

DIVINE COOL BREEZE

VOL. VII

Issue 1



*You must understand the subtleties of Shri Krishna's personality,
Try to become extremely peaceful, kind, tender, helpful & caring.*

H.H. Shri Mataji Nirmala Devi - Shri Krishna Puja, Cabella 1994

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SHRI KRISHNA PUJA
TALK BY H.H. SHRI MATAJI NIRMALA DEVI
Cabella, Italy 28 Aug. '94 (Synopsis)

Shri Krishna is the incarnation of Vishnu and Vishnu is the one who is the preserver of this universe. When this whole world was created it was necessary to create a preserver also because this world would have been destroyed. If it is left alone without a preserver then the way human beings are, they could have done anything to this world. In the evolutionary process He has taken different forms. He created an atmosphere of the many prophets around Himself so that they could preserve the Dharma of this universe, so the basis of preservation was Dharma. In this Dharma whatever was to be established was to be established by balance. It is a habit with people to go to extremes in anything.

The first principle of Dharma was to create balance. If a person doesn't have a balance then he cannot achieve his ascent. If you don't have a balance in a ship, it won't move. In the same way, first human beings had to achieve the balance, but they are born with different capacities and capabilities. It is said '*Ya devi sarva bhutesha jaati rupena samstitha*'. Means the aptitudes are different. We are born with different aptitudes, different faces, with different colors, because variety was to be created. If everybody looked the same they would be looking like some robots, everybody was created in a different way - according to the country and the parents. All this was organized by the principle of Shri Vishnu, that He created this world in different varieties. Shri Krishna is the master of it. At the time when Shri Krishna came, people were very serious type and had become very ritualistic. The reason was that Shri Rama came and he talked of Maryadas. These Maryadas made people extremely austere type. In that austerity people lost the sense of joy, beauty and variety.

Shri Krishna's incarnation came as 'sampoorna'. As the moon has sixteen Kalas He too had sixteen petals, so He is sampoorna. He is the Poornima 'The full moon'. With this completeness of Vishnu's incarnations, it was the total and it manifested. Whatever was lacking in Rama's incarnation He brought it forth. On the right heart you have 12 petals. With this He showed so many things which people miss completely. When Gita was written down people started following the book. Shri Krishna said to Arjuna "At this time you have to fight for Dharma, for the Truth". Arjuna said "I can't kill my uncles and relations". He said "Who are you killing, they are already dead, because they have no dharma". If you have no dharma then you are already dead. What is there to kill or not to kill and that is what we see today.

This message was given in Kurukshetra to Arjuna. Then He said "You have asked me to kill these people because I have dharma in me. I am killing them. But what is beyond this?". So Shri Krishna described Sahaja Yoga. He described in the second chapter "Who is the Sthita Pragnya?". It is the man who is balanced. Then he says that such a man is never angry. Inside he is absolutely at peace. What he described is really the modern times, or we can say Sahaja Yoga. He said how a person should become. He did not say how to become that. At the time that Kauravas were fighting the Pandavas. During that fight He told him that if you become Sthita Pragnya then you can transcend all these problems, all these understandings that you have and you become absolutely peaceful with yourself.

In modern times we do not have to fight Kauravas. The five Pandavas have to fight the Kauravas. What are these five Pandavas? They are our senses or they are the cosmos divided into various elements. They have to fight the Kauravas which are within us. There are 100 Kauravas. The nature has to fight something that is against the nature. People will say anger is natural. To be aggressive is natural but now we must know that we have the natural capacity to ascend. It is natural to go higher. It is natural to be a Sahaja Yogi. This is also built in us. For example a seed is a seed. Then it sprouts. It becomes the tree, so it is also natural in a seed that all the future thousands of trees that are going to be, are also in that seed. They are experimenting now that in one seed they can get thousands of little sprouts, which can be made into trees or plants.

When He said, that you have to become 'Sthita Pragnya' what He was trying to say is that you should achieve your balance. This He told when there was a war on. If you have to have war with people, or kill them, it's all right, once that is over then you have to build up your spiritual sense.

The building up of the spiritual sense is our work and that's what we have to do. Not only dharma. Many Sahaja Yogis think that they are working and living in Dharma. But that's not the end of it. That's the balance part. You have to go ahead and build up your spiritual self and spread it. This is the work of Shri Krishna also, because He is the one who communicates. As you know America is communicating everywhere, in a wrong way, but it is there. It has got computers, etc. All communication things it has done because it is innately built in them to communicate. But because they don't believe in Shri Krishna, neither in Dharma, so the basis itself is wrong. With this wrong basis they have started spreading filth and dirt, which is against our ascent and against God and they are doing all this. Why are they doing all this which they are not supposed to do? I think it's the intellect. It's the intellect which is also the brain, which is the seat of Virata. With the intellect they say it is natural to be Adharmic. It is natural

to be aggressive, money oriented. Everything that they have is all 'natural', because according to them, with their intellect they have some how or other managed to convince through your rationality, that this is the correct thing to do, without this you cannot exist. This is supposed to be their culture. This sort of culture is all over and is accepted because of the intellect. They are much more intelligent. A person who always thinks of money becomes very intelligent, in the sense he becomes sharp. He becomes smart and becomes in a way, as if he knows everything. He thinks he knows everything. Whatever he does is right, whichever way he behaves, is right.

These Pandavas which he has got within himself, these elements that he has got, he uses them for a purpose which is absolutely destructive and anti-God. He is not aware because his intelligence always justifies that they also try to go against what is dharma. For example, even Shri Krishna's life they try to depict that Shri Krishna Himself had five wives and 16 wives later on. Actually these were His powers. Without understanding what Shri Krishna was, because intellect is such a gross nonsense that it doesn't take you to the right thinking. It always takes you to wrong thinking because you want to justify everything. This justification makes you live with yourself. Otherwise normally you cannot live with a life which is Adharmic, aggressive, war-mongering type. All that is expected of a human being, all the opposite, the juxta position of that is being done in all these western cultures. You can see it clearly - how they justify immorality.

Christ was more strict than Mohammed Sahib. He said anybody does anything with eyes, you should take out one eye. Anybody whose hand is spoiling him, should cut his hand. Most of the Europeans and Americans would have been without one hand, according to Christ. Mohammed Sahib thought Christ has done so much for the men why not do something for the women also. For looking at many women the justification is natural. Have you seen any animal behaving like that if the animals are natural beings. They are worse than animals and what a mess we have created with this kind of understanding through these intellectuals, who are trying to tell us something and we accept.

One of the problems is that if there is an intelligent man, he dominates. For example some fashion starts, we all take it. The intellect of an entrepreneur can really befool you completely. But not with people who are wise. They will say, get lost. This is about morality part. That is the worst practised in the West. It is worse than animals. And that's how they are suffering today, with so many diseases, troubles, etc.

Second thing which we always justify is violence. Now there is no war going on in Kurukshetra, but you see violence everywhere. In America it is terrible. It's not only in America, it's everywhere, because everybody's Guru is America. It starts from America

and people just follow blindly. The violence has entered into our films. Killing somebody is not allowed. Thou shalt not kill. Muslims are killing. Everybody is killing everyone. This idea of aggressiveness ultimately takes you to the killing part. You can't even create one ant, how can you kill human beings like that? This killing business is taken to the highest limit, like Hitler believed that he was top of the world. This is insane, you just forget what you are and you just start assuming, through your ego, that you are something very great. Also in Sahaja Yoga there are some people who are saying they are Gods, they are deities. This ego business is actually taking energy of your intelligence. The greatest enemy of a human being is his intelligence, because it is so limited, so conditioned, arrogant, and so blind.

Wisdom is a different thing. You get wisdom through your spirit which gives you a complete idea as to what is right and what is wrong. Whatever is wrong will be accepted by intellect. Intellect is not wisdom. They are two different things. Krishna was known to be the diplomat. He had Divine diplomacy. That means that He was very intelligent. I have met some people who very highly placed but do not have much intelligence. I have now seen that this intellect is a dangerous thing. Shri Krishna used his intellect. He is all powerful. Nothing can dominate Him. See the difference. You should be able to use your intellect and not be dominated by it. His whole diplomacy was to use His intellect, and use it for the purpose of Divine. All the time the Divine in Him was helping Him to use His intellect. The difference is that we are slaves of our intellect conditionings, emotions, and body. When you master it, then you see your intellect very clearly. This intellect can give you ideas that you are the Lord of the whole world. Or the same intellect can give you ideas that you are nothing. This intellect plays on top of you.

You have not to be guided by your intellect but by wisdom, as you are Sahaja Yogis. You have a very good instrument of feeling it through your vibrations, you can make out what is good and what is bad. You can see that as human beings there are some intellectual effects also coming in. But with Sahaj Yoga you can judge what is this intellect telling you. The main thing you should go to the subtle point, how this intellect has come to us. It has come to us because our brain became active very soon. I have seen some children extremely intelligent, but they have no wisdom. If only the brain develops too much, the mother and father maybe very intelligent, inheritance would be great so they get it. Or maybe the circumstances. Like maybe you are born in a particular country, you suddenly become very intelligent. I have seen that Americans and English read all the time. But what is the outcome of all that reading? They will read every book. They know all about computers. All this is Avidya. It is not knowledge. It is non - knowledge. So they think they very intelligent, because they

know everything about everything.

With this intellect, as consciousness comes in, they start creating very intellect ideas. Specially in America, they have got all kinds of funny things just to extract money. For example they have a golliwog which has a birthday. Sometimes even the people have big parties for them. Then they started with celebrating birthday of the dogs. Anybody who puts ideas into them. Then there are organizations that say, when you are going to die you tell us what suit you want to wear or what tie you want to wear. What kind of coffin you want. It is to such an extent that some people say, put us on the ice so we will be there. The worst thing in Europe is that they have nicely advertised and marketed the idea of going for a holiday. So in Italy if a person doesn't go on holiday, he will say that there is a crisis in my life because I could not go on holiday. Then they say you go there tan yourself, stay in hotels. Everybody has to go out. They are spoiling all the seashores. They have no respect for the sea, which is their father. They have no respect for each other. The women try to slim down and look very nice so that they could become nude there. The whole industry is so bad. If you are intelligent how can you accept this stupid idea?

Sahaja economics is very different. We are not bound by all these nonsensical ideas that are prevalent as economics. It is nothing but exploitation. It is marketing. It is how to impress people, how to sell things, how to do this or that. All this is nothing but financial aggressiveness.

Shri Krishna was the king. He lived like a king but also He lived in a very humble abode, in Gokul. He was not attached. So the first thing is the way they are attached to money, any justification for getting money is alright. Once we went to a hotel in India. We had some American friends. They eat a lot and were eating but we could not compete with them. They called the waiter and told him to pack the left-over meal, because they had paid for it. And they had no shame about it. I said we don't do this in India, because these are bad manners. They said, "But we paid for it. Once you've paid for it then there are no bad manners". You cannot be miserly in Sahaj Yoga. You have to be generous and giving. You have to feel for others. This is the only way we can express ourselves. All this generosity is not to create a big hero out of you.

The worst is Hollywood. It is the film industry. Under the name of 'Industry' you can do anything. This Hollywood is creating such horrible films, but the worst is that they get awards for the worst films. In one film there is a man who is a cannibal who is eating the flesh of human beings and they enjoy. They even got awards for the best film and best actor. Then they are producing films where they show all dead bodies

hanging. Why do these people like to see such horrible things. What is their character where have they gone? Why do they enjoy things which no human being, who is a human being will enjoy.

The first principle is communication. How you communicate with others. Start it all home with your children, wife, husband. Try to find out whether you are dominating, aggressive. It can go to any limit, this aggressiveness, either of women or men. Here it is more women. In India men are extremely dominating. The basics as human beings should have is good manners except that they wear good dresses. All manners are in dresses, but when there are people together they talk nothing but scandals. One must understand that Shri Krishna never talked of scandals. How is that these European countries are equipped with all the scandals of the world. What is the interest people have in the scandals to top it all is media, because they have to make money. Its such a hand in glove business, that the people like to hear all this nonsense so they have scandals in the newspaper. Atleast about 30 years back you could never hear such a thing. And all such books were completely banned. Now suddenly the whole thing has flowered that any magazine or book you read you can't understand what they are preaching. They are preaching the cult of destruction. People take it and like it and work it out. They are using the women for their own purpose and stupidly women accept it. Of course they dominate on one side, and feel very happy they are dominating. There was a lady boasting in a magazine that she has had 400 men in her life! There is no place in hell for such a woman. Where will you put such a woman there. This movement which is absolutely against the principle of dharna and of communication.

How should you communicate? Decently, with very tender and very beautiful mannerism, you have to talk to another person and other Sahaja Yogis. You should talk in a very sweet manner to another person. Not in an artificial manner like the French. You should talk with decent language and humility. You need not go on jabbering all the time, and talking too much. Shri Krishna's power was madhurya. It is the sweeteners like honey. You have to know that you must talk in a manner that will please another person. While talking to anyone you can talk very sweetly, very nicely and in a way which will please that person. Not to provoke, or say things which are hard. But some people have a habit of saying all the time, which is something very provoking, which is not good. Some people, when it comes to their business they are sweet. If it is something else, then they are very harsh. We have a Jain community in India where if it is for their business they are the sweetest, but when it comes to something else like donating, etc., they are extremely hard.

Shri Krishna was just the other way round. In His life time He was always a guest of Vidura who was the son of a maid servant but he was a realized son. Krishna

used to stay in the humble abode of Vidura and eat very simple food, but He would not go to the palace of Duryodhana. Shri Krishna never cared for money or bothered about it. He has shown complete detachment about His throne, kingdom or money part of it. Once you are attached you have all the pangs of money. Supposing you are detached, the same money you can use. Once you become slave of that money, that money sits on your head. To have money also is dangerous these days. The whole reaction is building up and this is where all the elements are reacting against you. The people from Sierra Nevada, said is true "when we try to acquire more money, go on acquiring it - then there are looters who come along. The worst are those who have got names as entrepreneurs. For example, they will say if you have a 'designer's' watch, then everybody runs for designer's watch.

Look at Shri Krishna, so wise - witnessing everything. How He plays around, and how he wins over. Supposing He was attached, He could not have done it. To get over this, you have to detach yourself from this anti-Shri Krishna culture. "This is the fashion, that's the fashion". All these fashions are extremely destructive. Not to put oil in the hair and end up with bald heads. Whatever He did, was to destroy the evil and negativity and to bring forth the joy, which is Raas. The Raas is the energy which you have and that's how you play the Raas with that energy and enjoy. He brought Holi which was very sensible and just to express your joy in a mirthful playful way, because that was lacking in Shri Rama's life. He said, "Just allow yourself to enjoy. But this was only for Sahaja Yogis, not for others. Others go to the pubs, etc. Shri Krishna has said that we have to enjoy everything, but in a dharmic way. We should not be adharmic. The dharma should give you joy. Otherwise, if you are dharmic then you become absolutely austere and joyless person and sometimes silly. This joy you communicate with others. Without this joyous nature, you cannot be communicative.

He is the one as Virata who puts light into your brain. In that light you see what is stupid and unwise. This is the blessing of Shri Krishna. He gives you the 'Neeranand' because if you do not have the light you cannot enjoy the joy of your mind, or brain. It is through His light that we see ourselves as something full of joy.

Another fashion is to say " It's too much ". Because the brain is full of nonsense, so you tell them anything and nothing can go in their heads. The wise person, as Shri Krishna who is the source of wisdom, has to be 'Sthita Pragyā' - means he has to be in balance and in Dharma, and above that, he has to be in joy. You are not

only in joy but you know the Truth, the Absolute Truth. This absolute truth is the one that makes you understand what is right and is wrong and you develop your wisdom, not your intellect so much. You may see your intellect misbehaving, sometimes telling you negative ideas, or aggressive ideas. You can become a witness or sakshi. Shri Krishna has said 'I am the Sakshi of the whole world'.

We have to see where we are going wrong and how can Shri Krishna save us. It is by becoming wiser, day by day. Wisdom gives you definite ideas as to how you have to be. You will have the same smile as Shri Krishna had. We have to understand that our Vishuddhi has to be alright. I get Vishuddhi because this America should be alright, otherwise my Vishuddhi will never be alright. For Vishuddhi we have so many things in Sahaja Yoga which very few people do. Atleast if a few Sahaja Yogis keep their Vishuddhi alright, I will be much better off.

You are a new race, blessed by the Divine and you have Shri Krishna within yourself, awakened in His own glory and light. You should know what is to be done. One must communicate. But what I see that people don't even meditate. Even if they meditate they don't want to communicate. Sometimes when they communicate they think they have become Gods. Human beings are a very difficult commodity to handle. You have to communicate with complete humility, the way Shri Krishna did. In His Raas He spread the energy of Radha into all the people, by holding hands. His childhood where He killed so many people is over. Even His adulthood where He had to kill His own uncle is also over.

When He becomes the king then what does He do. It is to communicate. Most of his expressions and qualities are seen after He became the king. Before that, He was busy killing one after another, all these horrible people. After that He built Dwarka and tried to communicate with people. Your duty is to build up yourself and communicate with others, with all the sweetness and beauty of Shri Krishna. With full understanding as to what stupid things are going around. Once you understand that, you will not take it. You will become wise enough not to take to all these things that are going on. If you become the witness of the whole thing, you will see what is happening. We have to stop them from going to hell. We have to really develop a really good personality of a Sahaja Yogi.

There are many marriages that take place and suddenly they try to divorce. Divorce

is allowed in Sahaja Yoga, but not this American style of non-sense. The husband or the wife is dominating and then you divorce. What is the achievement? We have to work out everything in us because we are conditioned and we are in an atmosphere. I would request all of you to try to understand these subtleties of Shri Krishna's personality. Try to become extremely peaceful, kind, tender, helpful and caring. In humility He had no consciousness of money. Also, as you know, He was a dark person for some reason. Whatever qualities are described or said, try to see how many we have. That's the way the introspection will start. Once you start introspecting and understanding yourself the wisdom will grow. Not by seeing faults in others, or putting blinks on others, but on yourself. That is how the things will work out. Krishna did not have to do that because He was samepoorna (complete). We have to do all this, to see that we also become complete.

There's another point I wanted to mention about Sahaja Yogis, that we introduce classical Indian music for you people because it helps the vibrations. But as is the nature of Western people, that anything they take up they must go to the ultimate end till they are completely lost. I was surprised how people are lost in the music. There should be some occasion. They are all already in another world with the music. Don't do these things. You go to extremes of everything. That's not proper. Even pujas, anything. You go to extremes. To go to extremes, you won't be in the centre. You will not be in the place of Shri Krishna.

As a matter of habit we create a world like that. Somebody has music world, somebody has dancing world, another one has a world where they think no end of themselves. "We have a special relationship with Shri Mataji". It is a very common thing. I cannot have any special relationship. Nobody has any special relationship with me. This I would like to tell you very clearly. You should not claim that.

May God Bless You.



" O Most Resplendent Goddess"

Where the resplendent Goddess Shri Nirmala Devi is seated on Her throne,
We are transported to the Garden of Eden
Where jasmines and roses cast an enchantment
Our Kundalini drinks deeply of intoxicating spells
Never to cast eyes on those dark satanic mills of the mind

Rise higher & higher O Mother Kundalini even beyond clouds
Where the sun shines forever in splendour of our Divine Mother
Where the Mother of the Universe showers a thousand benedictions
No evil eye dare cross our path

O Mother Nirmala, How many nights of splendour and days of wonder
have we enjoyed at your lotus feet
Even the stars of heaven gleam in memory of those ethereal moments
The gift of Sahaja world you have given us,
is the most precious treasure of our heart.

The diamonds in your royal crown reflect your multidimensional facets
Your ruby ring wears the lustre of your warmth
In the jingle of your golden bangles we hear the
flute of Shri Krishna playing your raas
that protects with your Sudarshan

The pink pearls in your royal necklace
were churned by the oceans to cleanse our sins

The enameled anklets that adorn your gleaming feet
are embellished by our devotion

Your toe rings express your acceptance of our love in your heart

O Mother of all the worlds, thank you again & again
for gracing our Sahaja

(this poem was offered by Yogi Mahajan to Shri Mataji in Moscow)

SHRI GANESH PUJA
TALK BY H.H.SHRI MATAJI NIRMALA DEVI

Moscow 11 Sep 94 (Synopsis)

Shri Ganeshha resides in the Mooladhar Chakra, not on Mooladhar. On the Mooladhar is placed the Kundalini. She is the Mother of Shri Ganeshha. We call Her Gauri. Now we are at a human awareness, which we call as the fourth dimension. Without Shri Ganeshha it is not possible. He is the symbol of innocence within us. This innocence never gets destroyed because it is eternal, but it may happen that it will get covered by clouds by mistakes that we commit. But once you get your realisation, your innocence is re-established and manifests. You become innocent. Your attention becomes innocent.

It is impossible to follow any religion, either Christ, Mohammed Sahib or Jews if you do not have enlightenment. This is one thing they did not realize because they were of a high level. They did not know what is the condition of human beings. As in the Bible, it is written that if your right eye commits sins, i.e: goes against Shri Ganeshha, you take it away. Or if your right hand does anything wrong against Shri Ganeshha, then cut it out. When Moses brought the 10 Commandments he found that the Jews were having a decadent society, as they have now. There are no morals. Sahaja is the only way where human beings can become innocent, because Jews were given the Shariat where it was that if you are a thief then cut off the hands, and various portions of the body. Shri Ganeshha is the Spirit within us, and He incarnated on this earth as our Lord Jesus Christ. But all kinds of things have been done against such great people, and they made separate religions. None of these books have separated themselves from each other. For example Mohammed Sahib has described Moses, Mother of Christ. So he never established another religion. He was talking about all the religions woven together in one. But we have now people who do not believe that all religions are born out of one tree of Spirituality. They are not only fighting with others but among themselves. In the name of God, they are killing so many people.

Innocence is the source of love. Like small children when you see them sweetly dancing you feel such tremendous love for them. When you see a very sweet baby smiling at you, you feel tremendous love for that child. If you do not respect your innocence, you can never be a loving person.

Without love you cannot know truth. Only thing is that sometimes we feel rather awkward, sometimes frightened to love the innocent people. The innocent are most harmless people. I do not like parents to beat their children. They, in innocence do something, so you must be really kind to them and understand them.

Now-a-days in Russia also there are many children who are born realized, because you all are now enlightened and there are so many great saints who want to be born. But you have to be innocent yourself. The countries where the children are not respected, children don't want to be born. There is a minus growth in those countries. But in a country like India, where there is so much love for children, they want to take birth in India, though there is poverty. Children don't understand money or material things, they understand love. If you don't have love in your heart, Shri Ganesha cannot shine in you.

The mother who loves her child, enjoys everything she has to do for her child. While the mother who doesn't love the child feels she is doing too much. If you ask her what is the matter, she will say I have to wash this, clean this, look after this child and such stories. But the mother who is enlightened will love doing all that and enjoy it. She will have respect for her children and she will make them respect her. There is no need to be harsh with your children. Children are very sensitive and intelligent. Maybe among thousands you may find one child who is not so good. But later on, they pick up things from elders, especially from parents and from the atmosphere and they start becoming troublesome. That doesn't mean that you should not control or restrict your children and train them. Best way is to be yourself, innocent and dharmic.

Ganesha is the basis of morality. Moral behaviour when it is lost in a society that society becomes destroyed. Whatever may be the economic advantages, financial advantages or political advantages, but they get destroyed from within. For example - take the case of America which is supposed to be an affluent country, but what is happening? Small children of 12 years are killing and selling drugs. In some other countries in the west, so many children are killed by the parents. Every country which is affluent has some sort of a speciality of immorality. They are absolutely violent, arrogant and egoistical. Innocence absolutely resolves the ego, and when you talk to children and make such sweet comments, such intelligent comments, that you are amazed that they are talking and saying all these things. They are extremely affectionate and kind.

In the case of Shri Ganesha, the Father said that the one who will go round the Mother Earth first will be given a present. Shri Ganesha thought "That this Kartikeya can go faster because he is going on a peacock, which is a bird, so he can fly. What about me, I am just going on a little rat". But as He is the source of all wisdom, in his wisdom He thought, "My mother is greater than this Mother Earth". So He went three times round His mother and He got the present.

A person who is innocent is extremely humble. He doesn't try to show off. He doesn't know how to show off. For example, Shri Ganesha has a little rat as his conveyance. But if you see people who are show offs, they try to buy cars beyond their means with big loans just to show off that they are rich. This is a disease of people who are not innocent and people take advantage of this very much in the world. In the West they have designers. So they put their stamp as designers. One has to pay a lot for that. And they try to show off the name of the designer on their coats. Thus the entrepreneurs take full advantage of the people who try to show-off. Innocent person is not bothered about his own body, any fashions or additions to his body.

The foundation of Dharma is Shri Ganesha. You should see children, they don't know how to tell lies. They say things sometimes which is embarrassing. The mother told the father that the man who is coming in the evening eats like a hog. So this boy heard it and when the gentleman came he was looking at him eating, then he said "Mother, he doesn't eat like a hog, why did you say that he eats like a hog. You should not tell lies". And mother was so embarrassed. An innocent person minimizes by his innocence, the judgement and criticism of others, because they don't see things which a person who is immoral can see. Once my own granddaughter saw a lady in a swimming dress. It was a picture. She told the picture, "You go and dress up properly otherwise my grandma will be angry with you". So when you see these small little children talking, the way they behave and the way they are innocent, you really enjoy because innocence is the source of love and joy. If you do not have love and you cannot enjoy anything, you start criticizing, judging and wasting your energy on non-sensical things. Like the other day I was listening to some good music. I had closed my eyes and the music was wonderful. I really got lost into it. But there were some ladies who were commenting on what clothes the musician was wearing, how he was putting his hands. All these superficial things they were seeing, not the essence. Innocence takes to essence and the essence is love. Thus we have to understand that the quality of Ganesha. We must all imbibe within ourselves.

His quality of innocence which is already there within us has to be manifested. I was in the house of a Sahaja Yogi and we had a meeting of about 25 people. The meeting was over. I waited for all of them to go away. This gentleman was in the kitchen when they all went away. He came back and said, "Mother what have you done? Where have they gone? I have cooked for all of them". And tears came into his eyes. I was so overwhelmed by his generosity and by his kindness. When the generosity is done innocently, you are not even aware of what you are doing. You just enjoy your generosity and you don't bother to see the reaction of the other person.

We have in our Shastras, description of such people. Like Shri Rama. He went into the forest and there was an old toothless tribal woman called Shabari. She came before Shri Rama and offered him some berries, and innocently told him that I have tasted all the sour ones and thrown them away and kept only the sweet ones. Normally in India people don't eat anything touched by another mouth. So Shri Rama ate them. But his brother Laxmana was very angry. When she started putting this berry into the mouth of Shri Rama, he was getting even worse. Shri Rama said, "What wonderful fruits I have never tasted such fruits in my lifetime". His wife Sita also ate some and enjoyed them. Laxmana finally asked for some. Shabari said she had more and would give to Laxman. He also enjoyed the berries.

Sometimes we commit the mistake that we get too much attached to innocent children. We give them too much importance. Innocent is like a river flowing, if you try to stagnate it, then the children get spoilt. They must be respected but one should not try to make them something very exceptional. They are all just the same. They may have different facets. Firstly, they never get bored. If you are innocent you will never be bored. You see beauty all the time. Even if you are alone you enjoy yourself. It is only the grown-ups who get bored. Supposing you are at the airport and the plane is late, all the older people will be very upset, but children will find something there at the airport. They will find railings or steps and enjoy themselves. They don't want to make their life miserable by just bringing everything to some meticulous definition. I have seen people at airports feeling very bored and terrible, while the children are running up and down and making friends with other children whom they have never met. Only by innocence you can transcend your limited ideas. I have seen parents who are extremely racist, their children take to other people in no time. An innocent person is like that. He can carry on with any person without thinking of what sort of color he has, what

sort of face or hair he has. These things do not matter. These are superficial. Children don't bother about superficial things. They just want to see the heart of the person. If the person is loving, whatever maybe the race religion, anything, children will jump.

Innocence dissolves the ego. An innocent person cannot be aggressive. If the aggression is there it is a very loving aggression. Like a child will say, "Why don't you give my clothes to this boy?" You will say "O God. I have paid so much money and you want to give it away". He will say "Alright, next time you again buy for me but let me give this to this boy". Innocent children do not have sense of possession. Also they do not hesitate to share their things. But if they are brought up in a way that this is yours and should be kept as yours, then they start becoming possessive of their things. The best thing to enjoy life is to live with children and to be like that and to enjoy them. This is how our innocence gets nourishment. In Sahaja Yoga I have seen that people become very innocent. Shri Ganesha who is on the back side of your head, who is Maha Ganesha, starts acting on the eyes. The lust and greed from the eyes just drop out, because you become innocent in your attention you don't have to take out your eyes or cut your hand, because you really become alright. As Ganesha was created, you are also created as innocent saints. Try to respect your innocence. That will make you feel young and happy.

In Maharashtra we have 8 syambhu Ganeshas and I have seen the people of Maharashtra quite innocent. Somehow its a very ancient country and in that area Shri Ganesha is worshipped and people have become very innocent. They have Ganesha being established now, which is for 10 days. It is made out of clay and later on put in the sea or river. But as this coca-cola culture has also come to India, in the presence of Shri Ganesha they are singing horrible vulgar songs and drinking in His presence. These are all public Ganeshas. So I warned them in two lectures that don't do this, because if Shri Ganesha gets angry you will get earthquakes. They would not believe. In the third year these people put Ganesha in the water and came back and they were all drunk and they were dancing in the night. Suddenly this great earthquake came in and all of them were buried except for Sahaja Yogis. The Sahaja Yoga centre which was there, was not at all hit by earthquake. There was a big gap round the centre. The people ran towards the centre so that they could be saved, but they all fell in that big gap and died.

Innocence is very powerful. Anybody who tries to molest or tries to destroy somebody's innocence, is ultimately very badly punished by Shri Ganesha. Those people who do not worship Ganesha in their heart, can become right sided or can become left sided. They become right sided and get all kinds of diseases, which are more physical. If they get left sided they get diseases which are psychosomatic, which are incurable. We have had some horrible people in our country who preached that through sex you can raise the Kundalini, they became tantrikas. These tantrikas did all kinds of horrible things in the temples. They put erotic insult to Shri Ganesha. They are all now being destroyed. So one should never try to challenge a person who is innocent, who has the blessings of Shri Ganesha.

Only through enlightenment you can awaken Shri Ganesha within yourself.

May God Bless You



