



HER HOLINESS SHRI MATAJI NIRMALA DEVI

"When your attention has got the compassion and love of another person then only you can work out the realization of others."

---- SHRI MATAJI.

The Divine Cool Breeze -

Buddha did not understand this and perverted His teachings, but Sahaja Yogis cannot spoil Sahaja Yoga because if they do they lose their vibrations. We should be beware, however, because the ego can fool us, even to the point of convincing us that we have vibrations when we don't.

Shri Buddha's message of truth is known through our right side, through our attention. We should realize our own "I-ness" as Sahaja Yogis, recognizing that we have felt this universal religion innately and fully believe in it. We must be aware that our lives are for the work of God, and for that we must be pure and watch ourselves. We must not be hypocritical nor cheat ourselves through ego. We should remember the qualities of compassion, hard work, dedication and sacrifice taught by Shri Buddha. "The truth is going to make us beautiful."

Shri Athena Puja Synopsis

Athens, Greece, May 24, 1989

The themes of the first Shri Athena Puja in the history of Sahaja Yoga were integration and respect. Both individuals and entire nations must manifest these qualities in order to evolve. Greece, as the center of the Nabhi of the universe, has shown these qualities in her history and will now lead the rest of the world in these areas.

Shri Athena is Adi Shakti, the One who unites and integrates. To do this, Shri Mataji said She came on this earth in material form in Greece, as Shri Athena, to "create an integrated force which will have the whole chaitanya spread like an integrated force."

Adi Shakti created the Devaloka, the area where the Devas were created, in Greece. (The Ganas were created on the left-hand side in the region of Nepal.) Greek mythology shows that the Greeks knew of the Devas; however, the Greeks brought the Devas down to human level, which was the reason for their downfall.

Greece provides the balance of the universe through dharma in the Nabhi. The special job of the Greeks is to integrate left and right-sided people. The Greek quality of integration can be seen in the life of Alexander who set out to conquer India but turned back. To move towards a goal but recede back if the goal is not pure shows the integrating force at work.

The Primordial Masters had the specific task of creating balance. Abraham, Moses and Mohammad, confronted by ignorance and immorality in people who had gone into the left, had to move to the right. They couldn't let the people try to understand dharma in their freedom. They had to lay down the law and use punishment as an incentive. By the time of Socrates, people had evolved to the point where He could talk about wisdom, honesty, righteousness, peace and other eternal qualities. He was the Master of Logic. Logic is pure, whereas "rationality is blindness."

In Sahaja Yoga, Shri Mataji first gives realization and then talks so that we are able to understand. Shri Mataji explained that there are two types of people: Sahaja Yogis and non-Sahaja Yogis. Some Sahaja Yogis may not be worthy, they may go back, but

Shri Buddha Puja Synopsis

Spain, May 20, 1989

Shri Buddha was Guatama, who was born in a royal family and became an ascetic to see mankind's problems arising out of desires. As an incarnation, Shri Buddha had to reach His enlightenment so that His whole potential could open out in a different way than an ordinary seeker. After that, He realized that one must become desireless.

Shri Buddha taught that man's greatest problems come from ego, which leads a person to extremes. He worked on the Pingala Nadi and stationed Himself on the ego to control it. Christ, Mahavira and Buddha are the Lords, the rulers, of the Agnya chakra, which relates to tapas (penance); They have already done austerities for us so there is no need for us to do them.

The essence of Shri Buddha's teaching was truthfulness, including honesty with oneself. Shri Mataji explained that many people try to escape the truth by giving arguments or explanations to others and to themselves. Sahaja Yogis should know that they are real Brahmans because they have felt the truth of the Brahma, the all-pervading power. As such, they must lead spartan lives.

Those with ego get easily dominated by others with ego. Going blindly along with the latest fashion is an example of this. If the ego is all right, we should have our own character, personality and temperament. When one plays into the hands of ego, the left side is weakened. Then a person has no braking function in the subtle system so the chastity also gets spoiled. This is why Shri Buddha advocated celibacy. Those who are too much on the right side develop complications. It starts with a "What's wrong?" attitude, which leads to dryness, speediness and inability to have children. To bring down ego we must worship Shri Buddha, and to do this we must first respect our own chastity. This can be done in the context of marriage and family life.

Shri Mataji explained that there are three types of people. First, those who are not bothered about others and are overly involved in themselves. They can be very harsh, even cruel, and feel they are the best and the cleverest, but no one likes them. The second type of person is always complaining, thinks he has lots of diseases, and always tells about things in a negative way. The first type of person is over-satisfied, the second type is never satisfied, and the third type is a saint who doesn't know if he is satisfied or not; he just cares about others' satisfaction. This last type was exemplified in Shri Buddha.

Shri Buddha addressed the problems of all three types of people in three mantras. *Buddham sharanam gachami*, I bow to all those who are realized souls. All Sahaja Yogis must be respected and surrendered to as Buddhas, regardless of their situation in life. The next is *Dhammam sharanam gachami*, I bow myself to my dharma, which is Vishwa Nirjala Dharma. For this, we should ask what we can do for Sahaja Yoga. Each person should do every type of work and not criticize others, especially without examining one's own abilities first. The third mantra is *Sangam sharanam gachami*, I bow to collectivity.

Detachment from within is central to Shri Buddha's teachings. Self-realization is the goal, rather than misdirected worship of outside forms. The later followers of Shri

they can become worthy of understanding the knowledge. The Kundalini makes us capable; the Sahasrara enables us to absorb the knowledge, see the logic, and verify the truth. All past religions have made money and pulled their adherents towards hell in the name of the incarnation. Sahaja Yogis must pull others out instead of going down themselves.

Greece, as well as Egypt and China, have embodied the qualities of integration, balance, and respect in their cultures and these qualities are still manifesting in places in these countries. But the depth of awareness that India has is lacking. Shri Mataji has come to Greece only now, as Greece has now to grow up to the Sahasrara point; Shri Athena is now in Sahasrara. The Greeks have an understanding of the worthlessness of indulgence. Immorality has come from copying westerners, an effect of the Kali Yuga. But they are still solid and have a respect for women of character, and for the Mother.

Shri Mataji then spoke of respect. Because of the Greek sense of respect, Alexander went to India and grew spiritually. The English, however, were there for 300 years and gained nothing. One must have respect for others, their culture. Once the British sense evolves into true respect, the world will transform. We must "positively respect" other Sahaja Yogis. Respect which comes from the heart indicates a high state of understanding of God. We must respect Adi Shakti from the heart, not in an artificial way. When that happens, we will be transformed completely. We must learn to respect Adi Shakti as the Deities do. Greeks will lead us in this respect.

On the individual level, Sahaja Yogis need to balance themselves by integrating the qualities of left and right. The integrating force of Athena must evolve within the yogis, and Athena must awaken in Greece; then Greece will be purified and will help work out the balance for the rest of the world.

PROTOCOL FOR SAHAJA YOGIS

The following advice was given by Shri Mataji for all Sahaja Yogis.

These are certain points to be kept in mind relating to Shri Mataji's public programmes:

1. The photograph of Shri Mataji is not to be sold to anyone. It is only to be given free to genuine seekers at follow-ups but not at any public programmes.
2. No person (Sahaja Yogi or press reporter) should take any photographs during Shri Mataji's talks at pujas or public programmes unless allowed by Shri Mataji. Sahaja Yogis should be alert to spot and stop anyone doing so without prior permission.
3. No printed materials are to be sold at public programmes unless they are approved by Shri Mataji and intended for public sale. Other books on Sahaja Yoga which are approved by Shri Mataji can only be sold at the centers to genuine seekers. (No printed material should state curative attributes of mantras.)

4. At a public programme no trading activity should be undertaken in rings, pendants, etc. They may be sold only to Sahaja Yogis at cost (without charging any profit.)
5. No unauthorized recording (audio or video) is permitted during Her talks at pujas or public programmes. Audio and video cassettes are not to be copied by individuals. These should be bought from the official distribution center.
6. During a puja or public programme no one should extend their feet towards Shri Mataji. It is very disrespectful.
7. Do not close your eyes or give yourself a bhandan in a public programme or puja unless Shri Mataji asks you to do so.
8. Shri Mataji's chair should only be covered (wherever She sits) with an asana (silk brocade cloth) bought for Her for this purpose. No Sahaj Yogi should use any of their personal sarees or shawls for Her to sit on, walk on, or use in any other way. Anything used by Her should be kept aside for Her and not used again by anyone else.
9. On the stage, to the right of Shri Mataji's chair (facing the audience) keep a table with a pitcher of water and a glass (covered). On Her left side keep a candle on a stand. Keep the Virata Chart on a stand on Her left. Keep enough chana ready to be vibrated and distributed as prasad after the programme. No one should sit, stand, walk, or remain on stage during Her-talk during pujas or public programmes. To the right of Her chair on the stage, have a table with a cloth and a framed photograph of Shri Mataji. It should preferably be a regular meditation photograph (the black and white one from India in the 'Abhay-Daan' mudra) or any other one; we should be careful not to use any puja photographs. Incense, in a holder, can be lit in front of the photograph. A candle and some flowers or a garland may also be offered.

10. The following are the colors of the chakras to be shown on the chart:

Mooladhara	-	Coral red
Swadisthan	-	Yellow
Manipura	-	Emerald green
Anahata	-	Ruby red
Vishuddhi	-	Sapphire blue
Agnya	-	Pearl white
Sahastrara	-	All colors

General:

Shri Mataji's photograph should not be used as a wall decoration, as a protocol has to be observed with every displayed photo of Hers. On a daily basis, one should wash the photograph (if possible) with rosewater, apply perfume and kumkum, offer flowers, light incense and do puja. If the photo is not being respected Her attention is likely to recede from it.

The Divine Cool Breeze -

12. If one finds some consumable item left over after use by Shri Mataji one should not have it alone. Only that which is shared equally amongst all present is prasad.
13. Sahaj Yogis should not leave to represent their center or country to visit another one without prior sanction from their leader. They should not stay in any ashram; their stay should be arranged independently or with a relative or friend. Only persons carrying a letter of request from their leader as a reference may stay in an ashram if the host leader is willing to accommodate the person conveniently, and the daily expenses are met by the visiting yogi.
14. For Indians : "Genda" (marigold) flowers should not be offered to Shri Mataji.

NEWS & NOTES

- ** Shri Mataji has asked all professional Sahaja Yogis to write on their letterheads about the scientific and logical method of Sahaj Yoga and how they came to Sahaja Yoga and improved. She has also advised that all Sahaja yogis whose jobs have improved or have had better married lives since they have come to Sahaja Yoga, or have got out of possessions or traps of false gurus, should write about it to their center leader. All those who have been physically cured of any diseases should write about their experiences with all medical documentation and doctors' opinions, if possible, from diagnosis to cure. All others who have benefited in any way financially, emotionally, mentally, or spiritually should also write a letter of thanks to Her and give it to the leader.
- ** Dr. Deepak Chugh, an Indian Sahaja Yogi, has just received his M.D. degree based on the physiological effects of Sahaja Yoga.
- ** A new ashram has just been established in Queens, one of the five boroughs of New York City.
- ** Dr. Nigam and Dr. Rai have recently gone to Moscow for followup programmes with the Health ministry under our joint agreement.

Brahma Chaitanya Puja Synopsis

Munich Germany, July 1989

This was the first puja in which Sahaja Yogis worshipped Shri Mataji in the form of Paramchaitanya, "the all-pervading power of God's love." Shri Mataji explained that Paramchaitanya does everything. It is the power of Adi Shakti and contains everything within itself. It may appear separated or dislocated, in the same way as we feel that there are differences between countries, but it is actually continuous, working within itself.

It pays special attention to Sahaja Yogis; whatever is desired comes from the Paramchaitanya if we are one with it. This formless energy has all the intelligence, coordination and organization, and above all, it is the love of God and the love of our divine Mother.

To become one with this Paramchaitanya, we have to become the reality. Shri Mataji explained that others' photographs cannot work out Sahaja Yoga because they have not become the reality. A painting of rain will not make anything wet, nor can it make flowers grow. In the same way, we must know that in reality we don't do anything, and that everything is done by the Paramchaitanya. A Sahaja Yogi feels this as truth in his heart, while a non-Sahaja Yogi may understand it, but not feel it as part and parcel of his being.

The Paramchaitanya is divine love. Shri Mataji explained that to us, love means mad behavior. We love our family, our children, which is unreal and unpredictable. But the Paramchaitanya knows how to express its love, and the essence of love is concern or "heet," benevolence. It always corrects us, in whatever form is required, whether appearing cruel or affectionate. It works for the benevolence of the individual and the collective, "and it knows very well what is to be done." It behaves differently with different people. If Sahaja Yogis understand that it is always working for their correction, they will never be disappointed in their lives. Shri Mataji noted that since Sahaja Yogis have found this Paramchaitanya and the connection within, they should stop thinking and worrying, simply jump into it and become part of this reality.

Shri Mataji also explained that horrible things have happened in the past, such as wars and the massacres that took place in Germany, for example, but through them a lesson is taught which makes us more collective and helps to overcome nationalism and racism. After every war there has been a kind of explosive movement toward the knowledge that something is wrong within us. Shri Mataji discussed modern problems such as AIDS, drugs, poverty and ecological problems. She said that leaders do not know how to solve these problems, and that most people are unwilling to recognize, face and correct their mistakes. In this time of Kali Yuga, everything that is ignoble, detested and useless becomes good for people.

At the end of Her talk, Shri Mataji asked Sahaja yogis to pray that "we be more and more aware that we are part and parcel of the Paramchaitanya and we can feel it, we can use it, we can work it out."

How to deal with newcomers

So, here we are in Finland. It is the end of lands— all the problems come and settle in the end. There are so many seekers here so there is more attraction for the negative forces to come and attack the seekers.

When you come to Sahaja Yoga, you have to know that Sahaja Yogis like the light that shows you gradually everything that you have. For example in the darkness you are carrying a snake in your hand, which you do not want to throw away. But when the light comes on you see the snake and you get a fright, so throw the snake away. But somebody might run away thinking that the snake has come from Sahaja Yoga.

So the people who come to Sahaja Yoga may also be like that and will be upset about themselves. They will not want to face reality. So you have to be very patient with them, and careful, for he is coming from complete darkness and ignorance. You may not know what his mental condition is. Maybe he is half mad or is suffering from some horrible disease or has some horrible guru. Or, maybe they are suffering so much that they cannot feel it. So it is very complicated.

The first principle of Sahaja Yoga is never get disappointed. Sometimes you have to work hard. I've worked on people for twenty hours and found they would'nt work out, just like a stone. At least out of stones I could have created a Ganesha. You may find nothing has come out of all that hard work you put in. So there is nothing to feel frustrated about in Sahaja Yoga. Whatever we have to do, we have to do. We should'nt worry about the fruits of it. This is one of the main Principles of Gita. 'Do the Karma but do not worry about the fruits.' This will keep you on the right track. Otherwise you might get frustrated.

Once in Boston they were very worried and asked if all of them will go to be hell. I said that at least you should not give up hopes. Until the end we should try to save them, and it has started working out there. In the same way you have to know that in the beginning you never get many people. Also the Divine does not want us to have too many people because there would be so many useless people joining us. First of all we have to have real good Sahaja Yogis. And those who call themselves Sahaja Yogis have to build themselves up in such a manner that they are very good Sahaja Yogis. And there are no catches, nothing, and their attention is good. Once they are established, then we can build up the whole building on them. Otherwise if the foundation is weak, the whole building can collapse.

So we have to have, have a few Sahaja Yogis. We cannot afford to have many—though you see whenever I go there's a flood of people. In Italy when I went to Milano, they had never seen my face, or knew who I was, but the whole hall was full. So many thousands of people came that you had to just wade through it. I could see the future also. So we got about ten people out of all those thousands. Then ten people more, and ten more and that's how it started gathering. Because in Sahaja Yoga you have to become. Otherwise you are no good for Sahaja Yoga.

So, this is a very big problem. You should never get frustrated or upset. If anybody says something to you have pity on him for he is blind and don't get angry. There may be some fanatics against Sahaja Yoga because they are not wanting Reality. You have to show your patience and complete forbearance. Its very important not to get frustrated, for, whatever numbers we have you should try to perfect, as it will strenghten our foundation, which has to be very strong and once the foundation is strong, you can go ahead with it.

To begin with, you should not talk about me much. You should say that at the moment we should't discuss her. For let us know ourselves, then you will know her. If you make them understand that it is for their benevolence, their own energy their own maneouvering and they should keep it to themselves—they will be happy. But do not tell them about me much. Now the miraculous things of Sahaja Yoga should not be described or talked of. Normally you should not show them any miracle photographs. They will always say you have managed it or maneouvered it. You should limit yourself to telling about Sahaja Yoga, about Kundalini, etc. Keep it in a general way. And also everybody need not know about a puja. But what you can tell is about chakras and how they have to be kept in balance and you have to raise the Kundalini. And you just say let's use Mothers photograph for the time being but later on when you are experts you don't have to use Mother's photograph. Then they will never give it up. Or they will fight for it.

And thirdly they are afraid of collectivity. So you have to say that because we are not collective we are frightened and if good and righteous people all collect together, they wont be afraid of being collective. You see only the thugs and theeves combine. The good people dont combine. So we have to combine. Then they will understand and they wont be angry. Otherwise if you say we have to have collectivity then they get suspicious. As you always see that nobody combines for love. If they combine it is for hatred or to fight or some sort of sinister stuff. If you say we are for love they will say we know what kind of story this love is.

If you have to really bring them round through discussion and argument, you must first of all be well equipped with the knowledge of Sahaja Yoga. You should be of such a mood and such a state and such a personality that they should see there's something special about this person. And then they will accept you much better. Do not get frustrated. Its just fun thats all. If we dont get this one we will get another one — it doesnt matter.

I've been going to countries and countries. The first time I went to Italy, which is today a great Sahaja Yogi nation, I paid for a very big hall where a big meeting and press conference was going to be held. When we went there there was not a single cockroach even for the meeting. And before that I of all things, went to do the postering. Because we were the only people there I went and did all the postering. Despite that not a single soul came. It was fun, you see, because it happened at that time so today you could laugh.

So that is how they will realize it later on when they come to Sahaja Yoga what they have been doing and how stupid they were, what kinds they were and they will enjoy it them selves. So, all events are important in Sahaja Yoga because that gives a variety and an interesting theme. Everything has to be taken as fun. I wish you people could understand this and relax completely on this point. Never get frustrated. If somebody is not alright or does not get vibrations, you should just smile alittle bit and say alright next time.

May god Bless you.