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NIRMALA YOGA

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Editorial

ASATO MA SAT GAMAYA TOMASO MA JYOTIR GAMAYA MRITYORMA AMRITAM GAMAYA

It has become natural for human attention to go after different temptations and in that pursuit ignore their inborn desire to unite with the Supreme. Even in ancient days people in general had this tendency, but the lamp of inborn desire was burning bright in many great souls who developed it further and also tried to boost up the flickering flame in others. Prayer being discussed was perhaps an expression to their yearning for liberation.

'Asato mā sat gamaya'

The 'Sat' is the existence. The 'Sat' is also the truth. Unchangeable, indestructible and imperishable existence alone is the truth and vice versa. As against that, anything transient, mortal, which is degenerated with a passage of time is the 'asat' unreal and non-existent.

According to a story from an Upanishad, a disciple asked his guru "Ko aham" ? (Who am I ?) The guru replied "Tat twam asi" (You are that). When the disciple asked what 'that' was he was told to find out. Then he starts his enquiry. 'Am I this body ?' and on reflecting on it, he realises that he cannot be the body, but something else. He also understands that mind is sometimes sorry, sometimes happy, attention is unsteady, 'buddhi' (intellect) is busy only in analysing. Following the process of negation, he concludes that he must be that which remains unaffected despite so many changes and which is foundational for all the functions. His guru then tells him that he is immortal Spirit and he should meditate and become One with the Spirit.

'Sat' is the 'Atman'. The first prayer says "Lead me from non-existent unreal to the existence which alone is the truth." By the grace and love of Shri Mataji, Sahaja Yogis experience, very first manifestation of the Self as perception of truth, which thereafter becomes a part of their systems, and leads them to further revelations.

'Tamaso mā jyotir gamaya'

(Lead me from darkness to light)

'Tamaso' is darkness and 'jyoti' is light or flame. Jyoti dispels darkness. 'Jyoti' represents auspiciousness and burns out all bādhās. In India the people learn to offer the prayers to 'jyoti' in their childhood itself; for example :—

‘Shubham karoti kalyānam ārogyam dhana sampadā
Shatrubuddhi vināshāya dip-jyoti namostute’

(Obeisance to the flame (of lamp) that gives auspiciousness, welfare, health and wealth and destroys evil designs and enmity of the enemies).

‘Jyoti’ is also the Brahman. Its puja is performed, before that of deity, describing it as “Brahmarupa” and ‘avyaya’ (अव्यय) (the inexhaustible).

Shri Mataji has told us that the Atma is in the form of flame (jyoti swarup) which grows with rising of Kundalini and enlightens the inner being. With that, the darkness of attachment and temptations and associated emotions starts receding. The light of ‘Brahman’ shines in our awareness and becomes a part of our inner beings.

‘Tamas’ is ignorance and Jyoti i.e. light is true knowledge. True knowledge is that ‘the Atma’ alone is changeless, formless, attributeless, imperishable and undecaying and I is ‘Atma’ and not the body. Ignorance is misidentification of ‘I’ with the body which generates attachment to unreal. The light comes to Sahaja Yogis with the Self-realization.

‘Mrityormā amritam gamaya’

(Lead me from death to eternity)

Mrityu is death. Amrita is immortality. All gross, including the physical, mental and vital beings is transient. Body is the medium for expression and fulfilment of desires, for which ‘I’ consciousness identifies itself with the body. Every experience of gross pleasures strengthens the attachment and that causes the fear of death. Complete unison with the Self is deathlessness because that is the stage of liberation from the desires associated with subtle being from previous lives, as also from man made bondages with the gross.

Amartāh is also an epithet of God Almighty.

The ‘Amrita’ is the ambrosial nectar, drinking which, according to a scriptural idea, makes one immortal. In reality, the nectar must be that which guides ‘I’ to liberate itself from bondages of past karmas and unite itself with the Spirit. Chaitanya Lahari (the vibrations) coming from the Lotus Feet of Adī Shakti is the Amrita. Shri Adī Shankarāchārya tells in the tenth verse of Saundarya Lahari that drenching the universe with nectar dripping from Her Lotus Feet, Adī-shakti descends to Her abode and turning Herself in serpentine coils, rests in the lotus-like fine hole. Her 106th name in Lalita Sahasranama is Sudhāsārā bhīvarshini: She rains the quintessence of ambrosial nectar.

Thus, first it is Self-realization, followed by the revelation of the truth, in the light of nectarine vibrations. New dimensions of the truth are unfolded by the Self in the depth of meditation. Even flow of cool vibrations indicates that, what is perceived is the truth. Facts, that it is the Self that manifests itself as vibrations and that the vibrations are emanating from the lotus feet of Shri Mataji, show that She is the Supreme Self. The Spirit has vouchsafed it. Have we attained that depth of meditations at which the truth will be perceived ?



Her Holiness Mataji Nirmala Devi AGNYA CHAKRA

Today we are going to understand the centre of Agnya. Agnya Chakra, which is placed on the crossing of the 'optic chaisma.' The nerves that supply the eyes go backwards in the opposite direction and wherever they cross, this subtle centre is situated. It has a continuous connection with the other centres through the 'medulla oblongata.' This centre has got two petals. And this subtle centre on one side acts through the eyes and at the back of the head where you have some protrusion. This is the physical side of this centre is. Now the people who talk of the third eye, this is the third eye. So that we have two eyes with which we see and there is a third eye which is a subtler eye through which we can see. If you see this eye, that means you are away from it. For example, if you can see your eyes that means you are seeing your reflection, not the reality. If you see anything that means you are looking at it. So those people who say they see an eye—for example people who take LSD and all such things, they start seeing another eye. They just see this eye and they think their third eye has opened. Actually you are very much away from the eye, that is why you can see it. You go to a supraconscious level on the right side and on the left side to the subconscious level, you can see the eye. But in Sahaja Yoga you have to see 'through' that eye. Like a window, you can look at the window, but if you see through the window you cannot look at the window. So this illusion that people have that we can see third eye and that is why our

Kundalini is awakened, they are sadly mistaken.

This is a very narrow passage, through which attention cannot pass normally, it is impossible thing. It is a narrow passage, where, the ego and superego fit on to each other and cross each other. And there is no gap in between for the Kundalini to pass through. This superego and ego go back, go down-ward and come to the Vishuddhi Chakra and circle round it and go in the same direction. So you find that they come upto this place, they start from this place, go upto the Agnya Chakra and then they cross-over. But here they are in the same direction as they went, at Agnya here they cross-over. So when you have a problem on the left hand side, you get the affects of that on the right hand side. But right hand starts from here upto this side and the left hand starts from here. But the left hand actually acts on the right hand side.

So this third eye is to be penetrated through or we have to enter into the third eye, through Kundalini awakening. But it is such a closed passage which is the door to the limbic area, which is the kingdom of God, that anybody who tries to push their attention through this closed door, either goes to the left or to the right. And this is the beginning of the trouble of the people when they donot understand that whatever is unknown is not God, is not Divine. So, when they move on the right side, they go to the supraconscious

area. And they start seeing hallucinations. Actually these are not hallucinations but actual things, because they exist on the right hand side. So they start seeing things of the right hand side. They may see colours and the formation of colours, and they may see also people who are dead, who have been very egoistical. They can see Gandharwas and Kinnaras, because they go to the 'Gandharwalok', to the right side, and start seeing those things in the unknown awareness of supraconsciousness. But that movement is very dangerous. Because if anybody catches you there, then you get an added personality sitting on your head, and you get possessed by ego and you become on your own and you actually become malignant. Hitler is one of the examples of that. He learnt this from the Tibetan lamas—how to go to the supraconscious? And when he learnt it from them, he used it and made many people supraconscious, ego-oriented. You must have heard about the lama system, which was another big problem. They knew the future part, who is going to be the next lama. Where you will find him? Where you will get him? All the future things they knew and people thought this was Divine! To know future is not Divine. It is an area which we should never go to. Because it is an imbalance. We are human beings and we have to know the 'present' and 'not' the 'future'. Once you go through the present stage then you reach a height from where you can see the past, the present and the future. Supposing on the Mother earth, if you have a means of going higher and hang yourself there, then you can see whatever has passed through, and you can also see what is going to come; and wherever you are, you are in the present. In the same way, when a person ascends in reality, in the present, he goes at this point in the superconsciousness from where he sees the supraconscious right side and also he can see the subconscious; but he has no interest.

He wants to rise in the present. And, this is what actually the Kundalini awakening is.

So all those people who say that Kundalini, in the awakening of the Kundalini, it is very difficult and it is harmful, are the people who have no right to awaken the Kundalini. So when they try to play tricks, actually their sympathetic nervous system goes into great agitation. And this sympathetic system on the left and right side starts extracting more energy from the central path. So, much so, that it gets exhausted and such a person becomes actually a mental wreck. So many people who said, we are raising your Kundalini by this method or that method, wreck the life of the Sādhas. Ultimately they are left high and dry without achieving anything. Nobody knows what to achieve and what to receive. So they are misled.

But logically one must understand, that at least your health should be all right. Mentally you should be better off. Your temperament has to improve; minimum of minimum. But if you are losing all your money to the Guru, you are losing all your health for this nonsensical experiences, and you have no control over yourself, then you must know that this is not in anyway the reality. Reality is where you are in control. If you are in the control of something else, then you are a lost case. For example, some people start jumping and they say 'Mother I start jumping automatically.' That is a serious affair. That means you have no control over yourself. You are just jumping because somebody is making you jump. 'You' are not jumping: that means your own 'Chetana' your own attention, your own awareness is under the control of somebody else; you cannot control yourself. So all these experience in which people think, they are flying in the air or they are having *extra-terrestrial* movements and people are going in the air and seeing things—all these are very dangerous things. Such a

person may ultimately become a lunatic. Absolutely. Because he loses complete control over himself. These are called as: para-psychological experiments, in America, to give it a big name '*parapsychology*.' Of course, it is a para because it is beyond the psyche of a person; but is very dangerous. You are not supposed to get into these muddles where the spirits capture you and you start behaving in a manner that you cannot explain. Once, about I think five six years back or may be more, no about 12 yrs. back, a group of Americans came to see me and they told me that 'you must teach us how to fly in the air.' I said 'Why? Aren't you flying?'. They said, "No we want to have that space travel". I said why? 'Because Russians are doing experiments in para-psychology and we want to do the same'. I said they will all get possessed and they will finish off. I do not want to do the same thing, as Russians are doing. If they come to me I will tell them the same thing. So they said, 'No, no we must learn.' I said if I tell you that you become slaves of those spirits and of your own and you start shaking your body all the time. Despite that they said 'yes, we must do it'. And when they told me that because Russians are doing it, we want to do it, I said who sent you here? So they told me the name of a gentleman, who is a journalist in Bombay. I said this fellow used to '*suffer*' from this trouble. He used to leave his body, go into another world, see this and see that, who suffered so much and he was losing complete control over himself, and I '*cured*' him. So does he think I can put back the disease in you? I cured him of this disease and why do you want to get into this disease? But they were quite sure that they wanted it and I discovered later on they are having para-psychological business in America which is an '*extremely*' dangerous thing.

So this is the movement not crossing the Agnya but moving, floating on the left or the

right, whether you go to subconscious or to the supraconscious. Effects may be different but is the same thing to Sahaja Yoga. The people who go to the subconscious area may start seeing me also in different forms, like the people who take LSD they cannot see me, they just see lights coming out of me. And those who go to the subconscious area they start seeing forms and things in such a manner that they think, they have reached heavens. But they are seeing past of evolution, past of everything. So this supraconscious business, is very dangerous, no doubt, but also the subconscious is very dangerous. Because all incurable diseases like cancer, malaitis, all that come from the movement of the attention to the left side. So one should be very careful before going to any one of these *tānktrikas*. Or to these people who are trying to control you or trying to tell you something about the future or the past.

There is no need to know about the future or the past. What is the need? How does it help? Actually if I start telling you how I came all the way from there and how I was held by the jam or anything, will you be interested? How do you get interested in your past glory or past life, which was of no value at all, today? But it is a human weakness that he wants to add to his personality something that is extremely artificial, non-existent, and of no value. And then he says that I did this, I did this I happened to do this, I never got it.

In India people normally go more to the left side with this Agnya. Because they, say, worship God. Now if they have to worship God, they have no connection with God. See I had no connection to microphone, I could not speak to you. So without connection to God, they start worshipping God. Then they will sing all kinds of Aartis, fasting, this, torturing their own lives. This is left sided people. And singing the praise, all these things. Going to the extremes, 24 hours they are like that. So

somebody sucks them into the left side. If they go on saying, Rāma Rāma Rāma..... like that. You might say that Valmiki was told to say. But who told him? It was Nārada. Nārada is an incarnation, Nārada. You are not Nārada. So how can you tell yourself or anybody can tell you, take this name? You take any name, you cannot go to God. So where do you go? You go somewhere. There may be a servant called Rama, he might capture you. And people start behaving in such a funny manner that they look like mad, insipid people.

Same thing about supraconscious. People who are very ambitious, they too can get into such a mad condition where they do not think of the collectivity of the whole, but they just start thinking about themselves. And when such a situation comes in, it is impossible to convince them that they are wrong till they reach their waterloo and finish off.

So this Agnya Chakra is a gate, is the door of heaven, and everyone has to pass through it. Now on this chakra resides the great incarnation of our Lord, Jesus Christ. In our Indian Shāstras, he is called as Mahā-vishnu, the son of Rādhā ji. And His essences are made of eleven Rudras, means eleven destroying powers. But the governing essence the main essence, is that of Shri Ganesha, means innocence. So he is the embodiment of innocence. Innocence means complete purity. And His body was not made out of Mother Earth, in the sense that He never had a body that was perishable. It is Aumkāra. So when He died, He ascended. That is the fact, He ascended. And because He was a person made of Aumkāra. Now as He is the son of Rādhāji, you can see the relationship between Him and the relationship between other dieties very easily. About Mahavishnu, it is written in the Devi Bhāgvat.

But who reads Devi Bhagvat? Nobody

has time to read these books. Mostly what trash things they read, there you cannot find explanation of all these incarnations who have come on this earth. So to understand Jesus Christ, you must read Devi Bhagvat. But if you say this to Christians, they would not like to listen to you. Because for them, Bible is the last word. How can it be? Because Christ's life is depicted there only for four years. And He must have reference in other books also; and we have to open our eyes to those books and see for ourselves what is the truth. Because if we want to have an organised religion, you have to say 'this is the thing,' there is nothing else. Because if there is anything else, then your organisation falls apart. But it is not true.

Because Christ has been described 'very clearly' in Devi Bhāgvat. And we can prove it in the Kundalini, that when the Kundalini rises and stops here, at the Agnya, here, you have to say Lord's prayer, otherwise, it would not open. To awaken Jesus Christ, if you do not awaken Him, it would not open. You have to take His name otherwise it would not open, proves it was Christ who was ruling. Or even if you take the name of Mahā Vishnu, it opens. So Mahavishnu and Jesus Christ are the same. So you must see the 'proof' of it. And just because you want to believe that Christ is your own and discard every body else as heathens, you are sadly mistaken. Absolutely you are sadly mistaken.

In every scripture people have entered from the back door. 'Every' scripture. I told you about Gita, what wrong things they have written about the food which is scientifically not true. To say that Tamogunis are the people who eat meat, is not true, because they eat protein and they have to be Rajo-gunis, automatically. So how they have tried to change it, just to suit their thing at that part. But in the beginning they could not, because they said, Krishna said that "You kill

these people. I have already killed them. Whom are you killing?' So just to bring this, you see, Brahminic stamp, they did this.

In the Bible the mistake came when Saint Paul, who never knew Christ—he had nothing to do with Christ—just entered into the Bible. I don't know, why he is there! He was not a realised soul. He was just supraconscious Roman soldier. Roman, very bad soldier, who used to kill so many Christians. And suddenly they entered this Mr. Saint Paul into it and he is accepted in the Bible all over the world. But you read him and you will know he is not a realised soul at all. He talks in a supraconscious way. He is an organising machine and he is good for nothing. There he describes, in the acts you see, which he has written—many people may not be knowing that acts has been written by Mr. Paul himself—and this Mr. Paul tries to describe the disciples of Christ as supraconscious bhoots, absolutely like supraconscious people and they behaved in such a funny manner that every body started feeling that they are mad. Can you imagine, Christ's disciples behaving like that! But you have to gulp it down and devour everything if you are a Christian. Because it is in the Bible. And you start questioning if you are a born-realised person, that what is this non-sense, who is this Mr. Paul? From where does he come in? Because he does not talk like Christ.

So the time has come for all of us to understand that all religions are one. They are part and parcel of one life-stream and that all incarnations are supporting each other, nourishing each other and caring for each other. There is 'complete' concord between them. There is 'no way', you will see they will oppose each other, 'never'. So this point is to be proved also and that can be only proved 'if' you know how to raise the Kundalini. If you are a realised soul and if you can raise the Kundalini you will be amazed

to see that all these dieties are placed on various Chakras and they are to be raised. Now sometimes you see, I am blamed in India that I am preaching about Christ, so I am spreading Christianity, and if I go to England, they say I am preaching about Krishna, so I am spreading Hinduism. Now if I have to tell you that Radha ji has created Christ and if you see Christ, his fingers are like this." Try to understand. Two fingers like this. One of Krishna and one of Vishnu. And he says '*the Father*' And who is the Father of Christ, then? Is Shri Vishnu: Shri Krishna. Because in Mahāvishnu's description, it is, Shri Krishna Himself worshipped His son and said "you will be the support of the Universe, and whosoever will ever worship me, the fruits of that will go to you," and He placed Him even higher than Himself. And that you can see that above the Vishuddhi Chakra, stands Mahāvishnu. And He is the gate through which everybody has to pass. He '*actually*' blessed Him special and He said "you will be the support of the universe." See now you have known that Shri Ganesha stays at Mooladhara Chakra. Mooladhara Chakra means the support of the Moola, support of the roots. But Christ is placed at the support of the fruit. So the same thing evolves at that point, that you become aware of Christ only when your Agnya Chakra opens.

Now this Agnya Chakra can be opened when the Kundalini goes up and opens it up. But supposing if you are too much ego oriented, then you have turned it so tight say, the two ropes have turned it so tight that nothing can pass through. Or if you are too much of a superego and a frightened personality and dominated one, then also it is twisted so badly that Agnya Chakra cannot open up. So what we have to do, is to give a balance through the Agnya Chakra by moving left to the right or right to the left according to the need, which you will understand in the technique of Sahaja Yoga—after realisation,

not now. Now when the balance is established then the Chakras, the Agnya Chakra becomes little also better off, because there is no twist on it. And then only, when the Kundalini rises, She can push through. If you are normal person, if you are not a ego and superego type, then then there is no problem to raise your Kundalini through your Agnya. But say in Delhi, since I have come, I have been working on the Agnya morning till evening. People are 'extremely' ego oriented. They all think that they are the administrator of the whole World. Delhi is full of this Agnya. Such proud and such vain people are here that they always think that they are ruling the whole World. They are the people who are the administrators and the great people belonging to politics, this that. All ego oriented. And such people cannot be given realisation easily; first their ego has to be brought down and they have to accept God as the *Supreme Being, as the Lord, as the Real King of the World*. Then only it works out. Now when some people also try to spoil this Agnya like moving the eyes, the roving eyes. Christ—imagine!—specially mentioned that "They say 'thou shall not commit adultery,' I say thou shall not have adultrous eyes" Just imagine! He talked of the eyes. Because He is controlling the eyes at that point. But in the West, it is hard to find any man or a woman who does not have aduitrous eyes, those who are the followers of Christ have such horrible eyes that you don't know what they are doing, they will go mad. They cannot keep their eyes straight. All the times their eyes turning, this side that side, this side, that side. They have lusty eyes or they are looking at things or something else, but it is all joyless there is no joy! They are just looking at people for no fun at all.

भापको हिन्दी में बतायें कि हमारे एक पहचान के आएं थे। उनकी बीबी बहुत सीधी-साधी थी बेचारी। तो वो लंडन आयी तो उन्होंने देखा कि सब की आँखें ऐसे-ऐसे

चल रही थी। तो उन्होंने कहा ये क्या हो रहा है। तो मैंने कहा कि इसको (पलटिंग) कहते हैं। कहने लगे ये क्यों करते हैं लोग। तो मैंने कहा वो ऐसा करते रहते हैं ऐसा। अब मैं क्या कहूँ क्यों करते मुझे क्या पता क्यों करते हैं। तो मैंने कहा ऐसे करते रहते हैं वो। इसकी बीबी उसको पसन्द करती है, उसका (पति) उसको पसन्द करता है। तो ऐसे चलता रहता है। कहने लगे कि शादी के बाद ऐसे चलता रहता है। तो मैंने कहा ऐसे चलता है, मरते दम तक। तो वो काफी हैरान हुई, कहने लगे कि भई ये चीज मेरी समझ में नहीं आयी। अपनी चीज अपनी है, दूसरे की चीज दूसरी है। उसमें मजा क्या आया? मैंने कहा ये उनसे पूछिए। और एक नहीं सभी ऐसे हैं। अपने हिन्दुस्तानी भी जाकर वहाँ ऐसे हो जाते हैं। यहाँ दिल्ली में ये हाल बहुत खराब है। पंजाबियों में तो खास चीज होती है। महाराष्ट्र में नहीं है, ये बात जरूर है। पंजाबियों में तो जब तक हर औरत को मुड़ कर के न देख लें, जब तक उनको गर्दन न टूट जाए, तो गर्दन नहीं मोड़ने वाले, है तो खास चीज। मैंने तो ये जब दिल्ली में जब मेरी शादी हुई, तब मैंने देखा। लाहौर में पढ़ती थी तो वहाँ तो और भी कमाल था। लेकिन ये चीज इसलिए आई है कि औरतों के लिए परदा प्रथा आ गई, अब परदा भी उठा दिया, तो भी वैसे ही चल रहा है। मां बहन नाम की चीज बहुत कम है और इसलिए क्राइस्ट ने कहा है।

So Christ has said:

"Thou shall not have adultrous eyes." But this was all said as an order by Christ. Of course no body obeyed it. On the contrary like I told you the Muslims were, it was said not to drink, they started having poems written by Umar Khayaam to challenge Mohammad Sahib. But among Christians they started challenging Christ, all anti-Christ activities, by which innocence of the people should be destroyed, by which their eyes would be destroyed and all the purity of mind will be destroyed.

And the another extreme started, which was 'not at all' preached by Christ—I don't know how it came into Christian religion—is a thing called nunnery and making people Brahmachārinis and Brahmachāris. You cannot make anyone Brahmichari or Brahmicharini. It is a state—avasthā (अवस्था), where a person has to rise, like Yogeshwara, like Shri Krishna. Despite all that he was a Brahmachari. It is a state of mind where you are not involved. It is a different thing, that you just load somebody with an idea that you should become, absolutely a Brahmachāri or a Brahmachārinini or you should lead a celibate life, forcing them. Christ never said so. He could not become a married man because He was here on this earth to do one great job, 'is to make this ascent through this Agnya Chakra,' that is why He was crucified. By doing this he was to create a space in the Agnya Chakra and that is what He did, at the command of His Father and His Mother. And He did it. So the people who are doing all this non-sense of celibacy—which is not. Which is not, because from the mind there is no celibacy. Celibacy must come from within, the purity must come from within. And that has created problem in Catholicism and also they started another big stuff like going and confessing to the priest. Now this is also another funny thing is to go to a priest. Priest is never a realised soul I have seen it. Because if he is a realised soul he will run away from priesthood. So they would go and confess it to the priest and the poor priest would become mad and the confesser would have a left—Vishuddhi, feeling the guilt. That was the wrong side absolutely of God. To feel guilty is not necessary.

Then, after Christ there were people who would not accept Christ, like Jews. So they said that we will not accept Christ and 'we must suffer because we must suffer for God.' Even now Christians believe non-sensically

that we should suffer. Now, I would say Indians also believe that we have to suffer, but they also know that Mahavishnu is going to come and when He comes, He will have power to suck our Karmās and we don't have to suffer. Actually that is what happens when Christ is awakened within you, He sucks your Karmās, he sucks your ego and super ego. He sucks your Karmās, your pāpas, (sins) your conditioning and that is how you become free. This is a very important point which people must know. That, *that was the great job He did: was to establish Himself at the Agnya Chakra to suck these two things. And when He sucks these two, when He sucks these, then we are above our Karmas, our sins and our papas.* So we don't have to worry about sins, pāpas and all that. But these people we should say, those who came to this earth, as missionaries, who came down to India to preach Christianity, had no idea of Mahavishnu nor they had any idea of Christ. They came with a gun in one hand and Bible in the other. And we stupid Indians also did not know any value of our heritage, and we just said 'all right, let us become Christians so that they give us good jobs.' And that is how all the job oriented, all sorts of people became Christians. But actually, they should have told that Mahavishnu is born. If they had read anything of the Devi Bhagvat and had told that Mahavishnu is born, then people would have given up this idea that you have to suffer for your Karmās. So Indians are still thinking that we have to still suffer for our Karmās, we should fast, we should walk and we should hang ourselves by the nearest tree all the time. This is not needed. What you have to do, is to just wait for the moment when the Agnya Chakra will be opened. Keep in the centre. As Buddha has said keep in the centre. And then when the Kundalini rises all this whatever is accumulated, will be sucked in and you can get your Moksha. This was the simple thing to be done. Instead

of that we Indians believe we must suffer, we must go into fast.

Now in Sahaja Yoga you are not allowed to fast in the name of God. You may fast otherwise because if you have no money you can fast, you have to fast in any case. But not in the name of God or your Karmas. Then secondly, the Jews refused to accept Christ, as a result the Jews said that: we are not going to accept Christ, we have to suffer. So, alright, they suffered and suffered and suffered. So they got Mr. Hitler to put them right; their sufferings. After getting Mr. Hitler, now they are becoming Hitlers. So you can imagine how wrong ideas can take you to such a limit, that as a result of this thing, 'that we have to suffer'; that Hitler was born to support their wishes that they must suffer.

Nobody has to suffer any more now. You have to work-out your Kundalini awakening. And you have to establish yourself very well in Sahaja Yoga. All your sufferings are going to be taken away. One of the names of the Devi is Papa Vimochini. She removes all your papas. "Sankat Vimochan" we call it 'Shri Ganasha'. He is the One who removes all the hurdles of life. And you really, when blessed, you can see that God has so many ways of blessing the people. It is miraculous. Absolutely it is a miracle. So many people who are in Sahaja Yoga now, say that miracle has lost its meaning in Sahaja Yoga. It is a fact.

So, one has to understand that God exists. Not only He exists. He acts. He loves, and that we are supposed to know Him. Whatever you may have done, wherever may be the mistakes, you have to become One with God. Because He is your loving Father. He is the Father who is the Ocean of love. And only thing you have to do, is to just ask for it and when the Kundalini rises you become One with Him and He wants to bestow all His Kingdom, all His powers upon His children, whom He has created. So all these funny ideas about

religion that you have to suffer, that you must do penance, that you should become Brahmachāris—all these absurd ideas, should be given up. You have to be absolutely a normal happy person. God has done so much for you He has created so much for you. But even then if you want to be miserable, what can one do?

As far as Mother is concerned if you want to punish your Mother sometimes, or say, you want to just make her unhappy, then you say: '...otherwise I will not eat my food'. So fasting is not allowed in Sahaja Yoga. But if you have to fast for food, other things, it is all right. But otherwise there is no need to fast except for one or two days, you have to fast.

And thus we understand that Agnya Chakra which is the most important door through which 'everybody' has to pass, everybody has to pass, and that has to be properly worshipped and kept clean. For that you must keep your attention very clean. Your attention has to be clean. If your attention is soiled then your Agnya Chakra will not be alright. Then you will have hallucinations, you will have wrong ideas and you will think of wrong things. So if you really want to find the meaning of your being, if you really want awakening of the Kundalini, then know that whatever you have known so far about God or everything has to be revised, has to be again seen for yourself, what it is like. Unless and until you pass through this you 'cannot' be baptised.

The people who talk of Baptism, like John the Baptist, he was really a realised soul and when he raised the Kundalini and put the water on the head, he really gave them realisation. That is 'baptism'. Christian means a baptised person, but not any Dick, Tom and Harry can put his hand on your head and say you are realised. On the contrary William Blake says, 'the priest cursed on my head.' It is true. For a realised soul, if you put the

hand of a priest who is not a realised soul and who is not properly entitled to do it, children get into problems. We have seen many children who are realised souls, who got into problems—their eyes became squinty, they become funny, their brains went off and we have to cure them. So it is a very dangerous thing to make everyone put their hands on this pulsating fontanelle bone area which we call as Tāloo. Taloo is the Brahmrandhra, and is the *'most'* important part of a human being, so everybody should be *'very'* careful before they touch this. You have to be a realised soul and you have to know how to do it, means you have to be a Sahaja Yogi. So for your children when they are born you have to be careful. If they are realised soul; *more so*. Because if they are not realised souls, then their reaction is not so violent. But if they are realised soul, they scream and shout and they cannot bear it.

So one must understand, though it looks like very traditional or anything like that, one must see that those things which are harmful to human beings must be given up. The time has come for all of us to give up those things which are not good for our health, which are not good for our spiritual being. The time has come. If you do not accept this, then only thing I can say as a Mother that 'I am concerned about you'. But it is much more than that. It is a dangerous time you are in.

And Agnya Chakra, if it is spoilt at the back, that means you are definitely possessed. At the back if the Agnya Chakra is caught then one develops blindness, with the eyes open. Now, in India it is very common. The reason is we have very funny ideas about the Devi or the God coming into the body of human beings. How can that be? It is again the same thing, supraconscious business. A maid servant who is all the time using bad words, who has no sense of cleanliness, who has no sense of holiness, suddenly

becomes agitated, "Ho Ho Ho..." she goes on. And all the women, in Maharashtra it is very common, they will go and fall at her feet. 'The Devi has come, the Devi has come' and now they fall at her feet. And then ultimately they are caught up. Because they get the possession by a spirit. We had one very bad case recently where a man, he came to me and he told me that he cannot help, he has to touch the feet of his sister-in-law because she is a Devi. I said why? 'Because she gets into this agitation.' So I told that if you think that she is a Devi and if you want to touch her feet you don't come to me again. But he became blind, *absolutely* blind! And when he became 'absolutely' blind then he came to me and then we had to put the Agnya Chakra alright.

Now how do you do it in Sahaja Yoga. As you have the photograph you may use it. Put a light before the photograph. Light is the way you cure your Agnya Chakra. Always. Light or the sun. Because Christ resides in the sun. So what you do, is to put a light in front. Take another light behind and give an Aarti to your Agnya Chakra at the back. It is resided by Maha Ganapati and Maha Bhairava. So you just give it a Aarti and Agnya Chakra will open. But how do you open this? *Very simple* thing is that, any thought comes to you, you should say 'I forgive'. This is the greatest weapon Christ has given us. You just say 'I forgive, I forgive', and you can overcome your ego. This is the mantra for this Chakra in the front, where you just say 'I forgive, I forgive, I forgive' and you will find your Agnya Chakra will open out and you will find your ego will go away. Forgiveness is one of the *'biggest'* weapons human beings have got. But they are so stupid if I tell them 'Forgive. Now what is there not to forgive?' They say it is very difficult to forgive. I say what is so difficult? What are you doing? Are you doing something when you are saying, I am forgiving.

Do you do something? Nothing. On the contrary when you do not forgive, then what is happening is, the person whom you do not forgive, is actually torturing you, while you are not torturing that person. So this is the mantra of the Agnya Chakra in front, and at the back, as I told you, you have to move the light. Now somebody will, you see, one day they will do, two days they will do,—that is not how the Sahaja yoga is to be worked out. You have to really go all out to do it, and I have seen people who had eyes which were all bent like this, they could never raise their eyes, are now, have open eyes, proper eyes with this working. It is 'very' simple to be done.

There is one more thing that happens to our eyes. When the Swādishthāna Chakra goes out of order. It is represented here at the back, which is 'around' this back Agnya. So when you have diabetes or anything like that, people start becoming blind. Because this Swadishthana Chakra which is around, goes on pressing it and that is how, that part which is surrounding this centre, oppresses and augments that centre, so that the eyes cannot see; there is no light. There is darkness and people have eyes open. You have seen many diabetic people get this blindness. So first of all cure your diabetes through curing your Swadishthana. And also you can use a ice around your Swadishthana at the back. But first of all if you improve your Swadishthana you will feel very much better. So the treatment of the front side is with the light. And the treatment of the back is with the water. But the best is also to use the light or the water whichever way you like. Because if it is Swadishthana you have to use the water but if it is 'just' the possession, then you have to use—without diabetes, if it is a possession—then you have to just use the light. That is how we cure our Agnya Chakra.

Even Christ said *I am the LIGHT, I am the*

PATH. Because He is the *Aumkāra*. He is the path. And He is the door, He is the gate And everybody will have to pass through His gate. He never told lies. But they crucified him. They just crucified him. One thing good we have, we are fortunate in this country, we don't have any organised religion. Thank your stars for that. If you had any organised religion, you could never have taken to Sahaja Yoga. Because according to organised religion you have to believe in one person and as if he has no connection with anyone, he is a lone person hanging in the air, he has nothing to do any body else. So 'thank' God for this that it has not happened in this country. And that is how we have people who are more suited for Sahaja Yoga than we have in 'any' other country because they are so conditioned. And it is a very great blessing. For example now, Sai Nath who was the last incarnation of the Guru Principle. He was a Muslim. But all His disciples are Hindus. They are not Muslims. Muslims don't accept him even as God. Not only that, but there is one place called *Hazimallang*, where a Saint died who was a muslim. But he told that 'only the Brahmins, means the realised souls, must worship me.' And so they had to appoint some Brahmin—which they did not understand—the word 'Brahmins.' They are Hindus who are worshipping a Muslim peer. So the idea, that once you become the peer, once you become a realised soul, then he has no religion. He is beyond religion, He 'becomes' the religion. Then there is no binding for him, because a drop has gone to the ocean. Now he has become the ocean. So for the ocean, there is no limitation. And because he has crossed his limitations, he is 'above' all these things. And that is what we believe in. That if he is a peer, if he is a realised soul, then he is a realised soul. Once I went to a small village, called Mīān Ki Tākdi (मिआं की टाकड़ी) as soon as I stepped into the village, I felt 'tremendous' vibrations. And I said 'Who was the great

saint who lived here?' So they said there was one muslim peer (पूर). I said 'Whatever it is, he was a Saint'. And when I was sitting and giving lecture, you will see the photographs, the lights came on my head seven times. And the seventh time then I put my hand like this. But nobody saw it, only I knew. And I knew that it was there, I was laughing with it. And then the people, you see, when they took the photographs, they could picture it.

So these realised souls are all over and they are helping. They never enter into anybody, they never trouble you, they guide you, to the proper lines. They bring their Angels and they help you to come to the right path, to the right conclusions. And they never try to possess you, they never try to hypnotise you, or take you to the wrong side of life. So when you are realised also, you must know that you have to know 'completely' what is the reality. Go on understanding, trying to assimilate it, not to discard it because you are attached to another organisation. There is 'no' organisation in Sahaja Yoga, you know very well. There is no grouping in Sahaja Yoga. There is no membership in Sahaja Yoga. 'But' it is a living organisation. It is a living organisation. So anything happens here, the whole body knows. We don't have to have organisation written for this body. In the same way Sahaja Yoga works out.

But still I must say, as we have in our body different type of sensory system, we too have in Sahaja Yoga, people who just come in, just the beginners. They are not exposed to the truths which they cannot bear.

Then if they pass a certain line of understanding then they are taken as we say *Nirvihar-Samadhi* people, who are given certain facilities to enter into certain new dimensions and ideas. But the inner circle people are the ones who are in *Nirvikalpa*. Such people are only taken into consideration for teaching Sahaja Yoga. Any body who tries to teach Sahaja Yoga, talk about Sahaja Yoga at the second stage just is thrown out, because there is a centrifugal and a centripetal, both the forces working. By one you come in and by another you are thrown like a tangent. Nobody is anxious to have a very big group or anything. If it is big, well and good, one wants to save as many as possible. But nobody is going to force you, nobody is going to have any cheap sort of a circus for it. It is the desire of the people, who want to come in. It is the wish of the people, those who have to come, you cannot force them. You cannot force a person to get their realisation.

So this is what is today at the Agnya Chakra, I have told you. Agnya Chakra I have spoken many a times in England and in America and was very much sometimes "opposed" by some churches and things. But I think if they want to exist any longer, they 'better' take to truth and 'know' that what they know so far is incomplete. They have to know the full of it. Because Christ could not talk much and whatever He said was written down by His disciples the way they understood. To understand Christ you have to have your realisation.

May God bless you.





Christmas Eve Talk

Before we start, the celebrations of the birth of Christ, we have to little bit review what we have done after His Birth, so that we understand where do we stand in relation to Him. For He was the Son of a Virgin so that even the slightest blot on His name should not be created. *Because He was to do the greatest job, of creating for us Agnya awareness, which would help us to suck in all our sins, all our conditionings, and all our egos. And the great personality was created for such a great work within ourselves.* But unfortunately, we have spoilt both these institutions within us to such an extent that it is the 'most' difficult task to give realisation to Christians.

On the one side we have too much conditioning, as you know, through catholicism and other ideas about Christianity which created a 'horrible' conditioning in our super ego, which is just like a solid rock, I think, sometimes. And those who have been in catholic churches are still, get stuck up with it. Even as they are facing me, I find their eyes are blinking and the Agnya is not straight. You have to give up all that conditioning 'completely' if we have to 'really' get to Sahaja Yoga. To that extent we went, that we tried to create institutions—of course, we collected money, no doubt about it, lot of money—all kinds of drama, of the Papal Order and of Arch Bishop Order and all these Arch Bishops and all tomfoolery. All kinds of non-sensical donkey people were created.

'Absolutely'. They have nothing to do with the Christ, they have nothing to with GOD, they have no idea of Divine Life. And to them prohibiting people from doing something was fully religion. And this has taken the West into such darkness that Sahaja Yoga has to be worked out in a very great speed and in a very expansive way, otherwise you cannot get over these horrible ideas of Arch Bishops, and the Bishops and the Popes.

The other side is the Ego part. Then people like Mr. Frued came in and they put 'absolutely' anti-God ideas into people, 'absolutely anti-God.' It is against the Mother, against the Son, 'Absolutely, it is absurd'. These anti-God devilish ideas penetrated and people started saying, "what's wrong? This is all conditioning, we should remove all conditioning", so they become ego-oriented, which is the other side which Christ had to work out. So I mean, after Christ has been established in the West, they have seen to it that they create 'all' hurdles that are possible under the Sun, for the Agnya Chakra to open out.

Despite that, I find that all Sahaja Yogis who are from the West are still attached to 'Christianity' and not to Christ. There is a lingering Christianity still within you, and the Christianity has to drop out. While Indians are very good at dropping out all non-sensical ideas. Because we have had lots of challenges in this country for every thing. For the conditioning, we have had challenges, for the ego

oriented, we have had challenges. So people are used to this kind of a giving-up. But in the West, we still are very much attached to that non-sense of Christianity. It has nothing to do with Christ, believe me, and this fanaticism which is lingering still in your mind must be given-up, otherwise you do not do *'any'* justice to Christ. That by no chance means that you take to another religion like Hinduism or any non-sensical Jainism, or any thing. The *'essence'*, the *'Tattwa'* of Christianity is Christ. And it is *'so'* thickly clouded by all these non-sensical things that you *'really'* have to drop-out this word *'Christianity'* from your vocabulary completely, and from your mind, otherwise you can *'never'* go to the essence. It is a fact, take it from me.

And even now the attention of all the people is on what Christ said, or Mother Mary has said it, and which has come through these horrible people to us. So to learn about other Dieties and other great Incarnations, we neutralise. We must try to neutralise too much attention by learning about other Dieties, say, Shri Ganesh. If you talk about Shri Ganesh, He is the essence of Christ. You understand it. Ganesh is the essence of Christ, and Christ is the manifestation of Shri Ganesh's powers. So, if you go to the *'essence'*, of most things, you see, that is better. Then of course, Christ is there but we must see in Him, as He is, which *'very few'* people have seen before, but now in Sahaja Yoga you *'should'* see Him as He was. He was the Holiest of Holy, first of all. You accept that position. Then this Frued non-sense has nothing to do. Those who call themselves Christians: five days they do all non-sensical of Frued and sixth day they talk of Christianity, and seventh day they go to Church. How can they go? I mean, how can they call themselves Christians—by what standard? Just tell me. I mean, just think of it. And the Indians have asked them to get out because they won't understand what

it is. *'So'* non-sensical, it is *'filth'*. The Holiest of the Holy, we have brought Him down to such a low level by our non-sensical ideas.

So one has to understand that these conditionings of catholicism made us *'so'* repulsive to ourselves that we took to the other side which is even worse, much worse than the conditioning. And you come in contact with these people morning till evening. Either they are Fruedian or they are so-called Christian; even after realisation.

But you must know you are special people. You are above them, you've risen above them. Christ is awakened. So to do justice to Christ, you must get over all your conditionings, to begin with, of Christianity, if you have any, or if you have been Fruedian get rid of that horrible fellow. *'Absolutely'*, he was anti-Christ. Sick, Sick, Sick. We have nothing to do with Frued's ideas, *'even this much'*! *'Believe me.'* We have not to justify him at any point for *'any thing.'* He took full advantage of the repulsion people developed out of the conditionings. And then he built up all these stories, because he was himself a very *'low-level man,'* not to be counted as a human being from *'any'* standard. You see, Christ came for human beings, but not for these *'low-level'* people. Even the lepers were better than him, I think. *'Horrible'*! Even to think about the whole thing makes me nauseate. It is very unholy. So, for all practical purposes, we have to understand that we have nothing to do with Mr. Frued. *'He is filth, he is dirt.'* He is absolutely *'lowlevel man.'* We have nothing to learn from him, nor from his ideas.

Now, the other side of it is the conditioning of the church. There are still many Sahaja Yogis, still confused with it. Of course, if you have to save the Christians, so-called, you have to take them out of the conditioning. Luckily, we have someone who is writing a thesis about these things, how these things

are dangerous to society. But still nobody realises this is anti-Christ activity; to condition. It is a anti-Christ activity. Christ came on this Earth where Moses has laid down the 'Dharma'. After it, so many. He thought people will be in balance and He has to give the message of His resurrection and ascent. That is how He came on Earth. But then they created even worst things than the Shariat; Shariat is in the Bible. All these laws are in the Bible where they say that anybody who does this thing should be killed, anybody who does like that should be beheaded. It is all in the Bible. You see, whatever these Muslims are doing is all in the Bible. Coming from Bible. So, to neutralise all that Mr. Fried started another style.

For us divine laws are binding because we know that is the only way one can rise. It is not compulsion, but voluntary acceptance that we have to rise, that we have to be alright, there are no conditionings in Sahaja Yoga but this is how we improve. This is how we go further, so we accept the situation, and we move forward with it. That is why realisation should give you that strength to 'fight' anti-Christ activity within your mind. 'You have to face yourself' is the point I am saying. Not only that you have to face yourself, but you have to face the so-called society that is around, and see for yourself that these conditionings and these anti-Christ activities into which you have indulged are completely detrimental to your growth, and to your ascent. And as you are special people who have got realisation, you have to argue it out with yourself and reach proper conclusions. No use arguing out with others.

As you know with the conditioning, people get quiet, they do not talk, but the conditioning is growing inside. With the ego people talk too much and they aggress others with their talking and the ego is growing too much. So one has to be in the witness state, that

means wherever you have to talk, you have to talk and wherever you have to keep quiet, you have to keep quiet. This is at the Vishuddhi level. At the Agnya level, you have to detest 'all' that is ugly, 'all' that is unholy, 'all' that is filth. *Because now a new sensitivity has developed within you. And a new sensitivity to Holiness, to auspiciousness. Try to improve this auspiciousness within you.* I find people get very easily attached to negative people. They get identified with negative people, 'very' common. And they think that they are being sympathetic. It is the sympathy they are working. It could be your sister, could be your brother, mother or could be your wife, your child. It can be anybody. But by getting 'attached' to such people, you are really harming that person because that person will go down to hell, and you will also go down to hell. *So if you want to do any good to the person, best thing is not to be attached to that person and tell that person that these are anti-Christ activities; and get attached to that group which is doing holy work and understand that the strength lies in getting attached to 'that' group than getting attached to one some single-out negative personality.*

Now, everyone of you has had some experience. I give you the example of —'s wife, she is not here neither he is here. But it is nice to understand what happened in her case. He was very attached to her. He married her. He asked me. I was really shocked that he so insensitive, why can't he see her, why can't he understand her? But I did not know what to say. If I say do not marry, he will think that Mother is trying to force him down or something, I did not know what to say, but I was really shocked and for about two minutes, I did not say anything. I am sure she played her cards very well. And I said 'Alright, you can marry. You will get happiness, if you think, you get happiness, that is all'. I did not say 'joy'. If you think

you can get happiness, marry. Now she got married to him. Then he said she must come with him to England. He brought her. I tried to avoid. I told him 'be careful'. Then they lost their passports. He found his passport, she did not. But he got after my life; he said please ask Mr. Shrivastava; somehow get her passport. Passport should be there. I said alright. Then they made her passport. Then she came with me. Still she was continuing. I told that "please send away this lady, I do not want her to be with me. It is a headache, all the 24-hours she is with me. I must have some time without these horrible 'Bhoots' around me. Please get rid of her, she is bad." But he could not understand! Still he was siding with her. Then one day it happened that she attacked my heart. The heart got into a big fist. I said now you put hand on my heart and see. It's throbbing like anything. He could not put his hand. Could not even bring it near it. I said now please ask her to get down. When she got down, it stopped. Then he realised this is the thing, but still he did not give her up, did not give her up! Went to Los Angeles, everywhere she followed me. The sympathy, you see, she could have gone away, she was quite a robust lady. But in Los Angeles, then she started showing her teeth to him, gradually. And then ultimately he got into trouble, he started getting the pains, but as soon as I left Los Angeles, she got her epilepsy. And he realised how dangerous it was to carry her all the time with me. Now he cannot send her away because she has epilepsy. He did not take her back. She tried to disrupt all the Ashram by telling them her sympathy stories—"Oooh! you know my husband, he wants to leave me", this, that, non-sense; and all of them fell for her. Now, she is a Bhoot, and a Bhoot, and a Bhoot. And the Bhoot started increasing. One more Bhoot added sympathy to other, one more Bhoot added once you've given sympathy, one more bhoot added. And

she was creating problems, "you see that, this is not good, he is not good, he is against me, this family is against me, that is against me." Then someone got heart attack, got heart attack. So then he sent her away.

Now you do not repeat all that non-sense. *Negativity is not to be tolerated, not to be carried on with, discretion is better part of balance. One need not be afraid, but discretion is better part of balance. All right? If you have negativity, better get rid of it. If somebody is so negative, better have nothing to do with that person, whatever may be the relationship, just have nothing to do.* Because no use going down, if you are a seeker; you are a responsible seeker and a Sahaja Yogi; one has to be careful.

This is on a Christmas Day I have to say because 'there only' the fight starts—at the Agnya Chakra. Because if you shift from the principle of Christ you start giving arguments in support of the negativity. Always; in the opposite direction, alright? And you have all the arguments which work 'against' Christ. The same Agnya Chakra when it goes funny, you start seeing things very reasonable which are 'absolutely' false and wrong. So we have to be 'alert'. We have to be with Christ. Now, they will say also about getting vibrations, "Mother, alright. I am also very much there. True, we saw the vibrations." Nothing doing I feel embarrassed. Sometimes I do not tell, I feel embarrassed. And people also try to manoeuvre me by playing tricks on me so that I am rather worried, sometimes, how to tell people. Because I have seen ego-oriented people are 'extremely' sensitive. Now they are not arrogant, one thing is there, but they are extremely sensitive and if you tell them anything they will not accept. Like yesterday, I lashed all the Poona people, they said it was for our good. Nobody said that "Mother why did you say such and such thing?". No, not one. Everybody said it was for our good.

But in the West if you lash them, then you will be lashed. Nobody is going to take it that way.

So, I have to tell you one thing to have your ego problems settled, first of all see, that you are not playing to your ego. And also, see your conditioning which are now Bhoots, all these conditioning have become Bhoots in you. All the Church Bhoots have got into your heads. They are all there. *So you must see that these Bhoots are not there, because we have to be Holy. We have to be clean. We have to be resurrected. We 'are' resurrected people. Christ has resurrected us. But you have to think 'how much' he has to work for us. The more you try to be in unison with negativity, we harm Him 'more', we torture him 'more', we trouble Him 'more'. The one who was born in the 'manger' in the most difficult circumstances, where everybody requires comfort, who from the very beginning went through hazardous life till His death. His birth itself, you can see, was in a cow-shed. None of you are born in a cow-shed. And while the christians are so particular about comforts, most surprising is, why Christ was born in a cow shed? In a very-very cold night Christ was born. Nothing much to cover: 'sparkling beauty' it was. Now we have to keep Him within ourselves comfortably. We are not going to give Him that manger in our Agnya Chakra. Manger of thoughts and a crown of thought—that we are not going to give Him. We are going to make Him comfortable by not accepting negativity as a sympathy. You have to be kind towards your auspiciousness and holiness so that Christ enjoys His stay there in your Agnya. That we do not torture Him by our useless ideas uncom'ortable behaviours, inauspicious appearances and unholy acceptance of wrong ideas. Try to respect Him; there He stands. Try to make Him very comfortable. I wish I could do that, but He resides in everybody's Agnya Chakra. If He was only in my*

Agnya, I would have given Him the greatest comforts, but he wants to be manifested in every body's Agnya. *So I have to request you as a Mother to look after Him, give Him a nice cradle, give Him a comfortable time, because He is born to give you your resurrection. He has taken up such a great responsibility to suck all your conditioning and to suck all your ego, but that does not mean that you put stones on top of it.* It's like, sometimes I find the conditioning of some of the people in the West is so great, that a big mountain is falling on this little child. And sometimes I find a big a bad breath. Horrible breath of ego, it stinks, blowing like a big wind towards the Agnya, horrible stink coming out of this terrible type of a ego 'Absolutely' not the way to treat the King of Kings who is born within you. *You are so respected that Christ is born within your Agnya. But you must respect your Agnya Chakra.*

Your attention should be in the Centre so that no wobbliness—Imagine put a child-like they say, a child is to put on the wings. *So this Angya Chakra is to be kept very clean, healthy and holy. The attention should be holy. The attention outside is still not very holy, should be 'detached' attention.* If you start seeing through your Agnya it should project a power of holiness, so that anybody who looks at your eyes should know that serenity is flowing from these eyes, and not lust and greed and aggression. All this we can achieve because we have got Christ within our Agnya. Accept Him there. He is born, yet to grow. *I am sure Sahaja Yogis will understand the importance of the Agnya Chakra. In the East, no problem, because to them He is only Ganesha. Ganesha is a child and they know for definite that childhood has no contamination, no problems, nothing. So they are still children as far as sin is concerned. There is a story—one pastor went to a village and gave a big lecture to them, and the villagers had to thank. So he got up and he said, "Thank you*

very much for telling us all about it, we did not know what was sin and thank God you have told us that there is sin !” So this awareness is not in their heads. They do not understand. You will be surprised, you cannot ask Indians. They won’t understand what it means, you know. They may say Mr. Freud, this, that; but they do not understand, it is so anti-God. Actually I did not know till the other day, when Rustom told me with great hesitation what it means ‘really’. So that is what it is and we have to understand this.

Today is the great day of Holiness. *Let us celebrate the birth of Christ in our Agnya Chakra and let us sing praise of it so that He in His ‘pure’ essence, in his holy body, He should be there; not Christianity and neither Freudian non-sense. Christianity is ‘equally’ bad as Freudian. There is no difference at all. Whether you kill the child with the mountains falling on him or with a horrible stinking, dirty—smelling breeze blowing on him, it is just the same.*

So please get rid of ‘both’ the ideas—‘absolutely’. And in ‘purity’ you respect Him. ‘Absolutely purity’ because ‘He is purity’. Now you may say that Mother if He is pure purity—there are some stupid people who ask me—“if He is purity, then how can we make him impure ?” What I mean, if you do not respect Him, why will He be there ? He will disappear. He likes purity. He will disappear from there—it is not good for you.

So better create a cradle, a beautiful cradle, of love, of honesty, as His Mother prepared for Him. With all sweetness and kindness and assurance that you will nurture the beauty and the auspiciousness of Christ.

May God bless you all.

Any questions you have, ask me.

A Sahaja Yogi : When I am in thoughtless awareness, I can’t see clearly.

1. Agnya and above.
2. Satasrara.

Shri Mataji :

I think you must be seeing more than what you seen normally !

He is correct. When you are thoughtlessly aware your eyes, you see,—the pupils start dialating, its correct. But take it higher—the Kundalini—slightly higher, push it up. Alright?

If Kundalini is staying at thoughtless awareness means just dialating and the eyes can become black, but there’s no sparkle. But when it comes out, then you find a ‘sparkle’ in the eyes. There is a difference in the eyes, if you see. The eyes get dialated—the pupils get dialated—when the Agnya chakra is being ‘just’ penetrated, that is still here it is. Then you can’t see clearly. Correct. But at thoughtless awareness is all this part¹. So if you push it up a little higher—you know how to push Kundalini with your attention-or you watch here², or you think of me; Kundalini will go up. Alright ?

So thoughtless awareness is just the beginning. And it’s a great area, upto Shri Krishna point where you become the witness. Now the witness point when you’ve become, then there is a sparkle in your eyes. Your eyes sparkle. Sparkle in the eyes is a sign that the Kundalini is flowing well. That time you see ‘more’ than you see normally. And in the start, it starts looking bigger, everything starts looking much clearer. Alright ?

Dilatation of the pupil takes place. Some people really at that time have opened their eyes and they said “Oh ! We’ve become blind”. That’s true, it happens. It’s correct. Alright ? Good question....

Agnya is very important and best way is to take your Kundalini up. You see, don’t roam about in Agnya. Very dangerous. You can be thrown as he said on the 4, 4, 4 foot back or

you can go this side 6, 6, 6, 6. It works out 6, 6, 6, 6 this side and 4, 4, 4, 4 this side. Dangerous. Never go. You see you should be very careful. You should never roam about in Agnya because you're thrown out. The attention is thrown out—projected. You start thinking; all problematic.

Try to take your Kundalini out all the time. 'See', that it's coming out. Put your attention there—and the best is now put your attention to me! Because I am at Sahasrara.

Don't allow your Kundalini to remain in Agnya part. It's dangerous. No doubt. You have become subtler and you can start moving left and right if you want to, and if you try to.

I'll tell you. If you start closing your eyes; say, you're sleepy and you start seeing images at that time. That means you are going on to the left side—they're dead bodies, you start seeing their faces, this, that—you are going to the left side. Now supposing you start seeing lights and stars and this and that—all sorts of things—I mean more the colours, we should say; you're moving on the right hand side, so try to avoid it. 'I don't want it', you should say. And you try to put your Agnya—if it is left, you put it to the right side or if it is right—just by pushing it.

But what happens, that after sometime, when you've achieved a certain state, of higher consciousness, then if you want you *'can'* penetrate into these areas. You can see all these things. But then certain different types of things you see, for example, you might see from my Sahasrara huge, big 'Valayas' coming out, or something like that. That's a different point altogether. And also sometimes you might see a little—say, a flame—that's a good sign, that means somebody is guiding you. But you've to be careful. Not to indulge into these things

because there 'is' a guidance for you and you're all followed by great dieties, no doubt, but you should not try to, sort of, hanker after that. If they are there, let it be. Because, you see, your Agnya is very important. You should not allow your Agnya to be attracted by these things. You might just find a flame, like that. Sometime you might just find a little dot; standing dot. They are all actually angels who are with you and try to assure you. But that's not important. What is important is, on your way, you should go further and do not go this side or that side. But if you are seeing everyday those images, then try to push it back or this way, whichever way it is and try to finish them so that you go further. That means you are sticking on to the same point or you're moving in the other direction on the sides. Because direction should be further and further and further.

SY : How should we protect our sub-conscious since we cannot be conscious about it?

Shri Mataji : You need not. I mean, you don't have to worry!

Just keep to the conscious. Alright? You don't protect anything, actually you don't do anything! Actually, if you see; what do you do?

SY : I just enjoy.

Shri Mataji : Yes, just enjoy. That's the best part. *Just enjoy!*

I want you to enjoy. Don't create problems for yourself that's all, and just enjoy. Alright? Just don't create problems for yourself.

Don't be ambitious. Don't be aggressive. And don't be—submissive too much to others. That's rarely so. But be submissive to Sahaja Yoga, be surrendered to Sahaja Yoga.





THE CREATION OF LORD JESUS

In my last lectures, I've told you how Christ was created first in the heavens. In the *Devi Bhāgvat*—if you read that—He was created as Mahāvishnu and it is mentioned very clearly that first He was created as an egg. It is written in this book, which perhaps was written 14,000 years back. It's a book that predicts about Christ and that is why people, in the West at Easter especially, offer an egg to each other as a friend. So, first the existence came on this earth as an egg that was Christ and part of it was kept in that state and the rest of it was used by the Holy Ghost, by Mahalakshmi, to create Christ out of it.

In that ancient book He was called as Mahāvishnu, means the greater form of Vishnu. But actually Vishnu is the Father and He is the Son created by the Holy Ghost. After my lecture, I would like, if you have the book, to read it out to them—the whole text of how Christ was created and when He was created*. He cried for His father and He cried also on the cross once, and He cried for years and then Christ, in Mahāvishnu state, was blessed by His father who said your position will be placed higher than mine and you will be the "ādhāra"—means the support—of the universe. See how from moolādhāra He becomes the ādhāra.

This was all done at the heavenly stage—'vaikuntha' stage. You can say then, He was given birth by the Holy Ghost who was the

Mother of Christ on this earth, who was nobody else but was the incarnation of Mahalakshmi—means She was Rādhā. Rā-dhā. Rā means energy, dhā the one who sustains energy.

There are many aspects of Easter, one has to understand, but the most of all "why did He have to die and why was He resurrected?" This point I have not yet touched perhaps so clearly—that's the point I want to tell you today. It's only you people can understand the importance of the life of Christ. And when it is said that you have to get your realisation through Christ, it means that He had to pierce through the Agnya chakra. He had to be there. If He had not created this gap in the gate, we could never have got realisation. That is why it is said you are to pass through the gates of heaven only with the grace of Christ. Of course, that doesn't mean churches, it doesn't mean at all churches. You have to understand as Sahaja Yogi that you have to pass through the Agnya chakra. Ultimately that's the most difficult point where human beings had to pass. Because at the Agnya Chakra your ego and superego are fully grown. At the human stage only this ego is developed. Now, how to overcome the ego was a point, and to overcome the ego Christ had to do this. When He was created in the beginning as Shri Ganesha—you know the story how He was created; that the "mala" from the body of Pārvati was taken out because before Her marriage She

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had to cover Herself for Her bath with many scented things, and it was taken out—all these things—and Her vibrations came out. And She created this Child just to protect Her chastity. Outside Her bathroom She put Him and you know the whole story about it. Now, there was a part of the element of the earth in that child—"prithvi-tattwa" was there. All other centres, have have got some elements in them, some elements, like prithvi-tattwa is there, earth element. Then you have got water element, then you have got air element, and when you come to this : it is the light element, it's the light. And, at this point, at Agnya chakra, He had to cross the last element, that was the light element, that means He had to come out into the true form of only the Divine Power, the Aumkāra, the vibrations you can call it or the absolute—you call it the *logos* or something like that, the first sound—*Brahma*. So He had to become the principle of Brahma. To become principle of Brahma, He had to get rid of all other elements in Him. So, the last was also the light element which He also had to cross through. So he had earth element in Him as He was of the mala, and all other elements within Him. But when it comes to the Agnya He had to give up all the elements, that He had to die the death of all these elements that were within Him—to become complete, absolute, pure Spirit. What He did in subtle form works out in the gross form, and to do that He had to die, and whatever died in Him was that little earth element and other elements. And what came out of Him was Pure Spirit, was "*Pure Spirit*." That was resurrected, the Pure Spirit, the pure Brahma tattwa which had formed the body of Christ which was the body of Christ and this happening came. Christ has done what was predicted about Him. That He's a Saviour because He passed through that gate to take people from this bodily existence—means the one that depends on the elements—to that

existence which is Spirit.

So the Resurrection is where you Become, from your attention you jump into the attention of the Spirit, when you feel your attention, when you become the Spirit. That is the happening which has happened to you also. But He became pure Spirit, pure Brahma tattwa, when He was resurrected and the Resurrection is a happening of the Divine Power which came from mooladhara chakra as just earth element, started growing. It took its birth from there, came up to Agnya chakra, there Christ was created to pass through all the elements, ultimately to enter the Sahasrara to become a complete Brahma tattwa. And this was a very difficult thing, was very experimental; and the experiment was a quite dangerous one. It could have failed because He had in Him that human element, the body element, which suffers. And He suffered, because this body element suffers—not the Spirit, the Spirit does not suffer, the body suffers. So, He had to suffer that body element and to get over it, to get out of it. And to get out of it, He had to have a tremendous courage. It was such a difficult operation—without Him nobody could have achieved. He knew it was predestined, but it was one of the most difficult things to happen.

I wonder how many Christians know the significance of an egg. Now egg signifies a stage where you are, before realisation. When you are in your egg shell—that you are Mr X, you are Mrs Y. But, when you mature fully inside, the bird is ready and that is the time you are hatched. This is the time you get twice-born. So, the Resurrection of Christ signifies that, and that's why we give that egg to people, saying you are that, an egg, a reminder of that. And this egg can become a Spirit. And also it is written that it was an egg when He came first, He was created as an egg—half of it remained as Shri Ganesha, and half of it became Mahavishnu. Then He came on this earth and He departed

with all His elements and the pure vibrations formed His body. He remained there within all of you to be awakened and when the Kundalini takes your attention through that point there you also become the Spirit. That's why He said "I'm the gate, I'm the door"—because you can become Christ. That's why He didn't say "I'm the destination," that you have to achieve Him. But, He has created this space for you. You can become: spiritually awakened, you can become your Spirit.

But, Christ is an incarnation. He was the Son of God, and so He's an incarnation. And that incarnation came on this earth just to pull you out of your elements to make you become the Spirit. Now, how it is that it was the most difficult thing—because human beings have created in their heads all kinds of artificial barriers. You see whatever we think and whatever we do with our mind is all dead, manmade, is artificial—because reality is beyond your mind, it is not in your mind, you cannot conceive it, you cannot hold it. Whatever is in your mind is not the reality. It is beyond. So, for a human being to accept something that is beyond mind had become so difficult, at the time of Christ because of Romans and all these people coming up. We are repeating the history again. They were so ego-oriented, they were so full of ego that to destroy their ego somebody had to do this—to create a passage.

By His death so many things are proved. That all those who crucified Him were stupid people, they were ego-oriented, they were blind, they could not see what He saw. They could not see what a genuine personality He was. They crucified Him. I mean, this is the greatest stupidity, and they crucified Him. It was all known because these people were so stupid they would have only crucified Him. What else could they do? Because they couldn't bear with their little egos somebody Who is so simple, Who is so genuine, Who is so

true. So, they crucified Him, and that Crucifixion came as a breakthrough for us.

But message for us is the Resurrection part. Message for us is the Resurrection and not Crucifixion. Crucifixion is not the message because He has done for us—this is the point where the Jews must understand. The other day I was reading—today only—some discussion with the Archbishop of Canterbury took place and the fellow was asking him questions as if he was asking questions to God. And, in a way, he said also that "I would ask this question to God. That why is it so many Jews were killed?" They asked for it! They wanted that they must suffer because they wouldn't give the credit of suffering to Christ. They thought we all had to suffer. Ego. It's ego. "How did anybody suffer for us, we must suffer separately." They couldn't give that credit to Christ. And all the later thinking was that we must suffer. So, whatever you think comes into action on this gross level. So Mr. Hitler was born and he made them suffer; and the stupidity of human beings is responsible for all the problems that are created on this earth. The other question was "how the children get leukemia, he would ask God." How children get leukemia. If the parents are so frantic and speedy, children have to get it. If you are not relaxed person when you are married, when you are going to have a baby, you are thinking of divorces and all sorts of nonsense, that franticness will work on the child. Psychologically it is a left-side problem, and the child has to be a patient of leukemia as soon as he's born. That is what it is!

So, the problems are created by human beings because of their stupidity. There is no problem that God has created for you. He has solved all your problems. All our problems He solves. You've seen in Sahaja Yoga how He solves your little-little problems even. But, we create problems for ourselves, by our stupidity, by our addiction to elements, to material things, to material habits. Matter sits

on our head—that is, we can say on the level of the earth element.

Then, we have other problems, like emotional attachments: this is my daughter, this is my child, this is my..., this is mine, I'm so attached to my child, this my country, this is your country. We create problems. This Falkland thing, what we're going to get out of this territory? God never created Argentina, Chile, England and all that. She created one homogeneous structure and it is to look after each other—like a heart is created, a liver is created, a brain is created, a nose is created. If they start fighting, say this eye starts fighting this eye... we laugh. But we human beings do the same thing. We are all the time doing it. This is the stupidity of human beings, which is creating problems. And when you become very stupid, somebody horrible takes advantage of that and comes on this earth, just like Hitler, and he tries to put you right.

You don't need all that. You need only wisdom and your realization. And that is what is done today—that you have got realisation. So Easter for Sahaja Yogis all over the world is the most important happening: because if it had not happened it would not have been possible to give realisation to people.

I think Gavin will read it out to you later on about what is written about Christ in *Devi Bhāgwat** This book was written about 14,000 years back by Mārķendaya. So, imagine 14,000 years back! He knew, being a seer, just like Blake, what was going to happen when Christ was to come. But He was called as Māhaviṣṇu. He was not Viṣṇu. He was the Son of Viṣṇu, and how many Christians understand this about Easter? They don't. Christianity today is nothing but a mental activity which is dead, just nonsense, just like any other nonsensical religion. It has become just another foolish, stupid religion, which has no meaning. *Unless and until you get your*

realisation, unless and until you feel the vibrations, unless and until you feel this Divine surrounding Power, how will you understand? Because that's the only thing that is truth, that's the only thing that's reality. And unless and until you achieve it how will you know about Christ? And fighting about Him! How can you fight? I can't understand. To me it's stupid, gone to another extreme. By this thing what you do actually, is to use all these incarnations to kill each other. Can you imagine? The things that came to elevate you, to make you into higher living are now used, the same things, the names are used, to kill, to kill each other, to bring down each other. At the most, if you reach a point where you don't understand, then they start saying "it's a mystery." What is the mystery?

In Sahaja Yoga there's no mystery. It's all just there. To me human beings are a mystery. I don't understand them. I can't understand. *The Resurrection of Christ has to now be collective resurrection. This is what is Mahayoga.* Has to be the collective resurrection, and for this collective resurrection first of all, Sahaja Yogis must decide to be collective. Because through Kundalini awakening you cross, no doubt—you cross through. *But you enter an area of collectivity and if you do not allow that collectivity to permeate into you, then you come down. Supposing you become a state beyond the elements, the state where you are a collective being. You're aware that you're a part and parcel of the Whole. You're aware that you have to help your nose and your eyes because you're a part and parcel of the Whole. You reach that stage where you understand: I'm as important as other cells are and other cells are helped by me and they have to sustain me. We are one. There should be complete concord.*

This awareness comes after realisation and if you do not understand that this awareness, *that this collective awareness is the only way you can stay in that area, otherwise you get*

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out. You start having your smaller wells and you just go down into them. The more you start to expand yourself you rise higher and then you are again with your baddhas and whatever it is. But, if you think that I have to live for the whole, I'm responsible for the whole, I'm responsible for creating a nucleus of a cell which is going to look after the Whole and if I fall down the rest also suffers; I have no business to fall down because I have been resurrected to this point; I've entered into the state of collectivity where my being, which is the Spirit, is the collective being and I have to stay there, I have to be there, I cannot fall, is not the way I can live.

But, I've seen after realisation also, people cannot get out of their shells. They still remain in the shell. They cannot spread their wings and sing and get out of their shell and just fly. They cannot do it. They still stick on to their small ways of life in a smaller way, in every way. On a holiday you go, you want to have a separate holiday. Why? This is the holiday time—holy day, as they say, HOLY DAY. This the holy day. When you are with other Sahaja Yogis you are really enjoying a holiday. When do you enjoy a holiday otherwise? Which is the other way? To be with them is the real holiday. That is why one should understand that you should expand your collectivity. *If you do not expand your collectivity you are just a waste. You are a wasteful creation of Sahaja Yogis, which, I'm sorry to say, will go down.* Such people show also—in the beginning, gradually they start getting better and better and once you are in full state you start enjoying each other's company without any fears about them, without having any possessiveness about them without having any kind of expectations, but just enjoying it. That has to happen. All our cells in our body are like that. If they can do it why not we? Because we have so much of sense—at least we think we have more

sense than the cells have. At least it is expected because we have evolved so much from unicell to this state. And then you are the epitome of God's creation! You are the topmost people. Then why not? When you are resurrected the first thing that should happen to you is to understand you are no more an individual, but you are a collective being. You are no more an individual. All things which make you circumscribe your individuality—throw that away. You are no more an individual. All problems which come to you as individual problems are absolutely useless, false, wasteful. Think of the collective problems.

I enjoy such people. Like the other day Fergie was anxious to know for Bristol which points are there which are giving vibrations from the Mother Earth. He's worried about the whole of Bristol, all the Jamaicans. Then about the British people, and then of the whole world. You should be. One should not think how will my daughter get married, how can I get a ticket to go there? All these nonsensical ideas should be given up. *Because you are now entered into the kingdom of God and He's going to look after you. Because that state you establish within yourself—that you are a collective being. All other things will drop out.* Gradually everybody will be remoulded. Even the most difficult type, I've seen, have improved. But what about you, the one who is improving everybody else, what about you? How far are you there? How far in your faith that you know that I have entered into the Kingdom of God and that action of mine is looked after and guided by His power, and I'm aware of it? I'm aware that I've entered into the Kingdom of God, which is expressed through my collectivity. *So collectivity is the nature of a Sahaja Yogi and that's what one has to realise.*

May God bless you.

Description of the birth of Shri Jesus

CHAPTER III*

Addressing Nārada, son of Brahmā,

1-34. Narayana said :—“O Devarshi ! The egg (born of Moola Prakriti मूल प्रकृति) that was floating in the waters for a period equal to the life period of Brahmā, now in the fulness of time, separated into two parts. Within that egg there was a powerful Child, lustrous like one thousand millions of suns. This child could not suck mother's milk, as it was forsaken by Her. So being tired of hunger, the child for a moment cried repeatedly. The child that will become the Lord of countless Brahmāndas (universes), now an orphan having no father nor mother, began to look upwards from the waters. This boy came to be denominated afterwards by the name of Mahā Virāta (महा विराट्), when he became gross and grosser. As there is nothing finer than radium so there is nothing grosser than Mahā Virāta. The power of this Mahā Virāta is one-sixteenth of that of Shri Krishna, the Highest Self. But this boy, (born of the Prakriti—Rādhā) is the Sole Stay of all this Universe and he is denominated by the name “Maha-Vishnu” (महा-विष्णु). In his every pore countless universes are existing. So much so that even Shri Krishna could not count them. If it were possible to count the number of the dust particles, it is impossible to count the number of the Universes. So there are endless Brahmās, Vishnus, and Maheshvaras. In every Brahmānda, there is Brahmā Vishnu and Mahesha. Each Brahmānda extends from Pātāla (पाताल) to the Brahmaloaka (ब्रह्मलोक). The abode of Vaikuntha ((वैकुण्ठ) is higher than that (i.e. it is situated outside of Brahmānda), again the abode of Goloka (गोलोक) is fifty koti yojanas (50×10×4×2 million miles) higher than Vaikuntha. This Goloka Dhāma (गोलोक-धाम)

is eternal and real as Shri Krishna is eternal and real. This world, composed of the seven islands, is surrounded by the seven oceans. Forty-nine Upa Dvipas (उप द्वीप, smaller islands adjacent to them) are existing here. Besides there are countless mountains, and forests. Higher than this earth is the Brahmaloaka (ब्रह्मलोक) with seven heavens, and below this are the seven Pātālas. This is the bounding limit of Brahmānda. Just above this earth there is the Bhurloka (भूर्लोक); above is Bhuvarloaka (भुवर्लोक); then Svarloaka (स्वर्लोक), then Janarloka (जनर्लोक), then Taparloka (तपस्लोक), then Satyaloka (सत्यलोक), and above that is Brahmaloaka. The splendour of Brahmaloaka is like that of molten gold. But all the substances, whether outside or inside this Brahmaloaka, are transient. When this Brahmānda (ब्रह्माण्ड cosmos) dissolves, everything dissolves and is destroyed. All are temporary like bubbles of water. Only Goloka and Vaikuntha (वैकुण्ठ) are eternal. In every pore of this Mahā Virāta is existing one Brahmānda (cosmos). What to speak of others, even Krishna cannot count the number of these Brahmāndas. In every Brahmānda there is Brahmā, Vishnu and Mahesha. O Child Nārada ! In every Brahmānda, the number of the Gods is three kotis or 30 millions. Some of them are the Dikpatis (दिक्पति the Regents of the Quarters); some are the Dikpālas (दिक्पाल the Rulers of the Quarters), some are asterisms, and some planets. In the Bhurloka, there are four Varnas (वर्ण Brahmins, etc.) and in the Pātālas there are Nāgas (नाग). Thus the Universe exists composed of moveable and non-moveable things (this is Brahmānda Vivriti ब्रह्माण्ड विवृति). O Nārada ! Now the Virāta Purusha began to

*SHRIMAD DEVI BHAGAVATAM, Chapter III of IX book.

look up to the skies again and again but He could not see anything within that egg except the void. Then distressed with hunger he cried out repeatedly and became merged in anxiety. Next moment getting back his consciousness, he began to think of Krishna, the Highest Person and saw there at once the eternal light of Brahma. He saw there His form as deep blue like new rain-cloud; with two hands, garment of a yellow colour, sweet smile on His face, flute in His hand and He seemed to be very anxious to show His Grace to Devotees. Looking at the Lord, His Father, the boy became glad and smiled. The Lord, the Bestower of boon, granted him boons appropriate for that moment "O Child! Let you possess knowledge like Me; let your hunger and thirst vanish; let you be the holder of innumerable Bramāndas till the time of Pralaya (प्रलय the universal dissolution). Be without any selfishness, be fearless and the bestower of boons to all. Let not old age, death, disease, sorrow, nor any other ailments afflict thee." Thus saying, He repeated thrice on his ear the six-lettered great Mantra "Om Krishnāya Svāhā" worshipped by the Vedas with their Amgas, ("ॐ कुण्डलय स्वाहा:"), the Giver of desires and the destroyer of all troubles and calamities. O Brahmā's Son! Thus giving the mantra, Sri Krishna arranged for his fooding thus: "In every universe, whatever offerings will be given to Shri Krishna, one sixteenth of that will go to Nārāyana, the Lord of Vaikuntha and fifteen-sixteenth is to go to this boy, the Virāta." Shri Krishna did not allot any share for Himself. Himself transcending all the Gunas, and Full, He is always satisfied with Himself. What necessity is there for any further offerings? Whatever the people offer with devotion, the Lord to Lakshmi, the Virāta eats all these. Bhagavān Shri Krishna giving thus to the Virāta the boon and the Mantra said:—"O Child! Say what more you desire; I will give you that instantly." The Virāta boy, hearing thus the words of Shri Krishna,

spoke:—"O Thou Omnipresent! I have got no desires whatsoever, save this, that as long as I live, whether for a short time or for a long time, let me have pure Bhakti towards Thy Lotus Feet.

35-41. In this world he is Jivanmukta (liberated whilst living) who is your Bhakta; and that bewildered fool is dead while living who is devoid of any Bhakti to Thee. What needs he to perform japam, asceticism, sacrifice, worship, holding fasts and observances, going to sacred places of pilgrimages and other virtuous acts if he be without any bhakti to Shri Krishna? Vain is his life who is devoid of any devotion to Shri Krishna, under Whose Grace he has obtained his life and Whom he does not now pay homage and worship. He is endowed with Shakti as long as Atma (Self) resides in his body; no sooner the Atma departs from his body all the Shaktis accompany him. O Great One! And thou art the Universal Atman (soul) who transcends Prakriti, Who is All will, the Primeval Person and of the nature of the Highest Light." Thus saying, the Virāta boy remained silent. Shri Krishna then, spoke in sweet words:—"O Child! Let you remain as fresh as ever like Me. You will not have any fall even if innumerable Brahmas pass away.

42-57. Let you divide yourself in parts and turn into smaller Virātas in every universe. Brahmā will spring from your navel and will create the cosmos. From the forehead of that Brahmā will spring eleven Rudrās for the destruction of the creation. But they will all be parts of Shiva. The Rudra named Kālāgni, (कालाग्नि) of these eleven Rudras, will be the destroyer of all this Vishvas (cosmos). Besides, from each of your sub-divisions, the Vishnu will originate and that Bhagavān Vishnu will be the Preserver of this Vishva (world). I say that under My favour you will always be full of Bhakti towards Me and no sooner you meditate on Me, you will be able to see My

lovely form. There is no doubt in this; and your Mother, Who resides in My breast, will not be difficult for you to see. Let you remain here in ease and comfort. I now go to Goloka". Saying thus Shri Krishna, the Lord of World disappeared. Going to His own abode He spoke instantly to Brahmā and Shankara, skilled in the works of creation and destruction :—"O Child Brahmā! Go quickly and be born in parts from the navels of each of the smaller Virātas that will arise from the pores of the Great Virāta. O Child Mahādeva! Go and be born in parts from the forehead of each Brahmā in every universe for the destruction of the creation; (but be careful that you not forget) and perform austerities for a long, long time." O Son of the Creator Brahma! Thus saying, the Lord of the Universe remained silent. Brahmā and Shiva, the auspicious, bowing to the Lord, went to their own duties. On the other hand, the Great Virāta that lay floating in the waters of the Brahmānda sphere, created from his every pore each smaller Virāta. That youth Janārdan of the form of the Great Cosmos, wearing yellow garment of the bluish-green colour of the Durba grass, lay sleeping pervading everywhere. Brahmā took his birth in His navel. He, then, after his birth, began to travel in that navel-lotus and in the stem of the Lotus for one lakh yugas. But he could not find out the place whence the lotus or its stem had sprung up. O Nārada! Then your father became very anxious and came back to his former place and began to meditate the Lotus

Feet of Shri Krishna. Then, in meditation, with his introspective eye, he first saw the small Virāta, then the endless great Virāta lying on the watery bed, in whose pores the universes are existing and then he saw the God Shri Krishna in Goloka with Gopas and Gopis. He then began to praise the Lord of Goloka when He granted boons to your father, and he began to do the work of creation.

58-62. From the mind of your father, were born first Sanaka and other brothers and then from his forehead eleven Rudras sprang. Then from the left side of that small Virāta lying on the bed of waters, the four-handed Vishnu Bhagavān, the Preserver of the Universe, came. He went to Shvetadvīpa, where he remained. Then your father became engaged in creating this Universe, moveable and non-moveable, composed of three worlds, heaven, earth and Pātāla, in the navel of that small Virāta Purusha. O Nārada! Thus from the pores of that great Virāta each universe has sprung and in every universe there is one small Virāta, one Brahmā, one Vishnu and one Shiva and Sanaka and others. O Best of twice born! Thus I have described the glories of Krishna, that give exceeding pleasure and Moksha. Now say what more you want to hear?

Here ends the Third Chapter of the Ninth Book on the Origin of Brahmā, Vishnu and Mahesha and others in the Mahā Purānam Shrimad Devi Bhagavatam of 18,000 verses by Maharshi Veda Vyasa.





Her Holiness Shri Mataji's Advice

No one, so far in the history of spirituality, has ever raised the Kundalini in such a short time, as you people are doing. It moves under your fingers. It is absolutely Shri Ganesha's power which is given to you.

The Ganesha shakti is given to you by Shri Ganesha Himself within you, to give you the confidence. To give you the confidence that you can raise the Kundalini, but not the feeling that you are raising the Kundalini. If you go on without surrendering yourself to Sahaja Yoga, after some time you will lose this power very fast.

At the time when you are moving your hand on Kundalini, it is the greatest power you are using. I don't know how much 'shraddhā' (faith) you have for yourself and about the power you have got. At that time there will be no obstruction on your hand by anyone whatsoever.

When you are raising the Kundalini, attention of the person who is taking the realization from you, will not be attracted by outside things. That means you can raise the Kundalini at any time, because, at that time you reside in the lotus which is closed.

At the time of Kundalini awakening you will not have baser or impure feelings about the person to whom you are giving the realization. May be before and after, but not when you are giving the realization. These dirty feelings will not come to you, automatically. You do not have to stop your mind, automatically it will work.

You will be absolutely satisfied. Even if you are hungry, you will not feel the hunger or any physical need at the time you are giving the realization.

There will be no distraction of any kind. You won't do anything that is indignified. At that time you are being blessed with dignity. At that time you will never joke, nor will you make fun nor will you be frivolous. You talk to the person in such a manner, that the person becomes wise and you also talk only that which is wisdom.

These powers can be maintained if you try to follow Shri Ganesha. These are His powers.

Three powers of Adi Shakti work in you. One gives you longevity and clears out ideas about your desire.

If your desires are right, all your desires are fulfilled by these powers. But, the first thing you should know is that the desires should be right. If your desires are clear-cut then they will be fulfilled. That power you can achieve only by putting your bandhan on your heart. Whatever desire you have, say and put it on your heart, means you are asking from your heart, seven times. You just give it a bandhan and the work will be done. But don't use it for non-sensical things, because, if you use it for non-sensical things, this power will go away. Use for something special, of a higher level.

Everybody will be magnetically attracted towards you and you will be always guided by great souls and angels.

This power of desiring, protects you in all the way that is possible. It guides you, looks after you, gives you peace and tremendous faith in Sahaja Yoga. Ultimately you become filled with the joy of Sahaja Yoga and you do not like anything, else, but Sahaja Yoga. But sometimes we identify ourselves with our ego and we think, our ego is Sahaja Yoga. Many a time I have seen, people like it because it is identified with their ego. It should be separated from that, and should be brought in our lives, in our day to day life. When we are meeting each other, when we are talking to each other, that you should see, one ripple falling, and another rising and another rising and another falling, as you see the sea, becoming one with each other.

By the middle power, you will give realization to the people, tell their chakras, you will be able to correct your chakras. By this power only, you will have a very great power over your will. You will be what you decide to be. You can transform yourself without any difficulty. There are many powers of Mahalakshmi which you have to achieve but for that your Sushumna has to be cleaned very much. For that you have to develop detachment in life. Unless and until you develop detachment, the deeper powers of Mahalakshmi do not come up. For example, in the small things like, having connections with me, even that one is to be a detached thing. This detachment has to be developed for your Mahalakshmi power. Then you go beyond. Your timings will be worked out correctly. You wouldn't have to see the time. To preserve this power of time you must not hurry up too much, not be the slave of watch. Just let it go. Do not have any obstinacy about anything.

Just allow yourself to be drifted with the flow of Sahaja Yoga. If it works out, well and good. If it does not work out, well and good. Just keep it like that and then you will be sur-

prised, how this Mahalakshmi power improves and the blessings of this power are tremendous.

Like that, you have thousand and one powers awakened within you. For example, in Vishuddhi Chakra, you have sixteen thousand powers awakened in you, as you are today. But when you speak you don't understand that you are a Sahaja Yogi, when you eat you don't understand that this tongue belongs to a Sahaja Yogi and it should not hanker after anything. Thinking too much about food spoils your Vishuddhi, very badly. Then talking ill about anyone, complaining about anyone to me will spoil your Vishuddhi. If I ask and you say something, it is all right, but all the time talking ill about each other will spoil your Vishuddhi.

When you judge others you should know that you are being judged by God. In judging others, God has judged you also. It is His judgement which is going to decide how far you are. Those who are in Sahaja Yoga today, may be, some, who think that they are great Sahaja Yogis, big people. But may be they are not; and those who think that they are not and that they want to increase and improve their Shakti, they may be the people who are occupying very high places. So, under these circumstances one should never boast and should not have false estimation about oneself. That is the way you can preserve your powers much better, of your Vishuddhi.

Also I have seen, people start discussing me in a very funny way. I think best way to deal with the problem is not to speak about me and if you want to speak, you must know that it should be absolutely positive, otherwise you are harming yourself and harming others. So, that's how your Vishuddhi Chakra problems are increasing and they go on increasing specially when you try to confuse yourself and to quarrel with yourself and think that Sahaja Yoga has gained by your

coming. You have gained and not Sahaja Yoga. Sahaja Yoga is proved by itself. It does not need your help. If there is truth, then by accepting the truth, you have enhanced, your position has enhanced, not the position of the truth. So this idea must go from your head right away.

It is the easiest to keep your Vishuddhi all right when you keep yourself in state of witness.

That is possible if you develop the habit, after realization, that everything that you do and want or face, is put into Nirvichāritā, into thoughtless-awareness. If you start that habit, you will be amazed, your witness state will improve and that will rise in your being.

It is very important to understand that without transformation you have no meaning. Whatever you are, do not identify yourself with that, but whatever you want to be, you try to be that. And this power you have got. Put your attention always on positivity and not on negativity. Normally, I have seen that

negative people turn towards the negative people.

You have got curative powers. You know that you can cure people. But do not get into that mess, because, there Mahāmāyā plays Her part. If I find that you are getting very much involved in a particular case, then I stop it. I do so many things by which I just stop it and then you cannot have that power in you. On the contrary you suffer quite a bit because you do not know how to protect yourself from all these bad things. So, I have to request you that before starting to cure others you first cure yourself fully, and also you can use my photograph for curing others.

You are a lamp that is burning a light which enlightens others in their minds. It is very great thing. Earlier, even one person like that was in billions and billions of people and now there are so many of you. But quality wise, if you don't rise, it is going to be a hopeless case. So you must improve your quality.

The Awakening

Woken from a night of dreams
Of dread fear and uncertainty
And sprinkled far and few between
vague glimpses of reality,
As shadows flee and draw away
I open up my eyes to see,
With selfless love and gentle care
A Longed-for Face bends over me.
Then slowly recognition grows
Of She for whom I've ever sought,
And follows bliss and grace untold
And joys of which I had dreamt not.
Continues with increasing strength
the reunion started on that day,

And songs are sung with loudening voice
which chase all sleep and doubt away.
On high a Blessed Flower unfolds,
the light grows as it further blooms ;
Faces upturned towards the truth
rejoice to behold the doom of Doom.
The Fair Mother whose unfading voice
awakened me with gentle calls
Ascends with power and majesty:
The Ageless Goddess, the Source of All.
She takes Her seat above that Flower
whose center forms a throne of gold,
And reveals to all the Age of Truth ;
Through consciousness and bliss—behold!

—Christine

READY FOR THE WAR ?

"Ready for the war?" asked Shri Mataji Nirmala Devi a choir of Sahaja Yogis who were singing some battle hymn on the tenth February '83 in Delhi. Well, are we ready? What weapons do we master, what are the rules of the battlefield, what about tactics and strategy?

THE WEAPONS: Weapons are of two kinds: defensive (shield, armour, helmet) and offensive (sword, spear, bow and arrows). At the time of Shri Rama the fight was rather uncomplicated: I aim my arrow, I shoot, I kill... and it's a great pleasure to see the rakshasa falling. At the time of Shri Krishna the importance of the weapons' quality was immense: Arjuna would not have defeated Karna had not Shri Indra tricked Karna into giving him the breast plate from Shri Surya that made Karna invulnerable. At the time of Shri Mataji Nirmala Devi what are the weapons of the men of God?

Upgraded weaponry of the twentieth Century's war of the yogis is too complex a subject to be adequately introduced here. Furthermore the Sahajland Intelligence Service would not allow the release of sensitive, classified informations on yogic defence systems that the bhootish nasties are still unsuccessfully trying to penetrate. However I have been permitted to expose here a few basic principles.

Defensive weapons: The essence of the yogic defence system is expressed in one word: *purification*! Time and again we are using the techniques of Sahaja Yoga to cleanse the various koshas (envelopes) of our psychosomatic instrument so that negativity will lose its grip on it, so that it will not find in our system any dark and remote corner where it would hide and plot, waiting for the ripe moment to assault us. Negativity knows the penetration axis of our system (left swadhistan, nabhi, agnya) but it is most effective when

riding the wave length of our possessiveness and attachment. Sahaja Yogis who have understood this are therefore quite careful not to let marriage, family, job, power trips or any such human relationship become a trap for them. Indeed the successful culmination of the purification trend is detachment. Where there is no attachment, there is no ground for negativity to occupy. The yogi who is detached has vanished, has become invisible to the eyes of negativity; he can't be found anymore. He himself, however, can search out, find and destroy negativity if he chooses to do so. Such a yogi joins then the crack unit of the Sahajland Defence Forces, the Yogeshwari bhakta squadron, named after the principle which rules it.

Offensive weapons: The essence of the yogic attack system is expressed in one word: *attention*! Attention (chitta) is the edge of the consciousness (chit) and the more concentrated the consciousness can be, the sharpest its edge. Sahaja Yoga teaches many meditation exercises to foster the concentration of the consciousness and to strengthen the chitta (cf Rajabhai Modi's lecture at the New York seminar in October '83). The chitta of an evolved Yogi works as a vibrations forward delivery system. As a laser beam launched from the nirvichāra platform (thoughtless awareness), the enlightened attention concentrates the Chaitanya Shakti (power of vibrations) on an identified sphere of negativity. As a mantra propelled missile, it directs the vibrations of a specific deity or divine aspect against the point of negativity which corresponds to the evil, antagonistic force opposed to this aspect. In both cases two results are possible. Either the negativity is right away pulverised. Or the negativity is too strong to be destroyed but then, the chitta

instantly switches itself on to the Sahajland Telecommunication Network and passes all the relevant informations concerning the obstacle on to the unconscious which, in turn, passes it on to the Supreme Command (See *Nirmala Yoga* issue Jan. Feb. '83 pg 32). The Supreme Command takes over. Really, in the aquarian age, the bhoots are having a bad time. But it is'nt compulsory to feel sorry for them.

THE BATTLEFIELD : There are two battlefields : the microcosme of our own individual being and the macrocosme, the field of the cosmic fight between Shri Mataji's devas and angels against Satan, the collective principle of Evil. When you free the first from adverse interferences you join in the second as a nicely tuned instrument. The struggle takes place on various levels. But one could perhaps say that it is still largely a guerilla struggle of the yogis freedom fighters against the various dark lords who have enslaved this planet; against their human, ex-human and less than human troopers. It is quite interesting to realise how, at the time of the battle of the Kurukshetra, Shri Krishna who is the lord of dharma, taught the Pandavas to discard the rules of military dharma of their time. In today's battle also, the higher goal of manifesting the victory of the Spirit overrules all the smaller dharmas. That is why there is a great versatility in move, manoeuvres, styles and camouflage in the Sahajland fighting forces. No one can ever predict how they will operate !

TACTICS AND STRATEGY : First question: "Should we fight the negativity or should we avoid it?" —The answer given by Shri Mataji : "If you can fight,

do it, if you can't, run away". Hence a flexible response which covers all situations. First principle : concentrate all your forces on that precise point of the battlefield where the enemy lines can be broken. How ?—By putting our attention on Shri Mataji. Why ?—All the angels, ganas and shaktis at once rush to the rescue, riding the beams emitted by Her Lotus Feet. After all, the Goddess is called "ranapanditā", that is, mastering the science of wars and battles. Thus we can now limit ourselves to stating the basic principles of sahaja warfare. All a sahaja warrior needs knowing is to call the Divine Mother's attention on his Kurukshetra. "Strike, Arjuna, by Me all these foes have already been slain". Shri Krishna made plain to His disciple that He is the real Doer. Sahaja Yoga proves this truth to be eternal.

As far as strategy is concerned, classified information available only to inner core yogis cannot, of course, be released here. Even these yogis don't know the long term plan of the Supreme Command which is drafted outside of time and space, and thus, beyond mental computation... useful security check against the spies of Avidya land. For centuries together they have tried to locate Armageddon, the site of the last struggle. But....when the last seeker will have left Sodome and Gommorrha, when the armies will camp before Sambhalpur, when all the yogis of the earth will be integrated into the Sahaja land Telecommunication Network, when all the horses will have become white like snow... they may well get the answer.

JAI MATAJI !

Vienna, 21 November 1983

Gregoire



AMERICA CALLING

Dharma is the sustaining force of human civilisation. Without Dharma the civilisation lacks its evolutionary momentum and starts moving in a linear direction. Whatever moves linearly is destined to reach a dead end. The recent American tour of Shri Mataji was a tryst with the Dead Sea. How to cope with a society which lives between the choice of suicide and cancers. Only the Divine Force could handle such a colossal task and that is precisely what the Adi Shakti did.

The threshold was opened by a very positive seminar with the Jungian Society in New York. The worn and ancient shoulders that had carried the burden of C.J. Jung were happily relieved by the living force of Sahaja Yoga.

Thereon the sails of Sahaja Yoga gathered force in Los Angeles and an impressive meeting in San Diego. The media followed close at heels and nearly all mornings were spent beyond closed doors of T.V. recordings.

Sahaja Yoga came to a new light in San Francisco where even Pastors and Rabbis were attending on Shri Mataji. Two popular Rabbis sang songs in praise of the Mother.

The seminar held at Santa Cruz was a great success. It was attended by over 150 potential Sahaja Yogis. Shri Mataji said many wonderful things. A great Havan was performed for all America. The prayers and pujas which all Sahaja Yogis of the world had been offering every Saturday seemed to be answered. It was indeed a deep experience.

It was evident that those who were seeking had all been to some guru or cult. Had the Adi Shakti come too late? No, She reminded them that She had come 10 years ago but no one paid heed to Her. She had then warned them of all the false gurus and all the problems. She had been the first to come. The tone softened, the radiant smile returned. We all took heart again as She said: "Never mind, come my children".

The compassion and love of Shri Mataji blessed the shores of Vancouver and Toronto. Boston proclaimed a rousing welcome from the portals of the American Ashram. Shri Mataji cleared the Hamsa Chakra and New York became receptive to Sahaja Yoga. Many great names from the United Nations got their realisation and a great reception was hosted at the U.N. for Shri Mataji.

By now Shri Mataji had already been in America for over a month. The season had changed and the time had come to say good-bye. In a beautiful setting in a forested area, north of New York, the parting seminar was held. Over 80 Sahaja Yogis from all over America were assembled amidst the Fall colours to hear the parting words of Shri Adi Shakti.

On a bleak rainy morning of the last day, looking towards the heavens Shri Mataji slowly said: "Lord Krishna must stop playing His games".

—
Yogi Mahajan



West Coast receives Shri Adi Shakti

To say the least, it has been extremely successful. It started with a Puja in New York, then Mother came to Los Angeles where we met Her. It was so Joyous ! !. We had a grand puja and two TV shows—(one was live). Both interviewers got their realisation and it was all tremendous. Then Mother flew on to Houston, where they had a Puja, and Public programmes Not too many people came. Then back to Los Angeles where we had a public programme on Saturday the 24th Sept. There were about 200 people with an organised negative reaction from 6-7 placed Christian fanatics. But the audience was with Mother.

Next day (Sunday 25th Sept.) was a programme in San Diego. Shri Mataji arrived about (12.30—1.00) p.m. and we had a Picnic lunch (very good !). Mother was very pleased with San Diego. We had a public programme in the evening, and the Hall was Jam Packed ! It was highly successful, and Mother stayed on after the programme to talk to, and work on individuals. After that She took us all out to dinner to celebrate. She said, "We must go and celebrate now".

Next morning was a Radio recording in San Diego which was very successful, Shri Mataji was very happy. That Radio studio sends the recordings to 400 Radio stations for relay all over the World ! Then She had a newspaper interview by the San Diego Union, which also went very well. Very positive. Both Radio and paper interviewers got their realisation. That evening was the programme in Los Angeles (Monday 26th) which went fairly well. (Slight disturbance).

The third programme i.e. on the 27th (Tuesday) : Right from the start, Shri Mataji came on them very forcefully, and it was one clean sweep!! About 250 people. And when Mother asked how many are not feeling it, only three hand went up. Then She asked them to ask, if it was the 'Cool Breeze of the Holy Ghost,' and it was just 'tremendous' ! She said, "Now ask, MOTHER, ARE YOU THE HOLY GHOST?" And every one just felt the vibrations so strongly. Then one man (negative) got up and asked "Did you say you were the Holy Ghost?"—And SHRI MATAJI stood up, and threw one arm up in the air and in a clear loud voice declared, "YES, I AM THE HOLY GHOST." And the whole hall stood up and started clapping. Everyone accepted HER just like that. It was the most joyous, powerful and breath-taking spectacle of my life. I could never imagine anything so tremendous!

Then followed programmes in San Francisco and a week-end seminar in Santa Cruz, at which there were 130-140 people. Very successful. We had a puja and Havan, at which Shri Mataji invited everybody After the seminar there followed extremely successful meetings in Santa Cruz, and Vancouver...

...We have been having regular follow up meetings. The regular people everywhere are so positive, its incredible! ...Things are really going very well.....

JAI MATAJI

Karan

(San Diego)

BOSTON
November 7, 1983

I

To Our Dear Brothers and Sisters in Sahaja Yoga.

I write on behalf of all the American Sahaja Yogis to express our heartfelt thanks for the support you have given us. What a blessing it is that Our Divine Mother has given us such dynamic and loving brothers and sisters! It was a great inspiration to us here in the Vishuddhi, the example *you all* set of collectivity!!!

In so many ways you have helped—with your beautiful letters that always emitted such cool and cleansing vibrations, your financial support that helped with covering the costs of the tour like Mother's airfare and the video equipment, and with your dynamic and joy giving presence in the case of those of you who came to the U.S.A. and Canada to help. We could feel the power of your desire buoying us up, giving us strength and security.

As a result, many very high quality seekers turned up to get their realization and there was a lot of media coverage that ranged from the neutral to the very positive. Even the so called 'neutral' coverage had great effect. For example an article by a very negative journalist in Toronto actually came out sounding not at all bad and 150 people called enquiring about how they could find out more as a result of reading it.

The foundations, by our Mother's grace, are laid now. We pray with all our hearts that the newly realized souls will now establish very quickly and that Sahaja Yoga may now truly flourish here and everywhere. We bow in joy and gratitude to Shri Mataji for Her profound blessings which made this all possible, and to you, our beloved brothers and sisters, for all your love, support and focussed desire. Thank You!!!!

Very soon a newsletter will be sent out describing in detail Mother's tour of America.
Lots of Love to you All, and Many Thanks.

JAI MATAJI !
—Steve Kirby

BOLO SHRI RADHA KRISHNA SAKSHAT SHRI ADI SHAKTI MATAJI SHRI NIRMALA
DEVI KI . . . JAI !

II

To Our Sahaja Brothers and Sisters

Jai Mataji,

Who would have believed that the North American tour of SHRI MATAJI would have come upon us and ended so quickly? It seems that just last week we were planning our beloved Mother's whirlwind schedule and now it is "over" and She has returned to England. We in North America, however, have been and continue to feel the loving vibrations of the collective Sahaja attention on this, our great continent and take this time to publicly and humbly thank all of you for your relentless Pujas, Bandhans and overall support.

To those of you who actually came to America to lend a hand, (Smile) please accept our heartfelt gratitude and may our Mother's gracious love and blessings abide with you always. We know it wasn't easy to cope with our idiosyncracies, egos and attitudes at times but with the Grace of SHRI MATAJI you gave of yourselves thoughtlessly and selflessly without quarrel or question. Surely our Mother has demonstrated Her great love for America through you, our generous brothers and sisters.

Please continue to give us your attention as it is very much needed and know that we look forward to the day that we fully release our Divine Potential as the Vishuddhi and proclaim the glory of our Mother so loudly it will be heard around the WORLD.

JAI MATAJI

Love and Thanks

—Andrea (N.Y.)

By the Grace of Ganesha

I came to Sahaja Yoga, as many Western seekers do, with a badly damaged Mooladhara Chakra. Although I had received my realisation in late 1982, my vibrations were pretty sluggish until I was honoured to receive in October 1983, Her Holiness Shri Mataji Nirmala Devi who stayed in my apartment in Toronto during her 1983 North American Tour.

According to some of the more subtle Sahaja Yogis travelling with her, she wrought a miracle during her 4 days with us by transforming the quality of my vibrations. After her departure, my hands sang. But 15 years of a lifestyle incompatible with finding God had taken their toll and my Mooladhara Chakra needed to be reset.

I had a detailed conversation with Rajabhai Modi at the New York Seminar which brought Mother's North American Tour to a close in late October. I returned to Toronto armed with Shri Modi's suggestions and a determination to work on resetting the Mooladhara.

Two weeks after my return I spent doing an intensive homeopathic weekend to clear me through blockages in the spiritual, mental and physical bodies. The night I took the remedy prescribed—it was Thuja, the Tree of Life—I had a vivid dream.

In the dream I was face to face with an enormous elephant. I felt fear at first as large animals have always scared me. But it seemed so gentle I soon gave up the fear. I wished I had something to give it as it caressed my hand with its trunk. I thought it was looking for sugar or something to eat but on awakening realised immediately that it was touching the heel of my palm : the location of the Mooladhara Chakra.

When I woke up I knew instinctively that the elephant was Shri Ganesha. I went into meditation and to my surprise felt no tingling on my palms where I had always felt heat from the damaged Mooladhara. It was nothing short of a miracle.

I wanted to share the joy and humility I felt with others but only Sahaja Yogis can understand. As a Westerner, Shri Ganesha is not familiar to me, but from that day on I feel personal and deep love for gentle elephant-headed God. It was the culmination of the healing started by Shri Mataji while she was in Toronto. I had this dream in the bed used by Shri Mataji only a few weeks before. By the grace of God, two miracles in a month have turned me away totally from the past and set my footsteps in a new direction.

JAI MATAJI

Toronto
November 7, 1983

—Michael Knite



108 NAMES OF LORD JESUS CHRIST

AUM We bow to the one who is the only Son of His Virgin Mother, in whose every pore of his body galaxies whirl as dust, who was born to teach us of His Father, Sadāshiva, the Everlasting Almighty God. Amen.

AUM Twameva Sakshat Shri Jesus Sakshat Shri Adi Shakti Bhagavati Mataji Shri Nirmala Devi Namonamah.

He is the Primordial Being, the Aum.

He is Vishnu and the Son of Vishnu.

He is Mahāvishnu.

He is Pure Pranava Energy.

He Contains Millions of Universes.

He was Born in the Primordial Cosmic Egg.

He was Conceived in the Heart of Shri Mataji.

He was Fortold by the Prophets.

He was Heralded by a Star in the East.

He was Attended by the Three Magi, who were Brahmā, Shiva and Vishnu.

He was Born in a Stable.

He is the Teacher.

He is a Friend of the Cows.

He was Attended by Cows.

His Father is Shri Krishna.

His Mother is Shri Rādhā.

He is the Saviour Who Burns all our Sins with His Fire.

He Adorns the Agnya Chakra.

He is Light.

He is of the Nature of Sky.

He is Fire.

He Performed Miracles out of His Compassion.

He Whose Cloak was Touched.

He is a Friend of Ascetics.

He is Worshipped by Families.

He is the Bija Mantrās Ham and Ksham.

He is the Forgiver.

He Allows us to Forgive.

He is the Spirit.
He is Born of the Spirit.
He Who was Crucified and Resurrected in Pure Spirit.
He Who Rose after Three Days.
He is Peace.
He Absorbs all Thoughts.
He Abides in the Adī Agnya Chakra.
He Who Promised the Comforter Who is Shri Mataji the Holy Spirit.
He Who Returns as a King.
He is Shri Kalki.
He is the Principle of Evolution.
He is the Support of our Evolution.
He is the end of Evolution.
He is the Evolution from Collective Subconscious to Collective Consciousness.
He is the Narrow Gate.
He is the Way to the Kingdom of Heaven.
He is the Silence.
He is Lord Kārtikeya.
He is Shri Mahāganesha.
He is the Purity of Innocence.
He is Continnence.
He is Generosity.
He is the Light in the Eyes of Shri Mahālakshmi.
He is Obedient to His Mother.
He is the Perfect Sahaja Yogi.
He is the Perfect Brother.
He is the Embodiment of Joy.
He is the Embodiment of Gentleness.
He Spits out the Half Hearted.
He Who Condemns Adulterous Eyes.
He Condemns All Fanatics.
He Who is Uninterested in Riches.
He Who Gives All Riches to His Devotees.
He Who is Pure White.
He is the Sacred Heart.
He Wears a Crown of Thorns.
He Who Condemns Misery.
He Who Suffered so that We should Enjoy.
He is a Child.
He is Ever Ancient.
He is the Alpha and the Omega.

He Who Gives the Kingdom of Heaven equally to those who are First or Last.
He is Ever with Us.
He is Beyond the Universe.
He is the Sign of the Cross.
He is Above Discrimination.
He is the Witness.
He is the One Who is Witnessed.
He Who Overcomes Temptation.
He Who Exorcises Evil.
He Who Condemns Occult Practises.
He is the Embodiment of Tapas (Penance).
He Worships His Father.
He is Hallowed by His Father.
He Whose Name is Holy.
He is Intelligence.
He is Wisdom.
He is Perfect Humility.
He is Angry with Materialists.
He Destroys Ego.
He Absorbs Superego.
He is the Destroyer of Desires.
He is the Pure Power of Desire.
His Church is the Heart.
He has the Eleven Destroying Powers.
He is the Destroyer of False Prophets.
He is the Destroyer of Untruth.
He is the Destroyer of Intolerance.
He is the Destroyer of Racism.
He is the Destroyer of Anger.
He is the Herald of the Golden Age.
He is Worshipped by Our Mother.
He is Praised by Our Mother.
He is Loved by Our Mother.
He is the One Who is Chosen.
He is Awakened in all Sahaja Yogis.
He Who Rides the White Horse at the End of the Age.
He is the End of our Fears.
He Guards the Gate of Our Mother.
He is the Only Way to the Kingdom of God.

AUM Shri Mahalakshmi Mahavishnu Sakshat Shri Mahavirata Sakshat Shri Adi Shakti
Bhagavati Mataji Shri Nirmala Devi Namonamah.

FESTIVALS

<i>Date</i>	<i>Date according to Indian Calender</i>	<i>Name of the Festival</i>
7th Feb. 1984	Month-Māgh, Shukla Paksha (Bright fortnight), Panchami (Fifth Day)	Vasant Panchami (Spring Festival) Puja of Mother Earth
29th Feb. 1984	Month-Māgh, Krishna Paksha (Dark Fortnight), Trayodashi (Thirteenth Day)	Maha Shivratri (Puja of Shri Shiva to celebrate the establishing of Shiva-tattwa on the earth)
17th March 1984	Month-Fālgun, Shukla Paksha (Bright-Fortnight), Purnima (Full-moon Day)	Holi, Festival of colours. To celebrate the killing of Holika. Shri Krishna played the divine game of colours with gopas and gopis and awakened their Kundalinis
21st March 1984	Month-Fālgun, Krishna Paksha (Dark-fortnight), Panchami (Fifth Day)	Equinox Shri Mataji's Birthday

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SHRI MATAJI'S PROGRAMME IN DELHI

<i>Date</i>	<i>Venue</i>
11th March 1984	... Village Tugana (District Meerut)
12th, 13th, 15th, 16th, 17th, 14th	... Mavlankar Auditorium, Rafi Marg, New Delhi
18th & 19th	... Sahaja Yoga Seminar at Garh Mukteshwar
20th	... Shri Mataji's Birthday Celebrations, Mavlankar Auditorium, Rafi Marg, New Delhi



“Every moment is a NEW YEAR for a Sahaja Yogi because he lives in the present and neither in future nor in the past gone by. For him every moment is a New Year, a new surge of joy (UMANG), a new wave. Just as one, while already swimming in the ocean of love is lovingly tossed every moment by the love all around, so also every Sahaja Yogi is to live in complete joy (ANAND) love (PREM) peace (SHANTI) and blissful delight (ALHAD आह्लाद) The question is whether we have learnt to swim thus ?

Only he should be called a Sahaja Yogi who has achieved complete satisfaction and tranquility (SAMADHAN समाधान) and his pure desire has been fulfilled. He should now enjoy the supreme and unique bliss of his immense capacity to give this to others”

—SHRI MATAJI

(From advice given in Hindi at Delhi, 3rd Jan., 1984)

PRAYER

At the Holy Feet of our Shri Mataji Sakshat SHRI NIRMALA DEVI, who is the embodiment of all Divine Grace.

O'Devi, all of us pray :

“May all of ourselves-brothers and sisters-Thy children, be completely filled with the peace, the Silence, the bliss of the Absolute, the joy of our Spirit.

May each and every moment of our lives involve us in adoration of Thy Lotus Feet and take us deeper into our foundations of Innocence and the beauty of the Spirit.

“May this magazine, born out of countless streams of Thy Love, ever grow fuller and vaster and ever flow with the majestic power of Thy Blessings; fully proclaiming Thy Compassion, Thy Love and Thy Glory.”

JAI SHRI MATAJI