

The Divine Cool Breeze

Volume : XI Issue : 5 & 6

May- June, 1999



The main point is that you leave everything to *Param Chaitanya* in your wisdom. If you cannot, then yet you have not felt the real knowledge within you.

(Mataji Shri Nirmala Devi)
Navaratri Puja, Cabella 1998

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

Editorial

Ganapatipule is an annual pilgrimage for Sahaja Yogis. The custom of pilgrimage is deeply buried in all religions, but it has now reduced to spiritual tourism. Because firstly, the holy sites have either become money-spinners or are taken over by fundamentalists. Secondly, without self-realisation the pilgrims cannot absorb the vibrations of the swayambhus. Blind faith may provide them with some solace or satisfaction of having performed an act of faith ordained by the scriptures. For example in North India the kshttris, for the first hair shave of a child, undertake pilgrimage to the temples of the goddess Chindpurni, Naina Devi, Chamunda Devi, Jawalamukhi, Kangra temple and Vaishno Devi. These places were blessed with different parts from the body of Goddess Sati after her dismemberment. A Sahaja Yogi would enjoy the vibrations of the sacred sites but for non-realized seekers such pilgrimages are merely spiritual tourism. An old saying goes, "After killing 900 mice the cat went to Haj".

Sahaja Yogis have experienced the real meaning of pilgrimage. In 1998 some 300 Sahaja Yogis from Nasik started

preparing themselves for the greatest pilgrimage of their lives. They would be going to Ganapatipule to worship Shri Adi Shakti in December, so they decided to cleanse themselves for the most auspicious occasion. For ten months each one started doing foot soak twice a day, 3-candle treatment and early morning meditation daily, apart from their collective meditations, listening to Shri Mataji's tapes and public programmes. Liverish Yogis who did not have the possibility of ice at home hired fridges for ice packs. How deeply they worshipped the goddess at Ganapatipule and how much love they enjoyed in the collectivity totally fulfilled them. They did not waste their precious time cleansing, and their Kundalini was not burdened with the task of clearing the left and right sides. So the Kundalini could immerse herself completely in the ocean of love of the Primordial Kundalini. This was the Real Pilgrimage. In real pilgrimage infinite Divine blessings are showered. It turned out that maximum marriages were arranged from Nasik. Shri Mataji arranges the marriages on the vibrations; she never notices the place of origin. It was spontaneous blessing to the collectivity.

One not only receives material blessings but in the real pilgrimage one also receives the blessings of experiencing collective consciousness. One receives guidance from collective consciousness, under its guidance one's deeds are directed towards collective benevolence. One spontaneously becomes selfless and matures into the collective self. After the pilgrimage of collective consciousness, one starts feeling a part of the Divine collective programme. For instance, on Feb 20th,99, Shri Mataji had an overwhelming public programme in Mumbai. The Nasik collective instantly tuned into the collective pattern and organized a major public programme in Nasik showing the video of Shri Mataji's Mumbai programme on a 30-mm screen. It was as though Shri Mataji was herself present. That is a fact, whenever Shri Mataji does a public programme or a puja anywhere, it is a collective event for the world collectively. Sahaja Yogis can plug into the mains of collective consciousness and enjoy its vibrations. Her message can be instantly transmitted through the electronic media and everyone would have the same inner experience, joy and absorption. What She says to one Sahaja Yogi is a message to the collective. Many Sahaja Yogis have experienced that when she clears a certain Chakra of one individual, that Chakra spontaneously clears everyone in the collective. On the

other hand the negativity of one individual permeates the collective but if the collective is strong at the Sahasrara it clears out. Our programme shifts from an individual to the collective level and we start feeling a part and parcel of Her universal being. Then Her universal being starts protecting us. An amazing episode occurred in the New Jersey Ashram last year. A Sahaja Yogi boy drowned in the swimming pool. Just then, they said, a phone call came from Shri Mataji, who was at Cabella and She gave a bandhan. After several hours of Medical death the boy recovered. But Shri Mataji said that She never called, She does not even know the phone number of New Jersey Ashram. We all know that Shri Mataji never calls anyone. These are not miracles but her bountiful blessings. Now we can realize how much She is always protecting us! Wherever we may be, provided we keep ourselves in the zone of collective consciousness.

In many ways we observe collective customs. For instance one Sahaja Yogi offers Her a garland on behalf of the collective. Similarly She may choose one instrument at a particular occasion to communicate a blessing. One should not feel bad that someone else is physically closer to Her. She is close to whoever bears Her in his heart. Say, If She is pleased with the leader it implies Her pleasure with the collective. Seated on

Her resplendent throne in Ganapatipule one smile from Her opens the hearts of thousands assembled there. Whoever pleases Her evokes a thousand blessings from Her. That is how we feel transported to the high heavens, during the magical evenings at Ganapatipule.

All the saints from the great Markandeya to Shri Adi Shankaracharya have prayed "O Devi, Please teach us how

to please thee". In Her infinite generosity she may praise someone, She may bestow a gift on another, there is nothing to feel jealous. When we are a part of the same body, we are elated by the praise our collective ears receive and rejoice the gift, the extensions of our hands receive. In all these deeds the love of our Divine Mother touches our soul, we proclaim Her glory and enjoy Her infinite love.

76th Birthday Puja, Delhi : 21-3-99

Talk by Her Holiness Mataji Shri Nirmala Devi

I have told in Hindi language that love, you can see one person's love manifested in so many eyes here. When I saw the enthusiasm, also my heart got filled with great love, greater love. So one can see how powerful is this love! All kinds of bad feelings, negative thinking and also self destructive elements can be corrected and controlled very simply in Sahaja Yoga, if with sincere heart, you meditate morning and evening, twice. That time you shouldn't see your watches of course, but enjoy, enjoy your meditation. That will give you such a strength to love others, to forgive others, instead of feeling bad for small small things, feeling irritated because you think your self respect is challenged. Sometimes we become aggressive towards some people, very aggressive for no fault of theirs. Best thing is to see the vibrations of another person; if the vibrations are bad no use fighting. It will create more confusions. A person who has very bad vibrations, you can't fight with that person, you can not control that person. Or a person, *who is too* much of self importance, you should not try to pacify him or sort of try to negotiate with him, or also, sometimes people try to temper

his vanity. By doing that you are spoiling him more. So the best thing is to show your love in very sweet and different manner. I will give you an example, which I have given many a times, that I went to see this Gagangarh Maharaj, who was living on a very high mountain and there was no way of going by car or anything and I had to walk. So everybody said, 'Mother, why should you go there after all'? I said, "You see the vibrations". Good vibrations are coming, alright, that's why I am going. He had told many people about me and he said that Adishakti is born in Bombay. Why do you come to me? So they told us. So I said, I must see this man and that's how I went to his place to meet him. Now he is supposed to control the rain. He would control the rain. So he was sitting there on a stone and moving his head with great agitation when I reached there. It was raining so heavily that I was completely drenched when I went up to his place. So I went inside the cave where he used to live and he came back with great anger towards the rain. So he said, "Mother, why did you not allow me to control the rain". I said, "I didn't do that". "No, you did, because I can always control the rain

and *you were coming all the way* with my invitation and this rain should not have misbehaved. I said, "No, no, it didn't misbehave". So what happened? He was quite in a temper, you know. I said you settle down, I will tell you what has happened? See you have bought a saree for me and you are a Sanyasi. I won't take a saree from a Sanyasi. So the rain has made it convenient. I am all drenched, so I have to take your saree. Immediately he felt terrible love for me, started crying, and he fell at my feet. And then he said 'Mother, now I know what is the greatness of love. How it takes you away from mundane things and dry behaviour and takes you to a place where you can enjoy the showers of love!' This is one of the stories I am telling you. But the main thing behind the whole episode is this, that you should try your love, your tricks of pure love, pure love, and it works. You must learn, gradually you will learn how to try. You should not give up. Some people are very difficult, I agree, very very difficult. But *atleast* try with people who are not so difficult and you will be amazed that you will have a good company and lots of friends and friendship.

As we have here now in Sahaja Yoga, first time when I came to Delhi I got such a fright of this place, because there were very few Sahaja Yogis. I don't know why they wanted to do my Puja? Might be Bombay people must have told them something. They brought kum-kum and everything in small plastic bottles. I really

shrunk, you know, with their ignorance. I said now what to do? What will happen? But today see same Delhi has become so great, so beautiful and so enthusiastic. I saw them with their flags on. I didn't know such a procession of flags will be here! Though we had once or twice, I think, in Cabella, but how they were enjoying each other! It is really remarkable! If you can enjoy love you won't enjoy anything else, but love for other people and not for yourself. On the contrary you will see that your body, your mind, your thoughts, everything, are directed towards creating love for others and not for yourself. The whole attitude changes; like in the darkness you can't see anything but even the small light spreads all over. Nobody tells the light that you have to spread the light all over. In the same way you all are enlightened, you are all enlightened with love, and the light of this love spreads automatically, spontaneously, Sahaja. I was also very much enamoured the way Yuvashakti was dancing and enjoying. I think its a very great blessing because these days our young children, our young people are getting astray. They are not so badly off as in other countries but quite a big trend is going on to spoil them and to make them very westernized, spoiled personality. But now I saw so many of these dancing together, forgetting their cast, creed, everything and enjoying each others' company. This is something that has to happen in this country and in every country, that we should all feel oneness

and enjoy the oneness with each other. If we do not enjoy, we are like a drop out side the ocean. Which can be dried any time. But if you are a part and parcel of that ocean then what happens is that every movement of the ocean you carry with you and you are part and parcel of that ocean, absolutely, because you don't have separate identity.

All these things that make a separate identity, in our society or in our culture, or in our behaviour, in personal lives all should be completely curbed down. This will settle many problems, from family life to national life, to international life. So we should curb down all such feelings of separatedness, that we should have separate house, separate state, separate nation. Gradually all nations will become one, I am sure of that, because great times are coming and so many people at the helm of affairs will take to Sahaja Yoga. Once they take to Sahaja Yoga, then things would be very much different. Today it is not with them, Sahaja Yoga is not with them. They have no knowledge of our great movement of love. So they want to have separate of every thing. They don't know tomorrow they will be scorched away with the heat around or may be with the rain they will be washed away, or may be that Mother Earth might absorb them. So we all should be together whatever may be the differences, in different families you are born after all, all cannot be born in one family. **But now you belong to Sahaja Yoga family and**

this Sahaja Yoga family is one. It doesn't believe in having separate existence or separate specialities. We are all one with each other and we don't care what sort of differences are outside. I was really very much touched because now the new year is coming with a new challenge for all of us. We have to accept that Kaliyuga is over and we have to establish the Satya Yuga for which all of you, from every country should have thinking that how you can do it in your country and other countries. What are the problems in other countries? Put your attention outside, not inside, this way that you should say that I need this, I need that. We should know what other people need. What is their need. What the people in our society, in our nation, in our world require. Better write them down, what do they require? Its better, it will work, might be, it might be corrected. Its very important for Sahaja Yogis to sit-down and write down what the world needs and what is to be done. It will be a nice idea for all of you to really aspire for that kind of homogeneous society that we have here today. One day, you will be surprised, that we will be the one's who will guide and lead the rest of the people with our love, attention and care. So its very important time and at this time you should think on those lines.

Thank you very much.

May God Bless You.

76th Birthday — Felicitation Programme

Talk By Her Holiness Mataji Shri Nirmala Devi, Delhi: 19-3-99

I bow to all the seekers of truth. All this being said on my birthday really embarrasses me because its all being already scheduled, it was all timed out. It had to happen this way, and the time has come now that this whole world has to take to global understanding how human beings, I was surprised, were anxious, in those difficult times, to get to the truth because it is very difficult to carry on with the truth where there is untruth all along. The way people get after you, when you talk of truth, is also a very hazardous task—to fight those who are just always vowing to cruelties, to untruth, to aggressiveness. These are all self destructive elements. Also we have other self destructive elements within us like drinking, smoking, drug taking. But people do it. Just they do it, not that they don't know, but they just do it, because of the influence of the time. That is what is the Kaliyuga where we destroy ourselves and try to destroy others and have a kind of a funny temptation for this. Not only that, also we enjoy all this, all this cruelty, all this aggression we enjoy. Now when we say that the Kali Yuga is over, we should know something about Kaliyuga. Kali was

one of the deities who was supposed to bring in Kali Yuga and all the problems of Kali Yuga.

Firstly it creates illusions (Bhranti). It creates illusions. People will not understand who is the real person, who is unreal person. So we have many false Gurus, as you know, we have many false propagandists, we have many people who talk big but there is nothing in them. This is one type of a (Bhranti) illusion that Kaliyuga creates. Once it so happened that Nala and Damayanti were in love with each other, they were husband and wife. Damayanti was separated from Nala by this horrible fellow called Kali. This Kali has been doing this kind of work to create the problems in the minds of people, disturbing families, disturbing nations, disturbing all the good wishes and the good feelings among human beings. So once this gentleman, Kali, was caught up by Nala—the one who hated him. Nala said that why don't you allow me to kill you? You should be killed because you are such a horrible person, you create such (भ्रान्ति) illusion, you create such problems for people. He said, if you want

to kill me, you can kill me but first listen to my importance, to my महत्त्व. What is your महत्त्व, what is your importance? He said my importance is that when I will come on this earth, when I will rule on this earth, I know there will be भ्रंति, there will be chaos, there will be problems, but people will be so much fed up with that, that they will seek the truth. Those people who are going to the hills today to find out the truth will be there as ordinary human beings, as house holders. They will find the truth, definitely they will find the truth. It has been already predicted by Kali himself. So as you see lots of chaos is there, lots of problems are there and when you see people, you can't understand how such people who are educated, intelligent, supposed to be at the helms of affairs can go about with wrong ideas, with wrong things? The problem is, this Kali Yuga creates this funny situation in our lives.

Firstly it creates the situation where a person starts thinking he is very insecure and he must take to some way of protecting himself. Then where he goes is the place where he will be destroyed before he knows even that he will be destroyed.

The second point is that we have a great sense of jealousy. That sense of jealousy is even more heightened by this Kaliyuga. We feel jealous for every thing, which shows our inferiority complex or,

I don't know, what it is. But we start feeling jealous and out of jealousy we start hating people without any rime and reason. So many countries have this problem. The top politicians indulge in this kind of hatred for other people, without understanding what is the achievement of the other person? How he has achieved? Why should I be jealous?

Apart from that we have another problem which is the worse thing, as Krishna has said. It is the temper. Hot tempered people, you see, can not see the truth because at the slightest provocation they become hot and start hitting others and beating others or saying horrible things which should not be said. Now this is another criteria for every Sahaja Yogi to know how far he is out of this sense of 'krodha', the anger? **To be angry shows that you have no peace within, and you get angry just to attack another person, which is not necessary. Even keeping quiet you can be very much effective.** There is a story about Chinese people, that in China there was a fight going on between some people and they said lets have the cocks fight for us. So they had a cock fight. One person took a cock to Zen fellow. He said, what should I do with this cock so that it fights. He said that it is very simple, you teach the cock to be absolutely quiet. He said I cannot do that. He said, alright, give me the cock and he taught the cock how to

be quiet whatever is happening, whosoever is attacking him. When he went in to the arena, many cocks started attacking him and he was just standing quietly, watching at everyone. This settled the things because every body ran away. They thought he is such a powerful thing he is not saying anything. So not attacking, not reacting is what he had achieved.

Actually reaction is a very great enemy of human beings. We react to every thing. We should not react, we should just become silent and then this power which, I tell you about, is the power of Paramachaitanya acts. If you want to react all right, it says 'go ahead' and if you leave it and you just become quiet, silent, it acts. It acts so well, it can act sitting down here, it can act some where else. It is such a tremendous power, it is such an effective power! It is such an understanding, knowledgeable power and above all it loves. It loves you. So when this power comes into existence, in a way I would say it has always been existing, but when it is effective, in the krita yuga it is effective, by that you will be amazed how things happen! Every body tells me Mother this miracle has taken place, that miracle has taken place; So I know it is not miracle, it is parama chaitanya which is doing all the work, all beautiful things, which is trying to help you and trying to suggest its love. It is something we can't

see, something we cannot conceive with this mind. It is beyond the mind that it works. I was surprised, in Russia especially, I had to face the scientists. The scientists were so much equipped, so much deep and they understood so well. Even in a place, you can call it a place of great learning, one of the oldest universities, 'Saint Petersburg University'. I don't know what made them give me the highest reward? For what? I do not know, but they said you are even higher than Science. So this they called as **Cognitive Science**. They give a name as Cognitive Science. So Mother your all knowledge is of Cognitive Science. Only thing is, if I tell you some thing, then you can verify it, the scientist can verify it, every body can find it out if it is so or not. But if you put this test to all these false Gurus, you will see that they don't have any scientific basis. They have no way of giving you any explanation as to why this is happening or what is happening. I had to face all of them all over the world, and I was surprised they recognized me. They said Mother this is Cognitive Science and like that everywhere they gave me awards and things like that. I never knew what the Cognitive Science is but this is the knowledge that you get beyond your mind. With your mind you get your bias, may be full of jealousy, may be full of anger. But beyond the mind when you get this knowledge,

that is absolute. Nobody can challenge it. It is absolute knowledge. For example I will tell you one thing, I told them that carbon atom has made the Muladhara Chakra, the first chakra. This Muladhara Chakra gives you, out of carbon atoms, a special type of construction. If you could photograph it and make a model out of it, and if you see this model from the right side to the left side, it will look like a Swastika. I made a model for them to show. If you see it from the left side to the right side, it will be '卐' written down. If you see from down upward it is a cross, that means Shri Ganesha who is on Muladhara incarnates as Christ. So they made a picture, they made a model, the scientists, and they found out that what I said is true and this model really can be shown. I mean one of them is like this.

So whatever you know, whatever you say, should be verified by even scientists. I do not discard science. Science is amoral, whatever you may say, but once they come to Sahaja Yoga, these scientists, they just get transformed. But scientists in other countries, I don't know about our country, have reached such a state, such a state that they want to know what is beyond. All of them come to India. Why? Why don't they go to Japan, why don't they go to China, America? To find the truth they come to India. So in India this Cognitive Science existed long time

back, of which we are not aware. Like, I must say, Indians suddenly became very westernized after independence. Somehow, all Gandhiji's ideas and every thing was put on the shelves. So we did not know what was so great in our country! Such a great Sampada, such a great power existed in this country! They knew so many things, so many things about something that science do not know. Now it is for the science to find out whatever they have said is true or not. I have seen it is very simple. If you really know the truth and you tell a scientist, he will get after it and it will work it out. It is not one example. There can be hundreds, I can give you where I have told them something, they said alright. You verify, you find out by your scientific methods and they found it. They found it! So many ways of finding it out, you have in science. But they don't know what to find! They are just going on in this one, that one they are going to the moon, they are going to this thing. That's not the way. First you find out what you have to find and then see if it is there or not. I was surprised, in the West, though we call them very much, sort of, advanced and all this thing! But as far as spirituality is concerned they are no where. Their Cognitive Science faculty is very poor compared to us; but our's also is zero because we have all become Westernized now. All our ideas are Westernized and

we take all the knowledge from outside and even those who want to do something about Indian culture and all that, they are so small, they are so incapable of telling them as to what it is! It has nothing to do with a fundamentalist idea, nothing of the kind. But it is a fact, it is the truth, it is the reality which they don't know themselves. They just want to proclaim the Bharatiya Sanskriti, Indian culture, but there is nothing like that; because unless and until you are a realized soul and you have reached that state, till then you do not know anything about the mysteries of Parama Chaitanya. So for every Indian, it is very important to take to Sahaja Yoga. Also for all the people all over the world, every where, I told you about the Russia; the condition is very bad. But still, I must say, the Sahaja Yogis are very much happy there. When I was there once, the coup was on and everybody was worried and saw lots of tankers passing. So I asked these Russian Sahaja Yogis, they are more than, I think, one lakh, much more than one lakh, I don't know how many they are. So I asked them 'Aren't you worried over what is happening in your country?' They said Mother we are not. I said, 'Why'? Because we are in the kingdom of God. Why should we worry about Russia? The temperament changes and a person does not tell lies but he really feels that way. That's how he gets rid of all these

nonsensical ideas of religion, cast, nation, this, that. It separates human beings from human beings. But artificially you can not join. Many people start talking 'no no, we should not have all these different things, we should have one.' You cannot. You can't have because temperamentally human beings are not made like that.

We had a little discussion there in Italy with other religious groups and they said to me, "we don't want one religion, one global religion we don't want." I said, 'Why'? Because you want to fight, that's why? Why you don't want one religion? One religion is that you are a human being and you are a wonderful human being and that you can be one with the divine. This is your religion which is promised and has to work out. But they wouldn't accept. Now the people are changing. They are transforming themselves so fast that, I am surprised, in a country like Turkey, we have two thousand Sahaja Yogis. They are converting so many. So all these funny ideas that these priests, Mullas and all those have created are going down; and what is coming up? Even we have lots of these people in India, pandits and Shastras and this and that. They don't know anything, I would say, because unless and until they feel the Paramachaitanya, their all talking is baseless.

So all these problems which are created by fighting, by aggressiveness,

showing off or whatever you may call, can be corrected with Sahaja Yoga because your attention goes beyond the mind, you go beyond the mind. This Agnya Chakra opens and you go beyond the mind and you are one with this Divine Power. Once you have divine power, how it works for you in small small ways! I mean you all have experienced, you are all Sahaja Yogis, so I need not tell you. But every one can tell so many examples by which he knows that this is the Paramachaitanya which has worked it. So first and foremost thing of every seeker of truth, who is a real person, is to first get self realization. That is the essence of spirituality all over the world, even if you read Bible, if you read Koran. Nobody has read them, that's the best part of it and they are trying to say things which are very shameful, which are not there, they are fighting for that. With all these things they have helped us very much to show that the essence of all these religions is one and out of that one day people will take to self-realization. Once they take to self-realization then they have to grow. Once they have grown into it, they can see. All of you know, you are all Sahaja Yogis-sitting here, you know how much you have gained and how much you have achieved. So to give me the credit, I don't know, is not really true because we had great saints in our country, great saints in this country, in every country. You know,

we had sufis in so many countries. They all have tried to say that take your self-realization, Know Thyself. They all have said the same thing, 'Know Thyself'. But nobody is doing that. That's a different point, but actually all those who were realized souls, whether they were from a Muslim Religion or a Hindu Religion or a Christian Religion, any religion, in any country, if they were realized souls, they said the same, **because truth is the same**. They said the same thing that first Know Thyself and then you will know the truth. So this is the essence of our life that we have to know ourselves. Once we know ourselves, you are beyond every thing, because what happens is that you become like a drop becomes the ocean. How it disappears! The same thing will happen and once it happens, you will be surprised, that you are really one with everyone. Who is the other? You are one with everyone. That is how we find, in Sahaja Yoga, many people say its a big charisma, its a big miracle. Nothing of the kind; you have your own Kundalini, you have own possibility of becoming self realized.

That is the blessing of Kaliyuga. In the Kaliyuga this was going to happen and that's what is happening, that's why thousands of you are getting realization. Before that only one would get from one person and those Gurus were also very

strict, they would not give it to some ordinary person. They used to take them to task and judge them first, and then they would give realization. But in Sahaja Yoga we don't do it. We just have to get them in to Sahaja Yoga, that's all! Now as it is, I am surprised that how intellectuals try to find faults without knowing that they don't know any thing! They have to become self realized people, then what ever they will do, that will be definitely very constructive, very helpful, and peace giving, harmony giving to the whole society. But first of all it has to be within you, if it is not within you, how can you give it to others? I have been watching, how Sahaja Yoga has grown from one person to all these, so many of them, and we have so many others in other countries also. All this has shown that the time has come for the whole world to change, and this transformation is the most important thing that we should aim at. Forget about every thing, forget about politics, economics, this, that but get transformation. Once you are transformed, you know how to do the right-things. How to do the things that will help you and the society. All this you already have seen in your life and whatever has happened, is not with my effort only but there have been so many who have been doing this. My part is only this much that I found out a way by which amass realization could be given. Many

people can get it, because any discovery, supposing the electricity; if it cannot be used amass then it is useless. So that is the only thing I have been able to achieve in my life that amass realization can be given. And that has happened, as you know, very well. It is very simple and once one person gets realization, can go and give realization to others. Now first they were telling me Mother we are working in seventy countries, now they are telling me we are in eighty countries. I said, how? Somebody went there, and did it, somebody visited another country and did it. So just imagine, how simple it has become? How simple it is for me? At this age I can't go to seventy, eighty countries, but it has passed there, has gone there. It has given the blessings of the Divine. So why you are here? You should know here only, we had Nizamuddin Aulia. Nizamuddin was here and here we have Dum Dum Sahib. All these were great saints. They talked of love, they talked of understanding. But talk becomes talk for them because the others who are listening have no understanding about it. So we are recipient of their blessings, their beauties and their greatness, only when we are Sahaja Yogis or realized souls.

I bless you all with all my heart and with all my soul. I have been trying to work out in a way. I was surprised, in America it is spreading so fast. Otherwise

all the false Gurus have been to America, but now it is something great that is happening suddenly. So I told them that I will come and stay in America for about two month atleast, for their satisfaction. Now staying any where is not so important, what is important is that people should understand. They should humble down and they should know that we still have to know the truth. Once this

humility comes in, it will work out, it will work out in any person, any one, whatever may be the cast, religion, race, makes no difference.

So may God bless you again and again and I bless you from my heart.

Thank you very much for this felicitation.

'Shri Mataji Tells About Vande-Matram'

Delhi—19-3-99

This is the last song, which is very great song of olden days. Last time I told a story of my father. He was a great patriot. He carried our tricolour flag on top of the high court. He climbed up and they shot at him. He got a shot, here in the head. He was bleeding, bleeding, still he went up, put the flag there and saw that it is already flying. Only then he came down and told us to sing the song. We were all dancing down below. You sing the song of Vande-Matram that means we salute to you, 'O Mother.' Now you see our country is going through some stupid movement that they said that you should not sing this song. We fought the whole of this war of independence singing this song; and those who are saying that, I ask them. 'How many of you have worked for Independence? What have you

contributed for getting independence? What is your right to say that you will not have this song? This song is a song which suggests the beauty of our Mother land, the nature of our Mother land. This song was always used as a National Anthem. Somehow, some new people have come and they say it is in Sanskrit language. It is not. It is not completely in Sanskrit language. I mean I really some times feel like crying, even I remember those days when we were facing the British with their guns on us and singing song. Today these people, from somewhere they have arisen and trying to say that we should not have this song at all. This is what happens in Kaliyuga! They forget all that has happened before. So I hope you now stand up for this song 'National Anthem'.

Thank you.

NAVARATRI PUJA, Cabella : 27-09-98

*Talk by Her Holiness Mataji Shri Nirmala Devi.
(You All Should Depend on Parama Chaitanya)*

You cannot imagine how a mother, who has so many beautiful children sees them in such joyous mood, with their families, their children nicely settled down! Very satisfying to see you all so much in joy and complete oneness with the Divine. One has to realise only one thing that though you are many, still compared to the population of this world we are very few who really know the true knowledge, the real knowledge. You are the people who are knowledgeable, no doubt, but also knowledge which has not been adorned with truth or which is not the true knowledge, has no meaning. All that vanishes into thin air because it is artificial. By your Kundalini awakening you all have achieved that state where, we can say you know; you know what the real knowledge is. But think of the people who do not know what knowledge is.

For example we say that our knowledge is nothing but love. But one should understand the discrimination. The knowledge that is love within you is just emitting out from your being. You do not have to assert, you do not have to think,

you do not have to read some sort of a poetry or going to some romantic mood. Just pure love which emits and this is the knowledge also.

How you have to relate it is this way: **The knowledge that you have about yourself and about others also is evident, is absolutely expressed on your finger tips. You know about others and about yourself. This is the greatest subtle knowledge you have. No one knows like that. Apart from you people, no one knows about themselves or about others.** So this knowledge that has come to you, is extremely subtle, extremely secretive, absolutely secret. If you know about somebody, you know. Others do not know that you know about them. **So this knowledge that you have got is nothing but love.**

It is very difficult to make knowledge and love put together because our idea of knowledge is very different, from what we read from the books. How can you love from the books? What love means to us is our attachment. In ignorance you get attached to the people, to children,

to family, to things. By getting attachment it is proved that we do not have the knowledge. If you have the knowledge, then all attachments should just drop out and you should become a global personality, a drop in the ocean. For example we are attached to many things like we are attached to our family. If something happens in the family we get very disturbed. We cannot bear it. If anything happens to our children we feel horrible, its just the whole world falling on you. Then from family you move on. You are attached to your friends, to your neighbours. You are also attached to your country. Attachment to your country is also not knowledge. Once you are a realised soul, you just start seeing your country clearly. What wrong it has got, what ignorance it has got, in what darkness it exists and in what way it is quarrelling, fighting for rights and things? But with the knowledge that you have within yourself, you see it so clearly as to what is the problem of your country. Then you try to improve that through your love; **means the power of your knowledge is love.**

If you have all the knowledge within you and if you are just sitting at home and meditating, it has no meaning. What you have to do is to go about, you have to meet other people, your friends, your family and other relations and tell them about your knowledge. If you cannot do

that then your knowledge is not with love. It is such a connection between the two. You feel like telling every body that you got your realisation. You feel like telling everyone that you are a realised soul, but in that you feel that you are expressing your ego. Alright, by some other way, by some other method you can express to them that you have the true knowledge.

When you have the false knowledge you can get ego. You can think that I know so much. I know about these, I know the colour of the carpets, all the shades, everything. Any stupid thing you know, you think that you are very great. That is the sign of stupidity in your head also that you think that this is very great to know.

Now we have discovered that through acquiring all kinds of knowledge in the whole world, what we have achieved? Nothing. There are wars going on. There are all kinds of destruction coming in. I saw in television, this George. It is a world wind which is going round and it is killing so many people and it is destroying so many people, without understanding what he is doing! But he is there and he is acting very well. So is it that he does not understand? Or is it that he understands and that he does something just to correct people. This also we should have full idea. Yesterday when I came here it was raining heavily, I sat down and suddenly it

stopped, stopped till the whole programme was over. Till I spoke it was not raining. But suddenly when you started clapping, also it started raining. That is what it was. **So even the nature knows who you are, but you must know the nature.** This is the point. Nature will act according to what your level of spirituality is. Surprisingly, I always felt that there cannot be levels of spirituality. I felt that once you get realisation you are there. But later on I discovered that I was wrong. It is not so. Even after getting realisation I found people had so many obstructions in rising. There were so many temptations which were keeping them down. So one has to work out on different Chakras, different Nadis, somehow or other you make yourself perfect, because the perfection within only will give you the authority to use this knowledge.

There are, I told you, two ways of doing it. The other day *I told you that you should not react. It is human nature to react, absolutely human; but if you are to become super human you should not react.* By not reacting you will grow, definitely you will grow but if you react then you cannot grow, because you are working under the pressure of other thing that is not yourself. Now supposing, as I said, I see this carpet. I know the colour and this and that and I react to it. Finished. I will not have any sense of judgement if

I react to it, but if I do not react then I will know whether this carpet has got vibrations or not. That is all. Are they emitting vibrations or not? Now what are these vibrations? That is the love. So the communication is like this. If you have the light you can see things. So when you see things, the light is there. Light gives you perception, gives you the vision to see things. In the same way when you are enlightened, what happens that these vibrations start flowing just like a light and in that light you can see things which are good and which are bad. But sometimes you put the same parameter as human beings do. Like you may go to some house; very nice house, very good house, all these things make you very happy but actually what about that house? Is it having good vibrations or it is having bad vibrations? Is it worth living there or not. Like the other day they told me they can get a very nice place in Milan, on rent, very cheap. I said why it is so cheap? Immediately I felt the vibrations of the place. I said, did you go and see the vibrations of that place? They went and saw this was all burning. Then they found out that there was a Saintology there for years together. I said that is not the place where you can live. You have to have a very pure place. Even that of a poor man could be better than this comfortable, so called, place. So one has to use the

vibrations all the time to understand everything that you are doing.

In that also you can be misleading. Some people feel vibrations and they tell me, 'Mother, I felt the vibrations and I felt that I should marry this man.' I said, Did you feel the vibrations? Yes, yes I did very much and I must marry this man. When I see the man, I see the Bhoots in him. I said, my God what sort of vibrations this lady has felt about him? So in your judgement what is there, there is no pure knowledge.

You see how connected they are. Vibrations which is love and also the other thing which you have to have is the knowledge, the pure knowledge, the true knowledge. You can say that the pure knowledge and true knowledge is like the energy, like electricity and the way you feel it, the way you understand it, it exists. That is love. People do not understand also what the love is. They get mad after someone and say that Mother, see, I think that I am in love with that person and after five days they will come and say, Mother, no, I would not have anything to do with that person. Why? Because you have not got the pure knowledge. You did not feel the pure knowledge in that person through your vibrations. Now see how connected it is, like you can say the Sun and sunlight. What is the difference between the two? Sun is there. When Sun

comes there is sunlight. So what is the difference? Or we can say the Moon and the moonlight. What is the difference? There is no difference in these two things. One is the Moon and another is the light. So all these things are very very confusing, that we do not understand how confused we are about it and we do not understand how our vibrations can mislead us, because vibrations are there alright but sometimes even if they are missing, just to justify yourself you will say we have vibrations and we feel that it is very good, excellent and later on you will discover that is not so. So even now when we are realised souls we should know what is encompassing us, which is around us. What is that which makes us feel that it is alright, it is good, we should have it? Once we start understanding that vibrations are pure knowledge, are of a very different nature, then you are not attached to that person, you are not attached to that family, you are not attached to that country, nothing. What you feel is the pure vibrations come into you. This is the point which is very confusing. When you say my vibrations are good, I like those vibrations, and while you jump into the ocean of filth!

Many people have asked me, 'Mother, why is it sometimes we make mistakes'? You do not make mistakes. It is your ignorance which is darkness and that is why whenever you plunge into it you fall

into trouble. So to understand that our knowledge has to be completely clear, like in our house, supposing we have a lamp which is dirty, you cannot get the light. In the same way if your heart is not clean, specially our heart, if it is not clean then you start doing things, believing that it is right, by which you hurt yourself and others. It is a very very common error in human nature to identify wrong things as right, just to make themselves look such a great, such a divine thing!

As I told you, now there are people who want to divide the country. Simple reason they want to divide. Now they want to divide because they want to have importance. A few people who want their importance will instigate others, tell them, alright we must have freedom. If we have freedom, we will have this country for ourselves, then we can develop ourselves or a part of a country which is richer, which is better off, they will think that it is alright, we will have all the money to ourselves, we will have everything to ourselves. So they divide, they can divide in the name of religion, in the name of prosperity, whatever it is, but if you divide the country, actually you are facing a big problem. You have seen that wherever people divide, they fall into a kind of a dark ditch from where they cannot come out. It is just a few people whose ego is that they want to have some land as their own, but they die. Not only die, some of

them are murdered and like that all that idea that we will have this possession of the land, goes away.

So in the same way we can see on smaller things also. In smaller things also we are very much identified that if I have this thing then everything will be fine. You cannot understand how people just jump at things and say, Oh Mother, this is ours, this is ours, we must use this for ourselves, openly! They do not think it is wrong. To say that this is my country, I must do for my country, and another says this is my country, I must do for my country. As long as there is this My and I, that means there is no knowledge.

The knowledge as I told you, pure knowledge is that which gives you a pure light. Pure light means pure vibrations. Now vibrations can be misleading as I told you, or could be the quantity of vibrations can be less or more. There is another way. It is to see for yourself why do you want to do a particular thing? Mentally also you can use parameter of mental understanding. Why do I want to do it? What is the gain for all the people. If you start thinking from that angle, what is the gain for others, what will they gain by this, why should I do it, you will be amazed, you will get the real picture of what you are doing. So you must keep yourself all the time in a state where you witness yourself, you see yourself that

why I am doing this. What is the purpose. Sometimes could be some conditioning, could be some sort of psychological thing, could be anything. But if you start watching carefully, why I am doing it, you will be amazed that your vibrations itself will start telling you on your finger tips. But sometimes, the vibrations are so superficially coming, Ah, I got the vibrations, I am this, I am that! What is the reason, Why I am saying again and again though you are such a nice family of mine and you are also much blessed and we have so much of knowledge with us? We should be very wise. If there is no wisdom, we can never understand what we are doing.

Now to develop this wisdom what have we to do? So every time they will come and say, Mother how do we get wisdom? What is the way to get the wisdom? Wisdom you have already within you. Shri Ganesha is already there who gives you the wisdom, but you must take to Shri Ganesha. There are people who become so much addicted to Shri Ganesha that they lose his identity completely. They become very slavish about the whole thing and they just believe that they are very spiritual, they are very great. All these false ideas are no good. Does your Ganesha give you wisdom? Now you must count how many wise things have you done so far, where did you take a very wise decision? Have

you been wise to do something or you have been just doing it because you are identified with a particular type of life or a particular type of answer? *So wisdom is a thing that gives you first of all complete peace.* If your wisdom is developed then you become very peaceful, because whatever people may say, whatever they may do, whatever aggression they may do, whatever it is, you are peaceful, and you see the stupidity of the other person, of the other nations and you understand why they are doing. This wisdom is such an important thing in human beings because animals do not have so much wisdom as we have. Sometimes, of course, we have even less than animals but still by experience, you see, we have to learn that we have been making mistakes. So many mistakes we have committed so far. Now are we going to commit more mistakes? Or are we going to be wise? Wisdom is not apparent outside. *You cannot say somebody is wise while looking at that person. But in vibrations you will know that person is extremely wise. He may speak, he may not speak. If he speaks he will speak about something so deep, so wise and so nice without hurting others.* This kind of temperament if you develop is to become wise for every question. For example some are very attached to their children. So much attached that they forget that they are part and parcel of this Divine

force and they just are doing all kinds of things. The other day I met one lady whose son was very sick. She took him to the hospital and doctors gave him all kinds of medicines and he became even worse. Then she telephoned to me, Mother I do not know what happened? I went to the doctor and the doctor gave him this and that treatment and the child has become worse. But why did not you ask me before? Why did you go to the hospital first? Lack of wisdom. I am there. Why don't you ask me.

We had one case here in Cabella. One child who fell down and broke his arm. Now the mother did not show any wisdom. She took the child to the hospital and the doctor said, tomorrow we are going to operate her and put some artificial arm, but the father was sensible. He said alright, tomorrow? Today I will take the child home. He brought the child to me at night at about 3 0'clock. I said alright. I put it right. Next day when he took him to the hospital, the Doctor said, 'Now there is no need to operate because his arm is alright.' See the difference. One is worried. Immediately they will go to the doctor instead of consulting me, asking me. They are Sahaja Yogis but they will go and ask the doctor to do something. When the doctor starts doing something then they will come to me.

There are lots of miracles which have

taken place about Sahaja Yoga, I must say, and in that you should see the wisdom helps. Of course my attention is there always, no doubt, but still you should not take it for granted. You have to ask. One day, you see, I was just sitting. I just thought that I should telephone somebody in the Ashram of New York. I never telephone there. So I found out the phone number and telephoned and asked 'is the child alright?' So the leader there was surprised because that boy had fallen in the water and was in the water for quite some time and he was all filled with water, even his brain was filled with water. As usual there was some doctor who said that he cannot survive and even if he survives, his brain has so much water that he cannot be normal. So I just said that do not worry, I did not know. No body told me. Do not worry, the boy will be alright completely. So they were surprised how I said so. Firstly how I knew that the boy had fallen, there was some boy like that and then they did not know how I said he will be alright! And he was alright. He was perfectly alright. So they were surprised over my knowing about it. How is it that Mother knows that there is a boy who is so sick. Here, I will say it is pure knowledge. **You see my attention is always around you, always dealing with you and how I know is this that this attention of mine is global. So if anything happens to you, any**

upsetting takes place, any, I should say, deviation takes place, my attention is there. Immediately I know there is something wrong somewhere and I do not know how my attention goes to particular place which makes its life better. It helps people in need. I do not do anything about this attention but this attention is the wisdom. The wisdom that spreads all over. With that wisdom, you know, what is wrong with another person or any other organization that is in Sahaja Yoga. Everything you come to know. If you want to know is different. It is just you know like you spread out every where. For example if you have to telephone then you have to use the telephone but for me I do not have to use the telephone, I just know. So this has come from a pure innocent wisdom. *The innocent wisdom is just like a child. It is everywhere and it communicates and it tells what is the matter and what the problem is.* Many people have been cured with Sahaja Yoga. Many have been cured. Now if they can say, 'Mother, how did we get cured, what have you done? Did you see our Chakras, did you find out what is wrong with us?' No, I have not. I have not but I leave it. In my wisdom I leave it to Parama Chaitanya to do the job. **This is the point, main point is that you can leave everything to Parama Chaitanya in your wisdom? If you cannot, then yet you have not felt the real knowledge**

within you. That is the level some people are and I am not so sure about those who get realisation are all so much filled with pure knowledge. Some of them are but not all of them. With experience they learn. With meeting people they learn but as the wisdom, pure wisdom is difficult for them because they do not rely entirely on the Parama Chaitanya. Everything happens, just Parama Chaitanya knows it. It understands, it organizes, it loves, it does everything that is the energy it is. It does everything and how it manages, how because coincidences are really organised by Parama Chaitanya!

As I told you yesterday the way the rain was. The rain came and went away. It was wisdom. Innately it knows I am sitting here, the programme is going to start, it stops. Flowers know me. You do not know, when we have flowers they are all this size. I do not do anything to them. They start growing, growing, blast like that! Now one would say, Mother how do I know? Because they are natural. We are unnatural. We have taken so many artificialities as part and parcel of life. See all kinds of courtesies, these that, all that softness is there. All these stupid practices that we have adopted, sometimes keeps us away from pure knowledge and when there is no pure knowledge we do not know anything, what is happening. You just get frightened for small things, upset for small things. I mean it is something

very surprising to see Sahaja Yogis getting upset. Among the hundred people, if supposing there is a problem; so if they are Sahaja Yogis they have to just witness and see. If you can not do that then you are not a Sahaja Yogi. It is not like practising; you know like they say if you have to have the blessings of Shiva you must say 108 times his names. That is not the way. He does not like it. You see no body likes that kind of a murmuring. You see somebody comes and takes your name all the time near your door you will throw him out. *So that is not the way. It is a wrong idea that you go on taking the name of somebody and that Deity will help you.* First of all you have to become wise enough to understand that you are a part and parcel of Parama Chaitanya. Everything will work out by that and it works out so beautifully. Of course some people have hard time. I do not say they do not have, but it is not hard because if you are one with Parama Chaitanya and you know that it is doing the job, you are not feeling that hardness or sickness or anything. All the people write to me about their problems. I do not know what to say. You just say that do you believe in Parama Chaitanya? Alright, it knows. It knows what is to be said. See, it can create poetry, it can create music, it can create everything. But do you leave everything to the Parama Chaitanya? This is the second point in wisdom. *Do you have*

wisdom to leave everything to Parama Chaitanya? After experiences also, like there was one lady who was going in the car. She found her car's brakes were breaking. She did not know what to do about! Now brakes are no more. How to manage? It was in Germany. All the cars were moving very fast and she did not know what to do. So she put her head on the steering wheel and she said that 'I leave it to Parama Chaitanya'. She said, 'She leaves it to Me? Alright, it is the same. So by saying that what happened, she said, 'Mother I do not know, when I raised my head, I found my car was taken on one side of the road and no body was there'. All the cars were passing by but somehow or the other this car was taken there, very nicely, by some force. So the wisdom lies in understanding the working of Parama Chaitanya—how it guides you, how it helps you, how it preserves you, how depending on Parama Chaitanya you can continue to be living very happy.

I think in Sahaja Yoga we have lost very few Sahaja Yogis. They live for long. They do not die and if you ask their experience it is very amazing. How it works out? If they do not want to live they can pass also but if they want to live, Parama Chaitanya takes over and you can live long. But living long does not mean that you can go on bothering yourself as to what you will do with your money, how

will you live, what will be the source? All these nonsensical things, worries come to you. Alright, then the Parama Chaitanya says alright, go on worrying. If you go on worrying, alright go on worrying. Does not matter that will happen? Whatever has to happen will happen. But Parama Chaitanya can interfere in case we leave it to Parama Chaitanya. He said many a times leave it to God, leave it to God but God means, 'I do not know what they mean by God'. God is Parama Chaitanya. God means living Divine Force that is working everything. So the another way of looking at it is the wisdom that we should understand that each and every particle of this World is created by Divine, by the Divine force; and this particle, everything is completely under the guidance and supervision of Parama Chaitanya. Nothing can move unless and until Parama Chaitanya works out. It is something so connected, globally so much there, that people do not realise what they are doing, what they should have done. I mean on many scales you find something happening. That supposing something is happening now in America. Just try to find out what America has done to other countries? Immediately you will get the answer. So also it takes full care of the persons who believe in Parama Chaitanya, who give everything in the hands of Parama Chaitanya. We give things to the police,

we will give to the doctors, we give it to some civil people, what you call them, engineers to do something. They can make mistakes, they can create problems. You leave it to Parama Chaitanya. It is something so remarkable that in my own life I have seen that at all the times it works well.

I was building a house in Poona and we had to put a slab, very very big slab, needed about three hundred bags of cement for that. So I got the cement and I got the people but they said you start early in the morning and you can finish next morning, 24 hours. I said alright. So at about 5 o'clock I told let us go, the work is over. They said how do you know? I said I know, let us go. So imagine it was going to finish after 12 hours, was already finished and all the workers were walking about. Everybody said, 'Mother it is a miracle.' 'How can such a big slab be laid in such a short time?' To make them understand, I said, you see, Hanumana must have done the job. All these people, all these Deities are part and parcel of that Parama Chaitanya. Now you are worshipping the Mother. To worship the Mother is the biggest thing because all these Deities and everybody are Her Children, under Her Command, under Her desire. There is a story as you know, about Ganesh that the mother said that the one who goes round the Mother

earth three time, I will give him a Present. So Shri Ganesha thought in his wisdom who is greater than my Mother? No one else because he knew that he cannot compete with his brother who had got a peacock for the conveyance. So he said how can I go round and win over this present. So best is to take to wisdom. My Mother is greater, is greater than everything else. So he went round his mother three times and he got the prize as the other brother was just still moving on. When he came back he found that the present is already lost.

So again and again I am saying it is the wisdom that helps. The wisdom to leave everything to Parama Chaitanya for a modern person, this is something very difficult to understand. He cannot calculate two plus two. It is so bad because of these computers and things like that. It is absolutely hopeless as far as any mathematical calculations are needed. Now, I do not know how to handle any computer or any calculator but if you ask me just like that, 'Mother, how much it will be?' I will say so much and it will be there. It will be there. I am so sure about it. It cannot be anything else but that and it works that way. Sometimes, of course, if I want to tell some wrong thing just to mislead the person then I may say something, but normally I know it is that, but I know, not like the way we know, I just know it. That is what it is,

just know it. So I am not saying that you develop your knowledge to that extent that you can do it but your wisdom. If you start using your wisdom, it will always come handy. In any thing that you do, think of the wisdom. My advice to you is that as your Mother does the whole work, loves all of you and cares for those who have not even got realisation, you should also try to create more people for Sahaja Yoga. In that if you start behaving in a manner and all the times saying you are catching this, you are a Bhoot, you are this, you are that! I never said that to any one. So you should not say like that. That is no love. That is no understanding. The understanding is that you were just the same as the person was and now you are knowledgeable. So you must use your knowledge to correct that person, not to put him down and that correction is also not verbal. It is just through your vibrations you can correct the other person.

Most of the Sahaja Yoga work, sometimes I have seen stops because we are very methodical, become like great teachers, start telling them stories and then they get fed up. So when you are handling other people, as I said, we have to spread the knowledge, very important. We cannot keep it to ourselves. But it is not for any ambition, for any leadership, for any kind of recognition. We use our wisdom, our knowledge to help others

out of love, not for any recognition, not for any position, nothing. Just we want to do it because we love them. I am sure this will work out very effectively and the person who will be helped or the persons who will be helped will be just bound to you because they find the true knowledge. But supposing somebody comes to you and says, I know the true knowledge. You may be knowing it. But I have to know what you know. Then you ask that person, he will give you a big lecture. You say, No that is not the thing, just smile, that is not the thing. The thing is that **true knowledge is a part and parcel of your being. It is just within you.** It is not some sort of a concrete stuff that you have read or you have understood but it just has become a light within you. That light is there. It is not necessary for you to be very well educated or to be very intelligent or to be very highly placed. Not necessary. It is how your heart is cleansed. In the heart it resides.

Imagine **all other knowledge resides in the brain while the pure knowledge resides in the heart!** Very surprising! We do not know that actually our heart moves the head.

There are seven Auras around the heart which control the brain in such a manner that we act in the hands of the Parama Chaitanya. Unless and until, your heart is clean, unless and until in your

heart you have a beautiful image of a person who is very very pure, you cannot, you cannot do anything mentally and from your heart if you have to do, your heart has to be very clean and extremely wise. This is that point one has to jump into, that is, to make your heart wise. For example to get attached to some one too much, identify with some one, shows that your heart is not clean. It has so many bondages. Open your heart fully and that is why they say Goddess resides in the heart, in the central heart. She resides in the central heart because she is so balanced. She resides in the central heart, a Shakti, and She gives you all that you want. Within you She settles down as many things you know the Shalokas which say that She is settled within us like knowledge, settled within us as memory, She is settled within us as sleep. Also She is settled within us as illusion 'Bhranti'. She is the one who puts us into illusions because we are not yet fully perfect. We have to become 'Paripakava', means absolutely matured. Till we are matured this Mother herself puts you into illusions and plays around so that you learn to be wise. So one should understand that she is playing around you and you should try to be very careful and not to be falling into Her 'Maya'. Because if she puts you in the 'Maya' you will go round and round and reach no where.

So this power of Bhranti is also very

important. This illusion, you can call it or you can call it thing by which she creates a drama in which you become like a stupid man being found out. So this stupidity and all that can be removed by this Bhranti that she creates. This power of Bhranti is because of human beings, as they are, they will not understand something straight forward. So it has to go round and round till they reach a point to understand that it was the play of the Mother that brought them to this shore of wisdom. So for us it is important to see that so much has been done by Parama Chaitanya for us. The Mother has done so much for us. Now what are we going to do ourselves to get all these powers that She has given us to become completely enlightened and developed. What have we done so far? Nothing to be done as such but to develop a kind of a deep devotion, deep understanding and that depth is possible, absolutely possible, because now you are on your way to that perfection.

So today in Cabella is that last Puja and I want to tell you as a Mother that you all should depend on Parama Chaitanya. That is very important to

depend on Parama Chaitanya. Also there is a habit of many people to put the blame on others, like I got caught up from this person and caught up from that person. *You are caught up by yourself.* All such ideas are of no use. *Face yourself, find out about yourself and you have to perfect yourself.* It is so important because at this juncture of the time people think that something great is going to happen. I do not know. Two thousand years, according to them, will be something great. But I do not know, because it is all man made. All these two thousand years and three thousand years is man made. I myself feel, as predicted by many, that possibly because of your understanding and your wisdom, I am sure, something great may happen in this World and things may be brought to a proper level of understanding of spirituality. Because this is the last judgement and in this last Judgement you have to play a very vital role which, I am sure, you can do if you decide to achieve something for the future.

May God Bless You.

Adi Shakti Puja Seminar (1998) *(A Report)*

By the grace of Shri Mataji, the Sahaja Yogis could worship Her in Her form of Shri Adi Shakti on the weekend of June 19—21 in Cabella. This puja was organized by the Dutch, Belgian, Spanish, and Scandinavian yogis. They had a difficult task because the hangar had to be brought down from Cabella near the Castle to a very nice place called Albera near the river, about 3 km outside the village. On Thursday morning there was no hangar in sight, but by Saturday all the Sahaja Yogis could enjoy a nice evening program with Shri Mataji.

Two miracle photos were taken: one of the hangar site before the hangar was set up, and one after the hangar was in place.

In the new place, there is enough parking for all the cars and shady places to rest or eat. The river is 100 metres away and the yogis spent most of the time foot soaking or even body soaking. It is also outside of the village, so one is not so much tempted to have cappuccino or ice cream. We spent a whole weekend just with Sahaja Yogis.

The hangar was finished quite late on Saturday evening and so the program with Shri Mataji started around 11.30

p.m. First we heard a sitar player followed by his wife, a famous sarod player. She had also performed at the Birthday celebrations this year. This lasted until about 3 a.m. Shri Mataji urged all of the yogis to develop an appreciation for this wonderful music. She commented that in these modern times, Indian people have lost interest in their own musical heritage, and that only through Sahaja Yoga would this great music continue on.

Then the program of the organizing countries started. They cut all the solo performances, but it still lasted until 4.30 a.m. Shri Mataji praised the Spanish for their unique and intricate use of rhythm. There were many bhajans and also a very nice Bharat—Natyam dance from the Belgian Sahaja Yogis. All the ladies are taking dance lessons now and they had created a collective dance to the music of Sahaja bhajans. Shri Mataji also commented that to entertain each other is a quality of the Divine. When we finally went to bed the roosters were already waking the hens!

Since this was the first puja in the new location, there were some moments of tremendous chaos. At times during the weekend, life seemed like an enormous board game with each move somehow miraculously working out at the last

moment to smoothly lead to the next event.

The puja was announced for 7 p.m. and Shri Mataji arrived a little after 9 p.m. Uncle Guido started by describing the events from the tour of Russia. Shri Mataji had asked him to speak about it. In Russia there is a very famous physicist who can scientifically prove that Shri Mataji is the source of all vibrations and ultimately, of everything. Shri Mataji continued to tell about this Russian scientist in Her talk, and mentioned for the first time that She is writing another book which will be ready sometime soon.

The puja was serene but powerful. One very memorable gift was a giant windmill festively painted and decorated by the

Dutch yogis. Shri Mataji left at approximately 1 a.m. Because of the late hour, those travelling in the night packed and left rather quickly. The yogis who had the opportunity to sleep in the hangar were blessed with the blissful atmosphere filled with vibrations that gently lulled them to sleep. The peaceful atmosphere of the puja stayed with us through the night and into the next morning. As we rose, gathering our belongings, we could still feel that wonderful feeling of security wrapping around us with the confidence that even the smallest details of our lives were being effortlessly managed. How wonderful to feel the peace and joy of walking in the Shadow of the Devi!

—Lakshmi Ward, Germany
and Nancy Kumar, USA

Shri Mataji explains Sahaja Yoga

You have seen this last part of the dance which was when Udho went to see the women of Brindavan, Gopis, who were all completely engrossed about Shri Krishna. So he said that you should take to Yoga, you should take to Gyana, to knowledge. It is very dry idea. I think very dry idea. They said no, we don't like to do yoga. We are already one with Him, we are in His body and He is in our body. We are absolutely one, so there is no need for us to take to yoga.

Now our Sahaja Yoga is that we are all in love with each other. We just love each other and this is what is in this dance which she (the dancer) shows. I must say, to very subtle point, she brought it out and that is what we have to know that Sahaja Yoga is nothing but love. Love, among ourselves, absolutely pure love. We say in Sanskrit, Nirvajaya (निर्वाज्य). You don't expect anything, you just love, and this love is the one which is real yoga.

May God Bless You.

News from Around the World

NEWS FROM SOUTH AFRICA

At the Grahamstown Arts Festival, South Africa, the Sahaja presentations which had been planned worked out better than we had hoped for: a large number of people received realization and a very good time was had by all the Sahaja Yogis who came. But it was the unplanned events which gave the week magic. For ten days in July the whole town is given over to this arts festival, and people come from all over the world, especially Southern Africa.

By South African standards a large number of Sahaja Yogis supported our presentations at the festival. A British Sahaja Yogi kindly sponsored two ladies from Soweto, near Johannesburg, to come and help us with people who only spoke **indigenous African** languages; a French yogini came all the way from Europe, and about 30 other Sahaja Yogis from all over South Africa travelled the long distance to be with us. We had a stall in the high street, a room where we had a Sahaja exhibition and played bhajans leading to realization being given. We had two introductory programs with bhajans and dancing in the local township

(the suburb formerly reserved for Xhosa people). We had a TV interview and a number of newspaper articles written by and about people from all the many cultures of the four rainbow nations. This was happening the same week that Shri Mataji was giving programs in London and it is perhaps no accident that the first group of British settlers in South Africa founded Grahamstown.

Most of the visiting Sahaja Yogis stayed at a farmhouse in the countryside, some 30 km from the town. So the whole program turned into a collective get-together. We had a havan, and much singing and dancing. The ladies from Soweto were the stars when it came to giving realization. Wherever they went, whether at the stall, giving prearranged programs or even standing on the side of the road when the car bringing them into town one day broke down, people felt cool breezes and joy, and received realization. They were an example for all of us with their warmth, commitment and total trust in the power of Mother as the Holy Spirit.

At the first township program, which was conducted in Xhosa, after the newcomers

had got their realization most of the young people who had come decided that as we had sung for them in Indian languages and English, they should sing to us in Xhosa. They treated us to stirring rendering of our national anthem, *Nkosi Sikilele Africa*, which means *God Bless Africa* and includes a line which says, "Come Holy Spirit, please come to Africa."

On many occasions during the festival we felt She was here, blessing us and helping to create a new South Africa which truly expresses the joyful, creative and fulfilling qualities of the left swadhishtan. Thank You, Mother. With greetings from the Sahaja Yogis of South Africa.

—Linda Williams, South Africa

NEWS FROM ARUBA, WEST INDIES

Here is some wonderful news from the tiny Caribbean island of Aruba. A Sahaja Yogi couple, Nikhil and Raani Varde, have been living there for a while, and they have been trying to spread Sahaja Yoga in their island. Last year, when Shri Mataji was visiting Los Angeles, they sent an invitation (via e-mail) to Shri Mataji

to visit their island. Their invitation was presented to Her. Since then, Nikhil and Raani have been having a lot of success with their programs.

They had a major public program this summer in which 350 or more seekers got their self-realization. The hall was packed by 6.00 p.m. which is when the program was scheduled to start. It is very unusual for Arubans to be on time! The vibrations were very strong and almost everyone felt the cool breeze. The Colombian Sahaja Yogis who had come down to help out with the program were quite amazed at the response. Everything, every detail worked out so perfectly and spontaneously. After the program a lady from a local radio station (she had attended the programs on both days) called and said she would like us to talk about Sahaja Yoga on her talk show the following weekend. Another seeker who had come for the program offered us a larger hall for the weekly follow-ups at half the rent? Jai Shri Mataji!

—Nikhil and Raani Varde, Aruba
E-mail: nitya@setarnet.aw

Creative Expressions

NEW CD-CHILDREN OF THE LIGHT

The long-awaited *Children of the Light, Dancing in Divine Love* CD/audio-tape was released at Krishna Puja this year in Cabella. This production was personally named by our Divine Mother and has beautiful vibrations. In the recording of these tracks we strongly felt that our Divine Mother was here producing and arranging the tracks.

The production was recorded in Vancouver, Canada by the Vancouver Collective. It includes very nice versions of *Jago Kundalini Ma* and *Vishwa Vandita*, as well as a Russian bhajan *Issue Hristos* and a 16 minute music score set with poems written by Sahaja Yogis from around the world.

For more information or to order, contact anyone in the Vancouver Collective and/or Clayton Carrigan at E-mail: carrigan@netcom.ca

NEW CD—POINT OF BALANCE

American Sahaja Yogi and jazz guitarist/composer Steven Kirby's CD of original compositions entitled *Point Of Balance*

is now widely available in the US and Canada through stores like Tower, HMV and Borders. It can also be special ordered from any record store, if it doesn't happen to be in stock, by telling the salesperson the artist's name, the name of the recording (*Point of Balance*), the record label (A-Records) and the catalogue number (AL 73124). The release has been a bit delayed in most of Europe but was expected to be available there widely by the end of August, if not sooner. It is currently available in Japan, too. In Asia (including Australia) it was scheduled for release in September.

For updates on the progress of the CD, to read reviews, and get information on live appearances, anyone who's interested can visit Steven's web site (www.stevenkirby.com) or the record company web site (www.challenge.nl). A sample review from *Jazz Times*: "*Point of Balance* is an entire album of beautiful, meaningful compositions that sound as refreshing and striking now as Pat Metheny's *Bright Size Life* did 22 years ago. Kirby is one of the most promising new composers and players on the modern jazz scene today."

THEATRE OF ETERNAL VALUES UPDATE

It has probably been a while since many of you have heard about what Theatre of Eternal Values has been up to, so we thought we'd give you an update and share with you some of our adventures.

The Long Gap After a successful tour of schools and the general public in Austria and Germany in October and November '97, we left for our own countries, sad to say goodbye, but in need of financial and physical recuperation!

One month passed.... OK, a bit of a rest after two years of touring. Two months passed. Yes, still nice to earn some money. Three months... four months... for all of us the gap was becoming too long and there was an urgent need to come together again to spread vibrations through theatre.

Six months later, thanks to Our Mother's blessings and the tireless work of Martin and Sita, TEV members are getting on planes, walking, swimming, roller-skating, rowing to Australia to begin another tour of *The Imaginary Invalid*.

Rehearsing Again We all feel extremely blessed and happy to be together again working in Shri Mataji's theatre company, but the idea of making the play fresh and rehearsing for the millionth time weighed

heavy on our minds at first. However as soon as we began working, a new dimension began to evolve. We again found fresh things and new depths to the play, and are beginning to realize that just as we are constantly evolving as realized souls, in the same way Shri Mataji's work has an organic element. In order for vibrations to flow and for us to become better actors/instruments we have to surrender to change and enjoy working the play again and again.

The Joy of Togetherness After a week of rehearsal we headed for the streets of Vienna. During the Edinburgh Festival last summer we developed a street parade to attract attention for the play and distribute leaflets. This involves costumes, make-up, music and lots of fun—even in the rain!

On the evening of our first performance in Akzent Theatre many people came and the response we received was extremely encouraging. The joy of performing together again and experiencing the tremendous vibrations on stage was incredible for all of us. Catherine, our director, was in the audience and she told us that the faces of the public were transformed during the play—some even left dancing.

We experience a tremendous rush of vibrations during the performances and have received many letters from students

thanking us for giving them such enjoyable theatre. Some have even mentioned that they felt something indescribable during the show. Jai Shri Mataji!

After this evening in Theatre Akzent we also performed for schools during the day as well as evening performances for adults. Our feelings of unity seemed to grow with each performance and our final night was magic. We felt like Shri Mataji held us in a vacuum of vibrations on the stage. We could only surrender and let Her run the show!

Being Looked After Where to start? We are staying in Feichtenbach Ashram for the second time and feel once more completely at home and relaxed. We are always looked after extremely well and can hardly begin to thank the yogis enough for all their love, support and care. We have been so much supported by Austria and realize how hard it is to look after such a big group. Despite this we are always received with open arms wherever we go.

Funding and Local Representation

Throughout the run of *The Imaginary Invalid* TEV has been very generously supported by the collectives of those countries hosting the play when there has been a shortfall in receipts. Negotiations for longer-term funding continue, but the

avenues of European and other supporting agencies are labyrinthine and it is a long process. In the meantime, the company would like to feel that there was an opportunity for Sahaja Yogis worldwide to contribute to the running expenses and costs of putting on the next production.

Ideally, TEV would like to have a representative in all those countries where performances could be given. Such yogis/yoginis should be interested in what the company in endeavouring to achieve, alert to the possibilities of performances and willing to act as a local channel for donations and contributions which can then be forwarded to the appropriate account. In larger countries, regional representatives may be appropriate.

Shri Mataji has identified the TEV project as one which has Her wholehearted support. It's now up to us to realize Her desires for it through our own desire. In the first instance, please respond to Ian Maitland-Hume, E-mail immh@holyroad.ed.ac.uk or fax 441361 810741, if you would be interested in becoming a national/regional representative and/or making a donation or regular contribution of any amount to help with the TEV work, so that the company can plan ahead with confidence.

Victor has sent an E-mail to all the leaders

so if anyone is interested in helping with funding, etc. they can contact their leaders. The most immediate way to contribute to the next production would be to collect money in every country and transfer it to the Austrian TEV account.

Next Until very recently we were all prepared to start rehearsing Shakespeare's *A Midsummer Night's Dream*. However, Shri Mataji has suggested that we should go to India with *Charlie's Aunt*. We are all excited to start work on a new play and have decided to develop a TEV package. This will involve rehearsing more than one production at a time so that different acts can be offered to theatres.

Some of you may remember the clowning act at Sahasrara Puja in '97. Shri Mataji mentioned her appreciation of this form of theatre, so we have decided to prepare a clown's play for our next tour as well.

There are so many countries that we need and want to visit. Shri Mataji has also asked us to go to America, so we are preparing this for next year. There is also a festival in South Africa next July. The Yogis there are trying to raise funds for us to go and perform in the communities. Shri Mataji has expressed Her concern over the lack of native South Africans and a community play might be a good way of giving realization en masse. Australian Yogis have also asked us to come.

A TEV seminar was held after Guru Puja, July 12—16. This seminar is a great opportunity for people to learn about theatre and enjoy acting together—professional or beginner.

It is hard to express what it is like to do this work, only to say how much joy and satisfaction are gained when vibrations flow and transform an audience. We bow again and again to our Divine Mother for her blessings, and pray that we become clear instruments to do Her work. We hope to make this a regular bulletin to keep all of you aware of your activities and of forthcoming collective events. Jai Shri Mataji and lots and lots of love from your brothers and sisters from TEV.

ISRAEL—A DIVINE MIRACLE!

A new dimension of spirituality has been set in motion on the holy land of Israel. Under the auspicious attention of our Divine Mother, yogis from Israel and other parts of the world spent three full days enlightening the thirsty seekers of this land blessed with great prophets and the divine incarnation of Lord Jesus Christ.

The scene of action was in one of Israel's biggest fairs on alternative living where Sahaja Yoga had a stand. A group of 13 yogis did the divine work of giving non-stop self-realization. The innocent people of Israel waited patiently in four rows to

get their self-realization, each of them asking if it would be possible somehow for them to relax, become peaceful, free from stress, and stop thinking. In only a few minutes they found out that it was so simple and Sahaja. Even the Sahaja Yogis found that it was very simple to give self-realization, probably due to the deep seeking of the people and the divine attention of Shri Mataji. Approximately 300—400 people got realization each day. Due to time constraints we just gave self-realization and requested the people to come to the follow-up program to learn about Sahaja Yoga. To our complete surprise more than 90 seekers are now attending the follow-up programs.

Some of us had very interesting experiences at the fair. One man explained after his realisation that he experienced a cool spiral of wind moving up his spine in a clockwise direction. Another person asked a yogi if he could help him to come out of his depression. He had just measured his bio-feedback at another stand at the same fair, with a very negative result. The yogi very lovingly assured him that Sahaja Yoga has helped many to come out of their depressions. This person was so surprised with his own transformation shortly after his realization that he thanked the yogi and again went back to

the bio-feedback stand to see if there was a significant change in his state. **The result was five points positive over a normal human being.** There were many others who just felt completely relaxed and peaceful after their realization.

Later on during a beautiful journey around the country we had more opportunities to give realization on our way. The turning point of the Israel tour was the two-day seminar on the Lake of Galileo, where once Lord Christ walked over the water. At the end of the seminar we had a Havan, which was very clearing and powerful.

Later on we learned that the peace agreement in Israel was signed shortly after we finished our seminar.

Postscript: The fair brought a lot of people and interest to Sahaja. In Tel Aviv, after the fourth meeting we still have about 50 to 60 people. There are some good reactions and some sincere interest. In Haifa, there are still about 20 people and we also just started in Jerusalem.

—Shantanu Chatterjee, Austria

SAHAJA ASTHMA RESEARCH YIELDS REMARKABLE RESULTS

THREE YEAR STUDY OF SAHAJA YOGA TO FOLLOW

The asthma research program in Australia continues, with some remarkable results emerging. Here is the story of one patient

who has finished his 16-week program of Sahaja Yoga treatments and has been assessed.

At the beginning of the program his asthma was so severe that he was unable to do many of the lung function tests at all. The basic tests that he did do indicated that he was of the very worst category. Even room air alone would trigger an asthma attack if he breathed too hard!

At the Sahaja Yoga program he took to meditation like a fish to water. At the end of the 16 sessions we assessed him. To our surprise, he now used almost no medication whatsoever! His asthma was so much better that not only had his lung function almost doubled, but there was no trace of asthma in his system.

There are a number of patients of the trial who have experienced other positive substantial changes. As a result of the asthma research, the Australian Sahaja

doctors have been granted permission to conduct a three year, multifaceted research program on Sahaja Yoga.

The plan is to conduct a number of clinical trials, as well as specialized studies such as blood-borne biochemical markers, heart rate, blood pressure, brain-mapping etc. The bulk of this research will be funded by the university and associated hospitals.

Our first project will probably be a trial of Sahaja Yoga in the treatment of about one hundred sufferers of chronic headache. This will be conducted under the auspices of the University of New South Wales and the Australian Institute of Neurological Sciences.

The tremendous progress that is being made in these fields will become powerful support for the progress of Sahaja Yoga.

—Sydney, Australia

1999 PUJA SCHEDULE

Adi Shakti/Kundalini Puja 18-20 June, Cabella, hosted by Belgium, Holland, Spain, Sweden, Denmark, Finland, Norway.

Guru Puja 23—25 July, Cabella, hosted by Italy.

Virata Puja 3—5 September, Cabella, hosted by North & South America.

Ganesha Puja and weddings 24—26 September, Cabella, hosted by

Australia, Far East, Russia, India.

Navaratri Puja 15—17 October Cabella, hosted by UK, Switzerland, Poland, Ukraine.

Diwali Puja 12—14 November, Delthos—Greece, hosted by France, Portugal, Africa.

Christmas Puja 25 December, Ganapatipule, international.

Dr. U.C. Rai Tours Europe

Italy, Austria, Belgium and Holland salute Prof. Dr. Umesh C. Rai. In July this year, Prof. Dr. Umesh C. Rai visited four European countries: Italy, Austria, Belgium and Holland. Prof. Rai is the Director of the *International Sahaja Yoga Research Centre*, Navi Mumbai, India, founded by Her Holiness Mataji Shri Nirmala Devi in 1996. This research and health centre is the only hospital in the world where disease are cured by Cosmic Vibrations developed through the practice of Sahaja Yoga. On his visit, he not only shared his knowledge of holistic medicine and modern medicine, but was much appreciated for the simplicity and humility of his great heart.

Prof. Rai is in the topmost ranks of the Indian medical world and is a pioneer in the field of holistic medicine. He was President of the Association of Physiologists and Pharmacologists of India, Delhi; Chairman, Post-graduate Research Committee of Lady Hardinge Medical College, Delhi University; and Fellow of the International Medical Sciences Academy. He is also Prof. Emeritus of the Mahatma Gandhi Mission Medical College, Kalamboli, Navi Mumbai.

Being a Fellow of the World Health Organization, Prof. Rai was Visiting Professor at the Institute of Brain Research, Zurich; Physiology Department, Oxford University; Middlesex Hospital medical School, London; and Cardiovascular Department, Leeds University, Leeds (U.K.). He has, in addition, received the Hari Om Ashram Alembic Awards for research in Basic Medical Science in India and the Vladimir Vernidzky Award in Moscow in 1997 for his research in Sahaja Yoga and the use of Cosmic Vibrations to regenerate cells in cases of Type I diabetes mellitus.

In 1984, Prof. Rai heard a lecture of Shri Mataji on Sahaja Yoga but was not convinced about the flow of the subtle cool breeze from the palms and top of the head of individuals getting Self Realization through Sahaja Yoga. As such, he took the permission of Her Holiness to do research on Sahaja Yoga to verify its claims. Accordingly, a systematic research study was organized. Three doctoral research projects were taken up jointly by the Physiology Department of Lady Hardinge Medical College and Associated Hospitals in New Delhi: one on the "Physiological effects

of Kundalini Awakening by Sahaja Yoga," one on "The effect of Sahaja Yoga in the Management of Idiopathic Epilepsy." In addition, for research on epilepsy, there was a collaboration with the Defence Institute of Physiology and Allied Sciences in Delhi. The doctoral thesis on the first two research projects were duly approved by Delhi University for M.D. degrees, and third one on epilepsy was approved for a Ph.D. degree.

Prof. Rai said that the data collected during these research studies are of such far-reaching relevance that they could revolutionize our understanding of the human psyche, or psychopathology, and of therapeutic processes. They have actually enlightened medical sciences in the understanding of the autonomic nervous system and particularly of the parasympathetic nervous system. Some observations are highly significant for the discipline of psychiatry and represent a challenge to the current Newtonian Cartesian paradigm of Western science of body that belongs to mind. This has prevented present-day doctors from understanding the psyche of human beings and thereby many illnesses of this era which are psychosomatic cannot be cured by modern medicine. Such common diseases are high blood pressure, bronchial asthma, migraine, depressive psychosis, anxiety neurosis, angina, idiopathic epilepsy, diabetes mellitus and

even cancer. One has to take medicine all through one's life. Also, many psychosomatic diseases are treated by tranquilizers that not only cause dependency but also mental problems if taken for a long time.

Prof. Rai has 62 research papers to his credit and has delivered lectures about the medical benefits of Sahaja Yoga in Russia, England, Europe, Australia, U.S.A., Japan, Hong Kong, China, Thailand and Mexico. He said that there was a positive response from the doctors of modern medicine in most of the above countries. They have started appreciating that Sahaja Yoga Meditation and the techniques of clearing the subtle chakras could be quite useful in the management of psychosomatic diseases.

We in Italy had a strong desire to know about this unique method of treatment from Dr. Rai. A miracle happened. One morning, when I started reading the paper, I was surprised to see that Dr. Umesh C. Rai would be in Milan on July 14th and 15th, Vienna on the 16th and 17th, Brussels on the 20th and 21st, and Turin on the 23rd. Talking about Yoga in Medicine at the public medical conference in Milan, Prof. Rai said that the first piece of evidence available to anyone about Yoga belongs to the Indus Valley civilization, which dates back to the 3rd millennium B.C. But Sahaja yoga is an

ideal yoga for modern times because it touches the physical, mental, social and spiritual aspects of one's health. And Sahaja Yoga can be experienced on our central nervous system.

When he was asked what changes occur in people after practising Sahaja Yoga for about 12 weeks, Prof. Rai said that there is a statistically significant decrease in the adrenaline neurotransmitter (as is evident from decreased VMA), blood lactic acid, heart rate, respiratory rate, and blood pressure. There is also an increase in Galvanic Skin Resistance (GSR) and alpha activity of the brain. All these findings confirm that Sahaja Yoga produces profound physical and mental relaxation and decreases sympathetic activity. In other words it means that an individual becomes stronger and the stress and strain of hectic life does not affect his health.

The data of the above parameters recorded in people practising Sahaja Yoga for more than two years revealed that their control values were at least 40 per cent to 50 per cent less than those of subjects not doing Sahaja Yoga at all. These lower values put them in a better position, and thereby protect them from the bad effects of stress and strain on the body, keeping them healthier than people who are not practising Sahaja Yoga.

Citing reasons for the sudden shift in the West towards alternative methods, Prof. Rai said that doctors are rethinking their strategy of treating high blood pressure, as there has been no breakthrough and patients have to take medicine throughout their life. In the U.S., 50 million people are estimated to have high blood pressure and only 34 million know it. Out of this, only 27 million seek treatment and only 50 per cent of those seeking treatment achieve normal blood pressure. Based on research data in high blood pressure case at Lady Hardinge Medical College in New Delhi, Prof. Rai said that hypertensive patients who practised Sahaja Yoga along with anti-hypertensive drugs became normal in 16 weeks' time. They stopped taking drugs and could maintain normal blood pressure simply by doing Sahaja Yoga.

Another group of hypertensive patients who were only on drugs and did not do Sahaja Yoga could not become normal and had to take drugs (maintenance dose) to keep their blood pressure within normal limits.

Prof. Rai has also written a book, *Medical Science Enlightened*, in which he has juxtaposed Sahaja Yoga with medicine for the prevention and treatment of psychosomatic diseases, including its role in heart disease, cancer and AIDS.

Prof. Rai gave examples of patients who had recently been cured at the *International Sahaja Yoga Research and Health Centres*: two Americans, one with dilated cardioma, and one with depressive psychosis; a Belgian man with high blood pressure; a South African man with Asthma; and an Indian lady who was cured of infertility due to a cystic ovary. On being asked how Sahaja Yoga works, Prof. Rai said it is difficult to explain but as per research data, it modulates the secretions of neurotransmitters, which further act as neuro-immune modulators and thereby even help to treat immune mediated diseases. Moreover, the vibrations developed by Sahaja Yoga are self-organizing, self-regenerating any rejuvenating, and cure various diseases where modern medicine is helpless.

On the basis of these results, it was possible to confirm that the daily practice of Sahaja Yoga was an effective treatment for arterial hypertension, angina and myocardial coronary. Once the patient's blood pressure returned to within normal limits, it could be maintained just with meditation! "In all types of ailments," explained Prof. Rai, "curing the most serious cases depends on three factors: what energy has been awakened, and how much effort the patient puts into his own self-healing."

The beneficial effects of Sahaja Yoga

Meditation do not only apply to the physical, but also to the mental, social and spiritual aspects. In fact, with the practice of Sahaja Yoga, the individual undergoes not just an improvement in health, but also an internal transformation which leads him to become more cooperative and more sociable, with this also applying to behavioural disorders connected to stress.

The press has shown interest in the message of Professor Rai. Several articles came out in the countries he visited and others are awaiting publication this autumn. In Italy and Austria, he gave interviews on the radio (Radio Popolare and Blue Danube Radio, respectively). The Milanese journalist Tiziana Ricci received her self-realization from Prof. Rai. A few Viennese journalists who helped at a conference of Prof. Rai's at the United Nations asked to receive their self-realization and then decided to meet at the same place every first Monday of the month to meditate together with other representatives of UNO.

It was also very interesting to see the interest shown by the medical profession, for whom the July meetings were specifically arranged. One example was the large number of doctors at the conference in Turin, thanks to the efforts of the local Sahaja Yogis who placed posters in hospitals and health centres. At the end of this conference a scientific

debate followed, with the particularly noteworthy participation of Dr. Bruno Bruni, head of the Department of Diabetes at the most important hospital in Turin, La Molinette. He stated his appreciation for the results obtained through Sahaja Yoga methods and foresaw great possibilities in the synergy between orthodox and yoga treatments. At the end of the conference, 14 doctors expressed their intention to deepen their knowledge of these new yoga techniques which re-stabilize the energy balance, leading to a healthy psychosomatic state. Several of them asked if they could receive their Self-Realization straight away.

And the Sahaja Yogis? Those who had anxiously awaited the arrival of Prof. Rai to talk about big and small problems of their own or their families were surprised to find someone who was more than a doctor, who was a very great Yogi. They were honoured to be able to meditate collectively with this calm and powerful personality. The more fortunate were able to ask advice directly from Dr. Rai. In Belgium, some 40 Sahaja Yogis had individual meetings with him and received, apart from valuable advice, his appreciation for the level of the Belgium collective which, he said, "will certainly succeed in saving its country." Then there were many collective meetings in which

Dr. Rai, after leading the meditation, replied to many questions from Yogis.

In Europe, the next visit of Prof. Rai is eagerly awaited, knowing that the techniques of treating the chakras can be further studied in the light of his experience. On the other hand, those who went to the Hospital at Belapur, Navi Mumbai (which Shri Mataji considers a precious gem in the tapestry that She has woven in India) have benefited greatly in their health and strength. The doctors of the health centre, under the guidance of Prof. Rai, have used Sahaja Yoga techniques in full awareness of the union of mind, body and spirit.

Thank You Professor Rai, thank you beloved Shri Mataji.

Paola Capudi, Italy

Some Questions and Answers: professor Rai with Sahaja Yogis Belgium, July 22, 1998

Can one work with a candle on a cold liver?

Dr. Rai answered by insisting that one should *never* use fire on the right side and also not on the central channel. Fire is reserved for the left side and when the left side is cleared out, the right side is lighter.

About thyroid problems:

This is caused by the imbalance of the right and left channels, Vishuddhi and Agnya. Clearing of these chakras and channels is very helpful in treating thyroid problems.

About food:

To vibrate food is not enough to neutralize pesticides. If possible, one can eat organic vegetables and fruit.

Alzheimer's disease:

It is a sickness affecting the neurons and is an incurable disease. Vibrations can improve the condition.

Mental Problems:

They should be treated in a Sahaja Yoga Hospital, like the Health Centre in Navi Mumbai.

We were very much surprised to hear about "Ayurvedic" doctors who are established in Luxembourg, Zurich and Holland, who have treated some cancer patients with a certain kind of "ayurvedic medicine," so-called *Pancha-Karma*. The doctors have a guru called Maharishi and they follow Transcendental Meditation. They give herbs as medicine called Amruta, which come from a factory in New Delhi. **Their treatments badly attack the Mooladhara and**

Swadhisthana, and it is impossible to vibrate these herbs, even if you put them in front of Our Holy Mother's picture.

Commenting on this, Dr. Rai said that preliminary research on the effect of Sahaja Yoga on cancer is very encouraging. It has been seen that the practice of Sahaja Yoga and the activation of the Centre Heart produce more natural killer cells which can kill the cancer cells in our body. As such, Sahaja Yoga can prevent the occurrence of cancer and also helps in the treatment of cancer. One should not follow any system blindly. If a person finds that his Mooladhara or Swadhisthana chakras are blocked, then it is clear that this system does not suit you.

Milan, July 14, 1998

It is possible that a person can have both left side and right side problems?

Dr. Rai said that a person may be left-sided and then suddenly go to the right side. In the morning you find patients on the left side, but in the afternoon when you see the same patient, you find him on the right side. When you need to treat the right side, you have to use water, ice or footsoaking in cool water. *You can do both the treatments, but not at the same time.* When the left side is more, then treat

the left side first; when the right side is more, then treat the right side first. *One has to find out which is the root cause of the disease, whether it is the left side or the right side, and whichever side is the root cause should be treated first.*

What about those who suffer from depression, hallucinations, and have been taking some medications?

Many cases have come to our Centre and practically all have been cured. Sahaja Yoga is one of the best ways to treat cases of depressive psychosis. Here in Milan, it may be very difficult because it requires a very drastic type of treatment. It may not be possible for you to cure yourself by doing yourself clearing the chakras because you are not in that state of thoughtless awareness. The person who is doing the clearing should be able to feel the vibrations and for the patient himself it is not possible.

But if somebody who can feel the vibrations, treats him and he gets the treatment in the morning and the evening, I think there is no reason why he should not be cured.

Problems of the retina:

We have to see the degree of the detachment of the retina, but with Sahaja Yoga many patients with retinal detachment have benefitted. It is difficult

to make a statement unless and until I know exactly how much detachment there is and where, in which part of the retina the detachment is there, what the state of the chakras is and which are blocked. Then only is it possible to say how much you can be benefitted. Do not take it lightly, because it is something quite serious and one should take the appropriate steps to get it treated. You should get to the ophthalmologist so that the diagnosis can be made, and then show it to an expert Sahaja Yogi and take his opinion and only then start the treatment. It should not be left as is for a long time.

Treatment of asthma attacks:

Asthmatic attacks are a right heart problem. Clearing the right heart and putting ice on the liver are general treatments. If you find that you are not benefitted by these techniques, then come to the Centre to see what other permutations and combinations are affecting you and then the treatment depends on that. If the asthmatic crisis is very serious, you should do whatever the doctor suggests.

If it is not Status-Asthmaticus, then with Sahaja Yoga you can be easily cured. This has been shown in the research study on asthmatics at Sucheta Kriplani Hospital in Lady Hardinge Medical College, New Delhi.

About food:

Prof. Rai said that it is important to eat a diet rich in fibre. People who eat only chicken, ham, sausages, eggs, etc., and very few vegetables are more prone to develop colon cancer. People who eat more butter, fried things and a lot of eggs develop arteriosclerosis, which makes them more prone to develop angina, high blood pressure and heart attacks. As per the Sahaja Yoga hypothesis of H.H. Shri Mataji, left-sided people should eat more proteins and right-sided people should eat more carbohydrates.

How do you explain a Sahaj Yogi getting sick and dying of cancer?

Normally, a Sahaja Yogi remains mostly in good health and is able to prevent many psychosomatic diseases and many epidemic diseases. The reason for this is very simple. By doing Sahaja Yoga, the defence mechanism of the body becomes stronger and that prevents the occurrence of diseases, including cancer. However, at the same time, it is not surprising to see a Sahaja Yogi once in a while sick with cancer. The reason is very simple. Sahaja Yogis are very compassionate and loving people. Being in Collective Consciousness, if they find a person suffering from an illness that is not cured by the doctors of modern medicine, they immediately offer their help. First they

give Self-Realization and then start treating. In doing so, sometimes they treat someone with a very badly caught Left Swadhishthana and Ekadesha Rudra who has been diagnosed with cancer.

If the Sahaja Yogi is not deep in Sahaja Yoga and adequate precautionary measures are not taken to treat such a case, then one catches and develops cancer. Shri Mataji has said, if I remember correctly, that in general, **cancer and schizophrenic patients should not be treated by Sahaja Yogis. It should be advisable to refer such patients to the International Sahaja Yoga Research & Health Centre.**

The full address is: International Sahaja Yoga Research & Health Centre, plot No. 1, Sector 8, C.B.D. Belapur, Navi Mumbai, India 400614.

SAHAJA YOGA MEDICAL CONFERENCE IN MEXICO CITY

With the blessings of our Holy Mother, the Sahaja Yoga medical conference from September 2—4 was a joyful event, with the important participation of Sahaja medical doctors from three continents. Before the Conference we had a Havan at Cuernavaca, a city to the south of Mexico City, and Ganesha Puja was held after the Conference.

On September 2, the Faculty of Medicine

of the National University of Mexico (UNAM) received Prof. Dr. U.C. Rai for a conference on the "Role of Sahaja Meditation in Medicine." Medical doctors, academicians, university students and researchers attended this medical conference, presided by Dr. Carlos Viesca, Chief of the Department of History of Medicine of the Faculty, Dr. Graciela de la Lama, former Ambassador of Mexico to India and Director of the House of India in Mexico, and Dra. Graciela Vazquez-Diaz J., Co-Chairman of the Conference.

Participants were in total silence for more than an hour, looking at the graphics of medical case studies, and hearing his explanations on how diseases have been diminished or cured by Sahaja Yoga. Prof. Rai told the delegates that high blood pressure, bronchial asthma, epilepsy, migraine, and a host of other psychosomatic diseases for which there is no cure in modern medicine now can be cured at the International Sahaja Yoga Research and Health Centre. This centre, located in New Mumbai, India, was founded by Her Holiness Mataji Shri Nirmala Devi in 1996. This Centre is unique in the whole world, where no medicines are given and treatment to patients from all over the world is done only by vibrations.

After the conference finished, medical

doctors, researchers and students came to the podium to congratulate him and to talk on the possibility of joint projects on different areas of interest, and asked to know more on his research.

After hearing what Prof. Rai explained about Sahaja Yoga, Dr. Viesca explained how Mexican Indians believed in working on four centres of energy in the body to cure illnesses. The exchange of experiences aroused the possibility of presenting more exchanges of experiences in the near future which could be the basis for a joint project with India or other countries with the same interest.

On September 3, Dr. Rai gave a second public conference at the District of Coyoacan, to the South of Mexico City. The audience responded with great interest, asking him numerous questions. When one person asked for the experience of awakening the Kundalini, Dr. Rai finished to explain the substantive aspects of Sahaja Yoga and how its founder and master, Shri Mataji Nirmala Devi has spread it in more than 70 countries. After Dr. Rai gave the Realization, everyone raised their hands to show that they had felt the cool breeze over their heads, and were invited to a follow-up program for the following week.

On Friday, September 4, Dr. Rai

addressed the Mexican Sahaja collective, supported by Sahaja medical doctors who had come to the Medical Conference. Edgar Patarroyo from Colombia demonstrated his great capacity to interpret the two conferences into Spanish, and directed the Sahaja cleansing techniques during the workshop. Other Sahaja doctors in attendance were Henry Forero, also from Colombia, Pepe Suero from Spain and Chanda his wife who is a medical doctor from India.

The TV channel PCTV, that transmits to an audience of a million people in Mexico and Latin America, inaugurated a new program called "New Horizons for the Millennium", with a special program on Sahaja Yoga. They interviewed Dr. Rai, the other Sahaja medical doctors, and the Sahaja representative in Mexico.

The Sahaja Medical Conference in Mexico has opened a new chapter for the treatment of psychosomatic diseases between the Faculty of Medicine of the National University of Mexico and the International Sahaja Yoga Research and Health Centre. It has also awakened great interest in the general public on the philosophy and practice of Sahaja Yoga.

May our Holy Mother continue blessing Sahaja Yoga in Mexico, and favour this small collective with established yogis from other countries.

—Graciela Vazquez-Dias, Mexico City

SAHAJA YOGA MEDICAL CONFERENCE AT NIH IN WASHINGTON, DC

For the first time, the value of Sahaja Yoga has been recognized by a major scientific institution in the United States in an historic event. On September 9, 1998, the prestigious National Institutes of Health (NIH) in Bethesda, Maryland (a suburb of Washington, D.C.) was the site of a day-long medical conference on Sahaja Yoga. The internationally-renowned medical physiologist and Sahaja Yogi, Prof. Dr. U.C. Rai presented the findings of 12 years of research into the physiological effects and medical benefits of Sahaja Yoga.

During the conference, Dr. Rai showed a video recording of interviews with patients from the USA, UK, Mexico, Germany, Brazil, Russia and India who were treated at the health centre and were healed. NIH host Dr. George Patrick, Ph.D., Chief of Recreational and Rehabilitation Therapy, thanked Dr. Rai for his excellent presentation and explained why Sahaja Yoga, besides tackling health problems from stress to cardiovascular disease, was important to the work of the research giant. Calling Sahaja Yoga "complementary medicine," Dr. Patrick spoke of the NIH's

understanding of the necessity to continue studying the mind-body effect in healing and to introduce effective new methods. "NIH believes in energy medicine and complementary medicines and sees the powerful role of spirituality in the healing process," he said. "Sometimes healing doesn't necessarily mean a cure, but it does mean making people whole. Sahaja Yoga helps that process along and we like what we see," he concluded.

A report about the conference aired on a local cable news program that night. The five-minute piece was the second story of the evening, and showed Sahaja Yoga in a positive light. The journalist interviewed several members of the audience, including some who had been treated at the Centre. The journalist even got her realization during the conference.

Despite his busy schedule, Dr. Rai gave the Sahaja Yogis many opportunities to meet with him and benefit from his knowledge and experience. Shortly after

he arrived in Washington, DC from the medical conference in Mexico City, he gave a talk to the yogis who had gathered for the Ganesha Puja seminar in nearby Maryland. (This talk will be reported in the next issue.) The atmosphere was charged with excitement. As we anticipated the upcoming NIH conference, the yogis could feel that we were part of history in the making.

The next day, he graciously agreed to two 20-minute videotaped interviews about his work at the Sahaja Yoga Research and Health Centre. These interviews will be edited and made available for programs, cable TV and radio projects. Later, in New York, Dr. Rai gave another question-and-answer session on medicine and Sahaja Yoga. Throughout his stay, he was gracious, generous and eager to do what he could to assist the growth of Sahaja Yoga in America.

—Mary Yelesin, USA

