

EXPERIENCES
OF A
SAHAJA YOGI



A SPIRITUAL JOURNEY



WITH SOME HURDLES

In the nineties Shri Mataji asked us to keep a diary to tell future generations what it was like to be together with Her and how Sahaja Yoga was evolving at that time.

Later on She gave me the name of “Ridavindra”: the one who loves the heart. But She also told us to get rid of that eternal ‘I-ness’. So, I decided to write of myself in the third person ... but at the end you will remark that at a given moment I shifted to “I”: Jos Boven from Belgium, who is going to be 85 now.

1991

Ridavindra got realized on the 9th of February 1991. This was his second, spiritual birth.

From that moment on vibrations continued to grow in every way, but for about ten months he did not feel a single tickling in his hands, because of a completely catching Vishuddhi on all 16 petals !

He first met Shri Mataji Nirmala Devi in the same year at the airport of Schiphol – Amsterdam. We were waiting for Her with a good hundred yogis. Ridavindra was behind. We had received a rose to give to Shri Mataji.

R. was waiting for a Goddess !

But when Shri Mataji came through the gate, he saw a small, corpulent lady ... and he was very disappointed.

Shri Mataji goes slowly to every yogi and yogini to accept the flowers. And as She is coming closer, he feels very queer, and that feeling is growing all

the time ... until She stands right before him. He looks in Her eyes and starts crying. Shri Mataji smiles gently and takes his rose. He can't stop crying ... He accompanies Shri Mataji to the car and as She has left, he is still crying on the pavement ... for the first time in 25 years.

**About ten yogis are standing around him, asking :
“Don't you feel well ? Are you sick ?”**

He says: “No, I feel marvelous ... I have recognised Mother !!!

(His human mother died after his birth, what caused a gigantic mother – complex, that lasted for about fifty years and that got resolved at this very moment.)

On the 4th of August there was a Buddha – Puja with Shri Mataji in Deinze. When Shri Mataji set eyes on him, he felt as if his skull was suddenly blown off his head and as if a very powerful explosion took place inside him. At that very moment he knew that this was his personal Buddha – experience.

12TH of June 1991

In the afternoon he was waiting in his car before the doors of the clinic to be opened for visitors. The day before M. had been admitted to the

hospital for a small operation. The weather was rather cloudy and all the time all kinds of cloudy formations were passing by. To kill the time he had become absorbed in the endless play of winds and clouds, when suddenly he saw before his eyes a huge head of an elephant, with big flapping ears, small penetrating eyes and a large trunk, being created out of the clouds: SHRI GANESHA Himself was watching him ! This vision lasted for about 30 seconds and then Shri Ganesha disappeared slowly into the world of Leela.



11th of August 1991 : Kundalini Puja, Weilburg, Germany – personal meeting with Shri Mataji

Mother gave him the name of RIDAVINDRA, one of the thousand names of Shri Krishna, meaning : “the one who loves the heart”.

From now on the Cool Breeze will not go away anymore, only diminish from time to time.

MOTHER ADI SHAKTI

*When Mother looked in my eyes,
I suddenly lost the weight of maya.
My body and thought shriveled
together to futility and nothingness
and my heart was filled with joy.*

*The sparks of Her Spirit ignited
a mild and cool Kundalini - fire
that softly and gently remodeled
my body into a timeless temple
to be occupied by Mother Adi Shakti.*

*A bundle of translucent beams
transformed my thoughts into fountains
of wordless prayers, extending*

*to the throne of the Golden Goddess
dressed in Her gorgeous garment of Love.*

*A balmy breeze blew through my soul
and swept the lingering dust of ages
erased the stains of earlier lives
and poured a shower of lasting love
into the chalice of my eager Self.*

11th of August 1991: A PROVEN MIRACLE

The 3rd of January 1991 R. has been successfully operated from a hyperthyroid growth. The surgeon removed 390 grams of sponge-like tissue. This took place after many months of an exhaustive disease, a very deep and strong depression and life - weariness as a result of all this. In fact it's very difficult to communicate how he felt in those days. He supposed he was at the absolutely deepest bottom of his well, at the point where you can't go down anymore without annihilation. This state fell upon him – now he'd say: "This state he pulled on himself" – after many years of corporal, psychical, mental and spiritual difficulties and doubts. After the Kundalini – Puja, on the 11th of August in Weilburg (Frankfurt, Germany) R. had a personal meeting with Shri Mataji. He had buttoned up his

shirt, so that She shouldn't see the scarf of the operation. She looked at him, pointed Her finger to his throat and asked: "What is this ?" So, he unbuttoned his shirt and explained what had happened. Shri Mataji said: "WE'LL CURE YOU.**" ... what he didn't understand at all.**

But after a few weeks he became ill again, very, very ill, an illness that lasted for over five months, accompanied by depression, which made him realize that under the bottom of the well there simply is another bottom ...

The treating doctor could not find out what was happening and after a month of trial and error sent him to the hospital for a general check-up. They couldn't find anything special, except a small increase of thyroid – hormone in the blood and they decided to reduce the amount of medicine ... which proved to be a better medicine than more medicine.

In the meantime he tries consciously to dissociate from Shri Mataji, but he can't, because he has got only two choices left – which he can feel and KNOW very clearly - : surrender or self-destruction. With the support of M. – who is really playing her Shakti role – he chooses to surrender.

And here R. has to open a medical parenthesis. When your thyroid gland is taken away, you have to replace the hormones it produces normally by pills. These hormones are called ‘thyroxines’ and are absolutely vital for the functioning of the body and mind. Without thyroxines you would die. When you don’t have enough of them in your blood, your general rhythm of life slows down and you develop all kinds of diseases. When you have too much of them – which was his case – you also develop all kinds of diseases: depression, muscle spasms and wrenched muscles (in his case especially in the upper arms, neck and buttocks), arthritis in knees and arms, stomach- and liver problems, heart troubles (going to several days of fibrillation – up to 140 beats a minute –) which couldn’t be stopped by pills, loss of voice, hoarseness, horrible throat pains (feeling as if an iron medieval torture strap was closing around it), breathing difficulties (because those 390 grams of tissue pressed on the trachea), loosening teeth, obstructed nose, painful eyes (as if always filled with sand), at the end accompanied by terrible headaches and a considerable loss of weight (57 kilos – height: 1.85 m.) and a general feeling of being lost (i.e. cut loose from oneself and from life). Most of these symptoms had disappeared after the

operation, but to keep it that way you have to take hormone pills for the rest of your life. And to that rule there is NO exception.

Still, a few more symptoms – such as general nervousness, agitation, taking oneself too seriously, ego - centricity, liver troubles ... etc – were disappearing under the influence of Sahaja Yoga.

Anyway, R. had to take one and a half pills of ‘Elthyrone100’ every day after the operation and one pill after he met Shri Mataji.

After a few weeks he decided, without consulting a doctor, to diminish the medication to half a pill every day and later on $\frac{1}{4}$ of a pill. What’s left over is an enormous sleeping problem.

On the 5th of May he can attend Sahasrara Puja in Cabella, followed by a second personal contact with Shri Mataji. The next day he stops taking sleeping pills.

The rest of his story is quite simple to tell: he has continued to diminish the hormone pills to zero! The doctors tell him this is quite impossible scientifically and medically speaking.

The treating doctor asked him what could have happened and he decided to explain the experience with Shri Mataji. Because the doctor could not

believe this, R. asked him if he could give him realization, which succeeded readily ... And then R's doctor has been following Sahaja courses for some time.

When he sees him from time to time, he is still stretching out his hands and asking if the cool breeze is still there !

The doctor still has some difficulties to believe this, because blood analyses give an abnormal image of the functioning of the thyroid gland.

Normally it shows four undulating parameters, but in R's case is shows four straight lines ... which, as he says, is not human ...

20th of June 1992 : Cabella

From 2.15 hrs to 3.30 hrs R. is on guard at the house of Shri Mataji : Pallazo Doria/Nirmala House. He is meditating in Shri Mataji's sitting room before Her couch : he is completely cool, down to his feet. This experience will reappear regularly.

24th of June 1992

G. is a girl of 18 years old. She has just finished the secondary school. She is very intelligent and she is a real virtuoso on the piano. She is one of those

geniuses that graduate (with a first prize !) at the conservatory. She is rather shy and is wearing a huge brace on her teeth. Underneath you can suspect a beautiful girl. She is definitely a seeker since many years. She heard about Sahaja Yoga from a friend and only a few weeks ago she started with her first collective meditation and an intense private course in Sahaja Yoga. The 24th of July 1992 she was with the Belgian delegation in Paris for the public program and the Durga – Mahakali Puja. Some of the leaders though were hesitating and thought it wise to ask her not to attend this Puja and in the meantime visit Paris instead. But our new national leader, being convinced that Paris is much more dangerous than any Puja (which later on was confirmed by Shri Mataji Herself !) decided that she could stay. For G. the Durga – Mahakali Puja (as for all of us) became an unforgettable spiritual event. After the Puja she went with six Belgian yogis on Shri Mataji's Europe-tour with public programs in Linz, Vienna, Budapest, Prague and Warsaw. In the twelve days that we followed Shri Mataji, we saw her change before our very eyes from a shy, hesitating little girl into a grown up young lady, that knows quite well what she is after, determined to become a good Sahaja yogini. Most remarkable to us was the change of her eyes:

in twelve days they darkened visibly and turned into a joyous, soft and gentle, deep feeling, knowing, grateful expression. With Shri Mataji's blessing she will become a virtuoso in Sahaja as well.

27th of July 1992

During the evening meditation R. Smells two times sulphur, what seemingly denotes negative forces. After meditation he feels remarkably relieved.

31st of July 1992

M. and R. were present at the public program that Shri Mataji gave in the great hall of the university of Warsaw. When Shri Mataji starts with the self-realization – ceremony, they begin to transpire heavily, but in such a way that the sweat is running down their backs in streams. After a few minutes they both feel indisposed (with a very queer feeling in the stomach) and they feel like vomiting. At the same time R. suffers from lack of breath, so that he is panting heavily ... but all this without any pain, though not agreeable.

At the very moment the self-realization is over, all symptoms disappear. They go to the stage to see Shri Mataji talking to and working on people, when suddenly She turns Her head in their direction and

greet with both hands joined, a great smile on Her lips and a very sweet and unbelievably deep digging glance in Her eyes. At that moment they understand what must have happened and they feel like dancing.

5th of July 1992 : Vishnumaya Puja, ashram
Everbeek, Belgium

Personal contact with Shri Mataji.

Ridavindra gives Her a mahogany sculpture of Mary ... and a copy of “Kundaliniji”.

Kundaliniji,

*Curing force of God,
Through the Holy Breath
Of dear Shri Mataji
You rose from the deep
Caverns of our being,
From the deeper caves
Of our eternal past.*

Kundaliniji,

*Pure desire, hidden
Roots of our souls,
By the knowing eyes
Of Mother Adi Shakti,
And at Her command,*

*You were awakened
To restore our lives.*

Kundaliniji,
Kundalinījī,
Sacred Power of Sadashiva,
You aroused
Our agonizing Spirit
As the remodeling energy
Of our real Self,
Of our supreme Atman.

Kundaliniji,
Kundalinījī,
Stream of Love,
River of Truth,
Ocean of Bliss,
Deliver us from maya,
Guard us from evil,
And be source of our Joy !

Comment of Shri Mataji :

After the first strophe: “This is true.”

After the second strophe: “It’s real.”

After the third strophe: “It’s beautiful.”

After the fourth strophe: “It’s really very beautiful !”

1st of August 1992 : Olešnica – Wroclaw – Prague

Very strong mystical experience: indescribable joy in which all discrepancies are equalized, in which all duality is neutralized. R. Feels óne, all, “un – worldly” ... Everything is beautiful and light.

16th of August 1992 : Krishna Puja, Cabella (11.30 hrs – 22 hrs)

. When Shri Mataji starts speaking, R. has suddenly a sharp sore throat, as if real throat trouble is coming up. Oddly enough this is NOT bothersome when singing. The pain disappears after the Puja – talk, when R. tastes from the butter that yoginis are distributing.

. In the night from 15th to 16th of August R. slept in the sheep – farm of Daglio in the mountains. Vibrations are very strong. During the night he is awakened 10 to 15 times by the Kundalini.

Early in the morning he meditates outside: very strong.

*When I have become part of Nature,
I shall know that I have got completely realized,
that I have changed into vibrations.*

*When birds will take me for a tree and sit on my
branches,
I shall know that I am completely realized,
that I have changed into vibrations.*

*When the beetles will take me for a piece of half
decayed wood
and will put their eggs under my bark,
I shall know that I am completely realized,
that I have changed into vibrations.*

*When the butterflies will take me for a wild herb
and sit on me for a scented rest,
I shall know that I am completely realized,
that I have changed into vibrations.*

*When the ants will crawl on my leg and take it
for a pathway
on the trail of their presumed luck,
I shall know that I am completely realized,
that I have changed into vibrations.*

*When the deer will not be scared anymore,
but sit next to me in the grass and put its head
onto my shoulder,*

*as if I were just another companion,
I shall definitely know,
I have become part of Nature,
that I've got completely realized,
that I have changed into vibrations.*

*When the flowers and the grass will take me for a
patch of earth
and shed their seeds into my fertile womb and I
will grow them to the glory of their Creator,
Then I shall know that I've got completely
realized, that I have changed into vibrations.*

24th of February 1993

The most striking is probably that R. has become a completely different person. People start telling him that they don't recognize him, that he has changed so much – even in appearance – that he seems to be someone else. The only thing he can add is that he is laughing much more and singing all the time and that he gained not less than 12 kilos! He feels joyous, he likes living. All black thoughts have disappeared. His relations with people have become easier, smoother and much deeper. His work (conflict management in schools)

seems to have become lighter and more interesting.

22nd of July 1993

After the public program in Urania, Berlin, R. went to Shri Mataji to show Her a poem he had written during the public program in Amsterdam. Shri Mataji read it very slowly and carefully and said: "This is exactly how I felt in Amsterdam ... I see, I read your other poems."

Ridavindra took advantage of the opportunity to kiss Shri Mataji's feet. By doing this his Kundalini blew sideways open like a book. He never felt better and more joyous.



TOURING WITH SHRI MATAJI

Being with Shri Mataji is such a great event that words and images are not rich enough to convey its real meaning or real impression. How can we describe being constantly surrounded by vibrations and feeling one's own vibrations increase and develop constantly during fifteen days ?

How can we describe what a Mahakali Puja (Paris, 11th of July) or a Ganesha Puja (Berlin, 21st of July) does to our subtle system ? Or to the function of those countries in the whole of the universe ? These events are working out on a scale that

human brain and human heart cannot understand. We can only try to intuitively grasp a few bribes of the cosmic play.

France will undoubtedly become a more vigorous country, more open to the world, less 'insular' within its own 'francité' (French language and culture), less fearing its own identity, more open to other people and civilizations, so that the message of Adi Shakti can be spread on a broader scale. Could that be the meaning of the presence of a very important Ayatollah at the public program in Paris (12th of July) and of his long conversation with Shri Mataji the next day ? (Remember that on the 21st of March of this year a great Sufi-leader came to see Shri Mataji in India !)

In the Ganesha Puja – address in Berlin (21/07/1993) Shri Mataji told us that the most important quality of Shri Ganesha is wisdom and that His other qualities (such as innocence, chastity, patience, humility, harmony) can only be generated through wisdom. Only wisdom, respect and discrimination will probably be able to the infatuating negativity that had overpowered some German minds.

In the public programs of the next days (Hamburg, 22/7 and Berlin, 23/7) Shri Mataji gave the Germans heart by telling them that the start of Sahaja Yoga had been a bit hesitating in Germany, but that it would be steadily spreading from now on and that Germany would set an example to the rest of the western world.

About the same message was given to the Germans during the public program in Frankfurt on the 19th of July.

After this program there was an enjoyable dance – session for the yogis, who, as usual, had gathered around their Divine Mother.

During the public programs in Amsterdam (16th/7), Brussels (17th/7) and Antwerp (18th/7) Shri Mataji warned strongly against the machinations of the catholic church and the other churches in their ruthless pursuit for power and money.

In the public programs of Brno (23/7) and Prague (25/7) Shri Mataji asked the listeners to be very careful about all those religions, cults and other movements, that are competing to gain their attention ... and money.

And She warned against ‘americanism’, that leads to individualism and materialism, and which is a blind alley, at the end of which there is only: aids,

schizophrenia, heart diseases and other ‘diseases of civilization’.

After Shri Mataji had gone in Brno, a lot of local people wouldn’t/couldn’t leave the hall, so the Tsjech yogis sang a few songs. And still a lot of people choose to stay in that blessed atmosphere. So the yogis started to distribute the flowers that were on the scene during the program, and still a lot of people stayed with their hands stretched to Shri Mataji’s chair !

It was a very emotional moment, that felt like the blessings of a real Puja.

The program in Prague was held in open air in an exhibition area. There was a lot of disturbance as the organizers had to delay a splendid water-ballet, because of the fact that the program lasted a bit longer than foreseen, so that a lot of people came into the arena for the ballet and not for the program. Some of them were impatient and even angry. A few were even shouting their dissatisfaction. But quite a lot of them took off their shoes, closed their eyes and got realized as well.

And ... right after the realization, the sky above the arena turned deep strawberry-red – Ganesha’s color ! – for a minute or so.

In the morning of the same day there had been a meeting with the press. At a given moment, so told us the Tsjech leader, a reporter was asking if Shri Mataji, being a Goddess as She claims to be, can speak the Tsjech language. And Shri Mataji answered: “*No, but I do understand it.*” And She explained that She feels waves and sub-waves inside, that tell Her what has been said ... which was proven during the rest of the interview. For yogis this is not really new, as they all have experienced Shri Mataji correcting the translator (for example in Antwerp and in Prague) for not translating correctly.

On the way from Berlin to Hamburg

We stop at a ‘Raststätte’ and Ridavindra feels obliged to go and meditate alone in the woods. When he sits down, his Sahasrara bursts open to all sides: above, behind, before, left, right ... The Kundalini is flowing abundantly in big great flows in all directions and all the time further away from him. After a few moments the Kundalini covers Europe, North Africa and the Middle East. When he opens his eyes, he sees that he sits at about one meter from a giant pile of wood ants. They are crawling in caravans over his feet, legs, belly, arms, chest. They crawl in his hair and climb

over his ears, but they don't bite.

He is very thankful and feels himself changing in pure gratitude. Tears of joy stream over his face and he has the impression that the ants drink them.

Ridavindra feels rich, rich, rich !!!

24th of October 1993 : Navaratri Puja, Cabella

During the Puja – speech he suddenly feels a rather sharp pain in the left and right Vishuddhi, exactly where the thyroid gland was located. The left – side pain disappeared the next day, together with a high sensitivity (\pm pain) on the whole incision. The pain on the right side (exactly where the nodule had been) was felt till Wednesday 27/10.

After and during the Puja R. was playing dhoolak with the other musicians and singers. He seems to have played well. After some time he gave his dhoolak to another yogi. When Shri Mataji remarked this, She made him understand by gesture that he should take it back and play for Her.

He feels extremely happy, because he has never played an instrument before ! It feels like growing ...

11th of November 1993

It's very difficult to express what R. experienced today. When he was driving home, he suddenly felt a very huge "Presence". It was a very joy – giving feeling. He wanted to shout, to laugh, to thank, to cry ... everything at the same time. In his mind (Spirit and body) there was no place for anything else. At that moment he was convinced that this experience should be described as a partial "Adi Shakti – realization".

Im – pression

***You showed me, Mother, a glimpse of Your
Greatness,
and my voice has lost itself in utter uselessness,
images are too small to catch Your Fullness
and sounds prove to be mostly meaningless.***

*You're empty as a desert ,
yet full as a grape :
You are filled with emptiness
and You empty every full.*

*You're more silent than nothingness
and this deafening tranquility*

*is much more eloquent
than all the world's speech.*

*Your scentless perfume is more fragrant
than a thousand million roses
and Your un-savoury taste
calls to a delicious banquet.*

*You showed me, Mother, a glimpse of Your
Greatness
and I want to be nothing more than a witness
of Your breathtaking victory on our weakness
in Your forever widening transparentness.*

22nd of April 1994

Since a few days Ridavindra sees golden garlands when he looks to Shri Mataji's photo. They look like the light effects one can see on the miracle photos.

22nd – 23rd – 24th – 25th of July 1994

During that period in Cabella R. sees golden Kundalinis and golden stripes of light in the sky. During the morning-meditation in Daglio he sees very strong (comet-like) stripes of light flickering through the sky.

During the evening meditation before the castle bundles of light gather from all sides on the house.

29th of July 1994 : public program, Holiday Inn, Diegem

R. translates Shri Mataji's talk, hesitating in the beginning, but fluently from the moment he knows how to cope with the vibrations Shri Mataji is emitting.

31st of July 1994 : public program for Indians in Artis (zoo), Amsterdam

'Nirmal Bhakti' is on stage, singing.

After Shri Mataji's talk R. sits next to Her. We sing 'Binati Sunijye'. That rhythm is rather complex and normally R. can't play this song on dhoolak. He fixates the feet of Shri Mataji and is instantly in thoughtless awareness and can play.

After the song Shri Mataji bows down to him and says: "You played very well, you know."

4th of August 1994 : Brussels airport – Shri Mataji leaves for Cabella

Ridavindra explains to Shri Mataji the origins of the "Gurupada"-poem and Shri Mataji answers that it is quite possible to receive divine inspiration, when

he writes in thoughtless awareness.

He tells Her that he has written more than 60 pages of prayers and poems since Easter Puja 1993. Shri Mataji wants to see them.

GURUPADA

*When tranquility settles down into your soul,
when your ego is no longer enemy but also friend,
when your desires are no longer scattered, but
unified into One Direction,
when serenity becomes a ladder for ascent ...
then, you, maybe, reached the very first step of
Guruship.*

*When worldly matters do not break your balance
all the time,
when your Spirit aspires to communion with the
Universal Line,
then you become the instrument of the Divine ...
and you, maybe, reached the second step of
Guruship.*

*When you can put your fate into the hands of Adí
Guru,
when you really know the meaning of Her Name,
when Nirmal Vidya is your mentor and your
flame ...*

then you, maybe, reached the third step of Guruship.

*When your life is thoroughly launched
unto the gear of the Divine,
you recognize your Spirit - Mother
as the Maker and the Keeper of this shrine ...
then you, maybe, reached the fourth step of
Guruship.*

*When you can see yourself as part of the Divine,
as a composing cell of Her Spine,
when you become a part of Her Vision and of Her
Plan ...
then you, maybe, reached the fifth step of
Guruship.*

*When sweetness and compassion fill your days
and when your sleep is prayer - game
to the glory of Her Name ...
then you, maybe, reached the sixth step of
Guruship.*

*When you are deluded as an atom in Her Game,
when from this earth, you left all fame,
when you can live of the living waters of the
same ...
then you, maybe, reached your final Guruship.*

18th of December 1994 – 1st of January 1995 :

Ganapatipule

How can one describe an event that surpasses everything one has ever experienced ?

How can one describe what it means to live in a cocoon of vibrations for 14 days ?

Kundalini is everywhere !

One afternoon, when everybody is gone to an Indian theatre play, R. went in some sort of half-sleep to Shri Mataji. He sees himself going out of the camp, along the beach, to Ganapatipule-village, past the coconut-plantation, up to his thighs through the first river – it is high tide – and up to his shoulders through the second ... past the beacon, up to the hill on the left. Soaked to the skin he climbs on the rock and to the house of Shri Mataji.

To the guardian he says that he comes from the camp to bring his Mother, on behalf of all Her yogis, a bouquet of love. Immediately he can go to the bedroom of Shri Mataji, who is sick. She accepts the flowers and then everybody has to leave the room and Shri Mataji asks questions about Belgium.

Ridavindra's STATEMENT

Sahaja Yoga makes you happy and joyful and healthy in body and mind and also causes you to become less and less sensitive to illusions, to what is not true reality. And in the meantime you realize that this so called objective reality is only 'maya', an illusion of a different kind, namely: a subjective perception of a creative process that is still going on.

Science states that it describes/measures/ 'cans' a stable condition in laws. That impression comes into being by a wrong interpretation of the concepts of 'time' and 'space'.

The 'interval of time', related to a relative three-dimensional stability, is suggesting some firmness, some invariability that incites to grasping, understanding, encompassing, overmastering; in other words: describing, measuring, fixing in formulas and mathematic structures, which are abstract reflections (representations) of the so called perceptible reality. But reality is: that this firmness, stability and therefore

also this 'understandability'

('recordability') are an illusion.

On a cosmic scale a millennium is "no" time (that means: not more than a second of our time, in the same way as the distance from earth to e.g. the sun, expressed in millions of light-years, can hardly be called "distance").

When we add to this conclusion that the creation is not a fixed, unchangeable fact, but a lasting process, it becomes understandable that the so called "natural laws" might lose some day (?) their character/specification of "law", or might change into another (kind of) law.

In other words: what we call OBJECTIVE, is a FAKE (VIRTUAL) OBJECTIVITY, an illusion of objectivity: MAYA !!!

If we furthermore understand that "time" is an invention of men, that does not exist in the real word, it becomes easier to understand that the whole creation - the material side of creation - is an illusion and the One who caused/organized this: MAHAMAAYA (She who controls, masters maya) created this material world and goes on creating without interruption.

In the 'Veda' time this is represented as a small dot (bindu) that moves on from point A to point ∞ (infinite). That fact causes the illusion of movement, of the so called 'objective' measurable time. But even 'measurable' is a subjective concept. When the material conditions of creation would change (through the continuously going on creation) then the measurability-factor would change and also the standard which is used to measure.

Einstein's theory of relativity points in that direction. In other material conditionings than ours, a meter would be different from our meter, in other words: longer or shorter. The only objective reality is what goes beyond this kind of subjective, illusory realities, namely a Principle that in all eternity is not subject to changes and that is not dependable on time and space, that in other words is not measurable, comprehensible, susceptible, capturable: that is stable in all eternity: OBJECTIVE ! This Principle is called God: the Immovable Mover, the One who creates: Maya. We are in that perspective reflections of that Divine Principle (Divine sparks) that are closed

and enclosed in 'materiality' (in the form of our world, the universe, the cosmos). We don't know why this happened, because THIS (Divine) REALITY goes far beyond our reality. Our reality seems to be too restricted to be able to understand the Divine Reality. The easiest explanation might be that God IS creative in all eternity, that being-creative is a steady quality of God. Shri Mataji writes in "The Book of Adī Shakti" that Sadashiva, God Almighty, needs a mirror to observe Himself and to enjoy Himself. That's why God wishes that His Power - Adī Shakti - creates universe(s) and that is also the reason why Adī Shakti created Sahaja Yoga and Sahaja yogi's, because She also needs mirrors to observe Herself and to enjoy Herself... THOSE MIRRORS ARE WE !!!

15th of February 1996

Between Ganapatipule and now was a period of massive attacks of negativity and return of conditionings. Those situations can teach you a lot about yourself and the way to handle your conditionings and outward negativity.

Things have changed now. The Kundalini is much stronger, clearer, and R.'s attention seems to be purer since it is easier to keep it on the Sahasrara and feel the vibrations.

3rd of April 1996

In his morning meditation R. saw a circle of light coming out of the tika of Shri Mataji. This circle (a broad halo) divided into four big rays and then became a circle again.

3rd of May 1996

Last night R. dreamt that he was explaining a Sahaj – item to some people, but they didn't (couldn't, didn't want) to understand. Suddenly Shri Mataji appeared. She gently smiled and took his hand in Her Hand. And then suddenly Her face became so soft and sweet and gentle and loving that he can't describe it. She took his hand in both Her Hands and said: "Come with me."

And then everybody understood.

9th of September 1996

This evening, when returning home after collective meditation, R. saw something he should probably never have seen.

He had been working with a candle on somebody

with a very bad left Swadisthan and he didn't feel too well about it. M. Was driving the car. As he was very tired, he closed his eyes ... and suddenly he saw a huge furnace of bubbling fire as in the crater of a working volcano with fiery red, orange and black colors. And out of the bubbling lake of fire rose very big monstrous faces. It was as if they pulled themselves against the outside fiery skin from the inside, lifted it with the form of their faces and then disappeared.

When he opened his eyes the vision disappeared, but it was immediately back, when he closed them again.

He was not afraid, but had the firm impression he saw before his closed eyes a boiling left Swadisthan, which was constantly producing negativity in the form of monsters that could not escape from their prison of fire.

18th of November 1996 : Diwali Puja, Quintado Mar, Portugal

Shri Mataji was very pleased with "King Arthur".

KING ARTHUR AND THE KNIGHTS OF THE ROUND TABLE

THE CELTIC ROOTS OF UNIVERSAL TRUTH

*Arthur, King at God's command,
Mighty master in his own free land,
Assembled his companion - knights
Around the sacred table - oak
To reveal the message of the Lord.
He sent out his valiant cavaliers
To search and find the Holy Truth,
Sealed safely, as was told of yore,
In the vessel of the Sacred Grail,
Guarded by a multitude of jealous Gods,
Containing the Light of the Lord
To feed the Serpent Power of men .*

Ω

*And Lancelot,
More famous than them all,
Did not fulfill his pledge,*

*But sought his passion's end :
Instead of paining on his quest,
He pondered to beguile his queen,
And Gwenhyvar, who was to be
Her husband's strongest stay,
Was flattered by his youth
And the freshness of his limbs :
She gave him way to what for God
She promised to her betrayed King.*

Ω

*Keye, master of the sword,
Married to his horse and spear,
Rode out with clever skill.
He fought when fighting was required,
But mostly rove on hidden path
To find the sages of the woods
And many improper fact he found,
But none of them could satisfy
His thirst to know the real truth,
None could guide him to his goal.*

Machelaos, noble Prince of Youth

*And Sire of the Isle of Glass,
Where eternal spring does reign,
Drove out with pomp and splendor
And on his rambles in the woods
Of wonder met with Blondamors,
To whom he used to bear great passion.
Struck by the beauty of her limbs,
They drank the wine of love
And ate the cake of idle prey,
But satiated by their futile pleasure,
They were grudging and grumbling
And digressed in the devious ways
Of thought and inappropriate pride.*

Ω

*Erec, once a knight of great valor,
Had become the slowest of them all,
Lover of sumptuous banquets and wine.
He went straight to a witch in the woods
And urged her to reveal the secret
Of the last and ultimate truth.
“Not yet,” she said. “Go to the big water
In the middle of the forest and fast*

*For seven days ... then you will see
The first ray of truth coming to you
On the wings of the Mother of the Woods.”
But abstain from food he could not ;
So, with guilt in his mind
He returned to his world of illusion,
Where he could satisfy his belly
But was not able to satisfy his heart.*

Ω

*Iwein, of very great descent,
Courageous more than all ,
Strove to slay untruth
With battle sword in hand
And so gave way to truth.
His quest was full of deeds,
The very last more brilliant
Than the first,
But discover he did not.
With great contempt
He rode straight on,
Removed the hurdles
One by one*

*And pushed his way
Through the darkest of woods
Into the land of sham
And shadow,
Where he lost his way
And was condemned
To err forever.*

Ω

*Menagormon, in his brilliant panoply,
Very pleased with the unsought quest
-Sure as he was to win the Holy Grail -
Rode through the woods and drowsy villages
On his beautiful fiery black stallion
Until he reached the higher lands,
Where he crossed many a fairy vale
And suddenly saw himself blocked
Before a deep enchanting crevice :
From far below came soft enticing voices
Meandering up to where he stood.
A sweet breeze of fresh seducing air
Tied him up and pulled him down
And the smell of a thousand promises*

*Challenged his legendary wit.
Enthralled, he unchivalrously slipped
Down a twisting lane
And reached his passion's paradise :
A river of golden sparkling wine
In which a bunch of swarming witches
Tried to attract him by gorgeous feint
And as he tasted from this fare
Forgot about his quest.*

Ω

*The only one to unravel the knot
Was 'Perceval, the humble herald of God.
Because he was innocent, chaste and wise,
Patient, humble and stable, he could rise
Above all others and as a real knight
Brought to his King and kin the light
Of the Sacred Vessel, which he didn't find
In the dales and mountains of the mind,
Nor in the woods and villages of desire,
But in the gentle force of his own inner fire,
That crossed his Mediterranean and emerged*

*Out of the verges of the past and so urged
The Serpent Power to climb to the height
Of the heavens to lose itself in the Light
Of the Lord.*

Ω

*The devilish forces of the right
Could not bind him tight,
Nor could the enchanting voices
Of the left tempt him to choices
Unsound to the goal of his quest.
His innocent wisdom won the test
And he so saved the honor of the rest
By adding the seed of Divine Zest.*

At the Navaratri Puja we had talked about the possibility of a school in the Belgian ashram and Ridavindra made up a report about the situation in Belgium. He handed it over to Shri Mataji after the Diwali Puja in Portugal. He told Shri Mataji that Belgium has a lot of rules, regulations, laws, language laws about schools.

***Shri Mataji* : “You are in prison.” - “You pay for what these lawmakers did wrong long time ago.” –**

“You don’t live in a free country.”

“Belgium is a very difficult country. You are caught in a web of laws and rules. I can’t imagine why they took Brussels to be the capital of Europe ... What can we do with Belgium ?”

***R.:* “What about a health care centre in the ashram ?”**

***Shri Mataji :* “No !”**

Shri Mataji invited us to Her hotel in one of the former royal palaces in Sintra.

But when we left the tent after Puja, everybody had left. There was no yogi to be seen and there were no cars left. So, we thought that we wouldn’t see Shri Mataji that night, but suddenly a car stopped next to us and the driver asked if he could take us somewhere. So we told him about the invitation and he said: “O.K., jump in, I am driving to Shri Mataji’s hotel...”

We stayed with Shri Mataji for almost an hour. And we came to know Her from a totally different angle.

It struck R. that Shri Mataji was so gay: laughing, even out loud, and telling jokes all the time !

20th of October 1996 : Navaratri Puja

During the Aarti of today's Navaratri Puja R. was permitted to look into Shri Mataji's third eye, which was surrounded by a soft penetrating light.

TOP OF THE BILL



॥ 04/11/1997: OSLO – BERGEN – TØNSBERG ॥

The Norwegians are very ardent seekers, with as result that all kinds of religious and less religious organizations (such as TM, reiki, miracle courses and others) can easily find a gap to be filled.

But it also means that Nishumbha finds himself pushed out, so as Shumbha is in the southern and western European countries and that the conquest of Norway has started for Sahaja Yoga.

The 4th of April 1997 three Belgian yogis started from the newly founded Sahaja Yoga – centre of Oslo on a snow-and-ice-trip across the Hardangervidda-mountains to the city of Bergen. They were guided by a huge snow-plough through house high snow walls to their goal: Bergen, the second city of Norway, which was once the capital of this country and still is its gate to the world. Bergen is protected by seven (!) mountains and covered all over with beautiful lakes, fjords, plants,

trees and flowers. In fact it is a peninsula, surrounded by uncountable small islands. What is so beautiful about Bergen is that there is more nature than houses, more trees than people and more calmness than in any other city they know.

They were met by two ladies, C.L. and R., who had been distributing posters and leaflets in the preceding weeks and had arranged for them to meet sixteen new seekers in Bergen's alternative "Knutepunkten" (junction !) to talk to them about the new perspective of Sahaja Yoga and Shri Mataji, to give them realization and make them understand and experience how your life changes for the best after Kundalini rising.

The next day they visited the Sahasrara of Bergen and in the evening they saw most of the people from last Friday again and five new ones. All doubt and distrust for new experiences had gone and were replaced by friendship, openness and even love. It was a wonderful experience, as self-realization and collective meditation always is. Most of their new brothers and sisters started to feel really happy and see a new perspective for them and for Norway.

On Sunday they were invited for the birthday-party of C.L., where – for the third time in three days – they met their new brothers and sisters in Sahaja Yoga and a few new ones: the youngest being 11 and the eldest 74 years young ! Between cake and tea they gave an introduction, a talk of Shri Mataji and self-realization, they worked on people, answered a lot of questions and ate some more cake. They exchanged addresses, promised to come back and send information. At the end of the evening they were hugged by almost everybody as old and very dear friends.

The same evening they had meditation in the centre of Oslo. There were six new people.

A young girl's Vishuddhi-pain (thyroid-gland) got anaesthetized when they were working on her. She said she didn't feel her left throat and left shoulder anymore: "As if it had been anaesthetized with a very sweet injection", she said. After this she felt better and was literally overflowing with Kundalini.

But the top of the bill was Tønsberg, the oldest city in Scandinavia. They met sixteen new Sahaja yogis, who were only too eager to give up TM, reiki and other trash, to recognize and embrace "truth as it is". Everybody was happy. They felt the Paramchaitanya very strongly. Shri Maraji Herself

must have been there, because they were really connected to the Nirmal Vidya of the Virata. One of them, who doesn't speak English, was talking about Shri Mataji and about Sahaja Yoga as if she did this every day.

They worked on the new ones and they worked on each other (already !), making them and each other extremely happy. Some of them just couldn't leave and when they did, they were crying for joy, overflowed as they were by vibrations.

When they drove back to Oslo, they felt stronger and wider and softer and more filled with SATCHITANANDA than any Viking can ever have felt before.

They felt and still feel as if Norway has surrendered to Adi Shakti and will blossom thousandfold ...

On Saturday and Sunday (10 – 11.11.1996) they had a Sahaja Yoga – stand at a so called 'alternative fair' in Oslo. A lot of people came to them for self-realization. And next to them was a man with a stand of aura – photography, who got very intrigued by their big success. So, he came to sit on one of their chairs. And then one of them received the intuitive inspiration to make him take a photograph

of himself before realization.

This was the result:

(C) 1997
520 Washington Blvd. # 907, Marina del Rey



His connected computer said:

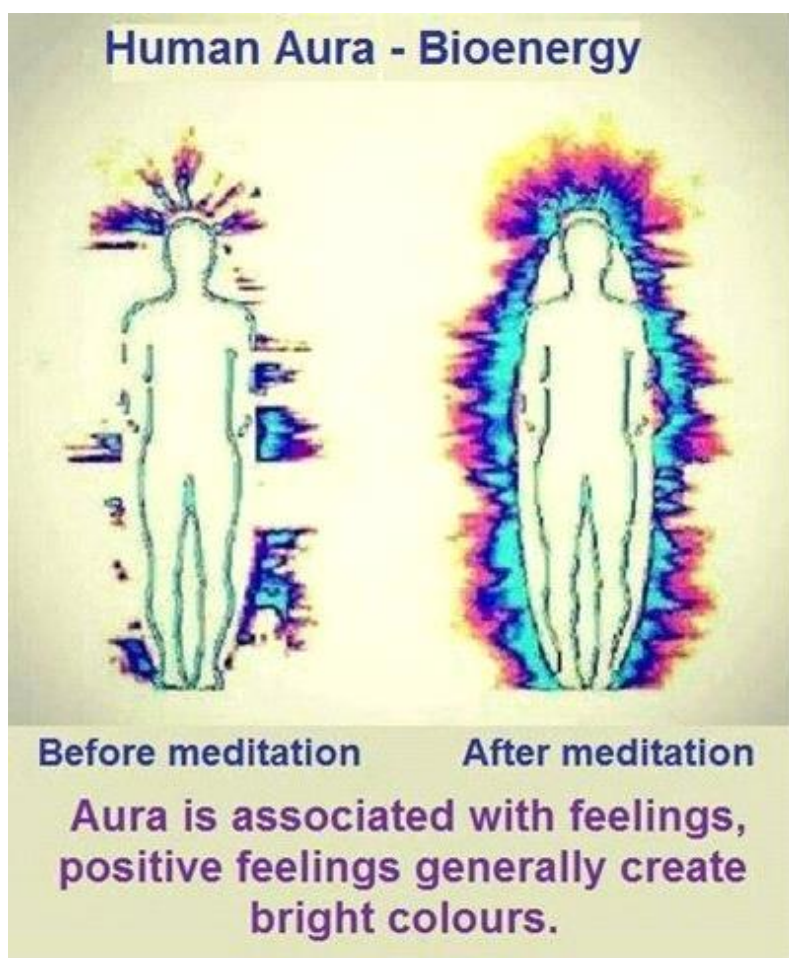
“RED WINNER: you are a natural leader, independent, powerful, full of courage and will-power. Physical strength, vitality and realism are your strong points. You also express strong emotions like love, anger or stress. You might work too hard. Take things a little more relaxed and try to recharge yourself emotionally and physically.”

Then they gave him self- realization and asked him to take another aura-photograph, with this remarkable result:



“WHITE HEALER you express a high vibrating energy, reflecting spirituality and healing. You love to connect with higher dimensions and spiritual forces. You are in a very sensitive energy state, a time for meditation and awareness in your life. Try to stay grounded, feel your emotions and your physical body. Accept the transformation !!!”

Another proof of the influence of Kundalini – awakening might be this aura-photograph:



3rd of December 1996

R. reads in newspaper article that King Arthur used to be seen as the “King of Light” !!!

26th of April 1998

A very old dream of R. becomes reality today (see 16.08.1992).

In his workshop he hears a noise in the wood-burning stove. He opens the door of the stove and a titling comes out and sits on the door. R. takes it softly in both folded hands and brings it outside, but the little bird does not fly away. It stays quietly in his hands.

There is a strong feeling of connection between the titling and him ... and a very deep rest.

Suddenly the eyes of the titling close ... and it falls asleep ...

For more than ten minutes it is asleep and then suddenly it flies off.

15th of August 1998 : with Shri Mataji

The leader of the United States tells us how a little boy of 8 years was saved by Shri Mataji.

In the neighborhood of the ashram of Los Angeles the boy fell into a lake and drowned. The

estimation was that he was for more than 8 minutes under water. Then somebody pulled him out. A doctor specified that there was still a very slight sign of life, but that the boy was in a very deep coma; in the clinic he could maybe wake up, but with serious brain damage and paralysis. Exactly at that moment Shri Mataji called the ashram – although the new phone number hadn't been given to anybody, even not to Shri Mataji – to ask what was going on.

When the leader explained what had happened, Shri Mataji said : “He'll be alright.”

Three days later the boy woke up from his coma and said : “Hello mom, hello dad, how are you ?” There was no brain damage and no paralysis.

6th of November 1998 : Ganesha Puja, Cabella

After Puja R. may offer a gift to Shri Mataji: it's a painted Mooladhara Chakra in accordance with a description of Shri Mataji.

Shri Mataji was very pleased and said that this painting matched perfectly with reality as She saw

it.



She immediately gave instructions to frame it.

‡ According to the Shalivana -
calendar **SATYA YUGA** started on the
18th of March 1999 ! ‡

2nd of July 2000 : Shri Adi Shakti Puja, Wijnegem

Suddenly, during the Puja, Ridavindra saw different “figures” around Shri Mataji’s photograph.

First there was a huge angel behind Shri Mataji with unfolded wings, as to protect Her.

Then he saw Mother Mary’s head appearing above Shri Mataji’s head. And a little higher Jesus’ head. Left of Shri Mataji and under the photograph were bodies and plants.

Right and left of Her stood two animals on their hind legs, with their two forelegs stretched to Shri Mataji and their heads to the sky.

This vision lasted for about half an hour without fading away. It goes without saying that it gave – and gives – tremendous vibrations.

?? . Adi Shakti Puja, Cabella

In the course of last weeks the pain in R.’s knees and hips started again. Especially his left hip/Swadisthan and left knee caused him a lot of trouble. (In fact this started during the Easter Puja in Mechelen.) On Sunday 06/05 they had a classical Indian music program. Thereafter they could eat something in the kitchen. But the food (rice + spices + chicken + eggs in some red juice, bread...

etc) seemed to be quite heavy stuff. During the Puja R. was very sleepy and could hardly keep his eyes open. At the end of the Aarti he suddenly felt unwell. He had to go out to vomit, but he went back in, because B. had asked him to come with him to Shri Mataji to hand over the Belgian present, and also to speak about our project for the Adi shakti Puja: to present some scenes out of the life of Her Mother, Cornelia Karuna Salve, to illustrate some aspects of the Shakti. But he had again to rush out to vomit. He tried a third time, but still he had to rush out and he suddenly got a very heavy diarrhoea ... and at that same moment the conviction 'descended' upon him that he was clearing his Nabhi and Swadisthan and that the pain in his hips and knee would disappear. This situation lasted till 5 o'clock in the morning and then gradually disappeared. The pain in the hip had gone, but the pain in the knee was still there. The next day all pain had gone ! R. started again to meditate on the floor, what was impossible since Easter Puja.

13th of January 2002

Last night R. dreamt that Shri Mataji and he were performing some task. He doesn't remember what

it was, but at the end he sat at the feet of Shri Mataji and he asked if She would grant him a boon. She asked what he wanted. So, he asked the permission to kiss Her feet.

She looked at him with a smile and said: “To kiss My feet you have to have some special relation to Me.” And then suddenly: “Alright, you may kiss My feet.” ... And that’s what he did.

Kundalini was everywhere and he saw Her feet very realistically before his eyes ... and that’s when he woke up.

1st of April 2002

Shri Mataji told R. last night in a dream that his faith is too small.

21st of April 2002

At the Easter Puja R. saw the name of Allah written in the tika of Shri Mataji.

‡When it is always day, you don't see the light.‡

1st of March 2003 : Shivaratri Puja

Due to exhaustion of his right side (esp. right Swadisthan and Nabhi) R. can't attend the national Puja. So M. and he decided to have a Puja at home. During the Aarti he suddenly saw how Shri Mataji's tika changed into a heart !

‡ Medical science developed millions of medicines for all kinds of diseases, but the only medicine that really cures, is Love ! ‡

1st of April 2003

Slowly and spontaneously you discover that a lot of so called “negative” things that happened in your life, had very positive results.

2nd of July 2003

A very heavy and very sharp emotional shock made R. go unconsciously into the extreme of the Pingala Nadi, probably to counterbalance what had happened emotionally, in a desperate try to restore balance.

As a result he got completely out of balance and this affected his sleeping pattern. At the end of 2002 he slept less and less well. And then – suddenly – in January of 2003 he didn't sleep at all

for several nights and days. After that he had for several months an extremely disturbed and short sleep: 1 or 2 or 3 hours. After two – three weeks you get so fundamentally tired that you can't function normally any longer.

R. had to seek the help of a doctor. The first one prescribed sleeping pills and gave him a 10-week 'neural therapy'... but that didn't help much.

After that he tried acupuncture. That proved to be a good support, but it certainly didn't cure him. The last one was a homoeopath, who tried different medicines ... with very poor result.

In the meantime many helpful people gave him different advice: try this, try that, try something else. And as all of them were yogis, he did ... with no result at all.

At that time a very close Rakhi sister told him that he was working out one of his previous lives.

From that moment on the situation started to change very very very slowly. He had to accept life as it was, without trying to change it or to influence it: **detachment !**

He started to sleep a little bit better, but not enough: 3 – 4 hours, sometimes less.

And then another Rakhi sister told him that her sister had serious sleeping problems, but that she

managed to sleep with a homoeopathic medicine called 'noctiphar'. So he went to the pharmacy, but they didn't know it and couldn't find it in different lists.

He called his Rakhi sister to let her know. A few days later she came to his house with what she called 'the medicine'. BUT ... she had given the pharmacist the wrong prescription ... and in fact she didn't give him 'noctiphar' but OPIUM 5CH ... which to his utmost surprise seemed to be very cool vibrationally.

He has taken it ... AND HE DOES SLEEP WELL !!!

Last night he dreamt that he was with Shri Mataji ... Negativity must have backed off.

18th of July 2003

This afternoon there was a cloudy sky ... in which appeared two heads of Shri Ganesha and the head of a horse : Shri Kalki ?

31st of July 2003 : Shri Ganesha is everywhere !

In every particle we can find His sign.

The more we develop the qualities of the Mooladhara: innocence, chastity, wisdom,

patience, humility, inner peace, spontaneity, gravity, harmony, security, faith, confidence, stability ... the better we will be able to see and hear and smell and taste and feel Shri Ganesha everywhere and in everything.

*Clouds will show us His image in manifold forms.
Flowers will offer us His perfume in a thousand shades.*

Trees will transfer His energy in many frequencies.

Stones will reflect His strength.

People will offer you His love and His mercy.



21st of September 2003 : FLOWER LADY

M. and R. went to a large flower – exposition with the theme ‘light’. At a given moment they were admiring a flower – tower, when R. thought: “Shri Mataji should be here. She would like this very much.”

And suddenly he felt Her presence. She was standing right before him at the other side of the flower – tower. She wore a red sweater, a coat and a shawl. She smiled.

For the next few hours they went through the entire exposition and Shri Mataji was there all the time.

All the flowers and all the places of the large castle-abbey got vibrated ... and all the people that visited the exhibition and admired the flowers. It must have been around 10.000 !!!

FLOWER LADY

Vibrating through the petals

Is the perfume of Your love.

Your blessings float around us

In a swarm of golden hugs.

*A wonder world of colors
Comes hovering to our eyes
And makes them faintly see
Creator's endless fantasy.*

*Your uncountable manifestations
Shine through forms and figures
In not namable variations
Of the One and Only You.*

*A concert of numerous sounds
Reaches our innermost ears
And bend themselves together
To a heavenly melody.*

*The peace of Your heaven
Settles down in our beings
And we feel endlessly blessed*

By Your Flowery Essence.

*A medley of sweet feelings
Shimmers softly through our soul;
They call to our Spirit
A message of purest joy.*

*Flowery Lady,
Let this memory last
Through all our days,
Let us never forget*

*The Light You ignited
In the core of our hearts.*

‡ **Avec chaque bataille qu'il perd, l'homme devient un peu plus fort, parce que chaque fois il découvre un nouveau point faible, qu'il sait éviter à la prochaine bataille, jusqu'à ce qu'il vaincra la grande bataille de sa vie : en matant son propre ego. ‡**

17th of August 2006

Since three years and seven months R. has been suffering from extreme insomnia.

During the first months he has been trying to attack this ‘inconvenience’ by will – power, in other words by opposing his ego, which made it worse of course.

In a second phase he went into the superego by asking: Why me? What is going on? And by lamenting over the kind of life he had to lead. In other words: he was very busy with himself and his unhappy situation.

He couldn’t work and spent the greatest part of the day on the coach.

In a third phase he started to question himself:

“Which maryadas have I transgressed to be punished so severely ?” And of course he found numerous answers.

In the fourth phase he was quietening down, so that he was able to ask the right questions.

- Could it be possible that I was leaving some of my karma ?

- Was it possibly that I exactly needed this to learn ? But what ?

He decided not to start thinking about it, but letting the answers being born in his heart.

In the fourth phase he tried very hard to accept, to surrender.

And finally things were speeding up.

During these three years his vibrations stayed intact.

The last phase is that on June 27th he went to bed with all his problems and got up on Friday 28th without any problems at all.

I his meditations he thanks Shri Mataji for those three years with problems, because he learned never more than during that time.



After a life that was completely dedicated to the spiritual awakening of man, the “Great Mother” has left Her Body at the age of 87.

Shri Mataji Nirmala Devi

(Nirmala Srivastava)

Chindwara, India

21st of March 1923

Genova, Italy

23rd of February 2011

Shri Mataji was the Incarnation of the Adi Shakti of our time. She was the Founder of Sahaja Yoga – meditation.

If She walked with kings, or walked barefoot through Her beloved India, Her life was an unparalleled and indescribably lovely play, full of beauty, dignity and always loving care for Her children.

We, Her children, mourn, but feel Her Presence stronger than ever before.

Shri Mataji, we love You!

Your children





6th of November 2011 : a dream

On the grass sit a lot of young people and about ten of them at a long table.

Shri Mataji is walking around and handing leaflets to the people. Suddenly She turns around and goes to Ridavindra. She hugs him and kisses him on his Sahasrara !!!!

Since that moment everything is much easier. R. has the impression that his karma is transformed.

This “dream” was very real and had great consequences...

8th of October 2011

R. was looking at some photographs of Shri Mataji, specifically to Her tika and suddenly that tika started bubbling very hard, as if it was boiling.

29th of March – 12th of April 2014: Surinam – Paramaribo – tropical rainforest : an unusual experience

The yogis of Surinam follow the Indian calendar. That means that they perform Navaratri during ten days: 6 Pujas and 4 evening meditations, each time at somebody else's home with 30 to 40 yogis ! R. doesn't sleep for four nights through the massive supply of vibrations and unconditioned love.

The tropical rainforest (80% of the country: Brokopondo and Dantabai) is overwhelming and gives unbelievably strong vibrations.

Black magic

In Surinam you can find the utmost positive alongside with the utmost negative. S. is a yogini that got possessed by pyramid curses. (See the high priests of Amon Re in the Egypt of Echnaton and Nefertiti.)

S. comes in the room as a stooped old lady, leaning on a stick, half closed eyes and hands like claws. In a few years time she had two hip- and two knee prostheses.

Ridavindra is going to work on her for half an hour. Slowly she sits a bit more upright and opens her eyes a bit wider. Her hands release.

R. feels the black magic and the heavy possession. On that very moment appear two kisses on his right hand. He becomes very strong protection from Shri Mataji.



SHRI KALKI

*When Shri Kalki rides,
The devils of negativity
Lose their legitimacy,
When Shri Kalki rides.*

*When Shri Kalki sounds the trumpet,
People start their final march
Through hell's and heaven's arch,
When Shri Kalki sounds the trumpet.*

*When Shri Kalki dooms the damned,
And curses their malicious fate,
They once again sprout hate,
When Shri Kalki dooms the damned.*

*When Shri Kalki pulls the strings
She sings the song of destruction
Of Satan's malignant production,
When Shri Kalki pulls the strings.*

*When Shri Kalki commands the elements,
The earth turns upside down,
The sky is set on fire,
The oceans are burning high,
The stars are tumbling by,
The creation turns into a mire,*

When Shrí Kalkí commands the elements.

*When Shrí Kalkí calls,
Her children assemble
In their glorious temple,
When Shrí Kalkí calls.*

*A new world is born
Out of this scorn,
It will flourish to adorn
A golden age being born*

As. is a special case

When R. holds his hands above her hands, she feels cool vibrations all over her body. She is unbelievably strong !

When they work together on one of her relatives, that man does not know what is happening to him. She is a real magnet, attracting everybody.

7th of June 2014 : Ardèche – Provence (France)

When leaving the city of Orange, R. sees a complete Shri Ganesha, who shines with a light blue penetrating light and a dark blue background.

Caverne d'Orgniac (Ardèche)

In one of the caves R. discovers a Swayambhu of Shri Ganesha.



28th of May 2014

The keyword of existence is Love, spiritual Divine Love ! Your Love. The Love of the Holy Father and the Holy Mother. You are so loving, Mother, that You take over our karma. You transform it into Divine karma. It feels like heaven !

THE KEYWORD OF LIFE

*The keyword of life is eternal love,
That showers abundantly from above,*

LOVE

*That pierces through the thickest clouds
And illuminates the widest crowds.*

*The password of life is Divine Love,
That showers abundantly from above,*

LOVE

That leads to the Kingdom of God,

Love that allows you to Self-ishly nod.

*The why-word of life is heavenly Love,
That showers abundantly from above,*

LOVE

*That answers the question s of life
And removes the pain of Satan's hive.*

*The how-word of life is limitless Love,
That showers abundantly from above,*

LOVE

*As wide as all the ways of the world,
Love that with holy virtues is pearled.*

*The joy-word of life is God's real Love,
That showers abundantly from above,*

LOVE

*That provides celestial drive
To enlighten our life and make it revive.*

“ Realization of the Self and God realization which is the ultimate aim of human life, is not possible to be attained without surrendering to the lotus feet of the Divine Mother. She confers the knowledge of Shiva, the ultimate. She is also Shiva Shaktyaijya Roopini i.e. whose form is union of Shiv and Shakti. It is said in the scriptures there is no Shiva without Shakti nor is there any Shakti without Shiva. There is no distinction between them just as there is none between the moon and her shining.”

Nirmala Yoga, Year 1, Vol. 6, Nov.-Dec. 1981

Mother, in many talks You tell Your Sahaja yogis that they are saints, that they are more than just normal, average human beings.

R. presumes that You want to aim at a psychological effect, in the sense that You invite them to behave in a not average human way. And in fact they have to respect some limitations, but they also transgress the average human boundaries.

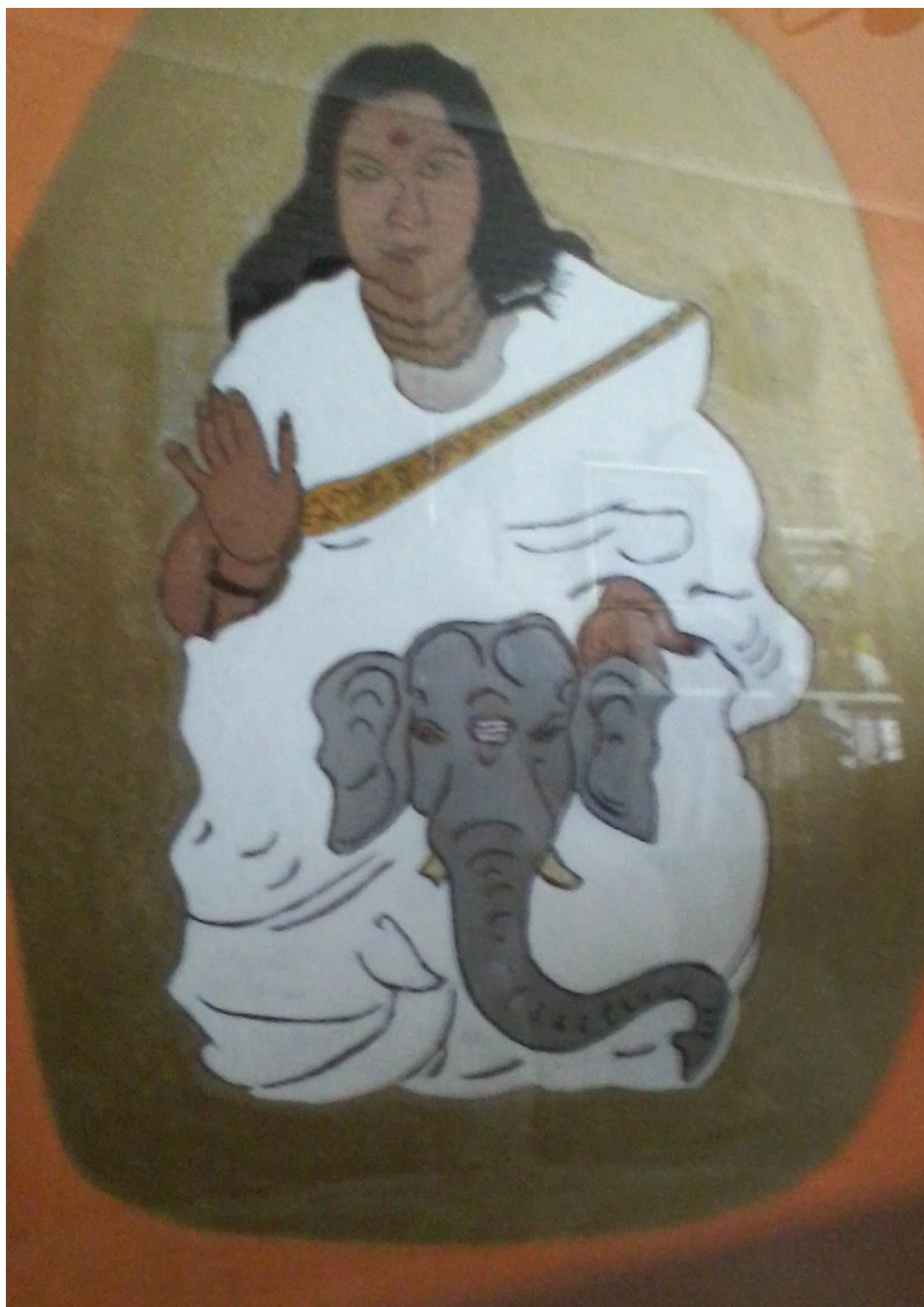
We should be able to see/feel that all people have a (mostly) non – awakened Spirit and a non – awakened Kundalini ... but these are definitely there in every human being and we should respect

that fact.

Some day their karma will make them become seekers. Some day they will have to recognize God Almighty and His Power.

15th of June 2014 : AdiShakti Puja, **Cabella**

In the afternoon, a few hours before the Puja, we went to Palazzo Doria to thank Shri Mataji *and there Ridavindra saw Shri Mataji in human form, seated, with Shri Ganesha on Her knees !!!*



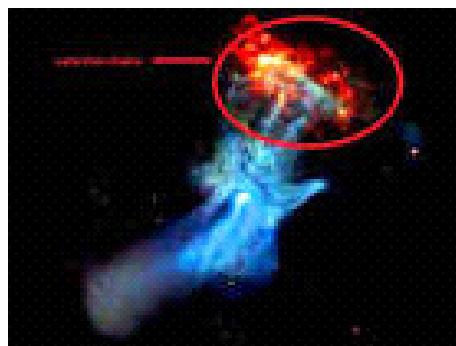
**Thank You Shri Mataji,
thousand times and more...**

16th of June 2014

Back home: R's complete subtle system gets into movement when he stands before the photograph of Shri Mataji. The vibrations flow down from his back like a torrential rain ... Amazing !!!

23rd of August 2014 : Krishna Puja, Brussels

All the time during the Puja R. sees Shri Krishna's Sudarshan above the altar.



Pure satchitananda - Nirmalananda !

26th of September 2014 : international flower exposition, Alden Biezen (Belgium)

The flower exposition took place in a former abbey of the Order of the Knights Templar. During two hours Shri Mataji accompanies us on our way through the exposition.

R. felt Her presence very clearly.

Shri Mataji always loved flowers. Some day R. bought Her flowers in Cabella and brought them to the castle; he was immediately admitted to give them to Shri Mataji.

This is NIRMALANANDA !!!!

October 2014

Holy Mother, You make me taste heaven on earth: it will be continuous Nirmalananda, supreme joy.

Please, Mother, allow R. to bring people to the gate of Your Kingdom and allow him to come really home !

30th of December 2014

We have to FORGIVE negative forces in the name of Shri Adi Shakti.

Because they can't stand being loved !

15th of February 2015

The day before, R. worked (with vibrations) on a yogini with a heavy possession (Raktabija ?). Life seemed to have left her. She couldn't open her eyes, she couldn't speak, she couldn't stand on her feet. She looked like a lifeless doll. When R. gave vibrations, she started to shake heavily, but after some time she recovered and was constantly throwing up for more than three hours.

The rest of the story takes place during Shivaratri Puja in Brussels the next day. At a given moment R. was very emotional and his left Swadisthan became very cool and started to pulsate ... and once more two red kisses appeared on his right thumb.

27th of September 2015: Fiesta Mundial

Holy Mother, You allowed me to give realization to about a hundred people. One of them was an eight year old girl who was totally cool. After realization she started spontaneously to work on her mother and to work out her realization!

6th of May 2016

Recently I was in contact with morally very adharmic people and both my hands became fully Ganesha-red. Ganesha must have been furious!

8th of May 2016

Even if you deepen your self-realization. Even if you have learned to introspect honestly. Even if you have discovered your conditionings and illusions from this life and from former lives. Even if you have learned to meditate in thoughtless awareness. Even if you recognize Shri Mataji as God. Even if you are able to help other yogis, because you have become an – incomplete – instrument of your Divine Mother... You still stay very, very human. You are many times betrayed by your senses. You are betrayed by your six enemies: passion, greed, jealousy, anger, pride, temptations, materialism, egoism, emotions ... You undergo the temptations of Kali Yuga and you try to avoid them. You meet negative forces; sometimes you are able to recognize rakshasas or lesser devils, but to the extent that you stay human, you might be attracted by nonsensical temptations and activities, because you are surrounded by sophisticated negativity.

As Shri Mataji says: All rakshasas are back in these modern times, a lot of them very much disguised as men and women who speak the language of divinity.

And negative forces do know our weakest points.

There are two types of negative forces: forces from the outside (bhoots, rakshasas, demons, demonic people) and forces from the inside.

Shri Mataji will always be with us. She will guide us and we will feel Her Presence !!!!

GOD -REALISATION

Allow us, Mother, to lose ourselves into You ... Allow us to lose our ego and superego into You.

Holy Mother, You told us many times that we are cells of Your Body : that means - in an incomprehensible way - parts of Your now formless Body.

You are beyond time and beyond space, You are beyond all dimensions, beyond all limitations.

You allow us to escape from our human body to be totally in Sahasrara.

You allow us to reach Virata and experience Viratangana.

"Be on My Kundalini ! You can !"

Shri Mahalakshmi Puja, Brisbane, 1992

1st of September 2017

Up to now there have been periods of ups and downs. The downs were due to serious attacks of negativity. The ups consisted of real deep meditation in genuine long lasting thoughtless awareness and full Shraddha (limitless confidence in Nirvikalpa - Turya state).

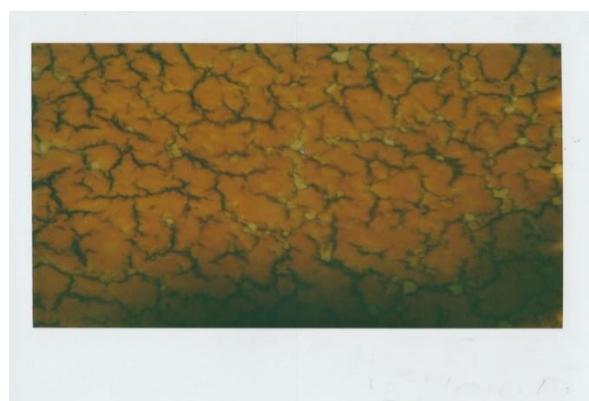
Shri Mataji: Guru Puja, Avignon, France, 08.07.1990

*"The worst thing for Sahaja yogis is to think that he is sick; it tarnishes the name of Sahaja Yoga . If you still feel you are sick, you better get out of Sahaja Yoga. Either you get well or you are not a Sahaja yogi. If you are a Sahaja yogi, then you have to see that you get well. If there are certain problems also, doesn't matter. For example , I as a Mother, the Adi shakti, have certain problems, certain physical things I have to face. But I go through it. **You have to accept your body as it is.** You have not to say that: "I am not well", and go on complaining. Never think you are old. Never feel that you are no good. Look at your Mother. I never feel that way. So, if you have a guru, then that image should be within you: "Look at your Mother, how old She is, how much She travels, how much She does." Alright, you might say She is the Adi Shakti, **but little bit of Shakti too you have.** That Shakti has to be shown through your dynamism. If you have no dynamism and still feel weak, that means that you are not a Sahaja yogi. Just ask for any amount and it can come to you. You are getting younger and younger but not with stupidity of youth, but the gravity of age."*

Since 1992 my health has been moving up and down, but since a few years it improved considerably up to the point that it is considered unusually perfect by doctors.

Proof is this image of a drop of blood from one of my fingertips by a special microscope.

In that image one can see signs of infections, of stress, of emotional movements, the state of organs ... etc. The doctor who works with these images calls this as "the golden medal". In her extensive practice she has only two such cases with such a harmonious structure



These are the blessings of Shree Sadashiva Adi Shakti Mataji. I feel effectively a lot younger than my age: 80. To reach this, one has to deepen one's self-realization, introspect very honestly, meditate in thoughtless awareness, in full detachment/surrender and limitless confidence (Shraddha). One has to exercise/train oneself in the use of vibrations and guide as many people as possible to Sahaja Yoga.

Easy? In the beginning not really, but afterwards very rewarding and blessed by Shri Mataji Herself by a very real and deep contact with Her.

Adi Shakti Puja, Cabella (23.06.2018): Beyond Time and Space/BEYOND MAYA

On Friday 22nd of June I was very early at the airport to catch a plane to Milano and from there drive to Cabella for Adi Shakti Puja.

At least ... that was what I thought. I had to wait for a few hours before boarding. So, I meditated a long time, observed people and how a plane is de-charged and charged again, how it is fueled ... etc. At a given moment it was announced that there would be a 50' delay.

And from then on I don't know what happened outside me anymore. After some time - I don't know how long; it must have been more than one hour - I saw a lot of people cueing up for a flight to Rome! So, I went to the desk and asked the two hostesses when the flight for Milano would start. Very astonished they said: "This flight was one hour ago." I said: "But I was here at the gate all the time." - They said: "Sorry, but your flight was perfectly on time. 130 passengers took this flight."

To my great astonishment I was very detached and said very calmly: "Ok, some other time."

What happened? Well, I DEFINITELY DID NOT SLEEP!" I had not heard or seen or felt anything during that "time-lapse" (that's how they call it in science fiction).

That means: A plane arrived at the slot, the gate was opened, there was a lot of noise from many people, messages by loudspeakers, 130 people that stood up around me, were talking, cueing and moving to the plane ... AND I MISSED IT ALL! I was "elsewhere" during more

than one hour and had completely lost myself. And I am very sure I did not sleep... I was not conscious and certainly not sub-conscious. So, what else? In the Unconscious?

What's more: My smart-phone did not work for more than two hours. So, I could not reach Cabella, nor the shuttle service in Milano, nor my wife, nor anybody else. I could not order a train-ticket ... until I reached the station where my wife would pick me up. From then on everything got back to normal.

That means: never in my life I felt better, never in my life I was more detached, never in my life I felt more connected and vibrationally very aware.

Once I was in Cabella in the Castle with Shri Mataji and for some moments I had the same experience.

When I was a child of 8-9 years old I could at any moment close my ears and eyes at wish, even if there was a lot of noise.

I missed an important Puja. I was asked to do the Saturday morning meditation in the hall and should after Puja present a copy of a translation (of Meta Modern Era) to Shri Mataji ... But, a yogini received - out of the blue - Friday evening, at the moment I was elsewhere, the message that I would not come to Cabella and she would have to guide the meditation ...

Answer of a Rakhi-Sister C.P.

Je repensais à ton expérience qui est tout à fait étonnante. Je crois qu'effectivement tu étais au delà du temps, en méditation profonde dans un univers parallèle. Tu as sans doute mieux vécu le puja sur place. Ça n'est pas inquiétant dans la mesure où tu n'as pas d'absences à proprement parler. J'imagine que tu es parfaitement capable de focaliser sur quelque chose si tu en as le désir et de rester au présent. C'est une belle expérience. Tu devais peut être être simplement présent à l'aéroport à ce moment là. Qui peut prétendre connaître les voies du Divin?

Who can know the ways of the Divine?

27th DECEMBER 2022

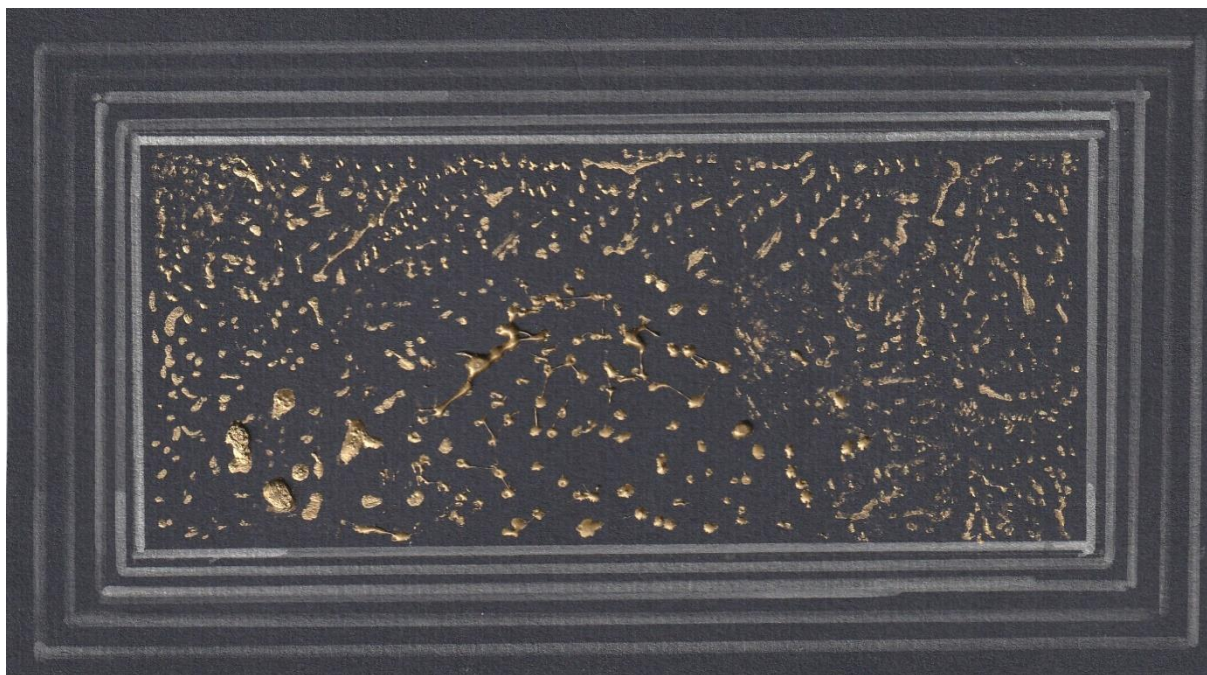
This does not mean that nothing happened between 2018 and now, but it was a very troublesome time for the whole family.

First of all one of our daughters got cancer, had to be operated and had to follow a long chemical therapy.

My wife received in the meantime a new heart-valve.

And I broke my hipbone in October 2021. I was in the hospital for five days and felt very happy. Except for the visits of the nurses and the kinesthesia-therapist – who made me do painful exercises – and my wife, who visited me every day for a couple of hours, I saw nobody and during that time I never turned on television. I meditated all the time in complete thoughtless awareness.

And ... the third day in the early evening, with the stores open, the light on, and with open eyes I saw this:



I thought them to be ghanas. They covered the whole window and were whirling around all the time.

They lasted for about 45 MINUTES !

I was so surprised, breath-taken, flabbergasted and totally thoughtless that I forgot to take a photograph or record a video. That's why I tried to paint it as you can see above.

When I think about it more than a year later, I still feel the blessings, the happiness, pure joy, thankfulness I felt at that time.

When I came home I had to rest a lot in bed. I could walk a few times per day in the home with a rollator ... but that was it! After that I had to follow revalidation sessions to strengthen my muscles and getting used to the “gamma nail” – as they called it – in my hip and left leg. That was fun.

But at a given moment my brain took over and served up all kinds of questions:

- Will I be handicapped for the rest of my life? That “gamma nail” will not be removed, because I am too old.**
- I cannot perform a lot of movements anymore. Forever? Or will it ever be better?**
- What will happen when one of us passes away?**
- For the first time in my life I felt really old...**
- Can I manage alone? No!**
- Can I move in at my daughter’s place? Or will the only solution be a home?**

This sort of ideas became predominant. They became an obsession . I couldn’t sleep anymore. So: pills .

But I obstinately wanted to meditate every morning – difficult, because of the pills – and every evening: easier. And after several months the meditations became easier and easier. Thoughtless awareness came back and also vibrations.

Some Sahaj treatments were needed, but at a given moment – about a week before Christmas – everything was back “in a split of a second” !!!!

What I have learned is

- that you need time – a lot of time – for self-reflection, introspection and real honesty about what happened;**
- that in all those 30 years of Sahaja you did a few things that were not Sahaj;**
- that self-pity is a devastating power;**
- that your way of life should be guided by the heart (Brahmarandra) and not by the brain.**

- that you need the collectivity more than you thought;
- that you be in the Kingdom of God !!!!!!!



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5th of March 2023

Dear Brothers and Sisters, I needed time, a lot of time, to find out what was happening, how it happened and why it happened. Anyway, I was allowed many months for a thorough introspection, to find out what mistakes I committed before Sahaja Yoga and after becoming a Sahaja yogi. I had to discover – again! - the conditionings of my country and of the civilization in which I was born and grew up. That was a very difficult, but rewarding exercise.

When we do this, we have to be very honest about ourselves and very very humble.

We can only do this in deep meditation in thoughtless and doubtless – completely doubtless – awareness ... and still there will remain lots of conditionings we are

só used to that we still don't discover them.

The only way out of this labyrinth of life is to surrender, deeply surrender to Shri Adi Shakti, and to completely trust and accept Her Incarnation in human form as Shri Mataji Nirmala Devi. Any other way is doomed to transform us into half-baked or quarter-baked yogis.

What stayed from my former experience in hospital are the lights... I call them "Ghanas", because I don't have any other name. In the evening, when I am just in bed with closed eyes they appear as a line of flickering light... but only when I had a good Sahaj day.

In the meantime I thank from my heart Shri Adi Shakti Mataji and Shri Ganesha for what happened – had to happen – during the last two and a half years.

22 OF JUNE 2023

Thank You Shri Mataji.

Thank You for protection.

Thank You for my resurrection {(re)birth into the Kingdom of God, into Reality}.

Thank You for allowing me to see Shri Ganesha's Swastika in the sky.

Thank You for allowing me to see You in a dream, dressed in Your white Guru-sari.

Thank You for Your creative inspiration.

Thank You for allowing me to write about You and Sahaja Yoga.

Thank You, Mother, for the World Sangham.

Breaking my hip was a very great shock that brought me into a very deep mental conflict with myself. But I had a lot of time to introspect, and slowly, very slowly I came out of this numb situation. Stone by stone I was able to build up a new awareness about You, Shri Adi Shakti Mataji, about self-realization and about myself/-Self. Surrender came back ... even being thankful for this unique opportunity.

My spiritual life improved day by day. Full dedication and full shraddha were at reach.

And, as a result of all this, my physical/material body improved day after day also. At my 84th birthday I became more healthy and more optimistic than before.

I regard this as my most personal miracle.

Thank You Shri Adi Shakti Mataji, thank You Shri Ganesha, thank You all Deities.



1st of August 2023

During the evening meditation suddenly appeared a very big, very sharp, but – paradoxically very soothing – light. It stayed for a few minutes and then disappeared. I opened my eyes and was completely blinded for a few minutes. My voice was formulating something, but I couldn't hear anything and my body felt as if it was not there.

THE LIGHT OF GOD

The Light of God
Entered into my being
And drenched it in Love.

Being lost in the Light of God,
My eyes were blinded,
My ears turned deaf;
I lost my body
In the momentary Eternity
Of Light.

Divine Light is Reality,
The essence of Mahamaya,
The fundament of Love
And Love is Light ...

I was absorbed in the Light of God,
That blending Light that obfuscates the
the body,
Makes matter disappear
Into Nothingness ...

Who is God?

God is Light and that Light emits Love.

So, God's Light is Love and God's Love is Light...

The Kingdom of God is Light, the Kingdom of God is Love.

3rd of August 2023

Since about 10 or fifteen years I had a problem with my neck: the two upper vertebra were bending inwards, which did not really cause pain, but an unagreeable 'crack' when I moved my neck forward, backwards or sideways.

This morning – again during meditation – there was suddenly a big crack and there is no friction

anymore. The vertebra seem to have corrected themselves.

The power of ghee

Vibrated ghee cannot only be used to oil your nose and sinus, but also to remove lentigo senilis or hyperpigmentation, and probably also rashes.

I am 85 years old now and used to have already for a very long time pigmentation spots on my face.

About half a year ago I started to treat them with vibrated ghee, let's say three times a day, and now they are almost gone.

