means knowledge, and '*anta*' means *end* - in other words, *where knowledge of diversity ends and pure awareness is*. In the light of this awareness alone does life have meaning. This awareness brings ethical discipline into being, without the do's and don't's and the perversions they give rise to. This awareness is the very soul of religion. With it, life becomes light and love. Without it, life is misery.

## **REMEMBER WHO YOU ARE**

**Swami Atmaswarupananda**

Many years ago Pujya Swami Chidanandaji was advising a disciple on his spiritual practices and gave him one simple instruction. The disciple had no way of knowing that one simple instruction contained the essence of spiritual sadhana-spiritual sadhana that was intended to take a seeker right to the goal.

It would be difficult to recognize this because the instruction was so deceptively simple. It was, “Four or five times a day, sit and try to remember who you are.” When questioned as to how long those periods should be, Pujya Swamiji said that they could be two minutes or twenty minutes, whatever seemed right at the time. What is the secret of that instruction?

What do we do when we want to remember anything that is of importance to us? We may have forgotten a name or an important detail; it can be anything that we want to remember at that moment. We will usually stop in our tracks. The mind may be chattering away, preventing us from concentrating on what we need to remember. So we unconsciously tell the mind to be quiet. We may even hold our breath. And then, in that silence, we listen, we open ourselves and wait for the answer to reveal itself. The answer we are seeking is not something new, it is something that we have forgotten. So there is no need to discover anything; that is why we don't need the mind or emotions. We need to be still, so that what we already know can most easily reenter our consciousness.

No matter what spiritual practice we follow, this is the essence. They are all designed to get our minds off our normal thinking and feeling, to quieten the mind and emotions. We are not seeking something new, but waiting to have revealed to us what is always there, simply unrecognized. There is nothing else to the spiritual life except this remembrance of who we are.

Pujya Swami Chidanandaji once said that it should be the easiest thing in the world to know who you are. Perhaps the truth is that there is nothing more obvious than what we are. But we will never find it through the chatter of the mind or through our emotions, no matter how sattvic they may be.

The Bible says, Be still and know that I AM GOD. Gurudev used to quote: Empty thyself and I will fill thee. We are already filled, but we have to empty ourselves of all our ideas in order to recover our memory. Lord Krishna's final teaching to Arjuna was to abandon all Dharmas, all Arjuna's idea about the spiritual life, and take refuge in Him alone. To take refuge means to leave everything behind and to be open and vulnerable.

## **THE TONGUE AND THE TEETH**

**Swami Ramrajyam**

Once the Teeth got into an argument with the Tongue.

The Teeth said, “What a useless thing you are! Just a piece of flesh! You have neither a good shape nor a good colour. Look at us. We shine like pearls!

The Tongue kept quiet.

Days rolled by and so did months and years. With the onset of old age, the Teeth began to fall one by one. And the Tongue-it remained intact, as before.

When the remaining Teeth were about to fall, the Tongue remarked, “Long long ago, all of you had said something to me. Today I am giving a reply to that. Look here, you appeared in the mouth after I did. I was there from the very beginning. You are younger to me in age, even then you all began to disappear one by one in my own lifetime. I am senior to you, so I was supposed to go before you, but went you all. Do you know why?”

The Teeth said, “We did not know it then, but now we do. You are soft and mild. We are hard. We have been punished for our hardness.”

You should also try to become soft. Softness means that your behaviour towards other should be sweet. Your action should comfort others. He, who is soft like the tongue, is loved by all and is never abandoned and this body of ours does not abandon the tongue till the last moment of life either.

He, who is hard, is never liked by anyone. Even relatives and friends part company with him. The mouth also parts company with the hard teeth.

You should also become soft like the tongue. Never be hard like the teeth.

## DLS AUSTRALIA BRANCH CONTACTS

- For comments and suggestions please email - [info@dlsaus.org](mailto:info@dlsaus.org)
- Website – [www.dlshq.org](http://www.dlshq.org)
- Website - [www.dlsaus.org](http://www.dlsaus.org)
- DLSA on Facebook: <http://www.facebook.com/dlsaus>
- Recordings of Skype Satsangs on YouTube: <http://www.youtube.com/user/thedivinelifesociety>
- Daily quotes from Gurudev Swami Sivananda on Facebook: <http://www.facebook.com/SwamiSivananda>
- Daily quotes from Sri Swami Chidananda on Facebook: <http://www.facebook.com/SwamiChidananda>
- Devotees who wish to recommend articles written by DLS swamis to be included in Newsletter can send in

Word format to : info @dlsaus.org

## DLS AUSTRALIA DIVINE ACTIVITIES

### SYDNEY SATSANG

First Sunday of every month

Time: 4.00 – 5.30 pm

Address: Strathfield Girls High School, Albert Road,  
Strathfield NSW 2135

Please enter from Oxford Road

Contact: Swami Uditramanandaji 0416299396,

Vijay Gokarn 0411450321, Sankar Ramiah 0437863754

### RAMAYANA STUDY

Tuesday 7.30 – 8.45 pm

Address: 67 Polding Street Fairfield Heights NSW 2165

Contact: Swami Uditramanandaji 0416299396

### DLSA GUIDED MEDITATION AND GEETA STUDY (ONLINE)

Every Saturday morning; **Swadhyaya** from 7:30 am to 9:30 am;

**Login SKYPE and connect dlsaus** from 7:15 am to 7:25 am

Contact: sushil.kumar.sydney@gmail.com, msankarramiah@yahoo.com

### LIBRARY:

Books published by the Divine Life Society Headquarters can be borrowed from the library at

**Wentworthville:**

85, Thane Street, Wentworthville, NSW 2145; **Contact:** Gunvant Vaghela Phone: (02) 96883312

**Eastwood:**

16 Threlfall Street, Eastwood, NSW 2122; **Contact:** Vijay Gokarn Phone: 0411 450 321

### HINDI CLASSES

Fridays from 3.00 pm to 4.30 pm

Strathfield Library, 65-67 Rochester Street, Homebush, NSW 2140

**Contact:** Asha Gupta Phone: (02) 97646604

### VALMIKI RAMAYANA READING :

Tuesday & Wednesday, 10am - 12am

Strathfield Library, 65-67 Rochester Street, Homebush, NSW 2140

**Contact:** Asha Gupta Phone: (02) 97646604

### BHAGAVAD GEETA DISCUSSION

2nd and 4th Sunday of every month. 3.00 pm – 4.30 pm

Strathfield Library, 65-67 Rochester Street, Homebush, NSW 2140

**Contact:** Asha Gupta Phone: (02) 97646604

## ACTIVITIES OF BRANCHES AND SIVANANDA FAMILY

### CANBERRA Satsang

First Sunday of each month  
25 Hampton Circuit, Yarralumla, Canberra ACT 2600  
Contact: Manish Chopra Mob. 0400690204 Anshu Chopra.Mob 042121709

### MELBOURNE Satsang

First Saturday of every month at 6 pm.  
15 Bareena Grove, East Doncaster, Victoria 3109  
Contact: Sri P.B. Shah (03) 93951085

### Molloy Sivananda Ashram, North Queensland

20 Fraser Road, Mount Molloy, N.Q. 4871  
Contact: Ms Hilary Perry-Keene (07) 40941168

### Sivananda Yoga Vedanta Centre, Katoomba

The 'Shellin', 40 Ninth Avenue, Katoomba, N.S.W. 2700  
Yoga and meditation classes: for beginners, Intermediate and advance group.  
Contact: Kamaladevi (02) 47823245 E-mail: KamalaDevi@bigpond.com

## YEAR 2015 FESTIVALS AT A GLANCE

OCTOBER			NOVEMBER			DECEMBER		
2	Fri	Gandhi Jayanthi	7	Sat	<a href="#">Ekadasi</a>	3	Thu	72nd Anniversary of Akhanda Mahamantra Sankirtan Yajna in Sivanand Ashram
8	Thu	<a href="#">Ekadasi</a>	8	Sun	<a href="#">Pradosha Puja</a>	7	Mon	<a href="#">Ekadasi</a>
10	Sat	<a href="#">Pradosha Puja</a>	9	Mon	Naraka Chaturdasi	8	Tue	<a href="#">Pradosha Puja</a>
12	Mon	Somavati Amavasya; <a href="#">Mahalaya (Pitri Paksha)</a> ends	11	Wed	Amavasya; <a href="#">Deepavali</a>	11	Fri	Amavasya
13	Tue	<a href="#">Navaratri Puja</a> Begins	12	Thu	Sri Govardhana Puja; Sri Go-Puja; Sri Bali-Puja	21	Mon	<a href="#">Ekadasi</a> ; <a href="#">Sri Bhagavadgita Jayanti</a>
20	Tue	Sri Saraswati Avahana	17	Tue	<a href="#">Sri Skanda Shashthi</a>	23	Wed	<a href="#">Pradosha Puja</a>
21	Wed	Sri Durga Ashtami; Sri Maha Navami	19	Thu	Gopashtami; 14th Anniversary of Punyatithi Aradhana of His Holiness Sri Swami Krishnanandaji Maharaj	24	Thu	Christmas Eve; <a href="#">Sri Dattatreya Jayanti</a>
22	Thu	Vijaya Dasami; Sri Navaratri Puja Concludes	22	Sun	<a href="#">Ekadasi</a> ; Sri Tulasi Puja	24/25	T/Fri	Purnima
23	Fri	<a href="#">Ekadasi</a>	23	Mon	<a href="#">Pradosha Puja</a> ; Chaturmasya Vrata Ends	25	Fri	Christmas Day; Purnima
25	Sun	<a href="#">Pradosha Puja</a>	24	Tue	Vaikuntha Caturdasi	31	Thu	72nd Anniversary of Pratishta Mahotsava of Sri Viswanatha Mandir in Sivanandashram
26/27	M/Tue	Purnima	25	Wed	Kartika Purnima; <a href="#">Sri Guru Nanak Jayanti</a>			
27	Tue	Purnima; Valmiki Jayanthi						

## UNIVERSAL PRAYER

**O** Adorable Lord of Mercy and Love!  
 Salutations and Prostrations unto Thee.  
 Thou art Omnipresent, Omnipotent and Omniscient.  
 Thou art Sat-Chid-Ananda. (Existence-Consciousness-Bliss Absolute)  
 Thou art the Indweller of all beings.

**G**rant us an understanding heart,  
 Equal vision, balanced mind, faith, devotion and wisdom.  
 Grant us inner spiritual strength,  
 To resist temptations and to control the mind.  
 Free us from egoism, lust, greed, hatred, anger and jealousy.  
 Fill our hearts with divine virtues.

**L**et us behold Thee in all these names and forms.  
 Let us serve Thee in all these names and forms.  
 Let us ever remember Thee.  
 Let us ever sing Thy glories.  
 Let Thy name be ever on our lips.  
 Let us abide in Thee for ever and ever.

*Swami Sivananda*

*If undelivered, please return to,*

**The Divine Life Society of Australia**  
 13, Emerald Road  
 Seven Hills NSW-2147  
 Australia

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