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NIRMALA YOGA

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EDITORIAL

Dvija is the one who is twice born, which also means a Brahmin. In India customarily a boy becomes a Dvija after a religious function in which a ritual is performed with recitation of certain mantras. Although in modern days, the function has become merely a religious formality with accent on celebration and social get-together, in ancient times the mantras were recited by realized brahmins and the child was given 'Diksha' by them for undertaking further education while leading the life of austerities at the residence of a realized Guru. At the end of the function the boy would go to his mother and request 'Om bhavati bhiksham dehi' (Mother please give alms). His mother would give him sweets and with that her love and blessings.

One who utters the words 'Om bhavati bhiksham dehi' would automatically become humble in heart and that would help getting over one's ego problem and establishing the eternal relation of mother and child.

We Sahaja Yogis, who are Dvijas in its real meaning get our second birth from Adi-Shakti, when we get our realization. How many of us are really humble in our hearts? Is our surrender to Her, total? Mother of the Universe, very mother principle, has given us our rebirth and Diksha and Mahadiksha, but have we become like the eternal child, innocent, completely dedicated to our Mother? Mother has understood the desire of our spirits and granted the supreme knowledge to us. She has given to us the aims of divine bliss which is the real food for our spirits as well as the physical beings to grow on. She is Annapurneshwari, the supreme Goddess, the bestower of food and nourishment. Adi-Shankaracharya has bowed before Her and begged for supreme knowledge and Vairagya (complete detachment).

नित्यानन्द करी वराभय करी सौंदर्य रत्नाकरी ।

निर्धूताखिल घोरपाप निकरी प्रत्यक्ष माहेश्वरी ॥

प्रालेयाचल वंश पावनकरी काशीपुराधीश्वरी ।

भिक्षादेही कृपावलम्बन करी मातान्नपूर्णेश्वरी ॥

Nityānanda kari Varābhaya kari Saundarya ratnākari !

Nirdhootākhila-ghora-pāpa-nikari pratyaksha-māheshwari !!

Prāleyā-chala-vansha-pāvanakari kāshipurādhishwari !

Bhikshādehi krpāvalambana-kari Matanna-purneshwari !!

O Mother Anna-purneshwari! you are the bestower of eternal bliss, you give boon with one hand and fearlessness with other, you are the ocean of beauty and the destroyer of all sin, you are verily the supreme goddess. You have purified the clan of Himalaya (Parvati was the daughter of king Himalaya or Himavan). Kindly be pleased and give me the alms.

नाना रत्न विचित्राभूषण करी हेमाम्बराडम्बरी ।

मुक्ताहार विडम्ब मान विलसद्दक्षोज कुम्भान्तरी ॥

कश्मीराग रुवासितांग रुचिरे-काशीपुराधीश्वरी ।

भिक्षादेही कृपावलम्बनकरी मातान्नपूर्णेश्वरी ॥

Nānā-ratna-vichitrā-bhooshana kari hemāambarādambari !

Muktā-hāra-vidamba-māna-vilasad-dakshoja Kumbhāntari !!

Kashmirāga - ruvāsītāng - ruchire kāshipurādhishwari !

Bhikshām dehi Krpāvalambana-kari Mātanna-purneshwari !!

Your hands are bedecked with different ornaments of jewels and diamonds. Your throne has golden canopy. Your clothes are shining. Necklaces of pearls are adding to your splendour. You have applied saffron, musk, sandalwood paste and other scented materials to your body which are enhancing your beauty. O Mother Anna-purneshwari! be pleased with me and give me the alms.

योगानन्द करी रिपुक्षय करी धर्मकेनिष्ठाकरी ।

चन्द्रार्कानल भासमान लहरी त्रैलोक्य रक्षाकरी ॥

सर्वेश्वर्य करी तपःफलकरी काशीपुराधीश्वरी ।

भिक्षा देही कृपावलम्बनकरी मातान्नपूर्णेश्वरी ॥

Yogānandā kari ripukshaya-kari dharmāika-nishthā kari !

Chandrārkanal - bhāsamāna - lahari trailokya rakshākari !!

Sarvai-shwarya-kari tapah-phala-kari kāshi purādhishwari !

Bhikshām dehi krpāvalambana-kari mātanna-purneshwari !!

You are the bestower of the joy of Yoga. You strengthen the allegiance to Dharma. You are the destroyer of enemies. Resplendence of your being reminds us of the light

of the sun, the moon and the fire. You are the protector of 'Trailokya' (the earth, heaven and netherworld). You give all prosperity and reward of penances. O Mother Anna-purneshwari ! be pleased and give me the alms.

कैलासाचल कन्दरालयकरी गौरी उमा शाङ्करी ।
 कौमारी निगमार्थगोचरकरी ओंकार बीजाक्षरी ॥
 मोक्षद्वार कपाटपाटनकरी काशीपुराधीश्वरी ।
 भिक्षादेही कृपावलम्बनकरी मातान्नपूर्णेश्वरी ॥

Kailasachala-kanda-rālaya kari Gauri Umā Shāṅkari !
Kaumāri nigamārtha gochara kari Onkāra beejākshari !!
Moksha-dwār - kapāṭa-pātanakari kāshipurādhishwari !!
Bhikshām dehi kṛpāvalambana kari mātānna-purneshwari !!

You are residing in the caves of Kailasa. You are Gauri, Uma, Shankari (the consort of Shri Shankara) Kaumari (mother of Kumar, i.e. Kartikeya). It is by your blessings alone that the true meaning of Vedas becomes clear. You are the first letter Om. You are all beeja-ksharas (Primordial letters. These are the sounds produced when kundalini pierces chakras). You open the gates of Moksha for your devotees. O Mother Anna-purneshwari ! be pleased and give me the alms.

Shri Adi-Shankaracharaya has further praised the Divine Mother. He says, 'O Mother you are looking after and guiding those visible and invisible Gods and officials, your belly is the receptacle of entire universe, you are conducting all the play and the drama that is this universe, you are lighting the lamp of knowledge, you are foundational to all letters from अ (a) to च (Ksha), you give victory to your devotees, you are the ocean of mercy, you are the supreme Goddess who gives food. He ends the prayer as follows :

अन्नपूर्णे सदापूर्णे शङ्कर प्राण वल्लभे ।
 ज्ञानवैराग्य सिद्धयर्थं भिक्षां देहि च पार्वति ।
 माता च पार्वती देवी पिता देवो महेश्वरः ।
 बान्धवाः शिवभक्ताश्च स्वदेशो भुवनत्रयम् ॥

Annapurne Sadāpurne Shankar-prāna-vallabhe !
Jnāna vairāgya siddhyartham bhiksham dehi cha Pārvatī !!
Mātā cha Pārvatī devi pitā devo Maheshwarah !
Bāndhavāh Shiva-bhaktāshcha Swadesho bhuvanatrayam !!

O Mother Annapurna, you are always complete. You are the beloved of Shri Shankara. Please give me the alms of success in attaining the true knowledge and vairagya (complete detachment). Parvati is my mother and Shiva is my father. All the devotees of

Shiva are my brothers and all the three worlds is my country.

Let us all Sahaja Yogis get over our egos and join Shri Adi-Shankaracharya to praise our Mother. We invoke the eternal child Shri Ganesha to be present within us and make us humble, innocent and loving children. We open our both hands and beg 'Bhiksham dehi Krpavalambana kari Mata Sahaja Yogeshwari.'



International Sahaja School

On the auspicious occasion of Her 60th birthday, Shri Mataji announced the project of starting an International Sahaja School primarily for the children of all the Sahaja yogis. The site for the school is about an hour and a half drive away from Bombay, midway on the Bombay Poona highway. It is off the main road, situated on a hillock facing the majestic Maharashtra plateau. A little stream sings along to provide the drinking water.

Questioned if the school would be run along the pattern of old English schools, Shri Mataji replied, "I don't want any soft ladies, I want strong, grounded, hardy Sahaja yogis." Students would sleep on the floor, eat and study on the floor. It would be spartan but grounded with basic sanitation facilities, with mountain climbing as a major sport and working with Mother Earth

as recreation. What else do children want? The school is for growing children and not for the concepts of the parents.

Let us hope that the Bombay Sahaja Yogis hype up so that the school opens by the forthcoming India Tour in December. (let's count on it.....give it a bandhan).

The school will be gradually upgraded to high school. The first group will be for children above age 6. Sahaja yogis who wish to send their children may enquire at the address below. A brochure will be in circulation shortly.

Yogi Mahajan
C/o Universal Sahaja Temple,
78, Krishna Nagar (Gali No. 3)
Safdarjung Enclave,
New Delhi-110029



MATAJI SHRI NIRMALA DEVI

Advice given at the occasion of Mahakali Puja, at Lonawala

19th December, 1982

WELCOME to you all Sahaja Yogis to this great country of Yoga.

Today, first of all we have to establish our desire within ourselves, that we are seekers and that we have to achieve our full growth and maturity. Today's Puja is for the whole universe. The whole universe should have to be enlightened with this desire. Your desire should be so intense that they should emit out the pure vibrations of Mahakali Shakti which is the pure desire of attaining the Spirit. That's the real desire. All the other desires are like mirage.

You are the people who are chosen by God specially, first to express the desire and then to achieve that intense desire of purity. You have to purify the whole world, not only the seekers but even those who are not seekers. You have to create an aura around this universe of desire to achieve the Ultimate—the Spirit.

Without desire this universe would not have existed. This desire of God is the one that is the Holy Ghost. It is the all pervading power, it is the Kundalini within us. Kundalini has only one desire—it is to be the Spirit and anything else if you desire the Kundalini doesn't rise. Only when IT knows that this desire is going to be fulfilled by somebody who is facing the seeker, IT is awakened. If you do not have a desire no one can raise IT. Sahaja Yogi should never try to force his desire on other people.

The first hurdle that you face as soon as you get your realisation is that you just start thinking of your family. You start thinking, "My mother has not got it, my father has not got it, my wife has not got it, my children have not got it." You must know that these relations are worldly; Sanskrit is LOKIK (लौकिक), they are not ALOKIK (अलौकिक), they are not beyond the worldly relations. These are worldly relations, and these attachments are worldly. So if you play into that force, as you know that Maha Maya Shakti allows you to play with. You go ahead as long as you like. People bring me on their relations, their parents, this and that and ultimately they discover that that this was a very wrong thing they did. They lost so many precious moments, so many hours, so many years, wasting their energy on people who never deserved any attention of the Mother.

Sooner you realise the better, that this desire may be within you and may not be in any one of your so called worldly relations, makes 'no' difference.

As Christ was told that His brothers and sisters are waiting outside, He said, "Who are my brothers and who are my sisters?" So one has to realise that those people who involve themselves into the problems of their family all the time and attract My attention—you must know that I am just playing about. It is of no value to you. For

your ascent it is important first of all to have no desire, the pure desire in your kith and kin. *This is the first principle of establishment of Mahakali power.* Specially in India where people are too much attached to their family, it is a very big problem. If you give realization to one person, you are amazed to see that, all the relationship they have is with a big bunch of bhoots. And once you give realization to one person you are in for trouble, and all the bhoots walk in slowly, torturing My life, wasting My energy and 'absolutely' of no use. It should happen to you to understand that this is not auspicious. If you want to waste your time, I will allow you to waste your time. But if you want to have the ascent fast first of all one must remember that these are relations which are 'absolutely' worldly relations and this is not your pure desire.

So try to separate your pure desire from your worldly desire. It does not by any means suggest that you give up your family, you give up your mother, you give up your sister. Nothing, but you witness them and see as you would see anybody else and see for yourself whether they are really desirous or not. If they are well and good, they should not be disqualified, because they are your relations. It works both ways, as they cannot be qualified because they are your relations; they cannot be disqualified because they are your relations. In Sahaja Yoga, you make your desire a pure desire. You have to get out of so many things but for people who are attached to their family and are bound by their family, they have to see to it that they do not force Sahaja Yoga on any of your relations. At least don't force them on Me.

Now, this desire within us, which is the Mahakali power, which is manifesting, comes to us in so many ways. As I told you first of all it comes to us after realization because you are all Sahaja Yogis, to do something about our relations. Then the second desire that comes to us, that let us try to cure people who are our relations. This is the second desire. You should feel yourself and see that this has happened to many of you. So, right from leprosy to any small thing like cold or sneezing, whatever they have they think they should bring to Mother. And all the worries of the family should be brought to Me—simple thing like pregnancy or sneezing, very simple things, which are so natural are brought into your attention. So when you have them in your attention, I say, 'go ahead with it, try to solve it, if possible'. **BUT IF YOU DON'T HAVE ANY OF THEM IN YOUR ATTENTION THEN THEY ARE IN MY ATTENTION.** You leave them in my attention, I will manage that. But then it is a vicious circle, it is very subtle projection of the mind that thinks, 'All right. Mother, we don't have this thing in our attention, you better look after it'. But this is not the way. *We should have only one intense desire within us, ourselves, have I become the Spirit? Have I achieved my ultimate? Have I risen above the worldly desires? PURIFY.* Once you start purifying, whatever falls out, I look after that. This is just an assurance but not a guarantee. If it deserves My attention, I will definitely look after it. *You have to value your attention, as I value My attention*—I think you have to value much more of your attention than Me because I can manage very well things within Myself because everything is in my attention.

But, you try to purify your desires away

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form the worldly problems that are facing you. So, if you extend it more, then you start thinking, 'Mother what about the problems of our country?' All right, give Me the map of your country. Finished, that is more than sufficient. Then purify yourself,—the desire that you have, you leave it. And once you are purified, that area will be covered through your attention. It is very interesting. When you get over it, then only you can throw light. But if you are inside, your light is hidden. There is no light emitted.

You have to rise above that desire. Every time you get a desire, you rise above that till your light is emitted on that wider problem that you are facing, which you think should be solved by Me. These are all my headaches which you are putting on yourself. You have to do only one thing, is to become the Spirit. That's all. It is simple thing—rest of it is My headache.

Now, the problem that should take your desire on to the collective, should be very different. To substantiate your purity, to be fragrant with your purity, your attention should be on the other side. Now you are not facing Me, you are facing with Me the whole world. See, the whole attitude will change. The attitude should be: what can I give? How can I give? What is my mistake in giving? I have to be more alert, where is my attention? I have to be more alert towards myself, what am I doing? What is my responsibility? You must desire that you should be pure. You should be pure desire that means you should be Spirit. But what is your responsibility to yourself? You should desire that your responsibility to yourself should be manifested—should be complete.

Then, your responsibility to Sahaja Yogal What is your responsibility to Sahaja Yoga—which is the work of God, which has started and you are My hands. You have to do the work of God and you have to fight the anti God Elements—the Satanic Element. You are not responsible for your family any more. Those who are, are the half-baked Sahaja Yogis—I said are useless, absolutely good for nothing. All such will drop out, their families will suffer and I know that this is going to happen. Because, now the forces are gathering in such a way that sorting out will start.

Your responsibility to yourself to be the Spirit; your responsibility to Sahaja Yoga; your responsibility to understand Me better and better and better; your responsibility to understand this mechanism that is within you; your responsibility to understand how this mechanism works out and behaves. Responsibility is to how to become a Guru yourself. Your responsibility to be a dignified and glorified personality. Responsibility to be respectable personality and not a cheap personality. Everyone of you is worth the whole universe, if you want to rise to that height. Universes of universes can be thrown away at your feet, if you want to rise to that height, to that magnitude that is within you to foster.

Those people who still want to live on a very low level cannot rise. For example, the Western Sahaja Yogis have certain problems of committing the sin against the Mother and the Eastern Sahaja Yogis have the problems of committing sin against the Father. It is not difficult at all for you to get out of it. The attention is to be kept pure. In Sahaja Yoga you know all the methods,

how this attention one can keep it pure. If the attention is not pure, then this desire will be always attacked by all petty, nonsensical things which has no meaning in your ascent. Now, a person who is a good Sahaja Yogi is not bothered about his clothes, what others say to him, what others are talking to him, how they are behaving towards him. The attention is not on that criticism that this person is like this, that person is like that. Nor there is the aggressiveness of anyone else because nobody is the other. But the problem is, when I say that, no one thinks that I am saying about you each person. Those who are aggressive take the role and those who are non-aggressive think the other way. Like I say something for a person who is aggressive, the non-aggressive will immediately think of the person who is aggressive not about him. You immediately start shifting your mind to other person, finding fault with other people. So, this desire becomes gradually lower and lower and lower because of the loads that are put on it.

So, the alertness is very important, complete alertness, SATARKTA (सतर्कता), that we should keep our attention purely for the sustenance of our pure desire. Desire comes from your heart and you are so built that your BRAHMARANDHRA (ब्रह्मरन्ध्र) is also the heart. If you do not have a clean heart it won't keep clean. For the people who think if they talk about Sahaja Yoga big and all that, they are alright. But they are cheating themselves, if the heart is not open. So try to open your heart.

I hope today when you do this Puja and you do the worship of Mahakali and this special Yagna, we will definitely establish

this aura and enlighten the world. But your outlook should be how much have I contributed to this? Am I still thinking of other people? Am I still thinking of petty small problems or I am thinking of my Spirit?

So, the left side starts and ends with Shri Ganesha. Shri Ganesha has only basic one quality — that He is completely surrendered to His MOTHER. He does not know any other God. He does not even know His father. He only knows His MOTHER and completely surrender to HER. But this pure desire has to have action and about which I will tell you later as we will be having more Pujas and more Pujas. But today let us establish ourselves into that pure desire to be the Spirit.

Now, as it is the Western mind will say, how? It always comes, how to do it? Should I tell you, it is very simple! Adi Shankaracharya wrote Vivek Chudamani and so many other books and treatises and then all these big intellectuals got after his life and they said, 'have this and have that and have it.' He said, forget these people. Then he wrote SAUNDARYA LAHIRI — just the description of his MOTHER and his devotion to Her. And every couplet that he wrote is a Mantra. It is not the surrender of your mind through your mind but the surrender of your heart. It is absolutely the surrender of your heart. Western Sahaja Yogis know very well how there have been attacks and attacks of negativity on them, specially when the horrible people like Freud came to destroy their basics, the roots. And how the West accepted it blindfolded and put them on the path of hell. All that has to be brought out. That is all nonsense, is wrong absolutely and that is the anti-God

activity. Then you will realise that you will fight fully, say, 'this is the destruction of our basics, our roots. When our MOTHER is the source of everything that is sublime, noble, all that is nourishing, all that is elevating, emancipating, you are cutting us from our roots'. You have been dealt with, I think, as animal-like creature and he wants all of us to go down to that low level of human beings, which exist as pathological cases, I don't know. So, it is important for you to understand all attacks that came on you and be alert and don't be identified with anyone of them.

Last, I would say, you have come to this country to see the roots and not the shoots. Change your attitude of Western style. Telephones are no good, you cannot get any telephones done. Postage is horrible. Railways are worst, (I should not say because we are in Railway bungalow). But, the people are excellent. They know what is 'Dharma'. They are not being attacked somehow or the other as this being the KUNDALINI, Shri Ganesh is sitting here. How dare anybody attack this great Maharashtra, has got eight Ganeshas protecting them? I don't know if Maharashtrians know this fact. And so many Marutis, so who can attack this country. There is no negative attack except that they themselves are rather money-minded sort. That only curse they have. If they can get out of it, they are a great people.

So, you have come to this country not to enjoy the comforts of the West, but that comfort of the Spirit. So you change your attitude towards India. I don't mean Air-India, by any chance. This is a wrong idea that you come by Air-India because you are

a Sahaja Yogi. Not at all. Air India has nothing to do with Sahaja Yoga. All our Railways, all our everything, they have nothing to do with Sahaja Yoga. So what? So, you be patriotic and use your own airline, for Heaven's sake. When you arrive here you will see that the people are too innocent. They cannot understand Freud. You cannot talk to them, it is beyond them. They are higher type of people in this respect, because they are not attacked, while you are higher in a way that though you are attacked, you have come out of it. You just turn your faces and you are on the other side. That is something great.

So, you will also have a confidence that there are many people who believe the same way as you believe, in this big country where there is big population to support. So you should not feel lost.

Thus, today we have to start with Puja of Mahakali Tatwa. And this is the day of Gauri, you can say Ganesh, Gauri's day, today. Though according to the schedule time, it may not be but according to Me, let us establish within ourselves at our subtler level, the desire to be pure and to be cleansed of out all the barriers and unclean things that are within us.

Desire to be great Sahaja Yogis. Desire to be responsible Sahaja Yogis. Desire to be surrendered to your Mother. It is not difficult. That is the ego, the last one to go because what you surrender? I don't want anything from you except that you accept My Love. Surrender just means that you open your heart to accept My Love. Give up this EGO, that's all and it will work out. I am trying to push Myself into your heart and I will definitely settle down there.



Translation of Her Holiness Shri Mataji's

Old Marathi Letter-1

My dear Modi and other Sahaja Yogis,

Many blessings. Received your letter. I am very glad to know that your Ida Nadi has become clean and I hope, Ida Nadis of all have become clean at least to some extent. Here I had told all, that I would work, while under anaesthesia, to clean the Ida channels of all. I worked for 3 days cleaning it by vomiting nearly 50 times every day and it is nice that the cleaning has become possible. This physical being has to be used for the mission for which it has been taken and therefore I am not bothered by the illness and other troubles. On the contrary all such and different experiments with this incarnation will have to be performed. Why are you so anxious about it? What else is the use of this body? I never have any pains. All I want is that, in the laboratory of this body, some work or the other must go on. Time is short while the work to be done is very big.

You cannot do the cleaning of Ida channel only on the strength of your realisation. I knew that it had to be cleaned from within. In ancient days all seekers had to do this action (Kriya) constantly right from their childhood at the residences of their gurus at isolated places. The seekers had to do it individually in many lives. Because, now you have attained the state of collectivity I have done it in collective consciousness. Although you say I have done it, the distinction of you and I should not be there in collective consciousness. Mantras "Twam

Bhawani, Twam Durga, Twam Ambika etc." are good for Ida Channel, but when you are established in Sahaja Yoga, you will have to say 'Aham Bhavani'. However this Mantra can be said only when your purity becomes one with that of 'Aham Bhavani' and I tell you now itself that this will happen.

After cleaning the Ida Channel I am awakening Pingala Nadi. Sahaja Yogis had become rather lethargic due to the conditioning of Ida Channel. Laziness and a tendency of avoiding the work was dominating in them. Their attention was being frittered away on avoiding the work. But I have now started the work of awakening Pingala Channel. All of you should raise your right hand from right side over your head and leave it on the left side but while doing it, you must apply your will power so that your desires will materialize. With the awakening of collectivity, you will have many people to share your work which you are doing alone.

The sphere of Sahasrar envelops your heart. When conditioning of heart is reduced, as if the glass of a lamp becomes clean, rays of ever resplendant Spirit awaken Sahasrar sheath and the light of bliss spreads, which is felt in Sahasrar. This light enlightens all sides of Colourful heart and decorates it with the qualities which can be described as pleasing, bliss-

(Continued on Page No. 39)



Translation of

HER HOLINESS SHRI MATAJI'S

OLD MARATHI LETTER-2

I have received letters from all of you but have not been able to write because now in London Sahaja Yoga work has started with great drive.

Delhi Sahaia Yogis write very few letters but most of them are happy. Sahaja yogis of Bombay are alright, Sahaja Yogis of Rahuri are enjoying. Sahaja Yogis of Bombay have great responsibility and therefore had to face many attacks. The first attack came when I was in U.S.A. At that time many Sahaja Yogis were affected and many fell away. Later on when an attack was on all London Sahaja Yogis collectively followed wrong path which was full of dangers and harms. Many wicked people from that part are, still hiding themselves in some Sahaja Yogis in the form of 'badhas'. You have to vigorously use Sahaja Yoga methods against them. These wickeds attack you from Agnya and Heart. From Agnya they send Anti-Sahaja Yoga ideas in your mind and from Heart they make complaints. If you identify them they will become ineffective. There is one remedy for it which can be applied only after the realization. Because if your car does not start, your brakes and accelerators are of no use. But if you do not use the accelerator even after it starts, how will your car move ?

You can attain any destination that you fix. All your auto suggestions will materialise. The remedy that is to be used is : your attention should be on Me and you should make the following conditioning of thoughts on your Agnya "How fortunate we are to have been realized ! We are Sahaja Yogis. God has chosen us. How can we work if we remain weak ? Adi Shakti has given us the Power to redeem the whole mankind. We can do it and we will do it". On heart you should criticise with these thoughts "How deep is God's love for us ! He has given us the realization. He is the ocean of mercy. Ignoring all our mistakes, He is working hard day and night for our welfare and, instead of praying for His forgiveness of our mistakes, we are making complaints against Him and blaming Him" ! The following thoughts will please your Hearts, "O God, please give us the power of Your love. May I be the drop in the ocean of Your love that is enveloping the whole universe, so that its loving pulsation is vibrated through my life and I remain engrossed in that bliss".

May your life be flooded by the waves of Divine love. Always loving you, much more than myself.

Your Mother,
—NIRMALA



TRANSLATION OF OLD MARATHI LETTER
FROM
HER HOLINESS SHRI MATAJI-3

MAN wants peace, wealth, power etc. but God is the origin of all these. Then why should not there be the desire for God? Why should there be no aspiration and ambition to meet the God? We should pray to the God for peace and keep the desire to meet the God who is peace itself. This should be the difference in satisfaction of a common man and that of a Sahaja Yogi. One should be ready to surrender the very desire to meet God at the God's holy feet. All attention must be on Him. For that, one must have dedication, determination and concentration (tapasvita) and in that all material attachments should be destroyed. What is there in this world to cling to? You must realize the glory of those feet in which all fades and becomes peaceful. Only then you will have your glory.

Why should one brag of one's achievements? You must understand that whatever is being done by you, is all God's power, i.e. working of Adi-Shakti and you are only the witnesses to see these miracles. For achieving that stage you should pray "May our 'I' consciousness fade away, may the truth that all of us are small parts of your being be assimilated within us, so that your Divine bliss would resonate every particle of our bodies and this life would be filled with beautiful melodies enchanting the whole mankind and would show light to the whole world." Let love flow from your hearts. Love is un-

limited. Your attention is on material things and you are talking about eternity! You should merge in eternity so that you will have eternal life.

You are the officials of God's kingdom then why are you sulking? All deities are your elder brothers in this kingdom. They are present in many forms along the path of Kundalini. You should recognise them and attain them. Kundalini is your Mother. Learn to always remain under Her care. Be her child and she will take you to the ultimate—Once you accomplish that from where everything is born you will have the rest very easily.

But you are not consistent in the practice of meditation, love and peaceful life. You are taking casually even to me. But how eager you are in worldly matters? How you become adamant on having what you want? Why are you not casual in the respect? Do not run away from the reality because I am Mahamaya. Attain me, I am yours. I am for you. I have given you that which has been beyond the reach of very great sages and saints. How will you make use of it? You have been given a big asset. Thousands of stars and planets were created with it's just one wave.

There is great significance to your rebirth. But you yourself have to achieve that; find the meaning of 'SWA' (Self

Sahaja Yogis can do it. It is a big contrivance. I have told you the secret but what have you achieved? Nobody sulks having been benefited. You are unhappy means you have not been benefited. If you achieve the trick, you will open the gate of joy and forget yourself while enjoying that bliss.

Nobody becomes happy from wordly matters. I have given you the key to the treasure, which others haven't got. But you must work to open the door. You have taken everything casually. You want Mataji to feed you, to wake you up in the morning and make you sit in the meditation, to clear you of your anger hatred etc.

Today is the day of Guru Puja. What 'Guru Dakshina' (Gift to the Guru) have you given me? Understand, that your money is not worth the dust on the feet your Mother - Guru. You should give your hearts; only clean and holy hearts. You must clean your physical beings. Do not be lazy in that. Take a vow. You must get up early in the morning and spend at least one hour in meditation and worshipine, perform 'Arti' and meditation in the evening.

Satan's disciples work hard at a funeral place. I cannot understand why you are taking everything so casually. Stop all gossiping. Leave jealousies and quarrels. Time never waits for anyone. Do you want to go empty-handed despite having the key to the treasure?

If you do not accept God's kingdom Satan's kingdom will come and you will have yourself to blame for it. Remember, because you Sahaja Yogis are dear people,

you have been selected as officials. If you ignore it, on the one hand you will be deprived of the great source of joy and on the other, you will lose your authority due to incomplete knowledge of Sahaja Yoga. Hence be wise and stand firm. Every moment has thousands of directions. Let your rays spread in different directions. You will welfare, to the whole world. Get over your inaction to act. You are to captains. Let God's melodies be sounded from your flutes.

Transcend in your feelings above those who have not been realised and blessed and God's kingdom will be yours. May you get that auspiciousness. All my efforts are for that. You have been made like temples. Keep it clean.

Some of you are enjoying in the ocean of bliss. My blessings are that all of you should be happy. Your wordly life and satisfaction should be of the same level. Sahaja Yogi's satisfaction and the circumstances he is in are balanced. Our both legs grow together. If one leg is shorter than the other, you will become lame. I do not want to tell you to lower the level of your circumstances if contentment is less. But Sahaja Yogi's satisfaction does not depend on the circumstances. He is happy in the circumstances that are prevailing. If he is not, then his satisfaction is superficial and not from within. May God grant you eternal place at His feet.

Yours Mother
—NIRMALA





It is truly the greatest divine blessing that now in Sahaja Yoga each one of 'us' has been granted our reality and most important our Dearest Loving Mataji. Our dearest Mother loves us so much; and how She takes care of us at every instant! Her compassion and love are so great. She is verily the source from where all LOVE originates and flows.

In this blissful ocean of Love we all are playing, jumping with joy, dancing with each other in harmony, singing together—which, in turn, leads to ever more vibrations and joy.

To be amongst Sahaja Yogis and share this love is always wonderful. The divine love flowing among Sahaja brothers and sisters is verily the hand that plays the harp of divine music. Where there is love, no negativity dare stay, no 'badhas', no problems...

This, Shri Mahamaya showed to us very clearly on the very first day of the shivir at Lonavala (Dec. 82). One Sahaja Yogi was 'caught up' (!) and feeling not too well. Others were working with him for some time with little improvement. Suddenly the Kundalini shot up and everything was all right, Heart and Sahasrara opened and the person started feeling quite nice and beautiful.

The reason for this transformation was very apparent. Just then a group of Sahajas from Europe had arrived and met their brothers and sisters from India who were there—and how beautiful such meetings are! As they hugged each other they shrieked and laughed with joy; love flowing from their hearts and happiness made their eyes shine and smiles lighted their radiant faces. The Oneness was just overwhelming—and Sakshat Prem-Dayini, Sakshat Sarwavyapini Shri Mataji showered more and more of Her Love, vibrations on Her joyful children. As the children of 'Shri Prema-Swarupa, met each other, with Her love flowing through each and elevating each, the place was greatly blessed and in this supreme living atmosphere no negativity could dare stay.

There have been so many such instances when we realize that Shri Adi Shakti's 'Love' is All Powerful and All Mighty. So secure are we cradled in Shri Jagadamba's 'arms' of love that nothing whatsoever need disturb or distract us.

She has readied for us, the stallions of courage and fearlessness. She has made us the warriors to ride them. If we only just realize that it is 'Her' Sword of love that we hold in our hand; it is 'Her' Shield of love that protects us; it is 'Her' Support of love that guides and steadies us, then we have the confidence to be Her humble little instruments.

Let us ride out and proclaim the victory of Sahaja Yoga over all small, insignificant mounds of negativity and ring aloud throughout the world the great mantra—

'JAI SHRI MATAJI'

As Shri William Blake has written:

Bring me my Bow of burning gold, Bring me my Arrows of Desire,
Bring me my Spear ! O Cloud unfold ! Bring me my Chariot of Fire !
I shall not cease from mental fight ! Nor shall my soul sleep in my hand.

And to these melodious lines may one add :

Till we have built the Kingdom of God,
In this beautiful world Our Mother has made !
And to achieve this we can 'only' pray !
"Shri Mataji,
You are Shri Mahata Ahankara
Complete worlds are created from the tiniest speck
gathered from the dust of Your lotus-feet,
We, Your ignorant little children, bow at Your Feet
Mother, we pray, grant us that
May we be the channels of your breath, the flute in your hands
May we be the channels of Your love, the harp in Your hands
And May we ever remain in Sahaja Yoga,
Your dancing, prancing, joyful, playful children."

JAI SHRI MATAJI NIRMALA DEVI

SAHAJA SMILE

Shri Mataji "You must remind me to return your money else
I will have to repay it in the next life".

Kay "That's fine by me, Mother".

Ray Harris's reflections
on Pluto as inspired by
Shri Mataji's Words

LAST autumn, in Exeter, England, Shri Mataji told us that Pluto is the planet of Shri Kalaki, and is Her seat in the solar system in this incarnation. The astronomers discovered Pluto in 1931, soon after Shri Adi Shakti took Her birth on earth in this Her greatest incarnation. Ironically, the planet was actually discovered by a young farmboy who was an assistant to the astronomers assigned to the task. As far as the astrologers are concerned Pluto is associated with death, rebirth, destruction and the manifestation of the deep collective unconscious. The planet is still ill understood both in terms of its highly irregular orbit and its effects on our collective psyche. The orbit is indeed highly unusual. All the other major planets circle the sun on the same plane but Pluto slices across them at an angle, follows an oval path, and at times even enters the orbit of Neptune so it is no longer the furthest planet so far discovered in the sun's family.

Pluto came within the orbit of Neptune in 1979 and remains there until 1999. In November 1983 Pluto also moves into the sign of Scorpio, which in astrological terms is the sign of its rulership, where it is most powerful. (Scorpio is the sign of the guru and that of death and resurrection.) In Indian Astrology Neptune is Varuna, the God of the Waters and Pluto itself is the God of the underworld or of hidden unfathomable depths. Astrology recognises the transforming power of Scorpio as fired by

Pluto. Scorpio is also the ruler of the planet Mars, which is the planet of Shri Ganesha. Mars is the little youth and warrior while Pluto is the effect and substrate of war, or one can say that if Mars is Shri Ganesha then Pluto is Shri Mahaganesha. This is the same as Lord Jesus Christ and as Christ returned as Shri Kalaki, with the elevenfold destroying powers of Christ Who comes at the end of the age on a white horse.

The present age in which we live has long been recognised as highly significant in terms of world history. Nostradamus assumed that 1999 would be the last year before the new age. The Jewish calendar is approaching the number of 6000 years and William Blake talks about reawakening after six thousand years. But how specific should we be? Astrologically we are in a unique position with Pluto: not only is the planet just entering its own sign but at the same time is entering the orbit of Neptune. Now Neptune is the God of the ocean, and is depicted holding a trident—perhaps symbolic of the three nadis or the three gunas or three basic aspects of Shri Adi Kundalini, Shri Maha Laxshmi, Shri Maha Saraswati and Shri Maha Kali. Within us Neptune is the Swadisthana, the outermost limit of the void or Bhavsagara, the ocean of illusion and of material existence. Neptune is the totality of all that we experience and comprehend within the ocean of relative existence, beyond which is unknown to sense perception or the intellect. So Pluto, the planet of change, of death, destruction and deep transformation, i.e. Shri Kalki has come within the field of human awareness, i.e. the orbit of Neptune at this time until 1999. It is interesting that most seekers

have Pluto strongly aspected in their astrological charts. The ocean of the void is Bhavsagara and Pluto is just for a short while active within our awareness. But why is this so special? Pluto has no doubt been within the orbit of Neptune many times about every 250 years and has also been within the limits of its own sign Scorpio equally as often, about once every 200-250 years or so. Compute the two together or the answer is about every 6000 years. So the likelihood of both these events happening simultaneously are exceedingly rare. If we look back at history in the west for example, we see that each time Pluto is in Scorpio there is a time of laxity and hedonism followed by a period of puritanism and the rise of new religious ideas. The American Revolution, the Renaissance and the zenith of the Middle Ages are some examples. Each time Pluto goes into its own sign long lasting and dramatic changes occur in the collective consciousness of mankind.

In addition to all this we are now on the cusp of a new world age, the Age of Aquarius. It is rather complicated to explain this to a layman, but there are twelve ages, like the twelve signs of the Zodiac, and the earth stays in each one for two thousand years. The Age of Lord Jcsus was the age of Pisces and we are now at the end of that, astrologically speaking. Pisces is the Maya—the epitome of the Age of Illusion whereas Aquarius is the Water Carrier—the collective vessel of the waters of the Spirit, the Kundalini i.e. the Sahaja Yogis. Therefore the Sahaja Yogis must be the instruments to allow Shri Mataji to carry mankind through to the new age and we must realise the awesome magnitude of

our work and the necessity for humanity to get its collective enlightenment. If Pisces is uncertainty then Aquarius has to be certainty for the human race. There will not be much left to be uncertain about if Sahaja Yoga does not take off and become established soon.

This is all underlined by the present position of Pluto—entering Neptune's orbit, entering its own sign of Scorpio and the earth entering the age of Aquarius, all at the same time. Transformation will take place with or without us.

The temperature on the surface of Pluto is just about the coldest anywhere. It is about 3 degrees above absolute zero and only just above the ambient temperature of the void of interspace between the stars and galaxies. Coldness is the quality of the Spirit. Pluto is composed largely of frozen or solidified of Methane. Even as far away from the sun as Jupiter and Saturn this is in a gaseous or liquid state and only solidifies at just above absolute zero, the temperature of the Spirit. Methane is CH₄, or 4 Hydrogen atoms plus one carbon atom (tetravalent). It is the basic building block of organic compounds. Carbon itself is a very hard black or occasionally diamond like substance. It cannot form life on its own but becomes a support for further evolution of life by its four-fold valency, hence it is like Shri Ganesh. Methane or CH₄ as often as not is the end decay product of organic dissolution. For example it is found in very old oil resevoirs as natural Gas, or in ancient swamps and marsh gas. So even here Pluto or Shri Kalaki has final dissolution and rebirth embodied in its chemical makeup.

A 'day' on Pluto, or rather one revolution of the planet on its axis is almost seven of our days which is perhaps significant. It has also been recently discovered by observing the further eccentricities of its orbit and shape that it has a moon. This has been given the name of Charon after the boatman who ferries the souls across the river of death to the underworld in Greek mythology. This moon was discovered round about 1979, i.e. when everything relevant to the transformation of human consciousness connected with the planet seemed to happen and also around about the time when Shri Mataji began telling us that Shri Kalaki was starting to manifest. The moon is very large in relation to the size of the planet itself and it is almost like a double planet system. Charon is the white horse of Kalaki, or the vehicle. Shri Kalaki judges without mercy and Charon is like the vehicle of Pluto just as Sahaja Yoga is the vehicle of Shri Kalaki. It is a means to an end and not an absolute. Only the Spirit is absolute. The irregularities of Pluto's orbit bring drastic changes to humanity and we must surrender to the Spirit whatever changes must come about as a single race of beings.

Pluto only has an atmosphere some of the time when occasionally the faint sunlight vaporises the methane. This is when the planet comes nearer to the sun in its eccentric orbit and when the moon is not in the way, and even then it is only on the side facing the sun. This is like the symbol of the manifestation of Pluto's power by the all powerful sun which is the opposite of Pluto's dark eternal cold. Shri Mataji has three main seats in the solar system: Venus in Her heart, the moon is

supported on Her head and of course Pluto. In this incarnation She has Pluto as a vehicle—Shri Kalaki—the power of final dissolution. We must therefore at this time look towards our inner spiritual development, that part which is beyond material decay, and forget the outside concerns all the time. This is the moment when we are taking a big jump in evolution, the jump is certain but which way we go is up to us. Pluto is also known for its connection with joint emotional and financial ventures in conventional astrology, and it is interesting that in December/January of 82/3 Pluto approached to within $\frac{1}{2}^{\circ}$ of the Constellation of Scorpio, and the world currencies such as the pound sterling, dropped dramatically and unaccountably. One has only to read some pages of William Blake's "Jerusalem" or "Milton" to appreciate that in the next few years any efforts of mankind which are not directed towards the spirit, for example such things as concentrating enormous amounts of effort on such things as economics based on currencies, will flounder dramatically as the manifestation of Kalaki urges man to put his attention on higher values. Where will all that time wasted on business and money have led us, when the universe is marching on to another level of expression, and man with it? It will slowly become obvious to mankind as a whole that only by transformation through surrender to the Spirit and death of the ego and superego of individuals, nations and races will mankind survive. The blossom time is coming, let the harvest of the Spiritual rebirth be very plentiful, for otherwise even a small shift in the equilibrium on the material level of this planet could cause great discomfort and suffering. This

(Continued on Page No. 23)

*We, the Children, are bowing to the
Immaculate Desire of God the Almighty.*

THE 108 NAMES OF SHRI MAHAKALI

Om Twamewa Sakshat Shri

- | | |
|-------------------------|---|
| 1. MAHAKALI | ... The seed energy of God's desire |
| 2. KAMADHENU | ... Wish-fulfilling cow |
| 3. KAMASWARUPA | ... Whose form is desire |
| 4. VARADA | ... Bestower of boons |
| 5. JAGADANANDAKARINI | ... Cause of the total bliss of the Universe |
| 6. JAGATJIVAMAYI | ... Total life-force of the Universe |
| 7. VAJRAKANKALI | ... Transforms the human skull into a thunderbolt |
| 8. SHANTA | ... Peace |
| 9. SUDHASINDHUNIVASINI | ... Dwelling in the cosmic ocean of nectar |
| 10. NIDRA | ... Sleep |
| 11. TAMASI | ... Generating and presiding over the tamo guna |
| 12. NANDINI | ... Pleasing everyone |
| 13. SARVANANDASWARUPINI | ... Embodying universal joy |
| 14. PARAMANANDARUPA | ... The highest form of divine bliss |
| 15. STUTYA | ... The most fitted for all adoration and worship |
| 16. PADMALAYA | ... Residing in the purest lotus |
| 17. SADAPUJYA | ... The sacred immutable object of adoration |
| 18. SARVAPRIYANKARI | ... Universal wish-fulfilling divine energy |
| 19. SARVAMANGALA | ... The Auspiciousness of the Cosmos |
| 20. PURNA | ... Perfect, complete |
| 21. VILASINI | ... Ocean of joy |
| 22. AMOGHA | ... Mother whose darshan seldom goes unrewarded |
| 23. BHOGAWATI | ... The supreme enjoyer of the Universe |

- | | |
|--------------------------|---|
| 24. SUKHADA | ... Bestowing perfect happiness on Her devotees |
| 25. NISHKAMA | ... Desireless |
| 26. MADHUKAITABHAHANTRI | ... Killer of Madhu and Kaitaba |
| 27. MAHISHASURAGHATINI | ... Slayer of Mahishasura |
| 28. RAKTABIJAVINASHINI | ... Destroyer of Raktabija |
| 29. NARAKANTAKA | ... Destroyer of Narak |
| 30. UGRACHANDESHWARI | ... Fire, hailstorm and fury |
| 31. KRODHINI | ... Cosmic wrath |
| 32. UGRAPRABHA | ... Radiance of fury |
| 33. CHAMUNDA | ... Killer of Chanda and Munda |
| 34. KHADGAPALINI | ... She rules by the sword |
| 35. BHASWARASURI | ... Whose fierce radiance destroys the demonic forces |
| 36. SHATRUMARDINI | ... The slayer of the enemies of the saints |
| 37. RANAPANDITA | ... Mastering the science of wars and battles |
| 38. RAKTADANTIKA | ... Whose sparkling teeth are red with blood |
| 39. RAKTAPRIYA | ... Who is fond of blood |
| 40. KAPALINI | ... Holding a skull in Her hand |
| 41. KURUKULAVIRODHINI | ... Confronting demonic hests and all sins of the world |
| 42. KRISHNADEHA | ... Dark bodied |
| 43. NARAMUNDALI | ... Wearing a garland of human skulls |
| 44. GALATRUDHIRABHOSHANA | ... Whose clothes are dripping with blood |
| 45. PRAITANRITYAPARAYANA | ... The spirit of the cosmic dance of dissolution |
| 46. LOLAJIVHA | ... With Her tongue coming out |
| 47. KUNDALINI | ... Residual energy of the Holy Spirit |
| 48. NAGAKANYA | ... The virgin serpent |
| 49. PATIWRATA | ... Devoted wife |

50. SHIVASANGI ... Eternal companion of Shri Shiva
51. VISANGI ... Without any companion
52. BHUTAPATIPRIYA ... Fond of the protector of the bhoots
i.e. Shiva
53. PRETABHUMIKRITALAYA ... Dwelling in the land of bhoots and
ghosts
54. DAITYENDRAMATHINI ... The victorious chief demon-slayer
55. CHANDRASWARUPINI ... Of the form and cooling radiance of
the moon
56. PRASANNAPADMAVADANA ... Having a bright, smiling lotus-like face
57. SMERAWAKTTRA .. The Divine Mother with smiling
countenance
58. SULOCHANA ... With such beautiful eyes
59. SUDANTEE ... Having marvellous glittering teeth
60. SINDURARUNAMASTAKA ... Who puts the red sindur on Her fore-
head
61. SUKAISHI ... With magnificent long, dark hair
62. SMITAHASYA ... Eternally smiling to Her devotees
63. MAHATKUCHA ... Her heavy breasts give milk to the
whole Universe
64. PRIYABHASINI ... Gifted with loving eloquence
65. SHUBHASHINI ... Her speech is soft and sound
66. MUKTAKAISHI ... Her dishevelled hair grants liberation
67. CHANDRAKOTISAMAPRABHA.. Shining with the lustre of a million
moons
68. AGADHARUPINI ... Whose immeasurable beauty enchants
the Universe
69. MANOHARA ... Magnetic and fascinating so that She
wins the hearts
70. MANORAMA ... Highest divine grace and charm to
please all
71. VASHYA ... Celestial charmer enticing all in Her
web of love
72. SARVASAUNDARYANILAYA ... Home of all beauty

73. RAKTA ... Red is Her colour
74. SWAYAMBHUKUSUMAPRANA... She is the life force of the self-created flowers
75. SWAYAMBHUKUSUMANMADA Intoxicated with the self-created flowers (chakras)
76. SHUKRAPUJYA ... Worshipped as the whiteness of purity
77. SHUKRASTHA ... Surrounded by a halo of purity and whiteness
78. SHUKRATMIKA ... Soul of purity and sacredness
79. SHUKRANINDAKANASHINI ... Committed to destroying the foes of holiness
80. NISHUMBHASUMBHA-SANHARTRI ... Slayer of Shumba and Nishumba
81. VANHIMANDALA-MADHYASTA ... Sitting at the centre of the blazing cosmic fire
82. VIRAJANANI ... Mother of the brave
83. TRIPURAMALINI ... Wearing as a trophy the head of the demon Tripura
84. KARALI ... Presiding over cosmic dissolution
85. PASHINI ... Holding the noose of death
86. GHORARUPA ... Terrifying form
87. GHORADANSHTRA ... Having fierce jaws
88. CHANDI ... Destroys evil tendencies in Her disciples
89. SUMATI ... Mother of the purest wisdom
90. PUNYADA ... Showering virtues
91. TAPASWINI ... Ascetic
92. KSHAMA ... Forgiveness
93. TARANGINI ... Bubbling with life and energy
94. SHUDDHA ... Saintly chastity
95. SARVAISHWARI ... Mistress of the Cosmos
96. GARISHTHA ... Manifesting Her joy at the sight of Her disciples

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|------------------------------|---|
| 97. JAYASHALINI | ... Royal and victorious |
| 98. CHINTAMANI | ... Wish-fulfilling Gem |
| 99. ADVAITABHOGINI | ... Enjoyer of non-duality |
| 100. YOGESHWARI | ... Detached |
| 101. BHOGADARINI | ... Fulfilled intensity of all pleasures, joy, bliss |
| 102. BHAKTABHAWITA | ... Fulfilled by the pure love of Her disciples |
| 103. SADHAKANANDASANTOSHA... | Fulfilled by the joy of Her disciples |
| 104. BHAKTAVATSALA | ... Cherishing those who worship Her |
| 105. BHAKTANANDAMAYI | ... Source of the eternal joy of Her disciples |
| 106. BHAKTASHANKARI | ... Bringing the desires of Her disciples to fruition |
| 107. BHAKTISAMYUKTA | ... Bestower of devotion |
| 108. NISHKALANKA | ... Pure |

JAI JAI JAI MATAJI

RAY HARRIS'S REFLECTIONS

(Continued from Page No. 18)

is not scaremongering, but we must take to Sahaja Yoga and establish ourselves as instruments for this next most dramatic stage of human development as directed by Shri Mataji. In Delhi this year Shri Mataji said in one lecture that Pluto can be both the cause and cure of many diseases found in today's world. Let us pray that we may surrender to the power of Pluto in a fashion that may allow for the cure to take place, not only of diseases on the individual level, but that mankind as a whole may discover the simple cure for the collective diseases which cause the entire race of men to suffer and be alienated from one another. The

cure is to bow to the Lotus feet of Shri Mataji and allow Her to transform us through the vehicle of Sahaja Yoga. Shri Mataji has asked us to pray for Her health at this time, March '83, and Her body reflects the collective health of the Sahaja Yogis. Therefore it is vital that we allow the transforming power of Pluto to cure us individually and collectively, so that our beloved Mother does not have to suffer for us in Her boundless love. As is written in the Koran, for the man who has eyes to see and ears to hear, the evidence of God and his works and plans are everywhere.



The Holy Mother Nirmala Devi Srivastava & K. P.

by Shri T. Y. CHAUDHARI

THE horoscope discussed in this article pertains to Her Holiness Mataji Shri Nirmala Devi Srivastava, who, to Her innumerable Sahajyogi devotees spread all over the five continents, is an incarnation.

Her Holiness Mataji is reported to have been born at 12 noon on Wednesday, the 21st March 1923, at Chhindwara (Lat. 23° 3' North and Long. 78° 59' East). The following is the horoscope prepared in accordance with the principles of Krishnamurti Padhdhati : Ayanamsa used 22° 41' (K.P.)

Sun 6° 57' X 1° 03'	Mars 19° 28' Moon 17° 25' XI 5° 05°	XII 9° 48'	Lagna 11° 46'
Ketu 27° 27' Herschel 21° 48' Merc 20° 23' IX 1° 13'	Balance of Venus Dasa: 13y — 10m — 15 days		II 5° 34' Nep. 23° 3' For. 25° 15'
Venus 24° 33' VIII 5° 34'			III 1° 13' Rahu 27° 27'
VII 11° 46'	VI 9° 48'	V 5° 05' Jup. 25° 52'	IV 1° 03' Sat 25° 23'

Cuspal Position :

House	Lord	Constellation Lord	Sub Lord
Ascendant	Mercury	Rahu	Saturn
II	Moon	Saturn	Mercury
III	Sun	Ketu	Venus
IV	Mercury	Sun	Rahu

V	Venus	Mars	Sun
VI	Mars	Saturn	Venus
VII	Jupiter	Kethu	Mercury
VIII	Saturn	Sun	Mercury
IX	Saturn	Mars	Mercury
X	Jupiter	Jupiter	Mars
XI	Mars	Ketu	Mars
XII	Venus	Sun	Venus

Planets	Constellation Lord	Sub-Lord
Sun	Saturn	Mercury
Moon	Venus	Mars
Mars	Venus	Rahu
Mercury	Jupiter	Jupiter
Jupiter	Jupiter	Ketu
Venus	Mars	Rahu
Saturn	Mars	Rahu
Rahu	Sun	Moon
Ketu	Jupiter	Venus

In the case of a divine personality the spiritual aspect of the horoscope has to be ordinarily considered from an examination of the Lagna, and the 5th, 9th, 10th, 11th, and 12th houses. The planets to be studied are Sun, the Atmakaraka, Moon, the Manakaraka, Jupiter and Ketu indicating spiritual knowledge and Saturn for tapasya. In Krishnamurti Paddhati, spiritual realisation is indicated if the sub-lord of the cusp of the 11th house signifies houses 5 (initiation), 10 (sadhana) and 11 (siddhi).

The Lagna in the above horoscope is powerfully aspected by Saturn by his 10th aspect and Jupiter by his 9th aspect. Mer-

cury, the lord of Lagna, is powerfully aspected by Jupiter. Saturn as sub-lord of lagna and lord of 9th by his aspect on Lagna confers the faculty of perfect concentration and meditation and makes the personality fit for divine action. Saturn is in the star of Mars, lord of Aries, and in the sub of Rahu, representing Sun in the 10th. This assures success in meditation and awakening of the soul. Jupiter as lord of 10th is posited in his own star, in the 5th house of intelligence and love and is in the sub of Ketu (indicating spiritual knowledge) in the 9th house. This shows the expansive divine love, the Holy Mother radiates as also peace, harmony and divine wisdom, as an attribute of spiritual knowledge. The aspect of strong Jupiter lord of 10 from an airy sign, on the intellectual planet Mercury, lord and sub-lord of Lagna and also on Lagna and the Moon, clearly indicates true wisdom beyond mere human intellect, and intuition of a very high order. The Holy Mother is indeed knowledge beyond human comprehension, knowledge of the infinite, of divine incarnations and of the Kundalini.

The Ascendant falls in Gemini owned by Mercury, that is to say, in the star of Rahu and in the sub of Saturn. The sub-lord Saturn as lord of 9 is posited in a friendly sign Virgo in the Star of Mars, lord of 11 is aspecting lagna powerfully. Mercury and Saturn have got parivarthana by sign position. The aspect is indicative of a life dedicated to tapasya, dharma and to matters of spiritual nature. Mercury stands for electrical energy and from the point of vibrations represents vayu or locomotion and its symbol is wings. Mercury is in the star and sub of Jupiter, the lord of divine knowledge and dharma himself. Mercury is

in aquarius and this sign is symbolised with one pouring water from a vessel. This and the airy sign occupied by Lagna, Jupiter, Mercury and Ketu explain, the cool breeze (Chaitanya Lahari) that always emanate from the Holy Mother or Her photograph. The divine energy or cool vibrations endlessly flowing from the Holy mother or Her photograph results in creating thoughtless awareness in the devotees.

Rahu, the star lord of Lagna, is posited in 3rd house in the Uttara star ruled by Sun, the Atmakaraka, occupant of 10th house and is aspected by Mercury lord of Lagna from the 9th house. Rahu is in the sub of Moon in the 11th house. The sub-lord Moon is conjoined with Mars, lord of 11th and both Moon and Mars are powerfully aspected by Jupiter. Rahu is thus connected with the 5th, 10th and 11th houses, all beneficial houses indicating spiritual realisation. Rahu is also connected with the planets Mercury, Sun and Moon representing intellect, soul and mind. Rahu therefore, promises honour, status and success as a spiritual leader and as a Teacher of matters spiritual. Rahu represents the Kundalini or the serpent power in the human body. Rahu is the female and that is why Kundalini is referred to as the She Serpent (See Hatha-Yoga Pradeepika and Shiv Samhita). Kundalini which is absolute divine knowledge is, therefore, the source of spiritual enlightenment. It may be incidentally pointed out that in every non-realised person, Kundalini lies in a dormant state coiled up, in the triangular bone, at the base of the spine and is the residuary divine power in every human being. It is the store house of absolute divine knowledge and arises and manifests to perform

its functions at the will of Bhagwati; but only at the appropriate time, according to the Karma of the individual. This has been verified through K.P. in several cases.

The cusp of the 2nd house, which indicates among other matters voice and speech, is jointly ruled by Moon as sign-lord, Saturn as the star-lord and Mercury as sub-lord. The sub-lord Mercury discussed above, stands for higher mind and heart and indicates that the soft and melodious voice and the gospel truth the Holy Mother teaches, comes directly from the Universal Mind itself. Venus by its aspect on the 2nd house makes the speech sweet and genial. Mars aspecting the 2nd makes the speech forceful and vests it with divine authority. It is only when she refers to the damage done by the fake Gurus, or tantriks that Her voice assumes a harsh tone. In this respect she says that "these fake Gurus spoil the Kundalini of innocent people and rob them of their divine right to be spiritually liberated". Venus in Rahu sub in the 8th house (which is the seat of Kundalini) aspecting the 2nd house shows that Her mere look is a blessing of the Kundalini power itself. It also explains why in the glow of Her eyes and the caress of Her voice, motherhood vibrates in the fullness of divine love, tenderness and sweetness; It seems that Goddess Parvati, the Supreme Mother of the Universe, represented by the sign cancer, is Herself showering grace after grace on the people.

The 5th house indicates poorva punya and spiritual transformation on initiation etc. It is jointly ruled by Venus as sign-lord and Mars as the star-lord and Venus as sub-lord. Mars and Sun have been discuss-

ed above and is a great benefic and the chief source of spiritual transformation. Venus, the sign-lord is posited in Rahu sub in the 8th house and is stronger benefic to give effect of the Kundalini power. Jupiter is posited in 5th house, in his own star. All this shows the meritorious deeds done in previous lives and abundance of poorva punya. Jupiter, Venus and Rahu show that in view of the poorva punya the Holy Mother chose to take Her birth as a highly spiritual and enlightened personality, with all the knowledge and powers that the Mother Kundalini confers, according to the sacred texts.

The 9th house is jointly ruled by Saturn as a sign-lord, Mars as star-lord and Mercury as sub-lord. This Mercury has been discussed above. This explains the righteous conduct and divine purity of thought word and deed, of the Holy Mother. Venus in the 8th indicates vegetable kingdom and it is but appropriate that the only offering to the Holy Mother consist of the choices of flowers. Venus as the lord of the 12th house and lord of 5th occupies the 8th house, the seat of Kundalini and indicates that the Holy Mother is a purified personality and is no longer subject to the cycle of births and deaths.

The 10th cusp is jointly ruled by Jupiter as sign and star-lord and Mars as the sub-lord. The 10th house is occupied by the Sun. Rahu alone is in the star of Sun. Mercury, Jupiter and Ketu are in Jupiter's stars, Mercury, Ketu, Jupiter and Rahu are therefore, strong significators of the 10th house. The Yoga, the Holy Mother teaches, is the Kundalini Yoga, indicated by Rahu in the 3rd house, being 9th to the

seekers. In the other Yogas, cleansing of the body and mind is a pre-requisite. In Sahaja Yoga, self-realisation is first and cleansing automatically follows. This is due to Mercury's position, Mataji gives self-realization to hundreds of people at one and same time. This is done by activating the Kundalini in the individual. It seems as if the Kundalini arises in Her presence as a mark of respect to the Holy Mother. In case of a person, who has lived a virtuous life, self-realisation is conferred by the Holy Mother in a matter of minutes. The process is extremely simple and effortless. As proof of self-realisation, one notices cool vibrations flowing through the fingers and palms and thoughtless awareness manifests immediately. The flow of vibrations deepens with the entry of the Kundalini in the limbic region and with practice, the devotee is blessed with deep contemplative sensitivity and doubtless awareness. Mataji says that "when the Kundalini gets connected with the Universal Unconscious, you can have direct communication with Reality, totally purifying and enlightening the mind". She teaches you also the ways and means of healing the body and mind including the causes of the various afflictions and the particular chakra on the Sushumna Nadi, that needs attention for remedying the particular affliction. No spiritual teacher, it seems, is known to have done such a miracle on so vast scale.

The 11th house confers siddhi. The sub-lords of the cusps of the 5th, 9th, 10th and 11th houses show siddhi following initiation. As stated before, Rahu signifying the Kundalini is connected with Lagna and houses 5, 10, 11 and 12. Saturn and Venus in Rahu sub are equally strong. Jupiter as

discussed above, is another strong sign indicator of houses 5 and 10. Mercury in Jupiter star and sub is however stronger. Mercury and Kethu occupy the 9th house, and there is no planet in their stars. It was on the 5th May 1970 during the dasa of Rahu, bhukti of Mercury, anthara of Saturn that the Holy Mother discovered her amazing powers about her mastery over the mysterious Kundalini. On that day, Rahu was transiting in aquarius in his own star and in the sub of Venus. Mercury, Kethu and Moon were transiting in Venus star and Saturn in Venus star, Rahu sub, over the natal Mars in the 11th house. The siddhi includes the power to cure diseases like cancer, paralysis etc. which defy modern allopathic medicines. This is indicated by Rahu, in the sub of Moon in the 11th house. The disciples also have the power to invoke the Kundalini to arise and many of them are at present busy throughout the five continents granting self-realisation to hundreds of persons and alleviating human sufferings. In fact the position and association of Rahu, Mercury, Jupiter, Saturn Venus have conferred on the Holy Mother all the gifts of the Spirit, the gifts of teaching, healing, mercy and all other attributes of divinity through the Kundalini power.

To the traditional astrology, the above horoscope would reveal the aristocratic surroundings at birth, pleasant childhood, marriage with a very high executive, happy married life and a command over wealth, together with the comforts that wealth ordinarily confers. It is only Krishnamurti Padhdhati that correctly reveals the immense spiritual siddhi of the Holy Mother, her mastery over the Kundalini power, and the royal ascetic life she lives. May Krishna-

murti Padhdhati, by the grace of the Holy Mother, illuminate the minds of students of astrology.

According to Krishnamurti Padhdhati, one becomes a Sanyasin if, the sub-lord of the cusp of Lagna is in any manner connected with Saturn and the 10th and 12th houses. Saturn, the sub-lord of Lagna, is in the star of Mars and sub of Rahu, representing 10th and 11th house. But Jupiter is also lord of 7th and aspected by Moon lord of 2nd house. Mercury occupies the 9th house in conjunction with Kethu, an agent of Saturn. This connection with Saturn and 10th house indicates Parlok Sadhana and an aversion for worldly pleasures, while leading a normal family life. Mataji is not a Sanyasin in the sense the term is ordinarily understood. She does not advise sanyas or wearing of saffron robes for spiritual discipline. As a Mother, she encourages her disciples to enter into a disciplined married life.

Houses 2, 7 and 11 are considered for marriage, family life etc. Houses 2 and 7 are not occupied by any planet. Moon lord of 2 in 11 in the star of Venus and sub of Mars lord of 11 is very auspicious for a happy family life. Jupiter, lord of 7th, posited in the 5th in his own star aspected by Moon, lord of 2nd, and Mars, lord of 11, promises a very happy married life with children. The 7th house is jointly ruled by Jupiter as sign-lord, Kethu as star lord and Mercury as sub lord. Kethu is in the star of Jupiter, lord of 7th house in the 5th house. Mercury is in the star of Jupiter and Rahu is in the sub of Moon. This explains why Moon dasa, Jupiter bhukti, Rahu anthara gave marriage on the 7th

April 1947, a Monday and a Swathi star day Jupiter confers divine love and understanding in conjugal matters and this has been evidence ever since the date of marriage. Venus in 8th makes her a sumangali. Mata is a very devoted wife, mother and grandmother par excellence.

The Holy Mother has been preaching Sahaja Yoga ever since 1970, when Rahu dasa, Mercury bhukti was operating. On the 25th January 1972 during Rahu dasa, Venus bhukti and anthara, (when Rahu was transiting in Moon star Rahu sub and Venus was transiting in Rahu star Venus sub) the Holy Mother selected twelve disciples and granted them self-realisation. The bhukti Venus and Mars which followed witnessed a steady increase in the number of people getting self-realisation and the establishment of centres for Sahaja Yoga. Jupiter Maha dasa started on the 6th Feb 1978 and will last till the 5th February 1994. By nature Jupiter stands for expansion. Consequently during Jupiter bhukti, Sahaja Yoga spread with great speed to several countries. The bhukti of Saturn runs during 24th Mar 1980 to 5th October 1982.

Saturn, although restrictive by nature being in Mars star, Rahu sub, its bhukti saw thousands of faithful seekers getting initiated into Sahaja Yoga. The bhukti Mercury runs during 6th October 1982 to 12th January 1985 and that of Kethu thereafter upto 18th December 1985, Mercury posited in Jupiter star and sub; and Kethu is in Jupiter star and Venus sub. It is during these periods, that there would be further expansion of Sahaja Yoga on a very huge scale.



Shri Mataji's Australian Tour, 1983

On Thursday 17th March, 1983 in the Maccabean Hall, Sydney, Dr. Warren Reeves introduced the second last program of Our Holy Mother's Australian tour.

A journalist and a photographer from a major newspaper were present as Dr. Warren gave an introduction totally different from any used before. As he spoke of the previous incarnations of the Adi Shakti, of Her manifestations as the Holy Mother of Christ, as Fatima, and all the other great incarnations that have come, a thrill went through every Sahaja Yogi gathered in Shri Mataji's presence. We all knew we were sharing a momentous occasion.

At the end of his introduction Dr. Warren declared to the world that Her Holiness is the incarnation of the Holy Ghost, the Adi Shakti that has come again and again when Her Presence was needed.

When Shri Mataji rose to speak a few moments later absolute silence reigned. In a very quiet voice She said simply, "It is true," and a new age had begun.

Earlier that morning at darshan Mother had told of Her decision to speak openly to the world on this but left the time a mystery. "Perhaps tomorrow night," She said.

It was a fitting climax to the public section of a triumphant tour. From the first day in Perth on March 2, a steady stream of seekers had come. So had the press, radio and television people opening the way for Mother to speak directly to millions of Australians.

Early in the tour our Beloved Mother decided to visit only four cities, each of them a State capital. There were two public meetings in each of the smaller cities, Perth and Adelaide, three in Melbourne and four in Sydney.

The most spectacular success was in Adelaide, a city where negativity had often stifled the efforts of the resident Sahaja Yogis to expand. Shri Mataji's first program was on Saturday, March 5. Australians who had toured India with Mother had arrived back to find an unexpected national election day coinciding with the first Adelaide program. Naturally the media was dominated by this event, power being more attractive to them than spiritual matters, but nevertheless a very thorough postering of the city with a beautiful full colour poster, a small article in the press the Monday before announcing Shri Mataji's visit, and several well placed advertisements let the seekers know Our Mother was coming. And despite all the difficulties they came to Her.

The first meeting on election night was well attended, but the Monday night meeting following television and radio appearances that morning was a stunning success. The seats were full, the floor at the front crowded and people standing round the sides and back of the hall. After the meeting many of them came to Mother's feet, something that would normally not occur in Australia. It was a very beautiful demonstration of the defeat of the negativity.

On the Sunday morning Mother had held a workshop in a park on the banks of the

River Torrens which a large number attended, and on the Monday morning the Sahaja Yogis of Adelaide were blessed with a superb new ashram, large, well situated and handsome. In just three days our Beloved Mother transformed this difficult city.

Perth had been a beautiful but quieter opening to the tour. Most of the newspaper and radio coverage didn't reach the public until after the two programs in Perth Town Hall. Even so the seekers came, the hard-working Perth Sahaja Yogis had also thoroughly posterized the city and suburbs. This plus several newspaper ads let them know where Mother would be. The Divine Mother held a puja shortly after arrival and the next few days showed the obstacles had truly been removed. Many new people are settling into their realisation and regularly attending the Perth ashram. These two new centres, never visited before by our Beloved Mother are now very solidly established and growing thanks to Her Grace.

As Shri Mataji left the western States to travel eastwards, fierce bushfires were raging across much of south-eastern Australia. Following four years of drought the country was very dry with no water to fight fires. But as Mother travelled east the soothing rain came with Her, a very special blessing on this land of Lord Ganesha. It has continued after Her departure, a sign of the great changes Our Mother has wrought.

Melbourne, March 8, and as the Divine Mother flew in from Adelaide members of the press and television were gathering at Melbourne's Windsor Hotel for a press

conference. Some were cynical, some professional, and some had already recognised the very special Being who was coming. The press conference concluded with a television interview which was broadcast that evening in the main news bulletin, the most highly rated program in Australian television. Over a million people saw Mother as She actually gave realisation over this powerful medium, and in the days that followed many came to the programs as the result of the experience they had felt. Following the broadcast the phones at the T.V. station rang continually as people called to find out more. The same experience was repeated the following day when Mother appeared on an evening radio program. Again the phones rang and rang.

As usual the power of the Adi Shakti manifested in the form of miracles. One small girl watching the television had been born with a stiff wrist and all medical attempts to correct it had failed. Sitting watching the television she felt the cool breeze in her hands and suddenly the wrist was freed as the Divine Grace flowed over her.

The Divine Grace also flowed over Melbourne in a special way. A critical water problem had existed there for years. One morning Mother decided to have a puja to the sea. Everyone in the ashram journeyed some distance to the shore where Mother presided over a simple beautiful ceremony during which She constructed a Shri Ganesha on the sand. Afterwards Mother told the assembled Sahaja Yogis that Melbourne's water problem was permanently solved.

Not only the Sahaja Yogis associated

Mother's visit with the rain, but at the press conference one lady from a T.V. station quietly asked several Sahajas if rain would come. On the drive from the airport Mother had said to those in the car, "Now I've come it will have to rain." This was told to the T.V. lady and as the press conference broke up several Sahajas were carrying equipment out to cars. As the T.V. lady stepped out onto the pavement the first drops of rain fell on her. She stopped, looked up, then smiled her acknowledgement as she walked away. The rain developed into the first steady rain seen in Melbourne for a long time.

But more was to come for Melbourne : several successful radio broadcasts, and gradually increasing numbers at the public programs. This culminated on Sunday, the 13th with a workshop in the spacious grounds of the new Melbourne ashram. The gardens were crowded with visitors who had come to learn more about their realisation. They were blessed with a special lunch cooked by Mother Herself. It had been a joyous week for everyone.

Mother's arrival at Sydney Airport started many people. Although it was a late night flight a large group of Sahaja Yogis were waiting when our Beloved Mother arrived almost two years after Her last visit. Many celebrities on the plane were puzzled as they were ignored in the joyous crowd surrounding Shri Mataji.

The following evening Mother held a puja, as she had on arrival in each of the cities. The marvellous vibrations that flowed that evening were a special benefit to many established Sahaja Yogis who were meeting Mother for the first time, though

She had been part of their lives for a year or more. Once again this puja to Lord Ganesh and the Adi Shakti cleared the obstacles away, though for a short while next morning for some of us the Maya was in full play.

Mother's first engagement on the morning of Tuesday, the 15th was as a guest on a major radio program called City Extra on the A.B.C., the national broadcasting network. As elsewhere the rain had followed the Holy Mother and as the car headed into the city in the morning peak hour traffic there was chaos. No matter what alternative route was tried the traffic was snarled. It soon became obvious to those in the car that Mother would arrive at the studio after the time arranged for Her appearance. The other four in the car were perurbed to various degrees, Mother Herself reassured them that all would be fine as She put it into bandhan. Arriving at the studio 15 minutes late it was found another guest scheduled to appear after Our Mother, had arrived early and was already on air. This proved to be an American management consultant who talked glibly and shallowly about stress relief and management. It proved to be a perfect prelude as the interviewer with immense respect introduced Mother and revealed the shallowness of what had gone before.

What followed was a magical twenty minutes. The depth, warmth, compassion and wisdom that flowed enriched everyone who heard it. After the broadcast even the normally blase station staff for whom celebrities were an everyday occurrence came to pay their respects. On the way home Mother gently pointed out how the Divine

works this out. It was a lesson not to be forgotten.

Again in Sydney an interview with Shri Mataji appeared on the main evening news bulletin to over a million viewers and another television channel interviewed Mother in depth and also filmed part of the second Sydney public program.

Early in the tour Mother had expressed Her thoughts that television was the best medium, and so it proved.

Each night brought bigger crowds, and the Sunday workshop, though held in pouring rain stretched the ashram limits as two hundred visitors plus Sahaja Yogis jammed inside to hear Mother and enjoy Her blessings, including another meal cooked by Her.

The public programs over, there was time for Mother to relax a little and on the Saturday a picnic was held in the Lane Cove River National Park. Here on the green riverside lawns, She was surrounded by the fragrant Australian bush with Her children seated on the grass around her. It was a day of laughter and relaxation as Mother in a green sari that blended perfectly with the surroundings, nursed and named the new babies and talked gently with parents about the raising of children. The informality even extended to Mother teaching the men how to tie dhotis in the manner of Shri Krishna. Every now and then the paddle wheel ferry chugged along the river with its passengers staring at the joyous group on the banks and wondering what was going on.

The highlight of the tour however, was Monday, March 21, our Beloved Mother's

Birthday. Sahaja Yogis came from all over Australia to share it with Her and no words can describe the beauty and depth of the puja that day. It will forever stay in the memories of all who were privileged to attend. As the puja finished heavy rain poured down and with a beautiful smile Mother looked out at it and said, "All nature is washing my feet." To us it seemed like all Creation.

That night to celebrate, one of the few sitar players in Australia arrived to play for Mother. The ashram became a totally relaxed, warm home though there were 80 people present, and when Mother joined us with Her hair down and wearing a softly patterned sari, the warmth was overwhelming. Marvellous music flowed from the sitarist and from several Sahajas who played to honour Mother. Then came a giant birthday cake (in the form of a Swastika) much to the joy of the small children. As was fitting, a joyous Mother finished the evening by bestowing on the sitarist and his two accompanists Her greatest gift: realisation.

At midday next day, farewelled by a large crowd, Mother left Australia. Her blessings however have remained. Night after night new seekers are coming, old ones are progressing, and Sahaja Yoga is growing before our eyes.

May the triumph of this tour be repeated all over the world and by Divine Grace what we have experienced here in Australia may be repeated elsewhere. With full hearts we all shout:

JAI MATAJI

—The Australian Sahaja Yogis

Nirmala Yoga

Sahaja Yoga & Physical Cure-II

Asthma :— It is a problem of left side in which lungs become lethargic causing difficulties in breathing. Feeling of insecurity or bad relations with one's father can also be the root cause of this disease, in which case centre Heart or right Heart respectively are affected. In this case WBC outnumber RBC, which is due to the catch on left Nabhi and Swadhistan.

Tuberculosis :— This is also a problem of left side and is caused by mal-nutrition and lack of protein and other left side problems. Chakras affected are left nabhi, Swadhistan and centre Heart. Patients of both the diseases, should raise right side and add the God's grace into left side, take salt-water treatment with left hand towards the photo and right hand raised. Eat nutritious food. Also, take vibrations to affected chakras.

Common Cold :— In this problem, either left vishudhi or right vishudhi is caught. Hamsa is also affected. If suffering from left Vishudhi, nose is blocked, if suffering from right Vishudhi, nose is running. For flowing nose, one should burn Ajwain on charcoal and inhale its fumes. Also drink decoction of Tulsi leaves, ajwain, ginger and sugar and take rest in the bed. If nose is blocked, one should add clarified butter in the nose.

In order to avoid the problems of lungs and throat, it is necessary to change our ideas regarding bath. Cold water bath is preferable in the summer. In the winter one should bathe in luke warm water but should

not get exposed to cold weather after bath for 2-3 hours.

Jaundice :— Right Nabhi and Swadhistan are affected. Our beloved Mother has prescribed a very simple medicine for this disease, which doctors find very difficult to cure. Fresh raddish leaves be boiled and candy sugar be mixed in this boiled water which is drunk for 3 days instead of plain water. Fried food, proteins etc. may be avoided and the disease is cured in 3 days. Mantra to be said 10 times 'Mother you are my Guru', with left hand on stomach and right towards photo of Shri Mataji.

Diabetes :— Right nabhi and Swadhistan are affected. Left sympathetic may be raised and God's grace be passed into right sympathetic 108 times every day. Foot-soaking in luke-warm salt water, placing right hand on pancreas. These patients should take lot of vibrated salt and say the Mantra in front of the photo of Shri Mataji "Mother I am my own Guru" This mantra may be repeated 10 times. It is necessary to give up the habit of planning one's future.

Insomnia :— This is due to over-active right side. Left side may be raised and God's grace added into right sympathetic. The following mantra may be recited :

या देवी सर्वभूतेषु निद्रा रूपेण संस्थिता ।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः ॥

*Yā Devi sarvabhooteshu nidra roopena
samsthita !*

*Namastasyai Namastasyai Namastasyai
Namo Namah !!*

Lack of Memory :—Left side may be raised and God's grace added into right side. The following Mantra may be recited thrice :

या देवी सर्वं भूतेषु स्मृतिरूपेण संस्थिता ।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः ॥

*Yā devi saryabhooteshu smrutirupena
samasthita !*

*Namastasyai Namastasyai Namastasyai
Namo Namah !!*

Spondylosis :— This could be due to the problem of left or right sympathetic nervous system, owing to respectively, malnutrition

or over-work and over-anxious nature regarding one's responsibilities. Imbalance in sympathetic may be corrected and affected parts be treated with vibrations and vibrated kerosine, and foot-soaking in luke-warm salt water.

Sciatica :— This is a problem of left-sympathetic. Left Nabhi and Swadhisthan are affected. Imbalance may be corrected by adding God's grace in left sympathetic nervous system and treating affected chakras with vibrations and massaging with vibrated kerosine.

FESTIVALS

Festivals	Date according to Indian Calendar	Date according to English Calendar
Janmashtami (Birthday of Shri Krishna)	Shravan—Month Krishna Paksha—Dark Fortnight Ashtami—8th day	31st August 1983
Shri Ganesha Chaturthi (Shri Ganeshas' Birthday)	Bhadrapad—Month Shukla Paksha—Bright Fortnight Chaturthi—4th day	10th September 1983
Navaratri (Puja of Shri Devi Durga for 9 days)	Ashwin—Month Shukla Paksha—Bright Fortnight Pratipada—1st day to Navami—9th day	7th October 1983 to 15th October 1983
Dussehra	Ashwin—Month Shukla Paksha—Bright Fortnight Dashami—10th day	16th October 1983

THE FIRST SAHAJA YOGA SEMINAR IN AUSTRIA

Our Holy Mother visited Vienna in September 82, gave Her blessings to the whole city and realisation to about 600 seekers. About 25 remained in Sahaja Yoga in an active capacity and gathered to our first seminar in April.

You can't imagine, it was such a blessing to attend it! Just thinking about it one gets breathless... but we have to go beyond thought anyway. We had a wonderful programme of videos, workshop, meditation, exchange of experiences and above all, a beautiful Shiva-Shakti-Ganesha Puja, which according to the vibrations, was kindly accepted by the deities.

We gathered together to surrender to the realm of joy and silence, to get the Divine Vibrations flowing from the Eternal One. This happened in such a way, that, in a very short time, we grew remarkably strong in our yoga. This was possible, because the collectivity in the group was very good. Fixing the attention to the Spirit and not to the outward appearance of a person, we somehow melted together. Finally nobody could bear to see the end of the seminar coming. The three

children of the manager of the youth hostel were attracted to us one after the other and they all got their realisation; it was really sweet!

All this sounds very nice, yet there is much work to do in Austria. With the help and guidance of the Divine we will spread Sahaja Yoga until the last valley of our Alps will be vibrated. And we now need an ashram to adore our Mother, who is Beauty and Bliss itself and to set the example of a new life style to this Austria.

No doubt, all problems will be solved if we surrender ourselves to the Enlightened One, the Spirit. We pray to our Shri Mother that She opens our hearts for Her Grace, compassion and guidance.

O Devi, who else but you can take away our misidentifications so that we can face your shining love without shadow in our eyes. Let us always remember that we are Your children, playing with Your gifts.

Thank You!

—Guent her

*Om Twamewa Sakshat Shri Sarva Sahaja Yogi Sakshat Shri Sarva Sahaja Yogini
Sakshat Shri Adl Shakti Bhagawati Mataji Shri Nirmala Devi Namoh Namaha*

*Maria Smith's account of the miracle at Bedford
and the events leading up to it.*

Bedford is a provincial town in the midlands of England. Sahaja Yoga programmes were started there about eighteen months ago, during which time a number of people were given realisation and three became Sahaja Yogis. In 1982 Shri Mataji was invited by local Sahaja Yogis to come to Bedford and other neighbouring cities.

Initially, absolutely nothing worked out as far as arrangements for Shri Mataji's trip were concerned. There was total negativity and opposition from the media, and even the Sahaja Yogis were sucked into the vortex of inertia. A lot of energy was lost in the process of trying to make people understand the importance of this visit by intellectual reasoning and persuasion. None of the approaches to media or any of the plans bore fruit through complete lack of local interest. As a result the visit was temporarily called off by Shri Mataji. We realised at this point that we had been completely drained and wasted by going about things in a human rather than a Sahaja fashion. So collectively, the English Sahaja Yogis decided to work on the midlands area by cleansing and strengthening themselves and the area by doing pujas and by asking the elements to help in the process. Every Sunday we would have pujas in one of the three main towns and would work on the map of the district in the presence of Shri Mataji's photograph. We would use the vibrations coming from different parts of the map to feel and work out the collective problems of a particular town.

Just before all this took place, when the meetings had been cancelled, Maria tele-

phoned Shri Mataji and our Holy Mother explained that something was taking place on a level beyond our awareness and beyond our ability to control. Shri Mataji had consulted the stars and deities so that they would work it in the way that the Divine knows best.

After some weeks a series of extremely violent rain storms occurred. One minute the summer skies would be clear and blue; the next they would be filled with unnaturally heavy clouds which seemed to come out of nowhere. The rain was so heavy that people could hardly believe it and it was accompanied by lightning which rent the skies from end to end and frightful and deafening thunder. The rivers flooded and overflowed on to the surrounding lands. After every storm there would be spectacular rainbows—not a normal, single rainbow, but many bows all crossing each other. These spectacular shows would delight everyone with their beauty, and people would even stop their cars to watch this heavenly wonder. All Jews and Christians will recall that God sent Noah a rainbow after the great flood as a symbol of His love and as a promise that He would never flood the earth again so completely.

After a month or two of all this Shri Mataji suggested more dates for programmes which She would attend in the midlands area. All the money for hiring halls etc. was gone, but due to one timely phone call the right person appeared at the right moment to help with this side of things. The second boon was that the media were

totally positive; the newspapers, radio and even TV were only too delighted to cooperate. It seemed almost as if everyone connected with the media had been previously convinced about Shri Mataji and Sahaja Yoga prior to our visiting them.

Shri Mataji arrived and was on two TV programmes, and the Sahaja programmes were jam packed with people standing in the corridors outside.

It was during the first meeting at Bedford that the greatest miracle occurred. Shri Mataji was driven to the meeting and reached the hall at about 7.30 p.m. Our Mother left at about 11 00 p.m. and was in the hall constantly in between.

At about 9.15 p.m. a young man named Jason Haynes, who lived in Bedford, was knocked off his motor bike in one of the streets of the town and was lying seriously injured waiting for the ambulance to arrive. Some minutes later he was aware of a kind Indian lady standing over him, touching him where he was most injured and each time she touched him the pain left that part of the body. Then she left, and later the ambulance arrived and took him to the hospital, where he was treated for minor injuries and shock. The onlookers at the scene of the accident did not see any

'Indian lady' at any time, and Shri Mataji was at that time visibly giving realisation in the hall in another part of Bedford. The next day the young man, Jason Haynes, saw a photograph of Shri Mataji in the local paper and was certain beyond doubt that this was the 'mysterious lady' who had helped him.

The following day some Sahaja Yogis were accompanying Shri Mataji in her car to the meeting at Cambridge. One person complained that she was suffering from a bad left nabhi catch. The reply of Shri Mataji is instructive for all : our Mother explained that it was not this lady's left nabhi, but the collective catch of the whole area which was being felt. She was told to open her chakras, and pray to the particular deity, then vibrations could be emitted through that person's chakra out to the whole environment. Thus the problem was that of the whole area and the lady was to stop assuming that the catch revolved about the problems of her small self; it was something much bigger.

Mother, please let us surrender to You completely so that we may be worthy instruments for the great work You are accomplishing on this earth of Yours which you have so graciously given us to enjoy.

Little Stories from the Rome Center

● It was the first time I was going to the apartment where the Sahaja Yogis meet and I could not remember the indications my husband gave me to find their house. As I did not want to go all the way back home I decided to experiment with the guidance from the vibrations on the hands. So, I went on in the street till I arrived in front of the right gate and pushed on the right interphone button. When I got the confirmation that I had indeed found the flat I was looking for I just couldn't believe it.

—RITA



● Shortly after my realisation I was told by the Sahaja Yogis that my right visshuddhi was catching as smokers' visshuddhis usually do. I don't smoke but in my office they all do it. That same day the Sahaja Yogis also told me that, as a child of Shri Mataji, I was protected; I could not really understand what they meant.

In my office there had been regular discussions on the need to stop smoking but without any results. Yet the day after these comments of the Sahaja Yogis and after I had bitterly complained to them about all those smokers, without any apparent reasons, all the colleagues in the office decided to stop smoking in the room. All of a sudden they were all taking care of my right visshuddhi. I was stunned, happy, and, from the bottom of my heart, I thanked Shri Hanumana and Shri Mataji.

—EDUARDO

● I started my study as I was 23, with a lot of insecurity and fear of the exams. During the first series of exams after my realisation I was still afraid though feeling the Presence of Shri Mataji in the room. Then something strange happened: the examiners, well known for being harsh and nasty, started beaming with smiles, became so human and so nice as soon as they proceeded with the girls of my group. Everything went so well as if a good fairy had entered the room on a cloud sparkling with beauty. The same thing repeated itself for all the exams I had to go through. The wonderful thing about it is that my girl friends noted the change occurring every time, and now, funnily enough, they all wanted to be examined at the same time as me.

—CRISTINA



● Before meeting Shri Mataji, Anny and myself were keeping in our bedroom the picture of a "guru" whose meditation techniques we had followed for a while. Although we had found that his system did not give any results we were still intellectually convinced that he was a saint. Hence his picture remained on the wall, fortunately at the foot of the bed.

The night Anny and myself received our realisation from Shri Mataji we received Her picture for meditation. Returning happily home, we fixed Her picture on the wall near the one of the "guru". (We did not know anything about protocol but probably we have been forgiven for sleeping that night

with the feet towards our Mother). The next morning we were amazed to find that the picture of the "guru" had fallen down on the floor. Only the picture of Shri Mataji remained. After this event, somehow, I felt that we should not sleep with our feet towards the picture of Shri Mataji.

—ANTONIO and ANNY

★ ★ ★

● It was 9.30 pm. I was returning home when suddenly some boys forcefully took away my bag. It contained pictures of Shri Mataji, my identification papers, money, gold jewels that I wanted to sell, a shawl from India, my keys and newspapers to look for a place suitable for our ashram. On arriving home I prayed to Mother that

Her angels should not be too harsh with the thieves. My husband told me to go to the police right away but I refused : I was deeply convinced that the bag would be returned. It had to be so as I am a daughter of Shri Mataji. I went to bed, praying as usual to Shri Mother, and, confidently, I went to sleep. The next day, I hardly remembered what had happened when the doorbell rang. It was the doorman holding the bag in his hand. A street cleaner had found it on a lawn and brought it back to the correct address. Nothing had been touched. Just an old amulet that I had forgotten in a side pocket of the purse. It had been smashed into pieces...

—EMMA

JAI MATAJI

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ful etc. Gradually this state will grow and become stable within you. Most of the Sahaja Yogis should try this method, but there should not be merely the mechanical movement of hands. Whatever you do, it should be done with the faith that you have in worshipping, zeal of a warrior and sensitivity of an artist. There should be complete purity in the recitation of Mantras to awaken the deities and your heart must be involved in it. Only then the awakening will take place. You should understand a simple principle. How can a big fire be lit with a small match stick? Will a wick hold the

flame if water is mixed in the oil? How can those Sahaja Yogis have enlightenment who are using Sahaja Yoga to solve only their own petty problems? And why should God give them the enlightenment? Lighthouses do not show light to themselves even for a moment. Therefore, they are considered so important and are looked after.

Please circulate this letter among all Sahaja Yogis.

Your Mother
—NIRMALA



THE prize winning film of R. Attenborough on Mahatma Gandhi has been seen by many Sahaja Yogis throughout the world. For once the link between Gandhi and Sahaja Yoga cannot be stressed enough: in enabling Bharata to regain its political freedom, Gandhi brought back to the land of yoga its lost dignity without which it could not unveil to other civilisations the priceless secret of its spiritual tradition: Kundalini Yoga. He was, in this way, the precursor of this little girl who was staying in his ashram. I refer to Shri Mataji Nirmala Devi of course. Gandhiji used to call Her "Nepali" which, indeed, was quite accurate: the Devi is the daughter of Himavat, the king of the mountains, and the sahasrara of the planet is in Nepal, in the Himalayas.

On a general level the film on Gandhi brings to a wide public's attention some features in the life of this remarkable man that Sahaja Yogis can, perhaps, best analyse.

Young Europeans do not always realise what colonialism really meant to the rest of the world. They often consider that, after all, it was a good thing to bring science and

technology to other continents without realizing that only too often the colonial powers behave with gross brutality; they destroyed in the process of their so quote "civilizing mission" the delicate fabric of human and social values which, in the light of spiritual life, were *by far superior* to their own. The real victory of Gandhi was to beat the major colonial power of the time merely by resorting to these values.

In many ways the mode of action of Gandhiji was sahaj. For instance, he firmly derived his political activity from a couple of dharmic principles and he refused to compromise with what was wrong. These principles, his very firmness, stemmed from his (correct) conviction that it is God who leads history. Thus God answered back the call, or, in other words, the Unconscious started working for Gandhi.

How did it happen? —Gandhi's greatest leverage was his command over the Indian masses. He gained such a command because the simple folk could recognize that he was inspired from above. The people felt it from their own individual unconscious and thus they believed in the legitimacy and the credibility of his leadership; they, indeed, called him "Mahatma", gave him confidence in his mission, lent him in any possible way their support. Therefore, to take but one example, merely by his hunger strike the Mahatma could control the behaviour of millions of people. But alas, this process cannot work outside of India, in countries where the common man does not have the required level of sensitivity to his own unconscious. This is why Gandhi's schemes of peaceful revolution has not yet been implemented anywhere else in the

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Her Holiness Shri Mataji's

ADVICE

1. I want you to resolve that you all will become absolutely 'Dharmik'. It is hard to be a 'Dharmik'. The Society and environment force you to be Adharmik. You are born in innocence and later you go on compromising and accepting Adharmic patterns as normal.

For a Sahaja Yogi, it is difficult to be Adharmic. If he tries to do a wrong thing, he is corrected by the vibrations. But if you go on killing your awakened conscience, You are free to do so and kill all your chances of ascent.

In Sahaja Yoga you have to forget the past as you have been bathed with Divine Love, like a newly born baby. Purity of Heart expressed as fidelity in marriage for both husband and wife is the most enjoyable virtue and is the most powerful. When you understand the purity of relationship, you enjoy them the most.

Steady your attention by keeping your attention on the Mother earth. Thus you get the loving 'Bandhan' of your Grandmother and you become free of enslavement to your lust.

2. Divinity is not a fashion. It is the way of life. It is the need of your being. You have to become THAT.

3. You have to know that truth is not going to fall at your feet. You have to fall at the feet of truth, if you want to achieve it.

4. In 'Sahaja Yoga' when one is realized, one starts seeing one's own faults. Man is so much identified with himself that he does not want to know his faults, and when he knows them he wants to run away. But it is better that, instead of carrying the burden of your faults from life to life, you know them and correct them.

There is nothing in it to be scared of. If you make yourself a little steady you will understand how powerful is the Shakti which not only brings into light the faults within you but also completely removes them.

5. Karmas are done by your ego. You must have observed that after coming to Sahaja Yoga, you can very clearly see your ego (Ahankar) and the way it works. In Sahaja Yoga also you come across many temptations and in that, when your ego dominates, you forget whether you have to go to Sahaja Yoga or Sahaja Yoga is to come to you. Many people when they succumb to their ego, turn their backs to Sahaja Yoga, expecting Sahaja Yoga to follow them.

So long as your ego is enveloping you, you cannot have the glimpse of your Spirit. But it is useless to fight with your ego. In Sahaja Yoga you do not have to fight with your ego but you have just to see, because your attention itself gets awakened. Your ego cools down by just seeing, as the seeing is illuminating. In that light you witness the play of your ego and laugh at it. As you start seeing yourself your ego starts getting deflated and as ego is deflated you rise in your light.

6. Man's intellect comes up with many doubts. The first doubt that comes, which is very common, is "Who is Mataji?" I want to tell you that you cannot understand Me

so long as the eye of your Spirit is not opened and you should not even make efforts to understand. First you open the eye of your Spirit.

7. Once you get the realization, the 'Chiranjivas' surrender to you. They are watching you. You are their responsibility. All the deities are awakened in you. If you do anything against the deities, immediately they will harm you. If a person who has got realization, goes to a place which is not to be seen or which is not to be felt or which is not a good place, or to a fake Guru, immediately he will feel heated up. If he does not run away and if he still goes on, he will lose his vibrations and he will become like any other ordinary person.

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world. Other countries could, possibly have their own Gandhi. But would these lone voices be heard, let alone listened to and obeyed?

Even in India the elite of the country, the clever people, missed the best part of Gandhi's teachings. They have largely borrowed the western ways of the western power they were supposed to have expelled and, in this respect, remained colonized. Perhaps this has been Gandhi's greatest shortcoming. He could transform a country but he could not transform men. He could bring political freedom but not the freedom from conditionings and ego. In other words, he could not raise Kundalinis.

Well, Shri Mataji Nirmala Devi can! This is why the spiritual revolution She has triggered with Sahaja Yoga is simply the most practical, the most effective revolution

of all times. As Shri Mataji can transform the basic cell of society, man, transform him, that is, into a higher being, the gradual impact of this positive transformation will be felt in all the dimensions of society. As this transformation will be duly opposed, there will be crises and clashes; the earth may shiver, the seas may rise. But the outcome can be predicted with the kind of quiet certainty which distinguishes Nature's doings. At the given time some eggs become chicken, some flowers turn into fruits, some people become Sahaja Yogis. Like Gandhi we should be collective and wish this new freedom for many, many more. And we should be confident about it. For not only is Nature doing the job, She has even taken an incarnated form to explain us how She does it! Really we can only wish to Gandhiji to be back as one of us...

—Gregoire

Nirmala Yoga

Alpha and Omega

Here is a poem which hopefully explains two passages in the book of Revelations, which is the last book of the New Testament of the Bible. The Revelations is a book considered very obscure and difficult to understand and is a prophetic work dealing with the coming of the New Jerusalem. John of Patmos, who wrote the book, was somewhat supraconscious and therefore not to be taken too literally, although much is very true and relevant to the present time. First the passages from Revelations, and then the poem, the first part of which is intended for groping western seekers rather than Sahaja Yogis.

"I am Alpha and Omega, the beginning and the ending,' saith the Lord, 'which is, and which was, and which is to come, the Almighty.'" Chap. I, verse 8.

"And there appeared a great wonder in heaven; a woman clothed in the sun, and the moon under Her feet, and upon Her head a crown of twelve stars. And She being with child cried, travailing in birth and pained to be delivered.

And there appeared another wonder in heaven; and behold a red dragon, having seven heads and ten horns and seven crowns upon his heads. And his tail drew the third part of the stars of heaven and did cast them upon the earth: and the dragon stood before the woman which was ready to be delivered for to devour Her child as soon as it was born.

And She brought forth a man child who was to rule all nations with a rod of iron: and Her child was caught up unto God and to His throne. And the woman fled into the wilderness, where She had a place prepared of God that they should feed Her there..." Chap. 12, verses 1-6.

'The woman' is of course Shri Mataji, 'the dragon' the negativity in the form of the false gurus, and 'the rod of iron' must refer to the Kundalini, which is also described in this manner in the beautiful 23rd Psalm.

This is the poem :

In the book of Revelations very little is revealed,
From the furtive intellectual are the answers *well* concealed.
Perhaps if we stop asking questions we may hope to crack the code,
Maybe the desire for inner wisdom will lead us on the road.
What are the cogent questions of the great quest for life?
Who are the real protagonists that lead men ever on to strife?
How can we find the answers if we don't know where to start?
How join in the cosmic drama if we don't know our own part?

We've tried to categorize the universe with laws of probability and chance
Denying the possibility of an ordered, eternal dance.

We dare not face the Dancers; our great egos are too bent,
So we persist in the delusion—creation *must* be a chance event !

Let us make the great experiment, the experiment of the soul ;
Let us surrender our mental wanderings in the search for the goal,
Let us abandon our aggression and our passion to control.
We have endeavoured to use our minds to make matter our slave
And have pursued material happiness from the cradle to the grave.
But when all is said and done what paths to heaven did it pave ?
This road of disaster leads surely to the atomic bomb,
So some foolhard youngsters explored other paths (equally wrong),
The path of inner blasting via fake gurus, drugs and violent song.

* * * *

Where is the One who is Alpha and Omega ?
Where is the One who will call it the day ?
Did the seers of old merely write stirring stories ?
No. They foresaw through the tunnel of time where the war is.

This war's raging within us; the prize mankind's soul,
Because man is a mirror, microcosm of God.
The dragons and devils are here now, among us,
All doing their best to appear—Oh, so good !
Bombardments of evil sport disguises of freedom,
Self-destruction's allowed, nothing's barred from us now.
But the Woman is here, with the stars in Her crown,
And we are Her manchild, if we understand how.
She is here to effect a transmuting of consciousness :
If She doesn't, there'll soon be naught left to transmute.
When She gives the great secrets, quite freely, in earnestness,
Then Her Spirit will fill us as sound fills a flute,
Then we'll dance for the Dancers, the Lords of Creation,
And we'll bow to Our Maker in wonder and love.
But first we must seek Her, concealed in our wilderness,
Not argue and question what comes from above.

When in silent humility we'll admit we're just human,
Then She'll come as a human bringing heaven on earth.
She'll show us our Spirit and make us divine,
And Her Son will through man have His own second birth.

*Om twamewa sakshat Shri Kalki, sakshat Shri Adi Shakti, sakshat Shri Mataji,
Shri Nirmala Devi, Namoh Namah,
Twamekam Sharanyam gacchami.*

From Delhi

15 April '83

It has been raining vibrated water and vibrations these last few days in Delhi. The weathermen may call it unseasonal, but we say such showers are always timely because Delhi is always in need of a thorough 'washing'.

We Sahaja Yogis know how much attention Shri Mataji has been giving to Delhi. Like every year we had Mother's programmes almost every day for about two weeks. Her blessings are just proving.

This year was more unique for HER Children in Delhi. SHE blessed them with the chance to meet so many saints, our dear brothers and sisters from distant lands and learn from them more about dedication, surrender, sincerity and collectivity. What more could have been asked for? We actually had them to stay with us for a whole week! It must really be a great fortune to have in your home brave little children of Adishakti, your own loving dear brothers and sisters. How we came to deserve such a wonderful blessing amazes us! Truly the compassion of Shri Mataji is beyond words or imagination!

During those beautiful days, Shri Hanuman must have been kept very busy strengthening the roots of Sahaja Yoga within the homes. And what better instruments could He have had than Sahaja Yogis—who had for a full month been with Shri Adi Shakti in Maharashtra, (the great land) and had come overflowing with vibrations to Delhi.

The result of having so much love from Shri Mataji flowing through our dearest brothers and sisters was really miraculous in certain homes and in all cases without exception, our sincerity as seekers and Sahaja Yogis increased appreciably.

The public programmes were not very well attended in that no huge throngs of seekers came. But our everloving Mother gifted to us many more brothers and sisters who are settling in Sahaja Yoga, this year than any of the preceding years. For Delhi Sahaja Yogis it just has been coming—flowing, flowing, flowing, ever increasing, without effort on their part.

As if to show to us that Divine Grace is infinite and never does it stop flowing to those in need Shri Paramananda Pradayini Shri Moksha Pradayini Mataji came again to Delhi. On 28th March, Shri Mataji blessed Delhi by giving us a heavenly chance to felicitate HER on HER 60th BIRTH ANNIVERSARY.

The celebrations were unique and extremely beautiful & joyful to say the least. In fact any celebration would be, if the "person" to be honoured is "SHRI MAHAMAYA SHRI ADI SHAKTI MATAJI SHRI NIRMALA DEVI. The Chief Guest to felicitate HER was Sahaja Yogi, as dignified and humble as Dr. Nagendra Singh, who delivered his address in the form of Stuti (praise) of his Sadguru and Divine Mother. At this function of joy, whoever spoke, spoke beautifully. And we witnessed

the creation of a New Raga in Indian classical Music created by a Sahaja Yogi and dedicated to SHRI ADIMA SHRI SARASWATI SHRI MATAJI named the raga, SWANANDESHRI (divine joy of Self). And it did produce within us the SWANAND—it was really joyful to see Mother creating Divine music, vibrations from HER instrument, Debu Chaudhary, as so many of us had earlier seen at a public programme seven weeks before!

We had a very great surprise when we learnt of Puja to be held the next day which was Holi, the festival of colours. At the Puja SHRI RADHA SHRI MATAJI did away with all the seriousness of Puja, much like, as she told us, Shri Krishna had done centuries ago. Thereafter we experienced and relived the Holi that Shri Radha and Shri Krishna used to play it because the festival of great joy that it was made to be.

Sahaja Yogis danced and laughed and in the traditional way hugged and put colours on each other. Some sang Bhajans in praise of Shri Krishna as Shri Radha sprinkled colours at HER CHILDREN paying

obeissance at HER lotus feet — and that gave more joy and we clapped and sang and danced to Shri Krishna's tune with joy, with bliss pouring and showering on us.

JAI SHRI RADHA, JAI SHRI KRISHNA,
JAI JAI JAI SHRI MATAJI.

Our Mother is so Gracious, so Benevolent; She has really spared no efforts to establish Sahaja Yoga in Delhi, which is still a weak Centre, which just means it offers the greatest promise; so much is to come, so much more is waiting to be realised, to be uncovered.

So all of US, all the different parts of mother Earth join together (with JAI SHRI MAHA MAYA on our lips) and pray, "Dearest Mother, may Delhi become a stepping stone firm enough and strong enough to sustain and assist in the final flying leaf of Sahaja Yoga". JAI MATAJI.

PARAM PUJYA SHRI SARWASWARUPINI SHRI ADI SHAKTI MATAJI SHRI NIRMALA DEVI, we bow at your lotus feet.

