

# THE DIVINE COOL BREEZE

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NAVARATRI PUJA  
LECTURE BY H.H. SHRI MATAJI NIRMALA DEVI  
GENEVA SWITZERLAND 23.9.90

( SYNOPSIS )

According to the calendar this year there are ten days of Navaratri and not nine. Nine are the days and nights when the Goddess had to fight the demons and save the children from negativity. On the one side she was protecting them like a tigress because times were such that nobody could meditate, take the name of God, or even think of realisation. But those who are sitting here today, have been there in those days and were all saved for today, so that you could achieve your self realisation.

The form of the Goddess in those days was not Mayaswaroopi. She was in her real form and that created a great awe even among the disciples. The question of giving self realisation was not there. First of all they were to be saved. Like for nine months the mother has to keep the child in her womb, in the same way you all have been for nine yugas saved properly and in the tenth month you are given birth. The tenth Navaratri is to celebrate actually the Adi Shakti. On one side she is Mahakali, on the other side she is Mahasaraswati and in the centre she is Mahalaxmi. She is also the Amba, the one who is the Kundalini. But she is beyond all that. She is the generator of power. Today we worship Her in all those forms.

When we say that there is only one God, but that God has got a head, liver, stomach, nose, in fact everything that a human being has, because they say God made human beings in his own image. He has different parts in the body and he has to run those different parts. He has to have different deities and unless and until you understand those deities you cannot awaken them within yourself as they are all part and parcel of the Adi Shakti. They are all completely under the control of the Adi Shakti. The powers of the Adi Shakti are like a tortoise who draws his whole body inside his shell. You cannot discover them easily, except for those modern cameras when the vibrations are emitted you start seeing them in those cameras. There are so many miraculous photographs. You don't know what's happening. This is what you have to understand, that we have entered into a new realm. Of course sometimes you get lost, because of your previous problems you get dragged down, tempted, dominated by negative forces and fall down. This is a very sad thing that should happen to any Sahaja Yogi, because perhaps you don't know your past, you do not know how you have struggled, how you have worked hard to come up to this level. After coming up to this level if you do not try to go higher then either you will be stuck at the same place or you will be thrown down. You must know that you are a Sahaja Yogi. You are not a wife, husband, mother or father. You should say my main job is to give realisation to others and because all my relationships are already fixed properly, I don't have to worry about any God, any deity, because they work out everything very effectively.

In the description of the Goddess you read that her hands were throwing arrows with such speed that one felt she was dancing. Every hair of mine is just like an arrow and it works so tremendously but to you I am sitting here quietly, just as you are sitting, but its not so, its something much more. When they show a lion or a tiger as my 'vahana' then you should know that they are actually so. Even to get a vahana of this kind had to be evolved from amoeba stage to this stage otherwise he would not have been here. In the same way you are evolved and in you all these vahanas are also there and they work out very quickly all that you want. You desire something and you will be surprised, immediately it works out but there should be complete dedication to Sahaja Yoga. When I say Sahaja Yoga you know its the yoga of your attention at my feet.

If you are still moving within your egos, thinking on those lines that we are something and we can start our own Sahaja Yoga, we can work out this way, that way, my wife is like this, my child is like that or my husband is like that, you have to give up those problems on one side otherwise you will not ascend. It was not difficult for me to give you realisation because you were just ready for that but to keep your light on you have to work hard. Now a tiger remains at his own position. He doesn't change in this position. All the dieties and Gods are in their own position with their own qualities. In the same way you must remain in your own position of a Sahaja Yogi.

Now the problems we have in the West are stupid problems which are not suitable to any Sahaja Yogis - i.e. attachment. First they were not attached to their wife or children, now they are attached like glue. I do not say that you give up your children or wife, but your attachment should be to Sahaja Yoga. Once the blessings of Sahaja Yoga come to you, they will flow to your wife, children, to everyone in your country and the whole world. Supposing this attachment is a very simple electrical thing, if the attachment is not to the mains but elsewhere, then whats the use ? It cannot give electricity. Its simple logic that you should be attached to the source of energy first, then that energy can flow to others. If you yourself are not attached to that source of energy then how can that power flow anywhere ? Our attachments start getting rusted and we don't understand what has happened to us. We are not attached to the main source and that's the only attachment you need and then the whole thing will flow to the other end. We are attached to so many miserable things we like which make us miserable, for example we are attached to some sort of stupid entrepreneur fashion. All these attachments are not the source of joy, knowledge, and energy which ascends you. This is the reason why our situation of collective ascent is spoilt.

The Adi Shakti's work is to give you realisation first. Second is to give you life, to comfort you. If you have physical problems She will look after them, she will go all out, if you have mental problems she will solve them. She is the comforter, She gives you comfort. At the same time She protects you. I have seen many people even now get frightened at the slightest thing. Why should we get frightened now that there is a tiger standing. Your Mother is so powerful you have to understand how powerful She is.

The energy is not allowed to flow and if you are still worried about your wife, house, children, 'my', when this 'my' drops then it can work out. This should not be taken in the way that I say you become ascetics, no way. No saints were ascetics. They all had a wife and children. Their attention was at the lotus feet of the Mother. As Guru Nanaka has said that a little boy is playing with his kite. The kite is going all over; he is talking with his friends, joking but his attention is on the kite. There is a lady who is cleaning the house and a little child is on her waist. She is cleaning the house, brooming, doing everything, but her attention is on the child. There are ladies in India who have three, four pitchers of water on their heads. They are talking to each other, laughing, making fun, but the attention is on the pitcher. My attention is always on your Kundalini. You cannot play tricks in Sahaja Yoga. Anybody who tries to play tricks will be very badly punished. You have to be very careful not to be dishonest. I won't do anything but here there are all the teeth of the tiger, the Vahanas. They are all fixed quantities. They all know what to do and they will do it. Such negative things come into your head, I would say they are demonic ideas, because they will destroy you completely.

On one side Sahaja Yoga is an absolute blessing for the ascent to go ahead. You go up to a point but you must also know you have reached a height. You have to be very careful there, if you fall from that height you will fall very low. There you are having all the blessings, the beauty, love, joy, knowledge, friends, all the care. If you are playing tricks than it is not possible to remain there, that does not work out, you are immediately thrown out. One has to know that the deities are extremely alert, they are watching all of you because they have to guard you, look after and help you. They have to work out everything for you. They are the ones who create flowers for you. They are the ones who do all sorts of good things for you. But at the same time they are only attached to me and not to you. Because you are my children they are looking after you. Once you try to misbehave you are finished. But the compassion of your Mother is so great that she always tries to forgive and give chances. She tells those deities to keep quiet and of course they obey up to a point. However if you want to be nasty, cruel, sinful and yet stay in Sahaja Yoga, you cannot. Its not like any religion where you go on committing mistakes, do what you like, kill and cheat. Here you have to be a Sahaja Yogi in the real sense of the word and this is what one has to understand.

Don't take things for granted. I have told you to write 'what I have done for Sahaja Yoga today'. For ourself we do everything, paint our home, have nice sarees etc. but one should ask oneself 'what have I done for Sahaja Yoga, how many presents have I given to others, how many letters have I written to others narrating my experience of the love I felt for Mother in my heart'.

Today you have had this Puja of Adi Shakti, that's a dangerous one because its like a mirror where you will have to see yourself, clearly face yourself. To dominate your husband is a stupid nonsense because you don't know how to handle your husband. We have to grow as wise women, as women who are like the Mother Earth. When you ask me "Mother, you work so hard,

yet you look so fresh"? It is because I enjoy it. Doing work is music to me, so cooling. Everything is a music to me. Do you get tired of music? On the contrary you feel fresh. Please have introspection, soul searching, find out what's wrong with you. Do not pamper your ego because ego makes you idiotic. We have some people like that in Sahaja Yoga, it is like we have some buffoons in a circus but we have to have lions and tigers. What impresses people are the lions and tigers, not the buffoons.

**The whole power of your Mother is Love.** Whatever she does is out of love for her creations and the introspection starts. It should not be too late. I have been saying since long the way that they are exhausting the Mother Earth. Now the ecological problems are standing like a Rakshasa before us. Now what do you do with it? You have to face them yourself, your destruction. If you do not face it now, then you will have to face it at a time when it will be very late. So don't just be satisfied with yourselves that you are Sahaja Yogis. You have come to Puja of course, like if you fall into the sea, it has the power to absorb you but also has the power to throw you back on the shore. It acts both ways. So 'why can't I go deep into Sahaja Yoga?' There are excuses also, "I haven't got the time; I'm very busy; I am working in the office, I am doing that". Then you are not Sahaja Yogi. All your time is for Sahaja Yoga. Because of that Sahaja Yoga gives you sufficient time to do everything. I know of people whom I find suddenly in Puja's all over the world. I say, "how are you here?" They say that business has brought them there. When this power is so great, to realise it, to know how great it is, then you leave everything to this power. It works out everything for you.

Today we are talking about the Shakti, about the powers of the Goddess which are more to be discovered and to implicate, which is very well balanced and extremely efficient. Whatever work these powers have done within you, please try to respect them. Please try to assimilate them and let your being grow. Don't say 'I am married, I have got pregnancy, children, jobs. Everything becomes perfect as soon as you perfect yourselves. Everything is related to your perfection. Then you don't ask me questions. What job I have to do Mother? What I have to achieve? You just see your way through and everything works out.

All the demons were killed but they are again back into their own seats; worst thing is that they have entered into the heads of the seekers because they have come as gurus now. They have come as the Catholic Church, Protestant Church, kinds of temples and fundamentalists etc. They look like Rakshasas. If you look at them they influence you and go into your heads, but after you come to Sahaja Yoga even these heads are cleansed. This cleansing and joy, you have to give to others. This is your responsibility. First of all your character, behaviour and relationships should be so pure that by itself will emit light. Like if you have a very clean glass the light can pass through but also Kundalini being the pure desire, you should be extremely fervent, bubbling, absolutely pouring out desire; when to give vibrations, whom to give realisation. Whatever you are doing keep attention on your connection. If you are doing Sahaja Yoga and the connection is loose then you are only giving darkness, ignorance or madness. With this powerful Shakti you must all the time keep connection

and keep her pleased by the protocol. Its very important, all these deities you see have the protocols because they are fixed. You should also fix your protocol properly.

Unless and until you know what powers you have, how you got them and remember it and unless this truth becomes part and parcel of you, your growth is going to be difficult. You will be neither here nor there, like a pendulum going from right to left, left to right. Sahaja Yogis should be ashamed to see they are going from right to left, left to right. How can you be so vulnerable? Because you have not grown. You have to be like the rock of Gibraltar. How can you catch? If you think someone is extremely negative then don't go near that person. But you cannot become dainty darlings. My children are Viras, chivalrous. You are my children, you are no more Hindus, Muslims, Christians. You have to be brave, righteous, good, compassionate, dynamic, that's the minimum. I hope that after this Puja you will sit down, meditate and do introspection and find out why I do it? What is the problem? If you are really connected with this divine power you may keep awake for three days and nights and not be tired. It has happened with you sometimes, but the attention should be on the power. The attention should be connected, that you have this power otherwise you will be exhausted naturally.

Thank God, that there is someone like your Mother who can tell you what's wrong with you. Even your own mothers didn't tell you because they were so frightened of you and didn't say that when your heart catches what can you do then? If you understand that this is out of love, concern, then you will work it out. It is not so much of mental understanding but is the understanding of a higher level where it becomes just a part and parcel of your awareness. How can it be wrong, it all has to be good. Last but not the least, one must understand that as all the seven Chakras I am working on, are in a collective way held by me, by Virata. The quality of Viratangana is that She creates this universal awareness within us, the collectivity and in modern times we are in a spiritual path in a collective way only.

We have reached to the stage of Sahasrara and here we have to have the collective working only. There is no other way out. This has to be absolutely realised. Anybody who tries to harm the collective by bad behaviour or by anything will be thrown out but will also fall into wrong hands. The collectivity is the work of the Adi Shakti because at the Sahasrara is the rule of the Virata and the power is the Viratangana. This is the most important point we must know that if we cannot be collective because of anything, may be jealousy, fear complex, anything that is coming from behind like a worm crawling up, then know that something is wrong with you and not with the collective. Don't criticise the collectivity till I myself find it out. Keep to the collectivity wisely, earnestly and try to keep together. Try to help the people to get together collectively, to enjoy together. Don't criticise each other. Only criticise yourself if you are in the habit of criticism; it is better because these are habits also.

Adi Shakti's work is the most important in the whole creation. Killing of the demons was over when Shri Saraswati's work was done. Shri Mahalaxmi's work was done when she brought it to human level. The climax is now that you got your realisation. You have got the special quality. Now you have entered the Kingdom of God, so now behave yourself.

## DIWALI PUJA

TALK BY H.H. SHRI MATAJI NIRMALA DEVI

GHOGGIA, ITALY 11 21 - 10 - 90

The word Diwali comes from two words - Deep and Aawali. Deep means lights and Aawali means rows. Rows of lights. It is a very ancient idea and all over the world whenever they have to celebrate something then they put lights. Lights give joy and happiness. To overcome the darkness of ignorance we have to enlighten ourselves and that is why it is important that everybody should get self realisation to feel the light within themselves and you must have noticed that after realisation the eyes also sparkle. There is light in the eyes of every Sahaja Yogi.

Today is the day when we worship the Laxmi principle, i.e. our Nabhi. She is so benevolent and so kind that she does not pressurise anyone, but normally you find that anybody who has money will try to put pressure on others. Even in Sahaja Yoga, if they are a little better off they try to push other people, organise and control them. They think that this is the power they have got out of the money. But Laxmi herself stands on a lotus, the beauty of her being is shown in that she does not trouble anyone though she stands on a flower. Those who worship Laxmi have to remember that they shouldn't push or pressurise, anyone, control or destroy anyone. Her feet are on the lotuses and in two hands she has lotuses. Lotus is a sign of beauty and their pink colour is love. It symbolises that a person who has Laxmi, wealth should be extremely generous like a lotus which allows a little beetle to come into it and sleep. It covers him with its petals and makes him comfortable and protected.

For a person who has money that should be his temperament, otherwise he loses his money very fast or he is always insecure about his money. He wants to hide his money here or there. There is no grace about such a person. His house is not comfortable because all the time they are worried that the carpet will be spoilt or this or that will be spoilt. A house should be where you can live freely. As soon as we get materialistic, we get out of the Laxmi principle. All the beauty of wealth we have is finished. I have seen that even a rat does not enter such a house leave aside human beings. This is materialism that we get so much worried about everything. The Laxmi principle is to be understood that matter is for the expression of your love; how much you can do for others, how much comfort you can give to others. I have seen in some people where the Grihalaxmi, the woman in the house will not even offer tea to the people. She is just enjoying herself and bothering about the carpets, etc. So low level it is. It is not even a human thing. The Laxmi principle means love. This very people few understand. To them Laxmi means money in the bank. The Laxmi principle means to express your love.

Another symbolic thing about Her is that she is your Mother and a Mother just gives. Her enjoyment is giving. I always think what I can give you. What present I can give you. Diwali is a good day for me that I can buy so

many things that I want to give you and I love it. Nothing like the joy of giving. If you have more things its a headache. When you think that I have to buy this thing now, or will this fit this person, it relates to the collective feeling, a very beautiful feeling. We have to realise in all introspection that we have gone too much into materialism. That does not mean that we should not make money, not work, be lethargic, or say, oh Mother has said that let us be Lotus eaters'. Try to understand that if you are making money it is just to give, otherwise your situation will be bad. You will always be insecure about money and those who have the money instead of feeling secure will be shaking like that. What is the use of that money which shakes you. Better to have little but enjoy Sahaja Yoga.

Laxmi tattwa is not money oriented. Supposing you take a dog or a donkey and put lots of notes on that, will you call him a Laxmipati? (A rich man). Or take another person who has ten cars but is nervous, twitchy; will you call him Laxmipati? There is no grace in this kind of money. Its crazy. There are no traditions. They have no sweetness, nothing on them. They are dry, as if the whole juice has been taken out of the sugarcane. They are like that and nobody wants to go to their houses and if I eat there I get vomiting. My Laxmi does'nt like it. You should feel what you can give to others, what to do for others. That is the first sign of a Sahaja Yogi. I have heard that people do not like to spend for Sahaja Yoga. You have to know that Sahaja Yoga is for the emancipation of the whole world. What is spending so much on cosmetics going to do for the whole world? Or what is this watch going to do for the world? Or the way you dress up or show off is it going to help the whole world? You are here to help the world and not to decorate yourself and just to take advantage of Sahaja Yoga. Sahaja Yoga is extremely peaceful. It gives you first the glimpse of Laxmi, then it gives you money. You are blessed. It is the first temptation and you can fall away and go down.

Then there are two other symbols that we see with her hand. She gives. If you open one door the air won't come in. You have to open the other one. She must give. So all those who have Laxmi tattwa developed in them, they think what they have to give, but they don't give the worst thing they have, just like the waste paper basket. "O, this is useless so I can give to this friend". All friends are used as waste paper baskets. Whatever is the worst is given. How can you touch your depth like this? Whatever is the best, you should give. if you are free to give then you should give the best. One of the snags is that we have never learnt the art of giving. If we learn the art of giving, it is so joyous so beautiful. Because we are very ego oriented we understand what will give joy to us. We don't understand what will give joy to others and when we understand this then that joy reflects on us thousand times more.

On the periphery both the forces work on. On the one side are the misers and on the other side are the exploiters. If you become generous, the exploiters are there. So there is an antithesis. Another type of people become nervous who don't know what to do. Sometimes you are exploited, doesn't matter. Thats not your look out. You have not committed the sins. The one who has exploited has committed the sins and he is going to suffer. So why to worry? With the help of this Divine Power the one who



exploits will suffer. You get more than what you suffered and you will get ten times more than you lost. This is what is to be understood by Sahaja Yogis that we are now blessed by this Divine Power. We are not alone. All the time it is blessing us. So giving means nothing is mine. "My" has to go.

Even in Sahaja Yoga I was surprised that people get very much attached to their children and think of nothing else. This is another kind of selfishness. Just to think of your own children only and no one else, then the same children will become devils and teach you a lesson. You will pray "O God, next time don't give me any children I've had enough". If you make that child collective and teach the child to give to others and enjoy it then from childhood that child will become extremely generous. Generosity is a quality of an incarnation. Aishwarya. Aishwarya does not mean only money, wealth, but generosity. It excels the money and that is the sign of an incarnation and a Sahaja Yogi.

Say, you are working in an office, hospital or a factory, you have to feel that you are working like a family, try this. You have to trust your office like your family. When my husband's colleagues used to arrive early morning from Calcutta I would myself cook their breakfast and serve them. They were just ordinary clerks but this is how through the protection, care and love, you can make them so dynamic that their Laxmi tattwa will increase. Otherwise there will be strikes, fights etc. That's why a person who is a capitalist must understand that his capital means nothing if he doesn't know how to use his Laxmi Tattwa, that's why they end up in jail, lunatic asylum, become smugglers or something happens. They are never respectable. I have never seen a statue of a man who is garlanded for being rich. If you are rich nobody is going to respect you, unless you are generous and do something substantial for the society.

How the Laxmi tattwa comes in. First the Laxmi is born out of the sea. Now why was she born out of the sea? She was born out of the sea because her father is a generous personality. Look at the sea, it spreads its wings all over, gets itself heated up completely so that the clouds are made and these clouds go bang at high mountains where it rains, they form the rivers and come back to the sea. All the while the sea contains all the salt and Christ has said that you are the salt. What is the salt? The salt which gives taste to your food is your Guru principle. If you are a miserly person then you cannot become a guru or a leader. How horrible you would look, just imagine. Laxmi is born out of the Guru principle and this Guru principle starts in you when this Laxmi principle is awakened, not just money; when you start thinking what sweet thing I can give to others, what I should do for others, how to express my love.

The first thing is that the sea spreads its wings and says ok let the sun take away my water, let me heat up, get clouds. In the same way you have to understand that unless and until I allow the sun that is the Spirit to evaporate this water from me, means to give to others, how will I develop this Guru principle within myself. You cannot have salt in the sea water unless and until it evaporates so you cannot become a Guru unless and

until you allow the evaporation of water which is this wealth, this money. But if you are not mature like the sea then you will remain like at a level that like the muck of mud and ending in a lunatic asylum because maryadas are lost, dharma is lost. Without Guru principle there is no dharma. You do not think of anybody else, your father, mother collective work, world. So you become smaller and smaller. But when the Laxmi tattwa starts that's the first inkling of love for others. I know you all love me very much, but it's not a complete reflection of your mother. You have to love each other and share everything with each other with love. When this first light of love starts showing you, in that light you move, you become deeply generous and enjoy your generosity.

You have to come to the centre as this love has to start showing itself, manifesting itself in all humility. You are doing it for yourself and not for others. "If I have tried to help somebody with money I am helping myself because I can't bear to see that person in trouble. So no obligation, I am secretive, I don't want to talk about it. I am enjoying myself".

We must understand, are we allowing the children to grow big? Are they generous? Are they saints? Are they beautiful? How do they talk to others? Are they confident? Tomorrow they are going to leaders of Sahaja Yogis. Like Shivaji's mother, Jijamata, how she made her son great. It's the mother who makes children great. If she wants all the time to grab the child and the child wants to grab her, it's suicidal. Suicidal for you and suicidal for the children. What have we done about our children? It's the duty of every Sahaja Yogi to see that their children grow up to be great people. Greater than you. They have to look after the world. Spend time with your children, see that you mould and nourish them with love, tell them that they should give love to others. That they should behave in such a manner that others will feel the love through them. Otherwise they will become devils like Ravana. Ravana was realised soul, but spoiled by his mother he became a devil. First of all understand that they are not your children, they are my children under your trust and you are not to make them dwarfed and small.

We have to make our children like lights. Light burns for others and not for itself. In Diwali, what are we burning lights for? For others. Are we learning from these lights? Are our children going to burn for others? You are making them selfish. So many thousands of children are going to come and even if they are born realised, you spoil them. If you take a diamond and put it in the gutter, it will be ruined. Even if you get the best kind of children you'll spoil them with this idea that this is my child, this is "mine". Expose your child to good things, tell them what is good, how to be good to others, how to press the feet of others, how to comb the hair. Let them carry little trays and feed others, feed the birds. Let them give water to the flowers. Don't make them petty. Some of the children are really dynamic who are born to you but you are ruining them. The last of the Mahalaxmi principle came as Fatima. Fatima - The Grihalaxmi; she stayed at home, she didn't go out. She looked after her children and husband who fought for the right and the truth.

What is the principle of Mahalaxmi ? First is that of sacrifice - sacrifice one's own children at the altar of truth. Of course that is not needed in Sahaja Yoga. You are all blessed people. You don't have to sacrifice whatsoever, but if you do not develop your children with proper ways, they will hold you responsible and will say why did you not give us full scope to develop ? If you find your child is obstinate, doesn't know how to share his love with others or is dominating then try to curb it down immediately. Children are very clever, the moment they realise they are going to lose your love, they behave themselves.

We have three principles of Mahalaxmi and the fourth one is myself. Mine is a majestic work, much wider and tremendous patience is needed. It won't work out if I sacrifice anyone, I have to sacrifice myself, my family so called. I have to sacrifice my sleep, comforts and everything possible under the sun. I have to sacrifice for one reason, your Mahalaxmi principle should be manifested. It should have its roots. So you come to Sahaja Yoga as seekers of truth, blessed by Mahalaxmi Principle already and if that is so, let us feel it's love. We love our Mother why ? Why do we feel it ? Because she loves us. But love does not come without any sacrifice. I don't feel the sacrifice. Outwardly many people say "Mother, how much you are travelling, how much you are doing this;" I don't feel at all anything like that because I am enjoying it and that's what is important. If we have to develop our full personality, we have to know that our love should not be only a lip service. We have to work. I have seen people, when it comes to working for Sahaja Yoga they just run away. Where are they ? Nobody is available. All around, only five or six people are working "Where are the rest of them ? - "Oh Mother they'll only come when you will come". What work have you put in ? What effort have you put in ? We are just enjoying ourselves, but work without any effort, enjoyment without any sacrifice can not be complete. If you are attached to your comfort, laziness, selfishness and all that of course that will be there, but you cannot enjoy. You cannot enjoy when you care only for enjoyment and the rest of it is finished. The power of love can bring complete command over everything; over your body, mind, ego, everything. If you love someone without any expectations then this power of love floods you with things, ideas, everything. Just try to understand that it should be pure love without thinking, just a feeling that I am enjoying it. This enjoyment is not possible for a person who has not become the pure love. The source of enjoyment is the power of love and it won't fill the heart which does not have love.

PUNE PUJA AT SHERE  
TALK BY H.H. SHRI MATAJI NIRMALA DEVI  
3-12-1990

(SYNOPSIS)

The foundation has to be strong of spirituality and then you can build whatever type of building you want on it. But if you do not have that foundation then the whole thing collapses. Like the tree grows and if it doesn't touch the source of its nourishment then it will definitely collapse. This is what Sahaja Yoga is, that you are touching the source of your nourishment, nourishment to your civilisation. Once this nourishment starts growing you see what's wrong in those countries where people have gone headlong into extremes, and what they are suffering.

Firstly, ask for the blessings of spirituality. But also the promise that you will help others who are getting drowned into the dry materialism. You are all enjoying this beautiful life and are at peace with yourself, but this wine of spirituality has to be shared, otherwise life becomes very selfish, self-centred. You are frightened of those people because you think you may catch from them. You have to become Buddha proof, fearless and touch your depth. If you live with superficiality of any kind, it must be thrown away, otherwise you will sink. There are many superficialities which have come to us because of the blessings of this Western civilisation.

First of all we have our norms and ideas. Actually it is all mental activity. The art of the West is finished, because we cannot have Rembrandt, or Michaelangelo anymore. The reason is that criticism of this art has become so much in the modern times that nobody wants to produce anything that will be criticised. Now the only situation left is that the critics are criticizing the critics. This mental activity of putting everybody down is extremely dangerous and destructive. It is happening in every field—industry, music, art, architecture, business and even politics. Everything has become so superficial that you have to be prepared for facing all kinds of oppositions and troubles. Still as you have your own depth, you can master them all by your own tranquillity, temperament and by your powers which you have got. When you are not afraid of that society, when you have that tranquillity within you and the courage, I am sure you can do a lot. Of course, we have some very dynamic people in Sahaja Yoga. What may come, they never deter and they have worked very hard to see that Sahaja Yoga is established.

SHRI LALITA AND SRI CHAKRA PUJA  
BRAHMAPURI  
17-12-1990

(SYNOPSIS)

When the left side reaches up to Vishuddhi, then it uses on the right side the Sri Chakra and on the left side the Lalita Chakra, to manifest itself. These two chakras are the ones who manifest all that you see. These chakras emit vibrations of different kinds because of their angularities. Like if you have some kind of a cardboard attached with small holes of different colours which rotates all the time, you get different permutations and combinations. In the same way, different permutations and combinations are created and that is why you get all the advantages of Sahaja Yoga.

Today, we are worshipping Maha Saraswati Power and Mahakali Power both together. Now we have started combining things. These two energies are very important. Without the energy and power nothing exists. For example, if this light had no power to give light or to burn then it is useless. In the same way without getting your realisation you are useless because your power is not available - Whatever you see created in this world is done by these two chakras of the Adi Shakti. Here the power doesn't move. But in the human being the power starts moving. When it starts moving then we can say it is creating another world. The movement is not the only thing. This power acts, gives you intelligence, gives you all kinds of things which you have as a human being. Later on the power itself becomes enlightened. Means the left and the right side both become enlightened. You get this enlightenment when you get your realisation. But not immediately. For example, if you have pain or if your chakra is catching, you have to use your hands. You cannot say that the energy is flowing within me, so its alright, I can manage it. It is not like that. You have to use your hands to impart that power to yourself or to others. If you have pain in the stomach, you can say, "I have energy in my stomach, why should I have pain in the stomach?" But the play of these chakras has to come and that is why you have to use the power of your hands.

If you cannot use your hands, then you cannot impart this energy. Many people ask me 'Mother when will it move horizontally?' It will move horizontally. It does, but even these horizontal movements have to be guided by these two very important chakras. Don't move your head all the time. With many people it's a style of talking. That's another way, you are not respecting your chakras. You should not move your shoulders too much. Those who move their shoulders too much do not feel the vibrations much because the chakras are not alright. They are the most important chakras we have and whatever is to be used out of this Param Chaitanya, they have to be used by these two centres. Even supposing some chakra is catching on your spinal cord, you have to use your hands. You cannot just put your attention. It doesn't work out that well. Because as yet your attention has not yet reached that stage where these two chakras obey it. Unless and until there is the foundation of the spiritual life, the materialistic life takes you to a very partial development. To get a full

development, you must have your foundation on spirituality. That spirituality has to be deep, fully equipped and absolutely perfect. Then the whole building can be built.

When you go beyond thought these chakras become extremely efficient, because a thought puts pressure on them and because of the pressure, the movement of these two chakras is very slow and ineffective. Once you can get out of your thoughts, and go into thoughtless awareness, then these chakras start working it out and you start moving much deeper into your own being.

**MAHALAXMI PUJA**  
**TALK GIVEN BY H.H. SHRI MATAJI NIRMALA DEVI, KOLHAPUR**

21.12.1990

In Indian Shastra and scriptures, Shakti is the most important thing, say - if you have a light or fire, what is the power of fire? The power of fire can be that it can give you light, it can burn away things. Supposing that it does not have its power, then who will care for fire? So anybody who hasn't got the power of being the Spirit, is useless. This power, this Shakti has to be awakened within us because we do not have the power of the Spirit. We have to have the power of the Spirit. That's only possible if you get your self-realisation. It is therefore very important that we should pay attention to our Power. This power is made as the power of a mother. Mother is the most loving relationship and through that relationship all the love is expressed. That is why the Shakti is that of a Mother. The affection, the love and the patience that a mother has for her children, the Shakti too has the same powers and that is how the Shakti can never harm you. Out of all these powers, Shakti is the Kundalini is the highest because without her you cannot get realisation. Complementary to that is the Mahalaxmi Power. Without the Mahalaxmi you cannot rise. This is the ladder through which this power of Kundalini we can rise. Both the powers are very important and very much related to each other.

Mahalaxmi principle starts when we have finished with Laxmi principle. Like in the West, people are fed up with affluence, they are thinking 'what have we achieved?' We have gone into imbalance. So what should we do? We have to balance ourselves. How do we balance ourselves? We have to have the knowledge of the spirit, that is called as Adhyatma. To know this knowledge, Kundalini has to be awakened and that you are to be connected to this all pervading power. Once that happens, you just become one with that energy and get transformation within yourself. When there is light you can see all your problems and defects in it. Also if you know how to connect with it, it is the easiest thing to do - is to get your transformation in Sahaja Yoga.

Today, seems to be a special day for me. Here in Mahalaxmi temple, that Mahalaxmi is being awakened and I am feeling really in that state of thoughtless awareness. When you are in the centre you don't think, you are in meditation, that is why Mahalaxmi is very important. When you are fed up and you can feel that there is something missing then you take to Mahalaxmi principle. In India, because of so many saints we feel we should short circuit. First let us develop our knowledge of Atma and then take to Science, so there is no more imbalance within us. Without the foundation of Adhyatma (knowledge of the Spirit), if you take to any kind of progress you can topple down. That is why, all the Western enterprises and also projections of religions have gone to waste, because there has been no balance. It is important that we must have balance within ourselves.

In India, we have people who have this idea at least that you have to rise higher than materialism and become one with the Virata - part and parcel of the whole. By knowing that, once they get Sahaja Yoga, they grow very deeply. "The depth we have achieved with this faith that " we have to be self-realised, we have to feel the all pervading power, this conviction itself gives them the depth and so when they achieve realisation, they go down very deeply. Most surprising that people who have never heard about Ganesh, about Kolhapur or Mahalaxmi, are sometimes much better and more deep than the people who know all these things by heart. One can deduce that those who know outwardly through books, or from gurus are absolutely outside. They have nothing to tell us because they have had no experience of the self. That experience is only possible when your kundalini rises and breaks your brahmarandra; that is the time the first experience comes to you of all pervading power. All these people who have only just been praying to Mahalaxmi, doing a lot of penances, fastings etc have no ideas to what Mahalaxmi wants. Such people are very religious. They are doing all kinds of ritualism; what we call as Karma Kande but with that you do not reach where you have to reach. People may know in words but in experience, they do not know. Sahaja Yoga is very important to give them this experience.

We have Sri Chakra on the right side and Shri Lalita Chakra on the left hand side. All the things that we do with our hands after realisation are worked through these two chakras. As soon as you put your hand on somebody the Chakra knows how to work it out. It works by itself, as if it is an built mechanism within us which knows what sort of vibrations have to be given to a particular person for a particular cause. If a person has certain defects these chakras know what is to be emitted, how to work it out. If you have vishuddhi problems then you can find that your hands are stiff and you cannot feel guidance or we can say Divine Intentions of realisation because when you start using your hands you don't feel any vibrations. These Chakras are like a complete programming. As soon as you put your hands on a person, the programming starts working it out. Because this programming is done by God almighty, it can never be wrong.

The people here think that all this talk of God is wrong. To them the progress of the West is effective, more apparent. There it can be seen in material progress. They can't understand how people progress with Adhyatma in the area of physical or mental development. Now we come to a point where we realise this, it is very important for Western people to have the foundation of Adhyatma. For that it is important to give up some of your conditioning because this knowledge is coming definitely from India. The Indians, had all the knowledge of medical science, etc. God's science is in India and for that what are you going to do? God's science has to be understood with full dedication and devotion. Because of the conditioning of the Western influence and progress, sometimes we do not know how to grasp this knowledge within ourselves. If you can understand that as we had to accept science from the West, you have to accept the knowledge of the Self from the East. You have to be ready to receive it. If you are still in your arrogance, conditioning then you cannot do it. Like a boy who comes from a village who has never known about science, and suddenly you put him in a science college, he'll say 'what is this nonsense, why

should I use a test-tube? Why should I go in the laboratory?' That is the conditioning which turns away many people from Sahaja Yoga after some time. We must watch our conditioning. The Indians have conditioning of so called religious beliefs, ritualism etc. But its easy to overcome them - for example, in India everybody has a Kul-devta (the family god/goddess), if they just ask Mother are you that goddess, the vibrations start flowing and the conditioning get easily eradicated. But the mental acceptance of something is very difficult to overcome. I've also seen when a marriage is arranged they go mental. If you go mental, then you cannot understand many things. But if you are spiritual then you can understand. For example we can see the Mother Earth giving us these flowers. How can we go mental about it? It's a living process. A sage will say - alright this is Mother Earth, she wants to give the children these flowers, fruits, trees - so she is working it out.

In matter energy never moves, it is stationary, i.e. electricity etc. are absolutely blank. If there's electricity flowing and someone stops it, it will stop. It has no mind. In materialism you become mindless. You start seeing within yourself that you've become mindless and becoming absolutely like robots. People have very fixed ideas. Its difficult for them to get out of it, because they don't have that movement towards spiritual subtlety where they can use the mind to do something. The Mother Earth has got the mind, she produces these vighras,(Svyambhu Forms) and deities. Nobody will believe that this Mother Earth thinks, and produces these things. Logically, you can say that a tree has a certain height, the fruits have a certain shape, colours, etc. Who changes all these seasons? That is the one which is a lady, she thinks, decides and works out everything. This concept is doubly denied in the West. First, they cannot accept a Goddess. Woman has no part. From Socrates onwards, nobody has talked much about a woman except Athena. Greek Goddesses were just like human beings so that also gets ruled out. When Christianity came, the Christians saw to it that there should be no mention of the Mother. Despite that they worshipped the Mother of Christ like a Goddess. Though in the Bible she is addressed as a woman in a very derogatory style.

The conditioning in the West is about the power of God who hangs somewhere in the air. That he's here and that he gives us everything. But what is the communication? What is the justification or the logic? How to explain? So you have to say that God is a mystery. How can people believe in it? The Christian conditioning has been even worse than Jew conditioning because they just took out Christ's Mother; though the painters and artists couldn't do that. They had the mother there. Despite all that the motherhood has not been respected as it should have been in the Bible. While Mahalaxmi herself incarnated as Mother Mary. You cannot expect any spiritual growth, unless and until you can accept its the Shakti, the Mother who is the only communication between us and the Divinity.



It is a very big blessing in India that they respect the Mother as the Shakti and that the whole thing is done by the movement of the Shakti, by the thinking of Shakti, by the co-ordination, understanding and planning of the Shakti only. It is not done by God Almighty. He is just a spectator. She does everything. Once that concept can fit into your head properly then so many conditionings will drop. Because religion was organised and in an organised religion, you can put whatever you like the way you want and it was such a big mistake. By that people developed lots of ego and things against women. And also the first sin, they call the Original Sin, was blamed on woman. They really ill-treated women, and had no respect for them. So the women changed their role and instead of becoming Mothers or goddesses, they tried to become something like actresses. But you can understand that without the power, there is no sense in anything. This is the power of love. This is the power of Truth. Once you get that power you should humble down and know that this power is within us, which has given us all this knowledge and this ability to raise the Kundalini. All this is because of energy within us, the Shakti within us, without that we are nothing and that too is the Mother who does everything.

CHRISTMAS PUJA  
TALK BY SHRI MATAJI NIRMALA DEVI  
GANPATIPULE  
25-12-1990

(SYNOPSIS)

Today, we have such a great opportunity to celebrate the birth of Christ. He was born in a manger. All these things were already preplanned, to show that whether you are born poor or rich, in difficulties or in problems, if you have dignity within you then it shines by itself. As Christianity took a very wrong deviated line, they have never been able to understand the significance of Christ. To them immaculate conception is absolutely not possible. Most of the people think that its some sort of a mythical story. But in India we do believe that Gauri created Shri Ganesha out of Her own vibrations and that he became the deity of the Moola-dhara. In the West they will never accept such a thing because their mental side is over-developed and dominates. May be they are not so very ancient like Indians to understand that above all is God. Even the concept of God is quite mental.

Moreover, the way Christianity has been it has not provided any proper guidance. On the contrary wherever they have failed they said its a mystery. It is very simple to understand for Indians that anything is possible for God. After all he is God Almighty. Because of this mental attitude which is much lower than the knowledge of your Spirit, the ordinary mundane type of the superficial knowledge can never allow the personality to accept the greatness of God.

There is a story of a seer who was going to meet God. On the way he found a devotee singing bhajans. The seer asked if he had any message for God. The Devotee said, "Please tell God I am alright but he should arrange for my food, as it is finishing". Then the seer went further ahead and found another devotee who was very religious singing hymns, prayers, going to the temple daily. The Devotee told the seer that I have tried everything, when will he meet me? "I would like to have His darshan". Then the seer went to God and gave the message of both the devotees. God said that the second devotee will still have to do more practises as its not easy. When Sahaja Yoga comes then we will see! About the first devotee God said that immediately food should be given to him. The seer was puzzled, that the devotee who prayed, went to temple daily God saying that he has to wait; whereas God is impressed by other devotee who is doing nothing to seek God only singing bhajans. God seeing the perplexed state of the seer told him to tell both the devotees that he saw God pass a camel through the eye of a needle. When he returned to the second devotee and gave the message to wait till Sahaja Yoga comes and then God would meet him and that he saw the camel passing through the eye of a needle, the devotee started arguing that how can that be possible. He went mental. Then he went to the first devotee and told him the same thing, the devotee said 'What is so amazing, He is God. He can do anything? That made the seer realise that God is all powerful. It doesn't mean that he can move the Himalayas to Maharashtra. It means that he can do the subtlest things, and such things our brain, our

mental side cannot understand. God is beyond the conception of a human mind. He is the one who has created human beings. He has to be beyond us if he is creating. If a potter creates a pot that means he is beyond the pot. The pot cannot create the potter.

It is beyond the conception of human beings what a God it must be who has made this great computer. We take everything for granted. We cannot make even a particle of clay. Human beings can take a stone or clay and make some sort of a house. But it's all dead from the dead. Can you make a candle which will burn budhis? You have seen that before my photograph the badhas burn. Can you do that? We have no idea of the complete, intricate, delicate, very dynamic, explosive machinery. How it works to create human beings, all this universe, beautiful flowers, trees and everything. Look at the stars, how many there are. Out of all these he has chosen this Mother Earth to create human beings. How he has made it. When he wants to send his own son, he can send him the way he wants. Even to challenge this shows the mental mind which is absolutely in mud.

Mother Mary being the Mahalaxmi herself, she could create a child. What's the harm? She could do anything. Christians have to rise above Christianity to understand that Christ was such a great thing, Who came to this earth, who was the incarnation of the principle of Ganesha. Ganesha becoming Maha Vishnu is a big thing. Ganesha is the son of Shiva. Ganesha is the one who was first created before any other creation, atmosphere, etc. He is the Omkara. Omkara is the first breaking of Adi Shakti from Shiva, that sound 'Tankara', from there started Omkara. He is the embodiment of that Omkara. This sound is Shri Ganesha is his power. He was created first and foremost to create holiness (Pavitrata). When this holiness was created then everything was created in the sea of that Holiness. He incarnated as Christ; but as Mahavishnu, not as Shiva's son. Vishnu is the Uncle of Shri Ganesha, His mother's brother. He was brought up by Mahavishnu but Mahalaxmi adopted the principle of Shri Ganesha.

Shri Ganesha is connected on the left hand side to the Ida Nadi and the Kundalini is above that. He transcended that part and then he had to come for the redemption. He had to come as the son of Mahalaxmi. It was Mahalaxmi who conceived him within herself as Christ and he become Mahavishnu. It is beyond human mind to understand how these things are working out in that realm. After realisation you can feel the cool breeze, so many things now are happening to you. There are no unholy alliances among the gods and Goddesses. There is nothing that is human in them. They are all Divine and pure. Once you understand this point then you will know why Shri Ganesha had to accept to be the son of Mahalaxmi and as Christ. Because he had to come on Agnya for the redemption. As Ganesha he does not do the redemption part because at that stage he is for the innocence, holiness, wisdom and also for destroying negativity. He had to come. Only Ganesha could be brought into this very constricted Chakra - Agnya Chakra. It had to be constricted and it goes on getting more constricted; the more we think, the more we go into the right or left and it goes on becoming constricted. In this very subtle area only Christ could be settled, because he's the subtlest of the Subtle. He is even subtler than an atom. The vibrations which move in isometric and symmetric

movements are subtler than the atom and this is the subtler of that also, so in that very constricted area only a personality like Christ, which is nothing but purity could come. There is no other element in him but purity. All other incarnations have all the five elements in them. He has nothing. He is nothing but pure vibrations, that is why he could walk on the water.

Omkar became Ganesha from the thing that came out of Mahalaxmi's body, the Chaitanya. At Ganesh's stage that Chaitanya was kept in that form but at Christ's stage the whole drama was played later on, of his death and resurrection because he is the one who is responsible for our resurrection; he is the gate. He is the path because he is Shri Ganesh. Omkara is the path but he's not the destination. His mother is the destination. Even Mahalaxmi, Mahakali, Mahasaraswati is not the destination. Adi Shakti is the destination where you have to reach.

Today, we are here to celebrate the birth of Omkara - its a very big thing. I don't know if you can realise what it is. It moves into everything, anuparmanu, atoms molecules, into all the organising of chemical and the periodic laws, also in the gravity, into everything that moves is this Omkara. Your vibrations are nothing but Omkaras. In my photograph the vibrations have come as Omkaras. How is it happening - these lights look like Omkaras. How is it on the top of the heads of Sahaja Yogis there's Omkaras or Allah in Arabic language. Who is doing this? It is he, who is doing all this. Omkara itself takes the form to do things to convince you of Adi Shakti. He's the one who is handling all these powers. He doesn't enter into the photograph but he plays a trick. You see if you go into details how you get a photograph through the light. The light passes in a straight line. But if he wants he can make the light pass another way around. He can transform the light into something else. He can do whatever he likes to convince you. In the whole play, he is like the Sutradhara. He's the conductor, the one who moves the strings in a puppet show. It is very important to pray to Shri Ganesh everytime we have a Puja. Thats how we are praying to Lord Jesus Christ. Without his auspiciousness, his help, we cannot do Sahaja Yoga.

KULWE PUJA  
TALK BY SHRI MATAJI NIRMALA DEVI  
01-01-1991

(SYNOPSIS)

Krutha Yoga has started now Kaliyuga is over. In this yuga the Paramchaitanya is absolutely effective and very efficient. If you do anything wrong it will punish you. It may not punish immediately but it will give you a suggestion. It will give you a proper signal that something is going wrong with you but if you do not try to mend your footsteps then you may go down very fast. You have to be very careful about that. There are two forces working - one which attracts you inside and the other which throws you out. In Kruthayuga, this Paramchaitanya is ever active. Also you are rewarded. You have told me so many stories, how Sahaja Yoga worked it out, how Sahaj it has happened. It is part of the plan and that's your place is in the Kingdom of God. You are already there, the only thing you have to do is to enjoy the kingdom of God. If you try to dislocate yourself from this joy or break this connection by some sort of thinking which is not reality then you are responsible for yourself. Keep the connection and also try to make it stronger and stronger and become one with that Divine force permanently, which will flow through you. It will not only enlighten you but will give you so many powers that you will see new life in the New Year.

We have to go all out to see that we spread Sahaja Yoga and talk about it. On this day, I give you complete freedom to do what you like to spread Sahaja Yoga. You need not ask me any permission and you can try anything but it should be something decent. It should not be something indecent which is not behaving a Sahaja Yogi. Even if you have to write letters or answers, even if you have to show anger, it should be done in a very decent and beautiful manner and it should show that it is a Yogi who's talking. All your problems will be solved in no time. The main problem is yourself which should be solved by you through meditative methods. So much attention we have paid to all our extra - curricular activities, but that will definitely fail. It will boomerang on you if you do not have the foundation of Sahaja Yoga. It's very important to keep attention on your Spirit all the time so that whatsoever you are doing or projecting, has that base. Without the nourishment from the roots you cannot grow, so this nourishment must be kept alive. May God Bless you.

NEWS FROM PUBLIC PROGRAMME AT TAIWAN 1990.

At the programme a Chinese lady recognised Mother as Kwan Yin and said I bow to my Kwan Yin. Mother was asking the Chinese to say, "Mother are you Kwan Yin". As a result people would feel this incredible flow of vibrations. The Buddha promised to come as Mattreya (or the future Buddha) and Mother was telling them "Ask me, Mother are you the Mattreya?" (She said it is Trigunatmika in fact) and the recognition was tremendous. The 250 people who were there the last night didn't all get it at first, but they all stayed and Mother worked on so many. 100 people gave their names

to come to follow-ups. There was one amazing scene where a girl came up and was totally enamoured by Mother. She threw herself around Mother's neck with both her arms and was overjoyed. The Chinese are very delicate, deep people and also have kept their dharma. They are very much like Indians.

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#### A SAHAJA YOGI

SAHAJA YOGI is always a part of the answer  
he is never a part of the problem.

SAHAJA YOGI always has a programme  
he never has excuses.

SAHAJA YOGI says, 'let me do it for you'  
he does not say 'thats not my job'.

SAHAJA YOGI sees an advantage in disadvantage  
he does not find problems in every situation.

SAHAJA YOGI says, 'it may be difficult but its possible'  
he never says, 'its impossible'.

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2nd - 3rd March		Public Programmes, Delhi - Talkatora Auditorium
4th - 5th March		Noida & Gaziabad
19 - 20th March		Bombay Public Programmes
21st March		Birthday Puja, Bombay
23rd - 25th March		Public Programmes, Calcutta

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