
The Divine Cool Breeze

Vol. IV, No. 8 & 9

INDEX

- 1) Shri Matajis Talk To Sahaja Yogis, Australia
- 2) Shri Buddha Puja
- 3) Shri Krishna Puja
- 4) Shri Durga Kali Puja
- 5) Russian Tour 1992
- 6) Liver Diet

SHRI MATAJI'S TALK TO SAHAJA YOGIS ON 1ST MARCH, 1992 at Glenrock, Australia.

Today I wanted to talk to you about certain matters where people get quite confused. There are certain things we must understand in Sahaja Yoga.

First point, **there is no fundamentalism** in sahaja yoga. **Nobody should use My words, or say Mother said so, nobody should.** That is how all these hierarchies have been built, in the churches, everywhere. Everybody can read, everybody can find out. That is a way of controlling people by saying Mother said so. That shows that you are trying to use My words to tell people off. You are not in charge.

If I say something in the programme of sahaja yogis, I say it because it is heart to heart talk between My children and Myself. And it should not be just sent over, through your computers all over the world, without consulting, without censoring it by the leader. There is no haste in sahaja yoga. So that should not be done. Now this I have said, definitely.

Whatever I have said nobody remembers, only they use My name. Mother said so in 1970. In 1970 I never spoke in English. So all this historical utterances should not be used. We live in the present. That time may be, the situation is different. May be because sahaja yogis were just coming to sahaja yoga, may be they needed some sort of a guideline. It is a journey. You are passing through a slope, then you have to use a different type of method. Now you are walking on a plain land. Then you don't behave as if you are climbing a plain land. Then you don't behave as if you are climbing a mountain. So it is a journey of sahaja yoga - to mountain. So it is a journey of sahaja yoga - to our destination. The destination is that, we have to emancipate maximum number of human beings into sahaja yoga.

But that should not be taken over. I again tell you - nobody should take over from the leaders. I have appointed the leaders just to

coordinate with you people, but you always have a direct relationship with Me. So far all these people who believed in God, had no direct connection. But now you have. So why not use Me? And if there are leaders, you have to ask the leaders. **Nobody should take things upon themselves and start preaching people.** We don't like preaching. We have had enough of it. There is no need to preach others. If you have to preach. Preach yourself but not to others.

One has to understand that it is a living process. We can understand from a cell at the end of a root. It has intelligence, it is completely in control of itself. And it has a direct connection with the divine power. So it moves by itself, but the attention is on the collective, like the roots of tree. It moves in such a direction that there is no argument, there is no quarrelling, in the sense, there is no obstacle. Now supposing, there is a big obstacle like a stone it goes round it. Encircles many a times for the future tree that has to come.

So from the past what do you get is the relative idea as to where you have reached. And from the future, you have to know how far you have to go. This is very important thing to understand. Because, these things creep into the western mind very easily. They don't want to have direct relationships with Me. That's how you will start forming groups. One person will stand up - Mother says so. Somebody will use My tapes, anything. There is no need, at all, for you, to get to these things and listen to them. If they want to create something they should talk to Me directly, and not to do it themselves on their own, which is a very wrong attitude towards sahaja yoga. So first of all we must know it is a living process. You cannot put on all we must know it is a living process. You cannot put on it artificial types of things which will curb the growth of sahaja yoga. It's very important to understand. I find that people don't understand sahaja yoga. You cannot mould into any pattern. It moulds by itself, works by itself.

So we cannot have any hierarchy. Never. These hierarchies ultimately become a barrier between you and Me. Which I don't like. All the leaders are told that whatever letters you get, whatever things you have. You should send it over to Me. I would like to see them Myself. But sometimes they do, some of the leaders specially in Australia I had a very bad experience. But now you have a very wise leader here and a very sensible person. I don't think there is anything wrong with him. Only thing I think he is rather too mild sometimes with some people. He should have told. Yesterday I had to suffer so much because of two ladies. Because he never told them how horrible they were. So I had to absorb all their nonsense quite a lot. Because, if a leader is not mild you'll sit on his head. If he is little strict you'll get after him.

Only thing one has to realise, that everything is a living process and through some sort of a coordinator, Mother is trying to work out in a more simpler manner. For example, if everybody writes to me for a small little thing, sometimes write for everything. Absolutely useless thing, sometimes that I really laugh. There is no need to ask Me, like Mother we cannot get Indian spices here. All these stupid things.

Then second is about the husbands or about the wives. Because you should not see those films or those televisions, which if you see invariably show the fight between husband and wife. So if you go on seeing that you will learn you will pick it up. It's like a parrot you know. You pick up all the words which are to be said to your husband, harsh words, or to your wife. And then you work it out that way.

And so many questions could have been easily solved. I think to work out a marriage is only question of a woman, not so much of man. Normally men don't want to marry, normally. Though they have no responsibility, they don't have to produce children, anything. But still they don't want to marry. They are sort of little bit afraid. In the west specially, not in India. In India men want to marry because they get somebody who will spoil them, who will never answer them, listen them, be humble. But here in the west I have seen men don't want to marry. One fellow I told him that you have to get married, he disappeared, for three days.

You have to have marriages. But this marriage problem comes when women don't know how to adjust, mainly, I must tell you. The first thing is, you have to really spoil your husbands. Actually they should entirely depend on you for everything. Then, what will they do. But in a loving manner. Not in an oppressive way. Do not demand anything, do not expect anything. Just be gentle, kind, express your love. Then they get used to it. They can't live without it. These tricks should have been told to you by your parents, but they might have been the same as you are. So you don't know the tricks of the trade. After marriage we have to say, we are, we. Shouldn't say I. And also understand, you see men are different from women. You are the preserver of the society. They are the creator. You have to have much more patience and compassion. Which you have, no doubt. You must take to your feminine qualities and you will be amazed you are shakti for men. You are the power for men. That's why men must respect women. If they don't respect women, not their romanticism and nonsense. But as personality if they don't respect, then they suffer everyway, specially materially. Materially they suffer and also reputation wise. Some women are extremely demanding and expecting too much. Perhaps may be they see those pictures of Romeo Juliet and things like that. But if you see Romeo Juliet, you will see what Shakespeare wanted to communicate. He was an avadhuta. He wanted to communicate that these are all futile enterprise. Both of them died. They could never enjoy companionship.

We had so many problems like this, in England also. So I asked them, what books you read? Most of them read books of romance. But romance before marriage. There are no books about romance after the marriage. So naturally there is a problem. After marriage is quarreling, before marriage romance. So why marry? And when I said that man is the head of the family, it doesn't mean that man should dominate a woman. Supposing I say that he is your leader, it doesn't mean that he should dominate you. If head of the family starts dominating, if the brain of the body starts dominating, what will happen to this body. It's stupid, to conclude like that. But you are the heart of the family. Brain can die, but heart dies the last.

So try to understand, there should be a complete integration between heart and brain. And children are the attention in the society of sahaja yoga. So here, how can you have such an idea that if I say the head, then he dominates the heart. How can it be? So they pick up few words from here and there and use it for justifying their own weaknesses in sahaja yoga. But this kind of escape is not going to help you to rise. You are going against yourself. Is not for your benevolence.

What I am telling you, is that if you try to accept all these outdated ideas in sahaja yoga, you'll go down, you'll rot. We are fresh and new. We are living. We don't accept these kind of ideas about men or women. But when I said that man is the head of the family, that doesn't mean that you dominate your wife and torture her. Nor does it mean, that the leader should dominate. They should use their wisdom, love, compassion, and guide you in the proper way.

I have received a letter which is very funny that own leader's wife, not the leader, but the wife, forbade the sahaja yoginis not to come to the house and to the programme because I could not go to her house. Can you imagine? This is absurd. Now if I tell her, she'll be more harsh on that person. But by doing that she doesn't know how much she is missing points in sahaja yoga. I can go anywhere I feel like. But she should have taken the blame upon herself. Also, there is a thing that this is my house. This is the biggest nonsense. Mother should come to my house. With Indians specially, it is too much. Please come to my house Mother. Come and have dinner with me. Who are you? You are a sahaja yogi. So your house is Mine, you are Mine, everything is Mine. What is there to come to your house? Then you are separate. All you houses are Mine. If I go there it doesn't mean that I love you more than anybody else.

Like somebody asked Me, why did You take Your birth in Christian religion. I said I had to take My birth somewhere. Better was for Christians because Christians are absolutely fundamentalists, mentally. That's more dangerous. Muslims you can make them out they are fundamentalists because, they do not have that finesse about them. Openly they are fundamentalists. But Christians, are very great fundamentalists.

But going to somebody's house is now becoming a problem for Me. Because if I go to somebody's house that person gets the ego - O She came to my house. So again, you are not to say that mother this is my house. Mother this is Your house. If I go there it is well and good. If I don't go there well and good. What does it matter?

Now again I tell you nothing has to be sent through your IBM or anything, without the consultation and censoring by the leader. It can land Me into great difficulties and tomorrow I could be in jail. Why don't you understand? And you write whatever you feel like. So this kind of irresponsible behaviour, I can't understand. And things I never said also can be said. This shows immaturity, and haste. Such things should be consulted. And use your discretion. You need to consult your leader, which are vital, important. Specially things which are written down and published. Things which circulate, is extremely important to be seen by the leaders. There is no hurry about it. Any book written, any tapes to be released, anything. Should be done with the complete consent and understanding of the leader. I would say the leader must sign those papers. Then I can hold him responsible. But if you are arbitrary and start doing things then it could be dangerous.

Simple things I will tell you what. They asked Me Mother, what do You think of starting a Vishwa Nirmala Dharma in Melbourne? I said alright. I didn't know it is going to be an association, there is going to be an election and all, nothing. Vishwa Nirmala Dharma is everywhere. But they don't have any association nothing. It is just a kind of a society which is just spreading Vishwa Nirmala Dharma. There is no sort of any organisation about it. We only have Trusts. And we don't want to have any electioning or all that. Again, if some wrong type of people get in, then sahaja yoga will be ousted completely. So you can only have Trusts. And if you want to do something else you can form it separately but it should not be Vishwa Nirmala Dharma or sahaja yoga. Nothing doing. Because I said yes that doesn't mean that you should go that far with forming this, that, association and all that. It is a news to Me. Alright, whatever has been done has to be rectified. And we have to bring it down to a proper level. There should be people who should be elected as good

people who are in sahaja yoga, who so far have been doing, everything in a straight forward manner and who have been very very sensible about it.

There is also a suggestion that we should project ourselves to outside things. If it means that we have to go to other organisations, is wrong. All these organisations are dead organisations. They are not living organisation. But if they want to come to us alright. But we should not go and break our heads with them. Because you land up not only with opposition but you will catch from them. Negativity. Try to understand. We have to be very careful. You can only have sahaja yogis who are seekers, who are honest, who are humble, who do not want any money or power out of sahaja yoga. It will grow. It has grown.

Two people came from Australia and see how many are there. It will definitely grow, no doubt. But do not try to organise it. You cannot organise. Once you start organising, then the growth can be stunted. Like you have seen bonsai. Bonsai when they cut it and organise it, it becomes a small tree. But I haven't seen any tree which grows; if it is organised grows more. At the most you can nourish it, at the most you can water it, at the most you can see the needs of this. But you cannot just, make it grow more.

All organisations cut the growth. In the beginning it may look that by organising it, it has increased. Even religions like Christianity, Islam, Buddhism, Hinduism etc., when organised and grown artificially is empty and hollow. We really want substantial people, substantial dharma - innate, within ourselves. We don't have to take to these artificial things. We are using lots of artificial manure now. And people are revolting against thing. Because they think all these artificial things are harmful to us. So allow it to work out through the grace of this divine power, in a more natural manner than putting artificial organisations, artificial this and that. In grows like a business. But ultimately comes to recession. All those who had education in Harvard, are responsible all over the world and all over the world there is recession.

So now, regarding your children. I have been really studying the nature of western children. Their attention is never on the right things. Not on studies, I should say, not at all on studies.

On food yes. Like in England they asked for baked beans in the the morning. Now these horrible tinned baked beans which you been giving to them, are not at suitable for Indian climate.

You see, if you see the western health of a person, you go to India you get diarrhoea. You cannot stand heat you cannot stand cold. Anything that changes you feel so sick you are tired all the time. You must introspect. You work a little and you are tired. What is the reason? The reason is, you think too much. Same with your marriages. You start thinking, what are my priorities, what should I do, start analysing. Just do it what you want to do. This thinking too much is responsible for your susceptibility to diseases. Of course mooladhara is one of the most important chakras, no doubt. If the mooladhara is weak, you catch it, you can catch any disease. Also the secret diseases, herpes and all these things are very common in the west. But not in India, very few. Because of a strong moladhara. So now first problem is, how to strengthen your mooladhara.

The second one is the kind of food you are eating here is not so fresh. Try to eat fresh food. At least in Australia you can get it. As far as possible, take to more carbohydrates. If your are thinking too much best is to take to carbohydrates. You are so much worried about putting on weight. I don't know why you want to be skinny. What is the need? On the contrary a person who has little plumpness absorbs vibrations much better. But do you know the vibrations sit on the fat, "medhe sthhitah". That way they go on the nerves. Because nerve is made of fat, your brain is also made of fat.

So, whatever is pumped into your head you accept. That is why the entrepreneurs are definitely controlling. You have no idea. Because we don't have that wisdom to see. Now they said alright, you shouldn't put any oil on your head, alright? Never put any oil. So you become bald. So they can sell wigs. You can put oil, before, previous night. Just to make your hair grow properly you must give them nourishment. Why do you starve them? What's wrong with oil I just don't understand. You must massage your body, is a very good idea. Also massage your head. You must look after yourself. But just because there's a fashion not to put oil you just do not have any oil anywhere near you.

They all used to put oil if you see films say, about thirty years back. Nobody had dry hair, all shining nice hair. They were supposed to be quite good looking. And this bhootish type of hair then when you have all the bhoots will take over, because they will think this is the head for me. So try to understand what is good for your body and what you should do. Massaging your body is a very good thing. Without oil, I cannot exist, because My work is on Sahastrara. It's very soothing to massage your hair, very soothing for your nerves. You are realised souls, there's vibrations flowing, should massage your head nicely. Take about an hour on a Saturday. Saturday is the day of Shani, is the day of Saturn, the day of Shri Krishna. He is so fond of butter and oil.

Also you people are very fond of sun I can understand that. I don't know why in Australia you are so fond of sun when it is so much. But because it is a fashion in west, we are all going to the sun, to the sea, and spoiling your skin. Your skin cannot have the glow. While you see, if you do not use sun-bathing as some sort of a treatment, it's alright. Indians used to wonder about the English. There was a saying, that an Englishman and a mad dog in the sun. Even a sane dog won't go. All such things should be understood.

Personal hygiene should also be seen. Use lot of water to wash your hands and when you are using toilets water should be used everytime. Otherwise your mooladhara can never be alright. Your children I am surprised, they don't want to brush their teeth. And if you tell them you have to brush, they start crying. If you tell them you have to have a bath, they start crying. Imagine in that sweltering heat of India they don't want to have a bath. And they smell. But when you tell them, "Our parents also smell like that". Their mouths smell. In India atleast twice we must brush - once in the morning, once in the evening - minimum. Evening time we all brush our teeth, in India. It's very important. Now these are such small things which our culture in India has already taught us, long time back. So the way, is when your children are growing, you take them in the bathroom, make a fun out of it. Now let's see the wall brush our teeth. You brush your teeth, I'll brush my teeth. Now see whose are whiter. Like that. Make a fun out of it. You are the one who can teach them good

hygiene. Then bathing. All these little little things are very important for you and for your children.

So the hygiene part is very poor, personal hygiene. Of course your houses will be clean, absolutely. If anything falls on the carpet immediately you will pick it up. Because this carpet may be sold later on. Whatever is saleable, you look after it. Now your teeth can also be saleable. You need not neglect them. But you will not be careful. Whatever is saleable you are very careful. Your house very careful, your carpets very careful. But whatever is not saleable, is not worth it. Now in sahaja yoga, we should know, that nothing is saleable. Whatever we have and own, we'll keep it with ourselves, or give it to our children, or give it as presents to others. We are not going to sell anything. Everybody is a seller. House is to be sold, very particular about the house. If something goes wrong, you will shout at children. We were surprised, that these children were more careful about nonsensical things like carpets than their teeth. Something fell down on the carpet, immediately they all rushed and cleaned the carpet. We started wondering what's the matter with them. That's not their job. That's the training they have. Whatever saleable, they try to put right. So we must change our mind and say that whatever we own we are not going to sell it.

Or sometimes we have to sell the house, alright. It's not so important. In any way whether the house is clean or dirty you'll fetch the same price. That's My experience, whether you decorate or not. On the contrary they like undecorated houses.

So now, this is what is materialism. That we try to get things just for selling off. On the contrary we have to look out what are the beautiful things made by hand. What can we have? Whatever is made by hand, by people. You can have few. And that can be given to your children, to their progeny.

You must find out why the child is crying in My programme. Must be something wrong, must be some badha. If a child cries in My presence, or is afraid that means there is some sort of badha, which you should try to remove. So now we have to change our attitude towards ourselves, we are specially blessed people, we have to look after our body, look after our children, we have to look

after things which are of much greater importance than material things. That is the spirit.

So ultimately we come to the point that the spirit which has given us all this beauty, which has given us such moonlight in our life, such sunshine in our work, which has made us so sweet. After all what we have done for the spirit to satisfy it, to enjoy it. So the most important thing for us is our spirit. And we should seek the comfort of the spirit. The more you think about your spirit, the deeper you'll go. And the joy you'll get will be also very deep and you'll settle down very nicely, embedded in spirituality enjoy the collectivity.

In general I can talk to you about things that firstly that you have to ask your leaders if you have to do anything extraordinary. Now it is your discretion. And the last but not the least is this - all the leaders complain that no one wants to pay any money whatsoever for sahaja yoga. Now you see actually as you know that, whatever money you give me for pujas I buy silver for you. And you are given the equal amount of silver as one would give to Europeans. But as far as the puja money is concerned it is very low. First they used to give me just one dollar. Of course it was all in coins which I brought it back. But otherwise whatever is there, is, I am not using it for. Myself I don't need it. I should normally, because it's given to Me. But I just thought that instead of that if I give you silver you will have silver for puja which is very important. And that it will be very auspicious. But the way people want to pay is rather reluctant. I agree you people are now running into problem about money. But may be, one of the reasons may be that, do you know you pay the lowest in the whole world. No one pays so low as that. Atleast they pay 21 and 11 in India. Minimum. So whatever it is, whatever suits you. I am not going to say anything, whether you collect less or more I am going to give you silver because your are so many people. Now I have to do that. I always put the maximum amount between you and Europe. You are also a continent as Europe is.

But one has to understand, that atleast we should really think of doing something for sahaja yoga. What can we do for sahaja yoga? As you know very well, that, I have used My husband's money quite a lot. And again I am going to work out something in Australia. It will be very good for people. And I can involve My money will them. But

despite all that, people don't understand why My husband allows me to do that. Because he knows it gives him all the blessings. He told openly to sahaja yogis that all these awards I have got because of my Wife. But She is working for God. I wanted to say also you donated lot's of money. Is the generosity. And if you donate then you get it also from another thing. But I don't want it for My personal thing at all. But is a sign of your generosity. That is a common thing from all the leaders. Melbourne leader says that nobody wants to pay. Only they want to take advantage of sahaja yoga. It is not a very good thing from Lakshmi point of view.

Also one has to understand that, once you join sahaja yoga whether you pay or not pay or anything, you think you are a liability. That's very wrong also. For every small thing they want help. Of course they are to be helped. We try to help people who haven't got money. But they become sort of liabilities. And they expect so much from other sahaja yogis or from Me also. You marry someone then that person becomes a headache. Letters after letters, telephones after telephones is not proper. Of course some child is sick, you can inform Me. But a child is hot tempered, he is misbehaving, is on My head. May be you have been hot tempered, you are fighting with your wife is fighting with you, may be that. Why not correct that point?

Even the smallest thing they think should be done by sahaja yoga. Sahaja yoga must look after this thing, sahaja yoga must do that. So one should understand that to you sahaja yoga, is a liability not you are a liability to sahaja yoga. That's the best attitude. Of course in a way you are a liability. But what should your attitude? Now you are matured enough. When the son grows up and matures then he looks after the parents. In the same way you have to look after sahaja yoga rather than sahaja yoga looking after you all the time. And pestering sahaja yogis about it.

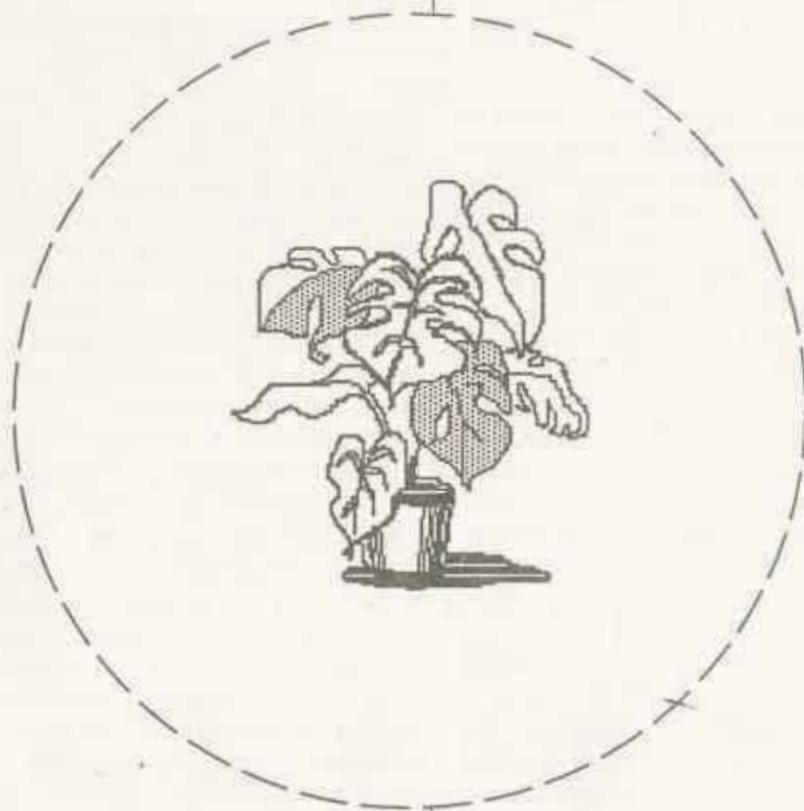
This has to be understood very well, that sahaja yoga is not liable for you. You are liable for sahaja yoga. Sahaja yoga has given you so much. God has done so much for you. What have you done for God, always think like that. If you start thinking like that, the more work you put in for sahaja yoga, the more you exert your mind for sahaja yoga in a proper, living, balanced manner,

the more you are helped, the more you grow, the more you enjoy. And so, today's lecture is for all of you in a way because I don't know what applies to whom. But you should not put it on somebody else but take it for yourself. That we aren't going to be liabilities on sahaja yoga but a support. We have to look after sahaja yoga, which is a very beautiful attitude. I don't need sahaja yoga. But I am worried about sahaja yoga, about sahaja yogis. To Me they are all My liabilities. I have to look after them, I have to worry about them, I have to listen to them. I receive letters and all that. I mean this kind of work if somebody has to do, nobody would accept. In every way I have to support. Because My Spirit gets satisfied. I am not doing for your satisfaction. I am doing for My own satisfaction. It's selfishness. So when you reach that Selfhood you will understand what this self needs. And you will put your mind to it. And you will be surprised that when you start doing something for others, for sahaja yoga it's very much rewarding. And very much like a prayer. Everything is a prayer. In sahaja yoga, whatever you do for

sahaja yoga is a prayer, is a rapport, is a oneness with God, is what we can call the worship. And once you start doing that you will not bother who criticises you, what people say to you, nothing. But you'll feel such relationships and understanding.

I am sure this Shiv Puja will establish definitely at a much higher level, I am sure. And you will know when you are. Here we are in direct contact with our Spirit. Here we know about our Spirit. We are obliged to our Spirit. We are obliged to our spirit. What it has done to us. We respect it. And that's how I have seen there's certain change. And a very great height suddenly they achieve it. And I am sure this will happen to Australians. Now forget your small differences - fighting for power, fighting for money, nonsense. Try to be alright. There are some people who got caught up because of this nonsense in Melbourne. They should all cleanse themselves out, put themselves right, look after themselves. All My blessings with you.

May God bless you all.



after things which are of much greater importance than material things. That is the spirit.

So ultimately we come to the point that the spirit which has given us all this beauty, which has given us such moonlight in our life, such sunshine in our work, which has made us so sweet. After all what we have done for the spirit to satisfy it, to enjoy it. So the most important thing for us is our spirit. And we should seek the comfort of the spirit. The more you think about your spirit, the deeper you'll go. And the joy you'll get will be also very deep and you'll settle down very nicely, embedded in spirituality enjoy the collectivity.

In general I can talk to you about things that firstly that you have to ask your leaders if you have to do anything extraordinary. Now it is your discretion. And the last but not the least is this - all the leaders complain that no one wants to pay any money whatsoever for sahaja yoga. Now you see actually as you know that, whatever money you give me for pujas I buy silver for you. And you are given the equal amount of silver as one would give to Europeans. But as far as the puja money is concerned it is very low. First they used to give me just one dollar. Of course it was all in coins which I brought it back. But otherwise whatever is there, is, I am not using it for myself I don't need it. I should normally, because it's given to Me. But I just thought that instead of that if I give you silver you will have silver for puja which is very important. And that it will be very auspicious. But the way people want to pay is rather reluctant. I agree you people are now running into problem about money. But may be, one of the reasons may be that, do you know you pay the lowest in the whole world. No one pays so low as that. Atleast they pay 21 and 11 in India. Minimum. So whatever it is, whatever suits you. I am not going to say anything, whether you collect less or more I am going to give you silver because you are so many people. Now I have to do that. I always put the maximum amount between you and Europe. You are also a continent as Europe is.

But one has to understand, that atleast we should really think of doing something for sahaja yoga. What can we do for sahaja yoga? As you know very well, that, I have used My husband's money quite a lot. And again I am going to work out something in Australia it will be very good for people. And I can involve My money will them. But

despite all that, people don't understand why My husband allows me to do that. Because he knows it gives him all the blessings. He told openly to sahaja yogis that all these awards I have got because of my Wife. But She is working for God. I wanted to say also you donated lot's of money. Is the generosity. And if you donate then you get it also from another thing. But I don't want it for My personal thing at all. But is a sign of your generosity. That is a common thing from all the leaders. Melbourne leader says that nobody wants to pay. Only they want to take advantage of sahaja yoga. It is not a very good thing from Lakshmi point of view.

Also one has to understand that, once you join sahaja yoga whether you pay or not pay or anything, you think you are a liability. That's very wrong also. For every small thing they want help. Of course they are to be helped. We try to help people who haven't got money. But they become sort of liabilities. And they expect so much from other sahaja yogis or from Me also. You marry someone then that person becomes a headache. Letters after letters, telephones after telephones is not proper. Of course some child is sick, you can inform Me. But a child is hot tempered, he is misbehaving, is on My head. May be you have been hot tempered, you are fighting with your wife is fighting with you, may be that. Why not correct that point?

Even the smallest thing they think should be done by sahaja yoga. Sahaja yoga must look after this thing, sahaja yoga must do that. So one should understand that to you sahaja yoga, is a liability not you are a liability to sahaja yoga. That's the best attitude. Of course in a way you are a liability. But what should your attitude? Now you are matured enough. When the son grows up and matures then he looks after the parents. In the same way you have to look after sahaja yoga rather than sahaja yoga looking after you all the time. And pestering sahaja yogis about it.

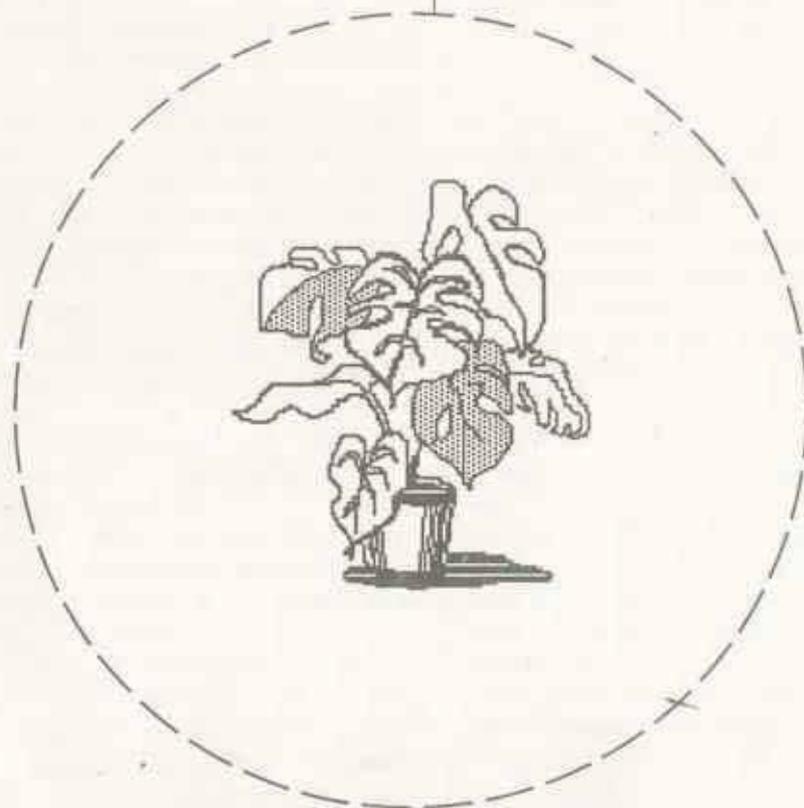
This has to be understood very well, that sahaja yoga is not liable for you. You are liable for sahaja yoga. Sahaja yoga has given you so much. God has done so much for you. What have you done for God, always think like that. If you start thinking like that, the more work you put in for sahaja yoga, the more you exert your mind for sahaja yoga in a proper, living, balanced manner,

the more you are helped, the more you grow, the more you enjoy. And so, today's lecture is for all of you in a way because I don't know what applies to whom. But you should not put it on somebody else but take it for yourself. That we aren't going to be liabilities on sahaja yoga but a support. We have to look after sahaja yoga. Which is a very beautiful attitude. I don't need sahaja yoga. But I am worried about sahaja yoga, about sahaja yogis. To Me they are all My liabilities. I have to look after them, I have to worry about them, I have to listen to them, I receive letters and all that. I mean this kind of work if somebody has to do, nobody would accept. In every way I have to support. Because My Spirit gets satisfied. I am not doing for your satisfaction. I am doing for My own satisfaction. It's selfishness. So when you reach that Selfhood you will understand what this self needs. And you will put your mind to it. And you will be surprised that when you start doing something for others, for sahaja yoga it's very much rewarding. And very much like a prayer. Everything is a prayer. In sahaja yoga, whatever you do for

sahaja yoga is a prayer, is a rapport, is a oneness with God, is what we can call the worship. And once you start doing that you will not bother who criticises you, what people say to you, nothing. But you'll feel such relationships and understanding.

I am sure this Shiv Puja will establish definitely at a much higher level, I am sure. And you will know when you are. Here we are in direct contact with our Spirit. Here we know about our Spirit. We are obliged to our Spirit. We are obliged to our spirit. What it has done to us. We respect it. And that's how I have seen there's certain change. And a very great height suddenly they achieve it. And I am sure this will happen to Australians. Now forget your small differences - fighting for power, fighting for money, nonsense. Try to be alright. There are some people who got caught up because of this nonsense in Melbourne. They should all cleanse themselves out, put themselves right, look after themselves. All My blessings with you.

May God bless you all.



Shri Buddha Puja

Shudy Camps,
England. 31.5.92

As in every religion all of them got lost into some sort of a fundamentalism because none of them got realization and that's why everybody established their own style of religion. Tao, Zen are all off-shoots of the same. Buddha felt that one has to seek something beyond life. He was a king's son, had a nice wife and son, naturally anybody in that position will be quite satisfied. One day he saw a sick man, a beggar and a dead man. He couldn't understand how this misery has come. What is the need to have this misery. So he gave up his family and luxuries of life and went in search of the truth. Like many of you have done. He read all the Upanishads, books to find the truth but he couldn't get anything. He took complete Sanyasa, as far as food is concerned. He gave up everything. Ultimately he was lying under a banyan tree when Adi Shakti gave him realization. Also because he was one of the ones marked for a special place in the virata. He had achieved that.

What we must see from his life is that he discovered and found out that desire is the cause of all the miseries. He did not know what was the Pure Desire. That's how he could not explain to people that they have to take to their awakening through their Kundalini. As he had followed such a ascetic life that became the code for the Buddhists. He used to have at least thousand people with him barefeet and without any arrangement for food or stay. They were supposed to shave off their hair completely. They wore only one dress, whether it was warm or cold. They were not allowed to sing, dance, or entertain themselves by any method. Food was collected from the villages they visited, whatever they got as alms. They would offer their guru and then eat later. They would go barefeet in the scorching heat in the mud or rain. They gave up all family relationships. Even if the husband and wife joined the Sangha then they were not supposed to behave like husband and wife. One had to give up all physical, mental and emotional wants. If you

see Buddhists, they do all this, even if they are Kings. One of the Kings was Ashoka. He tried to lead a complete ascetic life. It was a very difficult life and they thought that by doing all that they will achieve their realisation. Two of his disciples did get their realisation. But the whole life was dry, harsh and insipid. There was no fun in it. No children were allowed, No family life was allowed.

It was a Sangha. (Collectivity) but in that collectivity there was no rapport as they were not supposed to talk too much. They could only talk about meditation and of achieving the highest life. That idea continued in so many religions. Then they started making people take away the money of the householders by saying that you have to give up everything. Even at the time of Buddha they had to give up everything. But here it was a genuine effort of Buddha to take them to enlightenment. To make them people who were knowledgeable about the absolute reality. It did not happen. That is the reason we find that Buddhists have gone into different types of funny Buddhism. For example - In Japan, one was not allowed to kill any animal. So they said we will not kill any animal but will eat killed animals. They could kill human beings. Japanese became expert in killing human beings. How people find out loopholes. Second type of Buddhism came when Lao Tze taught about Tao. Tao is the Kundalini. The people just couldn't understand what he was talking about. He expressed himself in paintings etc. To deviate from that kind of a harsh Buddhism. Somehow despite that it never took proper roots. There's a river called Yang-tze where the scene changes every five minutes and the beautiful mountains take a form and there are lots of waterfalls. It is said that you should not divert your attention to these temptations which are outside. We should see them but move and that is what is Tao. They went into Art. Basically Buddha never thought of Art. He said that you have to introspect and go within deep down and find out what is the absolute. So the whole thing started

deviating.

Then the Zen system was also mixed up with Kundalini, which was started in Japan. In the Zen system they used to hit on the back of the spinal chord and the chakras, by doing this they would try to raise the Kundalini. In the Zen system they developed very harsh methods of raising the Kundalini. It went to such a limit that I have met people who have broken their spinal chords. The Kundalini will never rise if the spinal chord is broken. I met the head of the Viditama Zen system. They called me because he was very sick and they asked me to cure him. I found that he was not at all a realized Soul and did not know a word about Kundalini. I asked him what is Zen. It means Dhyana, to meditate. He was so confused about Zen. They had no realized souls for many centuries. Just imagine under what circumstances you got your realisation without sacrificing, giving up anything, working out these tapasyas, penances. Because Buddha is the tapa on the Agya Chakra. So are Christ and Mahavira. Tapa mean penance. **In Sahaja Yoga penance means Meditation. For meditation you must know when to get up. That must be the most important thing for a Sahaja Yogi. The rest of the things work out automatically. To grow in depth you have to meditate.** You don't have to shave your head, walk barefeet, or starve yourself or give up your family life. You can sing, dance and entertain yourself.

Buddha means Bodha i.e. to know the reality on your central nervous system. You all have now become Buddhas without giving up anything because whatever he gave up was all non sense. It was a myth. What does it matter if you listen to music or dance. It doesn't matter at all. But these ideas went so deep into these people that you really feel such pity and compassion for them. They don't eat food, they starve, they look worse than T.B. patients. While you people look like roses, and are beautifully enjoying life. But still, we have to have that principle of Buddha within ourselves, i.e. we have to do Tapa. It doesn't mean you starve yourself. But eat less if you are fond of eating too much. You should enjoy music which is for your emancipation, for your awakening and ascent. We are so bound by conditionings that people don't understand what is the spirit. Spirit is

boundless and free expression of God's love. Even now there are many conditionings which are still working in us. Some of you are very proud of your nationalities. We cannot mix up with other people. We are too high for the other people. You are now universal being so how can you have these stupid limitations which are mythical. You have the light within and you can see that you need to drop it out. If you still cannot drop it out then you must know that you need more power. You must learn how to raise your Kundalini and be connected with Divine Power all the time so that you are in thoughtless awareness and that you grow within yourself in depth.

I find a conditioning which is very strong is 'My' and 'Mine' still in Sahaja Yogis. Earlier the Western people didn't care for their families, wives and children. Now I find they stick like glue. The husband, children and house becomes very important. The children belong to the Sangha, the collectivity. You don't think this is your child. If you think like that you are limiting yourself and getting into problems. Country-wise also problems are reducing. We don't like to be racist. In India Sahaja Yogis want the caste system to go away, because these are self destructive. So we start seeing in ourselves what is self destructive, what will destroy me, my family, my country and the whole world. All these ventures which are just the opposite of your constructive life, you start seeing and you can stop it. That is only possible if you try to introspect and dedicate and see that whether you have that quality. Now all your beautiful qualities have been awakened by your Kundalini. All these qualities were there in you, intact. When the Kundalini started rising she awakened all those beautiful qualities.

Sahaja Yoga is one of the most precious things a human being should have known long time back. It is not only talking about God or saying there is Divinity within you, but the effectiveness of that. You don't need any science. You have any problem, then give a bandhan. Its that simple. Everything you can do with science you can do with Sahaja Yoga. We are also computers. Only thing is that you have to develop your depth. Now you are on the right lines. We don't need this modern science which can destroy all of us. You must have self esteem and understand that you are a Sahaja Yogi and you

have to achieve that state where you become absolutely capable of whatever science can do. You become the embodiment of all the powers. Some people come and tell me "Mother we cannot open our heart". Can't you feel compassion? I have seen people having an open heart for a dog or cat, but not for their children sometimes. It is the place where the spirit exists and it emits its light and its the first place where you see the light of a person who is full of love. This may be because you have only ego but no self esteem.

Buddha is the killer of ego. He is moving on your Pingala Nadi and settles down on left side. He is the controller of our ego and he has to compensate this right side. A right sided person never laughs or smiles. But they have shown Buddha as being fat and laughing. He controls the right side by just laughing. He makes fun on himself and sees every drama but see with your enlightened consciousness the stupidity of it and enjoy the stupidity. Like Elizabeth Taylor getting married going for her honeymoon and you can see the stupidity rather than getting enamoured of such an inauspicious person. How you react to things depends upon your attention with the chitta. If it is something Divine than you have a rapt attention. But if it is something stupid or humorous you can see the essence of it. With that attention you see to the essence of everything relative to reality. Compared to reality it is stupid. It could be mythical or false, hypocritical and all kinds of things which are not reality. But if you are a Sahaja Yogi you should be able to see that point and enjoy. Children do that very easily, upto a certain age. Your reaction depends on your attention which is enlightened. Enlightened attention reacts in a different manner than a stupid, confused or negative attention. One has to judge how you react. Like I told a 'punk' who said 'What wrong', that "you had no identity and self esteem and that's why you try to paint yourself and try to show something which you are not. Why don't you become what you are". Later he became a Sahaja Yogi. We have to accept what we are and we are the spirit.

Buddha has four things which all of you should say every morning. First he says 'Buddham Sharanam Gachami'. It means I surrender myself to my awakened attention. Then he said

Dhamman Sharnam Gachami'. I surrender myself to my Dharam. It is not the mythical religions which have gone into some provisions. It means I surrender myself to the innate religion within myself, which is righteousness etc. The third thing he said 'Sangam Sharnam Gachami'. I surrender myself to collectivity.' You must meet at least once a month, even in the name of picnic etc. You are part and parcel of the whole. The microcosm has become the macrocosm, that you are part and parcel of the Virata and you have to become aware of it. That is how things work out very fast and that's how we discover a negative person or one who is not, or an egoist and who is not egoist. We discover people who are Sahaj Yogis and who claim themselves to be Sahaj Yogis and we give them up. Without being collective. You can never understand the value of collective. It gives you so many powers, so much satisfaction and joy that one must pay attention to collectivity first in Sahaja Yougi. Even if there is something missing you just become collective. While coming to collective you don't have to criticize others call them names or find faults. But introspect that, when everybody is enjoying themselves why am I the one sitting down, and trying to find faults. If you can pay attention to yourself as far as the defects are concerned then I'm sure you will become much more collective than when you see the defects in other people.

Sahaja Yoga is the most practical because it is absolute reality so with all these powers, understanding and compassionate love you have to be sure about yourself and know that you are all the time protected, guided, looked after, nourished and helped to grow by this Divine Power which is all pervading.

May God Bless You.



Shri Krishna Puja

Talk by H. H. Shri Mataji Nirmala Devi

CABELLA, ITALY 197.92 August 16th

We have done this puja many times and understood Shri Krishna's advent which was over 5000 years back. Now what his manifestation and what he wanted to be accomplished has to be done in this Kali Yuga. Kali Yuga is going into a new realm of Sat Yuga but in between there is Kirta Yuga where this all pervading power of God's love is going to act. Shri Krishna was the incarnation of diplomacy, so he plays around quite a lot and ultimately brings through the untruth and the falsehood. In doing that he judges people. It is very important that Shri Krishna's powers of diplomacy were to be manifested this time when it is the last judgement. Now whatever you have done wrong before, whatever Karmas have been done in ignorance or deliberately, all of them will be paid back. Those pujas which you have done in previous lives and this life will be also rewarded. This is all done through Shree Krishna's principles of collectivity, where he collectively sees the situation.

In Kirta Yuga all these diseases have started cropping up. One of them is drug addiction. These drugs are made in Bolivia and Columbia, where the aboriginals were finished off. People went in Nicaragua to help them and brought back all these drugs to Washington. In every elite Society they discuss which is the best drugs. So destruction has started from inside. I had told them earlier not to indulge into Freudian practises and keep to morality otherwise you will have problems. So now they have Aids, Schizophrenia and all kinds of secret diseases, because they made every other country nervous.

The English came to India as ordinary traders and ruled the Indians for 300 years and they left us in three pieces and now in their own country they have problems of all kinds. First of all nobody wants to call themselves as English. They call themselves as Welsh, Scots or Irish. There is always a bomb scare in London. The English who tried to divide us are automatically divided and now fighting each other. There are other

problems, like Aids, immoral life etc.

All these countries who think no end of themselves are finished. This is also Shri Krishna's work because he is Kubera. He is the one who is the power of wealth. He gave lot of wealth to all these countries. Now they don't know what to do with it. Specially these last twenty years have been really remarkable. All over the world there has been some sort of complete change or exposure.

The Indians are also suffering because of our past deeds. We had a caste system which is the greatest headache for us. Everywhere every country will have to face what it has done. Shri Krishna's own style was that he never believed in caste. He himself was born in a cowherd's caste. Then he became a King. He lived like an ordinary person. He would take the cows grazing, look after and bring them home. His life was very human. The way he used to tease his mother and other ladies. This is extremely human, child-like and sweet. Behind that also there was a great significance. Shri Radha was Mahalaxmi and she used to put her feet and take bath in the river Jamuna. The ladies would take the water from the same river and carry on their heads the same pitcher. Shri Krishna wanted to raise their Kundalini so he used to hit the pitcher from the back and the water which was vibrated would fall on their backs and raise their Kundalini.

In the Raas (dance) it was (Ra - energy - Dha- sustain) Radha who had the energy. In the Raas they would play with the energy. That's how he wanted to have a collective awakening of the Gopas and Gopies. Then he had to leave and fight Kamsa. In his own lifetime as a child and grown up he punished all kinds of devils. In this Kali Yuga also he is acting. You have seen that how gradually he has finished so many false Gurus one by one. Somebody called themselves as Shri Krishna, somebody called themselves as God, etc. He exposed them and finished them all. They are quite frightened of us because we are standing on

truth.

Shri Krishna resides in our Vishuddhi. Many people have this problem of left Vishuddhi. It is because we are very social. In the Western society the social system is rigid that anybody can collapse. Now its better, because of revolt and culture. Earlier if you picked up one spoon in the wrong way, you are finished. The French have made it much worse by making a big science out of alcohol and what glass goes with what alcohol. The whole collective was made so rigid. I thought Indian collective is rigid because of certain conditions, but in the West it is such a conditioning in the heads of the people that some of the conditioning you cannot remove.

It comes from the Catholic Church and when it comes from Freud who was absolutely a devil, they just give up all those conditioning and take to that. I have seen where the Catholic Church is predominant in any country they are following Freud. In India this collective rigidity was there because Shri Rama was a very formal person. In the West it is all mental. If you make this kind of hair or put oil then you are a lunatic. All kinds of funny ideas were given and people started following. If you don't put oil at all you will become bald. It was entrepreneurship, so that they could sell their things. In England you have to wear a tail coat if you had to see the Queen. So one has to borrow this tail coat, and everybody looks like Charlie Chaplin.

This kind of stupid rigidity that came into the West has really made them very nervous. People are so nervous here. If you tell them that I am going to come and have food with you she will collapse. Is it caring for the public opinion or her own conditioning. But to an Indian housewife if you tell you are going to come she will be the happiest person. Here if you say I would like to come and see you in the evening, they will say, "Come to the pub," because they are so nervous. They are not sure of themselves. This has come from these norms that have been created today. In India also we have spiritualism where you must be very serious. Like there are people who pick out their hair with their hands. They are not supposed to use scissors or go to a barber. The condition in some communities became so horrible that they said even if you breathe you might take in some insects or organisms. So they put some sort of a

cloth before their mouth and all kinds of nonsense.

At that time Shri Krishna came. His own cousin became a Tirthankara and that made Shri Krishna think about this kind of stupid ritualism. Like they will get up in the morning, put water in the Tulsi, throw water here and there and won't see untouchables or take water from them. You can't eat this, you can't move like that. All kinds of restrictions even with timings, etc. This time is not good, that you should not do, to such an extent that the whole movement of our country was round these rituals. There were some people in Bombay who would go to Lucknow, and everytime they would come back they would shave their heads. Because there were so many old people in their families that everytime anyone died they would shave their heads. Such horrible rituals existed. Even now in South India there are a lot of rituals. They are frightened to get out of it. They think if they get out of it they are sinners and will go to hell.

In the West the whole life style is ritualistic. There is no freedom. So there was a revolt by the hippies etc. and they fought it and then it went to another extreme. From one extreme to another extreme. When Shri Krishna came on this earth he said this is all a Leela a play. If you are in the water you are afraid of the water. But if you get into the boat you can see the water. If you know how to swim you can even save the people who are in the water. He says if you develop a witness state then you see the whole thing as a drama. Nothing matters and you see the problem. Because you are out of it you can solve the problem. This was his great Advent. The first step towards your ascent is that you have to become a Saakshi. You have to become the Buddha.

In Sahaja Yoga there are different types of people from different areas and different cultures. The door is open to everyone. If an Indian comes in he will be all the time watchful about others. He will say "Mother, this man is not doing this or that". He will find faults with others all the time. In the West they will start finding fault with themselves. Who is interested to know what wrong who has done. If a lotus is there no one wants to know how many filthy things are there in the pond. You are now a lotus. But in the West they must confess. Every moment you are changing. So what is there to confess. The life is so formal that people suffer

from guilt for the smallest thing this Catholic Church has conditioned you so much.

This left Vishuddhi is Vishnu Maya. Once you have this left Vishuddhi you develop all the problems of Vishnu Maya. One of them is the heart. Vishnu maya is like electricity. If you have Vishnu Maya problem then you become lethargic. I'm so guilty. You become depressed. That Vishnu maya principal disappears from you. She is the one who is quick, fast and she is the light and announces to the whole world what Shri Krishna is Sahaja Yogis who feel guilty say that if we do any work outside our ego will come up. So we don't want to do. It is absurd. If you give light to a candle and if you give light to a candle and the light says I don't want to give light because maybe this light might develop an ego. It is absurd. To get out of this left Vishuddhi is to become absolutely dynamic in Sahaja Yoga. Left Vishuddhi is very depressive action on the whole being. **A person who has left Vishuddhi is always a very slow person to do anything for Sahaj Yoga.** You have not been given light to hide it. You have been given light to work it out, to think dynamically and how to arrange and organise. If you are guilty you will all the time say 'Mother, it is very difficult, etc.'

For a Sahaj Yogi it is important to witness himself. That is the introspection. Where was I? I have come here." Do not indulge too much in the past, but see what you have got in such a short time. You have come into the Kingdom of God. You have all the powers. For e.g. I was travelling with Wolfgang and we had to catch a plane. When we reached the airport the ground hostess started shouting at me for delaying the flight. They need not have waited for me. But they waited and shouted also. All the passengers were on the plane but still it did not take off. We found out there was a snag and the snag was being looked into since half-an-hour. Because she shouted at me Wolfgang was in tears. He was feeling so sad that mother has been insulted like this. The power of his love was so great that the fifty people or so on the balcony watching us, felt a tremendous cool breeze. A big blow came to them and when they opened their eyes they saw that the whole sky was filled with clouds. There was not a single cloud and in one second the whole sky filled up. Then they asked us to get out as they could not take off. When we came back it started raining.

They got after that lady and said who are you to shout. Then they announced that all the flights are cancelled. See the power of his love for his mother that the whole sky couldn't bear it. They said we have never seen such a miracle that in a second the sky got overcast heavily. **You must know your powers. Witness yourself.** It is the introspection. But with left Vishuddhi you will always say, 'How can I have any powers, after all I've done this or that'. I'm no good'. It is because that left Vishuddhi is all the time telling that you are good for nothing. It is making a hole in your brain which takes away all the sense, and you accept it.

In the beginning no Sahaj Yogi would give realisation in India. It so happened that my car failed and I was late by two hours. There was a big meeting and they did not know what to do so they started giving realisation and then they realized that they can give realisation. You know what you can do. **You know whatever you say happens. Whatever you want you can get. Try and Try.** If you don't do it you will be all the time half-baked. **Take the experience of your powers. See how dynamic you are.** Don't have formalities about it. **Just use it fully and you will be amazed you have so many powers.** In the same way if one wants to paint something, go ahead and do it and don't be afraid of criticism. Just paint or sing or do anything boldly and go in a big way. You will be amazed at yourself how you have achieved it and how you are doing it. First thing to know is that you have powers. Have faith in yourself. If you have left Vishuddhi, The Vishuddhi, the Vishnu Maya won't work out. Be like Vishnu Maya. Say I am a Sahaja Yogi. I am not an ordinary person.

Another side of this left Vishuddhi is that it tries to give an explanation. Like you will say "Telephone someone." He will say, He will not be there Mother." Why give an explanation. You just avoid. Vishnumaya never avoids. Once she has to shine she shines, whatever she is. In the same way we have to be like that. We have to know that we are special people. You are chosen, you are angelic and you have entered into the Kingdom of God and it will all work out. Sahaj Yoga is not meant for useless people. It is meant for people of character, for someone special. You have now got your realisation and this Vishnumaya principle has to be expressed, and has to be shown. Don't be afraid that your ego will come. Doesn't matter.

You will also see your ego. The second part of Shri Krishna's play is that in this you see your ego.

There was a Maharastrian lady who would not believe she had a right side. She came to see me in Rome and fell down on the right side completely. Then she realised that her right side was not alright. So to know whether you have a right or left, a very good method is of meditation.

The third situation is to accept whatever is wrong with you. If you do not accept then you are not being kind to yourself. Right Vishuddhi people will always try to correct me. If I say anything they will say 'No'. They will contradict me or try to put their own ideas. Then they discover that it was wrong. They should not have said it. It is a habit of saying 'no' to things. I also test you. If I say in the daytime it is 9 O'clock in the night. You just say 'Yes' Try to see. I test you. Some people say if Mother has said it is so, it is so. Then it starts building up their faith very well and I can see that how they are coming into the realm of real faith. Then when I say something absurd they will just smile. They will know that Mother is just testing us. You have to test yourself. Like Mohammed Sahib has said 'Your hands will speak and they will give witness against you'. On your hands you will know. Now these hands are the blessings of Shri Krishna. They come out from the same Vishuddhi. There are two chakras of 'Shri' and 'Lalita'. With these hands we can feel the vibrations. If your right or left Vishuddhi are too strong you may not feel. That doesn't mean you haven't got realisation. You have got. You just work out your hands.

For working your hands you see that you don't use them for useless things. This is very important because you have special hands. These hands are the ones with which you spread the collectivity. Like some people who talk will go on waving their hands about a lot. There is no need to use your hands so much all the time. When you use them it should be decent, regulated and should be very indicative and useful. Just showing off your hands is not good. Do not use Shri Krishna's fingers to order people about. Have respect. These hands are to be used for collectivity. You can say Namaste to thousands of people. I don't like shaking hands. You may get all kinds of pins and needles and problems from another person. When you talk to people you can suggest your softness and sweetness from your children and

also with the speech. Your gestures should show very heart felt emotions. In Sahaja Yoga you hold each others hands and the vibrations start flowing among yourself. It shows it is the communication. These hands are really the beginning of the collectivity. The most important things are the hands which act for your collectivity. There are many angels and ganas who are standing behind you. They also give help to you whenever you want to communicate something. They also do your jobs very well. Whatever is expressed in your hands or through your hands they pick up immediately.

Vishuddhi has sixteen petals and all ear, nose, throat, eyes are guided by this. Also the sub plexus of the Vishuddhi is the Hamsa Chakra. We have these eyes to see and communicate. The pure eyes communicate pure love. With the pure eyes you can cleanse people, help others, you can bring peace. The purification of the eyes takes place through your Vishuddhi and Agya. Both these have to work out. The nose is very important. Nose has to be pure i.e. you should be able to discard whatever is smelling badly and you should be able to accept whatever is fragrant. Nose is the speciality of Shri Krishna because he is the Kubera and Kubera has given the nose to the Goddess. Some people have a bad habit of moving their nose just to show disapproval. This is insulting yourself. Also we neglect our teeth. The reason for neglect is laziness. At least twice or thrice you must brush your teeth. More important is to change the brush. Also you have to use butter, salt or oil to rub your gums. If you rub your gums properly you will never have problems with your teeth and your gums. In the evening you must brush your teeth otherwise the mouth smells horrible. Also there are people who eat breakfast without brushing their teeth. Teeth are very important. On the teeth depend all the qualities of your Vishuddhi. Avoid a gesture where you clench your teeth. It is dangerous for your tooth.

A person who is spiritually endowed has an expression which can never be aggressive. He may not be good looking and attractive. But the expression on the face is absolutely sweet. That is also the blessing of Shri Krishna. I have seen people one year after realization. I was surprised that their faces had changed to much that I could not

recognise. The whole face becomes mild, soft, peaceful and very joyous. All the qualities of Shri Krishna can be expressed on your face. You can be sometimes very mischievous to look at. So many expressions there are which come on the face and give you a very sweet feeling. Some people have a habit of looking in the mirror all the time. It gives one a kind of a funny ego. It is better to look at Shri Krishna's photograph than to look at yourself, so that your face will become that of Shri Krishna. It is very dangerous to all the time watch your face in the mirror. Do not pay so much attention and importance to your own self. But see to yourself which is within - to your spirit. If you look after that side all these things will happen in such a beautiful manner.

The hair is also looked after by Shri Krishna. He is very fond of anything that is like butter. So put oil in your hair. If you don't you will become bald. In the olden days in the West everyone used to put oil. If you don't want to put oil in the daytime you can wash it off. At least once a week you must oil your hair. Shri Krishna's star is Saturn (Shani). If he gets after somebody nobody can do anything. Like if Saturn gets after someone that person is finished. Sometimes it is seven years or 21/2 years he is after you. This Saturn of Shri Krishna is a quality within us that supposing if somebody troubles us, we don't have to do anything. This Shri Krishna will work it out. You can inform the all pervading Power and through that this man or woman or party will be hounded. Automatically it will happen. But you must know that you have the powers of Shri Krishna by which if he gets after someone then nobody can save him. He is the last one who plays around but he doesn't forgive. He gives a long rope to hang yourself, but he never forgives. He says you have to pay for it except when you transcend. If you become a Sahaja Yogi and have transcended then he won't do anything to you.

Mohammed Ghazni looted Somnath and the temple of Mahadeva. Shri Krishna came as Mahmud of Ghazni. Hanuman saw that Mahadeva got out of the temple and was running. Hanumana ran after him. At one point Mahadeva sat down and Hanumana said "you are the God of Gods, then why are you running. What are you afraid of? He said 'You don't know this Mohammed Ghazni'. Then he saw Mahamud

Ghazni sit under a tree and he turned into Shri Krishna. Mahmud said that under my nose the Brahmans were making money and looting people. I couldn't do anything so Shri Krishna came. You must have complete faith in the power of Shri Krishna which is within you. If you have ascended fully out of this then he will not trouble you. If you have left Vishuddhi, then he will trouble you. Be careful because Shri Krishna will take your test and make you so miserable that you will not know what happened. Shri Krishna cannot be controlled by any one. He does what he thinks proper. He usually punishes much more than your Mother. She is Ati Raudra and Ati Saumya. She is very hard and very soft. He is not. He will make you alright. You should be sure that you should have your Vishuddhis alright and also Shri Krishna manifesting on others. You don't have to do anything. He will look after you and work it out. Left Vishuddhi is a disease of the West. Why should you feel guilty? You have not murdered anyone.

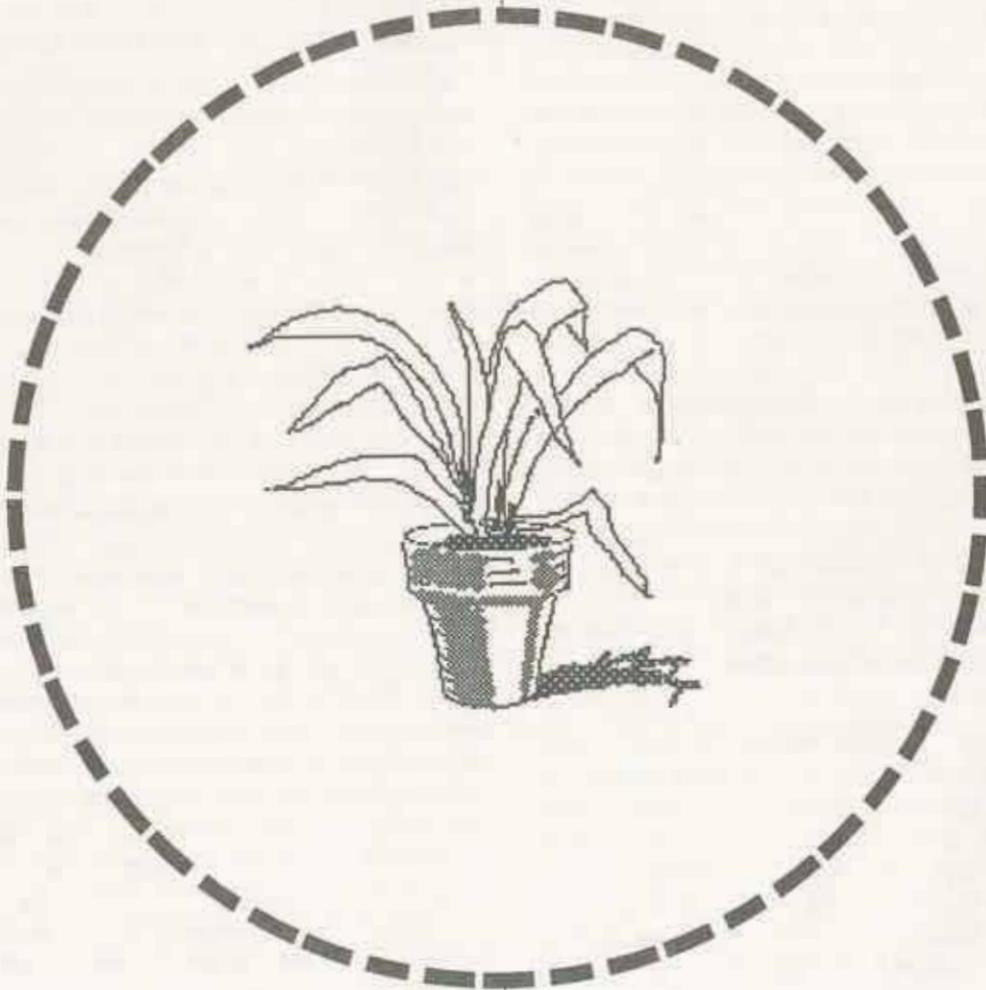
Now we come to Virata and before that we have to cross the Hamsa. Without that we cannot reach the Virata. Hamsa is the Divine Discretion. It must be within us. Once you develop that you never commit mistakes. With this discretion you have a complete understanding as to what has to be done or not to be done. In many Sahaja Yogis discretion has come even with the left Vishuddhi. With Divine Discretion the first thing that happens is that people get impressed by you. Its real collectivity. This is a very important point one has to know. While introspecting yourself you just see if you have developed this quality of Divine discretion or not. Like some Sahaja Yogis will tell people they have a bhoot in them. He may be having but the Divine discretion is not to tell him just yet, but to remove it. Divine Discretion gives you a complete understanding as to what is the way to handle another person, or collective; how to talk to others, how to impress on others the right thing. If you have no Divine Discretion you will start speaking what you should not speak and saying at a time when you should not say and you will have no sense of any discretion. The hamsa Chakra physically, mentally and spiritually must be kept alright. Once you get into Verity then all your ideas of separatism and differentiation goes. You do not have any more ideas of racist, nationality, city, village, etc. At that stage you don't belong to anybody. You belong to every place and you

don't belong to every place. You don't hanker after any particular food, or any particular type of people. You can adjust yourself into any circumstances, family, people. Nothing bothers you because you are in the Virata. Everything is absorbed by the Virata so you do not feel anything. The Virata suffers not you. That is the stage I want all of you to reach and to become absolutely free. Nothing can impress, influence or lure you. You stand on yourself esteem and the understanding about yourself that you are a Sahaj Yogi and that you are connected with this power and you are sitting in the Kingdom of God.

At the Virata stage there is no doubt left,

because you become part and parcel of the whole. You can feel everywhere, and be effective everywhere. You must keep saying that, you are all my brothers, you are all my sisters; I love all of them. The whole Sahaj Yoga is my family. Your whole attention should move like that. This is not only mine. It is everyone's. Everyone has a right. This movement starts going from individual to collective. Such a personality is then the most effective one for any kind of collective work. You must rise above Vishuddhi. If you do not then you can never be Sahaj Yogis. At that point we can never doubt Sahaj Yoga. That's how doubtless awareness can come to us.

May God Bless You.



Shri Durga Kali Puja

St. Denis,
Paris 25-7-1992.

Durga or Kali is the destroying from of the goddess, of all the evil and negativity. We have to do this in France because in general, day by day, France is going down. While you people are coming up. The rest of France is in the most pitiable condition.

Now this is Krita Yuga, so you will have to pay for whatever you have done on mass scale or individual scale. If that is the case then France has to pay a lot and this Catholic Church has to pay more. They have condemned every incarnation and every other prophet. They have tortured and forced people and taking all their ideas into their own control. They have made people confess, giving them left Vishuddi. They treated women as nothing.

Gradually by movement from Catholic Church to Freud you haven't got your own personality to understand what is right and what is wrong. The laws are so funny, it depends on the mood of the magistrate. I have never seen such stupid laws as here. Of course in America there is no justice and do what they like, but here they have no sense of law. Every woman must dress in such a way that she should be attractive. For what? All kinds of bathroom cultures. This comes out of drinking. If you drink too much next morning you are so lethargic that you just take a French bath and go.

So French Sahaj Yogis must understand that your task is much more difficult than the task of other countries. Because this country lacks complete wisdom. It is not there in your institutions or government nor in any education. Thus concept of wisdom is that you are egoistical. People have lost their senses and like blotting paper whatever they think is destructive, horrible, sub human they try to absorb. Sahaj Yogis must get hold of books and find out where are we.

It is much worse than the gate of hell. It is a mire of filth. You are born here and you have

become like lotuses so fragrant and beautiful. **You have to fight it out.** I am always with you with all my powers, but you have to fight this society. You have to save so many people and rescue them.

Today's Puja is to give courage in your hearts. See all around you. You are all nicely enjoying yourself in the realm of God, and what about the rest of the people. What is going to be the future of this horrible Mooladhara place. Now Freud has been discovered as a fraudulent man and there are books after so many years when he has already deceived the people all over the world. You must take up upon yourself to talk against this kind of anarchy that is working out the destruction of your families.

If the women decide I'm sure that they can very easily work it out. Ask for the ascent of this country. I know I have worked very hard and you are all there. I'm very happy to see that you all are there to fulfil the desire of the Divine, because now you should know in a very big way masses and masses of people will be destroyed not from without but from within, suddenly you hear so many villains disappear with this disease. Also you must protect yourself. Always give yourself a bandhan. Always lead a clean life. There are certain hygienic rules of Sahaja Yoga. Please try to follow that. Do not neglect it. If somebody get AIDS do not have him in Sahaja Yoga, whatever may be the conditions or reasons. You have to be very careful. Also I would say, never treat an AIDS patient. Actually they have two types of people. One who is arrogant and the other one that thinks it is better that they should die. They have no will to live. They are either right-sided or left-sided. They can never ascend. Maybe next generation may be better off if they come back, but as far as this generation is concerned you should know that your responsibility is very great.

All the Sahaja Yogis must take a vow that they will fight the society and try to save their country and their country men from complete

disaster. There will be no war. Only they will fight themselves and die. Its a very serious matter and for that we decided to have this puja of Durga today that all negativity should be destroyed.

So many deities build up the body of Kali. Every part of Her body was created and looked after by a diety. Later on it is reflected in you all. God has made human beings in his own image. I would say I have made you in my own image. All the dieties are at your disposal. They are all with you and it is the dieties who have brought forth all the beauty that you have. They have made all this beautiful congregation. This beautiful transformation and they have created such angelic people out of you. They are always working it out. But you have to have the drive. You had pure desire to ascend but for what? You have to have the light, but for what? You want to become Gurus, for what? To save people for their salvation. Only through your channels, I can work out Sahaja Yoga. It's not a question of killing one Raksha. God alone knows how many there are. And they are everywhere. They were there within you. Now they have gone out. You have to do full justice to Sahaja Yoga.

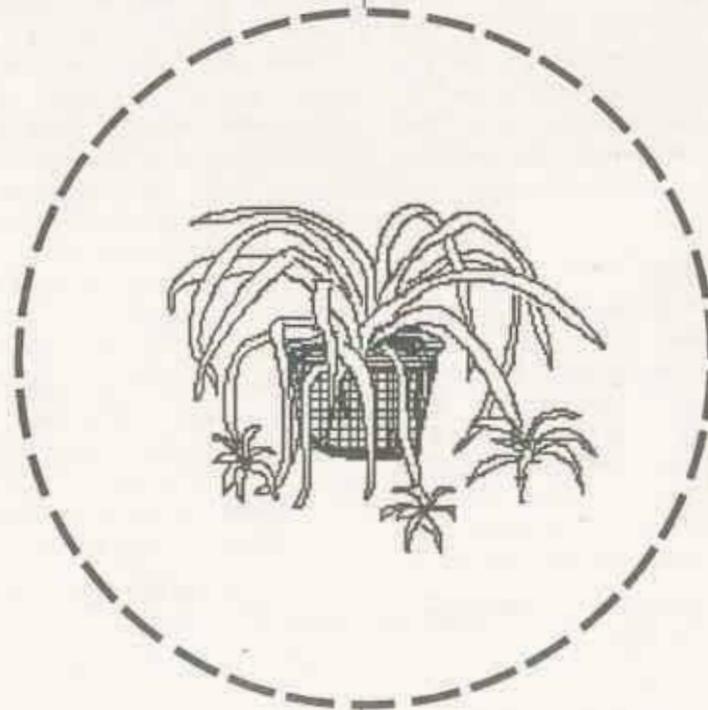
Kali's puja is always done in the night after 12. If all works out but you have to have

deliberation, you must think that what can we do to change this? Why not write some books or experiences?

Write your experiences. How French parents behave, grand parents behave. What is happening in this country. They are living in fool's paradise. They don't know how destruction is just hanging over their heads. Though you are saved you have to think of others. That is what Sahaj Yoga is. Kali wanted to protect the Bhaktas only but you have to protect many more people. You have all the powers. So use them. You can do it.

I think the whole Europe can be divided into two types. The Anglo-Saxons and Latins. The Latins are left sided and Anglo Saxons are right sided. Now here people are on the left side so here Catholic Church is prospering. The left side gets incurable diseases. You have to work it out through the Guru pada - the status of a Guru for ladies and men. Every Guru has a duty to cleanse the Society in which he lives. Christ fought it alone. So many saints fought it alone. They were treated very badly and put in jail but they fought. In the same way you have to stand on truth and fight it because you are saints.

May God Bless you.



Russian Tour 1992

Shri Mataji's arrival in Russia filled new hope in the hearts of Russian Sahaja Yogis. They forget all the problems of this country as they basked in the sunshine of her radiant smile.

In a Medical Conference at Moscow with 300 doctors Shri Mataji openly declared that Sahaja Yoga is META science. The doctors were convinced of the medical remedies of Sahaja Yoga and wanted their realisation.

Next day we took a charter flight to Togliatti Shri. Mataji had never been here before yet there were over 15,000 Sahaja Yogis. The response at the public programme was so overwhelming that Shri Mataji invited everyone to a Seminar on the shores of the Volga. They sang and danced for hours. It was like ganapatipule I commented; "No, it is much more than that" she observed. "I am fulfilled" she said.

The mayor of the City of Councillors specially invited her to the City Council and honoured her. They prayed for her blessings and guidance and offered land for an Ashram.

One afternoon while waiting for a cruiser Shri Mataji spontaneously cured several children who has been effected by Chernohl raditions.

120 Sahaja Yogis were given a free ride to Keive on another Chartered plane.. In a very touching welcome the Sahaja Yogis dressed in traditional costumes received Shri Mataji. The public programme was held in an open stadium and 15000 people. She gave them realisation just by asking them to extend their hands towards her.

The Mahalaxmi Puja, over 2000 Sahaja Yogis attended it at St. Petersburg was the greatest blessing. Shri Mataji spoke for over 11/2 hours. The Russians poured their hearts in all the songs they had learnt in Sanskrit, Hindi and Marathi. Shri Mataji was very pleased and showered all her blessings on Russia. She blessed several weddings and distributed presents to all the Yogis.

The next, over 1000 Sahaja Yogis were present, the day with tears streaming down Yogis bade farewell to their beloved mother at the airport Shri Mataji consoled them saying that "I am always in your hearts". How did thousands of Russians recognise her instantly considering that they had no exposure to Spirituality or God for over 2 generations?

Obviously the Spirit is ever resilient.



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

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

DACHA

*Above Lapiz Lakes and Sunny Dales
Through Rambling Lanes and Whispering Boughs
Neighbouring enchanting vales of ancient lores and prospering shops
Behold the Shrine of Madona Russia.*

*Brick by Brick built with love and Prayer
Minsk Marble, Siberian Birches & Togliatti Carvings
Singing greenery Vibrant flowers,
Laden with fruits, the garden of Vaikuntha
The Butterfly chases the Bee and asks whence comes the Adishakti*

*O Russia awaken, thy Saviour is come
To take away thy woes
Gone shall be all mental anguish
Gone shall be the cries of hungry children
Shri Mahalaxmi has Blessed thy land with milk & honey
filled thy coffers with Abundance galore
Where thy may eat, wash & Dwell*

*Beware! the spirit of Mother Russia is awake
None dare cast an evil eye
Wash away thy tears
The Blossom time has come
Glory to the Goddess Shri Nirmala Ma
All Russia Bows at your Lotus feet
And welcomes you with its Golden heart*

