



# Nirmala Yoga

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



## Translation of Her Holiness Shri Mataji's Marathi letter 1979

My dear Sahaja Yogis,

Received your loving and beautiful letters and messages of greetings. Here, I am busy in the work in London and could not write

Once I told you that Sahaja Yoga is beginning from Navaratri this year. That is, Satya Yuga, for which you were so far preparing, will now be seen. As a tree has to sprout first in the earth and then its sapling peeps out, in the same way, on the first day of Navaratri i.e. on 8th April the sapling of Satya Yuga will be seen.

It is the day of great joy. Whole Nature will now have new life. You must understand that the importance of this day will be known only if the whole mankind is enlightened with vibrations of love.

In this world Brahma Shakti was awakened from the very day of My birth. You have received it to some extent, and are using it in many ways.

I was telling you that light of that great power of love will spread all over the world. The first lamp will be lit on that day. But night of Diwali is blind. It cannot see the lamps. In this Kali-Yuga, this work will be done only if many lamps are lit.

Whatever is God's work, it will be over. Hence all should be alert and awake and also awaken others.

My life is dedicated to you. Every moment it is working. All I want is that pure gold should enlighten human history while getting heated in the hell of Kali Yuga.

My blessings are: may this lamp be kindled in every home, may its joy spread in the society, may the cheers of its victory resound all countries and may this power of Brahman fill in every molecule of universe.

I have to be away from you for very long time. But your brothers are living here and also in other countries. You will meet each other in course of time. But I often feel that one day of such great joy of love should dawn in our life. Whatever you desire will happen. Therefore, your attention should be fully on Sahaja Yoga. I have offered my body, mind and wealth, every thing.

You have to take care of only your Chitta because only that will be enlightened.

Always remembering you,  
Your separated Mother,  
**Nirmala**



## Editorial

रुद्र क्षेत्रज्ञ वर्गः समुदयति यतो यात्रा विश्रान्तिमृच्छेत् ।  
यत् तत्त्वम् यस्य विश्वं स्फुरितमयमियद्यन्माया विश्वमेतत् ॥  
स्वच्छन्द्यातन्द विन्दोच्छलाद् भयानुत्तर स्पन्दतत्त्वम् ।  
चैतन्यं वाकरंतज्जयति यदखिलं द्वैत भासद् अद्वयात्मा ॥

*Rudra - Kshetrajna - Vargah samudayati Yato Yātrā vishrānti - mruchhet !  
Yat-tatvam Yasya Vishwam sphurit-maya Miyad-yanmāyām vishwa-metat !!  
Swacchan - dyā-nanda - vīndo - chhalād bhayā - nuttar - spanda - tatvam !  
Chaitanayam Shankaram tajja-yati Yadakhilam dwait bhāsad - adwayātmā !!*

### Translation

That consciousness of Shankara is ever victorious which in its wholeness is non dual in reality though having an appearance of duality from which emerges the class of Rudras and all living beings and in which comes to rest which is the fundamental reality from which bursts forth into view the universe whose form is the universe, from whose unimpeded free will ever leaps forth his divine power which is a mass of bliss bringing about unsurpassed immortal vibrations (the primal creative force).

Adi-Shakti is the consciousness of Shiva, pervading in everything yet transcending above all and governing.

She is 'Ābrahma-keet-Janani' — Mother of every living being from Brahma i.e. Hiranayagarbha down to an insect. All universes have emerged from Her and She is foundational for everything that exists in them. Vibrations is the manifestation of Her own unimpeded-free will. She is the shelter of all great souls. Her lotus feet have been worshipped and meditated upon by saints and sages since times immemorial.

It is sixty years since She has assumed the form of our Beloved Mother to kindle the light of Kundalini within us and enlighten the path of Sushumna for ultimate liberation and for consciously uniting with Her universal being. On the battle field of Kurukshetra Arjuna was not able to see with his mortal eyes the universal form of Shri Krishna, having the resplendence of thousand Suns. Out of great compassion on him Shri Krishna touched his eyes. Arjuna could behold that indescribable form of the Virata. However imperfect as he was, he could not bear the sight and prayed Shri Krishna to become his usual self with which Arjuna was friendly.

In the battle field of life we are like Arjuna, genuine seekers, yet unprepared to meet the Supreme and unable to recognise the incarnations and are following the instructions of ego rather than of our Spirit. Hence at the very outset, our attention is raised above the limitations of ego and super-ego. Vibrations, the Brahma shakti, is the partial glimpse of Her Cosmic form. Then, further revelations occur to us. She is leading us step by step. Kundalini rises in strands depending upon the opening of Sushumna and strength of Chakras.

She knows the inner beings and is correcting the faults of everyone of thousands of Sahaja Yogis even without one's knowledge. Every Sahaja Yogi is being looked after, as if a tender sapling, so that their inner mechanisms become strong enough to sustain final revelation i.e. the unity of Jeeva (the consciousness limited by ego and super-ego) and Shiva i.e. She Herself.

How to express gratitude for all this to Her who is the condensed form of our Spirits ! We all Sahaja Yogis kneel down in utter humility and pray; "O Mother, your form is soothing to our inner beings, it is quenching the thirsts of our Spirits, it is fulfilling the wishes of all great sages, saints and seekers. Kindly keep this form in good health for years and years".

अन्यथा शरणं नास्ति शरणं त्वमेव च ।

तस्मात् कारुण्य भावेन रक्ष रक्ष परमेश्वरी ॥

*Anyathā Sharanam Nāsti Sharanam Twameva Cha !*

*Tasmāt Kārunya Bhāvena Raksha Raksha Parameshwari !!*

### Translation

O Supreme Goddess, I surrender to you alone and non else. Hence have compassion on me and protect me.



## A PRAYER

O Primordial Mother,

Let Your Blessings bestow upon me through Your Holy Vibrations,

And let Your Holiest of all Holiest names be always in my Heart,

And forgive me for offending you in thoughts, words and deeds and make me  
ashamed of it,

And give me courage to forgive others as you have forgiven me,

And let your vibrations make me understand as to where I stand so that I can  
plead for forgiveness to my ever loving Mother who is the Creator of this  
Universe,

And finally let me thank you for all that You have given to me and pray that  
Your Blessings will bestow on this poor child infinitely.

Jai Mataji

—Avdhut Pai  
Bombay

**(Poem presented to Mother, at Dollis Hill, London  
during Easter Puja 1980).**

Mother,

Your Name is our Truth

Your Love is our Support

Mother,

Your Words fill us with Joy

May our Joy fill every Universe

Mother

What May we do but Serve You ?

What should we do but praise You ?

What can we do without You ?

Mother,

Most Glorious You are

And forever

Mataji Nirmala Devi.

—John Peirson  
London

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## *The Message of Christ and the Inherent Dangers of Sustaining the Realisation*

CAXTON HALL, LONDON  
10th December 1979

This is the day for us to remember that Christ was born on this earth as a human being. He came on this earth and the task that was before Him was to enlighten human awareness, with the sense of understanding that we can see its actualization within the awareness of human beings that they're not this body, but they are the spirit. The message of Christ was His resurrection that is, you are your spirit and not your body and He showed by His resurrection how He ascended into the realm of spirit, which He was because He was 'Pranava'. He was Brahma, He was Mahavishnu, as I have told you about His birth. And He came on this earth in a body like a human being. He wanted to show another thing, that spirit has nothing to do with money, has nothing to do with power. It is all powerful, all pervading. But He was born in a stable, not in a palace or to a king, but He was born to a very ordinary person, a carpenter. Because if you are the king, as we say in the Hindi language 'Badshah', then nothing is greater than you. Isn't it? It means nothing is higher than you, neither anything can decorate you. Whatever you're, you're at the highest. All the worldly things are just like dry grass, 'Tranavat' (तृणवत्). So He was kept in the dry grass. To many it makes them very unhappy and they feel very sorry that Christ, the one who came to save us, was kept under such conditions and why not God provided him with something better.

But to such people, it doesn't matter whether you are lying in the dried grass or in the stable or in the palace. Everything is just the same, for it does not touch them. They are so detached. And they are completely in joy. They are the Masters of themselves, nothing can master them. No matter can master them, no comfort can master them. They are masters of complete comforts within themselves, they have achieved all the comforts within themselves. They are satisfied people, that's why they are kings. They are called as kings, not these kings who run after things or those kings who seek comforts in life. I mean if you have comforts well and good. If you do not have well and good, makes no difference.

So many people in Latin America, when I went there, said, 'but we cannot understand why Christ was born as a poor man'. This is again the human concept about God, you see, he wants to command God, "Be born in a king's palace". You cannot order him about. We have our own concepts about God, that why should he be a poor man? Why should he be helpless? He never showed his helplessness. He was much more dynamic than all your kings and all your politicians put together. He was not afraid of any one. Whatever he had to say he said it. He was not afraid of crucifixion or of any such so called punishment. It is only the human beings you see who have

these false ideas about life and that's why they want to put these ideas on to God also and try to make Him also follow these concepts. God is not your concepts. He is not a concept at all. You also say that a concept is after all a concept, not actuality. This I have found out very recently. This is another myth people carry that concept is a concept. All right, Mataji says all right. So what? But even this is concept because concept is a thought.

You have to rise beyond thought at a higher level into thoughtless awareness where you are not in thought, but you are in the centre of thought in the sense that one thought rises and falls and there is a place in between. Another thought rises and falls. You are in the centre of these thoughts, the 'Vilamba' as we call it. The time where you pause. Then you will understand Christ.

He was here partly, of course, to save us because he has many aspects. I should say not only to save human beings, He came on this earth because He had many more aspects. This is another. Human beings demanded that they must be saved. Why? Why should they be saved all of them? What have they done for God? How can you demand from God that he should save us? Can you? You cannot ask for that.

He came to create the passage between, as you see here, the Vishuddhi and the Sahasrara, is this Agnya in the Primordial being, the Virata. He was born there to open that door. In evolution every incarnation has come on this earth to open a door within us and to create that opening or that enlightenment in our awareness. So Christ came precisely to open this small little door which is constricted by our ego

and our super-ego. Ego and super-ego are the two by-products of our thought process. One are the thoughts which are of the past and another are the thoughts of the future. He came to make that gap, to cross that gap and that's how he sacrificed Himself, His body. For you it is a very big thing of remorse and repentance. But for such people it is not. It's a play that they have to play a certain role. That's why I don't understand why you show Him to be so hanky panky miserable creature. He was never miserable. Such people can never be miserable as you are. This is another concept that He should be hanky panky—tallie, skinny, starved, bones coming out, count them one by one, horrible I tell you.

From His childhood till His death He was a joyous person. He was happiness, He was joy, to make you all happy, to give you the light of happiness by enlightening your source of joy that is your spirit in your heart. He came on this earth not only to save you, to give you happiness but also to give you joy, because human beings in their ignorance, this tomfoolery, are unnecessarily beating themselves, and destroying themselves.

No body has asked you to go to pubs, to get into troubles. No body has asked you to go to races and become bankrupts. No body has asked you to go to horrible Gurus and get into troubles. But you seek your destruction voluntarily. He came like a morning flower to make you happy. First to make you happy, to give you joy. You see any child. At least I know myself, I don't know about the funny people here. I mean to them flowers look like thorns. I mean I don't know how they manage.



But you see a child anywhere, any child, such a joy giving thing it is.

This is the child of the Divine, that came on this earth as a child, is the most joy giving thing and that's why Christmas for all of us, for the whole universe, should be a festival of great joy. For he brought light for us, by which we can see that there is some one called as God, there is some one who is going to remove this ignorance. This was the first beginning. So for us it is necessary to be joyous, happy and relaxed and not to take anything that seriously as we do, because Divine life does not make you serious, because it is all a play. It is Maya. I have seen in all the rituals people follow, in all the so called religious people, they are too serious to be religious. A religious person is bubbling with laughter. He does not know how to hide his joy and he does not know how to control his laughter when he sees people unnecessarily serious. I mean nobody is dead. The way the people say it sometimes just donot know what to do with ourselves. There is nothing in this world for a person like Christ to feel sad about. If you really believe in Him, then first of all please give up this silly sadness and sulking and sitting down and becoming morose, not talking to anyone, silent bores all over.

This is not the way to look at Christ, see how he went and talked to multitudes. How he opened His heart to all the people around and how He tried to give them happiness. He has said that you are to be born again i.e. He had to do this work and that you have to get it sometimes, He has promised that you have actually to be born again. Christ is to be born within us. I do not know what Christians understand out of

this? How do you become 'born again'? Not by going through the ritual of baptism. Somebody coming from the theological college, cannot make you a Christian. Like in our India, we have some paid brahmins as you have here some paid people, you see. The whole day they will eat drink and be merry and in the evening time they will come to pray and preach. You have to be a person who is authorised by God. Unless and until you are authorised by God, you cannot give joy. That is why I have seen all these people. The so called pandits and big priests are so serious because they are not authorised by God. Even on a Christmas day, I mean if anybody comes from village, will see as if some funeral is going on. And after the function they go home and how do you celebrate? With a champagne and after a real funeral, how do they celebrate. I do not know why but they take champagne.

How can you celebrate Christmas by insulting Him? He came to enlighten your awareness, because He respected your awareness, the point at which it had reached. But you are trying to put it down. Is this the way to understand Him? And He has promised that you are to be baptised, you are to be born again and now in Sahaja Yoga this promise is being fulfilled. So be joyous that here at the Agnya Chakra again Christ is born within you and He is there and you know how you can ask for His help always. That the main thing that one has to understand is that the time has come for you to get all that is promised in the scriptures, not only in the Bible but all the scriptures of the world. The time has come today that you have to become a Christian, a Brahmin, a Pir, through your Kundalini awakening only. There is no other way out.

And that your last judgement is also now. Only through Kundalini awakening God is going to judge you. How is he going to judge you otherwise? You think of somebody now, a person comes in now. Here is somebody sitting to judge you. How? By how many hair-dressers you have been to? Or how many suits you have stitched for Christmas? Or what presents you have bought or how many cards you have sent? and to how many people you have sent some other things which may not be very palatable. That's not the way. Or is it that what price you have bought? The things, the way we are particular, which way are we going to be judged by God?

Not superficially, people say. So what depth we have got? Let us see how far can we go in our depth. At the most we reach a point where we are a concept again. So whatever depth we have got goes only upto only rationality, upto the concept point. Beyond that we cannot reach. So how can we be judged? How people are judged if you go to the doctor? He has his instruments, he works it out, puts the light in, sees for himself and says this is the position. And how your spirituality is going to be judged? How a seed is judged? By sprouting it. When you sprout the seed and when you see its germinating power you know it is a good seed or a bad seed. In the same way you will be judged by the way you are germinated. The way you receive your realisation, the way you retain it, respect it. That's the way you are going to be judged and not by the kind of dresses you are wearing. By the type of matching you do or by the hair dresser you go to. Not by the positions you occupy and the big politicians or big beaurucrats you become. Not by what kind

of houses you have built and what kind of so called Nobel prizes you have won. You are not also going to be judged by your philanthropic work. By that you think that you have given so much money. If you have given so much money there will be a big ego somewhere hanging and it will bring you down your scale.

This is a judgement in which a little feather is going to weigh more much more than a ship. It's a different type of a judgement of a personality. We can see how Christ was judged by human beings and how he was judged by God. He came and lived in the dried straw like a feather. His Mother never felt this discomfort. In the same way those who have not by their behaviour oppressed others or taken offence are going to be judged as First class.

In the Kundalini awakening itself there are inherent defects. Inherently, the Kundalini has some defects due to your previous Karmas. Because what you have been doing in this lifetime, because what you have accepted as reality, which is just a concept, because when you have not known the Absolute whatever you will be doing, that will be a born of ignorance. Whatever you have done in darkness will have a particle of darkness in it. So without having realisation if you have propagated that we are great saints, this, that, you will have no chance. If you think you are a divine personality and you are a realised saint no chance. All the priests of all the religions will be the last to get realisation.

Valmiki in his Ramayana has said a very interesting story that a dog was asked what do you want to be in your next life. So he told make me anything, but do not make

'Mathadhish' (मठाधीश) a person like priest, make me anything but not a priest anywhere. Just imagine a dog having that wisdom. But I do not say that all of them are like that. May be some who are really genuine. Some may be really realised people may be authorised by God. But I am sure they are not accepted by the multitudes. I am sure of that. Because I have seen your history and all such people have been discarded and have been tortured.

But now the time has come to judge the right and the wrong. You cannot crucify any more. You cannot. Everyone is going to be judged through Kundalini awakening.

Now you should know there are three categories of human beings. I do not know which way to start, not to shock you. One is the human beings as we are. They are called as Nara Yoni. The second category is Deva Yoni, those who are born seekers or realised souls. And the third ones are called as Rakshas. These are called as Ganas. But we can say the species among human beings are Rakshasas, are the people who are evil. So we have evil people, excellent people and we have in-between people.

Excellent people are very few. They are born-realised. I donot have their problem much. But one has to deal with the people who are in the centre. They are looking towards good but have something hanging on to them which is not so good. So for these people there are inherent defects in the Kundalini which we must understand

The first of them is bad health, physical bad health. In this country specially, people suffer too much from cold and other troubles due to over calcium in the water.

In the same way according to the countries —'sthanvishesh' (स्थानविशेष) as they call it, you have your problems.

Like in our country we have some problems. Like in your countries you have certain problems, the physical problems according to the country where you have taken birth. Most of you have decided to take birth in a particular country. That's why you are identified also to such an extent sometimes that you think there is no defect. Every country has a variety according to which you suffer a certain amount of setback in your health. So for a Sahaja Yogi one should know that health is a very important thing. Because this body is the temple of God and you have to look after your health and you know also when the Kundalini rises the first thing that happens is that your health improves because of the para-sympathetic fulfilment. Because the para-sympathetic gives you enlightenment which flows into the sympathetic, your health improves. I will not tell about it very elaborately today because time is short but if you read any book—I have not written much—but if you listen to my lectures and some of them that are written down, then you will know how Kundalini helps to cure most of the diseases except for those that are being tempered by human elements—like a kidney trouble. A person has been cured by Sahaja Yoga. No doubt, we can cure kidney trouble but a person who has been on the machine you try you cannot cure. We can give him longevity but he cannot be cured. But to cure people is not your job by any chance. You must remember this. No Sahaja Yogi should take to curing people. They can use my photograph. But not to take to curing because it means you are a big philanthropic personality. I have seen

people who have been curing get into such a mania of curing that they forget that they are also catching something and they are also getting some trouble and they never cure themselves and ultimately I find they also get out of Sahaja Yoga. But with the photograph you can cure people. Do not think it's your duty that you are a great physical benefactor. No, you are not. You are a spiritual benefactor but as a by product the body of the person improves because if Christ has to be awakened, if God has to come in this body, then this body is to be cleansed. It is done by Kundalini. But it does not have a separate work like hospitals.

I have known people who went so mad with the power of curing that they started visiting regularly the hospitals and they ended up in the hospital also. They would not even come to the programmes. They would not come and see me. So this is one of the greatest hurdles of God, is the Vyadhi (व्याधि) is the bodily ailments. And the bodily ailments also should not keep you down too much. If you have some problem forget it gradually you will improve. For some people it takes some time to get alright. But then the main thing is to get to your spirit. So do not always say "Mother cure me, Cure me, Cure me". But just say "Mother keep me in the spiritual life". You will be cured automatically. It may take time with some people but you have been sick all your life. It does not matter if it takes a little more time and also follow the methods, which we have told for the different diseases. Specially in this country the liver and what you call this gout and all this troubles. We have remedies for all these for which we have but to work it out as a duty towards your body, towards the temple. And that should

not be the end of your life. That is a very little part like cleaning the whole place and then you get out. You may ask me why do you clean. Like I have seen there are people when we were in Oxted, I was surprised everybody used to polish everything you know, lawn was done very well. Everything was done so very well and not even a rat will enter their houses. For months together I never saw any person getting in or any person getting out and they were so particular husband and wife. I do not know why so particular for cleanliness, neatness and everything and both of them would never even talk to each other. I have seen that. There were seven houses except for our house. They were all surprised that how many people are coming to our house. They asked, 'Are you an open house.' I said 'Yes, it is a open house' They could not understand what was wrong with us. Nobody would see that polished things or any thing and so it should be. That's how, we do not go to that extent so that it becomes a sort of real Sahaja Yoga and the rest, which is the most important thing to God. Health is important. But attention should be on your Spirit. It should be on your Spirit because it is your attention which goes into these various directions and gets stuck up. You must allow it to work out and it will work out.

The second hurdle which I feel is called as Akarmanyata (अकर्मयता) as they call it meaning a person does not want to work it out. Of course those people who are useless and do not want to get their realisation, forget about them. But even after getting realisation it is an innate problem with people that they do not want to work it out. They are lazy, in simple words they are lazy.

That is very much in this country surprisingly. I mean the other day I saw a picture that how from your country people went to Germany and blasted a complete machinery and the complete factory of that machinery which was selling those pilotless planes. And they have overdone everything so that our children are having a nice time perhaps.

But in Sahaja Yoga we have to be alert. What exactly happens in Sahaja Yoga when people come here? They get their realisation. They get the cool breeze and is lost again. The reason is that they do not want to work it out. This is another danger Akramanyata. When it is lost after one year they come back, 'Mother we donot believe in it. But I have some pain in the stomach, will you cure'. Instead of you becoming so equipped with all the powers that you have, become a useless person coming here to take my time. These powers are all within you. This is your property. This is the property of your spirit which is caring inside, which is bound to manifest but because of such hurdles that you accept, that it does not. This is Akramanyata, we can say which is not working it out, not knowing about it, not understanding it, what Sahaja Yoga is, how to manipulate this, what vibrations are, how it works out.

People just say 'Oh, it is too much' because they donot want to face reality because as soon as your Kundalini comes up, as soon the light comes in. Before the eyes are closed, you see suddenly the light comes in and you do not want to open your eyes, because it is too much, for you were sleeping. Even if you open your eyes a little bit, Oh God, you do not want to face the light because you are identified with that state, you do not want to open your

eyes. Kundalini opens your eyes no doubt, but again you close it down. So it is in your freedom to give up that Akarmayata. Now this also can be very collective. I can tell you this much, it is a very big disease. It spreads, like say husband - wife is there. Wife is one like that, instead the husband raising the wife, he will succumb to wife—specially in the West. Just opposite in India. Because there the husband is more dominating a woman will succumb to her husband. So what happens is that out of the two who have got it, also has lost it. Instead of both of them should be very well realised and could be very well there if one who is very well realised could put down his will—"No, I will check, I have eyes to see, let me see, I must give a chance to myself". If they accept it then it works and then they go to the second step. Everything cannot be just like a jet liner, sit down here and next moment you are on the moon.

Even if you are in the moon, you may start with the third danger which is the Sanshaya (संशय) which is the doubt. I do not know how to describe this madness of doubting. For example out of all of you who have been here say at least I donot know how much percentage, have come out the second day with a very great statement: "Still I am doubting".

Is that the sign of wisdom? What are you doubting? What have you found out so far? From where does this come? Is Mr. Ego about which I have given lectures after lectures. It is Mr. Ego which is doubting it, because he does not want you to find the Absolute. You are identified with your ego and you do not want to find it because this Mr. Ego has been guiding your life throughout. Now you want to doubt. Doubt

what? What are your doubting? You feel the cool breeze. All right. Sit down then. It would be something like somebody entering into a college, University and sitting down there and the teacher says "Now this is the diagram, I give you". Students get up and say 'We doubt'. Really, what should the teacher say?

But they will not say that because they have paid the fees. They have paid it. Even if it is a horrible drama, boring one, still we go through it because we have paid, you see, to go through it. 'After all we have paid for it. What to do?' But for Sahaja Yoga you cannot pay. I have seen all kinds of tomfoolery people accept in so many Gurus. Like somebody says "I am going to teach you how to fly". They are absolutely ready for that. They pay money and don't doubt, even a bit, that the fellow who is propagating it, is he flying? Have you seen him flying anywhere? Please at least ask that person to fly. They will see the Kundalini rising. With their eyes they will see it pulsating, rising, breaking here. Still they will sit down and say, 'I am doubting'. Now who are you? How far have you reached? Why are you doubting? What are you doubting? What have you known about yourself?

Now humble down yourself at this point. Humble down in your heart, "I have not known myself. I have to know myself. I have not known myself. I have not got the Absolute. With what instrument I am doubting?" This is one of the greatest hurdles of Kundalini awakening, even after awakening, called as 'Sanshaya'.

The fourth one, we can call it Pramada (प्रमद). It is the one by which we go on faltering all the time. Foolish questions. I mean

there are certain things one has to follow. If you are going on the road, you see you are used to, say, continental driving. So always you turn on the wrong side. But in London you will be arrested. In the same way you have been doing continental driving. Now you are in London. So you better take to the ways of Londoners and understand the roads, the maps and the regulations needed and try to follow them. But you are doubting it. That's the main point. Then you don't want to follow it. So Pramada is the mistakes that arise. Because Kundalini awakening is a free gift to anyone who comes here. To anyone who has been to any sort of hell or heaven or has done very many common things that happen. But we blame Sahaja Yoga. We blame that spontaneous happening within us. We never take the blame upon ourselves that, no, I must have done this mistake. All right, does not matter. If I make mistakes I will rectify, its alright.

Mother is forgiving no doubt, but sometimes my forgiveness is of no use, because until and unless you realise it was a mistake you would go this way instead of that. You have gone that way. So the rule of the road is to be understood. That is the one comes to us called Pramada. After that we have another inherent problem. It is called as Bhrama-darshan (भ्रम-दर्शन) hallucinations. We start seeing hallucinations, specially people who take LSD and all such things. They do not see me. Some times they just see light or any such hallucination of the future or of the past. They may see me as something else. If you see me in dreams it is all right or see something in dreams it is alright. But you start seeing something that's called Bhrama Darshan. 'Bhrama' means illusion. Then you start developing illusions.

The worst part of it is that people start telling lies about it. I know about everyone. When this Bharama-darshan starts it is the most dangerous thing for vibrations also.

Some people are absolutely cocksure about themselves. I see that. And they tell all the world, they will dominate everybody saying that vibrations of this thing are not good, the vibrations of that thing are not good while they have no mastery over it. Now I have to be very careful. I cannot talk like a teacher. So I say alright, give yourself a bandhan and put your hands towards me and see for yourself and all that.

If they by any chance know that I have found out that they are lying, then they are finished. I must keep their falsehood to me. You see I am very careful because I know they are on a very slippery ground. So even if I mention in a way that is not so blunt still it might happen. But one must know that it is for our good, that we have to stick on to our truth. And we should not be led away by our own ideas about ourselves.

Then another thing that comes is Vishaya Chitta (विषय-चित्त) in which the attention is attracted by objects of your previous identifications where your attention has been. You are, say fond of cricket. Alright you are but you should not be a sick person. I mean cricket does not mean that you become a cricket bat. And you are good for nothing for anything else. For all practical purposes you are dead. That kind of craziness for anything whatsoever gets your attention on into a very wrong state, is also not good for all the Sahaja Yogis.

Today the lecture is more for the Sahaja Yogis. I am pointing out what are the in-

herent dangers in the way of sustaining our realisation which is very important to understand.

Now two other big dangers which we suffer from apart from that. The people get possessed and get ideas into their heads. They start singing songs, this that. I am so embarrassed. I do not know what to say. I see a devil speaking through them. But I just do not know how to tell them 'Oh, please stop'. Even praising me I know what is but they will just come up and say 'Mother we want to sing a song to you'. All right. I cannot say anything because they do not know from where they get this knowledge. It's something else doing this. Because of all these problems that you get possessed. The other day somebody came to me and said 'Mother, I am feeling very confident about myself. Cocksure, really. And I feel like doing something very high handed.' And he did it. First he saw the possession coming into him and then he did it and did it in a very bad way. Everybody is angry with him I know. But I am not, because something is done in possession. You do not know what madness people may do when they get possessed. I mean they should end up in lunatic asylum but because of being Sahaja Yogis they do all these things. But still they are not stationed where they should be.

Then there are two more states in which a Kundalini which rises also falls down. This is an inherent danger in a person. Many people have asked me, "Mother, if we get realisation, does it stay?" It does stay, part of it. Sometimes it is very thin part of it, sometimes the whole thing is sucked back. It is sucked back. If so, then you will say, 'we start doubting'. Where

is it written that you will be lifted up and put into something great, whatever may be your problems? Is it possible? Even from here if I have to go to India, I have to get inoculations and vaccinations. I have to get my passport, go through an interview. When you have to enter into the Kingdom of God then you are going to be judged, not only judged but even, when supposing you are given a grace mark and allowed to get into the plane, may be they ask you to get down. That happens with some people that the Kundalini falls down. It is a very very dangerous sign. It comes through problems like wrong Gurus and going to wrong places, also going to spirits and doing black magic. Also bowing before people who are not incarnations, worshipping wrong type of deities and also doing mad rituals, fasting at wrong times and not understanding the signs of fasting and of ritualism and chakras and connections and complete synthesis of Sahaja Yoga. In some people you have seen that Kundalini rises and immediately falls down. This is a very very dangerous thing. Really it is very troublesome also.

Last danger which you should know is you that you start feeling that you have become God or like an incarnation or something. This is the biggest danger. Then you start taking law into your own hands and start ordering others or doing all kinds of high handed business or get over self-satisfied with yourself. This is a very big danger. Humility is the only way to know that there is an ocean before you. You have got into the boat alright. But you have to know a lot. You have to understand a lot. And you have still to attend to your attention, to your Chitta, to your awareness.

And you have still to work it out in such a way that you really establish yourself as a fulfilled Sahaja Yogi by which collectivity becomes a part and parcel of your being, by which you have no doubts left. From thoughtless awareness you jump into doubtless awareness. Unless and until that happens to you—is not My but is a state—in which only the Kundalini will rise whenever you will raise your hands. Unless and until you've achieved that state please try to work it out. Do not be lazy. You have to see around yourself. Meet people, talk to them. The more you talk about it the more you do it. The more you give it, the more it will flow. The more you sit at home, 'O! I am doing my puja at home'—Nothing. It will stagnate and stagnate. You have to give it to others. You have to give it to more and more people. Thousands of them have to have it. And that's why it is important that you donot get bloated with the idea that you have all the powers of the world already manifesting. Never when these powers really manifest you are aware of them. Absolutely, I mean, imagine the sun saying, 'I am the sun'. Does he say he is the sun? What is there!

If you go and ask the sun 'Are you the sun?' He will say 'Yes, by the way I am. What can I do about it?' It's that simple. You become a very simple person. Absolutely simple. Because there is no camouflage, no complication. You are that. So, if anybody asks you the funny question you say, 'by the way what is there to ask? It is true. I mean I am a realised soul. I am. What does it matter?' With this understanding we have to go to Sahaja Yoga. I must say I am surprised how it is working—miraculously! And it is working out. But it's you who can settle it within yourself.



Now, among you, some are only on the peripheri. We keep them on the peripheri. That you know very well. Some of them come in the centre. And there are some, very few, who are in the inner circle. All of them are in a state where they can be thrown out like a tangent goes out, you see. And then you do not understand why a Sahaja Yogi behaved like that. If you see some Sahaja Yogi behaving like that, going at a tangent, know that you might do the same. So be careful.

So today at this juncture when we are celebrating a great event of Christ's life, let us know Christ is born within us. And the Bethlehem is within us. You do not have to go to Bethlehem. It is within us. He is there and we have to look after it. It is still a child. You have to respect it. And you have to look after it. So the light really grows and people know that you are realised souls. Nobody will doubt that you are not.

May God Bless You All.

## MANTRAS

"Om Twamewa Sakshat, Shri (Name of Deity) Sakshat,  
Shri Mataji, Shri Nirmala Devi Namoh Namah"

For Mooladhara Chakra,	"Ganesh"	Centre Heart,	"Jagadamba"
Mooladhara,	"Kundalini-Mata"	Right Heart,	"Sita-Ram"
Nabhi,	"Laxhmi-Vishnu"	Left Heart,	"Shiva-Parvati"
Swadisthan,	"Brahmadev-Saraswati"	Visshudi,	"Radha-Krishna"
Void,	"Adi Guru Dattatreya"	Agnya,	"Jesus-Mary"

### For Sahasrara

"Om Twamewa Sakshat, Shri Mahalaxhmi, Mahasaraswati, Mahakali, Trigunatmika, Kundalini Sakshat, Shri Adi Shakti, Mataji Shri Nirmala Devi Namoh Namah"

"Om Twamewa Sakshat, Shri Kalki Sakshat, Shri Adi Shakti, Mataji Shri Nirmala Devi Namoh Namah"

"Om Twamewa Sakshat, Shri Kalki Sakshat, Shri Sahasrar Swamini Moksha Pradayini Mataji, Shri Nirmala Devi Namoh Namah"

Shri Nirmala Devi Namoh Namah  
Shri Nirmala Devi Namoh Namah  
Shri Nirmala Devi Namoh Namah

## Translation of a Marathi letter from Her Holiness Shri Mataji



My dear Sahaja Yogis

Human Chitta has many illusions. When they are removed, human Chitta becomes enlightened and blissful. Many of your illusions have been removed by Kundalini awakening.

1. You have realised that Kundalini is not an imaginary but a living power in man.
2. This power is within every human being and its awakening takes place spontaneously in a normal person.
3. This awakening does not take place by any act. But if a person has committed bad deeds, awakening is not possible because in sleeping state is aware of the past deeds of the person. Kundalini She has righteousness and although she is mother in witness state she knows what is good and bad for the person. Diseased body and mind get cured by the grace of Kundalini.
4. Kundalini shakti is the power of desire of Bhagwati. She is easily awakened just by the wish (Sankalpa) of Bhagwati. A person of very high order has to put in great efforts for it. But it is not his fault.
5. Brahma-tatwa which is flowing within you in the form of vibrations cleans all your three sheaths viz. Body, Mind and Ego. When any of these sheaths becomes impure your vibrations give you the indications.
6. You get the bliss of the spirit, if you become of sound body, pure mind and egoless. Vibrations of bliss flow from the spirit because its light beams unaffected.
7. How has this universe been made? Why made? Is Paramatma existing? These doubts are basic. Even Gods (Devas) have not understood them. But what I have told is right or wrong, can be ascertained on vibrations. For that vibrations should be good.  

When you will learn with your experience that love and truth are one and when with your experiences you will realise your very subtle Brahma-totwa, then your illusion, that Brahma is detached, will go. Divine principle i.e. Brahma will blossom from within you as lotus and its fragrance will spread. Impurities will go from physical, subtle and causal bodies. When your Chitta becomes Brahma then the illusion due to unreal will be destroyed.
8. Although Brahma-tatwa (Divine element) is like sun, its rays reflect on unreal (water) and that disturbs your attention. It will not be disturbed when your Chitta becomes Brahma (sun) itself. This illusion will go by meditation is the company of ever loving Bhagwati.
9. You have become collective conscious. This power of collective consciousness which is awakened within you, is Brahma Shakti and it is present in the universe, in different forms and even in molecules. It is

the solidity (Jada-Shakti) in solids, in living beings it is beauty (Saundarya Shakti), in waking state it is the power of bliss, in Sahaja Yoga it is the power of consciousness bliss, in Param Yoga it is supreme bliss and within Bhagwati it is the power of being Brahma (Brahma-bhootwa shakti).

You have understood all these, but should experience them. You should have steady mind and surrendering your heart become free from the illusion. These are my blessings.

Ever yours Mother  
**Nirmala**

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## CONFIDENCE IN OUR VIBRATIONS

Vibratory awareness is a precious gift we receive after our Realisation. A new field of judgement is opened in front of us, shows us wider horizons. Our sense of discrimination, symbolized by the swan who can separate the milk from the water, develops and gives us more assurance, more confidence in our decisions. Where there was darkness we now see light, where we would feel incertitude we are now sure. The correct way, the Right Path is shown to us through vibrations. But sometimes, we misuse this wonderful gift and try to get an answer to our petty daily things, through vibrations. This power was given to us by the enormous generosity of ADI SHAKTI, best to be used in a correct way. We should not waste it. If not used correctly we may lose it, and then the answer we had looked for will not be the good one. At such stage we lose confidence — confidence in ourselves and immediately in Sahaja Yoga.

But if each time we use it, we do it from the heart, for a worthy purpose, the sure answer will come even when not expected but with a sign easily recognized by a Sahaja Yogi, as coming from the Divine.

This sort of a happening should give us confidence in ourselves, in our own judge-

ments. Sometimes we feel that a particular situation should be handled in a particular way, but when the moment of action arrives, the moment of taking the final decision, we go backwards. We are afraid. In that moment joy goes away from our hearts and instead of it non-confidence settles there. The decision will not any more be the one coming from the Unconscious

On the contrary, if we deeply believe we were given this power, we will always be confident and we will always feel the attention of Shri Mataji on us. We are like little birds learning how to fly, and as soon as we cannot go further we are taken in the nest. And again through HER GRACE we will try, till we are capable of doing it on our own.

The same way Shri Mataji gives us the powers, shows us the way of doing things, and then leaves us free to act by ourselves, always under Her Loving Care, Wise Guidance, Tremendous Compassion.

It is time for us to be strong, to grow to face reality and to learn how to fly with all the joy in our HEARTS through the unlimited LOVE flowing from Shri Mataji.

JAI MATAJI

—Maria Amelia de Kalbermatten

## Advice of the Primordial Master

Tao is Adi Shakti. The study of Tao pursued by Shri Lao Tzu is thus unveiling some aspects of our so elusive cosmic Mother but it also teaches quite a few interesting things about ourselves. For instance, some of us, western or westernized Sahaja Yogis, do sometimes tend to carry out the spreading of Sahaja Yoga with right side attitudes. Now the right side movement fills us with the products of our own sympathetic activity and will power such as individualistic consciousness, yearning for the fruits of the actions, efforts, strivings and, perhaps, competitiveness and tensions. However only when we are empty, freed from all these things, can we be filled with Tao. Shri Lao Tzu wanted the children of Tao to acknowledge this. Hence he kept a few wonderful lines for me :

— For instance when I'm inclined to work too much with Mantras :

*"Tao was always nameless.*

*When for the first time applied to function,  
it was named.*

*Inasmuch as names are given, one should  
also know where to stop.*

*Knowing where to stop one can become  
imperishable." (Tao Te Ching 32)*

(To be really modern we can stop after one name : NIRMALA !)

— When I tend to work too much with the tongue :

*"He who knows does not speak;  
He who speaks does not know.  
He who is truthful is not showy;  
He who is showy is not truthful."*

(Tao Te Ching 81)

— When I stick to old mental patterns in seeking achievements :

*"He who pursues learning will increase every  
day;*

*He who pursues Tao will decrease everyday.*

*He will decrease and continue to decrease,  
Till he comes to non-action;*

*By non-action everything can be done."*

(Tao Te Ching 48)

— When I feel sad not to go to India, to London or wherever is Shri Mother :

*"Without going out of the door*

*One can know the whole world;*

*Without peeping out of the window*

*One can see the Tao of heaven,*

*Therefore the Sage knows every-  
thing without travelling;*

*He accomplishes everything without  
doing it."*

(Tao Te Ching 47)

— When I forget to take my inspiration and guidance in the example set by my Divine Mother :

*"The great Tao pervades everywhere, both on the left and on the right.*

*By it all things came into being, and it does not reject them.*

*Merits accomplished, it does not possess them.*

*It loves and nourishes all things but does not dominate over them.*

*It is ever non-existent, therefore it can be named as small.*

*All things return home to it, and it does not claim mastery over them; therefore it can be named as great.*

*Because it never assumes greatness, therefore it can accomplish greatness."*

*(Tao Te Ching 34)*

We bow to the unfathomable depth of the Adi Guru who has led us in so many ways to the Immaculate Lotus Feet of the Great Goddess. O Mother, with a tiny sparkle of His humour and of His wisdom, we, who are to be gurus in Sahaja Yoga, will convey Thy message of redemption with proper nuance, sweetness, dedication, effectiveness and style. O Devi, only Thee in the three worlds is able to enlighten in mere mortals the manifold qualities of true gurudom. Glory to Thee for ever and ever. It is said in the Devi Mahatmyam that those who serve Thee become themselves the refuge of the Universe.

—A half full yet half empty  
Child of Tao

## SEEKERS OF TRUTH!

To you who seek  
Ne'r mind how meek  
Your search is not futile  
For they who found  
True yoga's shore  
Had searched millennium's mile.

Seek not for gain  
Seek not for fame  
In this truth stays concealed  
Seek the truth  
Inside yourself  
And all will be revealed.


On Yoga's Shore  
By Sahaja's score  
The way to truth prevails  
And Mataji Nirmala's here  
To show us  
Truth unveiled.

To you who seek  
Ne'r mind how meek  
Time can only allay  
When outstretched arms  
Of yogis who  
Await to show the way.

And when the truth  
Adorns your head  
And you in light abound  
Seek not  
To keep it to yourself  
'Tis here heaven's key is found.

Jai Mataji

Bill Hansel  
Birmingham  
England



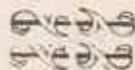
# Antar Yoga

BECAUSE of the enlightenment of the chakras, whatever is done externally after self realisation is reflected within. Thus mantra and yantra, prayers and gestures, have a meaning only after realisation. Even so, gestures and words remain empty if we do not have our Mother as the residing deity of all chakras, and specially we have to place our Mother in our hearts if antar yoga is to be complete. It seems so obvious, but many Sahaja Yogis remain half hearted nevertheless because this has not been understood. Recognition of Shri Mataji as the complete incarnation of Adi Shakti, embodying every deity which is to be worshipped, is the only way to get rid of inner negativity, to feel vibrations properly, and to establish oneself in the divine kingdom of joy and bliss. This has to be verified, but it is a fact.

Because external action and desire is reflected within, the chakras become clean or dirty according to our outward behaviour. If the behaviour is false or artificial, even if we are doing the gestures of what we believe is Sahaja Yoga, still our left side will be weak. Sins of commission are corrected by correct outward gesture, but

we must also correct the sins of commission, that is the failure to become, for instance, sweeter and more considerate people. As we watch ourselves we will see these effects more clearly. As Christ has said, watch and pray. When the flow of vibration in our meditation is absolutely even, silent, without direction towards any object, then we have balanced our outward behaviour and the inner yoga can work to take us deeper without outward effort or show on the part of our ego. Again, this will only happen if Shri Mataji is in our hearts as the Kshipra Prasadini—who showers blessings on Her devotees very quickly—and as the Vanchitartha Prasadini—who bestows on Her devotees the objects of worship. Thus oneself becomes one with the formless, all-pervading, attributeless Queen of the Universe who cannot be known except through worship, praise, meditation and ultimately silence.

On the birthday of our Divine Mother we all give thanks to have been born in an age when it has been possible to know personally the most complete incarnation which has been known in all the history of mankind. Again and again we pray to Her, not to lead us into the Maya of believing that deities are different and Mataji Shri Nirmala Devi is different. To know the deities one must know Mataji, and not the other way round. Thank you Mother, for giving us this big chance. May Your children make you proud and manifest Your glory on Earth.





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**YOGI MAHAJAN**

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When a child becomes more aware he begins to observe his surroundings. He listens intently to all sounds and watches carefully the movements of his parents. As his faculties develop he begins to imitate the mannerism of his parents and gradually learns by their example. In fact from the child we can know the quality of his parents for his behaviour reflects their upbringing.

We learn by example and it continues to be the most effective method of education. In fact moral education can only be imparted through this method. A child is taught to speak the truth but if the teacher tells lies then the teaching loses credibility and fails to register. Our politicians preach honesty but if they are themselves corrupt then no one lends ear to their lectures and the moral standards further deteriorate. Their message fails to inspire because it does not come from the source of truth. Truth has its own strength. When one has become the truth then his words have great authority and strike deep. The words of the

Christ, the Buddha and Lord Krishna had this authority and hence the power to transform humanity.

A leader who practices what he preaches is like the rising sun which sheds light and shows the way. Lord Krishna states in the Sri Bhagwat Gita, "Whatsoever a great man does, the same is done by others as well. Whatever standards he sets the world follows" III (21).

This is not a mere scriptural quotation but a reality which was verified in recent times in the living example of Mahatma Gandhi. His personal example permeated the hearts of millions and inspired their course of action which changed the destiny of India despite the most formidable odds.

In becoming the example lies the secret of a successful teacher. Sahaj Yogis have to become the samples of Sahaja Yoga that others may learn by their example. The example we set should be so sincere that others are compelled to enquire who we are, who has adorned us like this. This will bring glory to our Mother and She will be proud of us. Then our small family will cross all frontiers and become a universal family. Therefore, we have to be careful and should investigate and check ourselves, whether our deeds are in harmony with our speech. While we talk of love and forgiveness our actions are not a negation. While we accuse others of fanaticism we are not ourselves being carried away. For the eyes of the world have become very suspicious and are always looking for an opportunity for criticism.

*( Continued on next Page )*



TRANSLATION OF HER HOLINESS MATAJI'S  
LETTER IN HINDI  
21-10-1976

My dear Sahaja Yogis, my dear children,

Let this Diwali enlighten you with light of love. You yourself are the lamps which burn high and don't get pressed by the cover. They become much more powerful than the cover. It is their own asset. When they are hit upon, they are disturbed and extinguished.

Why are our lamps disturbed? You should think over it. Is there no transparent sheath around them? Have you forgotten your Mother's love and therefore you are so disturbed? As the glass protects the lamp, in the same way my love will protect you.

But the glass should be kept clean. How can I explain? Have I to say like Shri Krishna "Leave all religions and surrender to me" or as Shri Jesus "I am the way, I am the door."

I want to tell that I am that destination. But will you people accept it? Will this fact go to your hearts?

Although what I say is distorted, the truth will always stand. You cannot change what it is. Only you will remain ignorant and backward. I am unhappy because of that.

Diwali is the day of real aspirations. Invoke the whole universe. Many lamps have to be lit, and looked after. Add the oil of love, Kundalini is the wick and awaken the kundalini of others with light of the spirit

within you. This flame of kundalini will be kindled and one within you will become the torch. Torch is not extinguished. Then there will be spotless sheath of my love. It will neither have any limits nor any end. I will be watching you.

My love for you is showering as many many blessings.

—Yours always loving Mother  
NIRMALA

**LIGHTING THE LAMPS**

(Continued from last Page)

Yes, we are to be as gentle as the vibrations, as loving, generous, gracious, forgiving and patient as our Mother. It is the greatest blessing to have found the source of all great examples (Trigunatmika); now let us imbibe those qualities and mature. Then we shall become pure and effective channels of transmitting that great blessing. The sweet fragrance and colours of a flower attract naturally. Similarly the fragrance and beauty of our quality will attract others spontaneously and the message will spread.

Let us pray to Shri Mataji that as a beam of ray exemplifies all the goodness of the sun likewise we may exemplify Her.....that Thy kingdom come Thy will be done on earth as it is in Heaven...



Her Holiness Shri Mataji's

## ADVICE

1. It is nothing but love which expands, gives you vibrations, again reverts back, goes in parabolas, like that which you call a pradakshina (Circumabulation of Shakti). What is Shakti? Shakti is Paraboli.
2. I am old woman of thousands of years. So, I know everything.
3. Many people think ego is horrid. Ego you must have. You have not to fight with your ego. Only thing is that your ego should become one with that of God, that's all. It's a very simple thing if you just become one with God. Everything is so simple. It is a very simple thing, but you cannot do it. So I am here.
4. My photograph is the photograph of reality. Whatever I speak, because I am That, it is Pranava flowing. It is actually Pranava. My every talk, everything, is mantra going out.
5. Do not have Sahaja Yogis for business partnership.
6. Do not use Sahaja Yoga for making money. You have to be generous people. You have to be honest. Be satisfied in your heart.
7. You have to lead a chaste life. See chaste things. Your priorities will change, your friends will change. You will not like dirty jokes. You have to be decent people.
8. Don't be misers at all. All miserly people are against Sahaja Yoga and, if miserly people come, I give them troubles. If you are miserly, you get lots of trouble.
9. Don't be too talkative also. If you become too talkative and troublesome, I can stop your talking. If you don't talk at all, that is also not good. That means, don't go to extremes.
10. Magnanimity of mind is very pleasing and it attracts others. This magnanimity lies within human being and is awakened by Kundalini. But how can those people have this joy of spontaneity who are living in artificial atmosphere? Although Kundalini has been awakened and She has pierced Brahmastrandha yet heart must be pierced. But some Sahaja Yogis have hearts like stones, absolutely devoid of love; they use sarcastic words while talking to others and want to show that they are great. On many occasions I have seen, people push others or shout at others even in my presence. Particularly, when you shout at the children, I feel pain in my heart. At least Sahaja Yogis should have deep love for each other. When you know that you are the children of the same Mother, why do you look down upon some people? Are you perfect? Are there no faults in you? We only talk of universal love. If you have no love for each other amongst you, then in which mankind will it be seen? All I want to tell you is to clean your minds of venomous thoughts that you have for other Sahaja Yogis.

If a Sahaja Yogi visits your town, invite him, look after him, as if he is your brother. His happiness will purify your homes. I cannot understand how there can be groups among the Sahaja Yogis, because every moment your condition is improving or going down.

*(Continued on Page No. 25)*



## THE ANSWER, MY FRIENDS, IS BLOWING IN THE WIND

How can we follow up a visit of Shri Mataji? All the Sahaja Yogis have raised this question... and many have felt the answer. It is amazing to witness Sahaja Yoga establish itself and spread all over the world! It is wonderful!

It was hardly one year ago, in Nov. 1981, that Shri Mataji gave Her first public programme in Rome. At this time, about 250 to 300 people got their realisation. But, as it is Sahaja Yoga which chooses those who are entitled to carry on the Plan of God, the Almighty, only the few who had a great desire to become Sahaja Yogis have worked it out. It is in this spirit that we decided to commemorate Shri Mataji's most precious gift in organizing two public programmes. We wanted to introduce Sahaja Yoga and illustrate its concrete application to everyday life.

Two special days were chosen for the meetings. The 30th Nov. and the 1st Dec. that is, respectively, Shri Ganesha's day and the day of the full moon to flow in the stream of auspiciousness.

Our collectivity directed the maximum of attention and desire towards reaching as many seekers as possible and being able to bring them to our Holy Mother's Lotus Feet. While last April, during the second coming of Shri Mataji to Rome, our collective attention was concentrated on Her arrival, this time we aimed at the seekers and enjoyed

very much doing all the practical work. For advertising the programmes we distributed over thousand leaflets, we printed 351 medium size posters and 151 large size posters with Shri Mataji's photograph. They were put all over Rome and the town was once again vibrated. The first programme followed the usual pattern: a general introduction, a video tape show and collective realisation. For the second evening, just before the tape we gave a short resume of what was said the day before, a technical explanation and two Sahaja Yogis spoke about their own experience.

Just before leaving Vienna Shri Mother had said: "I am definitely coming to Rome" and She kept Her promise, not with Her physical presence but through the powerful flow of vibrations. The shower of blessings from the Adi Shakti rained upon us as tremendous vibrations that gave realisation to more than fifty people. All the Sahaja Yogis were standing at the back, in a compact row, similar to Shri Shiva's arrows ready to be shot, and were collectively raising the Kundalini of a public which proved to be sensitive and attentive. All of us Sahaja Yogis have the feeling that some among the new realised brothers and sisters are of a very high quality, and they were eagerly waiting for the follow up meeting! Really, the Divine Strategist who constantly has been supporting and guiding us, ever present in our minds, hearts and souls,

fully enlightened us as if we were the warriors of Her celestial army, equipped with sword and shield, love and wisdom, engaged in the battle against the anti God forces.

To thank the Divine Mother for the attention She gave us we performed a puja the next Sunday. We gathered together at 8.00 p.m., got up at 2.00 a.m. and read the "Devi Mahatmyam" to celebrate to Great Goddess; again, the vibrations were so strong and cool, again the answer was blowing in the wind to tell us our puja was accepted. It was the best sign from the glorious spouse of Sri Sadashiva that the Spirit was pleased with Her small small children.

We felt the immense, boundless, unlimited Divine Organisation and Power behind us. This intimate relationship to the All was, for instance, expressed in the secret complicity of Shri Indra and Shri Vayu whom we invoked and prayed as rain was threatening the day we were to put the posters. Well, they took away the blanket of clouds, letting through blue sky and sunshine. Shri Hanumana, as usual, took care of hundred details and encouraged us with many auspicious signs. The extent of His friendliness cannot be described here.

In truth, we must declare that the whole work has been done by the only and true Thinker, Planner and Doer who has inspired us all the time, by Shri Mataji Nirmala Devi.

Thus, at this particular time of our life we realise the highest privilege of being chosen by GOD Himself to accomplish His work, and the importance of doing it in a very detached way leaving the fruits of action at

the Feet of the Great Mother of the Universe, as stated by Shri Krishna when He told Arjuna: "Give thy mind to me, and give me thy heart, and thy sacrifice and adoration. This is my Word of promise: thou shalt in truth come to me, for thou art dear to me."

Once again we thank our most worshipped Shri Mother, and, with Her special permission, we will dedicate to Her the "Thanks Giving Puja".

Rome, Dec. '82 —Flavia, Guido, Pedro

Her Holiness Shri Mataji's  
**ADVICE**  
(Continued from Page No. 23)

Know that making such groups is disastrous. Look at the good qualities of others and enjoy their love. Don't worry about their bad qualities. Leave them for me. You will realise in meditation that this is the only way of opening the fountains of bliss.

11. Sahaja Yogi parents have great responsibility towards their realised children. They have to be protected, disciplined and brought up in proper atmosphere of love. Realised children cannot tolerate negativity. They fight with it.

12. I do everything in collective consciousness. If I cure one person, many such cases become alright automatically.

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Articles & Experiences  
are requested

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# MITHYA\*

My dear Damle,

Many blessings,

Received your letter. It is a very good sign to feel a pull on Sahasrar, because only through Sahasrar endless rays are poured in man's heart and new doors of inner being are opened. But before this grace descends in, there should be a pull in Sahasrar. We understand the pull of heart which is also silent, but lop-sided, that is emotional. But pull of Sahasrar becomes allround. There, man is in integrated state, in that Dharma (righteousness) and awareness implore for chaitanya (Divine Consciousness) that is God's love. This happens spontaneously. Although it is the skill of your Kundalini, your personality should strengthen the Kundalini. You earned that quality in previous lives and hence this life is great that gems of persons are available for my work.

If you understand that although my physical being is here I am all over, it should also be realised that even this body is an unreal (Mithya) appearance. It is difficult to come to this stage but if gradually unreal is discerned, the truth will be established effortlessly and waves of great bliss will envelop your being. I am explaining, in this letter, what is unreal (Mithya). It should be read out to all and assimilated by all.

Unreal starts soon after the birth in this world. Your name, village, country, horoscope, forecasts, many such things get attached to you or others attach them to you. Once Brahmaraandhra is closed, many types

of illusory ideas become a part of your mind. False thoughts like 'it is mine or they are mine,' identify with outside objects! Besides, man-made bindings such as "My body should be healthy and beautiful" are inculcated. Then unreal relationships like, 'he is my father, he is my brother, she is my mother', are on your head. As ego develops, foolish ideas, such as, 'I am rich, I am poor, I am helpless, or I belong to high family etc. come in your head. Many officials and politicians become egoists (Donkeys). Then, there are anger, hatred, forebearance, separation, sorrow, attachment under the cover of love and temptations in the guise of social status. Man with great affection keeps clinging to this unreal way of life. If you think of getting rid of all these, and make efforts, what you get is illusory knowledge, because the attention (Chitta) moves along Pingala Channel, and then you are involved in Siddhis (Powers) and other temptations. A vision of Kundalini and Chakras is also illusory because there is no gain from it, on the contrary it is harmful. Whatever self-controls and mortifications you insist on practising effectively, all of them add to the limitations on your Chitta (attention). As such there is no way for liberation.

But all unreal does not fall off with the Self-Realization. It can be broken off gradually. If, with firm conviction, you deny from your heart all that is unreal (Mithya), you will have the realization of the Self (Atman) in its pure form. Thereafter it is established within you. Albeit, the same mortal human

Chitta is drenched in that which is of the nature of love, truth, having no beginning and end, verily the Shiva. Human Chitta is meant for realizing that reality. This Chitta must become one with that Atman. Only that Chitta, which progresses renouncing all unreal (Mithya), breaks all known and unknown bindings and becomes verily the Self.

Atma is never disturbed or destroyed. Only human attention (Chitta), in pursuit of desires, leaves its inner path. This is Maya (the illusion). She has been intentionally created. Without her the attention (Chitta) would not have developed. You should not be afraid of Maya and should recognise her so that She will illuminate your path. Cloud hides the sun as also makes it seen. In the same way once the Maya is identified she moves aside and the sun is seen. The sun is always there but what is the purpose of cloud? Because of cloud you have an urge to see the sun which shines for a moment and again hides somewhere. It gives strength and courage to your sight to see the sun. Man has been created with such great efforts. Only one step on his feet and all is successful. But, still it is not becoming possible. Hence, I have come as your Mother.

Write your problems to me in letters. Sit down in meditation. It is best to discuss only Sahaja Yoga even amongst each other. Attention (Chitta) should always be kept going deeper and deeper within. Forget outside as much as possible. Have confidence

that everything about it is taken care of. There are many instances to prove it. Then, in whatever you do, your Chitta (attention) remains in oneness with the Self. All bindings of sin (Pap) and merit (Punya) are snapped. Distinctions like worldly and non-worldly vanish, because that wicked darkness, which has created all the discriminations, ends. Everything becomes auspicious in the light of true knowledge, whether it is the destruction done by Shri Krishna or the Cross of Shri Jesus.

All this will not be understood by explaining. Just showing the path will not help. The path will be known only after walking on it.

When I get your letters I fix the targets. After some time even that will not be necessary. But, for the present all should write their own experiences and progress. When I come, we will see how many of Virata's channels (Nadis) you have awakened. It appears, this work will come up in the case of holy land of India, and when fully developed, it will spread in all countries and directions.

When Sahasrar day was celebrated in London today, i.e. 5th May, I invited only about 20-25 people and decided further course of action.

Many blessings and infinite love to all.

Ever yours—Your Mother

—Nirmala

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*\*Translation of Her Holiness Mataji's letter in Marathi sent on the occasion of Sahasrar day celebrations on 5.5.1975.*

## Sahaja Yoga and Physical Cure

R. D. KULKARNI

As all Sahaja Yogis know, sympathetic nervous system and seven Chakras govern physical and mental health of human beings. The left sympathetic nervous system i.e. Ida channel controls the emotional aspects of human nature, attitude of delving in the past, desires etc. Ida channel is the moon channel and with Pingala Nadi it maintains the balance of heat and cold in the constitution. The right sympathetic nervous system i.e. Pingala Nadi is responsible for physical side of the human being and also controls creative aspects of human nature. It keeps the balance of heat and cold with Ida Nadi in the constitution. Excessive use of one side causes imbalance in the system.

Too much of sleep, thinking of the past, lethargic nature result into over activity of left side and correspondingly right side remains unused. Over-working of physical and mental faculties lead to imbalance, in that right side is over active and left side is less used. Right-sided people are ambitious and have tendency to dominate over others whereas left-sided people are submissive and aggressive towards themselves.

Ida Channel begins in Mooladhar and terminates in limbic area while Pingala channel starts from right Swadisthan and terminates in limbic area (Sahasrar). In day-to-day activities both the channels are constantly used and as a consequence their terminal points are inflated like balloons into

super-ego and ego respectively. Super-ego is sub-conscious and ego is supra-conscious. By accepting conditioning the super-ego gets inflated and we move towards the sub-conscious and by rejecting conditionings ego is inflated and we move towards supra-conscious. If movement in either of these two directions is excessive the collective sub-conscious or supra-conscious may be entered. It is in these regions that unsatisfied dead-spirits reside and the result may be a possession. Of course some Tantrikas enter these areas in order to capture dead spirits and use them for their own purposes. On the physical level these imbalances cause many diseases. It has been known for some time to medical science that people with overactivity of the Pingala Channel (type A characters in their terminology) are more likely to suffer from heart attack. In Sahaja Yoga we know the explanation; over-activity of the Pingala Nadi drains the Ida Nadi especially the left heart and a heart attack is the result. Generally speaking over-activity of the Pingala Nadi causes over-activity of the organs for example high blood-pressure, hot liver (right Nabhi and right Swadisthan). Over-activity of left sympathetic results into lethargic liver, lethargic heart, thus slowing down their functions. It can also result into low blood-pressure. Heart-attacks can also originate from over-activity of left sympathetic in which case the heart is lethargic and hence less pumping and slow blood circulation. Over-active heart leads to excess pumping of heart and fast blood circulation. Most of the diseases of left side originate from collective sub-conscious i.e. cancer, virus infection, multiple sclerosis, meningitis, Parkinson's disease, arthritis, rheumatism, slip-disc, spondilosis, Tuber-

culosis, Asthama, Aneamia, Sciatica, Polio, Pryelities, Oste-myetitis, muscular diastrophy, Paralysis. By and large patients of the diseases caused by left side do not suffer from fever. Similarly diseases of right side involve high fever. In these cases left side should be raised and grace of God be added into right side.

Patients of left-side diseases should raise their right side and add grace of God into their left side. They should also put their left hand towards the photo of Her Holiness Mataji and right hand kept away or kept raised so that back side of the palm faces the photo. It is disastrous to turn the palm of raised hand towards the photo. Similarly those having the problems of right side should put their right hand towards the photo and raise left as stated earlier or keep it away.

Our diet has much to do with the balance of sympathetic nervous system and has to be suitably changed in order to correct the imbalance. Malnutrition can be cause of many left side ailments. Hence those patients having lethergic organs should take protein-rich food and even non-vegetarian food and less carbohydrates. Right sided people (having over-active system) should avoid proteins and non vegearian food and should take more carbohydrates and vegetarian food. While on the subject of diet, it is imperative to warn the protagonist of vegetarianism on philanthropic grounds, that intellectual compassion on animals does more harm to themselves than any good to the animals. Compassion should emanate from the Spirit and only that compassion (Kripa) works which comes from the heart. The intellectual mercy is useless. Know which animals are to be preserved and

which are to be destroyed. As Her Holiness Mataji says, "Of what use they are? I am not here to give the realisation to chickens".

Not-with-standing all that has been said, it is not always necessary that over-activity of particular side would lead to the diseases related to that side alone. Over-activity of right side may, as a reaction, trigger collective sub-consciousness and cause the diseases of left side like cancer. Hence those who are on the extremes in this regard, say excess physical and mental activity, are vulnerable to the diseases of left side owing to too much of brain work, brain gets tired and causes diseases.

Left side diseases can be caused by Badhas also. These people should put left hand towards the photo and raise right hand as described above. Shoc-beating one's own name is also an effective treatment. It is necessary for these people to invoke Shri Ganesha and establish Him on their Mula-dhar by inner purification, innocence etc. Devotion to Shri Mataji is of utmost importance as Shri Ganesha will be pleased only if She is pleased. Influence of bad Gurus also creates left side problems in which case left Swadisthan and complete left void and left Agnya are affected. They should place right hand on stomach and stretch left hand towards the photo and pray "Mother, please make me my own Guru". As Mother has said that it is our Spirit that is our Guru and hence once the Spirit is awakened one becomes one's own Guru.

Problems of left side or right side affect the Chakras and that ultimately leads to the damages to the organs which are governed by the affected Chakra. Further, concerned deity of the Chakra recedes from it once the

Chakra is affected. Hence, the deity is invoked in the name of Her Holiness Shri Mataji by saying the Mantra for that particular Chakra. For treatment, palm of opposite hand should be placed on affected Chakra and that hand should be stretched out towards the photo. Foot-soaking in luke-warm water with salt added in it is extremely useful and brings about quick relief. In the worst cases, lime-chilli treatment becomes necessary, depending upon the judgement of Sahaja Yogi, who is helping the patient.

It is however suggested that once cause of the disease is attributed to a "Badha" one should straight away recommend lime-chilli treatment and the patient should also take to self-treatment as suggested earlier.

It is well known that human being is made of five Elements viz. Earth, Fire, Water, Air, and Ether. Besides, two more elements govern psychosomatic system which are mind and intellect. Relation of the Chakra and Element and some of the diseases is given below :—

Chakra	Deity	Element
Muladhar Chakra	Sh. Ganesha	Earth
Muladhar	Sh. Gauri & Sh. Kundalini	
Swadisthan	Sh. Brahmadeva	Earth on left
	Sh. Saraswati	Fire on right
Manipur	Sh. Vishnu	Water
	Sh. Lakshmi	
Left Heart	Sh. Shiva-Parvati	} Air
Centre Heart	Sh. Jagadamba	
Right Heart	Sh. Ram & Sita	
Visshuddhi	Sh. Krishna & Radha	Ether
Agnya	Sh. Jesus & Mary	Fire
Sahasrar	HER HOLINESS MATAJI	All 5 elements mind and intellect

Atma is on top as Sadashiva.

(To be continued in next issue)



I'm sitting at a boring session of the UN Commission on social development where a communist delegate explains why everything is so beautiful in his country. Should I take the floor and tell them about my country ?

—Gregoire

## STATEMENT OF THE DELEGATE OF SAHAJLAND TO THE WORLD COMMISSION ON SOCIAL DEVELOPMENT

*Blablapur, the 7th Feb, '83*

Mr. Chairman, distinguished Delegates,

I have listened carefully to the declarations of my distinguished colleagues and I must congratulate them for their impressive contribution to our debate. If our work follows this encouraging trend I am sure that our commission will successfully achieve its goal of being the greatest comic show in town.

Let me now, Mr. Chairman, expose some of the prominent features of my country in the field of social development. In Sahajland we have been able to dismantle in a very short time a great number of industries and services: we have practically wiped out the armament industry, the pharmaceutical industry, the petro-chemical activities relating to the production of plastic, drastically curbed down the automobile industry, the production of synthetic fabrics and of most unnecessary consumption goods. We have also abolished the noxious practice of tobacco growing. (A few plantations have been maintained to produce insecticides). All fermentation processes leading to the production of wines, liquors and gorgonzola cheese are prohibited. So are most books, magazines, movies and forms of the entertainment business which are still popular

in Avidyaland that, all of you, distinguished and clever delegates, so aptly represent.

The impact of our First Economic Plan on the unemployment rate has been very positive. Most workers have been laid off and found time for meditation and enjoyment, going into small scale agro-industries or the artisanal production of natural goods, worshipping God and their own Spirit. Businessmen do not worry about tomorrow or about investing their money for there is hardly any bank left to enable them to do so. Needless to say, this absence of worries about the future has led to the welcome collapse of the Insurance business. Tradesmen exchange goods with a generosity which did not, in the past, characterize this professional category. Most administrators and bureaucrats have been fired and I am sure, distinguished delegates, that you will all understand the wisdom of this move as your knowledge of this esteemed social class is quite deep indeed.

The changes brought about in the society of Sahajland are most obvious in the so important field of education. Existing universities and schools have been closed down for the students (known as

Sadhakas) tune their attention inside to be taught by their own Spirit. The vice-chancellors of the Sahaj Academy, all between three and eight years old, are sometimes organizing seminars on topical issues such as doll rearing. Unfortunately adults are not invited.

Almost all aspects of social life, Mr Chairman, have been touched by the wind of change which blows on my country. To give but one example which relates to town planning and house building, Sahaj architects have abandoned the well known practice of putting the bathroom in the middle of the living room. Health care, on the other hand, is now closely linked to the world production of lemons.

Our success has been such, Mr Chairman, that many people are now applying for citizenship in Sahaj land. Unfortunately, as you all know, the immigration procedure can be at times somewhat tricky. Indeed, without the raising of the Kundalini and the opening of the sahasrara, the entry visa in Sahajland cannot be granted. Many people with faked visa have been found out by vibratory awareness and have been expelled.

At this stage of my statement, distinguished delegates, I might as well say a few things about the conditions of public security in Sahajland. Many citizens of Sahajland are enrolled at a very young age in the Sahaj Defence Force where they receive basic training as how to intercept intruders with defective agnyas, antibhoots flying squads of ganas and angels are twenty four hours on operative duty on our left and right side borders to insure the integrity of our Motherland's air space. Our Defence Forces are supported by a revolutionary telecommunication system: any impulse from the Sup-

reme Command is carried by the Unconscious at thought's speed to the most remote security check-point.

The Supreme Command is headed by none other than Our Empress Herself, Her Sacred Holiness SHRI MATAJI NIRMALA DEVI ! The Chief of Staff of the Supreme Command is Shri Vishnu while logistical operations are controlled by Shri Brahmadeva. They are most aptly seconded by two generals: Shri Bhairawa is in charge of our "search and destroy operations" and Shri Hanumana, while assuming many versatile functions, is the head of the best Intelligence Service in the world, I mean, in three worlds.

In this short presentation of the Supreme Command I have omitted to mention Shri Shiva. This is because he represents our absolute, metanuclear deterrent who would enter into action only in case of the final holocaust, that is Tandava. I have not mentioned either the Commander-in-Chief of the army. I know that, in the past, he has been identified by the spies of Avidyaland — which were known as the "religious establishment"—under various names such as Ganesha, Karttikeya or Jesus Christ. But this time He is coming under a new name that no one knows but Himself. I will not elaborate much on this item as I still want you to enjoy the end of this session.

I wish all success to the work of this Commission and to your deliberations. Thank you Mr. Chairman.

*My statement received due attention from the Commission. I hope, dearest reader, that you liked it.*

JAI MATAJI !                      LOVE  
SAHAJLAND INTELLIGENCE SERVICE  
Code name : Pink Panther

## Balancing the Internal and External Growth

Every Sahaja Yogi must grow. It is his responsibility to grow, in fact his only responsibility towards his brothers and sisters and towards himself. What it means to grow in Sahaja Yoga and how to grow within as well as without ?

Growing means becoming stronger like a tree which grows within and without the Mother earth. To grow, a tree has to find his way to let his roots penetrate deeply into the earth. When the roots are being nourished by the Mother earth they grow as well as they make the whole tree grow. Through Self-Realisation we become aware of being the tree of life. Growth means first being aware that the Kundalini is the tree of life and has to strengthen within ourselves. The Self-Realisation gives us the power not only to become the tree of life but to make us grow and gain vigour and strength. Growth means feeling the beauty of the tree of life through the light of the Spirit, enjoying its action and nature.

Growth is triggered by our attention. This attention will be our guide and will tell us how or whatever the roots are growing and penetrating into our Being. So growth also means watching oneself being nourished by the divine vibrations of the Holy Spirit. When we watch, we can correct and when we correct we grow, because we adjust ourselves like a root surrounding a stone and finding a new way to penetrate more effectively in the depth of the earth. Growing is then one's adaptation to all the asperities and obstacles of life in order to overcome and master them.

Finally to grow means balancing oneself to feel the softness of the earth and the confidence of the tree. Growing in Sahaja Yoga gives us the power to witness our own growth. By witnessing, we feel the presence of the All Pervading Power irradiating the whole atmosphere, enveloping the whole tree with the wind of love of ADI SHAKTI, blowing on the shoots with peace and joy. Then the whole tree responds to the wind in a shiver of joy showing to himself and to the nature the majesty of his shape and the generosity of his shadow.

How to grow ? Simply like a tree, with full spontaneity and detachment. The Kundalini is the sap of the tree. In order to grow the Kundalini has to circulate along the path in a tremendous flow of vitality building Her own strength by the frequency of Her Raising up to our Sahasrara. The more She raises, the more She gets strength and the more we grow. Like the sap in a tree, the Divine vibrations circulate in our being making our growth effective and living.

But we must be willing to grow, otherwise how can the sap circulate ? The growth of the Self goes through the nourishment of the Kundalini but how can the Kundalini be nourished without joy. Joy is the motor of our growth because how can we grow without joy ? And joy is the manifestation of our Spirit. How to grow ? Simply by opening our heart to feel the bliss of the Self and by surrendering ourselves to the Divine Laws of God Almighty. Then we grow because we enjoy to grow and in the

spontaneity of our growth we start feeling the depth of our roots and the strength of the shoots, we enjoy the internal as well as the external growth of the Self. This internal and external growth become the two wheels of the chariot of our own emancipation.

When we are conscious of our growth and willing to grow, we start loving others, for we feel the strength of the roots which makes the tree defy the storms and thunder as well as the beauty of the branches which give shadow against the sun and protection against the rain. We cannot love if we do not grow, and we cannot grow without love. Love makes us grow. At first we grow inwardly, because we have to love and respect ourselves first. Then we can grow outwardly to give all the love we have stored in our heart. The love for others has to be nourished by our heart as well as the branches have to be nourished through the roots. The roots make the shoots grow and the shoots make the roots penetrate deeper in the heart of the earth. The love for his own Spirit makes the Spirit of others sparkle within themselves and every sparkle of theirs reflects itself with love and detachment in our heart. This is the balance between internal and external growth. By growing inwardly we try to see as far as we can the manifestation of Shri Mother's love and Compassion within us and by growing outwardly we try to make the others see

as far as we can see. So to let grow our love for others, we have to grow within ourselves first. We have to grow from our spirit through our Kundalini, by strengthening Her and making our Chakras steady and strong.

The inner growth makes us humble and humility establishes our connection with Shri Mataji who is Unending Love and the Quintessence of Divine Beauty. The inner growth fills us with peace and joy and enables us to hear the voice of the Self and to feel the glory of own Spirit. The outside growth makes us ask for forgiveness and forgive by absorbing within our heart the Unlimited Compassion of our Beloved Mother. The outside-growth creates all the bondages which tie us to our brothers and sisters. The inner growth makes the external growth expressing automatically, but the external growth vanishes if it is not looked after by the inner growth, because how can we love others, if we do not love the Self?

We have to grow inwardly to show our love outwardly and the outward love has to be sustained by the Manifestation of our Spirit. Then balancing internal and external growth makes us feel that there is only one growth, one love and one collective joy under the light and the Eternal Glory of our Beloved Mother.

—Arneau de Kalbermatten

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Subscribers are requested to renew their subscription in time and also extend their co-operation in making new subscribers from Sahaja Yogis. The magazine is posted promptly, however, if the same is not received please intimate us.

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Amen. We the Children, we bow with utter devotion and adoration to the Sacred One Who resides in the heart of Shri Mataji Nirmala Devi. From Him came the desire for our emancipation. Om

*Shivam shivakaram shantam abivaatmanam shivotamann shivamarga  
praneturam pranatosmi sadashivam*

## The 108 Names of Shri Shiva

**Om Twamewa Sakshat Shri**

- |                        |     |   |
|------------------------|-----|---|
| 1. SHIVA               | ... | Pure                                    |
| 2. SHANKARA            | ... | Compassionate                           |
| 3. SWAYAMBHU           | ... | Born out of Himself                     |
| 4. PASHUPATI           | ... | Lord and protector of animals           |
| 5. KSHAMAKSHETRA       | ... | Field of forgiveness                    |
| 6. PRIYABHAKTA         | ... | Favourite of the devotee                |
| 7. KAMADEVA            | ... | God of love                             |
| 8. SADHUSADHYA         | ... | Achieved easily by the saintly          |
| 9. HRITPUNDARIKASINA   | ... | Occupying the lotus of the heart        |
| 10. JAGADDHITAISIN     | ... | Well wisher of the Universe             |
| 11. VYAGHRAKOMALA      | ... | Tender to the tiger                     |
| 12. VATSALA            | ... | Beloved                                 |
| 13. DEVASURAGURU       | ... | Preceptor of the gods and of the asuras |
| 14. SHAMBU             | ... | Bestower of blessing                    |
| 15. LOKOTTARASUKHALAYA | ... | Abode of the most excellent happiness   |
| 16. SARVASAHA          | ... | Bearer of everything                    |
| 17. SVADHRITA          | ... | Self-supported                          |
| 18. EKANAYAKA          | ... | Sole lord                               |
| 19. SHRIVATSALA        | ... | The darling of the Goddess              |
| 20. SHUBHADA           | ... | Bestower of auspiciousness              |

21.	SARVASTTVAVALABANA	...	Supporter of all living beings
22.	SHARVARIPATI	...	Lord of the night
23.	VARDA	...	Bestower of boons
24.	VAYUVAHANA	...	Having the wind of vibrations as vehicle
25.	KAMANDALUDHARA	...	Holding water-pot
26.	NADISHVARA	...	Lord of the rivers
27.	PRASADASVA	...	Lord of the wind
28.	SUKHANILA	...	Pleasing wind
29.	NAGABHUSANA	...	Having serpents for his ornaments
30.	KAILASHASHIKHARVASIN	...	Residing on top of mount Kailash
31.	TRILOCHANA	...	Three eyed
32.	PINAKAPANI	...	Holding the mighty bow
33.	SHRAMANA	...	Ascetic
34.	ACHALESHWARA	...	Lord of the mountain
35.	VYAGHRACHARMAMBARA	...	Wearing the tiger hide
36.	UNMATTAVESHA	...	Having the guise of a mad one
37.	PRETACHARIN	...	Going about surrounded by bhoots
38.	HARA	...	Destroyer
39.	RUDRA	...	Fierce
40.	BHIMAPARAKRAMA	...	Of terrible exploits
41.	NATESHWARA	...	Lord of the dance
42.	NATARAJA	...	King of the dance
43.	ISHWARA	...	The lord of spiritual reality
44.	PARAMSHIVA	...	The great Shiva
45.	PARAMATMA	...	The soul of the Cosmos
46.	PARAMESHWARA	...	The supreme Lord
47.	VIRESHWARA	...	The witness of the Universe
48.	SARVESHWARA	..	The lord of all
49.	KAMESHWARA	...	The lord of love
50.	VISHVASAKSHINA	...	The witness of the universe

51.	NITYANRITYA	...	Ever dancing
52.	SARVAVASA	...	Abode of all
53.	MAHAYOGI	...	Great yogi
54.	SADYOGI	...	Primordial, immutable yogi
55.	SADASHIVA	...	God the Almighty
56.	ATMA	...	The Self
57.	ANANDA	...	The joy
58.	CHANDRAMAULI	...	With the moon for his crest jewel
59.	MAHESHWARA	...	The great lord
60.	SUDHAPATI	...	Lord of nectar
61.	AMRUTAPA	...	Drinker of nectar
62.	AMRUTAMAYA	..	Full of nectar
63.	PRANATATMAKA	...	Soul of the devotee
64.	PURUSHA	...	Divine spiritual Being
65.	PRACCHANNA	...	Hidden one
66.	SUKSHMA	...	Very subtle
67.	KARNIKARAPRIYA	...	Fond of the pericarp of the lotus
68.	KAVI	...	The poet
69.	AMOGHADANDA	...	Of never failing punishment
70.	NILAKANTHA	...	With a blue throat
71.	JATIN	...	Having matted hair
72.	PUSHPALOCHANA	...	Having flowery eyes
73.	DHYANADHARA	...	The object of meditation
74.	BRAHMANDAHRIT	...	The heart of the universe
75.	KAMASHASANA	...	Chastiser of Cupid
76.	JITAKAMA	...	Conqueror of lust
77.	JITENDRIYA	...	Conqueror of sense organs
78.	ATINDRIYA	...	Beyond the scope of sense organs
79.	NAKSHATRAMALIN	...	Having a garland of stars

80.	ANADYANTA	...	Having neither beginning nor end
81.	ATMAYONI	...	The origin of the Self
82.	NABHAYONI	...	The origin of the firmament
83.	KARUNA SAGARA	...	Ocean of mercy
84.	SHULIN	...	Owner of the trident
85.	MAHESHVASA	...	Having a great bow
86.	NISHKALANKA	...	Spotless
87.	NITYASUNDARA	...	Ever beautiful
88.	ARDHANARISHWARA	...	Whose other half is Parvati
89.	UMAPATI	...	The Lord of the Mother
90.	RASADA	...	The bestower of sweetness
91.	UGRA	...	Frightful
92.	MAHAKALA	...	The great destroyer
93.	KALAKALA	...	The destroyer of death
94.	VAIYAGHRADHURYA	...	The leader of the nature of the tiger
95.	SHATRUPRAMATHIN	...	The suppressor of enemies
96.	SARVACHARYA	...	Preceptor of all
97.	SAMA	...	Equanimous
98.	ATMAPRASANNYA	...	Contented soul
99.	NARANARAYANAPRIYA	..	Fond of Nara and Narayana (Shesha and Vishnu)
100.	RASAJNA	..	The knower of the taste
101.	BHAKTIKAYA	...	Whose body is devotion
102.	LOKAVIRAGRANI	...	The leader of the heroes of the world
103.	CHIRANTANA	...	Eternal being
104.	VISHVAMBARESHWARA	...	Lord of the earth
105.	NAVATMAN	...	Born again soul
106.	NAVAYERUSALEMESHWARA	...	Lord of the new Jerusalem
107.	ADINIRMALATMA	...	The Primordial Self of Shri Mataji
108.	SAHAJAYOGIPRIYA	...	Fond of Sahaja Yogis



# FESTIVALS

Festivals	Date according to Indian Calendar	Date according to English Calendar
Her Holiness Shri Mataji's birthday		21st March 1983
Holi	Falgun — Month Purnima — Full Moon Day Shukla Paksha— Bright Fortnight	28th March 1983
	Falgun — Month Krishna Paksha— Dark Fortnight Pratipada — 1st day <i>(Holi can be celebrated on either of the two days)</i>	29th March 1983
Easter Sunday	Falgun — Month Krishna Paksha— Dark Fortnight Shashthi — 6th day	3rd April 1983
Her Holiness Shri Mataji's Wedding Anniversary	Falgun — Month Krishna Paksha— Dark Fortnight Dashami — 10th day	7th April 1983
Navaratri 14th April to 21st April	Chaitra — Month Shukla Paksha— Bright Fortnight Pratipada — 1st day to Navami — 9th day	14th April 1983
Shri Rama Navami ( Shri Rama's Birthday )	Chaitra — Month Shukla Paksha— Bright Fortnight Navami — 9th Day	21st April 1983
Shri Hanumana Jayanti (Birthday of Shri Hanuman)	Chaitra — Month Shukla Paksha— Bright Fortnight Purnima — Full Moon Day	27th April 1983

Shri Adi-Shankaracharya's birthday	V a i s h a k h — M o n t h Shukla Paksha— Bright Fortnight P a n c h a m i — 5th Day	17th May 1983
Birth day of Shri Nrisinh (Incarnation of Shri Vishnu who killed demon Hiranya Kashyapa, father of Shri Prahlad).	V a i s h a k h a — M o n t h Shukla Paksha— Bright Fortnight Chaturdashi — 14th day	25th May 1983
Shri Budha Purnima (Birth day of Shri Buddha)	V a i s h a k h — M o n t h Shukla Paksha— Bright Fortnight Purnima — Full Moon Day	26th May 1983
Guru Purnima ( Puja of Shri Adi Guru )	A s h a d h — M o n t h Shukla Paksha— Bright Fortnight Purnima — Full Moon Day	24th July 1983

*Note :* According to the Indian Calendar, Year comprises 12 months and a month 30 days, having two fortnights each, beginning from the first day after full moon—day and new moon day respectively. Bright Fortnight, known as Shukla Paksha, begins on the day next to new moon day and ends on full moon day. Dark fortnight i.e. Krishna Paksha, begins on the day next to full moon and ends on new moon day. Each date is known as 'Tithi' and is given cardinal numbers from the first to fifteenth day. They are as under :—

**1st Fortnight, Bright Fortnight (Shukla Paksha) :**

First day after New Moon Day—Pratipada	...	1st day
Dwitiya	...	2nd day
Tritiya	...	3rd day
Chaturthi	...	4th day
Panchami	...	5th day
Shashthi	...	6th day
Saptami	...	7th day
Ashtami	...	8th day
Navami	...	9th day

Dashami	...	10th day
Ekadashi	...	11th day
Dwadashi	...	12th day
Trayodashi	...	13th day
Chaturdashi	...	14th day
Purnima	...	15th day
(Full Moon day)		

### Second Fortnight, Dark Fortnight (Krishna Paksha)

Same as above, except the 15th day, which is New Moon day and known as Amavasya.

In view of the repetition of cardinal numbers in the second fortnight beginning on the first day after full moon, while indicating a date, it is necessary to say the fortnight in which that particular day is falling, e.g. 5th day of dark fortnight in the month of Chaitra is indicated, while performing the puja, as follows :—

Chaitra Maase, Krishna Pakshe, Panchami Tithe.

Names of Twelve Months are as under :—

1st month	...	Chaitra
2nd month	...	Vaishakha
3rd month	...	Jyeshtha
4th month	...	Ashadha
5th month	...	Shravan
6th month	...	Bhadrapad
7th month	...	Ashwin
8th month	...	Kartik
9th month	...	Marga Shirsha
10th month	...	Paush
11th month	...	Magh
12th month	...	Falgun

In some states of India, new year begins on the first day of Chaitra, which falls in 1983, on 14th April. Present year is 1904, after 14th April it will be 1905. This system, known as Shalivahan Shaka, was introduced by the kings of Shalivan Dynasty, who were ruling over India in ancient times. Our beloved Mother, Raja Rajeswari, Jagadeshwari, Her Holiness Shri Mataji, has taken the birth in Shalivahan Dynasty. It is significant that although many such calendars were in vogue earlier and one or two were introduced subsequently, only the one originated by our Beloved Mother's ancestors is being followed for over thousand years and has been approved by Govt. of India.

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## **The Divine Mother says :**

After realization you all had lots of knowledge (ज्ञान) about Kundalini and Sahaja Yoga but without Bhakti you cannot achieve the balance. You have to get lost in Bhakti. Bhakti enriches your feelings.

Try to feel the other Sahaja Yogis without criticising them. I am enjoying your beings, the beauty and glory that you are. I wish you all could do that and feel like a drop in the ocean itself. Bhakti will dissolve your angularities and impediments in the collective oneness.



O my children, you are really born out of my Sahasrara. I conceived you in my heart and gave you the new birth through the Brahmastrand. The Ganges of my love has carried you into the realm of collective consciousness.

This love is too great for my human body. It nourishes you, soothes you and gives you security. Gradually it opens your awareness to bliss and joy. But this love also corrects you and prunes you. It guides you and directs you. It reveals itself in the form of true knowledge. It absorbs your shocks and settles you like a guiding leaf on the hard surface of truth. It strengthens you to fulfil your aspirations of reaching spiritual heights.