

# Divine Cool Breeze

Volume : X Issue : 9 & 10

1998



"Meditation is the only way you can enrich yourself with the beauty of reality."

(Mataji Shri Nirmala Devi, Sahasrara Puja,  
Cabella Ligure, May 10, 1998)

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## In this Issue:

Editorial	1
Easter Puja —Istanbul—19-4-1998	2
The Messenger of Peace—London—8-7-1997	8
We hold the Future in our Hands —London—03-07-1997	10
Shri Ganesha Puja Seminar—Cabella—1997	13
Litany for the Doom of Materasura	15
A School Committed to Universal love	18
<i>News from around the world:</i>	
Sahaja Story from Holland	20
Getting on the Air in Florida	20
Swiss Yogis Visit Ivory Coast ( A Report)	21
Sahaja Yogi's lives in Kazakhstan	25
1998 Esoteric Fair in Copenhagen	25
Shri Ganesha Puja 1997—Cabella—07-09-1997	27

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Published by : V.J. Nalgirkar  
162, Munirka Vihar  
New Delhi-110 067

## Editorial

*Sometimes when we sit for meditation, our meditation is disturbed by a thought that we should get up and we suddenly break our meditation. This is an autosuggestion that, "we have meditated enough, there are other things to do." It would be interesting to find out what are these other things. "I must meet my friend." "I must telephone so and so." What after that? "Oh, watch T.V."*

*Haven't we been doing all these things already? What have we achieved by it? Where has all this led us?*

*Now we want our ascent and everything else can wait. Meditation has to be the top priority. We can telephone later and also the friend can be met another time. There is nothing so important in the T.V. A frank dialogue is very helpful.*

*The situation within is somewhat similar to the functioning of our parliament. there is the ruling party and the opposition. For instance, the ruling party wants to establish a Sahaja government but the opposition opposes it. If the ruling party is strong then it succeeds but if it is weak and wavering then the opposition defeats it. The strength of the ruling party lies in its dedication and love for Shri Mataji. If it is completely surrendered at the Lotus Feet or our Divine Mother then she takes care of everything, no power dares to oppose Her. But if we are weak and doubting then the opposition easily defeats us. We have to know that the opposition is always waiting in the wings to take over at the slightest opportunity. We cannot afford to give in even an inch.*

*It is easy to control others but very difficult to control ourselves. Just as it is easy to preach than to practice what we preach. How to control oneself? This was also the plight of Prince Arjuna in the Mahabharata. He asked Shri Krishna, "how to find peace from the restless, impetuous and stubborn mind which is difficult to control like the wind."*

*Shri Mataji has often told us to introspect. When our kundalini rises and we meditate, the kundalini gives us a very deep sense of joy and inner peace. In the light of this new experience we can clearly see the movement of that which is unreal and through that wisdom overcome all thoughts and mental movements. Then we realise for ourselves that the mind is a myth. At this point the rule of the spirit is firmly established and no opposition dares raise its voice. This is the fulfillment of the "Lord's prayer that we say at the Agnya chakra, "Thy kingdom come, Thy will be done on earth As it is in Heaven,"*

*We truly start enjoying what Shri Mataji has described as the "Blossom Time."*

## Easter Puja

*Istanbul 19/4/98*

Today we shall see the significance of Christ's life, not the crucifixion. Anybody can be crucified and killed but this dead body of Christ was resurrected from death. Death itself died and He overcame it. It's a miracle for ordinary human beings, definitely, but not for Christ, because He was a divine person. He was Shri Ganesha, He was Omkara Himself. So He could walk on the water, gravity would not affect him and also He got resurrected because death could not affect him. Such a great divine personality was specially created for human beings; that people should recognise Him. But they did not recognise Him. They killed Him, in a very brutal manner. And even now they think that cross is a great thing because Christ died on the cross. It's a very cruel idea of human beings to respect the cross. What does it show? It shows that people liked all the cruelties done to Him, symbolising cross as the one that represented His death and the atrocities, the way He was tortured. So it was a very sad time when He was crucified; but when He got resurrected it was the most joyous, the most auspicious and the most beautiful time.

The resurrection of Christ is very symbolic for Sahaja Yoga. If Christ could be resurrected then human beings also can be resurrected because He came as a human being, with all the powers, and He created the path of resurrection for us. This path of resurrection is the one that we have followed in Sahaja Yoga. But the greatest thing is the piercing of the Agnya Chakra which is described in all spiritual treaties or may be called, the scriptures, that is the door which is Golden, which is like a cover and no one can pass through that. So constricted is the door of Agnya Chakra. But Christ did cross that. His crossing has helped us, today, to open your Agnya. Without opening the Agnya

you can not go to Sahasrara. And this was done so easily in your case only because Christ could go through all that torture, and all that brutality and crossed over. How much we should be indebted to him? I don't know the words that can express, because He is the one who took lead in telling people that, 'You seek, you seek and you will find'. And then He says that 'you have to come and bang at the door'. This is exactly what has happened in your case, that you have risen up to Agnya and then you have crossed your Agnya. This crossing of Agnya was not at all difficult for you, though by your own ideas of thinking and conditioning of the futuristic planning and all that it was a big big clouds, I should say, very black clouds which were hovering on the Agnya. Thoughts were overpowering and you could not have penetrated through this Agnya which was all covered. But you did and you never even felt that you have crossed the Agnya Chakra so easily.

First of all, we all should really be very thankful to Christ for opening the Agnya for you. For Him all the tortures and all the brutality were nothing because His purpose of life, the purpose of His advent, His incarnation was to break the Agnya Chakra. Today you will find that even though your Agnya is opened out and you have crossed through, still you will be amazed that people get involved in the Agnya Chakra. In Sahaja Yoga people do get involved in Agnya chakra. Now how do we see through introspection what happens to us? For example, once people come to Sahaja Yoga they think, they are incharge, incharge of this, incharge of that, incharge of all the Sahaja Yogis, and they start behaving in a manner which doesn't behove a Sahaja Yogi. I have seen them and I am really amused the way they just start thrusting themselves and showing off that they are very much

incharge. This is nothing modern, this used to be there in human beings. But if it was so, it was before Sahaja Yoga. Even now, people get into the mood of dominating others by saying that we are incharge.

**Sahaja Yoga is not so simple as you think because there are lots of temptations.** Supposing you make somebody a leader. Now leader becomes some sort of incharge and he gets the drunkenness of the power. When he is like that he starts dominating all the rest of the people and also starts showing off that he is something very great and he has to dominate all the rest of the people. Then he creates an atmosphere of fear. Firstly I have seen what happens with them is that they start saying falsely that 'Mother has told this, Mother has said so, this is Mother's idea.' I have nothing to do with that gentleman, but he goes on talking like that and people get very frightened. Then he can also frighten you by saying "I will tell mother, Mother will listen to me and She will punish you". I am sometimes very surprised at such people because I have never said that I will punish somebody or I will take him out of Sahaja Yoga, nothing. So this man who thinks no end of himself, he may be a leader, may not be a leader, may be nothing in Sahaja Yoga, he starts talking like this, in such a funny manner that it doesn't look that the person is a Sahaja Yogi! Then he goes even further. He goes about describing himself as something very great as if he were the one who is chosen, specially, for rising higher and higher. When I hear about these things, I am really amazed how can people befool themselves, all the time and behave in such a manner!

First thing in Sahaja Yoga is humility. If you are not a humble person, you can not be a Sahaja Yogi. The person who orders about, the person who talks in a manner as if he were Hitler, any person who tries to control and be incharge of the things, all these capacities only show that, that person has achieved nothing in Sahaja Yoga. First thing is to enjoy the humility. I have seen people like this, they will always sit in the first row, they will always be sitting in a place

where you have to see them all the time. I just smile. I know they are just show offs. They think no end of themselves and that is why they are there. But they themselves are losing, they themselves are not very happy. That is why they try to do all these tricks, this kind of domination.

The other side of it is that the people who are humble, who are simple, who are honest and who are really seeking the truth, are being oppressed by this gentleman. He oppresses them, tries to show off, tries to make slaves out of others. I have seen people who have gone so far that there was a group of people, just would not move even an inch without the permission of their leader, and they would go all out to be subservient to such an irrational personality. First of all, you know, this is the love of Mother. **Mother never dominates. She can not dominate because She is nothing but love. As soon as She sees the problem, immediately She absorbs it. She has to make deliberations, just a drama sometimes, to show that She is angry. But She can not basically be angry with anyone. It is the love which all the time, is flowing and that love envelopes the Mother as well as envelopes you.** That is how you people could understand Sahaja Yoga. What does a human being need is nothing but love and compassion. Love and compassion of a very very pure type. Look at Christ. He pitied the people who crucified Him. He told his Father, the God Almighty, that 'please forgive them because they do not know what they are doing'! He could see that because of blindness these people are doing wrong things and God, the Father will be very annoyed, who is wrathful and may destroy them! So it was done with a very compassionate feeling, without thinking about. Just automatically He felt that these people are doing all this to me and I do not know what will happen to them! So He prayed to God, 'O Father, Please forgive, please forgive them, for they do not know what they are doing. They are blind, so please, do not punish them'. What compassion, what love, I mean, think of it! Do we do that in our life? If somebody harms us, troubles

us-do we ask Father to forgive those who do not know what they are doing? That should be the level of a Sahaja Yogi and it will work out very well if you ask for forgiveness. God will look after them. He transforms them, He will bring them to their senses.

The message of Christ is full of love, compassion, pure compassion. How He tried to protect Marie Magdalini (the prostitute) is an example of that. She was leading a sinful life, and for a saint, it had nothing to do. He had nothing to do with it. But when He saw her being stoned by people, He stood against her. He took a stone in his own hand and said, "alright, those who have not committed any wrong deed or have not committed any sin can take this stone and hit me." And, nobody came forward. Because they had to face themselves. When we are dominating others, then a kind of a cruel joy is there. Some sort of a joy that I don't understand myself. But people show off that we have achieved this joy, we have achieved this, a great power! It has happened for centuries with all the great emperors and also despotic rulers.

**But with Sahaja Yogis it should be the other way round. They have to rule the world with peace and love. They don't have to show off by any chance. This is how Sahaja Yoga will spread much much faster.** What does the world need? You just think of it. It needs only love and affection. Those people who are yet lost in the ignorance about life and are still busy troubling others, torturing others, going against the collectivity, they will have to return to normality. It is very abnormal behaviour sometimes. And you just don't understand, why they behave like mad people. It is very difficult also to tell such a person that you are mad, and also it is difficult to be with such a person who is so mad with some sort of a power. It goes on like that with so many Sahaja Yogis, I have seen, who start thinking that they have lots of powers, they can do whatever they like, they can talk to anyone and they can confuse everyone. But in Sahaja Yoga you don't have to confuse. You have to clearly express your love. But that doesn't

mean any kind of a particular gesture or a particular happening but it is just an inner oneness with each other. Sometimes I find Sahaja Yogis, so much understanding each other, so much loving each other, so beautifully enjoying the love of other people! When I see that I feel very very happy, absolutely overjoyed. That is what I wanted. These people should enjoy that. And you will be amazed that most enjoyable thing is the love that you give to others! You may not receive but when you give love to others then it is the most enjoyable thing. But the way you express yourself is also an art, I think, to understand how to please others, how to make them happy. I have told this story before also, about a saint who lived in Gagan Bavda, a hill or mountain. He used to live there and he couldn't walk, because of vibrations he lost his legs. And then he would go all over the place on a tiger because tiger loved him and he loved the tiger. So this gentleman was all the time telling people from Bombay 'what are you doing here? Mother has come, go and touch Her feet.' I did not know why he was so much concerned. So I told Sahaja Yogis I must go and meet him. All these Gurus say that we don't leave our pillow. We have to be in our own pillows, means wherever they live, exist - they won't go out. I am the other way round. I am never stationed in one place. So they asked if I could go? I said, "why not". So I went there. And the Sahaja Yogis said that, "Mother, you never go anywhere. So why do you want to go here?" I said, "Alright, see the vibrations, ah! Tremendous vibrations!" So when I went up this fellow was very angry with the rain, because, he was supposed to be controlling the rain. It is very surprising that when I went up, he could not control the rain, and I got completely drenched. So, he was very angry. He was sitting on a stone and doing like this (shaking his head) with anger. I didn't say anything to him. I went inside and sat in the cave, where he had made some arrangements for me to be seated. Then, he came, touched my feet and sat down. And I was amazed that he was still angry and couldn't understand why the rain did not stop? So, he asked me, why did you not allow me to stop the rain?

After all you were coming to see me all the way and the rain should have behaved, and I could not, some how or the other, control the rain. So, what was the thing, what was the reason? I just smiled. I said, see, you are an ascetic, you are a sanyasi, and I am your mother, I cannot take a saree from you, one is not supposed to take anything from a sanyasi. Even the Mother cannot take anything from him. But you have bought a nice saree for me. So I had to get drenched so that I could take the saree from you. See, the sweetness of my telling him just made him melt down! He started crying ! He said we need a Mother for this earth. There should be the Mother. We cannot solve the problems because whatever it is, we get angry, or we want to disappear. We don't want to be with these horrible people who are so sinful, to help them. This is the problem with the world today and that's why you find very few spiritual people in the whole world. Because they are the ones who are being very much tortured, troubled, insulted — all kinds of things happen. So they are struggling, they want to die very fast. Gyaneshwara, such a great personality, such a great writer, poet, so beautifully he has written. But at the age of 23 he took his samadhi, means he went into a cave and closed the cave and died. Must have been tired and fed up with the surroundings of ignorant people. And that's why he did so. So, you can imagine a person like Gyaneshwara who was the incarnation of Kartikeya, had to recede into the world of the dead because he couldn't bear it anymore, the way they were torturing them. They tortured him so much saying that he is the son of a sanyasi means, he is no good. He is absolutely like an illegitimate child, and he was illtreated to such an extent. He didn't even have shoes to wear. In that heat of India, he used to walk barefeet, and his sister, brother who were great scholars, great saints, great incarnations, all of them were tortured. As a result he wanted just to disappear. And he made a beautiful way of doing it that he told them that I have to go, took leave from them and went inside his cave and got in samadhi.

Even Christ was very young when He was crucified. He was 33 years of age. It was all planned by the Divine that He was to be crucified to make way for our Sahaja Yoga. To open the Agnya, he had to sacrifice his life. And for him to be hanged in such a horrendous, cruel way! Normally we do not find people behaving in such a manner towards the person who is about to die. So what happened that those people who were incharge of his crucifixion, must have been some devils, the way they behaved. It is not possible to forgive them even if Christ says. It is difficult to forgive such people who were watching the crucifixion of Christ. So, if that is the case, that a person like him thought that let me do my job — to break Sahasrara. And then he didn't want to live, live with these stupid people, to be tortured. Lots of stories are there about his ascent and his resurrection. And He just disappeared into Kashmir where He lived after his resurrection. And, you see, all those stories if you read, you will be amazed, how miraculously, He got His second birth or second life in Kashmir! He lived in Kashmir happily, for sometime, with His mother and there He died. They say there is a grave of our lord Jesus Christ and also His mother who was there.

But who has taken advantage of his life, from his life. Who are the people, really , who wanted him to die. You know very well, how Christ died and the people came up suddenly, like Paul and Peter, who tried to make a big business out of it. It is very sad to see that these two persons brought such a shame. This Paul was nothing but an organiser. He was a person who was bureaucratic, I should say. But he was not only bureaucratic, he was also a man who wanted to have a big position. He told a lie that he went down to Damascus and on his way, he saw a big cross. According to Sahaja Yoga all such signs are signs of supraconscious. It is not of the spirit. Then he came back and started his own research and things like that. He has written lot of things but throughout, if you read, you will find that he was not

a Sahaja Yogi. He was just an organiser. He was a bureaucratic personality who was writing how we should administer, how we should have different types of people, how should we manage them. So he was the management department for the Christians. Christians also became extremely, very secretarial type, like you see everything has a time, you must come like this, you must sit like this, talk like this. And also the nations which are supposed to be Christians are observing all that in a very official manner. It is not understood why are they so much official in everything? Just the opposite of what Christ did, to break the Agnya — they built up this. And the Christian nations became most arrogant, most aggressive nations in the whole world. For them it was their right to occupy any land they saw, it was in their right to establish their own laws, their own, I should say, assemblies.

All this is done in India I know. Even today if you go to places like Punjab, You will find the people are just living like rustic people, working very hard and they are all the time under attack from people who are dominating and those who wanted, full advantage to be taken, out of these people. It was a ridiculous thing to behave like that as Christians. Then also they started converting, it is another nonsense, converting, converting them. In the south India they never made breads. They don't know how to use your oven. So they made huge big cakes. You can call it a cake or you can call it bread and put it in the water or in a well and they would say that we have put a part of the calf or a buffalo or could be a cow and they just believed. And they say now you are finished, because you are no more belonging to Hindu religion or any other religion. So now, you have become Christians. And that is how they have made thousands and thousands of people, Christians. They were actually downtrodden people, I should say. Now all these downtrodden people, wanted to be converted into Christianity because they brought them all they wanted. Such people would just follow the missionaries and would not question because they were not educated people. They were not people of any understanding

or intelligence to understand, what these people are. So when they started this tirade against the downtrodden people, so many of them joined them. Thus they formed their own race and they started behaving like that. This is a thing we should understand, how the dominating nature of people accepted a particular religion, because that religion is nothing but humility, and how then these people, supposed to be in charge of Christianity, converted people into something absurd! See, it is human nature, it can enjoy any nonsense, any kind of cruelty, any kind of pressure. It can never give up that realm, that area, where they have been dominating. Now, as it is, the christian nations have gone even beyond that because among the Christians, all the freedom is given to them. They are liberated, do whatever you may like, if you become a Christian.

They are the ones who have been dominating and those who are dominated are there everywhere. They would go to ordinary people whom you can call as aboriginals and converted them. Their main method was to convert. What was the need to convert so many people- because in democracy it is important that the number you have should be large. So to gain the number they used to convert. See the whole situation of Christ. It really makes me feel very nervous.

Today you all are Sahaja Yogis, you are all so much higher than others. You have all the powers and then supposing you want to behave like the Christians. I do not know what you will do. So now you are on the verge where Sahaja Yoga is accepted in different countries, and people respect those who are Sahaja Yogis. They have been given positions, then suddenly you might get this power business into your heads. You may try to become like a despot, because that is human nature. That is not divine, but that is human nature! For example, when in the kingdom of animals — they are aggressive on each other it is all right, it is permitted. There is a system, there is a way, there is a method how they dominate. They do not jump on everyone. But I have seen in Sahaja Yoga —



many people—we make them a leader, finished. Then he sits on everybody's head. If you don't make them a leader then they go on writing letters to me one after another, that Mother, we want to be leader. I want to be a leader—they go on insisting on it. For what do you want to be the leader—just to dominate others? This domination business is not meant for Sahaja Yoga.

I am here today, to tell you about a beautiful image of Christ, who rose above death. In the same way, let there be death of all nonsensical ideas, all negative thoughts. Everything has to be overcome. You have to be the lord of yourself and in that you should feel so comforted, so happy. In giving others you will find it very much easier than taking something from others. It is very surprising how Sahaja Yoga has taught you all these things! In Sahaja Yoga people have to say that they are very wonderful. They are very beautiful people. They are very loving, they are very kind. I want to hear that all the time about you all, that you all are individually or collectively, something outstandingly great. **But this greatness is not by domination or by showing off but this is coming from within. People see you and know that it is something and that is how Sahaja Yoga is going to spread. The Christ within you has to arise. Christ within you has to guide. It is the Christ within you who will teach how to behave towards others and how to gain their confidence and give them the love and peace. That you are now growing within you, to make them very very happy and joyous. This is the message of resurrection.** This is the message of breaking the Sahasrara. So this egg, which was described very clearly, in Devi Mahatmya, how this egg was formed and was broken into two and from one part of the egg came out Christ and from another part Shri

Ganesha. It is all written down, but Christ is described as Maha Vishnu and not as Christ. So, Maha Vishnu then rose and it has all the wonderful things. It is a real message, beautifully written by the light of Christ that now as we are thoughtlessly aware, now we have to express that light through our lives, and we have to show to the world that we are quite capable and that we are within ourselves, absolutely complete. We don't want anything from others. What we want now is to give, whatever we have achieved, to others. This is what people are looking at you and at all the Sahaja Yogis.

May God Bless You!

Thinking of Christ, I find it impossible to keep awake because to keep in these modern times, it is very difficult when you are thinking of Christ and talking about Him. It is just something so sad, how people never understood such a great man, such a great personality and He was divine, absolutely divine. Despite that He made a drama, we should say, to go through all the sufferings. It is very painful even to remember all that, how He crucified himself and how he died. But the main point is this. He has done for you, for all of you, and you are so indebted. It is his work which has helped the Kundalini to be awakened and could pass through this fontanelle bone area. All this could have been impossible without the sacrifice of Christ. You all should thus deserve to have some sacrifices. See this is a very symbolic thing that has happened and you all should be, all the time, prepared to sacrifice whatever is possible for the emancipation of humanity. It is very subtle at this moment now. Forget about the seeking, forget about everything. What is needed is that you have to remember all the time that you are saved, you are being blessed by the sacrifices of Christ. It is very important.

May God Bless You!

## "Shri Mataji, You are the Messenger of Peace"

*Address by Ayatollah Rouhani ♦ Royal Albert Hall, London, 3rd July, 1997*

*(Text translated on site and read by Derek Lee)*

If we consider the most ancient evidence left by Homo Sapiens, we can see that man has always been aware of the existence of a Supreme Being, who is Lord of all things and of all living creatures:

Using every conceivable means, human beings of every era have always tried to show their feelings of deep respect (and reverence ) towards God and to perform what is due to their Creator.

This is why Islam has always stressed the possibility of direct communication with God. Even those who have fallen into idolatry have never denied the existence of the Creator, but have simply put their idols and their images in His place. And this is still happening today. This being the case, how can we recognize a true prophet and what is his or her mission?

The mission of the prophets is to reveal the Will of God, that is, to provide a logical and tangible explanation of religion as it is experienced in our daily lives.

Genuine monotheism—the belief in a Supreme Being—means (or implies) the unshakable oneness of the whole creation, that is, the indissoluble union between man and God. Monotheism proves, then, the pointlessness of idols and of images that come between man and God. The mission of the prophets is thus to set human beings upon the right track, and in order to do this, the prophets have used two parallel and complementary paths.

The way of learning, based on theology and philosophy.

And the way of Self-knowledge or Self Realization.

That is why we find in our Holy Book, the Koran, both scholastic discourses and phrases which hint at

the "way in" to knowledge of the Highest Self. The concrete means of putting this message into practice is what is offered to us in this age by Shri Mataji Nirmala Devi.

To back up this Truth, if you will allow me, I will quote these words of the Prophet Mohammed, who tells us, "God is closer to man than his own veins."

And the Prophet says, "With the knowledge of the Spirit, man will begin to know himself, so as to finally achieve knowledge of God."

"With the purification of his inner being, man becomes conscious that he is the Spirit."

It is thus that both the experience of spontaneous Self Realization (which is revealed by Shri Mataji Nirmala Devi) and Sahaja Yoga (which is the practice which She teaches) are in perfect harmony with the teachings of Islam. It is because of this revelation by Shri Mataji that I have wanted to speak to you tonight.

In a similar vein, I should like to end my talk by referring to the condition of women in Islamic countries today. As you know, the position of woman as mother is glorified in the Islamic tradition. The Prophet Mohammad went as far as to say, "We experienced paradise at our mother's feet." Regarding the position of the woman as a wife, Islam not only acknowledges her complete right to choose her own husband, but pays homage to her in the famous words of the Prophet, who says, "The best amongst you is the one who behaves best towards his wife." Or again, "Women are sent to us by God and men are responsible for keeping them safe." Women are thus considered to be equal to men in both their responsibilities and in their legal and civic rights.

Today, unfortunately, we have seen that this great insight of the Koran is not always understood and

therefore not respected in the various Muslim countries.

You, Shri Mataji, by virtue of your courage, your sincerity and your purity, by virtue of your untiring travels through the five continents, you are today justly considered to be the Messenger of Peace in the world.

Your exemplary life makes you the perfect symbol and model for Muslim women. May their quest for Justice, their desire to be able to enjoy a true spiritual life in their own dignity, may their quest find an echo

in the spiritual approach of the real Islam. This will make it possible to put a stop finally to all kinds of injustices which are still being committed against women in the name of religion.

It is with this vision and with the aim of defending the rights of women in Muslim countries throughout the world and in particular in Afghanistan, in Iran and Turkey, that I address this brief talk to you, Shri Mataji, and to all the people assembled here tonight.

—Medhi Rouhani

## “We hold the future in our hands”

*Address by Claes Nobel ♦ Royal Albert Hall, London, 3rd July, 1997*

**W**ell, indeed, life is full of surprises. After all we are meeting here, inspired by the message and work of Holy Mother Shri Mataji Nirmala Devi and She is not here in body, but She's here in spirit. Also the wonderful letter that we recently heard from Ayatollah Rouhani, which speaks very highly of the work and the mission of the Holy Mother, where he indicates the importance of women in the world. He is not here either and, frankly speaking, only 36 hours ago I did not know that I would be here at the Royal Albert Hall, addressing this audience. Still I say, dear Holy Mother, and I also recognize her husband, Sir C.P. Srivastava in the audience, and I say most importantly, dear friends, fellow seekers of truth, are you out there? Because with all this light I can only see about 20 people in front of me. So, say “yes” if you are here, then I know. [Lots of clapping] Now I can see you and I can hear you, as well as you can see and hear me.

With that said, I want to say that I have a vision, I have a vision of the world that is better, safer and saner than the one we are presently experiencing. It is a world where people live in harmony and peace with themselves and in harmony and peace with nature. Now, those words are vast. It's a bold vision. Do I have a practical way of going from vision to reality? Yes, I will share that with you and I will share it and indicate the tone of the meeting by ten small words, and they indicate how this global world transformation shall be undertaken, and they are: right thoughts, right words, right deeds, right here and right now!! [Lots of clapping] The key word is, of course, “right”. This world is fighting about what is “right”. What is right to you might be wrong to me, and vice versa. It is a grey area. So we need a reference point, so we can distinguish between right and wrong and between truth and lie. Tonight Shri Mataji will show us what

is right. Tonight Shri Mataji will empower us to become masters of our own destiny. And tonight we will be guided by the knowledge of Self Realization in the light of truth and we shall all know absolute truth and absolute peace.

Now, 100 years ago Alfred Nobel established his Nobel Peace prizes. These prizes represent excellence. We have prizes in Chemistry, Physics, Medicine, Literature, and Peace. Of those prizes, I hold the Peace prize to be the finest. And I want to tell you that Alfred Nobel listened to a woman, he listened to his secretary, Berta, in Paris, 100 years ago, when she said, “Dr. Nobel, you should use your vast fortune for the betterment of the world.” Tonight you are listening to another woman, we are listening to the message of Shri Mataji. However, I am very much inspired, first by my uncle and later on, you will hear, by Shri Mataji. Alfred Nobel talked much about peace. He was frightened that his awesome, explosive dynamite, which cleared up land for harbours and tunnels, could also be used for warfare. Today in the arsenal of military systems, it's like a small firecracker. But at that time it—dynamite—was a most awesome, destructive material.

Now, Alfred Nobel thought basically about peace as an absence of war, but I assure you that peace is much more than absence of war. And I see that peace exists in four specific areas. The first area is the peace that the individual has in himself. How do we treat our mind, our emotions and our feelings? How do we treat our body? Are we slaves to other masters or are we our own master? Until we have the inner peace in ourselves, we can never have an outer peace in the world. And the safest and best way of finding world peace is to have mass movements—that includes all religion and philosophies, all enterprises,

whether they are of a political or scientific nature—to realize what inner peace is. And that's what we are talking about tonight.

Self Realization. What does Self Realization mean? Well it means that we are "realizing" something, but what is the Self? Ladies and Gentlemen, the Self in us is the divine, cosmic power that exists in each and every individual, but which is dormant in most people around the world. The spiritual leaders—from ancient laws—they knew about this, and they spoke about this. But this secret of secrets has been suppressed, deliberately, until Shri Mataji, with great courage and great wisdom, being an old soul, who decided by Herself to come back to the Earth at this critical time in our history, in order to share her knowledge and wisdom, which is the Sahaja Yoga, which is instant Self Realization, which is to activate the dormant principle that we all have, which is the Kundalini and to help the Kundalini to rise up and thus become, as it says in the Bible, "You are created in My image." [Lots of clapping]

That was the first category, the first sphere, of peace, the one we have within ourselves. The next one is the peace that we have among each other, in the family, in our community, in our nation, that we have peace with other ethnic groups and with other religions, that we really become true, what I call "active" listeners, and as "active" listeners are able to put ourselves in the place, in the shoes, of the other party. Only then, when we have the outlook from their perspective, shall we understand what they are trying to say. We're always talking, talking, talking. My dear wife, who is not here tonight, said, "Claes, you talk too much, you don't listen." I have started to practise what she calls "active listening."

The third sphere is the sphere that pulled me in originally. After all, I am a European, a Swedish business man. Why am I up here, speaking the language of spirituality, and saying "That is where the hope of the future exists"? I am doing so because I have a deep and profound reverence for Nature. As a Nobel

peace laureate, Dr. Albert Schweitzer said, after he had worked and worked, trying to distill a phrase that contained everything that he knew, everything that he wanted to say through his philosophy, Dr. Albert coined the phrase, "reverence for life". Nature is nothing but a plethora of examples of life in this multifaceted vision. And I tell you, dear fellow seekers of truth, we, humanity today, in our ignorance, in our greed and in our lust for power, we are in the process of destroying the very thing that makes this planet unique and that is: Life on Earth. [Lots of clapping] And, so far, we do not know of another planet in the universe that harbours this miracle. Earth is like a blue jewel in space and there is only one Earth and this Earth is fragile and we must take care of her and respect her. Earth is also called Nature. We cannot break the laws of Nature, we must live by them, Mother Earth will break us. And we are only one species of, we do not know how many species we have—five, ten, fifteen million, but this we know (and this has been proven by the world's most foremost scientist in Harvard University, United States, Dr. Edward O'Wilson) we are today bringing to extinction 250 species per day!! That is as if we are deliberately and wilfully pulling out thread after thread of what consists of the fabric of life. And Mother Nature will not let us continue doing that without correcting us as naughty children.

The fourth sphere of peace is the peace that we should know between ourselves and God. Any religion or any group who raises their army and destroys their enemy in the name of God is not following what God has asked us to do. The world should not know of violence [lots of clapping], and the world should not know of war.

I call, as we already heard, these four spheres of peace, "Earth Ethics". And tonight we will hear more from the Holy Mother how we shall have a reference point, how we can distinguish if we have a charlatan and a fraud in front of us or if it's a genuine, honest person. And you, dear audience, you have come here tonight from many different walks of life and, like

you, I have also been seeking for the truth. I am beginning to discern truth rather clearly. And let me tell you this, that I look upon life on Earth as a kind of a school, a school where we are learning perfection and purification. Now, on earth, everything is interdependent, interactive and inter-related, and on Earth as well as in heaven I guess, every action has a reaction, every effect has a cause and every cause has an effect and the Holy Mother—as I said, She is a highly evolved soul—She has learned from many, many lives, what it is all about. It is all about laws, the unseen laws, the spiritual laws, they are always there and they work as infallibly as the law of gravity works [drops his pen onto the floor]. It always works—all those unseen laws, it is for us to learn and perceive that law.

I am very comfortable with the teachings of Shri Mataji and I am very comfortable with the Holy Mother herself. I say so because in the Bible there is one saying, amongst several good ones, “You shall know the tree by its fruit,” and lately I have met the young men and women, in different parts of the world and certainly from many different parts of the world, and they are all shining beautiful human individuals that radiate inner peace and balance. They are unique. You have followed, and you are in the process of following, and will be I think, those individuals who should call themselves, “Ambassadors for the Earth,” and after tonight's session is over, I am sure that you shall see clearly how you shall distinguish between truth and lie and you shall realize that blind faith is of no value and that fanaticism—and to take up violence as last argument—is of no value. Eventually those things will bring you unhappiness, they will bring you conflict and potentially war. Ladies and gentlemen, I know that we hold the future in our hands, I know that the future is in your hands. I know it's in my hands and I also know that the future of the planet exists in the hearts of the individuals.

Now, I will close my remarks tonight by a fable from India. I heard it when I attended the Rio

Conference '92. That was the twentieth anniversary of the Stockholm conference, that for the first time put the “Environment” on the world agenda. In Stockholm in '72 we had only two heads of state: the Prime Minister from India and King of Sweden. In Rio twenty years later, we had 110 heads of state. A marvellous declaration was drafted, Agenda 21, just last week in New York, just 70 heads of state that continued with Rio, plus five. But, as I told Sir C.P. when he asked me about the outcome of this conference, I said, “Well, we are talking about ‘sustainable future,’ but it seems to me that in the UN there is much of a sustainable dialogue ongoing.” Tonight we shall take the action.

Well, I asked a Holy man from India, a robed acharya, and I said, “Is there hope for the future?” And he said, “Mr Nobel, I will answer your question as follows: When the dear Lord had created the Earth, He was very, very happy, very, very pleased. It was His finest creation in the universe and he decided to celebrate, to have a party, and God invited in all the angels and all the devils. When they were there, he toasted them, and wished them welcome as a good host, and said, “There's only one rule that you must strictly obey. While you're having a good time”—and by the way, the best food and the best wine was served, ambrosia nectar—and he said, “there is one rule and that is that while you're here, celebrating my creation, you may never bend your elbows.” The devils cried out and said “We don't want any part of such a party! How can we enjoy it, not bending our elbows?” So they left. Then the party started, the angles were having a jolly good time and the dear God was very, very happy!!”

Now how could they eat and drink without bending their elbows? Well, I sense that you can see what **the moral of the fable is. The angles were feeding each other, they were sharing and they were caring. And that is what we shall do in the future together.** Thank you very much.

## Shri Ganesha Puja Seminar

September 1997

Every puja that we have the privilege to perform in Shri Mataji's presence is a jewel beyond compare. This year's Shri Ganesha puja in Cabella was definitely one of the crown jewels, a diamond radiating its sharp pure light with great power, obliterating even the shadows of negativity.

Shri Ganesha, in His aspect of the remover of obstacles, was blessing all the preparations. And as vice-chancellor of the Vishuddhi chakra, He brought together Australia, New Zealand, Iran, Malaysia, Thailand, China, Taiwan, Japan, Vietnam, Singapore and other South-east Asian countries, as well as yogis from all over Europe, North and South America, Africa, India and elsewhere to work together in harmony, as part and parcel of the whole.

The diversity of races and cultures was like a bouquet of fragrant flowers from all parts of Mother Earth, and was fully expressed in the Saturday night entertainment program, giving us all the feeling that it really is a small world. *Music of Joy* started the evening with bhajans that deepened our attention and lightened our hearts, living up to their name as they expressed the joy of being a child of Our Most Holy Mother.

This was followed by a comedy in verse by the Australians that was poking fun at the various traps seekers fall into, whether vegetarianism or epicurianism, guru shopping or analytical thinking. We then proceeded on a journey around the Orient as yogis from first one, then another country, expressed the joy of Sahaja through the best of their artistic heritage. Under a backdrop consisting of beautiful painted panels of tropical flowers, which gave a feeling of oriental art without being specific to any one country, the yogis offered their love.

A Maori lady from New Zealand sang the first Maori bhajan. The Japanese yoginis performed the first Japanese bhajans. The Chinese yogis offered a combination of music and pantomime. The yoginis from Thailand performed a beautiful fan dance, sparkling in traditional costumes. The yogis from Indonesia performed a traditional shadow puppet play from the Ramayana. The Iranian yogis, assembled from all over Europe, presented a film and then followed it up with a bhajan sung in traditional Persian style with a special stringed instrument played by Hamid, and a large type of hand-held drum played by Ali.

As our journey around the world drew to a close, Shri Mataji requested qawwalis from *Music of Joy*. They asked for any yogis familiar with "Mataji Qawwali" to join them on the stage and the yogis of nations assembled for a powerful qawwali that brought half the performers to their toes to dance with joy before Shri Mataji.

Afterwards, Shri Mataji addressed the yogis. "You don't know what I must be feeling when I see all these countries which I visited before, and I know most of you very well. The way the whole joy and happiness that you have received through your spiritual awakening, in the light of the spirit, is very evident and very beautifully ringing like waves and waves. It is Sahaja Yoga's dreams, which I had, is more than fulfilled... So this is what is love. And in this love we just get immersed. This ecstasy that you were getting into was just nothing, but is the bubbling of love."

Shri Mataji then spoke about Iran, and how eventually the problems caused by fundamentalism will work out. Sahaja Yoga is now very well established and accepted in Russia, and even in America, the House of Representatives issued a statement praising Shri Mataji's work.

Shri Mataji spoke about art as a blessing from the Divine. She suggested developing our artistry in music, art, and dancing to balance the right side. "For qawwali, I must say you are masters now!"

Shri Mataji also mentioned that attention should be paid to America. Americans are childish people, but America should work out with help, and through well-performed music and dance.

For most of us, the evening ended all too soon .... We awakened on puja morning to a beautifully sunny day, and made our way to the river or the waterfall. The puja backdrop was unveiled, consisting of four dancing Ganeshas (similar to the one on the cover of the *Music of Joy* cassette) with a mouse playing at the foot of each, on a celestial background, with painted columns between each of the figures, crowned with pink lotuses. The front of the stage was bordered with large tissue paper hibiscus and other flowers.

Again we had the pleasure of listening to *Music of Joy*. Shri Mataji arrived, dressed in a sari in iridescent coral pink with coral orange borders. The puja talk was penetrating in a way that many yogis

afterwards expressed as being far beyond any talk they had experienced before. Many came away with a far stronger feeling of the depth of Shri Ganesha's power, and that innocence is not something to merely strive for in a yogi. It is an absolute necessity for ascent, that our purity can in no way be compromised. Yet it was also with a feeling of joy that Our Mother has made this possible for us.

Many yogis remained through Monday to let the vibrations settle and to enjoy an extra day with brothers and sisters seen once in a year, two years, or even six years. The magic of Cabella flowed over and around us. In Cabella it is so clear that the Paramachaitanya guides everything: where you sleep, who you speak to, what work you do, and who you find at the river foot-soaking next to you. Each moment flows into the next without a ripple, and it is such a joy to witness it all unfold. In Cabella it is easy to see that the yogis and yoginis are truly a different race of people, with sweetness, balance, love and understanding, in a way that can only be a reflection of the love of Our Mother.



## Litany for the Doom of Materasura

*This is a world where too much is not enough.  
This is a world that feeds the Swiss Banks'  
Octopus.*

*This is a world where the saint says enough.  
This is a world where negativity is a plus.*

1. This is a world where 1.3 billion people live on incomes of less than \$1 a day and where the planet does not have enough natural resources to sustain, at a world wide scale, the consumption pattern of Malaysia, leave alone America.

PLEASE SHRI DURGA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

2. This is a world where ten per cent of world trade is generated by drugs and narco-traffics, or US\$100 billion represents the amount that yearly poisons mankind, while money laundering in Switzerland and elsewhere has become a most prosperous activity, reaching all levels of society.

PLEASE RAKTABIJA VINASHINI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

3. This is a world where Wall Street sucks the wealth from the working middle class to bestow it upon the rich and where Walt Disney makes you forget all about it.

PLEASE SHRI KATYAYANI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

4. This is a world where an Egyptian eats at MacDonalds in Cairo and a Chinese at Pizza Hut in Beijing because modern consumerism expresses the lowest common denominator of world culture and erases the meaning of national values and traditions.

PLEASE SHRI SHAKAMBARI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

5. The new multinational entities are experimenting with new forms of dictatorship, setting their production sites in the developing world, reducing to slavery a subdued working class and exploiting children on the altar of productivity gains.

PLEASE SHRI RAKSHAKARI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

6. The globalization of production and services allow a few global players to befool us and impose the rules of their game to the mass of unsuspecting consumers.

PLEASE SHRI BHIMADEVI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

7. Vast restructuring endeavours are progressively leading to the eradication of small and medium-size enterprises for the benefit of gigantic corporations operating on a world scale.

PLEASE SHRI CHANDIKA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

8. The gradual concentration of liquid wealth in the hands of the super rich is marginalizing national sovereignty and its elected officials and is imposing a new titanic dimension to the ruler-ship of money.

PLEASE SHRI RAKSHASAGNI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

9. Greed raised to the power 108 means the pauperization of the world's middle class and outrageous wealth for the remaining 10%.

PLEASE SHRI DAITYENDRA MARDINI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

10. The systematic elimination of alternative economic solutions, unequal trade and financial manipulations are challenging the equitable distribution of wealth among the population of the world.

PLEASE SHRI VAJRINI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

11. The deregulation of the financial markets has opened wide the gates of Jurassic Park for the large financial predators to roam about and thousands of billions of dollars are created from nothing by speculators to feed their unlimited thirst for money and power.

PLEASE SHRI UGRACHANDESHVARI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

12. The Swiss financial centre works as a haven for the rich tax-dodgers from developing countries and diverts needed capital from national investment programmes, industrial infrastructures and social expenditures to inflate the stock exchange of the developed countries.

PLEASE SHRI UGRAPRABHA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

13. The enormous increase of financial assets has siphoned cash money out of the real economy and channelled it into the financial markets, building up a planetary gambling casino where arbitrary currency speculation can mount huge attacks against any country which tries to follow socially-minded policies.

PLEASE SHRI MAHAKALI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

14. The lure and mirage of such a radical

concentration of wealth and power threatens to neutralize all seeking of the Spirit and the deafening roar of triumph of asuric materialism destroys the hope of millions of seekers.

PLEASE SHRI MAHAMAYA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

15. The alliance of mafias, secretive bankers and corrupt managers has infiltrated the world economy and is threatening the ethics of collectivity which provide the foundation for the value system of our entire civilization.

PLEASE SHRI VIRATANGANA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

16. The trend of today's mega mergers is to marginalize the State, bypass national legislation, manipulate the market, control the economy and, for all practical purposes, finish off the social foundations of real democracy.

PLEASE SHRI KHADGAPALINI,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

17. The etheric sophistication of financial electronic circuits has created a virtual world where the immateriality of money has become the sole reality.

PLEASE SHRI VISHNUMAYA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

18. The progressive domination of technology is sucking the blood of the farmer, the artist and the potter turning the man who works with his hands into a permanently handicapped person.

PLEASE SHRI DEVA KARYA SAMUDYATA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

19. The information highway leads to the maya

web of a virtual world where human attention is scattered, desire is confused, truth is atomized and the soul is thereby reduced to slavery.

PLEASE SHRI RADHA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

20. Modern communication can become a demonic tool in the hands of a few media moguls and opinion making tycoons who are spreading their hedonistic world view of power, money and sex.

PLEASE SHRI SHUKRATMIKA,  
DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

21. The Mlechas of Satan have infiltrated the Internet global village to pour pornographic dirt and filth within the nest of the family and to spread hell's shadows in the minds of helpless people.

PLEASE SHRI NIRMALA KUMARI,

DESTROY THE EVIL FORCES THAT  
MATERIALISM CREATED

Hail, salutation to the Great Devi! Aum, Amen!  
May there be Auspiciousness, Joy and Peace!  
May Thy divine grace penetrate the waters flowing from our mountains to the four corners of Europe and spread the pure vibrations of the Aquarian Age!

Salutation to Thee Shri Mataji Nirmala Devi Ji, the Resplendent One, O formidable Avatar! We bow to Thee, most pleasing yet most frightful, who has been approached by the Trimurtis for the sake of protecting the universe.

Today, in this festival of Navaratri, we chant the litany of Thy children in Switzerland for the defeat of the foes of the Spirit and we offer to Thy glittering teeth the new asuric forms of materialism.

Aum Twameva Sakshat Shri Rakta Dantika Sakshat  
Shri Adi Shakti Mataji Shri Nirmala Devi Namoh  
Namaha Aum, Amen.

## Committed to Universal Love: A School for the World



*This is the introduction from The Sahaja Patrika, issue number one, June 1997, the newsletter of the International Sahaja Public School. The school is located in Talnoo, near Dharamsala, in Himachal Pradesh, India. The school currently offers grades one through ten, with grade eleven to be offered for the first time in 1998.*

“**I** am sure the children who are brought up in the Sahaja School, wherever they will go, they cannot change. They will change others, but they will not change because they will be so well developed in their own personality that their own personality will impress others. Sahaja Yogis do not change. They change others.”

— Shri Mataji Nirmala Devi

*Om Shri Ganashaya Namoh Namah*

Through the unbounded love and blessings of Her Holiness Shri Mataji, we venture to bring out the first issue of the Sahaja Patrika, the future issues of which will be brought out by the students themselves.

Living in an ethos of international brotherhood, committed to universal love and goodwill and following a democratic way of life, our endeavour is to train the students to govern themselves and even take crucial decisions through different committees. Not that they would be free to do anything they like, but would always look to the teachers as their guiding stars.

The attempt embodies, therefore, developing accountability, a value which is so thoroughly drilled and instilled into them at the school. A feeling of being accountable to the parents, to the teachers, and the community at large is highly desirable. It is up to their accomplishments, ambitions and aspirations.

### *THE SCHOOL PLANT AND ITS ENVIRONS*

The International Sahaja Public School is gracefully perched in the lap of the Dauladhar Range of the Himalayas on the one side and flanked on the other side by the vernal woods. The environment is best suited for full and balanced growth of body, mind and soul of the young Sahaja Yogis of the world under the kind protection of Her Holiness Mataji Shri Nirmala Devi.

The snow-peaked mountains provide inexplicable comfort and solace and urge us all to rise high. We have three staircase-like plateaus which house the Junior and Senior wings of the school and extensive playgrounds. The landscaping of the campus and the flower beds are a sight to see and we enjoy these gifts of nature, to which we add our own efforts to beautify.

### *Our School, A Community of Nations*

We come from different social, cultural, political and economic environments representing the following countries: Australia, Austria, U.S.A., Canada, Italy, Germany, U.K., New Zealand, France, Switzerland, India, Finland, Israel, Belgium, Taiwan, Hong Kong and the Philippines. The school, therefore, represents

a truly international kaleidoscope of the community of nations.

Does it not look amazing as to how all of us have come to be so close and so quickly when only a few days back we were complete strangers to one another? Is it not only natural that the whole world should assemble with the feeling of surrender at the Holy Feet of Shri Jagat Amba, the Mother of the Universe?

*Sarvam Samarpayami*

### *The Genesis of our Educational Pursuits*

The educational inputs offered by the school are unique in many ways. A few of the salient highlights of these innovative approaches are that we learn how to learn, we become our own rivals, always endeavouring to excel in our performance.

We try to develop a questioning mind for getting over dogmas and prejudices and superstitions. We learn through exploration, experimentation and observation. We learn to be original and creative.

We imbibe leadership qualities. We acquire a sense of responsibility. And, above all, we develop a love of humanity.

*Vasudaiva Kutubakam*

## News From Around the World

### *A Sahaja Story from Holland*

The train I was on stopped in Utrecht. Outside on the platform stood a boy who looked nice. I thought, "I would like to give this young man his self-realization." He boarded and sat next to me, although there were still empty seats. We started talking. I wasn't sure how to get to the subject of Sahaja Yoga. I started to play with my necklace which had a pendant of Shri Ganesha, but it didn't help. Suddenly Richard, who was on the train and had recognized my voice, came to say hello. The Richard left the train at the next station. I told Harry (the young man) that I knew Richard from Sahaja Yoga.

Harry turned out to be very interested in yoga. I thought, "A pity that I have to leave the train at the next station (only 5 minutes farther)." But Harry also had to get out! As we were leaving the train, Harry asked how long it took to get "this Self-Realization." I said it took about 5 minutes. He asked if he could get it right away! So we sat down on the stairs of the rear exit of the Amstel station. I told him to relax and close his eyes. I raised my kundalini and gave myself a bandhan. Then "I" raised his kundalini and worked on some chakras. I felt a little cool breeze above his head! He wasn't sure if he felt it, because there was a little breeze blowing outside. I told him I felt his Kundalini. He was still doubting, but felt peaceful. I said I had a bicycle to get home. He too had one and he lived very close to our house. I gave him our address and said he was welcome any time.

A few months later, I saw Harry at the station again and he was happy to see me. He said he had lost our address because his diary was stolen on his holiday in Spain. This was the last time that I would be at that station because we were going to move. I gave him my new address, and the address of the centre in Amsterdam. I

told him there would be a public program in Amsterdam the next month, for which I would come back to Amsterdam. He wasn't sure if he could come. On the day of the public program, Harry was sitting in the front row with a friend. Again he didn't feel the cool breeze, but he did enjoy the evening. Later I heard from Richard that Harry had gone to the course and that his life had changed a lot. He now believes in God. Thank you, Mother for this story!

—Petra van Belois, Holland

### *Getting on the Air in Florida*

Salutations to everybody from the Florida, USA Sahaja Yogis! We want to tell everyone about an exciting opportunity to spread Shri Mataji's message! Here is what happened:

In late February, a message was conveyed to all US yogis to try to show the video about Shri Mataji's life, called "The Vision," in honour of Her 75th Birthday. We wanted to show the video on TV stations, but we had next to no contacts to anybody significant in that field. So at the end of our weekly meeting we gave a bandhan to express our desire and waited to see what would happen!

The very next day Anjan, a multimedia computer student, was approached in his college by an Indian gentleman who needed his help in a computer related matter. As it turned out, that gentleman was the producer of a show called *Asian American Focus* on a local TV station, WLRN, affiliated to National Public Radio (NPR). Anjan mentioned to him that we have a video about Shri Mataji Nirmala Devi, ready to go on air and asked if he would be interested. To Anjan's amazement, the producer said, "Yes!"

Over the course of the next few days the idea changed

slightly and we were asked if we would like to come in for an interview about Sahaja Yoga as the show has more of a "question and answer" format. We agreed and in Anjan's college we produced a 10-minute video showing Shri Mataji introducing Sahaja Yoga, complete with titles and music at the beginning and end.

The next day at 10 a.m. we met at the TV station and found our interviewer, a very nice lady, being extremely open and respectful towards Sahaja Yoga and Shri Mataji. We discussed the questions to be asked and then we started recording. First she introduced the two of us, then we showed Shri Mataji's video and after that continued talking about almost all aspects of Sahaja Yoga.

Time passed like magic, fast on one hand, and very slow on the other hand—so that we could fit all we wanted to tell the viewers about Sahaja Yoga! The vibrations were very cool! At the end of the show we invited all the viewers to a public program and gave all the contact information we could think of.

After the recording was done everyone in the studio was happy and joyful and the interviewer said we must remind her before our public program as she definitely wants to attend to get her realization!

The producer suggested that he would like to continue presenting Sahaja Yoga in weekly half hour segments, featuring a different subject in Sahaja Yoga each time!

We are excited, grateful, and amazed how Shri Mataji works things out, especially after such a long "drought" here in Florida!

With all our love and respect,

—the Florida Yogis

## Swiss Yogis Visit Ivory Coast

*[Note: This is a diary describing the experiences of some Swiss Sahaja Yogis who visited the Ivory Coast to assist with the spread of Sahaja Yoga.]*

### Introduction

For a few years we have been in contact with one Sahaja Yogi, Jean-Claude Laine, leader of Ivory Coast. We had invited him to Switzerland five years ago and he was able to go to Puja in Cabella and to India for the tour. A few months ago we felt it would be great to go there and help the collectivity of Ivory Coast to spread Sahaja Yoga. We proposed the project to them, and slowly and nicely it came to fruition. Everything worked out perfectly, we got good priced airfare, and we were able to send posters there nearly for free (actually it cost 3 boxes of chocolate).

So we were five Sahaja Yogis from Switzerland who manifested the desire to go there. We must say that we had brought the project to the attention of Shri Mataji and She was very happy that we could go there.

### Saturday Night, 18th of October

After a pleasant trip to the Ivory Coast, we were bathed in the plane by the nice fragrances of Africa, but arrived still full of the franticness of our western life. Immediately the heat of Abidjan slowed us down. Upon our arrival, we discovered the hearty welcome and kindness of a thief who was prowling in the airport. Luckily we also discovered that he was not so proficient at his job. Finally, around midnight, we arrived at the ashram without any problems.

### Sunday, 19th of October

After a relaxing day, we were talking with some Sahaja Yogis of Abidjan under a typical African kiosk called Pallote (pronounced payot). Suddenly, an African drum sounded and we heard a beautiful song in Diula, the local dialect. A procession began. It came under the pallote, around us, and carried us away. Everyone danced to the magical rhythm over to the pendal in the garden. We were seated facing the dancers, musicians and singers, enjoying their beautiful songs. At the end, two young girls came to us with a large bowl which was the water ceremony to

welcome travellers. The entire ceremony was very moving. Our hearts were opened by the experience. If our eyes are lotuses, then the dew came very quickly in that country.

Ignace, appointed as Pujari, began the Puja. The bhajans were coloured with African folklore which is very beautiful. At the end of the Puja, the Chorale (as they call it) performed their own compositions. It was something one should hear at least once in one's lifetime. Then the rhythm came to tickle our feet, and we found ourselves dancing to that magical tempo. After the meal, we started the nice habit of staying up late into the night, chatting with everyone. Our first story is about Anna. She was postering alone in Abidjan. A lady passed by and looked at the poster and said, "Is She the devil? Why are you doing that? It is very bad." Anna did not know what to answer, for she was new in Sahaja. Then, coming from nowhere, a man started explaining to the furious lady everything about Kundalini, Chakras, Spirit and all, supporting Anna. The lady could not argue, cooled down and went away. The man disappeared as he came without a word. Anna, astonished, could feel that she was protected.

### Monday, 20th of October

Preparations for the public program were continuing. The Sahaja Yogis had the desire to contact a radio journalist who has a two-hour national radio program called Myth and Mystery. This journalist gives everyone a chance to express themselves about spirituality. Unfortunately, Paul Dokoui, the journalist, was unreachable. They were quite disappointed. Suddenly, the telephone rang. It was Paul Dokoui who, after having seen the poster, wanted to do an interview. During the preparation for this interview, he got his Realisation. The show will be aired to the public after the Sahaja public program.

We also learned that Sita, a Sahaja Yogini, could announce all the public programs on TV. The journalist who was a sceptic tried to challenge her by saying, "You say you can feel the condition of others, so can you tell them what my problems are?" The Yogini put her hands

towards him while putting her attention on the Sahasrara. Her Agnya fingers registered catches so she said, "You can't forgive, you must forgive." Then everybody there who knew him applauded, confirming that she was right. Because of this, many of them wanted to come to the public program.

In the evening the Chorale group started to rehearse bhajans for before the Havan. After three notes of *Durgati harani durga ambe*, an apocalyptic rain fell from the skies. It lasted so long that we were not able to have the Havan, but the storm was performing in the sky. The night once again finished late with songs and dances.

### Tuesday, 21st of October

With naive conditioning, we were expecting all sorts of reactions at the public program. We were there to prepare the hall, with a battery of chilies, lemons and vibrated water. Slowly, the 400 seats were all occupied. The Chorale group sang the African version of *Gayatri Mantra*. At the end of the Realisation, many hands rose into the air, signifying realisation. The heavy vibrations progressively became cooler. The public program was a great success, and all our little fears vanished. After two hours of intensive questioning by journalists and the public, we felt the profound and sincere seeking of the people.

Late in the evening, back at the ashram, the three lakshmis of the ashram, Ida, Victoria and Prisca, shared stories of their travels in Benin and the miracles they heard there. As you will see, it is truly amazing.

- The wife of a Sahaja Yogi was not happy that her husband was practising Sahaja Yoga. She didn't even dare to look at the photo of Shri Mataji. But one day she addressed the photo, full of fright and anger saying, "Who are you? Are you stronger than my Lord Jesus Christ?" Suddenly, before her, the face of Shri Mataji transformed into a representation of Christ. Panicking, she ran to call her husband and show him the photograph. He said, "You see, I have nothing to add to this." Slowly the photo came back into the original image.

- A new Sahaja Yogi, still doubting about Sahaja



Yoga, became very sick. He tried many things to get cured, and finally his family sent for four nuns to pray for him. When they saw the photo of Shri Mataji, they told him with anger that She was the cause of his sickness, and that he should burn and throw everything away. They were very aggressive. Back at their place, upon entering their living room, the four nuns found Shri Mataji sitting there on the sofa, they panicked. One of them, courageously, addressed Shri Mataji, "If you are more powerful than Christ, rise up in the sky." Shri Mataji stood up and rose slowly and silently into the air, then disappeared. The four nuns went quickly back to the house of the new yogi, and bowed before the photo, asking for forgiveness.

### *Wednesday 22nd Of October*

We departed by bus for Bouaké at 10 o'clock. It was a good opportunity to discover the landscape which is very beautiful. At Bouaké the young collective heartily welcomed us. There were about 30 people, and most were students. They started singing bhajans using a *jemb*, a unique instrument which produces a very joyful sound. Then it was time to exchange impressions and experiences with the Yogis. They were very eager to know what is happening in Sahaja Yoga all over the world. As they can't travel so much, it is important for them to get information.

### *Thursday, 23rd October*

Early in the morning, after meditation, we felt that it was going to rain. The sky was heavy, black and grey. We prepared ourselves for the public program which took place in the evening. It will rain, we thought, that is for sure; the vibrations will clear the town. We were surprised to find that after a while the situation changed, and we enjoyed the sun and a cloudless blue sky. During the day, Jean-Pierre wanted to record some images with his video—the songs, and the messages of *Happy Diwali* that the Bouake collectivity wanted to offer to Shri Mataji. But before that, we meditated together to prepare ourselves for the evening. During the meditation we prayed for the success of the programme, and asked Shri Mataji

to clear out all the negativity. It was very deep, and the vibrations very strong. After the last syllable of the three mantras of Shri Mataji, a torrential downpour of rain started, like an answer to our prayers. We felt that when we do things collectively, the Divine is with us.

At the program, we observed that 99% of the people were men. We even had a few Europeans. The hall was full, with more than 500 people. Again the presentation was shared between the yogis of Bouaké and ourselves. During the question and answer session, we felt that the type of questions reflected a true seeking, and a deep reflection about spirituality. A big part of the success of the program was due to the strong desire and the dynamism of the collectivity of Bouake. We could see on their faces the joy they felt in the preparation and organisation of the program. Back at Jean-Claude's house, the yogis once again started to ask many questions about the life of yogis around the world—what is happening in Cabella, our relationship with young yogis in Switzerland, and how it has developed so well in Russia, as it is the land of ego. They also had many young people who experience problems with their families who are against Sahaja Yoga. It is a real problem for them because they don't know where to go for their daily meditation.

Yet another banquet is served! We have decided that this trip is also rich in gastronomy experiences. A cup of gem (fruit juice strongly perfumed with ginger—careful—it's spicy/hot), and hop into bed.

### *Saturday 25th October*

We returned to Abidjan on Friday. The third public program in Abidjan was held on Saturday at 9:30 a.m., mostly done by the Abidjan yogis. For some of them, to speak in public was a new experience and we could see tremendous transformations between the beginning of the talk and the end. They started with a very uneasy feeling and finished by expressing a real joy in sharing the truth of Sahaja Yoga. In the ashram, we had the follow-up at the same time. About 8 or 9 new people came.

In the evening we had a havan. At the same moment, a cock flew up a tree in front of us. After all the stories

we had been hearing, we wondered if it really was a cock. The havan was in three parts. First, the mantras of Shri Mahakali, then all the negativity, and then offering different expressions of our devotion to Shri Mataji; the vibrations were strong. After the three mantras, suddenly big clouds appeared and the sky was full of lightning, as if the havan continued in the sky.

### *Sunday, 26th October*

Before the Puja, we recorded the speech and dances which the collectivity of Abidjan wanted to offer Shri Mataji for Diwali Puja. It was really beautiful, joyous, and moving. There is sometimes a special moment in our lives which seems similar to moments we had in our childhood, at the feet of the Christmas tree. Shri Mataji has advanced the date and put down a present from which comes out a myriad of cheerful surprises. During the Puja, we felt like we were in Cabella as the vibrations were so powerful. Then they started the entertainment in our honour: two ballets and a play. The program finished in a never-ending saraband, bubbling with joy like fireworks. It was a unique moment where all our hearts, wide open, melted together. Once again we ended the evening on the terrace chatting with our brothers and sisters.

### *Monday, 27th October*

Between the sea and the lagoon, a long and straight road bordered by palm trees and huts was our avenue as we drove to Bassam. It was a well-known place for typical handicrafts from all over Africa. There was a multitude of small shops made of palm tree leaves with funny names like Boeing 747 or Eiffel Tower. We found what we came for, a gift for Shri Mataji. Two splendid masks representing a man and a woman. On Diwali Shri Mataji explained that it is a King and a Queen.

For dinner we were invited by a Sahaja Yogini of Abidjan, Mrs. Safi, who had prepared a delicious meal with many African specialities. It was a real banquet and we were welcomed like VIPs. We tried to hide the fact that this would be our last night together, and we wanted to extend it to its farthest limit. It was like a family meeting—we were talking, listening to music, dancing. It

was simple and great at the same time. The feeling we had at that moment was like we had been together for six months, so intense was our experience during our stay.

### *Tuesday, 28th October*

Our last night in Abidjan was short. The three lakshmis of the ashram had taken so much care of us that we decided to give them a break and prepare the last lunch, as a cook was amongst us. It was a big change for us to once again eat western food after a long week of discovering interesting meals like giant snails, hairy crabs and other delicious new tastes. We wanted to slow down the time, as the moment of departure was approaching quickly. We tried to fix in ourselves the last impressions, the last images, the last smiles.

At the airport it was less sad than expected because a group of four yogis was also leaving for Portugal at the same time. They were on their way to their first Puja in the presence of Shri Mataji. In the twilight we all got under the pendal. Amon was there, Safi, Barry, Bernard, Maurice, Ignace, Carine, Adeline, Jean-Claude, the three lakshmis and all other Yogis. We had a last collective meditation during which we thanked Shri Mataji for this marvellous adventure. Then the silence emanated and pervaded our hearts.

Everything was nicely arranged by our Mother, even for the voluminous present for Diwali, which the group leaving for Portugal was able to take without any problem. As soon as we had reached the airport one of the Yoginis who was working for Air Africa met a colleague of hers. This man took care of everything—money, passport, ticket, visa, luggage, and our heavy packages.

In the plane, we already wanted to return to Africa as we dozed, slept, and dreamed of our innocent and wonderful Sahaja Yogi Brothers and Sisters working it out for that great country. Since we've returned from our 10-day experience in Africa, our feelings, impressions, and emotions are deeply intact within us. We can feel in our hearts this lovely link which took place between them and us. We were transformed during these 10 days, our desire to spread Sahaja Yoga became stronger, as did

our desire to be with other yogis. We can perceive new things because we learned a lot about ourselves, about the importance of the collective and the importance of using vibrations; simple things, obvious, but things which unfortunately sadly fade away in the habits of everyday life.

It has been a real and beautiful gift, something hard to describe in words, something which filled us with vibrations, and we will be eternally thankful to Shri Mataji for it. These 10 days spent with our brothers and sisters of the Ivory Coast allowed us to deepen our yoga, and especially to experience that to get closer to other yogis, and to open ourselves to others, brings us closer to Shri Mataji. This love which takes birth when yogis are together, is nothing else but the manifestation of the Love of our Mother.

### *Sahaja Yogis' lives in Kazakhstan*

Dear Friends!

We'd like to tell you about Sahaja Yogis' lives in Kazakhstan. As you know, after the Soviet Union was divided, a lot of new countries appeared, and one of them is Kazakhstan. It's quite a large country which lies on the way from Europe to Asia. It was a country of shepherds who take their cattle from the great steppes in the North to the high mountains in the south. The people who live in this place are simple and open-hearted. Perhaps they have not such deep roots in culture and spirituality as Indians and Russians because of the hardness of their life in the past, but during the USSR years they received a lot of help from their nearest neighbour, Russia, which brought a new dimension in their development.

A few years ago there was a first program of Sahaja Yoga in the capital of South Kazakhstan, Chimkent City. It was very amazing that after some postering about 200 people came to the program. The first hall that was chosen was quite small, but surprisingly on the night before the program there was water pipe accident in the area of this hall and the administration proposed another hall, much bigger than the first one, and it was filled completely with newcomers.

After this program a new Sahaja Yogi collective was established which became larger and larger. The south of Kazakhstan with its beautiful nature and soft climate was very effective for spreading Sahaja Yoga and in some new towns new Sahaja Yoga collectives appeared. Now we have about 300 yogis in our country.

Every summer we participate in the Russian-Ukrainian tour of Shri Mataji where we can also meet our brothers and sisters from all over the world, and our hearts are fulfilled with love and happiness.

Some of our lucky yogis have had the opportunity to go to international pujas in Cabella, Ganapatipule and other places. Each of these journeys is an incredible experience for us which brings so much joy and lots of us go deeper and deeper. During Diwali Puja in Istanbul, Her Holiness Shri Mataji told us that, thanks to their geographical positions, our countries are quite close to India and have some similarities with Indian culture.

Recently we organised a celebration of Five Years of Sahaja Collectivity in Chimkent. To the big musical program came musical collectives with congratulations, dancing groups, MIDI and regional TV. All enjoyed a lot of Indian and folk music, which Sahaja Yoga musical groups played. It was a very friendly and joyful atmosphere that Shri Mataji gave for us.

Step by step, Sahaja Yoga is spreading all over Kazakhstan and now also in the north of this country a new Sahaja collective is emerging. We hope that it will spread wider and wider across this land of steppes and mountains.

Much love to all Sahaja Yogis from all over the world. We would be happy to see all our brothers and sisters in our country at any time. Welcome to Kazakhstan! Jai Shri Mataji!

—Dimitri Bondarenko

### *1998 Esoteric Fair in Copenhagen*

Scandinavia seems to be in general one of Europe's "Last Frontiers" for Sahaja Yoga. In Copenhagen, there have been a couple of great yogis valiantly trying to get a

group going for over three years, but so many of the seekers are guru shoppers who cannot stop seeking when they find the truth, who are indeed proud of being seekers, that it has become a very difficult and lonely task. People do want information about Sahaja Yoga, a few even come regularly to public programmes each week, especially in response to leaflets left in public libraries, but they cannot easily accept being told about anything and would like to go on doing their Tai Chi, psychoanalysis, Hatha Yoga and goodness knows what else in parallel with a feeble attempt at understanding Sahaja Yoga. People come once or twice, look very promising, then never return, perhaps because of a certain Danish reserve.

Having just returned from the final day of three at the first Esoteric Fair where we have had a stand, I wanted to share with our brothers and sisters some of the joy we have felt in giving realisation, seeing those dilated pupils and joyful, flushed faces shining with love, and the feeling of directly addressing the Spirit in these people with the Divine Hand of our Mother, as if She were really there Herself in Person! What a relief to cross a spiritual desert and drink again of the power of pure love.

We cannot know how many will come to the follow-ups in two days, but we have seen Mother's miracle playing out again, and it was important just to give realisation. The last man I worked on before leaving this afternoon was an Iranian who came to see us because a good friend of his had received his realisation the day before. There were many cases like that where newly realised souls had told friends about their experience and recommended them to come and try for themselves! Of course, this chap and I had a lovely conversation afterwards about our having some great yogis coming from Iran, Shri Mataji's enthusiasm for the Sufis, how we had met some of the Sufis in Istanbul and what great experiences we had, and how we love Qawwalis in Sahaja Yoga. But the most beautiful moment was when he told me that he felt now was the time for the whole world to come up this way!

Then there was the young hippie girl who laughed

so sweetly when I asked her if she smoked! Somehow, when her boyfriend came closer to her as we were talking before realisation, a shadow came over her, and you could see that her life might change dramatically with realisation. We talked about the problems caused by drugs, which she should know about if she was a real seeker (she said, smiling, "I think I am"). It was a very moving moment, and it is at such times that you feel a deep love for the seekers and realise fully that it is with the pure power of love that we are working. In these situations, we have the great privilege of talking directly to people's spirits.

A woman came to see us, brought along by her husband who had received his realisation the day before, and who had obviously felt it very deeply. She was very distressed and admitted she really needed help. We didn't discuss this, but as I worked on her I quickly felt a deep and painful left heart catch. Afterwards, she was, like most of the people who left us, radiant, and it turned out as we talked about her catches that a lady in her life who had been like a mother to her had recently died of a mysterious heart attack, and had been an adept of an infamous false guru.

This morning a man and his two daughters were receiving their realisation together! A delightful aspect was witnessing the different style of each yogi in talking about Mother and describing Sahaja Yoga before actually giving realisation. It was for most of us the first such fair we had attended, and we found out again how nourishing and necessary it is for us just to transmit the light of Truth, and of course, how "She does it all!"

We had brothers and sisters coming to help us from Switzerland (two Swedish sisters from the collectivity there) and Norway, but in fact there were several nationalities represented in our team of nine yogis. As you may imagine, there was much joy shared by us all on Friday and Saturday evening over dinner after the day's activities! Spring is finally coming to Denmark, the buds of collectivity are waiting to burst at last! Thank you again and again, Holy Mother!

—Kingsley Flint, Denmark

## Shri Ganesha Puja 1997

*Cabella Ligure ♦ September 7, 1997*

**T**oday we are going to worship Shri Ganesha. It is all said about Him that He is the first deity that was created on this earth by Adi Shakti. As about His creation you know the story and also you know how an elephant's head was attached to Him. Today I am going to tell something more subtler about Him, Kundalini and the Mother Earth. He was made out of the Mother Earth, with the vibrations of his mother. Now the significance of Mother Earth, we have never understood. Now look at the mother earth. She is the one who produces all kinds of beautiful flowers of different fragrance, of different nature, colour, heights. The trees are different. Trees, when they grow up, they grow in such a manner that every leaf of the tree gets the sun. Look at the collective sense which is given to us by this mother earth. We have never realised that this mother earth which is giving us everything that we want and the sun helps the mother earth-cooperates, coordinates with her. To go further with it, you have seen a picture where a Kundalini is coming out of the mother earth and half of it is seen.

So what does this Kundalini do for us or what does this mother earth do for us. The Kundalini leaves the mother earth as a reflection and what does she do within us, to build us up, in which way. So it is the primordial power which is coming out of the mother earth. Mother earth itself acts like a mother. She looks after you. She gives you whatever you want and another miracle thing is, that the highest tree is a coconut tree and the coconut will never fall on any creature or human being. That means all thinking, all understanding all consciousness, all awareness is coming from the mother earth. But we never understand it. As it is, we take it for granted. Now what does she do for us human beings. She is the primordial power.

What she does is to build in us primordial taboos or primordial dharmas. For example, steel has its own dharma. It cannot behave like wood. Wood has its own dharma. It cannot behave like silver. They all have their dharma and they are bound in that. Everything that is in the nature has its own dharma. If you see the tiger, lion, mongoose or a snake, they all have their dharma, style everything. It's very surprising, how they are bound by it.

Once in Pratishtana, I went from the other side to my bedroom and I saw a very big snake coming out of a hole. Of course I was quite away from it but it felt my vibrations. It started running away, fell in the swimming pool and wouldn't come out. Somebody went down and killed it and brought its body up. I was surprised to see that it was such a big one about 6 feet and it intertwined itself in a very beautiful pattern. Then they said, Mother if we leave it, it will fall in the water and come to life again. So what should we do? I asked them what do you do. They said we burn it. So they burnt the snake. But after ten days the female of that snake came out. She was searching for him. They killed her and she also made the same kind of pattern. I was amazed, it was very beautiful pattern, exactly the same. So I was surprised, how is it that this female knows how to copy her partner. So what I feel is that animals, creepers, every type of animal-whole of biology I studied, I was amazed that every type of animal has the same kind of behaviour. For example you put a dog in the water, it will swim but the cat may not. Its a thing that is built in-the dharma, what I call as the primordial taboos. We have in the same way, primordial taboos built within us, which are dharma. A human being has to be like that. If he tries to be something else, then something goes wrong with his

life. Its like say, if you have glass, you drop it on the ground-it will break. That is the dharma. In the same way when human beings start deviating from the line of dharma, they get into trouble. But its only human beings who can do that. They can only cross over these primordial taboos and can become horrible.

Sometimes I see a person and wonder what is wrong with him. He has a nice home, very good wife, everything and then he has a 'keep'. What is the need? For man it is primordial that he should have only one wife and one husband. Its a taboo. As soon you deviate from that something goes wrong. Now, who punishes, who corrects or who destroys – is this primordial power, which we call as paramachaitanya. If you can understand that it is a structure – like this hanger, and if you want to break it, you can break it, because you are human beings. But it will be broken – as simple as that. We have to understand we are human beings and we cannot do things which go against our dharma. Now why the dharma? Dharma has to be there for our ascent. Now man in his intelligence, in his progressiveness, thinks that anything he does-what's wrong, specially in the west, this is very common. But I must say for the aboriginal people or those people who were made aware of their primordial taboos-somehow — as the animals know what is bad for them and that knowledge was there with the aboriginals. Today we are here with the Australians and in Australia aboriginals are so many. I was surprised that most of their words were Sanskrit. So may be they might have got it from India or may be they have gone there from India.

So many words they have which are Sanskrit. I started thinking about them. In India we have aboriginals. We call them Goon, Gurkhu, Bheel. We had a lady who was a maid with us. She was an excellent cook and she had her maryadas. If my father came she would immediately cover her head and go in the other room-to respect him. Nobody told her to do that. Their marriage system was also, very surprisingly, good. Their relationship with their children

was also very good. Somehow or other, in my childhood, I met many of them, because I also had a habit of going to the jungles, where I used to meet them. I was surprised that they would not drink. This I am telling you about 60 years back, may be more. They would not drink. Very 'lajjashi', means shame of everything. Matter of prestige was important for them. They would never steal anything.

I was really very impressed how these people were so dharmic, so good and happy. They lived in huts. They didn't mind. They were very clean and neat people. Now it is changed. The same people are changed so much. They were like sacred, holy people. They worshipped mother. They worshipped mother earth. Nothing else.

I asked this lady-why do you worship mother earth. She said she gives us everything. She is just mother, we live in the jungles and she looks after us. And she is the most conscious person. She knows that we are there and she has to look after us. Even to take out some leaves from the trees, they used to think about it. But then the missionaries came. They converted them. They gave them skirts and blouses. But Gyanabai did not wear it. She said what is this? Why should I wear a dress like this where the whole body is exposed? No I'll wear a sari. Why should I wear a dress like this? But when they met with these so called advanced people, so many of them started living like them. They said you have no freedom. You are just bound by something. Actually they were bound by the sacredness, by the divine understanding. Then they started changing. She (Gyanabai) was alright. Her husband was alright. But her son started drinking. This is the beginning of the end. Then gambling, and all other sorts of things, he started. And her grandson started going to prostitutes. The idea was only that we are free, what's wrong. Now these primordial taboos are built in you. They are there. These are existing, may be, in a potential state, may be you have curbed them down, may be you have turned them out. But they are there. All the time they are there. That's what

we say, you are leaving the maryadas or else we say that you are insulting Shri Ganesha. So when Mother created this universe – first deity was Shri Ganesha. Auspiciousness was created. Now we don't understand what is auspiciousness. Auspiciousness is a complete understanding of primordial restrictions and also of the protocol. For example in India we always used to do that, though I was in a Christian family, that before touching the mother earth on getting up from the bed, we used to say – 'O Mother Earth please forgive us, because we are touching you with our feet'. So respect for the mother earth and for nature is built in within us. We are part and parcel of this whole universe. But when you get into this non-sensical idea of freedom, then you are leaving your mother earth. Your gravity itself reduces. This mother earth has to teach us, while we are plundering. Ecology, ecology now people are crying. Whatever is outside, is also inside. If you want to exploit your mother inside or if you want to trouble your mother inside you can also trouble this mother earth. Now what has replaced our understanding, is that we are paying more attention to money. If you cut a tree to get money then it is hurting the mother. But if you are cutting a tree for beautifying her, then she is happy. Her discretion is so great. See the way she produces flowers—in different countries, different type of flowers. I saw in my country that flowers are extremely fragrant. She understands so much. Once I went to Australia, there is this flower Hibiscus. Imagine it first becomes pink and then gradually red. Even the sunflower goes on turning its face with the sun. Now how can you say there is no connection between a sunflower and the sun. Automatically it goes on changing. So these Hibiscus flowers are the flowers which we use to worship Shri Ganesha. The programme was to worship Shri Ganesha. On the way I saw so many trees of Hibiscus, flowering. I said, you better get these flowers for the Puja. And when I arrived in the hall, all the Sahaja Yogis had bought Hibiscus on their own. I never talked to them. They didn't know that it is to be used for Shri Ganesha. Mother Earth had herself created at that time. This is the time of Shri Ganesha, when you should get Hibiscus.

It is very remarkable, how the nature is so much within us and how this whatever is within us guides outside and receives the blessings. We are not something separate. This mother earth is our home. We have a home in her and she has a home within ourselves. I said today that for Shri Ganesha—he had the body of clay. So you can imagine how this whole universe has created us. All of it is within us. And when we try to hurt something then we are hurting ourselves. The intelligence of mother earth, I have seen from my childhood. Its such a beautiful thing to know the nature and the mother earth.

That's why all the saints, in India specially, used to go and live in the forest. Only in the forest you could see clearly, how this primordial bondage was absolutely obeyed, naturally, by the nature. For us it is difficult. We are rather free people. So simple things like, a woman should always cover her body because she respects her body. She respects her chastity. But if you tell this to somebody, they won't listen. As you see, the evergreens—they are always clad. No leaf falls off them. I call them as the females. And the others trees—deciduous – they do lose their leaves. So I call them as men. Here it is the other way round. When I used to go to parties, they thought I was a very serene person. You meet somebody, the man will immediately button up himself and the women will open themselves.

So the whole brain has turned around. Its so stupid. Even Mrs Thatcher had said that it is our culture that women must expose their body. Are they prostitutes? So this craze of exposure of body has become so strong now that even in India, if not in the streets or in the household, but in cinema you see women exposing themselves. What you see in the Indian films never happens outside. If women start dressing up like that, so many people will throw stones at them. Then all other sorts of things happened – man having relation with man, woman having relation with woman and children. We didn't know this in India. Why it has happened here. I don't think, 50 years back, they

used to do that in these countries. Why we have given up our sense of shame and this kind of nonsense has come into us. I think it must be some bhoots or badhas in them. This is absolutely unnatural and absurd. Then, a married man having eyes on unmarried women and unmarried men are having relations — all kinds of things people do. You won't believe this doesn't happen in India. It has now spread out but in good families you don't have it. Somebody told me there is Aids in India. Yes, because they take bath in the river. If they stop taking bath in the river, this will stop. I was a medical student. I came from a very open family. I never knew these things. Even in the lunatic asylums of India, we have never heard of such reports.

The other day, Guido gave me a present of a little girl who was feeling shy. Shyness is the ornament of women. Children are all shy. I remember, my granddaughter, was once watching a magazine. She was very small at that time, 2 years or so. She saw one woman in a bikini or something. She said what are you doing. My Grandma will come and give you two slaps. Please wear your dresses. Have you noticed, children don't like shamelessness. Shamelessness has gone to such an extent that keeping nude is considered a very great advancement. Somebody told me that he wanted to save the aboriginals but they were so much impressed by the white skin that they accepted everything. They were even having relations with own sister, daughter, mother. These subjects are rather heinous to talk about. I can't understand how can human beings go to that level. And at this time we have Sahaja Yoga, where you have become aware of your natural taboos. It is potentially there as I have told you. It is enlightened and suddenly you have accepted it. I never expected so much but you have accepted this and enjoying it and practising it. You see the lives of all the great saints. You can't have someone like Diana being called a saint. She had no 'maryadas'. I have sympathies with her as her husband tortured her. But 'maryadas' are very important. How can she be a saint. If you

just become an ordinary human being who has his taboos, who understands and is aware then they'll say — what a man he was. What is there. He was born like that. So such a man is praised, in the west specially. Now majority is the law. If the majority is stupid then all the stupidity is regarded as great. They have no brains, no intelligence to understand, how can these things help-alcohol for example. Alcohol has not done any good to anyone. Without this you are considered no good. They won't talk to you if you don't take it. It is so rampant in the society that all the parties I attended, except for me and my husband everybody was drinking. And they used to drink much more than normal as it was free. These are all poisons, spoiling us completely. There is a taboo now for cigarette. I can't understand why do they smoke, like a chimney. They have no courage to give it up. Everywhere they put up—No smoke. When will they start - No alcohol. Everybody sees that its so dangerous. Its against human awareness. You see people falling down, cursing each other, fighting. If you stop this alcoholism, all this shamelessness will go away. When you take alcohol, your awareness is affected. One alcoholic told me that when I take alcohol, I don't see my sister as my sister but see her as my beloved. How do you do that? But for social status and all that you must drink. We don't even understand how our primordial taboos are completely battered by the society.

The simple thing is that to understand your own self it would be better to see the stupid people. You will be amazed what sort of things they are doing. And then to cover it up they have etiquettes. They talk in a very special manner, move themselves in a very trained personality. And anybody who doesn't do that is out of their sight. They think he lacks eliteness. So another idea is that we have to be elite. Look at Ganesha. He is by no means elite. He eats like a glutton and he looks at you as if he is going to hit you with his 'Mace'. For Ganesha there is no forgiveness. When he became Christ, then he developed forgiveness. I don't know how it worked



out. But as Ganesha there is no forgiveness at all. Don't try to ask forgiveness from him. He will never forgive. Even if his mother says, you forgive, he will not. He never forgives. Then only it comes to the point that the mother only has to say I forgive you. Then he can't do anything because he is extremely obedient of his mother. So if the mother has forgiven—finished. But otherwise he will never, never forgive. And that's why all kinds of these horrible diseases are seen, thousands of them. Also if you don't respect him then impotency, Aids and all secret diseases can come. I had a very bad time with people who suffered from these secret diseases. Shri Ganesha accepts my forgiveness, but whenever he has a chance, he again comes back. Now see they are deities with their own dharma. He gives you wisdom, discretion and understanding. But if you don't obey his qualities then he is a very difficult man. So to tell somebody, don't do it, is very difficult but the nature takes respite. To get you cured on the Mooladhara is very very difficult. You do get cured, no doubt, ultimately, but the most difficult disease is from mooladhara. He is an eternal child. He is innocence. Despite all that he cannot forgive you if you disturb your innocence. Mother is just the opposite. She wants to save you at any cost. But not Ganesha. Ganesha says alright, you better go to hell. And hell is in our own lives. Those people are drinking, smoking, prostitution. This is all hell. What else is hell. And he will never save you from hell.

Only in Marathi arti of Shri Ganesha, they say that at the time, when I am getting my realisation, you must save me. That's the only thing they ask, at the time of my resurrection you must save me. It is not said that at the time of my resurrection you protect me—no, you save me. Because he is the one who is sitting on every chakra like a vice-chancellor of the university. Even if you have Vishnu and Mahadeva on your side but if Shri Ganesha is sitting and he says, No, not his ascent, it doesn't work out. Its very difficult. In these modern times, horrible things are happening to your children. I think the whole of this negativity is against

the innocence. Wherever they get the children, they misuse them. They teach them bad things. Even the schools, every thing is so horrid. So we have to be very very careful about our children. We have to guide them properly, look after them and let their primordial taboos be preserved. If a child does something nice, appreciate it.

I am not worried about a child being little bit mischievous. But if he takes to anything anti-Ganesha, be careful. All kinds of diseases can develop. If these primordial taboos are destroyed in childhood, it is very difficult to revive. Still I have always said that innocence is never lost, only there are some clouds which try to cover it and we become rather ignorant about it, that we have done anything wrong. That is your duty.

Your society is horrible. Next generation, I don't know where it is going to end up. When I think about it, I really get a fright. The solution is that you have to be careful about your children and their thinking and their attitude towards Shri Ganesha. They are special, lovable things for Shri Ganesha. I can't imagine how he loves the children and he is always there to protect the children.

If you people really understand what I am saying now, if you have to cross this margin of human life and spiritual life — first thing is your Shri Ganesha. When Kundalini rises, Shri Ganesha is quite, just supports the Kundalini to rise. He is the one who also suggests to you that it is wrong, the way you are doing things. He looks after you but he will not forgive you. It is not so difficult, the way people talk about their physical needs and all this nonsense. Even the animals don't talk like that. Instead of destroying this nature, try to build it up, try to see how you can make it a beautiful garden or a beautiful place. Every time I am here, I am thinking, what should I do with this land here, which is very barren. How can I change it. All the time there is thought about how to make it beautiful. In that if there is innocence, no greed, no

competition but just to enjoy the beauty of your own creation, to see how things are. People have gone out of proportion, out of understanding, for example here or anywhere else in Europe, you are not supposed to grow any more fruits. Why? Because the price must be kept low. If you have so many fruits, why don't you send it to places where they don't have fruits. They will destroy it but they will not do that. So the love and feelings for others is not there and they destroy if something is overproduced by the mother earth, just to keep the prices high. They are very cruel. Only thinking about money, money. All this is still happening. But I am sure one day it will stop. The pubs are the best buildings in a village. The way they glorify drinking is the best part of it.

I would like you to have a desire that let drinking be finished like smoking. If you think like that, that might solve it a little bit. I personally think that it is with drinking only that you develop all this perverted attitudes. Otherwise if its a normal man with a normal brain, why should he do such things — fighting, killing, quarrelling, violence — It is impossible to understand how can a normal person do such a thing. Shri Ganesha gives you balance. He keeps you in proper track. But if you don't want to listen to him you are thrown away. I hope you understand our relationship with nature, with Shri Ganesha and with our Kundalini — is like absolutely identified with each other. If you start loving the nature, all these ideas of spoiling your innocence will be finished. I used to write poetry, very fond of nature. But then I told myself, you have to

do work for Sahaja Yoga. If you take to poetry, they will all call you a poetess and I don't want to have any such position, to be a poetess. So I gave it up. But I was a very good sportswoman. I used to play things. I stood first in every sort of game, and I had championship. I gave up that also. I studied medicine. I stood first in the whole university but I gave it up. Why? Because I am the primordial mother and I have to do the job of awakening the primordial nature — the dharma within human beings. And that's what I have to do and nothing else. But for that I don't do anything I am 'Nishkriya'. Really I don't do. Its done by the nature, by Shri Ganesha, Vishnu, Mahesha—everybody. They are doing it.

Then what is the relationship. The relationship is — they are all in my body and they are all bound by their own dharma. And they act. This is the relationship—spontaneous, automatic — like a built in relationship. For example the fan is built in and when you switch on, the fan starts moving. It's like that. All of them are related to me and they have a tremendous protocol, tremendous respect, that if I say anything, they will not finish it. This is a very deep thing that I am telling you that you are a human being i.e. there is built in within you, are your dharmas and if you go against your dharma then you will be finished. They are all built in within you. They are all there potentially. I hope you will understand, how important it is to be aware of your restrictions, within yourself. So thank you very much, all of you.

*May God Bless You.*