



**SRI MATAJI**

NIRULA DEVI

**SAHAJA YOGA**

Poem composed at Guru Puja  
'To The Mother of All Gurus'

Where the emerald green lake washes the feet of the Almighty.  
Where the Almighty Goddess spreads a cloak of green forests  
and blushes in myraids of flowers.  
Where enthralled by Her splendour time stands in awe.  
Where cool winds of Spirit whisper sweet odes to the Primordial Guru.  
Where iron opens its heart to love,  
The Guru tattwa of the universe opens.

Here come a thousand pilgrims to anoint the Mother of All Gurus.  
O' Devi we offer our gratitude from the inner most core of our hearts  
- again and again.

You have opened our hearts  
but give us the iron tattwa to strenghten our love.  
Bless us with wisdom  
But also give us humility to sustain the wisdom.  
You have showered upon us your choicest gifts  
but also teach us how to share them.  
Please keep us forever like the yonder emerald lake  
sparkling blissfully at your feet

Yogi Mahajan



## DEVI PUJA Melun France 9.7.89

Puja of Shri Krishna's aspect; ALLAHAD DAYANI (Radha)

Synopsis

Her Holiness Shri Mataji Nirmala Devi's Talk

The foundation of collectivity is very deep. The deep understanding can only tell you that the basis of collectivity is detached love. The French have written many romantic novels on the subject but the pure love as we understand in Sahaja yoga is now to be expressed by Sahaja Yogis among themselves. After all we are all human beings made by one God and that we are all Sahaja Yogis created by one Mother, so there should be no misunderstandings between us of any kind. We must understand that something makes us a little different - if we can understand the problem that we face then it will become much easier for us to see why our love becomes so attached, starts becoming smaller and smaller and smaller; then a person just starts loving oneself only.

One of the main reasons that we have this problem is because of our conditioning. We are conditioned in a way that we don't know how to love. They talk of East and west but don't know the demarcation line because it is one round world.

There are two types of conditionings. The first is the conditioning of revenge, like revenge is the best way of fulfillment. This kind of conditioning comes to us from the outside that we should not forgive anyone. That if we do not take revenge then we are not worthy of our name. History shows the same thing that one cannot

rest till revenge is taken. I think it<sup>1</sup> is the quality of a snake. It follows you all its life to take revenge. The only thing it does on the sly is to run after the person who had mistakenly stepped on it. In the same way human endeavour is after the person who had in some way harmed him. If we go on like this there is no end to it.

Firstly, it is absolutely absurd. Once somebody insulted Buddha. When Buddha went away this person was filled with remorse and the next day he approached Buddha with an apology. But Buddha replies that yesterday is finished now, you are with me today, so why are you talking about yesterday."

As they are celebrating the French Revolution I think that there was no need to kill Marie Antoinette. According to them she spent a lot of money in Versailles and created all this beautiful furniture but today they are showing that furniture only. Having won the revolution they formed a new government, they should have stopped at that point. Has the world improved with the revolution? A revolution should have been to change the government and not to murder the people. So the second conditioning that comes to us is that we cross all limits of humanity when we take revenge. They would not have been satisfied that she was still living. It does not mean that some one who has done wrong to the country should go on like that, but how far you go with anger is to be seen.

The wisdom of Sahaja Yoga lies in the understanding of the limitations upto which you can go to express your anger or revenge on anyone whatsoever. But the best thing is to leave it to the Divine power. We all exist inside the Divine power. Nothing is outside that. This Divine power is the power of love and compassion which does everything. But when we take up the responsibility, when we decide we



have to do something, that we are something, try to go against the Divine power; we become stupid. A Sahaja Yoga has to leave it in the hands of the Divine power and just become its instrument. The compassion and love of the Divine is so great that it is wisdom - complete wisdom.

A person who has no compassion cannot be wise. He could be worldly wise but not really wise. So those who believe that they have to be very accurate must know that their accuracy will be challenged by the Divine Power. There has to be a lot of mobile and relaxed temperament. For instance now I have suddenly arrived. Perhaps you were not told and were not prepared with the formalities - lined up together like the military. It makes no difference to me. I am no way disturbed or unhappy. I was so happy to see you all because I love you all and you love me. It's a family and there are no formalities in a family. There is no formality between you and God Almighty. But there has to be understanding as to what we are doing. Human beings either become extremely relaxed extremely lazy or extremely confused. Another side is too much formality. Mother is coming, we have to give her something and something is missing - alright, doesn't matter. You should not be under tension. If you are in tension, you cannot absorb my vibrations, or if you are lethargic then also you cannot absorb them. You have to be in the centre. Centre is the reception mood like a child is. You have to absorb the vibrations with the feeling of expectations and joy, 'we have to receive the Mother'. - but not with tensions that this is not done, that is not done ..... I see each and everything so beautifully done. All these ideas are expressive of your love and not your tensions.

Are we trying to be tense because we are over alert or are

we trying to escape-between the two lies Sahaja Yoga. You are very much anxious, very much waiting-you want to do something with your heart and when there is fulfillment you enjoy.

But when I come and I find you all tense with headache then first I have to tell you to remove your headaches then I will talk to you. It has to be a very relaxed rapport between us. Relaxed does not mean lethargic. Thus one conditioning we have is either we want people to be over alert or we want them not to be alert at all. The problem is that in our conditioning we go to extremes. If you are absolutely lethargic, dishevelled, confused, you are not in the centre. On the otherhand if you are very strict like a rock of Gibraltar or Hitler like behaviour - be before time, follow proper steps etc. - that is not Sahaja Yoga. Look at these flowers, see one by one how beautiful they are. Each one is different. One leaf does not match the other. One petal does not match the other. They are all different but so relaxed, creating beauty giving us so much of joy. Different yet in unison, there is oneness in them that they all want to give us joy. In tension you cannot give joy.

Tension is very common in the west. This conditioning has come because of certain life styles in the past. Now there is not going to be any Waterloo anymore.

They are say that Waterloo was won because they were on time but that is not the thing, the war was won because of the Divine power. Even if they had reached late they would have won. Whatever happens is by the Divine Power. So there is no need to be tense. Then you would say then let us sit down and have a nice time, let everything be done by the Divine power. No, the Divine Power is

going to work through your institution, through your medium, so you have to be alert. A person who is alert need not be a person who is lethargic. You can be both alert and relaxed because you are Sahaja Yogis. You are not like other people. Other people when you take the name of air port they suddenly go off their heads. Supposing you are tense and miss the flight, so what. At the most there will be only one mishappening which is our death. That is inevitable because we are born this body has to die. Thats all, the rest of it is a joke. Even if you are tense or not tense makes no difference. However when the tension is reduced the heart opens, we become the ocean of bliss and joy. So why should we have any tensions.

Then there are conditionings of countries of different styles. France has the conditioning that you should not look happy. The conditioning is so stupid that according to it whatever is ugly has become beautiful. These tensed oblique visions do not allow us to see the reality. Its being worried about a bubble, as if its an atomic bomb. Such unimportant things we worry about. When we worry, worry and worry anybody who comes near us we are ready to jump upon him. What are you worried about, whats the problem? The only worry I have if any is that my children should love each other.

If we have worries its best to talk them over with a friend. Friendship is such a thing that you could share your secrets. Even if you are a leader you are a friend first. Like you share your problems with me why not share them with each other. Sahaja Yogis are all friends of each other. I think the relationship of friendship is much higher than any other relationship because there is nothing to be gained out of friendship. It never ceases and you just enjoy the friendship. It is the purest form of understanding of our relationship



with each other. A friend is the one who is always concerned about his friend.

Pure friendship is of a very beautiful nature that you enjoy the joy of another person. I have seen these kind of friendships when we were young because in those days people were open hearted. My father's friend was an orthodox brahmin and chairman of the school where I was studying. As my father had to go far away he left me in the hostel in care of this friend. A brahmin does not touch eggs but he knew I eat eggs so in the mornings he would secretly cook the eggs himself and bring for me. Despite my protests he would not heed, saying that you need nourishment for your exams, your father has gone away and I have to look after you (so sweetly). He was the Chairman of the school and he was breaking his own rules for me. I was amazed at this friendship. My father and he hardly had anything in common - but they were good friends nevertheless.

I have seen such friendships. When my father would go to jail, friends would come and take us to their homes. I never felt any difference between their children and us. As a matter of fact we always felt that they were looking after us more than their own children. It needs a very large heart to be a friend. There was a father who has a friend and a son who had a friend. The father told his son that friendship is that you can always rely on your friend. The son boasted that he had great friends, so the father said let's test your friends and my friends. He told the son to tell his friends that he had murdered someone and needed help. When they went to the first friend the friend responded, 'you murdered, just get out.' and slammed the door. The next one replied, 'No no'



don't even mention that you came to this house, just leave. "They then went to the father's friend. The friend did not answer their knocks for a while then apologised saying, 'I know something was wrong because you would not have come at this hour so I was busy collecting my wife's ornaments as you might need them for money. That's why I was late in opening the door. - If you have murdered doesn't matter, you have children, I don't have. So better say that I have murdered.' "The son was shocked. It is better to have one good friend than twenty half baked friends. This is real friendship.

With a friend you cannot be tense. You are just relaxed enjoying each other's company. Even if you have to argue, argue. If you have a different view it's alright, there is no need to impose it on the friend. Try to understand each other, that's how we are going to learn a lot from each other. I learnt a lot from friends. For instance I learnt a lot from the French, their ideas of art, music, culture. You have friends everywhere now, just go with my badge and they will do anything for you. This is friendship. In this world we have thousands of friends but we ourselves have to be very friendly. There is openness between one friend and the other. Love means complete freedom to yourself and the other. This love has to be very pure. You have to feel such a friendship then you will feel very proud of such friends. You are not alone. Imagine before this we had so many saints and great souls who were treated like singular people, tortured and killed, they were alone. But you are not, you are friends of each other. The greatest friend you have is the Divine Power which is looking after you and doing everything for you. In this country of France where we have got liberation, let us take to real liberation of our Spirit - to enjoy everything that is available with understanding. May God Bless you all.

## Synopsis

At the very outset we have to know that truth cannot be conceptualised. It is not a mental achievement. Human mind has its own limitations. A breakthrough has to be made by which we develop a personality above that. Mental movement is linear, it recoils back, it does not know how to balance itself. For instance this linear movement has led to ecological imbalances resulting in the green house effect. Likewise all problems like aids etc are due to our own mistakes. But the One who has made this beautiful creation must have thought of something else, he cannot allow his creation to be destroyed.

There is an instrument within you through which you can experience the union with the creator. Through religion you cannot make this connection because religion is also mental. Within us there is no power that can control our abandonment. For instance there is no power within us which can stop us from taking drugs, alcohol etc. Where have we gone wrong that we cannot see the Divine Power? Everyday we see seeds sprouting, flowers - blooming but we do not want to think how it happens. There is a power that does this work. Now the time has come to feel this power through the instrument within us.

In your human awareness you have to develop a higher dimension above the mental projection. It is a becoming. This is the last step we have to achieve. In the human awareness this breakthrough has to come otherwise there is no way of saving this universe. This instrument has no use it is connected to the mains. We do not know our potential, our beauty, but once this connection with the mains is established you will be surprised at the results and the



dynamism. To see oneself as an instrument for correction is true resurrection.

### 2nd Day Talk

Music has no words, it does not give rise to any thoughts, that is how thoughts can be removed. We live on the cusps of thoughts. When we are in the past or the future we cannot be in the present. When one thought falls the next one rises, before the next one rises there is a gap - this is the present. When the kundalini rises the thought becomes smaller, the centre expands and we go into thoughtlessness. For instance when there is a thought that my carpet should not be spoilt then I cannot enjoy the beauty of its creation. However, when the kundalini rises and I am thoughtless then I can enjoy its beauty.

The first step is to establish thoughtlessness. This can be done if we understand the Chakra of the Agnya. When the kundalini passes through it she awakens its diety Lord Jesus Christ. He was first conceptualised by the Divine in the Mooladhara Chakra. He is the diety of innocence which incarnates on earth. The body of Christ was made of vibrations that's why he could walk on water. He has said that we should forgive. Thus as soon as we forgive others then this diety is awakened and he sucks the ego and the super ego. The brain opens up like a lotus inside the limbic area and the kundalini passes through the fontanelle bone area. But this centre has to be completely open.

Question: what about our karmas.

Shri Mataji: Only human beings think they do karmas, animals do not think thus. Because of our ego we think that we do right or wrong, animals do not think thus. Actually human beings do not

know what is right or wrong because they live in a relative world. But what is the absolute truth - that you can only know through Divine vibrations. When you become the Divine Computer then every one thinks the same way. Right and wrong becomes clear. Like animals can pass a dirty drain without knowing but human beings will not go there.. When you become saints you will know the right and the wrong, you cannot do anything wrong, you get a new dimension to know.

However before that you have conditionings and you become a closed personality like an ego. But Christ sucks your conditionings and ego. That is the meaning of Christ dying for our sins - for which he is awakened. By his powers he can suck all our sins. Hence you need not feel guilty at all because all our karmas have been sucked.

The idea of suffering comes from people who want you to suffer. They say that since you have sinned you must pay for your sins. But God does not understand money. Are we going to suffer more than Christ? St Thomas has talked of nothing but Sahaja Yoga when he said that the Almighty Father is so kind, so compassionate, how can he ask you to suffer? He has said that our father is so anxious for us to enter his kingdom. So let us rejoice and be happy and give up the ideal of suffering. You are not to feel sad and guilty.

question Can diabetes be cured?

Shri. Mataji: Diabetes is caused by over thinking. When we think grey cells are produced by swadishthana chakra. This chakra converts fat cells into grey cells for the use of the brain. If you think too much then this chakra does only this work. But it has many other functions, it has to look after the liver etc. When you think too much all these organs are neglected. In India



they eat so much sugar but they do not get diabetes because they do not think too much. But it is very difficult to stop thinking when the brain becomes modern. To cure it the thinking must be brought under control. If thoughts are bombarding you say 'I forgive' three times and silence will settle down.

#### Talk at the Vienna Ashram to Sahaja Yogis

Sahaja Yoga is for your benevolence, but it is also a study, study the tapes. Somebody told me that my child is ill. This means you have not studied Sahaja Yoga, I have said on many occasions the things you should be doing for children. If you do them they would never fall sick.

This is the otherside of the Guru tattawa. We should be very knowledgable and not sound like some sort of slaves of Shri. Mataji. If you do not have knowledge in your brain then you cannot be a guru. All the knowledge is in the brain, just put your attention and you will get ideas - but the attention must be pure.

NEWS

#### SHRI Mataji visits Soviet Union.

4th August 1989 was a historic day. Soviet Union opened its heart to Shri Mataji Shri. Mataji told the Soviet beurocrats and press about Sahaja Yoga and even gave them realisation. The Chairman of the prominent Indo-Soviet joint corporation touched her feet. They all felt the cool breeze. Their chakras are strong and healthy, well reserved under a disciplined life style. Soviet Union is the front agnye and China is the back agnye.

Scientists doctors, psychologists at the ministry of health were most impressed by sahaja yoga and their experiences. A protocol was signed with the Soviet Union and the Life Eternal Trust for joint venture in research and use of 'sahaja yoga curatives. Soviet Union is the first country of the world to recognise the greatness of this Maha Yoga. The Soviets are truly Her children being the descendants of Luv. Because of their pure intelligence they could easily recognise this ultimate truth.

On 18th Aug Shri Mataji addressed a mammoth gathering of over 2000 seekers at the Palace of Youth Leningrad. Some 3000 seekers had to turn back because the hall was full to capacity. The same spectacle followed in Moscow on the 20th. The Russians are coming - but in thousands.....

12  
Diet for Jaundice/Hepatitis and Overheated Liver  
as Suggested By Shri Mataji

1. Drink every morning and evening one glass of radish leaf juice.
2. Drink in the morning one glass of kokum syrup.
3. Holding an ice-pack with the left hand, place it on the liver, with the right hand toward the picture of H.H. Shri Mataji and meditate without any candle light or diya (lamp) in front of Shri Mataji's picture.
4. You can eat Bengali sweets.
5. No fried food, red meat or fat under any circumstances.
6. No fish or dairy products at all except buttermilk in which butter has been skimmed off.
7. No cheese at all.
8. Liv 52 tablets: 3 - 4 tablets per day for two months.
9. All citrus fruits are O.K. (no mango, apple, banana, papaya or chikku)
10. Sugar cane juice or sugar cane is very good.
11. No butter at all.
12. No Arud daal (Arhar/Tuar)
13. Boiled rice, all vegetables, moong daal are O.K.
14. No chillies in food.
15. Ginger, potato, onion, and cucumber are O.K.
16. Regular intake of lemon juice with vibrated sugar is O.K.
17. No ice cream.
18. Amla ka muraba is good and can be taken with both meals.
19. Silver varak on food is good.
20. All vegetables fruits grown under the earth are O.K.
21. No groundnuts, no groundnut oil. Groundnut oil is very bad for liver. Sunflower oil in little quantity is alright