

Diwali Puja Synopsis

Cabella, November 10, 1991

TALK H.H. SHRI MATAJI NIRMALA DEVI

At Diwali Puja in France, Shri Mataji asked us to be joyful in sahaja Yoga. **Our personalities have to express the joy of realization and of being in the kingdom of God.** In particular, we cannot be singing sad songs or reading tragic books. Shri Mataji's puja address also contained some special advice for Sahaja Yoginis.

"...Women have certain water powers of crying, weeping, and thinking they are very miserable and making everybody miserable this is their power. **Inside every woman, there is a motherhood, there is great capacities, sacrifice, everything is there,** but with that they also should know they are left-sided. And our joy about which we talk within our heart has to manifest outside. People should see that we are joyous, that we are happy people we are not like others who start crying for small things."

Even in the event of crisis, Sahaja Yoginis should not cry. Shri Mataji related Her own experience: "Like when my father died, I was surprised that suddenly I became thoughtless absolutely thoughtless. For about three days I was thoughtless neither the thought of pain or unhappiness or anything came up, but just thoughtless. And everybody was surprised because I looked after him, and he was very attached to Me, very fond of the Me everything was there." So if you are a Sahaja Yogini or Yogi, **"then at the time of crisis you should become thoughtless.** That is one of the signs....That means what? **That God just takes you in, your problems.** He puts his hand, **He puts His protection and He takes you out of it and makes you absolutely thoughtless.** And in that thoughtless awareness you discover what is right. What is wrong. So even in crisis, this thoughtless awareness is all the time extremely alert, it becomes much more alert than normal.

"We are in the Kingdom of God. In no way we are unhappy, in no way. Some things happen in life, life is such; somebody has to die, **everybody doesn't die together...** So everybody who is born

has to die but the way they've made the **death** as some sort of a big part of life. It **is just a moment!** Just a moment **that you pass out and you go and change and come back again.** But in this life, if you have to do anything, is to enjoy."

Christianity has not said much on the subject of death. "Christ, if they had allowed Him to live He would have talked about it; but he has said that Spirit is eternal. He has talked of reincarnation, no doubt."

"In this lifetime, the highest thing is your ascent and your position in the kingdom of God. Especially for ladies, I have to tell you because, you see, reading all these tragic things all over... it just starts working in the nerves of the ladies. If somebody says the slightest things it becomes like a bomb-shell." We should first see what harm we do to ourselves. So many women in the West have ruined themselves, but they never cry for that.

But there are very sensible women I have seen in the East and and the West who have a great sense of life, like an elephant is walking and the dogs are barking, so what does it matter? That majesty comes when inside you have that joy. **'Nobody can make me unhappy.'** This should be the principle; otherwise you start moving towards the left side. **Crying is also another kind of ego expression. When women start crying, men start moving onto the left and get possessed.** "So today I want a promise from you all that you're not going to cry at all. Instead of flowers you just give me this flower of promise. I never cry. Of course, sometimes, 'Sandra Karuna,' one tear or two tears might come out. After all, I'm a Mother." But this does not mean sitting, crying and becoming hysterical. Don't read any book which talks of crying but book which are deep also makes you feel very much touched; if you feel like crying its all right."

So today we are here to enjoy our joy-our Atmanand, Niranand, and Paramanand which are of eternal value. "You have to understand and

believe now you are in the Kingdom of God and all the subtle beauties of your being are going to be opened out to you...(but) if your eyes are already closed, your heart is already closed, and you don't want to see something that's so beautiful, how can you say what a beautiful thing they have made?" It is important in life to have a very positive attitude and to develop ourselves within.

"What are you? You are Sahaja Yogi and in Sahaj you have to know that you have all the proofs, everything before you to know that you are Sahaja Yogi. Now if I know that I am Adi Shakti, supposing, if I know I am Adi Shakti, then I know. Then I don't have to ask for help from anybody. After all, if I am Adi Shakti, then I know. Then I don't have to ask for help from anybody. After all, if I am Adi Shakti, I am supposed to do everything. That is my job because I have that power. I have that power within Me so I have to do it. Now I can also say that I am a Woman, I should sit down and cry. No! I have no right, I cannot even do it, even if I want to do it. My job is to encourage you, to tell you about your inner subtleties, your beauty. Do you know what beautiful thing you are?"

"Let us talk about our inner beauty. What are we?... Are we all these people who are all time crying, miserable or people who are always fighting, always hankering after things, whom matter dominates? No! We are the Spirit." We are the reflection of God Almighty which is purity, truth, and knowledge. "We are not like ordinary people. How can we live on that level? Only if you are possessed or had a bad guru or may be something like that you may be going like a yo-yo, going up and down. But those who have crossed that limit and have reached that state should value that they are the Spirit. So many Spirits sitting here reflecting God Almighty. I am such a proud Mother, and all of you are capable of enlightening so many people in the world. But **the beauty within you is that you are absolutely independent of anybody else. You depend only on yourselves, upon the source of your Spirit, upon the joy of your spirit.** You don't expect others to give you joy. Supposing somebody tomorrow comes and abuses Me...if never touches Me because I am with Myself.... Imagine a house which is standing on rocks. Like that you are. Try to feel it. Feel the rock within you.... People who have built their houses on sand have to worry. Not we. We have

built on rocks. So we have to be very courageous, we have to be very bold and the same time extremely humble."

"All of you have become saints... You are saints because inside you there is a fragrance, beautiful fragrance of your lotus. That is the Spirit... in the same way is reflected in your heart-it is a beautiful lotus. Feel that lotus. How beautiful, how delicate it is. It's pink because pink is a lotus which invites everyone, a sign of generosity, of invitation... That's what you are. Wherever you will be you can create that beauty... you can make people see what a spiritual person is. You are the reflectors of Sahaja Yoga. not me. You have to reflect Sahaja Yoga. For such people are always in joy and wisdom."

Shri Ganesh is the giver of wisdom which is how to behave at what time, how to say something at what time, how far to go with everything. "It just should become innate, sahaj. **Every morning you should tell yourself, I am a Sahaja Yogini. So how far I should go? How should I behave? What should be my attitude?**" All these can be very easily understood if you develop this lotus of wisdom. How does the lotus come out?" There is a seed which sprouts which is already within you. "All of you have got it. Now it started opening because you are realized souls. Allow the wisdom to take over."

"So how do you do it? There's one way I would say. Supposing Mother has this problem, 'What She would have done? How She would have dealt with it?' You may say that we don't understand Mother's style. She is full of tricks. Correct! I am, but there is a very simple way of doing it. **You can surrender to My wisdom, and the Wisdom itself is active, it will work.... Wisdom within you is active... because the Deities are with you...** and whatever happens to you They are before you. Nobody can harm you, nobody can touch you. You are so protected that anyone tries to harm you, immediately there is a protection. **Also your own protection is there, as I said, that you jump into thoughtless awareness.**"

"We harm ourselves more than anybody else can sometimes... It is a kind of personality you develop that, I'm like that, I just cry. Why not develop a personality like that that, 'I am always in joy?' Then this lotus of your fragrance will improve and the

activity of your wisdom will lead you to people who are extremely nice and to situations which are beautiful. "In your own wisdom, your own Spirit is working it out. You don't have to do anything." The only thing you have to remember is that you are a Sahaja Yogini or Yogi and your character and ideas should be Sahaja.

"Sahaja Yogis, being men, they don't show much, but there are certain other ways of showing this temper. They get into tempers and sometimes the tempers are so much that you just start looking, 'What is the matter with this person?' **One side, the temper and another side, the crying.** In between, what remains? I don't know! **Both things are absolutely not needed.** You have to correct people, to say things. Just now I said, I have said it, finished. But it's not anger, it's just I have to act. The difference is like this: I am not involved with it. If I am crying, I'm not involved, I am just crying. Even if I am angry, I am not angry. I am trying to be angry-in an acting. That's what happens- you do not get involved into it. But if you get involved into your anger than the you is finished.

"Some people think also if you are joyous you have to be very serious. Not at all. What is there to be serious in this world? Everything is stupidity... So because you suffer from serious stupid problems, that's why you become serious, and by becoming serious, if you think your problems will be solved they will not be at the time." At the same time, we should not be vulgar and frivolous.

"What is the use of the light? Let us see. As the light we are to give the light." So we are here to give joy and happiness to everyone. There are so many ways of making others happy which we have to learn. "And then when you make them happy, then you feel that joy within yourself." Just think of the times when you did something good for others. "But that time is eternally with you all the time and that is why Diwali is so important....As I said, you are My light, and the light is there which is an eternal light. These lights will be finished. We have to light them every year. Not you people, you have eternal light and this light is going to spread joy."

When you have joy do not want to fight or say anything harsh to anyone. "Not only that, but you do not want to have something that will spoil this Mother Earth or which will bring ecological prob-

lems. When you have joy you have to be joy-giving and if you are not joy giving that means there's something lacking in your Sahaja Yoga, and that is: we have to come up now.... We can change our name, if you like. If 'Sahaja Yoga' is not good "Joy Giving Association."

"Now we should find out what kills the joy... First I said you must have wisdom." **Wisdom gives you detachment from all that is selfishness, self-centeredness, self-obsession, ego.** Selfishness completely darkens the self, which is the Spirit, because you think of yourself, your children, your family. There are even some people who think only of themselves. "When you start thinking like that, when you start becoming smaller and smaller and smaller, the lotus collapses. But to think about others is so great."

"If you do not allow your spirit to fulfill its own nature and its own character, the Spirit is not going to manifest itself. So you are the vehicle. You are the lamp, you can say, as far as the body and mind is concerned. But **this light of Spirit, if it has to manifest then it has to be of a very unique type which emit all its light outside and gives light to others.** And this light-giving quality you have to improve gradually. You'll be surprised, only if you will **try in your life, in your relationships, in your endeavors, to give light to others, to make their lives better, not to show off, or to be egotistical, but to be loving.**.. you really understand that you are the Spirit because Spirit loves... and in love you are forgiving.. **Not to forgive is difficult, but to forgive is the best.** At least when you forgive there is no headache for you"

"So you have to first understand that life is for giving joy to others because you are now saints and your light has to give joy. **Little bit you have to bear. You have powers to bear.** You have all the powers. And so I wish you good luck for the next year and great prosperity.

May God bless you."

MADRAS PUBLIC PROGRAMME

(Synopsis) 6-12-91

Talk by H.H. Shri Mataji Nirmala Devi

If we are real seekers of truth we have to be honest about it so that we are sincere to ourselves and we have justified our own existence in this world. There are so many Sadhakas who are working out some sort of ritual, meditation, bhakti or reading. One has to understand what one has achieved. Where are we? As a Mother I would say, 'My child, you have done so much in your seeking, what have you found? Have you got the ultimate reality? Have you got what is described in the scriptures?'

Namdev was an ordinary tailor and he went to meet another saint called Gora Kumbhar (the potter). Namdev just stood before him and said "I came here to see the Nirguna (the formless) but here I have found it in the Saguna (in a form)" Only a realised soul, a saint can say this about a saint because he knows the ultimate reality. People who are not realised cannot understand what it beyond this life. Even in Christian religion we have Thomas who came to India and wrote a lot of treatise which were kept in a cave in Egypt and discovered. Now there's a book about him after forty eight years of research. Its amazing how he is describing Sahaja Yoga through-out. That you have to have the experience of reality.

Every scripture says know thyself. Who am I? When it is said so, our effort should be to find out that self that is within us. We say my body, my nose, my country. 'My' 'MY'. Who is this I who always thinks. From where does this inspiration come? This 'I' is within us reflected in our heart. Take a hypothesis and if it is proved and if you have found, felt or experienced what I am saying then as honest people you have to accept it. In the West they have other problems. But once they experienced they went to universities and different libraries and found out everything about the Kundalini. So much work has been done by Nath Panthies about Kundalini awakening but it was lost. Then the Germans came who were completely misinformed by Tantrikas. In a German book it says Kundalini lies in your stomach.

There are three types of movements towards the Divine. One was the Vedas. Vid means to know Thomas called the people who know as Gnostics. Gna means Gyana. Not mental or emotional knowledge but something much beyond and the same path they tried. In the Vedas the first shloka says that if you do not know it, then it is no use reading this book. To know means what? To know it on your central nervous system. Not on your mental or physical plane. As we have become human beings we have to humbly say that we are not perfect beings. There is something missing. Otherwise why are you fighting or quarrelling? Why are there ecological, economic and political problems? Then you come to the source of the human beings who are doing all this. So what's wrong with human beings? who are doing all this. So what's wrong with human beings? Animals are Pashu, they are under the control of God i.e. they are pasha. But human beings have got the freedom and they are going helter skelter. These problems are there because they have not got the real knowledge. We should try to seek the real knowledge. According to Vedas they tried to understand nature and the five elements, which according to us is the right side movement. In the Greeks the right side movement is very well shown. Left side was the Bhakti. People started worshipping God with blind faith. India is quite blessed as the knowledge came from the saints though now it has become quite deviated and stagnated. Another good point of India is that the religion is not organised.

Despite that all these ideologies and even the Vedas got into some sort of a mental Maya and that's how we have Arya Samaj etc. which are very difficult. Such people have not reached the point and are satisfied with what they have read. Kabira has said, 'By reading too much even the Pandits have become stupid.' By reading too much you cannot know the ultimate. Supposing there is a doctor who gives you prescription for your headache. Whereas you have to take the

medicine. What is written in the Vedas and Upanishads is that you must find out yourself. Even Patanjali Shastra there is only a small bit of Viyayam (exercise and physical problems.) In Sahaja Yoga also we use it but according to understanding of the problem. We are not only physical, mental or emotional being but are also spiritual being.

The second type of movement we have in this country is the Bhakti, Going to temples etc. But that also started deteriorating. What is bhakti? Shri Krishna was a diplomat and not a mother. He wanted that people to go around to find out the truth because nobody likes a straight forward statement. At that time he just told it to Arjuna. He said three things. Firstly "You must get to Gyana." Gyana means this knowledge on you central nervous system. Secondly you should do Bhakti and whatever fruit, flower or water you give me I will take it. But you must do Bhakti which is Ananya. That means when there is not the other. When you are a realised soul. If you are not connected what is the bhakti.

Many people complain "I have been fasting, doing japs, doing this or that and see my condition." It is not the mistake of God. You are not yet connected. Like if a telephone is not connected what's the use of telephoning. Bhakti without the connection is wrong. That is why Shri Krishna said "Yoga kshema Vahamyam." First get Yoga the union and then you will get kshema or benevolence. For karma he said "Do all the work and put it at the lotus feet of God Almighty. Many people say all my works I put at the lotus feet of God. Even the murderers. Its just a mental idea. You cannot because you are not yet at that state. But a Sahaja Yogi will not tell me "I am raising the Kundalini." He will say, "It does not come up." He talks in the third person because he is no more there. This is the karma which is automatically at the lotus feet of God Almighty. He is doing everything. We are just instruments. It is automatic and spontaneous and that is Sahaja.

All of you have got this power within yourself. There are books which describe that Kundalini is a very dangerous thing. It is absolutely nonsense. I have been to many countries and so many people have got realisation and there is no trace of any trouble to them. On the contrary they have improved in every way. Overnight people have

given up drugs, bad habits etc. Overnight people have been cured. I don't do anything as such. Your own Kundalini works it out. She is your Mother, your only real Mother and She knows everything about you. Its all taped into Her. She is placed into three and a half coils within you. When she rises She may give a little heat because of the little struggle that She has to do. This heat is generated only in some people like liver patients who may feel a little heat in the hands also. All of you have got the Kundalini and it is the Pure Desire within you. The law of economic states that in general wants are not satisfied. Today we want a house, then tomorrow a car, after that helicopter and it goes on. When we do not have it we struggle to get it and when we have it we don't enjoy it. But this is Pure Desire, that is to be one with this all prevailing power of God's love. We see everything created, beautiful flowers, a big tree coming out of a small little seed. Look at our eyes. They are such beautiful cameras. Who has made them? Who has evolved us to this state? What is that power that has made us human beings? We have to find out because science cannot give an explanation. How a seed sprouts. How we became human beings. God Almighty has spread this beautiful Brahma Chaitanya all over. If it is so you must experience and verify but just to say no is to deny yourself a chance of getting connected to that vital power. This vital power has evolved us. It organizes, creates everything, vibrates everything. It thinks how far to go with you. Such a beautiful power is all prevailing into every atom and into every living commune, into every living being. It acts so beautifully that we don't even feel the smoothness of it. We don't even see a flower flowering, blossoming, opening. it is done so sweetly and beautifully that we don't even feel the existence of it in any way.

Unless and until we are connected with that power we cannot know the ultimate reality, because the spirit within us is not in our attention. But once this Kundalini rises. She passes through the six centres, pierces through this fontanelle bone area which is the actualisation of baptism and then this spirit comes into our attention as a light and our nerves get a new dimension by which we become collectively conscious. Samuhik chetna. You can feel others. You can feel on you finger tips. There are seven centres on the left and seven centres on the right. The left side seven centres represent your

emotional side and this the right side represents your physical and mental side. You can feel the centres of all the people. Medically when we treat people we treat a tree from outside. We treat the leaves. But if you have to really treat the tree you have to go to the roots. This is the roots within us and the tree of life.

Even Mohammed Sahib has described Kiyama or resurrection time. "When the resurrection time will come your hands will speak and bear witness against you." They have all talked about this time. The last judgement and this Kali Yuga is bringing forth something. But how many are willing to take to it? Thousands and thousands go off to some sort of maddening craze but not after reality. You require a kind of Divine Intelligence to understand. I found Russia the most receptive country for this. They are very introspective people. At least in one place there are twenty two thousand Sahaja Yogis. When I was there the coup had taken place. I asked "Are you not disturbed?" they said, Mother, what if the need to be disturbed. We are in the kingdom of God. We don't belong to this country."

We Indians have problems that we are very conditioned. We have such ideals before us but we never aspire. We will worship Rama or a Guru but what have you got within yourself? You are clinging on to something. What about you having something? That is what is Sahaja Yoga. Unless and until you know yourself you will not know Shri Rama. You will not know anyone. The other day I saw a book on Yoga some crazy man has written. He is denying the existence of Krishna, Rama, Christ and everybody. It is very unscientific. Without finding out how can you say. Supposing I never came to Madras and start describing Madras what would you call me? In the same way many people have written about God because there is no law prohibiting them to write. Nonsense can be written. Unless and until we get the truth we will not know who is a fake Guru and who is

not. You know yourself. There is no need to ask. Through that you will know the absolute because you are the Spirit. It gives absolute truth.

The third kind of movement we have in our country is of Nath Panthies. Jains have Adi Nath. In that one Guru was supposed to give knowledge to only one person. Like Janaka had only Nachiketa. Till the time of Gyneshvara i.e. the 12th century. Gyneshvara was the disciple of his own brother. They suffered a lot. He asked his brother for one permission to open the truth to the public'. "Because thirteen or fourteen thousand years back Markandeya has described the Kundalini but all in Sanskrit language. Sanskrit language was not available to the common public. Thus this knowledge was kept a secret all the time. Gyaneshvara wrote Gnaneshvari, which was a kind of a Marathi Gita which he enlarged and decorated it with lots of poetry - Sixth chapter in described about Kundalini. The organizers of religion called the sixth chapter 'Nishipta'. The people in charge of religion forbade its reading. Thus this chapter was closed and nobody got to know about it. The Nath Panthis knew about it. Out of that we have Kabir and Nanak. Nanak talked of Khalis which means pure, Nirmal. Shaja Yogis are Nirmal. Khalis people cannot be like this. They cannot have violence. It love. Its love which is absolutely Navajaya i.e. without any compensation. It is love that is unlimited. It is love which has no discrimination. Like the energy in the sap rises and goes to all the areas of the tree. To the flowers and fruits and comes back. It does not stick to one. If you stick to one It is the death of that entire tree. We have to understand that all these great incarnations, seers and prophets came on this earth on the same tree of life. You have to believe in all of them. It is a living process of evolution. The last break through. You did not do anything to become human beings so in the same way it is effortless. It is Sahaja.

May God Bless You.



Madras Public Programme

(Synopsis) 7-12-91

Talk by H. H. Shri Mataji Nirmala Devi

Mythology is not all absurd. Ninety percent is absolutely what it was. We go to temples. We think going to temples is very good. But we don't know what we are doing or why we are praying. Whom are we praying to? What are these dieties? How do they work in us? What is their job? How to please them?

The Spirit is the reflection of God Almighty. Its one God who reflects. Sadashiva. Sadashiva is the witness to the work of the Primordial Mother, the Adi Shakti. He is just witnessing the play. In you He is witnessing as Atma but He doesn't come into your attention. His attention is only limited because He has not in any way to interfere with your freedom. He keeps to Himself and is just watching. That is the auto, the Spirit. It is the reflection of one Sadashiv. So naturally all the reflections have to be the same. Their effects have to be the same. After realisation you become reflectors. Every one reflects the same thing so the effect of the Atmasaakshaat is the same, that first he starts feeling the cool breeze on his hand, then out of his fontanelle bone Area. All of them feel the same way. Then they start feeling these centres and finding out what's wrong. Also all of them become thoughtlessly aware. The first stage which you call as nirvichara Samadhi. It works out instantaneously. You may say Mother it is very difficult. People had to go to the Himalayas. Those days are gone. After all the tree of civilization has grown so big. Its roots have to grow. Otherwise whole civilization will be finished. This is the knowledge of the roots and that is why to know this knowledge you have to become subtler-sukshama. This is only possible when the Kundalini rises and pierces through your fontanelle bone and gets connected with the all prevailing power of God's love. The first thing that you feel is collective consciousness because everybody is the Spirit. So you can feel another Atma. You can feel their body and mind etc. This is the first quality you get on your central nervous system.

Whatever you have got in your evolution is ex-

pressed on your central nervous system. For example if you have a dog or horse and you want to take him through a very dirty lane it will go. But for human being it is very difficult because in our evolution this central nervous system has developed this sense of smell and beauty. We human beings are definitely higher than animals in our evolution and in our subtler sensitivities. For a dog it doesn't matter what you decorate, what colour you wear. To us it is very important because our sensilvity has improved.

In the human stage we have one problem and that is that we have developed two institutions in our head called as **Ego and Super-ego** (conditioning). These cross over in our head and calssify and we become a closed personality. When the Kundalini rises she passes through this agnya chakra which is on the optic chaisma and sucks in these two and opens the Sahasrara, then the Kundalini goes up. This is a living process of a living God and living energy. **The Kundalini is your Mother. She moves very beautifully without troubling you. She knows Her child very well. She has loved you all your lives.** When She pierces the Brahmrandra the seat of Sadashiva on top of the head then we have touched the feet of Sadashiva and He enters into our attention. When the spirit enters into our attention then our attention becomes enlightened. **This attention is very alert, it knows everything. You can know about people on the chakras.** They don't discuss what clothes you are wearing or how much money they have in the bank. But they will see where are they on their chakras. You can cure them but they have to be with this all Prevailing Power.

First of all you become Nirvichara, you start working your collective consciousness by giving realisation to others. The problem is that you have been given the throne and made to sit on that but still you don't want to believe that you have become the king. Self confidence is very difficult. People cannot believe that they have got selfrealisation. They are afraid. But all these horrible people who

have no realisation, no knowledge, they become the great Gurus, have thousands of people behind them, make a fool out of them, make money and spoil their lives.

The second nature of the Spirit is that it is a collective being "This is good, this is bad, this and that". It means if you put your hands towards a photograph, it is made by a realised soul you will start getting the vibrations. All things can be proved. There is pramaan for all. This chitta also purifies. It knows where is your problem. What chakra is catching. In Delhi they brought three boys and said 'their agya is catching and we are not able to clear it.' That means they are egoistical. Because now your Agya pains you. It means your ego is paining you. So you start judging yourself. You know about yourself what's wrong with you. They all know about themselves and they know how to clear it out and work it out. So you cleanse yourself. But the greatest cleansing comes when you are collective. **Many people take my photograph, do puja and meditate but still again they get the same trouble. You have to be in the collective. That is a very important part of Sahaja Yoga.**

Now you don't have to go to Himalayas or jump in the Ganges. You don't have to do any fasting or japas. Only one thing. You be collective. Collective is the ocean of the attention of the Almighty. Once you are in the collective you get cleansed. There are people who are very big, very rich, very well educated. They find it difficult to come down to a humble place which is the centre. The centre is Mother's house. They don't come and when they lose their vibrations. It is a very common failing in India. In the West it is not there because they know what a precious thing they have achieved. **People say they have been meditating at home. If you don't come to the collective you cannot cleanse yourself.**

When the Kundalini passes through your agya chakra you become thoughtlessly aware. A thought rises and falls, another thought rises and falls. Some come from the past and some form the future. But we are not in the present. That's why the Kundalini awakening is a happening which attracts your attention inside. When the Kundalini pierces through there is a state in between called vilamba. That increases. That is the present, then we are thoughtless. The growth takes place when you are thoughtlessly aware and that can be

achieved in collectively as well as in your meditation for which you don't have to pay.

Reality cannot be purchased. God doesn't know money. He has not made money. This is your headache. If I get a hall I have to pay for it. So it is for the hall, not for God. For awakening and enlightenment we cannot charge any money. Even for darshan people charge money. How can they rise to the level of the Spirit if all is money. The bhaktas are so simple and gullible. A Guru in America has 48 Rolls Royces and he wanted one more. So his disciples started starving to save money for a Rolls Royce. When a Sahaja Yogi asked they explained that "We are just giving his the metal. But he is giving us the Spirit." can metal be exchanged for spirit?

The relationship with God if it has to establish, we have to become first of all the spirit. Then only this relation can be established. One may certify oneself, but its no use. We must evaluate our human life. What is it for? Is it for just insurance? Or is it for something that we become the light of the world. This light of the Spirit spreads in the attention and the attention becomes dynamic, active, and works out. It is very alert and extremely punctual. This attention doesn't get bored at all. Boredom comes when your attention becomes tired. But here the attention is full of light. The nature of the Spirit is that it tells you the truth. When your concoction is complete that is the state of Nirvikalpa. Then your attention is absolutely correct, your vibrations are correct and the information you get is hundred percent. Like if you want to know about Shri Ganesh. Many people make fun of him, especially intellectuals. it is a sin. But you can ask 'Is Gauri Putra Ganesh bestowed upon the Mooladhar in Ourselves? All those who are realised will get cool vibrations saying "Shiva, Shiva' or 'Rama, Rama'. Is He in our pocket? Is He our servant? But if you are realized, then by even taking His name once is sufficient. Because we are in His kingdom. If you are connected then not only will that deity help but also the one who is troubling you will be set alright. Whatever you want is done. All kinds of 'manoraths' (desires) are fulfilled. Whether you call it enlightenment or fulfilment. It is complete fulfilment of your being.

The third nature of the spirit is that it is love. Because it is love gives you joy. But Nirvajya love doesn't want anything. It just gives such a soothing

feeling, all your stress goes out.

This is mata modern science, i.e. above modern science. But do you know we are Indians and have this heritage of ours? We believe more in the English language and knowledge. Now the time has come that we should believe in our own cul-

ture and our own knowledge. Sahaja Yoga is very ancient. It is nothing new. Nanak has said "Sahaja Samadhi lago". Every saint has described it. Spirit is what we have to be. That is the ultimate goal of our life. Let us now just think that let us become the Spirit and become a realised soul, A master.

May God Bless You.



Bangalore Public Programme

(Synopsis) 9-12-91

Talk by H. H. Shri Mataji Nirmala Devi

One seed can give a big tree, this beautiful atmosphere. How these trees, plants and bushes grow up to a certain height. How individually they produce whatever they are supposed to. Look at our eye. What a complicated thing it is. What a camera. How many things it does. We never think how did we get this camera fixed here which is doing so many things. We just take everything for granted. Also science cannot tell you how. It can only say it is. We have come from amoeba stage to the human stage. But is it the absolute that we have reached? It is the end of our evolution? If it was so there would have been no problems. We all would have been very different people, understanding each other. So we turn to the scriptures which say that you are to be born again. Some say you must have atma bodha, so that you get your moksha. Some say that you have become Vaili. What is it they are talking about? They are big people of different awareness. They are talking of absolute nature of human beings, which is the Spirit.

Human beings have been given the freedom to seek the truth. While seeking the truth we go wrong but unless we find the truth, we are not going to the happy or satisfied and moreover, apart from finding it, it is the last breakthrough of our evolution. If we don't become the Spirit we are not yet complete and will go on fighting with ourselves and with everyone, struggling all the time till you have found out what we are.

This Kundalini is a Pure Desire, all other desire are not pure. Suppose you want a house. You struggle to get a house and then immediately you start thinking of something else. This is because in general wants are not satiable. The reason is that these are not pure wants. The pure want is to be the Spirit, to be connected with this All Prevailing Power which does all living work. This connection has to be established otherwise we are not going to be restful. The stress is nothing but the struggle to be that. All these diseases are because of our mistakes in a way that we are blind, because we

haven't got knowledge. You are not sinning but you are ignorant. Like Kabir has said "How can I tell them for the whole world is blind." Gyaneshvara went into Smadhi at the age of twenty three years. They were very frustrated that they cannot talk to you and tell you what is for your benevolence. This is because we are so conditioned. We are conditioned on left side because we are very ritualistic. If we are born in a particular religion we are that. But we don't even think that all these religions must be coming from the same source. All these incarnations and prophets are the flowers on the same tree. We think we are the best and the rest are all horrible. They are all related to each other. Christ has said "Those who are not against me are with me." Every religion started with great ideas of spreading righteousness and ultimately self-realisation. Atmanubhuti, atmabodha and moksha. It deviated because it did not find the truth.

You understand all this when you jump into that awareness where you have complete light to see the truth. The Spirit is the source of that truth. The truth is absolute. It is not whether it is red or black. For example if you have ten children who are realised souls; you tie up their eyes and ask them please tell us what wrong with this gentleman, they feel the vibrations of that person. Whatever you achieve in your evolution you achieve on your central nervous system. We have to achieve a higher evolutionary process called as collective consciousness. That means who is the other? The microcosm becomes the macrocosm. You become part and parcel of the whole and when you think of anyone you can feel it on your finger tips. Whether he is dead living or awake. If you know how to correct those problems you can cure that person.

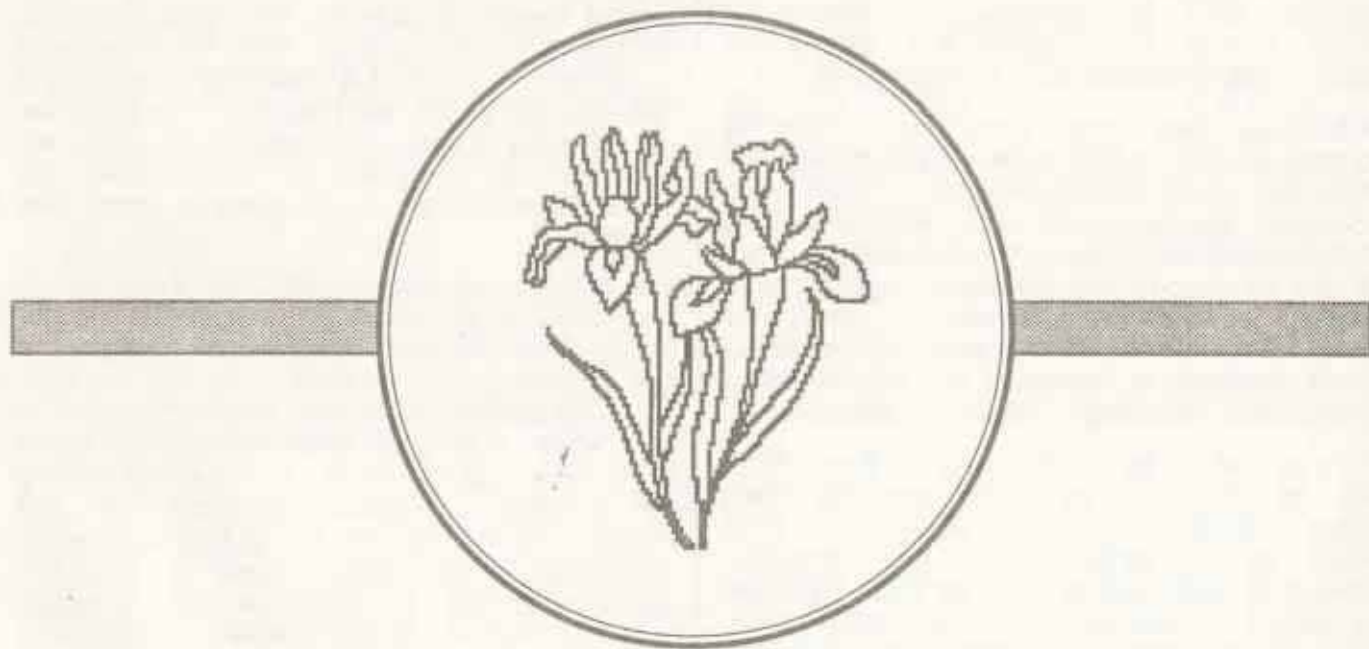
Because there is atma bodha you also know about your own centres which are basically seven. Once you know these seven centres you can easily correct them because it is innate. For example you are sitting there and you see that I am

wearing a white sari. It is there. I don't have to tell you. In the same way it is the easiest thing, it is Sahaja. It is born with you, the right of this union with the Divine power, the all prevailing, the Brahma chaitanya. Its your birth right as human beings and you should have it. One must know that one cannot pay for it. How much do you pay to this mother earth for sprouting the seeds? If anyone takes money then know that he is a cheat. When people start selling God it is a great sin and you cannot pay for it. First find out what kinds of disciples they have created and then you should believe. What has your Guru done for you? What have you got out of the guru? Have you got any powers? Are you peaceful or healthy? Whats the use of having a guru who is prospering very

much and the disciples are getting sick and poverty stricken? In Kali Yuga these things were to happen.

In Sahaja Yoga your life becomes a miracle. You are helped all the time by this Divine Power and you know how to handle it and work it out. It is right that you should have it. People get transformed. You become adjustable, adaptable and absorbent. So many people have become great artists, musicians, writers, orators etc. Your personality which is glorious starts expressing itself. You are glorious but you are not yet connected. You have to become a collective personality. We have the truth with us and we should become Masters:

May God Bless You.



MAHAKALI PUJA

Banglore 9-12-91

Talk by H.H. Shri Mataji Nirmala Devi (Synopsis)

Mysore was the state ruled by Mahishasura. Bangalore is a beautiful place with a beautiful climate and you will find that rakshasas always live in places like this. They always try to find places which are cold because they have so much heat in their body.

In the olden days when the goddess had to fight the rakshasas, the rakshasas were not involved in human beings as such. They didn't become Guru or anything, now in Kaliyuga, they are born into the brains of Sadhakas, of their devotees. Its very difficult to remove them. Once they go into the brain of the Sadhakas then the devotees becomes possessed, they suffer and have all kinds of problems. Despite that they stick on that person because they are mesmerised. This mesmerism makes them so strong-headed that even if they have to die they wont give up their Gurus.

In Kali Yuga there are so many sadhakas. They are running all over to find some way of finding the truth. Most of the Gurus have gone to the Western countries because people have money. Despite that so many of you have come to Sahaja Yoga. Its you destiny. Its the blessings to you of your previous lives that you could see it so clearly and come to Sahaja Yoga, now you have grown so much, become so mature and understand that what others are doing is absolutely wrong.

It is very dangerous to play about with a person like Vishnu. Like in Kerela they say that when Vishnu had become Mohini he had a child by Shiva. This is blasphemy. He is very dangerous diety. They should understand that if what they are doing is good then why should they get diseases. These people wear back dresses for one month and go to Aiyappa, starve themselves, torture themselves for eleven months it has become a craze like jogging etc.

In India we are very conditioned by ritualism especially in the south. We are impressed by people who take out some Swiss made watches. They are simple people. They do not understand that none

of the incarnations did these tricks and truth should be based on the traditions and the Shastras. Whatever deviates is actually blasphemy.

A guru who doesn't talk of realisation or Kundalini, ascent or second birth cannot be a Guru. If you believe in Rama, Are you obliging Rama. If you believe in Christ So what? You believe in this or that. It is such an absurd idea. What does that mean? I believe in God. But you are doing everything against Divinity. Now you say I believe in Shri Mataji. So what. Alright you believe in me because of certain experiences. Still what? Mataji should be in you life. Should be in your expression, behaviour, in your treatment to others, in understanding each other and loving each other. That is what impresses people. People say we come to Mataji, we just pray to her and go away. Why? Because we believe in Mataji. But belief has to penetrate into your being. This belief has to act, has to show results. It has to work out in every way. Some say we believe in Mataji, She will do everything. Will she do Bhakti for us? What is going to come from your side?

Once that starts working, all these demons and rakshasas will all vanish. What am I doing for Sahaja Yoga? If it is not doing anything what is the use of making this instrument. You are the light, you have got enlightenment. What's the use of a light which is hanging somewhere which is not going to give light to anyone. When you are giving light to others in a very innocent and reciprocal manner. Not that we are giving light to have an advantage or we want to show off. Then the derailment starts. We should be with full understanding, that we are instruments in the hands of the Divinity and we are just enjoying that Divinity flowing through us and working it out. You wont feel fired or upset, You will not be in anyway troubled. We all have to decide that now we are going to India to get the whole joy of the tour. For What? Not to keep it to yourself but to share it with others. Unless and until you learn that, your ego will come back again and again.

Also you have seen the way people who have been spreading Sahaja Yoga got into the mess of the ego. One has to be very careful. **The more you are maturing, you have to be very careful.** See on a tree. If there is a leaf no insect will come. If there is a flower an insect will enter and eat it off. So when you are becoming a fruit you have to be very careful that no insect should get into it. On the contrary, now you have the capacity to destroy all the insects, That is the state we should all come up to, so you are destroying insects on one side and satisfying people on the other side. Collectively is the only way you can be cleansed but the greater thing is to go all the out to find out where can I spread Sahaja Yoga, where can I go? What is the nearest village I can go? Where will it work out. All these things the more you think the better, it is. Once you start moving in that direction you will be surprised that Sahaja Yoga will move ahead of you. You will meet the people whom you want. You will get all the necessary help that you want. You will suddenly find some people who will come down and say what can we do for you. Every type of help starts coming to you when you expand yourself. Its like expanding your wings like a bird does and then you take off, if you don't extend yourself, you keep Sahaja Yoga to yourself only, it doesn't work. I know you love me very much but don't you think others should also share this love.

When we start struggling we also struggle with people who are very difficult. Just don't go near 'my'. 'My' is the most difficult thing. What you have to do is to see what is beyond. the more you will go beyond the better it will be. You can see clearly, we have worked so hard in Maharashtra. it is useless place I find. Maharashtrian Sahaja Yogis are very few and whatever are there are also not so good. Those who are very near, they cannot see your greatness. when you go near a big mountain you cannot see it. (When you want to do some work with anyone try to see that you are not closely related nor do you have any connec-

tion with them. Something unknown. The people who are known to you will trouble you.

Ours is an open place where anybody can come in and so we get all kinds of people. Everything can be overcome but first is your own initiative. Your own lethargy has to be overcome then it will start spreading out. It has been predicted that Sahaja Yoga will grow very much this year. You have the power, the Shakti within your reach. They say it was very cold one day before I came here. I said don't worry. I did not give bandhan or any thing. I just came here. Its become all right. That's how it works. But you have to be that way dedicated. Now for all these surya, chandra stars, and the whole cosmos has only one thing to do is to see that Sahaja Yoga is spreading well, settling well and is achieving its goal. Every element is working out in so many ways You have not to be convinced about me. You have to be convinced about yourself. You have to do it. You are my channels. You are the channels of Shakti. Do it in a way which is gracious, beautiful and satisfying. You should want to do it. I don't have to tell you. I'm sure in every area that you work, in every personality whom you meet you start talking about Sahaja Yoga. It works, it exists. Moreover the whole power of all the dieties is behind you.

Have faith in yourself. Have faith in all of them helping you. Do not be nervous and just go ahead because the Shakti is in you. I assure you, you have every power. Ask for it and you will have it. But don't hesitate. I make you sit on the throne, I put the crown on your head and say you are the King but still you are running away and not believing me.

By God's grace you will be the people who will be the foundation of Sahaja Yoga and you will build the great mansion of Sahaja Yoga with your wisdom faith, shakti and love. Today we will worship the Mahakali shakti who destroyed all the devils and rakshasas. Its your desire which is going to work.

May God Bless You.

HYDERABAD PUJA

(Synopsis) 11-12-91

TALK H.H. SHRI MATAJI NIRMALA DEVI

We have come to Hyderabad which was ruled by Muslim kings but they were very Indian and they fought for the Independence of India against the British. Tipu Sultan was a realized soul but he was killed. We have in our country one very big problem and that is that **individually, we are all very great people but we don't know how to live collectively** and that is why we lost our independence. Anybody can manage if he can open our eyes and see clearly that when people try to talk ill of others involving us there must be some intention. This has been our failing since long that people use such methods that they spoil the relationships and this has crawled into Sahaja Yoga. The second weakness we have is that **we are very involved with our family, children, parents, brothers, cousins, etc.** Till you are completely deceived or cheated by someone so close you can never learn a lesson. All our problems are around them. I have seen Sahaja Yogis of a very high level and suddenly I find out that they are attached to some brother or someone who is doing some other kind of Guru business. Instead of we influencing them they start influencing us.

Talking ill of others, saying things just to spoil the relationship is sin in Sahaja Yoga. Always talk good things about others. For example if someone comes and tells me such and such person is not good, I tell them lies, I tell them that person was praising you so much. Why are you saying all these things against that person? It is important for Sahaja Yogis to create more synthesis, coordination, more combinations and bringing in more people. But people get more attached to the negative people, than to the positive people. That means you are still not in Sahaja Yoga fully. In India it is a common thing for a minister to appoint his wife, son, brother, even his servant into some post whether they are capable or not. In Sahaja Yoga you cannot do this. You have to be a Sahaja Yogi. You cannot just get anybody because he is your relation and ask that Mother see that he is my relation, please help this man. **Our concept about family life has to change.** Of

course the best thing you can do for your family is to bring them to Sahaja Yoga.

Then there is another kind of movement that **you start thinking about your own city.** Your could have been born anywhere. Mother you come to my city is important. **Its like my home, relations, my city, then my country.** I understand your concern about other people in your country but there should not be any attachment. **One should be detached in away that just watch yourself and others.** See for yourself why you are so interested in your own country and in your own capital. Mostly it is because you belong to this place and are born in this place.

This is one of the basic reasons why **Sahaja Yoga doesn't spread, that we get involved into pockets of our family.** And don't go across to others all our attention, behaviour is completely entangled into something which is not Sahaja. The whole world is our family so we have to move out. Don't be stagnated or entangled with a small circle of few people who are negative but go beyond them because you have got the powers, you have got every thing. You can easily cross over this barrier and the see for yourself that you are feeling now mentally very happy, physically alright and spiritually you are there.

In our Indian society people take to sanyas. They will wear kashaya and go out. What not take the Sanyasa inside. What is the need to wait till you get old and absolutely haggard and then to say that you are Sanyasi? Anyway you are a sanyasi at that time, when you are young if you develop this detachment that is you are attached to Sahaja Yoga and to nothing. Nothing is more important than Sahaja Yoga to you. Once you decide that, then you move in that line grow. supposing you get short circuited and move somewhere else then how can there be growth. Western people are worried about themselves. They want that they should achieve the highest themselves. Once we take our attention from the family you will be surprised how this attention works across the family, across this small little well that we

have built. You are surprised how it expands and gives you all the blessings and all the grace of Divine Love.

I know of certain Sahaja Yogis whose wives are so strong headed that they cannot overcome even their wives. In India there is a rule that whatever is the Dharma of the husband that the wife has to follow. The wives can be very powerful nuisance if they are so assertive and aggressive. If the husband is simple he has to suffer. One should not succumb to anyone because he is dominating but stand back and tell that this is the Dharma we are following and nobody has any business to check us. We have the fundamental right in doing it.

The question is about how we deal with each other in Sahaja Yoga. How we live with each other and talk to each other. What is the net result. Do we have a complete rapport with others? Do you invite Sahaja Yogis to your house as you would invite your neighbours?

The left side and right side attachments are different. **Right side people are individualistic. They don't like collectivity.** It is a force on them. **Right sided people have the biggest problem of Ego** with Sahaja Yoga it is getting intoxicated and doesn't come up. On what points do we get upset? This attitude of 'mine' has to be changed. When you are in Sahaja Yoga how can you be upset. We don't even find out the means and methods how not to upset others. Even the humour is disturbing and dinoincing that can upset a person very much. What sort of language we speak, what sort of communication we have, what sort of harm we do. You need not be hot tempered, your ego may not be seen but its the style of the ego.

Second way is of critising others all the time. This is not good. Who has asked you to judge it. **You should not judge yourself and at the same time you should not judge others and punish them.** We have to develop a very sweet dimension. You have to work it out. Even after coming to Sahaja Yoga certain things linger on. These habits can be corrected very simply and easily.

Obstinacy is also a very horrible thing. Everybody suffers from this kind of subtle obstinacy. Once I have decided, I have decided. **What is the harm in changing?** In Sahaja Yoga I am happy that nothing is decided or fixed. When is the programme and when is not the programme is not important but what is important is how you have

managed with the change. If you do not know how to manage the change then your transformation is incomplete. Remember how graciously someone has done something for you, next time you meet that person all the graciousness will come out because when somebody does something for you, you get a beautiful feeling and if you remember that feeling then you will go on adding to it. Every time you get some sort of an experience within yourself you keep it within yourself. Anytime you open that area of your memory all the beauty will start pouring on you, of that feeling.

We have to learn new methods of making ourselves happy. Before that we used to be happy when we hurt others or were sarcastic. Once my mind goes onto that I have to be happy and joyous. What am I doing? Why am I doing like this? How can I be happy saying harsh things or mischievous things to others? This ego makes me extremely unhappy. It has really spoilt my mood. Tell it to get down. Then it will go down. The slightest movement completely changes the atmosphere. One has to be extremely careful and attentive, as to know what to say, how to behave and how to create a feeling.

In the society of Sahaja Yoga we have beautiful people. We laugh, enjoy and we are in the most joyous company all the time. What we achieve on joy it the highest. Sahaja Yoga does not believe in any hatred, false pride, restrictions etc. It believes in the pure sense of humanity and also in the great work of Sahaja Yoga. It gives you great pleasure to be kind & nice. To subside these habits you have to do some practice and introspect yourself. When you will be going out you will be meeting new people. Then you might have problems of facing people with whom you would be harsh. You would be more meticulous or much more aggressive than normal. All these things will upset them. But **if you are peaceful, tolerant, forgiving that will definitely make them feel that you are saints. If they are difficult, leave them alone. By argument you cannot give them realisation. If they don't have wisdom they don't deserve it.** They are not destined to be like that. But your style has to be such that they should know that you are saints. In all your self respect, in all your love you have to talk to them.

You have to find ways and methods on how to spread Sahaja Yoga.

May God Bless You.

Ganesha Puja

Shere, Pune 15-12-91

Talk by H.H. Shri Mataji Nirmala Devi (Synopsis)

One has to understand that in Maharashtra it is important that people worship Shri Ganesha. As you know the Ashta Vinayakas - Eight Ganpatis are around this area and this triangle of Maharashtra with three mountains form a triangle which is like the Kundalini. The Kundalini of the whole world resides in this area. This land which is vibrated by Shri Ganesha has its own simplicity and vibrations. **The best part of Maharashtra is that it gives you a very good attention. With Shri Ganesha so much vibrating, the attention becomes concentrated.** Ganesha was created to emit auspiciousness and holiness. Ganesha is the one who cleanses everything, it is innocence. The innocence that cleanses you, takes away all kinds of conditionings and egos that are distracting your attention.

With a good attention people can do very good things, like **software, good mathematics, they are very good in music. All these things require tremendous attention. Art, dancing etc. That comes only through Shri Ganesha, He is the giver of wisdom.** Wisdom becomes a Dharma, a part and parcel of your being. You become wise. Though He is a child He is so mature. This wisdom is an innate quality of anyone who is a Sahaja Yogi because in him also Shri Ganesha has been awakened. With wisdom He achieves a balance, an ascent and also He understands that this ascent is for His benevolence, the benevolence of his country and the whole world. He understands the importance of Sahaja Yoga. This wisdom is just innately built in and we must learn to use the store-house of this wisdom within us. With Sahaja Yoga it starts emitting and understanding wisdom. You give up all your stupid childish things. The foundation stone of spiritual life is Shri Ganesha. That's why I have been very anxious that we should find out proper schools for our children. They should have proper education, and they should be looked after because their Ganesha Tattwa is already there. Only thing is, we have to nourish it, look after it and make it grow. Once that happens then children are safe and nothing can harm them. They will

never absorb wrong things. **If in childhood you cannot give them the knowledge of Kundalini and proper wisdom you can never later on easily assimilate it. For that you really require great effort.** With Sahaja Yoga it is working out very fast and people are getting very wise.

On any line we move we find that most of our problems are coming from human beings. Wisdom plays such a part in life that whatever may happen outside, the trends, fashions etc, you do not change. You change within. Then you have a full idea what is expected of others and what they should do; how to deal with them; how to talk to them; how far to go with them. All this comes through wisdom. In Sahaja Yoga you are very capable people; You have achieved a lot and know everything. Despite all that one should also have the deal with others; How not to contrail anyone. Not to say anything that would be rather harsh or hurting. **If you are trying to spread Sahaja Yoga, the only way to look after everyone is with great compassion.**

Faith in yourself must also come. That is also possible by only Shri Ganesha. He is in Nirvikalpa. He is just there. He doesn't have to question anything, ask for anything. He is not worrying and is completely detached. But when you are doing something you can be in two minds. You can be not so decisive. But he is always very decisive. It is a state and it has to be innately built within yourself. You can also work it out by just concentrating on yourself and trying to find out what is the matter with me, why am I like this? The introspection can help you a lot. The easier method is to worship the principle of innocence within yourself. **Supposing we are dealing with someone who is a thief. What should you do? It is best to forget about it completely, once it has happened. Not to worry too much about it.** How to make this point alright? This gentleman is not alright. Just forget it. **The wisdom is also in forgiving. There is no sense in remembering.** Once you start forgetting all these things you will remember right things. You don't remember

who has insulted you, troubled you or misbehaved.

One thing is built in Sahaja Yoga is that who tries to trouble you they will be in trouble also. So forgive them. Soothe him down. This kind of a wisdom we should have. Not to get after people. Not to pester someone. Not to be very strict.

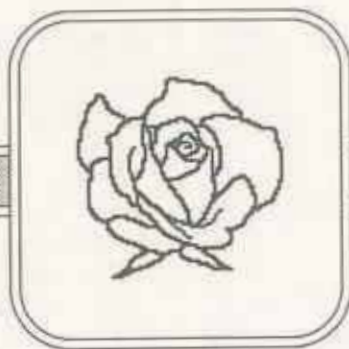
Meditation is the only way you give up right and left side and you are just standing in the centre enjoying the wisdom and the joy of your being. Best part of our lives we spend in bothering, getting upset, worrying or getting after someone. Where is the time.

We have to awaken the Kundalini of thousands and thousands. Here we are just worried about something nonsensical. Our wisdom is finished. Even at the highest level people don't have wis-

dom, in the sense that they want to run away. They just get fed up and take sanyasa. Living in the present you don't get tired because you don't think of the past and the future. You live very well in great happiness and you improve things. That's how you save troubles of others as well as yourself. One has to practice wisdom. Thorough living in the present. For example when you are getting out of the house, many people will go half way and forget something behind and keep going back and forth. At that time if you are in the present then you don't forget. The wisdom acts by itself. Wisdom is a very big power. It can combat any kind of ignorance, attack, or stupidity. We should try to develop and mature it.

We should ask for wisdom in today's puja and for that we have to be in the present.

May God Bless You.



Mahalakshmi Puja

Kolhapur 21-12-91

Talk by H. H. Shri Mataji Nirmala Devi (Synopsis)

When we see the poverty in India we really get upset. It will be alright when all these people will also get the blessings of the Divine. Principle of Divine works through Mahalakshmi. **You have to get to a point where your Lakshmi principle is satisfied and then only you start seeking, that seeking comes from the Mahalaxmi tattva.** Sahaja Yoga grows in the middle path. **Very rich seldom come to Sahaja Yoga.** If they come they will take advantage and won't understand its depth. **In the same way the very poor don't come, These are two shores of one river.** If we start expanding there we will definitely shower blessing of the divine on both the shores. Unless and until you become a Sahaja Yogi your financial situation cannot be improved very much. **You cannot become a Sahaja Yogi unless you get your principle of Lakshmi satisfied.** How do we get our Lakshmi principle satisfied? When we have more money than required then we start thinking what shall I do with this money. Some people start thinking that I will have one more car, one more house, more this or that. A kind of dissatisfaction sets in. Now what more? Then we have taxations and all kinds of problems that people think I have had enough of it and no more. The hankering after money goes away. In Sahaja Yoga you are so blessed that you start getting whatever you like. If you get your self-realisation then you can short circuit the whole thing and enter into Mahalakshmi principle. In case where your situation is such that now you have become overly rich then that richness can go into your head. **The principle of Lakshmi is to give away. Be generous.**

Second principle of Lakshmi works when you have very nice beautiful houses, people come and stay there, you look after them, give them food and enjoy all this. So generosity starts. But that generosity is also not very satisfying. Then they start thinking of getting to the truth of life.

Once Shivaji was working on the building of a fort. He thought, "I have given so much work to so many poor people." Suddenly his guru Ramdas Swami came there and said "Get that boulder and break it slowly. Ultimately they came to a stone which was just like a coconut. Ramdas

Swami took that stone in his hand and broke it and there was water in it and a frog inside. Then Shivaji realised **when God creates you He also provides for you. You need not be proud that you are doing so much for others.** When you do social work etc, you develop a kind of an ego. To pamper it people give you a peace prize, Nobel prize etc. That kind of generosity can also be very dangerous that creates some sort of a feeling that you are something very great and are doing this great work and looking after so many people.

Then we come to the miserly people. Its a disease. Sometimes a whole nation is of a miserly type. They talk of money and there is no decency about it. Many countries which are supposed to be very rich are not only miserly but indecent. Once we went to a hotel and had dinner with some people. After the dinner lots of food was left over and they told the waiter to pack it for them as they had paid for it. There is no shame, decency or decorum about it. This is the greatest curse of being rich. People become absolutely shameless, indecent, arrogant and above all irreligious. One has to fear those things that look very illusory and look like something very great to achieve, but can make a human being so horrible. The rich have no manners at all. They have no maryadas of any kind and don't care for what others are going to say or what they have to be. Such rich countries have gone left to right and right to left like yo-yo.

The kind of an ego that comes into a rich man is really very stupid. Like the king who made chapals out of pearls. People who are trying to show off their wealth in the most hideous manner, are killers of culture. Another thing they get into is complete immorality. To them a girl of twenty years or eight years is the same. They have no sense of proportion. They live such a low life that they get not only sub-human but subanimal also. They may have decency as to what glass should be used for which wine etc. This arrogance of a very incorrigible ego is even thickened when there are five six more like that because a kind of competition starts.

May God Bless You.

Christmas Puja

Ganpatipule 24-12-91

Talk by H. H. Shri Mataji Nirmala Devi (Synopsis)

Today's Yoga is very Special. This special day is called Angaarki Chaturti or the chaturti of Krishna-paksha. Every chaturti is celebrated as the birthday of Shri Ganesh which falls every fourth day of the month. But if the chaturti falls on a Tuesday it is a very special day. Today is the same day and we are all here in Ganpatipule on Tuesday on Angarki chaturti. Thousands of people come here to perform puja of Shri Ganesh.

Sahaja Yogis must understand that whatever happens should be taken with patience, 'Saboori'. If you try to hurry up or get frustrated or panicky then nothing gets done. By patience you immediately understand what should be done and how to do it. Hurry is an unsahaja way. Shri Sainath said that have patience. "The Divine is found in patience". **When any conversation is taking place then just wait and watch.** When you come into this state then the Param Chaitanya does all the work and you know exactly what to do.

Shri Ganesh's speciality is His humility and His wisdom. Both of these come from Ganesh Tattwa. Another speciality is that He **is a very calm and cool person.** His gait is also calm, just like an elephant, who also has a very slow gait. Also a woman who walks beautifully is called Gajgami or elephant-gait. Elephants only eat grass but are still so strong, they very heavy loads Elephants are also very mild tempered. They will never hurry for anything. They also have terrific memory. **When your left side gets weakened your power of memory fades.** This is because Ganesh tattwa has decreased within you. **When you are too right sided then the Ganesh Tattwa of the left side gets less. People who work too much their memory diminishes in old age.**

A special thing about Shri Ganesh is that along with His wisdom His power of memory is very sharp. He remembers everything. He has to remember everything because the imprint of all the Karmas (actions) on the Kundalini is done by Shri Ganesh. In His right hand is a pen which is His own tooth

and He writes everything about you, what you did, what are your problems, where you went in your seeking, what wrongs you did. When the Kundalini rises any obstruction on your chakras is seen and felt and you know what's wrong with that chakra. In this way it is absolutely scientific. There is not only this guna of the Ganesh Tattwa that a person should be innocent and pure. He has many gunas. Like you must have wisdom and intelligence. You must know what is right and wrong.

What is Angarika? **Shri Ganesh cools down the burning embers.** Kundalini is also a blaze. Its movement is like a blazing fire. Earth has gravity and everything that goes up is pulled towards the earth. **Only fire goes up against gravity. Shri Ganesh cools down the fire within you in two ways. He calms down the Kundalini.** He requests the Kundalini to give realisation to a person despite the problems or faults of that person. He is the child of the Kundalini and within you He is the child. Because of this relationship He makes the Kundalini understand that "you are a Mother and please help me in what I want". She then calms down and thinks that my child wants it so I will rise.

Once the Devi got very angry, She thought She will destroy the whole world. She felt that the creation She created is to no purpose as people have gone the wrong way and are committing many sins. So She started doing the dance of destruction. Seeing this Lord Shiva got very worried and thought the whole world will be destroyed. So he placed Shri Kartikeya who is Her own child under Her feet. As soon as She placed Her feet on Her child She cooled down at once. In the same way Shri Ganesh cools down the Kundalini by telling Her that "you are giving birth to your child and you should not be angry at such a time". Some people who have gone to wrong gurus have also troubled the Kundalini a lot. This support is also Shri Ganesh. **The Kundalini rises only through His Shakti. The flames that rise in the Kundalini are cool flames.** This cooling also Shri Ganesh does. **In a way, He cools your anger and annoyance also.**

When we get angry we get carried away and we cannot remember what we are supposed to do. In that temper we can hit anyone or even murder someone. **At that time the control that comes is because of Shri Ganesha and He cools your temper.**

Christ is also like Shri Ganesha. He said forgive everyone. Those who tortured Him and Hung Him on the cross He forgive them. He said, "O lord forgive them for they know not what they do". When people were selling wares and making a business out of temple offerings in the name of God, He took a hunter and hit them. This was His other side. **When some Rakhsa or evil person troubles you, He being Ganapati, the Lord of Ganas, He destroys them. You don't have to do or say anything. These ganas are with you.** When you are saved by them you think it is a miracle. **If they are protecting you then know that you are a Sahaja Yogi.**

Secondly they are always active within our body also. When you get your realisation you get connected to God then they look after you, all your jobs, children etc. Before realisation they are within us as Antibodies, which protect us from diseases. This is in the centre heart and till the age of twelve years they are prepared in the sternum bone. When any calamity befalls on you the sternum bone shakes and immediately they will start fighting any impending danger, disease or virus. **When you go against the Mother you become immoral. When you go against the Father you become lazy and inefficient.** People who have lost their morality, their chakras become very weak and difficult to cure. They may get AIDS or other destructive diseases. That is why we must all the time immerse our lives in Purity. Christ spoke of this Purity. He said, "Thou shall not have adulterous eyes". Because His place is on the Agya chakra. If the eyes are not Pure then Christ is not there. The people of the West believe in Christ but they have very bad eyes. Their eyes are always roving, looking at women or the women looking at men. Their eyes are never steady. This is negativity.

Shri Ganesha is situated on each chakra. He is the Vice Chancellor sitting on every chakra. Till He does not say so the Kundalini does not rise. **His other nature is like embers 'Angaar'.** Only a flame can cool a flame. When Ravan spoke against Shri Rama the whole of Lanka got burnt because Shri

Hanuman is also born on a Tuesday and both **shri Ganesha and Shri Hanuman jointly perform their task, especially controlling the anger within human beings.** They play tricks in such a way that the person realises he has done wrong. People who are hot tempered are also put right by Him. If a person is a Manglik i.e. his house of Mars is not alright, then such a person is told to wear a coral stone which is also hot. Heat kills heat. People who live in hot countries eat a lot of chillies. They perspire and cool down. Shri Ganesha also cools your heat by His heat. He shows you in such a way that you cool down yourself. All these diseases also generate a lot of heat and because of this heat a person gets confused. **We should pray to Shri Ganesha and surrender to Him to control this heat.**

There should be patience to know that whatever time is appropriate that is the time the Puja will start. Why change what is ordained? We are not slaves of time. **If you people do not become slaves of time then Sahaja Yoga can spread.** There should be the experience of it and faith in it. There is no blind faith in Sahaja Yoga. We have seen this faith with our own brains and eyes. **When you are seeing and yet not believing then there is definitely some fault within you.** You can see how great Shri Ganesha is and because of the Asta Vinayakas (eight Ganeshas) Maharashtra has got so much Punyas.

You are very blessed and intelligent that you found out and got the truth. To make this complete you should imbibe the Gunas (qualities) of Shri Ganesha within yourself. Thousands have come to Ganpatipule for the Puja of Shri Ganesha. How many really believe in Him? How many are there in whom there is any quality of Shri Ganesha? They drink, womanize, fight with each other, commit atrocities and have arrived for the Angarika of Shri Ganesha. If there is such a big fire within you why have you come? **Nobody thinks that they should imbibe the qualities of the One in Whom they believe.** You pray to this or that Deity or guru but have you imbibed their qualities? till you do not imbibe their qualities your believing in Them is as good as not believing.

May God Bless You.

Shri Lakshmi Puja

Alibagh 29-12-91

Talk by H.H. Mataji Nirmala Devi (Synopsis)

To enjoy the beauty of nature is to be with nature. The fruit of coconut is called Shriphal because it is the Sahasrara. It is very surprising that this fruit knows and understands. It won't fall on any animal or person. Nobody is hurt by this fruit. It is more sensible than human beings. In Sahaja Yoga there is lot of sweetness, goodness, righteousness and is so encouraging. Newly married people should try to be kind to each other. If you are reserved in the beginning you will have to pay for it. Please try to be kind, and nice and talkative. It is not that you are impressing others by keeping quiet. Talking is very important and not to hide your feelings. If you have very good marriages you will have very good children born to you and then we will have a new race of people in this world. These children will be the most powerful thing for us and they will work out many things which we could not work out.

We are next to the sea here in Alibagh and must understand the feeling of the sea. Sea is your grandfather in a way, because He gave birth to Lakshmi who becomes Mahalakshmi later on. We have to show all respect to Him. Normally the way people are living in the West and India. Here people use it for bathrooms. In the West they use it for swimming and they wear funny dresses and lead a very licentious life. This is an insult to the sea. As we have Varuna, in Greek mythology they had a god for the sea - Neptune. This God for the sea has to be worshipped, understood and respected. We cannot be disrespectful. Before entering into the sea and after coming out of it you must say Namaskar to it.

Because of the sea we get rain. Sea is so important to our life. The sea is the Guru the Maha Guru, which teaches us so many things. First of all this Mahaguru is the one who creates salt for us. Christ has said you are the salt of the universe. You are the one who gave taste and all qualities of the salt to the human being. The sea has its own maryada. When its high tide it comes up to a point and recedes and next day again it will be at that point.

The second quality of the sea is that it looks after all the creatures that are in it. It is salty but fish and other marine life exist there and the first life came into being in the sea. All our forefathers must have been born in the sea and then we became human beings. We have no right to insult the sea where our forefathers must have existed.

The third quality is that it is deep. If the depth of the sea is reduced by even a few feet there will be a problem all over. It keeps to its depth. In the same way whatever depth we have got in Sahaja Yoga we should keep to that. We should not become cheap types. We have to be deep people with deep understanding of Sahaja Yoga and ourselves. That is the sign of dignity. You must have the dignity and majestic nature of the sea. These trees get all the wind from the sea but they all bend towards the sea, never away. They show their gratitude by bending towards the sea. Even these trees understand. Without the sea we could not have had transport and also there is a great wealth inside the sea bed which is not yet explored but once explored the whole world can be very rich. There is lots of wealth like gold, silver and diamonds which are all imbedded in the sea and one day may be this Lakshmi might be discovered and we people might be enriched all over. Moreover when we carry the transport we carry Lakshmi from one place to another. The sea has given us that mobility.

I have seen that sea reacts to me very much. If there's light or the moon reflecting in the sea it moves with me. The sea understands me very well because I have a special relationship and respect for the sea. Because of the sea you are enjoying here. It is giving you such good feelings and spirituality. There is no need to go to the Himalayas for whatever is covering the Himalayas is the water from the sea which passes as rain and snow on the Himalayas and returns as rivers to the sea. It is a circle. Everything ends up in the sea and goes through tapasya by allowing the sun to create that cloud by suffering the heat of the sun. In the

same way **we have to bear the heat and anger of others and create vapours, means the blessing, the vibrations for others.** When I see somebody who is the sick and I treat him, of course I have to bear it, I absorb it and then it become vibrations and start flowing as vibrations.

It is very important for Sahaja Yogis to absorb everything. Don't get attached to it and let it become vapours. This method we should try to understand by correction. Sahaja Yogis still come to me to treat someone. Why cant you treat? Are you afraid to treat someone? You all can treat them, help them and the more you treat them the better you will be. You should venture. **You should have that much courage to treat others. If you don't treat others you wont grow.** When you treat others there are more vibrations. Why should God give you vibrations if you are not going to use it? **When we do not use our hands, feet and brains for Sahaja Yoga, we are not creating vibrations within ourselves.** If you don't then you will have problems all the time. **You say I am doing meditation, puja, but still I am not alright. You have to use your vi-**

brations in every way possible and wherever is possible to help other to get alright. You can take a bandhan if you feel it will hurt. But **atleast use my photograph.** After the photograph you can just touch the person and there is no harm. After **all if you are afraid of any troubles then what's the use of becoming a Shaja Yogi.** If the Ship is not sea worthy what is the use of making a ship. **You have to be sea worthy.** You have to decide that we are going to absorb the vibrations and take up everything upon ourselves. **Have faith that you are all just like the sea, the Mahoguru and that whatever you are doing is creating vibrations within you by which you can save so many.**

The more you give the more you get. The more you use your vibrations the more you will get it. Always use vibrations for helping others: **give vibrations to plants, animals, nature. That state has to come that you can vibrate your own water.** All of you can work it out and do such a lot but have faith in yourself which is going to help. Your faith in yourself that you are a great Sahaja Yogi and absolutely obedient to your Mother.

May God Bless You.



Puja at Kalwe

(Synopsis) 31-12-91

Talk by H.H. Shri Mataji Nirmala Devi

It is very important to worship Shri Ganesha. You know through photographs etc that He is a living deity. He is in the Mooladhara though actually He is sitting on all the chakras. With Him nothing can work out because He is the one who is Holiness. Wherever the Kundalini goes it is He who Pours the Holiness and its the cleansing power of Shri Ganesha that cleanses your chakras. It is very important to understand the virtue of Shri Ganesha and how He works within your chakras and how He helps you. **We should worship Him for great chastity, purity and wisdom.** We have to understand that wisdom is not something that can be inculcated. It cannot be manoeuvred. It is something very innate. It comes through our maturity. This proper maturity comes through proper attention to your Kundalini; **fixing up your Kundalini with the all prevailing power. This has to be done through regular meditation.** It is not a ritual. After sometime you will find that you are all the time in meditation.

He is a little child, the eternal child and that gives

Him the innocence of a child. When the Kundalini starts rising and blessing our chakras, automatically we start thinking our innocence has come back. We have got innocent heart, innocent mind and innocent love. This simple innocent personality is the sign of a good Sahaja Yogi. He also knows that he is looked after by the ganas of Shri Ganesha. These ganas are all the time looking after you. But apart from this they are also watching you and watching your behaviour. If you try to take advantage of Sahaja Yoga then they may punish you. It may act against you. I warned you many times not to exploit sahaja Yoga for your advantage. It is for the benefit of others. The enjoyment of Sahaja Yoga is the best way to know Sahaja Yoga.

They are many people who are seeking this truth. You must find out who are seeking this truth. After finding them out do not argue with them, just give them realisation and let them feel the vibrations and then things will be better. There are many things which are false in this world. Doesn't matter. All this falsehood can be easily cleared out by the Truth.

MAY GOD BLESS YOU.

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