

Divine Cool Breeze

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"You are the ones who will advertise Sahaja Yoga. Every one of you should understand that your life is very important at this juncture. And you have to become that special person who reflects reality through the Divine Love."

Her Holiness Mataji Shri Nirmala Devi
(Shri Krishna Puja, New Jersey, U.S.A., June 8, 1997)

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North American Tour

June 1997

On Tuesday afternoon, June 3, Shri Mataji and Sir C.P. Srivastava arrived at Newark Airport in New Jersey. They were welcomed by Sahaja Yogis from all over the East Coast. Over the next few days, advice was given by Shri Mataji to prepare for the upcoming national puja and public program.

Sahaja Yogis from all over North America, as well as about 60 from South America and Europe, began arriving and helping to poster and leaflet for the program. The national seminar was once again held at Camp Vacamas in northern New Jersey, a rustic place in the woods - not too far from New York City. The seminar began on Friday, with organized expeditions into the city on Saturday to poster and leaflet for the program the following Tuesday.

On Saturday, Shri Mataji, Sir C.P. and several members of Her family visited Her house in Yonkers, a suburb about half an hour north of New York City. Soon after their arrival, the mayor of Yonkers paid a visit to meet them. The family fulfilled our desire that they stay for lunch, and they enjoyed the spectacular views of the Hudson River which can be seen from the dining room. This was Shri Mataji's first visit to this house since it was purchased in 1995.

North American National Puja, Camp Vacamas, New Jersey

On Saturday evening, the 6th of June, the international troop of yogis that had descended upon New York for leafletting earlier in the day returned to Camp Vacamas, the now familiar home of the last four North American Pujas, and prepared for the evening's entertainment program. This program promised to be particularly memorable in one outstanding way: it was reported that, for the first time in three

years, Shri Mataji would Herself attend. Our hopes were soon confirmed with a call from the hotel announcing that Shri Mataji, accompanied by Sir C.P. and several other family members, was coming to the camp.

It was a moment of tremendous joy and fulfillment for all of us to receive Shri Mataji upon Her arrival. For many of us it was our first sight of Shri Mataji on this tour. Shri Mataji and Her family took their seats in front of the stage and the evening's entertainment began.

Altogether, the most impressive thing about the program was the feeling of magic in the air. The vibrations created by the presence of our Mother, the closeness of the large international family of yogis, and the many heartfelt performances by talented yogis desiring to please Shri Mataji combined to create an atmosphere which grew increasingly blissful as the evening progressed.

The entertainment began with a Bharat Natyam dance by a group of children from the Boston area. Afterwards they sang several songs, including one the children chose, called *Carriers of the Light*. It was amazing to see their poise and grace. They were so pure and sweet in their expression that our hearts melted, and at the same time their performances were of very good quality. Several other children performed throughout the evening, and in every case it was evident that these are the children who have grown up as the children of the Adi Shakti; they are very advanced in their talents, radiant, and beautiful.

Many of our Sahaja pop musicians offered their latest hit compositions. It was enjoyable to hear the evolution of their talent. Many are writing songs which call out to the seekers of

the West in a very touching way, and in styles which are very much in the mainstream of today's popular music.

We were also treated to several beautiful renditions of western classical pieces featuring guitar, oboe, violin, flute, piano and voice. The beauty of these performances was beyond all expectation; we truly have some great classical artists living in the North American collective.

We very much enjoyed witnessing the blending of the world's cultures that Shri Mataji is achieving through Sahaja Yoga. To see a group of yogis from Vancouver, Canada sing one song in Marathi and one in Russian, to see an American yogi perform an intricate piece of classical Indian dance, enriched our sense of the global culture of Shri Mataji's vision.

The other acts of the evening included a South American bhajan sung in Spanish, several bhajans and qawwalis, choral singing, original instrumental compositions, and a very humorous parody of a tango, performed by a yogi who is a fairly well - known professional comedian.

By the end of the evening the vibrations had become very strong. Shri Mataji stayed patiently through the entire program, watching and listening to Her children as they expressed their devotion by offering their talent at Her Lotus Feet. When the scheduled performances had come to an end, Shri Mataji requested that all the musicians take the stage and sing Jogawa, the song of the awakening of the Kundalini. The entire weekend was strongly focused on the job at hand: the awakening of as many seekers as possible in New York the following Tuesday. With all our desire we sang a rousing version of Jogawa before our Mother.

When we finished, Shri Mataji took the microphone and spoke of Her strong desire to reach the seekers of America. The following is a transcription of the rest of Her talk :

"...Today I would say music, dancing, art, every kind of creativity will definitely bring forth the spiritual aspect of America's life. They have to come to this; otherwise it's not going

to be appreciated, it won't be an appeal, people won't like such music. They'll try some tricks otherwise. In this country we have all kinds of people, all kinds of music, and sometimes extremely stupid, but somehow they are gaining the idea that popularity now doesn't remain with all kinds of stunts and stupid things we do. They have taken, I am sure, by their own urge to search the reality, a new type of style, a new type of singing in which there is a different tune I feel is coming up, suggesting that there's something higher we have to achieve. The idea of enjoyment is changed.

"Sometimes people feel that this country is not so ancient, it has no traditions. Also people are from different cultures and so they're all mixed up, confused. But in that confusion only you are going to find the truth. And that's why everywhere in America if you go, you find there are people who are working out some sort of a search of their own. Maybe it's not correct, it's not all right.

"Like the music now, you had such serene, deep music, also some very collective music, all types of music that you could think of, and Indian music, Spanish music, also Russian music - all these have combined on the stage here. That is suggestive that one day the whole world will have a sense of music. That's a different thing than music is, because music can be anything, but to have the sense of music that not only entertains, but elevates you, takes you to higher realms of your existence, that is music.

"You know how much I love music. It is not because I am sort of fond of music, but through music vibrations can be spread much faster, and they can also easily penetrate into your being. So a person who is absolutely dry, who doesn't like music at all, or the one who doesn't like poetry, I mean all the left - sided talents, such a person is not in balance. And that's, why it is important that one should try, even if you don't like, try to understand music.

"It's a very funny mixture here I find in America. One side is this creativity which is

sometimes quite mad. On the other side you find people extremely busy, have no time to even sing something or read something... extremely busy making money. Only money is the criteria.

"But the money situation seems to be very bad here to Me for future, because of the stupid ideas about economics here. But whatever it is, Sahaja Yogis are going to be absolutely very rich, prosperous, well known, because the talents they have will show. In every field of life you'll find every Sahaja Yogi will be so successful, that those who were full of their ego, and thought no end of themselves, will realize that unless and until you have the light of your spirit you cannot go very much further. Because in the dimensions of human mind, you cannot conceive the heights which you can reach.

"Through music, when today you were singing I was amazed. What a talent we have in Sahaja Yoga! I mean they are not paid for, they have not been trained, they have not been to universities and colleges of music. Just spontaneously how beautifully they can sing and give us spiritual music, which really heartens Me. I was very happy to see the progress you have made in art and the other variety of your expressions. Everything was really wonderful and I enjoyed it thoroughly. I am sure one day all of you who are just Sahaja Yogi singers will be professionals and this and that, but don't forget Me then.

"So it's a nice time we had this evening. Tomorrow again there is going to be puja. And I am really, really I must say, very happy, and I congratulate you to organize this program in America in such a beautiful manner. And all of you are such enthusiasts. They told me how you have been contributing, and they wouldn't take any money from Me, because I thought how could they bear all the expenses, but somehow or other it's all working out. It's just your sweet desires, your deep surrender. Everything has worked so beautifully, and the oneness of all the world you can feel in America

today, and I hope this will go on and on and on, and you'll be studying it much more."

Soon the inevitable moment came when Shri Mataji departed from us to return to Her hotel. In the wake of Her presence we felt tremendous vibrations, and silence had descended upon our hearts and minds. Many people commented that we felt so deepened already, with the puja still to come. On Sunday morning, preparations began for what we expected to be a Mahakali Puja, complete with slain demons painted on the stage backdrop. Much to our surprise, and in keeping with Shri Krishna's play, Shri Mataji's talk began with the announcement that it would be Shri Krishna Puja. We were blessed by Shri Mataji's attention on the problems of America, patiently explaining how they can be solved through Sahaja Yoga.

First New York Public Program

Shri Mataji's amazing Grace flowed through the historic caverns of the Cathedral of St. John the Divine leaving nearly 2,000 New Yorkers with an enlightened "attitude," and hundreds of yogis from around the world a sense of love and hope for the salvation of one of the world's greatest cities.

We had long awaited this day. With the very generous help of our brothers and sisters from all over the Northeast U.S. and Canada, the Tri-State collective (New York, New Jersey, and Connecticut) had fervently leafletted, posterred, advertised and taken every opportunity to speak of the impending arrival of our Divine Mother. After the second month of advertising, complete with huge posters throughout the subway system, New York had gotten the message that this event was of great significance. In fact, at a health fair where Sahaja Yoga was featured, a vendor in the next booth ran over after seeing Shri Mataji's picture and said, "Oh, are you with Her? She's very popular!" *That* was the New York atmosphere. Everyone and everything awaiting Her Advent - just as it should be!

On June 10th, they filed into the magnificent Gothic cathedral, a huge, cavernous place which,

at first, was about 1/4 full. It was a classic and grand picture of New York, representing its variety, its drama, and its potential. It was apparent that many already had a sense of reverence and awe for the transformation they were to experience. By the end of the program, the hall, which holds approximately 2,500 people, was full. When Shri Mataji asked those who felt, the cool breeze to raise their hands, almost every single hand was raised. When all those people came and got their Self - Realization, it was a truly wondrous example of what, by Shri Mataji's Grace and by Her Attention, can happen here in New York. The yogis knew that finally, by Shri Mataji's Grace, New York would never again be the same.

Los Angeles

Just a little glimpse from the four wonderful days that Shri Mataji was in Los Angeles...

When we arrived home from New York on Wednesday, we were tired. It had been a long journey home. But just after walking in the door a phone call came with the news that Shri Mataji was arriving in Los Angeles in less than 24 hours. Any thoughts of being tired disappeared! We were suddenly revived and beaming. Our preparations were done with such collectivity that no one felt any pressure and the ease was so obvious.

Shri Mataji arrived and met everyone. It was such a joyful moment, and She had brought so many flowers with Her from New York! The next four days were our blessed days. We relaxed and rested with Shri Mataji in Her Mothering aspect. She took care of us all, we felt so loved.

The public program was on Monday evening. It was well attended by balanced people who seemed to be ready for realization. Shri Mataji spoke very directly and strongly to the seekers about how they were guru shoppers in the past and how it must stop now.

Her talk was very strong, and then when She paused and said that we would have the

meditation and for all those who wanted to leave the hall to leave, no one moved! It was a moment to be remembered. The air was filled with anticipation of the next moment's blessings. Shri Mataji looked at everyone before She gave realization and said so sweetly that She felt that She had been hard on us and She apologized, but that we needed to hear these words, not to feel guilty, but to try to understand what She was saying. The vibrations were tremendous and everyone felt the cool breeze.

The moment was so blissful, and then just to add to the beauty, a young Sahaja Yogini girl named Garima danced such a devotional piece of classical Indian dance that many in the audience were brought to tears. To see Garima gracefully bow at the Goddess's Lotus Feet only moments after the audience had received realization was so great.

On the last day of Her loving stay in Los Angeles, Shri Mataji asked all the yogis to come into Her hotel suite (which seemed by the flow of vibrations to be Her throne and abode in the Heavens). As we came and bowed before Her, it was a moment of the Holy Mother bringing Her children very close.

Shri Mataji brought our attention to the beauty of collectivity by giving us examples from Her own life to show us how to be collective. It was such a precious and important talk. We were blessed to hear Her speak about Her own marriage. She told how when She was getting married, Her new family had a very different lifestyle. Her family was Christian and Sir C.P's family was Hindu. They didn't know what to expect and Shri Mataji also didn't know what to expect. Sir C.P's family was from the North and the customs were different from Her home in Maharashtra. There were over 100 family members waiting to see Her. They were all wondering, would She wear a western style dress or a sari, was She fair or dark, what would She be like?

Shri Mataji very sweetly respected their customs, like She was supposed to touch the

feet of an old man who had eyes red from drinking. When She went to touch his feet with Her veil, She was surprised by his very kind and compassionate voice. Shri Mataji said She felt so much love from everyone. Loving one another is so important in collectivity.

For the marriage She had to make a sweet dish and also some decorations. For the decorations, She made out of dough a statue of Gauri and Ganesh. Her handwork was so intricate that many people kept asking where the statues had come from, only to find out that, She had made them, and after everyone had tasted Her sweet dish, no one wanted to eat anything else. Even today people still remember how delicious it was.

She told us that in the collective we must enjoy and love others and not focus on the inconveniences or work. There is tremendous joy in collectivity. Another important part of collectivity is to have respect for elders and to have the wisdom to understand that they have the authority of love to correct us.

Shri Mataji told us that She has placed all of us in Her body. If we are in disharmony or behave in an *asahaja* manner we cause pain to Her, but if we are collective and joyful, Sahaja Yoga works through us. She gave many, many examples of each aspect of collective living: husband and wife, brothers and sisters, showing us what is correct through examples.

It was such a profound morning with our Holy Mother. We bowed to Shri Mataji, and as we left Shri Mataji's room She wanted us to have some nuts as prasad. We left with our hearts filled with joy.

Berkeley Program

On the 1st of May the great, great news reached us of Shri Mataji's decision to honour the tiny city of Berkeley with Her presence in the middle of June. The preparations began and there was great excitement in our hearts and a little apprehension to be able to receive our Mother

with utmost respect. Work teams got organized and we all had a chance to do whatever was dear to our hearts and also to try our hand at many new things. We soon learnt within our small group that we had experts present who could handle various jobs like media, advertising, computer work, postering, cooking, writing etc.!

A very nice accommodation for Shri Mataji was arranged at The Claremont Hotel, a most prestigious landmark hotel that lies in the hills on the Berkeley/Oakland city borders. We went on many shopping excursions to seek out everything needed to make Shri Mataji's stay completely enjoyable. Wheeler Auditorium, right in the centre of the campus of the University of California at Berkeley, next to the famous clock tower, was rented for the public program.

Hundreds of posters were put up all over the place and you could hardly find a shop or a pillar in Berkeley that did not have a poster with Shri Mataji's beautiful image smiling out at you. Thousands of fliers were handed out and advertising was done in about 10 local newspapers. We also made full use of our creativity to design personal and formal invitations to the program and had a great time passing out the word that Shri Mataji was coming. The response was terrific. Everyone wanted to know all about it and we were intoxicated with the joy of it all.

Finally, the following prayer was composed and read to Shri Mataji at the National Puja in New Jersey. It gave voice to our deepest desires, allowed us the protocol of formally inviting Her to come to Berkeley and brought with it the final touch of Her full blessings to our humble whirlwind preparations.

May 28th 1997

O Queen of the Universe
 O Devi Adi Shakti.
 We were blessed to be Seekers
 Many many Yugas ago.
 We are blessed with this life today,
 Having You amongst us.

May Lord Garuda,
 In all His splendor
 Carry You swiftly, O Supreme Guru,
 To the Holy Land of Berkeley.
 The land that has trees,
 That will bow at Your very glance
 The land that has flowers,
 That will bloom at Your very Smile.
 The Land that awaits You
 With the Nirmal Desire,
 To receive Your Divine Bliss and Grace!
 O Devi Mahakali,
 O Jewel of the Universe.
 O Mother, Our Saviour,
 Please hear our call.
 From the Gate that is golden
 To Red woods so tall,
 We await Your arrival
 With joy
 and love for all.

In the early summer evening of June 17th, Shri Mataji arrived at Oakland airport. As She stepped off the airplane it was a fourteen year dream come true! It was Her first visit since the autumn of 1983 and it was a moment to behold for each one of us, as She accepted flowers and said kind words to all. She seemed surprised to find that there were so many Yogis to greet Her and was especially happy to see the growing number of Sahaja Yogi children in the Bay area.

During the ride from the airport Shri Mataji asked about a beautiful lake that She had noticed during the landing with beautiful silver clouds and commented that there were lots of seekers in that area. It just so happens that Gary and Ursula Doering's new home and Sahaja centre is just minutes from this lake, known as Lake Merritt, and it confirmed an attraction that we had felt in the past for this area.

When Shri Mataji emerged from the car and set foot in the lobby of the hotel She was the most radiantly beautiful being we had ever seen and as She entered Her room She granted "Infinite Blessings" to us all as aarti was being

performed to welcome Her. Our eyes automatically looked at the ground. Who could face the glance of the Devi ?

There were no words to describe the tremendous joy we felt as we stood by Her and watched Her taking in the view from Her room. It overlooked the entire Bay area : San Francisco city to the west across the Bay, taking in the Golden Gate Bridge and the Bay Bridge, Oakland to the South, and Berkeley to the North with a view of the clock tower on campus where She would be speaking to all the seekers that came. It seemed like the perfect place for Mother to stay where all of the Bay area would be blessed by Her attention. Shri Mataji was very pleased with Her quarters and was fascinated by the unique flowers which decorated the rooms and echoed the fragrance of the Adi Shakti's enchanting presence.

All throughout Her stay She kept smiling profoundly at those who came to greet Her. Her eyes were full of compassion, Her words were like drops of gold and Her every move like waves in the ocean of love that surrounds Her. It was a fairy tale come true.

All of us got to do something for Shri Mataji. We were all very, very happy. Shri Mataji made us all feel extremely special by noticing even the smallest effort that we had done and complementing it - whether it was the room, or the public program organization, or the food that was offered.

Shri Mataji's one shopping trip took Her back to the same town of Sausalito where She had shopped fourteen years earlier. It was on this excursion that Her attention was drawn to a large and beautiful porcelain statue of Abraham Lincoln with two children sitting at his feet, one black child and one white child. It worked out that we were later able to offer this to Her at Guru Puja in Cabella on behalf of America, which was so wonderfully Sahaja as during Her talk She spoke of the need to commit ourselves to eradicating racialism and that this stay of Hers in Berkeley coincided also with the

celebration of Juneteenth, the day on which the slaves were actually set free.

A luncheon at an excellent local restaurant had been planned, but when asked if She would enjoy some wonderful seafood, She quickly remarked how disappointed the Yoginis would be who were cooking for Her and She preferred to go back to taste what they had prepared for Her. It was so sweet the way She said it.

The public program was the next day on the 18th of June. She started to leave the hotel at about 8:15 p.m. and She wore a white sari that seemed to suggest that a big white full moon was starting out to enlighten the dark night. A rare sight to see! And that's what happened. 475 seekers sat waiting for Her to come. Before She left, someone handed Her a gardenia. She took it, smelled it and smiled. "Gardenias represent eternity," She said the next day. This and so many other images of Her stay have left us feeling so happy and overjoyed today when we look back upon these precious moments.

It was a splendid evening. The program started with songs dedicated to Shri Mataji performed by Matt Malley of the *Counting Crows* and Stephen Day. After a short description of the events, Yogi Mahajan gave an introductory talk about Sahaja Yoga together with a clear, compelling description of miracle photos in a slide presentation. Then the moment everyone was waiting for came and Shri Mataji arrived. The Chief of Protocol of the City of Berkeley, on behalf of the Mayor of Berkeley, came up to welcome Shri Mataji and read a proclamation declaring June 10th, 1997 as *Shri Mataji Nirmala Devi Day* in Berkeley. This was followed by an inspiring talk given by Marcus Nobel, the honorary chair of the evening, to introduce Shri Mataji and Her vision of Sahaja Yoga to the audience.

Shri Mataji's talk was very deep and powerful, being to a significant degree absorbed by the audience. Shri Mataji mentioned that the first yogi of America had been attending the University of California at Berkeley and that She always

had desired to come to this city renowned for its seeking and interest in change and transformation. Her tremendous concern for all present and Her love of the whole area was felt by all and essentially everyone got their self realization. The atmosphere of the program was very light - Berkeley is an easy - going city, full of youth and vitality.

After the program it was wonderful to see friends, acquaintances and people who for years had heard many of us speak of Shri Mataji and now finally had the chance to see and meet Her for themselves.

Many faces were glowing and some clearly had no clue of the grandeur of the evening they had just experienced, but for all of us it was the culmination of many small and great moments that pushed, pulled and stretched us into areas and projects that we never imagined ourselves capable of. And it was just the beginning!

Shri Mataji was very pleased with the quality of seekers, and was in a very good and happy mood after the program.

During Her stay, Shri Mataji's attention was drawn to the teenage population on several occasions and when asked how we could save the children of America, She said that we should start a school; perhaps on Her land in New York. She called for a teenager who had attended Sahaja schools most of her life and was preparing to enter high school in Berkeley to come and see Her. "Hello! Do you remember me" She exclaimed to dispel the fear of the child as she entered shyly with one foot in defiance and the other tugging at her mother's heart! That hour of attention was the sweetest of parables as the mother and child sat at Her feet and were woven into the exquisite brilliance and poetry of Her every word: how She spun out truths and medicine laced with infinite love and gentleness. The worlds of rebellion and despair were soothed down and given hope, guidance and renewed awareness. "You must seek out the purpose of your life... and take full notice of every detail and beauty that surrounds you." But when all

was said and done it became clearer than ever before that ultimately the child and the world will look to the mother for accountability as to their children's behavior and well-being. So it is important to find a way to their heart so that they are able to listen to you, for they need to learn the value and importance of respect and obedience.

She left Berkeley the next day, waving at us till the last minute as She departed. Before leaving, She had given each one of us Her full attention, warmth, love and care and most of all an everlasting hope about ourselves. She gave us the power of a Sahaja Yogi and the power to believe in ourselves as we lived each moment as Her children.

The love that we saw in Her eyes for those three days surges up every morning in our hearts, to be able to spread it on to others around us, within the family and the collective and outside. Thank you, Shri Mataji, for your Beloved attention and presence in the San Francisco Bay area. We pray to be worthy of your time and efforts and long to see this part of the world love and recognize you en masse. We also want to thank everyone who came to help us, in particular all those who came from Seattle and Los Angeles without whose help and guidance we could never have managed.

In the next six days we had daily follow-ups, and a full day seminar (Sunday, June 22) together with Yogi Mahajan who guided us all gently and steadily towards a greater understanding of how to take care of all our new brothers and sisters and their thirst for the beauty of the Spirit. We are delighted to report that a dozen or so wonderful Yogis are settling in Sahaja Yoga, are attending all the programs and pujas and are a great inspiration to the rest of us!

The San Francisco/Berkeley Collective is eternally grateful for this very special time.

Vancouver

Shri Mataji's visit to Vancouver was graced with two historical events: the public program

on the evening of Friday, June 20, and Shri Mataji's purchase of a large 7- bedroom house to be used as an ashram.

Upon Her arrival, Shri Mataji commented twice on the number of Chinese people in the airport. She then sat with the Sahaja Yogis, receiving their flowers and gifts and talking with them for about half an hour. In the car ride from the airport, Shri Mataji spoke about the need for an ashram in Vancouver. "The yogis are ready," She exclaimed, noting the growth of Sahaja Yoga in Vancouver. Nearly 16 years ago, a rented house in Vancouver became the city's first Sahaja Yoga ashram. Today, after 10 visits and four pujas, there are well over 200 Canadians established in Sahaja Yoga. The growth has been slow, but it has been steady.

Shri Mataji then spent Thursday evening at Her suite at the Four Seasons Hotel in downtown Vancouver. In the meantime, yogis scoured the newspapers and the Internet for houses in two rapidly - growing Vancouver suburbs, Richmond and Surrey. Richmond lies south of Vancouver and is characterized by its large Asian community. Surrey is southeast of the city and is known as the home of most of Vancouver's large Sikh population. The yogis narrowed the choice down to a few houses. Shri Mataji, however, simply went on vibrations, pointing to a real estate listing that no one had seen.

After a short shopping trip in Chinatown Shri Mataji and various yogis went straight to a large house on the corner of a quiet cul - de - sac in Surrey. Without entering the house, Shri Mataji said that this was the one, commenting on the size of the house, and its proximity to Bear Creek Park and the local train into the city. She said yogis would be able to live there in peace without being bothered by neighbours and that the purchase of the house would establish the Ganesha principle in Canada.

After Shri Mataji's historic decision to buy the ashram, She rested and prepared for the public program that evening. The program was held in a large church in downtown Vancouver

and was characterized by a variety of entertaining presentations before Shri Mataji's arrival. Gerald Wirth led the way with beautiful classical piano pieces that helped set the tone for the evening. Gerald was followed by a performance from young Hardeep Jassal on classical Indian flute. Hardeep was followed by Stephen Day, who sang two original folk/pop songs about seeking and about Shri Mataji. The music portion of the evening closed with two bhajans by the Vancouver and Seattle collectives. The music was followed by a presentation of miracle slides, and then an introductory talk by Allan Morrissey, the Sahaja leader in the Vancouver area. The stage was set and when She arrived, Shri Mataji was greeted by a room of about 600 - 700 seekers, standing respectfully, eager to hear Her talk. Most of them stayed through the talk and received their realization. The night closed with a rousing version of *Jogawa* in which the entire audience joined, clapping and enjoying.

The rest of Shri Mataji's visit was spent resting in the hotel. During this time She offered suggestions about the ashram, how we could enjoy the house, how the children in the collective should all be there. Saturday, before Her flight, She continued to shower blessings on Vancouver and the collective in the Pacific Northwest by talking with various yogis and giving them suggestions and opportunities. She left Vancouver in the afternoon for Toronto. As She stepped onto the plane less than 48 hours after arrival and waved good - bye we realized that She had not only touched the heart and changed the fate and destiny of many yogis but also of a whole city, a whole region, a whole nation. Canada would never be the same. Thank you, Shri Mataji, for the gift of an ashram to our country and its people, which will be our cultural centre, our spiritual refuge, our collective home.

Public Program in Toronto

In the last week of May, 1997, the Toronto collective was informed that Shri Mataji would be having a program at the University of Toronto on June 22nd. At the time, most of the Toronto

collective was in New York, helping prepare for the North American Puja happening the first week in June. Upon their return, the frenzy began of postering, pamphleteering, and the cleaning of vases and silver in preparation for Shri Mataji's stay in Toronto. Some yogis spent 8-10 hours a day postering and somehow, as always, everything got done in time for Her visit.

Shri Mataji arrived in Toronto on Saturday, June 21st, at 10:30 p.m., where She met the yogis at the airport individually and they presented flowers.

On Sunday, the public program was held. Dr. Ashish Pradhan presented an overview of Sahaja Yoga, talked about Shri Mataji's background and ascendancy, and showed projections of miracle pictures on a large screen. Then a few yogis performed bhajans to introduce the audience to Sahaja music.

While Shri Mataji was in Toronto, She talked about Canada's responsibility as a part of North America. She encouraged more yogis to stay in the ashram and, if they couldn't do that, then they should at least live collectively. Overall, She was pleased with the program, and was able to have a restful stay.

Shri Mataji departed from Toronto on the evening of Monday, June 23rd. She talked to the yogis both collectively and individually.

Since Shri Mataji's visit, the meetings in the four centres in and around Toronto have seen an increase in attendance. The yogis get together more often, and there has been real growth in the collective overall.

Second New York Program

Surprisingly, Our Divine Mother gave permission for a second program, and with only two weeks of advertising, almost 1,000 seekers found their way to Town Hall. A New York landmark of independent thought and freedom, Town Hall's facade carries the inscription, "and men shall know the truth and the truth shall set

them free." It set the mood for the love of truth that brought the seekers back and kept them in their seats - despite Shri Mataji's absence - rapt, attentive, satisfied, and at the same time, ready for more. The video showed Shri Mataji's face on a full-sized movie theatre screen which enhanced the feeling of closeness to each person who had come for their realization.

Shri Mataji stayed in America for nearly six weeks. Throughout, She worked relentlessly to correct the dire spiritual straits America finds itself in. In Her great compassion and generosity, She purchased a new ashram in Ridgefield Park, New Jersey, near New York city, marking a fresh start for collectivity and Sahaja Dharma on the East Coast.

What I feel When I Meditate

From *The Sahaja Patrika*
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"When I sit down for meditation and gradually go into thoughtless awareness state, I feel a cool breeze passing through my hands, and it is not just a feeling of an ordinary breeze but with it comes a feeling of joy, happiness and peace. To come into the state of thoughtless awareness, I keep away thoughts, but if thoughts begin to come into my mind, I push them out of my head. At times when I look around at other people, at once the vibrations which I get in thoughtless awareness stop coming. When I am completely thoughtless, I feel I am connected with the Divine, and vibrations keep flowing, which Shri Mataji is bestowing upon me. Jai Shri Mataji!"

Nira Nicely, Class VII

"I came into Sahaja Yoga when I was two years old and before I came to this school, I took it for granted that I was in Sahaja Yoga and I would be safe as long as I called myself a Sahaja Yogi. But now I feel that I have a deeper understanding about what Sahaja Yoga really is and why it is so important to meditate and that it is not enough to just call myself a Sahaja Yogi. I actually have to work, introspect

and meditate to achieve a higher level of awareness, and to grow spiritually, which is the first priority in life. Just recently, in the last few years, I have been able to reach a real state of thoughtless awareness and it is so overwhelming that sometimes I feel that I could just meditate for the whole day."

Anna Purcell, Class IX

"Whenever I sit for meditation, as soon as I close my eyes, thoughts flow in my mind. I let them pass, I let them pass and try to get rid of that situation by saying, "I forgive everyone including my own self." That is how I go into thoughtless awareness. I get a lot of cool breeze which passes through my hands and Sahasrara. I start feeling my whole body light. I enjoy this situation with my whole attention in Shri Mataji's lotus feet."

Pragya Mahajan, Class X

"When I sit down to do meditation, I feel great because of tremendous cool vibrations. I feel that I should stay all day to get these cool vibrations. I feel my spirit cleaning all my chakras. Then I feel something going towards

my Sahasrara. I enjoy these cool vibrations as long as I can. When it is over, I say in my mind, "I can't wait till we have our next meditation."

Nanak Chugh, Class V

The Divine: One Yogi's Experience

After the first New York program was over, things were getting wrapped up, another yogi came up to me and asked me to help him with something. We ran out to his car and grabbed about 20 copies of *Meta Modern Era* that Shri Mataji had requested be brought to the rear of the cathedral where She was receiving guests.

This allowed me to be close to Shri Mataji in a fairly small room. At one point, a woman came up to see Her. I couldn't hear what was being said, but the yogi who had brought the books with me, a doctor, was called to Her side. After he was done, I asked him what had happened. It turns out that this woman had cut her finger. She had no sensation in the middle

of the finger (where it was cut), and there was a burning sensation on the fingertip. Shri Mataji put Her attention on it, and the finger was instantly healed! I felt truly blessed. Here I was, having never seen Shri Mataji in person before, and I had the opportunity to be very close to Her for most of the night!

What is Juneteenth?

On January 1st, 1863 the Emancipation Proclamation was signed by the President Abraham Lincoln, freeing slaves in the states that tried to secede from the Union. However, the slave owners chose to keep the news and information from the slaves. Not until Union troops arrived in Galveston, Texas on June 19th, 1865, two and a half years later, did the slaves learn of their freedom. Today Juneteenth is a celebration that symbolizes freedom and independence of the African American people and is their Emancipation Day. It is a day, a week and in some areas a month marked with all kinds of celebrations.

Message

I wish you all a "Very Happy Christmas" and "very very prosperous New Year." I am myself amazed at these people who have come to the academy and have picked up this difficult Indian music so easily. Some of them have been only for two months. Imagine, people spend all their lives learning classical music and how these people have picked it up so fast. I mean, they say, it is due to Sahaja Yoga but that means really a miracle, really miracle. Even the Indian music sung by Indian musicians, they are today amazed. The way they have been singing like great Ustads. I just don't know how they have done this and how they have achieved it! Because, I know in my family there is too much of music and those who were interested got up early in the morning and practised three hours in morning and three hours in the evening. While I find these people coming from countries where they do not know a word about Indian music, picking it up so fast. May be, I cannot just explain, may be in their previous lives they were in India or may be that they are so talented. I cannot explain. Really if it is due to Sahaja Yoga, then I must say, Sahaja Yoga is something that creates miracles - within and without. I have seen only the miracles without, but now this is the miracle within, that people who have never sung Indian music, have never heard about Indian music, are singing so well.

May God bless you.

Christmas Puja

**Talk By Her Holiness Mataji Shri Nirmala Devi
Ganpatipule, 25-12-97**

Sorry I had to talk in Hindi language because most of the people here are Indians, some of them are Marathi and others are from North India. I was telling them about Christ. What was his power? His power was of love and not of anger, because He is the one who has crossed the most difficult centre of 'Agnya'. Those people who have ego never realised that they have ego. With their ego they do all kinds of nonsensical things - without asking me, they have done something in Delhi, without asking me they have done something in Russia. And it is so destructive to Sahaja Yoga that they don't realise what they have done is a crime which is punishable by all Divine laws. If you want to do anything, you must tell me beforehand. You must consult me, you must talk to me, because I know what is happening. You don't know. If somebody wants to cheat you, then how will you know? If you were so sensitive, you would find out. You would have asked me, Mother, what should we do? At least ask me. This is the main thing missing among the Sahaja Yogis now that we have a kind of a very subtle ego. If you make somebody a leader, it is very dangerous sometimes that leader develops ego because of his wife. It is a very difficult thing. They can destroy Sahaja Yoga, completely. Anything is possible. So before you do anything like that, you have to consult. I am still living, and you can ask me. You can write to me, you can telephone to me. At least I am there to tell you.

But then you have to develop your balance and love. That is only through this Parama Chaitanya. It is all pervading power of divine love, you can develop that discretion, you can develop that special power. Even if somebody

telephones to me, immediately I will know, what's wrong with the person. I don't say that you can become like me, but at least you have vibrations to see. Also see your own vibrations. How are you moving? Put a paper on your hand and you will see it will start shaking before my photograph.

With this ego, you can not go further. Why did you come to Sahaja Yoga? You came here, not to become some sort of a leader, or some sort of a king, but you came here to become 'a great Guru', as you asked me, (गुरु पद दीजिए।) 'Guru Pada Deejiye'. For that you have to have in Sahaja Yoga a complete humility, natural humility, natural balance. This is what Christ has taught us. At that time, I don't think people had that much ego. Ego is a modern present to you. People get ego out of anything e.g. I met one lady once. I found her ego very bad. I asked my daughter, "What is the matter with her? What does she do?" She said, "mummy, she knows how to make dolls." For that she has ego. What is so great than to be a good Sahaja Yogi? You may be the king, you may be anything. Now you see the Prime Ministers and all of them going to the jail. What are they compared to you? They have no balance, they have no sense. What makes you a separate individual, higher people, because you have no 'Ego'. Now people try to remove their ego. There are two types, so they will go on beating themselves with shoes. All kind of ritualistic things they do to remove their ego. But all this you do with your mind. Whatever you do with your mind will give you ego only. They become ascetics. They are the greatest egoists. I must say Hitler was the greatest ascetic. With asceticism he became Hitler. If you want to

become Hitler, you become ascetic. In Sahaja Yoga, you are not allowed at all, this asceticism.

You have to be loving, affectionate, kind and disciplined. I must say this because when you are loving, you go out of bounds sometimes, because you have no discipline of Sahaja Yoga. Loving does not mean that you become like a Romeo and Juliet. You must have your balance through your discipline. If you have no discipline, you can never be a good Sahaja Yogi. From the life of Christ we have to learn these things, that unless and until we have these things, we cannot become good Sahaja Yogis. Firstly, ritualistic nature, secondly anger, thirdly miserliness, like if you go to England, it's written there "Save pounds by taking a taxi". This is what it is. Miserliness, where can we save money? Mother, can you give concession? It is not some sort of a business I am doing here. If you make it half price so many will come. I am not using your money. I am using it for your buildings. All this I have got it, of course my money also and your money. So many things I have done. The whole of Vashi, the whole of Ashram in Delhi, two ashrams and the whole of school, and also land in Poona and other places. Now in Poona, they want me to pay for land, to pay for everything and the Poona people are known Maharashtrians to be great miserly (कंजूस) kanjoos people. Even for their own ashram they would like me to pay, for everything, and they'll nicely go and sing bhajans. See they are good musicians, that's what they are. A very - very miserly people. Miserly people can never love. They love money. Egoistical people can never love because they love power to control others. They think they are doing it for Sahaja Yoga but not. Unless and until you do something for yourself and your ego, no use working for Sahaja Yoga. Look at Christ. He took birth in a very humble abode, but He was the King. And he lived with the poor and tried to save them. He saved the lepers, He saved so many people. There were twenty one people cured by Him. Now in Sahaja Yoga I don't know how many thousands have been cured. But what

is important is, if you are curing, you know that you are not curing, it is the Divine Power that is curing. You are not doing anything. It's best to be like that, I feel the same way. I am doing nothing and I am 'Nishkriya' (निष्क्रिया), doing nothing. But I am not lazy. You should be active but all your activity should come from the Divine Power of love. First of all you must extend your hands for love, extend your heart, extend your money, house, everything for love. Now if your wife, doesn't allow others to come into the house, throw her out of the house. Teach her how to be kind and generous, other way round for the husband. Its very important. You have to be generous, you have to be kind, you have to be loving and sweet to others. Christ only once went into a temple which He had the right to do that, when He saw people selling things in the temple. Same thing we have here and if you don't go and buy anything from them, they'll be lost. But you only go and buy things from them because you have a habit of shopping. Anywhere people will go, they must shop. It's a habit. Shopping they must do. They will not see the greenery, the beauty of nature, nothing. When I went to so many countries, which I had to, with my husband, I had to go and see beautiful places like museums. I never used to shop. But when I have so many children, then I have to shop. So I would go for shopping. But not the way that every place is for shopping. What is there to shop here when you have come here for your spiritual growth. In Mecca, do they have any shops? It is the holier than holy. Why should you go to these shops, I can't understand. I've told them not to have shops but you people are the one who encourage them to make money out of us? Nothing essential to buy there. Now you have come to the holy occasion. Here you have come for your worship. In our Mahalaxmi temple, there are people who are selling garlands and things for the ladies' hair. But they say it is for the Goddess. And they buy there, all the people who are coming there stupidly and give it to the Brahmins in the temple and the Brahmin sells it back at a lower price. And these garlands

are, I don't know, how many times sold and bought and sold and bought . Because of the stupidity of the people who go there. If they have to take something, they should buy from outside. Not at the place where you have come. As it is you went to Delhi, you could have bought there or you came to Bombay, you could have bought there, but not in this place. We can not make this place Bombay or Delhi. Otherwise why should we come here? That's why Christ took a hunter and beat them, those who were selling things near the church. Now they don't have. I have seen near the church they don't have. They have outside, but they sell other things like Catholic church sells a wine called Benedictive. Imagine! That is another story. Christ went for a wedding and they had no wine. Now in the Hebrew language, wine means the juice of the grapes. It doesn't mean fermented. So He converted water into that wine. You can not convert water instantaneously into wine. Wine has to rot, has to smell. The more it smells the best is taste. But they think that Christ said you must drink. He never said that. He just converted it into wine meaning, the taste of the juice of grapes. Once I went to some television and there was a very nice man in Italy. He said, "Mother, you first give me realisation." I said get some water. I put my hands into it. Now drink it. He said, "It's tasting like wine." I said, this is what Christ did. He got his realisation. Instantaneously you cannot make wine. But if somebody dies they will drink, if somebody is born they will drink. At any cost without drinking they are not normal.

But the people who got realisation have suddenly changed. They don't want to drink. They have stopped drinking. Their attention has become nice. The whole thing has changed. This is the transformation that has worked. Of which Christ has talked, Mohammed Sahib has talked, everybody has talked about this particular type when people will get transformed. But even after transformation you do not want to become what you have to be, for which you have come here. You will be left behind. There

is a big transformation taking place. In the transformation also your rising is taking place. There is a big evolution going on and those who will not be evolved properly, will be left behind.

As it is said that, this is the 'Last Judgement', and you will be judged, you will be left behind. You cannot adhere to people who are rising higher, with your weight you will fall down. So for you, to understand Christ, is all these qualities you must have. If you are hot tempered, all right, go and beat yourself with shoes. But if you are not, then you need not. You must know what you are, first of all introspect. Accordingly, you should work it out. Ritualism is not allowed in Sahaja Yoga, all the time. I would love all my children to be extremely loving and collective, not to denounce anybody for no rhyme and reason. If you have to denounce, you tell me. I know what is what. Without asking me you should not measure up somebody and say I have measured somebody with what? What is your yardstick?

You yourself are caught up in the web of ego. You can not condemn anyone without telling me, you have to tell me. Don't worry that this will disturb me or anything, but you should ask. I know about everyone. May be I have not met that person, but I can feel the vibrations. You can write to me. Many people just telephone. That's not the way. You must write to me, because I read each and every letter. But all nonsensical letters you should not write also, to waste my time, like my father's mother's mother's thing is sick or is dead and her 'bhoot' is moving about. All type of funny letters come to me. What can I do for such people. That's not the end. Or I need money. I have no money, I am depending upon you for money. So please send me money. You can ask from my photograph. If you are a good Sahaja Yogi, you don't have to worry about money also. Or I have no child, Mother what to do, I want to have a child. Those who have a child, ask them what do they have to say? So many have got children after coming to Sahaja Yoga. But you must deserve it.

So many miracles have taken place. So many people have been cured, no doubt. But that doesn't mean, you have done it. Don't get into the trap of 'Ego' that's most dangerous. If you destroy Sahaja Yoga, you are destroying yourself. So today, you all have to promise in your heart. Put your hand on your heart and say, *"Mother, we'll love, we will spread your divine love, encompass the whole world, give realisation to all the people. We'll not shout, we will not be angry, we will not do the all kind of rituals, but just surrender. Surrender our ego to you. Surrender it." Surrender your ego.* All your problems can be solved. Because as long as there is ego, this divine power doesn't take over. You may do anything. You are not connected. Your connection is missing. Christ is missing. He is no more there. To establish Him, first of all you must show how you love. But that doesn't mean, you love your wife, love your children, or love your house. You have to love everyone. Try to make everyone happy. That's why I like music, because through music you can spread vibrations. Very good media of spreading vibrations, of loving vibrations. But those who are musicians, have to be loving people. Not hot tempered, not showing off, not thinking too much of themselves. All this will work very well if you understand that this divine power is so powerful. No doubt it is love, no doubt it is truth, no doubt if you get out of it, you could be caught up by anything and you could be finished. It is a very very powerful, effective and absolutely conclusive power you have within yourself.

And thanks to Christ that He crucified himself, sacrificed His body for our sake, that our 'Agnya' is opened. Otherwise I could not have this Sahaja Yoga. But in this area, we have Buddha, Christ and Mahavira, and they had to do 'tapasya' (penance), 'tapah', and they did it. You don't have to do now. They have already done that for you.

Now see, I saw the musicians yesterday. Within two - three months they have learnt so much. Otherwise normally all the musicians I knew,

for Indian music, had to really starve for months together. They had to practice for years together. They had to bow to their guru. That's all over now because of this 'Parama Chaitanya', and your power to be one with the divine. The divine power can transform you completely, to such an extent that anything that you want to do, you can do in two - three months. In Pune when they were singing once, foreigners, as we call them with respect, in India foreigners mean respect, not like other countries. So when they were singing there, some great musicians had come. They told me, Mother, we put down our heads to them, because how could these people, who don't know a word about Indian music, have learnt it so well, and pronunciation of this Marathi language is so difficult, but they are so good at it, it is very surprising! Now all this has happened in your presence. It's nice you have balloons here to celebrate Christ's birthday and all these balloons of ego should be burst, should be finished.

I will be happy if you could learn Hindi language. Well I know English, may not be so good, but best thing is to learn Hindi, if possible. Because there are already fourteen languages in India and so many languages in other countries. Every country has a different kind of English language. If you go to America, I don't understand their English for at least two - three days because they go on taking their tongue and lips on one side and then on another side. English of the French is another point. So best is to learn Hindi and that too a good Hindi, not Sanskritised because I feel better, if you all understand what I am saying. It's not difficult because you are all Sahaja Yogis, you can all learn Hindi in no time. I am not saying learn Sanskrit. Hindi is very easy. It's not my mother tongue. I never studied Hindi language, never. But see it's a very easy language to learn. But as my father told me, never teach Hindi language to an English man. I asked why this advice? He said, "there was an Englishman who was after me, that I should teach him Hindi." So he said, I have to tell my servant to open the

door or to close the door. So for 'open the door', he said, you say 'there was a cold day' he would say 'cold day', and for closing the door you have to say 'there was a banker day'. But now it is different. They will pick up Hindi very quickly. I can see that. If they can learn this horrible Indian classical music, which is so difficult, so easily, what will happen? They will learn Hindi in no time. And make me happier with that. It's not that Hindi is my language, it is Marathi. Marathi is very difficult. It's very precise. I think it is one of the best languages to put down your ego. That's why Maharashtrians are normally not egoistical, because in their language there is built in process. For example some person is boasting that I have done this, I have done that. So in Marathi, they will say, "don't climb on a bush, or tree of Channa." It's not so big as that. Then the person is finished. Like wise there are many words by which you can put down the ego of the man, on his face. Marathi language has so many advantages. But I will not ask you to learn Marathi language. Because Marathi language is not so easy, but Hindi you should. It's very easy. But you must know one thing, that in Hindi language, there is 'Adab' (अदब). 'Adab'

means modesty and respect - style of saying things, there is respect and a way to address others. All this will give you a kind of more flexible vehicle to express your love. Because in Hindi language we cannot translate "I hate you". We never say that. मैं आप से धृणा करता हूँ! कोई कहेगा क्या? They cannot say. To hate somebody is sinful. So they can never say 'I hate you'. Just it is more in Marathi language, but a little hard. All this is just to request you that if you can learn this music, which is very difficult, you can always learn this simple Hindi language which is very very easy and very easy to talk.

There are so many things, I would like to tell you about Christ. But this is short time in which I can't tell you. The way He had his own priorities! Though in the Bible He has not been described fully and whatever it might have been, they have reduced it. May be, and the way they practise Christianity, also is shocking. So, one has to learn Christianity through the heart. No other way out. They should learn through the heart, heart of your Mother.

May God bless You.

Be Close to Nature and Lead a Balanced Family Life

Advice by Her Holiness Mataji Shri Nirmala Devi
(Evening Before Navratri Puja): Cabella 4-10-1997

It has been such a great treat for us, not only - entertainment but the way for our future as to how to move and what to do. It's very surprising that the Swiss Bank Business has been attracting my attention all the time. I don't know much how they can digest everything so well! In these modern times when people are talking of democracy, talking of very big ideal things and all that, at the same time how can such an illegal system exist openly? And for that I have a plan; I have to expose, I have a plan to do something about it. As far as the materialism is concerned, its working out. All these countries who were supposed to be very advanced, developed are suffering first from recession and a terrible recession. That recession is going to give them a lesson about over production of nonsensical goods.

Materialism comes because, people have gone mad with their greed. I was searching a house in England, went round to see houses and I was surprised that all kinds of plastic things and mix things and all that were piled up in mountains in every house, mountains, and you pass through a door and you will find two legs of a pant falling on you. But not only in England, same in Paris. I've seen people accumulating so much of nonsense that they don't know where to put it and what to do? This madness is on and on and on.

Now, I've found out a solution for Sahaja Yogis what they should do? They should try to encourage handicrafts. Every country I went to, I bought handicrafts whether it was Czechoslovakia or England or anywhere. I cannot

understand how can you go and buy this rubbish of plastic, of this useless things? These handicrafts, when I bought, I was surprised. I must tell you about Czechoslovakia that there were small small, very small shops and they all came one by one - "Mother buy something from us also, Mother buy something from us." You know I was surprised, such beautiful things, they said, we can not sell them. But all nonsensical things people are buying. So for Sahaja Yogis they must take a vow that we'll only take things which are hand made. You need not have many things, you can have few. But, something handmade. Now supposing you get a dress, there should be some hand made embroidery, or something put on that, so some labour is put in into that. It is very difficult to see how people go in for things which are very cheap and extremely troublesome. I must tell you one thing I can't wear nylon. I can't wear anything artificial, really I can't. For a while if I wear socks also, my whole body starts paining. So it is against. Handmade things are few, I agree, but use as far as possible handmade things. From, the Mother Earth they make very nice terracotta. I am a socialist by temperament, I think, so I felt a great urge that I should really export nothing but terracotta and terracotta is such a beautiful thing. It's so soothing. It's so good, it smells so well. But people think, No, we should buy something that is made in America, in some machinery thing. They go on buying like that. In America also I was surprised that beautiful things are selling in shops, which they call outlets, very good, mostly of silk or of cotton and leather, pure leather. But people will go to big-big markets and buy

all nonsense at a very high price and not from there, means they have no wisdom, and this is what happens that the wisdom, if it is lacking in your sense then this wisdom corrodes the society, because wisdom itself shows how dangerous it is to go on buying all these nonsensical things.

Also, now you are seeing that people are taking now more to Ayurveda and to Homeopathy. They don't want to use these horrible medicines produced by your great country. You know what they do, Swiss? They send a very big offers to doctors from India to come, to work for them, and supposing they have produced one 'A' sample as you have shown, then the same one they change a little bit and say its better. And you know these medicines, most of them, are very dangerous and troublesome. By mistake, my family gave me this Antibiotics, since then my legs are very weak and troublesome. I have improved, no doubt.

So, you see, why we are now taking to this? Because pollution is there, another things, which is created by this machinery. Gandhiji was saying, there is no need to use so much machinery. Now, motor car! We can walk, we can use trains, but people want to go anywhere by motor car even if it is about say 10 meters. They don't want to walk. That's how our health has gone down. I must tell you when I was studying in the school, my school was about 5 miles and we had a car and we had also horses and what we call a Buggy in our house, but it was compulsory for us to walk 5 miles in the morning. Evening time the car used to come, but morning time we all had to walk 5 miles to go to our school and in between there was a small little mountain, which we had to climb. That is how we learnt about nature. If you don't walk, what do you know? In the car at the most, you can see some lamp posts. What do you see from the car? Nothing, you can not see the nature and this walking system is very much out of date now for people, people don't walk.

I am not saying that today, we're very changed and very advanced people. In a way we have gone down, because we can not walk. God has given these legs to walk, but we cannot walk. We avoid walking. Now because of that there are so many cars. I know that in some families they have five cars because five family members are there, specially in Spain. I was surprised so many cars, so many cars and every car has only one person in it. Now, problem has started with the pollution and all these things because we have lost the habits of depending upon ourselves. Now see, what has happened in Kualalampur and all these places, suffering from, what you call, the smoke. Now, I have not done it, if you think that way, and they are praying to 'Allah' - Give us water. Why should God give them water when they are doing all kinds of nonsensical things? Now there is smoke going on, why? Because they have cut the trees. Why do they want to cut the trees? Because they want to make money, that's all. Their wood is coming to India because in India also they have cut the trees. If you go on like mads, you'll have pollution, meaning that destructive forces will act and stop. For that you don't have to pray to the Goddess, it will work out and its all working out everywhere.

So, whatever you have to have, try to have something which is handmade. Even your clothes, need not be many, try to have it which are handmade. It is one of the things Sahaja Yogis can do. They need not send money to this Swiss Bank also. This Swiss Bank will be very badly exposed now. I am angry with them for one more thing that they had promised that they'll give the money to the Jews and now they are going like this, they don't want to give. When they'll die, are they going to take it with them? All these sins will be punished and that is why I am very happy, this year has brought it, because I had been talking about it even in the conference I went to in China I talked openly about this Swiss Bank. I have talked to many magistrates and to many heads of the law ministry and all that. I have told them why not we have a

conference and say that this banking is nonsense! Now, all types of bad people are taking advantage of this system and are trying to make money. Looks very nice. So many have lost their money there! I don't know what was the need to put all this money there, that when they die their children do not get anything.

The problem is this greed, it is some sort of an inner defect in a human being. He becomes greedy; greedy because he has deviated from Dharma. He thinks he can get pleasure out of things. He cannot and he goes on accumulating and buying. I would say your Mother also does that, I buy, but I buy things which are handmade. So that tomorrow if I have to give presents or if I have to sell off things - even the ornaments you've given me, I didn't know what to do! I am selling them. What will I do with the ornaments? I have to buy so many Ashrams, this, that. My family ornaments also I am selling. Because I spent money on my family things also. Just think of it, what is all this for? What pleasure does it give us? I can understand if you want to give somebody a present or somebody you want to give some happiness, joy, you should do it. But just for yourself go on, go on. How much can you digest it? You cannot.

Joy is much more in giving to others. It's not a thing that gives you any understanding of the fundamentals and the fundamentals is that you are Dharma, within you is that, that is your valency and this materialism is absolutely against it, because it creates all kinds of people - Mafias, the Swiss Banks, cheats. We have communities after communities who are known to be cheats, who are very materialistic, who have no spiritual sense. So, for Sahaja Yogis I would say, of course you have said all the mantras, so I am supposed to do all that. But what you have to do is not to buy anymore, anything which is not handmade, try it. At least there should be some embroidery, at least there should be some work done on it. I am surprised that these things are not very good for us, they are injurious to our health. So Sahaja Yogis must learn that they have to walk, they must walk

and they must see the nature. What is in the nature? Many of you don't know, say, I ask the name of this flower. How many of you know? Its a very sweet name, 'Kiss me Quick', apart from its botanical name but it is, what I am saying, everything you should know, you should, about small-small things. From where does this embroidery come. From where does this saree come? Our Indian men are the worst, I would say. They do not know anything whatsoever. But, even Western men also have the same problem. You must take interest in things in which you have not taken interest. For example. Indians don't know how to cook. They don't know. Once my husband told me that he knows how to cook. I say what? He said I'll make chapatis, Rotis, and what he made was nothing - Australia, America this that. But he said I give up, because I was doing shipping and shipping means shipping. But minute things you can see, which we call, is a subtle vision, subtle eyesight. If you walk, look at the nature, love the trees, love the animals, you'll be amazed, there are so many things to be known than reading newspaper. What is there to read in newspaper? For hours together you go on reading newspaper. Next day you forget it. You will be amazed that, they say that for Goddess... "कटाक्ष कटाक्ष निरीक्षण" Every glance She knows everything. Any glance she puts on any man, woman or anything, She knows where it is. And if you are my children you should also try that, because I always used to run out in the jungles, in the forests. I used to go to all such places and really enjoy the beautiful Mother, this Mother Earth who has created such a beautiful things. Have you noticed just now, that the colours of the background which were made by the Russians and the colours of this facing thing are just the same, they have used the same colours. It's true collectivity. Now you notice in the nature, its so matching, you know, nothing gross, nothing loud, it's so beautiful you know! This is red but it has green to match it.

This Mother Earth knows everything, she understands everything, she does everything.

But what do we do for Mother Earth? Is to run after artificial thing, machinery, this thing and now new thing has come is Computer. It's all right if you want to write letters to someone, but otherwise it's quite maddening and this computer will make our brain absolutely zero. We will be paralysed, we won't be able to think, 2+2. So, anything you want to use, also should have its Maryadas. Don't go beyond it. If you take to swimming, you'll go on swimming till you get sick. If you are horse riding you'll go on horse riding till you fall down. See this is also kind of a life which has no Maryadas, like greed has no Maryadas. That's how also this kind of nonsense. I am only fond of this! I am only fond of this. You are a human being, you should never say like this. On the contrary you should say I must learn this, I must know this, what is this all about? It is very important, otherwise your personality will be a dwarf personality. Ultimately people end up in money. I don't understand, I can't even count 200 notes. I cannot, I don't know about money, I should say, I am good at mathematics but I don't know whatever money you are giving goes direct to them and they do it what they like and if somebody says how much you got for this? I don't know, how much for that? I don't know. Because I am not interested, I am not interested. What is there to be so much interested in money? But I get money alright, no problem, never a problem. I sold one of my ornaments and I got at least 100 times more than what I have spent. May be you might say its vibrations. Whatever you may say. So, to get after money is you get very much in the clutches of money.

So what is the solution to get rid of this greed? It's to try and give to others and see the joy. Give something to others, share and see the joy you feel by giving something. I must tell you Gregoir is not here, but I am missing him because once I went to a saree shop and wanted to buy one saree, but I thought its rather expensive, why should I buy such an expensive saree? Came away. You'll be amazed, he gave me the same saree on my birthday and I was so filled with joy, because he bought it

next day from that shop, kept it with him and on my birthday he gave. These small - small things can give you great joy, in giving people, other people, not yourself. I don't know if I have bought anything much for myself in my lifetime, never. Even if I go out shopping and I am thirsty I won't buy even a coca cola for me. People know I don't buy anything for myself. Practically nothing, but you all give me so much, what to do! Now I have decided that after this 75 years of age, I shouldn't take anything from you, whatsoever. But to please you may be, they are asking that only take a national or international, alright. But no more. Every country should not bring. After all what is national or international. You are all international people. What is the need to bring any presents for me? I don't even have time to see them. I am so very busy with other things, because there are so many problems in this world. So, I would suggest that try to get over all these things and we should see ourselves what we are doing about. I am sure none of you have money in Swiss Banks. Thank God. But, never earn more than what you have. There is no need. Whatever comes your way is alright. Of course, if you are doing some work of creativity, of creating some designs, creating some things is alright. But don't buy things, go on buying things for yourself or putting money there, hiding here, hiding there. There's no need. You see you'll feel so satisfied and so happy, being honest, being absolutely beyond any problem.

Now, this Mafia business is there, I agree with you. This Mafia can be controlled only by the government because they give such a big tax. Now for example an artisan in this poor country, I would say poor, because most of the people are suffering from taxes. One has to pay 265 types of taxes. Italians are known for their art. They make beautiful things. But they cannot, because they have to pay so much in taxes. Only the designers make the money befooling everybody. They befool people so much. Once my husband went to Cairo and bought one scarf for me. So he said, this is designers.

I said this looks Indian to me. This is an Indian thing and surprisingly in the corner it was written 'Made in India'. He paid 25 pounds, in India you could get it for 2 pounds. So another thing is to run a race of eliteness. You see this one (spectacles) was bought by my son - in - law. I said what is so special. He said very great you know. I didn't know what was so special about the spectacles. So I went to one shop in America, and they all started saying 'Madam, Madam'. I said what is so Madam about me? Why are they calling me madam. Oh! you don't know, This is Cartier, I said who is this Kartiye? So I am going to put Kartikeya against them. All such stupid ideas. You see, they bought me a watch 'Pathek Philips' that watch they brought for me, and it would not run in time! I said what is this? Never keeps the time, is always out of time. My vibration must be trying some tricks. So I gave it to one of them. I said Baba show this to Pathek Philips. This will hit their ego Mother, very much. I said why? Because they think they are the best. I said whatever it is, tell them, you change. It doesn't keep to time. Then I asked my daughter to have it. I said Baba I can't wear it, I don't know why. May be I'll have something simple. That too again turn out to be a designers'. They are now, almost all of these designers are in jail and some of them met me when I was coming from Russia. They are absolutely useless people. They take out some idea and sell it at high price and if you are a fool, you go and buy that. Did you notice that this is Kartiye? Sahaja Yogis are simple people. Now this is the thing that there are also Mafias. I tell you and these Mafia are exploiting you. I have written this in my book also, if you read it, that how these entrepreneurs are trying to befooling you. You wear simple dress. Simple, a handmade will be much better than to wear something that makes you look like something out of the blue and there is no need because it is just satisfying your ego. So people have habit. Supposing I have a dinner set, may not be good. They'll come and see the back of the dinner table. Ah! from where did you get it. I don't know, don't

know, no, no I think some body gave me, I don't know, I don't know. No no you better find out, because its very nice. Next day they'll go around the whole place to find out if they can get the same dinner set. Sahaja Yoga is just opposite. I think you depend on Sahaja Yoga. Once my husband liked one tea set. You know, London has huge big stores. Some of them are really horrible. I went there. 'Baap Re Baap'. We walked and walked and walked to so many. They said alright we promise after 6 months, another said after 7 months, another said 8 months. You give us the order. I gave up the idea. Then Sir C.P said what has happened to their factories? I said they don't have anything, they are exporting. Then I went to Australia, you'll be amazed, and there for a special price, just for propagating they had put these tea sets there. Imagine in Australia, and I got it for the half price.

So if you don't have greed, you get what you want just there. Just there you get it. But if you have greed then God makes you dance. Alright! That is what is so simple as that. Whatever you want you can get it if you don't have greed about it. That's such an enslaving thing within us that we have greed. I mean I can give you thousand and one examples of that, thousand and one that if you don't ask for anything, don't desire for anything, you get what you need. Whatever you need you get. But if you go on desiring then, go mad after it go there, get this and get lost and then the thing also gets lost. That's why it is said better try to develop detachment. It's alright, if it is there well and good, if it is not there doesn't matter. Then you'll be surprised your attention will be so subtle. Now, none of you, I think, has seen these beautiful flowers. What are there, the beautiful embroidery that is there, the way they have done this. Now, can you tell me how many there are hands in this work? Fourteen, twenty eight, this side 14, this side 28. I mean inclusive of all these other things. So, you don't notice anything and your attention becomes Mahamaya, they say it, then the Mahamaya.

This is no explanation. Your attention, if it is clear, is simple, you can see the thing clearly and with that attention only, that attention itself, takes you to the right place where you have to go, you get the right thing what you want to buy. Can you tell me, these carpets are from where? They are mostly from Russia. I went to Russia and I saw this carpet factory. They have no sense of export also. So, I told them that how much will a carpet cost? Doctor knows. They said only 20 dollars. I said 20 dollars for a carpet? So, I told doctor now what to do? We have to buy many. I said how much for export? 200 dollars. I said in India the other way round. If they have to export something then the price is less. I said alright, so I guess, we must think of a solution because I need it. So I asked about 20 Sahaja Yogis to go and buy each one. To Russians they give for 20 dollars. I said alright you bring this.

So you should go in for solutions and not for problems. Greed is a problem, Greed is a problem. How to get rid of the greed is the point and to get rid of the greed is that if I buy something, for whom should I buy this one? For whom should I buy? Han (yes), this will be alright for another friend of mine. Like that. If you train your mind on these lines not for yourself but for others, then, you'll be amazed, this greed will run away and you'll have joy. As you want to give me things, I understand that I also want to give you, in the same way think of all others. They are all brothers and sisters. Some other countries, make friends with other countries. If giving is there then this greed goes away, and you get what you want, the very simple mantra. Its surprising so far, with all the miracles you don't understand that what ever we need will also be provided for, but you must need it, not for stupid collection of things. This was a very - very good thing, acted very well. I enjoyed it thoroughly, this Swiss bank laundry. I know my country suffers from it.

Now the another drama which was done by the English shows that 'Pilgrim's Progress' is

an old, quite an old drama, which I had read long time back. But this is the real pilgrims they have shown, how a seeker goes into wrong ways, methods and throughout they have very nicely brought in how even a Sahaja Yogi while rising falls into different pits. So it is a very good thing for you to know that if you are a Sahaja Yogi, you should be very careful and you should see that you don't fall into these pits and ultimately the ego and superego. In the west the problem is more of ego, not of superego and for ego, to accept that you have ego is the only way and then it will drop out. If you know there is ego, ego will dropout. Simple thing is to know that you have ego. Ego of something. People have ego of any nonsense you know. There was one lady very proud and egoistical, so I asked about her, what is the matter with her? Because she knows how to make dolls, that should give you ego or what, I didn't understand that part, but this is what it is. Even for small things people have ego and all this designing and all that is based on your stupid ego which makes you buy all these things to show off your ego. So, try to be humble, and try to understand that all these worldly things, we are not going to take them with us. They are all going to lie down. I am not saying you renounce, I am not saying you take sanyasa, but you should know that the value of these things is nothing compared to you. When ego comes, this idiocy comes in, you think by wearing something great you have influenced others very much. You may, but those who are influenced are another set of fools, I must say. Once I was wearing a ring and I went to shopping in one of the places and they were so respectful to me. I said, suddenly the shopkeepers who never respect me because I am an Indian, what has happened to them? I had gone to a shop where the lady was known to me. She said may I ask you, is this real? I said what do you mean real? Is this real emerald? Yes, yes very old from my family. Han! So family is very rich. No, no, It was from my forefathers, I am just wearing that. My God, if it is real, what will be the price? I said how

will I know? It was bought long time back, I don't know the price. No, can you get me one. I said why do you want to have it? You can have this one if you like. Like that, a small thing makes them so, that you are so great, it's not. What is the greatest thing in us is our Spirit. It's the spirit that we have and we should know that we should be proud of it that we have got the spirit within us and if you become proud then you will not do nonsensical things. You are people who are all realised souls and already you have crossed over this pilgrims stage, you are much above that.

Now the greatest thing is to know that we are spiritual people and as spiritual people you even dominate me in a way. If you all desire for something, I can't get over it. I have to accept, I have to keep you pleased. Many things I am doing just because you wanted. Doesn't matter, it doesn't matter to me because nothing comes over my head. So it's alright what ever children want let them do. But the one point is this Ego, has to be really under control. There's one little more point I want to tell you, because tomorrow I may not be able to say in Navaratri, you see, I am bound by other things. I wanted to talk to people who are married in Sahaja Yoga, specially to the ladies. I think some of them are extremely dominating and stupid. What is marriage? Marriage is honeymoon, I think. Honey is the Essence and Moon is the peace. Now if the women are quarrelsome, fighting, sarcastic, it is absolutely a hell for man. Instead of them if woman knows the essence, the honey, she should know how to please the husband, to bring peace in the family. Now some of the husbands, are drunkards or anything, not in Sahaja Yoga. What pleases the husband? You see in a way, it's a trick. It's a trick of a realised soul, how to please others? What do we do to our husbands? Do we try to please them? First of all find out what he likes? My husband I would say, (he has gone away Thank God) he used to say you should not wear any flowers in your head. But in Maharashtra all the married women are supposed to wear flowers. Since, that day I have never worn any flowers

in my head. It's alright, doesn't matter. He didn't know what I was? So he said, don't wear any flowers at all. Then he said you must wear bangles, because he comes from a very traditional family. All my life I have worn bangles. It pleases him, what's the matter! Little - little things you do just to please him. Then he'll also start thinking what should I do for my wife? But first it must start from woman, not from man, because women are responsible for the society. In the western culture they have not told what their job is? Man's job is economics, politics, money earning. They have made a mess out of it, I agree, quite a big mess. But your job is to make the society. And to make the society you must know how to keep children pleased, how to keep husband pleased, how to help it out. On the contrary if you try all the time to dominate, that's not your job to dominate at all. Your job is to make neutralize his domination by simple, simple things. I'll give you an example. My husband is not here. He knows, I am very clever in certain things. In his office he had a gentleman. I never used to interfere with his office. But there was one gentleman, good one, who gave up his organisation and joined another one, because it was a private one, and he was getting more money so he joined it. But there he found it was horrible. So he wanted to come back to Shipping Corporation. But my husband is very particular about rules - regulations. No, no, no, no, now I won't have you, I don't want to see your face, get out, this thing, that thing. So, he came to me. Normally I never interfere. He came to me and he said if you tell him, he might listen. I said no, if I tell him he will never listen, but I know how to do it? So I told him that this gentleman came to see me. Han! So he has come to the right person, now are you going to trouble me about him. No, no, no, not me. But just think why he came to me? He said why? Because he thinks I am more generous than you are. Immediately this competition started. And that fellow got the job. He was a great friend of his. Even in London he was helping him a lot. So when we

think that we have to control our husbands, it's better to do in a very simple way. Only on fundamentals you can put down your foot. Otherwise for small small things, if you go on dominating your husband, I tell you, you will miss the point. You are married for stupidity or for honeymoon? And in the West, specially in Italy we have had very bad experience of women. English also, English girls have given me lot of trouble. I mean they are banned now. Because I can't help it. One girl from Shillong was married to somebody in USA. Imagine from that horrible Shillong, where there is everyday at least 30 murders! She got such a good chance to go to US. Of course USA is also not a very great place. But she started behaving as if she is a childish person and talking to him in such a manner. He told me Mother, she's a sadist. Whenever I telephone to her, she talks to me in such a sarcastic manner, this and that, that I am surprised. I said a lady from Shillong, I can't believe it. Then he told me what she talked to him and how she talked to him. I was amazed. I mean no man would be happy to hear all these things. But she thought she was very friendly and she was joking and something like that. This does not work out in marriage. Man doesn't want a wife to be on the horse and beating with a whip. Why has he married? For the happiness, for the joy, for the sweetness. Its a very important thing I wanted to talk because so many of women think that they are something great. Some of them have some money, some of them have some jobs. But the first job is to keep the society very happy and to keep your husband happy. It is the first job. If a woman cannot keep the husband happy, she is no good for us. She is no good Sahaja Yogini. A man who is working in the office, has to keep his boss pleased. If he doesn't please his boss, he is useless, he is thrown out of job. In the same way, a woman has to think about the husband in a very kind manner, because this is her job, this is why she is married. Otherwise she should not marry, she can do what she likes. It is a difficult thing to convince anyone because you

see men are right - sided, they are hot tempered. But I have told you just now, how to capture their anger. I have seen also in the films, you see, all romantic scenes going on. It never happens. No body is like that, its all absurd thing. So you expect them to be film heroes. It's not so. You have to love, you have to take your husband in your heart first. This is your duty, otherwise what else are you doing? I was shocked, that a girl from Shillong! And this boy said "Mother you can kill me, but I will not have that girl here!" But she's not joy giving. It's a fact.

If your wife is like that supposing, now I am telling men, the trick of the trade is, if your wife is like that, try to understand why she does it? What is her problem? Why is she dominating? Or you think she is dominating you. Most of the times, most of the men who talk that wives are like this, wives are very dominating. Why she is dominating you? What's wrong with you that she is dominating you. If you introspect you'll find that you give very little time to her. There was one lady, she wanted to have a divorce. I said why? Because he goes to work all the time and he is not there and this and that. But I said if you divorce, then you'll never be with him. Why do you want to divorce. At least he gives you some time. But if you divorce, then he'll never be with you. So why do you ask for divorce? I can't understand the logic. I mean women should not be brainless, to say such a thing. If you want to divorce your husband for this, its absurd. Now for men it is important that they should give some time, pay some attention and get some things that they like. Now I'll give you again my own example. My husband never brought any flowers for me. You all bring flowers for me. But he never brought any flowers for me, whether it was birthday or anything. Then I realised that this man has no sense of flowers. He doesn't know what is a rose or what is any other flower and he might bring something which is horrible! May be cactus he might bring. It's better if he doesn't bring anything because that would be

insulting, isn't it? One day he admitted I don't know about flowers, now will you tell me? Except for roses, I don't know anything. And you'll be amazed even roses, he mixes out things. So with such an ignorance of things if your husband doesn't do, it is for consideration. But men should try to know what a woman likes? What she wants? Moreover, men have their own style of thinking. Now, to give my own example again, better is, he buys always very expensive things. So I have told him, don't buy anything for me. You don't like. No, no, I like it. But too much of these expensive things, why you should buy. So he is very fond of buying this kind of sweater from that Scotch house. Very expensive they are two hundred and fifty pounds each, you know! I don't know how many I have. How many in black, How many? I told him I'll get it from Switzerland. They are much cheaper there and all that. Then another is he wants to buy Kashmir coats for me, always. I must be having at least ten of them hanging. But he likes to give that only, alright. So I am passing on them to my daughters, grand daughters and all that. But what to do now? He doesn't mean anything bad, but because he doesn't know, doesn't know. First thing he did was to when in India, before going to the Puja he went to buy a saree for me, one of my nephews went with him. He says give me the most expensive saree that you have. So these people thought somebody has come now, the shop keepers could understand, this gentleman doesn't know anything. So they brought out a saree and said this is the most expensive saree, the price is 45,000 rupees, in those days. Alright, Alright, you give me. I have a card, will you take the card? Yes, yes, we'll take. He bought a saree. It is so heavy. It is so heavy, it was something like armour. He said you must wear for the Puja. I was walking like a giant. There is a description of your Mother is Atisaumya... (अतिसौम्या) Atiraudra... (अतिरौद्र) She is extremely soft and extremely terrible and I don't know, with that saree, how I sat? I sat in one place glued down into that and now to get up, I didn't know how to get up with that

much of weight on my body and then I brought it and put it properly in a box. He said when are you wearing it next? I said please I have kept it nicely for one wedding, I will wear it sometime. I promised him and kept it because he does not understand about sarees. I know he doesn't understand about sarees. So if he doesn't understand, whatever he buys I say alright and he spends so much money on those things, 45,000 Rupees! He doesn't understand what is real what is unreal. Nothing. Doesn't matter. You have to see his heart, how he is giving, with what love he is giving! He doesn't understand what can you do. Poor man! I always buy suit lengths for him. Once he said I am going to buy this time. I said better buy. He bought such a horrible one. He went to the office and everybody said, Sir, this is not your taste. He threw it and said I will never buy now, you go and buy for me. See, the trouble is if woman takes interest and knows what sort of colour he will like because public opinion is very important for men, what the public says. Like once I painted my drawing room with very nice colour, pink and black mixed very nice, because it is the sign of warmth. He said what is this colour you have put? You should have given this and that. I said alright, tomorrow we have a party, after that I will change. Next day people came and said, "What a colour, have you made this colour? He started looking at me. I said should I remove it? No, no, no. Men care for public opinion very much and you should see that you create a good public opinion in his presence - so that he appreciates you. All these are tricks. I tell you we are very simple but you have to understand. Sometimes they get angry, doesn't matter. Actually if they are angry with somebody else, they will come and put it on you. It is better because if they do anything to others they will beat them. You are not going to beat them. If you understand few things about men, it can work out. Of course some are very miserable husbands, I know, and some miserable wives. For them we have divorce allowed in Sahaja Yoga. So that is the thing I wanted to tell you that you should

make very good house wives very good Grahalexmi. Why I am telling this is that I am suffering from Grahalexmi Chakra. All the doctors have told me, it is because the collective Grahalexmis are not all right, because they are not good housewives. Like, I tell you, we have Swiss women. They are very good I agree but very fond of cleanliness. Swiss women are mad after cleanliness. You cannot talk to them even for 5 minutes. If you are sitting with them they are picking up this, picking up that - cleaning, cleaning, cleaning! Very difficult, Swiss women. Now I was in Ilithriya, someone told me that women of Ilithriya are known to be Swiss women. So, it does not matter if the house is a little bit untidy. In India no woman would do that. The guests are sitting and she is with the hover! If anything breaks! In India, if thermometer breaks, they will say, it is good, now there will be no temperature. But I have seen, in the West it is very surprising. Supposing some coffee spills, immediately they will bring the hover or something to clean it, in the presence of the guests! It is not important, it is a very subtle type of materialism, I think, that a person is sitting, who is a guest and why are you trying to do all these things in her presence? But the western women never understand. Another thing is, now you go to an Indian house, their colour scheme is different and if you go to South Indian, their colour scheme is different. All have their own taste. As soon as they will enter, Western women, what a colour scheme! What a thing you have bought! Oh my God! Immediately they will criticise, on the face!

So another point is that you must always consider the feelings of others. Women is there to give proper understanding of the feelings of others. What they think! Or they may go to an Indian house which will be smelling of their food; they will eat the same food, they will enjoy the food but try to show that it is something lower. It is very western, I must say. If somebody is wearing a dress, immediately they will pass a remark. Very western idea, you will not find good Indians doing that. I do not know about modern Indians as to what sort of taste they

have? But immediately they say things which will hurt. This is not the way a woman should do. On the contrary, always praise, what's the harm? By praising something you are not losing your business, by saying what a nice thing! What a nice saree! What nice clothes! What's the harm?

You will really enjoy your sweetness. It is not telling lies, not to be that honest, it is not necessary. Because you do not like something, you must say, "I don't like it". This word has to go from Sahaja Yoga - I like this and I don't like that. If I say that then how many will remain in Sahaja Yoga? So it is very important to drop this - I like it and I don't like it. Who are you to like or not like?

What about your spirit, what about your heart? So again the same thing comes to that the women have to have a heart - very large heart, beautiful heart. Your Guru is a Mother. So you have to be wonderful mothers and wonderful wives - and should have very very large heart so that all this selfishness, even this bank will collapse - if you do that. It is existing because you have a small heart, if you have a large heart then it will collapse. I have said it, specially because I have had many complaints about women who are married here, some Indian women also. That's why I am telling you. Best reports are about Russian women, I must say - very good reports about them. They are very satisfied souls, they want very little, they are not greedy. Surprising! Communism has done so much good to them. It is not communism but the extremities of communism has thrown them into the area where they don't have any sense of possession. They don't have. Their government said, alright, you can have your flats and look after them. We do not want to have, we are alright. Government servants were told that you can have your cars, but they said, we do not want to have. Because just to own the car is such a headache. Let the government have the headache. They are not the sort of people who are even conscious of possessions. Of course, now they have some funny people, I am forgetting his

name, who was Finance Minister. He was in Geneva where he learnt the trick of the trade and he brought forth lots of reforms - so called. So now Leningrad and Moscow have become very expensive. Thanks to Swiss influence. This has happened there, yet the people are very good. The ladies who come from there and even the Romanian girls are very much respected. Now everybody wants Romanian or Russian or from Keiv. But this time they did not come. We are sorry they are not here. We are missing them all.

Lastly I have to tell you that there is a very good book, Arun Apte has written. You all should buy. This is a very good book. You will understand about Indian music. It is said that this music has come from Onkara and it is very sensible music. I think all those musicians, who sang before me, who were singing western songs was alright. But what was missing in it was melody. It is not melodious. They think that they are singing through their heart. Artificially they want to produce the effects. There is no need. To sing in parts - one word and then one word. There is no melody, there is no flow in it, while the Russian folk songs were melodious. But, do not worry, Americans are invading that part also. They are having all this horrible music there. Now the music means that it should please you, it should give you more entertainment; not to make you unhappy, not to make you sad. If you have all these feelings within you then you should try to say like this, then you should say, yes; I have this problem, but I will get over it. Because you are Sahaja Yogis, you have to show the victory, victorious nature of yours in music. I am not talking of others. They go on crying, weeping and singing but there is no melody, first of all. It is just part, part, part. Even the Orchestra has never surprised. It goes like - Kain - kain - kain. But Indian Orchestra is melodious. It flows like a breeze. So this difference is very bad.

So I will request all the musicians, who are singing, that singing does not mean that

you use words which nobody can understand. Words should be clear cut and the melody must be there. In Indian Ragas there is melody but words are not important. So you enjoy the tune and all that, whether you know the language or not, does not matter. So when you can combine melody with Western music, how different it will be! This book will teach you. This is a very good book which you should have and you should understand that how the music can cure you, music can give you joy. Know what is the basics, the essence of music and then you can flower it out. I am sure if Indian musicians take to Western music, it will be much better than what it is. I cannot understand, these people are so famous, people think they are well earning and all that. In America anybody can earn like that. But to make it a proper music you must have the basis of Indian music. Then you can expand it as you like. Please try to buy this book to understand Indian music. You must read it and you will know the essence of Indian music.

Lastly, today is the fourth day of Navaratri and they have given me some names which are really horrid. But they must be people who have suffered too much and they ask the Mother to kill those Rakshasas. Now, in a way, it all will get killed in its natural course, I know that, if you people take to sense - because you are the ones who can do it. If you do not try to acquire things which you do not want, unnecessary things, if you try to reduce all these things and take to something natural and love the Mother Earth, I am sure, it will work out. The Mother Earth, herself, will work it out. You know these earthquakes. Now nobody is going in the church. I did not do anything. It is the Mother Earth - nobody goes in the church. I did not do anything. I was sorry for the art pieces gone. See now, how the nature is working out! Now Islamic people, from Indonesia onwards, all these people are suffering from the smoke. I did not do that. When you try to do something wrong, it comes back to you. Action has a reaction. So your faces should be Sahaja, you should be Sahaja. You should

not look like strained people. I can not understand. You are Sahaja and be in that Sahaja mood. I am sorry, I have taken so much time, tomorrow I won't be able to speak about these things to you. You should try to think about that our Mother loves us. She wants us to have a good family, She wants us to look after our children. So I have advised all the men as well as women. It is better to be henpecked. There is no harm. But henpecked does not mean they

are henpecked. Just to please your wife, what's the harm? But that doesn't mean that she dominates you. Stupid things you must not permit. But woman must understand that her family is more important than father, mother and even Mataji. Because I will be happy only to see the happy family.

So thank you very much.

Dear Sahaji Sister/Brother

Jai Shri Mataji

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Guru is that he is a satisfied
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