



Nirmala Yoga

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*Om Twamewa Sakshat, Shri Kalki Sakshat, Shri Sahastrar Swamini,
Moksha Pradaini, Bhagwati Mataji Shri Nirmala Devi Namoh Namaha.*

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



Editorial

Moksha is commonly understood, as liberation from the cycle of birth and death. Attainment of this state is the cherished objective of every spiritual seeker. Even those who never think of their Spirit and feel contented by superficial worshipping and mortification keep the desire of achieving so called Moksha. However no one knows whether such a state really exists and if exists when it is granted.

Idea of Moksha presupposes binding, for, unless one is bound, one cannot be freed and that binding is limitations of one's awareness. Every individual being has its separate existence on account of 'I' consciousness which is the real experience of life. Impressions of past experiences and unsatisfied desires are associated with 'I' consciousness. According to Patanjali's aforisms on Yoga, even the fulfilled desires leave behind subtle impressions of the experiences, which become the cause of further desires. Add to it new desires and impressions accumulated every day and reactions to external impulses. Even the desire for so called Moksha would strengthen the attachment to life.

Shri Jnaneshwar in his following verse has described a liberated Yogi :—

आकाश हे माझे मस्तक बापा चिद्रूपा नाद उठती
आधारा पासोनी सहस्र दलावरली, निःशब्द निरंतर नाडी एक
ज्ञानदेव म्हणो ऐसा अनुभव जेथ तोचि एक योगी जीवन मुक्त

Transcription

*Ākash he māze mastaka bāpā, chidroopā nād uthatī
Ādhārā pāsoni sahastra dalāvaralī, nishabda nirantar nādi eka
Jnānadeva mhane aisā anubhava jeth tochi eka Yogi jeevan mukta.*

Translation

Only that Yogi is liberated from life (Jeevan Mukta) who experiences that his head i.e. attention is the sky (Brahmarandhra) where sounds arise and there is endless and soundless channel (Nadi) from Muladhar to Sahasrar.

However despite this clear advice people are still clinging to their old belief. Moksha or Jeevan Mukti or liberation is possible only in Sahaja Yoga, it is not the deliverance as commonly believed. It is totally severing the connections with past and future. When Kundalini is in Sahasrar and deflates ego and superego, links with past are disrupted and future becomes non-existent, as 'I' consciousness fades away in thoughtless awareness. With that go away other attachments arising out of individuality.

Our beloved mother has freed us from our past Karmas, with our full knowledge and understanding. We are the most fortunate of all human beings. We have risen above the limitations of time and place. We are deathless because we have transcended above the physical, psychic and vital beings. We are truly liberated. We are proud children of the Supreme Goddess, Param Parameshwari, Adi Shakti, Moksha Pradayini.

A Prayer

O Mother,
You see me, son of Your life-birth—
staggering and tottering, learning to stand up.
You hold your helping hands back, letting me fall a few times,
so that from a baby toddler, I may grow to be a man
at one with the Holy Spirit.
Spreading God's truth amongst all the peoples of the world,
so that they may know that which they are.

I see Your Motherly concern and, behind that,
the strength which Our Father gives You, His Consort, so freely.
Yet you know that we have to play the drama and grow up in our world—
to reflect purely that glorious globe of truth,
in the mirrors of our soul.

May we learn only to cleanse, nourish and love our Souls, O Mother,
may You know fully our eternal gratitude and awe-full respect,
and may all the beauty of this world be redeemed.



From a Sahaja Yogi in the Heart of this Universe...

Nirmala Yoga

43, Bungalow Road, Delhi-110007 (India)

Founder : Her Holiness Mataji Shri Nirmala Devi

Editorial Board : Dr. S. K. Mathur, Sri A. S. Mishra, Sri R. D. Kulkarni

Representatives

- Australia** : CHERYL HYNES—10, Clarence Road, Burwood, N.S.W. 2134, Australia.
- U. K.** : GAVIN BROWN—Nirmala Palace, 99, Nightingale Lane, Clapham South, Balham, London SW 12 U.K.
- U. S. A.** : CHRISTINE RIEGER—215 West 92 ND Street, APT. 7 E. New York, N Y 10025.
- Canada** : RECHARD PAYMENT—1950, East 5th Avenue, Vancouver, B. C. Canada V5N 1M2.
- Switzerland** : CHARLES AND MRS. MAGDA MATHYS—5, Chemin Des Mouldins, 1256, Troinex (Canton de Geneva), Switzerland.
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- India** : M.B. RATNANNAVAR—13, Merwan Mansion, Genjwala Lane, Borivali (W), Bombay-400 092.
- RAJARAM SHANKARAJWADE—840, Sada Shiva Peth, Pune-411030.

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Translation of Her Holiness

Mataji's old Marathi letter



My dear Nirmala
Many Blessings

Received your loving letter. I have also very much enjoyed Navaratri Puja.

But Puja is also an external offering. Even your heart has said so. But you should understand how you get the reward or blessings of the Puja and its prasad.

A Puja or a prayer grows from your heart. Mantras are the words of your Kundalini. But if Puja is not performed from heart or if Kundalini is not associated with recitation of Mantras then that Puja becomes a ritual.

If you become thoughtless in Puja, know that your heart is also involved in it. Collect the Puja material and offer it sincerely. There should be no formality or bindings in the offerings. It is correct to wash hands, but is your heart washed? When attention is on heart it does not go to others. Although you remain quiet from outside, you are speaking from within. Hence you should not be silent for long time. If man's heart is not clean, then the silence becomes very harmful. At the same time loose talks can bring catastrophies.

You should say the Mantras in Puja but with great faith (Shraddha). There is no alternative to Shraddha. You should perform the Puja when Shraddha grows deep, so that heart itself gets all Puja performed.

At that time waves of bliss start flowing because it is the Spirit that is saying, how can any thought come at that time?

People pour their wine in the glass. Your Puja is like that. In that, wine is your faith and the glass is the recitation of Mantras and the worshipping. When you are drinking that wine forgetting everything, how can a thought come! Then only bathing in the ocean of bliss! How can that joy be expressed in thoughts? Who will pour that wine, back in the glass, which is to be drunk and that too in the inferior glass of thoughts? However, the joy that you get after drinking the wine is eternal and ever-present. It becomes your asset.

Many such Pujas have been performed in my presence. Every time a big wave comes and take you to a new land. Experiences of many such lands become your own. They give vastness to personality and open new gates of joy.

Best is worshipping in the heart. If, the photo by looking at it, can be placed in heart or, after the Puja, its view goes to heart, then the joy which you get only at that time, can become everlasting and ever-present. Show this letter to all Sahaja Yogi's and send its copies.

Your Mother
Nirmala



SHRI KALKI

Today I am going to speak in English as decided. Even tomorrow I may have to speak in foreign language.

Today's subject is relationship between Kundalini & Kalki. The word Kalki is actually an abbreviation of the word Nishkalank means the same as my name is which means Nirmala. That means it is spotlessly clean. Something that is spotlessly clean is निश्कलंक (Nishkalank) without any spot or marks.

Now, this incarnation has been described in many Puranas and will be coming on this earth on a white horse, in a village of Sambhalpur as they call it. It is very interesting how people take everything literally. The word Sambhal means—'Bhal' is Forehead, means at that stage, that means Kalki is situated on your Bhal. Bhal is the forehead & here he is going to be born that is the real meaning of the word. For us, in between Christ & this destroying incarnation of Mahavishnu called as Kalki, there is a time given to human beings to rectify themselves, for them to enter in the kingdom of God, which in the Bible is called as the Last Judgement. That you will be Judged, all of you will be judged on this earth. The population of the world is maximum, say, because all those, practically, all those who have aspirations to enter into the kingdom of God are born in the modern times and are going to be born very soon.

This is the most important time because Sahaja Yoga is the last judgement. It is fantastic to have this but that's a fact & is the truth. Though you can understand, that mother's love makes it very easy for you to get through your realisation & that the whole story of the last judgement looks such as horrifying experience has been made very beautiful & very tender & delicate and does not disturb you. But this is the last judgement I tell you, and you all are going to be judged through Sahaja Yoga, whether, you can enter into the kingdom of God or not.

Now in Sahaja Yoga people come in with different kinds of attentions or 'chitta'. There could be people who have too much of तामसीवृत्ती (Tamsivratī) and what you call inertia or the more sort of sluggishness or slow movement temperament. These when they are exaggerated, people take to addiction or take to alcohol or some such things which take you away from reality and make you numb. The other side as you know, is right hand side people who have got too much ambitions. That extremely ambitious people, they want to win the whole world. And they want to become something independent on their own—malignant & cancerous. They do not want to keep their relationship with God. You can see in Kaliyuga, how people have gone to extremes. Some of them are are very much indulging into the too much of alcoholism or you can call it something running away from your awareness or from your self, from truth and beauty. The others are denying, they are denying everything that is beautiful and are ego oriented. So we have people, who are super-ego oriented, very much conditioned, and lethargic and lazy and absolutely revolting. The other side people who are extremely ambitious,

dominating and are destroying each other by their ambition & competition. These two types of people of extreme nature are rather difficult to enter into Sahaja Yoga.

But people who are in the center are easily absorbed in the Sahaja Yoga. Moreover people who are less complicated, simple hearted as they are in villages are very easily absorbed by Sahaja Yoga and they take to it without any difficulty. In the city you can see the result of so much of work of mine that there are hardly about 2 to 3 hundred people today here. But if I go to village, the whole village of 5 to 6 thousand people come round and all of them get their realisation without any difficulty. Because here people are supposed to be very busy. There are so many other preoccupations. They think other things are much more important than seeking God and wasting your time in such pursuits like seeking God.

Under such circumstances, Sahaja Yoga takes its roots, very sweetly into the heart of all the seekers. It works very spontaneously, you get your realisation without any difficulty, without any efforts, without paying for it, without going into any sort of strenuous exercise.

When we talk of 'KALKI' we have to remember that between getting our realisation and entering into the kingdom of God, we can falter very much. This is called as 'Yoga Bhrasta Sthiti' people take to yoga, enter into the yoga, and are still enchanted by their Pravaruttis e.g. an ego oriented man, or a money oriented man who wants to dominate, can form a group of people, whom he will dominate by his ideas, can go in for a fall and the rest of

the people will also go with him, in SAHAJA-YOGA itself. This has been happening in Bombay very often. This has been a common thing that is going on, but this is known as "Yoga-Bhrastta", where a person falls from his Yoga, comes down from his Yoga because Sahaja Yoga gives you all the freedom, whether to fall or to come up. But if you go to any other Guru, doing other sort of yoga, in which purification takes place and where people are trained and disciplined from the very childhood. In that yoga the Guru sees that somehow or other you are injured or you are hurt so badly that you have no connections with any body else; like an operation. They take out that personality and throw him out.

In Sahajyoga it is left to your freedom. To understand that, you have to keep to the mains; you have to keep to the growth, you have to keep to the whole and not to one person here and there, who is trying to overpower the rest. In Sahajyoga anybody who tries to come up too much is put down; because in Nature, you must have seen that nothing grows out of bounds; like human beings are of certain height, the trees are of certain heights. Everything is controlled. You cannot try to show-off in Sahaja Yoga neither you can make groups of some special thing. Specially I have seen in Sahaja Yoga, that there are people, who come up and ask others to touch their feet. It is more surprising that invariably such people will get exposed in no time, and one knows that they are gone out of Sahaja Yoga. It is because their chakras are caught, very badly caught, though they may not feel it for a while; their vibrations may be there, but they come down and down till they are completely finished.

This Yogabhrasta sthiti is the worst thing that can happen to any sahaja yogi. First of all you don't get your yoga, and if you get yoga and then jump into this sort of condition about which Shri Krishna has described, that you go to the Rakshasa Yoni.

Those who come to sahaja yoga must know that you have to stick on to one thing properly, otherwise what is the yoni you get if you die without yoga! May be that you will be born again as a human being, may be but this life is wasted. If you try such tricks after coming to sahaja yoga, and try to impress on others, that you are very great realised soul that you have achieved this and achieved that all this nonsense that you have been doing before getting the realisation, then there is a very serious offence and you are punished for that. This is the power of Kalki which is secretly working behind sahaja yoga.

Kalki means there are eleven powers, which are guarding the beauty of sahaja yoga. Anybody who tries to play around with sahaja yoga is harmed very badly. So today is the day of telling you about the dangers of playing with the Divine. So far people have been taking them for granted. They have tortured great saints. All the time human beings are tortured. Now I am warning them in almost every lecture of mine, that don't try this trick today, because Kalaki is already on. Don't try to trouble anybody who is a saintly person, who is a good person. Be careful about it because Kalki is on. And once this power comes on you, you would not know how to hide yourself.

Not only to the sahaja yogis, but this

I am telling to the whole world today that "Be careful". Do not try to harm others. Do not try to take advantage of others, and do not try to show off your own powers. Because if once this destruction starts in your life you won't know how to stop it. Once I had been to Andhra Pradesh, and told the people there, that you should not grow the tobacco. They were very angry with me and they thought that I am affecting there living. They would not listen. I have also warned them that be careful. The Kalki in the sea, will take its spite on you. It will come on you. You already know what happened there. Same was the case with Morvi. Last year some big people from Morvi met me. They believed in a very horrible 'saint', who has really destroyed families after families. I asked them why do you believe this man? He is taking your attention to Materialistic things. Why do you believe? Every house in Morvi has a picture of this horrible fellow. When I told them they would not listen to me. They thought that I am jealous of that fellow. And you know what happened at Morvi. It's a fact. The same was the case of pandas of Mathura. I had warned them to leave their notorious activities or the Ganges will one day ruin you completely. And when the floods came in rivers Jamuna and Ganga, I saw it on T.V. in London, that all the pandas are running away with their belongings.

When you associate or live with these horrible fellows, you also suffer. The innocents suffer. Why should you be impressed by such people? That's the thing you have to pay for. When you are impressed, you are so compromising. After all it doesn't matter if we go there. He is a panda of our forefather so must we give some-

thing to this fellow? Imagine! The river of love and the river of joy is flowing there and these people are sitting with their backs towards the river, and asking money from you. What silly people they are? such stupid, useless people, and you pay them money and think that you have done a great *Punya*.

This sort of life we have been leading, of compromising. Not understanding what is truth? and what is not? One side is complete blind faith, into all these things are going on not only in India but also all over the world. We are simple innocent people with lot of 'Havikta' within. But that does not mean that we should be stupid and fools. The other day in a meeting at Avadgaon near Rahuri, I said that those people in the Vithal Mandir at Pandharpur called as Badwe, should be nicely punished for the way they are ill-treating these pilgrims, and something must be done to them. Everybody was little annoyed, when I said this because for those pilgrims, these Badwas who are 'Rakshasas Incarnate' are something great. They break the heads of people, who walk the thousands of miles, just like coconuts, when they bow down for Namaskar. Such cruelty they commit on these innocent simple people. Do you think that I should support them when I stand for truth and religion and for compassion? Thank God within 3 months time, the whole thing was taken over by Government.

It is so common with us that we see with our open eyes what is happening. Still we will be going on with the same things in the temple. Even in the name of God we are doing sins after sins. We are adding sins to our sins and instead of clearing it out

and understanding it through our developed brain. We just go on adding to it. That is what I call people as Tamasi, who do not use their Brains. They are Moodh Buddhis. They just fall on somebody because there is some sort of Hypnotic influence, or some sort of Charismatic movement. That is why in the west you can see that these charismatic people will take thousands of rupees from them, and will give them Epilepsy, Gangarin, if not that, madness, lunacy and that sort of things, and people are running after them like madmen and adding up to the destruction by piling up sins after sins, instead of cleansing themselves.

This time what we have got is a most precious time and one has to be very careful and alert about oneself. One should not depend on any other person for help in this; but should try to completely consolidate one's own being into the kingdom of God, and occupy the highest seat in the heart of the God Almighty. Because when Kalki will come, He will slaughter all these people, without any compassion. He is devoid of any compassion. There are 'Eleven Rudras' in Him means there are eleven destructive powers, absolutely powerfully settled in Him. When I see all that, because I can see all that, and this emergency grows into me and I tell you 'Beware of Him'. Don't play fool with Him. Don't take it easy and do not compromise, with these nonsensical people. Stick on to the right. Otherwise the day is very near when Kalki is going to come.

The other type of people are, who think through their intelligence. They have denied God. They say where is God? There is not God, it is all nonsense. Science is

everything. What has science done so far? Let us see that! Science has done nothing so far. It has done only dead work. It has made you Ego oriented. All the west is Ego oriented. They are finding all the methods of committing sin. How to commit worst sins? There are some Gurus in India, who supply them knowledge of how to commit even worst and worst of sins. So that they can easily go with two easy jumps to Hell. Whatever is wrong, is wrong! Whether it is to-day, tomorrow or yesterday or thousands of years back whatever is wrong for your Dharma or sustenance is wrong. The New phase is—What's wrong in this? What's wrong in that? This question will be answered by Kalki only. I am just telling you that it is wrong. It is extremely wrong. It is against your Ascent. It is against your being, and then you will not have any time to repent, and will not have any time to ask this question what's wrong? You will be chopped off. That is what is the Kalki Incarnation. He is going to come on a white Horse, they say, it's a tremendous thing that is going to work out.

Every Human Being is going to be sorted out and nobody can then claim, see, every thing has been advertised, everything has been published. Even this microphone, that is created by science, can be used for spreading Sahaja Yoga. You know very well that if I put it on my chakra, you get the vibrations and you get the Realisation. The whole science is subservient to Sahaja Yoga. Like the other day some T.V. people came to me and said Mother, we want a T.V. Programme from you. I said you be careful before doing it. I don't want any publicity; but whatever you do, do it properly. Through T.V. we can give Sahaja Yoga. When I am there on T.V. screen

I can ask people to put their hands, and there can be thousands, who will get Realisation. It is a fact, that this emitting from My being is a fact, why anybody should feel angry about it? Why your ego should hurt you, if I am like that? Why should you feel bad, if somebody is a Divine Personality? why did you feel bad that Christ was a divine personality? Why did you murder Him? Why did you kill Him? Why did you torture all the saintly people? You were very wise and sweet! Isn't it? You have been very kind and nice people, running after all kinds of wrong types of useless misguiding people. There are so many now who have come to misguide you. They are taking money from you for misguiding. They are taking money from you for giving out sins. When I say about them, the people feel hurt that why should Mataji talk about these Gurus. They are not Gurus. They are Rakshasas. Once Christ said that these devils and children of these devils will go to Hell. Then people got after Him and said why did you say such things against them? They don't say anything against each other! Christ said the Satan is not going to speak against his own house. They are very friendly with each other. They are properly organised.

The otherside of this kind of ambitiousness and the kind of ego orientation and money orientation. We are all the time busy with this money. I call it 'Bhrama' call it a 'Halucination'. It's a big halucination with you people; that you are running after money. It is another halucination that you are running after 'Pretatmas', dead bodies. These are two mirages that you are running after. What are you going to get out of this money? Just go and see somebody who is a very very rich man. Is he a happy man? What

is the analysis of his life? The so called successful people, you just go and see them. What is the success they have! Who respects them? When they turn their back, people say 'Oh God' let me go and wash my face. Are you auspicious? If anybody sees you does anything good comes out of you? Same Shubha happens to that person? Are you 'Kalyanmaya'? Are you 'Mangalmaya'? What sort of personality are you? Just judge yourself and that judgement will take place here in Sahaja Yoga. We had a patient who came to Sahaja Yoga, and he told me "Mother I am a young boy and I don't know what has happened to me that I have become inauspicious" I said "How do you know?" He said "Wherever I go there is a quarrel between husband and wife, something goes wrong with the children, the children start crying and shouting and screaming. Now I am hated by everybody and everybody says that something is wrong with me." I found out what was the matter with him he got cured. Now he is emitting beautiful vibrations.

You can have very negative vibrations going out of you. You might be doing sins without your knowledge and will say "Oh Mother I am getting all the vibrations, I am very good." Such people always decide about themselves and others. Who is going to judge you? It is your deed. What good have you done to others? Recently we had a mishap like that; and I found out that all those people who were touched by that gentleman, had left Swadhisthana catching very badly. When I told them that it's a wrong thing to do to make this man so important, they all got after my life. There was a sahaja Yogi doctor who had come to

see me, his eight year old son also came with him, very good boy, had a realisation, but had a very bad Swadhisihana. So I asked the doctor "Does this man come to your house?" He said "yes, Mother, he comes very often". Despite my warnings he would go there and entertain him, inspite of my telling him that you go to Mother and get yourself cleaned out! They are intoxicated and hypnotised by such a person. Then I said, go and beat shoes to this man, as we do in sahaja yoga, and that boy got cured. Do you want to ruin your family, your children and everybody, because you are adhering to some hypnotic fellow? At least have some consideration for them! There are many like these, but in sahaja yoga it is very easy to desert and even in London I know who is going where and what they are doing? I write to them, I tell them don't do it. Just don't do it. Immediately you must understand that our Mother knows these things. She knows and if She has told, then it is to be done. Not to be argued. Did you get your vibrations by argument? But still in Sahaja Yoga you can falter and that is the worst thing that you can do. Because Yogabhrashtas are the most condemned. Where will they go?

I have to warn all the sahaja yogis who are here. Because sahaja yoga is the last judgement not only that you will be judged, that you are entering into the kingdom of God, but you become the citizens of God is correct. Apart from that you are capable of being there where you have the complete surrendering and understanding of divine love, Even if you are belonging to, say, India and you are a citizen of India, and if you do thefts and commit criminal offence, you will be punished even then. So even

if you are a citizen of God, you have to be very very careful about it.

The second thing I would like to tell you about, is the destroying powers of 'Kalki'. Today's lecture is going to be very sharp for you, because the incarnation that you have asked me to speak on is a very sharp one. Is the sharpest of all. We had Krishna's incarnation, for example. He has Hanan Shakti. He has killed Kansa, so many Rakshasas, you know as a child also He has killed Putana; but He had 'Leela' also. He had love and He did give concessions to people, He forgave people. Christ is the embodiment of forgiveness. Forgiveness of Christ is nothing but is the power of sustenance within him. If He Explodes, the whole forgiveness will come on us as a big disaster, if you are not able to understand the value of his forgiveness. He has said very clearly that "Anything said against me will be tolerated; but a word against Holy Ghost won't be tolerated." Now you have to understand that Holy Ghost is Adishakti.

One has to understand that such a Incarnation is imminent, and Shri Krishna's Powers are given to Him, which is only Hanana Shakti. Brahma Deva's Powers which are only Hanana Shakti are given to Him. Siva's Powers, which are also Hanana Shakti, i.e. a part of his 'Tandav' is given to Him. Similarly Bhairava's Khadaga Shri Ganesha's Parshu, Shri Hanumana's Gada and the Siddhis which are going to destroy are given to Him. Buddha's forgiveness and Mahavira's Ahimsa, are going to turn upside down. All these Eleven powers are going to come. On the top of us when we will be finished with Sahaja Yoga; when we

will be absolutely sorted out, and the last killing will be done by Him. I wish it is just a killing. It is not going to be ordinary Hanana, like even the Devi has done. Devi has killed all the Rakshasas, thousands of year back, but they are back in the seat again.

Now the problem is very different at the present moment; which you should try to understand. In the old days during Shri Krishna's time, when He said "यदा यदा हि धर्मस्य श्लानोर्भवती भारत : ॥ परित्राणाय च साधूनां विनाशाय च दुष्कृतां" The last stanza you must understand विनाशाय च दुष्कृतां means to destroy the cruel people, or the negative forces and to save the saints'

I am going to come again and again but the problem of Kaliyuga, is that there is not pure and simple person as a Sadhu or Rakshasas. So many Rakshasas have entered into your brains. You side with so many people, who are wrong and who are doing wrong, who are doing all sorts of wrong things in the name of Religion, in the name of politics, progress and education and all that. Once you have sided with them, then they are in your brains, they are within you. When they are having within you how to destroy the दुष्कृताम्? You may be a good person, but you may be destroyed because you are having them in your heads. So there is not hard and fast rule to say, who is a real negative and who is a real positive person? Only Sahaja Yoga is going to cleanse you and make you absolutely positive, positively for the good and positive people. This is the only way when your Ankura (Sprouting), when it starts giving you Realisation, you feel your Self. And with that Self, you know that you are Your-

self and not this Mirage. You start enjoying that Self. When you start enjoying it, you give up all the things that make you compromise and make you a horrible mixed up person. All this confusion will then go along. So it is essential that you take to Sahaja Yoga, in a most dedicated manner and free ourselves of all the wrong doings and also the others, whom we know. This is the only thing we can give to our friends, relations and all the world around. People invite others for dinner what you give them? Nothing. Then give presents on a birthday, or send greeting, garlands, etc. In London during X'mas the cards pile up in post office to such an extent that no letters can go for 10 days prior to X'mas. But where is Christ? On the day when Christ is born they will go in for a campaign. Such foolish people. If somebody dies, they will go for a campaign. Campaign is their Religion now and whisky is their Kundalini.

They cannot understand God. How can they, when they have made God according to their own conception of falsehood. As a Mother I have to warn you. Be Careful! Don't play about with your Self! Do not go down, but come up! come up! and come up. I am here to help you. I am here to work for you Day and Night. You know that I work very hard for you. I spare no efforts, to help you, and do everything that is possible to make you all right; to make you pass this examination of last judgement; but you have to cooperate with me, and you have to go headlong about it, and devote most of your time for Sahaja Yoga and for imbibing all that is great and noble.

Kalki is a very big subject. If you see Kalki Purana, it is such a big book. When

is the time coming? If this is a living process! When the work will be finished? When you see that there is not more chance of having any more people coming in this time. Kalki will come down. Let us see how many come in! But for that there is a limit also. So I will request you to go out in the world, call your relatives, call your neighbours, all of them. Tomorrow is the last day of my programme of Navaratri, when they are going to have a little felicitation of the Mother; To me the greatest felicitation will be, that in this Bombay, I will find more people realised, taking to Sahaja Yoga seriously. After coming to Sahaja Yoga not to indulge in backbiting and small pettiness and getting angry with each other, but being loving and wise. It is most surprising that those who are supposed to be the Cream of the Nation, the most sophisticated people are so petty minded! I have to tell you these things, because of the immediate emergency that is coming forward before me. I only pray that it should not be in Bombay, that it should start, Bombay had gone into the verge, if you remember the day when Rajesh Shah phoned me to say that Mother 'what about rain! What about rain! I did not answer him, when he said 'I know Mother you are angry with Bombay people, but still forgive them once again' That is the night when you started getting the rain once again. Next calamity!

Beware of it! I have to tell all Bombay people. Every time I come back, I find this kind of nonsense of these Sahaja Yogis, getting after one man, somewhere and getting lost. The other thing is that Bombay people are still most unaware of what is going to fall on them. Most unaware, of how they are made from Amoeba to this

stage ! What God has done for them ! And what they have to do for God ? It is a very very sad affair, extremely sad for the whole of this country, because people try to follow this Bombay. Many people like to follow actors and actresses, than to follow God. This is the trouble with our superficial temperaments. Tomorrow we have a very good programme of releasing the book *Advent*; written by G. de Kalbermatten who is the son of a Baron, a Swiss boy. When he came to me, I could see clearly that he is a seeker, I had to work hard with him for a year, to bring him round to his normal senses. But when there is not any seeking within you, and when you go back astray, what will happen to you, I don't know, So be careful. Be very very careful. To day is the day of warning you because you have asked me to speak on Kalki.

He is placed on our forehead. When the chakra of Kalki is caught up, the whole of *Murdha*, which is on the top goes out of order. In the *Kundalini* awakening, we find that if the *Murdha* goes out of order, the *Kundalini* doesn't rise. The whole head become logged. Such people do not allow the *Kundalini* to rise above the *Hansa Chakra*. At the most they might try to raise it upto *Agnya*, but then it drops down. There is another reason also, as I have said that if you put your head on the feet of wrong Gurus, you suffer. Too much thinking also creates problem at the right hand side and one of the aspects of Kalki gets spoiled; and there is an imbalance created on this side. The whole forehead, if it is full of lot of bumps, then we must know that the Kalki Chakra is out of order. If it is out of order then the person is about to go into some sort of very bad calamity it is a sign on a

person when he is going to get it. When the Kalki Chakra is caught up, all your fingers start burning, on the hands on the palms and same time in the body you get terrible burning. A person's Kalki Chakra catching means that he will be down with a horrible disease like Cancer, may be leprosy or may be that he is about to collapse into some sort of calamity. So the Kalki Chakra must be kept all right. There are at least eleven *Sukshma Chakras* in the Kalki Chakra. Out of that atleast try to keep some of them alive, so that others can be restored. If all the eleven Chakras are ruined then it is very difficult to give Realisation.

What is the thing that one should do to keep the kalki alright. To keep your Kalki Chakra all right you must have an Awe for God. If you do not have awe for God, if you are not afraid of God, if you are not afraid, that if you do wrong, He is there with his wrath ! And that He is a wrathful God, that He is full of poison for us, if you try to do anything wrong; if there is no fear of that. Not that it is to be hidden from Me or from anybody else, but you yourself know that you are doing wrong. If you are doing something wrong and in your Hearts of the hearts you know it, then please don't do it. Otherwise your Kalki will go out.

When you have that Awe for God, and when you know that God is all pervading, all powerful. He has the powers to raise us to this state of higher being and also He has powers to bestow all the blessings that He has. He is the most compassionate God or we can say, the compassionate father, that one can think of. But in the same way, he has a wrath; and that wrath when falls upon you be very very careful about the

wrath of your Father, because if He comes on you with that wrath, nobody can slip it. Nobody can stop it! And the compassion of the mother will not be listened to because He may say that "you have spoiled your children by giving them too much looseness." So I have to tell you, please don't do anything that is wrong, and do not make Ma feel bad about it, because for Mother it is very difficult to tell these things. It is very hard for a Mother, who has a very tender heart, a kind heart for you to say all these things. But I have to request you "Don't play about, because your Father is full of wrath, He can punish you for doing anything wrong." But if you do anything for Him, or for your own being or for your

Self Realisation you will be placed in the highest position.

Today, you may be the biggest millionaire you may be the richest, may be biggest political leader and all that nonsense; in the presence of God those who are dear to God will be placed at the highest position and not all these worldly things, which looks so interesting and enchanting to you. The most important thing is where are you as far as God is concerned? That relation you must establish, by first finding out your Self, your Atma, to Sahaja Yoga and then relating yourself to that.

May God Bless You All.

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**THE 51 NAMES OF
SHRI MARY MAHALAKSHMI**

Name in Latin	Chorus	English translation
Sancta Maria	Ora Pro Nobis	(pray for us) Holy Mary
Sancta Dei Genitrix	" "	Holy Mother of God
Sancta Virgo Virginium	" "	Holi Virgin among all Virgins
Mater Christi	" "	Mother of Christ
Mater Divinae Gratiae	" "	Mother of Divine Grace
Mater Purissima	" "	Mother very pure
Mater Castissima	" "	Mother most chaste
Mater Inviolata	" "	Mother without any blemishes
Mater Intemerata	" "	Fearless Mother
Mater Amabilis	" "	Lovable Mother
Mater Admirabilis	" "	Admirable Mother
Mater Boni Concilii	" "	Mother who is a good councillor
Mater Creatoris	" "	Mother of the creator
Mater Salvatoris	" "	Mother of the saviour
Virgo Prudentissima	" "	Virgin very careful
Virgo Veneranda	" "	Virgin to be worshipped
Virgo Predicanda	" "	Virgin who preaches
Virgo Potens	" "	Powerful Virgin
Virgo Clemens	" "	Compassionate Virgin
Virgo Fidelis	" "	Trustworthy Virgin
Speculum Justitiae	" "	Mirror of justice
Sedes Sapientiae	" "	Seat of wisdom
Causa Nostra Laetitia	" "	Cause of our joy
Vas Spirituale	" "	Vase of spirituality
Vas Honorabilis	" "	Honorable vase
Vas Insignae Devotionis	" "	Vase of extraordinary devotion
Rosa Majestica	" "	Majestuous rose
Turris Davidica	" "	Tower of David

Name in Latin	Chorus	English translation
Turris Eburnea	Ora Pro Nobis	(Pray for us) Tower of ivory
Domus Aurea	" "	House of gold
Foederis Arca	" "	Arch of the union
Janus Caeli	" "	Gate of Heaven
Stella Matutina	" "	Morning star
Salus Infirmorum	" "	Salvation of those who suffer
Refugium Peccatorum	" "	Shelter of the sinners
Consolatrix Afflictorum	" "	Comforter of the afflicted
Regina Angelorum	" "	Queen of the Angels
Regina Patriarcharum	" "	Queen of the elders
Regina Prophetarum	" "	Queen of the prophets
Regina Apostolorum	" "	Queen of the spreaders of truth
Regina Martyrum	" "	Queen of the martyrs
Regina Confessorum	" "	Queen of the learned
Regina Virginium	" "	Queen of the virgins
Regina Sanctorum Omnium	" "	Queen of all the saint
Regina Sine Labe Originalis Concepta	" "	Queen immaculate
Regina Sacratissimi Rosarii	" "	Queen of the sacred rosary
Regina Pacis	" "	Queen of peace
Regina Amoris	" "	Queen of love
Regina Beatitudinis	" "	Queen of bliss
Imperatrix Mundi	" "	Emperess of the world
Lumen Sahajae Veritatis	" "	Light of sahaj truth

Om Twameva Sakshat Shri Omkara Sakshat Shri Jesus Mahavishnu Sakshat Shri Mary Mahalakshmi Sakshat Shri Adi Shakti Bhagwati Mataji Shri Nirmala Devi Namoh Namah





H. H. Mataji Shri Nirmala Devi

Caxton Hall, 18.12.1978

AGNYA

A GNYA means the witness. Was created in the human being when he started thinking. Language—If we didn't have a language we cannot think. Before, thought was inspiration. Thoughts that come to us are in light and shade. After realization, it's only light and shade like a pattern—lighthouse. It's a language, these thoughts are conditions on us. We bounce from one thought to another, like the sea-waves reach the shore and then go back and come again. It can become maddening. Sometimes negative and sometimes positive.

Ego is on the left-hand side and super-ego on the right-hand side. Conditioning is on the right-hand side and gives us the fears and dangers. There is no need to have a thought about the past or the future—animals do not. When they know an animal is coming, O.K.—why think about it? Humans think about everything and think that it is wise to sit down and think. It should be spontaneous, like inspiration, it should just come to you. Thinking is the playing of the dead.

This is the centre of Christ, He resides in this centre. He developed into Maha Vishnu. Actually Christians don't know anything about His Becoming, how He became Christ and why God didn't come down Himself and do the job. It's a most important incarnation. He is the principle of creation, "Tattwa". Ganesha resides in the Mooladhara chakra gradually evolves to be

Christ at this stage. He is the Principle. What is our Principle? The Kundalini you can say. Creation, the whole creation, is the Principle and support. At this creation, He represents the essence of creation, i.e., in the family, the husband and wife and child. The child is the essence of the husband and wife—the essence of the house. Until they had the child, there was no meaning. Like Christ was the essence of the first sound OM. When the Primordial Father and Mother separated they made that sound. He is that sound that supports and looks after, more the support of all the Universe. Because He is just the essence, the essence never dies. My essence is Spirit—the Spirit never dies. The body dies but the essence is there. He is the most important incarnation.

He is placed in our Agnya in the centre, where the optic nerve and optic thalamus cross: it's a very subtle point. It creates two sounds Hum and Kshum. Hum on right-hand side—superego, and Kshum on the left-hand side—ego. Hum and Kshum create two kinds of vibrations. The Hum sound creates the vibration. I AM, I AM. Hum, this comes from our existence power that we know we have to live in this world, and we are not going to die. Any human being who tries to kill himself is considered not normal. Normally, every human being or animal tries to retain its life, that is through the power of Hum—I AM, the superego on the right-hand side and ego on the left-hand

side is Kshum. This superego, you are conditioned by so many things, that you are worried because these experiences make you the kind of person to have fear in the mind, and this fear is settled in the super-ego. It starts from your Amoeba stage and until today stored there—you are afraid of Police, this and that. Some people are not afraid of these things, but are afraid of something else. Whatever have been your conditions, your experiences, all are in the superego. This centre sends messages Hum, Hum, I am, I am, you are Hum, don't be afraid.

You can discriminate between the two types: one are very aggressive, one are subordinated, frightened. HUM say—the vibrations will drive away the fear. It's how you can get help from the Divine by saying HUM.

Ego is a colossal problem. Solution is by forgiving others. You have to learn to forgive if they feel hurt and to ask for forgiveness. Too much ego means you've pampered it too much. Try to humble down in your heart. Your heart is the Spirit and too much ego covers the heart—it takes you away from your spirit. It makes you stupid and foolish—you will know an egotistical person when he's blowing his own trumpet because he will immediately become stupid. Without understanding what's happening people will wonder what's wrong with him, especially children. You become so stupid, because you forget the existence of God, and your relationship with the Divine. Mr. Ego makes us do the stupid things in the country—making a law for a son-in-law to marry a mother-in-law; impossible, she is your mother—absurd. It's not easy to see

how he befools us, he goes on befooling us all the time.

By thinking, you get your ego. There is no wisdom with a great ego. He behaves in such a childish manner, it doesn't matter about the age. How is it that our parents are so stupid and we are searching God? May be because of the War, they are disturbed. Ego is a thing that makes you think about everything—e.g., making plans ahead about getting here or there, the journey is spoiled because it didn't work out as planned. A sensible person will take it in his stride, why get upset? Mr. Ego doesn't want you to be happy or relaxed, always gives you ideas you must do this or that and the other, until you are finished! There's no advantage.

From morning until evening ask for forgiveness and pull your ears from both the sides—say, "Oh God, forgive me". Remember Him from morning till evening. All the time remembering Christ brings down your ego. He did everything possible so you wouldn't develop your ego. He was born as an ordinary carpenter's son, lived in very ordinary conditions, kept Himself behind the whole scene. He could have been born a Roman Emperor. He took His birth even where not even ordinary people take their birth—but there was light and joy. We have lost the joy because we forget God Almighty. When we forget Him—He is love and Joy. People have affluence and money but still they are not happy—whatever you say to them they will be angry. They are not at all normal human beings, they are sick.

It's not hard to ask for forgiveness—we

don't even ask once a day, not even once a month, not even once a year. On Christmas Day, you don't ask for forgiveness, instead you have champagne and all the arrogant things. Ego presses the superego so much sometimes that others are hurt by what you say, cutting and painful to others. The way people talk to each other in Parliament, they behave so badly: not even animals treat or back at each other like that. Egos are always dashing at each other. There's always, "I have made this or that point"—but they have lost the joy. Argument is a sign of tomfoolery—won't lead you to any knowledge, only with an ego.

All Western Societies are ego-orientated. We've to lead the underdeveloped countries—the ego in Western Society is always pampered. People run around like mad members of Parliament to keep good health. To keep good health you don't work like mad, you've to be a wise and sensible person. Wisdom is to be sought to keep good health and not by ego — orientated things, like possessions, showing off your great car, houses, etc. They're like jokers—even if they've no food in the house, they've to have a great car—nothing but to pamper the ego. All the advertisements are ego pamperers. When you fight Nature, the ego develops in you. We can't think of our lives without ego. "I", "I", "I", it's indecent to talk like that; putting your opinions first.

Who are you? I am the Spirit, the eternal being. We have lost faith in God because those in charge of God are so arrogant—and so egotistical, it's impossible to think of God beyond our ego. Ego is so superficial like a bubble, like a balloon that can burst—just like that. And it has to burst,

so you can rise in your spirit that you are, that's the boundary you have to cross. We have to ask help from Christ. Christ crucified Himself. Why? What did He do? Loot people? He just challenged the ego of the Romans and the Jews. That's why he was crucified. And now we have to crucify our egos through His Cross, otherwise we are going to do the same, crucify our Christ in our ego optic thalamus is where He lives. You have to awaken him to crucify the ego. You have to stand in thoughtlessness. Thoughts, we are beyond thoughts. Agnya is a very important chakra—immediately there is no thought when Kundalini crosses the Agnya—there is no thought from ego or superego. We have to steady our Agnya. Agnya is placed at the crossing of our nerves also, optic and thalamus.

Now it is said that if you have wobbling eyes, you will have a wobbling Agnya. You have to steady the eyes to soothe them. The most soothing thing for the eyes is the green grass. If you could see the green grass with your eyes, you walk with your eyes on the ground. That's why Christ, He talked about adulterous eyes. Every woman, a man must see! Every man a woman must see! Christ said you must not have adulterous eyes. You have to be very deep and loving. You receive through your eyes. If your eyes are closed, your thoughts are less because you cannot see so much to put your attention to. If your eyes are open, there are more thoughts rushing in, because everywhere your eyes go, your attention goes, you add more thoughts and create more. Your attention has to go to your Spirit, to God, has to shine through the window of the Divine. This beautiful thing is ruined the way we

use our eyes and we do not respect them. There is nothing as pure as the grass on the ground. We should put our heads at the ground instead of looking at other people.

From Sahaja Yoga point of view : an entity might enter your eyes when flirting. At parties, they exchange entities from person to person all the time the attention is diverted. We don't always know why we feel attracted. Nothing is gained by looking at a person, only wasting so much energy. It's sure and certain sign of a person going mad-wobbling eyelids and eyes. 80% of our attention and thoughts come through the eyes. Useless activity has to be stopped. Christ's aspects have to be respected. He saved a prostitute. A good woman you spoil, give her ideas. Young small girls who are virgins are spoiled by your dirty glances. You are doing the opposite that Christ has done. "You have to be a prostitute for Christ to save us" — madness. When you are realized and when you glance at someone you might suddenly get a headache or feel like a dart has just hit your head, you might feel you're blinded by someone—that's how important your eyes are. Everything all nervousness can be cured if you have pure eyes.

It's such a vicious circle, that all the bad is gathered in the Agnya and you have to clear the Agnya to clear the eyes. We have to ask for forgiveness. We have to bring Christ into our Agnya. We have to give up drugs and all intoxicants which will come naturally in Sahaja Yoga. Eyes express the whole of our being—your brain, your bodies, your limbs, everything. *If your Agnya is all right, then your eyes are perfectly all right. They emit nothing but love wherever they*

glance. Only with a glance of your eyes you can raise a Kundalini; with the glance of your eyes you can cure people. Only with your glance you can bring joy into the destroyed, ruined people, with your eyes, they are the window of your being. Your spirit is through your eyes and when the Kundalini rises your eyes become dilated. There is a tremendous difference between a realized soul's eyes and a non-realized soul's eyes. A realized soul's eyes sparkle like diamonds. If your eyes are not pure, your spirit will not show through. We have to give up all the impurities of the mind. We have to respect our eyes.

The psychologists have the worst Agnyas. There are two types of mental sufferings. Psychologists aren't capable of curing or giving relief to anyone suffering mentally. One is where people oppress you very much. You shouldn't enslave to anyone whatsoever. You shouldn't bear the Cross—a very wrong idea about Christ. Anyone who tries to make a slave out of you, you should deny it absolutely. You should say, HUM! — I AM! Who are you to dominate anyone in this whole world. Then they are running away from the duty of themselves. We have to rise in our self-respect.

People who bear the Cross, people of Christ's level never suffer. Every human being has to have self-respect and everyone has to respect his Self, which is the spirit within him. Nothing should dominate him, whether you belong to that country or this country, thatism or thisism. All that will break down under the rule of God. No one has a right to dominate anyone's spirit. You don't know how to use your freedom—by

domineering others? You're on top of everyone's soul, dominating by land, property or possession. Either this or that way you are against yourself. *Just be in the centre, and see for yourself. Just look at it: are you emitting love towards another person? If you are a slave, how can you love?—you cannot. If you are free and abundant, how can you love? Love has its own bondages—very sweet and beautiful. You have to live with them.* If a little child comes to your house and he will spoil your house, and he should do and you should enjoy that spoiling. And your freedom, if it is challenged by a little child's crying, then you are not wise people, it's abandonment, or it's loneliness, it's cutting off from the primordial, from the large one that you are—not being able to tolerate other people's freedom. We have to be free, i.e., when a little child cannot cry in its own home, what kind of freedom is that? If a boy can't eat what he wants in his own home—what kind of freedom is that? It's such a confusion of things. It's the opposite of enslavement. But in the middle is love. Every moment is filled with little bondages, i.e., if a husband says he wants something to eat and the wife says, "Oh, you...", she should be happy to know what he wants and be glad to make such a small thing that will make him so happy. What have you gained, the way you are fighting? Such dryness, loneliness and emptiness exists. If you want to lead a good life, you are not sacrificing anything, you are gaining by leading a good life. The Truth has to be told. *If you want to be happy, you have to come down to reality.* Friends — what kind of relationship do we have?—e.g., if we don't receive a Christmas card we feel bad. Try to be bound by others,

don't be afraid. You will be amazed at how much they will give you.

Mother is a living example of this. Liberate your wisdom and intelligence. These poisons, outside and inside, throw them away. Try to look at a tree with love and you'll find the tree itself is giving you the joy of its creation, because you will become thoughtless and the Creator who has made that beautiful tree will be giving all that joy that is stored into it. Every human being is a store of joy unlimited. Don't waste it because someone's not properly dressed or he is not what you would like him to be, what you learned at your public school. Every doorstep, everywhere there is beauty lying—do not miss it. But if you have a possessiveness or an admitting of it, you can never enjoy it all. That store of all that beauty wealth which is in every human being, every moment it is bubbling.

For Agnya, it's a good thing, a time when Shri Mataji has to wish us a happy Christmas. One must know what to order and how to obey. Obey the Divine. Obey our elders. Obey your Self—and not your ego. Then you can order also others. Not only human beings, but the Sun and the Moon and the winds, and everything in the world. Everything you can control with this Agnya. If you know someone is going to do something wrong, take his name to your Agnya and he will not do it. It's a trick for realised souls. Anything you order on your Agnya must be respected. But your Agnya must have Christ there—your Agnya has to be clear. Because you have the great Support awakened within you, which is all-pervading into all small molecules and atoms

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JOHN'S VISION OF SHRI MATAJI IN THE BOOK OF REVELATION

(The Apocalypse)

We all know that John was the most centered of Shri Jesus' disciples for he related to his Master from the heart. So he was granted a mighty and yet mysterious vision as he was staying on the Greek island of Patmos. In this vision the struggle of the last days is being described, that is, the struggle of which Shri Mataji says: "I warn you: a big war is on; don't loose time, mature fast; time is short".

Shri Mataji appears in this vision as She is giving birth to Shri Kalki:

"And a great portent appeared in Heaven a woman clothed with the Sun, with the Moon under Her feet, and on Her head a crown of Twelve Stars: She was with child and She cried out in Her Pangs of Birth, in anguish for delivery. And another portent appeared in heaven; behold, a great red dragon, with seven heads and ten horns, and seven diadems upon his heads. His tale swept down a third of the stars of heaven, and cast them to the earth. And the dragon stood before the woman who was about to bear a child, that he might devour the child when she brought it forth; She brought forth a male child, one who is to rule all the nations with a Rod of Iron, but Her child was caught up to God and to His Throne, and the woman fled into the wilderness, where she has a place prepared by God..." (Revelation 12)

The war in the Invisible, of which Shri Mataji spoke many a time is then vividly pictured:

"Now war arose in heaven, Michael (Bhairava) and his angels fighting against

the dragon; and the dragon and his angels fought, but they were defeated and there was no longer any place for them in heaven. And the great dragon was thrown down, that ancient serpent, who is called the Devil and Satan, the deceiver of the whole world—he was thrown down to the earth, and his angels were thrown down with him."

(Revelation 12.7.)

Now the sequence is described in which the fight takes place on this earth with all the demonic forces trying to destroy the sahaja yogis.

"And I heard a loud voice in heaven saying: "Now the salvation and the power and the kingdom of our God and the authority of his Christ have come but woe to you, O earth and sea, for the devil has come down to you in great wrath, because he knows that his time is short!"... And when the dragon saw that he had been thrown down to the earth, he pursued the woman who had borne the male child... then the dragon was angry with the woman, (for he could not reach her) and went off to make war on the rest of her offspring (that's us my friends) on those who keep the commandments of God and bear testimony to Jesus" (in our Agya Chakra).

(Revelation 12.11 to 17)

Friends, brothers and sisters, let us take very seriously the repeated warnings of Shri Mataji. Sahaja Yogis who are half baked, luke warm, slothful, irresponsible or trying to use Sahaja Yoga with their egos will not

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LETTER OF MATAJI



My Dearest Son Jeremy,

Tomorrow morning I am going to New York for four days. I hasten to write this letter because I would like to inform you in the right time what is happening to you.

I think you are confused between left side experiences and the spiritual experience. Those who are on the left side can sometimes even see my past and show much more awesome respect and love but I know the reason behind it and thus I never encourage them. If you take cannabis you are definitely dragged into Ida nadi and the ego recedes for the time being. So you feel this emotional carnal love. But when you take more you start feeling a universal carnal love. Thus the fall of man starts because he gets out of the void towards the left side.

For your information I am quite aware of other Sahaja Yogis and their condition. You must know that after realization there is nothing like rituals but it becomes actual living process. May be it is not done with perfection but still it is done by a realized soul. It definitely evokes my vibrations to flow more and has helped all of them to awaken their deities. Of course I do not know all the filth and dirt people have accepted in the past, also the amount of illusiory life they have taken to but it is not necessary to know. Do you know all the dirt and filth of your household which you sweep? Do

you count them or find out about their nature and history? If you are a master cleaner you can do a lot in one sweep. Western life has been attacked from 1919 by many devils who introduced ideas even in architecture and music. These destructive ideas have removed the western people from their roots, from the Dharma that is the basic for the ascent. You must admit that Sahaja Yoga has definitely created Dharmic people if not perfect ones.

All drugs take you away from your awareness. So how can you have a balanced attention to make your spirit shine? Reality should be achieved in complete awareness otherwise whatever you feel is illusion because you are in a dream. It appears that Sahaja Yoga is spreading slowly, it does not matter; but if it is truth, how can you achieve in a dreamy state? I want all my children to be awakened to walk into the Kingdom of God, not into the left sided hell of illusion.

My experience about the druggist and chemist has been a painful one. Those who come were very slow. Actually very few come, so your theory that the seeking of God starts with drugs is not true at all. They have been very weak and vulnerable to left-sided attacks. The example is shown the way you all fell for a fake person like Ichel. They are mostly facing very dangerous diseases like cancer and many other incurable diseases. If you want to marry Karen, it is alright; but do not do it under the effect of drugs because it heightens left side so much that there is no balance of the will left to guide you to right decision by vibrations.

Actually drugs were condemned by all the Prophets and thus our laws do it because the basis of laws come from our void, our Dharma. I would like you all to see the sanity of law and not its fault. Gandhiji was opposed to slaves, but he was much more against drugs. He would not allow any druggist to enter his Ashram campus even if he had given up. "It's difficult to spread Sahaja Yoga in the west"; I also felt it, but the roots can not be sacrificed. There can be no compromise with the principles that nourish Sahaja Yoga. But now I think the media has taken over and we will be reaching stronger and righteous people for Sahaja Yoga. Already it has taken its flight and I can feel it. I am sorry for the druggist. They have to use their will to accept the challenge and give up their slavery to drugs. The sick druggist and lunatics have taken so much time. They do not impress any one because mostly they are so much in the air and in personality, shabby and depressive. They are very lazy and always oppose anyone who tries to wake them for Sahaja Yoga.

Jeremy, I knew you were a left-sided person and you need more activity. The bus driving was a good idea but if you take to drugs God save the passengers.

You did not write a word about vibrations. They are your guide. Not your ego which judges others or your super ego which is self indulgent. This is not joy this is illusion.

Slow and steady achieve your reality in collectivity.

May God bless you.

1982

Your loving Mother,
—Nirmala

AGNYA

(Contd. from Page No. 21)

everywhere, into everywhere you go. So try to master your Agnya. It's the master of yourself. Those who have a good Agnya can master anything. You can really become the master of yourselves. Mother wants us to have the most powerful Agnyas, so when people see you they will know Christ is reborn again within you. May God Bless You.

Om Sri Mataji Nirmala Ma Namoh Namah.

John's Vision of Shri Mataji in the book of Revelation

(Contd. from Page No. 22)

manage to stay in God's camp until the day of Shri Kalki's wrath (R. 19.11) in which the forces of Satan, the hosts of evil will be chastised. To waste our time now is a sin we cannot anymore afford. Where is our attention? Where our priorities? Where mediocrity and where the glory? The Lord has come on our Kurukshetra. Let us seize our weapons and fight. Laughing and roaring, we are the Children of the Devi, of Sakshat Shri Nirmala Devi.

—Gregoire

Articles

and

Experiences

are requested

Her Holiness Mataji's

ADVICE

1. There is a compulsory Bandhan on you of your Mother. If you try to drink, you will vomit. If you do anything wrong your stomach will go out, if you'll try to avoid Sahaja Yoga you will have to be there. Because though you are not feeling it, you have felt inside your self the charm of Sahaja Yoga.

2. You have to live in the present and you cannot conceptualise me. Your concepts are limited.

3. It is better to see your own problems, your own defects and come out of it. To be very kind to yourself is that, you get rid, of these serpents and scorpions and all these things that are hanging around, and become pure. The light has come. In that light you should start seeing what is the truth. Then your misidentifications will drop out and your real identification will be established. Otherwise it cannot be done. You must learn to face yourself and never justify.

4. Try to go to a person who is positive,

otherwise you cannot develop your Sahaja Yoga. Whoever talks negatively, do not go near him.

5. It is for you people to become dynamic and to have confidence within you. You know every Chakra, you know the rising of Kundalini. You know everything, so you can take it upon yourself.

6. You have to treat the people and not get angry with them. To get angry is the easiest way for you, then there will be no problem. Once I get angry with you all, I will have my own peace and no problems. But you have to be really very very patient with all of them. Extremely patient—your language must improve. So we come to one point. We must read from our heart, we must feel from our heart, that we must save this man, we have to help him.

7. All should clean their inner beings. You should think "why have we come to Sahaja Yoga? What benefits have we got and what can we get? Where do we go wrong? What should we do further? Where are our pitfalls? What have we left and taken for our growth?" I find, even after coming to Sahaja Yoga, in most of our wakeful time, we think of external things. We must see how much loving and devoted to God, we are.

FESTIVALS

14th January	Makar Sankranti
19th January	Vasant Panchami (Puja of Mother Earth)
11th February	Maha Shivratri
21st March	Her Holiness Mataji's Birthday
28th & 29th March	Holi (Colour Festival)
31st March	61st Birthday celebration of Shri Mataji in Bombay



Dear brothers and sisters,

This is to announce the coming departure of worries from the realm of this body.

On this occasion, I'm happy to announce that there are no worries about me. This is only because of the fact that 'Shri Mataji'—'the Most Loving and Kind Mother' is all the time caring, guiding, evolving me, 'cradling' me in the arms of Her Love—leaving me without any fears—just full of joy and happiness.

Then also, there are no worries about my 'Family'—the most fortunate family on earth—because all of 'us' have recognized the 'Greatest and Highest Incarnation' *Sakshat Adishakti*. Under Her Pure Love and Protection, we have the feeling of complete 'safety and comfort'.

'She' is 'the Saviour'. 'She' is 'the Comforter'.

Then there are no worries about those who are not in our 'Family' yet. Their being 'in' or out of the Family is all done under the guidance of Divine. My worrying only takes the attention to irrelevant things whereas I should be all 'bliss and joy'.

I have no worries about the future or about the past Both do not exist both being the subsidiaries of the 'Ego' (which is just an 'illusion'—*nothing*).

Then what do I 'do' now? Worrying is one thing that has occupied me for so long.

Well, then what you should *do*, is to 'Realize the greatness' of what you have received. And that your 'Mother, most loving as She is, is 'the Origin' the 'Ocean' of 'Love'. That, all Bliss and Joy emanates

from Her. That, with Her Love caring for you all the time, at every instant, the only thing that you have to do is to remain at Her Lotus Feet—the most heavenly place—and 'enjoy' your 'Self'.

Oh! all this is truly so, so very beautiful, wonderful and joy giving. But all this happens on its own—'Spontaneously'! I don't do anything. "Mother" Does it. 'Her Love' 'Sahaja' does it.

Ah! yes, yes, yes it is most truly so. It is the Divine truth. The Adishakti *Does* everything. And this body, the instrument of the Divine, is used by Her. Indeed, we really do nothing.

And to think that we've been worrying all this while, as if it matters, as if it makes any difference, as if it has *any* meaning. Worrying. Ha! Ha! That's the end of you.

The only thing that matters is that we are little children of our dearest Mother—'The Immaculate Goddess, The Holy Spirit in Reality. And anything and everything is done by Her.

And that Her love is always flowing in and around us—as vibrations saving, curing, guiding, always bestowing Her Blessings, Her Love. As very young and ignorant children we may do something wrong, but Her love corrects and improves us.

The only thing that matters is :—

Myself in Maa, Maa in all.
I stand amidst the waterfall—
within the *Ocean*, within the *Virata*,
within Mataji Shri Nirmala Devi.

JAI MATAJI

BEATING THE DEADLINE

When we focus too much on planning and efficiency we become a meticulous society. Everything becomes result oriented. Our thinking and actions get geared towards achievement. Everything is gauged in terms of success or failure. There is a constant momentum within, towards attaining certain targets. This momentum within develops into a hurry. People are always hurrying to finish their tasks. Such people do not have patience any more. They get easily provoked and irritated by the other person's slow or inefficient response. A great demand is constantly hanging over the head and such a society gains great speed.

It also happens that as we get over-speeded we exceed the limits of our own capacity to handle the situation. This taxes our nervous system and strains us, leading to nervous breakdowns. Like a machine working on overload finally breaks down.

God gave great flexibility to the human body. He foresaw the possibility of man exceeding his boundaries and placed within him an organ called the spleen. This organ meets the emergency situations. When man is under great mental pressure the spleen tries to meet the demands of the body by throwing more blood cells in the body. However when the person lives in a state of emergency constantly, then the spleen also goes out of gear and starts throwing crazy blood cells in the blood stream which, Mataji points out, leads to cancer. Whether from the East or West we are all busy trying to catch up with

speed and are result oriented. What happens to such people when they try to meditate ?

They mostly seek instant results. They expect something to happen quickly and some of them even believe that the more they pay for it the better the results they will achieve. So they pick up the most expensive courses and the most expensive Gurus from the Guru Business Catalogues. Now, these gurus have become wise and they realise that if some sort of results are not instantly produced their client will lose interest and go elsewhere and thus they would run out of business.

So they concoct all kinds of methods under the label of meditational techniques to entertain the client. Some give them visualization exercises by which the imagination of the client is stimulated and he is led to believe that he is getting heavenly experiences. A quick one is to give a mantra. As you go on repeating the mantra in a monotone and work yourself into self-hypnosis, this retards you and diverts the focus from the pressing load of worries.

The more sophisticated one uses gadgets like biofed courses and supplement the psychiatrist tasks thus keeping the client busy and satisfy his opposite result. The body addicts are the easiest to handle. Just keep them busy in doing all kinds of movements. When they achieve perfection in one position create a more difficult posture and thus keep them busy. As the client sees this, his result oriented mind is satis-

fied and his ego is happy that he has achieved something.

Actually you cannot do meditation. Meditation is a happening. If you think that it is a race, the faster you run the quicker you reach the target, you will be disappointed. Meditation is a spontaneous process which happens when the kundalini rises and stations itself at the seventh chakra. Now for someone this may happen instantly, for another it may take a long time. Those who are fortunate enough to receive Mother's blessings received it very easily. Now a question which always comes for a meditator is what he should do. He need not climb a mountain but he can practice living life by the law of the spirit. This is where the modern mind finds difficulty. He is willing to do anything as long as it is piece meal, when he performs a task for a period and then is done with it. And then must be a target and expected time by which he should be able to achieve it but this cannot have any time limit. Time is an artificial concept created by the human mind. This is beyond the mind, it is a process of nature and works itself through its own law.

The seeker should simply practice living life on a daily basis according to Sahaja Yoga for this. He does not have to be a recluse or reside in a special place. He just has to remain vigilant to preserve his Dharma. In Sahaja Yoga this can be done very easily by checking our system through vibrations. If we simply preserve our vibrations then Mother works out the rest. Ofcourse preserving the vibrations involves righteous living and following the code of Dharma. It means being patient, being in the present. But if you are worrying all the time when enlightenment will happen then you only agitate your mind and the Chakras. The process of speed catches up and you are not relaxed.

Meditation can happen only when you are relaxed. It is a state of relaxation. Hence hurry and relaxation are incompatible with each other. Even the greatest moments of creativity are when we are most relaxed. Thus a meditator should not be result oriented. For him the means are more important than the end.

—*Story of a Seeker*

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SURRENDER

Surrender, O Shri Mother, is Thy most precious gift, for it is Thy presence, from within, which allows us to loose ourselves a bit more in Thy cosmic body. And the flute, becoming aware, is grateful to the melody which has chosen its hollowness as the medium of its manifestation. Through surrender, Shri Mother, the sacred Emptiness settles within us—no thoughts, no wants, no needs, no expectations, no fears, no demands, no doubts—and in this emptiness of Surrender we are driven further on the shining path of pure freedom, the one that leads to God's abode. To understand surrender is to understand real Freedom. The secret of this magic equation is this :

The sacred emptiness of Surrender, of pure freedom, expresses within us the "NI" Tatwa of "Nirmala". When we realise this we realise that surrender is the most subtle gift of our Shri Mata of Thee who is Niradhara, Nirmama, Nirlepa, Nirvikara, Nirisvara, Niranjana, Nirguna, Nirbhava, Nirvikalpa Ni Ni Ni...

Surrender is neither passivity nor fatalism for it is the amazing creation of the inner space in which the Self will manifest and hence we experience peace. Peace because we accept fully that whatever Thou decide is the best for us. Thy criteria are perfect, based on Thy omniscience and eternal values while ours are within time, within the two well known balloons, the yellow and the dark ones.

To surrender is to be detached, to love

Thee more than dear parents, wife, husband, children for it is through Thee only that everything which is dear is dear. Thou are the taste and the fragrance of Love in all that exists. My bondages are gone! possession is'nt any more binding a sahaja yogi's capacity to love. Surrender is inviting the Ocean in the cup...and it comes !

To surrender is thus to let serenity pervade, without any expectations for returns or rewards or results, to relish the joy of witnessing the state of surrender, to melt our asperities. Without asperities we become subtle and subtly allows us to pass through any obstacles.

Surrender is Shraddha, Faith, faith in the Reality and not the illusion, faith in the Master and not in the familiar donkey called ego. Faith, joy—full faith, whether we feel the vibrations or whether we are all right or whether we are catching, feeling or not feeling the Union, balanced or off the center. Yes, surrender is holding to the right attitude no matter what happens. In any situation let our dedication to "those Feet" chanted by Blake and Shankaracharya remains unshaken.

Shri Mother, Shri Mataji, Shri Jagatguru, please help us to surrenaer more and more, especially when it seems to be most difficult. But it is not. We have already grown much and for this, from the bottom of our heart, we thank you. We bow to the eternal flow of Beauty. We bow to the Lord of those who are detached, to Yogeshwari.

Rome, December 82

Ruth L.

*Om Twameva Sakshat Sri Adi Shakti Adi Maya Mataji
Shri Nirmala Devi Namoh Namah*

O Great Mother of us all
O Holiest of holies,
We come to Thee
with bended knee,
with eyes cast to the ground
and hearts awash with Joy.

Blessed are these eyes,
that have gazed upon thy
Perfect Form.

Blessed are these ears,
that have heard the music
of Thy voice.

Blessed is this head,
'pon which Thy gentle and
mighty hand has rested.

Blessed are these feet,
that have walked behind
Thee.

Blessed, blessed, a thousandfold
blessed are we.

With bended knee
we pray to Thee,
Great Mother of us all
that we be worthy
of Thy mercy.

Let us go forth and proclaim
Thy Name,
O Comforter, O Saviour,
O Mother of us all,
that all may know that
Thou art come.

Jerusalem ! O fount of hope
and Joy !
With bended knee we come to thee,
O source of our renewal.

Sing Albion the fair !
O holy Land,
'pon whose ground
Sri Adi Shakti Mataji,
Great Mother of us all
has trodden.

Those feet, the fairest
in all the Universe
have touched thy soil,
O Albion,
Rejoice !

The Heart, long slumbering
has now awakened,
rising as the Phoenix from its ashes.
Arise ! Arise dear brothers !
Arise sweet sisters !
Unsheath your swords of light !
See, the darkness is receding.
Send forth your heralds
to the four corners of the earth
that all may know
that She is come
The Comforter,
The Redeemer,
The Mother of us all.



TOWARDS



SHRI MOTHER

Mother, when I sit down and think about all this I get tears in my eyes. You came when I needed you most. Mother, only the divine could have led me to you that Tuesday in September.

Long ago I already knew there was more to life than just what we feel, do, and know. I remember being always a little bit different in my ideas than others. I somehow refused to play the same game. Also marriage for me was living and sharing together and not existing one besides another. But my husband could not understand this.

The situation has become even worse after the divorce, because I found myself being more and more caught up in the norms of today's modern society. But in the back of my mind, I always knew that this is not it.

One day, shortly before you came, I said: "Finished! I know there is more!", and so, I decided to look for it, regardless of how strange I would seem to people around me.

I searched among the various Yogas, but could not get involved in any of them. They all seemed something one cannot practice in the West while having a job. However, somehow I noticed the importance of a dharmic life and love.

I started realizing that, the whole day long, we become what we think: thoughts are shaping us. I became convinced that our thoughts have power for good or for bad. So, I started thinking about beautiful things, about God, about Jesus, how great they must be. I thought about love and started searching for good in the people. Then I realized, that Jesus has promised many things. I thought that if this all is true! It has been promised, I kept telling myself: "It has been promised..."

One day a book about Zen Meditation came into my hands and I decided that I could try this also. Just to sit down, be quiet, relax and not think about anything. Of course I couldn't stop thinking. But I didn't give up. I also noticed that, if I concentrated on a prayer for example, I could keep the thoughts out for a while.

Then, I started reflecting upon what my prayer should be like. It should not be something stupid. It should be supreme, it should be something good, something that God might bear.

I started praying for the good of all people around me and at the end as the climax of my prayer I asked for my highest Self Realization, not knowing what this actually was.

I was doing so for weeks and weeks and, I must say, it did me a lot of good. I was becoming quieter, nicer, happier, but apart from that nothing happened and I started losing my patience.

Then this Monday of September 1982 came and I got almost desperate in my prayer to Jesus. I said: "Jesus, if I wish my Self Realization so much, then it

is You who gave me this desire ! My God, please, do something about it ! I cannot go on like this ! Send me somebody who can help me !"

Mother, on that Monday you were already in Vienna.

On Tuesday I came in my office and my boss told me about you. He knew nothing about Yogas, used wrong expressions while explaining, but I didn't care..... I knew I must see you.

I came to the programme. A young man was there first explaining to the public about the different centers placed within the human beings. I didn't miss a single word he said nor a movement or a glance he made. I was all excited with expectations.

Then, Mother, you came. You looked very normal, but you also looked like somebody who has all the authority, but who is sweet anyway.

You talked and there was nothing I could question or add to it. Everything seemed true and quite logical to me. I noticed there were some other people around who all had their hands siredched towards you. I didn't know why, until at the end you asked us to do the same. Immediately I felt the cool breeze on my hands and I started smiling. But on the top of my head I felt nothing. It seemed to be even hotter than before. I was very sad and I thought : "I who want it so much, should I not get it ? It cannot be !"

Returning home my ego started planting doubts in my mind, but I was fighting it.

On the day of the last lecture I managed to have a cup of tea with you. I was so

happy, but so much into doubts at the same time, I just didn't understand anything anymore.

That last night after the programme you had me repeat again and again : "Mother, are you the Holly Ghost ?" Then you answered : "Yes, I am, but I want you to know that. You have to trust me !" Then you took something away from the top of my head and, oh, I looked up to see whether they had put on the air conditioning ! I was ashamed of this reaction and I started laughing. I was just smiling. You kissed me on my cheeks and I walked away smiling. But back at home I thought again : "Who are you really Mother ?"

Today, after two months and a half, I can feel who you are, Mother. Sometimes still Mr. Ego plants thoughts of distrust into my mind, but I can recognize them and tell them to leave, or I simply overwhelm them with the question : "Mother, let me recognize you with my heart," and you answer with joy that penetrates into every cell of of my being.

Mother, I don't find the words to thank you. I know, I still have a lot to learn. Sometimes it seems difficult because of Mr. Ego who keeps on blocking up the gates. Please, Mother, make him leave, tell him he is not needed anymore, because now we are protected by the divine. By You, Mother.

May Sahaja Yoga spread to my country, Yugoslavia, and to the whole world.

Vienna, 10.12.1982

With love,
Zorana

Nirmala Yoga

Slow down, my busy brain, behave!
It's time you changed ! You're not the slave
of every dark, conditioned thought
that rises from the past unsought ;
you're not an engine shuffling facts
and shaping them to future acts ;
nor yet a pendulum that scans
the tos and fros from past to plans.

Each time you swing from "what's to do"
to "what's been done" you flicker through
the precious present, wherein lies
a glint of God's great enterprise.

If we could stretch that moment where
you're thoughtless, still, and yet aware,
then we, my brain, might start to sense
creation's vast magnificence,

Oh Mother, slow my bustling brain :
detach it from the brash, insane,
dishonest, pampering, uncouth
illusions that conceal the truth ;

and Mother, that I might fulfil
my part of the Creator's Will,
in-turn my mind and teach it how
to live the ever-present Now.





MAHADEVI CHARITABLE TRUST

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