



Christmas Greetings

SHRI MATAJI NIRMALA DEVI VISITS THE SOVIET UNION.

Shri Mataji was specially invited to address the 1st World Conference on Yoga organised by the Soviet Ministry of Health. She addressed a full house of Soviet doctors scientists and press and even gave them realisation. Her address was widely covered by the Soviet press and TV. On public demand another special programme was arranged for 700 people.

Shri Mataji also gave public programmes in Kiev and Leningrad. Answering many questions from her audience - assuring them notably that Communism had done them no harm at all by comparison with the Capitalism of America which had made them completely stupid. About Stalin she said better forget the past. Mr Gorbachev is a realised soul and every one should support him and not oppose him for petty reasons. She asked the audience to ask whether Russia was going to lead the world in spirituality. Everyone felt the cool breeze...Major Sahaja centres have been set up in Moscow, Leningrad and Keiv. Invitations for Sahaja programmes are pouring in from many other cities. A protocol has been signed with the Soviet Health Ministry for introducing Sahaja treatment. About 30 Russian Sahaja Yogis would be coming for the India tour this year and we all welcome them with all our heart.

Synopsis of Shri Mataji's talk at the Moscow University.

During the conference on 19.10.89

Today I am here to tell you about our Yoga system and its culmination. We had three types of movements in our country. The first one was the finding out the laws governing the universe. They also have been from the very beginning in the Vedas. V&d means to know but if the truth is not known then the whole study is useless.

Another system was a yearning to know the truth called bhakti or devotion. There was another important but secretive system to work out the self realisation of a

person. Even Patanjali who has written the Sutra in 8 parts talked of the physical part in the beginning like yama niyama but he did not stop there. Ultimately you have to reach the subtle power of love which I call as ritumbara pragnya. We had many yogis who started work on the middle path of human ascent like Gorakhnath, Adi Nath, Marchin Nath. They worked on the problem of human beings and how to make this ascent possible. They discovered in human beings in the triangular bone sacrum a residual power. Over 1000 years ago Markendeya talked about it. In 8th and 9th century AD Vasu Gupta wrote about it. So the culmination or last achievement is to ascend into a new awareness of your Spirit.

In all religions it is said that you have to seek the Eternal, and transitory things to be treated in its own limitations. But religions have gone astray completely. They have given terrible conditioning, people started fighting in the name of religion.

So this power resides in the triangular bone in every human being. When we become human beings from ameoba stage in the evolutionary process very subtle centres were created on the central nervous system. They are on the para sympathetic nervous system..

If we are seeking the truth we have to know that truth is what it is. Whatever you become you cannot see. If you are the light you cannot see the light. We have to know on the central nervous system the all pervading power and also we have to know how it works and we can work it out. At human awareness we cannot know the truth, we have to become the Spirit. The seat of the Spirit is at the top of the head at the fontanale bone area. The problem is to raise the kundalini and pierce it from the fontanale bone area to connect it to the all pervading power. When the kundalini rises it passes through six centres and pierces the fontanale bone area and it nourishes our physical, emotional, mental and spiritual being. It happens spontaneously, it is a living process, it is the last breakthrough in our evolution. You can feel it on your

finger tips as the cool breeze. Then you will know the problem with you.

In modern times we are so busy we have no time for anything. So modern Sahaja Yoga is developed in such a way that first you get your realisation, first you get the breakthrough then you see for yourself what's wrong with you in the little light you get. There is no end to knowledge. When you come in this room you want to put on the light switch and the whole light system comes on. Instead of going into the source and history of electricity better switch on the light - Sahaja Yoga works like that.

"EACH ONE OF US IS A MIRACLE. IN YOUR FACES I SEE A MARVELLOUS TRANSFORMATION. GOD TRIED TO CREATE A FEW ANGELS, HERE I SEE SO MANY. I FEEL TRANSPORTED TO A NEW WORLD, A DIFFERENT WORLD, A BETTER WORLD."

MR. C.P. SRIVASTAVA - DIWALI PUJA.

SHRI GANESH PUJA
TALK BY SHRI MATAJI-

(Synopsis)

August 10, 1989 - Les Diablerets - Switzerland

We have been singing the praise of Shri Ganesha before every puja and we have tremendous respect for Shri Ganesha, because Shri Ganesha is the symbol of innocence. If it is not awakened within us, we cannot enter into the kingdom of God and we have to enjoy the blessings of Shri Ganesha. We have to have our innocence fully blossoming. So we praise him and he's very easily pleased. Whatever we might have done wrong before coming to Sahaja Yoga, he completely forgives, because he is the eternal child. You have seen children, you slap them, sometimes get angry with them. They forget it. From the very beginning when a child is born to a Mother, he does not know what he has gone through. Then gradually the memory starts working and he starts storing things within himself. In childhood, the children only remember the people who have loved them, but when they grow up, they only try to remember those people who have harmed them, and that's how they make themselves very miserable.

But the principle of Ganesha is extremely subtle. It exists in everything. It exists in matter in the form of vibrations. There is no matter which is without vibrations. It has vibrations which are seen even in the atoms and molecules of all matter which is existing. So Shri Ganesha was the first one who was established in matter as well, and as a result we can see he exists in the sun, moon, the whole universe in the whole creation and he continues to exist in human beings also. Humans have the freedom to cover up their innocence and shut down the wisdom of Shri Ganesha and say that he does not exist. That is why we find that human beings are doing so many horrible things. But he acts. He acts in a way that he shows natural results of our wrong doings. Like if you do things which are not pleasing to Shri Ganesha, he goes up to a point, forgives you, and then he starts emerging out as physical disease and in women it becomes a mental disease. Also it can create problems in nature. The natural catastrophes are also only the curse of Shri Ganesha. When people start doing

wrong things, behaving in a wrong manner collectively, then the natural catastrophes come to teach them a lesson. So his essence, though he exists in everything, he also has the capacity to assert his will, to bring forth the destruction of the whole world.

We have the idea of Shri Ganesha as a minute being. We think he can go on a little mouse, so he must be very minute. He's as minute as he's great. He surpasses all the deities because of his wisdom. He is the giver of wisdom. He makes us learn. He's our guru in that respect mahaguru because he teaches us how we should behave. If you try to surpass him, or try to misbehave, even the mother won't support. Those who surpass Shri Ganesha are also the people who will never respect the mother. He does not know any other gods, so he is the power of complete surrender to Mother. That's why he's the most powerful deity among all the deities and nobody can surpass him in his power.

We have to understand that as children are growing, Shri Ganesha starts growing with them. But as they are human beings so they can try to overpower Shri Ganesha. So it is the duty of parents to see that they look after their children in a very detached way so that Shri Ganesha in them is settled. The first sign of Shri Ganesha in a child is wisdom. If the child is not wise, if he's troublesome and does not know how to behave, then it shows that Shri Ganesha is being attacked by him. And these days, in modern times, children are very much under attack. Innocence is under attack and it is very difficult for people to make a fine line as to how far to go with children and how far not to go.

He is the giver of wisdom. So the parents must understand that "If he's the giver of wisdom, there should be wisdom within me and if I have

the wisdom, I have the balance and I won't lose temper with children. But will try to correct them in such a manner that they will get corrected." On the contrary, if you try to be very harsh with your children, they might react and go astray. Or if you try to restrict them too much then also they will behave in the same manner. So one thing is to be taught to your children, as Shri Ganesha himself does, is to respect your mother. Your Mother, who is the holy Mother and your own mother. If the father does not make the child respect the mother then the child can never be alright. Because though the authority comes from the father, no doubt, but mother must be respected. For that it is very important that the mother must respect the father. So in the presence of children, if you fight with each other and misbehave, it will have a very bad effect on the Ganesha tattwa of the child. This upbringing is very important in Sahaja Yoga as by God's grace, you all have born realised children. So you must know how far to go with your children to make them wiser to be moral and righteous. First of all, try to preserve their wisdom. If they say something nice, you must appreciate but they should not say it out of place and out of grace. So the misbehaviour is not to be tolerated in the sense that whatever is wisdom within has to be expressed outside as light.

Now we go further within to see how far Shri Ganesha acts. For example, water that is vibrated is the Ganesha Tattwa being enlightened in that water. Then that water goes into your stomach or your eyes or wherever it acts in a way that it excites the Ganesha Tattwa into anything that you put it. You have seen miracles of agriculture. Once you excite the Ganesha principle into the seed, it becomes ten times or a hundred times. Even the mother earth which we think to be something dead can be vibrated. Supposing Sahaja Yogis walked barefoot on the ground, the mother earth gets vibrated. It will act on the trees, grass, on the flowers, everything.

Ganesha Tattwa understands things, organises and works out if it is awakened. Like a seed when it sprouts at the tip of the seed, there is a little cell which has the Ganesha Tattwa which is being awakened. It knows how to go down, how to go round a stone, and how to reach the source of water. But it has only the sense of how far to go to exist, to nourish itself on a very material plane, how to allow the tree to grow. But this Ganesha Tattwa starts becoming very very subtle at the point of agya-chakra .. At the time of agya-chakra, it understands that it now has the spiritual dimensions. The same Ganesha Tattwa which acted on the tip of a root now acts for the spiritual thing. That's why people close their eyes when they meditate. They don't want to see anything else, they just want Shri Ganesha to act for the meditative process of their Kundalini. This process of meditation when we close our eyes acts. At the time of sleep, the eyes keep moving.

This Ganesha Tattwa is now acted by your attention. If you have a roving attention, then it is affected. When we start looking at men or women all the time, then also our Ganesha Tattwa gets destroyed. Such people are more difficult for rising in their ascent because agya itself goes out. Then this Ganesha Tattwa can also be affected if you are very materialistic, always worried about your things, always worried about matter, then also Ganesha Tattwa can be lost. Like when we go to the shop and keep looking at everything and what to buy. But suppose you are buying something out of beauty, and you are doing it to please others, then it acts the other way round. Then it increases your ascent, if it is only sharing of the beauty of whatever you have bought. But suppose you buy things to make other jealous, then the Ganesha Tattwa can be destroyed.

It's a very motherly thing, like a mother wants to please her children give food to them. In the same way, you have Vatsalya (feeling of mother

for child). In that way, you also satisfy a very great Ganesha principle, is when you have taken note of the artists, as the artists are creating all beautiful things out of matter through swadistana. Without swadistana being governed by Shri Ganesha, it cannot be beautiful. These days, the artists are taking towards grotesque and immoral things, and these things are of no eternal value. Today, people will buy them and tomorrow they will throw them away. Only the things which have subtle Ganesha principle acting, which makes you feel peaceful, which makes you feel happy is the one which is appreciated.

So Ganesha establishes within you the higher self. The baser-self which enjoys all baser things in life is cut down or completely destroyed by Shri Ganesha. If you see Mona Lisa, she cannot be an actress, or win any beauty contest, but her face is very serene and motherly and pure. Why is it she is eternally so much appreciated? The reason is there is Ganesha principle in her. It's the mother. The story goes that this lady had lost her child and she would never smile or cry. When one little child was brought to her, and she saw the child, the smile that came on her face of her love for the child is being depicted by this great artist. Even the eyes of a crocodile cracking her eggs to take out the babies is so gentle and loving. But when you become modern, your actions are very funny. So love for your child has to be absolutely important, but as Sahaja Yogis you should not have attachment only for your child.

You must know how to give a complete margin to your love. The margin is benevolence. "Is it benevolent for my child? Am I spoiling my child? Am I encouraging my child too much? Am I playing into the hands of my child, or am I managing the child all right? Because in childhood the mother and the father have to manage the children. The children have to be obedient, because the parents themselves are not obedient

to each other. Also they find that the society is such where the children go on pestering their parents, so they also become like that, but doesn't matter, you are Sahaja Yogis, you should bring up your children, who should be obedient, wise and sensible with the same love which the crocodile has for her little crocodile.

All these things are very important in life to create very good relationship between ourselves. Those who are younger than us, those who are not so well off, or those who are not so much talented, or those who are not so equipped in knowledge of Sahaja Yoga, or those who are not so much senior in Sahaja Yoga, you have to look after them in a fatherly manner, or, we can say, in a very motherly manner. We have a Ganesha Tattwa, so excite the Ganesha Tattwa. They should feel dependance on us for achieving the inner, or the mastery of the higher state. As the guru principle is absolutely bound by Ganesha principle. So the one who does not have a Ganesha principle becomes a horrid fellow.

Life is a continuous process and one has to be all the time connected with the whole. Unless and until you are connected completely, you cannot understand the collectivity of innocence. Like child who comes and sits in the lap of another, just like he doesn't know who is the father or mother, and all are one. We now are a means, an instrument, a media by which we express the Ganesha Tattwa all over, which is vibrations. So these vibrations are nothing but the principle of Shri Ganesha. He is Omkara And when it is, it is the feeling of Vatsalya, the feeling of love between mother and child. That feeling is the one which is vibrations. The distance between the two is vibrations. And that's what one has to feel. That's what one has to feel, that he's a child still, and the Mother

is giving all the powers to the child, bringing up and loving the child, understanding the limitations of the child looking after all the sweetness all the wisdom of the child is to be appreciated. That is vibrations.

All the relationships that are between human beings and gods are through the Ganesha principle. So when it becomes a relationship between you and God, there are vibrations and then that same relationship should extend to everything that you do. You should see that what's good has vibrations.

Today, I want to tell you something very important about the all pervading power we have heard of. These are nothing but vibrations. The param chaitanya is nothing but vibrations, where all the identities are lost. Where mother is lost, father is lost, nothing remains, where it is subtle Vatsalya, that's all. And this is the only thing out of which everything comes and remains in itself. For example, the sun's rays come out, and try to create chlorophyll. Or from the ocean the clouds come out and try to nourish the mother earth. Everything is inside. This param chaitanya has got everything inside it. We can say, that everything is nothing but knowledge, is nothing but truth, is nothing but light. But when the folds of these come out, then we get into the folds of that chaitanya, then we become ignorant. Ignorance doesn't exist. Like there is darkness because there is no light. Once light comes, the darkness doesn't exist. What happens, is that people go into the folds of the ocean and are lost. Thus we must understand one thing very carefully, that we are in param chaitanya, we are made by param chaitanya, all the time we are surrounded by by it, only thing is sometimes we are lost in the folds. And why are we lost? Because of our own unawareness.

This awareness comes, that we are part and parcel of the whole. The whole thing is called as chidvilaasa, the playful enjoyment of God's

attention. Now you will say, "How can that be?". For example, we see the sun, and then we see the water in the lake. Because of the sun, we can see the water. Then suppose we see a mirage and we think this is the water, and then we run after the water. But the whole thing is the play of the sun. In the same way, the param chaitanya acts, and we get lost in our awareness that we are param chaitanya. That's why the play starts..

When you give bandhans, what you do is to put the chaitanya into action. In every action in everything you do, you should know it's the param chaitanya that acts. Only thing is, you have to be aware of yourself, and aware that it acts. And you just jump into that awareness, and it acts. So many people, though they know it in their brains, do not know it in their hearts. And so many people who know in their hearts, do not act in their attention. So only these three things you have to improve. One is your head, the other is your heart, and the third is your liver. If you can improve these three organs, this param chaitanya will act. But all this attention about money, there's nothing to it. Param chaitanya will create everything for you. It may not create money because it doesn't have a mind, but it will create possibilities and this is something to be understood very well. And it's so blissful to know that now you are aware of the param chaitanya and you can master it. Not dominated but you ask him like a Jinn, "Do this, do that". With respect, it will do it. To know that you are in param chaitanya, and that's how you can be very sweet, very loving, affectionate and wise.

May God bless you.

DIWALI PUJA TALK BY SHRI MATAJI AT

Montecatini Italy 29.10.1989. Synopsis.

The purpose of Diwali Puja is to feel the joy of God. Diwali was celebrated over a 1000 years ago when Shri Rama was crowned on that day. That means the benevolence of humanity was crowned on that day. He was the benevolent king as described by Socrates. It was a joyous thing that a benevolent king was crowned. Such a thing is only possible if the people who choose the king have no other consideration but benevolence of the subjects. So one has to come to the conclusion that one has to become a sahaja yogi.

We have two types of theories - Capitalism and Communism. The first is money oriented while the other is based on obedience which is the best for sahaja yoga. The sense of obedience is so great there that you tell them any thing for their benevolence and they follow it immediately. They have grown so wise and deep. On the other hand we are lost in our so called individual freedom. In the capitalist countries benevolence is finished. When you have freedom to go amuck then you destroy yourself. For instance people are crazy about any kind of absurd fashion.. These ideas come from entrepreneurs who want to exploit you. Benevolence is the highest. Whatever is benevolent for us we should accept if we are truly a free people.

On the second day the demon Niarkasura was killed by the God. Today evil people are getting awards. Why this perversion? The evil within us should be killed which enjoys evil deeds. We have to recognise our problems. When you see yourself your heart opens. Unless you open your heart you cannot enjoy yourself. All your conditionings will go if you open your heart. In very small things there is a ripple of joy. Forget your caste, nationality, everything. If you cannot mix with the collectivity then something is the matter with you.

On this day the Goddess Laxmi is worshipped. She has no pride. She does not put pressure on others. Human beings are

the opposite, if they have money they ride on a horse. She comes out of the water, she rests on a lotus and she sucks in her own weight. We have to suck the weight of our position, money, education etc. All such nonsense makes you a heavy person pulling you downward She stands in balance. Her centre of gravity is so well balanced. In the same way you have to be balanced. You have to be grounded in the mother earth so that if the slightest thing happens you come back to balance. Her two hands carry pink lotuses. Pink shows the nature of her warmth, hospitality, cosiness. Cosy does not mean a hospital nor does it mean a lousy house but inviting, warm, comfortable. A rich man has 10 dogs outside No one can come inside not even a rat. There should be no extreme, no showing off, no aggression but something that would give joy and comfort to others. If something is appreciated, the host saying how cheaply he did it is a sign of a person who wants to give joy to his guests. To say how expensive it is is being aggressive.

You must be able to enjoy everything otherwise you are not a sahaja yogi. You must encourage the artist. Some one may say that it is not being honest. A lotus is born in a pond of dirt but you do not see the dirt. The lotus covers the whole pond with fragrance and beauty. There is no honesty about it. Honesty lies in honestly understanding what your job is as a sahaja yogi. With your love you are encouraging every one. With your love you are helping every one. With your love you are creating a confidence in every one. The most important thing is to be honest with yourself. First check with your mind, if you are going to say something to hurt others better stop. If you say pleasing things to others then pleasing things come to you. There are people who never smile, so you are allowed to tickle them. You have to become like children.. One of the Laxmi principles is to be joyous.

With the other hand the Laxmi gives. The person with money must give to those who need it but in such a way that no one knows, secretly. One hand should not know what the other

hand gives. We should see what is the need of the person. There should be a need of giving at the right place and the right moment. It should not be sensational. It should elevate the heart. Whatever you give for spiritual growth is the best. For instance a flower is sufficient for me. I am so self contained.

With the other hand the Laxmi protects. This hand is a protection to all the sahaja yogis. I will always stand by a sahaja yogi because the Spirit is present there. Protect all the artists, art, poetry, literature, honest politicians, righteous public servants and all those people who need protection. But whatever is dirty should not be supported. We must protect the goodness of others. It does not matter if they are not sahaja yogis, we are to protect their virtuous quality. You are eternal, unlimited beings, the protectors of the world. You should not be cruel. When we see a mother-in-law and a daughter-in-law quarrel we say how quarrelsome she is but we do the same thing. We are not daggers, we are lotuses. If you have to hit some one use a lotus. One has to be deep in sahaja yoga to understand how to hit with a lotus.

Once the Laxmi covers you then you grow in Maha Laxmi. Then you think of the world benevolence, how to give them self realisation. Your attitude changes. We are here to solve the problems. The world is our problem. We have to take up the responsibilities. If you are an architect create something great; if you are a musician create good music; if you are a government servant do well, I will help you. Every one's personality will grow. If you keep on the central path of the Sushumna then no one can touch you. You are not to find faults with others, then you are not sahaja yogis. If you are trying to control others then you are not sahaja yogis. Even leaders must not try to control. The whole Brahma chaitnya is the silent principle working out everything. You have to be silent to receive everything and the height of the Kailasha in your ascent. May God Bless you.

SONG BY ROME CHILDREN at Diwali Puja

This little light of mine
We are going to make it shine
We are going to let it shine
This little light of mine
We are going to let it shine
Let it shine, let it shine, let it shine.

Shri Ganesha holds it up
This little light of mine
Let it shine. -3
Up through swadishthana
This little light of mine let it shine
It fills our nabhi chakra
This little light of mine
Let it shine -3
It glows in my heart
This little light of mine
Let it shine -3
It spreads through the Vishudhi
This little light of mine
Let it shine -3
It opens Agya chakra
This little light of mine
Let it shine -3
It shines in the sahasrara
This little light of mine
Let it shine -3
And who makes it shine
This little light of mine
Let it shine -3
Shri Mataji makes it shine
This little light of mine
Let it shine -3

Shri MATA JI visits ISTANBUL - 30th. OCT. 1989 -

When we arrived in Turkey, I began to be painfully aware with increasing awe of how far our worlds were apart - this young Turkey that mother was visiting and this so called Great America where mother has been visiting since 1972! Such smiling faces received MOTHER. She was very pleased and said that she felt as if she was coming back home to her birthplace. She spoke of the similarities between Turkey and India. She asked if there has been any Great Saints living in Turkey to give the good vibrations of this country and it came to light that many Sufis lived here and that the Virgin Mary was born in NEFISUS in West Turkey. There is a simplicity and a sense of freedom which gives the Turkish people their open heartedness and makes it easier for them to come to Sahaja Yoga.

Reporting by Babette (N.Y)

(Synopsis).

The Koran said there will come a time when the clouds will rise in the Seven Skies and will break the mountain. Then it will rain and that will bring forth peace on earth and the transformation of human beings. It spoke clearly about Sahaja Yoga and the breakthrough of the Kundalini that will overcome the ego of man. God almighty is our father, he loves us more than any father can love us, He wants us to enter his kingdom, he does not want us to suffer. To cure the Vishudhi Chakra, you have to say ALLAH O AKBAR. He is Allah, Rahim, Karim, Akbar. He not like the Rock of Gibraltar, he has many aspects. As a father could be a brother, grandfather, son or husband. The Spirit is the reflection of God Almighty within us. So the spirit is the collective being within us. If you become Spirit, you become collective. It is not just a Certificate, nor a badge but you become on your Central Nervous System means you can feel it on your finger tips centres of another person as well as yourself. When the light of the Spirit comes into your attention than your attention becomes enlightened. Then you become a master, you give up all bad habits and become a free and strong personality. Your attention becomes extremely compassionate, the eyes become innocent, without greed or lust; they become so powerful with love that even their glance can bring peace and love to a person. Then this attention becomes the source of knowledge - absolute knowledge, The attention becomes dynamic, you become very creative.

No habit can overpower you. You become so powerful. Secondly, you become the spirit and you enjoy because you become a witness - you see everything as a drama without involvement. Then you can solve your problems better. You start dissolving into ocean of joy. When you enter into Kingdom of God, at every step you feel a miracle is happening. At every step you feel as if someone is guiding you. You get well physically, mentally, emotionally. After sometime you become empowered and can enlighten and cure others and do things that can be called miracles.

INDIA TOUR 1989-90.

<u>DATE:</u>	<u>PLACE:</u>
17th. December, 89.	VAITARNA.
18-20 "	RAHURI.
21-22 "	AURANGABAD.
23-27 "	PUNE.
28-31	RAHMADPURI.
31-1st. January, 90.	KOLAHPUR.
3rd. January, 90.	GANPATIPULE.

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