

Divine Cool Breeze

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"Truth can be very bitter, can be very painful, but truth which is adorned with love is just like a flower, without the thorns."

Her Holiness Mataji Shree Nirmala Devi
(Sahasrara Puja, Capella, May 4, 1997)

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Golden Words

The message of God has come to mankind in the golden words of the great prophets and incarnations. The first known message was given by Lord Krishna to Prince Arjuna on the battlefield of Mahabharata known as the 'hitupdesh' or the Gita. But this was an advice given exclusively to Arjuna in the context of his mental blocks and the need of the situation. 5000 years later Lord Jesus Christ preached the gospel of love and forgiveness to mankind which was compiled long after his crucifixion called the Bible. In the 6th century the Prophet Mohammad had visions of God's message which he narrated to his wife. 40 years after his death these teachings were consolidated as the Holy Koran by a remote follower. These were the prime sources of God's communication to mankind. The turbulances of History marred by papal manipulations no doubt blurred the lustre of these golden words.

Fortunately, in modern times the Divine herself has incarnated as Her Holiness Mataji Shree Nirmala Devi to communicate directly with all humanity for its en masse ascent. But do we listen? Do we listen to only what we want to hear. Often we quote only that which suits our convenience "Mother said this...".

Each golden word is a mantra to be read again and again, to introspect and to imbibe. She is not speaking for others, she is speaking to each one of us. It is a common hallucination that she is saying it for others and not for us.

No incarnation studied human beings and their problems so minutely and deeply as she does. Hence when she speaks the vibrations flow to work out the problem. If we listen with rapt attention and absorb each word, it will work out like a mantra at every chakra. This is Divine 'Vani' which feels, loves and acts. It is all powerful and all pervading. Yes, when she speaks every word falls like pearls into the ocean. It is Divine music that elevates us to celestial heights and blesses us with ambrosia.

Often our intellect tries to argue with what she says. Our own idea, convictions, mental jargans and conditionings start projecting immediately. But we should question ourself, "who are we and what is so important about what we think and say." It is only a mental projection of our programming like a computer throwing out information based on its floppy programme. Therefore wisdom lies in realising our limitations and shortcomings and recognise the truth. The truth is that we are the Spirit, not this body, mind intellect or ego. So why identify and support falsehood against absolute truth whcih is her Divine message.

The human intellect tends to find excuses or offer explanations, but of what use are they and to whom. By playing games with ourself we only deceive ourself and hasten towards our doom. Christ warned, "those who are not with me are against me" Nor is there any room for any half hearted commitments, for that will only produce half baked yogis. Hence we cannot mellow down her words for then they would cease to be golden....

In this Blossom time what a golden opportunity is at hand, golden words of the Divine are being compiled in the eternal scripture of 'Divine Cool Breeze'. Let us wear them close in our hearts and flow with the Divine Cool Breeze.

Krishna Puja (Cabella 23.08.1997)

Talk by H. H. Mataji Shree Nirmala Devi

Today we are here to celebrate Krishna Puja. I went to America and they wanted me to have a Mahakali Puja. But I said "No, let me talk about Krishna only," because we have to first realize what is the strength of this Puja. How we are going to establish Shri Krishna within ourselves. He Himself has said that whenever there is a down fall of Dharma... Dharma does not mean what we understand as Hinduism, Christianity or Islamic nonsense. It is not. Dharma means our primordial taboos that are built-in in the human beings. About these, I think, aboriginals knew better than we. But then what we did? We dominated them and also they had to change their style of life. The primordial taboos are only understood if people are trying to understand oneself or else whatever has come to them through traditions. Now Sahaja Dharma is little bit different in the sense that it is much higher than the Sahaja ideas that we talk of, but is much higher than even what Shri Krishna said or Shri Rama said. First Shri Rama thought best is to give them discipline. People should be serious about life, have full idea about their own being. They should respect themselves. All these things were written down long time back. Also people, basically when they were good, they understood that whatever is bad for us we should not do. These are primordial taboos. Now these primordial taboos are built-in within us.

Now supposing I say, "don't drink." You will go on drinking. If I say, "don't tell lies." You will tell lies. It is the human nature. You see to go against primordial taboos because they think now they have freedom. Freedom to do what they like. They are free people. Actually, they are not. They are under the spell of all the kinds of allurements you can call or temptations which are against human life. And it is very natural to be a person of Dharma. Small children mostly have it. For example I have seen children they feel very shy to take out their clothes. Even small, small boys, I have seen. They won't take out their clothes in the presence of others. They feel shy. So all these are described like Ya Devi Sarva Bhuteshu Lajja Rupena Samstitha. So you should be shy. You should be humble and respect your body. It is

very important in these modern times. Exposure of body is regarded as a great achievement of women. They are trying to become aboriginals you see! That time they never had these ideas and they were not so confused, you see. So even if their women were scantily dressed it did not mean that it was some sort of a sex or some sort of a attraction for men. Or men behaving in a funny manner to show that they have a special attraction for women. I mean why you should? It is absolutely absurd that men should be attracted to women and women should be attracted to men. And on the road, on the street, you go, you see this, just that going on. This adharm is the worst, I think, for it is a curse. Because after coming to Sahaja Yoga also people start doing this nonsense, you know. They should all go to the lunatic asylum. They are no good for Sahaja Yoga. But Dharma gets established as soon as you have the light of the spirit.

At the time of Shri Rama He had to put down ABCDEF. At the time of Moses also He had to put down ten commandments. But Krishna thought the other way round: to establish the Dharma of pure Love, pure Love. So, because He wanted that Shri Rama's taboos were forced on people; just like Islamic, just like Christians. It never works. So he thought better to ask them in their freedom they must develop pure Love. Radha who was with him as his power, it is called Ahladdayini. She is the one who gives joy, pure joy. So all these limited type of attractions end up in trouble. Now drinking is against, you know that. Today they are talking about tobacco, tomorrow they will talk of drinking when they will find so many people suffering from horrible livers and die. Then they will taboo it. But it is a natural taboo for your body. If you do something all the time which is not good for you, for your good life you are becoming adharmic. This is to be understood very clearly, that the Sahaja Dharma is that you are just free. Complete freedom, from lust greed and all nonsense. You are above it. You are above. This Dharma is above the Dharma established by Shri Krishna or by Shri Rama. Because you have reached that stage, in complete freedom you have

to be Dharmic. Whatever is not good for you, you should not do. I don't have to tell you that you don't do this and you don't do that. Whatever I say may not be acceptable but immediately your vibrations will tell you. This is Sahaja Dharma, in the Sahaja Dharma you get rid of all kinds of, as they say, Kaam, Krodh, Mada, Lobh and Moh, means Lust, Anger, Greed and Attractions.

Now if you understand how people are greedy! Greedy for what? This America is dying of consumerism, you see. Now see the trick of the trade: In America you can borrow any amount of money from the bank. No problem. Now even if you don't borrow they will send you a letter "Why do not you take twenty thousand cheque, we are sending you? Why not have it? Ah! very rich you become, you see! It is very nice to take the loan. I was told some people used to come to Ganapatipule Puja after taking loans. I said, "Stop this nonsense!" So they take the loan and then they come to Ganapatipule. All the time their mind is "how will I pay this loan? How will I manage?" All the time the attention is distracted. Even when you want to do something good to yourself of coming to Ganapatipule. So such a mind is not free. The free mind is that which has attention completely enlightened by the spirit. But problem is, we are still rising out of this human bondage to a higher life of realization. And when we are going to that level we have to realize that we have to give up all these shackles, all these horrible things within us, like a bird when it is born out of the egg, shakes out all the parts of the egg - your brothers, your sisters, your father, your mother, your husband, everybody. They try to put you down. When they are drinking they say "come along! you better have something to drink. You are not social, you are useless, you are not up-to-date, what is this nonsense?" That's how a fashion starts. And this collective action of fashion did not come from Shri Krishna and not in Sahaja. In Sahaja you are absolutely free from all these nonsenses. If you want you can wear good dress, if you don't want you need not. You are free, you are free from money bondage. This is very important. Money bondage is another thing. I know some Sahaja Yogis who came to Sahaja Yoga trying to make money out of Sahaja Yoga. You come to Sahaja Yoga for what? To get out of that money bondage. **In the Sahaja Dharma your money is nothing but dust of your feet.** Nothing so important. Then we have such a collective sense of accepting nonsense. That has to be

dropped out. Specially in America it should stop. Also in England.

A fellow came as a hippy. His hair were looking like some monkey. Monkey is better, I must say. They don't like what? All put together like a, you can say, I mean there is nothing to compare, I tell you. So I asked him "why are you having such hair?" He said, "because I want to be primitive. Now we have to take to the primitiveness." I said, "but your brain is modern. Just by growing your hair like that you think you can become primitive? You cannot." Then afterwards I learnt that he died. Another one like that came and he didn't die but went to lunatic asylum. Like that I met many. Why do you do it? Because that is the fashion.

Now Italy, you know is prospering because of all kinds of designers. Now there is a joke about nouveau riche people, in Russia specially. Russians are not like that, normally. They don't accept something because it is a fashion. So one fellow said that "My God! you lost your hand in that day!" "Does not matter. But I lost my very expensive watch from Switzerland." "Really? What?" "It was Rollex." Does not matter if the hand is gone. Rollex is a fashion. So these are nouveau riche people who have money.

They (dogs) don't follow any fashion. I have not seen dogs taking to any fashion. Monkeys taking? I mean supposing, the Italian designers make something special for them. They won't think much of it, may be their masters might buy. But not the animals. Now, we don't have to become animals, of course.

But we don't have to become slaves of fashion. So there are some shops which are very expensive, why? because they are designers. So you know about telling everybdoy, "See, I am wearing this thing from a designer shop, this is from designer shop." That means what about you? You have no sense of designs, You have no sense of understanding, what you need and what you don't need. And nowadays most of them are in jail also. Sorry to say but they have money. And they have made money by befooling you. Specially in America, I was surprised that they were selling most of the things which were coming from Italy, designs, Italian designs. Written down Italian design, so they buying it. I was surprised that such artistic things they create that are available everywhere, such beautiful things. But what they believe in is some sort of a group madness. Everybody wearing the same kind of design from this or that.

This is not Sahaja Dharma. We are not slaves of anything. We are free people. We are not to accept any design or anything. Let the stupid follow them. We are Sahaja Yogis. Now this also prevails among people who are supposed to be sadhus. They all dress up, the same way. How can you make out who is who? In Sahaja Yoga we don't want you to dress up the same way, look the same way, cut your hair the same way. No, you have to be individuals. Because you are free. Freedom is always supported by wisdom. That does not mean that you do what you like. All kinds of funny things happen when a person does not know what is the light of the spirit. In the light of the spirit you don't get involved into this kind of collective madness that is going on. We are so collective in mad things! I wish they could be more collective in wise things. Wisdom is very important and a joy giving quality of Radhaji, Ahladdayini Shakti has to come within us. Then when we meet another person in the collectivity, that person should feel happy with you.

So, He taught the Dharma of Love. Love is not there if you describe because he is black or because he is brown, because he is white. It is superficial. What is black, white and yellow. I really, I don't understand. Here they go to the seashores to make themselves black and there they say we don't want to have any blacks. Specially for Americans. I think this kind of separation I found there among the blacks and the whites. I went to Harlem. Sahaja Yogi's said "will you go to Harlem?" I said, "why not?" I am black. If you call me black I am black. If you call me white I am white. If you call me yellow I am yellow." So I am going. And there I had a lecture, you know. So many people were there. Really, I cannot forget. It is one of the most famous place that there is built in that hall and the same hall is built in Australia, where I had addressed many people. I thought just look at this. They said, "Mother, Australians copied from us" "Now these people so sweet, so beautiful I tell you. I could see their heart, I could feel it. And the fellow who was trying to comper, after my lecture, he just came. He hugged me, kissed me, I mean he would have even minced me. Little boy, about 22 years of age. Such love he felt. And he said, Mother, next time you come you are going to come to Harlem." But I am told that hall is closed.

So the American system somehow or other goes against democracy. Not only against

democracy but against what Abraham Lincoln wanted. They had such a great man there and they have a little street in his name. Of course in Washington they say they have some nice beautiful statue. But otherwise his principles are finished. His ideas are finished. Because somehow or other some people came and wrote against even in England specially, against the blacks. What business they have to write against something that is created by God. If there are the same colours everywhere they will all look like military people. They have to have different colours, they have to have different hues. See, look at the trees, look at the flowers and look at the different hues, the sky has just to make us happy. What gives you happiness is variety. Variety is a sign of beauty. If there is no variety, so boring, I tell you, so very boring! But they are very proud of it. And they think ruining of themselves. They think they are very great people. They have a sense of superiority because they have a certain type of nose, or may be a certain type of lips or may be a certain types of hair. Such stupid things they are. And you join hands with them! How can you join hands with them? You want your freedom then be a free person. In the freedom you have to have variety. Very important. I would say that now the Sahaja Yogi's who are going back to America should have a new style of drive. Go to the black people. I was very happy to see the South American seminar that they had taken specially to aboriginal people. They went and met them. I have met them also and I was so surprised that they immediately said, "Mother, you are spiritual, we know. But can you solve our problem?" I said, "What is your problem?" "Very simple. We have a land" "Then?" "Very little land 5-6 acres of land that belongs to us, where the sage grows." Sage is a kind of a, according to them is a holy plant. Alright, "Now we always meet all of us there for different festivals because we regard that land as a holy land. They know so many things, you know. This is the holy land and the vibrations for that, so they always used to go there." So natural. "So what has happened now?" What is your problem? "The government has sold this land, this American government, to an Indian." I said, "to an Indian?" "Yes. So can you request this Indian to return it to us. We will pay him the money." I said "What is the name of Indian?"

They told me the name. I said "My God! He is a Sindhi! He won't leave you even one single pie." Is he going to give you this? I am sorry. I may be divine and I may be anything but I can't help." But I was surprised nobody raised the voice against this. They should have raised voice, they should have said the government "Please return our land. Why do you want to have it?"

As it is all Americans are immigrants. They do not belong to that place. They were not owners of that land. So they have no right to keep somebody's land like that. And then to think they are superior. It is very nice: Somebody enters your house and thinks he is very superior and drives out all the people of the family. That is what is happening in America.

And just the opposite is Sahaja Dharma. With such Dharma you take people into your heart, you love them. Your love flows all the time, your compassion flows all the time. To me it is a problem now my body is more compassionate than myself. I don't even think of compassion, this body just grasps every thing, problems of others. But I don't think you can have that kind of a body, you should not have. But at least you should have a heart which is opened. You see on the street somebody who is a dark fellow. I like black Americans. Once I got down on an airport. So one gentleman, black gentleman "Hello Darling! How are you here? Very happy to see you. I am happy to see you. How are you?" Then once I was travelling in... Husala was with me. He looked at me, one fellow, very tall, hefty, you know. He said, "Ah! Are you back again?" "Ham!" I said, "I am back, you know me?" "of course, of course, I know you". He had never met me. But I felt happy. I felt very happy. That is the best way to meet people. Supposing you are walking on the street. You see some black gentlemen going. It is a terrible life there, I tell you. It is a terrible life for them. I know I have read books on them. I cried and wept. I felt very sorry. So, as a Sahaja Yogi you should just jump at them. And you should say "Hello! How are you?" Shake hands with them. They won't cut your throat I can tell you. In criminality I don't know who is more criminal in America. Whether they are the blacks or the whites. Competing. But if you are kind and if you are loving you can remove that part of criminality which is within them; because hatred can be only washed away by pure love. But people think that they are very cunning, very superior in cunningness, of course. Otherwise what is their superiority? Only this

complexion, this white complexion is the worst of all. I was very fair, very fair till I got married or for sometime. Then I started becoming darker and darker. Because white complexion gets all Kinds of things. The light you put on me I absorb. I get black spots. So what a great thing to be white I do not think so. It looks very funny and pale and joyless. People are going to the sea making their body, I think brown and then suffering from cancer of the skin. This kind of stupidity is also very much fashionable. Now in collectivity how much do we get impressed by these we should be on the watch.

I saw my grand daughter was wearing a sleeveless dress. I told her "Bete you should not wear sleeveless dress" She said, "It is very hot. I am feeling very hot." She is young. I said, "See these are two very important chakras. If you expose them then you will have problem." She does not like to wear dresses which are above the knees. But she said, "people wear even above the knees." I said "knees, there are very important chakras." We should keep them closed. Otherwise, if these are affected, you will have knee trouble." Immediately she changed; immediately. "Mother I'll wear a blouse from inside and something from outside." Immediately. Because she knew this is our natural primordial taboo that we should not expose ours these two chakras. But nowadays the more you have long legs, I don't know they have shorter clothes. I don't understand what is in the legs. The whole beauty is in the legs or what? So I met one lady who travelled with me. She was wearing the 'burka' because she was a Muslim. And by the time we landed in London she took out the burka and the dress was much above the knees. I said "What kind of a Muslim woman is she?" She is worst than even Christians because they won't wear such a thing, to come out of the plane. You have to come down on the staircase. No Lajja, No shame, nothing, shamelessness.

So Sahaja Dharma is that you have shame. You have sense of shame. What you talk to others, what you say to others, how you behave towards them in Sahaja Dharma is Alhaddayni. If something is not Alhaddayni, keep quiet. Don't say. What is the need. What is there to be sarcastic, showing off your brains in your sarcasm. It is not a sign of good breeding that you talk sarcastically to others, in a sharp way. But if you talk sweetly what is the harm. This sweetness comes from Radhaji. Now, of course, they have misused her. They have made her into

a sort of a Romeo and Juliet business. It was not that. She was a very pure woman and she was Mahalakshmi. So to be a Mahalakshmi after coming to Sahaja Yoga you should know that you should dress up in a way that is perfectly alright. Once I remember I was in a big party and one gentleman came and sat down "Ha!" I said, "What happened?" "What a relief, Mother! Mrs. Srivastava to see you! See these women. I am fed up. But you came. I felt so relieved." I said what is so relieved?" "You are so serene" so women are serene in Sahaja Dharma. They are not stupid, frivolous, laughing at anything. That is not the way for a woman. Anything happens they must laugh. I mean if there is something even laughable, that is alright. But something is not even laughable they will laugh. That is not the way. This can be ridiculous also. But laugh of appreciation, laugh of enjoyment is so pure and creates such beautiful atmosphere.

I think the whole ecological problem is in our brains and your upbringing. It is not outside. It is inside us which is reflected outside. In Ganesha Puja I am going to tell you how we are so closely related to Mother Earth, and how Mother Earth and the atmosphere reacts to our behaviour, to how we live. In the Sahaja Dharma you give up lust and greed very easily that I know. I mean if they can't even give up then they should not call themselves Sahaja Yogis. The first thing you give up is lust and greed. I find it among young people, now, that those who come to Sahaja Yoga they come really very free people. They do not run after women, women do not run after men. They are together, they sit together, talk together, laugh together but it is purity. In the Quran it is described that when Kyama will come beautiful women and beautiful men will be there. But they will have no lust and greed. They will be pure. Today you can see that lust and greed is finished, most of you, most of you. Automatically it is finished and now you can see for yourself that you are free of this bondage.

Then our marriages are coming tomorrow.

In the Sahaja Dharma first thing is very important is forgiveness. If somebody cannot forgive then he cannot be a Sahaja Yogi. Forgiveness: How this forgiveness comes in is by forgetting the past. Otherwise you will go on saying, "this person tortured me, that person tortured me. He was very mean to me. He was that to me. He did this to me." Shows that you are not of that calibre to understand Sahaja Yoga. Because you cannot forgive. What is there to

remember. The present is the best. Now if you are sitting here with me enjoying the Ahladdayini Shakti that time you are thinking about the past shows that you are not of that calibre. To be the calibre of Sahaja Yoga you should be free of your past. Finished. There is no need to confess. I know after Sahaja Yoga many people wrote letters to me of confessions. And I just said "burn these letters." I do not remember. I don't want to read anything about it. So there should be forgiveness. If there is forgiveness you will be surprised you will feel very relieved and your married life will be very happy. But if you try to remember something. Alright, some marriages are really, really very difficult, alright. So you get out. In Sahaja Yoga we have allowed complete divorce. But must be for some reason. Not because you think something is superior. Now we have banned many countries from where we don't want to have girls or from where we don't want to have boys. What is the reason? With experience we have learnt they are not marriage substance. Now then better not marry and if you marry then live like an ideal Sahaja Yogi. Also if you are a Sahaja Yogini then you can carry on very much better by forgiving all the time. Every time when people tell me "Oh! Mother. You see you must help me" "Why?" "Because, you know, my husband does not give me any money." I said "give him up I do not mind. He must give you money. Why doesn't he give you money?" You talk to her husband he will say "Mother she is very extravagant". I said "you better give up Sahaja Yoga, both of you, and do what you like." In Sahaja Dharma the husband-wife relation should be really romantic, should be really beautiful. It is not you know we talk of love and all that here. Very rarely people fall in love and carry on. It is a blessing if you really get that kind of a feeling. But mostly it is a curse. So to fall in love is very good but does not mean you forget that you are Sahaja Yogis. In that Sahaja Yoga helps a lot, I think, in your married life. Sahaja Dharma is for your children that you bring up your children not troubling them too much but into a free life. Let them use their wisdom. Sometimes I know children go astray and try to follow wrong things, then you must correct them, you must tell them, it is your duty. They were not born out of the trees but they were born here from the parents, so it is the duty of the parents to tell them that this is wrong and it should not be done. It is very wrong thing, you should correct them but that correction should be in a

Sahaja way. I will tell you an example. I had a problem once with somebody coming to me and saying "Mother, I cannot do without smoking. I have to smoke." I said "better smoke then, but you can't be a Sahaja Yogi because smoking Sahaja Yogi is a funny caricature, you know, I can't think of a smoking Sahaja Yogi. How will I look if I start smoking like that?" "Ah! Horrible." I said then if you are my son, you can't smoke, it looks bad." He gave up smoking. Can you imagine? So dealing with your children always make yourself an example. Yourself part and parcel of that example. So the children don't feel you know. This is something that I have talked many a times. Children is onething, I tell you, they can give up everything but not your love. If they know you love them they will not accept anything that will make you not love, not love them. This is for definite. Because children are the best people who know about love. Of course I don't know. I feel that in English language I didn't see many books about children written beautiful, beautiful things. There was one book that was published when I was in London. The children talking about the politicians and they published I think 5,000 books and that very same day it was finished. So talk to children. Talk to them you will be amazed they are full of honey, they are such nice, nice things with them and when they talk like that then you are amazed how they say things, how they talk of Sahaja, how they are expressing their spiritual strength. Now we have many very good children. And also they are absolutely Sahaja. One boy came and he just prostrated himself before me. So I said, "Why did you do it?" "O! I was getting cool vibrations from you mother, so I did it." "Is it, you like it?" "Of course" "More than chocolate" "Of course." "You eat them or what" "No need to it, you know, you feel so happy inside and I feel, Mother, you are putting your hand on my heart and trying to console me." I was surprised. I said, "Where is your heart?" "Here! Here is my heart. I feel it here". You just imagine what love and what understanding of Sahaja Yoga for these little children below even 5 years. Now you are all grown up children of mine. And I wanted to know all the beauties that are within you, that you have to enjoy. First of all learn to laugh at yourself, that is the best way to enjoy yourself, you know. And not to spend much time in the mirror, that is another way. If you spend too much time in the mirror there is something wrong with you? I think personally that it is a

kind of passion. You should see inside: Are we Sahaja Dharmis? Mother has established Sahaja Dharma much more than what Krishna wanted to establish. He wanted to establish the Dharma of Love which of course we have. But apart from that we have so many other beautiful facets and such beautiful things within our personalities, that we have forgotten to enjoy. So the attention should be on your own qualities, on your own personality and then you will be amazed how your personality is giving you joy, giving you Ahlad, giving you so much of patience with others. To me the whole thing looks like sometimes a joke, because nothing so serious. It is not a Rama's type that you have to be serious. I don't have to kill anybody. I don't use any weapons in this life time. Without weapons if things are solved what can you do. But you must try to see the beauty as Sahaja Yogis.

You should be sensitive to see how you have been helped, how you have been guided, how you have been blessed! This is Sahaja Dharma. If you cannot know that then you live on a very low level. It is not the fault of Sahaja Yoga but it is your style. You are not sensitive. Supposing somebody burns his hands, so what will you do? He has no sense, he has no sensitivity, he cannot feel, he can drink, he can smoke, he can do everything and still he is existing alright. Must be Rakshasa. I think, I don't know what to say. So we have to take example from other good Sahaja Yogis and not from the bad ones and how do we proceed in enjoyment, which is an ocean just an ocean. For example now I came, everybody was trying to fax me. But also in the West another problem is they like to live in a hermetically sealed rooms, hermetically sealed cars. They are very afraid of draught. I don't know whether they will be thrown away, what will happen to them. They don't want to drought. Drought is not coming from some iceberg. So they don't believe in the fresh air at all. And that is another reason that people are very suffocating sometimes you know. They just suffocate. They are used to suffocating life. Once I was in India. It was very hot, somebody was driving me but the person who was there was from Western country. He said "Don't open, don't open the window" I said "why?" There is drought. I said "in this country, in India, people live in the open, what is a drought?" "What drought you are talking now?" You couldn't open the door, you can't open the window, you could not open anything. If you open anything they will all be dead. So open. As it is about the nature also it is in their private

lives. They don't want to open. If somebody comes to their house "Oh my God. Now we will have to share the wines, will have to now share the food." They can not share. That is most uncollective. But in India I must say people have a good sharing capacity. Because they are still primitive. They are still primordial. They have not gone out of the way to satisfy their ego. But I think somehow or other in India, people like to share. If you want to please an Indian you tell them, "Tomorrow I will come and I'll have food with you." His wife will jump. She will say, "now what do you like?" "Tell me what food you like" She will jump. But otherwise what happens? As soon as you say "he is coming for food" the wife will say "No! I am going to my mother." Immediately she will have a program. I just don't understand. They will have beautiful houses, very clean, very beautiful everything. But if somebody comes to their house they get a shock as if electricity has entered. So for whom is all this? To show off they will borrow money from the banks even Indians in America they do. They want to have, three Mercedes, four houses, for what? Borrowing money, borrowing money they do it. Sahaja Yogis have not to borrow any money. There is no need. You can do away with these things, why to have so many cars? Nowadays people don't even walk at all. We used to go to our school. My father had a car, in India. Nothing doing. We had to walk. We used to climb one mountain. It was about 5 miles, this school, every morning; and in the evening, the car used to come. And I would walk with my bare feet. Because of so much vibrations and chappals I thought were cutting my vibrations. So I used to have chappals in my hands and walk. One day we had a new driver. My father sent him. He said, "How will I know who is your daughter?" He said "any girl with chappals in her hand is the one you have to bring" so it is to enjoy your nobility, to enjoy your generosity. It is very important. And not to side with any one. You are not identified with them. It is much better, now I think, because since you have taken to Sahaja Dharma. I have seen English will tell you what is wrong with English, Swiss will tell you what is wrong with Swiss. Indians will tell you what is wrong with Indians. Actually I learnt from them. I don't know these things are there. Russians will tell you what is wrong with Russians. They immediately start seeing what is wrong with us and where do we lack in this. Because the collectivity of being in one country,

Say in India. We see now what is happening in India. All corrupt, horrible this, that, so I said "alright if you don't like India why don't you go somewhere else." "No, No, No, No that we will stay here. But this is a very corrupt government here, very bad." Anywhere you go you will find immediately they will see. Because you don't know they are now chosen to change their country. I have taken up many questions now of India. I am going to start working on that level. We have already started in a way for the destitute women, then for other type, of poverty and all that. Just by saying remove poverty, poverty cannot be removed. You have to have feeling for the poor. Then only. But you get that feeling because you are an Indian. You are an Indian? So what? your own brothers, sisters, starving. You get that very deep feeling within you if you are Sahaja Dharmi. So this is a new Dharma we have established now and this world a new race with a new Dharma which is much above. Even Shri Krishna's vision is coming true. He describes in the beginning, I think he was not a good salesman, because he describes the best first, you see the salesman first will start from 2 rupees and go on to 2,000. But He first told us that you have to become 'Sthita Pragya' means Sahaja Yoga and when Shri Krishan was asked a question by Arjuna "What is the 'Sthita Pragya'?" Then he described the Sahaja Yogi. That is described beforehand. Second chapter is that.

Then the question starts - Arjuna was a great questioner I think. So he starts asking questions "What about this, what about that? What about that?" He goes on explaining to him that you see this is all just a Maya. This is all an illusion now. Get out of this illusion - once you get out of this illusion because Arjuna said "they are my relations, they are my teachers, How can I kill them?" So Krishna said "nobody is killed" He said, "Nobody is killed" But they are being killed because they are not following the Satya Dharma. So it is alright. Who is your brother, who is your sister? They are not following the Satya Dharma. So you have nothing to do with them. If you can correct them and guide them it is alright. Otherwise forget it." First deal with people who are straight. Like we should say that we must deal with people who are simple innocent and then you can take to difficult people when you are that good. Otherwise you will come here and say "Mother I have got this I have got that" So in Sahaja Dharma, you being the spirit, you also know about others, very well. And you can make

it out who is who, what chakras they are catching. But the trouble in America I found that Sahaja Yogis used to just go and tell somebody "you are catching on this chakra." They have come for the first time and you tell him "you, you are very egoistical" He said "How do you know?" Your agnya is catching. May be his own agnya might be catching. Is this the way to receive a new person? Is this the way to talk to a new person? See on the contrary you should say "come, sit down. Very nice. You are very great" See because they are still ignorant so they like some sort of a buttering. Then gradually, because you are doing this just to make him a Sahaja Yogi. Because you love him. Basically that is the reason. But as soon as somebody comes in if you tell him "this is wrong with you. That is wrong with you." This is not a pope's business where you go on telling people what is wrong with them. Go and confess to all the silly people. It is not that. What we have to show that you have fallen in love with that person. You are nice to that person because you like that person. But as soon as he comes you give him one shock. So finished. How can you have good relations? Americans have to learn this. I don't know why Americans think they are very superior people and I tell you for wisdom I would not say they are not. They completely lack wisdom. And they misunderstand people very fast. Start judging others is not the way you can have Sahaja Dharma. Sahaja Dharma is you are in your own; you are in your own; you are in your own realm, in your happiness and joy. Where is the time to criticize others? So the best thing is to show your maximum love to everyone. In that love you should not show your pity but love which is again Ahladdayini. This is the message of Shri Krishna but I don't know how many understood it. Now what you find those who are following Shri Krishna, like the Hare Rama people they are actually beggars on the street. He is Kubera and his disciples are beggars on the street. Can you imagine? Does it add to his glory as Kubera?

So Sahaja Yogis are not like that. Should be generous. Should not bother too much about yourself. Should not all the time think about yourself. But think of the collectivity of yogis. Collectivity is not to bring forced people to come to Sahaja Yoga. Once they come to Sahaja Yoga they will know the joy of life and you don't have to tell them anything. Nothing has to be told. Just sit silently to work and they will feel your love.

You see love is something so great. It not only helps others, it also helps you. It is so joyous to give realization to others. But if you start telling "Your this Chakra is catching," why did you give realizations? If you don't know how to give realization, better not do it. So to criticize is not the way we can enjoy life. Ah! of course you can pull legs of each other sometimes, just for fun's sake. But not to harm, not to torture, not to make that person fall. You are all Sahaja Dharmis, you have accepted Sahaja Dharma and in Sahaja Dharma we have to have, pure love of the heart not hypocrisy and sensible life. Now this pope is against abortion. I am not. If a woman is suffering let her have abortion. The one who is living is more important than the one who is not living. If somebody wants to have abortion that child can be born again. According to us nobody dies permanently. Whatever it may be. So this is one way they use it for propagation of human beings. Like they say the muslim women are like a factory. They go on producing more children, more children. So there are more voters. So the pope knows that; that is why he said "abortion no" Christians should not abort because then there will be less christians to compete with the muslims. But in Sahaja Yoga we don't have such funny, radical, non-sensical things. We have divorce and we have also abortion which is important. To understand that these are all taboos which are there but not for people who have to get out of the troubles, we have to act and that is how it works. But to be very frank we don't have to do abortions. It is achieved by Parama Chaitanya. Parama Chaitanya does for me. I don't have to, I don't have to do anything. It is Parama Chaitanya, it is nice. Because it knows what is to be done. How to achieve. And sometimes you are in trouble, they know that you are not leaving things into the hands of the Parama Chaitanya. If you leave into the hands of Parama Chaitanya things will work out very well. So to understand Sahaja Yoga first and foremost thing is how much you are enjoying yourself. How much enjoyment you are giving to others. For that you have music you have this, that. I was saying that today I won't speak much but somehow with Shri Krishna you cannot keep quiet. He played murli, Bansuri, flute. Look at him. I talk to you but he just played murli. He didn't talk so much except for a Geeta you won't find him talking. And those who read also Geeta are horrible people I tell you. Those who read Geeta they don't understand what is Shri Krishna's Dharma. If

(contd. on page 16)

Talk by H.H. Shree Mataji Nirmala Devi To Unity International Foundation Hotel Claridges - Delhi 6.4.1997 (Synopsis)

As far as efforts are concerned, people have done lots of research, lots of conferences and also they have tried to convince people that without unity we cannot exist. The reason is that, this world is one, we are all part and parcel of this world. But we are not connected as we are in this body that even if you get a pin prick the whole body knows about it. Because, we are not awakened, our awareness is not such that you can feel this collective awareness within yourselves. This collective awareness has been talked long time back, but not clearly. In the collective awareness what happens is that the Kundalini, which is your own power, rises and as a result of that you become part and parcel of the whole and become aware of others and this we call as collective consciousness. To understand properly we must have the experience of becoming one with the all-pervading power of Divine love. We have heard about it in the Bible, in the Quran. In all our Indian scriptures, it is described that there is a very subtle power which does all the work for us. Now few people believe that it exists and when I tell them they think it is something beyond our intellect, but you have to go beyond your mind.

This mind of ours which we consider to be very precious is just made by us through our ego and our conditioning. Mind is a myth because it is created by us and we play into the hands of our mind like we use our computers! Computer has been made by us but it is ruling us. In the same way, this mind controls us and we also take guidance from this mind which is a myth. If I say that, you should not be shocked, because you are very much identified with this mind, but I must tell you if this mind goes off the track, it can make anyone mad. It can get identified with any person or stupid thing as something very useful. So it can lead human beings to wars, all kinds of things that will remove unity from our hearts. For example I was talking to someone who wanted to have a separate state. I said, "Why do you want to have a separate state?" He said, "then we can have two Prime Ministers." I said, "why", because he wanted to become the prime Minister.

Our country has been divided into 3 more countries, like Burma was a part of our country, Sri Lanka, Pakistan, also Bangladesh. Now if you go to these countries you will be surprised that they are in a mess. The people who fought, who wanted their freedom and separation, most of them were murdered — Sheikh Mujeeb-ur-Rehman, Bhandaranaike, Bhutto. These are the people who wanted to have the position, so they started saying we must have a separate state, separate identity. For whom it worked? But still they don't see the point, by getting separated from the main line, how much they have suffered!

I have seen in Russia, now Bela Rousse is trying to come back in Russia and I asked the Ukraine people why have you separated from Russia? So to have this idea that we should separate from one country to another country, I have not seen any country achieving any better.

When you get your self-realization, then what happens that you develop within yourself a new dimension by which you feel the collective consciousness. You can feel on your finger tips, what is wrong with you and what is wrong with others. So, once that happens the unity comes so fast, I am myself amazed how things are happening in Sahaja Yoga.

I went to Russia,, I was shy of talking, but when I went for my first lecture I was amazed. There were 2000 people sitting outside and 2000 people sitting inside the hall. I could not understand, how could these Russians take to me so easily. But they said what about us, we can't come inside this hall because it is full. I said it doesn't matter I will come back. Then I talked to them and all of them got realization. I came out they were still sitting there. They said what about us, I said alright, come tomorrow I will be there in the morning. In Russia we have lots of big beautiful gardens so I said you better come, I will sit on the stairs. You will be amazed, about 6000 people came. Those who were inside, those who were outside, many others, I said how have you taken to me? What have I done for you? What makes you think that I can give you something

special? They said its so obvious. I was surprised at their sincerity and I found Russians, also other Eastern block people are extremely sensitive. One of the reasons for their sensitivity is perhaps because they feel that they were oppressed or whatever it is, but the thing is, they have lost their sense of conditioning. They are not possessive. They were told by the government that you can take your flats and live there happily. They said no, no we don't want flats. They have no sense of possession at all. Their's is a clean slate. Another thing, they do not have any conditioning because they were not told about any religion, they were not told about God, about all these things which are creating problems in our country. I was so surprised that these people took to Sahaja Yoga so easily, in the next program that I had, there were 10,000 people. It was amazing. I don't know Russian language. They were so sweet and so nice and there we had a program of 250 scientists. I must say Russia has developed science in such a subtle manner, they have very great scientists and they all were there and I started telling them about science. If I start on something else, I thought it won't be so good, so let us start on science. One of them got up and said, Mother we have had enough of science, can you please tell of the science of the Divine. One thing I have noticed about them is that they are really very introspective. I asked them, are they worried about the coup that is happening in Moscow? They replied why should we worry, we are in the Kingdom of God.

Intellectual people have their brains very much with their thoughts and their ideas. Somebody meets one type of a person, he becomes very right-sided. Another meets another type he becomes identified. You go and listen to somebody's lecture, that lecture goes into your head, so all the time your brain is covered, all the time by these outside items which are not yours. Unless and until they are your experiences, they are not clear. To get that experience is very easy. Of course our country is a country of great Yoga, I must say. Even in China when I went there they came and asked me, Mother is this the treasure of our rich Chinese? Treasure of spirituality is India. They have read about it, they know about it, they are just waiting to get something out of us but here I find not that much. Here we have no time to pay attention to ourselves, to know yourself which is told by every one. Christ has said, Mohammed Sahib has said, unless and until

you know yourself, you cannot know God. You should know yourself, there should be self-knowledge and this knowledge takes you beyond your mind and beyond science.

Science as you know has its own limitations, first of all it is amoral. There is no morality and so with science you cannot go any further, you can kill people, you can destroy countries and you don't feel anything because it is immoral. Now morality doesn't mean outside restriction but it means compassion, love, pure love, you understand what is to be done. But if you artificially practice something like a moral — such people can become extremely dry and also hot tempered. It should come from within that you should know that you are nothing but a pure spirit. **You are not this mind, you are not this ego, this emotion but beyond that you are the pure spirit. Even knowing is not enough, you should become. Becoming is the point. If you become that then you will be amazed how great you are. Not only that you become collectively conscious but also you become a fountain of love and compassion.** Unless and until that happens, you cannot bring unity e.g. now I have been working in Sahaja Yoga which I would not call government level, or in any way official level. I never tried to disturb my husband's office or anything, but I just started on my own. First of all with several hippies, gradually it grew into such a sweet thing that we could get into Russia, into Eastern block, all the European countries, we went to America and to South America. Because, just people felt that. See because if one person gains that from South America, he says what about South America? When are you coming to South America? We need you very much there. When I went there I found there were so many seekers, they were not interested in power, money, nothing — just seeking.

Now, I must tell you a sweet story, twice they have shown their sweetness. First when I went to Russia, there 25 Germans came to Moscow. I said how are you here, they were Sahaja Yogis. They said, Mother, don't you think that we Germans have killed so many Russians, don't you think that its our duty that we should come and give them what we have got? Such love and such compassion! These Germans are so soft and so gentle that you won't believe that they have anything of Hitler in them.

Then they went, Austrians, they are also Germans, they went to Israel. I said why did you

go to Israel, there was no arrangement or anything, just they went and stayed there. They said Mother, the thing is that we felt very responsible for these Israelis, Jews, because so many have been killed in our country and we cannot forgive ourselves and so we have to do something about it. Imagine Germans knowing Israelis and talking to them and caught hold of some young people say about 30 or so. But I was amazed that I asked the Israelis, I said how are you here? They said why not, we want to make friends with Muslims, so we have to be here. I said very good idea. Automatically, they are working out this unity. I don't tell them, they just do it on their own understanding. What is needed is an inner understanding, inner unity not outside. This is what is that we human beings are capable of doing tremendous thing if we fall into the ocean of compassion and we do it in such a sweet manner that you can't believe that they are human beings, that they have gone absolutely beyond the limitations of human life.

The other day I read a news about a gentleman who was saying that I am going to start a Jihad. For what? To get rid of all the immorality they have in the West and all sorts of things, the drinking and all other things. So one Sahaja Yogi telephoned to me that Mother what is the need to do Jihad for all that, just do Sahaja Yoga, you will get rid of all these things. We all were drunkards, we all were doing all sorts of nonsensical things, we were doing immoral things, you don't have to do Jihad for that, you just get it yourself. So much clean and so much above all that all things, in Sanskrit we call it 'Upadhi', they just fall of, it happens. I assure you it can happen to you also, its nothing special, because this Kundalini when it rises, it does work out. She is your own Mother, she knows everything about you and the way she gives you your second birth is very good, you all are capable of getting it, especially Indians. We have so many 'sufis', like lotuses they have come out and the rest is still the same. Now, we have to understand that we Indians are born in this great country of Yoga because of our previous life. The problem is that we are not taking advantage of the Yoga Bhumi, which is in your power and can give you all the blessings of the Divine. We have tried and we have noted down.

The Meta science part is there. There are so many things I can tell you that you have the souls, so many things that have not been explained so far, through Sahaja Yoga, for

example, the first chakra which we call Mooladhara, this chakra is made of carbon atoms. Now if you take a look at carbon atoms what you will see, you will be amazed that when you see from left to right it looks just like Omkara, the same thing looks like Omkara but if you see from down upwards, you will see alpha and omega. Christ has said, I am the alpha, I am the omega and he is the incarnation of Shri Ganesha. It can be proved. Another thing is that, once you get your self-realization you start feeling cool breeze coming out of your hands and you can feel the all pervading power all around you. Now with this thing you can say that what centres you are catching because there are seven centres on the right hand, seven centres on the left hand. You can easily feel on your finger tips the different centres. Even a small boy or anybody can feel that. Anybody can tell you what's wrong with you or you can even tell them what's wrong with them. If you take about 10 children, tie up their eyes, they are realized souls and you put somebody before them ask the boys, what is he catching, they all raise one finger, all of them the same, because it is absolute knowledge. Suppose they raise the index finger, something wrong with the throat, he will say how do you know, I have not spoken, how do you know? I said it is communicated by this knowledge, through this power that this is wrong with this man.

We are in this country, also suffering from lots of false gurus, some of them, really have come out making big money and especially they take to the rich. They go in any city and find out, who has big position and they approach them. These people actually you can find them out on your fingertips. Because if anybody is like that, you just start feeling. It is written in the *Quran* that your fingers will speak, that your hands will speak at the time of 'Qayama' at the time of resurrection, they will speak and tell you about yourself and others. Supposing you know how to control and also how to correct your centres, you can correct the centres of others. Because all these seven centres are responsible for your physical, mental and emotional being and above all your spiritual being. So you can; and that's the personality where we have a complete human being, not only within himself but there will be no conflict, he will be absolutely peaceful and outside also he will be very genuine and very loving and he will win over. We had a Sahaja Yogi, I think in London and then he went to Italy. In Italy he told me, Mother, I am feeling very

frustrated, I am feeling very lonely, there are no Sahaja Yogis. I said alright, then we had a program and so many became Sahaja Yogis and then we are amazed that how in Rome, how many thousands are there who are Sahaja Yogis. Like this Sahaja Yoga started spreading, not by me so much but by people who went from here to see. Like one seed that is transferred from here to there, like that many seeds are transferred, they sprout and Sahaja Yoga tree prospers. Among these Sahaja Yogis there is so much love, its very surprising, extremely surprising.

Now in Africa also there are 400 very strong Sahaja Yogis, I have never been to Africa so far. It is amazing that there are 400 Sahaja Yogis in one city of Africa. Now what they are doing — just collecting more, more and more of Sahaja Yogis and that's how they are working.

This is what it is that, if you are wanting to have peace of mind, this is what you call a Mother's temptation, 'Pralobhan' as they call it. The Mother says alright take your medicine, then I will give you a chocolate. In the same way you can say, if you really want to have peace of mind, if you really want to have unity, it will work out. It is a very great 'Vidya' as I told you in the very beginning and if you have this 'Vidya', Sahaja Yoga will work very fast because that's the only way in which you can get natural, spontaneous, inborn love between people. We have programs every year, every month. We have a program in a very far fetched place called Ganpatipule. There people come from all over the world, some are rich, some are poor. We don't have much arrangements there, you see, for these people because we don't have much money. Whatever it is but they come there, they are put wherever there is a place, they enjoy themselves. I said don't you think it is uncomfortable, they said Mother we are just seeking the comfort of the spirit because spirits are so comfortable. They don't bother me, it's not good or that is not good, nothing. Just they enjoy that, you should see the way all the nationalities enjoy themselves. Such a peaceful understanding, such a beautiful flow of enjoyment. Of course, they pull each others legs sometimes, that's alright, but all the time they are full of joy and happiness. All these petty things like rivalry, competition, all this drops off. They have no liking for all this because they have already become saints and this is said by so many that these are men of God and they become the inheritors of the Divine love. They are not only capable but it is their birth right. We have so

many of them now, surprising, I never knew there could be so many Sahaja Yogis, I could never understand because only 1 or 2 here and there used to be like Sufis, they suffered so much and then running to one unit in turkey, one in Tunisia and one everywhere. I went to Tunisia, I was amazed how people got their realization and all these petty problems have finished, of course it cures you. That's nothing great, it cures you and gives you complete mental peace, completely, you are at peace with yourself and with others because you develop a witness state by which you just watch, you don't react just watch and this helps you to understand yourself better. You just change completely the panorama of your being and people who come close to you are amazed. What has happened to this gentleman, such a fighting fellow? How has he become so tolerant, how has he become so quiet and how has he become so much interested in others? The personality, the human personality as described in our Shastras is like an egg. A bird is born twice and also a person who knows the Brahma is born twice. Now once you become one with the Divine, you are born again in the true sense of the word, it is not like you put a sign board — 'I am born again'. But if you are born again you have a power and the greatest power is that you love and you enjoy your love. This power works.

Now we have a lady here from Mexico, I will tell her story. She met me because she was working with the U.N. in New York and she got her realization, she went very deep in Sahaja Yoga. Then she retired and went to Mexico and her son was studying, very, very young. She wrote to me "Mother there is some disease which only very few people in my family get when they are sick, at a very old age. They get a sickness and then they get this disease but they are very old, they just die when they get this. But unfortunately my son has got it, he is a young boy and I don't know what to do." So I started wondering what I should do, I was just putting my attention on it. So first letter came it was like this, second came, in the third one she was saying should I come, bring the child to you and all that and the fourth letter came saying that, "Mother I am amazed, my son is completely cured." Its not a miracle, it looks like that but so many patients have been cured. So many have changed their lives through Sahaja Yoga. So curing is just a 'Pralobhan' as you call or a temptation for you to understand more than it. This is not the end of it. I met so many wrestlers

who said, Mother, give me peace because I am on the verge of collapsing. So I can't understand someone who has the best health, best muscles and everything should think that its better that I should get peace. So to get peace to get collective consciousness and to become one with the Divine Power, it is the greatest opportunity to all of you and to all the world, enjoy the inner unity that exists.

Now this is the point, that's very important, I cannot force you. It is your freedom. You have to

use your freedom. I have seen some people who have got their realization, they go very deep into it but some take, they say just alright, its like the parable of the Christ that some seeds got sprouted and fell on the marsh, but the depth, people just jump into it. I am myself surprised how people all over the world have worked it out and how such love and unity of a real nation of absolute understanding and joy giving unity exists! ■

Announcement

Giving Sahaja Yoga Programs At International Women's Associations Worldwide

Dear Sahaja Yoginis:

We'd like to let you know about the possibilities of giving programs and Sahaja Yoga courses through the *American and International Association of Federated Women's Clubs*, which has branches worldwide in many major cities (those with foreign embassies and consulates). In Spain, we've given programs in Madrid and in Barcelona, where we have been running ongoing weekly meetings for a year. At the Adi Shakti Puja in May, Shri Mataji stressed the importance of ladies being more involved in spreading Sahaja Yoga directly, and this could be one possibility.

These women's associations are dedicated to welcoming women who are newcomers to a city, fund raising for charity, as well as all kinds of educational and social activities in general. Members are women from all over the world of all ages and backgrounds: wives of diplomats (consuls and ambassadors), housewives with young or grown children, working mothers, business women, retired ladies, etc. In Barcelona, we've given realization to ladies from the USA, Mexico, Cuba, Canada, Brazil, Germany, England, Portugal, Holland, Denmark and Spain. Throughout the year, ladies interested in

meditation keep popping up, so we've been continuing our weekly morning meetings.

If you are interested in running Sahaja meetings in this way, contact the US consulate or Embassy in your city to find out about the *International Women's Club*. If you become a member, you'll have a better chance of being able to have more than one meeting (in Barcelona, it's only \$US 45 per year). Many ladies are interested in hearing about Shree Mataji, especially when referring to Her panel presentation on women and world peace at the International Women's Conference last year in Beijing, China. You probably need to speak fluent English to run a program and ongoing course.

We have really enjoyed spreading our Mother's vibrations in the international communities in Spain. Hope you'll find open doors in these international organizations in your cities as well. We have found the women to be very open and friendly. We have heard that some of the major women's clubs are in Tokyo, Mexico City, Milan, Paris, etc. Please contact Christina Rosi or Celia Silvestre in Barcelona if you have any questions.

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Barcelona, Spain
Good luck!

Russian Folk Medicine Conference

September 1997

Note: This talk was written by Shree Mataji for presentation at the Russian Folk Medicine Conference in Russia in September, 1997.

Honoured and respected guests, allow me to talk about Sahaja Yoga and the way it acts. Sahaja Yoga treats the roots of the problem and not just the leaves of the tree. It does so by raising the Primordial Force in every human being which then treats the inner energy centres, or chakras, automatically. It has its own intelligence and compassion and knows what is wrong with you better than you know yourself.

It helps to restore primordial principles in every human being, innate principles of primordial taboos which altogether give a person true innate morality, health and peace inside. The force of this energy is, in fact, made of these primordial and real principles which are constant and do not change.

Let's move on to the concept of folk as in folk medicine. Anything folk is that which came through the experiences of common people through the generations and was recorded by the people. These experiences were recorded all over the world.

In the beginning, even in allopathy, people believed in three "doshas" in Sanskrit, just like in Ayurvedic medicine. But Ayurvedic went beyond that and they found that there is a residual force which is primordial in nature and when it is awakened it passes through seven energy centres in the spinal cord and the brain and it connects to the All-Pervading Primordial Force.

Those who went into the research of this in India were called as Nath Panthis. Nath means "master" and Panth means "way," i.e., way or road of mastery. Machhindernath and Goraknath were two of these saints thousands of years ago. These two and others travelled extensively. They had visited the land which is now Ukraine because in the museum you can find ancient pottery with paintings of these chakras.

In Australia, they also have the Mother culture amongst the aboriginals as well as amongst the aboriginals of America and Canada. The Mayan culture of Mexico believed in the Mother and

Mother Earth. The only thing is, they did not know how to awaken this Power which sleeps in the base of the spine known as sacrum. That means that the Greeks knew about the sacredness of this bone, but all of them knew about the primordial taboos relating to the body (in Sanskrit known as *Serara*), and the Spirit or the Atma Tattwa. All this has been described by great seers and saints like Markandeya, Adi Shankaracharya, Nanaka and Jnanadeva.

Luckily, Christ also said that, "I'll send you the Holy Ghost," and Mohammed Saheb said that the 12th Imam shall come. Indian scriptures also have predicted in the Nadi Granth, written by the originator of astrology, Bhrgurishi, that in the year 1970 (which has been recalculated), the discovery of the Sahaja System will manifest.

Shree Mataji Nirmala Devi, who is born of the royal dynasty of the Shalivahans, propounded all the knowledge about Kundalini and en-masse awakening of the kundalini, and also the en-masse actualization of Self Realization. By this method of spontaneous awakening, thousands and thousands of people have been connected to the All-Pervading Primordial Force of Life (Paramachaitanya). She not only worked out the awakening and the union with this Primordial Force, but she gave the complete knowledge about our subtle system. In Russia itself, so many thousand have been cured and people's lives have been changed. They have become really transformed and have become very loving, compassionate and peaceful people. They are free from greed and lust which is unsocial behaviour. They also are empowered to cure and give self-realization to others as their awareness has a new dimension of collective consciousness.

So, all the primordial taboos for human beings get established and even in the aboriginals who were mutilated by modern life and had lost their knowledge of Reality, these primordial principles get reestablished. This knowledge is so clear and exposes all kinds of falsehood that people are practising such as sorcery and black magic.

Also, it throws light on the modern science of medicine. But western minds are so closed that

we don't want to see something that is so unique and absolutely based on Reality. This power is based in you. It's an actualization of an experience that you feel. A cool breeze flows out of your fingertips and out of the top of your head and this is described in most of the scriptures. You are not left in the dark, but you can feel the centres in you, which are in jeopardy, on your fingertips and in your body. Also you can feel others' centres. If you know how to cure your centres you can cure others' also, for which you do not have to pay. It is a living process of

evolution so you do not have to pay for awakening or for your spiritual ascent.

This unique method is not against science. What western civilization or western consumerism has done is given us blind progress but with Sahaja Yoga you can achieve progress of the real kind because there is light. This way Russia will become a land of real morality and inner spirituality capable of leading the world into the twenty-first century.

Congratulations to all Russians. ■

(contd. from page 9)

they don't understand Shri Krishna how they will understand Sahaja Yoga. So for all of you is to practice on love, on forgiveness, on appreciating others, on giving joy to others. Some of the Sahaja Yogis have been very kind to me.

Once I went to the shop to buy a saree for myself. The saree was very expensive for my purse. So I didn't buy. So let it "this colour suits me alright but does not matter." I didn't have so much money to buy. So that Sahaja Yogi bought that saree and on my birthday gave me and really I could not see it because my eyes were filled with tears. Just a small thing like that. Normally I do not expect you to do anything for me. No. But small, small things make me so happy. But even if you, do this to somebody he may not understand, may not realize, may not feel it. But if you are a Sahaja Yogi you will.

So thank you very much for all this that I have said to you, try to enjoy yourself and make others enjoy you.

May God bless you. ■

The 1997 Latin American Seminar

The first ever Latin American seminar was held on March 27 to 30 at "Sitio" Santa Anna near Rio de Janeiro, Brazil hosted by the yogis from Rio. Over 200 yogis attended from Argentina, Bolivia, Colombia, Peru, Uruguay, Italy and Canada.

Purpose of the Seminar

The purpose of the seminar was for the yogis to get to know each other and to become one collective throughout Latin America. Another goal was to initiate the expansion of Sahaja Yoga in other countries. The seminar was conducted in a mix of Spanish and Portuguese (Portuguese + Español = Português?) but no one seemed to have any problem communicating!

The trip to the seminar site north of Rio took about one hour from the airport. On the way we had a quick look at the famous sights around Rio. We saw Sugarloaf and the famous mountain Corcovado with the statue of Jesus on top, both swayambhus: Sugarloaf to Shri Shiva and Corcovado to Shri Ganesha.

We left the main highway and drove a few kilometres up a dirt road to our beautiful camp site by a small river in a quiet lush valley. Accommodations consisted of large rooms with bunk beds. Everyone registered and received a name tag showing their country and city. In total there were 213 yogis, including 25 children. Towns represented from Brazil were Belo Horizonte, Brasilia, Porta Alegre, Belem, Rio de Janeiro, Salvador, Sao Paulo, Sao Luis and Vittoria.

Collective Shoebeat

Just before dusk everyone gathered for a collective shoebeat. We all set in a large circle on the grass and collectively shoebeat the problems affecting Latin America. It was a profound experience and a spectacular sight.

We sang bhajans while waiting for supper. Everyone joined spontaneously sharing the collective joy. The food was simple but delicious. Surely the collective vibrations and clean fresh air

contributed to our enjoyment of the food. We ate some fruits and vegetables I had never seen before. The day ended with the Brazil Yuva Shakti singing bhajans. The next day, the seminar began.

Programs and Collectives

We started with a discussion about programs and collectives. The purpose of the discussion was to share ideas, experiences, problems, and suggestions.

We learned that in Colombia weekly public programs are often held simultaneously in three areas of Bogota. After the introductory program there is a follow-up course of 14 weeks. The goal is to give a practical and general understanding of the basic concepts of Sahaja Yoga. Each program is prepared by a small group of yogis. Program topics include:

- The Subtle System
- The Kundalini
- What is Meditation and How to Meditate
- The Qualities of the Chakras
- The Elements
- The Principle of the Guru
- The Attention
- Jesus Christ
- Deities and Mantras
- The Opening of Sahasrara
- The Spirit
- Collectivity
- The Paramachaitanya

The courses are not a progression through the chakras and their qualities. Instead, the basic idea of the 14 weeks is to give a practical, general understanding of the basic concepts of Sahaja Yoga. The talks are more general and not too long, about 20 minutes maximum.

Overhead transparencies and selected excerpts of audio or videotapes of Shree Mataji's talks are used to assist the presentations. An overhead

transparency(acetato) of Shree Mataji's photograph is projected on a large screen. This is very impressive and powerful!

The presentations attempt to generate and maintain curiosity about Sahaja Yoga in new people by presenting information as well as opportunities to experience the vibrations in meditation and by being "worked on" by the yogis. Without the practical nature of the programs, Sahaja Yoga would just sound like any "metaphysical" group.

After the 14-week course there are seven more sessions which provide more details about the chakras.

In Colombia they are now doing a ten-week series on the 10 Gurus in which they emphasize the basic message of each Guru.

Many people are getting realization. Recently there were 230 people at programs in Barranquilla, Colombia and 100 at the follow-ups. This many people came from only putting 30 posters for the first program! Now 25 are still staying. And recently in Bogota 500 people came to a public program and now 200 are staying on for the follow-ups.

Other key points for public programs were discussed :

- It is essential to clarify key terms and definitions. New people have their own concepts and ideas about what meditation is, what a Guru is, etc.
- The people are seeking but there needs to be more dedication and more attention on the new people by the yogis. The yogis must make time and be available to communicate with the new people. The yogis need to establish a relationship with the new people and support them.
- The yogis need to develop their own qualities. They need to manifest sincere love for people—the capacity to give peace and joy. The new people need to feel their sincere love. The need to get a feeling of security.

Our devotion to Shree Mataji must show. This is the most important thing.

Programs in Brazil

Brazil is a very large, dispersed country. Many places in the country still don't know about Sahaja Yoga. The collectives are located far apart.

Many smaller centres are emerging around the larger ones in Rio, Brasilia, Salvador and Belo Horizonte.

Programmes in Argentina

Argentina has a small but devoted collective. The obstacles to growth in Buenos Aires are similar to those in North America. People do come when Shree Mataji comes but they don't stay. The collective state — "collective energy" —is important for keeping new people. Dynamic energy, love and collectivity is what generates the collective energy. Various points were mentioned:

- It is important to remember the auspiciousness of putting up posters of Shree Mataji. Each poster is an act of worship. In India sometimes they even put kumkum on the poster when hanging it—like a Puja.
- The yogis have a responsibility for the new people. New people are lost due to stupid things such as the yogis' lack of maturity and desire. The details at the programs are important. The yogis must know what to say and how to behave in front of new people.
- New people take varying amounts of time to establish. It is different for everybody—some may take two weeks, others two years. Some of the first Brazilian yogis got realization and went to India right away. They came up very fast.
- Yogis need discrimination to know how long new people need to establish. They need to know who is ready and when they are ready.
- Always the yogis must have open hearts to the new people. Everyone can watch and see how to help the new people. The leader can help by assigning different yogis to help particular groups of new people.

It is most important to remember that Divine discretion is vibrations.

Mahatma Gandhi was quoted to emphasize an important point. A journalist asked Mahatma Gandhi, "What is your message?" Mahatma Gandhi replied, "My message is my life."

Javier, now living in Bolivia, spoke of things that happened while he was living in Italy. Many changes have been initiated in Italy. Within two months of performing a havan in which 1,000 names of the Devi were chanted, there were complete transformations politically and with the

Mafia. Bandhans, havans and pujas were what worked things out. However, none of these "techniques" work without collective desire.

Havan

There was a havan on the second day in which we offered the negativity affecting America. The havan was long but intense. The attention was very good without going to the left.

Evening Entertainment Program

There was an evening program with music and dancing. The Argentinians performed some traditional dances. Then the Colombians performed a play with dances from different regions of Colombia.

After these presentations there were many beautiful songs. The integration of the musicians was beautiful. The Yuva Shakti of Brazil performed some beautiful songs and the musicians from Argentina, Brazil and Colombia performed together.

The Third Day

The third day began with meditation. As always, there was music.

After breakfast there was some time to relax, go for footsoaking and collectively enjoy the beautiful surroundings. Some of us went to swim in nearby waterfalls.

Qualities of Left Vishuddhi

Recently in Colombia there was a national seminar. The Seminar focused on the importance of the left Vishuddhi.

Many points from Shree Mataji's talk in the 1982 Belgium Vishnumaya Puja were discussed. The Vishuddhi is very important because the connection from heart (spirit) to Sahasrara goes through the left Vishuddhi.

- A true open-hearted person has heart equal to spirit. For example, when we are not sincere, the head says but the heart knows. One gets left Vishuddhi problems from lack of sincerity, lack of diplomacy, communication problems, susceptibility, reaction, justification and escapism.
- The guilt from the Catholic church causes deep problems of the left Vishuddhi. Life is lived on a guilty/not guilty basis. There is always the built-in pressure of fear and guilt.

None of these ideas about Vishuddhi are new. It is very important to read and listen to Shree Mataji's talk. All is there. Our awareness must grow to see the problems and then work it out by the cleansing techniques of Sahaja Yoga, including shoebeating and havans.

Chastity

Chastity is very important—even more so in Brazil with such extremes as the Carnival. The base of dharma is innocence. There is great strength in the link between brother and sister. It is very difficult for young people in this society to be happy without a "girl friend" or "boy friend." The Yuva Shakti can show young people the true joy in Sahaja Yoga.

Introspection

Introspection is very important for the left Vishuddhi. Introspection must look at ego and superego. Introspection to see ourselves is always the hardest.

Remember that Shri Vishnumaya is the force of truth, the force to divulge the truth.

Self-Esteem

The lack of self-esteem manifests in Latin America to a very great degree. There is a feeling of inferiority to other countries. Latin American countries feel that they need the help of other governments. But really Latin America is very rich in resources. All that is required is there.

Culture of Ego

Another point was raised resulting from the previous discussions:

Old civilizations were connected with Mother Earth. Now we only have a culture of the ego. There are no values. The reality is that we are children of Shree Mataji.

Basic Techniques and Protocol

It was felt that it would be good to distribute guidelines on how to do pujas and havans. Some of the countries are isolated and do not have any experienced yogis. It is possible they could develop different techniques that do not follow the protocol.

Puja

Before the puja we watched a video of the 1985 Birmingham, England Vishnumaya Puja. This talk was very relevant to the day's previous discussions about Vishuddhi.

The collective Shri Vishnumaya Puja started in the evening and lasted to after 3:00 a.m.! The Puja was a very deep experience of integration and joy. Nobody wanted it to end!

There were many gifts from the Brazilian yogis to all the visitors. There was incredible generosity, work and dedication put into the gifts. The Yuva Shakti and even the young children made gifts during the children's programs during the seminar.

The Argentinian collective presented a fantastic painting. It depicted a view of South America as seen from space. The continent appeared to be afloat in an ocean of lotuses. Standing on top of the land of left Vishuddhi was Christ. Above all this under a bandhan of angels was the image of Shree Mataji's face smiling, Her divine love over South America.

After the puja and gifts the bhajans continued until almost daylight.

The Final Day

We watched a video of the August 4, 1985 Ganesha Puja in Brighton, England, "Your Power is Chastity."

After the video the final discussions of the seminar were held. Following this everyone expressed many thanks to the Rio yogis for such hard work and dedication in hosting the event.

It is impossible to put in words how we all experienced the event. We touched a depth we had never felt before. The vibrations and joy were so strong that it seemed as if Shree Mataji had been physically present!

The seminar was very important on a subtle as well as a practical level. It improved the integration of the Americas by our collective attention on the vibrations. There was a change in a real and practical sense through discussions and just meeting new brothers and sisters.

We all look forward to the Second Latin American Seminar! ■

—Ian Butterworth, Calgary, Canada

Publications

Nirmalitas

The first issue of the Colombian Spanish Sahaja Yoga Newsletter *Nirmalitas* was issued. Anyone requiring copies can contact the Colombian Collective. *Nirmalitas* was originally produced by Spain and then by Argentina.

Meta Modern Era

The Portuguese translation of Shree Mataji's book, *Meta Modern Era*, was unveiled. It is being sold for 15\$ Reals (about \$15 US). Anyone interested in getting the book can

contact :

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The 108 Names of Love

Say each name as follows:

"Om Sakshat Shree Mataji, You are the Love
...in the First Sound,
Shree Adi Shakti Adoration to Thee."

in the First Sound
from beyond Infinity
in the first dance
in Your Pradakshina around the Father
that twinkles in the stars
that sings in the wind
that glitters in the crystal of snow
that germinates in the flower
in the sap of the tree
in the caress of the sun
in the majesty of the mountain
in the foam of the water
in the music of the sea
in the ocean of Your eyes.
in the quiet splendour of meditation
for Your bhaktas
in ananya bhakti
that is secret
that is sacred
that nourishes bliss
that rests on innocence
that all creatures seek
that melts the ice age of this Kali Yuga
that shines in the light of the Golden Age
that cools the scorching heat of aggressiveness
that warms up our closed hearts
which gives auspiciousness
which gives shape to beauty
which gives radiance to goodness
which gives balance to justice
which gives strength to righteousness
which opened the eyes of Parameshwara
which flows from the matted hair of Shiva

in every movement of Your eyelashes
in the cosmic tapestry of Your Leela
in the fervent prayer of all Your bhaktas
in the blessings from Mahakaruna
of caring motherhood in every living cell
in the eternal spring of compassion's deepest well
which makes the world go around
for which the whole world dances
pouring through everlasting streams of ambrosia
in the ecstasy of spiritual bliss
in the smile of all the mothers
in the mane of the white horse
that crushes the citadels of evil and hate
that is taught by Shri Viratangana
which will arrest the decline of human civilization
which purifies in the Mooladhara
which creates in the Swadhishtana
which evolves in the Manipura
which grants total protection and security
which grants Oneness
which forgives
which resides in the house of Nirmala
which crowns the dome of the house of Nirmala
which flickers on the tips of the tongues of fire
which bubbles in elated joy
in whose Name the Kundalini rises
for which there is no name
before which Lord Gabriel bowed
between the vahana and his rider
between the seeker and his desire
between the wave and the shore
between the vibrating atoms
in the sound of silence
You are the primordial source of love
that cooks the food
that rules the planets
which gazes beyond unknown horizons
which walks over the water

which heals
 which empowers
 which transforms
 whose body is Chaitanaya
 whose leela is the universe
 whose fingers move on the rays of the dawn
 whose dress is a pink silk saree
 whose seats are Pratishtan, Cabella
 and the hearts of the bhaktas
 whose hymn was sung by Kabir,
 Gibran, Dante and Goethe
 whose graciousness was rendered by
 Botticelli, Giotto, Raphael and DaVinci
 whose melody echoes in the notes of
 Mozart and Pannalal Ghosh
 whose worshippers are the Trimurtis
 whose bounty enraptures the Trilokas
 which disturbed the placidity of the
 Destroyer of the Tripuras
 which walked in the steps of Sita,
 Rukmini, Radha and Mary
 moulded in the paste that made Shri Ganesha
 that is approached through devotion
 that is met through surrender

that is enjoyed through adoration
 that is detached, immaculate and complete
 that is the touch of divinity
 that is the taste of divinity
 that is the fragrance of divinity
 that is the essence of divinity
 that inspires divine diplomacy
 that is the call of Shri Krishna's flute
 that called Lazarus back from the dead
 beyond any expression
 beyond all imagination
 which is the radiance of the Sahaja Sangha
 which is the magnet of the Sahaja Sangha
 that binds the mother and the child
 that binds God and His Creation
 that made us free
 that made us Sahaja Yogis
 that made us behold the glory of God
 that is Nirmala

Schwartzsee Sahaja Seminar, Switzerland
 Winter 1995

News from Around the World

Medical Conference in Delhi

Her Holiness Shree Mataji Nirmala Devi was the main speaker and guest at a medical conference on Sunday, April 6th in Delhi. The topic of the conference was "The Art of Healing and Sahaja Yoga." The conference was sponsored by the Indian Medical Association, New Delhi branch.

The program began with Sahaja bhajans, including *Vishwa Vandita*, sung by Hemlata. Ten speakers sat at a table on the stage, including Dr. S.C. Nigam and Prof. U.C. Rai. Each talked about the relationship between spirituality and medicine, including the history of the relationship, and cures achieved through Sahaja Yoga. One speaker said he was paralyzed by a

stroke 16 years previously and had a certificate of permanent disability, but was now living a full and active life, thanks to Sahaja Yoga. A neurosurgeon explained that immunity to disease could only be achieved through balance, and that the Hippocratic tradition was a holistic tradition.

Prof. Rai talked about the relationship between "high tech", stress, and psychosomatic diseases. He said that patients practising Sahaja Yoga have measurably lower levels of adrenaline, a lower heart rate and a decrease in blood lactic acid. He described an experiment in which two groups of mice were subjected to identical conditions—stress and the introduction of cancer cells. The only difference between the two groups was one had a lever which could be pressed to stop the

SAHAJA YOGA ENSURES PEACE

The Hindustan times, Delhi, 7th April, 1997

"If a person wants to have peace in mind and unity of mankind, practising Sahaja Yoga is the only way out," said Dr. Nirmala Devi, founder of science of Sahaja Yoga and the personality who had spread across its message in various countries of the world. She was speaking at a function organized by Unity International Foundation in the capital (Delhi) on Sunday. Former Governor G.C. Saxena and Mr. B.Satya Narain Reddy graced the occasion. Dr. Nirmala Devi said that the concept of collective consciousness in the people is very important for world peace and this can happen only when self-realization occurs. She also informed about the medical benefits of Sahaja Yoga and its popularity in various countries of the world. "Sahaja Yogis all over the world are very much aware about each others' problems and they are capable of doing wonderful things," she said.

Mr. R.N. Anil, Secretary General of the Unity International Foundation, New Delhi also announced the conferring of the Unity Award for International Understanding to her later this year. Dr. Umesh Rai, Director, International Sahaja Yoga Research and Health Centre, New Bombay spoke on the medical benefits of Sahaja

Yoga, particularly in diseases where modern medicine has no cure. He said that a number of psychosomatic diseases have no cure in modern medicine and a patient has to be put on medicines all the life.

"Sahaja Yoga is very useful in the management of hypertension, epilepsy, insomnia, diabetes, migraine, bronchial asthma along with a host of other related diseases," he said. Dr. Rai said that extensive research and practical experience has shown that psychosomatic diseases are managed much more effectively by the practice of Sahaja Yoga. Commenting on the epilepsy patients, he said that 40 per cent of the patients are not cured by traditional medicines. On the other hand, 80 per cent of the patients are cured by the practice of Sahaja Yoga. He dwelt in length on its benefits in patients having hypertension and also heart disease.

Sahaja Yoga was discovered by Dr. Nirmala Devi in 1970 and is gradually becoming popular in a number of countries all over the world. For the treatment of patients, an institution has been made operational in Mumbai where treatment is done by cosmic vibrations. Her program of self-realization is now practised in 65 countries all over the world.

stress; that group did not develop cancer. The stress-relieving mechanism for humans is Sahaja Yoga.

Shree Mataji began her presentation with, "I bow to all the seekers of truth." She explained that science was amoral and did not go to the roots, that it developed through criticism and the challenge of knowledge, not through the awareness of the absolute. However, she added, medical science is needed to help us understand Sahaja Yoga. Shree Mataji called India the *Yoga bhoomi*, and said the great, traditional, spiritual knowledge of India was the foundation of medical science. Her lecture included quotations from Gyanadeva, Guru Nanak and Kabir.

Her talk concentrated on the Swadhishtana chakra and the diseases caused directly or indirectly by its imbalance. For example, if heat from the over-stressed liver affects the right side, there is a massive heart attack and a sudden collapse. If the heat affects the left side, the heart becomes lethargic and does not supply enough blood to the brain; the left side of the brain becomes paralysed, which is manifested on the right side of the body. Shree Mataji good-naturedly addressed not the patients with problems with Swadhishtana, but the doctors seated on the stage beside Her. She talked about the speediness and futuristic outlook of doctors, caused by using their brains too much.

At the end Dr. S.C. Nigam invited all the doctors present to come and experiment in the meditation centres and assured them of being able to cure any disease with patience and meditation.

Our Divine Mother was also wished "Happy Anniversary" as 7th April was Her Golden Jubilee wedding anniversary. Interestingly, the 7th was also World Health Day.

Award for Dr. U.C. Rai

Dr. U.C. Rai was conferred the "Vladimir Vernidzky" award for making significant discoveries and research in the field of energy information science. Dr. Rai, a Sahaja Yogi who is currently director of the international Sahaja Yoga Medical and Research Centre in Mumbai, was presented the award by Professor J. Halperin in Moscow on August 30. He also attended the third International Congress of Folk Medicine of Russia, which was held under the aegis of the All Russian Scientific and Research Centre. He

presented a paper on the effects of Kundalini awakening.

Taiwan Public Program, May 1997

In the spring time, the Taiwan collective launched a small-scale public program as if Shree Mataji were physically present. The program was held on May 3rd, right before Sahasrara Day. We were hoping that the worldwide collective vibrations from puja would be strong and support us.

We put an advertisement with Shree Mataji's picture in two major newspapers continuously for three days right before the program date. Posters that were very beautifully printed with Shree Mataji's picture and the snow-covered Himalayas (next to the Dharamsala school) in the background were put up all around Taipei city in order to permeate the seekers with divine vibrations.

65 seekers attended in a venue with a capacity for 80. Dr. Hara first gave an introduction to Shree Mataji and Sahaja Yoga. After that, a half hour introduction to the subtle system was given which also focussed on answering two questions: *What are we seeking?* and *What is true meditation?* This was followed by Shree Mataji's video tape from the Albert Hall, England public program, which was presented with Chinese subtitles. We then used an excerpt from a 1995 public program video tape in which Shree Mataji guides the seekers through self-realization.

Only a few seekers acknowledged feeling vibrations on top of their heads and on their hands; Chinese are usually very conservative. The seekers were in a serious yet very pleasant mood the whole evening.

The first follow-up program on Tuesday, May 6th drew 38 seekers. We were very happy with the success of this attempt to have a public program without Shree Mataji's physical presence. The seekers who attended are mostly middle-aged or older. Hopefully they will be sensible, and stay through the three-month beginner's course.

— Sarvesh Paulo Su, Taiwan

Cyprus Public Program Report

The two public programs held on Cyprus on the 27th and 28th of July went very smoothly with 12 seekers on the first day and 17 on the second. All the seekers were genuine and approached

Sahaja Yoga with a cautious but open mind. They all felt the cool breeze and said that they would return.

Five yogis went to Cyprus from Athens, joined by Inna who lives on the island, two yogis from France, and a new yogi who is a Cypriot but studying in Athens.

The vibrations on the island changed with the placing of the first poster, and when the yogis returned to the Athens airport a week later, the vibrations were as if they were coming from a puja in Cabella. The seekers said that if the programs were at another time (not in the summer) there would be a much bigger response. So there are tentative arrangements to go back in November or December.

In the meantime, Inna is alone on the island and would like to be contacted by any yogis passing through.

Inna Angelidou
35 Kimonos Akropolis
Lefkosia
Tel. : 35 72 425128

By Shree Mataji's grace, may a collective be established on Cyprus soon. Jai Shree Mataji!

— Johanna Klinge, Greece

Guru Puja in Australia

Our journey to the place where the Australian national Guru Puja was to be held began by boarding the bus in the early evening at our ashram at Burwood in Sydney. Just under 50 yogis from New South Wales and the Australian Capital Territory took their places for the 17 hour journey to Brisbane.

Sleeping on a bus is never easy, yet the hours rolled past because we were travelling to take part in the work of Sahaja Yoga. When we make an effort, sometimes a "sacrifice," to play our part in collective events, then everything seems to work out effortlessly. When we are older we will look back on these opportunities and the days we shared together.

This trip brought back feelings of journeys made many years ago when we all travelled away together to Melbourne. It brought back memories of a time of enthusiasms, when Sahaja Yoga was just starting in our country and those who are now the older, established yogis were fresh-faced enthusiastic youths for whom Sahaja Yoga was everything and to which they devoted

much of their spare time. We were young and perhaps naive, thinking we could change the world overnight. It is taking a bit longer, but change it most certainly has and we have all played a role.

Times have changed. Many life experiences, some difficult, yet we still need that enthusiasm more than ever. There is much yet to achieve. In the city we are so busy with so little time, but we need to take sometime for ourselves, for each other to feel the collective.

Winter time in Brisbane promised clear blue skies and winter sunshine. Crossing Australia we are reminded how expansive and beautiful is this land of Shri Ganesha.

We arrived at Shree Mataji's house at Wamarun mid-morning on Saturday to be greeted by Sahaja Yogis from Melbourne, New Zealand and Cairns. By the commencement of the puja, there would be around 150 yogis gathered to worship the World Guru for this age.

For many of us it was the first time we had seen the completed Wamarun Ashram. The house had been constructed from bricks handmade from the clay delved from land on the property. The building took many years to complete, made possible by Shree Mataji and achieved through the labour of the yogis. The strength of the vibrations present certainly are a just reward for the effort.

It is always the same whether it is India Tour or Cabella. Whenever we gather together there is always a joy that is ever-present. Everywhere there were smiles on people's faces and time was spent forming new and re-establishing old friendships.

In the afternoon a havan was held to remove negativity and any obstacles preventing the success of the public program that night. The local yogis had arranged this program to take advantage of the boost in vibrations which comes when yogis visit. The musicians gathered on stage to begin the program, the songs came out fine and strong, and the vibrations began to flow. The audience warmed to the music and we could feel their hearts open as the tired looks on their faces were washed away by the vibrations.

We played our role as the bearers of truth, helping people feel the power of the Divine and begin to find meaning. It was the most successful public program held in Brisbane since Shree Mataji last visited.

Guru Puja commenced on Sunday at midday. It seemed most appropriate to be holding the

puja outdoors within an almost forest setting. We were seated on the earth before our Guru's photograph. The sun was shining upon us, filtered by leaves of the surrounding trees. A warm, gentle breeze blew. We looked up to see a wide, blue sky, the soothing sounds of nature helping to settle the attention upon the spirit. It is so quiet in the country. This is one of the reasons it is so conducive in helping us touch our own inner silence.

At the conclusion of the puja Uncle John Henshaw thanked our hosts on behalf of us all. He spoke of the national and international feeling of brotherhood and union that this event had established, due in no small part to the hospitality and warmth showered upon us by the Brisbane collective. This puja provided a boost to the Brisbane collective as well as to everyone who participated.

He concluded by saying that he is looking forward to the opportunity of the Victorian collective welcoming the national collective to celebrate Diwali Puja later this year at a venue near the Victoria/New South Wales border.

Sahaja Yoga Austria Celebrates the Golden Jubilee of India's Independence Day

A program was organized by the Sahaja Yoga Society of Austria to commemorate the 50th anniversary of Mother India's Independence Day. This great auspicious occasion incidentally coincides with the day Mother Mary departed for heaven.

On the early morning of 15th August the yogis went for the flag hoisting ceremony hosted at the Indian Ambassador's house. At the large public gathering the Ambassador read out the message from the President of India. Surprisingly he said that this Independence Day celebration would not be restricted to activities sponsored by the government of India but a joint celebration of all those who wished to undertake it.

After he had finished his statement the Sahaja Yogis presented to him a personal invitation to the evening program organized by them. However, due to his ill health he excused himself and asked his deputy Ms.Lata Reddy to represent him. The general invitation was then handed out to the others present. Here we met a very interesting Indian family who have recently moved into Vienna. They had two children, one

of whom had won first prize for singing Indian folk music in his school. We invited him to sing at the evening program and he immediately agreed.

The program was held in a hotel with a seating capacity of not more than 100 people as a big response was not expected because it was a long holiday weekend. To our amazement the hall was full, with more than 30 new people in attendance. The program started with the leader of Austria welcoming the guest of honour, Ms.Lata Reddy. He then gave a very touching speech as to why we as Austrians were celebrating India's Independence Day. He narrated how Her Holiness Mataji Shree Nirmala Devi brought us close to this great land of Bharat the Yoga Bhoomi of this world through the process of Sahaja Yoga. He explained how Sahaja Yoga had given us inner independence from all those things that make us dependent. This was also the dream of Mahatma Gandhi's Swatantrata movement.

After the talk, a praise to the Mother, *Hé Adi Ma* was sung, followed by small excerpts from the film *Gandhi*. We relived the historic moments of the independence struggle in this film. Then an Indian brother spoke about Shree Mataji's contribution to India's independence struggle. A film about Shree Mataji's life history, *The Vision*, made by the American Sahaja Yogis, was then shown to the audience.

The hall was filled with a passionate feeling of patriotism, devotion, humility and respect for the Great Mother. Then we requested the audience to participate in a self-realization program, which was conducted through a video cassette of Shree Mataji. The vibrations were very strong and we felt that everybody in the hall had received their realization.

To add to the joyful tempo of the evening we sang a few devotional Sahaja bhajans and Qawwalis. Our new Indian brother whom we met in the morning sang a beautiful Indian folk song from Gujarat, the birth place of Gandhiji.

The function concluded with the presentation of a small gift, Sir C.P. Srivastava's book on Shri Lal Bahadur Shastri, to the guest of honour. She was very touched and happy with the way we celebrated this great occasion, and remarked that she would always call on us for future programs organized by the Indian Embassy. The enlightened audience was then invited to enjoy some Indian snacks. ■

— Shantanu Chatterjee, Austria

Self-Realization, Live on Radio

Sahaja Yoga can be heard every Sunday from 10-11 a.m.

Most broadcasters are familiar with equipment breakdowns and guests that turn up late or don't turn up at all. The producers and presenters of Sahaja Yoga Meditation have discovered a philosophy of radio production that deals with these near-radio-death experiences.

One student, whose bewildered parents wondered about Sahaja Yoga, tunes in each week and her parents are now relaxed about it; families with children driving along suddenly overcome with a bubbly feeling of mirth and find each other blasting a coolness out the top of their heads (a sure sign that the awakening has occurred); elderly people reporting reduced arthritic pain after our meditation and saying that they haven't felt so "up" in ages.

One couple who had their first experience with our program and who now practise Sahaja Yoga summed it up, "Anyone can see you're sincere and genuine. The lecture excerpts and personal Sahaja experiences of the people you interview are pictures worth a thousand words, and you don't expect people to take your word for it—we can prove the benefit for ourselves and without charge. My husband and I have learned so much about ourselves and about what's going on around us."

What can we say? It's real and it works.

Presenter Heather Shetty

compares live radio with the spontaneous nature of Sahaja Yoga. "Live radio suits us down to the ground. You can only plan so far—it's all about the present moment and, really, anything can happen!" ...and it does. We have had many near-radio-death experiences, it isn't funny: equipment breakdowns; changing-the-studio nightmares; interview subjects who arrive one minute to air time; the

To tell you the truth, we didn't know when we began this radio spot if self-realisation would work over the radio. We are here to say it does—and beautifully so—as our listeners will attest.

"box"—everything required for the program—not arriving and having to wing it with whatever's in the car; eloquent, confident guests suddenly frozen at the sight of microphones. Since no one's blasted us yet, perhaps we've coped rather well, or may be management's just being silent to be kind.

"The curious thing," says

Liallyn Fitzpatrick, another presenter, "our crisis situations seem to produce a better program. The well-prepared questions and format seem to fall a bit flat compared to our 'emergency' broadcasts, another proof that it all comes together with a little preparation and a lot of faith."

Due to the non-profit, non-commercial nature of Sahaja Yoga (hence, no sponsors), fund raising events keep us afloat. We have a few generous benefactors who donate more than a little on a regular basis without whom, as well as the enthusiasm and participation of the Sahaja community and 2SER listeners, we wouldn't be here.

Fifteen months down the track

we are a bit better at this and we hope to do some subject-specific and more creative programs this year to better illustrate the Sahaja view of a balanced world, and that transformation toward the collective good will be achieved one person at a time. ■

— John B, John T, Toby P, Peter A, Heather S, Gillian P and Liallyn F for Sahaja Yoga.

Weekly Sahaja Radio Programs in Sydney

For the past two years, a group of yogis in Sydney, Australia, have presented a Sahaja Yoga radio program on their local community station. This station, known as the Multicultural Station, has the largest community radio transmitter in Australia. It has been a huge success, reaching anywhere from 2,000 to 10,000 people each week. Audience numbers aside, Shree Mataji's vibrations are going out into the ether and, judging from how we feel each week in the studio, something positive is happening.

To prepare for the program, we choose a topic for the week, do some research, collect some nice quotes, music, poetry and suitable lecture excerpts of Shree Mataji's and, "with a bandhan and a prayer, it all comes together in the studio, live on-air, by Shree Mataji's infinite grace." In true Sahaja fashion, it's very

spontaneous. For example, one week the topic was "spirit" and we couldn't find any suitable excerpt from the talks we listened to. So we took a talk at random from our case of resources, cued the beginning, and the first ten minutes was all about Spirit.

One or two "regulars" from the team sit on a discussion panel, and we invite a third person, either from the Sydney collective or someone visiting from a different area. Discussion is interspersed with other elements (music, quotes, a meditation/self-realization segment, lecture excerpts) throughout the hour. We don't rehearse, but we choose a topic and work out a running sheet beforehand for the sound operator to work from (who is also a Sahaja Yogi). Some of the team have taken a nationally accredited radio course through the station, and we get some ad-hoc computer and sound help

from the station supervisors.

We often play IPO recordings compiled in England, and have contacted Gerald Wirth in Calgary, who is compiling some American and Canadian music by yogis to use in the program. If any yogis have recordings of interviews, vox populis, poetry, songs, etc. either of Shree Mataji or the yogis themselves, please send them to Sydney for use in the program.

The article about the program on the previous page is from the 2SER radio program's magazine, Listening Post. ■

— Liallyn Fitzpatrick,
Australia



*"Dedication is the only
way to grow further."*