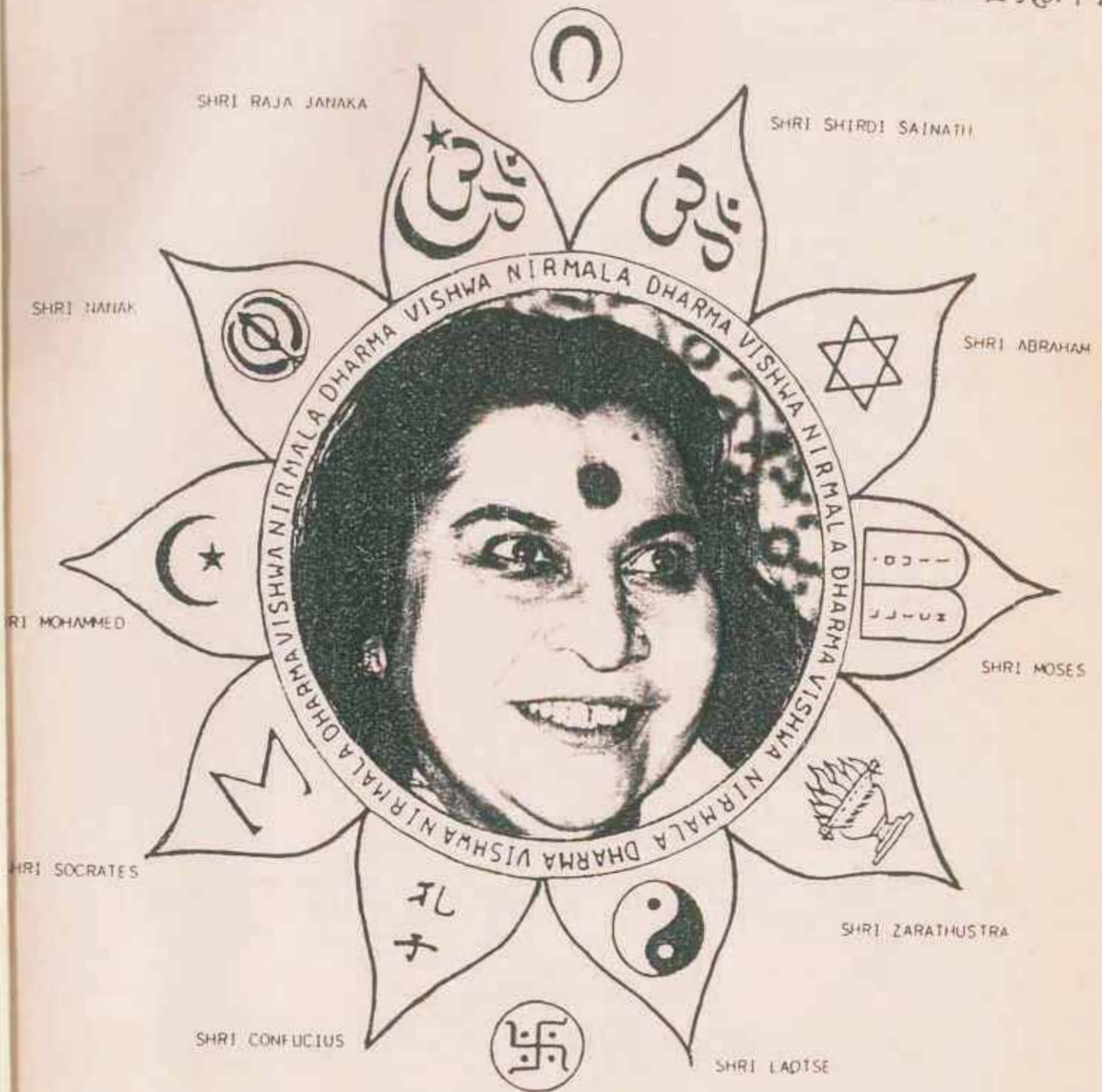


The Divine Cool Breeze

Volume 2 No. 9-10



'...When you are worshipping your Guru, then this master within you is also worshipped. You respect it, you glorify it, you awaken it and you manifest it.'

--Shri Mataji, Shri Guru Puja, France 1990

GURU PUJA
AVIGNON. (FRANCE)
SHRI MATAJI'S TALK

8.7.1990

In Sahaja Yoga the Guru Puja has a very different significance from any other Guru Puja. When you worship your Guru, you are also worshipping the Guru within you. This is not in any other Guru-Disciple system, because in you the Guru-the Master has been awakened. So when you are worshipping your Guru then this Master within you is also worshipped. You respect it, glorify it, awaken it and manifest it.

The quality of a Guru first and foremost is that he makes you meet God. It means he raises the Kundalini and establishes the relation between the all pervading power. As your Guru is the Adi Shakti, we make that person also meet the Adi Shakti. Then you have another advantage that when you give them realisation, you not only make them feel the union with the Divine Power but you can also make them meet the Divinity itself - the source of Divine Power.

Your responsibility as Sahaja Yogis is very great, because in you there is the Guru. In our mantras we say 'Mother, I am my own Guru'. But between this "I" and "my Guru", what have we achieved? Where am I? Can I guide myself? Have I got the light of the Spirit on my attention so well established and manifested that I can guide myself and guide others later on? In the Guru principle it is important that you see to yourself - introspection. Have I become my own Guru?

In your case, your Guru is a mother, a woman. So it has to be among women that the development of the Guru qualities have to be very well manifested. But for the women such is not the case. They are still the mother's or the wives, or Sahaja Yoginis. But you dont realise that you are also the Gurus, because your Mother is a Guru, because She is a woman and you have to be also of that quality that people should say 'Look at this woman, she is such a Guru'. I hear from the leaders that the ladies are still very much far away and very few can be called as real Sahaja Yoginis. If you still keep all these things of womanhood and these drawbacks of woman-hood formed out of domination because they were always shown to be something low. In the Christian religion they were never regarded as something holy. They have this diffidence in them that they do not understand that Dharma can be established more from within than from without.

The Guru's work is to establish Dharma in the society, in the family, in relationships. All these Gurus have done nothing but establish the Dharma. But before establishing Dharma we should watch ourselves. Have we got Dharma within ourselves or not. First of all quality of a person who has Dharma is that he listens to others, he obeys. With Western women what has gone wrong is that they have forgotten how to listen to others; how to obey. That is why their children also do not obey. If you do not have obedience, nobody is going to obey you. First you must learn to obey. A person like Kabir was born of an unknown caste and he could not go directly to anybody. Ramdas used to go to the river Ganges every morning to have his bath. One day on his steps Kabir kept lying and in the darkness the Guru could not see and touched him with his feet. He asked 'who are you'? Kabir replied 'I am your disciple' and caught hold of his feet. Then he became Ramdas's disciple and a great saint. People know him more than his Guru. The basic thing is humility. In humility only you can receive the blessings. You can receive the quality that is of your Guru.

A Guru has to come up in my own image. First of all your life should be absolutely transparent. Transparency is the essence of Sahaja Yoga. Everybody should know what you are doing, where you are going; what is the way you live, what is the way you behave. People who are Gurus, also called Leaders, one finds that they are very fussy type of people. Always think about their body. They grumble that nobody looked after them. As if they suffer from persecution mania. Or they will grumble that they did not eat food for one day. Doesn't matter. For a Guru it is better to starve for about three to four days so that you get over this idea of hunger. The Guru has no hunger because it is in your stomach and the vibrations are so much that you do not feel like eating anything. If leaders have this nonsense in their head that what do you get to eat, how you eat, etc. it is like tourists in Sahaja Yoga. This is not the manifestation of Guru principle. You have seen your Guru as She is. I do not know what I eat, what they give me, what I want. They go on giving me what they think I like. There should be no choices. Do not waste your attention on choices. All your choices should be based on vibrations and not on material things. You should not have taste for any special food. Eating of tasty food is a kind of addiction. Zen started the system of tea ceremony, which is quite a test of people. In this ceremony they serve a tea which is very bitter. It is a great ritual. They tell you to watch the cup without thinking. They were trying to reach thoughtless awareness through a cup. Once you take that tea, your tongue is good for anything. To compensate it they give you something sweet. It is so sweet that it becomes bitter. This is just to conquer the tongue. This ceremony gives such shocks to your tongue that after that you can eat whatever you get. That is why the Japanese can eat anything.

The fussiest people about food are the Indians. That is because their women have spoiled them. They know how to handle their husbands by cooking very well. Even if they travel abroad, they

eat Indian food. They cannot get over their tongues because it is a big conditioning. Gandhiji used to give horrible boiled food with oil and mustard on top, which no one could eat. He tried that people should get over their taste for food. Thus he would make people clean their W.C.s etc to get rid of the sensitivity to smells. People spend forty five minutes in restaurants just to decide what they are going to eat. For Sahaji Yogis it is important to give up this idea. First of all nobody should ask what will you have. Do not ask me also what I will have, as I have to think about it and I want to be Nirvichara. We must understand how much we are attached to food. It goes in our stomachs and thus spoils our Guru system and also spoils our physical system. We should try not to look at food. That is why fasting was told to people who wanted to develop their Guru Principle. Fasting means that you go into Nirvichara and do not think of fasting or food. But they are all the time thinking of food, so it has no meaning and you are just the same whether you eat or not; your mind is eating the food. You are busy thinking when you will end the fast and you can eat again. We should get rid of our habits of our conditionings.

The children should also be given a proper training about it. Sometimes there is no salt, sometimes there is no sugar, does not matter. Nothing important for Sahaja Yogis who can live without food for days together. For a Sahaja Yogi there is nothing like taste of food and hunger. There is only one hunger. It is to be purified, to be clean. This is one of the things that dirties our mind, that we think of food all the time. To get over taste is an experiment you have to do. Unless and until we introspect ourselves and do experiments we cannot overcome because though the Kundalini is trying Her level best but the conditionings are so great that it cannot make you into the Guru. If you see the life of all these Gurus; they were married, had children and lived a normal life. But in their own personal life they were absolutely detached. The first detachment should come from food.

Whatever you like just do not eat. One who is fond of icecream must have already spoiled his liver. If you like pasta then give up pasta. Learn to give up things that you like so that your mind will get detached from it. It is very easy to achieve this detachment if you work it out in a sensible way. If you are your Guru then you better take hold of your body and conditionings. You must treat your body with respect. Adjust yourself to any kind of food. If you cannot get rid of this little thing then you cannot be called a Sahaja Yogi. One of the manifestations of a Guru is that he is a satisfied soul. He is just self contained.

Second part of the body is that you need comforts. The Western Sahaja Yogis may come from any position or status but all of them enjoy the comfort of the Spirit when they travel on the India tour. They do not ask for a chair or a bed etc. In this way you will realise that the body comfort is of no importance. The body will sleep anyway.

The third point is the materialistic attitude and their fondness in the eyes i.e., a roving eye. Sahaja Yogis have to have very clean eyes. Then there is th lust and greed. In Sahaja Yogo may be the lust part is over, but the greed is still there; and one gets lost. Indians do not have lust problems but they still have greed. For a Westerner he would not like to give up his furniture which his great grandmother had; even if no one can sit on it, because it is so old. He keeps it to show off. According to Indian standards its junk.

There's a very subtle material attitude towards matter, that it has re-sale value. Such junk is like a grave in the house, as who knows how many people used it. Antique is an addiction of the Western people. Indians cannot understand how people are mad after torn, broken, filthy and dirty things. There is a writer in India who wrote about two Englishmen on the road of Benares

who were hit by a brass pot which fell at their feet. The English were very angry at this. So the Indian told them that this Lota (pot) is very valuable because it was used by Akbar the Great. The Englishmen were very impressed and said that we forgive you but give us this antique Lota for one thousand rupees. The whole thing was a joke played by the Indian to escape punishment. The madness of antique should go away from our minds. One should encourage revival of the old arts rather than running after antiques. It has ruined our creativity and the quality of our life. Because something is antique it should not be respected, but because of its intrinsic value or aesthetics. The most important thing is to see its vibrations. If the vibrations are good then you should accept because we have the language of vibrations and we have to use it. Once you do this then you will understand what is to be done.

The worst thing for Sahaja Yogis is to think that he is sick, it tarnishes the name of Sahaja Yoga. If you still feel you are sick you better get out of Sahaja Yoga. Either you get well or you are not a Sahaja Yogi. If you are a Sahaja Yogi then you have to see that you get well. If there are certain problems also, doesn't matter. For example I as the Mother, the Adi Shakti have certain problems, certain physical things I have to face. But I go through it. You have to accept your body as it is. You have not to say that I am not well and go on complaining. Never think you are old. Never feel that you are no good. Look at your Mother I never feel that that way. So if you have a Guru, then that image should be within you. 'Look at our Mother, how old She is, how much She travels, how much She does'. Alright, you might say She is the Adi Shakti, but little bit of Shakti you too have. That Shakti has to be shown through your dynamism. If you have no dynamism and still feel weak, that means that you are not a Sahaja Yogi. Just ask for any amount and it can come to you. You are all getting younger and younger but not with the stupidity of youth but the gravity of age.

Children who are born realised are very great and won't do anything that is not dignified. They will never talk unnecessarily. By just wearing saris and bindis you do not become a Sahaja Yogi. First of all where is the gravity? You should only speak when it is necessary. The born realised souls say very few words, but such beautiful words they speak. They are extremely obedient. The way their Guru principles is acting, are we also acting the same way? Or are doing some thing that is not good for ascent. Even after coming to Sahaja Yoga if you do not try hard to introspect then you have missed the point of comparison with your Guru all the time.

Everything has to be understood in the right perspective that we are Sahaja Yogis. For a Sahaja Yogi the first and foremost thing is that he has to have love for others,. If you are always worried about yourself then you dont love others. Do you seek the comfort of others? Do you feel the compassion for other Sahaja Yogis? Do you go out of your way to help them? Many Sahaja Yogis take the side of non Sahaja Yogis and try to disgrace the Sahaja Yogis. You belong to this new race. The ones who do not belong to this new race attack anybody. It is your duty to help a Sahaja Yogi as he is your hands and your head. May be something is wrong with him doesn't matter. You should support a Sahaja Yogi out and out. Later on you may correct him.

This dignity and this understanding comes only through silence. If you are talking all the time it can never make you a deeper person. For women its best that they take to mauna.i.e. keep quiet. All the leaders have told me that its a big problem with women. They go on talking or spreading stories. But if you ask them to come up to the stage and start speaking they will start shivering. How many can give speeches? Understand that if you cannot give a speech then you better not talk. You should be able to give a speech, because your Mother is a woman and She

gives speeches. As your Guru I must tell you that you have to ascend and the best thing for you is to stop murmuring. 'Maunam Sarvaath Sadhanam'. Just keep quiet. If somebody is talking too much, just keep quiet. If somebody criticizes, keep quiet. If somebody is trying to attack then just keep silent. This silence has to be established and it can be established by not talking too much. In a church people observe such discipline, which is an artificial place. They don't keep walking in and out. In the place where you are now that kind of a silence has to be observed, that kind of understanding, that awe has to be there. But because we have not yet developed that Guru principle it is missing. If you have developed it then immediately it will work out. Your gravity will show in your behaviour. To discuss somebody, to discuss about others' character, will you discuss the character of one hand to another?

In Sahaja Yoga marriage is not such an important thing. Some people pay too much attention to marriage. The marriage becomes a headache. The whole attention goes on how you are going to get married. You have come to Sahaja Yoga, you are sanyasins. You are married only to Sahaja Yoga. The so called husband and wife are there, but if they are not Sahaja Yogis then you are finished. Before Sahaja Yoga marriage was a joke, every third day there was a divorce. Then when they got married after Sahaja Yoga, they were the greatest romantic people ever known. Even in the Indian villages people complain what sort of people are these they have no sense of modesty at all. That saintliness that Sanyasi, that asceticism has to be expressed in our married life. I don't mean that you don't have relationship with your husband but in a very private way. If you start going into romanticism, you will ruin the whole of Sahaja Yoga. In the West, there is an idea that you fall in love, then you won't rise, you will only fall. This attachment and worry about husband etc is nonsense. You have to have witness state and be detached to watch the state of husband or the state of wife.

Soon after marriage, people want to organise honeymoons etc. These ideas are coming from the old conditionings and after honeymoon they come and say 'Mother this marriage is not going to work out'. It is better to go slow and steady and then decide. You must learn the sense of shame from Indians,. Husband and wife never sit together in public. It is regarded as bad manners. What is the need to show your relationship in public? Its only in private. Men should be with men in the public and women should be with the women.

Men have jealousies, power orientation and they discuss about leadership. They get a shock if you tell them that you are not going to be a leader. They think that leadership is something very concrete. Its the greatest myth ever going. There's nothing like leaders in Sahaja Yoga. Its just a joke and your Mother is very good at playing serious jokes. So be careful. Its just a testing point. I test you on that level and immediately I know when the person gets on to the horse of ego. So the mental attitude has to be different and our priorities must change.

The first priority is for our ascent. For your ascent if you have to punish your whole body, or yourself or if you have a conditioning then get rid of it. Just introspect yourself. Self-realisation is to know yourself. When you know yourself and know what is clinging on to it, just remove it completely, work it out the way you like. It is very important that the body, mind, and everything should be your slaves. Nothing should dominate you. How dare your body ask for anything. How dare your mind tell you anything. You have so many proofs to show that you are realised souls. In my presence if you become the light you must carry the light also. The only way you can penetrate within is to realise that when Mother talks about anything, to see that Mother is talking about me, correcting me, and telling me, then only it will penetrate and work out.

Second is the faith that this All Prevading Power is looking after us. The musicians were told to travel by train from Moscow to Milan. As they had no visa for Hungary they were taken off the train at the Hungary border. They were sitting on the platform, knowing not what to do as they had no visas, did not know the language, and not much money. They were stranded there. But they were all laughing and enjoying and no one felt that he was in trouble. So surrendered. Then the custom people started questioning them. During the course of conversation they gave the custom officers realisation. Can you believe the power of Love? The custom officers gave their own cars to take them across the border. Then a vacant bus arrived with two Yugoslavs and the driver asked their problem, and also got realisation. The driver then drove them right to Milan Ashram. So you must have complete faith in yourself and in that power which surrounds you. Once you have that faith you realise that though it is so helpful and kind to you, on the same level if you disrespect it, it can be very harmful. So never listen to Guru 'Ninda'. If anyone talks ill about your Guru, just put your hands on your ears and refuse to listen. People who are materialistic and talk about the money part, you should tell them that it was so easy for Mother to earn money from cancer patients and by curing people. But she has never charged anything. If She lives in a large house, it is not She who lives but Sahaja Yogis. Sahaja Yogis still lack that complete faith in themselves and complete assertion, where you must assert. If anyone says anything wrong against your Guru, you have to assert.

We must see how much we are sensitive to spirituality. Some Sahaja Yogis will support a person who is so negative. Whats the use when your computer is so faulty. A person who is good in Sahaja Yoga, who has vibrations, he may be simple and unassuming, he may not be rich or educated but you must see the vibrations of that person. Then you can judge. Do you judge a person because he talks well or is scholarly? You must see his vibrations. The

one who sees the vibrations of a person and then judges is a Sahaja Yogi. I have seen that sometimes the leaders also support someone who is completely negative. They will tell me how good that person is, because he donated so much money. So what?

Mostly Gurus themselves are caught up. They have ambitions and their ego comes up. They are very hot-tempered. A Guru has to be first of all himself a very mild, gentle and a good person. He should not demand and should not ask for anything. Respect has to be commanded and not to be demanded. Once you rise in your ascent, your wisdom, in your awareness and in your Spirit, then everything works out well. You dont have to ask or plead for anything. You dont have to complain about anything. Everything works out and you are looked after by all the Ganas and Angels. If you are half baked then they play tricks with you. They will make you falter. You go here and there. They are also jokers and they play jokes with you. They make problems for you. We have to realise that we are here for the emancipation of the world. I hope you realise your responsibility. One must understand how one has to be as a Guru, how one has to act and how it has to work out.

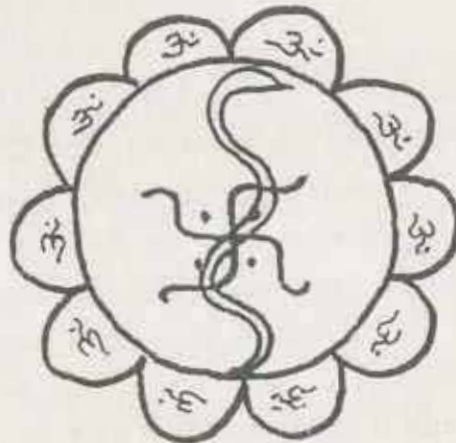
You must have maturity to be a Guru. With me be very careful. I am too simple and I am Mahamaya. You cannot take liberties with me. If you try to take too much liberties then it means that you are not a disciple. A disciple has to keep a distance from the Guru. You cannot just walk into my room everytime, sit there for hours together and chit chat with me. You have no right. Only when I call you or ask for you, you should come. You should not force things on the Guru- 'please come and listen to this or do this' that should not be there.

Everything should be transparent. Everyone should know each other. The Gurus should not have jealousies for each other. Enjoy each other's company fully and appreciate each other much

more than anyone else, then they should know that they have become Gurus. All the Gurus never fought with each other. They supported one another. Actually it was one Principle born again and again. Only Satanic people talk against a realised soul or an incarnation.

We all are sitting in an aeroplane and we all have to land in a beautiful area but first of all we have to develop that complete humility and surrender. Unless and until you have that surrender and humility in your heart, the Guru Principle cannot be awakened. First you have to be the disciple and then the Guru. That humility comes very easily if you love me and respect me.

May God Bless You.



NORTH AMERICAN NATIONAL PUJA SYNOPSIS

San Diego, May 28 1990

America is a very important country in the field of spirituality because it is the Vishuddhi in the plan of Virata. The Vishuddhi has a very important subsidiary chakra, which is the Hamsa Chakra.

In Germany there was a Hamsa Chakra puja, and it has acted: the discretion of the Germans improved and they realized past mistakes. They were the first ones to go to Russia to give self-realisation and they welcomed the East Germans with the breaking of the Berlin Wall.

Due to hardships, fear and sacrifice, the people of the Eastern Bloc have become wise and have developed their discretion. Americans, however, have no 'Divine Discretion.' Their blessings have spoiled them and they cannot see what is dharma and what is adharma. "In that terror, in that fear, it is surprising how this wisdom has grown in all the people, much more than in countries where we have the greatest affluence, greatest comfort of life." Shri Krishna supported the Pandavas because they were dharmic, yet America always supports the wrong thing, such as dictatorships in other countries. False gurus settled here because they knew that the people had so little divine discretion.

The democracy of Abraham Lincoln, democracy which should be "for the people" is gone. The government looks after its own interests, and so does the populace. Those who were crooks, who cheated others were able to succeed, to become elected, and this trend spread throughout the world; the leaders of every country became money-oriented. Democracy can only work out with realization: "If you do not become the collective being, you cannot enjoy the beautiful virtue of generosity."

In order for Sahaja Yoga to spread in America, it is very important for Sahaja Yogis here to become very deep so that they can trigger it off. If they fail in this, they will be held accountable. One Sahaja Yogi in Hungary was sufficient to bring about that country's freedom. The Sahaja Yogis have to realize they are the foundation, so they have to be very deep, sensible and open-hearted. They are still sticking on to the past, and to aggressive conditionings. "Loving someone, being kind, should be so natural because that is what your Spirit is. It loves. It enjoys the love, giving love.

...To let our Spirit manifest we have to understand its nature and rid ourselves of everything contrary to its nature through honest introspection. When the depth grows, then it is tremendous because the Divine power flows; the Divine power needs a medium which is absolutely clean, egoless and conditionless to flow.

Many of the problems of America do not exist anywhere else in the world. The only solution is to go on a warpath, making Sahaja Yoga our only concern. The quality of Sahaja Yogis needs to be improved, and for that the first requirement is 'COLLECTIVITY.' America stands for the Vishuddhi chakra which manifests collectivity.

In order to have the purity of Divine Discretion, which is the second most important quality to be manifested in America, and which sees everything clearly, we need to be collective and to meditate honestly. Meditation is not to sit before the photograph, but

The Divine Cool Breeze

should be such that it works. It should activate the Param Chaitanya, making everything work miraculously. If this is not happening then something is wrong.

Americans are used to a very smooth, comfort-loving life, where everything is tailor-made. This type of a life is boring. A challenging situation changes monotony into an event. For example it is more interesting to have so many people sharing a small room that it becomes an adventure to cross the room or get a bath. People who are very comfort-loving have no vision. This temperament is dangerous: in their boredom, Americans do destructive things.

The basic reason why there are quarrels and divorces between husband and wife is because they are constantly comparing: "I did this much work and he did this much." However, if they work with the goal of pleasing one other, the sheer joy of making someone happy will neutralize all the discomfort and fatigue. The best way to accomplish anything is not to think about it, but leave it at the Lotus Feet of Shri Mataji, because when we surrender, the Divine power starts flowing through our being. This was the message of Mohammed and also of Shri Krishna who said clearly, "Forget every dharma, just surrender yourself to Me." And once that surrendering by Sahaja Yogis in America is developed, the Divine will take care of everything, but for that we have to leave it to Her.

But still we are ambitious and have wrong priorities. There is no need to have ambition. Ambition is an imaginary thing. But Sahaja Yoga is reality. Things work out the way the Divine will have it. To have everything smooth, the way we want it to be, is not the way of Sahaja Yoga. Whatever we get, we should see the Hand of the Divine in it.

Only a few Sahaja Yogis of a very deep quality are needed in order to trigger Sahaja Yoga in America. The negativity, the false gurus would not be able to take root if the American people were not so easily befooled.

"If we understand one thing that we are living on the soil, or on the soil of the country which is blessed by Shri Krishna who is called as Yogeshwara, so the first part was the one when He destroyed all these things, He was Yogeshwara, He was the Divine energy for yoga, for union with the Divine Power. He was the Ishwara, He is the Deity. If He was the Deity and He was ruling this area, then what should you be? In yoga we should be masters. Not mentally but at that state of the higher state. If that could be achieved then you people should become the highest of highest yogis. Because you have that power existing in this place. It is there. So many have told me that 'Mother, now don't You worry about America, forget it. It's not going to work out.' But I know such a lot of power exists in this country of the Yogeshwara. And if you can use that power of Yogeshwara, you can do so much good to the whole humanity at this juncture where the history is taking another form.

"...Everybody is talking about spirituality and you are the ones who have it with you. You're the ones who have powers with you, you're the ones who can spread it, and once you start spreading it you'll be surprised how you will achieve tremendous heights in every sphere...You have to use the power of Yogeshwara who is the presiding Deity of this country. I bless you all that you have that wisdom, that depth, that you touch that depth somehow. Try to work it out, stop all nonsensical fights and things, become collective, try to understand each other, try to open your hearts. You have such depth; you are born in this country because the Yogeshwara wanted you to be here, and He has blessed you with all the bounties of His love."

"The embodiment of madhurya, sweetness, that madhurya you have to imbibe and that madhurya you have to spread. The relationship of enjoying each other, the relation of knowing each other has to be full of sweetness just like honey...I am sure it will work out. It should work out for all, so those who run away from collectivity should be very careful."

SHRI MATAJI VISITS THE SOVIET UNION

25th June to 2nd July 1990

Shri Mataji's public programmes were held in huge sport stadiums in Moscow, Leningrad and Kiev. The public response was beyond imagination. In Moscow and Leningrad over Ten Thousand seekers came to each programme. After Shri Mataji gave realisation we were in ecstasy as nearly all the seekers raised their hands affirming their realisation. We would have loved for all our brothers and sisters to have witnessed the magical spectacle of their shining eyes, radiant faces and the volley of vibrations dancing to a crescendo. They would listen to Shri Mataji with rapt attention and bring beautiful flowers. When it was time for handing out photographs there would always be such a stampede that the police had to regulate the crowd. Over Twenty five thousand photographs were distributed in the Soviet Union and even they were not enough !

MOSCOW PUBLIC PROGRAMME

SHRI MATAJI'S TALK - 25.6.1990

We must first know what is absolute truth. We have human awareness, we also have freedom to form our own mental ideas. But truth cannot be known through human awareness. One has to become a separate personality. All the knowledge which is outside which is known has created a civilization which is like a big tree. But you have to find out about the roots which are going to nourish this civilisation. If you do not know the absolute truth, you cannot be saved. Any type of mental projection or ideology ultimately will recoil back, because it has to be substantiated by reality. What is the reality? It is that you

are not only this body mind, ego, intellect or this conditioning, but you are the pure Spirit.

Another thing is that we take all human work for granted. For example - we take all these flowers for granted without finding out how from a seed they became flowers and also at different times. There are so many things in our physical body which cannot be explained; one of them is that a human body always throws out whatever is foreign. When a child is conceived, it is retained, nourished, looked after and thrown out at the proper time. A mango tree grows upto a certain level. They do not cross the limits. Every animal has its limits too. What is that energy that does all this work ? - the energy that nourishes us, looks after us, gives us this balance ? This energy resides in the Mother Earth, resides in the sun, resides everywhere. It definitely exists but we have never felt it before.

Keep your minds open and accept it if it is proved. Every human being is extremely potential and is capable of creating very dynamic lives. If the instrument is not connected then it is useless. In the same way unless we are connected to the energy of Divine Love, we are not yet fulfilled, our manifestation is not complete.

All our beauty, dynamism and compassion is limited. We get easily frustrated, disappointed and feel that this life is really a misery. Human life once enlightened is the highest life in the whole universe. You must get your realisation, feel this Divine Power, then you know yourself what this mechanism is and what is the technique. As the Kundalini rises she passes through seven centres which cater to mental and emotional side. Then the Spirit which is in your attention awakes this attention. It is so powerful that when you put your attention to anything it acts for the benevolence of your being, your fellow being and for the whole world. It acts in such a way that it understands

everything, knows everything and knows the method how to work it out. The Spirit is a collective being within us, like the sun reflects on every thing. But if the reflection is like a stone it doesn't show any reflection. Once you realize and start reflecting the Spirit, the qualities of the Spirit start manifesting themselves through you.

The first quality of the Spirit is that you become collectively conscious. Your awareness widens. That is, it receives another dimension by which you can feel on your finger tips your centres and the centres of others. If only you know how to correct these centres you can help yourself or others. Spirit is the source of peace. Even if you talk of peace, people have peace foundations but there's no peace within themselves. A person who is enlightened by the Spirit emits peace.

Spirit is the source of Power. You become so powerful that no habit can overpower you. I have seen people giving up drugs and alcoholism overnight.

The Spirit is the source of Wisdom. Even small children who are troublesome, no good in their studies; once they become enlightened they become extremely wise children. The sense of the Spirit comes to them and they learn to respect themselves.

The Spirit is the source of knowledge. Whatever knowledge we have about anything is very superficial. Self realisation is the absolute and real knowledge. Unless and until your eyes are opened and you see the knowledge, you believe in anything. Its blind faith. Blind faith leads you to destruction. It becomes like an addiction and a person goes on destroying himself till the whole community is destroyed. Unless you have the sense of reality within you, you are following blindly. You all could be very knowledgeable. You can know each and every thing about yourself and others. You learn and understand the problems of

our society and how to solve them. You can judge yourself very well because you can feel yourself, you can feel your centres. When you say this is 'mine', 'my', what is this 'I'? It is the Spirit. If the Divine Power awakens in you, you become what you are. We have to just say that we want to be the Spirit because this Kundalini is the Power of Pure Desire. All other desires are impure. Today you want a car, then you want a house and go on and on. You are never satisfied. The pure Desire is to be one with that Divine Power. It is possible when you become the Spirit. Sahaja Yoga is going to work out and is the only thing that is going to transform the whole world. When you ascend you have to be careful because the more you ascend the worse the fall.

MEDICAL CONFERENCE

MOSCOW - 29.6.1990

SHRI MATAJI'S TALK

In the medical studies whatever we have discovered so far is available there already. Whatever we can discover with human awareness has its own limitations. Supposing it is said that the human body does not accept any foreign thing into its body, but when the foetus is implanted, it is not thrown out but looked after and thrown out at the right time. Also the adreline and acetocholine in our body, its mode of action cannot be explained because sometimes they they augment and sometimes they relax. We cannot explain so many things through medical achievements. Much has to be known and much to be found out.

I would like you all to know something of the beyond which is not known so far. So have an open mind of a scientist to see for yourself if its true or not. Till then it is like a hypothesis. Sahaja Yoga gives you the complete picture of the totality of consciousness. As you grow higher and higher in Sahaja Yoga you yourself understand and can work out this great system. First we have to accept that we are not only this human body, nor are we emotions, neither are we ego and conditionings, but we are the Pure Spirit. There is an all prevading power of Love which does all this living work of creating flowers, fruits, and making us human beings. In science they do not talk of love but even the doctors have love for the patients otherwise they cannot dedicate.

First the doctor has to become the Spirit. He has to feel the cool vibrations on his head which are the fruit of this all prevading power of love. This is the instrument which you have to use, first of all for cleansing yourself and for cleansing others. In the medical science we can say that the parasympathetic system is looked after by the central channel and the left and right is looked after by two more channels. According to Sahaja Yoga, left and right sympathetic are two separate energies. The left one is the one which comforts us, the right one is the one which counsels us and the centre one is the one which redeems us. All this happens after realisation, because you have to have the correction.

In human beings the centres are in the spinal cord and also in the brain. They are formed from the left and the right and both put together is the central system. The triangular bone in which the Kundalini resides is called as sacrum. Sacrum means sacred and the Greeks knew about it and put that word in the medical terminology. According to Sahaja Yoga we are basically three types of people. Firstly we either go to the left or to the right. Left side is our desires and also whatever doesn't work

out goes into our collective subconscious. We can say it looks after our psyche. It starts from down below at first centre and goes upward and crosses over at the optic chiasma and creates the super-ego in psychological terms is the conditioning. The lower centre also nourishes the pelvic plexus. This is responsible for our excretion and sex. So one has to have sane ideas about sex because this channel originates from the last centre. When Freud talked of psyche he perverted the whole thing. Instead of telling people how to safeguard this centre which is the centre of innocence by looking after the sex habits, he just told the other way round. He related everything to sex as if human beings are just sex points. He formed a self opiated ideology, that everyman has sex feelings for his mother. On this mental projection he based all his theories and people thought it was so called 'freedom' to have sex the way they like. They didn't even challenge him. He became more than Christ to them in the West. As a result we have now the disease like AIDS, gnnorhrea, syphilis, etc. All related to sex organs. It was always called private parts but it was never understood what it means.

Left side is the physhic problem and the right side is the psychosomatic problems. Psychosomatic problems are when you work too hard and think too much. In the second centre all the energy goes to the brain which thinks too much and is futuristic. Right sided problems are caused by over active liver or one gets diabetes because pancreas is not looked after. You get leukemia because spleen is not looked after. You get high blood pressure because kidneys are in trouble. As the heat of the liver ascends you get asthma. The brain is like a spongy matter and it coagulates. So the heat goes to kidneys. They cannot pass urine and the urine circulates in the body and blood. Also it causes constipation. Heat is the symptom of disease and coolness is the

system of good health. The experiment with helium gas showed that when given heat, all the molecules were fighting with each other. And when they removed the heat they found all the molecules were united.

The third type of diseases are psychosomatic. Those who are psychosomatic have more problem with the psyche than with the physical. Cancer is psychosomatic. All viruses are dead plants or dead animals, may be microscopic which have gone out of circulation of evolution. They reside in the area called collective sub-conscious. Doctors have reached a certain understanding that they say are protein 53 and protein 58 which trigger the cancer. Also they say that this cancer is caused to a person when he goes into a shock and the attack comes from the left in the area which was built within us since the creation. This is the same area as the collective sub-conscious where everything that is dead is there. So there are humans who are dead hanging around there.

In physical science you may have never heard of something. There is a soul which is playing on the causal of all elements. It is attached in loops on the back side of our body. In all the seven centres plus the sacrum bone it resides. It makes seven loops. After realisation you can see many loops like going round and round like chakras and one into another. Sometimes many into it together and sometimes only one. Also you can see little sparks like commas, which is chaitainya of the vibrations. These are the dead souls. Now this soul is reflected on ourselves in the receptor area. Recently in America they have taken photographs of the receptor of a cell. It looks exactly like what you see after realisation. But when another soul sits on the being then it is reflected on the cells. It affects the receptor also. This new soul might get attached to anyone of the centres or to all of them. It affects the cells also and they give all this depomine series which causes epilepsy, mental problems, cancer

etc. If they are viruses its not so bad. Only one may go in and affect but it can travel from one to another. If its a human possession then its very difficult.

Hypertension, Heart diseases, epilepsy come from the left side. Migraine or sick headache could be from both sides. All bone diseases are psychosomatic. Leukemia, Tumors, Fibrosis is psychosomatic. Menopause is not a disease. Its a normal condition. Inflammation of the pancreas could be also psychosomatic. Sciatica could be somatic or psychsomatic. All mental diseases are left sided. Schizophernia is left sided. Alcoholism starts in the right side and creates left sided problems. Arthiritis is psychosomatic. Drug addiction, smoking homo-sexuality and preverted sex, too much indulgence in sex is all left sided or psychosomatic.

Smoking creates left-sided problems because one feels guilty. Perverted sex habits and flirting of the eyes, AIDs, too much sex, or rigidity is due to left side. It is some sort of a possession. Multiple sclerosis is centre problem. Neurosis could be from both sides. Parkinson's disease is left side. Rhematicism comes from the Nabhi. Muscular distrophy comes from the left side. Yuppie's disease is where you are extremely hard working, very futuristic and use your conscious mind too much. Studying too much. Then the conscious mind becomes absolutely paralyzed. You are walking alright and suddenly you are conscious that you are walking then you will suddenly fall down. I had told eight years back in America that it will come. I told them about AIDS about fourteen years back. But nobody listened, now its very serious.

Diabetes is mostly right-sided. When you use too much of right then the exhaustion takes place here. So you are vulnerable and suddenly happens from the left side as the connection with the whole is lost. These proteins like 53, 58 are very ego-oriented

and arbitrary. Whatever cell they touch that becomes malignant. Thus malignancy sets in. So women suffer from breast cancer. The centre of the heart is the Mother's centre. When the motherhood of a woman is challenged, say a husband is a flirt and keeps her insecure, or if she's insecure then this centre gets affected. This centre produces anti-bodies to fight the diseases in the sternum bone till the age of twelve years. Then they are distributed all over. Whenever there is fear the sternum bone shakes and it is like a remote control that sends messages to all the anti-bodies to fight. If you establish the security of such a lady through Kundalini awakening then her cancer can be cured. When they are in very advance stages they do not have that will power left, then its better to remove the breast and then establish your security.

There are diseases which are caused by the lethargic organs. When heart is lethargic one gets angina. When the left vishuddhi catches you feel very guilty and then there's a block and the blood cannot flow to the head, then it has to go to the heart and such a heart becomes tired and lethargic. In Sahaja Yoga we have two types of organs : One is lethargic and the other is over active.

The doctors should first of all establish themselves properly and protect themselves, then they can also learn to cure others. Use the photographs which have the vibrations in them. Psychosomatic must be dealt only first on the left side. Some children suffer from hyper-activity. Diabetes also comes from the same reason. At the time when the mother is pregnant she should not work very hard. She should take rest more. She should not think too much but read something soothing, something nice. Best is to meditate. At that time if the mother is over-active and thinking of futuristic things, children are born with diseases. Or if she's hectic the child may get leukemia. The spleen is for all emergencies because it produces red blood corpuscles. But if you

are hectic, panicked all the time, rushing about then the poor spleen cannot understand. It becomes erratic and crazy. It could happen to children or adults.

When something triggers from the left side and there's sudden shock, may be sadness, accident anything, it triggers leukemia. The worst thing which is very difficult for anyone to understand is that there are negative forces working. They work through negativity. They work through some false Guru, or parapsychology or mesmerism etc. All these things are done by putting some sort of a dead soul on your soul. One has to be very clear. For this you cannot charge money. It is a living process. For example you sow a seed. You don't pay money to Mother Earth. She does it. It is built in the seed as well as Mother Earth. We also take all the living processes for granted. There's no obligation. But all these horrible people are money oriented. They have no purity of heart or purity of eyes. They are interested in women, men or all kinds of dirty things. They are not able to explain how they do it. They cannot relate it to medical science or any science.

In Sahaja Yoga we do some Hatha Yoga exercises whenever necessary. When there is a chakra damaged because of some physical problem, we try to give that particular Hatha Yoga exercise. But the way people do Hatha Yoga is to take all the medicines at once. In Hatha -- Ha and Tha both the nadis have to be used. But now-a-days its only Ha used. This can cause a great imbalance within you. People who do this can become extremely dry, hot tempered and may divorce his wife or leave his children.

We should be in the centre and Kundalini should be fixed permanently with that All Prevading Power and flow all the time within you. But apart from physical, mental and emotional life,

you have the Spiritual life, which is much more miraculous, which is very blissful and when you understand how this power of Love looks after everything, you are amazed.

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WE NEED SAHAJA YOGA. SAHAJA YOGA DOES NOT NEED US.

SHRI MATAJI

Shri Mataji's Advice on Childcare

In Miami, Mother spoke about child care in the United States and India. When asked about the problems non-Sahaja Yogis are having with their children in schools and day care, Shri Mataji answered immediately that all children should go to India, both Sahaja Yogi children and non-Sahaja yogi children. She then spoke about the Indian Sahaja Yoga school. A sense of security and self-esteem would be established in the children there. Activities would be both formal and informal. Different teachers would lead the different activities. Security is established through the personal qualities of the care providers. It is not necessary to have one consistent care provider.

Shri Mataji shared that in India, child raising is just known, established in the culture. Many things known as common sense in India are unknown here in the West. Examples are eating large, cold coca-colas with oily french fries (very indigestible); swimming in very cold water (a shock to the system); drinking cold drinks when coming in from extreme heat. These are just little examples of things people do in the West which can make them sick.

Mothers in India talk to their children constantly, explaining why and how things are done. Shri Mataji stressed this several times emphasizing the importance of talking to children. She said children can be quite sensible and should be listened to. It is important to talk to them at their age level explaining things they can understand. In the United States, we give children toys and want them to be quiet. When asked how to handle children who say no, for example, "No, I don't want to eat my lunch," Shri Mataji suggested not to make them eat lunch -- just wait until the next meal. They will learn that they will get hungry unless they eat their lunch.

Shri Mataji said parents in the United States say no all the time to the children instead of explaining things. This causes problems with the children's development of self-esteem.

Children should be ignored when they are doing something wrong. If they break something, ignore it. When the children do things right they should receive a lot of attention. Talking and explaining things to children gives them the direction.

When asked about the frequency of illnesses in young children in day care, Shri Mataji said, "Yes, people in the United States are quite sickly." She said this is a problem with the mother's center heart. She said I am sitting right there in your heart. Establishing a strong center heart is important for mothers.

Shri Mataji spoke at length about the great sense of God in India. She told several stories showing how people in India recognize the power of God, acknowledge and fear it. In the United States, the blind faith in Christianity is terrible. Church leaders are stealing money from people in the name of God. How people in the West do not see the falsehood of Christianity is shocking to Shri Mataji.

Shri Mataji spoke at length about the relationship of the mother and the father, in marriage and as parents. The role of the father and the mother is quite distinct and defined in India. The husband depends totally on the wife. Shri Mataji said her husband will not make decisions without her. He depends totally on her. She said Indian husbands do not know how to do anything around the house and they do not know how to fix anything. An Indian Sahaja Yogi explained that when he got married

in India, he was given advice -- you make decisions about the important things in politics and economics. Your wife will make decisions about the unimportant things of running the household and raising the children. We all laughed. The power of motherhood is recognized.

Shri Mataji said that the mother and father should never fight in front of the children. A child cannot develop respect for the mother or father if there is fighting. Children develop respect when they see the parents respect each other. Shri Mataji stated we need a school for parents in the United States. She will be speaking extensively on child care in Russia this tour. Shri Mataji suggested some ways to bring knowledge of raising children to the United States. These are being pursued.



Shri Mataji's advice for conducting Sahaja Yoga programmes.

A Sahaja Yogi represents the Collective Sahaja Yoga when he speaks from a public platform to introduce Sahaja Yoga. The novice audience tends to form their initial opinion from the impression the speaker leaves. They not only listen to him but also observe his manners, dress, poise and whether his speech bears the conviction of his faith.

Rhetoric or pompous speeches void of vibrations fail to arouse the spirit of the audience. One should speak from the heart and feel what one says. There should be genuine concern for the upliftment of the spirit. The face may express that concern but without the hands flying in all directions.

One should refrain from making long speeches. Too often the speaker gets lost in his own oratory. Remember to speak to the point, as a mental approach only arouses the ego. The speaker should exude joy, bear a happy countenance without being overly serious. He should conduct himself with dignity, grace, poise, be formally dressed with well groomed hair.

Centre leaders should avoid preaching long sermons to Sahaja Yogis at collective meetings. They should minimize lecturing and play Shri Mataji's tapes instead. Centre leaders are not a medium between Shri Mataji and a Sahaja Yogi. We should not forget that Shri Mataji's audio and video tapes have her vibrations and spontaneously clear out all negativity allowing each Sahaja Yogi to experience the joy of his own Spirit. Surprisingly several centres have not so far acquired tapes and are not showing the videos of Shri Mataji. Audio and Video information was sent in the last issue.

Shri Mataji has strictly prohibited any individual or centre to make copies of any video, audio or publish any literature or booklet.

