



Nirmala Yoga

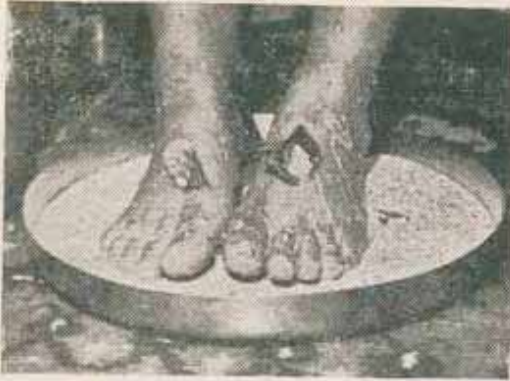
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EDITORIAL

Sahaja Yogis are the most fortunate disciples like Arjuna, to have Sakshat Para-brahma (the supreme God) as their Guru. Shri Krishna was at first Arjuna's friend, a close relation, counsellor and a saviour. Then he became Arjuna's guru and imparted the highest knowledge and out of love even showed the vision of Virata form (i. e. universal form) for which great yogis, saints and sages were longing. Arjuna was equally loving and receptive. They made an ideal pair of Guru and disciple. Shri Jnaneshwar has beautifully described this relationship in his commentary on the Geeta (Jnaneshwari) and has summed up as under :

हृदया हृदय एक जाहले । ये हृदयीचे ते हृदयी घातले ।
द्वैत न मोडता केले । आपणा ऐसे अर्जुना ॥

*Hridayā hradaya eka jāhale. Ye Hridayeeche te hridayee ghātale.
dwaīta na modatā kele āpana aise Arjunā.*

Translation

Their hearts were united and what was in this heart (Shri Krishna's) was passed into that heart (Arjuna's). Keeping their duality unaffected Shri Krishna made Arjuna completely one with himself.

This is the culminating point of love between any Guru and disciple. Shri Jnaneshwar and his guru Shri Nivrttinath had reached this highest level of Guru-disciple relationship, i. e. total unity of inner beings.

Unity of inner being follows from love which comes from surrender and surrender is the result of recognition. As for Sahaja Yogis their guru is Sakshat Adishakti, i. e. Para-brahma, the mother of universe, the source of all knowledge and power, guru of all gurus. She is our Mother first because we get our second birth from Her. Then She

imparts the knowledge through the lectures and makes subtle revelations in the depth of our meditations. Her love for us is like a fathomless ocean. She ignores our mistakes and has forgiven all our sins. She guards us from hidden dangers and is looking after our spiritual progress and material welfare so loving as our Divine Mother. Answers to doubts and difficulties regarding Sahaja Yoga and meditation, solution to material problems and instructions in the difficult situations, come from Her, no matter where She is.

She is present within us and without and is all pervading. We have to realize Her going deep in our meditations. Let us behave the way it pleases Her. Let us rededicate ourselves to Sahaja Yoga, to collectivity and for the propagation of Sahaja Yoga.

FESTIVALS

4th August	Raksha Bandhan
12th August	Janmashtami (Shri Krishna's birth day)
22nd August	Shri Ganesha Chaturthi (Shri Ganesh is worshipped everyday during this period).
2nd September	Anant Chaturdashi
17th October	Navaratri Puja begins
27th October	Dussehra
1st November	Guru Nanak's birth day
15th November	Deepawali
30th November	Full Moon day. Shri Shiva Puja is performed on this day, to celebrate the killing of demon Tripura by him.
25th December	'X' Mas
29th December	Shri Dattatreya's birth day

NIRMALA YOGA

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CONTENTS

	Page
1. Editorial	1
2. Festivals	2
3. Sahasrara Day Puja Address by Her Holiness Mataji	4
4. Becoming	9
5. Divine Plan	14
6. Letter from France Sahaja Yogis	15
7. An Inspiration	16
8. Latest Revised Travel Plans of Mataji	17
9. To be Observed	18
10. A few words on Protocol	19
11. For Sahaja Yogis to Remember	19
12. The Second Coming to Rome of Mataji	20
13. The Joy of Sahaja Yoga	21
14. A Sahaja Yogi—His Sadhna and Experiences	22
15. Glory be to Thee	26
16. Mother—A miraculous Sadguru	26
17. Mother's Trip to Lisbon and Madrid	27
18. Asserting our powers	29
19. Welcome Address by Sh. K. Subrahmanyam	31

Le Raincy, France
5th of May 1982



SAHASRARA DAY PUJA ADDRESS

BY HER HOLINESS MATAJI
SHRI NIRMALA DEVI

It is a great day for all of us, the seekers, that the last work of the Divine, of opening the last centre in the great primordial being, was done on the 5th of May 1970. It is the greatest event of all the spiritual happenings of the universe. It was done with very great care and great adjustments. It is not in the limits of human understanding, how things are worked out in the heavens. It is your fortune and God's love, that has worked out this wondrous miracle. Without this happening, there could not have been the possibility of giving mass realisation to people. One could have done it for one or two persons here and there, but to have given such a mass awakening would not have been possible. As you know, in the Sahasrara there are the seats of the seven main chakras. There are 1000 nadis or as they call it flames, and they all have each 16,000 powers. Every nadi deals with a particular type of person; and with the permutations and combinations of all these nadis, human beings are looked after. As soon as the Sahasrara was opened, the whole atmosphere was filled with tremendous chaitanya, and there was tremendous light in the sky, and the whole thing came on this earth, as if a torrential rain or a waterfall with such tremendous force as if I was unaware and got stupefied. The happening was so tremendous, and so unexpected that I was stunned and got totally silent at the grandeur. I saw the primordial

Kundalini rising like a big furnace, and the furnace was very silent but a burning appearance it had, as if you heat up a metal, and it has many colours. In the same way, the Kundalini showed up as a furnace like a tunnel, as you see these plants you have for coal burning, that create electricity; and it stretched like a telescope and came out one after another, shoot! shoot! shoot!, just like that; and the deities came and sat on their seats, golden seats and then they lifted the whole of the head like a big dome and opened it, and then this torrential rain completely drenched me—I started seeing all that and got lost in the joy. It was like an artist seeing his own creation, and I felt the joy of great fulfilment. After coming out of this beautiful experience, I looked around and saw human beings so blind and I became absolutely silent, and desired that I should get the cups to fill the nectar, not all stones.

Sahasrara is the most beautiful part of your being. It is a big lotus with a thousand petals of different colours appearing like inflated flames. It is a thing that has been seen by many people, but to see it pour that torrential rain was like these flames becoming a fountain, a fountain of colour, fountain of fragrance; when you think of a flower pouring its color and its fragrance around. People have written very little about Sahasrara, because whatever they have seen is from outside, and it is not possible for them to see from inside. Even if you reach from

inside and the whole Sahasrara is not opened out, you cannot see its beauty; because when it is closed, the whole of it, you just pass through an aperture and get out of it. But just imagine a huge big thousand petalled lotus, and you are sitting inside on the corona and looking at all those petals, all very beautifully coloured, and fragrant, and pulsating with the bliss of joy. To remain on that position, is the ideal position, but then after the silence you are filled with tremendous compassion and love, and you are drawn out to people who haven't yet known what is having eyes. And then you try to put your attention to the Sahasrara of millions of people; and then you start seeing the problems that exist in the Sahasrara. And even if you desire to open the Sahasrara, it is a very difficult thing, because the channelling of the Divine to human beings, has to be done through human beings. The power may be with you, but it has to be channelled through human beings. All my life I have not known many realized souls. How to get them? How to work it out? So I started looking out for people, and I met an old lady of 70 years, and she was very perturbed about something very gross and when she came to see me she felt very peaceful. Her Sahasrara was very worn out, and in my company, she would think of something else, not the spirit; and her brain would be covered with clouds and darkness. Again and again, I had to enlighten it; but she did not get her realization. Most of the people who came to me in the beginning, came to me for getting cured. This capacity I had since childhood. And I could also give realization, to a few people before, but they had to be very earnest, artha. I did not meet any one of that quality because I was not living

in the forest; I was living as a normal human being among other normal human beings; and they were not that earnest, that artha, and I had to do this work among them. How to talk to them about the real world that exists, and the false in which they live? One lady, the first one who got realization just came to see me because she was possessed with the idea of seeking. She sought and it worked with her. It was not the happiest day, because she was one of those who got individually realised. With this great happening many should get it at a time. We had a programme in Bordi in 1970, and there, first one gentleman got realization in the evening. Next day there were negative forces acting in the morning time, and they started talking of favouritism. I could see in the atmosphere the vibrations were going wrong. In the evening I took up a very strong, firm attitude; I was in a great fury, I never went into such a fury before and I lashed all of them. Surprisingly, twelve of them got realization. That was the greatest moment. Then many got it one by one. Three of them travelling back got realization in the train, suddenly they felt vibrations. So the mass-evolution started.

Sahasrara is your awareness. When it is enlightened you get into the techniques of the Divine. Now there are two techniques, the techniques of the Divine, and the techniques you follow. You cannot act as divine, but you can use the divine power and manoeuvre it. For example, the Divine looks after all the universal happenings. Every minutest particle is controlled by the Divine. When your sahasrara opens out, and your kundalini touches the fontanelle bone, a sort of igniting force is ready in your sahasrara; and as soon as the fontanelle bone

area opens up in the brahmarandra, the grace of the spirit ignites that igniting force and your nadis get enlightened. Not all of them, but quite a lot of them; not all the length, but quite the peripheries. That's how you get your enlightenment. So many things happen because of your seven centres being in the sahasrara. With the light you see their relative positions. I mean you do not see, but it works in your conscious mind. Your conscious mind feels that integration within you. The rationality, that is separated from the heart, becomes one with the heart. It becomes one with your attention. Wherever your attention goes you act in a collective way. All the activities of your attention are blessed. Your attention itself is effective. Your attention is very important, your desires are even more important, because it is such an integrated thing, your desires and your attention become one. Whatever is good for the spirit you desire, and your attention goes to whatever is emitting spiritual power. The priorities change very fast. Those people who are primitive and not evolved, may not find that happening; but those who are mentally developed, they have an attention which they try to test. They first want to see how to raise the Kundalini.

They want to see that is logical. For a balanced person there is no questioning at all, we have some people like that amongst us. They just became and never questioned. They just settled down. They are innocent, they are intelligent, above all they are spiritual; but whatever may be the defects in the qualities, they can be corrected through your sahasrara. First of all you have to put down your ego; because if ego is there it presses the sahasrara. Also the super-ego must be reduced because it also

presses the sahasrara, and gives pain. So keep the sahasrara in its healthy state. One has to realize, one's priorities have to change. Some people take time so they have to make deliberate efforts. There are many books, if you read them, they suggest anti-God activities. An enlightened sahasrara does not like it. It closes back. That's like a poison; it does not like any poisonous thought to come in the mind. If you go about with the poison, then again it closes. In the same way the people who are hot tempered, very much hot tempered, and all the other problems of the ego, if they try to suppress the sahasrara, also the sahasrara starts closing. Those people who have had conditioning from wrong gurus, and wrong books, from wrong parents may be, from a wrong country, from a wrong livelihood, also do not allow the sahasrara to grow in its healthy way.

It is only the sahasrara which has to grow, not the spirit. The more sensitive the sahasrara is, the more it receives the spiritual qualities of the spirit. Actually, the peace is felt in the sahasrara. The bliss is also felt in the sahasrara, because that is the brain, and the brain is the epitome of the nervous system, the central nervous system, or consciousness itself. So merely by opening sahasrara, the work is not done. We have to have more and more channels, who will act as the nadis with their different powers, and who can work it out in a proper systematic manner. But those people who indulge into wasteful habits after realisation, obstruct the flow of the nadis, and are really very harmful for the Virata. Such people should really leave Sahaja Yoga and spare; or such people should be asked to leave and we should

severe all relations with such people who stand against such a great work of the Divine.

The one who wants to develop on Sahasrara should know, he should not develop with bad company, but always have the company of other sahaja yogis. He should not have his own holidays, or own time, but most of the time, he should spend in the company of other sahaja yogis.

After the sahasrara, when you are above the sahasrara, you can see that it is very important that all these nadis must be kept together, and all the centres and all the deities must be kept intact and integrated. This can be done even with conscious effort, by watching yourself, your thoughts. You start seeing your ego and your super-ego. You will be able to see how you cheat yourself and are dishonest with yourself. How you are convincing yourself, you are very good. How you are enjoying an ego trip?

Sahaja Yoga is for people who are spirits, so all other things must drop out. All misidentifications must be dropped out. One can do it through the conscious mind, as I said, one should really correct oneself, because after realisation whatever you desire becomes part of the divine desire, whatever you do becomes part of the divine action; so one has to remember that with conscious effort we can really find ourselves and see if we are really honest about it.

If we are honest one can see that collectivity is the only way to expand the Sahasrara. For that tolerance is needed, wisdom is needed, and the stature is needed of a prophet, which

you are, and you should talk like a prophet. actually, you have to educate yourself. How does a prophet speak? This is not insincere or acting, because now you are awakened. When you are not awakened, whatever you do like this, is artificial. Sahasrara is the controlling, guiding and evolving force, and so to keep it absolutely ready for growth and expansion, one has to watch one's own growth. Never justify your wrong doings; If you start justifying, you are thinking about that. We have no time to think about it. We have to think of others, because others are also in your brain; and when you start thinking of others, talking to them about their resurrection, your Sahasrara will definitely increase in its size and its subtlety. The sensitivity also will increase. The depth will also come. It is just like a tree, when it grows, its roots spread. So you have to come out of your shells and spread your wings. All your small things of mind must be given up. You must live like a huge big personality, which has to give support, guidance, help and awakening to thousands.

If this Sahasrara Day in France, establishes a new dynamism in this country, I am sure that it will catch up with the thought of the people. It will resound in their minds, their unconscious will transmit it into their beings, and they will start thinking afresh. Now, new breakthroughs will take place, and people will start going towards truth logically. They will come to right conclusions and drop out all that is wasteful and useless.

Sahasrara is the throne for the spirit; and the bigger is the king, the bigger is the throne. The way you treat your spirit, is expressed in your sahasrara, and this is how you can give realisation, and then you can become a subtle being.

Through your conscious effort, you can enter the beings of others and raise their Kundalini. Enlightening the Sahasrara also gives you a new light to see all the sukshmas, all the subtle happenings in the atmosphere. When you start developing higher and higher, you can see the vibrations as lights around you.

You may not have any interest in many things, but will become amazed how you become master of everything; as if your brain is manifesting what you desire. And this is what Krishna promised, who is actually the Virata; so you become the master of your brain, because actually the spirit is master of the brain. The more you bring your spirit into your attention, the more the Sahasrara increases in size; its light expands and you become a more powerful Sahaja Yogi. This is the greatest thing for God Almighty to say, "see, this has happened," So for the time being he may postpone his anger and wrath; so he can forgive human beings for their mistakes, their obstinacy and childish pranks. Let the man rise to see the glory and the greatness of his Father. Let him also get the power to bear the compassion of God. Let him also see the Sahasrara develop to such dimension, that he can execute the workings of the divine through his conscious mind.

The Sahasrara has one mantra, that is NIRMALA, meaning one should keep it clean, pure and immaculate. That is

what is your job. Just try to keep it pure and clean, and this will definitely mark another step, another accelerated jump into a new dimension of many more human beings.

It is a very great pleasure to be in Paris today, so that the whole world's attention should be on Paris, on France. This country which has been cursed and neglected by all the deities, because human beings went really very wrong. Let all the deities be settled down in this country, because this is the attention, and whatever attention we pay, is reported to us through Sahasrara. So may the Sahasrara of France be opened out and the attention of France should be guided to the Spirit, and eternal life. It is a very important country and that is why I decided to celebrate Sahasrara day here. The responsibility of French Sahaja Yogis is much greater. They have to change their methods and styles. They have to become kind, gentle and healthy people; but at the same time, should be very strong Sahaja Yogis, so that when others see them, they should see the superiority in them. Before the Sahasrara day, we had such a successful session. I am very happy about it.

Now I bless all the centres in the world, who have prayed or are praying; to give them a very developed sahasrara, an enlightened one, that they may expand so much, so they may become one with the whole.

May God Bless Them.



B E C O M I N G

"This is only because I have given you birth.

Nobody could have done before this I tell you—you can cure others, you can give speeches in Sahaja Yoga; you can know your own problems, your own surroundings, you can cleanse yourselves and others. Only with realisation it's that it's all in a bundle. What a jump it is from the first awareness where it was just a desire. From here, you started. But all these things that were looking quite funny in the first one when you had desire, from a very subtler beautiful forms as they come into you. At this time, you do feel your chakras, their problems, you start again analysing them. The biggest problem in the West is they start analysing. You give them a case, they'll analyse it. Give them anything, they will analyse. Analysis is the biggest thing and that's how this analysis business is. So maddening for them. Here it is that they're clinging on to their realisation, the other side of everything, analysing. You see, the legs are analysed, feet are analysed, nails are analysed and they've taken on the microscope and seeing to it, there the legs are to be used for climbing up, and here you're analysing the legs and feet, see the whole purpose is lost when you start identifying with whatever was hanging on to you. So now you should say, "Now finished, done! Now I'm another person."

The greatest thing is in this awareness of yours when you are realised, you must accept that the person that was there is

dead and finished and gone. "I'm a different person", now that acceptance, people find it difficult because 'Sri' Ego is there. It doesn't allow you, it says, "Oh God, how can that be?" I mean to say that you are transformed absolutely, can you imagine, you can give realisation to people. You tell somebody, they say, "Oh I know this", they will all run away, nobody will believe, but you know you can give realisation. Nobody will believe it. There was a yogi, first he said, "Mother, how can that be? He couldn't believe that he could give realisation. Poor fellow has been working as a yogi for so many years. He wouldn't believe it to begin with—same fellow was giving realisation. Even if to believe you can give realisation takes time. They cannot believe. So what you have to do about becoming is to at least believe: yes, you are giving realisation. After all, you see it like a white cloth before you—still you say it is black, Hurst Blue! So these dealings with the Hurst Blue is the worst case. You are giving realisation, see how Ian is suppose to be going to the psychiatrist, he can give realisation to that psychiatrist. The doctor who is going to treat you, you can give him realisation. Believe it, you can. But when he says this to him, he thinks, "Oh, he'll run away". But at least believe into yourself. This is the place where you must have faith. This faith that you got realisation through Sahaja Yoga. That it's a tremendous power, that there is an all-pervading power which is absolutely dynamic and that you have that

power flowing through you, and that you are giving realisation, and that your brother is something special. Faith is not faith because I'm saying, because it's blind, but you have seen it, but this is what it is when you see it, you also don't believe it, then what should I call it? You know for definite that this is happening but you don't believe into it, then what should I say? If you believe that it is so, that is faith. Imagine faith means blindness! It's opening your eyes much more to what it is and accepting that it is so. And then the faith must grow.

At this stage, it is the power of faith that helps you. Nothing but power of faith. And power of faith is the greatest becoming power I should say, because then you realise that whatever you had known so far has been of no value. This is something so great and so gigantic and so dynamic. It's something so much out of the blue that you have never known before and then you get really bewildered and then you start having faith. Now then, when I say that you just put your hands like this and put a bhandan, it works. It does work. Then also you start seeing that when Mother does like this (blows on Her hand) to Herself, we all feel it. Then we start feeling it that we are in Her and She is in us; and that we are aware of our wholesomeness and She is our wholesomeness; then the faith starts growing. You cannot realise it because this is beyond analysis anymore. Only dead things you can realise; living, you cannot. This is beyond living—this is what it is. So you cannot realise it so you start surrendering. When you start surrendering and the faith comes in then your awareness rises higher than this, and these small, small, little, little, things which have become subt-

ler, they start departing from you. This is the third state where your three gunas you can see, but they do not affect you. So in the first state you have desire. In the second state which is a very big thing, you see the desire being fulfilled, but all these subtleties are mixed up within you. In the third state, you see them, but they do not affect you. This is the third state when one has to see that they do not affect you. You do see catching, but then you do not call catching, catching—you say recording. You think you are an instrument, you are just recording. The effect of that becomes very small, very small.

You become so powerful within that the effect of this catching is very little, you just record this effect. This is the third state. Now at this third state, you rise up to this third state—the only way is complete faith. Faith is; first of all, you have to learn certain things about faith; one of them is the protocol, but with faith, if you learn protocol then you will not feel bad about it, but if you're forced into it, you'll feel bad, the mixture state is still on. So to develop faith, you have first of all to tell yourself rationally, clearly, "don't you see this is happening? Can't you see it is rising? Can't you understand" Tell yourself, "Isn't it dynamic" Just sit down and think how wonderful it is, how great it is. Just talk to the ocean, talk to the flowers—they are better than many human beings—and tell them, "Don't you think so?" Go in the museum and tell all the statues, "I've found it, I've got it" Tell yourself—so telling yourself, you'll develop this faith. There's no way out. Many people have asked me this question: how to develop the faith? Now, it is such an absurd thing. Here you are knowing the kundalini, you are

giving realisation and turn round and ask, "Mother, how do we develop faith?" It is *beyond* me to understand that, I mean, what is happening here, now what are you doing? This faith then starts encompassing. Also, what I say means absorbing, not criticising, not reading back, but absorbing it. This absorption can be hindered by many other means, also absorption is the only way you grow. How does a tree grow? By absorption. What is the mouth of absorption? is Nirvichara. What is nirvichara? Where you do not think about it. Now then, I say you are not to think, at a lower state, people will say, "Oh, you know. She's very dominating, very dominating, I must say!" But absorption is only possible when you have faith, and the whole thing goes into you, go on sucking like a child, the whole thing goes into you just like a lake it is, without any ripple, it reflects the complete, entire creation in it, complete.

If there are any ripples, then there's diffusion, what's confusion. So is the stage of faith which starts from the second to go to the third. For example now, we'll take a simple case of my photograph. There were no photographs before. Only in my lifetime the photographs have started, for your information. These photographs also you have developed yourself on your own, of course with the help of the Holy Ghost no doubt, that goes without saying, but you have developed it. I myself did not know this photography would catch me so much. I did not know myself. You'll be amazed that I started seeing that these photographs are more powerful than a statue which is made according to what I was before. Because this is the present thing; this is how I exist. I was amazed

myself that it was emitting vibrations and life and that my photograph came up so well. See the main problem was how to approach so many people. You can have, say, one hundred Sahaja Yogis. You can have two hundred, you can have at the most two thousand. You see for this stuff it is very easy, you just have the distraction; you pay the money and you're there. With Sahaja Yoga is becoming, is awakening and realisation. How is it going to work out?

It was a very big problem for me. It's not that I can just give you a book and just get it and read it and say that, "Yes, I have got it, I have become." It's real becoming, ripening, maturing, living process. Now, how am I to do it? And here is the answer — in the photograph. Then your T.V., that's also modern. Of course, the T.V. people have not allowed me to go on the screen, so far, but I've gone on the screen in India. Only in Poona, not here, it's rather difficult. First, let them have all the things, then I'll go, that always has been, so this is what it is, that all your medias can be used through my photograph. What a blessing it is. And the photograph, if you think, is representing me, I think you're not expressing it fully. I was amazed that my photographs are much more powerful than many statues put together, even produced by Mother Earth, because photograph has so many elements in it. For example, you see it has light element, it has water element, it has earth element and also air element. If the air is not all right, you cannot take a photograph. And also it has the ether element. With all these five elements, you cannot produce a statue. Ether element it has because if you have a photograph here, you can transmit it to another place you can

transmit the photograph, but you cannot transmit a statue as it is anywhere—only the photo of a statue, you can. So it has also ether in it. So photograph is much more powerful than any statue. Moreover, it is a reproduction, no doubt, but a reproduction of reality, with five elements. So as with you it's just a representative, its quite me because my attention is there. We have experimented with this. A yogini had a photograph of mine and a relation came to her and she used to mock at the photograph and say all kinds of things.

She brought the photograph to me showing it had become all dark, black. So I said, "Who was there?" and she said, "It's a relation who had come and made it like that. I said, "You had better put it in the sea, my attention is not there, no vibrations, my attention has gone away. You see that problem, I can see that. You should not have put the photograph like that." So there's a very big difference between a statue and a photograph, because my attention is there. Of course, even the statues which are created by Mother Earth also have vibrations and they also show they have vibrations, but they cannot give you the awakening of the kundalini because my photograph has my desire also in it. They cannot. If they could, Stonehenge would have. If you go to these statues and if I am there, they make no vibrations, only you have to put one hand towards Me and the other towards them, then they start emitting, but they have to accept My permission. Even the statue you have of Ganesha—now it's all right, but in the beginning, it never used to give vibrations until it was worked out this way. But they do not lack authority. So the protocol of those photographs is

important to start developing that faith. You should keep one photograph with you all the time in your pocket; respect it. As many as possible, respect them. Not for decoration, but to be respected. In the morning you see the photograph. Now I'm telling you because of faith problem. I have to tell you it myself, the whole thing. That's the worst part of this incarnation because other things you have done, e.g. those who follow Christ, they will have his photograph in the morning. Especially if they're Hindus, they'll touch the feet morning time, evening time, before sleeping, going out, coming in, they'll do that. In the same way, when you have a photograph, you work on that with that understanding, that Mother's with us. You'll be amazed how things work out.

Faith will help you. To act just as ointment on all these catches, you won't be such a person all the time going like this—"Oh, I'm catching," you'll be seeing. Like an elephant—walking and all the dogs barking at you—you'll just go along, it's like that.

So the third awareness comes in when you start seeing all this, recording it. This is the third state. Then the fourth state is called as the turia state. In the fourth state, you dominate these three gunas. You control all the elements.

At this stage, you just say it works. You see yesterday what happened (Mother made it rain)—it just works, you become master of these three gunas. Like I used to describe that, first you are sitting in the car, somebody's driving it, he uses your left and right side, or you can say, the brake and the accelerator and the car is driven. Then he

starts teaching you how to drive it. Then you start learning by using your left and right, accelerator and brake. Then the third stage comes in when you become the driver, but still you are worried about the man who is sitting behind, that you are doing a mistake, doing wrong. But then the fourth state comes and you become the master, you make others drive. Order here, anyone, order the Sun, order the Moon, order. Order means just tell them, I mean no question of any domination, just desire, just say it, it works out.

Now this fourth stage is called turia dasha (state). Then comes the fifth stage in which I don't want to give you names or you stick on to these. They are not so clear cut. They might mingle from each other and they are but in turia state. When you mature properly, then you jump into the fifth state; in which you do not even determine or say anything; just anything slips out of your mouth, may not even slip out, it works. It's a state. There you handle the whole situation, sitting down here. Sitting down here, you know each other's chakras. Then not only you master it, but in that you can enter into it. Now, for example, I tell you. I can enter into your subconscious; into your collective subconscious; into your supraconscious; into all the areas you see, like that if I want. This is when you have mastered it completely. When you enter into it; when you are the master, then you enter into it. When you're master of this house, you may enter into it. Then you enter the seventh state and that is the state where you just are. Your being there is sufficient. Just being there, nothing exists, but you for yourself. Now all these seven states you can reach, because I stand beyond that and

I have come down to the first state and I'm trying to pull you up. If you do not drag me down, I can pull you up very far, so only request is don't drag me down. That's how the becoming is going to be. Now this is the basic, the basic structure and now you are feeling all the beautiful things in between and all the things can be nicely again arranged and can be done properly. But this is the basic structure of becoming. Now do not try to fix yourself up at this stage or that stage, because that is very common with people who are still thinking about it. Then: "Mother, at what stage am I?" This is common when you grow yourself, it will happen to you. You don't have to determine anything, it should happen to you, that's all. Allow it to grow, allow it to grow, but at least you are at a state where you're doubtlessly aware, most of you. But still I would say the basic desire is still not there that strong. The basic desire, that would be cleared out. You see, sometimes it happens the house can be demolished because the basics are not all right. Sometimes in the basic there are mistakes so you go down into yourselves, right down to find out oh, this is still there, take it out. You have to weed out all those things, and that weeding out requires real alertness, but don't get into self-pity, don't get into this guilt business. But a very positive attitude towards yourself, that. "All right, that's my car, I have to put it right." Even if you become the master of the car and the car is useless, what's the use? Desire is the car, Kundalini is that desire. If your Kundalini is weak, try to sustain it, try to improve it. Try to raise it. Feed it, feed your kundalini with

(Contd. on Page 30)

DIVINE PLAN

Creeping toward the great disaster
Constant pain is gaining sway
What was lent to us for comfort
Now in pain is forced away.
In these days of no compassion
Filled with every grief and doubt
Comes an answer to this madness
Comes the sword to clear it out.
Not some words—to be forgotten
Not a spell—bound form of wood
Not a hoary gleaming crystal
Nor some spirit, bad or good.
But the breath of Kundalini
Sweeps our every care away
In our swollen eyes of anguish
Joyful tears begin to play.
Mother's filled us with Her gladness
Drawing us towards the one
Disentangled—our illusions melt
As dew before the sun.
Engines of the one in all
She's revealed your subtle keys
And we're mastering every measure
Of these cosmic harmonies.
At the root of Adi Rainbow
We have found our pot of gold
Looking on with childlike rapture
The great mystery we behold.
Let us scale the fiery mountain
Swim the oceans to their source
Trace the paths of ancient rivers
Fly the sun's celestial course.
Let us do the deeds of Heroes
Making saints of every man
Thus uniting Earth and Heaven
To fulfill Her Divine plan.

Amen.

—Herman Gaddy

La Maison Du Sahaja Yoga

Le 1er Juin 1982

9, Allée Du Rocher, 93 340, Le Raincy,
(1) 381.16.12.

Dear Brothers and Sisters,

This 5th of May has been a great day for us French Sahaja Yogis. Mother had decided that Sahasrara Day would take place in France in the new ashram at Le Raincy, near Paris. Mother arrived in Lille on Sunday afternoon (2nd May) with about 30 English Sahaja Yogis and a public program was held that evening. Some Belgian people were there too.

On the previous day in Paris we were waiting for Her in a large Hall, filled with close to 200 people, but our Mother had postponed Her arrival to show us that a small group of Sahaja Yogis could give realisation to a large group of people. Gregoire introduced Sahaja Yoga very clearly and powerfully and afterwards we stood at the back, Swiss and French Sahaja Yogis, and raised the collective Kundalini with our hands together. Mother's attention was very obviously with us: vibrations were very strong and most people got realization and came back to the other two programs: on the 3rd and 4th of May Mother was there and spoke to very full halls. Many people had strong experiences, and the number of french Sahaja Yogis has increased, but as is always the case, in small proportion to the numbers that showed up at Mother's lectures!

Mother invited some of the new people for the Sahasrara Day Puja. It was a very beautiful strong and joyful puja, and then we had the Havan (fire ceremony) in the garden. It rained and rained on us and we laughed and the rain stopped. Mother was

testing us again! By the 5th of May the house in Le Raincy was full of Sahaja Yogis from England, Switzerland, Italy and France mainly and Mother decided to stay until Saturday evening. We all had a very beautiful and fruitful time.

When we took Mother to Roissy-Airport. She started talking to two Africans from Congo. They came to see us afterwards at Le Raincy and decided to start Sahaja Yoga in their country.

This visit of Mother has brought a great change for us, a decisive step in the collective feeling and in the positive desire to spread Sahaja Yoga.

This ashram has only existed since the beginning of March, but all is changed since then. Preparing Mother's coming, organising preparatory meetings, inviting people to the house, working together in the house and the garden has really brought about a collective feeling which is essential to the growth of Sahaja Yoga here.

We hope to visit quite a few towns in next few months and have meetings there, in collaboration with the Swiss and the Belgian Sahaja Yogis.

May the Grace of Our Holy Mother spread further and stronger in the collective Soul of Creation.

*Om Twamewa Sakshat Shri Nirmala Vidya
Shri Sahaja Yoga Dayini
Moksha Pradayini Mataji
Shri Nirmala Devi Ma Namoh Namah.*

AN INSPIRATION

1. Ladies and Gentlemen of the present Generation,
With a great deliberation,
I have intended to give you an idea of my resolution,
In a fine piece of alliteration
Prepared by my own imagination,
And stolen from no quotation.
2. Sahaja Yogis of the present Generation,
My idea is to perfect my Meditation,
Which at present is a source of botheration,
As my chakras need clarification and purification—
From the evil forces surrounding my constitution;
As we physical beings differ from Nation to Nation.
3. Sahaja Yogis of the present Generation,
The thought of Concentration and Meditation,
Is a great source of inspiration;
Which by raising your Kundalini without any botheration,
Your Vibrations blossom by transformation—
And thereby enjoy bliss with divine acceleration.
4. With these few words, Sahaja Yogis, of the present Generation,
Permit me to occupy my location of Meditation :
Which by no means is a sanguine disposition
To our beloved Sahaja Yogis' contemplation and aspiration,
Leading to a great world-wide Brotherhood of Association,
Which nodoubt will flourish from Generation to Generation.

—S. M. KARAKA
Bombay

*It is the Mercy of my true Guru that has
made me to know the unknown;*

*I have learned from Him how to walk with-
out feet, to see without eyes, to hear without
ears, to drink without mouth, to fly without
wings;*

*I have brought my love and meditation into
the land where there is no Sun and Moon, nor
day and night;*

*Without eating, I have tasted of the sweet-
ness of nectar, and without water I have
quenched my thirst;*

*Where there is the response of delight,
there is the fullness of joy. Before whom can
that joy be uttered ?*

*Kabir says, "the Guru is great beyond
words, and great is the good fortune of the
disciple".*

—KABIR

Her Holiness Mataji Shri Nirmala Devi
LATEST REVISED TRAVEL PLANS

July 18-24	—	In USSR
July 30	—	Mytholmroyd, Yorkshire (Rita Davies)
July 31-August 1	—	Cowley Manor, Gloucestershire (Linda Pearce/Alan Henderson)
August 1*	—	Cheltenham (Alan Henderson)
August 15	—	Birthday of Sri Krishna
August 16	—	Caxton Hall, London
August 22	—	Ganesha Puja
August 23-28	—	Switzerland/Germany (Arneau de Kalbermatten)
September 4-8	—	Scotland (Fin Robertson)
September 10-12*	—	Introductory Seminar, Ilminster, Somerset (Patrick Anslow)
September 13	—	Caxton Hall, London
September 14-17	—	West Country (Chris Greaves)
September 25-30	—	Vienna (Gregoire de Kalbermatten)
October 4-9	—	South Midlands (Jim Thomas)
October 17	—	Navratri Puja
October 19-22	—	North Country (Elana Harris)
November 17	—	Diwali Puja
November 22	—	Depart for India
December 19	—	Western Sahaja Yogis arrive India for minimum of two months.

*Mother may not attend in person.

To be Observed

1. Her Holiness Mataji's photograph represents Her in our houses and other places where it is placed. It has therefore to be kept with great respect and all protocols have to be observed. It should be placed at a high place and should not be moved very frequently. Daily worshipping with vermillions, flowers and offering of milk and sugar or chana (Gram) is necessary. Oil lamp/candle lamp should be lighted in the morning and evening and Mantras recited.

2. Never stretch your legs towards the photograph even in sleep. If it happens unknowingly, immediately request for Her forgiveness.

3. In collective Puja and meditation after the arti and prayers have been sung, it is advisable to maintain the same atmosphere of devotion and silence for some more time as Her Holiness Mataji is requested to be present and accept the Puja and Her Presence becomes manifest to all through the vibrations. At that point of time Sahaja Yogis should silently enjoy the vibrations for some time or help those, not enjoying the same bliss.

4. In general personal talk on non-Sahaja Yoga matters should be avoided at the collective meditation.

5. It is desired to remind that Her Holiness Mataji has repeatedly advised us against being miserly and receiving anything free in Sahaja Yoga. It would be in our own interest to pay all contributions collected for organising various sahaja yoga activities.

6. Always see and pay obeisance to the rising sun. Mantra may be said as 'Om Twameva Sakshat Shri Surya Narayan Sakshat Shri Bhagwati Mataji Shri Nirmala Devi Namoh Namah'. Never see the setting sun as it has adverse affect on eyes and left Agya. If seen by mistake forgiveness should be requested.

7. 'Bandhan' is the shield of the Holy vibrations that protects us. Hence it should always be done in thoughtless and with great reverence to Shri Mataji. It may also be done with reciting the Mantra—Mahalaxmi Mahasaraswati or just 'Om Shri Nirmala Ma Namoh Namah'.

8. We should always raise the kundalini as frequently as possible, in order to keep the balance and remain thoughtless. By practice the Kundalini can also be raised by inward attention.

New Arrival

EVOLUTION OF KUNDALINI

—By Yogi Mahajan

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A FEW WORDS ON PROTOCOL

When we organise public meetings, we must respect Mother's protocol. It is the instinctive protocol of love, that of the little children for their Mother—but sometimes we forget...

Before a public meeting, we should pray for Her blessings, and for many seekers to come. This was beautifully demonstrated in Paris, some two years ago: Marie had done what she could to advertise, but had only had time to put up a few posters. Somewhat in a panic, we feared that no one would come. Mother, always unruffled, smiled and said: "Just ask me!". We prayed, asking Her please to draw many

seekers to Her. When we got to the hall, it was filled! More people had come than for the better organised programs! It was a wonderful evening, and everyone got their realisation, including a catholic priest!

In the meeting place, we should treat Mother's photograph with respect; we should speak of Her with love and dignity, and behave in a simple and dignified way. Most of all, we should be kind and loving towards all who come—and patient—just like our Mother! It is very simple really. If we follow our hearts, and our vibrations, we cannot go wrong, for Mother is with us at every moment.

FOR SAHAJA YOGIS TO REMEMBER

Sometimes we, as Sahaja Yogis, forget the uniqueness of our position. This forgetfulness can cause us to neglect the importance of sharing our most Divine of gifts...Realisation. Often we find ourselves so immersed in our own personal enlightenment that we unwittingly ignore the fact that we can and must give realisation to others. We must actively participate in the uplifting of human consciousness, or suffer the consequences.

Our Divine Mother unceasingly reminds us of the vast amount of "seekers" born during this period in history. In her motherly way, She makes known to us the will of God. "They (seekers) have to get it", She says matter-of-factly. Giving, it has become the job of the Sahaja Yogis.

We, who have undertaken this tremendous task, have but a limited amount of time. We cannot afford to indulge in lethargy. How much better it is to act in the way H H. Mataji has prescribed, leaving the details of the "working out" to Her. Giving Realisation is the most significant way to help ourselves and others, while showing our Divine Mother our unwavering devotion. By offering daily the fruits of our labour at Her Lotus feet, we are proclaiming: "Thy will be done." By giving Realisation, we become the Divine Will.

Let us pray for increased wisdom, courage and attention.

Jai Mataji

—ANDREA

THE SECOND COMING TO ROME

of Shri Mataji Nirmala Devi

The second coming of Shri Mataji to Rome proved to be of great importance for Italy. She came with the spring, nature blossoming everywhere, in a grand explosion of colours and perfumes. And again Our Mother, the source of all love showed how much She loved Italy and the Italians. She held three public programs and two ad hoc functions in the morning for those who were anxious to know more and more. They were very eager to listen to Her, to look at Her. About 150 people came at every program and amazingly enough they all got their realisation. Most people were of very good quality. Mother said, ancient seekers of a high level, with an instant capacity to recognize Truth. Mother was so happy and radiant to see such devotion and understanding. For three days they went on bringing flowers, small gifts, letters; they tried to touch Mother's Feet as She passed among them, to manifest their deep respect for the Goddess.

And now, only one month after the program, they are so deeply concerned about sahaja yoga, so sincere, they assert that their life's goal is now to spread it as far as possible. Really with people adorned with such open hearts, with such spontaneity and genuineness, sahaja yoga in Rome is spreading very fast. We do not even have an Ashram yet and Mother has already mentioned that Rome will become a very important centre in the world! Needless to say, we feel quite spoiled, feeling also

the consideration and support from our elder brothers and sisters all over the world, receiving visits from the centres of Switzerland, France etc... Cassettes, presents are pouring in, the telephone goes on ringing. By now we have a public meeting every Tuesday; on Saturday we are meeting at Ruth's flat, on Sunday we go out together, to a lake or the sea or the country side. The blessings of Mother on Italy are many, Her attention is on us. Many little miracles and jokes happen. Jai Shri Hanumana! Here is a small example.

Pedro, a new sahaja yogi from Cuba, walking down the road saw a catholic priest coming and, innocently, wondered if he was a realised soul. Hence, to check with the vibrations, he put his hands towards the priest. At that very second the priest collapsed and fell heavily on the ground. Of course Pedro was amazed and ran to the help of the poor man. The priest did not understand what happened but, while getting up, he confessed that without Pedro's help he would have remained glued to the ground, unable to move!

This second coming of our Divine Mother brought us, "old" sahaja yogis, a sense of fulfillment, our desires coming true in the increase and beauty of our collectivity. In this atmosphere of deep joy we feel expanding, expanding in awareness, expanding in the Ocean of Love.

(Contd. on Page 21)

Nirmala Yoga

The Joy of Sahaja Yoga

The transformation which takes place after Realisation can only be experienced to be truly believed. So many times I have listened to Mother describing what happens after Realisation, how you are transformed and become a joyful, hollow personality. And—apart from my initial experience of Realisation, which was very powerful—I used to think it was impossible, at least for me! What Mother described was totally beyond my limited imagination, and all I could see was how much I was still identified with negativity—old habits, thought—forms, etc. I could feel vibrations, catches, everything, and I knew intellectually that this was beyond a doubt what I had always been seeking. But very little joy. I persisted, of course, inspired by Mother Herself, and by the other Sahaja Yogis and Yoginis, especially our brothers and sisters in India, who feel the joy of Realisation far sooner than we Westerners do. Sooner or later there had to be a breakthrough!

And so there was! All that Mother says and has said is absolutely true. The joy was there all along. It was simply that I was not allowing my attention to go to it. I was still persisting with negativity. And when the attention is enlightened, it cannot bear anything that is not of the Spirit. This is how we human beings will truly learn the will of the Divine. This is the enlightenment. It is very simple, really: all we have to do is to accept the fact that the game is over. That we have found the Spirit now, and nothing can take this away from us. This does not mean that we become selfish.

On the contrary, we start to feel real compassion for the suffering of others, and all our attention goes towards alleviating it—that is, giving them their Realisation too. In this way we truly become hollow personalities, filled with God's love and joy, for nothing is more joy-giving than to transmit to others the priceless gift of Realisation that we have been blessed to receive.

We know that in this way the whole world can be transformed and that the Kingdom of God can be established on earth. It is incredible! It is fantastic beyond our wildest dreams! And it is true. Joy cannot be faked. Nor, once experienced, can it be doubted.

These are the blessings of our beloved Divine Mother.

Jai Mataji!

—CHRISTINE
New York

(Contd. from Page 20)

With utmost respect and awe, our deepest Pranam to the Devi, to the Mahadevi. May we deserve Her infinite Love and surrender more and more to become instruments of Her will, channels of Her Love, to break all the chains that keep us in the unreality, to shine, at last, all over the country and beyond so as to be the reflections of Her light, the Spirit, The Atman

—FLAVIA A.
7. 6. 1982

A SAHAJA YOGI— HIS SADHANA AND EXPERIENCES

Ancient name of Poona is *Punya Nagari*, i.e. town of *Punya* (i.e. spiritual the merit) H.H. Mataji says in one of Her letters that Poona Sahaja Yogis have fulfilled the *Punya* of Poona, which, she also says, is the place of *Shri Ganesh*. When a Sahaja Yogi visits *Rajwade Mangal Karyalaya*, he feels convinced that it is to the people like *Shri Rajaram Shankar* alias *Dadasaheb Rajwade* and other Sahaja Yogis that Poona owes its *Punya*, the merit. *Rajwade Mangal Karyalaya*, which means the place of auspicious functions is Sahaja Yoga Centre of Poona and is the residence of *Dadasaheb Rajwade*. The place is having very beautiful vibrations, and like Sage *Markandeya*, *Dadasaheb* lives there engrossed in worshipping and meditation of *Divine Mother*.

Dadasaheb Rajwade, aged 74, was a freedom fighter in his young age. He was arrested in 1943, for supplying ammunition to the revolutionaries fighting against the then British Government and spent one year in Police Custody and two years in detention. He recalls the fond memories of how his father *Shri Shankar Ramachandra Rajwade*, a great Sanskrit scholar and a revolutionary and a realized soul had sent him a word not to disclose anything, disregarding all the consequences, including death. Father's message, however, worked as a boon and the police could not file any case against him in spite of such a long detention. He was released in 1946 after a severe attack of *uraemia* as the doctors could not cure him even though he spent one month in the

hospital. Thereafter, he worked for five years in a Government Department in order to expose some vested interests and their frauds. He was never really interested in the Government service being able to make own living comfortably from the rental payments he received from the *Karyalaya* (place of auspicious functions) which he opened in 1939, the first of its kind in Poona.

In 1972, Her Holiness Mataji's first programme in Poona, was arranged at *Rajwade Mangal Karyalaya*. Bed-ridden due to diabetes, high blood pressure, rheumatism and numbness of both legs, *Dadasaheb* listened to Mataji's lecture from the balcony of his room and got the realization. Her Holiness Mataji noticed him and asked him to be brought to her feet. There, She told him that all his diseases would be cured in 8 days and lo! within 8 days he was free from all the diseases without any medicine, only through the meditation.

Thus he got his second rebirth, the first was realization and the second when his diseases were cured, and began his *Sadhana*, i.e. Sahaja Yoga practice. He meditated daily from 4 A.M. to 5 A.M. and then from 1 P.M. to 2 P.M. and made so much progress within one month, that Mr. *Rajabhai Modi* suggested him to open a curative centre. Accordingly, he opened a centre at his residence, i.e. *Karyalaya* and worked from 8 A.M. to 3 P.M. every day. Thousands of men, women and children got relief from their physical and mental ail-

ments in very short time. Papers of some of those case are still available with him and are very interesting from the Sahaja Yoga point of view. Those cured, included cancer, diabetes, heart, asthma patients and mentally retarded children and young boys and girls having defects due to children's diseases. Two asthma patients were suffering for 30 years and 40 years respectively and were cured after 2 months' treatment. One 61 years old man suffering from trigeminal neuralgia for 10 years was cured in few weeks. Another had a tumour of the size of a coconut near his Kidney and was twice operated upon. He was also cured in short time. Even some doctors sent their patients to Dadasaheb for treatment and they were cured.

Many Ghosts were exorcised just by tapping of Mataji's slippers on the chakras. One lady possessed by 5 Ghosts was relieved of the trouble after 2 month's treatment. The case paper reads like a horror story. Another possessed lady complaining of breathing problem, was actually making shrill whistling sound from her mouth. It stopped for the day after tapping of Mataji's slipper for 2 minutes, on her chakras. She was completely cured after 5 days treatment.

While discussing all these, Mr. Rajawade gratefully emphasises that it was mainly due to special protection given by Her Holiness Mataji that all these could be done and also he was not at all affected by the 'badhas' which were removed. He told that one 'siddha' who had specially invited him for discussion saw Her Holiness Mataji standing all the while behind him in order to protect.

In 1974, with Mataji's permission, he stopped the curative treatment and intensified his own sadhana i.e. Sahaja Yoga practice. Daily he would get up at 3 A.M. and bathe. After the Pooja he would meditate for 8 to 10 hours. In meditation his subtle body would rise and leave his gross body and go about in the Universe. He saw and even talked to his dead father and other relatives. He had this experience, daily in the morning and in the afternoon, for two months and then it stopped. He requested Her Holiness Mataji for being brought back to this stage, but She advised him not to get involved into it as that would affect the spiritual progress.

The Sadhana continued. One day he had complete self-realization, but he could not understand it. Later when Her Holiness Mataji was about to leave for London he requested Her for his getting complete self-realization. She said that he had already got it. He returned to Poona after Her Holiness Mataji's departure to London. Next morning, in the meditation, he saw himself as Shri Ganesha, in virata form pervading the whole universe. He saw within himself, as Shri Ganesha, his own subtle body, deities of different holy places like Pandharpur, Alandi etc. Above all, he says, that the bliss that he experienced cannot be described. It went on for 2 hours. Tears of joy were rolling from his eyes. Immediately after that he contacted Her Holiness Mataji on phone. She confirmed that it was a complete self-realization.

When asked how he meditates he told that he meditated on Sahastrara going into thoughtlessness. Also he daily performed the chanting of Mantra 'Om Namah Shivaya'

50,000 times. This resulted in high blood pressure, so much so that one day he was unable to even talk. One Sahaja Yogi Mr Vijay Patil from Ahmednagar visited him on that day, as if he was sent by our Mother, and suggested that the meditation should not be conditional. And lo! As Dadasaheb agreed to it, blood pressure came down to normal within few moments and then he chatted with Mr. Vijay Patil for 2 hours. Next morning the chanting i.e. Japa became automatic i.e. Ajapa-Jap and is going on endlessly even when he talks, sleeps and does other work. This is how, he gratefully explains, our beloved Mother looks after us. Later on, when he told Her this experience She advised him to chant first 108 times, the Mantra 'Om Twameva Sakshat Shri Shiva Parvati Sakshat Shri Bhagwati Mataji Shri Nirmala Devi Namoh Namah', as protection. Since then automatic chanting i.e. ajapa-japa, has become a part of his inner being. He is always thoughtless and ajapa-jap does not disturb him. Many times he sees the visions of Her Holiness Mataji in the meditation.

His 'sadhana' and curative treatment had been going on without any interruption till March this year. His younger brother, a non-Sahaja Yogi collapsed due to massive heart attack. Mr. Rajawade was giving him vibrations. As a result the brother died peacefully but his 'badha' attacked Mr. Rajawade. Next morning, while riding his bicycle (please note, at the age of 74 he was going to far away places on bicycle), all of a sudden, he lost strength from his both legs. There was absolutely no strength left below his waist. Two months of treatment in a well-equipped hospital did not

make any difference; on the contrary his health deteriorated very fast and he was reduced to bones. Despite all tests, the doctors could not make any diagnosis and ultimately said that he would not survive beyond another 4 days. At this stage, Poona Sahaja Yogis who were meeting him every day and were convinced that only vibratory treatment would help, decided to act. Till then they were watching him helplessly, as his son and other relatives are not Sahaja Yogis and have no faith in Sahaja Yoga and Her Holiness Mataji. On the advice of Sahaja Yogis he insisted on being shifted back to his residence for Sahaja Yoga treatment. His wish was reluctantly complied with, but by the time he was moved he became unconscious.

One day Mr. Rao Saheb Pimple saw Her Holiness Mataji in his dream and received instructions from Her to cure Mr. Rajawade in the same way as Mr. Pimple had helped and completely cured a paralytic patient. Mrs. Bakshi, another Sahaja Yogi and nurse by profession, received instructions in the meditation regarding the course of treatment. She says that she has been given instructions and ideas, in thoughtlessness, even 3 days in advance, as to what to do next. The treatment is mainly massaging with oil and vibrations and some Ayurvedic medicines given by a realised doctor, who has prepared them as described in Jnaneshwari. Mrs. Bakshi treats and nurses him in the morning and Mr. Rao Saheb Pimple helps him in the evening for 3-4 hours. Other Sahaja Yogis, like Mr. J. G. Pimple, Mr. Limaye, Mr. & Mrs. Dhumal, Mr. Deshpande Mr. Petkar, Mr. & Mrs. Gaikwad have worked tirelessly and passed vibrations. Mr. Harish Gaikwad attends to him in the

nights. Hundreds of other Sahaja Yogis have met him every day and prayed for his early recovery. He says that many other great saints and realised persons also called on him of their own and assured him that he had nothing wrong in his system.

Now he has 90% recovered his health, all that is left is being able to walk freely, which is expected to take another one month. There is no laxity in the treatment. Sahaja Yogis are still meeting him every day to pass the vibrations. He has regained his lost weight. Even his skin has come anew. He says his recovery is his third rebirth and a miracle of Her Holiness Mataji through the Sahaja Yogis. Most of the Sahaja Yogis including Mr. Rajawade say that this could be a test given to them by Her Holiness Mataji. Congratulations my brothers and sisters, you have proved your loyalty to Sahaja Yoga and a brother Sahaja Yogi, in the toughest of the times and have passed the test.

Mr. Dadasaheb Rajawade's dedication to Sahaja Yoga and zeal to propagate it, his tireless efforts to attain the Supreme and devotion to Her Holiness Mataji are inspiring and worth emulating. He is extremely humble and emphatically tells that Her Holiness Mataji is Sakshat Parameshwar, the Supreme God. Above all, his experiences prove and reassure everyone, the unfailing and at-the-very-moment response of Her Holiness Mataji, to a call. May he have sound health and long life. May he attain very soon the highest stage of God realization.

(The above article has been written based on the discussion Mr. Kulkarni had with Mr. Rajawade. It is proposed that from this issue onwards the magazine should contain at least one article on the experiences of Sahaja Yogis. We, therefore, request all our brothers and sisters to share their experiences particularly on spiritual side which may be a guideline to newcomers.)

"The Sensitivity of the Chakras becomes dull after the first few shocks to them. Then, a human being starts living with all the shocking habits very easily. He exists but in a very superficial way as he does not want to go down into his depths, because in this movement, he has to first face the shocks that are stored within. He tries to forget them as that helps him to exist. But mere existence is not enough. It is insulting, frustrating, debasing and degenerating. Many courageous people really want to face themselves. Sahaja Yoga will help them."

—Her Holiness Mataji

ASKING

Often, we come up against problems, internal or external, which we feel powerless to overcome. We shoe-beat, we put bandans, we go crazy—nothing seems to work. Finally we give up, and say "Mother, please work it out." And lo and behold! She does! All we have to do is ask! If we have problems with lethargy or ego, all we need do is sincerely pray to Mother to remove them. Verily, we become like little children, and our Divine Mother lovingly grants us all Her blessings.

With all our heart and sincere desire, we pray for the spreading of Sahaja Yoga. And if our desire is strong and sincere, Mother will work it out.

—A Sahaja Yogi from Canada.

MOTHER—A MIRACULOUS SADGURU

Before coming to Sahajyoga, I used to meditate without any guru except the books. In the process, my all the chakras were badly damaged especially Agya and Nabhi. This led me to a state of madness. When I came to Mother's feet I got realisation and that too on the very first day of my visit to the centre. I could feel that my Nabhi chakra was forced to rotate. After some time of this strange experience my whole body was relaxed and I was full of joy. At night when I did salt water bath, I realised that my Nabhi chakra was quite all right. After long time I could take meal to my satisfaction on that day and did not sleep in the night because of bliss I got and because of the thoughts I had about the love showered by Great Mother. Later on my other chakras also got rectified in similar way as Nabhi and my state of madness also vanished, which I never had imagined. Really this is the miracle and today when I am writing my experience, I am really enjoying the bliss given by Mother. Now, here I would like to point out that if somebody had an opportunity to read great Saints, it is very clearly written by them that chakras which are damaged due to wrong meditation, can be rectified only by a sad-guru of high class spiritual powers. And from my experience, one can clearly understand what our Mother is? I am unable to find words to explain this feeling.

May Mother bless the whole humanity with intensive light of real knowledge.

(S. K. VASUDEVA)
New Delhi

Glory Be To Thee

O Devi ! Glory be to Thee !
Thou hast empowered Thy children
to be Thy instruments
of Salvation.
O Miracle of miracles !
O Joy of joys !
Glory be to Thee !

Thou hast come to fulfil at last
the ancient prophecies
of those great sons and daughters
of thine, whose light
shone like beacons
in the darkness,
reflecting Thy Glory.
O Devi ! Glory be to Thee !

Thou hast come, O Comforter,
to reveal all things.
Thou hast come to make the men and
women of God prophets.
Thou hast come to string together
all the pearls on the sacred thread
of Kundalini.
Thou hast come for the final battle,
to establish the Kingdom of God
on Earth.
O Devi ! Glory be to Thee !

—Christine
New York

Nirmala Yoga



Mother's trip to Lisbon and Madrid

May/June 1982

Twice in two years Mother went to Spain and Portugal, and twice people got realization and then forgot about it. But this third time it was different. Real seekers came, and now in each country, regular meetings are being held. It is such a Joy to see how Mother's message of Love is being spread all over the world.

Arriving at Lisbon, in the middle of May, from the plane it was given to me to see a new town. Under a blue sky, there were shining pink roofs, with a bright of freshness I had never seen before; though it was far from being the first time that view of Lisbon was being offered to my eyes, it was oh yes, the very first time I was seeing it so clean and bright. I felt it was a sign of the Divine showing that this time our prayers and desire would be responded. More and more real seekers, the seekers of the Truth will come and recognize Her as the Adi Shakti, the Divine Mother.

Beautiful people came in Spain, beautiful people came in Portugal, got realization and are now establishing themselves in Sahaja Yoga.

Doing the preparatives and establishing the contacts for the three programmes, we were very much feeling the help of Shri Hanumana, in this beautiful game of organisation. Something very difficult to get in Lisbon was an apartment for just one week, and we were told that would not be possible. We knew Mother would not like to stay in a hotel again. Once more the

help needed was provided and a beautiful old house was available for the period required. And just five minutes walking from the hall where the public meetings were taking place, in the old part of Lisbon.

The 27th May arrived and it was difficult to wait patiently for Mother's arrival. Finally She was there, making the dull aeroport room become full of Light. As all the clouds in the sky would disappear and just the sun in all its radius appearance would shine. The Sweetness of Her Face, the Loving of Her Glance, the Radiance of Her Smile, going straight into our hearts, fulfilling them completely with Joy.

Some journalists had said they would not come, others answered that maybe, but non had given any definite answer. As so, we were not expecting to have an interview at Mother's arrival. But She knew it was very much our desire, and in the last minute there was a journalist and a photographer, interviewing Mother right in the middle of the luggage-room !!! the unexpected turns out to be the Reality in Sahaja Yoga.

But the funniest was that we, so-called organisers, had no idea about the journalist's coming. A very subtle way of Mother to deflate our Mr. Ego and to show us that we really do not do anything at all, that we just play at doing things. Though it is also necessary to be dynamic, we have to deeply desire things to happen for the spreading of Sahaja Yoga and then put it into action. At that stage, Mother will put ideas in our

minds, will show us exactly what, when and how to do it. Because She is the only Source, the only Doer.

Three programmes were held in the old Lisbon, each of them bringing more or less 40 people. Not many in quantity but good in quality.

One day, Mother manifested the idea of going to a popular Fair. The guardian of the Hall was going there and one of the portuguese Sahaja Yogis had to take him; Mother suggested we should go. Approaching the local of this Fair, which takes place only two Saturdays of the whole year, Mother asked whether there was a sanctuary in the area. "Vibrations are there" She said "there must be a Sanctuary". The guardian told the story of the Lady of the Rock. Two children have entered a cave and found a statue of the Virgin Mary, which has changed the place afterwards. Nowadays this cave was a sanctuary people visited. How much was the apparition of the Virgin in Fatima talked about in the whole world, and this one, true happening, was and is unknown for most of the people, in a country which is said to be so religiously catholic like Portugal.

The Goddess - had to come to point it out to us. How to put in words the emotion and the feelings your heart experiences when you visit a Sanctuary where the Virgin appeared longtime back, accompanying... Mother Mary Herself?... The statue was there, the Almond Eyes and the black long Hair too much similar.

People were giving money and when we asked Mother whether we should give some too, She answered smilingly: "You people should, not Me; after all, what is the use of giving money to Myself?"

Some Sahaja Yogis from England (Marie-Laure, Kay, Pamela, Patricia, Anne, Roxana, Gerardo and Yan) had come to prepare the programmes of Mother in Spain.

In Madrid the two public Meetings were a great success, specially the second. Around 150 to 200 people, and they were true seekers. Souls of high quality and depth. Another meeting was arranged privately by Mr. Singh, the Ambassador of India in Madrid, who helped the Sahaja Yogis very much in the preparation of the public meetings. And everybody got realization, Very sensible people, reminding us what we had seen, lived and felt before, in India. Again the Indian generosity and welcoming was being exemplified with this kind reception.

When Mother left the country, people were coming everyday to the apartment where the Sahaja Yogis were staying and there they were having the follow up meetings. They would all meditate together and also live this atmosphere of brother and sisterhood among Sahaja Yogis. The best example that could be given of what had just been explained.

Shri Mataji left these two countries leaving behind lots of new realized souls. This time they reacted. This time it worked out. The only thing we can ask Mother, and from the bottom of our hearts we do it, is that from now on, every and all meetings will be a complete success; that many many more people will come and establish themselves in Sahaja Yoga; that we all live melted in Her Love and Joy, feeling Her Divine Bliss in our hearts.

— JAI MATAJI —

Maria-Amelia de Kalbermatten
Basel

ASSERTING OUR POWERS

Do we know that we are Sahaja Yogis ?
Do we realize what a Sahaja Yogi is ?
Are we ready to assume the role assigned
by our Beloved Mother ?

The Sahaja Yogi is not a human being, he is a Sahaja Yogi. God Almighty has bestowed upon us the bliss of self-Realization and given us our second birth. Let us switch off the past and all our misidentifications and let us put on the new, pure, spotless clothes given by the Divine Power. The showers of vibrations have enlightened us and allow our spirit to wake up for the enjoyment of itself. The intelligence of the Divine has transformed our limited souls and made us understand the plans and methods of ADI SHAKTI. Finally the compassion and love of our Beloved Mother have led us to the realm of joy where only the spirit can enter; She introduced us to the circle of all the deities who responded with love and tenderness to the ascend of our Kundalini. Yes, we are Sahaja Yogis and the bondage of love which binds us to our Beloved Mother is our mark, the mark printed forever on our heart by the unlimited beauty of the Creator. We bear the Divine Seal. It has to shine and radiate all over the world, so that people will say : "this is a man of God".

Do we realize our dimensions, our own Beauty? Do we feel our spirit ready to stand for truth and salvation? A Sahaja Yogi is nothing else but the instrument of God Almighty, the channel of His powers, the executant of His will and above all His child.

My dear brothers and sisters, it is tremendous ! God is acting through us, His love is flowing perpetually through our being and His Divine Vibrations bring us into a state of bliss and joy. The reflection of His powers and His unlimited Glory fills us with peace and absolute confidence.

A Sahaja Yogi is the reflection of Mother in his own heart.

A Sahaja Yogi is the smile of Mother in his own heart.

A Sahaja Yogi is the melody of Mother who speaks to his heart.

A Sahaja Yogi is the Grace of Her hands who touches the inner part of his heart.

A Sahaja Yogi is the eyes of Mother who shine with compassion in the deepest part of his heart.

A Sahaja Yogi is a part and parcel of the Divine because Mother resides in our heart.

Wake up, my beloved brothers and sisters, wake up ! We all have to wake up and stand to assist to the glory and the coronation of ADI SHAKTI. We have to raise to assert our status. We have to assume with pride and fearlessness the role assigned by our Beloved Mother. Being the reflection of God, the instrument of His Power, should we remain motionless, discouraged by the darkness of the mind and the deception of the Ego ? We have to be the actors of the play of God and witness it in His manifested splendour. By witnessing the drama of life we stay in the centre path where the spirit can circulate and act. By acting

through the dynamic force of the light of our spirit, we become the real instruments of Mother, the tools She can use to Build Her realm and the foundations of the new Jerusalem. The assumption of this active role goes through a full understanding of our own qualities. We can only be powerful when we feel the power of Mother in us. We can only be confident when we feel Her Divine confidence in us. When we feel this identification, this interpenetration of Divine qualities and manifestations, these smooth vibrations pouring in to our heart with grace and full subtlety, then we can assume the role assigned by ADI SHAKTI. Then we become this moving force, this tremendous power magnified by humility and surrender. Then we do not have powers we become The Power.

It is the last judgement. People will be judged by their Kundalini. A tremendous task is waiting us. We must be ready to cooperate with the Divine, work with Him, walk through the path of life and fight for righteousness and Divine Justice under the laws of God.

Let us gain the battlefield and let us hold in our hand the sword of judgment. Let us, with prayers and will-power ask Mother to give us the energy to tell the whole world that the Redeemer, the Comfortor and the Councillor has come and that the entire universe will be irradiated by the emanation of Her Love.

Jai Mataji Forever

—Arneau

(Contd from Page 13)

desire of becoming. Neutralise all other desires with one desire. Before you say something, think of it, what are you saying? Are you saying of one desire? *You have the greatest fortune that you have some one who loves you very much and who can give you all this, you are extremely fortunate. Make use of it. May God bless you—but at this stage, wherever you are, you have to develop faith. All of you require more faith and more faith, that's all. As soon as the faith, this is the source, this is how you'll absorb, this is the sap in you which is going to grow. More faith and more faith and more faith; because you have crossed the limits of doubts now, so the faith is going to work out."*

Dear Delhi Sahaja Yogis

Help to everyone! We hope everyone there is joyful and healthy and progressing in Sahaja. We still remember with great fondness everything you did for us all the hospitality you showed, all the care we received, all that we learned from you. Please, if there is anything we can do for you here, you must let us know. And please keep in touch, keep us informed about what is happening there and give us any advice you think could help us.

Kouz. Patrick 'all the Canadian Sahaj's

JAI MATAJI

Respected Mother and Jaswant Singh Saheb,

Today, spiritualism is in a big confusion. It means different things to different people. Anything that is beyond the comprehension of the ordinary man, anything that is strange to the common place of occurrence, passes off as spiritual. Even tricksters and jugglers are called spiritualists. There are no clear cut definitions or criteria for determining what is spiritual and what is not spiritual, what is genuine and what is fake, what is superior.

The situation is assuming alarming proportions these days. As a reaction of the dehumanizing effects of the modern industrial civilization, a large mass of humanity is turning to spiritual pursuits for mental piece and happiness. A craze for spiritualism is razing all over the world.

In fact, there is nothing wrong if Indian spiritualism spreads its benevolent wings all over the country and beyond. The troubled humanity of today badly needs a spiritual regeneration all over the world where the values of life are fast vanishing and life itself is becoming unbearably insignificant. But the question is whether there is really something spiritual in whatever goes in the name of spiritualism today. Some of them appear obviously unrighteous and even ludicrous and there is no dearth of cases where morality and human decency are outraged in the name of spiritualism.

The situation naturally leads one to a fundamental question what is really the spiritual phenomenon? What is its nature and goal? What variety of practices it can contain without becoming unspiritual? Parapsychological happenings, extra sensory perception, clairvoyance, cases of rebirth miracles and mystical events are all in the domain of spiritualism. And all these various ramifications are crowded by followers. Some followers want the gratification of the desires. Some try to escape the consequences of their misdeeds and sins. Some wish to avert their evidence or astral calamities or curses. Some are content with the favours their Gurus bestow on them while some others strive all their life to attain the divine bliss. Some pray and worship. Some appease deities by offering precious gifts. Some spend their wealth in charity. Some see God in man, while some others run away from society to see God. Some rely on their incomplete faith for all their earthly and spiritual well being, while some others plough a lonely furrow in search of the Brahman. And they all call it their spiritual pursuit.

This is the spiritual scene today. It is all confusion and chaos. It is, therefore, a matter of great concern for all those who are real seekers and who have a genuine urge for spiritual development.

**Welcome Address by Shri K. Subramanyam on the occasion of a Public Address by Her Holiness Mataji Shri Nirmala Devi at FICCI Hall on 18th Feb. 1982 at New Delhi.*

We as Sahajayogis evolved by Her Holiness Mataji Nirmala Devi have a responsibility in finding answers to these questions because we care for the truth and we insist on purity of means. We are perhaps better suited for this search than many others in the field, because by the grace of our respected Mother we have vibratory awareness, a touch stone.

What happens to those who come for the programme? Her Holiness Mataji's message is very simple. She says "Do you want the truth" Come and get it.

They arrive at a programme of Sahajayoga, sit quietly eventually listen to Mataji's exposure of Kundalini awakening and they stretch their hands towards her. After some time, the pupils start dialating. They may feel a bit sleepy. A gentle breeze like a cool wind comes in the hand. This breeze has been described in the sacred christian scriptures as the breath of the Holy spirit, the power of God the Almighty. It is the Chaitanya Lahari of Adi Shankaracharya. But, they do not know it. They just sit peacefully in front of H.H. Mataji absolutely

relaxed extremely happy watching inside. A great silence has taken place inside. In this silence everybody knows that they are noble and they are free. It is like waking up after a long dream. I know it because it happened to me. It had happened to us. And as Her Holiness says, it will happen to many more. It is called self-realisation because in this experience granted by the great Goddess the self (Atma) is experienced. Please come and get it. "How is it possible?" they argue. They hide themselves, they escape without having the courage to come. But seeking is such a nice role identified with so many engrossing emotional and mental tunes. Get it. It would put an end to all confusions.

Our quest has not been in vain. It was beautiful. It is true that dawn brings light. But dawn never comes without the sun. Our seeking was dawn. But the great Goddess is the sun.

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 Samsthita
Namah Tasyai Namah Tasyai Namah Tasyai Namah*

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