

ॐ

# Nirmala Yoga

Vol. 3 No. 17

Bi-Monthly

September-October 1983



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

# NIRMALA YOGA

43, Bungalow Road, Delhi-110007, (India)

Founder : Her Holiness Mataji Shri Nirmala Devi

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

## Representatives

- Australia** : CHERYL HYNES—1267, Burke Road, KEW 3101, VICTORIA.  
**Austria** : ZORANA BEDKE Gartnergasse 17/10, 1030 VIENNA.  
**Canada** : LORI TODRICK—4518 Woodgreen Drive, West Vancouver, BC. V7S2V1.  
**France** : MARIE ROUGER—175, Av. Ledru Rollin PARIS-750001.  
**Italy** : RUTH LEDERBERGER : via Mercalli-46, 00197 ROME.  
**India** : M.B. Ratnannwar—13, Merwan Mansion, Genjewala Lane, Borivali (W), BOMBAY-400092.  
RAJARAM SHANKAR RAJWADE—840, Sadashiva Peth, PUNE-411030.  
**Spain** : DANIEL & ROXANA DEVINE—Angel Luis De Herran, 38, 6<sup>o</sup>, 4, MADRID-33.  
**Switzerland** : CHARLES & MRS. MAGDA MATHYS—5, Chemin Des Mouldins, 1256, Troinex (Canton de Geneva).  
**U. K.** : GAVIN BROWN—Brown's Geological Information Service Ltd., 160 North Gower St., London NW 1. 2ND.  
M.J. MURDOCH, 14A Bourne Ave, S. RUISLIP, MIDDLESEX, HAH 6TZ, ENGLAND.  
**U.S.A.** : CHRISTINE PETRUNIA—225 Adams St., 1/E BROOKLYN, NY-11201.

---

---

## CONTENTS

	<i>Page</i>
1. To the Divine Essence of the Prayer ... ..	1
2. Editorial ... ..	4
3. Shri Krishna Puja ... ..	7
4. Vishuddhi Chakra ... ..	11
5. Innocence is (Poem) ... ..	14
6. Shri Saraswati Puja ... ..	15
7. Maha Sahasrara Day ... ..	20
8. Shri Mataji's Advice ... ..	21
9. Innocence ... ..	22
10. Translation of Shri Mataji's advice given in Delhi in Hindi ... ..	23
11. We Sahaja Children (Poem) ... ..	30
12. Subconscious supraconscious & our correct foundations & ideals ... ..	31
13. A Letter from Canada ... ..	38
14. Leaders in Sahaja Yoga (Part II) ... ..	39
15. The Visage of Salvation ... ..	40
16. Shri Mataji's tour in India ... ..	4th Cover

ॐ



# AUM

## TO THE DIVINE ESSENCE OF THE PRAYER

Let our ears hear that which is true;  
Let our eyes see that which is pure;  
Let our beings praise that which is divine;  
And let those who listen hear not my voice but the wisdom of God.  
Let us worship with the same song, the same strength and the same knowledge;  
And let our meditation enlighten and enrich.  
Let there be amongst us compassion and peace.

Now the prayer.

Salutation Shri Ganesh, sakshat Shri Jesus sakshat Shri Nirmala Devi Namoh Namah.

It is you who is the beginning of all the beginnings.  
It is you who is the doer of all deeds which have been done, are being done, and will be done.  
It is you who supports all things that are supported.  
It is you who protects all things that are protected.  
It is you who is the complete, all-pervading Spirit, God's divine energy.

Think clearly brain.

Speak only the truth.

Let your presence, awakened in us by Kundalini, speak;  
Let your presence, awakened in us by Kundalini, listen;  
Let your presence, awakened in us by Kundalini, bless;  
Let your presence, awakened in us by Kundalini, protect;  
Let your presence, awakened by Kundalini, in us, your disciples, be the disciple.

You are the essence of all the sacred literature and holy words, and you are the energy that understands the holy words;  
You are the divine combination of complete truth, complete happiness and complete energy;  
And you are beyond;  
You are all knowledge, and you are the use to which the knowledge is put.  
You exist until the end of all things, and after the end of all things, you are;



You create the end of all things, and after the end of all things, you remain indifferent;  
You are the earth, you are the water, you are the fire, you are the air, and you are the space  
above the air.

You are the gunas : and you are beyond the gunas;

You are the body : and you are beyond the body;

You are the essence of time : and you are beyond time;

You and only you exist at the Mooladhara Chakra;

You are the Spirit : and you are beyond the Spirit;

And those who would join God meditate upon you.

You are Brahman, Vishnu, Rudra;

You are Indra, Agni, Vayu;

You are the sun at noon : you are the full moon;

Through all of these, and more, you are the all-pervading energy of innocence and wisdom.

You are the divine servant who stoops to wash the feet of saints;

You are the tiny core of all things without which the larger have no purpose;

You are the key to the libraries of all the scriptures, without which the truth is hidden;

You are the full stop which completes the sentence, and without which the sentence loses  
its meaning;

You are the crescent moon : you are the stars : and you are beyond the stars;

All things, from tiny dot to universe, is you.

You are the future and beyond the future : you are in all forms;

You are where the sounds combine : you are the silence between the sounds;

You are the rhythm of all music and all prayers;

This is the knowledge of Nirmal Ganesh, and you, Nirmal Ganesh, are the master of that  
knowledge, and all knowledge.

You are the God : and you are the Goddess.

#### AUM, GVAM NIRMAL GANAPATAYE

To your powers, Ganesh, let all surrender;

Let the left side of memory and the right side of action surrender to you and let your  
enlightenment prevail.

Your first tooth you have, and four hands : one holding a rope, the second a goad, the third  
is raised in blessing and the fourth offers sustenance.

Your banner is that of a humble mouse.

You have long ears and are clothed in red : red decorates you and you are worshipped with  
red flowers.

You have compassion for those who love you, and it is for those who love you that you  
come to this earth.

You are the force that creates, the energy that pervades and the Spirit that protects.

Those who seek union with God pray through you;

Those who seek union with God worship you.

## AUM GVAM NIRMAL JESUSYE

To your powers, Aum Jesus, let all surrender;

Let the left side of memory and the right side of action surrender to you and let your enlightenment prevail.

You are the word that was the beginning : you are the word that will be the ending.

You are he who was born of a virgin, and died on the cross;

You are he who absorbs all sins, and who died to live again;

You are God and Man, and you are worshipped with red flowers.

You have compassion for those who love you, and it is for those who love you that you come to this earth.

You are the force that creates, the energy that pervades and the Spirit that protects.

Those who seek union with God pray through you.

Those who seek union with God worship you.

Shri Ganesha, salutation to you.

Shri Jesus, salutation to you.

He who is the beginning of all worship, salutation to you.

He who destroys all the powers of evil, salutation to you.

Sakshat, Son of Lord Shiva, who is unending blessings, salutation to you.

Sakshat, Son of Mary Mataji, who is unending love, salutation to you.

Sakshat, Mataji Nirmala Devi, who is unending joy, salutation to you.





## Editorial

Prayers have a great importance in human life. What is praying? It is an expression to one's desire and requesting and soliciting its fulfilment, to a power that is far superior and that, one knows, would bestow what is desired. Praying suggests accepting one's inability to accomplish the objective only through one's own efforts. It is surrendering to the will of the power, to either grant or reject the request, although response in the positive is generally assumed.

Right-sided persons are over-confident of their capabilities, and have no faith in praying whereas, left sided would only desire and pray, without making any efforts. However, right-sided people, on failing to achieve what they desire, turn to praying. As has been seen on many occasions, after doctors express helplessness people seek Sahaja cures, which involves, praying for the self-realization and recitation of mantras besides other treatment.

Although praying would appear to be a left-side activity, its origin would be from right side at personal level, as their orientation is to achieve limited personal ambition. In such cases, the prayers could possibly be the result of egotism and would come from ego not from heart. Even pujas are performed, by some people desiring a materialistic reward, which is again a right-side activity. Puja-mantras are the prayers invoking the deities to be present for the puja and accept offerings.

However, praying would help balancing over-active right side provided the recitation of prayers is done from heart and with complete surrender. It is not just muttering of words that makes a prayer, but sincerity of heart that is associated with it. Also, it is important to discriminate so as to avoid reciting the prayers that have left-side bias. It is essential to recite the compositions of realized souls. It is also equally important that one should be clear on all chakras, at least on vishuddhi, so that mantras and prayers invoke good vibrations and become effective. Before beginning the recitation, one should improve vishuddhi by saying "Om Twameva Sakshat Sarva Mantra Siddhi Sakshat Shri Adi Shakti Shri Mataji Shri Nirmala Devyai Namoh Namaha".

Sanskrit synonym for the word prayer, is 'prārthanā', i.e. 'pra-+arthanā'. Arthanā is requesting or soliciting. Shri Mataji has advised us that words having prefix 'Pra' suggests enlightenment. Hence 'prārthanā' is an enlightened prayer, is a prayer made by a person who has got his



enlightenment. Enlightenment comes from the Spirit. Hence such prayers are the expressions of desires of the Spirit. They have the power to turn one's attention towards Atma, and kindle the spark of desire in every one's mind, to seek the ultimate. They inspire those, in whose hearts the spark has grown into a flame, to go deeper and closer to the Spirit, e.g. Om Brahma Medhase/Madhu Medhase/Brahmaiva madhu medhase (please give me Brahma, please give me honey i.e. sweet. Brahma alone is sweet.) Many vedic mantras are prayers to different deities requesting help for seeking the ultimate. Great sages of ancient yore have prayed even to the Sun, Moon, Wind-God (Vayu) and Varuna (rain God) and also to water to give them strength so that they could attain the realization of Atman. It is interesting to see the following prayer.

ॐ आपो हिष्ठा मयोभुवम् ता न ऊर्जे दधातन । महे रणाय चक्षसे ॥

Om āpo hishthā mayo-bhuvastāna ūrje dadhātana. Mahe-ranāya chakshase.

O water as you are pleasing, give us food and protect us for attaining Self-realization which is extremely blissful.

By the grace of Shri Mataji, Sahaja yogis have got their enlightenment. Hence prayers composed by them, or their recitation of the prayers composed by other great saints & prophets would be 'prārthanā' in real sense. All the deities are awake within the Supreme Goddess and respond quickly when invoked in Her name. Our brothers would certainly allow us to seek their indulgence, and help us.

Humbly approach Shri Ganesha at Mooladhar and pray for his blessings and to give us his innocence & purity so that we become loving children of our Mother keeping absolute faith in Her, and request him to join us to pray to Her to keep Her form in good health for years & years.

With Shri Ganesha's permission respectfully pray to mother Kundalini to clean our subtle being and develop the flickering flame of our Spirit into a big torch, that would be one with Supreme Spirit. Then pray with her to Sakshat Shri Mahākundalini to be ever present amidst us in Her present form and give realization to all the seekers.

Bow to Shri Brahmadeva, the God of creation, whose four faces are said to be four Vedas and his shakti, Shri Saraswati, Goddess of knowledge and art. Pray to him, in the name of Shri Mataji, that we enjoy the beauty of his creations rather than thinking and planning about ours. Surely, Shri Brahmadeva and Shri Saraswati would pray with us to Cosmic Mother Jagadamba, the creatrix of everything from Brahmadeva down to an insect, to protect and guide all the seekers, in Her present form, for ever and ever.

Thereafter, with complete reverence approach the sustainer of creation, the protector of Dharma, and his power Shri Lakshmi. May his qualities be awakened in us, so that we work tirelessly for the divine cause of propagating Sahaja Yoga. May he allow us to pray along with them, to Adi-shakti, that all satanic & adharamic forces be destroyed.

Obeisance to Primordial Master, at Bhavasagar, who came many times in the world, by the instructions of Adi-shakti, to help man-kind evolve itself. Seek his forgiveness for the ill-treatment meted out to his incarnations. Our sincere desire is to be the instruments in the

myriad hands of Param Parameshwari. May the qualities of Primordial Master be inculcated by us.

Surrender before the Father of the Universe. Existence of all existences. Again and again pray for being pardoned as we are engrossed in the illusion, ignoring the reality. May our attention ever rest at the feet of our Cosmic Parents who are one as words and their meaning and are manifesting themselves as our Beloved Mother. May our endeavour be to always please Her.

Salutations to Shri Krishna and Shri Radha who showed the divine play as a child and also showed true Virata cosmic form having myriads of hands, faces and legs, encompassing within his being every living and non living thing in the universe. He played and danced with every milk-man and milk-maid and awakened their kundalinis and at the same time transcended above them, thus proving that Supreme Spirit is all-pervading and foundational to all existence and yet uninvolved and unaffected by it. May Shri Radha & Shri Krishna, one as Sun-rays and sun-light, within our Mother, lead us to the perfect witness state. May the Mother of entire creation be amongst us in good health for years & years.

Let us approach Shri Jesus and Shri Mary after repeating Lord's prayer. Remember, "forgive us of our trespasses, as we forgive those who trespass against us". We deserve God's forgiveness only after we forgive others. May he help us grow in our awareness beyond our narrow individuality. May he confer upon us his dedication and love for our Mother.

Sahasrara ! Integrated and subtle universe ! The kingdom of God placed in every human being. Our Beloved Mother is the Empress, Rāja-rājeshwari of the kingdom of God, Rājya-dāyini, the conferrer of the kingdom of God. She has granted liberally all boons and all that is auspicious to Her children. Let us not forget that She is Abhyāsāti-shaya-Jnāta. (अभ्यासातिशयज्ञान, known through tremendously long practice). It is only through the intense meditation that we can know Her. Let every Sahaja yogi make a vow to accept Her every spoken word and not to be casual in Her presence; to devote whole heartedly to the cause of Sahaja Yoga. May the kingdom of God be soon established in the universe.

**Om Twameva Sakshat Sarva Mantra Siddhi Sakshat Shri Adi-Shakti  
Shri Mataji Shri Nirmala Devyai Namah**





## Her Holiness Mataji Nirmala Devi Shri Krishna Puja

Today we are celebrating here in this holy land the birthday of Shri Krishna. Shri Krishna is the ultimate of the fatherhood, that I described you before, who came on this Earth and illustrated the ultimate of that. So on this Earth, the highest fatherhood is Shri Krishna's awareness. But in the Kingdom of God, we can say in Heavens, or even above everything else, resides Sadashiva who does not take incarnations. He is one of the aspects, Shri Krishna is one of the aspects of Sadashiva which is the Father. And the Adi Shakti or the Holy Ghost is the other aspect of Sadashiva which is His power. So when Shri Krishna incarnated on this Earth, an aspect of this Adi Shakti came on this Earth as Rādhā. She is the same who came as the Mother of Christ, and She gave the name of Christ as the surname of Shri Krishna, as if it is Krishna's name, from Krishna. He's called as "Krisht" in Indian languages, Krisht. And I have told you before why he was called as Yeshu or Jesu. So today we are going to see to the two aspects of Shri Krishna, which were the manifestation of His divine birth.

In Rama's life they showed a man; man, a Purushottama, the best of the father in wordly affairs. And in Shri Krishna's life they showed Him the highest fatherhood as in Yogeshwara or in divine work. So the first aspect of Shri Krishna we have to understand is the Yogeshwara and the second aspect of of him as the Virata.

Yogeshwara means the Lord of the Yoga, or the Power of Yoga. He is called because He reached the optimum that one has to reach as a yogi. As if He is the ideal you have to reach. Now as a yogi, He was born of a royal family but He lived in the jungles in the forest, with the cows, with ordinary people. He used to sleep on the ordinary places like sometimes on the stones, on the grass, when He would go with His cows for their feeding. He was very aware, very very aware, absolutely aware of His powers, without any ego. He had a special power called "Samhāra shakti" by which He could destroy all those people who tried to harm the divine manifestation.

This "Samhāra shakti" is expressed as the Chakra (Sudarshan) in His hand. And another is the "Gadā" (Mace) in His hand. These two powers were within Him, and He acted according to the power of Radha, because She is the one who sustained the power of Shri Krishna. The proof of that is this that when He was in Gokul with Radha He did all His 'samhara' work. And afterwards He just became a chariot-driver for Arjuna. So for His disciple Arjuna, He became even a chariot-driver.

The another great quality of Yogeshwara was complete discretion power built-in. So He knew who was a devil and who was not, who is good who is bad, who is possessed who is not possessed, who is innocent who

is not. This was built-in within Him, this power of complete discrimination.

And He had a capacity more expressing His witnesshood, as a 'Sākshi'. He had the capacity, I mean He was a Sakshi Himself I should say this way is easier to understand. He was a Sākshī, He had the capacity of witnessing the whole world as a play. At the time of Rama, Rama was one who got involved into his problems, to show as if he is a full human being so that human beings should not say that he was God so how could we accept God because 'he was God after all'? Now this capacity in Him to witness has to be seen in every yogi. The element He controls is ether. We call it "Ākāsha" in Sanskrit. This ether now as you know, we are using for our television, for our radio, for every sort of a collective work. So we have to be in charge of the ether element as yogis. And that is the subtlest of all, in the sense that you permeate everything with that, and is above all. Like plastic also permeates into everything into matter, into everything up to the air. But it cannot enter into ether. So the negativity cannot enter into ether. So when you enter into your ethereal zone, you actually enter into the area which is thoughtless awareness. So to achieve your ethereal state, you have to expand your thoughtless awareness. And the sustenance of that is done by Christ, by the Spirit. So you can realize now as a yogi, your state of mind should be ethereal.

And what should be the state of your super-ego? This is the ego part of it, that you should be in ethereal state. And as a super-ego you should see it as a play, you should see the play of the negativity. Negativity will run away, but don't get involved into it, don't play into their hands. Then the negativity will separate from you.

So the ego and the super-ego both rise from the Vishuddhi chakra. They can be

receded by the Agnya chakra but have to be sucked into the Vishuddhi.

The greatest quality of Yogeshwara is that He is not at all involved into it, detached, absolutely. If He eats His food, He does not eat it. If He speaks, He does not speak. If He sees, He does not see. If He hears, He does not hear. It has no effect on Him, no retention on Him, no action on Him. Whatever He is, He is complete: sixteen petals is complete moon, sixteenth day of the moon is the Purnima. That is how one has to be, complete in oneself, complete confidence in oneself. But confidence should not be confused with ego. But confidence is complete wisdom, it's complete dharma, it is complete love, complete beauty, and is complete God. That's what it should be.

Now when He said that "you give up all your dharmas and surrender to Me" in Gīta, what He was meaning is that all other things about which you are worried "You give up and become one with me, so I look after you". Give up the responsibility to Shri Krishna, so the complete integrated Divinity will start expressing through you. Means if you say that you have to be responsible, then He says alright, go ahead, try! But if you say that "You are responsible, I'm just an institution or an instrument in Your hand", then you start manifesting it well. And that is how your Vishuddhi chakra gets opened up.

This is some part of the Yogeshwara I have spoken to you. But as He is the brain within us, He becomes the brain within us. We have to know all the qualities of a divine brain are within. So whatever we do with our brain like intrigue, the deception, all which are bad things by your brain as they call it, are done by Him for the divine purpose without getting any blemish upon himself. And the other side of it, so called positive, like politics like diplomacy, or like leadership, all that is His own doing, like even the think-



ing of the future and all that, He does planning, thinking, all those things, administration. As a play, everything is done as a play, because He's the Master, as we call, a "sutra dhāra", the one who does the prologue in a drama, the one who plays with the strings with the pantomimes.

Now the other thing that we have to understand Shri Krishna at this stage of Sahaja Yoga, that it is the Virāta Shakti that is manifesting at this time and not the Shri Krishna Shakti which was at His time. And the power that is working here is no more that of Radha or of Mary, but of Virātānganā. That's why the knowledge of sahaja-yogis is much wider than the knowledge of all the saints of ages. But it is not deeper than them. If you can deepen your knowledge, this wider knowledge will have proper roots within you. So the brain are the roots, here are the roots of the whole tree of life. Actually Kundalini comes up and waters the brain first, so that the whole tree of life is drenched in the Divine Bliss and Divine Knowledge.

So this Virata Shakti that we have to work out, gives us the sense of collective consciousness first. First we understand it through our brain power. But the whole brain power is to be guided by the Heart, is to be watered; but in sanskrit is a very beautiful word "sinchan", like dewdrops, spray, with the Love of God. So the integration of this brain has to take with Heart and with your liver. Then only the Virata-Shakti takes another form. The weapons of killing become the weapons of forgiveness. Every sort of destructive power is used for the construction. As if it is tricked.

Like now I told them a trick, how to trick these gurus. The power that they have can be tricked against them, as is said that their teeth must be put into their necks, into their throats. Instead of taking out their teeth better put them back into their throats. And

if you can do that, then there is no problem as far as their effect on us is concerned, because you are more powerful and more tricky.

Because the Virata Shakti has now taken that form, like the tree when it grows, it grows upward. But when it is laden with fruit, it comes down. First it is attractive by its flowers, by its timber, by the other parts of its body. And people try to destroy it for it. But when the fruit appear, they want to preserve it, and the tree bends down, with humility, is very valuable.

So you are the fruits. That Viratāngana Shakti, you are the fruits. Because you are so valuable that those people who wanted to ruin or to destroy the Divine power from this Earth will start thinking that they have to gain something out of these fruits. So today the Virata Shakti has given you a great value, because people see that by having one sahaja-yogi with them it is so precious. Say one ordinary man gets his Realization, then he develops his value. In that his own value he can be respected, loved, and he can be given the highest if he's a proper sahaja-yogi.

So you should understand today that Virata Shakti is "we are going to worship that Virata Shakti which has given fruits". As a result of that, all these different churches, fanaticism, and atheism and communism and all that-ism, all these will neutralize because they will see their benefit in it. But you have to become that. That is the biggest thing one has to know is to bend down towards the Mother Earth. To be humble. *Absolutely the humility inside* is really going to give you the complete value of sahaja-yoga fruits.

Those sahaja-yogis who boast about themselves are like the fruit which are getting ruined only on the tree. The only fruits that bend down are accepted as good and matured fruits, and not those who assert that they are the highest. But some of the negative people should not by any chance take advantage of

this and say that they are good because they are bending down. It's not the logic. Some of them pose they are humble ; even a rotten fruit bends down. But the mature fruit shows its humility by its weight. That is the guru-tattwa weight.

So from the Viratangana power you get the power of maturity up to the fruit and then we become blessed by guru principle. Those who are still involved in getting to better sunshine or getting to better water supply or all these things, are not yet matured, because the fruit doesn't need anything anymore. It doesn't need anything from the Mother Earth, nor from the elements. But it surrenders, bends, it bows to the Mother Earth.

So the sahaja-yogi who goes on asking questions to Mother, bringing personal problems, stupid ideas, negativity, all those people are still not yet the fruits.

But the matured people are those who surrender, who bow to the Mother Earth. So the capacity to bow is the best judgement of

yourself. And leaving everything to the power of gravity of your Mother to do every work for you. And leaving all your small little worries behind, you have to rise above these distracting powers and achieve the completion of this Virata-Shakti which ultimately becomes a "Madhura Shakti". "Madhura"; there is no word in English language, but it means a "sweet power". Like the fruit becomes sweet. That's how you all have to become very sweet. Krishna tried to make everything very sweet in the sense it was all a Madhura Shakti that was acting, all His play, all His dancing, all His stories if you read, is nothing but Madhura Shakti, towards Gopas and Gopis, towards other sahaja-yogis.

So you have to keep your Mother pleased by pleasing other Sahaja-yogis, and not other people. They are not important. So today we are going to shorten the Puja, and that's why it took so much time upstairs, to shorten it ! So the time lost is time gained for ever and ever.

May God bless you.

**Bolo Shri Radha Krishna sakshat Shri Virata sakshat Shri Yogeshwar sakshat Shri Adi Shakti Mataji Shri Nirmala Devi ki Jai**





## Vishuddhi Chakra

Before going to America, I wanted to speak more about the Vishuddhi chakra and about Shri Krishna's aspect within us. In the first Puja in Geneva, I spoke quite a lot about it, but there is no end to it, of course, because it is the centre of Virata. But one has to realize that the message of Shri Krishna was to surrender. Now the surrendering that we think in the gross way is like an enemy surrenders to another enemy. So when the word "surrender" is spoken, we build up our barriers by thinking that we have to surrender

something to the other part. But when Shri Krishna was talking about surrender, He was saying that "surrender your enemies to me so that I will get rid of them".

Now the worst enemy that we have is our ego. And with ego starts all kinds of other problems, because it is the biggest barrier for our growth. And the ego starts as you know from the Vishuddhi chakra, and can be sucked into Vishuddhi chakra.

Now let us see how is Vishuddhi chakra made. All the vowels that we use come from Vishuddhi chakra. And like in Devanagari language it is a...ang-āha.\* So as you know you cannot compile a word without a vowel, it is so important. A consonant is weak, without any strength, without the vowel. So the strength of a person comes through the Vishuddhi chakra in his speech. But it can be absolutely stiff also, the strength

could be absolutely stiff. Supposing you have a very strong weapon but you can't lift it, so what is the use of having a weapon like that? See, this Mr. Ego tries to make the weapon heavy and stiff like jammed machine-guns. Now that is what He has said that "surrender your ego to Me", so that when you say a mantra or utter words, they are effective as weapons, good weapons, effective good weapons, efficient.

Now when we talk, let us see how I see your ego expressed in your talk, so that you will understand how to address Me and to judge yourself. For example shaking your necks too much is a sign of a Mr. Ego shaking head for nothing at all. Like many people have a habit "yes" if it is said, they'll go on like this for ten times. There is no need. Actually, you should move only once, with humility, the head "yes Mother" is all right. You must move your neck with respect and with understanding that Shri Krishna is sitting there. With dignity. But we forget it all the time and we start using it to assert ourselves when we talk to someone. And we shake it too much or we push it in such a way that another person is sort-of dominated by it.

Now there is another method when you talk to Me, like saying "no Mother". It is very common, if I say anything, the first reaction of people could be "no Mother". After all you see there is a course going on,

\*अ (a), आ (ā), इ (i), ई (ē), उ (u), ऊ (ū), ए (ē), ऐ (ai), ओ (o), औ (ow), अं (ang), अः (aha)

even when I'm speaking it is a mantra, when I'm not speaking, is a mantra flowing. And suddenly you come out with your "no Mother", you create a ripple back in the whole thing. Now at that time, if you just listen to Me what I'm saying, the saying itself will work it out, you don't have to do anything.

Now another way is the style in which you talk to Me, also I can see the right Vishuddhi acting. It is when we talk normally to each other, if we have to say "yes", we'll say "m-m". That is very common here "a-a". this style, they say "hum-um" and then on top of that to say "mm-mm" as if you see it clearly. It is : you are not receiving anything in it, but you are trying to sort of put it to an equal pressure on the flow.

The humility is the best way of conquering this ego of Vishuddhi. And when talking to others, try to develop sweet methods, sweet ways unharmed other people. And you will be surprised that Vishuddhi will immediately start behaving in such a sweet manner, because the bhoots don't like sweetness, they are quarrelsome, they are harsh, they are always trying to say something to hurt.

So this Vishuddhi on the right hand side is to be controlled by surrendering as it is said. Actually you surrender your ego to begin with. And this ego when you surrender, it has to be done from your heart, it should not be a lip-service. From your heart : "I don't want this ego any more. I want Reality." "Let the Reality be seen by me, felt by me, enjoyed by me." And once you start doing it from your heart, you will be amazed that your voice will become sweet. Apart from that, it will have the Divine Power flowing through it. That is what we say that you have now "wāk shakti", means the power of speech.

So when you surrender ego, what you do actually is to say that "I'm not doing anything, it is You who do everything". So that a little

drop has now become an ocean. And so your sound has got the power of the ocean.

Now the second thing you have to surrender, is the pride, or vanity. Now the vanity can be of many types which are artificial things absolutely. Before God, what is your property? What is your money? What is your position? What is your family? What is your education? You see, everything has no value in the presence of God. The possessions that one values so much have no value. So one has to realize that if we are the possessions of God, we should be proud of one thing only, that His vibrations flow through us. That is : He is proud of us.

Like supposing you give Me a fruit or a Ganesha, or anything, it gets very much valued because I have touched it and the vibrations are there. Like this Ganesha now for example, if you see the value is zero as far as the metal is concerned, but when made into an art-piece has some much more value. In this world, the value increases with art, but in the realm of God, or in the spiritual world or Divine world, the value of a Ganesha, the same Ganesha will be a thousand times more than what it is just now as just an art piece. So that is now what is given to you, a very high value. So the pride and the vanity of artificiality, artificial things, is all man-made, mythical, and should be surrendered because it is a myth.

Then the human mind has another capacity to be jealous, to be jealous of others. This also comes from unwise understanding. If you surrender your jealousies at the Lotus Feet of God, I mean, you are doing all rubbish actually. The stupid jealousies that you have are as you know, of no value, neither in this world, nor in that world. The most surprising thing is that the Sahaja Yogis feel jealous of each other ! And I still can't understand how can it be ? If you are standing in the sunshine, then you all are jealous of your shadows ! Somebody's shadows are big, somebody's



shadows are small, so you are jealous of each other? Sometimes I give a present to one person, can't give to others, then they get jealous! If I give more time to somebody, then others are jealous! I only give more time sometimes to people who really are getting lost!

So one has to understand that all our ideas about jealousies are stupid. And I can't understand those who are not realized, they are jealous of Sahaja Yogis, and they try to make them fall! Instead of being jealous, they should become like Sahaja Yogis! In Sahaja Yoga also I've seen some very funny things happening, an incidence. Like a person came to me and was very angry that "Mother You spent so much time with a particular person, and I'm very jealous. And You said I have to be like the people about whom I'm jealous so I would like to know how to be like the person who was with you for such a time?" So I said "That fellow is really a lunatic! You want to become a lunatic? Have you no discretion?" A Sahaja Yogi must have discretion if his Vishuddhi is alright. You should understand that what I'm saying is to be used discreetly, not blindly. So you can understand, without discretion, whatever I say, how funnily you can use it so detrimental to your growth.

So another offshoot of ego is called as "hot temper". Of course it is said to be used against people who try to insult your Mother, you have to do that. That must be used for people who go against the Holy Ghost as Christ has said. In the same way you should not tolerate any non-sense against Me from anyone whatsoever, not even this much. But you can tolerate other Sahaja Yogis in other matters.

Another enemy we have is greed. I mean material greed and also human greed, like possessing your wife, possessing your children, possessing this, possessing Mataji also. This

also must be surrendered. And this could be very dangerous in Sahaja Yoga also. This is my carpet, this is my camera, this is my tape-recorder. Once you start understanding what is mine is not the Truth, nothing is mine, that's the Truth.

Also some people I know of, they say that "my job, or my business, or my enterprise". We had the other day one gentleman in Geneva who was very troublesome because he is so conscious of all these things.

So the greed. Also the lust of other women and indulging into lust too much. Giving too much importance to the agencies of lust. That creates great problems, not only for Sahaja-Yogis, but on the whole for Sahaja-Yoga also. It is expressed in both types of people; those who are living in a very free world, as well as people who are over-suppressed. I know of people, those, who are supposed to be brought up in very religious 'so called' atmosphere, when exposed to women, suddenly get too much attracted towards them.

See, it is that maturity of your innocence that must be developed, that keeps you a very religious person, dharmic person. And the innocence to know how far to go with men and women. That's the wisdom of innocence. Children, if you see, they know exactly, if there is a lady if there is a man, how to behave. So the innocence is not stupidity. It is a complete wisdom, and very maturesome in its full form. It just knows how to be with people without indulging into anyone of these enemies. Each enemy is sufficient to finish not only one person, but billions and billions. So best way to develop that absolute nature of your Vishuddhi Chakra is to witness the whole thing with a detached mind. And to develop love for your Mother in your heart, so that She cleanses all these enemies, in such a way that when you are faced with them, you are a powerful person.

Mentally, I think that most of the Sahaja-Yogis understand that obedience to the Divinity is the only way—mentally, rationally. Now even if you understand something mentally, it's not your innate nature. So what I told you yesterday, when you accept something mentally and you cannot do it, you feel guilty about it. Then you become your own guru and punish yourself, and try to make this as your innate nature. It's a state, it clicks. Once it clicks you can see immediately. I know who is surrendered.

So Shri Krishna has said that: "Sarva dharmanam...". He has said that "Give up all your dharmas and surrender them to Me, surrender to my dharma only". So the dharmas we have in our country as we say is a "pitra dharma", what you owe to your father, "mātru dharma" what you owe to

your mother, then what you owe to your husband, like that, you see, that relationship in which you owe to them. But when He says "surrender all these dharmas", He is meaning to say "you should only know what you owe to Me" meaning the Divinity. Now Shri Krishna is not there, it's Me who is Shri Krishna, so you must know what you owe to Me. I only changed My language. He used to take out His finger and to say that "give up everything and surrender everything to Me". I don't do that way, I give a big lecture and bring you to a point.

So, that should not divert your attention from the right goal that you have to achieve by surrendering. And it is going to work out very well with you people here. I'm sure, and one day I'll find the whole Germans surrender at the Lotus Feet of the Divine.



## INNOCENCE IS

The rich sweet smell of Our Mother Earth,  
Supporting with great strength the whole of nature's birth,  
The living plains of Our blessed red land,  
Extending a loving and guiding hand.

A drop of dew, sparkling on a blade of grass,  
A gentle breeze that will never pass,  
The soft sun rays of the early morn,  
A little spring flower who is newly born.

The joyful laughter of all the children,  
Dancing and playing with such glee,  
Creating so simply this colourful fun,  
With Shri Ganesha's pure innocent quality.

Jai Mataji !!

—Australian Sahaja





## SHRI SARASWATI PUJA

With love all kinds of creative action takes place. You see how Raulbai has love for me and in this place you all also got new idea of creating a beautiful thing. And as love will increase your creativity will develop. So the basis of all creativity of Saraswati is love. If there is no love there is no creativity. It is even in the deeper sense, you see; people who have created all the scientific things are also out of love to the masses, not for themselves. Nobody has produced any thing for themselves. If they make something for themselves it has to become for universal use, otherwise it has no meaning. Even if you say atom bomb and all these things are created from science, they are also very protective. If they had not created, those people would not have taken out their minds from war. Now, nobody can think of having a big war. Of course, they are having cold wars, but that also will gradually stop, when they will be fed up. So all the activity on right hand side, of Saraswati, basically has to end up in love. Starts with love and ends up in love. Whichever does not end up in love, coils up and finishes off. It just disappears. So you can see that even matter which is not used for love, just finishes off. The basis has to be love. Otherwise all such matter that we create which has angularity, which is not fitting into the mass media which is not appealing to the masses; of course, it takes time, you have seen that it takes time—but it does have that tendency

always to disappear in the thin air as soon as you find it does not appeal to the masses.

Now this love of, that we talk of, the great love of God we talk of, we know that it for definite through vibrations. People do not have vibrations, but still they can feel the vibrations in a very unconscious way. All the great paintings of the world have vibrations. All the great creative works of the world have vibrations. Only those who have vibrations have been sustained by time—otherwise all other things are destroyed. There must have been monuments and horrible statues and horrible things that have been created long time back. But they are all destroyed by Nature as they could not stand the impact of the KĀLA (काल)—that is the destructive power of time. So, all that is sustaining, all that is nurturing, all that is enobling comes from this sense of love, which is within us very much developed, but within others also who are not yet realised. Ultimately the whole world has to realise that one has to go to that ultimate love of God, otherwise it has no meaning.

Now you have seen in arts people have taken to other methods of appealing to people by using cheap things and very vulgar things, just to make people think that this is art. But this will all disappear. It cannot sustain the impact of the time as I told you, it cannot. Because the time will kill it. All these things have to disappear and already you can see

the result, how things are changing everywhere, even in the West. So there is no need to be so much disappointed with the West and to say that the Western world is a waste-land. It is going to be alright and it has to be done. Specially it has done lot of Puja of Saraswati. I should say in the West. Much more than they have done in India because they have gone to learn it and they have tried to find out so many things. But only thing they forgot that it is a Goddess, God is the Giver. Everything comes from the Goddess. That is what they forgot. And that is why all the problems have been created. If there is no Spirit in your learning if there is no source of the Goddess in your learning, then it is absolutely useless. If they had realised that there is the Spirit that is working it out, they would not have gone that far. And that is what I was warning the Indians, although, that you are now taking to industrial revolution in a way and to avoid all the complications of industrial revolution, you must try to know the Spirit. If you donot know the Spirit you will have the same problems as these people have. Because they are also human beings, you are also human beings. You will also go the same way. At random you will run and there will be problems, the same problems as the Western people have.

Now Saraswati's blessings are so many that one cannot describe in such a short time. And the Surya (Sun) has given us so many powers that it is impossible to tell them even in one lecture, even in ten lectures. But how we go against Surya and how we go against Saraswati, while doing the worship of Saraswati, it is to be seen very clearly within ourselves. For example the Western people are very fond of Surya because they have no Surya. But they go too far with it, as you know, and create complications within themselves of Surya. But the main thing that one has to achieve

through Surya is the light 'Vivek' (विवेक).—is the light within. And if Surya Chakra at the Agnya level is occupied by lord Jesus Christ then it is even more essential that the purity of life, what you call 'Niti' (नीति), is the morality of life. Now morality itself has become very much sort of a argument in the West. People don't have any sense of absolute morality. On vibrations of course you know. But they have all gone the against it. Those who are worshippers of Lord Jesus, those who are the worshippers of the Surya, of the Saraswati have all gone against, against the powers, of Surya, just disobeying it. Because you cannot be a Surya if you don't have a proper sense of morality and holiness. The Surya itself brings light to see everything clearly. So many qualities Surya has got. It dries up everything that is wet, dirty, filthy. It dries up all those places which create parasites. But so many parasites are created in the West. Not only parasites, but there are horrible cults and horrible things which have come into that; those countries which are supposed to be full of light, and in that darkness they exist. Darkness about the Spirit, darkness about their own knowledge and darkness about love. These three things have taken over in the places where you are supposed to love light. Light does not mean, light does not mean what you see with your gross eyes. Light means from within—the light of love. That one should understand—Light of love. And it is so soothing it is so sweet, it is so beautiful, it is so enamouring, it is so abounding that unless and until you can feel that light within you—that light which is of pure love—of purity, pure relationship, pure understanding. If you can develop that kind of a light within yourself, then the whole thing will be cleansed. 'Wash me and I shall be whiter than snow.' This is what happens to you when you are completely cleansed. The purest form of Nature is within us. The



purest form of Nature is within us. Our Chakras are made out of that 'purest' form of Nature. We are the only people who are spoiling it by our mental thinking. Against the same Saraswati power. You are going against Saraswati itself. Saraswati cleanses all that is impure in nature, while with our brain activity we are spoiling all that. All our brain activity goes against pure intelligence. And that is what one has to understand—that this pure intelligence, is not to be soiled by our thinking. Our thinking can make us so bumptious, so ego-oriented, so impure, that we can really eat the poison and say 'what is wrong in it? Just the opposite of Saraswati. If Saraswati is within us, She gives us 'Subuddhi', wisdom. And that is why, to worship Saraswati, to worship Surya, we must have that clear vision as to what we have to be. What we are doing. What filth we are living in. What our mind is getting into. After all we are here for emancipation and not for just for pampering our ego and living with our filth that is with us. So this light has come within us and we should try to rise above our own mental filth which is being created around us. Apart from that, you have to go higher and understand that there is, within us, a thing called ego. And this ego is false, absolutely false. You do not do anything. Actually when you turn your eyes here and there, when your attention is here and there it is nothing but your ego that is trying to overpower you. But actually ego is a absolute falsehood because there is only one ego and that is the God Almighty, Mahata-ahankāra. There is no really any ego that exists, it is myth. It is a very big myth, because if you start thinking you are doing everything—you are doing this, you are doing that—which you are not doing; then this non-sensical ego comes in and you start working it out, it can project in every direction. When it projects forward, it overpowers others, it tries to dominate others, tries to kill

others, becomes Hitler. When it moves to right side, it becomes supraconscious. It starts seeing things which are absurd, which are foolish, which are stupid. When it moves to left side then it starts, talking—I mean, seeing things—yourself as a big man, as a big Christ or as a big Devi or something like Adi Gurus and 'I am a very great personality', that is left sided. When it moves backwards, that is the dangerous one. Then people become Gurus which are ruining other people. When their ego moves backwards then they become Gurus, they themselves have lots of defects in themselves and they try to pull people into those horrible stuff which is described as absolute NARAKA ( नरक ). NARAKA is the movement of ego on all the sides.

Now when people try to use their right Vishuddhi, that is, to talk about themselves, is the worst of all. Whatever type of ego you may have, if you start boasting about it and talking about it, then it encircles, thickens the walls of ego so much, that it is impossible to penetrate into that, because such a person is completely satisfied with himself and he believes that he is so. And once he starts believing into a non-sense like that, its an impossibility then—impossibility to penetrate.

So when you boast about these things or you talk big, be careful, you see. You know what I am, but how many times do I say 'I am that.' Even if I say once, you get tremendous vibrations for you. But how many times do I say so? At the most if you say something, I say 'yes'. But I don't say that. If I say it loudly, I don't know what may happen. The whole thing, might be blasted! So, one has to understand that Mahatahankara is the one that acts, that works, that creates. Sometimes I shout at you. Immediately all the bhoots run away. Just once I shout. Yesterday, you saw all the bhoots that were talking, they all ran away. Yesterday this I talked to you. So you should understand that now you are a



realised soul, you can also do the same. Use your right Vishuddhi to shout at yourself, "Now will you please stop boasting, will you stop talking all this nonsense, will you stop showing off!" Then it will stop.

Now this thickening takes place by people who really are active. They want to do something about it, not that they are not active. They want to do. But they know only one way, is to act talkative. They don't understand that there are inner ways by which you control it much more. Because they don't want to take to that, they take to this talking. And once they take to talking and they talk about it, the whole power goes out. But if they do not talk about it and keep it within themselves, it is alright. You can tell me about your experiences, alright, but if you start telling others, and talking about it too much, then the power that you have got will be all disappearing gradually. And you will just come down to absolutely lowest level. So one should not too much talk that I have this power, I have this power or I think this or I do this, which is a very wrong thing. I warn you, DO NOT TRY TO SHOW OFF. Yes, you can talk about my powers. It is all right. But don't try to talk about your powers. When it comes, of course, you talk to somebody who is a negative person or to tell somebody, then you should say that WE, NOT I. 'We' have, 'some of us' have felt this power within us. 'We' have seen people. It may be you only, but you need not say, 'I' have. What you've to say 'WE'. Then you become the Mahata-ahankara. When you say 'We' 'here some of us' 'we do'. Like in Gregoire's book I made it, I saw to it that he should not have many 'I's but he should have 'We'. 'We think,' 'we do', 'we', means the whole collective being, the whole collective organism, living organism of SAHAJAYOGIS. So if you say, 'yes, some of us have got', that means, you put yourself down, but put all others above you. Say 'Yes, some of us have. I know some

people have this.' That is the way one should do it. Because if you have to overpower your ego, you must allow it to spread into every body else. That is how, you will make it perfectly all right. Let it spread. We all SAHAJA YOGIS 'WE ALL'. But that pride is not there. I've seen that pride is not there. Still it is very individualistic. If you start thinking, "'we' SAHAJA YOGIS', then what happens, that you become 'one' personality, 'one' organisation.

But the person will look down upon other people. He will see that person is low, that person is higher, that person is there. But he will not think 'We' the Sahaj Yogis, how beautiful we are. 'We' the body of Sahaja Yoga, how beautiful we are. So always think in the words of 'WE', so your ego will become much less much less, much less. And the same ego which looks so funny and absurd will fall tomorrow to the EKADASHA.

Today, individual ego will merge into ekādasha. But we all must remember to say 'WE' all time. This is what is today's day is great day for us to change, because the sun has changed its move, now. Sun is coming this side. So let us welcome the Sun, coming to the North now, this way. And for Australians to say that though the sun has gone, let us establish the Sun, the domain of Sun, within ourselves. Because Sun never disappears from our inside. So that is how we have to take a mode by which we should think of 'one' personality, 'all of us together, all of us together.' And anybody who tries to be something separate or different, he will drop out. I will drop him out. Whatever it may be, it will drop out. So you judge yourself, anybody who tries to be singled out or anything. Everybody must do whatever they like, to nurture the whole, to help the whole, to help the whole, to emancipate the whole. But not to, in anyway, put anyone down always. Because this is not the way the



Sahaja Yoga is. Sahaja Yoga only works in collectivity. And the one who has developed this permeating spirit, is a real Sahaja Yogi. Who has not, is not! Whatever you may think of yourself, I have nothing to say. But this permeating personality which moves from places to places, whether you talk or not. Like your Mother is. Whether I meet you or not, makes no difference, but I am permeating through all of you, by little-little things also I am there with you. So like that, try to permeate into each other and see the beauty in you. Enjoy yourself the best because that is the biggest thing. That's the biggest thing that is to be achieved. Because this ego you know makes you like a nutshell and it just cannot have a rapport with that beauty of permeation and just see how the notes move into each other.

It will be a great idea today, it is great thing today that we are having puja at Dhulia. Like the Dhulia means the dust. Dust. And one day I had written in childhood, a poem, I remember. Very interesting poem it was—I don't know where it is now—but which said that 'I want to be smaller like a dust particle which moves with the wind. It goes everywhere. Can go, sit on the head of a king, or can go and full at the feet of someone. And it can go and sit on a little flower, and it can go and sit everywhere. But I want to be a particle of dust. That is fragrant, that is nourishing, that is enlightening.' Like that, I had written a very beautiful poem, I was about seven years of age, I remember—'To be a dust particle,' I remember that very clearly, long time back, 'that I should be a dust particle. So that I will permeate into people,' which is a very big thing—to become a dust particle of that kind. To just whatever you touch, you see, that becomes enlivening, whatever you just feel, that is fragrance. It is such a great thing to be like that. And that was my desire, and it will be achieved. At that young age, I had this idea of becoming a

dust particle and today just while talking to you, I remembered that I wanted to be that, and that is what this place is. And Raulbai is like that. She is a very simple woman, very simple woman and she lives like a very simple person. She has a sense of permeation. And now there are so many Sahaja Yogis, yesterday who came; and I am sure that they will take up Sahaja Yoga very well. There are lots of Sahaja Yogis from Dhulia now. And I am sure there are going to be more people. I hope you have met all of them. Make friends with all of them. Try to know them who they are. They may not know English. You get somebody to translate. Talk to them and be nice to them. Be friendly with them. I wanted you to meet them for permeation. You should know who are the people here, who are in Nasik. Because somehow we never meet the Sahaja Yogis, you see, who are in that particular place. And when we go back we have only one or two addresses. It is not a good idea. Try to see how many people there are. Ask questions about them. And all that.

This permeation is only possible when your ego starts permeating all around. And this is the way to overcome the problems of the right side and that is how to worship Saraswati. Because Saraswati has a Veena (वीणा) in Her hand and that Veena is the primordial instrument which She plays like music, and music penetrates into the heart. You don't know how it goes into you and how it works out. That is how a person who is Sahaja yogis should permeate—like music. There are so many qualities as I told you which cannot be described in one lecture. But one of the greatest quality of Her's is that She ends up into subtler things like the Mother Earth will end up into fragrance. Music will end up into melody like that whatever She creates ends up into something greater. Matter, whatever She produces ends up into aesthetics. If matter does not have aesthetics then it is gross, like

that everything. Now you will say what is water. Water becomes the river Ganges! These are the subtler things. So the matter gets into subtler thing because it has to permeate, it has to permeate. So everything whatever it is. And the best of all is the air. That air becomes the vibrations !

So you can see how whatever has come

out from this matter, from these five elements, becomes that subtler thing. Of course, the left and right side both work it out. Because the love has to work on this and when love acts on matter it becomes that and that is how one has to look at your own life, to make it a beautiful combination of love and matter.

May God bless you.

---

## MAHA SAHASRARA DAY

We draw your attention to the article with the above heading in NIRMALA YOGA (May-June 1983) Vol. 15, page 16. It is to be noted that on 5th, May, 1970, Shri Mataji Nirmala Devi opened the Sahasrara of VIRATA at NARGOL and not at Bordi as mentioned in the above mentioned article.

NARGOL is a small village near the seashore and is about 35 Km. by State highway from Bordi. By railway one has to get down at UMARGAON Rly. station on Central Railway and then to reach NARGOL by road.

On 25th, Sept. 1983, I visited Bordi in connection with the arrangements of the International Shivir for 600 Sahaja brothers and sisters who would be attending it during 10th, to 15th, Feb., 1984. After finishing my work at Bordi at about 1 P.M. in the afternoon I journeyed to NARGOL on a motor-cycle. I had taken guidance from Mr. B.G. Pradhan, who was present there on 5th, May, 1970, and is one of the first twelve who got their realization there.

I located the place where this great event had taken place by the help of vibrations and then sat there in meditation. It is very difficult to describe the intense peace of the Grace which I enjoyed in the meditation. It was very deep and blissful.

Thereafter, I returned back to the house in whose compound I had parked my motor-cycle. As I was walking with my hands outstretched enjoying the vibrations, people of the house enquired whether I was searching something. I told them "About thirteen years back our Shri Mataji Nirmala Devi had come there and meditated near the seashore. I wanted to find out the exact place where She had meditated." They at once remembered that Shri Mataji had been there and they with some other local people had attended Her programme. BOLO SHRI SAHASRARA SWAMINI MOKSHA PRADAYANI MATAJI SHRI NIRMALA DEVI KI JAI.

—R.N. PEREKAR (BOMBAY)





## Her Holiness Shri Mataji's Advice\*

One should know that it is very important for every disciple to worship his Guru. But the Guru has to be real Guru, not a one who is just exploiting the disciples and who is not authorised by God. A PUJA is arranged, because you have been initiated into the Statutes of the LORD. You have been told what are the DHARMAS of a human being. For that actually you do not need a Guru. You can read a book and know what are the Statutes of the LORD. But Guru has to see that you practice them. These Statutes are to be practiced, to be brought into your own life; which is a difficult thing and without a Guru, a correcting force, it is very difficult to follow these Statutes of the Lord because there is a very big gap between human awareness and Divine awareness and that gap can only be filled by a Guru, who himself is complete.

The first is, 'you do not do harm to anyone'. The first principle is that we are not to harm anyone.

Secondly, anybody who is a real seeker, he may be wrong. He might have gone to wrong Gurus, he might have done wrong things. But have feelings for them because you have been going on wrong path yourself, sometimes.

The second Statute is that you have to stand on your own legs and know that you are here one with the Truth, the testimony of truth. That you have seen the Truth. You know what Truth is and you cannot compromise with falsehood.

Be sure that you are telling the Truth and nothing else and that you have felt the Truth in full ways. Those who have not felt the vibrations should not talk of Sahaja Yoga. They have no authority. They have to receive vibrations. They have to fully imbibe within them and then they can say, "Yes, we felt." This is very important task. Sahaja Yogis have to do in these modern times-i.e. to tell aloud that they have found the Truth.

You can write books, you can talk to your friends, relations and everyone and tell them, "This is the Truth now. That you have entered in the kingdom of God. That you have been blessed by the Grace of God. That you are realized souls, that you have felt the Divine power which is prevailing everywhere.

With the confidence, with that complete understanding, coming out of your heart people can make out, this is absolute truth and then all kinds of falsehood must be denounced. Doesn't matter if somebody feels bad because by telling that you are saving them and not harming them. But must be told in a correct way, not in frivolous way.

Tell them, "this is wrong, it is wrong, you donot know. We have done the same thing". This is how you are going to express your principle of Mastery or you can say "GURU TATTWA". You have to be truthful. First and foremost thing is that, you should know the truth and stand the testimony and that you should announce it.

Third thing for Guru a Sahaja Yogi has to do is to develop DETACHMENT.

\*Based on Mother's Address on Guru Purnima Day 29 July 1980 (See NIRMALA YOGA Vol. 5, Sept-Oct '81)

The DETACHMENT is that you are your father, you are your mother. You are every thing. Only your Spirit is Everything to you, only your Spirit you have to enjoy, then the Detachment comes from them, then you really do good to them because, by detaching you see the complete vision about them and about what is to be done.

One has to understand that there should be only one craze i.e. to be Settled, 'absolutely' settled in your Spirit.

You get yourself attached to your Spirit and detachment starts working.

Actually a person who is Detached is the most beautiful person, is the extremely loving person, is love.

Attachment means Death of love, complete death of love is attachment.

Detachment gives you the movement of your love, circulation of your love.

Detachment is purity, is innocence. Innocence is such a light, light that really blinds you to all that is filthy. That is what is innocence which one may develop only through Detachment. Detachment is of the attention. Do not allow your attention to get involved in to something, even rituals of anything.

## INNOCENCE

Deep in our heart we feel the longing for a most loving and most powerful state of being. Innocence is that state, it is power itself. And, at the same time, when innocence is lost, we are faced with the eruption of the worst destructive forces within us. In the West, alas, innocence is absolutely lost. Eyes are turned here and there towards all sorts of nonsense. The attention is sucked by funny things which are thrown at us by the medias, the television, the magazines etc .. It is as if people would now relish dirt, filth, violence and crime ! When we hear the way non Sahaja yogis sometimes talk we could really become very angry, not so much with the persons themselves but with this special kind of negativity which is trying to destroy our race and to bring us down to a much lower level than animals.

This anger that we, Sahaja yogis, sometimes feel, is a very good thing, it is the wrath of Shri Ganesha within us. While joy in Sahaja yoga is the incentive to grow, wrath is the incentive to fight. And as we are the children of the Devi we know that we will win every single fight; realizing this we feel tremendous confidence and security within our hearts. We are the children of the Devi. "O

Mother we cannot thank you but with the strong wish to establish the kingdom of God on this earth, to bring back the lost paradise."

Fighting, of course, is also a matter of being clever. As our Mother very clearly tells: "If you can fight negativity fight it; otherwise run away." Innocence gives us the finest sense of tactics and strategy. Innocence is spontaneity. Spontaneity is wisdom. When this wisdom grows within us the Spirit shines more and more.

Before I came to Sahaja Yoga I was all the time with friends who had no sense of innocence at all. Although I was feeling that innocence is a beautiful and holy thing I was unable to defend this subtle feeling against my environment. So, one of the blessings I got out of Sahaja Yoga is the full understanding of innocence and the possibility to spread this understanding to friends and students I meet everyday in the University. Therefore I pray to our Holy Mother that we all should have growing opportunities to raise Kundalinis. Awakening Kundalini is awakening and celebrating Innocence.

JAI SHRI NIRMALA GANESHA I

—Engelbert, Vienna



## *Translation of Shri Mataji's Hindi Lecture at Delhi on 18th Aug. 1979\**

The sudden arrival is for various reasons. In Sâhaja Yoga sudden arrival has a special significance. We must have seen many incidents in our lives, which have suddenly happened. They do not mean anything to us. If we try on intellectual level, we cannot understand why a particular incident has taken place in our life. It has been the way of human being, that he wants to understand everything through reasoning. This is correct on his part because his awareness has not yet awakened. When his awareness is limited and when he is searching the proof of everything through his intellect it is difficult for him to adopt some other means which are outside the scope of reasoning.

You have heard a lot about Paramatma, Atma, Adi-shakti etc. You have also read about them in books. Every now and then, man talks about Atma and Paramatma. There have been many incarnations, who have told that you should first realise your Atma because man cannot reach Paramatma, without knowing his Atma. As you cannot identify colours without eyes in the same way, you cannot attain Paramatma unless you meet your Atma. You cannot intellectually understand Paramatma. It is only through Atma that you can understand Paramatma. So far, all saints have said "be alert in the observance of your Dharma, search your Atma, understand the Atma that is residing in you."

What is Atma? What work is It doing residing within us and how is It related to Paramatma? It is said that Atma is the reflection of Paramatma in our heart. This reflection is like that of the sun in water. Although reflection of the sun is seen in water, he is

away in the sky and not in water. Similarly Atma is as much as It is seen, It is beyond all that and not limited by it. But, for any reflection to be clearly visible the mirror which is the cause of that reflection must be clean. If the mirror is not clean, or instead of mirror a stone is there, the sun's reflection will not be seen in it. In the same way, that man looks disturbed who has not yet become clean like mirror, so that he can see the Paramatma's reflection within himself. Although the sun is seen taking different shapes on the ripples of flowing water, he is steady at his place and it is only his reflection that changes its shape. Similarly, the reflection of Atma appears to be absent or it just shines for a moment and disappears, in the person who is full of sin and wickedness or whose heart is loaded with false ambitions and desires. It thus entails that all these—body, mind, intellect, ego etc. that we know, should be converted into a mirror. It should be transformed into a mirror.

How will it happen? God has made that arrangement within us. Many incarnations have worked for evolving us from ameoba to human being and have brought us into our present stage. When we are moving about as alert human beings. We are alert but not enlightened. A blind man is very alert but one who has sight sees everything without being bothered about it. A blind man can perceive small small things. He knows small details of every place. One who is having the sight looks at only those things which are worth seeing and which he wants to know about.

Kundalini Shakti that is residing in us has been placed in us by Paramatma and has

\*In August 1979 Shri Mataji came to India at a very short notice.

been created by His desire. Kundalini shakti creates our mirror, develops it and cleans it. Slowly She makes it capable of receiving in itself the reflection of Atma. In Sahaja Yoga you know that awakening of Kundalini is very easy and spontaneous. But Sahaja Yogis must know that they have come to Sahaja Yoga primarily to clean their mirror, to wash their sins and past deeds, to become purified of all the dirt that has been accumulated within from time immemorial. They have not come to collect sins and dirt, but to become pure. Many Sahaja Yogis are aware that Kundalini is that current which passes through their Chakras and awakens their Chakras. When the light comes on your Chakras you can know their condition even on your finger tips. This is the knowledge. This alone is to be known. So far the knowledge that you have had was not enlightened. There was no light in it. Now because of the light, you can know which of your chakras have problems. There is a way to clear the Chakras of those problems. How to do it, is also taught in Sahaja Yoga.

You can not see the filth so long as there is no light. It is not visible in the dark. You will see it when light illumines within you. So the first object is, to accomplish the light, to—what people call—achieving the truth or knowing the truth. First we should know the truth and in the truth we initially come to know what our qualities are. In Sahaja Yoga, man easily accepts his faults, because he can see them in the light. Suppose there is a spot on this saree, and it is dark. If some one points it out, we won't agree and may even feel offended. But if we see it in light, we would be surprised that there is such a big spot and we have not noticed it! We won't feel bad about it, and would like to get it cleaned somehow, immediately.

Suppose if there is a catch on some Chakra, say on Agnya, you will understand it

yourself. You will have some pain or some such similar feeling. In the light you will understand that you have problem there; and you will clear it. But if you are not sensitive and do not feel the problem, you may go mad and may land in lunatic assylum without even knowing that your such and such Chakra was caught, and such filth entered inside you. Similarly you never know even if you contact some disease, because you are sitting in the dark. In the darkness you do not understand whether you are sitting on a snake or some bomb has fallen on you. When the light shines inside you, you realise which calamity you are facing. So the first glimpse of knowledge is regarding yourself. You know your problems.

In Sahaja Yoga, people get the realization. Immediately thereafter man sees his own faults and as human nature is, he starts running away from Sahaja Yoga. Initially, he gets scared, the very moment he starts seeing his own faults. He cannot believe that so many faults exist in him. He is scared and then he starts doubting. You have seen; thousands of people come and get the realisation but they do not come again. What is the reason for it? If hundred people are realised only 10 per cent come back. It always happens. Therefore Sahaja Yoga is developing rather slowly. That does not matter. It's reason is that man is so much identified with himself that he does not want to know his faults; and when he knows them, he starts running away. But it is better to know your faults and correct them, rather than carrying their burden from life to life. People do not know what time has come. It is the last chance. You won't get any more chance. In Bible it has been described as the 'Last Judgement'. Your last judgement is in Sahaja Yoga and how it will be done can be judged by yourself. When the light comes within you, you judge yourself. "See my such and such Chakra has been caught." Then



you say "Mother, I have a catch on this Chakra". You know that I am ready to put in all efforts for you. You can also work on each other, thereby you can completely clean all your faults, problems and sins etc. Why should you carry that burden? Instead of throwing it off people are running away from Sahaja Yoga. This is human brain. That keeps thinking and always remains worried. There is nothing to be scared of. If you become little steady, you will realise how big is this power, which not only brings into light your faults, but also removes them and removes them completely.

So, first of all you must know, that Kundalini Shakti is extremely holy and virgin. This virgin power makes us clean and pure. In Sahaja Yoga, She is very much pleased to give you the realisation. Then there can be only two possibilities. Either you recognise the self-realisation within you, and rise up to its greatness and go deep in it; or leave it altogether. There cannot be a third alternative. As someone asked, "How many turns are there in London?" Only two; left and right. Either you completely accept it or leave it. If you have decided to accomplish it and to completely clean yourself, then the reflection of Atma will shine in you. In this Kundalini Yoga you become aware in collective consciousness, you remain aware in collective consciousness and you clean others also while cleaning yourself. Others' sins are also washed. It is regarded as auspicious, here.

Some persons are very auspicious whereas some are quite inauspicious. Latter ones bring calamities in the house or in the country they enter. There will be difficulties, wherever they stay. One gentleman came to me. He was a young man of 23-24 years. He said "Mother I am quite inauspicious". "How do you know?" I asked. He said I am very inauspicious. Even children are afraid of me. When I go to a house the family has to face some

difficulties or the other, or some bad event occurs, that people are now convinced that that there is something wrong with me and I am inauspicious, because it has happened repeatedly. Such people are inauspicious because all darkness of sin is associated with them and it is so deep that like a blind person they face tremendous difficulties, grief, sorrow, sickness etc. and ultimately they are finished in that. If such a person visits a family some one from them may even die.

Considerations regarding good or bad omens is in vogue in our country since time immemorial. Those who are saints, although they are care free, have no place of their own—they may not be bothered about their clothes and food and may be staying in jungles—bring prosperity wherever they go. This is also told about God. If you want to recognise God, His biggest identity is that the biggest auspicious is in His hands. He does good to all and makes all happy. Touch of His feet makes everything auspicious. There are six gifts of God, which bring prosperity, well being, happiness etc.

Whenever incarnations came, great and auspicious works were done. But now the time has come in which that work will be done, which is the most auspicious work ever done, thereby, you also will be the doers of auspiciousness and will realise the Spirit residing within you. This is the ever great work of Sahaja Yoga and the incarnations. It should inspire the entire society. In this great eternal life, when shadows of Kaliyuga are enveloping the whole universe, your torches (flame) should burn high, and in their light you may attain auspiciousness, Joy and prosperity. It is necessary, for this, to keep your lamps clean, you should wash your sins and past deeds. Your past deeds are washed along with your ego. Karmas are done by your ego. You must have observed that after coming to Sahaja Yoga, you can very easily

see your ego (Ahankar) and how 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 surrender to their ego, turn their backs to Sahaja Yoga expecting Sahaja Yoga to follow them. So long as your ego is enveloping, 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 is itself awakened. Your ego cools down by just seeing, as your attention is enlightened and in that light you witness the play of your ego and laugh at it, and laugh at the ideas given by your ego. As you start seeing yourself, your ego starts getting deflated and as your ego is deflated you rise in your light.

Sahaja Yoga is a very subtle process. Few people know that it is a very subtle process. Sushumna Nadi is extremely small, extremely thin, exactly at the centre of Brahma Nadi, reason is man's attachment to his karmas. That extremely subtle channel Brahma Nadi is loaded with sin and dirty things and thereby gets so much narrowed, that very thin fibre of Kundalini could pass through it. Imagine that Kundalini is like an enlightened rope made of small fibres. Its very thin fibre could pass through Brahma Nadi. This is the condition. You have all seen that this is a very subtle, very deep process. Most of you have seen Kundalini's movements and pulsations. She tries to make, somehow a small opening at the bottom, so that it becomes possible to pass at least one strand through the extremely narrow passage of Brahma Nadi and with that very subtle strand She pierces the Brahma-randhra. Initially this happening takes place very easily in most of the people. But She again coils down due to the pressure of the

burden and then they even forget that the peace, serenity and cool vibrations etc. which they had once received are no more with them. They are shocked when they see in the light that these things are embodied in themselves. Then they get scared and become suspicious.

Man's intellect comes up with many doubts. The first doubt which is very common, is 'Who is Mataji? This is the first question. I want to tell you that you can not understand Me so long as the eyes of your Spirit are not open, and you should not even make efforts to understand. First you open the eye of your Spirit.

When Shri Ram came, people said that they accepted Parashuram when Shri Krishna came they said, they accepted Shri Ram and at the time of Shri Nanaka, they accepted Shri Krishna when Christ was here they accepted Abraham. All of them had taken human form. But it is all the play of Buddhi (the intellect) how interesting it is! Now, I have come and people are accepting Shri Sai Nath (of Shirdi). But when he lived here, he did not even get any thing to eat.

Why was it so? He was also a human being. So long as he was alive, he too was considered useless and tortured but when he died he was regarded as Bhagwan (God). What is the reason of this all? Why has man been like this?

You will have water of the Ganges, where She flows. If She is flowing here, will you say 'We do not accept Her as the Ganges!' There may be nothing at the place where She was flowing earlier, or may be, only a nullah at present. If you want to take it as the Ganges you go your way. If the Ganges is flowing at this place, why not accept it?

It is not easy to understand human intellect. It is the most difficult job in the world!



It is easy to understand God, because He is what He is. He does not have such double dealings. Man has a variety of qualities, not just double. All animals from snakes and scorpions to elephants, horses and lions are residing in him. You will not understand at all, why his brain is working in this way.

Now when the Ganges is flowing why do not you take water from Her? Imagine this plug has been connected here. Will you connect in its place a plug which is out of order? It is quite pragmatic. I cannot understand what hallucination is there on human intellect, that he does not accept the truth which he is seeing but accepts something that is not seen! Its reason was understood long back and that is Ahankar (ego).

Man has too much of ego. If you had accepted Shri Rama in his days, he would have told you to get your Kundalini awakened and get the realisation and get established in Sahaja Yoga. Had you recognised Shri Krishna, he would not have played Sahaja Yoga in Gokul, but would have given you the realisation and told you to practise Sahaja Yoga. If Shri Nanak had been accepted, there was no need for him to break his head telling you to do different things. He would have simply taught Sahaja Yoga, but very few understood him in his days. Now, when he is not here, you have built Guru-dwaras in his name. When Mohammad is not here mosques have been made, because they think now Mohammad Sahib is in their hands. Now Rama is in their hands, and they can make his temple and say "This is our temple, this Rama is our property. We have authority over him and whatever you have brought—all money and other things, offer them to this idol". You say all this because you think you are the authority of this idol. It is sheer ego because of which man thinks, that he can keep God in his control and for that he is making all the show.

Every time the same show was repeated.

Even now, I see big temples. What is happening in them? What is going on even in those temples having 'swayambhu' idols? (Those idols which have come spontaneously out of Mother earth are called Swayambhu idols. They are not man-made.)

Ego makes donkey out of man. Even donkey has its respect. Donkey also may have some sense of propriety but an egoist can be worse than a donkey. If a man is equated with his ego, then the result is a donkey. I always say, you will be surprised to see how the ego is inflated in a man. If one gets excess of money he goes astray. One out of one lakh rich people, talks sense. If they receive money, they will think in which pub they would go or to which dirty woman they would go etc. I never would that man think, that the money he has got could be spent on the work, within himself and without that would be acceptable to God and would bring His blessing. They will make the show of ego even in that, they will make a temple and inscribe on it that the temple of Shri Rama has been built by such and such person in the name of his father. What will you call it, if not madness! If his father had done some work, automatically he would have become famous. By seeing such dreams of false ego man remains away from the truth. Even though man sees the truth face to face, the ego teaches him not to accept it because by accepting the truth he would be free from ego.

It has many remedies. Say a man receives plenty of money and becomes very powerful. Excessive power also makes One a donkey. One behaves like a joker and becomes a laughing stock, with too much of power because that goes to one's head. If a woman becomes extremely beautiful and she takes it into her head that she is a ravishing beauty, then she goes down to a nadir. Why does man become a donkey when he has excess of something?



Its reason is—he cannot wield it. If he is an emperor, even millions of rupees have no value for him, but let a pauper have some money and he will be flabbergasted. If a real king comes to power, it does not matter for him at all. He lives in the world like a king and is not bothered by small and petty affairs. But an ordinary person cannot, because he has no ability to wield an excess of anything. He cannot go to an extreme when he attains the extremes of his Spirit, rest everything becomes valueless for him. On the contrary, due to his ego he loses his freedom and day and night he remains in such nasty hallucination that like a fool he thinks that he is being praised. Never can he think as to what he is doing and which is the right path for him.

Now the time has come to stop and see. It is now time to rise and to know.

It is time for you to stop wherever you have reached on the mount of your ego and look back. So far, you have not achieved anything, you do not know anything. Accept it with humility and let it be imbibed in you. You have not yet understood your Spirit. With your every step, you are getting more and more involved in dead things that put you in the fetters of dependence and enslavement of your six enemies (viz Passion, anger, greed, pride, temptation and jealousy), stop for a while and see your mirror there itself which is within you and you will find the Paramatma of your eternal Atma residing within you. Know Him and go deep. Enjoy that bliss and with that light dispel darkness of the world. This is very great work and many people are not sticking to this great work. That is the difficulty. Thousands will come here if I start mesmerising.

One such fake guru reached London. He emptied the pockets of ninety thousand people, he charged \$ 60.0 from each person. Sixty people from them came to me, they were suffering from epilepsy. I asked them as

to what he taught them, which mantras he told. At the cost of six thousand dollars, those poor things, got the mantra—Ainga phinga thinga! This mantra was passed to them secretly in writing and they were told that by chanting this mantra they would get many siddhis. Today, those people are on the roads, their homes have been ruined, their plight is miserable. Had they been wise and tried to understand, they would not have gone to such a person who was pampering their ego. Always he would tell them "you are a great person, you are phonganand all should come in their best etc." Those who fill their coffers, keep inflating other people's ego and all people in the world like such persons. Big news papers, will bring out their advertisement and write their praise because those persons have money which attracts money. Big celebrities would call on them. But inside, there is a big falsehood. Can we say man worships falsehood? But man himself lives in a big falsehood, which is his ego. One who preserves such falsehood and is carried away by it, invites his disaster.

Why,—I am repeatedly asking you,—why are you inviting that disastrous end? What is the reason for which you do not want to know yourself? Why don't you want to surrender before God? Why are you following wrong people? You are ready to sacrifice even your life for those who are robbing you, destroying you, who have done all harm to you because they have mesmerised you. Have you got no capacity of your own to understand what is going on? Paramatma can be known, only in complete freedom. You are getting scared of whatever little freedom you initially experience in Sahaja Yoga and want to go back to your old state of dependence.

Sahaja Yoga is very simple, but you people are not. There are many complications in cities. You have to pass through considerable



pressure and strain, because of which you have to face big problems. Hence, initially, you have to become simple. You know, that my work has great impetus in villages. Ego is more powerful in cities. Due to small things, people become egoists and that is why, they surrender to those who pamper their ego and run away with their money. You just keep looking at them and receive disease. You will be surprised, all those patients of deadly diseases, like cancer, etc. whom I have cured, all of them without any exception were the victims of fake gurus and tantrikas. I have not seen any cancer patient who was not connected with a false guru. That's why it is said that doctors cannot cure cancer. You would now understand, how wicked, inauspicious and harmful these people are! Even environments around them are bad. Those who go into their environments come to such a tremendous grief that you will be shocked to know. Very large number of people have died in Morvi, some of them were innocent, but worst kind of sin was to be committed at that place. You have heard that those people had decided to buy for a sadhu a huge land in Kutch. Man must see and think in whose hands he is playing and how he is inviting his own disastrous end.

I am telling you as your mother and persuading you not to go to such wicked people and invite your disaster. Do not destroy your Spirit by going to such people. You should understand your Spirit. There is no need to spoil everything in the oscillations of questions and counter questions. Get realisation first. First know your Spirit. I will do the rest. On what basis will you ask questions before that? Have you got any

means to ascertain who is genuine and who is fake. You must know your Spirit first. So long as you do not know your Spirit it is useless to discuss because it is a very subtle subject and not shallow, that you could come and see somebody's face and say something and that's all! Never get into such a mess that you cannot come out of it. Sahaja Yoga is a superb feat, it is extremely great. Some times I myself am amazed at it! It is such a fantastic thing. It looked really very difficult how would it take place in a man and then grow further. Jesus could be considered as the last man, to do a lot of work and after Him we can say on Guru principle Nanak Sahib came. Even in his time so many could not know their Spirit. He was breaking his head on advising the people. He had taken human form but still He was not recognised.

I was with Him, in fact with all of them. I am glad that there are about 10,000 persons in this country who have come to Sahaja Yoga and attained their Spirit.

This is the last judgement, let us see what happens. Whatever people come is alright for me. Even if they do not come, it's still alright. Remember, God will not bow before you. You have to accomplish Him in your own freedom. If you have not achieved Him, it is not His fault, nor is it of Sahaja Yoga, mine, or that of Atma.

You, who are having your ego, will have yourself to blame. It is your wealth or your asset and it has been given to you only because you should accept it, know it, and enjoy it.

May God bless you.



# WE SAHAJA CHILDREN

From the first wave that gave us birth, resounding through the universe,  
From the first sound we were born, to reverberate through the resounding world.

Of father's eternal auspiciousness and Mother's joyous love and innocence,  
Of spontaneous play and freedom dance, of eternal longing we were born.

To give meaning to sanctity, to return essence to sacredness,  
To give vein to joyous song and mirth, and flow in freedom throughout the earth.

For of our Mother's womb we were born, and once more from Her crowned head,  
And in both were unctuous joy and love, and immaculate glory overspread.

Like a fabric She takes the cosmic sounds, rends and from the rents give forth,  
Eternal sounds that dance like men, and to eternal glory return again.

Like bees round nectar drinking deeply, soul deep round the sacred cup,  
In sacred innocents cheerful shouting, crowd thick around their Mother's lap.

Like lotuses waving in the wind, each one filled with sacred strands,  
And bowing to each lotus head with wings outspread, filling deep their lotus hands.

Lotus like born of loving softness, returning softness born of love,  
Each one filled joyously resounding, the softness of the eternal word.

Each with sacred love cascading, each with love sacred overflowing,  
Each to cosmic love surrendering, Eternal lost in eternal love.

Each child longs to meet its Mother, drowned in Her fulfilling love,  
Each one longs to peal with laughter, and pour his love into the flood.

Each one pouring with reverence flowing, the glory that is of his birthright,  
Each in glory deep entwining drawing, the threads of eternal union tight.

Each one brother to the other, sister to each others love,  
Proving in their close communion, the boundless limits of their Mother's love.

Embraced in the all encompassing, filled with the all pervading,  
Swimming in the all-containing, dissolving in the all sustaining.

AMEN

—Dr. Rustom



## Subconscious, Supraconscious and our correct Foundations and Ideals

**QUESTION :** What are the curing powers coming from the supraconscious as there are so many people who are curing other people with supraconscious power and what is the difference between this curing power and curing power of the Kundalini ?

**MOTHER :** There can be two types of curing power. One could be those who get the power of the collective subconscious and those who get the power of the collective supraconscious. Both can cure depending on where the problem is. For example a person with the power of the collective subconscious can cure problems of the left side. And a supraconscious person can cure the physical side.

We have two types of people in India known as Mantrikas and Tantrikas. The Mantrikas are those people who go to the funerals and cemeteries and they try to capture the dead spirits. These dead spirits are of the sly type. These sly spirits are the so-called 'social workers' or 'busy-bodies' trying to help others. They are in the category of Chaturvarnas or Vishudhras, the people who believe in serving others. They appear to be good people because they want to serve other people and help others and that is why they do not want to die and want to stay around the earth plane. One could call this a 'servant class'. They are absolutely servile. They like to be whipped, beaten-up and be ill-treated. They are another extreme. They enjoy a horrid type of existence—they are masochists. All such dead people are around us and they are left-sided bhoots i.e. very timid and clinging. These mantrikas get hold of such dead people and tell them to do this

work or that work, control this or go there. And these bhoots feel very happy about it as they are servile. So, if there is someone suffering from a mental problem, for example, someone of his has died then he gets a mental push-back into the collective subconscious and gets possessed. Such people go to the Mantrikas and these Mantrikas tell the dead spirits that you have been troubling this man for a long time and you leave this man. So they remove this dead spirit and put another dead spirit in its place and tell the first dead spirit that he can get another body to go to. These Mantrikas are the mediators or liaison officers. They catch hold of these spirits and remove them from one man and put them onto some other person. So the first person is 'cured'. For example, there was a lady whose husband used to drink quite a lot. She went to one of the lady Mantrikas who said she will cure her husband but the lady must pay Rs 100 for that. So she put a dead spirit on this man by which the 'bhoot' of the drunkard on him was removed. So this man gave up drinking but he started going to races. Then she solved that problem by removing the "races' bhoot" and put another one by which he started going to dirty women. Now this lady got frightened. Every time she would pay Rs 100 and had ended up by paying a lot of money. Then she complained to the lady Mantrika about it. After that she found that her husband was doing all three things together. So she went to fight with that lady Mantrika, who put a bhoot on her too. Since then, that woman is still mad and I have not been able to cure her. She is a very goodlooking woman married to a very



rich man who owns a factory and this is the life both of them are leading i.e. burning the candle on both ends. This is the case of the subconscious people.

The second case is of the people of supra-conscious type. For example "Dr. Lamb's International Curative Centre". "International bhoots" he had! You have to write to them that you are suffering from such and such disease. All the dead supraconscious people the very ambitious type i.e. all the 'great' doctors, all the 'great' lawyers all the 'great' scientists, all the 'great' engineers and architects, Hitler and all such 'great' warriors gather on the right hand side. When Dr. Lamb died he met all his friends there and he could communicate with them because these doctors did not want to die as they had been experimenting with this or that. So they started Dr. Lamb's Clinic. Now this Dr. Lamb who died lived in London and had a son. Dr. Lamb's spirit attacked an ordinary soldier in Vietnam and told him that he was Dr. Lamb from London and that he better go to his son and tell him that you want to start such a clinic. He did not attack his son as he knew that his son would not be able to bear him as the son was not healthy. He wanted a very healthy and sturdy man whom he could possess. So the soldier went to his son and said that "your father is within me and he wants to open a clinic". The son would not believe it. So the soldier went into a trance and told him that I have got some money in a secret place kept for you and he had talked in secret about it. So the son believed and started the clinic for him. He gave all that money for the clinic. And all the 'Bhoot doctors' were helping this man to act whenever he wanted and an intercommunication was established on that level i.e. the collective supraconscious. A lady who was suffering from high blood pressure, kidney and uterus problems went to them. They told her to write a letter to the Centre in London

who wrote back that on this particular day, at this particular time we will appear within you and cure you but you must lie down in your bed. On that particular day and at that particular time she started shivering and one of the 'dead doctors' entered into her and she got cured. For one year she was alright. But then she started feeling very dizzy. When she came to me she was in a tattered condition. Absolutely Finished. She knew that a spirit had come in her at the time she came to see me. She said and knew that there were at least ten or eleven within her and she could not bear them. So this kind of curing also can take place from the supraconscious. Supposing there is an architect and he approaches such people he can get the spirit of a dead architect upon himself. Now this Jack the Ripper was possessed of the spirit of a dead ripper. One has to have an inclination for such things. This weakness is there within such people, that is why they are easily possessed. Otherwise it does not happen. Only if you are weak in mind and have weaknesses for such things, then these dead spirits can catch hold of you. If it has something to do with your physical side then the supraconscious can help you. If it has something to do with your mental side then the subconscious people can help you. But they help you very temporarily and then come back with a big foursome.

But Sahaja Yoga makes you so powerful and so pure that impurities just fall out. It is a cleansing force. It is a very different thing where your intention is not to cure but as a by-product people get cured. Now many dynamic things are happening. In Australia I met an Australian couple who were journalists and the lady was the president of the Journalist Association of Australia. She could not conceive. Doctors said she can never have a baby. Still they kept having tests done as the husband wanted a baby very much. But after coming to the Sahaja Yoga she



conceived after about fifteen years of marriage. Now her entire idea of life has changed. First she indulged in all kinds of therapies. She was a Catholic to begin with and then went to different gurus and tried different therapies. She overcame all that after coming to Sahaja Yoga. Now she finds the answer physically for I have made all bhoots get out of her. Now she said she is going to expose all such people. I told her that if she could write what these people are doing she would be able to show that this is madness. And once you have talked about it then you can prepare a base for Sahaja Yoga and then show that this is the reality which makes you sane, powerful and loving. Then only people are going to get convinced. Sahaja Yoga achieves miracles, on the material level, on the mental level, on the emotional level and ultimately on the spiritual level. You are all endowed with such tremendous powers for you are realised souls, and if you want to give realisation you can. For example, this lamp which is enlightened may be unclean or may not be good to light but once it is lit it can enlighten others. Similarly your Spirit is pure. But we have to fight all these 'bhoots'. On the unlimited I am working very hard. That is how they are exposed. But on the limited you have to work hard to fight, you should prepare yourself to fight these evil forces for they are the ones who ruin your own being. There will be a big depression coming on and people will just obstruct it. They will trouble you like anything. But you have to fight it and for that you should be evolved. It is strange that all great people, children of God, men of God, are born more in the west than in the east. They have been born in countries where there is a lot of affluence and they do not have so much poverty and troubles and these are the very people who are lost. For, the modern concept of life is to make something that can be demolished very easily. We should realise that the reason for this is that our foundations

have been made very weak by the satanic forces and they have built it since long. That is why our ideas are very weak. In the west if you observe the behaviour and life-style of the kings and the queens, and the kind of life the people lived was so debased and horrifying. Even what the so-called "religious" people and the Catholic churches did was so horrid that these very foundations were shaken. Now you have to rebuild your foundations. You have to lay new foundations for dharmic life. You have to absolutely accept the dharmic way of life. That is the only way to make your foundation strong again.

In India the foundations are good especially in Maharashtra, but the yearning and aspiring is not there. For example, an aeroplane which is so perfectly built that it can never fly. And another aeroplane which as soon as it flies goes into pieces. So one must realise that the damage to our foundation by the satanic forces is much deeper, much more subtle than what you understand. You have to fight these very foundations. These horrible kings who kept seven wives etc. are not your ideals. Your ideals are yourself. You have to bring new ideas in the western countries then only you can change it because you are such a dynamic force. *Everyone of you have to rise up and build yourself into ideals and try to lead a life of that ideal within. For this you have to sacrifice. And the greatest sacrifice is that of your ego which makes you so obstinate and hard-hearted. Face yourself. This ideal has to be created. One has to have compassion; one has to have love and understanding. Never talk ill of one another. Never. Try to help each other for we are very few and we cannot afford to fight among ourselves, for we are wedded to a very great cause. We cannot have wrong ideas, we cannot waste our time on mundane things like marriage.*

If marriage has to be, then it has to be good and compatible and you must try to



patch up your problems. You have to make it a beautiful institution. Do not indulge in small and petty things, for otherwise we cannot carry out this task because we have still a very long way to go in life. These satanic forces are very nicely built up and very united in these western countries. They did not bother about India because India is a poor country. The blessings of poverty are that it teaches you to have a proper foundation. The poor are just the same as the rich. The very rich are not your ideals nor the very poor. *You are your own ideal and you have to create new ideals. You are the new presidents of America and prime ministers of England. You are the ones who are great people, so you have to stand upto it, i.e. people of character, generosity, of hardwork and proper understanding. Otherwise you cannot do this task. It is very easy to study and get degrees like MD, MA, PhD, but to be an ideal you have to mature. You have to constantly tell yourself that you have to come up and you have to do this tremendous work which is not difficult because you have the source under your command. Everything is possible. Just ask for it and it will be done.* But build it up. Even now if you cannot build up your personality and new ideals then when are you going to do so? I am here with all the chakras intact. It is easy to justify yourself, i.e. this is wrong or that is right. Finish all this. You have to become That. So the first is that you change your foundation. We have great people like Shakespeare, Tennyson, Mozart, Jung and tremendous people in this country also. Taking their name itself liberates vibrations. In those countries single-handed they created their ideas and just think how in those countries they must have fought all these satanic forces. But who accepts these people? Everyone of you is capable of being like them. Everyone of you has to become a leader. In Poland an ordinary factory worker did that but he was

not a realised soul. He could not communicate with God. He had no way of knowing the Absolute. So channelize yourself properly, cleanse yourself properly and dedicate yourself. For dedication you have to do nothing but give up your ego and superego. Take these loads off and create a space which is the heart and it will work out. It is easy to kill these rakshasas but what about the lost souls? Everything will work out for a year or so or even two years. After that I am going to blast them. Before that you should be ready because once I blast them they will come back on you people. So you should be such top people that you are not finished by that. It is the easiest thing for me to blast them all, finish them off. But first they will go to the subconscious and then they will attack you again. So I want them to live with paralysis, with diabetes, with all sorts of things. And they will live, they won't die. It is a tremendous task. And I am working twenty four hours, I have no sleep and no rest and you know that. I can see the whole vision very clearly of those beautiful days when we all will be enjoying each other and the bliss of God together. All that I want is that we pull out so many human beings in the clutches of the evil forces for which we have to dedicate ourselves. Our attention is on too many useless things, materialistic things. There is no end to it. Be satisfied with less. You will be looked after materially also. There won't be much problem. So don't run after so many things. Just don't have interest in these. It is all trash. You should be loving and affectionate. Once you start giving up the Real you become hard-hearted persons. "I have no interest in anything." Then who has interest in such a stone as you?

You are the foundation and your children will talk of you, not of these horrible persons. You have to be ideals of love, affection, and not of domination and all such nonsenses.



All of you *will be the first Sahaja yogis. You are the ones who are going to change the complete concept of life. New ideas have to be built up.* Are you people really aware of your responsibilities? Sometimes you are worried about yourselves only, "where I am catching? What is happening to me?" It is so self-centred or you are worried about others, "he should not have done this or that. He should not have sat next to Mother." *Nobody should think they love me more than anybody else. Some people know more rituals, others know more protocol but does not matter. I know the one who loves me. The one who loves others loves me the most.* I don't care for your protocols and rituals. It is nonsense for me. What does it matter to me? The one who loves others is the one who really loves me. I have had all these rituals and protocols *and I have no care for these things. It makes no difference whether you say good-morning to me or good evening to me. What you say to your brothers and sisters is the most important thing. Sahaja Yoga will never work if you do not look after that side, i.e. how you behave towards your wife, husband, your brothers and sisters.* That is the most important, thing and anybody who does otherwise will get out of Sahaja Yoga. You know I have thrown out the so called important people out of Sahaja Yoga who tried to dominate others by saying "this is not good. You should not put your hand there. Don't put your feet there etc., etc."

*Who can know the protocol of the Divine mother. You cannot bind me into protocol. You cannot bind me into anything. I am unlimited. I am detached. To think that, you have me attracted towards you by your protocol, which is dead, has no meaning. It has to be a living protocol of being kind and generous. Be beautiful. Some are lethargic.* Like a husband who wants the wife to work all the time or the wife who wants the husband to work every time. Everybody finds fault with

each other. They are not Sahaja Yogis. Sahaja Yogis are the ones who take it Sahaja. If somebody is not working that person will go down. I will put that person out of Sahaja Yoga. Why did you come to Sahaja Yoga? You are seekers. You have been seeking for ages. Are you going to waste your life? In any case you have to sleep most of your life. Why not work it out now? In every way be active.

Firstly you become real and very good citizens and with moral values which are your foundation. You yourself judge. You are realised souls. I leave it to you to judge. You will lose your vibrations. You can become silent. Silence can be from other agencies. Negative forces from the left side of the Agya are giving ideas. You must have your own ideas. "I can't, I go on thinking" this nonsense goes on. Just tell yourself how dare you do all this nonsense of the left side. Those who are left sided better go for lemon treatment and shoebeating. Those who are right sided better shoe-beat 108 times. Get in the centre. You should really love yourself, cleanse yourself and be in the centre. Never be proud of your ego. "O'I think this is correct". Beat yourself 108 times. You can be very high handed and then you can have no embarrassment of what you are doing. You can be absolutely shameless. But you are a Sahaja Yogi. You should feel embarrassed about such things. There should be a little 'sankoch'. There should be reservations about it. How can you say such a thing to some one? Why hurt anyone? Agya bloats more and more. So many are like that. I know where somebody tries to show off, tries to be a Guru and tries to push down others. "O'I know Sahaja yoga. I am a great Sahaja Yogi". Then I make their 'ego-horns' come out. You can feel it jutting out of your head. Push it down. This is the sticking point. Though the balloon goes thin, it sticks on. You are all Buddhas. Buddha is the one who is realised, the one who is enlightened, one



who knows. You are the enlightened ones. How can you have an ego?

Ego and super-ego are the greatest enemies. I have seen people who suffer from super-ego. You push it down and it goes to the ego. So in the west we have the greatest problem of the ego. Whatever appeals to the ego we run to that. That is how people are made mad by these 'gurus'. They say you can fly, so you have gone into it. Somebody says you will become very powerful, so you have gone into it. Somebody says you will become a great guru and you go into it. But nobody says you become the Spirit and become One with the Whole. When I say you are realised, you are great, you are saints there is more bloating of the ego-balloon. I say it to create that awareness within you. Your ideals have all been full of ego. See Churchill standing there with a stick in his hand. The complete body looks like the ego. We have to form new ideals. He was right for meeting another ego called Hitler. So it was alright to break their heads together.

But now we need new ideals. The past is over now. When there is flood you need boats to carry you across. But after reaching the shore you don't carry the boats with you. You leave them behind. These boats are no good for us. They have done the job. Now we have to go ahead with our own feet. So no bloating of the ego should be there. We should realise that we are in no way exceptional, for only you are blowing up your ego. You have to be ideals. You have to be in the centre. You have to be a Sahaja Yogi. That is the most important thing. Don't judge yourself by what you think of yourself but what Mother thinks of you. How much joy are you giving to your Mother? If you make Her unhappy then what is the use.

*You must have noticed that there are really very few true seekers in this world. And*

*seekers also must realise that they cannot be happy with anything else but their Spirit. This is the test of a seeker and a non-seeker can never understand a seeker. It is very difficult to live with a man or woman who is not a seeker because you catch all the bad points and you suffer. If the person has an ego you catch it on your Agya. Nothing happens to him. He is very nicely off. He has his ego intact, and he is torturing you. But a person who is a seeker is a better person because you can give realisation to such a person and your vibratory awareness can be shared. But to be with a nonseeker can be a very difficult situation. You cannot make a fruit into a flower. In your case you have become the fruit. But you must have a flower around which you can make into a fruit. Those who are entangled with problems like "my father, my mother, my brother, my son" etc. should learn not to get entangled with such problems. Those who are not flowers should be avoided, forgotten and lost. The more you try to improve them the more entangled you will become. They can never improve. I give you a big rope. If they are not seekers then they will never be so and you cannot inject seeking into them. They may become materially well off but they can never become seekers and you forget about them. You may have to suffer because of them, for if they catch, you suffer. If they have a nabhi chakra you suffer. This kind of person is very difficult to change. Do not waste your energy. Christ has said "do not cast your pearls before swine". You cannot force anybody to become a seeker. There are millions of seekers in the world, so forget about such relationships. They may call you mad or crazy or anything but they will realise one thing that you lead a much better life than they do. You are much more peaceful, blissful, dharmic and sane but they won't accept your life. Play around with them with the understanding that they cannot change. Even if they change mentally they cannot have*



that urge because to a seeker nothing is important except seeking.

**QUESTION :** What about the people who are good people, not seekers, but who have got realisation but don't seem to see the significance of Sahaja yoga ?

**MOTHER :** They will go out of circulation. Sahaja Yoga rejects more than accepts. It is a judgement going on. Such people will go out of realisation. You can talk to them of realisation, give them bandhans etc. for, they are the people in whom you could be interested but they are lost otherwise. For example, butter is made out of curd by churning. A little butter comes out and the rest is butter milk. To separate it, a big lump of butter is put in the butter-milk and when it is churned all the butter gets around that big lump and gathers into a larger lump of butter. But some butter particles are left behind. If they do not stick to the larger lump of butter they are thrown away with butter-milk. So, those who do not come to Sahaja Yoga and are not upto the mark, will be thrown out. It is a fact but you should have 'nirpekshita' i.e. you should have no attachment to such people.

May God Bless you.

### **Answering to another question Shri Mataji Said :**

The question is that the psychologists say that mind is limited, i.e. whatever the mind does is limited. Whatever action we perform is done through mind only and this mind has limited energy and so it cannot take you to the unlimited. So something has to be which is beyond the control of the mind, that is the only spontaneous thing. Now see the confusion. But their question can be answered on mental level. What is the basic difference between Divine and human ? How to convince ordinary humans of Sahaja Yoga and the Divine ? They are doubting you as you are doubting them.

The simple answer is that whatever you do with your mind like shouting, howling, jumping etc. can be done by the limited mind. So one who is doing is some human agency, some human being and not the Divine. *But you cannot make your Kundalini pulsate with your mind. The Divine, if it has to do something, it must be extra-ordinary which human beings cannot do. To pulsate Kundalini is only possible for the Divine. It is a living force. Man makes things-dead things. Man can do dead actions. But a living force cannot be activated. What is the need to go to the gurus if they make you do the limited actions of the mind. You can always shout, howl and jump without them. But you cannot make the Kundalini pulsate.*

Divine does something which you cannot do. You cannot make the cool breezes flow from your hand. So, if you go beyond the mind it has to be something extraordinary, something different. The limited and the unlimited are two different dimensions. This is the secret of your Mother's Māyā, that I live on unlimited and do unlimited things. That is how I create Māyā. You can know me only through knowing your vibratory awareness. If you put your hand on the head of someone nobody can make you shake. So the Divine force is something that human beings cannot do through their mind. I repeat, you cannot pulsate the Kundalini. It is a living force and human being cannot create or generate life. They cannot make the pupil dilate when the Kundalini goes up. As ordinary humans and so-called gurus cannot feel the vibrations you cannot talk of the vibratory awareness to them but you can see with your naked eyes. They cannot make the cool breeze come out of your head. This is something extraordinary. What I can do with the limited is make myself. I can also do unlimited. That is the side of the Divine Mother. In the same way you are limited now but you have jumped into the

unlimited. So you can do all these things. That is why you are saints. The things you can do in the unlimited you could not have done before realisation. You start doing something that you could not have done before, i.e. to raise your Kundalini and of the people.

The gurus, so-called, can shout, howl, jump and do all these things but they cannot raise the Kundalini of the people. All other things, we can say, are arbitrary, subjective. Then, you will get your cure, change your mental attitude and all that.



## A Letter from Canada

Dear Brothers and Sisters,

There was a time a few years ago when I, and many others, believed that in the light of the world's social, economic and political situation we were surely doomed. Very few *advocated* recovery and enlightenment for it appeared that we were in the centre of an irreversible worldwide crisis. These were the days before I knew I was a seeker (not a guru shopper but rather a knowledge hound). Those were days of sadness, disappointment and general skepticism. I felt as though the Universal unknown entity had led me down the garden path and I didn't know where to turn. I prayed continually to the "collective" to help me and show me the way, one thought always remained in my mind. However, I knew that before this life time was out I would learn the secret to it "all".

All this occurred through the years 1971-1978. I know now that my prayers were being answered. I know, also, that these were not only my personal formative years but also the formative years of Sahaja Yoga and the beginning of the reversal of all adharmic direction. Most of us have experienced this mysterious guidance from our holy Mother and we do feel fortunate to have been blessed this way. She is so wonderful!

A very beautiful thing about our Divine Mother's love is that that She has enabled us to rise above all the nonsense of the Maya to experience the truth and reality; the love and the bliss that is heaven on earth. Although this is astounding by itself, it is also quite amazing to realize that we have only begun and that the possibilities are virtually inconceivable at this point!

We can now say with absolute joy, faith and authority that yes, there is hope, there is a great light at the end of the tunnel. Things will change and improve, we will all become one again and the absolute peace and love will once again be restored. Very soon we will be thriving within the supreme radiance of our Divine Mother's grace.

The world will never look Back again!

Much love, your sister,  
Liallyn Musa  
Calgary, Alberta,  
Canada



## LEADERS IN SAHAJA YOGA—PART II

Sahaja Yoga in its present condition could, at times, look like a big nursery and, actually, this is quite a refreshing sight. The sangha of the sahaja Yogis is the "divine Kindergarten" in which, protected by the omnipotent love from above, we grow into spiritual maturity. When babies grow up they become children and grown up children start helping the mother in looking after the younger brothers and sisters who are still babies. As the children mature they fully realise the qualities of childhood. They know that they are not going to recreate another boring "adult" world, this world that we know only too well, which is serious to the point of foolishness, rational to the point of insanity, a world in which the word "adult" itself has become a stamp on something dirty : adult movies, adult books . . . A world in which the leaders are such sinners that entire countries are cursed because of them. In this respect, we, the children in Sahaja Yoga are enjoying a special blessing from sakshat Shri Gopal Krishna. This is the age in which the saints have become mischievous : endorsed by the supreme authority of the Lord we can gently make fun of many of those pseudoauthorities on the earth. It is nice to have earned the right to laugh.

Yet mature children know whom to laugh at and whom to obey. It is all right to run in the courtyard during playtime but, back in the classroom, the whole class stands up at attention when the master comes in. This is what our Kundalini does when Shri Mataji's presence is felt. And this is a fundamental characteristic of those who are to become leaders in Sahaja Yoga : they have to display absolute, uncompromising obedience to the Mahavatar Shri Mataji Nirmala Devi. In Satya Yuga the right to lead men is earned through understanding how to obey God.

To obey God means "Thy will be done". It means "O Shri Mataji, Thou are the sole and only Doer. Let Thy immaculate mode of action operate through me". To obey means to be great. After all who are our models, who are the true leaders of Sahaja Yoga ?

Shri Ganesha who is Adi bandhu, that is, the primordial friend of the yogi, was beheaded, deferring, on his Mother's orders, the access to her inner apartments against lord Shiva himself. Christ, no less obedient, let himself be crucified. Let us face it : what is the depth of our obedience to Shri Mataji ? How many "but Shri Mataji", how many "I think, I believe", how many explanations, justifications, argumentations or even advices have I—in my abysmal stupidity—given to the one who knows everything but who is Mahamaya ? I really feel like pulling my ears down to ground level. Only because Shri Adi Shakti is cloaked into Mahamaya is it at all possible that our daily lack of obedience should be forgiven. Only because She is Divine Patience does She go on, correcting, guiding us. But we should learn. Learn fast. To this effect, we must remember a key word.

"ATTENTION" is the first word of Aldous Huxley's novel *Island* and it gives this book its best line. Attention (chitta) is crucially important. When projected inside, it allows us to watch how the ego plays its rebellious tricks, how the super ego isolates our consciousness from God's will through a cocoon of conditionings. Without full attention, real obedience to Shri Mataji is not possible. And without developing such a respectful sense of obedience how could we call for obedience in others ? We have to be disciples before becoming gurus. Besides this obvious point the deities, devas and ganas are constantly watching how obedient we are towards

Shri Mataji and if we don't satisfy them on this criterium we cannot rise into higher spiritual planes, we cannot develop the stature of a sahaja yogi elder. Unfortunately even today old sahaja yogis aren't sometimes quick enough to follow the Goddess's instructions, they hesitate before implementing them. As a result the whole divine project which was conceived for their benefit fizzles out and, sure enough, they find themselves the losers.

A child but also an elder, humble but proud too, simple yet subtle, a leader in Sahaja Yoga is, above all, obedient to his Divine Mother. He has understood that She is guiding him on the safest road towards Reality and thus he lets Her do so. That is why he will perhaps find the answer to that most clever question: "How can I best please Shri Mataji Nirmala Devi?"

- Obedience to Shri Mataji is the establishment of our brotherhood with Shri Ganesha-Christ.
- Obedience to Her is the highest punya.
- Obedience to Her is the acceleration of the evolutionary process.
- Obedience to Her is the actualisation of surrender.
- Obedience to Her is the way to the Father.
- Obedience to Her is the mark of pure intelligence.
- Obedience to Her, the Parameshwari, the sacred Emperess, obedience to Her again and again.

JAI MATAJI

A disciple

## The Visage of Salvation

*Faust* is the piece of the German literature which should be read by all Sahaja Yogis. Goethe's Doctor Faust was the archetype of the modern seeker. He was so sure that nothing, short of the Absolute, could quench his thirst that he made a pact with Mephistopheles, the Devil, prince of the seducers. "If any wordly temptation can bind me, then my soul will belong to you."

Yet it isn't an easy game the one we play with the devil and the path of Faust, strewn with lust and death, finally leads to doom. At the end of the drama though, Goethe unfurls a heavenly vision: the Redeemer, of the seeker stuck in his sins, appears in great glory. No doubt, the Sahaja yogis will be quick to recognize who that magnificent Divine Being is:

"Here is free prospect wide,  
The soul up-bearing.  
There women-figures glide,  
Heavenwards faring.  
With them the heavenly Queen,  
Majesty tender,  
In wreath of stars is seen,  
Clear in her splendour.  
Pavilioned in the heaven's blue,  
Queen on high of all the world,  
For the holy sight I sue,  
Of the mystery unfurled.  
Sanction what in man may move  
Feelings tender and austere,  
And with glow of sacred love  
Lifts him to thy presence near.



Souls unconquerable rise  
If, sublime, thou will it;  
Sinks that storm in peaceful wise  
If thy pity still it.  
Virgin, pure in heavenly sheen,  
Mother, throned supernal,  
Highest birth, our chosen Queen,  
Godhead's peer eternal.

Now near her splendour  
Floats a light cloud,  
Penitents tender  
In gentle crowd,  
Tasting heaven's ether.  
At her feet kneeling,  
For grace appealing.

To thee, enthroned in holy awe,  
Power is not denied,  
That the lightly erring draw,  
Trusting, to thy side.  
Hard to save whom lust be spake,  
Weak, before his fire;  
Who in single strength can break  
Chains of dark desire?  
So the foot will swiftly slip,  
On the slant way gliding,  
Heart the fool of eye and lip,  
In soft words confinding."

Yes, Goethe, the greatest German poet, himself struggling to escape the net of the senses, extolled sakshat Shri Adi Shakti. In this Mater Gloriosa he was not portraying the role that Shri Mahalakshmi played as Mary, the modest maiden of Nazareth, *but* the majesty of Shri Mataji Nirmala Devi in Her heavenly form. It is said that the very face of the

Goddess sends out cool moon rays, that Her darshan introduces us into the state of samādhi. Indeed the Sahaja Yogis have the experience that they become absolutely thoughtless merely by watching the face of Shri Mataji.

"O contrite hearts, seek with your eyes  
The visage of salvation;  
Blissful in that gaze, arise,  
Through glad regeneration.  
Now may every pulse of good  
Seek to serve before thy face,  
Virgin, Queen of Motherhood,  
Keep us, Goddess, in thy grace."

By praising this Holy Face of the Mother, Goethe, unconsciously, or, perhaps, consciously?—brought at Her Lotus Feet the homage of those many talents that She, as Saraswati, had bestowed upon him. We can very clearly see that the poet perceived the decisive role of the Cosmic Mother. Indeed the very last words of *Faust: Part two*\* left a powerful message to mankind. I wish that all our brothers and sisters who are still struggling in their quest could hear it. They would come straight to Sahaja Yoga.

"All things corruptible  
Are but a parable;  
Earth's insufficiency  
Here finds fulfilment;  
Here the ineffable  
Wins life through love;  
Eternal Womanhood  
Leads us above."

JAI MATAJI

—A former mini doctor Faust

\*From Goethe, *Faust: Part Two*, Penguin Classics p. 284,288

## Shri Mataji's tour in Maharashtra during 1984

10.1.84 to 16.1.84	*Shri Mataji's programmes at Bombay
15.1.84 to 16.1.84	First Group of 100 foreign Sahaja Yogis arrival in Bombay and will not include those who wish to go to Delhi.
17.1.84 to 19.1.84	*Programme at Vaitarna
20.1.84 to 21.1.84	Programme at Nasik
22.1.84 to 23.1.84	Programme at Dhule
24.1.84 to 27.1.84	Programme at Rahuri
28.1.84	Programme at Ahmednagar and travel to Sholapur
1.2.84	Travel to Kolhapur
2.2.84 to 5.2.84	*Programme at Kolhapur, Ichalkaranji, Kazal, Sangli and Sadoli
6.2.84	*Programme at Malarpeth-halt at Satara
7.2.84	*Programme at Satara
8.2.84 to 9.2.84	*Programme at Pune
10.2.84	*Programme at Pimpri and travel to Bombay
10.2.84 to 11.2.84	Second group of 100 foreign Sahaja Yogis arrival in Bombay
10.2.84 to 15.2.84	*International Sahaja Yoga Camp at Bordi Weddings
15.2.84	Departure of first group to their own country
15.2.84	Departure of 2nd group to Vaitarna
16.2.84 to 18.2.84	*Programme at Vaitarna
19.2.84 to 20.2.84	Programme at Nasik
21.2.84 to 22.2.84	Programme at Dhule
23.2.84 to 26.2.84	Programme at Rahuri
27.2.84	Programme at Ahmednagar and travel to Sholapur
28.2.84 to 1.3.84	*Programme at Sholapur and Pandharpur
2.3.84	Travel to Sholapur
3.3.84 to 6.3.84	*Programme at Kolhapur, Ichalkaranji, Kazal, Sangli and Sadoli
7.3.84	*Programme at Malarpeth-halt at Satara
8.3.84	*Programme at Satara
9.3.84 to 10.3.84	*Programme at Pune
11.3.84	Departure for their own country and Delhi from Bombay.
March '84	Delhi

P.S. : Foreign Sahaja Yogis those who wish to go to Delhi should join Second Group.

\*\*\*JAI MATAJI\*\*\*