

# Divine Cool Breeze

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*Mother's Love Wins Russian Hearts*



"Your beautiful being which is enlightened by the spirit will prove to the world that Sahaja Yoga is the Truth."

(Mataji Shri Nirmala Devi, Navratri Puja,  
Cabella Ligure, October 5, 1997)

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# Public Programme

## KIEV

July 28, 1993.

**I** bow to all the seekers of Truth. At the very outset we have to know that Truth is what it is. We cannot think about it, we cannot change it and at this human awareness we cannot know it. We have to know what is the Truth. The Truth is that actually we are not this body, this mind, this ego, these conditioning but we are pure Spirit. We say: my body, my conditioning, my ego but who is this "my"? You see all these beautiful flowers. We do not understand or not even think that this is a great miracle. It is a miracle that from a small seed these flowers have come out! And the different flowers from different seeds are so beautiful. Who has organized this? Who runs our heart? The doctors will say it is the autonomous nervous system. Who is this auto? All these questions start coming into your mind. So we take to various things and try to find an answer. Science also has its limitations. And we should understand that it cannot answer many questions. One of them is why are we on this earth? What is our purpose? If science could answer that question it could talk about the Absolute Truth also. But it cannot give these answers.

So now we have to look into ourselves and see for ourselves how are we here as human beings. We have come they say through evolutionary process. But this is the end of our evolutionary process. Christ said that you have to be born again. All the religions have said the same. But it has to happen. It cannot be just a lecture from me but it is a happening that should take place.

So now, today you are all here to know about the subtle centres, the subtle system that is within you. But you have to keep your mind open like scientists.

And if it is proved then you have to accept it. If you are honest you will accept. Because it is for your individual benevolence. It is the benevolence of your country and of the whole world. Because most of all problems come to us when our centres are out of order. If some how we can manage to correct these centres then all the problems are solved. So when this Kundalini power, which is resting in the sacrum bone, triangular bone, is awakened, it passes through six centres ultimately through the fontanelle bone area and connects you to this all pervading power which does all the living work.

Thus your physical problems are cured. Definitely Sahaja Yoga has cured many incurable diseases and there are many doctors who are following Sahaja Yoga. There is a scientific explanation of everything. In Russia we have about two hundred doctors following Sahaja Yoga.

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again.**

There are other problems within us which are mental. And these are coming out of our overworryes and also too much thinking, we get into stress and strain. And many people are also trying to do things which they should not do and they get into lots of mental problems. People become schizophrenic or they become lunatic. All kinds of mental problems are there which can be solved through Kundalini awakening.

The third problem that comes to us is spiritual because we are seeking, whether we know or not, our spirit. So there are many people nowadays who have come as false and they are trying to mesmerize people. This morning a young boy came in my room and he started talking like a mad man. I was really surprised how this young



man is so mesmerized. But there are people who try to mesmerize because they want to earn money out of you. How much money did we pay to Mother Earth for these flowers? How much money is required to run this body? To whom are we going to pay? It is spontaneous. Sahaja means born with you. It is built in these flowers that they should sprout, and built in this Mother Earth that they should sprout. So it is built in you. It is your power. This is your right to become the spirit, to solve your physical problems, mental problems and spiritual problems. That's not the only thing that happens. We are human beings and we always try to get to habits which destroy us.

All these habits drop out. Because we get wisdom within ourselves. And this wisdom cures us. Like if I have a snake in my hand and there is darkness I can't see, and I am obstinate and if somebody says there is a snake I'll not give up. Till that snake bites me I may not give up. Somehow or other if there is some light and in the light I see it's a snake then I'll throw it away myself, nobody has to tell me. Because you become your own guide, you become your own master. This is enlightenment. As we call in Sanskrit Bodha from where Buddha has come. That means you have to feel this Reality, this all pervading power

on your Central Nervous System; that you should know everything about it. It is not something secret. There is no secrecy in Sahaja Yoga. Everyone knows everything. They know how to raise the Kundalini, they know when chakras are in problem, they know everything. That is how a person can give realization, enlightenment to thousand people. This is the time of enlightenment, of the Last Judgement. They call it Kayama in Koran, where it is said that your hands will speak and tell you all about you and about others. This is exactly what happens; on your finger tips you can feel your centres and you can feel the centres of others.

Thus you develop self-knowledge and also you become collectively conscious. That means a microcosm becomes a macrocosm, means a drop becomes the ocean. Then in the whole world you

don't know how many brothers and sisters you have! There are fifty five nations where Sahaja Yoga is working. And you have brothers and sisters all over the world. It's like anything if it happens to your one finger the whole body reacts. So if anything happens to a gentleman in Ukraine, people may come from America or Germany or from India, from anywhere. Because you know the Absolute Truth. Even small children can tell what's wrong with you. They can also give realization. They are more suited, I think. But we have to know that our innocence is never lost. It is eternal. Only by our mistakes we might have covered it with some clouds. But after

you have established your connection with this Divine power then you are amazed you become an innocent person. You develop your own sensitivity inside to your own peace. You become extremely peaceful. And that peaceful nature of yours will bring forth the future of a new age where there will be no wars. Family is improved, children are improved, everywhere we find people like angels. Your attention becomes innocent and very effective. Wherever you pay your attention, it works. Your powers are great which you do not

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Last Judgement.**

know, and also the knowledge which is the pure knowledge within you that starts manifesting. The whole thing looks fantastic. But you are fantastic. It's like if you take a television in a very remote village of India and say that you can see films in this, they say, box, they'll say: "How can we see in this box all the films?" In the same way we also think we are just boxes. But we are not, you'll be amazed how dynamic we'll become, how compassionate we'll become. So all this is for you and tonight you can have this ascent. Of course you can't pay for it and you don't have to do anything about it. It is just all there. After getting realization then, of course, you will have to spend little time in the collective and know all about it. And you have to master it. Anybody can do it. Whether you are educated or uneducated makes no difference. But it's not meant for idiotic people or stupid people, or

for people who are very arrogant, or for people who are mesmerized, or who are involved in some stupid organizations. So I have to tell you that this will take hardly about ten minutes but I cannot force it on you. You should have a pure desire about it. Because I respect your freedom. Those who don't want to have should really leave this place.

Now there is such a lot of knowledge which I cannot tell you in one lecture. But like these lights you have to just put one switch and they are on. If I have to tell you the history of electricity that how it was brought here to Kiev, it will be boring stuff. It's better to put the lights on. Because it is built in. **There are three conditions which you have to fulfil which are very simple. The first one is that you are not to feel guilty at all. After all you are human beings and only human beings can commit mistakes. You are not God. If you have committed mistakes you should face them. But don't put it as a guilt. Because it spoils this centre (Vishuddhi) here. And the centre is very dangerous because it gives you a disease called Angina. Also it gives you spondylitis and lethargic organs. So it is a myth to feel guilty. You are human beings, the epitome of evolution. So please, do not in any way condemn yourself but forgive yourself. Because if this centre is not all right the Kundalini won't rise.**

**The second condition is very simple, you have to forgive everyone. Logically whether you forgive or you don't forgive, you don't do anything. But if you**

don't forgive then you play into wrong hands. You play into the hands of people who want to trouble you while they are quite happy. You are torturing yourself for nothing at all. But if you forgive then you feel much lighter. So please, forgive everyone. Even not to think about them. Just forgive in general. I tell people that tell all flowers, all the trees that you are forgiving everyone.

**Now the third conditions** is that you are to have full confidence in you. Please, do not condemn yourself. Please, be very pleasantly placed towards yourself. Don't believe people who tell you, you are sinners. We'll prove that you are not. So have full confidence in yourself. And that confidence you will get today, your enlightenment today, your self-realization today. First, it will happen that you will be aware but there will be no thoughts. That is the state when you will be in the present. We cannot be in the present, we are always in the future or in the past. There you will be in the state of peace, and present is the reality. The past is finished, the future doesn't exist. So you have to be in present. So first thing becomes is thoughtless awareness, a new dimension in your awareness. Secondly I've told you that you become collectively conscious. You can feel this All pervading subtle power on your finger tips. And you can feel the cool breeze of the Holy Ghost coming out of your head or the Kundalini coming out of you. Everything can be verified, is absolutely tangible in Sahaja Yoga after realization.

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## Miracles in the Sky

**S**ome Sahaja Yogis were blessed to see miracles in the sky before the Public Programme in Kiev. They are described by a Kiev Sahaja Yogi as follows:

The last preparations for Shri Mataji's arrival were in progress. The musicians performed the first few songs when I heard: "Look, what a nice Kundalini is seen in the sky!" The scene we saw is unlikely to reappear some day. Over the seat prepared for our Mother there appeared at first a beautiful snow-white spiral, that is Kundalini, and then the image of Shri Ganesha (exactly the same we had seen on the slides) and a little bit below Him Shri Hanumana. Shri Hanumana would disappear and quickly reappear here and there. On the right side there was seen a clear cut white cross which soon was replaced by Shri Ganesha, a small cross being on the tip of His trunk. In the middle there was an image of Swastika with one little line missing. Shri Ganesha reappeared for the third time next to the Swastika but this time not in profile.

It was not windy but different permutations were taking place in the sky as if it were an animated cartoon film only at a slow rate. Then many images unknown to us started replacing one another.

Ultimately we saw a clear-cut circle of the size of a big Moon. Soon inside that circle there appeared a noble male face. "This is Jesus Christ", somebody exclaimed. The image dissolved immediately. Disappointed, I dropped my eyes. Suddenly I heard: "This is Garuda!" The bird's wings were covered with wavy grey feathers. This image remained longer time than the previous ones. At first the bird was seen in profile, then it turned to the audience and spread its majestic wings in a gesture of welcoming the people.

Afterwards there appeared channels, spine, paths and arrows which subsequently joined together her to form a sort of Aura over Sahasrara. Then this Sahasrara transformed into a white lotus, a gorgeous snow-white lotus pierced through with sunny sparkles. I bent my head for meditation... but at that moment I heard: "Look, there's Shri Lakshmi!" The white lotus was replaced for a female figure having few arms and crown on the head. The image dissolved quickly.

All of a sudden we felt strong vibrations on our hands. A thunder of applause was heard, everybody stood up. Our Holy Mother was coming into the stadium. All miraculous permutations and transformations we saw got immediately forgotten by us. In the sky there was not a single cloud, only a mere blueness. All attention was on the Mother!

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# Shakti Puja

TOGLIATTI

August 3, 1993.

**T**oday it is such a great day for Me to be with you, all again this year. It's so very joyous and full of fragrance. Today we have decided to have a Puja of Shakti that is the power, that is the Devi. You know within us there are many powers of Maha Kali, Maha Sarasvati, Maha Lakshmi, Kundalini. All these powers are there for us to ascent. If these powers are properly used and understood then your ascent can be permanent. Once you achieve your ascent and enter into the Kingdom of God, all these powers get enlightened. And these powers which are enlightened are absolutely filled with Love. Enlightenment, we have to understand that we get completely enlightened by Love. So after enlightenment, after realization we use only one power which is of Love.

Shri Rama had two sons : one was *Lav* and one was *Kush*. One of them, *Lav*, came to Russia. That's why you are called as *Slavs*, means "with love". So Russian people are already are quite full of their heart with love. But once you get your enlightenment you realize that your love becomes a beautiful ocean of joy for yourself. This love is not the same which you had before enlightenment. It's transformed into a new dimension, into a new form. Before enlightenment you are attached to yourself, first of all, very much : to your body, to your mind, to your conditionings, to your intellect, to your ego. And that is how you develop darkness of many horrible things within yourself. If you are too much attached to your body then you may eat too much or you may not eat at all or you may exercise too much or you may work it out for a particular form of your figure. But when you become enlightened and you understand that your body is the temple of God, then you keep your body clean and also you try to avoid all that is destructive for your body.

The another attachment we have is very limited, say for your own family, for your children, for your wife, for your husband, something like that. Despite that

a human being can be extremely selfish and could only bother about himself and first of all him and then the rest. Also he may spoil his children or spoil her husband or his wife in any way just to pamper their ego. Some people might indulge into alcoholism or drugs or all kinds of things. Also to help their families they may draw other people because they are very self-centered and their vision is very narrow. Sometimes they discover that for those people for whom they are doing wrong things, do not actually bother about them.

Then there's enlightenment and they see for themselves that whatever I'm doing is neither good for me nor for my family, nor my relations. After enlightenment you think collectively. Also when you think about your wife and your children, your family, you think what is the right thing for them to do. Immediately you become attentive to their problems and to their destructiveness. Then this power of love changes the whole atmosphere. In the family people see how sacrificing you are and how noble you are. This nobility is seen very clearly among Sahaja Yogis. In that noble understanding of life they try to be extremely patient, sweet in the family and try to bring them to the right path.

Because of the enlightenment there's detachment. And the power of detached love is the greatest. It's like the sap in the trees which rises from the Mother Earth, goes up into the smallest of leaves and then it is either evaporated or goes back to the Mother Earth. It doesn't stay in one flower because it likes it or in one leaf because it likes it. It nourishes every part of the tree, whatever is need, and is not attached. But supposing it gets entangled or involved in one flower or in one leaf, the tree will die and that leaf or that flower will also die. So detached love only gives, doesn't expect anything. It is complete prosperity and the goodness of the tree. In the same way a saintly person, who is a Sahaja Yogi, behaves towards his family, towards his friends, towards everything.



We have used only the power of hatred so far. In the politics, especially, one country believes that they must hate another country, they are born for that. Because hundred years back some quarrel took place or a war took place, so the children are still fighting among themselves. You'll be amazed that when I first came to Russia, 25 German Sahaja Yogis rushed to help me here. Instead of bearing that malice in their hearts, as their forefathers had killed so many of Russians, they felt it was their greatest duty to go and do some service for the Russians. So all the hatred changes into this powerful Love. This power of Love is the greatest power and after Sahaja Yoga we have to use only our power of Love. It's the most powerful, effective weapon that we have. Because this is Divine Love. We are getting the source of Divine Love from the all pervading power of God's Love. They say that God is Almighty. Then who can be more powerful than God? And if we are connected with God Almighty, who could be mightier than us? In His Love He protects us, He gives us whatever we want, He blesses us and He makes us enjoy ourselves. His government is the most efficient one and is very quick and very fast.

Today only when I was coming, one of the Sahaja Yogis came and said, "Mother it is very cloudy, it may rain." And when I came out after five minutes I found the whole sky is cleared out. **So all these five elements also are at the disposal of the children of God. Even the cruellest of the cruel person melts down and comes to the humble understanding of this power. No one can harm you. And anybody who tries to harm you becomes melted away.** There are so many miracles that in this short speech I won't be able to tell you all of them. But you'll find it in your life itself, how this power of Love, that you have within your heart, has protected you. I have seen people who are very hot tempered, who are angry type and who are all the time making other's life miserable, become extremely beautiful, nice people. With this Light of Love you love yourself in the right way and give up all that is wrong, all that is immoral. This Love is eternal, is very powerful and gives you a confidence in the collectivity of human beings. Because it's the Spirit which enlightens all your power. And the Spirit is the source of collectivity and love for every human being in the world. When your attention goes to all

the people who are in trouble, who are suffering, who need help and with this attention, which is so enlightened, you can solve their problems sitting down here. With such people there's no need to have any wars, no need to have any weapons, no needs to have any boundaries. If Russians go to India, they feel India as their country, if Indians come to Russia they think Russia their own country. So who will fight? There's no one to whom you can really say: "He is my enemy", because everybody is part and parcel of your being. These are the special times, I call them the Blossom time when too many flowers are there who are seeking the Truth. And their fragrance is their love. And they have all to become fruits now. And this is what is going to happen as these times are very, very important. In all the religions they are described. We don't hate anyone because we believe in one religion or another religion. On the contrary, we believe in all the religions. This is the power by which a drop becomes the ocean and individual becomes the collective.

So all your powers that are there are enlightened by the all pervading power. It transforms you and it has such a beautiful, delicate way of handling everything. The only thing that is needed is faith in this power and to have Love for others, and this enlightened Love is going to give you whatever you want. And there is such a power, All pervading power! There is no doubt about it! And we have to just accept it with our open heart that it fills it and makes us a great personality. So there's no competition, there's no ambition, there's no jealousy, nothing of the kind. The only desire then left is that I am enjoying myself, let others also enjoy. People go out of the way to spread Sahaja Yoga. They work very hard, travel with very little money, they try to convince people, do all kinds of things for no monetary gain. But the greatest joy is when you see that you have raised the Kundalini of another person and given him self-realization. That light of your faces I have seen many times. Let this Love grow more and more!

They asked me, why of all the places I came to Togliatti. Not for Volga, not for these beautiful houses you have but for my children who are here.

*May God bless you!*



# Public Programme

TOGLIATTI

August 4, 1993.

**I** bow to all the seekers of Truth. We have to know that Truth is what it is — we cannot change it and also we cannot think about it. Unfortunately we cannot know it also. Something has to happen, that we have to go inward. And this happening is Sahaja. Sahaja means spontaneous. It means born with you. It is born with you. It is a right, every human being has a right.

So something has to happen by which we can turn our attention inside. Everyone of you has the right to become the Spirit by which we become the citizens of God's Kingdom. Unless and until we become the Spirit, our attention remains outside. We say: our body, my body, my hands, my nose, my emotions, my intelligence, my ego, my conditioning. But who is this "my", to whom does that belong? That is the Spirit. It owns all these things. It watches everything. Whatever we are doing it's just a spectator of that.

But unless and until we have wisdom, we start doing things which are destructive to our lives. Thus we harm ourselves. We suffer physically by getting into diseases, mentally by becoming disturbed or sometimes even mad. And also spiritually we suffer when we go to wrong places. So for this we have to become the Spirit because we're in the darkness. We are in ignorance and we don't know what is right and what is wrong. The other day somebody told me that there's some false guru who is saying that this world is going to come to end. Without even asking: "How do you know?", people just jump in it. They accept it and get so frightened that they become mad. We should find out: "How do you say? What is the way to know the Truth, the Absolute Truth?" For example, we say that Christ was the Son of God. He was. No doubt. But there is no proof. So all the churches are weakened, nobody goes to church. How to prove that Christ was the son of God? Many people don't even believe in God. Because it can not be proved. We have to prove it. Now the time has come for us to prove everything.

If Spirit is the source of Absolute Truth we should get to the Spirit. If in ignorance we remain, we cannot

end the miseries of this world. We cannot avoid wars. We can not avoid poverty and all kinds of diseases.

Now this power about which I'm talking to you is within you. For example this instrument, if it is not connected to the mains, it has no meaning. In the same way unless and until we are connected to this all pervading subtle power, we have no meaning. Now what is this all pervading Divine power? You see there are so many beautiful flowers. Who gives us these beautiful flowers? Who runs our heart? Who does all the living work? The science cannot answer this question. **The science cannot answer why are we on this Earth. So we have to find the answers.** And for these answers we have to be connected to this All pervading power of Divine Love. For that within us is placed the power which we call as Kundalini. It is the power which is placed in the triangular bone called *sacrum*. That means the Greeks knew that *sacrum* is the sacred bone, that's why they called it *sacrum*.

So all of you have got this power. And all of you have the full right to become one with this Divine power. Now this Divine power is the ocean of knowledge. Whatever we know is just a tip of an iceberg, as they say. But after getting this connection through the light of our spirit, we can find out about everything. At that time we feel our fingers get enlightened. And they start informing us about everything we want to find out. As whatever information comes to these people whose fingers are enlightened, they don't have to dispute it. It is just the same. So there cannot be any argument. Then one has to understand that the Spirit is the source of enlightenment. It enlightens our attention. By that our attention becomes absolutely innocent. Our innocence is never lost. It is all there. Some clouds might have come over. But they just get removed and our eyes and our mind become innocent. Our attention becomes devoid of all lust and greed. Moreover when this power of Kundalini passes through your 6 centres, it nourishes them. It



integrates. By that you feel integrated. By the nourishment you solve your health problems and your mental problems and your emotional problems. When the Kundalini rises she passes through the six centres, above this is actually the seventh centre through which she comes out and gives you the actualization of baptism. It is not just a ceremony or a lecture, but it's a happening, it's an actualization. And when it happens you yourself can feel the Cool Breeze of the Holy Ghost. Holy Ghost is the Primordial Mother. Unfortunately in the Bible there's no mention about it. Even the Mother of Christ is not mentioned with respect. The reason may be that Paul who edited the Bible didn't like women. By showing no respect for women, women in the West have become extremely insecure. And they take to all kind of things, make themselves so cheap, sometimes it's so surprising. They're all the time trying to compete with men and want to get out of their houses. But it is not so. Woman is the potential like this Mother Earth. She is the power. But if you don't respect the women, they don't become respectable.

So this is the Primordial Mother. You have Father, the God Almighty, and you have got the Son. But who is the Mother? There has to be a Mother. And this Mother is the Primordial Mother. Thus by showing the dove you cannot say She is the Holy Ghost. Of course, dove is the pure thing and it ascends. But it doesn't explain that it is the Primordial Mother. So reflection of the Primordial Mother is the Kundalini. And reflection of the God Almighty is the Spirit. So when they meet you become an evolved person. Then you become a person who is an enlightened person. This is a very easy thing to happen. You don't have to do anything about it. It's absolutely the living process of evolution for which you cannot pay. You cannot pay for God. He doesn't understand money. He doesn't understand banks. It's the headache of the human beings. And God has no interest in money at all. So those people who are telling you that you must pay because this world is ending or all that, be careful.

It is, as I told you, your right to have this realization. This is your own power. This is your own Spirit. And then you'll be amazed that the same Spirit is the source of joy. You don't have to suffer. It's a wrong idea that you must suffer. Christ has already suffered for you and we are going to suffer more than He?

Why should we suffer? God Almighty is your Father. He is the ocean of compassion. Which father would like his children to suffer? You shouldn't suffer in the name of God. But just enter into the Kingdom of God. There you become so joyous, so happy. You have got your brothers and sisters all over the world. Sahaja Yoga is spreading in 55 countries. Anywhere you go, they will recognize you. They will immediately know that you are Sahaja Yogis. Sahaja Yogi means a person who has got enlightenment and the one who knows how to give enlightenment to others and to raise Kundalini. But he should be the grown up person. Then he should have all the knowledge about Sahaja Yoga. There's no mystery in Sahaja Yoga. There's no compulsion in Sahaja Yoga. But freedom with wisdom. When freedom is there and no wisdom, people go amok, they go mad. This is what is happening in the West. I don't know how they are going to get out of their shocks, unless and until they come to Sahaja Yoga.

I'm very happy that I'm in Togliatti because there are so many Sahaja Yogis here. This must be some special place that people are so sensitive to spirituality, that the people are so sensitive to Sahaja Yoga, that they have taken to spirituality so fast. I wonder how Togliatti himself when he came from Italy to this place to start this factory here, he must have felt the vibrations, perhaps.

Now you have to grow in Sahaja Yoga, in collective. I know you all will get your realization, those who have not got. But you must grow. And growth is only possible if you come to the collective. Like one nail which is cut out cannot grow. Sahaja Yoga is a living organism. And that is how you grow in collective. But those who have grown and who are realized souls now, very well know about Sahaja Yoga, must go all out, out of Togliatti and spread Sahaja Yoga. One person is capable of giving realization to thousands. You have the power. You have got it now. So as you are enjoying it, you should make others also enjoy it. As you have gained in your health you must also help others to gain in their health. And it's very simple. So I leave it to you now to spread Sahaja Yoga all over the places near Togliatti as far as you could go. And there's nothing to argue about it. Just give them realization. And even the mafia people will come round. You try.

*May God bless you.*



# Sankt Petersburg

## Public Programme

July 31, 1993.

### FIRST DAY

**I** bow to all the seekers of Truth. At the very beginning we have to know that Truth is what it is. We cannot change it or we cannot also feel it at this human awareness. The time has come for all of us to know the Absolute Truth. Unless and until we know the Absolute Truth we cannot understand the different kinds of problems that are existing on this Earth. Whatever I am going to tell you, you have to listen to me with an open mind of a scientist. You need not blindly accept whatever I say. But if it is proved then you have to accept it because it is for your benevolence. It is for the benevolence of your country and it is for the benevolence of the whole world. We believe in many things, but we have not yet established it as Truth. For example, Christ was the Son of God, but it is not proved. So, some people can say: "How do you say, he was Son of God?"

So, the time has come to prove everything that is described in the scriptures and to understand that all the scriptures were written by great prophets, seers and incarnations. They said the same things. And once we know it as the truth, when we understand it perfectly well, then there is no difference at all. So at human awareness we still have not known the Absolute Truth as a fact. But our Creator, our Father, the God Almighty has made all arrangements within ourselves. There is a subtle system which is created within us in our evolutionary process. And this system is the one which gives us the absolute knowledge. The truth is that you are not this body, mind, ego or your conditionings, but you are the pure Spirit. But you are to be born again. Like a bird, it's first an egg and then it becomes a bird. You cannot certify yourself as "born again" or something that "you are great" because we are all the same. When you are born again then you develop a new awareness, you develop a different state of existence. Like, an egg is nothing and the bird can fly everywhere.

So, this happening has to take place. Unless and until this happening takes place whatever we believe into is not going to convince us ultimately. So, there is a power, is your own power in your sacrum bone which is awakened and that gives you the actualization of your baptism. It is the actualization that is important, it is the becoming that is important.

Now the second Truth means that there is All pervading power of Divine Love which does all this living work like these flowers. You see these flowers. They are all miracles, aren't they? Who runs your heart? The doctors will say it is Autonomous nervous System. But who is this "Auto"? So, even science cannot answer this question. Science cannot say why are you on this Earth. It cannot give you a purpose of life. So, we have to turn inward. But if I say that you put your attention inside, you cannot. So, this happening takes place where this Kundalini awakens and passes through six centres. It nourishes all your centres. By which so many of your physical, mental, emotional and spiritual problems are solved.

I was at Kiev and I met many Sahaja Yogis and Sahaja Yoginis. Some of them told me that they have been taking medicines for twenty five years but they have not touched it after this happening. They are here. And they also were so happy about it. Some of them have cured other people. It is not only physical problems that trouble us, also there are so many incurable diseases which no one can cure. They are also cured. Then there are people who are mentally disturbed who are mental patients, who are lunatics. There are many who suffer from epilepsy. In India three doctors have got their MD in showing how Sahaja Yoga cures patients. So, you also know everything as to what is the problem with you, also what is the problem with others. Also you know how to cure yourself and cure another person. And also you know who is a real person and who is not. Everything is open in Sahaja Yoga, which is Divine science. And you start working it out very well knowing everything that you are doing.



The other day a boy came from somewhere and started shouting at me. And he was completely mesmerized. He did not know what he was doing. Somebody has just mesmerised him and he was just shouting at me. I didn't understand what he was saying also. He was very violent. Then some people go on saying mantras. It's all madness. They have no powers, they have no understanding, they are just like people who have been told to say things like a parrot. What a waste of human being! Actually human beings are the epitomes of evolution. They are the most precious thing that God has created. But they have not known their own value. So they go to such people, give them money and get mesmerised.

When this Kundalini rises, she connects you to this All pervading power of Divine Love. Yoga means this connection. And Sahaja, "Saha" means "with", "ja" is "born". Means she is born with you with the right to be united to this Divine power. As soon as it happens your Spirit comes into your attention.

So, the first thing that happens to you is that you stand in your present. Generally you live in the past or in the future. But when this Kundalini rises, she creates a space in between these thoughts and there are no thoughts. You are fully aware but there are no thoughts. This is what we call as thoughtless awareness. When you become thoughtlessly aware then you find peace within your heart. You become absolutely peaceful and witness the whole world as a drama. You are out of problems. So, you can see them and you are no more frightened. And with the blessing of the Divinity you solve your problems. If you ask the Sahaja Yogis, they will tell you how many blessings they have. They used to write to me: "Mother, I have this blessing, that blessing". So, I told one gentleman to write about these blessings. He told me after a month that he has already got up to his head, so many papers. "Which one should I write?" I said: "Forget it".

But the Spirit is the source of absolute knowledge. It is the reflection of God Almighty in our heart. And

in every person it is the same reflection. In the light of the Spirit everybody sees the same thing. They feel the same thing. On their finger tips they can feel this All pervading power as cool breeze of the Holy Ghost. Also they can feel the centres, their own centres and the centres of others. So, they can also feel the Absolute knowledge. Supposing you want to ask about Christ now: "Was Christ the Son of God?" Immediately you start getting cool breeze in your hands. You ask about some satanic person, and immediately you start feeling the tingling or may be also sometimes blisters might come. Even you can find out about the diseases others have or the problems others have on their centres.

**Spirit is the source  
of absolute  
knowledge.  
It is the reflection  
of God Almighty.**

In the light of the Spirit your attention gets enlightened. When you see someone, normally you don't understand the relationship between that person. But when the Kundalini rises she manifests innocence within you. Innocence within us is never lost, it is eternal. But there are some clouds created over the innocence by our mistakes. But after the manifestation of the Spirit's light your attention becomes innocent. You don't have lust and greed in your attention. Your temper subdues, your attachments, nonsensical attachments all drop out. All the bad habits which are destroying

you also drop out. Example is like this: Supposing there is darkness and I am an obstinate person holding a snake in my hand. If you tell me that there is a snake, I may not believe you till the snake bites me. But if there is a little light I can see the snake. And nobody has to tell me, I just drop it out. In the same way we understand through our wisdom that these are all destructive things and we also have power to throw it away.

Thus a human being starts transforming. His awareness widens into collective consciousness, like the microcosm becoming the macrocosm. Or we can say the drop becomes the ocean. We all feel we belong to one living organism, living body. If one finger is touched or is hurt then the whole body pays attention to it. So, you feel the whole world is your



own. When I first came here, twenty five Germans Sahaja Yogis came. I've never called them, they came on their own. They said: "Mother, we have to do this for Russians because our forefathers have harmed them so much". So you have brothers and sisters in love everywhere. And the relationship between each other also becomes very pure. In Sahaja Yoga we don't have people who run away with somebody's wife or somebody's husband. They become like angels. The greatest thing is that you become the source of joy but also everyone who gets realization becomes a source of joy. And so the ocean of joy is created. And everybody swims in the ocean of joy. Then you don't have to suffer for this. You have not to go to Himalayas and stand on your head. You don't have to pay for it. How much did we pay to the Mother Earth for giving us these flowers? There is no obligation. Because it is your own power and is built in within you and you get your realization. Once you are enlightened you can enlighten so many. You get the powers yourself. The whole thing looks fantastic! If this instrument is not connected to the mains, it has no meaning. Unless and until we are connected to the mains we have no meaning, we have no identity.

So, why have we come on the Earth? To enter into the Kingdom of God and enjoy all His blessings, His protection and His love. I am sure this will happen here tonight. You all will get your realization.

## SECOND DAY

August 1, 1993.

Yesterday I told you how we find Absolute Truth. And there is already a very subtle system within us which works it out and we jump into the awareness of the Spirit. Also I told you that Spirit is the source of Absolute Truth. It, when manifested in our attention, makes us innocent and our attention becomes active. And it is the source of joy within ourselves. Also with this happening you develop a new awareness of thoughtless awareness. And another dimension in your awareness is that of

collective consciousness. All this you feel on your Central Nervous System. In Sanskrit we call it as Boddha. From where the world *Buddha* has come. So the person who is realized soul is Buddha.

So today I think I'll tell you actually how it works on our centers. The first center that we have is the red one as you see it. And this first center is responsible for our innocence. So, yesterday I told you that our innocence is never destroyed. And it penetrates into our attention. Thus we become innocent and in our attention there is no greed and there is no lust. We become like children. Christ has said that you have to become like children to enter

**Christ has said  
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into the  
Kingdom of God**

into the Kingdom of God. So all the cunningness that we have picked up through our mental activities just drops off. And our innocence then protects us. It guides us. And it looks after us in such a way that we know what is right, what is wrong. In no way we try to do anything that will harm us or destroy us. We respect our chastity. And we become very powerful and self-respected. The another side that it works in a very beautiful manner is that our whole attitude towards life becomes extremely innocent. We have child like joy.

The second center that we have is called as Swadhithana. This

is the centre of our creativity. I see now in Russia a lot of artists, painters, sculptors, and they produce beautiful paintings out of their own creativity. But those paintings or those art works may not be of universal nature. Whatever is done by Germans may not be liked by Italians; whatever is done by Italians may not be liked by Russians. But whatever art is existing today after so many years, is the art created by the realized souls. So, say, Mona Liza, which you know of, everybody appreciates, because it has vibrations. If you go to Sistine Chapel you will find there a very beautiful Kundalini and Christ standing there beautifully and the whole thing is just absolutely fantastic. Because Michaelangelo did it, he was a realized soul. But he suffered a lot. People didn't understand him. Here you have 26 paintings of Rembrandt and from all over the world people



come to see him. That's how we have also very great musicians like Mozart. Like Strauss, he had written a very beautiful thing "Good bye, Petersburg". So all these musicians were realized souls. Thus there were also great writers in your country. So many of them have written beautiful books that you can make out. In Russia we had lots of people who wrote such spiritual books where they showed the introspection of the different characters. They have told that there is the big celebration day of a great saint, who was in your country. They also said it looked like me. It was nice to hear that today is that day. So these saints and all these people really got the Divine Creativity in their lives. And they became great prophets and seers. There are many great seers who have written about Sahaja Yoga, that this would happen. There is William Blake in England. In India we had many people, who have predicted about Sahaja Yoga. Rabindranath Tagore also has written about Sahaja Yoga. In the ancient times there have been very clear predictions as to when Sahaja Yoga will start, when people will get their realizations, in a book called "Nadi Grantha."

This is a center which we use very much when we think. And this thinking becomes minimum when this centre is enlightened. Physically also it helps us a lot to cure so many diseases that we have. If this center is enlightened, then liver trouble, pancreas with diabetes, leukemia, constipation, kidney — all these problems are solved.

Then we have the third center or we can call it the second, because from the second the Swadhistana comes out. So the center which I'm talking about is called as Nabhi Chakra which is working out on the physical side on the solar plexus. This Nabhi chakra when it is in problem gives you all kinds of stomach problems, up to, we can say, the stomach cancer. But when it is enlightened, then you get rid of the physical problems of this chakra. Now the problems caused by taking too much of alcohol or too much of drugs which has spoiled this chakra also get all right. Some of the people suffer from too much greed of eating. And some of them just don't want to eat.

So when this center is awakened a person becomes a satisfied soul. And then he starts going into new direction of seeking. He now doesn't care so much for money or worldly things. He starts thinking there must be something beyond. Then a new category of human beings are born, which are called as seekers of truth, as you people are. So a new kind of channel what you call as the central channel gets awakened and people start seeking.

All over the world people are seeking. But in Russia people are evolved and they know what is to be sought or they are sensitive to Truth. The same way in Ukraine, Rumania, Bulgaria, Poland and also Hungary, everywhere I found people are very

sensitive to Truth. Now somebody asked me a question yesterday: "What do you think about these people singing: Hare Rama, hare Krishna?" I mean only stupid people can become that. You see, by saying: "Hare Rama, Hare Krishna", how can you reach a new dimension of human awareness? Krishna in his Gita never said so. All stupid ideas or by reading Gita, by reading Koran, by reading do you think you will ascend? It is like this that supposing a doctor says that you take anacin for your headache, a prescription he gives you. And you go on reading: "Take

Anacin, take Anacin". Will your headache be over? You are to take the medicine. There is no logic in just reading, reading, reading and knowing everything by heart. Any wise person can understand this. Then Krishna never said that you should live like a beggar. Actually he is regarded as God of wealth, Kubera. And his one friend was very poor, so he made a house for him out of gold. How can anyone take the name of Shri Krishna and behave like beggars? This is just the opposite of what Krishna is.

So there are many others like that, but I think, they came here, brought some food and somebody gave a lot of money in America to them and they are spending money here. So people started going to them. But they don't know anything about Kundalini,

**Innocence**

**within**

**us**

**is never lost.**

**It is eternal.**



they don't know anything about chakras, they don't know how to raise the chakras, nothing. Also they were caught for keeping drugs and taking away small children in America. I really feel ashamed the way they beg on the streets in the name of Shri Krishna, who is the Lord of Wealth.

So in the west many are lost like this. And I don't know what to say about them because they have become bankrupt giving money to all these people, and absolutely like lunatics. There is another horrible thing called TM (Transcendental Meditation), which has not come here I hope. There they took 6 thousand pounds to make people raise their body about 3 feet over the ground. In Russia nobody would accept such a nonsense. What is the need? But by jumping like that their bottoms were broken and TM people have to compensate. So from your innocence you develop your wisdom. And you understand who is sensible and non-sensible.

Then you have another center here, which we call as the center heart, which has also got left and right side. When the center heart is in trouble, one develops insecurity, specially ladies if their center heart is in trouble, if they are insecure they develop breast cancer. If the right heart is in trouble, then you develop diseases like Asthma. And the left side when it is in trouble you develop heart troubles. But when the center heart is enlightened then you develop your security. The antibodies in your body, which fight the diseases, become very alert. Till the age of twelve years the antibodies are created below sternum, and after that they are spread in the whole body. And this sternum, like a remote control, acts to inform the antibodies to fight the attack. Because when we are frightened, suddenly our heart starts beating speedily and your sternum starts moving.

So this sense of security is built up within us when this center is enlightened. You don't have any fear any more. You don't aggress any one, but you become dynamic without any fear. At the same time you are extremely compassionate. Your concern moves from yourselves to others and you just feel the love for other people. And other people who were once upon a time your enemy, may be frightened of you, may be afraid of you, become great friends. Suddenly you find that all your enemies become friends. If you are aggressive, you become extremely gentle and mild.

After that, is the center what you call as a Vishuddhi. It is a very big problem of Russians and Ukrainians. So much so that I also got this problem from the collective. As a result we develop angina, spondylitis and so many lethargic organs. We become very depressed and also then we become sly. On the right side we become very aggressive. We talk very loudly and shout at people, get very angry and annoyed. Even some children could be very rude and arrogant. And they may go and ask me question after question. All these things come from your right Vishuddhi. But when it is awakened then you become a very sweet person. You become very collective. You see other Sahaja Yogis as your own. And you want to give what you have got to others. You want to communicate. You are not satisfied only by getting your self-realization, but you think, that you should spread now. We have got such a precious thing, we must spread it.

Then the most important center, Agnya, is the sixth center. It is placed on the Optic Chiasma where the optic nerves cross each other. Now when we are on the left Agnya we are affected very much on our eyes. Our eyes can become big and may be our eyes might have a short sight. But left Agnya is crossed in the people, who are lunatics, who are mad. So this left Agnya is a suggestion that there is some sort of a possession on the person. It might be somebody through eyes can mesmerize, or may be through Swadhistana can mesmerize, and may make you really mad. Like the other day I saw a disciple of this lady Mariya Devi Christos. The disciple was completely possessed. Very aggressive and he was saying just something which nobody understood. He ended up as mad man, that's all. So one has to be very careful as to what guru you have been going, what books you have been reading, because this all can cause this left Agnya and left Swadhistana.

But if the left Agnya is enlightened then you start seeing the vibrations with the naked eyes. You also see the light on a person who is a realized soul. They have shown you the film. I think the cameras have their left Agnya enlightened. There was one man in India who was producing diamonds this, that. And the stupid people thought him to be God. He used to mesmerize people and nobody could see. About few months back very big people from the government went there. And there were four cameras. He



mesmerized these big people, but he could not mesmerize the cameras. So the cameras caught him how he took the gold necklace from another man, how he brought it and how he gave it. And we have a tape of that, I have a tape. So this is how the cameras are wonderful! The films mostly I've seen are taken by very ordinary people, some are by children. And it cannot be explained. So with the left Agnya you start seeing a person whether he is a saint or not. You can make out if a person is false or real. And your behaviour becomes extremely majestic and decent. You don't behave like a mad person. Your talk, everything becomes very decent. Even your music, even your jumping, even your dance, everything becomes very decent. There is no shouting, there is no acrobats, but just expression of your enjoyment. What is very penetrating is left Agnya. Small children specially know it better. I know of a child who just went to one lama and told him, "You are not a realized soul, you have no business to sit here and ask everybody to bow to you." So immediately one can find out who is a hypocrite.

Now front Agnya is also very important. When we don't forgive people it goes into problems. When we think too much also it brings problems. When we think too much it attacks our conscious mind. You think like mad. Over-activity of the mind. Such people feel the apathy. And now new diseases have come, where people become just reptiles, like fishes, big fishes. They can't move their hands, they can't move their legs, only the brain is working. They can't walk, they are carried like big reptiles. It is very common now in America. So too much thinking, too much futuristic attitude spoils your Agnya. Then you create a very aggressive temperament. Hitler had a very bad right Agnya and right side. They say that Dalai Lama was his guru. They are very much right sided and aggressive. So when you have the right side especially the Agnya, then you become extremely rude, arrogant and egoistic. You start

correcting everybody, controlling everybody and you never enjoy anything. And nothing goes into your head. Ultimately what we find is that any kind of imbalance in anyone of these chakras is extremely dangerous.

Now the last center which we call as Sahasrara. There are thousand petals as they say. In the Bible it is written that I will appear before you like tongues of flames. So in Sahasrara when it is enlightened these nerves which are one thousand (doctors say it is nine-hundred and eighty eight, but they are one thousand) get enlightened and just like, we can say, the flames. They shine in many colours of the rainbow. But they are very soothing, they are very cooling — Just the opposite of these flames. And then it starts that Kundalini enters inside it, the brain opens up like this at the fontanelle.

So the knowledge that we have is relative knowledge. Also we have very little and limited knowledge. But when this happens, because the Grace also falls on your Sahasrara, you become extremely knowledgeable. You start grasping subtle things very fast. Normally you cannot grasp subtle things. Of course you become very peaceful and joyous, your nerves start emitting vibrations and you know the Absolute Truth on your finger tips. Sahasrara was the main problem. Now it has opened. And that's why this work of our enmasse realization is faking place.

I have tried to tell you in short about these different centers. The quality of Sahasrara is that you know the Absolute Truth on your finger tips. And this is the great, I should say, an event in your life, that you get your self-realization, a second birth, actually. It is not just a sermon or a lecture. You get it and you can feel it and you can work it out. So the purpose of our life is to enter into the Kingdom of God and to enjoy His blessings without thinking about it.

May God bless you!

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# Public Programme

## Moscow

August 6, 1993.

**I** bow to all seekers of Truth. At the very outset we have to understand that Truth is what it is — we cannot change it, we cannot transform it. Unfortunately we cannot know it also at human awareness. If we had known the Absolute Truth, then there would not have been any problems, whatsoever, for us. You have only heard that there is a very subtle instrument within us which works out our connection with the All pervading power of Love. Without doing that we cannot know what is the Truth. Actually it is a happening, spontaneous happening. We can call it a living process of our evolution. So there is something more that has to happen to us to reach that state. And this is the special time that this is going to happen to all of you. By this happening we should know that the first thing that happens to you, is that you improve in your health and your health problems are solved. There are many people sitting here whose health problems were solved after coming to Sahaja Yoga. This is the first reason why Sahaja Yoga came to Russia.

For this you don't have to pay. These people don't understand that God doesn't know anything about money. They also think that they can purchase God. It is absolutely a wrong idea. To be very truthful I must tell you that God doesn't know what money is and bank is. Like these flowers you see here, they are just miracles from the Mother Earth. How much do we pay to the Mother Earth? This is a living process. And all of you as human beings have a full right to achieve this state. There are also mental cases which have been cured with Sahaja Yoga. This is your own power. It's your own, work it out. This is within you. This is just to be awakened. And once you are awakened, you can awake other people.

All these happenings have been predicted in most of the scriptures. We, human beings, have been fighting with each other, not understanding each other creating problems with each other, because we do not know the Absolute Truth. And we start believing

people who are just mad and want you to be mad. Like there is some lady, I am told who says that on the 24th November everybody is going to be destroyed; this world is going to be destroyed. One would really laugh at such a nonsense. But you do not know this is a big danger. Because some sort of a position in the head of a person comes and says that we all would be destroyed. We too had one gentleman in India about 40 years back or may be more who has been saying this. He is dead, and still they are saying but nothing is destroyed. In America there was one gentleman who started this kind of nonsense and mesmerized many people who joined him, specially young people, and he told them that everybody would be destroyed on such and such date. But nobody was destroyed. So he put the whole place into fire, put the fire there and he saw to it that children, women, all of them were killed, just to prove his own prophecy, so called. So what is the gain of these people I don't understand. They want to make money, or they want to kill people? Is it that Hitler has gone into their heads, or some sort of funny idea which is working in their head that they want this world to be destroyed? I assure you that your Father, the God Almighty is the ocean of compassion and love. He has created this world with great care. And he has created you also with very great care and delicate love. How will He allow this world to be destroyed and you people to be destroyed? How can any father do that to his own children? One has to understand that there is some sort of a madness about it or some sort of a maniac who is doing all these horrible things. So please try to protect your children. There have been so many like this. From 1970 I've been telling about these horrible people, how they are trying to use simple faithful people for their own purposes. Now most of them have been exposed, luckily. But still there are some like mushrooms coming out here and there. Anybody who tells you stories like this, don't believe such a person. Or else who asks money and takes



money from you for the God's work, please know that he is a cheat. How much money did you give to Christ? On the contrary he was sold for 30 roubles. So all such stupid people who go on saying things like these should not be followed. Use your wisdom.

So what the real Guru should tell you? The real person will say that you have to know the Truth, that you have to become one with the All pervading Divine Power of Love, that real one will put complete confidence in you and love. So that you can be saved and all your problems could be solved. The first thing that should happen is that you should get your peace of mind. If your guru is telling you that you'll be finished on such and such date, how can you have peace of mind. Sometimes they are extremely dangerous. But if you read about any real saints they will tell you that it is your goal in life to be one with the Divine. If they are real saints and truthful they will always tell you that you have to become the Spirit. They'll never tell you that you'll be destroyed but will say you'll be resurrected. We are here in this world to be resurrected. The message of Christ's life is that we have to be resurrected. So these ideas which are being given to you, please be very careful about them. From 1970, I've been telling their names. I've been telling about them, each one of them. I've been telling who they are. Some of them are like Rasputin, some of them are devils, some of them satanic people, some are sadists. They have nothing to do with God. One has to see that once you understand what is their value, what is their role, what is their identity, then only such a person should be accepted as a master. Not the guru that goes on taking out somebody's posters and like a mad violently running all, making everybody run all over the places. Or on the road you see some people saying some mantras or singing some mad like songs or wearing funny dresses. By changing your dress you are not changing inside. Unless this transformation comes through, you cannot get over your weakness. Your problems cannot be solved. You can never understand why you are on this Earth. What is the purpose of your life? Why have you come here? Because you are seekers, because you are seeking something higher you might be jumping into some nonsense. And I'm quite worried because it is a threat to you people especially Moscow people who are very simple. They are very wise, but still they might be deluded by people who are just trying to

mesmerize them. For example, in India there was one gentleman who used to mesmerize people and give them gold diamond, this, that. Some important people went to see that fellow. And there were four cameras, you see, just like this. And it's very surprising that he mesmerized these important people, but he could not mesmerize the cameras. And in the cameras they found out how he was playing these tricks. And of course everybody knows about it now. So all this kind of nonsense you have to be careful, because you have all the properties, all the qualities and all the powers within yourself. Now the main understanding is that we are not created to be wasted. You are human beings, epitome of the evolution. Sometimes people think that animals are better than human beings. That means that human beings are much more evolved than any animal whatsoever. This power that is within you when it germinates or when it is awakened then you are amazed how it transforms your whole life style.

Apart from your health, from your mental conditions, it is a blissful state, where you are completely aware, you are not mesmerized by any chance. Not only aware but you know how powerful you are within. You have to only know how to grow in your spirituality and how to use this power. This power that is within you was known to many people before. But there was no such mass resurrection. But this is a special time, I call it a blossom time, when you get your self-realization. There is no religion in it. We don't say: "Don't do this, don't do that" — nothing of the kind. There is no ritual. It's absolutely a scientific thing that is within you. This power you can sometimes see also with your naked eyes pulsating. And you can verify it because it comes out of your fontanelle bone area, you can feel the cool breeze coming out of your head. You can feel it on your finger tips. And once you start using it you are amazed: you can feel another person's centers because you develop a new dimension in our awareness. You can feel it and the person because you have got a new dimension called "collective conscienceness". Moreover then you start feeling as if we are all part and parcel of one. It is not just a mental or emotional idea but it actually is that a microcosm becomes macrocosm.

In the whole world, now, there are 55 nations who are doing Sahaja Yoga. In Russia only one place Togliatti we have 22 thousands Sahaja Yogis. They



are not only realized souls but they know what it is, they know the power. It's all tangible, can be explained medically, scientifically. It is Metascience. But it is so simple, so easy because it deals with fundamentals within us. I have to just tell you that this happening is absolutely without any problem. For Russians specially, I think it's very creditable because they are very evolved people. Western people are that way not so wise.

I went to America specially to Boston and the television people asked me how many Rolls Royces I have. Such stupid things they asked me that I gave up. I just said: "What they are seeking Rolls Royces or they are seeking their spirit?" It's very difficult to deal with stupid people. That's why my heart is in Russia and in Ukraine. It's the greatest pleasure to come to these countries of Russia and Ukraine and to meet the people who are so wise. And who are so loving. You still have maintained such values. Thank, God, that there are people here who can understand their own preciousness. These promises to you: good health, and also work and prosperity. How? Now I will tell you that if you become a realized soul these energies start flowing through your hands. Now if you use these vibrations which are coming out of your hands and vibrate water you'll be surprised that your agriculture will grow ten times more. And Indian cows start giving milk as much as mad cows of Australia. Australia has mad cows because they are all high breed. And those who drink high breed milk also become mad I think. It's an experimental thing now and we have proof of it.

Then you are gifted with children who are realized souls, who are very talented, who are very intelligent, who are very obedient. Your family relations improve. Your husband — wife's relations improve. In Sahaja Yoga we have practically hundred international marriages every year. But only one

percent is a divorce. They become very soft, kind, gentle with each other. Moreover they enjoy each other's company. Now as you drop out all your bad habits of drinking, smoking, drugs, you save money. You save money also otherwise because so much money of the government is wasted in looking after people for there is mafia controlling them; but all this can be corrected with Sahaja Yoga. Even mafia people can be mellowed down. It's such a power, power of compassion and love. So national money is also not wasted because people become very good citizens. Even politicians become nice. They not only become wise but they drop selfishness. And everything seems to be a sort of Kingdom of Heaven. There was something good about communism, that because of anti-rationalism and anti-fundamentalism. And Democracy has good thing that one has freedom. All these three things happen to you. You transcend above your race, transcend above any fundamentalism and you become a free bird, absolutely a free bird. But then you use your freedom only for your good, for your construction, never for your destruction. But normally people use their freedom only for destruction. In the west that is happening. It is the darkness, it is the ignorance which has brought all these problems to us. But once we get our self-realization in the light of your spirit, you know what you are doing, what is good for you. All the fears drop out. All the insecurities drops out. And you become dynamic. But at the same time you become extremely compassionate and forgiving. That is happening and it will happen in such a way that this world will become a beautiful garden of God's Love. Believe me, nothing is going to be destroyed. No harm will come to you.

I'm sure next year again I'll come here and we'll have more people whom you have to give realization.

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## Russia is a Narrow Gate

**E**very country on our Planet is a certain chakra or its part, for example, Australia is Mooladhara, Africa is Swadhistana, Austria is Nabhi, England is Heart, USA is Vishuddhi, Russia is Front Agnya, China is Back Agnya, Nepal is Sahasrara. There are also chakras within each country. Like, in Russia Togliatti is Mooladhara, Sankt Petersburg is Heart, Moscow is Agnya.

As for Togliatti, here even the Volga Matushka (the Volga-Mother) takes the shape of the corresponding deity, means Shri Ganesha. This area where now there is the greatest number of mediating people is destined to become the second Mecca, where Sahaja Yogis from the entire Planet will pilgrimage to.

To Togliatti, as to many other areas, Sahaja Yoga came from the Heart of Russia, that is from Sankt Petersburg. The first Puja allowed by Shri Mataji in Russia was consecrated to Agnya Chakra and was done in Sankt Petersburg. This city was not, of course, chosen by chance, for to overcome ego and to cross the limited mind is only possible through heart's love. Leo Tolstoy, the great Russian writer, who was a realized soul, used to say: "So that the life might have sense, its goal should cross the limits of human mind."

Christ, to overcome ego and to open Agnya, this narrow gate into Eternal, even allowed to crucify himself. What a great responsibility should lie on the Moscovites staying both in Agnya of the Planet and Agnya of their country now that Moscow is a focus of ego! Here every undertaking takes longer time. However the Moscow Sahaja Yogis seem to have some progress if they were blessed with the first international Diwali Puja and marriages last November.

Now the Primordial Kundalini is performing unification of the chakras of our Planet using Sahasrara and Sahaja Yoga as an instrument. This integration is expected to lead to the balance between : heart and mind, emotions and actions, materialism and spirituality. Russian Sahaja Yogis who live in the Planet Agnya being geographically a sort of the bridge between East and West are supposed to play an appropriate role in this mission of Adi Shakti. That is why they particularly should keep firm and continuous connection with the Counselor, the Holy Ghost, for whose advent was the narrow gate opened by Christ.

*Jai Shri Mataji*





# Medical Conference

## MOSCOW

August 7, 1993.

I am sorry, I am rather late, we've lost our way and couldn't find the place. I thank you very much for all of you to be here to listen to this new dimension in science. I call Sahaja Yoga as Meta-science because the method of science is not employed in Sahaja Yoga. For example in the medical science when we want to search something then we get into a kind of imagination, I would say, or a hypothesis and we think that possibly this might be the solution of a particular disease or a particular problem. On the other side there's a search going on every direction like finding out about the microscopic structures and also other things like guinea-pigs. All these new sciences have developed. It is so diverse and so specialized that for a person to start even research, he has to be studying at least for fifteen years. And even then we do not have the full information as to what is happening, where, in the whole globe. Supposing you say that "I have found something new" then others might inform you that they had already found it in Australia. So all your effort is wasted. And you are known by the discoveries you make. Also the application of it is another research. First you try on rats and then on monkeys, then on pigs and then when you try on human beings you find it's fatal. So it's very dangerous sometimes. To some people some medicines may act just like poison. Because every person is made differently and has different combinations of problems. So unless and until we know what are we made of, what is our inner being, how these diseases are caused, we will not be able to do something accurately. Especially allopathic medicines are very heat creating. So you have to take something to neutralize the heat. That's also another blind alley.

Sahaja Yoga is a Metascience. Here you do not have to research anything. It is already researched and all is there. You don't have to go on working hard for it, for years together to study and to do research with monkeys and rats and pigs. You don't even have to

put the patients into the horrible hell of diagnosis. All has been searched, has been found out, people know what it is. Also there is no specialization. For example, nowadays there is a doctor for one eye, another doctor for another eye. And sometimes you have to empty all your purse and you get a certificate that you are the healthiest person ever known. In the meanwhile might be that they remove all your organs, teeth, eyes, nose, ears, whatever they feel like. This kind of a blindness in medical science attracted me to medical science also. I thought, I have to talk to doctors, I should know their terminology, also their methodology and also their problems.

Now one has to realize this world is full of diseases. And there are many people in this world who cannot afford to take allopathic treatment. Most of the doctors in the West don't want to take to Sahaja Yoga, because they are thinking they may not be able to get enough money. Because if patients are cured without medicine then they will have no earnings. I, of course, sympathize on that point, but I think medical is a very noble profession and only noble people take to this profession normally. Later on they might be getting lost, with a kind of allurements they have, a kind of attractions they have for money and might be making a business out of it. But in countries where there are so many people who cannot get any medical help, or if they have no money, then I would like to challenge your nobility, your greatness and your human health. Especially I find Russians and Ukrainians extremely humanistic. Even the Chinese are very humanistic people. To them I would like to tell that they have to understand Sahaja Yoga, as scientists with open mind you must know what is Sahaja Yoga. You may treat it as a hypothesis, but it's very, very important for a country like yours which is now coming out of some problems or a country like India or all the Eastern block people, Egypt you can say also, all the African countries like Somalia. All these places, you see this humanity just being ill treated I would say, that is cruelty,



completely crumpled by these money oriented people.

So I call it a Metascience, because all the knowledge of Sahaja Yoga is before you. Also we can claim that many incurable diseases: psychosomatic, physical, mental can be sure by Sahaja Yoga. I'm sorry to say, for four years I've been coming and addressing the doctors here. Nothing substantial has been done. It's very surprising. Especially the people who are so collective by nature should understand that as doctors you can do so much for your fellowmen. That means all the rich people are there to pay for you. But if there is something that you can do for the people who are just dying because there's no solution, don't you think it is the responsibility of the doctors? On the contrary, in India you should know that we had about two hundred doctors for my lecture because we didn't have a big hall. But afterwards they took over and they are learning what Sahaja Yoga is and they are working it out because India also is a very poor country. But if there is no compassion, there is no feeling for your fellowmen, it won't work out.

There is one doctor Rai whose grand-daughter was cured with Sahaja Yoga. While they were told that this child is going to die. So he felt that as my grand-children, there must be many grand-children, who are dying because they cannot be cured by allopathy. He is academically very, very high, God knows, how many degrees he has, like a big long tale, like a Kangaroo, but when his grand-daughter could not be cured, all his degrees came down and he came to Sahaja Yoga. Still he was full of ego. And he could not believe that this child could be cured. He told me: "First you scientifically tell me what you are going to do". I said: "Doctor, you have already had so much of academic scientific knowledge. You want your grand-child to live or you want to have scientific knowledge?" I said: "I'm not going to do anything to that child. I assure you that the child is curable. I will raise the Kundalini of this child and the child will be cured. And you don't have to pay anything to me". He couldn't believe it still. But the mother of the child said: "Baba, I want my child to live". And the child was cured. Then I told him: "Now, sit down. I will tell what was the problem of the child and how it was cured. Now I'll tell you". And when I told him, he was amazed, because he said: "This is not in our medical science". I said: "You cannot reach that point because science has its own limitations. But

now you verify what I am saying. And now if it is true, then you have to accept it". He was so amazed.

His child was running about in three days' time. Now the child is grown up, married, has children. So it came into his mind: "Why not we do research on Sahaja Yoga?" I told him to take three-four subjects which you think is incurable and I tell you how you can cure it and how it has worked out medically! Three doctors were then MBBS became MDs. Three doctors: one on epilepsy, another on asthma and the third one on the physical fitness, like normalizing your blood pressure, normalizing your heart beats, normalizing the body. All these things were worked on hundred patients and they found out how these patients were cured. Then I asked Doctor Rai to write a book on this subject and he really wrote a very nice book which was inaugurated in the presence of many doctors and now that book is ready, we're thinking of translating it in Russian language. But there is no need to read that book. You all can start doing research to find out whatever I'm saying and start. If what I say is a simple treatment just have some faith in what I'm saying and start. Also in the medical science somebody says: "This is a medicine good for this", we have faith in that. I mean there's no committee that says: "This is perfectly all right and this is definitely". Nobody has a sort of experiment, a sort of thing and says: "No, no, this is the best". Nobody says. But we believe that, all right, this thing has come in the market, because they are very good marketing people now and the whole medicine business has become a big industry. So with that marketing people believe in it and take to it. I do not want to market anything. Nor do I expect anything from you. But I would just like to awaken the nobility of a medical profession where we have to serve our fellowmen not always for money, also out of compassion. I find people who come to me, they can be easily cured by any Sahaja Yogi. I'll give you the example of a very noble person of doctor Bogdan. He started his practice in Sahaja yoga openly in London. And the English doctors think, they are the topmost people in every field whatsoever. There is a very big street, Harley Street and the hospital there. I don't know, how much one has to pay there in hard currency. All the people from Arab countries are there. You cannot get an appointment, it's very difficult. All the money from



Arabia is coming down there in Harley Street. Some doctors are practicing for one month, continuously, some one hour in a week, sometimes only for fifteen minutes in that Harley Street. If you are fifteen minutes late, there is another doctor sitting there. It's well organized. This is what has become that medical science has become a business. And that's why people do not want to find out ways and methods by which it could be much easier and cheaper to help your fellowmen.

Now here is the picture of your inside structure. It is the fundamentals within you. Now there are seven chakras and there are three channels. So seven into three means twenty one problems could be there, basically. But could be a combination. The diagnosis is on your finger tips. In Koran, Mohammad Sahib has written that your hands will speak and give witness about truth. But the Arabs will not come to Sahaja Yoga, they will go to Harley Street. Because also when they pay for something, they think it's better. That's a psychology. But I think Russians are wiser people.

So there are only twenty one problems basically we have and the permutations and combinations of these are minor things. But basically there are three types of people. The problems come from the left or from the right or from the centre. So if a Sahaja Yogi, if you ask him what is the problem, he says: "Left side" or "Right side". That's all. Now simple thing to do is just to nourish the left or the right.

For example, if there is kidney failure, so you take it for dialysis. Everyone knows that you cannot save the patient, all his life he has to be on dialysis. Unfortunately a doctor who is very famous, head of the department of a hospital for dialysis got kidney failure. He said: "I don't want to go on dialysis because I know that life long I can't afford it". And people die with bankruptcy. Their will is of no use because they have no money left. So I asked this doctor: "Doctor, I tell you Sahaja Yoga will cure it, hundred per cent, but you promise me that you will not use dialysis again and you will use Sahaja Yoga to cure people". He promised me. Well, he was cured. But he is still using dialysis. I said: "Why are you using dialysis now?" "Because, he says, we have put a lot of money in buying these machines. We have invested so much money and if we do not earn that money, what will happen to us, we'll become

bankrupt". I said: "In any way you have made so many people bankrupt already". But he did not give up. So this is the mentality. Now, it's very easy to cure a patient suffering from kidney failure if he is not gone on the dialysis. Also we have seen one person cured even after dialysis. Patients also do not give up dialysis because of psychological fear. They have no faith in themselves. But supposing a doctor tells him that "now you are cured and nothing can happen to you", they will never go away from Sahaja Yoga, they'll never go for dialysis.

I'll give you another example. There's a very, very rich man in India and I don't treat rich people myself. But his father was like a brother to me, so I agreed: "All right, I will treat you". He had a massive heart attack. And every doctor told him: "This is wrong with you, that is wrong with you. You have to go to Huston, in any case". There are two doctors, one removes the heart, another, doctor Cooley, is not so good at removing but still he thinks he can improve or he can treat. So he went to doctor, he was asked to go to doctor Cooley. Now, he came to me, I told him: "You are all right now, you are perfectly all right, what have you done? Your heart is absolutely normal!" He could not believe it. So he went to his doctor, who had asked him to go to doctor Cooley. So his doctor said: "You are perfectly all right, what have you done? Your heart is absolutely normal. He says: "How can it be, I examined you only ten days back and you were so sick and now how are you all right?". He didn't tell him my name because he felt also shy, you know, such rich people going to someone for Sahaja Yoga is a bit too much. So he went to another doctor, three-four doctors, very famous, they said: "You are perfectly all right, your heart is perfectly all right". But still, he had money, so he went to Huston. On his way he came to see me in London. I said: "You are all right, nothing wrong". He said: "Yes, I've been playing tennis also, all right, but I must see this doctor Cooley". "All right, I said, you have money, so better go". This doctor Cooley, I know him very well, he is a very nice man. So he went. They examined his heart, this, that, all kinds of tests, you see, putting him upside down, everything they did for him. Poor fellow was absolutely finished with the examinations, x-rays, this that, everything. Then a report went to doctor Cooley. So this gentleman told me the whole story what happened. Doctor Cooley started at him first.



He said: "You better go to some lunatic asylum and get yourself tested. There's nothing wrong with you. You have the healthiest heart". And he shouted at him: "You have come here to waste my time, waste the hospital's time. People, poor things, are waiting on waiting list and what do you mean by yourself? Which stupid doctor has sent you here, which hospital, they send all kinds of healthy people here to make money. And don't show me your face again if you are even dead". He came, you see, because I knew his father very well. So he came and he told me the whole story and he was rolling with laughter on the ground. But then still he said: "But Mother, one must have luck. See, I could meet you, but my uncle could not meet you. See, my luck". So this is the story of a man who got cured of heart trouble.

I have no hospital, I don't even have a secretary. So I told them "Baba, you go to the Sahaja Yoga center, they'll cure it". But his friends, they are rich like him, how could they go to a simple place like a Sahaja Yoga center. You know, it's not very prestigious. So, Mother must cure. And some of them were following me when I was in London, in Spain, they were after my life, all the way. But they missed me all the time. I said: "You'd better go to the Sahaja Yoga centre". - "But the Sahaja yogis are not doctors. So we don't want to take treatment from people who are not doctors". That's why I am requesting you, they trust you, they think you are noble people, they have faith in your degrees, they think you are compassionate, you are honest. That's why I've been talking to doctors. Now, at least, my hope here, in Russia. Some of you will really get to the knowledge of Sahaja Yoga. Some hospital is going to give us a wing for Sahaja Yoga. But last four years nothing has happened. Before this I've been telling you all about Sahaja Yoga. But today I must tell you about doctors. I have told you why I'm very anxious that doctors should take to Sahaja Yoga knowledge. Why I also studied medicine, because I had to talk to doctors. Just open your mind. It is Metascience, it is miraculous. You enter into another realm of reality

and totality. Just have confidence, you can do so much good to your people. But tomorrow in the history how will the doctors of modern times of Russia will go, that they didn't care for their people. They didn't bother at all to take this Sahaja Yoga to people. Because one day it will be spread if not in your time, it will be later definitely. Already we have thousands and thousands of Sahaja Yogis in Russia and Ukraine, they themselves can cure. But because there are no doctors, you see, it has no good ideas. Why don't you also just try to form a research and find out what we say is true or not. If you, doctors, are not going to take any step, tomorrow people will say: "What was wrong with them?" If the whole thing is brought to you, completely open, much more effective than medical science, why should you not take to it? Still I can't understand doctors. Especially when I was studying, in our college we were only six girls. They were all very noble, they had great ideas about doing something for the country. But till then I had not found out Sahaja Yoga on a collective basis. And now I am seventy one. And they are even older than me, they were even older, some of them are no more and some of them are very old. That generation we have lost, which had idealism, which has compassion, which has higher value, human values. But if you get your Kundalini awakened, I'm sure you all will find that all these great qualities are manifesting in you. You will become extremely dynamic and extremely compassionate. I'm sorry I have to say these things to you, but you must feel my concern for Russian people and Ukrainian people. They are wonderful people. I can't expect American doctors to come round. As it is I think Americans are idiotic compared to you people. Others are egoistically. But I again appeal to your sense because I know, since long time I've been visiting Russia, that Russians are extremely wise people and with very large hearts.

*Thank you very much.*

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# Diwali Puja

## MOSCOW

November 12, 1993.

It's so very gratifying to see so many people from all over the world have come to Russia to worship the Goddess Lakshmi. When you cannot explain everything intellectually then you take course to arts to express yourself. And then you take to symbols to express what you cannot say verbally or cannot express rationally. This is what an artist does, also a poet does, that he extends his imagination to such an extent that he creates a symbol. But this mind is limited and it can only go up to a point. And when it is not substantiated by truth and reality after sometime it falls the whole linear movement, falls down and there is a decline. That is what we find in every area today specially that everything which was sublime has declined. This decline takes place and people start accepting it.

But after self-realization when you have become the Spirit your imagination touches the reality. Then the symbols which were perverted, which were misrepresented drop out. And you touch the reality of the symbols. This is exactly what has happened everywhere. For example we had in India the Goddess of wealth as Lakshmi. And this symbol of Lakshmi was described by saints and seers in reality. But later on people did not understand the symbol and reality behind it. And they thought that the symbol of Lakshmi is money, is wealth, gold, silver, diamonds, riches. And they started worshipping money. This is how the symbol of wealth, Goddess Lakshmi, was perverted. People don't understand that when they have money, why they start doing wrong things. Even in India nowadays people are so perverted that if you give hundred rupees to a poor man he will go to a pub. He will only think of self-indulgence and not of others, not his family, not his children, not his country but himself. But the symbol of Lakshmi is very different. Firstly the one who has Lakshmi has to be a mother, like a mother must have the love of a mother who loves her children. She has to be a woman. And woman stands for something very sublime. Mother is the source of all the energies.

But she has patience, and she has love, compassion. So a man who has money cannot be happy unless and until he is compassionate, he uses this money for giving it to others. But what has happened today in the countries which are supposed to be affluent? They have gone all out to destroy themselves with the money that they have. Also they have used money to express their anger and their lust, their greed. Also they have wasted their money in trying to show off that they are something very individualistic.

Like in America, I have met a very rich man. And when I got to his car he told me that my handles of the door open the other way round. So I said: "Why? What is the use of this kind of a thing, anybody can get locked up in your car?" So he said: "It's my individuality, is my genius which has created this something not so common". And then I went into his house and he told me: "Be careful this bathroom is very special". Then he said: "If you press this button, you will just jump into the swimming pool". And then he took me to his bed and said: "This bed is special, if you press this button your legs will go up, if you press this button your head will go up". I said: "I don't want to do these acrobats the whole night, I'll sleep on the ground".

Now the Eastern block people sometimes think that Americans or the Europeans or the people who are so called affluent are very happy people. They are not, because they have no wisdom. They go on wasting money like this, they are bankrupts, good for nothing. One day they will be moving in Rolls Royce, tomorrow they will be on the street begging. Because there's no Lakshmi in them, it is just money.

So the symbol of Lakshmi we should try to understand, it's very important. Because if the Lakshmi resides in your Nabhi and if She is satisfied, then only the Mahalakshmi principle rises means then you start seeing beyond. All these people had so much money that they did not know what to do and they thought: "No, this is not sufficient, we have



to seek for it". They took drugs and all kinds of things.

Now the Lakshmi principle is like this, that, as I said, She is a Mother and in two hands, She has got pink lotuses. Now the pink lotus means a flower which is coming out of the pond and allows even thorny insect to come inside it. That means a rich man or man with Lakshmi must have a house or whole household or estate which is very beautiful like the lotus pink in colour means inviting, welcoming everyone, all kinds of guests. Now this insect with all the thorns in it comes in and sleeps on the corona of that lotus very beautifully and in the night the lotus covers it so it doesn't feel the cold.

So the man with the money or man with the wealth is not a Lakshmi pathy, is not the one who has the blessings of the Lakshmi. But the man with wisdom and who has money we can call has got the blessings of the Lakshmi. So they are like the lotus is, so hospitable, so anxious to get guest in his own being and to look after. In the same way a person who has money, who is supposed to be blessed by Lakshmi should be of the same hospitable personality.

But the surprising thing is all those nations today who looked to be affluent have been parasites. They looted all the countries. They formed empires. Like in India now as you know we had for three hundred years the English, the British as our guests. Without any visa without any emigration they came. But now if an Indian has to go to England, it is an impossible situation. And those who go there also are treated not on the same level as they treat their own people.

Same with America. Thank God, Columbus was coming to India and I think Shri Hanumana took him down to America, thank God. Otherwise all the Indians could have been finished and I wouldn't have been here. They killed all the Indians there, all the Indians. And took away all their lands. And now they are supposed to be rich. And the sins they have committed have to come back on them, isn't it? And you can't go to America easily as if that is their own land. All of them do not belong to that land.

Then we can see about the people who think they are higher races because they can make more money, I mean, they have killed people in gas chambers, did all kinds of things, how were they the higher races? I can't understand. Is that the sign of being higher?

For us if the Christ is the symbol of higher personality then what were his qualities? He was the noblest man you could think of, greatest personality as far as morals are concerned. And such forgiveness, such glory! He was the one who was blessed with Lakshmi. He was the satisfied soul. He would not do anything wrong, whatever money you might give him, nobody could purchase Him.

So after coming to Sahaja Yoga it's important to know that you are blessed by Lakshmi. With one hand She gives, she gives to others, that is her nature to give. Like if one door is open the air won't come in. But if you open the other door then only it will circulate. So to be satisfied is one of the qualities of Sahaja Yogi. Some of them do ask for money miracles. That's not the way your attitude should be. You are now the spirits. And Spirit doesn't care for the comfort of body, mind but for the comfort of the Spirit. Many of you have become spirits, no doubt. But you are not aware, some of you, of your own status. You have to be aware about it. With the other hand She gives protection. Protection to all those who worship Her, all those who work for Her.

So anybody who has money has to give protection to people who are employed by him, or working for him. We have now transcended it into an area where you have no fundamentalism in your head. But you worship all the great incarnations, all the great seers and all the prophets. Most of them did not have any money but they were blessed by Lakshmi. Because they were satisfied souls. So this is the quality of a Lakshmi that She should satisfy.

You know that in economics, desires are not satiable in general. So what is the desire which is satiable? It's a pure desire, which is the Kundalini. When you are absolutely satisfied and you know that there's no sense in hankering after money, power and all non-sensical things, then the Mahalakshmi principle is awakened within you. And this Mahalakshmi principle gives you seeking. Then you become a special category of people, whom William Blake has described "a man of God". Then you don't have these conditionings of your childhood, of our nationality or of your so called outside religion, no conditionings. But you rise higher. And you become the Spirit. That is the time when you understand the Lakshmi principle within you. The Lakshmi principle is that you enjoy doing for others. In collective



consciousness you want to do for others. If you are still worried about yourself only, about your own comfort, about your own earnings, about your own glory, then you go into imbalance. Lakshmi is standing on a lotus, completely balanced. Moreover She doesn't assert, just standing on a lotus, she doesn't assert her power that She is money, or She is a Goddess of money. She is absolutely contented with herself. If you are not contented that means you don't know yourself. Sahaja Yogi is person who is absolutely contented within himself, because his self, his Spirit, is the source of all the absolute knowledge, is the source of enlightenment for your attention and is the source of joy. Joy is not happiness and unhappiness which depends on ego. But it is absolute. So such fun after realization you feel that you don't care for money, you don't care for anything. If you have it - well and good, if you don't have it - well and good. You are completely detached.

Lastly I'll tell the story of Raja Janaka who was the father of Shri Sita, the wife of Shri Rama. He must have existed six thousands years back. And he was a king. So he had to wear all the ornaments and all the dresses that a king had to wear. But all the saints of those days used to touch his feet. So one disciple of our guru said: "Why do you touch his feet after all he lives like a king and dresses up like a king?" So he said: "You have no idea as who he is, if he has mercy on you he might give you self-realization". So this disciple Nachikita went to the king and said that: "Sir, I've come to get my self-realization". He said: "I'm sorry, I can't give you self-realization. You can take all my property, everything but I cannot give you self-realization because yet you have not got that personality". So the Nachikita was disappointed and said: "All right, sir, I'll wait till you are ready to test me and see if I could get realization". So he said: "All right, let's go and have a bath in the river". And when they were having a bath, the people from the palace came and told the king: "Sir, your palace is on fire". But still he was meditating. Then again they came and said: "Now all the people are running away

from there, all your relations, all your family". Still he was meditating and this Nachikita was looking at him. Then they said: "All the fire is coming here now all your clothes will be burnt". Still he was meditating. But Nachikita ran out and picked up his clothes. Then he realized how detached this man is about his money, about his wealth, about his family, and look at me. I'm worried about these small things

like this. He has to dress up like that because he is a king. So he surrendered himself to him and got his self-realization. In those days it was very difficult to get self-realization, even to give self-realization. But these are special times, the blossom times. They call it, the Last Judgment, you can call it, the resurrection time, you can call it, the Kiyamat, as they call it in Koran. It is said that people will come out of the graves and will get their resurrection. And what is left to the graves? There is nothing but few bones. No, all these souls which are dead will take their

birth, take human body and take their realization in these special time. It is a sensible thing to say and is also happening.

So now, you have got your realization because of your good deeds you did, in your last previous lives, as we say, punyas. But you must respect it. And you must understand what you have got is so great. You have to know you are the Spirit now. You are special people. You are going to solve the problems of your country, of your community, of your society, of your families. You'll be solving the problems of the whole world. You are the ones who are going to bring peace on this Earth. You are the ones who are going to create a new world of beautiful divine people. So have faith in yourself. This faith works very fast. Because it is not a false faith, it is a fact. And grow in Sahaja Yoga. Don't be a dwarf.

I'm happy to see the collectivity now in the Eastern block and also Russia, other countries which are here today. So now you are asking for the blessings of Lakshmi. So the first thing you should ask is the satisfaction, then the generosity. A person who has the blessings of Lakshmi cannot be miserly. Cannot

**I am always yours.  
Whenever you want,  
wherever you want  
Me to come,  
I will come.**

be! He is a diseased person, trying to save money here, trying to save money there. This doesn't exist in the mind of a person who is evolved.

I'm very happy I could come to Russia and at this juncture we will be able to create the atmosphere which is very good for your country. And all other people who have come from other countries also will carry this atmosphere to their own countries. Now you know that you have no karmas left. It's all finished. And now you are beautiful new people. The blossoming time brought you as fruits now. So don't pay attention to yourself, to your maladies, to your troubles and things will improve definitely. Somebody was telling me, they have got pain in the knee. I just felt, I get so many times pain in the knee and pain here because I absorb from you. But I never think about it. I never bother. Because I see my Body, all right. Like this machine, if it is spoiled, we should cure it, finished. But all the time you're thinking. "This is paining here, this is wrong, I haven't got money, I have to do this business, that

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be miserly.**

business". Finished.

So now we have to rise into the realm of super-consciousness. I can go on speaking about everything which is so sublime, so beautiful. There are many lectures which I have given. But lectures are nothing but words. They are the web of words. So you must get out of it. You have to go beyond the mind. That's what is my own vision. And so many have fulfilled it. I am always yours. Whenever you want, wherever you want Me to come, I will come. That My Love is more than My own will. But you also must love yourself and love your self-realization.

My God bless you!

There's one thing we have to know that in the Nabhi resides the Lakshmi and you have reached the state where She is the reality within you, she is not a symbol anymore. So today after the Puja this Lakshmi principle must be awakened within you and should spread all its light in the Nabhi center.

*My God bless you!*

■



## Honorary Membership

**O**n the 13th of November, that is the following day of Diwali Puja, a very remarkable event took place. Shri Mataji was handed over the Diploma of an Honorary member of the Peter Academy of Sciences and Arts (PASA). PASA, according to its membership, is the largest Russian Association of scientists and arts workers. The Academy pride are its working members as follows: writers Vasiliy Belov, Valentin Rasputin; composer Georgiy Swiridov; poet Rassul Gamzatov; painters headed by Ilya Glazunov; physicians F.G. Uglov; V.P. Kaznacheev; scientists headed by L.N. Gumiljov and many others. Nirmala Shrivastava is the only woman elected as an Honorary member of the Academy. The Diploma was handed over by Academician Yuriy Voronov, Vice President of the above Academy, Prorector of the Peasant Academic University. Academician Yuriy Voronov who got his self-realization from Shri Mataji in 1991 found Sahaja Yoga propagating love of mankind and high moral standards to be close to the Russian Soul.

### Opening Address of Yuriy Voronov

*Dear fellow-citizens, compatriots, foreign guests!*

*Distinguished Shri Mataji!*

*It is on my duty and honour did fall the responsibility to make you familiarized with the Document which is of great importance not only to personal life of*

*Sahaja Yoga but to the relations between two great states, Russia and India, as well.*

*Now I am supposed to read the Document unanimously adopted by the Presidium of the Peter Academy of Sciences and Arts.*

### *Diploma Text*

*Mrs. Nirmala Shrivastava, Doctor of Philosophy and Medicine, being master of the comprehensive subjects of religion, philosophy and science spares no efforts doing an elevated work aimed at benevolences of the Indian and Russian nations and friendship between them, at benevolence of the entire world, taking our Motherland as a center of the world spirituality and morality, a center of the world spirituality and morality, a center of drawing West and East nearer, a center of reviving the principles of high moral standards which our Motherland used to study in the person of its many nations under the guidance of the Russian people.*

*Mrs. Nirmala Shrivastava, being the founder of Sahaja Yoga teaching of high moral standard, relates with good reason, the psychophysiological processes of physical and mental health to the life style and morality.*

*The Presidium of the Peter Academy of Sciences and Arts considers as its pleasant duty to notify the eminent daughter of the great Indian people that she is elected as an Honorary Member of the Academy!*

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## Shri Mataji about Marriages in Sahaja Yoga

“**W**ith a marriage you become even a better person, or you develop a better personality. Now, why marriage is necessary for Sahaja Yogis? First and foremost thing, it is the most normal thing to do, is to marry. God has given you this desire to be married for some purpose, but this same desire if you do not use it for the purpose it is given, it can become a perversion, it can become a nasty thing, it can be very detrimental to your growth; so one should understand this desire within us to have a marriage.

“Marriage gives you now a reason to be dharmic, to be normal. This teaches you how to respect the chastity of others and your own chastity.”

“The Chastity is faith. Chastity is the consolidation of your faith. When you have faith inward you are chaste, when you have faith in yourself, you are chaste. When you have faith in your wife, you are chaste. When you have faith inward, you are chaste. Why should you have faith in your wife? Because you are a chaste person. How can she be unchaste? You have faith in your child.”

“... Motherhood, everything is chastity. Fatherhood, any relationship is chastity. Purity is again the fragrance of chastity. Goodness, compassion, everything comes from chastity. A sense of chastity which is not mental, if you are mentally chaste you can be horrid. Like some of the nuns are, or some of these people who are austere, not that. Chastity is the innate, built in Kundalini within you, which acts, because it understands Me. Is My reflection. So make your Kundalini strong by being chaste.”

“... A person who is married in Sahaja Yoga, who are Sahaja Yogis, you are sharing their love equally with the Sahaja Yogis and the society that is Sahaja Yoga then only great people will be born. So first test of a Sahaja Yogi marriage is how much you have been able to share by this marriage other people.”

“... Now you are married under Sahaja Yoga. You

are not married in a way the others are married, and that's why one must love each other, must give time to each other, be sweet to each other, very kind, considerate. Be conscious and aware that you have a wife or a husband, but first thing is collectivity.”

“... in a normal marriage, man is the person who is the head of the family, as you say. Now he has to be the head, man has to be the head, for certain reasons. There is nothing wrong in man becoming the head, it's all right, you become the heart. Heart is more important than the head is. Perhaps we do not realize that, how the heart is important; you see even if the head fails the heart can go on. We can always go on till the heart is going on, but if the heart fails, the head fails too. So you are the heart, as a woman and he is the head of the family. Let him have that feeling that he is the head; it is a feeling, just a feeling. Like the head always feels he decides, but the brain also knows that it is the heart, one has to cater, it is the heart which is all pervading, is the real source of everything. So the woman's position, if she understands how important it is, she would never feel let down or dominated, if she is the heart.”

“... Now domination should never come in Sahaja Yoga at all. ... You see, how can you be dominated? You are the Spirit. Your ego can be hurt; you are the Spirit, it cannot be dominated. But you are the Spirit? Are you feeling your Spirit? If you are feeling your Spirit you can never be dominated, no one can dominate you. But if you feel that way all the time, that you are dominated, you will become a very very nervous person, you can be a horrible person, you cannot face people. So it is time that you realize you are Spirit and your husband is also Spirit; or if you are the husband you must know the wife also is Spirit. And a mutual respect must grow in that level because both of you are Saints, you are Sahaja Yogis.”

“... Why dominate? I mean I don't understand the word domination. When there are two wheels do they



dominate each other? Can they? If one dominates, say one becomes bigger than the other, it will go round and round. Won't it? There's no question of domination in this, but it is a question of integration and understanding and complete cooperation with themselves which must permeate into the society, into the family."

"... Marriage is meant to give you cheerfulness, happiness and all the blissful things that you can think of achieving through your combinations with two human beings you can say."

"... a Sahaja Yogi must know that the child within him is born - the Spirit. Spirit is the child which has been born within him now he has to nourish it, through the Kundalini. He has to water it, he has to look after it. He has to make it grow. Now where is the time for other nonsensical things? You have a child in hand. You are all mothers looking after the child - that's your Spirit. So where do you have time for all these things? The attention should be: What can I do to make this child happy, to make this child grow to make this child completely manifest myself."

"... So we have to realize that husband and wife relationship is extremely important for Sahaja Yogis. You are the complements of each other. If the relationship is not all right, Sahaja Yoga doesn't work out. It is not that a woman becomes so dominant but it is the complement, the love between the two, the beauty of love. And the understanding".

"... The woman is known by the amount of sacrifices she makes. It's a challenge, I tell you, for all of you women who are realized souls to see to it that you humble down yourself. Your quality cannot improve unless and until you humble down. On everything you assert. For what? It's impossible to worship the Virgin when we are so arrogant and so strangling type."

"... You have got a child. The love that you get for your child or feel for your child you should feel for all of them. You have to be mothers for all of them. You have to be mothers of all the people, not of your

own child. Expand your love. Nobody can have respect for any woman who is not like that. You have to be just a mother to everyone."

"... One has to remember that motherhood is very important. It is the Mother who created this universe, the Father was just a witness."

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"... This heart centre is caught up by various emotional problems in human beings. Husband and wife, if they all the time quarrel, there is always quarreling in the house, specially if the mother is very dominating, the child develops this centre. And if the father is very dominating, the child develops this centre. And if the father is very dominating, the child develops this - the heart itself. So it is very important that the husband and wife should never quarrel in the presence of their children."

"... Children are not looked after by you, they are looked after by God. You are just an instrument of God. The more you are with God, the better are your children. You know how to handle them, you are kinder to them, you know how to solve their problems. You are looking after them better if you are getting your love from God. But if you are not interested in God, He is not either interested in you. That's the thing we do not understand, we think if we are interested in God, we do oblige in Him."

## MARRIAGE VOWS

**Bride says :** I will help to keep your Mooladhara Chakra in order. You hand over all wealth which is in your possession, I will take care of all those things. You should only eat the food that is cooked by me or your brothers and sisters and if it is taken outside the home, you will vibrate it. I will be loyal to you and you will be loyal to me.

**Bride says:** I will do all household work with my physical and spiritual powers. I will live with love and affection and will obey you. You should help me in my work and I will help you in the work of

Sahaja Yoga.

**Bride says:** I will keep my Lakshmi Chakra in order and you will respect my Lakshmi tattwa, this will keep your Lakshmi tattwa in order. You should give account of all you bring home, nothing will be hidden.

**Groom says:** I will give you happiness and peace with love and affection but you will also have to think about my happiness and peace. You should not go outside without my permission and I will tell you when I go outside. I will not discuss or think about the past and you will not discuss or think about the past.

**Groom says:** you should take care of me and my children and you should respect and welcome other Sahaja brothers and sisters when they come to our house.

**Groom says:** If I commit any mistake while doing Sahaja Yoga you should excuse me and I will excuse you.

**Both say:** Sri Adi Shakti Mataji Nirmala Devi has put us in Holy Bandhan by our marriage and this is a very great fortune by this act of Mataji as Mahayagnya.

We will offer everything to Her Feet that is our health, wealth, mind and heart.

We will take an oath that we will be loyal to each other.

We will work to increase Sahaja Yoga.

We will bring our children up in Sahaja Yoga and that is our duty.

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## NEWS-LETTER

**O**n the 9th of June, 1994 Anna and Anatholiy, Moscow Sahaja Yogis had a baby girl named Nastya, whose birth was blessed by Shri Mataji last year.

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A Workshop of Sahaja Yogis was held near the city of Kingisepp from 9 to 17 July, 1994. It was attended by 230 participants, including 20 children, from Russia, Ukraine, Beloruss and Tatarstan. It is pleasant to note that young people made up a rather big proportion of the participants. For nine days Sahaja Yogis were living in the tents in the picturesque corner, in the forest beside the lake "Glubokoe" (Deep). The Workshop was conducted in the lap of *Prakriti* (Nature), Primordial Mother, that is under favourable conditions for the manifestation of five human elements and their interaction with the same five elements of the environment.

During the first few days useful talks were delivered by Yuriy Alexandrovich Voronov, Vice-President, Peter Academy of Science and Arts, who handed over the Diploma of an Honorary member of this Academy to Shri Mataji last year. Yuriy Alexandrovich made a great emphasis in his talks on how necessary is it for Russia, today particularly, to keep good, amicable relations with India, the country of ancient true knowledge and culture. America is doing its best to impose on Russia its anticulture promoting crimes and immorality. It is high time for us to achieve proper vision at Hamsa Chakra level, for it is extremely important that we, while forgiving everybody and "loving our enemies", should not injure our dignity and not compromise. And also while overcoming our ego we should not loose faith in ourselves without which we cannot have faith in our Holy Mother either and in our Motherland, the Land of Russia, bringing forth so many great people and saints.

A very remarkable event took place at the Workshop - ceremony of laying a stone for the future ashram which is assumed to be a Training Center mainly for those who are leading the Programmes. An architectural design of the ashram will soon be sent to Shri Mataji for Her approval.

There was virtually not a single moment at the Workshop when the participants' attention was not in any way occupied with Sahaja Yoga. Every day early in the morning and in the evening as well as in the course of different activities the collective meditations were carried out. The theoretical classes were devoted to a particular chakra depending on the week day. For example on Monday, means on the day of Shri Ganesha, Sahaja Yogis were speaking about Mooladhara Chakra and its deities. It is on this day that Shri Ganesha appeared in the sky for the first time during the Workshop. As for the Programmes for children, they were arranged separately. A collective shoebeating and two Havans were done. Not a single day did pass without songs, bhajans and ragas. Everybody enjoyed very much a scene of Shri Krishna's life played by Sahaja Yogis.

Prolonged Workshops have many advantages. They, like ashrams, give an opportunity to **manifest**, for example, love and collectivity and not only to talk of how important these qualities are. That is something which fully took place at this Workshop. Here, also, as it is in ashram, some camera is keeping its gaze fixed on everyone. That is why we should be very particular about the purity of our Mooladhara. It is not only our merits which get quickly manifested and exposed, but our demerits as well. At the Kingisepp workshop it has been revealed that certain centers unfortunately appeared to have fanatic and heavily possessed people, including those with a history of admissions to mental hospitals. Some of them are even allowed to lead the Programmes. We accept them because of our compassion, while the first thing they start doing, having come to Center, is to direct us and to dictate us. This kind of compassion is in no way for their benevolence either. Shri Mataji very clearly tells us how people with such conditions should be treated (see the previous collection of "Nirmala")

magazines). It is hopeful that we shall manifest vision and turn our compassion from false into true one.

Impeccable were all the arrangements for which hospitable hosts of the Workshop, that is the inhabitants of Kingisepp, were mainly responsible. They are those who take Sahaja Yoga not by the way. That seems to be the reason for which we used to recognize them by smiling, kind, shining faces.

We were having hot and sunny weather, all the workshop running. And only on the last day but one, after Shri Krishna Puja, a very heavy rain started (of course, not by chance) followed by thunderstorms and wonderfully frequent lightnings.

*Jai Shri Mataji!*

A Workshop participant

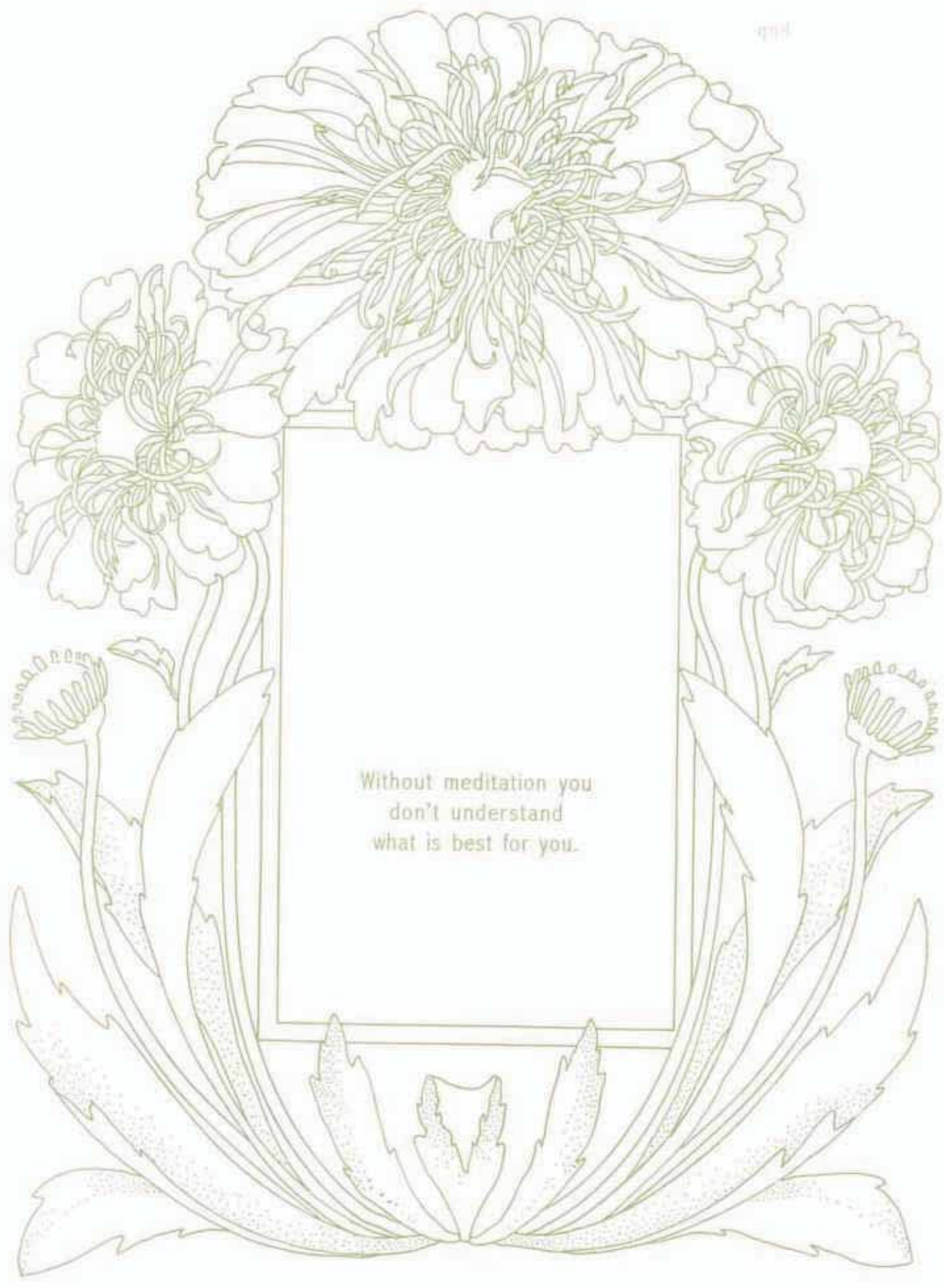
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A Guru Puja was done in Italy on the 24th of July, 1994. Shri Mataji delivered a long lecture. She said that She was a Mother, not an austere, stern guru as all the previous and contemporary masters were. So far we have remained Her babies. Now, She for the first time did not hesitate to tell us that we should grow, should mature and that at that Guru Puja we had to achieve a Guru state. She started Her lecture with saying that we should first of all become a witness to ourselves, not to others, worry about

ourselves, not about the mad people who came to Sahaja Yoga because its door is open to everybody. We should also get rid of two enemies: anger and fear. Angry person is always afraid and insecure because he sees himself in others. Agression makes us frightened. Then we also should develop a state of alert to see that we have such feeling: "I am one with the Divine", Shri Mataji also advised us to be not just generous but to enjoy our generosity, for then we are pouring our love on others. A Guru is supposed to have a state of maturity which gives self-confidence, confidence in the powers transferred by Shri Mataji. Now we have found the Truth we had been looking for so many lives and must identify ourselves with it, must become spiritually convinced that we are really spiritual people chosen by the Divine, as the instruments, for spreading Sahaja Yoga. Otherwise, we are like seeds fallen on the rock, of which Christ had parabled. It is high time for us to use the powers obtained - to become responsible for Sahaja Yoga. Having assumed this kind of position, we should support our leaders but not find faults with them and not complain of them to Shri Mataji, perhaps because of jealousy. Shri Mataji completed Her talk as follows: "So, what is needed now is to raise your awakening, to raise your spirituality, to go into a realm of complete support and surrender to this spontaneous movement of Sahaja Yoga".

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Without meditation you  
don't understand  
what is best for you.