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Om Twamev Sakshat Shri Sahastrar, Swamini,
Moksha Pradayini, Kalaki, Bhagawati, Mataji Shri
Nirmala Devi Namonamah.

*"Unique Magazine of Maha Yoga that crowns all the religions and
seekings of Yoga by actualizing the Experience of Yoga—THE UNION"*

Dear Subramanyamji,

I have reached here quite safely and am feeling well. I hope all the Sahaja Yogis will also be progressing there. Although I am away from all the Sahaja Yogis, it is only Mother's love that binds with each and every Sahaja Yogi. Her love is like the sun showering always the mercy of rays and wherever it falls it dispels the darkness. Her love is like the clouds showering always the rain of bliss and wherever it goes it showers endlessly and makes the land fertile. Let us pray Her that there be raining and sun shine always altogether.

Remembering my days in Delhi, every day is valuable and they made a turning point in my life. I have considered Tamil as a Mother and come to Delhi and saw Her in the form of Tamil; I came to Delhi for Mathematics and saw Her in the form of Mathematics; I came to Delhi for my research, by her grace I have seen the ultimate research. I came to Delhi with lot of puzzling questions about Gods and purpose of life, none of the questions left unsolved, yet I did not ask Her any single question.

For all the realised souls She is the Mother, because She begot them in Her Sahasrar. She is an embodiment of love, dharma, Sat Guru and above all the Mother of the Universe. We are fortunate to be in this time, the time of Her incarnation. The world of Sahaja Yogis is like a palace and She is the Queen in the Palace. It is a palace of realized souls and wherever a pillar is erected, the palace is extended. By the grace of Her let it cover the entire earth, to give proper food to the coming great souls.

In this world of chaos life is full of struggle for existence. In the struggle for the existence, we should not forget the real purpose. For the souls who have already made their path perfect, the goal is near.

But for the souls yet to be established, they face difficulties. Their stranded way of life causes stranded thinkings and they put thorns and stones in the path. One should not be upset over the difficulties. It is part and parcel of life. By leaving Sahaja Yoga in the middle after seeing the difficulties, one cannot overcome the difficulties. It is like a person who wants to cross the river, but seeing the forceful stream, if he stays on the bank, will it be possible for him to cross the river? So we should be capable enough to swim the river when we want to take water from the main river and if the banks have ups and downs the water finds its way to go out and it will not come in the channel. Similarly, when there is imbalance, that is, ups and downs in the system, the difficulties are caused. So we should keep the bank in balance to ensure the constant flow of water. And Sahaja Yoga is the working system for that.

It is fortunate to be a Sahaja Yogi and it is more fortunate to give realisation to others. Of all the Dharmas to give realization is the greatest Dharma. It is the Dharma of evolution. To enrich ourselves, we should give realization to more and more persons. All the purposes of life are contained in the purpose of salvation and if there are purposes without the purpose of salvation, then the purposes are endless. One should allow oneself to check the tune of the music. If the tune is not proper, we should pray to Mother. She is the guiding force. She is the one who has shown the precious stone in the vanity of life. It is our purpose to dig and find it. Please convey my wishes to all Sahaja Yogis.

With the grace of the Mother,

Yours affectionately & lovingly

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EDITORIAL

Since ancient time generations of seekers in India and other countries spent their lives in search of ultimate truth and eternity. They observed their surroundings, tried to understand the nature and in the process unfolded many mysteries. They explored inner beings and concluded that the truth would be perceived within themselves and then fear of death would no more haunt them. They further realised that the ultimate truth would reveal itself in thoughtlessness once Mother Kundalini was awake as she would lead them to their Primordial Father.

However, awakening of Kundalini and its rising proved to be the most difficult task and very few could achieve it. For thousand of years, sages living away from societies were the repositories of this sacred knowledge. Common man remained ignorant of it and many charitans and pseudo Gurus misled him.

Turning point in the spiritual evolution of man was reached on 5th May 1971. On this auspicious day, Divine Mother while meditating at Bordi in Gujarath opened Her

Sahasrar Chakra and with that Sahasrar Chakra of Virata was opened. She also developed a very simple method of awakening and raising of the Kundalini. The most difficult task thus became effortless. Man no longer remained an ordinary mortal but could be reborn in the same life as prophet and enjoy God's love showered on him in the form of Divine Vibrations. Prayers and yearnings of ancient sages for God condescending to the level of every genuine seeker have thus been responded.

H. H. MATAJI SHRI NIRMALA DEVI, Adi-Shakti Incarnate, is going from place to place granting realisation to masses and showing them the path of God-realisation. Let us pray to her—

असतो मा सत गमय ।
 तमसो मा ज्योतिर्गमय ।
 मृत्योर्मा अमृतम गमय ।

(Lead me from illusion to truth
 Lead me from darkness to light
 Lead me from death to eternity)

NIRMALA YOGA

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Her Holiness Mataji's Advice given at Delhi on 11th March '81

I have told you, the other day that these vibrations are nothing but the Brahma-Shakti—the power of Brahma. The power of Brahma is the power that creates, that desires, that evolves and it gives the living force also. It is the power which is giving us the living force. Now, it is not easy to understand what is a dead force and what is a living force. Living force is very simple to understand. An animal, say a little worm, is a living force. It can turn itself the way it likes. It can save itself from danger. It may be a small little thing, but because it is living it can save itself. But something which is dead cannot move by itself. So, the "Self" part does not remain in it, as far as it is concerned.

Now, being a living force we should try to find out, "Are we going to be the living force or the dead one". Now, when we live in the world, we start thinking about our comforts; where we have to live, what we have to do. When we think of all these things, you see, we are thinking of the dead. But when we think of having a place or a house or an Ashram from the angle that you will be doing some living work, then you are giving life to that place. That atmosphere should be created from all that is dead—to create the living force.

Now, this is very very subtle thing, which very few people understand, for example, somebody brings me a photograph of Shri Ganesh and says, "Should I worship this Shri Ganesh's photograph or not". First of all we should see if vibrations are coming from it or not. Supposing you take a house. You must see that the house is giving good

vibrations. We see the comfort, we see other things. We might even see if it is good for other people to come in or not, but we do not see the house from vibrations point of view. For anything that we do, we have, now, to think in terms of vibratory awareness which means awareness that is working upon living things. As in the, say, a cell at the tip of a the root of a tree is a living thing. Of course, it does not think, it is guided by the living force itself. So, it knows how to move with the living force, to live with it and how to understand the plan of the living force to get along with it and how to merge with it.

But, we human beings have got the freedom to decide. Now, once you are realised, you have got that living force within you. This is the living force you feel. So, you have to know how to use this living force to keep your body, mind, ego, superego and everything in the enlightened state, by understanding the planning of the living force.

It gives you all the ideas regarding most of the problems. For example, here in this country and specially in Delhi, I find that you catch on the left Nabhi, also right Swadhishthana and then on the Heart and also on your Agnya. These are the Chakras which deal with our being. So, let us try from the left side. What happens? On the left side the problem starts from left swadhishthana, because that is the first Chakra that starts emitting the negativity within us. Now, left Swadhishthana is actually under control only of Shri Ganesh because Shri Ganesh

is the beginning of life and also the link between the life and the death. So Ganesh is one who gives the balance, the "Vivek" the understanding to you by which you know how far to go with things. Now, when left Swathishthana catches, you start going to other people who promise you such things, like "I will give you this and that, this will happen, that will happen to you". But this left sided thing can also come from your own desire for wrong things. For example, we might be desiring something very wrong; we might be thinking that let us have this kind of a dead thing or that kind of dead thing or some sort of a special thing. Suppose, somebody wants a refrigerator and keeps on thinking of it. He thinks that he must have a fridge. He must go to the fridge, because he wants a fridge, and he must get it. Why he wants a fridge? Because he thinks it will give him more comfort. But, when he brings the fridge, he knows that it is not so. So, the best way to look at all dead things is not to go too far with them. If you have, well and good. If you do not have, well and good. You can live with minimum of minimum or you can live with maximum of maximum of these. But when we start expanding our dead possessions, it is very much bad. Then our attention goes into the dead. That's how we move into our subconscious then over to collective subconscious. Then it moves higher to the left Nabhi, and at left Nabhi, we start becoming crazy about these dead things. For example, the watch, the Time. Time is a dead thing; it is not a living things. It has nothing to do with living thing. For example, you cannot say exactly at what time the flower will become a fruit. So this watch or time has nothing to do with the living force at all. It

is human or man-made like the watch; particularly time is also man made. For example, today, time here is something, but in England it is different. If you say it is 4-0' clock in India, it is not the same in England. So, the timing is not important. What time you arrive what time you go, how many times you do it, is not important.

Because living force is infinite, it has no time limit or space limit, you cannot count it, the way it moves, the way it works out. Once we understand that it is a living force which is spontaneous, which is not bothered about our dead ideas, we come out of the dead. We were first stones, then we became ameoba, then we gradually became human beings. So, our attention is all the time towards the dead. What should we get, what should we have, what are the needs? We have of this body which is going to die.

We do not see to the needs of the Spirit. By seeing to the needs of the spirit, you can overcome the left side. You start looking after your spirit from which you know that you get your vibrations. If your Spirit is happy, you get your vibrations, if it is unhappy, you do not get the vibrations. Such a common thing! If you have any disease or a problem on left hand side, to give it a balance, you put your attention to the future. But then people get stuck up on the future, if I say you look to the future. As dead is dead and is 'Mithya' मिथ्या (Illusion), same way future is also Mithya, is also not there. Both the things are just the same. Whether you go to left or right, whether you go to the subconscious or the supraconscious mind, both the thing are just the same. So, no use going to the past, but if you are too much in the past, it is better to think of the future, so that you are

pushed a little bit to the centre. But, it is difficult with you, human beings.

Now, the other problem starts, when we start feeling guilty about something, when left Vishudhi catches. We start feeling guilty. "I should have not done this thing or that thing". Then you start saying, "I am very miserable, I am very guilty" etc., you just start cursing yourself. This is another nonsense. That is how once you start doing that, then what happens is that you again become dead. Because living force will never condemn. No, it will Never. It goes on progressing itself. It sees, which side to move, this side or that side. It is not going to condemn itself. It is not going to aggress anything. It has the wisdom to be in the Centre. That is how people should overcome their left side, by putting their attention away from the dead things. You should watch from the Centre, when you are on the leftside. What you want to see, you don't see. But then ultimately to escape all this, what you do is to start blaming yourself all the time and feeling miserable. Now, this is the way you start ending up with your left side into a very miserable state, that is the culmination of all these attachments to the left side. So, ultimately you start thinking that you are good for nothing, you are useless, you should have done this, you should have done that.

Now, at this time to overcome it, you have to count your blessings. Count your Blessings one by one. You have got your Realisation. During thousands of years how many people got realisation? You have got your vibrations. In so many centuries, how many people got them? It is written in Zen system that in eight centuries there were altogether 26 Kashyaps (Realised Souls) So,

even after Buddha, how many got their realisation? You must think also that there are so many realised people, who talk the same language, who talk the same tongue. You must thank yourself also, that every thing can be known to you.

But, when you start catching on the left, you go in the past and you start saying, "Oh God? I am so useless, I am good for nothing. I am so useless, that I am still catching". As you know, those who catch on the left hand side, are always complaining, always grudging type because of poor things, they suffer. Now, to match with that is the other side. So, if I tell you that you go to the other side also, it is a very dangerous game. For example, we have so many conditionings in our lives. You see, first of all our desire. Our desire is to become excellent Sahaja Yogis, to become Master Gurus and something great and this and that. That there should be many disciples that we should have who should touch our feet and we should be called Great Gurus etc.

So, in Sahaja Yoga some things are prohibited. That nobody should touch anybody's feet and no Sahaja Yogi should allow anyone to touch his or her feet. This is one of the great Bandhans for all Sahaja Yogis. No one should touch other's Feet and nobody should ask to touch his or her feet, whatever may be your quality. Those who will touch will lose vibrations, and those who will get salutations will also catch on the heart. So, such conditions, which we have about Sahaja Yoga also, should be removed.

We are all of us growing together. We are part and parcel of one personality. Nobody is higher or lower. One who thinks the

slightest like this will go down faster. This is the left side conditioning, where people falter very much. So, such desires must be given up in Sahaja Yoga.

You must have very wider desires in Sahaja Yoga that all of us must get Realisation—say as many as possible. We should try to save as many people as possible. We should try to improve ourselves as far as we can, and we are nothing yet we can improve and have so many blessings.

Now, the thoughts can come from the left side also. Like, if you have some *Bhoots* in your head, they can give you the thought that, "Oh, you are useless or good for nothing." Now, raise your right side and put down the left, with your left hand. Now why do we do this? Because from your right side, you get the Grace and put down the left side. Such people who suffer from the left side should try this. One more thing, is, that when these ideas come to you or such thoughts come to you, that you are good for nothing etc., it is better to beat yourself with shoes. Go and sing the praise of the Lord and say that I am so happy. I have got everything around me.

Now, the second thing is about the right side. On the right side, mostly you catch on the Swadhishthan. That is because you think. This is another kind of thinking that gives you catch at right Swadhishthan. Thinking, whether it comes from right or the left will first give problem to your liver. The worst comes when both the sides are involved. There are some *Bhoots* which give you ideas that you are good for nothing etc. while the other thing is when you start thinking that you are so great. In this such a wobbling starts coming and the confusion starts setting in.

So, one must understand that in Sahaja Yoga, you are developing that sharp edge, that central point from which you do not deviate to the right or to the left. This is something so subtle that you are left sided, you are not going to remain left sided. You can become right-sided tomorrow. Exactly, tomorrow you can come with a right-sided problem. So, you must learn that Balancing, just like you start learning a bicycle. You might fall on this side or that side.

Now, when do you learn cycling? If you ask me, I will say, "When you learn." I mean when you cycle down, that's the point when you learn. So, in Sahaja Yoga, to balance it, you have to watch yourself carefully. Now, where is it going? To the left side, then come to the right side. If going to the right side, come to the left side. Now, come to the Centre, you just separate yourself, you detach yourself all the time. Not to criticize yourself nor to aggress anyone or to criticize others. But use this point just to see yourself, just to see and guide yourself. Guidance is very different from getting lost. Now that is what it is. Supposing the dead thing is there. Say this is a dead thing. When I throw it, it exactly will fall there. Living thing, if I throw it will not fall there exactly. So, the living force knows how to guide itself. In the same way you will learn to guide yourself. If you have learnt it, you have mastered Sahaja Yoga.

No use condemning yourself, in any way or thinking that you are great or small. But watch now, where the horse is going. You are sitting on the top of the horse; now you are no more the horse. Before, Realisation you are the horse. Wherever it takes you, you go there. It may stand there, when it

sees the grass and eat. Then the horse wants to kick somebody, it will do so. But, now, you have come out of the horse and sitting on the horse as a Rider. Now you are the Rider and you must know how you are befooled by these things. These desires are all ancient ageold things within you. See, also the aggression, the Karma that you are doing are also ancient. By doing this you will get this, you will get that. Many people will say, "Mother, we are doing this, we are doing so much for Sahaja Yoga; we have still not achieved anything". Now, what to do. Just can't help it. Now, you must find out, what is the matter with you.

Now, if the Heart is catching, such people can never progress. The Heart is the source of Light, it is the source of Brahma-Shakti. Heart is the seat of Atma. If in the Heart there is no living force, then how can you progress ?

You must know what to choose. This is what Sahaja Yoga should make out of you. You should grow mature to that point where you know what to choose. This is Growth. Then you don't ask of Mother. You don't ask anyone.

This development should come to you. That, "what I do, I should know what I am doing. I should know what is correct. I should know how to correct it". I should know 'I', here is the Spirit and not the Ego. No more the Ego exists or the Super-ego exist. It is the Spirit which guides you. You see the Realised children. They don't ask such questions. They know who is foolish, who is stupid. They know who is caught up. They know whom to shut up and whom to argue. They do not sympa-

these with the people, who are caught up. They just watch. If somebody comes, they will tell me, "Mataji, this fellow is caught". That's all. Somebody else comes. They promptly tell me, "He is alright". That's all. They just certify. They do not hate anyone, they do not get worried about anything. If some body comes with a very bad Badha, they say, "Better please, go away", without any malice about the person.

Once, you are at the top of the hill, you have not to worry about the traffic. But, you are not yet on the top, that's why you are worried that, "I am climbing and falling, climbing and falling". This is just a Myth, just a mental shadow on your mind. This is a fact that you are at the top of the hill. But you have not asserted, the assertion is not there.

The God is the enjoyer. You cannot enjoy. You can only enjoy God, and it is the greatest enjoyment, to feel what God has created for you, what a beautiful life He has given you in human awareness, by which you can know how much He has loved you, how much He has worked for you. He has brought you to this level. What He has given you, you can give to others and make others happy. If you think like that immediately both of your sides will be settled and you yourself will be filled with Divine Vibrations.

अब हिन्दी में बतावें। आपको विराजना चाहिये। विराजिये, आसन पर विराजिये। आसन पर बैठकर भीख मांग रहे हैं, रो रहे हैं। आसन पर बैठकर पागलपन कर रहे हैं। इनका किया क्या जाये ? अरे भई, आसन पर विराजो। आप राजा साहब हैं। बैठिये, और अपनी पांचों इन्द्रियों को आप आज्ञा (आर्डर) दीजिए, "जनाव आप अब

ऐसे चलिए, बहुत हो गया। अब ये ठीक है, अब वो ठीक है, हां बहुत समझ लिया आपको।" जब आप इस तरह से (Command) कमाण्ड में अपने को करेंगे, जब आप अपने को पूरी तरह कण्ट्रोल (Control) में करेंगे, तभी तो आप अच्छे सहजयोगी हूए। नहीं तो आपके मन (Mind) ने कहा, "चलो इधर", आप बोलते हैं, "माताजी, क्या करूँ, इतना मन को रोकता हूँ, पर मन इधर जाता है।" फिर मन क्या है? मन तो एक (Living Force) जीवन्त शक्ति है, वो जाएगा ही। मन तो उसी जगह जाएगा, जहाँ जाना है। हमारी जो इन्द्रियाँ हैं, वो जागृत हो जाती हैं और फिर हम इधर-उधर जाना ही नहीं चाहेंगे और बहुत सी चीजें छोड़ते चले जायेंगे।

इन सब चीजों में हमको एक ही ध्यान रखना चाहिए; अपने हृदय को स्वच्छ रखना। जिन लोगों का हृदय स्वच्छ रहता है, उनको समस्या (Problems) कम होती हैं। इसका मतलब यह नहीं है, कि आप लोग गंदी बातें सोचते रहते हैं। स्वच्छ हृदय का मतलब है, समर्पण। सहजयोग में अगर समर्पण में कमा हो जाय या कोई समझे कि मैं कोई विशेष है, तो उस आदमी में (growth) प्रगति नहीं हो सकती। उसके लिए कोई पढ़े-लिखे नहीं चाहिए, कोई विशेष रूप के नहीं चाहिए।

"मुझे यह नहीं हुआ, मुझे कोई अनुभूति नहीं हुई"—तो दोष आपका है या सहजयोग का? लोग तो कभी कभी इस तरह से मुझसे बातें करते हैं जैसे कि मैंने ठेका ही ले रखा है या मेरे पास आपने कोई रुपया पैसा जमा किया हुआ है कि मां, हम तो आपके पास पच्चीस साल से आ रहे हैं।" पच्चीस क्या, तीस साल तक; बूढ़े होने तक भी कोई काम नहीं होने वाला। इसलिए अगर यह नहीं हो रहा है, इसका मतलब है कि आपमें कोई न कोई कमी है। लेकिन जैसे ही आप अपने को अपने से हटाना शुरू करेंगे, आपको अपने दोष बड़ी ही जल्दी दिखाई

देंगे और जैसे ही वो दिखाई देंगे, वैसे ही आप पूरी तरह से विराजिये, जैसे कोई राजा साहब हैं; अपने सिंहासन पर बैठे हैं। आपको अगर सुनाई दिया कि हमारे प्रजाजन, कुछ गड़बड़ कर रहे हैं, तो कहिए, "बुप रहिये, ऐसा नहीं करने का है। यह नहीं कि ऐसा करो, वसा करो।" अपने को पूरी तरह (Command) कमाण्ड में जो आदमी कर लेता है, वही शक्तिशाली है।

मिसाल के तौर पर लोगों की बातचीत लें। लोग जब बात करते हैं यानी हमसे भी बातचीत करने में ब्याल ही नहीं रहता कि किससे बात कर रहे हैं। ऐसी बात करते हैं कि बड़ा आश्चर्य छा होता है। उनको अन्दाज नहीं रह जाता कि हमें क्या कहना चाहिये, क्या नहीं कहना चाहिए। हमारी जबान पर भी काबू होना चाहिए। यह काबू भी तभी होता है, जब आप अपने को अपने से हटे हुए देखेंगे। यह जबान है न, उसे ठीक रखना पड़ता है।

धीरे धीरे, आपकी नई आदतें हो जायेंगी, नए तरीके बन जायेंगे, नया अन्दाज बन जायेगा फिर आप अपने को (Order) आदेश देंगे। हमेशा 3rd Person में। जो आदमी पार होता है वो कभी 1st Person (प्रथम पुरुष) में बात नहीं करता, हमेशा 3rd person में करता है, "आपको वहां पर चलना है, वहां चलिये, वहां बैठिये।" बच्चे भी ज्यादातर ऐसा ही करते हैं, 3rd Person में बात करते हैं, "ये निर्मला अब जाने वाली नहीं है। ये यहीं बैठे रहेगी।" सहजयोगियों को भी इसी तरह बात करनी चाहिये। धीरे २ अपने को, अपने से हटाना चाहिये। अपनी जो इच्छाएँ हैं, अपने जो ideas (विचार) हैं, materialistic ideas (सांसारिक) हैं, या और कोई ideas, जैसे सत्ता के ideas, इत्यादि, ये सब छोड़कर हमें यह सोचना चाहिए कि हम सहजयोग के लिए क्या कर रहे हैं और क्या करना है।

अभी भी हिन्दुस्तान में ये चीजें कम हैं, परदेस में बहुत ज्यादा हैं। वो लोग कभी मुझसे आकर

यह नहीं कहते कि मेरे बाप के, दादा के चाचा के सगे भाई का फलाना फलाना, बीमार है उसको आप ठीक कर दें। कभी भी अपनी material difficulties या Problems नहीं कहते हैं। हालांकि, आप पार जल्दी होते हैं, वो लोग बिचारे अपनी गलतियों की वजह से ज्यादा समय लेते हैं। पार आप जल्दी होते हैं पर आपको उसकी कीमत नहीं, वो जो पार देर से होते हैं, उनको उसकी कीमत है। उनको तरीका मालूम है, क्या चीज है। उनकी आंखों में ही देखिये, कितनी एकाग्रता है। एक एक शब्द को अगर मैं हिन्दी में बोल रही हूँ, पूरे ध्यान से सुनते हैं, हालांकि भाषा नहीं समझते लेकिन उसमें कंसे वाइब्रेशन (Vibrations) निकल रहे हैं, हाथ में कंसे (vibrations) वाइब्रेशन आ रहे हैं, क्या चीज हो रही है, उस पर पूरा चिन्तन रहता है। अब इन्होंने अपना जीवन ही सहजयोग को दे दिया है। वो कोई चीज नहीं सोचते, कि भई यह भी कर लेंगे, वो भी कर लेंगे। तभी आप गहरे उतरेंगे। जीवन सहजयोग को देने से ही आप पनपते हैं; यह भी बात है। उसमें आपका कुछ लेना देना तो है नहीं। कोई आपकी कभी नहीं हो जाती। सारा क्षम आपके अन्दर आ जाता है।

सारा जीवन ही सहजयोग को दे देना चाहिये एक-एक क्षण सहजयोग को देना चाहिये। इसका मतलब है living spontaneously, कहीं से आयेगी spontaneity ? वो living force से आती है। हमारे अन्दर हर समय जो जीवित शक्ति है, उससे। और सब बातों को सोचना ही नहीं चाहिये।

बंसे भी आप कभी भोग नहीं सकते। भोगने वाला सिर्फ परमात्मा है। आपको गलतफहमी है कि आप भोग रहे हैं। आप भोग ही नहीं सकते।

भोगने वाला परमात्मा है और वही रचयिता है और आप तो सिर्फ बीच में हैं। जिस तरह पाइप (Pipe) होते हैं, उसी तरह आप हैं। अगर थोड़ा भोग ही सकते हैं, तो एक चीज भोग सकते हैं वह है परमात्मा जिसे आपसे अनन्त प्रेम है। बस, यही एक सत्य है जिससे आप पूरी तरह से आनन्दित रह सकते हैं, पुलकित रह सकते हैं। बाकी किसी भी चीज से आपको आनन्द नहीं मिल सकता, किसी भी चीज को भोगने वाला सिर्फ वही है।

बात यह है कि आपको आज कुछ चाहिये वो ला दिया, फिर भी आप खुश नहीं। कल फिर आपको कुछ चाहिये, कल दूसरी चीज ला दी, फिर तीसरी चीज ला दी, फिर भी खुश नहीं। आप कभी भी सांसारिक चीजों से खुश नहीं हो सकते।

भोगने वाला सिर्फ परमात्मा है, इसलिये सबको चाहिए कि हम उसको भोगें। हमको परमात्मा को भोगना चाहिये, वही जो सबको भोगने वाला है। अगर उसको भोगना शुरू कर दिया तो फिर हमें और क्या भोगने की जरूरत है। उसका ही सुख भोगें। परमात्मा ने क्या-क्या सृष्टि रची है, कितना सुन्दर सारा संसार बनाया है, कितनी सारी चीजें हमें दी हैं। हम सहजयोगी हो गये हैं। हमारे अंदर ये शक्ति परमात्मा ने दी है। अब आप अपनी आत्मा को पा सकते हैं, दूसरे की आत्मा को पहचान सकते हैं। कितनी अतन्त कृपा परमात्मा को हमारे ऊपर है। बस यही सोच-र कर अपने अंदर फुलिये। इस तरह से जब आप परमात्मा को भोगना शुरू करेंगे तो आप देखेंगे कि आपका heart (हृदय) बहुत बड़ा हो जाता है। ऐसा लगेगा कि सारी सृष्टि उस हृदय (heart) में समा गई है।

आज का मेरा आपको संदेश है—आप परमात्मा को भोगना शुरू करें। बाकी सब चीजों का

भोग आप छोड़ कर परमात्मा का भोग करें और उसका आनन्द उठाएँ कि आपको परमात्मा ने क्या क्या दिया। क्या क्या चीजें दी हैं, हर जगह इसका आनन्द उठाना शुरू कर दीजिये। आप देखेंगे कि आपका चित्त एक दम स्थिर हो जायेगा। सहजयोग में प्रगति इसी तरह से होगी।

हर मिनट में हमें क्या मिला। इतना मिल गया, इतना मिल गया, ऐसे कहते हुए चलिये, नहीं तो आपके complaints कभी नहीं खत्म होने वाले और आप का aggression भी कभी खत्म नहीं होने वाला।



Bombay
March 1981

JAI MATAJI

I'm giving this experience of my hip bone fracture which took place on 30th November 1980. I was told by my doctor that I would not be able to walk without a stick for six months, but on the fifth day of my operation Our Dear Respected Mataji came to see me in the hospital and with H.H. Mataji's grace and vibrations I felt so much energy and such strong vibrations that I started walking without a stick within fifteen days. At this experience my doctor also was so surprised that he became very keen to meet Our Respected Mataji and he came and met Mataji and got realised by her. I only pray that more people will come to our Sahaja Yoga and take blessings of Our Respected Mataji who's a Real Goddess Incarnation and we are really one of the fortunate to have this Great Mother who is full of Great [Love and Blessings for those who come to her Lotus feet.

JAI MATAJI

Mrs. Mahtaney

卐 H. H. MATAJI NIRMALA DEVI IN AUSTRALIA 卐

As so many of you know, our Divine Mother, H. H. Mataji Nirmala Devi came to our land, Australia, in March and April 1981. She came and blessed us by Her Divine Vibrations.

Mother was welcomed by an excited joyous group of 70 Sahaja Yogis. She was so radiant and so giving of love that even the garlands and flowers seemed to be so happy that they could adorn Adi Shakti, the one who had come to give enlightenment to Her children of the Mooladhara Chakra of her beautiful earth.

It was a double Blessing because Mother arrived on Her Birthday-21st March 1981, and we were able to perform puja to Her on this special day. In Her Puja talk She emphasised the importance of Australia in the spread of Sahaja Yoga (see separate transcript of Her talk).

Mother, soon after arrival, pointed out the close similarity of the Australian aboriginal place names in and around Sydney, to Sanskrit words. The apartment in which Mother stayed for Her time here overlooked the "Paramatta River". In the Australian aboriginal language this means; "The head of the great river". Mother told us that in Sanskrit, "Paramatta" means the Supreme Mother or Adi Shakti. And the miracle was that it began to emit cool vibrations. So we too now have a 'Ganga', blessed by Adi Shakti Herself, the "Paramatta River". Mother also told us for how Australia was originally a part of Mother India and as it separated to become a separate continent,

Shri Ganesha was created by Her, as that great Divinity which resides at Mooladhara Chakra.

So what a glorious event-Adi Shakti has, in Her complete form, come to Shri Ganesha at Mooladhara Chakra. None of the other Gods could reach Shri Ganesha-neither Bramha, Vishnu nor Mahesha-so Adi Shakti Herself has come and this is an event and a blessing far far beyond our present human awareness and understanding. May we, Her children, grow in our awareness to the point where we become the Awareness itself. This is our prayer, O Adi Shakti.

Meanwhile let us all determine, with humility and sincerity to become that quality of innocence, obedience and wisdom that is Shri Ganesha. May the primordial principal of holiness be re-established on this earth in Satya Yuga.

So, Mother's birthday was both a joy to us and a great Cosmic event !!

Public programmes were held over 2 weeks in Sydney. Mother also gave two lectures in Melbourne. The preparation, publicity and press coverage was excellent. Sydney's shop windows carried Her photograph and details of Her programmes. Newspaper advertisements were well placed and gave good exposure.

The press conference held on the first day, produced a truly amazing response. All the newspapers who carried articles

gave a favourable write-up and Her photograph was carried in probably a million newspapers (including the national daily "The Australian". T. V. news coverage on at least two commercial networks was achieved and a brilliant radio interview for 3 hours (from 9p.m. to midnight) was broadcast live to over 1,80,000 listeners. (Mother used the opportunity to give Self-Realisation over the radio and the programme was acclaimed by the radio station as a great event.)

Regarding the public programmes, the opening night was a 'standingroom only' event. (Mother's arrival had to be delayed by $\frac{1}{2}$ hour so that extra seating could be arranged but still people were standing at the back). We had expected about 300 maximum, in-fact there were approximately 500 each night. We moved to a larger hall after the first night.

Mother, in six lectures, covered all the chakras in detail and kept reinforcing the awakening that had occurred during the first night.

Each weekend we had an all-day practical seminar session outdoors on the Mother earth. And the greatest blessing of all was given to the new people—they were invited to wash the Lotus Feet of our Divine Mother. How Her Australian children have been blessed!

As well as at the Birthday Puja, Mother

allowed us to worship Her at Puja for Shri Ganesha, on the first day of the Indian Year and Puja for the Devi on Her wedding anniversary. The photographs which we have, give a beautiful glimpse of the joy we shared with the Collective Being on those days of worship of Mother.

Several video tapes of Mother's lectures and pujas were made. We hope that this medium of recording Mother's lectures can be used more from now on. To see Mother's talks as well as hear them, is such a joy.

Mother departed after a most intensive 18 days with us here in Australia. We can still see and feel the vibration which She showered on our land and its people when She was here and as She flew out of Sydney to Bombay.

It's difficult to describe Mother's visit in words. We feel it but, to put Absolute Reality on paper, and to describe a great Cosmic and earthly event in relative terms, seems so inadequate,

Just the joy and the determination continue.

We pray Mataji that those who gained the Self at the Feet of the Holy Mother, will settle into Sahaja Yoga and become strong. The Collective Being has indeed said to the world, from Mooladhara Chakra, "BEHOLD THE MOTHER".

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SAHAJA YOGA

Why is Sahaja Yoga the Maha Yoga? For the first time in human history, one can feel cool vibrations without any mental, physical or emotional effort. In this state, one is in complete relaxation and the mind is free from thoughts. There is complete silence, but one is totally alert and aware of everything that is happening, all the five senses are active. One feels like a child and all action is spontaneous.

One experiences the present, the only reality. This is Sahaja Yoga, the Maha Yoga. H. H. Mataji Nirmala Devi is an enlightened soul and in Her presence, one receives this enlightenment. It is like one candle enlightening another candle.

Sahaja Yoga is Maha Yoga because after realisation, we can feel our Atma, spirit in our conscious being and one can see for oneself the reality as cool vibrations flowing in the palm of the hand. Vibrations are like electro-magnetic waves and they are pulsating out from the spirit, which resides in the heart.

These vibrations are the only reality, they are present in every atom and they create this universe. We see pictures on our T.V. screens by electro-magnetic vibrations. They are transmitted by a station, received by an antenna and sent to the T. V. set. We know they are there because we can measure them. These electromagnetic vibrations are only three-dimensional, whereas the vibrations we feel in Sahaja Yoga are multi-dimensional, they include emotional, mental and physical energies.

They are all-pervading and we become like antennae, receiving them and re-transmitting them. We can feel them coming from others.

It sounds really fantastic, but it has to be so if they are the thing which created our mind. They only flow if we give them to others, because the sources wants others in collectivity, it wants the Whole. In Sahaja Yoga, one cannot achieve much on one's own. It involves giving and sharing, not materialistic things, but the vibrations, with others.

I have completed my M. Sc. degree in telecommunications and have been working with microwave antennae for the past four years. When I started practising Sahaja Yoga, I never believed in gurus or religion, or even in God. I was totally scientific. I started feeling these cool vibrations in the presence of Her Holiness Mataji. I was very sceptical—first I thought the cool wind was coming from the windows, then I thought it was a trick done by hypnosis, but I was totally alert and conscious, nothing changed except that I felt this cool breeze in my hands and I had never felt so peaceful yet alert in all my life.

I know about electro-magnetic vibrations and their movement from my studies. These electro-magnetic vibrations move away from the source like the movement of ripples when a stone is thrown into a pool of water and they rebound off obstacles in exactly the same way as ripples rebound from the edge of the pool. It is the reception of these rebounding waves which is the principle of

radar because they indicate the presence and position of the object. The real nature of electro-magnetic waves are not known. All that can be said is that they are stresses produced by electric charges, their effect can be sensed, but they themselves are indescribable. At work, I can measure the electro-magnetic energy from a distant source into a receiving antenna using a meter. I can couple this power out and constrain it to flow through waveguides. When we speak through the telephone, we are using electro-magnetic vibrations.

Here I was totally bewildered because exactly the same thing was happening to me—I was actually the antenna and could feel these vibrations and my fingers were acting like meters. I was receiving this energy and I could manipulate it. It was really incredible and too fantastic to be true.

I then used my logic, since I was a scientist. Why is it that I feel cool vibrations in my hands, is it something within me that recognises the truth of Sahaja Yoga and manifests itself as cool vibrations? If it has to do with God, then surely I would not be able to understand it with my mind, because He is the one who created my mind; if I, a scientist, design a robot, there is no way the robot can understand me, his creator. So, the only way to know is through an experience, a happening and through my rationality.

These vibrations are really powerful. The space satellite system is nothing compared to the power of these vibrations, it is just a mini-form of the vibration system which permeates the whole universe and here for the first time we can feel it, we can manoeuvre it, we can enjoy it, we can use it to cure others, because once the vibrations start to flow, we can balance the mental,

emotional and physical aspects in our body to find an equilibrium. The cause of all our problems is basically that we are not on the central path, we are either too emotional, or mental or physical.

When we try to balance ourselves through techniques or effort before Sahaja Yoga, we just go on an ego trip in one direction or the next, we can't just sit and watch it. One moment we are happy, elated and full of energy and the next we are depressed, worried or angry and all our energies are used in one way or the other. When our system is out of balance, we get all sorts of diseases including cancer. After coming to Sahaja Yoga, the vibrations flow through our being and help us to find the central path.

It is entirely free because it is the vibrations which create matter (money), so how can we purchase them? Vibrations are the flow of love and all genuine seekers should take it seriously. It is given freely, there is no technique or hidden mantra.

Who is Mataji? She is the wife of a diplomat and She is here in this country on official duties not as a "practising guru". She lives like a queen in Her own right, yet She leaves everything and gives us this enlightenment, the vibratory awareness, so we can become aware of our own divinity.

It is a yoga of divine love, a love beyond physical, mental or emotional sensations, it is pure, it is the love of the spirit and manifests itself through cool vibrations. This is why it is called Maha Yoga.

HARI JAIRAM,
(Sahaja Yoga Ashram)
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Nirmala Yoga

On 26th December 1980, Bombay Sahajayogis alongwith their foreign counterparts offered very warm tributes to Mr. C.P. Srivastava for his appointment as Secretary General of IMCO (International Maritime Consultative Organisation) successively for the third time.

Following is the text of the reply given by Mr. C. P. Srivastava, on this occasion

Dear Members of the Universal Sahajyoga family,

I am very greatly honoured and very overwhelmingly touched by the most generous observations which have been made about me and about my work.....whatever I can do to deserve the love and affection that you have chosen to shower upon me. You have mentioned that I have been sacrificing in order that my wife who is Mataji to you would be able to devote her time for Sahajyoga. What I want to inform you is; it is not a sacrifice, it's a great privilege. When we got married, and that was more than a third of a century ago (34 years ago) we had our family, a little family, and we agreed among ourselves that our first duty would be to bring up our two daughters. We also agreed that once the daughters got married, SHE would be free to devote her time as much as possible to the service of humanity. While our children were growing up—SHE gave all her time and devotion to them to bring them up and SHE gave me tremendous support. Without HER support, it would have been impossible for me to apply myself for the responsibility which the Govt. of the country entrusted to me. I am deeply grateful to HER. But today what I want to state is that I am not grateful to HER but I am very proud of HER. And why am I proud of HER? I am proud because, at a time when the world is afflicted everywhere, whether you are in the East or in the West, whether

you are in the North or in the South, everywhere you find a certain feeling of unrest, of unhappiness or a little frustration and people all over the world are wanting to know, "how can we all members of this universal world community live together in happiness and in peace." This is the question before every thinking individual in the world today. And there must be some answer to that, because after all we have to live together, and answer really is that all of us whether we belong to one country or another, we are members of one great universal family. Afterall, if we just remember, that the whole of universe that we know of there is only one planet on which there is life, such as we have and that, we are the most fortunate persons to be those created by the Almighty to be the best of creations, that itself is a very great privilege and the least that we should somehow do is to live together as brothers and sisters genuinely, not merely thro' lips but thro' hearts and it is most important for us to come to that stage. I have a feeling that the world is now ready for a new revolution. There was the industrial revolution in the 19th century which brought economic prosperity to many parts of the world, thus bringing prosperity to other parts. But that is not enough. For human beings material prosperity is important, but it is not the ultimate aim. There is much

more in a human being than a mere desire for material well being—the spiritual part. It is only through spiritual attainment, through spiritual satisfaction that genuine happiness can be attained, and there must be some SPARK which has to light and the source of the SPARK is before you. THIS LADY. So when I say I am not sacrificing at all, indeed I am feeling to be a part of you, feeling to be a part of this great endeavour, and I am proud of HER and the work SHE is doing.

I might tell you something more. Very recently I had a unique experience. SHE is a very busy person and if I may say so without being immodest, I am also very busy with my work, but one evening SHE invited me very kindly to a function like this in London. There I saw another family a Sahajyoga family, Sahajyogis and Yoginis. What a wonderful expression they had, what a feeling of internal peace and calm they had, what feelings of togetherness they had. That gave me a very deep impression, a feeling that, that family had been transformed from desperate individuals coming from different parts of the country into a family mended together, knitted together with one purpose, viz., realising that we are members of one family. They all wanted to assist each other to help each other to grow together and to develop spiritually. Now, this is a marvellous task. I think the world needs this more than anything else. This country needs this much more than anything else. It is the transformation, it is the uplifting of the individual from within, which is most important. If that uplifting does not come, you will have conflicts, you will not have the kind of homogeneity or goodwill, which is so essential for all of us to be able to live together in peace. So, SHE is giving you spiritual

guidance and I have no doubt that I am one of those thousands and thousands who admire HER, respect HER, and my fullest support is available to HER in everyway for the work that SHE is doing. But, I think, support is not the right word because SHE does not need support from anybody; but you see you must forgive me because I have a dicotomy. It is very difficult for me to forget that I am HER husband, so please do forgive the expression that I have used but, it was in my capacity as a consort and I want you to know that the work she is doing is to my way of thinking very very important for humanity. In fact, I feel that it is only by uplifting men & women everywhere throughout the world, that we can really become worthy of the Almighty God who has created us all. Now, in IMCO, the Organisation that I am privileged to serve, I am very grateful for the kind words about my re-election. It was most gratifying. Perhaps you know that this was unanimous. I mention this only for one reason, viz that you would hear that there are many issues that divide the world. On very few issues the Govts. of the World agree. Now, if they agreed upon re-election, whether it was Soviet Union, United States, United Kingdom, or Developing Countries or China or Pakistan, well, they agreed to uphold a certain principle and in some way perhaps the message of Sahaja Yoga was being given to them through me coming from HER. And the message that I always give to the member countries of the Organisation is: "We are not divided into groups. I do not believe in groupism. I do not believe in confrontation, I do not believe that by fighting, the world can get along. I do not believe that the developing world can develop by fighting the developed world. I believe, and I

believe very sincerely & genuinely, that all of us can get together only by way of togetherness, by co-operation and this is the message that I give continuously." Now this is only one aspect of Sahaj Yoga, only an aspect, but this is the message that I give to the organisation that I am privileged to serve and I am most gratified & delighted that the governments as they are represented in this Maritime Organisation of the United Nations System, accept that philosophy and they accept that by working together the people of the world engaged in Maritime activity can make progress, which would be satisfactory from the point of view of everybody and if they re-elected me unanimously, honour me greatly and my country—but to my way of thinking they honoured the principle which is to guide the whole of United Nations system. So, in some way there has been action and interaction between Sahaja Yoga on one side and United Nations activity on the other. I have only a small responsibility in the United Nations system but to the extent that I can, it is my duty and it has been my endeavour always to serve the World Community in a far more elevated sphere—the spiritual sphere. Now to friends who have come from abroad, as an Indian I would like to extend a very hearty and a very warm welcome. I feel very greatly honoured & privileged that you should be here at this time that you should spend your new Year Day in our country and I want to take this opportunity to wish you the very very best for 1981 and the best that I can do is to say let Sahaja Yoga which is universal, grow and grow & develop and really lift up the word to a new level of awareness, new level of human relationship based on love, affection, & realisation that human beings are born for great purposes, they are not born merely

to live a routine life but the purposes are spiritual—much highly elevated. For your success, for your happiness and your wellbeing I will pray and with these few words I want to thank you once again for the very very kind words in which all speakers referred me today and I may also thank HER for all that SHE is doing for me by supporting me really. THANK YOU VERY MUCH.

(Laughter & claps)

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You asked me if I could write about spiritual benefits of Sahaja Yoga. When one sits down to do it, one feels the difficulty as being that even contemplating that phrase one goes thoughtless. The benefits are so many and various because as the chakras get enlightened so all the divine qualities start asserting in one's life in all purity and beauty. Easy to write about material benefits of better job, health improvements, passing exams with flying colours. But all that is a by product of the enlightenment by Mother's grace and one's spiritual instrumentation. It would be an impertinence to write about benefits to oneself of a spiritual nature. Because who benefits from Sahaja Yoga in the spiritual sense is actually God Almighty Himself. It is His joy in His creation that makes our Sahaja Yoga such a joyous experience. It is His innocence that protects us and cures our illness. It is His wealth that showers on us material rewards. It is His fearless nature that kills all the negativity in our hearts and opens us to His joy and love for one another. The benefit is not to our self as we used to identify it but to our pure self which is a universal being. The benefit of Sahaja Yoga is that one becomes a Sahaja Yogi-one becomes identified with that and not with the myth of one's name, nationality, occupation, family or any limited thing. One becomes a part of the eternal being which is the same in everyone, and the brotherhood

of Sahaja Yoga is the recognition of one's self in others and above all in Mataji Nirma'a Devi, the Adi Shakti incarnated in person on this earth for our salvation. Blake said that God does not hate sin but He hates unbelief. In this day and age that unbelief is not to recognize Mataji as the Spirit divine in human form. That is the sin which Christ said will not be foregiven at the last judgement.

The Special spiritual blessings of Sahaja Yoga is to realise that the spiritual path of seeking is not a lonely one even though every soul must seek alone and individually. The sense of loneliness comes from the Ego's sense of specialness and separation. But when ego drops away so does the myth of loneliness. One finds all the brothers and sisters are on the same path, entering the same lovely garden. Separation ceases by merging in joy of recognition. People speak of surrender, which implies effort. But recognition requires no effort, it happens spontaneously when the eyes clear and one see with certainty. Recognition is Sahaja and recognition of Mataji is the greatest joy of all. She is our Mother since all time. Just to recognize that is the greatest reward of all punyas.

JAI MATAJI.

GAVIN BROWN
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FESTIVALS

17 July Guru Purnima, i.e., the day of Guru Puja.

23 August Shri Krishna Janmashtami, i.e., Birthday of Shri Krishna.

(These are the most auspicious days for Puja)

Sahaja Yoga is ultimately for everyone; the best benefits, however, are derived by those who can surrender voluntarily at the lotus feet of the Divine Mother, Her Holiness Mataji Shri Nirmala Devi. This is not always easy; while living we develop a code of values and act accordingly—allbeit happening automatically as a living process in an individual's experience. Trust in Ma and Her teachings have to be established. Cool vibrations in the hand is the indication of Divine support of Grace; this is the beginning of a need for further investigation. Examine continuously the benefits received in answer to prayer.

When I can trust Ma, I can trust myself. Am I getting defensive with Ma? Is there something which I want to conceal from Ma? We all have our horror story in which the individual is the principal actor. "I wish it was not true", he muses "or could the memory of it giving rise to guilt feelings be erased from the psyche?" Ma knows all from the revealed story of the Chakras, a history-sheet by itself, and other Divine means. Besides knowledge of our innermost fears and unsurfaced anxieties, Ma forgives completely because "your story" is not quite horrible enough. Nevertheless, there is needless guilt which affects left Vishudhi.

Clearance of left Vishudhi is achieved by the Mantra of Vishnumaya, Radha Krishna. Cultivating a sweet language helps to banish guilt. Why not get familiar with some pleasing words by taking them into our vocabulary and using them! Guilt feeling is the feeling of inferiority and inhibition. It creates a chasm between Ma and me, as an unworthy.

Right side Vishudhi is affected when the individual dominates or is dominated against his will. It leads to erosion of dignity and self-respect. A man with insufficient dignity cannot surrender effectively. Since Ma never plays with the dignity of Her children, the tormenting secret of the past remains between the two—the Mother and Her child only. Because She knows us better than we know ourselves, She can do more for us than we can ourselves. It is a wise intelligence which sees itself fully exposed and vulnerable and knows that the vulnerability is not really a hazard in Mother's gentle hands. In any case She can do whatever she wants to; I hazard a guess that it is the Mother's nature to forgive. She can-not help that part of Herself. She is Nirmala Vidya—the Divine Mechanism by which Mother forgives. Divinity goes about its evolutionary way regardless of our non-understanding. All we are required to do is to let the mystery do whatever it has to do by submitting to it.

Trust and faith will develop in their own time; like all other human relations it takes time for trust to develop. And only trust can bridge the communication gap. A strong man will not give his trust till the Guru is also tested. May be our own instrument is testing for its own good. Let it do so naturally. To accept Ma now or later is one of our freedoms with which Ma will not interfere. Is my inner speedometer running too fast through old habits of impatience? Why hurry? Let it happen naturally, praying all the time for Ma to come into our heart and void. Certainly we have to be

patient with ourself knowing that the ego reacts to its own creations; it needs to be brought into the Thoughtless awareness State; involved misidentification gradually dissolves away.

Mantras of Nirmal Hriday, Nirmal Mun, Nirmal Chitta, Nirmal Chaitanya and Nirmal Anand will help. The utterance is as with other Deity Mantras, i.e. invoked in the name of the Great Mother.

Ma is better than me in all esoteric matters. Do I want mastery over myself? Then I must learn. To learn from anybody requires an attitude of humility towards the teacher; some ritualising before meditation helps to establish modesty and humility. A ritual is a symbolic physical action with emotion attached to it. Cleaning hands, taking off shoes, using the vibrated red sindoor (Vermillion) with reverence, lighting incense and candles, cleaning Ma's photograph with a clean red cloth, always facing Mataji's photograph, avoiding all undesirable acts as though Ma were present, there, asking for Her Grace etc. are some of the good ritual practices which give definite rewards of better awakened awareness. The mechanical conditions themselves will yield with time.

The greatest form of admiration for a person is reflected as emulation. But what do you emulate? Ma is a mystery, unfathomable. One just accepts the mystery and submits allowing anything and everything to happen. The living Deity is participating in the Evolutionary Clearance of the individual and Collective Nervous System through mastery of the Divine - Controlled parasympathetic nervous system.

Transformation within is the reality. The force bringing on this change should be venerated and worshipped. An individual's affairs are really governed by so many forces beyond his control. He certainly cannot handle all of these complex variables which shape him and because he cannot, he gets anxious and tense. All tensions are the manifested discomforts of inferior feelings. Do I feel inferior because some things are beyond my capacity to do? The equipment of body, mind and soul is equipped for just those activities which are within its capability. Pursuit of excessive aims like ambition, competition, unrealistic objectives gives rise to the well-known ills like anger, fear, gluttony, lust, greed, pride, sloth etc.

Recognition of one's worth by oneself is right. No other person or social pressure should be able to push us against our will. To be independent of this external force needs surrendering of all misguided externally determined values of one's environment. In any case my aim will be low—not high enough. So, why should I make demands on Ma, set conditions, or resist Her. Instead, I should accept Her in Her Totality, avoiding the intellectual interpretations. Whatever Ma is and does is the most appropriate and ideal. An attitude of total acceptance, obedience and submission to Her helps in surrender. Let Mataji handle it all in the collectivity. The objective must be sincere, the quest honestly purposeful. Only then absolute honesty will make one say, 'Ma I need you; please help me. Give me the right temperamental attitude and environment for an effective surrender. I do not know how to.' Badhas get cleared with prayer and that helps in surrender.

What is one to surrender? The surrender is of wrong and harmful attitudes, certain habitual patterns of thinking and feelings; inability to forgive is one of them. It requires maturity and ability to forgive. Resentment is immaturity. When due to my human frailty I cannot forgive I should ask Ma to forgive on my behalf, till I can forgive. This helps to clear Agnya; forgiveness restores balance in the personality.

When Mataji is physically present amidst us, correct protocol demands that the person of Mataji be not touched. All attention should be on Ma; slight distractions from attention on Ma are to be resisted. Attention should be focussed on the large Bindi of Ma on the Agnya Chakra. Never interrupt Ma; be attentive in humbleness absorbing all that is relevant to our being of the moment. Avoid coughing or clearing of the throat while with Ma. All private Conversations must cease during the physical presence of Ma. This is an elementary courtesy. That our spiritual Master is a lady should always find consideration with us.

There will be interference in total submission to Ma. Whatever is interfering should be ordered to behave. A very slight use of the will, helps. An invaluable aid can be taken from the Deities invoked in the name of our Mother. When invoking the Deities through specific finger-touch of Mataji's photograph, specific quality of these Deities should also be requested. Another novel technique is

to ask twice the cause of the disturbance. The first answer will be superficial, misleading, not honest really. Then ask gently, "and the other *real* reason." The Badha will reveal itself in most cases. The Badha when once exposed can be easily eliminated from the attention. It is important to understand that it is not what I want it to be nor what *is* my ideal but as *REALITY REALLY IS*.

Not me but Ma—the Universal Mother—She does everything. Why bother—just enjoy yourself. Let Ma do Her Work. Jai Mataji !

*Pronounced as the underlined part of a word.

- HRIDAY — Heart, Heartily
(HE RIB THOU CALENDAR)
- MUN — The seeking desire
(Rhyme it with Fun, Bun)
- CHITTA — Attention
(CHIMP THINK A)
- CHAITANYA — Consciousness
(CHASTE THINK FUN YARN)
- ANAND — Joy, Bless
(ASK NONE THOU)

P. K. Puri
New Delhi



*Welcome Address to Her Holiness Mataji Smt. Nirmala Devi ji
on 14th April '81 By Shri K. Subramanyam,
at Mavalankar Auditorium, New Delhi*

As the famous German philosopher Schelling remarked once : "If God would appear to me with the truth in the right hand and the quest of the truth in the left, asking me to choose between the two, I would rush towards his left hand telling him : Oh God! keep the truth for yourself alone." This is because the modern seeker is more interested in the game of truth seeking than in the Truth itself. It would not have mattered if subject was only for academic discussion like the question whether God exists or whether re-birth is a fact or fiction. But it directly affects the life of a large mass of humanity today in the world. Millions of people have taken to one course or another under the name of spiritualism. They are all wandering in wilderness, treading the tracks which they believe will lead them to their goals.

The spiritual guides in this country who show these tracks are called Gurus and Maharishis. They even usurp the attributes of God and call themselves Bhagwans. How to know who is a real Guru and who an imposter? In Indian thought, Gurus are held in high esteem. The tradition demands absolute faith from a follower and his complete surrender to the Guru. It shuts doors to the discerning eye and the discriminating mind. No surprise that shrewd men with greed and passion don the garb of spiritual guides and their Ashrams become dens of vice and corruption.

A craze for spiritualism is raging all over

the world. Spiritual masters and their Ashrams are growing like mushrooms. Hundreds of books are being published to preach the so-called spiritual ideas and thoughts. Thoughts of gullible people, desperately seeking solace, fall pray to self-styled saviours. India has become a focal point of this Spiritual craze. So far, India is known for her great spiritual wisdom, as the land of enlightenment. This has attracted a huge influx of lay seekers into this country and large export of spiritual leaders to the affluent countries in the West.

In India, the spiritual phenomenon, as it is commonly believed, has innumerable ramifications. For instance, formal worship of a deity, invocation of ghosts and spirits, reciting of mantras and lastly the meditation on a God's name or form or with a blank mind, for achieving occults powers by difficult or odd rituals and they are all believed to be spiritual practices. Devotion and surrender to God, control of mind and body, introvert search of the ultimate reality, physical austerity and fasts, indulgence in intoxicants and sex, have all been postulated as ways of Sadhana. This is broadly the so-called spiritual scene today.

It is a matter of great concern for all those who are real seekers and who have a genuine urge for spiritual development. It raises before them the questions—"What is right and what is wrong? What is true and what is false? What is base and what

is exalted?" And the crux of the problem—"What is exactly the spiritual phenomenon?" The answers to these questions are essential to clear off the mass in which spiritualism is enmeshed today.

We have gathered today here to hear the clear message of Her Holiness Mataji Nirmala Devi who interprets this phenomenon differently. She defines the Sahaja Yoga/Kundalini Yoga as the Yoga innate to the human nature. Since it comes so natural to our personality, we need not impose any external discipline on ourselves for spiritual growth. What we have to do is to just understand the cosmic force working within us and allow it its free play. Let our Kundalini awaken from its slumber and flow up in its natural course.

According to the legend, Lord Krishna, in his young age, used to pelt stones and break the pitchers of the Gopies (milk maids) of Gokul and Brindavana while they were on their way home from the Yamuna. He enjoyed the fun when the milk maids were drenched with the water pouring down from their pitchers. Poets in the past have interpreted this mischief as an amorous sport of Lord Krishna. The saints saw in it divine love between the Gopies and the God. Mataji Nirmala Devi interprets it differently. She says, cosmic vibrations were saturated in the waters of the Yamuna through the touch of Krishna, who was a manifestation of the cosmic power. When he broke a water-filled pitcher, the vibrated water flowed down the back of the gopi to the base of her spine and there, by contact, awakened Kundalini, the serpent power which is a fraction of the cosmic power in the human body. In other words, by his apparent mischief, Lord Krishna bestowed on the Gopis the bliss

of the divine energy. This interpretation was given by Her Holiness Mataji Nirmala Devi in one of Her discourses in Delhi. The Kundalini Yoga is centuries old in India. But Mataji has given it a new interpretation and a scientific base. What is amazingly remarkable about her is that she awakens your Kundalini just by the grace of her glance or her mere presence, as though she is an inexhaustible reservoir of the cosmic energy awaiting you only to stretch out your hands towards her. This awakening of the Kundalini brings you all joy of life and enables you to live better, she says. In the presence of Mataji Nirmala Devi, the Divine Kundalini Shakti of the seeker is awakened to its glory. Realisation of God is possible only after the sleeping Divinity Kundalini Shakti is fully awakened. By regular Sadhana and dedication, the divine Kundalini Shakti aroused in you by Matajaji can grow in strength and envelope your whole being. You experience the divinity within you, which is the essence of truth, bliss, beauty and love. Then the complete integration of the mental, physical, emotional and spiritual self in you takes place. Gradually all your physical, mental and emotional ailments are cured. Cool nectarine vibrations of divinity flow through your body and hands. You can grant self-realisation to others and cure them of physical ailments.

The awakening of Kundalini Shakti by Mataji Nirmala Devi when it blossoms into its fullness will give you the experience of the divine which is in total conformity with what is described in all our scriptures.

Nobody would doubt her claim when one sees her in exuberance of health and joy and attending to the various ailments of people. The most lovable thing about Mataji Nirmala

Devi is her disarming informality and contagiously affectionate disposition. Unlike other godmen she bestows her grace on all without discrimination and delights in personal contact with everyone in a congregation. That explains why she calls herself your mother, rather the mother, and not your master.

It is our great fortune that Mataji Nirmala Devi is amidst us today in spite of her

hectic tour of Australia. She has returned only a few days ago to Bombay to cheer our minds and grant self-realisation. I, therefore, appeal to all present here to be simple and humble in receiving the divine vibrations and listening to her message, Let us stop our game and stand in the sunrise, behold the smile of the goddess. The birth of the new day! Let us recognise Her, the goal, the Devi, the Maha Devi.

YA DEVI SARVA BHUTESHU MOKSHA RUPENA SAMASTHITA
NAMASTAYSAI NAMASTASYAI NAMASTASYAI NAMO NAMAHA.

A STAR IS BORN FOR SATYA YUGA

At Rahuri where so many of mother's children were with Her to welcome 1981, Mother referred to a light in the sky. This was later seen by several Sahaja Yogis as they drove Her home at around 1.00 am, and it grew in intensity for many minutes. It was this phenomena which gave rise to Mother's announcement that Satya Yuga had begun and that 1981 would be a most dynamic year for Sahaja Yoga.

Curiously when Warren Reeves was at the Australian High Commission in New Delhi he noticed in a news bulletin from Australia an item "Birth of a Star". Below is the article :

Birth of a Star

Australian, British and American scientists say they have witnessed the birth of a star, 150 light years from the earth. The Protostar, as it is known, is in the Magellanic Cloud, a galaxy beyond the Milky Way. Working at two observatories near Canberra

the astronomers used infra-red equipment to cut through the shroud of gas and dust around the Protostar. The scientists say it is the first time the birth of a star has been observed.

A member of the scientific team, Dr. Harry Hayland, of the Australian National University, said the discovery was a major breakthrough for astronomy. He said the birth could take as long as one million years, and it might be thousands of years before the star become visible in telescopes. (RA: 3/2)

When Mother saw the article she said:

"See, you have your sign" and laughed. Then she said "And you people could see it, but the scientists needed a great telescope" and laughed again.

What a Divine Play goes on before our very eyes ! What joy to be on this earth at the very moment when Satya Yuga commences !

अंबे उदे ! उदे !!

ऊठ भवानी त्रिभुवनजननी आदि नारायणी
 तुझ्या दर्शना आतुर झाले भक्त सिद्ध ज्ञानी
 कस्तुरि मळवट बघता भाळी पूर्व दिशा दिपली
 कुंकुमतिलका वरून खीने काया कुरवंडिली
 कृतार्थ झाली सुवर्णकिरणं चरणांवर लोळुनी ॥१॥
 प्रसन्नवदनं उघडो नयनं नवलप्रभा फांकु दे
 काजळ काळया तमपुतळयांना तेजोमय होळ दे
 अखंड चाले प्रकाशजागर ध्यानि मनी स्वप्नी ॥२॥
 शांत शारदा कलकामिनी तूच विश्व मोहिनी
 त्रिशूलधारी रणचण्डी तू महिषासुर मर्दिनी
 मोहक दाहक अनंत रूपे तुझीच संजीवनी ॥३॥
 कुंडलिनो तू श्री जगदम्बा शक्तिरूप शोभा
 शिवशंभूच्या हृदयामधली प्राणज्योत अंबा
 चंतन्याच्या चक्रवर्तिची समूतं सम्राज्ञी
 कशी करावी स्तुती कळना कसे तुला गावे
 वेद-पित्याच्या जन्मदात्रिला कसे आळवावे ?
 उदे ! उदे ! गे पोत झळू दे पावन संकीर्तनी ॥४॥
 मधुकर कुलकर्णी

It is customary in India to sing devotional songs early in the morning praising the God and requesting him to wake up and bless the world. The poem on the left is of this type.

Wake up O Mother of the three Worlds (nether World, heaven and this World); mankind's primordial shelter. Devotees are eager to see you. Kindly open your eyes, O one of smiling face. May the glory of your eyes remove the darkness and enlighten meditation, minds and dreams.

All arts and knowledge originate from you. You have held a trident in your hands. You are the winner of all battles and the killer of demon Mahishasura, your forms are endless, pleasing, frightening, enlivening etc.

You are kundalini; the cosmic Mother Jagadamba; the light in heart of Shiva You are the empress, of chaitanya, in human form.

Ignorant are we, do not know how to sing your praise, O Mother of (Brahma Deva) the author of all Vedas

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NIRMALA DEVI MA

I was told there is a Devi called Nirmala,
Go to Her if you need enlightenment;
When I approached Her, She said :
Son, the light that you seek is hidden—
You must sit and meditate, meditate, meditate.
Concentrate on your Chakras;
The fruit of concentration is meditation,
Since you are your own redeemer.

The main Chakra is Muladhara,
Which is the seat of lord Ganesha,
Awaken this Serpent which slumbers—
Coiled around three and half times
Underneath your Pelvic Plexus,
And place each step in the Spiritual Path.

Next is Sri Brahmadeva and Saraswati,
Which is at the seat of Swadisthana,
Will start moving upwards and onwards.
Then go to Manipur where Lord Vishnu and Laxmi Devi reside;
The seat of Sri Shiva and Parvati is your Anahata;
Vishuddhi is the sixteen-petalled Lotus
Where you are sure to find Lord Krishna and Radha.

My child, if you wish to travel to the fourth dimension,
You must concentrate at your Agnya Chakra,
Where you will meet Jesus Christ and Mother Mary
To guide you to the realms of the Eternal.
The abode of your Mataji where Eternal Power resides,
Is at your Sahasrara;
Which is known as the thousand-petalled Lotus.

Thus my son, you are sure to obtain
Existence, Knowledge, Bliss Absolute,
And the Superconscious state of peace and joy,
And the fruit of Meditation is Realization.

S. M. Karaka
Bombay