

The Divine Cool Breeze

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"So this (Sahaja Yoga) is not just a conversion of people. It is not only even transformation but it is a new fashioning of a new human being which has come forward and which is capable of carrying the will of God further."

Her Holiness Mataji Shri Nirmala Devi

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Editorial

It was not a coincidence that when Columbus discovered America, he thought it was India. It was not a coincidence that native Americans were called Red Indians. It is not a coincidence that the land of Shri Krishna should be blessed by Shri Kubera. It is not a coincidence that the land of Shri Krishna should be the Vishudhi Chakra of the universe and an instrument of global communication. It is not a coincidence that our Divine Mother purchased 140 acres of Native American land called Cannajoharil.

America is the abode of Shri Krishna and therefore bears a primordial connection with its motherland 'India'. Shri Krishna's sister Vishnumaya cast her Divine maya on Christopher Columbus. Under her illusion he thought he had discovered India, and called the Natives-Red Indians. No doubt the Natives were of Indian origin. Their spiritual belief in the soul and the Adishakti as the creator of the universe and also the worship of nature originated from the ancient Aryans who inhabited India. They revered the mother Earth and worshipped the primordial Kundalini as the Holy Spirit. This is revealed in their prayer.

"O Great Spirit

Whose voice speaks in the winds, and in the trees;

Whose breath gives lift to all the world,

Listen to your creature!

Hear all!

I am small and weak.

I need the power that you give

I need the wisdom that you give.

Let me walk in beauty,

And let my eyes be glad, beholding the red & purple dawn.

Make my hands touch all things you made with love,

And help my ears to hear your voice in everything."

It was not a coincidence that on 20th June 1999, the year of your Divine Mother, Sahaja yogis from all over the globe congregated at the sacred land of Cannajoharil to worship Shri Adishakti. It is also not a coincidence that the word 'Cannajoharil' in Native Indian language means "The self cleansing Vessel". The seekers of modern times had to come here for their inner cleaning. The ancient Red Indian prophecy of the 'White Buffalo'

testifies that "a lady of all powers in whom light appears will come here to heal the Sick Nation."

The great Red Indian peace maker Deganawidah prophesied; that in Cannajoharil "A council fire of all the nations shall be kindled. All shall receive

the great law and labour together for the welfare of man."

On the 20th of June 99 messengers of peace from all nations of the world met on the sacred soil of Cannajoharil and pledged before Shri Adishakti to bring world peace.

May Shri Adishakti show us the way to honor
Our sacred pledge
May Shri Adishakti remove all obstacles in the
Way of our holy pledge
May Shri Adishakti protect us from falling into
Temptations and illusions
May the goddess America-re-shwari save the lost
Children of America and
Allow them a taste of the sweet Ambrosia
that eternally flows from Her Lotus Feet.

Shivratri Puja '99

Delhi, 14/02/99

It is a very long lecture I have given in Hindi Language because there are very few Sahajayogis from abroad. What I was telling them was that the principle of Shiva is in your heart and that reflection is not on a Chakra but like a mirror. Now whatever is visible of you is this mirror. In this mirror what reflection you have? Do you have a reflection which is clear, clean ? Have you cleansed your heart? Have you cleansed your mirror that is reflecting? That is what one has to see.

Now what I told them at length was this that how there are six enemies we have got and all these six enemies, one after another try to corrupt us. Out of that I have told them about five. The sixth does not exist much in India which we call as lust. It is much less but for foreign countries one has to know that it is one of the major things that they have in the West because they think that lustful life is the only life worth living.

Beyond that is Shiva and that is why we have to understand that in our heart the reflection of Shiva is only possible, in complete form, when we have cleansed our heart. To have malice for others, to have lust for others, to have anger for

others, to have envy for others, all these reactions within us act and our heart become like a stone. It cannot reflect. You have to reflect the quality of Shiva, which is very important today in this Kaliyuga. There are very few people who are really reflecting the image of Shiva in their own character. So, it is important to watch yourself and see for yourself as to what is wrong with you. Where is my attention going? Where am I going? What am I doing? Go on judging yourself and not others. One of the Western things is that they think they have a right to criticise others, everybody. I like it. I do not like it. Who are you? Why do you say that? Somebody has made a beautiful, say, arrangement for you, you sit in his house nicely and say I do not like it, to hurt that person. After all, who are you? What do you think of yourself? Who are you to judge? For Sahajayogis it is prohibited to say, I like and I do not like. It is prohibited.

Look at Shiva. He likes everything. What he wears, also snakes. He likes all kinds of animals, every type of thing that we think is not good, but for him they are not. For example in his Wedding he took with him, in his Baraat, people who were all infirm. Some people had one leg, some

people had limbs broken down, some had only one eye. All such people he carried with him. To him these people were very dear and he looked after them. Because he is the source of joy. He is the one who gives us joy and the one that makes us joyous.

The real joy is only possible if in your heart his reflection is there, but if your heart is full of all these things, then, once I described, it becomes a dirty, very very dirty mirror.

Very surprising. I told them also that compared to Indians, Westerners are not so particular, Western Sahajayogis are not so particular about their comforts. Though they come from a very materialistic surroundings, they are not so much bothered. They can live anywhere. They can be happy anywhere. That is a very good stage they have reached and that is what the Indians must try to follow, and do not pay attention to nonsensical things. It is not necessary to waste your energy on nonsensical things. Then only you can have real Bhakti for your Self, for your Atma and that is what is needed today that your spirit should shine in your character, in your behaviour and in your personality. If that happens then you have achieved what Sahajayoga wanted to do for you. It is important today, very important. If you read the newspaper you cannot read it and what you need is to change, the transformation as we in Hindi call it Parivartan of human

beings into selfhood, into self awareness, into the spirit. This has to be done and the time has come. This evolutionary process has started. There are so many of them who have got it.

Now the old saints and people who were Gurus, real Gurus, they used to really test the disciples by making them stand on their heads for years together. Sometimes put them in the water, do all kinds of things. They used to beat them and they were very harsh testing all of them and then only one of them used to get realisation. Now what I thought of is, that it takes too much time to cleanse them, to put them into all kinds of dresses, this, that, send them to Himalayas or to Gobi Desert. I thought it will take too much time. I said why not first enlighten, give them the light? In that light they can see their problems and they will themselves correct themselves. They will be their own Guru and it was successful, it was good. Now you can see for yourself what you are doing, what is your problem, what makes you so much different from others and what will elevate you because Sada Shiva's place is above the head, above your thoughts, above your mind, above your emotions. It is here and you have to cross this limit.

Only when you do not react to things and also to you, nothing is more important than Shiva, then only it will work out. So, in somethings Indians have to learn and in somethings you foreigners have to

learn. So many things you have done. I must thank you very much. People used to think that I cannot do anything. You have given up drinking, you have given up all kinds of bad habits. You are not womanisers. Your attention is so clean. So many things you have done which is really praiseworthy but still you must learn that still there are certain things lingering which must be cleared out and must be absolutely finished.

You do not have very much politics but sometimes there is also politics. Group forming is there. All these has to go away because for Shiva what is this. The Universe is at his feet. To have one group here and one group there, all that does not matter to Him. It does not come into his head, you see. For a person, like very big ocean, it touches many shores but in itself it is a big ocean. In the same way is Shiva principle and you all should develop that principle of Shiva and then see the joy, the joy of this great ocean of love. May God bless you.

Talk on NGO—Delhi - 13-2-99

We have started one N.G.O. for destitute women and children, plus we will be having a hospital here. As you know we have been running a good hospital in Belapur near Vashi, New Bombay and this hospital will be in Noida. Today, you will be happy to know that we have now taken the land in Noida, and we are going to start our work there. Whatever you want

to contribute for N.G.O, you are allowed to contribute. We have a very good team of people who want to work it out. This is something I thought that we must have our attention for people who are in great trouble around us.

So, this N.G.O. will work for women who are left by their husbands, by their families, who have nobody to be looked after by, and also their children. Still I have not made the whole plan but before starting Sahajayoga I used to do lots of things like that. So I have quite a lot of experience. Our attention should be really towards people who are in trouble now, as we are now blessed with Divine Power. We should look after those who really deserve our attention. You will be very happy to know about women who are destitutes, recommended by Sahajayogis will be a better idea and it can be worked out very well. So far we have not got any application of women who want to have protection. Also we are going to teach them different arts and crafts and things so that within two years they will be able to stand on their legs and there would not be any more beggars on the street. Firstly we will make them Sahajayogis. Then we will work it out and I am sure you will like the idea of having one N.G.O. here.

Then the second one will be starting near Bombay, Vaitarna. That I had planned before, about fifteen years back but they would not give us permission. Now it has

been finalised. We have got the permission. So, I want to start an organization where to educate boys and girls but mostly first boys we are trying. Those boys who have failed in 8th class and 9th class, to learn some vocational things like small small things. We do not have good electricians, good plumbers, all kinds of things like that. So they will also stand on their legs because after failing in the 9th class or 8th class, they have nothing to do. They are absolutely in trouble. This I started 15 years back. Now Mr. Amartya Sen has written it now, I mean not in such good details. But he has written and he got now a Noble Prize

for writing that book which I did fifteen years back but the Government was so bad, it would not give me permission. Luckily now with this BJP Government I have been able to get the permission and we are going to do it in a very big way and there are many people who are coming forward to help me in that venture. So now Sahajayoga is spreading outward to give sustenance and help to people who require real help from people. This is a new movement of Sahajayoga and I hope it will be successful.

Thank you.

DIWALI PUJA — CABELLA 25-10-98
Talk by Her Holiness Mataji Shri Nirmala Devi

Diwali Puja is a very small Puja but extremely significant. Firstly, in Diwali, the first day they buy something for the family. May be some cooking utensil, could be an ornament for the wife or something else, because that is the day of housewife and that day is to be celebrated as the housewife's, I should say, homage to her. As a result you know in India, even now, housewives are very much respected. Actually they are respected all over. You will be amazed that even in the protocol of the Government Receptions anywhere, the wife is very important. Where she is sitting, what is her position, is very important. Even today, in the most modern and advanced countries also they have a special respect for the housewife. Housewife may not be educated, she may be a very simple woman, she may not be very modern.

There was an experience for me. In London we had a Programme where we all were invited and the wife of the head of the delegation was missing. So they asked me where is she because there is a seat for her. She has to sit there. I said, I don't know. I did not see her. She must be somewhere here. So just before

starting I went to the waiting room and I was surprised, she was sitting in the waiting room there! I said, "What are you doing here? They are all waiting for you outside." So she said, they asked me to sit here. So, I went out and I told them that now she is sitting there. Why don't you call her to sit in her seat? "Is she the wife?" I said, of course, "she is the wife." We thought she was some secretary! I said what made you think? This lady, you see, was wearing modern ideas, wearing a very modern silk dress and all that and everybody thought that this lady must be the secretary at the most. So they made her sit in the waiting room. So, it is expected of a housewife to be decently dressed, honourably dressed and not to dress up like a secretary or somebody who is just in the office because she is regarded as the highest whether you like it or not. But she had combed her hair and she has been to a very expensive place for all decorations and everything, and poor thing when she arrived, they put her in the waiting room near the bath room. That is what it is.

So, for a housewife, she is the dignity of the house. Not only that but she is

responsible for the complete culture of that country, complete culture of that country. They represent the culture. Like in India now they have started, in the films, showing all kinds of things, funny funny dresses but I have not seen any housewife wearing that. I have not seen anybody. It is not in reality. It is only in the films, because the society is so strong and the housewife is supposed to be a decent person. She has to be decent. She has to be very dignified and she has to behave in a dignified manner.

On the contrary, I would say, we had a Prime Minister called Lal Bahadur Shastri. His wife was absolutely uneducated because Shastriji went to jail and she could not take her education. Very simple ordinary woman. She went to France. That time there was this Mr. De Gaulle. He was the President and his wife was another very simple woman. So Shastriji told her that you are not to cry when we are leaving Mrs De Gaulle. Now we have become great friends. God knows, she did not know French, she did not know Hindi but somehow both of them became great friends, on the level of housewives. He warned her not to cry. What happened that they started crying when they had to leave. So Shastriji said, I told you not to cry. She said that it is she, this French Lady started crying, what can I do? I had to cry. So you see it is

kind of a great collectivity of housewives that has to work out. They have common problems, they have to face their children, they have to look after the households, everything. I mean there are so many common problems with the housewives and the housewife also knows all little little things.

Men, atleast in India, do not know much because they live in the air, I think. So, the women have more sense in this respect for small small things. They are quite aware. It is very interesting. Sometimes the men commit mistakes of such a great humour because they do not deal with day to day life, with all the problems of daily life. On one side, the woman housewife has to deal with the daily life, on the other side she has to look after her family, her children. Also, poor thing, she is responsible for the society, she has to maintain the society. In a country where women are sensible and are matured, you will be amazed that they become extremely good families, good societies and good children. That is why I must say India is a very good country, a very good society. This has come out of the housewives, the Gruhalaxmis of the house, who have done all the work. That is important as far as the culture is concerned. This kind of thing is very much in India and with that what you find that the people respect, respect the housewives.

So, respecting the housewife is the most important thing in our Sahaja culture but that does not mean that the women should try to dominate and trouble and fight with the husbands but it means a very important position in the society of a housewife. She is treated as something like a Devi but she too has to be a Devi. If you treat her like a doormat then children will never respect her. If you do not pay proper respect to her, the children will not respect the mother and there will be no impact of the mother on the children. As a result the children get waivered. That is why in the society or in the countries where the mother is not respected, you will find the children become extremely dominating, hot tempered and horribly uncollective.

So, it is very important that on this day, we call it Dhan Teras, the 13th day, you have to buy something for your wife and you have to give her something as a present. Atleast you should buy a little pot or something that can be used in the kitchen to show your respect to her. In the families where mother is not respected, children become extremely troublesome and the whole of their family also suffers, wherever they are married, whatever happens to them. Men have to realise it is their mistake that they have never respected their wives as they should have. In the presence of the children if they shout, in the presence of the children

if they do not show any respect, the children can never respect the mother. It is something criminal to do to women who are in the household, doing all the work for you, looking after you, your family, not demanding anything.

Only if you want to understand how they can be troublesome, see them in the politics. When they go in the politics, they put all men upside down and one woman can put all of them in their proper senses because their field is their house, their family. If they are not respected in the family, they get out of the family and behave in such a manner that you can't imagine. Though she has to bear a lot, she has to suffer a lot, but in the family, she must be respected. That is a very very important message of Gruhalaxmi.

Then the second day is the one where this horrible Rakshsa called as Narkasura was killed. Always all killing is done with the power of the Shakti. This Narkasura was the fellow who had tortured so many people and had turned lots of cunning stuff. He was a very treacherous cunning man and it was impossible to kill him. But then, somehow or the other, with the advent of a special power that this Narkasura was killed. That was the another day, fourth day when Narkasura was killed. They say that when he was killed the door of hell was closed. So people should take their baths early in the

morning, but I am of the opinion that, that day if the door is opened, better not to take bath. Be in your beds till this fellow is put fully into Narak. You should not bother about him. Narak means Hell and from the Hell they extracted him and killed him.

The last one is the best where they have the meeting of Sri Rama and his brother Bharata. Shri Rama went to jungle obeying his father and for 14 years he was in the forest. It was a kind of a jail only because from palaces he was sent to the forest by his father. His wife and also the brother, they went into great sufferings and you know the whole story of Ramayana. The child that lived in the palaces had to go in the forest and live in terrible conditions when he was to be the King. It was too much but Sita went with him and she supported him and ultimately it so happened that Ravana came and took away Sita. Shri Rama fought Ravana, killed him and brought back his wife. When they came back to their own capital in Ayodhya, there was a big jubilation, and Bharat, his brother, he was very much attached to his brother and he ruled that country with the 'Paduka', they say, is a kind of Sandalwood Chappals they used, of his brother. He put it on the throne and ruled. So that is how the Bharat Milap, the meeting of Bharat with Shri Ram, is celebrated and that was the time

he was crowned also as the King. So it is long time back, thousands of years back, this thing has happened. That jubilation is very significant, that the right king gets his own throne and he rules and all injustice and all kinds of atrocities he has gone through, has to be completely finished from his life and that is why Diwali is important.

So the last day they worship the Goddess Laxmi because it is her blessings that brought forth all these beautiful meetings and that is why they worship Laxmi, as I said. But there are nine types of Laxmis now within us which I think I have told you sometimes back. Now in that Laxmi Puja, is this that you worship the Laxmi herself. It does not mean money, not at all. To worship money is wrong. What it means that Laxmi is the money which is with us or whatever prosperity is with us should be very carefully spent because she is very mobile and the money can slip out. On the contrary you should not be at all miserly. With a miserly people, Laxmi is not happy, but if you want to spend, you must spend it in the right way otherwise the money is spent in the wrong way. Now when the Laxmi was created, must be out of the churning of the Sea she came out. She had four hands. One hand was to give, she is generous. She gives, like this she gives and with one hand she blesses. These are her two hands, one is to give

and to bless the person. Very important it is that when you give to somebody something you forget about it and you bless that person. Now only you give money but also you bless that person. Other two hands have got two lotuses of pink colour. Pink is the colour of love and a person who has money should have a house which is full of love. Any guest who comes in the house should be respected. He should be treated just like God.

In India, you have noticed how they think of foreigners. Foreigners means God to them. Here foreigner is a bad word but in India it is very respectable. If you are a foreigner means you are God. How they have looked after, you know that, in India! This is the reason. This is the basic culture of India that anybody who is a guest, he may be anything, if he is a guest, then he is to be treated like God. In other countries it is just the other way round, you know. If you are a foreigner then people think that it is not even proper to talk to them. I do not know how the mentality is like that, but not in Sahajayoga. Sahajayogis are not like that. They treat the guests very well. I have heard, they look after each other and they are beautifully collective. So this is what is the meaning of the Lotuses, is the house full of love. Like a beetle which has got even thorns, when it comes to the lotus, the lotus opens out and the beetle goes

inside and sleeps very nicely and comfortably. Even the beetle, is undisturbed. That is how one should treat, if you have money. But here, what I find in the world now, if you have money you become yourself like a beetle. It is so full of thorns and horrible ideas, so insulting and think no end of yourself. Just surprising that money we should give them, the form of Laxmi, Laxmi Sarupa they become like Devils and the way they treat other people is even worst than that. So this is the significance of the form of the Goddess but the best is she is just standing on the lotus. That means no pressure on anyone. She exists on her own. No pressure. She does not put any pressure on any one. Just on her own she stands and all her weight and all balance on her own dignity.

This is the way a Laxmi should be and that is how if it happens, in the countries where people are now having financial crises and all kinds of crises, things will improve. People will enjoy. They do not enjoy their money, nothing. They do not enjoy. This is just aggressiveness and also funny ideas of having something very expensive thing when what you call the designers. Now I think these designers are anti Laxmi that they have come because they are extracting all your money nicely and all your money goes to waste. If not that, then people take to

womanising or to drinking, such wasteful habits. They do not do anything which you can call as really the blessings of the Laxmi.

So one has to remember that when you want to give something to someone, do it with the full heart. Such full heart that it forms that Laxmi Prasada. So that should happen, otherwise what is the use of giving presents to any one? They are very funny people, you know, who give presents out of their very narrow outlook but they try to give presents. Like in Japan, if you go, they will give you such a big present. You go on opening and opening and opening, till you come to a point where you will get a match box. In the match box inside you will take to, you can say, two doll like things made out of small little match sticks. Start looking at it, what it is. Why such a big design and very surprising. But they are very simple people otherwise, very simple. When we went there they told us wherever we went, you know, even in a shop, when it was raining, they would give us a present. I said, what is this. Why are they giving us a present like this? So the lady who was translating, she said they think you are from a royal family. I said what makes them feel we are from a royal family? Because you do not go to hair dressers. I said, really. Yes, in Japan royal family people never go to a hair

dresser. I said I did not know this, they do not go to the hair dressers. That is why they think that you are from the royal family. Just imagine what ideas people have about hair dressing and all that. But in India or these places a woman must be properly combed up. She should not look like a hippy going around, because we have many people who still believe in a kind of a hippism and they wear their hair dress like that.

Now woman plays a very big part in the society as I told you. Whatever way she wears, whatever she goes about also, the children become much more, from the mother than from the father. Sometimes could be much more from the father also. But actually all the fine things are picked up from the mother. So it is more for the ladies to understand how they dress up, how they live. I went to London and asked one Indian Sahajayogini what is the fashion now. So she said, 'Jhipria' in Marathi. 'Jhipria,' means if you put your hair like this. See in India if you have hair like this, the mother will say now remove your Jhiprias because if you put your hair like that, your eyes can become squint. But that is the fashion to put the hair like this, you see, very much, sometimes on the eyes also. So that is the 'Jhipria' fashion and this now is quite common, I find, everybody, dignified ladies also, except for Mrs. Thatcher, everybody puts

on this kind of a thing. I do not know how Mrs. Thatcher has escaped it? But anybody who does anything that should not be followed by women, it is very slavish. Because this is the fashion that is why they do, that is the fashion, so they do. It is absolutely stupid to do that way and to play into the hands of these people who make fashions. You are independent, must stand on your own character, must stand on your own understanding of things. Instead of ruining your faces, you should try to improve them by your dignity, by your understanding. Now it is more on the women, I am sorry to say, Laxmi Puja is more on the women. That is why they have to understand, what they have to be, how they should do.

I have already told you that it is necessary for a woman to be dignified, very much more than the man. Men can be stupid, does not matter, you see, does not matter so much but women have to be dignified and sensible. And men as it is do not know much as you know very well. Poor things, you know. They are educated only in Universities but as far as the practical side is concerned, they do not know anything. So, one should not feel bad about it. I mean it is very enjoyable to see the way men make mistakes and then they go on saying, No, No, I know this, I know that. They do not know anything. But men will never say I do not know, you see. That is

his character. It is alright. You must know that he does not mean it because he really does not know anything. Also in art, I do not think men know much about art. Also their one side is missing, that is aesthetics. Poor things they make one type of dress, wear all throughout. Just one type of dress they will make and that they will make and wear throughout. They do not have any demand. But women are artistic. If our Indian women give up wearing sarees and take to jeens where will the villagers go, because they live with the sarees that they make during holidays and things like that. So, in India, it is not possible to introduce all these dresses. In the school, may be, but later on they all give up because they like sarees. So the sarees are still on and will be on because it is so artistic, it is so beautiful. One saree does not look like another saree. So the idea of beauty and the idea of art is much more with the women not with the men and so one should see that if men do not know, does not matter but you make your houses absolutely artistic. Make it comfortable like the lotus as I said, that should be such. But some of the ladies can be very much like a Hitler, you know, in the household, very dictating. It should be like this, that should be like that, making the life of men absolutely miserable. I have known a person who used to carry a newspaper in his house. I said, why you carry this all the time. He

said, whenever I sit, I put the newspaper first and then I will sit. Why, because if it is spoiled a little bit, my wife will shout at me. I said, why. Because she does not like anything to be spoiled. So she is so particular. I carry a newspaper always with me wherever I have to sit I put the newspaper. I said, it is too much. He said, you will also have to do that, I tell you. So very particular about the whole house that it is impossible to live in that house and is even worse than a hospital. So, some women can be very particular about that and very methodical but normally women should be very loving and extremely accommodating and also being friendly with all the family members, with every one.

This is very important that our family is so big. We have a very large family, so many brothers and sisters and everybody-one better than the other. It is so remarkable that every body has a different type of a perfume, I think, or a kind of a fragrance that shows an individual personality in them. Despite that they are also nice and so good, so accommodating and so much enjoying that it is remarkable how people live together! Especially in Russia I found the women are very adoptable and very humorous and they were making fun of everything and enjoying life. Very surprising. We had taken presents for them but we have taken for about two thousand people but there

were sixteen thousand people. So, how could we give these presents. So, the women took out their chains and they said alright we will give it to men. Alright, we will give them our ear tops, alright, and they were making fun of men who were feeling bad that they could not get anything. Such fun, you know, much understanding because they are not so money oriented, I think, and they are very spiritual men. So a spiritual woman should not bother about other things like this and will keep a dignity of her own and will show by her every gesture that she is spiritual. This is something so sweet, you know.

As I was telling you, on one side sometimes you feel little different. Say, I said it about Japan. But in the same Japan when I went there I liked their tiles very much. So they were building up something. I liked the design of that tiles. I said, can I take one from here. No, No. does not matter. We will send it to your ship, and on the ship a big load of those tiles was there, and the Captain asked me what are we to do. I said, how did you get it? He said, they brought it to you all kinds of varieties of those tiles, can you imagine? So, on one side it is a way of expression, on the other side it is different. So, one should understand also when some body gives you something you should understand what is the significance of that and not to feel bad about that. The

significance of that could be very much great, you may not understand. So, better to ask why they have given you these things. That is what is, what we call auspiciousness.

One of the great qualities of the Laxmi is that it should be auspicious. Whatever you give, should be auspicious. Like sometimes I have seen little children out of mischief will bring a lizard and try to give me. I mean it is very inauspicious to do that but they are not told, you see, that it is inauspicious. So, they are doing like that. They are to be told that it is not auspicious, it will not please the Goddess. So, that has to be understood very well that you should not try to insult the Laxmi by giving something which is wrong. If you do not know, you should find out and do it properly.

In this way, this is the Diwali thing but the greatest message of this is that the Kingdom was given to Shri Rama. Shri Rama was the embodiment of justice and fair play and this was given to him. In the same way we have to feel that our expression of gratitude, our expression of love should be such that it should be given to a person who is a symbol of such greatness like Shri Rama.

It is a very very subtle thing one should try to understand. If you do not want to give, you should not give but if you want

to give, then you must give something which is worth the person whom you are giving. That is one of the lessons you should have about Shri Rama's temperament.

When he went into the village he found there was an old woman, and this old woman had all her teeth out practically and she was from the aboriginals and she gave him some, we call them Ber, is something like a kind of a fruit, small fruit and she said, see I have tasted all of them and all of them are very sweet because you should not have something which is not sweet. So I have tasted them with my teeth. I have put my teeth on to them and I have tasted. So please have them. Immediately he took it. But this brother Lakshmana got very angry that it is very inauspicious in India, if you have put something in the mouth and then you want to give it to somebody. It is something not to be done. Shri Rama said, "I have never eaten such beautiful fruits. They are the most beautiful fruits I have ever eaten!" So, his wife says, give me some, after all, I am your half. You must give. So Shri Rama gave her some. She said, "wao, what a thing it is, tremendous." She ate it and then Lakshmana says, give me also, sister-in-law. She said, just now you were saying all kinds of things against this lady. Why do you want to have it. He said, now

please forgive me.

So you see it shows that Shri Rama could see her love, her vibrations in those fruits that she had offered and he could appreciate to that extent that he gave it to his wife and the wife also joined hands with him. This is what it is that whatever you do, you do it with love. If you do it with love, you will be able to make it auspicious but if there is no love, you are just doing for some purpose, then it is useless. So this is what is there for giving. Giving to the person like Shri Rama and to such a great incarnation, she just thought of her love and she gave it to him. In the same way you have to be very simple, simple hearted and then you will know what is the best to be done.

So, today, actually the Diwali is over and I want to wish you again and again a Happy Diwali and a very prosperous new year. May God Bless you all.

The same Laxmi becomes Maha Laxmi i.e. when you understand the

value of money and when you are saturated and you are fed up, from inside, you get detached, then a new form of Laxmi comes forward, that is Mahalaxmi. That is the power which takes you higher and higher, which is the spiritual awakening. You have seen in all the countries which are very rich, this desire started that they should seek the truth. They should find out the truth and that is how you are all here. **That means Mahalakshmi power started working in you that you were seeking the truth and while seeking the truth you came to Sahaja Yoga.** So, this Mahalaxmi is very important for you also and you know, in Kolhapur there is a temple of this Mahalaxmi which came out of the Mother Earth but they themselves did not know that in that temple why they sang Jogwa. It is said that Oh Ambay, awaken. Ambay is the Kundalini. So why in Mahalaxmi's temple they sing? You can understand that why in that temple they started singing the song of Jogwa by which to raise the Kundalini.

Guru Puja, 1998 (A Report)

It was quite a powerful Puja weekend. As you all know, at Guru Puja there are representatives from all the countries in the world where Sahaja Yoga has been practiced. The Italian's organization was fantastic. For Shri Adi Shakti Puja, the hangar was moved to the next village, Albera, which is a 7-8 minute drive from "downtown Cabella."

The Italians had organized a shuttle van service between the hangar and Cabella every 30 minutes. This new place is very practical for many reasons. Firstly, it gives Shri Mataji and Her family some privacy and secondly, this place is just next to the river which made a heavenly difference for the yogis.

The host countries had invited Nirmal Sangeet Sarita (about 8 artists) and the famous sitarist, Nishad Khan, for the entertainment program. Shri Mataji did not attend the Friday night program as She had spent the whole day sorting out many other matters related to the Puja weekend. Nevertheless, we had the honour of having Sir C.P. for the Friday night program. Shri Mataji had expressed the desire earlier that morning to show a

video from Russia where a Russian physicist was able to show some of his research work. **He has proved by scientific theories that Shri Mataji is the source of infinite cosmic energy.** It became even more impressive when Sir C.P. was able to give some more details about this, as well as talk about the Royal Albert Hall program. The Friday night program also featured Nirmal Sangeet Sarita, some new songs and qawwalis.

Shri Mataji was very busy the whole weekend with Her family who had come over from India. The Saturday night program started around 9:00 p.m. after the arrival of Shri Mataji. The concert began with a great young artist from Nagpur Music Academy who played sarod on the synthesizer. It was quite remarkable. After that, the Italians did quite an amazing program. They had Kuchipudi dance, Bharatanatyam, and a Panjabi Bhangra dance which was excellent.

Then there was a very nice drama with some TEV artists. There was also a documentary on Sicily. It was about how

the respect for the Mother has been established so strongly in Italy and Sicily. The most important thing about this film was that it was directed by Shri Mataji's grandson, Anand Verma. She was quite pleased with it.

After that, Nirmal Sangeet came back on the stage and it was quite profound concert. Then Shri Mataji invited Nishad Khan to come to the stage. In his own words, it was his best performance. He started with *Raga Darbari* and also played *Raga Bahar* and *Jai Jai Vanti*. The entertainment program ended after 4:00 a.m. After that Shri Mataji asked the yogis to go and enjoy the moonlight by the river.

On Sunday, Shri Mataji arrived at around

9:30 p.m. for the Puja. It was a very short but very powerful Puja and speech. Shri Mataji talked a lot about gravity in a guru. People should automatically be attracted toward a guru. She said that She would be very happy to see at least a few yogis who can be good gurus with all the qualities of the Guru principle. Shri Mataji said many times in Her speech that She expects every single Sahaja Yogi to become a Sahaja Guru and spread Sahaja Yoga.

Shri Mataji also asked the Yogis to write their miracle stories and send them to Cabella. She has asked for a book to be published on miracle stories.

—Manoj Kumar, USA

Krishna Puja, 1998

(A Report)

Krishna Puja 1998 was held in Albera, near the quaint village of Cabella Ligure, Italy. Yogis and yoginis from every part of the earth gathered together to celebrate and worship Her Holiness Shri Mataji Nirmala Devi in the form of Lord Shri Krishna. The puja was hosted by about 150 Americans who came from North and South America, Canada, USA, Brazil, Colombia, Argentina, Peru, and other countries within Shri Krishna's vast territory.

Stage backdrops were brought from South America, Canada and USA. Each of the three nights in the hangar featured a different backdrop.

From the first time, all puja stage preparation, food preparation, serving, accommodation, parking and river splashing were all close together, alongside the river. The new arrangement, set up by Shri Mataji, puts all of the main puja activities in Albera, the village just before Cabella. Below the main road to Cabella, and extending along the bank of the river, there is now a men's tent area, then the food preparation and

serving area (including half of a 200-year-old stone house recently purchased by Shri Mataji). This was the first time that this new house was used to prepare the food for the seminar. Serving food was fun and very easy, since the large pots only had to be carried a few metres from the fire to the serving tables.

The tent and cooking areas each connect to a large parking area which is out of sight of the main road. Beyond the food area is the access road, then the hangar where the ladies stay. Below the hangar is a flat open area which Shri Mataji requested not to be used for parking. And below everything is the cool, refreshing river. There was time every day for the hosts to take a break from cooking, serving, constructing or cleaning, and sink blissfully into the reinvigorating and calming river current.

The new layout is completed with a villa up on the side of the mountain in Centrassi, a pleasant walk from the hangar, between the hangar and Cabella. Shri Mataji purchased the villa so that host country organizers would have a place to

stay together near the hangar, to be able to coordinate more easily. The view from the balcony of the villa is breathtaking—helping busy organizers to be in thoughtless awareness. It is a quaint, rustic yet spacious modern house where we prepared collective meals before and after the seminar weekend, and has a chance to strengthen the collectivity among the Americas.

Friday, August 14

The festivities began on Friday with dinner served outside below the warm evening sky. The evening was full of happy reunions, especially those between the children of the summer camp and their parents. 150 or so children had participated in the camp at Daglio—two weeks of beautiful experiences with the guidance of their moving aunts and uncles, all living in Daglio where you awake each morning to the mist slowly rising off the adjacent mountain tops. Their days were spent enjoying song and dance and crafts.

After dinner 800 or so of us gathered in the hangar to share in the creativity of our American brothers and sisters as they presented us with a very lively entertainment program. We were blessed with the arrival of Shri Mataji, and then Her instruments came to life in front of Her expressing the creativity flowing

from within. There were several performances by the South American yogis, including displays of regional costumes and dance styles. We were also treated to songs performed by the Yuva Shakti and a devotional, moving classical Indian music performance by Deepak Verma. There was also a performance by the yogis of Vancouver of a lively Indian bhangra dance in colourful costumes. The festivities lasted well into the night, but at one point we all found a few hours of sleep before the next day.

Saturday, August 15

Saturday was a day of cleansing in preparation for the puja. Many yogis and yoginis could be found foot soaking (and full-body soaking!) in the cool waters. The day was sprinkled with a few raindrops. During the daytime hours throughout the weekend, some yogis bought gifts for their Rakhi brothers and sisters. The sweetly offered gifts included lavender from Shri Mataji's garden, the powerful music of Nirmal Sangeet Sarita on a new cassette, the crafts of our brothers and sisters, or pictures of Her Holiness in all Her Majesty.

In the late afternoon, everyone gathered within the hangar to perform havan to all aspects of Shri Krishna, praying to clear the land of the Vishuddhi of adharma. The havan was very powerful, identifying

various aspects of distortion within the Americas. We asked: O Devi, strengthen us as Your divine instruments for the cleansing of the land of Shri Krishna. Let America be the source of ongoing merriment, song and dance. Lord Krishna's flute playing the delicate music of the Divine will cure the Spirit of America. We only ask that America starts to listen to His divine rasa, the beautiful poetry of His rhythm. In so doing, let America—North, Central, and South—become obedient to the inspiration of the Divine. He is Nirmala Ganya, accessible only through You.

What powerful vibrations flooded the hangar as the whole world prayed for America. Our Global attention focussed on the crippling nature of materialism and greed. With those two evils destroyed, what a beautiful future America has to look forward to!

Saturday night was the continuation of the entertainment program. (There was too much for one night alone.) We were again floating on a cloud of joy as Shri Mataji was again present in the audience. We were privileged to hear the flute playing of Anand Murudeshwar. There was more dancing, including a classical piece high-lighting Radha and Krishna (one dancer was from the west coast of Canada, the other from the east coast of USA). The hangar was filled with

laughter during a humorous skit about a future Sahaja Yogi president of the United States. (Shri Mataji was noticed enjoying the skit very much). A theatrical depiction of several scenes from Shri Krishna's life, complete with original songs and choreography, was well received. As dandia stick dancers went to bed Sunday morning, the rest of us rose for meditation and preparation for Puja!

Sunday, August 16

The Puja began after a late lunch. We all settled down nicely before the arrival of the Queen. As might be expected at Krishna Puja, the expected sequence of the parts of the puja was changed by Shri Mataji. She asked that the commemorative card containing the 108 names of Shri Krishna be passed out at the beginning of the puja. When the names were read, everyone in the hangar was able to repeat each name without any difficulties. One of the names had been changed by Shri Mataji before the puja. She wrote the corrected name on the card: *Mormikutdhari* (He has a peacock feather adorning His head).

She spoke to us about the aspect of witnessing and not reacting. We were led gently through the steps of becoming detached from our actions, deepening ourselves through the principle of witnessing ourselves and life as it

happens. The Puja was incredibly powerful, full of so many lessons and guidelines.

A hand-made decorative rakhi was offered to Shri Mataji, artfully expressing the *rupa* of Krishna. She held a pure gold sudarshan and then a flute. Fresh butter was offered in a large painted pot, which was later distributed as prasad. Several commemorative gifts were offered to Shri Mataji to vibrate for those who attended the puja: an ink stamp of the Shri Chakra which is the symbol of Vishwa Nirmala Dharma, some hand-made miniature flutes, and hand-cut and painted dandia sticks. After receiving presents from all of the counties, Shri Mataji offered gifts to all of the host country yogis who attended the puja.

The puja ceremony felt shorter than the previous year's Krishna Puja. However, at the time we decided the puja was 'over,' after the Aarti Shri Mataji was still seated on the stage in the hangar, accepting gifts from various countries. *Many of us began to chat and scatter out attention. Before leaving the hangar, Shri Mataji Herself took the microphone and reminded us to remain silent and in a meditative mood while She was still there. We had collectively gotten tricked by Her gentle, non-assertive maya and forgotten*

that we were still in the darshan of the Goddess Adi Shakti Herself. After She had left, She instructed the world leaders to go back and talk to the collective about the protocol of respect in Her presence. This message has not been emphasized in recent years, and perhaps many people are not aware of how important it is to put all of our attention on Shri Mataji while She is there to absorb vibrations.

We all boarded buses and planes for our respective countries soon after the puja. Those of us who were lucky enough to stay a few extra days went into Cabella and relaxed, enjoying the company of faces both old and new. We shared the fun and joy of having been in the presence of the Adi Shakti and able to share vibrations with hundreds of people.

Having returned home, the change from within that happened to each of us that weekend stays with us and enhances our being every day. In the days and weeks afterwards, we have had lessons and experiences which have enhanced our ability to witness and not react and express our true collectivity. May we continue to be Shri Krishna's Warriors of joy, today and everyday!

—Melanie Rothenberg, Jack Cohen,
Mark Taylor, USA.

Diwali Puja in Italy, October 23-25, 1998

(A Report)

Diwali Puja was originally scheduled to take place in Portugal, but at the last minute the venue was changed to Italy. It was too cold to stay in the hangar, so a heated sports arena was secured in Novi Ligure about a 40-minute drive from Cabella. Maps and directions were strategically placed in Cabella near the hangar and on the Internet, and somehow or other, people found their way to this new place.

The host countries only gained entry to this facility at midnight on Thursday, but by Friday evening, there were festive Diwali decorations all over the hall, setting the mood as yogis arrived from all over the world. The customary "Italian Night" dinner was served, transported from Cabella. Friday evening, a mixed band of French and African musicians, our hosts for the weekend, improvised and sang music with an African "feel" that was so engaging that it was impossible not to join the dance. The atmosphere was very light and joyful, with a playful element of many coloured balloons being kept in the air by the dancing yogis.

On Saturday the weather was sunny and pleasant, paving the way to spend the day in Cabella near the river and hangar. We had all come prepared to face cold and wind, so it was especially refreshing to be able to enjoy a day outside in the sun. Lunch was served and we ate on the grass near the old mill (the new kitchen near the hangar), then proceeded to the hangar for a late afternoon havan, which began about 5 p.m. The havan was quite powerful, with the African host countries expressing their pure desire to solve the pressing problems of their continent.

After the havan, we travelled into the town of Cabella where fireworks were scheduled to begin just after dark. It was a different and very special feeling to spend the day in Cabella without staying there, a feeling of reverence visiting the place where our Holy Mother was in residence. The fireworks were launched from the playing field near the bridge, so that Shri Mataji could easily view them from the Castle balcony. I had never seen—or been so close to—such a spectacular display. It felt as if the lights

were falling right onto us, in Kundalini patterns (coils) and impressive sequences of colour and booming sound. What a fitting heralding of the new year!

Luckily, we had the town mostly to ourselves (it was past the tourist season) because there was a lot of yogi traffic leaving town, travelling in a long caravan on the winding roads back to Novi Ligure for the evening program. Shri Mataji and Sir C.P. arrived at about 10:30 p.m. The program opened with two qawwalis from the Romanian/French group that has been performing for some time. Then the French yogis staged a powerful four-act play about Joan of Arc called *Jeanne d'Arc: Revelation d'une Shakti*, adapted from a play by Friedrich Schiller. To set the stage for the play, there was a moving song, followed by a dance performed by a Dutch lady dressed in white, in which Indian classical and western dance styles were beautifully merged. The drama portrayed Joan of Arc as a humble saint who was a living example of an inspired shakti. The play was very moving, the stage and costumes true to the period, and Shri Mataji was very appreciative of the theme and execution of this performance. She had once commented on the divine qualities of Joan of Arc, and was pleased that the French had taken the opportunity to understand and present the life of this great woman in history on the occasion of Diwali.

Next on the program was a series of musical presentations by host country groups. A combined group from Kenya and South Africa performed a Miriam Makeba song with Sahaja words, a traditional Kenyan song, a song called *Adi Shakti Nirmala Mata*, and ended with a song called *Pour the Spirit* in three languages. Next, a French western band of five musicians, called the *Pandavas*, with a lead singer from the Congo, played a song called *Mother Earth*. A large group from Benin (where there are now about 2,000 people practising Sahaja Yoga!) came on the stage in colourful costumes and hats to sing two songs. Last but not at all the least, the group from Ivory Coast performed one dance and one song, bringing the audience to its feet to dance along.

Shri Mataji praised all of the performers for an excellent entertainment program. Before leaving the hall at about 2 a.m., She reminded us not to take for granted the privilege of attending puja the next day, even though we may have the opportunity to attend many pujas. She cautioned us to prepare ourselves well for the puja—in heart and mind, and to beware of the Lakshmi power if our attitudes are disrespectful in any way.

Sunday was cold and rainy — perfect weather for staying inside and preparing ourselves for puja. We even had an extra

hour, thanks to the change from daylight savings time. Shri Mataji had said that puja would begin at 6 p.m. and we were all assembled and ready to receive Her at that time. From 6 until about 8 p.m. we meditated and sang bhajans, as if the puja had already started. The stage was decorated like a palace in soft pink, blue and green tones. Shri Mataji arrived looking resplendent wearing a light purple/pink sari that expressed in colour the feminine qualities to be worshipped in this puja. As She approached the stage, She commented that this would be a very short puja.

The puja talk was short, beginning with explanations of the significance of the different nights of Diwali. The role of the housewife was emphasized, since housewives are generally not appreciated or respected in the west as they are in India. She encouraged women to talk to each other, to foster collectivity among house-wives, since they have common problems and concerns. She spoke about women's practicality and aesthetic sense, and repeatedly said, with a note of humour, that men don't know anything—except about politics. Women must not only look after the house and family, but they are also responsible for the whole society. In this talk, and throughout the puja, Shri Mataji established an incredible sense of closeness with the ladies, creating

a strong feeling of collectivity among the ladies. This was the first time I had attended Diwali in Shri Mataji's presence, and could understand why someone had told me it was truly "a ladies' puja."

In Her talk, She also spoke about Shri Rama as an example and about our battles with negativity at this time of year, culminating in the killing of Ravana.

After the talk, Shri Mataji asked us to sing the *Ganesh Stuti*, but—perhaps for the first time—did not allow anyone to come and wash Her Feet. Next, seven married ladies were called to perform the puja. She wore a light pink satin crown with jewels as we sang the *Aarti*, standing in awe in the presence of Shri Mahalakshmi Herself.

Fresh fruits and a few other types of prasad were offered to Shri Mataji. Prasad was distributed later, not immediately, to the assembled yogis. Then the international gift and national gift from the host countries were offered, followed by gift offerings from all of the countries, including beautiful lamps and other ornaments to decorate a home (or castle), as well as handmade embroidery items offered by the ladies from several countries. There were many handmade gifts from the African countries, including a large chair and a small wooden sculpted chair for Shri Ganesh. She spoke for a

while with the South African yogis, and then it was announced that there would be a series of public programs in South Africa in July 1999, and yogis were requested to go there to help.

Shri Mataji asked if all the gifts had been offered, and then with great delight, began to give gifts to the host country yogis. You could clearly see how much She was enjoying the giving. After calling all the men and ladies from the host countries, She called all the children who were present at the puja to come for a gift.

Shri Mataji left the hall about 1 a.m., and it was only then that the prasad was distributed to the collective. Delaying the prasad distribution until after Her departure had helped us to keep our

attention focussed, absorbing vibrations from the puja. Coins from all of the countries present had been offered to Shri Mataji to vibrate during the puja, and these were then distributed as prasad. The commemorative gift was a calendar for 1999.

And then the festivities continued—many dancing yogis, full of vibrations, enjoying the light and lively African songs and music. Dinner was served after the puja to prolong the enjoyment and profound sense of contentment. Paper flowers that had decorated the hall were taken down and distributed—one more vibrated remembrance of an unforgettable collective event.

—Linda Taylor, USA

NEWS FROM AROUND THE WORLD

News From China

It's been some time since we shared with you how things are progressing in China, so here are some of the things we are doing to spread the divine love of Shri Mataji.

There is still a very limited scope of what we can do in China. We had been holding regular weekly programs in Shenzhen which is a city very close to the border of Hong Kong. People seemed to be coming in ones and twos but after a few weeks about eight people were coming regularly. We discovered that there is an underground movement of seekers who are interested in yoga and meditation. They seem to be well connected and often try out new things that become available. So we had a lot of people from this seeking group coming and seeing what Sahaja Yoga was about, but after a few programs they would disappear.

One of the main problems is that we can't advertise the programs. We tried to arrange a newspaper ad but the official paper rejected our request. We advertised in a paper printed in Hong Kong which is circulated in Southern China. The paper does not have a big readership but was the only option we had to promote the

weekly programs. The following week we had better response including one seeker who said that they normally never buy that newspaper. Through Shri Mataji's grace they all received their realization.

Each week new people were coming to it was difficult to advance the programs for the benefit of all who were attending. It was decided that it would be a good idea to rent a small flat so that we could hold additional programs for the people who wanted to progress and go deeper. We managed to find a suitable centre near a large park. It has two bedrooms and a small living room but it was affordable enough for the Hong Kong yogis to pay for. A couple who had been coming for some time decided that they would live in the centre which gave us a more permanent venue. By Shri Mataji's grace, this has helped establish the vibrations in this southern part of China. There is a little more freedom in Shenzhen as it is a special economic zone, very close to Hong Kong. A group of dedicated Hong Kong yogis run the programs every Sunday.

Realization in the Park

One thing that is common in China is that all the different types of Tai Chi, Chi

Gong, meditation and hatha yoga are practised in the local parks. The authorities turn a blind eye to these activities and there are many seekers who attend classes in the early morning. It was an obvious place to hold programs. The next week a number of yogis from Hong Kong gathered at 6:30 am and set up a small altar and simply sat in front meditating. Within a few minutes a number of other people also sat down in front of the photo of Shri Mataji. One of the yogis gave simple instructions, all the people followed a guided meditation and they all felt the cool breeze. No explanation — just straight into the experience! After the meditation people asked questions and they were invited to come back to the new centre.

All the people that came back to the centre have continued coming for the regular programs which have been going on for the past three months. Each week more and more people spontaneously join in the meditation. Some come back, some don't but the important thing is that many more people are being given self-realization and word is spreading.

Seminar on the Beach

In December a seminar was arranged with the more established people and a group of 15 yogis came from Hong Kong to help support the group. A bus was arranged

and we travelled up the coast to a peaceful beach near Dia Bay. The new yogis enjoyed a day of working with the elements and exchanging vibrations. About 14 local Chinese yogis attended and the vibrations were very strong. After the seminar we enjoyed a Chinese meal which is always a good way to get to know the people. There were many deep seekers among them so by the grace of Shri Mataji they will become the foundations for establishing Sahaja Yoga in China.

Please give bandhans to these programs as we need all the collective love and attention to work things out.

—Alex Henshaw, Hong Kong

News from Amsterdam

For a few months Sahaja Yogis from Amsterdam have been holding weekly programs in the biggest Hindu temple in Amsterdam. Holland has a fairly large Indian community. Many "Hindustanis" originate from Surinam, where many Indians migrated at the end of the nineteenth century. A few years ago Shri Mataji had expressed a strong interest in the Hindu community. In 1993, at Shri Mataji's request, there was a public program specially for the Indians. About 350 attended and Shri Mataji gave the entire lecture in Hindi.

Since then, Shri Mataji has occasionally inquired about how it is going with the Indians in Holland. Recently, the main Hindu priest in the area himself contacted the Sahaja Yogis with a request to hold regular meetings in the mandir, free of charge and with all facilities offered. Now

we are bringing to them the more universal views and knowledge of Sahaj. About 15 people are attending the programs regularly.

—Henno de Graaf, Holland.

Smile Of the Adi Shakti

The Mona Lisa, the most well-known painting in the world: it has held a certain mystery to all who have seen it. The beautiful face is commanding in its beauty and compelling in its atmosphere. A controversy still remains, though, as to whose portrait Leonardo Da Vinci actually painted. A Florentine matron? Who?

Compare the painting with the photograph of Shri Mataji. This photo speaks the answer, if someone only has eyes to see. Shri Mataji's beauty, gesture and mood all speak of the secret of the Mona Lisa.

Da Vinci, a realized soul and genius, has painted the ideal woman, the Adi Shakti through thoughtless inspiration. The identity of the actual model for the work seems unimportant in comparison to the resemblance of the painting to the photo.

The painting (completed between 1503-

1506) has been an object of contemplation and admiration for centuries. The painter's use of many layers of transparent colour gives a subtle brilliance to a realistic face of a woman. This technique of *sfuma-to* (half-light) puts the woman painted seemingly in two worlds, that of sitting in a chair in front of a natural, almost primeval landscape.

The photo of Shri Mataji—the soulful eyes, the part of the hair, her hands clasped, the pose in the chair, even the way the tapestry and the open land beyond gives a sense of depth similar to the painting's landscape! The qualities of pure beauty and intelligence that radiate from the painting in a quietly mystical way say, "Who is She?" And finally we know. Jai Shri Mataji!

(The photographer/yogi who took the photo is requested to contact The Divine Cool Breeze to give details on when and how the photo was taken.)

Invocation for the Cleansing of America

Om twameva sakshat Shri Ganesha sakshat, Shri Radha Krishna sakshat, Shri Adi Shakti Namoh Namah.

I.

O Devi, strengthen us as Your divine instruments for the cleansing of the land of Shri Krishna. Let America be the source of ongoing merriment, song and dance. Lord Krishna's flute playing the delicate music of the Divine will cure the Spirit of America. We only ask that America starts to listen to Shri Krishna's Divine Rasa, the beautiful poetry of His rhythm. In so doing, let America—North, Central, and South—become obedient to the inspiration of the Divine. He is Nirmala Gamyā, accessible only through You.

Shri Krishna, you are dark—dark as night— and in your land, people of all colours live in harmony. Language is sweet and easily understood in Your Kingdom. Words bring no sorrow. As you are the strongest and most protective Father. You create playfulness and mirth. Your Leela brings joy and childlike delight.

Shri Krishna, Supreme Lord of the Land:

You are the charioteer who brings us to our destination of Union with the Divine. Inspired by Our Holy Mother in Her form as Radha, You use the weapons of Joy and Detachment to conquer the negativity.

Your land is so rich and grand: All of its nature is painted with splendour. Let this land again become the Grand Palace of Delight: nature and city glowing in the bliss of Sahaja culture.

O Devi, You have given us powers— weapons of joy—to fight against the sins of greed, materialism and social confusion. Let these powers manifest the power of Nirānanda, the absolutely pure joy.

II.

“There is a war that opens the doors of heaven, Arjuna. Happy the warriors whose fate is to fight such war.”

—*Bhagavad Gita, Ch. 2, 32.*

Shri Vishnumaya announces Shri Krishna's coming, and Shri Yashoda gives us the respect needed for America to

become righteous once again.

For years we have, like children, tried to walk in the footsteps of yoga, but now the battle is at its peak. We can no longer continue to just hold back the battalions of negativities assaulting our doors.

O Devi by Your grace, victory is sure, especially as the yogis gain mastery over themselves, and in confidence the battle is fought. We have all been prone to weakness on the Kurukshetra of life. Release us from Karpanya, the cowardice that allow us to justify our weaknesses.

Shri Krishna, Your planet Saturn is the teacher of lessons. Having had many hard lessons, we ask that our citizens return to the ways of dharma, worshipping sin no more. In so doing, grant and restore protection from harsh lessons, illness, and social disorder.

With a sense of urgency, we ask that the negativities attacking Amerca's ascent be cleansed so that Shri Krishna's quality of Gruhananda, that of giving joy to the household, may manifest. The original native people of the American continent had this sense of harmony and inner self contentment, but the conquerors of this land have brought disorder and discontent.

The women of North, Central and South America pledge (and most especially the

women of the United States) to look deeply into the mirrors of their souls. Let them surrender the ego and conditionings that are preventing them from being Gruha Lakshmis in every way.

As a flower opens and gives fragrance to its last moment, let all the ladies, at whatever stage of life they are in, bloom more fully in graciousness and subtle powers.

May all the people on this great continent achieve satisfaction of the Spirit.

O Devi, By Your Grace, please conquer by the Power of Joy:

1. The habit of wearing clothing by women that does not give respect to Draupadi's sari.
2. The aggressiveness of women seeking to be the same as men.
3. The idea in American womens' minds that caring for a family is a lesser goal than a career.
4. The idea of pursuing a career without also building up the Gruha Lakshmi qualities in a woman.
5. The despair that blocks the ascent of America's women and blocks their love for the responsibilities of caring for a home and family.
6. The habit of not cooking at home

- that is weakening the Nabhi of America.
7. The lack of satisfaction that prevents love.
 8. Any attacks on marriage that prevent family life from flowering.
 9. The ego that resists the beauty of the women's role in home and family.
 10. The ego that insists that men and women are the same. They are equal, but different in nature.
 11. The damage to the mother-daughter relationship that has prevented girls from learning from their mothers.
 12. The lack of satisfaction about life that creates greed and the desire for pleasure from things.
 13. Miserliness that is masked as savings.
 14. The credit and loan system that enslaves America to the banks, and prevents satisfaction.
 15. The use of credit cards that impoverishes in the name of wealth.
 16. All the aspects of materialism being spread throughout the entire world by the United States.
 17. The economic problems caused by people's greed that keep the attention on the material level.
 18. Negativity preventing the grace of handi-work and creativity from manifesting in modern American women.
 19. The weakness that makes women pressure others instead their being like Shri Lakshmi standing on the lotus.
 20. All obstacles that prevent the gentle, enduring love of family.
 21. All obstacles to the true qualities of woman-hood transforming our societies.
- ### III.
- O Parampujya, enlighten fully the powers of the Krishna Tattwa so that we may fulfil our roles in the Leela of the truth that you have so graciously let us yogis join.
- We pledge to sow the seed of Self-Realization throughout America—North, Central and South. Let America become One, a unified land.
- We pray that political oppression be dissolved so that Sahaja Yoga can meet its destiny as the vehicle of Truth. For until political oppression stops, many are not free to hear your message or deepen their Self-Realization.

Release all the citizens of our land from poor discrimination, the obstacle of the Hamsa. Such was Arjuna's battle. Let America be the land of discretion once again.

If we are to fight for the joy and for the Kshema (well-being) of all who live in this land, then our Vishnu Tattwa, the vibration of Dharma, must be in order. If activated, this Tattwa would help us prevent extreme behaviour, so much of which is rampant in our societies.

All the yogis pledge to open their hearts, and, at whatever cost, to stand by the moral values that Shri Krishna represents. We pledge to place the collective interest first, to always be willing to understand others, and always to be generous in this land of wealth. All of this is possible through the detachment that Shri Krishna brings, and through the comfort of the spirit that fills us with Divine compassion.

IV.

May the chains of materialism fall away from America as did the chains which fell from the wrists of Lord Krishna's father, Vasudeva, when he was held captive.

May the closed doors of America's heart open just as the prison doors flew open to free Vasudeva.

May the faith of the yogis remain strong

as did Vasudeva's as he fled prison to protect Baby Krishna. Carrying miraculous Baby Krishna on his head wrapped in a cloth and a basket, Vasudeva crossed the River Yamuna. The waters rose high, yet the child Krishna had only to point his foot towards the river, and it immediately fell, and the waters became passable again.

O Devi, give us the infinite powers of Joy of Baby Krishna to conquer our own River Yamuna which has become a joyless river of despair for so many people who live in this land—despair that is preventing America from recognizing Shri Adi Shakti Nirmala Devi.

In all the countries throughout America—North, Central and South—remember Shri Krishna's call to Arjuna—*Arise, O great warrior, arise!*

O Devi, at this time of the coming millennium, at this beginning of Satya Yuga, let a new call resound for all to hear:

Arise, O Warrior of Joy, Arise!

Arise, Anandvira, Arise!

May all the yogis become true warriors of joy.

Jai Shri Americeshwari

Shri Adi Shakti Mataji

Shri Nirmala Devi Namoh Namah!

V.

List of Negativities for Shri Krishna Havan:

O Devi, by your grace please conquer by the Power of Joy:

1. The American individualist archetype that prevents surrender.
2. The seriousness of intellectuals and scientists that prevents them from experiencing Shri Krishnan's joy.
3. The tobacco industry and its false research on the terrible effects of smoking.
4. The proliferation of plastic which is emptying homes of natural goods.
5. The overuse of computers causing the hands, the instrument of the Vishuddhi, to become dull and insensitive.
6. The export of butter products that makes it expensive to buy butter in Shri Krishna's land.
7. The poisoning of the dairy industry by chemical additives.
8. The use of pharmaceutical drugs to create behavioural change without true healing.
9. The negativity preventing Sahaja culture from taking root in the brains of America's people.
10. The many religious myths in America that do not lead to the Central Channel.
11. The social conditionings that perpetuate attachment to false beliefs and ideals.
12. The false ideas about the New Age that are preventing Americans from seeing the Kundalini Herself standing before them.
13. The colonistic attitudes that allowed the slaughter of the Native Peoples of America.
14. The mercantile and racist beliefs that continue to affect the whole continent, North, Central and South.
15. The poverty that continues to force people to flee Central America.
16. The drug cartels enslaving people throughout the North and South American continents.
17. The inauspicious use of flowers to smuggle drugs from South to North America.
18. The ethnic conflicts over language in Canada.

19. Dictatorial governments in the Vishuddhi.
20. The expansion of multi-national corporations that is eliminating American products in American economies.
21. The misuse of natural resources, especially that of nuclear power in the United States.
22. The pro-right, pro-Nazi and extremist movements trying to take hold in our societies.
23. The arrogance of the United States which sees itself as superior to other countries.
24. The media's influence in promoting violence and social disorder.
25. The media's influence eroding the maryadas in all aspects of social life.
26. Hollywood's offences against the purity and graciousness of film and video.
27. Anti-joy art that is modern but without spirit.
28. The early sophistication of our children that takes away their innocence and wisdom.
29. The negativity turning young people to crime.
30. The anti-melodious music that blares in the ears of teenagers everyday.
31. Aggressive use of the voice in the Vishudhi.
32. Forms of dance that confuse the dharma and create false collectivity.
33. The confusion of male and female roles in American society.
34. The aggressiveness of women seeking to be the same as men.
35. The popularization of designer-level goods in the United States that are sold world-wide.
36. The habit of wearing clothing by women that does not give respect to Draupadi's sari.
37. Negative use of the internet that destroys the attention and encourages the spread of adharma.
38. The idea in American women's minds that caring for a family is a lesser goal than a career.
39. The habit of eating out that is weakening the Nabhi of America.
40. The idea of pursuing a career without also building up the Gruha Lakshmi qualities in a woman.
41. The despair that blocks the ascent

- of America's women and their love for the responsibilities of caring for the home and family.
42. The negativity in Washington, D.C. preventing auspicious leadership.
 43. The banking and loan systems which impoverish in the name of wealth.
 44. The excessive use of credit cards which began in the United States and has now spread as a bad habit worldwide.
 45. All the aspects of materialism being spread throughout the entire world by the United States.
 46. The fragmentation of America into North, Central, and South. It is one.
 47. The drug-like sleep preventing seekers from becoming like Arjuna.
 48. The deafness of those who turn from the auspicious flute of Lord Krishna.
 49. The negativity preventing Swadeshi in the United States—the popularization of locally-made goods.
 50. Malnutrition and obesity problems.
 51. Negativity of false gurus attacking the arts in America.
 52. The residue of false gurus in the brains of the seekers of Americas.
 53. Problems of black magic in all its forms and vices.
 54. All forces that are against the Nirmala Bhaktas.

Sri Mataji's Talk with Dr. Talwar in Bombay on 26th and 27th February 1987 during the auspicious celebration of "Shiva Puja"

Sahaja Yoga was known to me all along. It is a unique knowledge with which I was born. It was not so easy to reveal it and I wanted to find out how to reveal it.

First of all I thought that the seventh chakra must be opened, which I did, on 5th of May 1970. It is a secret in a way. Formerly, the Brahma Chaitanya was Avyakta. It was not manifested. It was not expressed by itself, and so the people who managed to reach Brahma Chaitanya somehow, by attaining 'Realisation', said — 'It was Nirakar Ka Guna. You are like a drop that gets dissolved in the ocean'.

No one could say, explain or tell people anything more about it. The great incarnations also who came out of this great Ocean of Brahma-Chaitanya, tried their best to share it with the best available followers (which were very few) and introduce them to this Brahma-Chaitanya. But because the Brahma-Chaitanya was not in a Vyakta form, these incarnations got dissolved in it.

Like Gyaneshwara took his Samadhi.

People said that he cannot talk. It has to be experienced. So very few people got to swallow it. Nobody could actualise the experience by feeling on their finger tips, or feel it on their senses, or on their minds, or even understand it with their intellect. So it was a big problem. They all tried and prepared a ground for it.

Now I have come as the Incarnation of the Brahma-Chaitanya As a Whole. The sea of the Nirakar has now become a big cloud (Saakar). It has taken a form. Those who came before were all a part-and parcel of it. Now the whole has come. This cloud has rain water. The rain water is nourishing the minds of the people. Gradually they are brought to a level where their Kundalinis have risen. They have got their Realisation and now gradually they are feeling everything on their senses, their finger tips. This is the reason why nobody has talked about vibrations so clearly. They managed to talk about Chaitanya Lahiri. This was so because of its-Avyakta form. It was only a state. A state to be enjoyed, only in that state with

no manifestation in the gross. In that State they went beyond temptations, beyond temper etc. That is proof before us. How they did it, what was this Brahma-Chaitanya? — they could not show its Pratyaksha form. What they could show was only through similes or through some parable.

This is what I have achieved-Its Pratyaksha form. The complete form of the Brahma-Chaitanya I have brought from the sea. So now, I do not allow you to get dissolved in it. I have put it in the form of a big Ghata. In that, you are smaller Kumbhas. In other words, I have taken you all in my body as small cells, nourishing you, looking after you, cleansing you and working it out. But I am Maha-Maya. So I have to work very slowly, gradually, and at the right time and right point.

When the seventh chakra was opened, all the chakras came to your Sahasrara, and so I could manage all your chakras and all your deities. Any Deity you ask and you get the vibrations. So that proves that I am the Brahma-Chaitanya.

The Brahma-Chaitanya is the Adi-Shakti and Sada-Shiva is also in my heart. But since I am so much humanised, it is not so easy to find it out. If you tell this to Modern human beings, they will not understand. It can only be told to Sahaja

Yogis because they will understand. To bear this truth is so difficult. When one gets money or position, it is difficult to remain balanced. People become so shaky. So for them the fact that I encompass all the Incarnations is too difficult to bear.

One day I went to Aurangabad, where a boy told me that Brahma-Chaitanya is beyond feeling and non-feeling. He had read about it in some book. I told him it was true, but he should forget about it and just feel it. It was then that I decided to tell about it to a few people. You see, the right time also had to come before I disclosed it. All other religions have so far been segmented and non-integrated. Now the whole integration has come. I can now explain Christ, Mohamad Sahib and others, because they are all part and parcel of the whole, which is Brahma-Chaitanya.

Do not talk about me to the Scientists. Just tell them that this is a Unique Method that has come. Though it is a little difficult to understand, yet it has happened and we have seen it for ourselves. Like that you tell them. If you talk about Me, they will be shocked. Maximum you can tell them that — 'this knowledge was brought out by Shri Mataji Nirmala Devi, by which the Kundalini could be arisen. How she has managed it, we do not know. It is probably a secret. Put the whole thing on

me. Now you understand. Can you say-how does a seed sprout? By putting it in the Mother earth. So you say, that by putting everything to Mataji, our seed has sprouted. It is a living process and we have seen it for ourselves.

So far nobody has been able to give Realisation to others. May be only one or two have given Realisation to others. Most people have achieved it by the process of cleansing. For example Buddha got his Realisation by thorough cleansing. Brahma-Chaitanya crawled inside him because he asked for it, genuinely wanted it and prayed for it and was therefore cleansed by it. But again He went into its state. There was no communication about it thereafter. This is what is in the collective now. This collective working is now happening because this State has started expressing itself.

Supposing you discover electricity, and you keep it to yourself and not talk about it to anybody. Then how will anyone know about it? It is not that the great Saints did not want to express it, but there was no communication then. It is just like if someone has no eyes to see, then whom are you going to show to, or talk to? There was no one to appreciate and absorb that state at that time. Those who did achieve realisation, their Sahasraras got opened, but they got lost in it. The

whole experience remained to be individual and not collective. Now that is over. Now it is collective. Everything has to be collective at a point.

Even to reach this point, hard testing of the seekers was done. Ultimately Christ got crucified. See how Mohammad Sahib, Nanak and Tukaram were treated? They come from Vaikuntha, and see how they were treated? Things just did not work out then.

I know all beyond the Vaikuntha, but I have not revealed it so far. I will slowly reveal it because people are not yet prepared to become capable of absorbing it. You see, it is like the preparation of a Khichdi. It is yet under preparation. So let it be cooked. You are all in it. The quality of people being built up now is equivalent to the choicest of the handful of disciples of the past Prophets. Now and here everyone is destined to come along slowly and steadily. All those who will now fall into this great pot (Handi) of the Supreme Cook will be well prepared in it. Rest who opt to remain out will be left out. It is all beyond time. Each to his own capability to achieve. Just as it is difficult to say how long will one learn to ride a Bicycle, or become a C. A., or a Doctor. Some may take very little time, while others very long.

The bondage of time is created by man

himself. In reality this body has no timing. Time dimension has been created by man by his habits. With the formation of habits, the Kaal or time bondage is created. When there is no habit, there is no time dimension.

With Sahaja Yoga lots of habits leave you. But this takes time too. You must therefore never justify your habits if you want to rid them. It is with justification that habits stay. If in one life time you can achieve Self-Realisation, reach the point of having begun to loose your habits, then in that very life time it is possible for you to acquire that so called state. In the event that you may happen to remain half-baked during the process of one life time, then you will come back to complete your achievement. This is how Sahaja Yoga will now work out for some time. This is now the last judgement. During the process of the revelations in Sahaja Yoga, when I still see people behave against it, I feel awesome. I continue to have such bad experiences at times but then such people leave Sahaj Yoga. This happens, but you must not get discouraged. You must go on working towards it putting in your very best efforts.

Always remain in the Centre. Do not worry about your growth in Sahaja. Once you are in the centre, growth is automatic. It is already being nourished by me. Daily

you move from left to right. In your Habits you move towards the left while in Ambitions you move towards the right. **To set me in your Heart, is a Bhava or a feeling. So just as you develop habits on the left side, you must practice to have that Habit-like Bhava for me in your hearts.** If, so easily you can acquire your habits, then why not this Beautiful Bhava? All this is nothing but a change in Bhava. After all Habits are easy to relieve, being just a mere state of mind.

Once you have established my Bhava in you, it takes its position in your entire body and carries itself through eternity. Depends on how much you are using yourself to it. It is just like if you put lots of smoke on your room then all the mosquitoes will run away. So it depends on how much of me you have filled in your hearts!

The question that now arises is that, how does one come to stabilise the state of My Bhava in ones heart? The answer is — **stability comes by constantly stopping your own attention or Chitta. Always do Chitta-nirodh.** Just like you go out and you see something you must consciously stop your Chitta from going towards it. It comes with practice. Pull it inside. This is called detachment. Remember the contact outside, or Samparka is always through the Chitta. **Watch where it goes all the time.**

Always ask yourself, Where is my Chitta? Actually Chitta is segregated within us as our consciousness as well as our awareness within us. When our consciousness becomes one with awareness, it assumes the form of Vibratory awareness which balances you. This balancing keeps you in the Centre. The moment your chitta goes out in the wrong direction, immediately you feel the heat on your senses. That is how the all pervading Power works and grows within you.

All our habits and Samskaras crumple our Brain formation and appear as convolutions in the brain. When all these convolutions open up, new spaces are created in the brain, having more absorption power. The crumpled brain subtly opens. This is how the connection with the Divinity is made.

Scientists basically have to be stunned. Like I went to a Medical Institute and I told them about the Para-Sympathetic nervous system. They got stunned. The mode of action of Stiponilan Adrenaline, they cannot explain, but we can. Now take carbon. If you see it from the left side, you can see the right side and vice-versa. On the left side you can see the figure of Carbon as in form of a Swastic. On the right side it looks like the Omkara. If you see upward from down below, it looks like a cross. That is a fact. Now to

understand it is like you have to accept a Hypothesis that there exists an all pervading power above the Human Brain. This is the only hypothesis. The human brain is in the form of a Pyramid. The Parama-Chaitanya or all pervading power is coming from all sides and is striking the brain of a Featus (soon after its formation).

What actually happens is that, at the apex of this pyramidal brain, the Parama-Chaitanya passes unhindered and settles down the spine in the inverted Triangular bone area, at the base, in three and a half coils as the Kundalini Shakti. In the process it leaves its mark called the "Vaccum Channel" in the spine. Now the Parama-Chaitanya hitting on the sides of the triangular brain, has to permeate the Grey and the White matter. These have their own Densities, and so governed by the physics Laws of Refraction, the Chaitanya refracts from left to right and from right to left. This is also called the Prismatic refraction effect. This phenomena exists mostly for human brains and not so much in animals.

During the refraction process, the Human attention is pulled out to both the sides and is driven in the outward direction. Both the attention and the refracted Chaitanya cross at the Agnya Chakra from both sides on their way out. As a result of this pull, an additional force

called the resultant force is created. Now the theory of Parallelogram of forces (of physics) comes into play. The resultant force is divided into two parts, each being at a 90 degree angle to the other on both the left as well as the right side. The resultant force acts in the centre of its two counterparts. One part creates the left and the right Sympathetic Channel of the foetus by pushing its way down the body. The other part pushes its way out through the senses, dragging with it the Human attention both to the left and the right. The second part is also known at the action in the outer world. From the outer world, this action brings back a reaction., (another famous law of Physics.) The path followed by the action and reaction is the same. On the left side this reaction builds one's Conditionings while on the right side it builds the Ego.

In short, our Chitta accompanied by the resultant Brahma-Chaitanya's living force went to the outer world, collected a reaction and brought back with it a conditioning from the left, thereby forming the **manasa or the mind**. Both the action and reaction pass through both the agnya and vishuddhi chakras. The Chitta, being dispersed in nature, has the ability to flow from the whole body. The reaction of the left is the desire element, the potential of which gives birth to the IDA nadi on the left sympathetic channel. Similarly, the reaction of the right is the

action element, the potential of which forms the Pingala Nadi. The overflow of the Ida Nadi forms a Balloon-like cloud at the back of the Agnya chakra called the Super-Ego, while the overflow of the Pingala nadi forms a similar cloud in front of the Agnya chakra called the Ego. The Agnya remains directly in-between these two balloons. The front of the Agnya is controlled by the Pituitary of the brain, while the back is controlled by the Pineal.

When the Kundalini enters the Agnya chakra, she enlightens, it. Then Christ within you is enlightened or awakened. He sucks both these balloons of the Ego and the Super-Ego, and the whole Agnya chakra opens. That is why Christ died for our sins. There is simultaneous opening of the Sahasrara. I saw the Sahasraras of the Virat open. It was like tons of flame. Just like when you dissect the human brain, its cross-section looks like petals or like flames. In the centre of it, it looks like a yellow hole. The opening of the Sahasraras is sudden. With a bang it opens. How can I explain, — it gives the effect of one telescope into another. Normally with the opening of the Agnya and the Vishuddi, the Ego and the Super-Ego get sucked in. Mind is Super-Ego. Ahamkara is Ego. Our soul or Atman is surrounded by all the five Elements plus their causal expression, with the Kundalini on the periphery. The elements are mainly the Earth and the Water, while their causal is just jyot matra.

When self-Realisation takes place, the Deities are awakened, and the chakras are nourished and freshened. They open out and start releasing energies. At the Pithas (representative points of the chakras on our brain) all actions begin against each related chakra. Coordination at both levels starts and all chakras get integrated. Take an example of your mind. It wants to do something. Your body — it wants to do something else. Thirdly, your Intellect — it wants to do something else. There is no Integration. On Realisation, all three become one.

Take another example of a piece of cloth, it represents the attention. Before realisation it is all spread out and in all directions. Now take a finger and poke the cloth in the centre from the bottom and raise it upwards. What happens? The cloth is pulled up to a point and in the process it just wraps or falls around the finger. In the same way, when the Kundalini rises, it pokes the attention, raises it to the Sahasrara, where it gets enlightened by the light of the Brahma-Chaitanya. It then just wraps and falls in line with the Kundalini's path on the Sushumna Nadi in the centre. What has actually happened is that on realisation, our Chitta is pulled inside from wherever it is spread out in the outer mundane world. The Chitta is thereby enlightened. This is the so-called state. But in reality

we humans are slaves of our habits. We, out of sheer habit, do not allow our Chitta to stay, put in that state permanently. Actually the chitta should not go out. Here is a simple situation that I find myself to be in with you: I am putting you in the Boat to sail-off, but you are resisting my help by constantly sticking your one foot in the water. Your attention is on frivolous things you see, out of your habit you put out your leg, knowing very well, I am sitting inside to sail you through. I also happen to see that your leg may be swallowed any time by an alligator, But you, in your own habits are blind enough not to notice the alligator. Now, can you imagine my plight? Imagine how I feel?

That is why I say— Do satsang — meaning spend time with other Sahaja Yogis with the object to keep your attention in the Centre. It is very important to constantly keep your attention in the centre. With realisation, our left and right Nadis relax off upon receipt of Divine energy. Due to release of tension, the Chakras open out still further. It is a cycle. More Kundalini fibres can then rise and so on. At this stage the attention develops a quality to remain in the centre. You can then direct it out to perform a particular task, and after achieving it, without any reaction, it occupies its

position in the centre. It has by now achieved the quality of not getting attached to anything.

In my case it is different. If my attention is on you, I will take all your problems into myself and cleanse it and myself suffer. This I will do only if I want to. Now, Sahaja Yogis, I have to fix, because I have put them indiscriminately into my body. So I have to suffer. The Sahaja Yogis themselves are just barometric in this regard. They cannot suffer the way I do, may be a little bit, because whatever they suck, goes into the vast ocean.

Now the study of the fifth dimension of matter is going on in Russia-the study of Bioplasma. This is completely a right sided activity. Each human being has his own Aura and depending on his changing Gunas, the colour represented by that Guna or Aura changes. What do you give bandhans to? To your Auras so as to protect it. Only matter can have an Aura. So it is all materialistic. The fifth dimension is actually a microscopic or a photographic dimension. So when you see some lights in my photographs, it is one form of an Aura. You see Brahma-Chaitanya has got its own light. This is only visible to me. Some people can also see it when their Agnya is bad. They can see it from outside.

The principle is that when you are away

from it, you can see it, but when you are in it, then what can you see?

Thoughtless awareness comes when your Kundalini crosses the Agnya Chakra-when there is no thought. It happens by control. Slowly it becomes a part of you and encompasses your whole body. It becomes a state. This is doubtless Awareness. You become the Brahma-Chaitanya or the state.

At this state, you all need to work for me and not just land up in the state and get into a Samadhi. I have achieved it for you without giving it to you. Then why do you ask for it? You must know that you are there and there is no doubt about it. This is now the final game. In reality this state is very easy and spontaneous to achieve, but yet I would like you to work for it and try for it. When you feel like achieving this state right now and for your own individual self, then I would say that you are being selfish and in away you are becoming an escapist. You have to first become collective. Otherwise on an individual basis you will get lost in the Nirakar and you will not even be able to see me. You see, you will be in that state-you will be dissolved in the ocean. So evolving from the ocean and dissolving in it is not anything unique or great. But to become a cloud from the ocean and

then soak everyone with your rain-water would surely be a unique achievement. This is my aid and also my game. Just as every game has an aim, so has mine. To stay in the Centre, become Sharanagata. Say "you are everything Mother, so you do everything". It is complete surrender.

For a Scientific mind, you have to give them this whole vidya in bits. If their cup is small you cannot fill more than the capacity it can take. So have patience. You cannot give them the whole ocean now. Remember that Science is only a wee part of the whole. First create a craving for Sahaja in them by introducing it to them. Once they come, then watch them. Remember your time? The same thing happened with each one of you. At first you experienced it then craved more and more for it, very progressively. This process is also Scientific.

In the mundane, when you work to earn money, you will encounter the maya. Just remember that you are earning for me. That's all. Go ahead and earn as much as you can. This I am only talking from the materialistic point of view.

People who come into Sahaja Yoga through you Sahaja Yogis come better than through me. You see, with me they tend to get entangled in my maya. See, I

am nobody in my human form as far as the new comers are concerned.

EPILEPSY.

Cause: Movement of the attention to the extreme left. Collective Subconscious is the state into which you go. This happens when you develop some fear or fright being a weak person on the left side. Also when you happen to be involved in an accident — sudden fright or jerk.

Cure: Bring attention to the centre. To do this, first bring it to the right by saying the Gayatri Mantra. Then to the centre by saying the Brahmadeva-Saraswati mantra. On moving to the right, you start feeling vibrations, stop at this point. Do not say any more Gayatri Mantra because you must not go too much to the right. Too much to the right means the frequency of Vibrations start decreasing.

Example — Mr Jalan's Mamdi's cure.

It needs proper adjustment from one side to the other. It is important that you must get the Vibrations. If not, then repeatedly raise the Kundalini till you feel the Vibrations.

Another best way is to put the left hand towards the Photograph and the right on the ground. Say Mahakali mantra so that the Vibrations start flowing. Use of the Candle from the back side on the left will also help.

This treatment is also the same for cancer, other psychosomatic diseases. It includes Muscular Scheletar disorders. In Muscular problems, the trouble comes from your disturbed Sri Ganesha (Mooladhara). In Hysterectomy cases, where the Uterus is removed the problem is of Sri Ganesha (Mooladhara). And fear element. If somebody is not having a child, then she has a left Swadishthana problem. Same problem is also true for heavy Periods — when there is too much stimulation in the Parasympathetic in the Sacral region, there is too much flow resulting in heavy bleeding. Other results are Diarrhoea and Excessive urination.

Cure: Use of Gayatri Mantra, Initially, But it must also be backed by some Medicines. You can give ajvain ki dhuni (even for surgery patients). For Lumbago you give ajvain ka pani. For Muscular Lumbago use Ajvain for intake and geru for application only. In Lumbago the bone gets twisted, therefore use vibrated kerosine oil mixed with some other oil. In few days it gets alright.

For any treatment whatsoever, remember that the most important fact remains that everything depends on your Ichha or Desire Shakti. So Ida nadi is important that you must have desire and it must be the right Desire. No wrong Desires because eventually everything goes back to the Desire. If you have wrong desires

and you do Action, then everything become mechanical and hypocritical. The right desire is only to achieve your growth. This is Shuddha-ichha. If you have a gross desire like — I must have a son etc., you have it too, but then you will want something else also. Meaning that you are now becoming a hypocrite. In pure desire you get everything in a bundle. It is from genuine desire that you grow. This whole concept is you attitude towards you Ichha-Shakti.

Now take the Action energy or Kriya Shakti. This has two aspects, namely Physical and Mental, Physically you must sit down and Meditate to become thoughtless. Mentally you must see that your mind does not go towards all nonsensical things in gross forms. All that you must say is: "Mother you are doing everything, I do nothing". This is the control on you.

For both left and right sided persons it is important to first cleanse yourself and then do your meditation. Then you move towards the left side, you raise your Kundalini and it just comes out. You must raise your Kundalini before Meditation. Do not just be mechanical when sitting to do Puja. Your desire must be genuine to grow.

People who are from Arya-Samaj are basically Right sided people. They must use Bhakti Bhajan, seat me in their hearts

i.e. move towards the left side. Cleansing must be done only by use of mantras on the Central Chakras. Mahakali and Maha Saraswati, both act on the centre from both the sides and are therefore interconnected. Even the Mantras for the left and right are chanted only for the purposes of raising the Kundalini alone. There is no use of attention here. Treatment of left side through chanting of mantras for raising the Kundalini is only to improve upon your desire energy.

Another way is to raise your right and lower it to the left by hand. This helps a lot. In addition activate your right side by mantras of Brahmadeva and of Gayatri. But all upto a point. You see when I have to do it I control it by raising your Kundalini upto a point. And before it goes too much to the other side, I control by pulling it out just in time. It is all in my control. When people do not control, they just go on and on. Like Rama, Rama... Panduranga, Panduranga and get lost on one side totally.

Mother is now asking you all — **“Where is your attention”**. **First must come Bhakti Bhava and this then must move onto Shraddha Bhava.**

ON PHYSIOTHERAPY

When the vibrations flow, they relax the muscles. The muscles in reality have gone

into spasms due to tensions. e.g., Left Vishuddi or any chakra, the vertebrae start to twist (Physical). When you put your chakras in me (in my care) they will be relaxed and then you can adjust by giving vibrations. Those vibrations can be given to others. You need not touch the other person, but give vibrations by using circular movement by hand using mantra.

In left sided diseases, you get into the collective subconscious from where you collect Protein 52, viruses. These make you beyond help sometimes. Fever is caused to those whose liver is out, who has overworked his Liver. He is heated up etc. It can be corrected by putting ice on the liver. Malarial fevers are right sided i.e. Mosquito bites. Bacterial fevers are left sided. These are mainly due to certain in-takes of food such as fungus like mushrooms, old paneer etc. Diabetes is the action of the right side affected by the left side. Right side being vulnerable. Firstly when you think too much, pay no attention and remain in your habits, then a fear element adds to your vulnerability., Just like a hard working man thinks too much. All his fat cells are used for the brain. The swadhishtana goes into and neglects its left counter part. The left side gets drained. You become vulnerable. At this stage if some fear comes up in you and you also start feeling guilty, then you develop Diabetes.

Correction is use Ali's name in mantra. Source is from swadhisthana and Nabhi of the left. Left Nabhi gets first affected by having fear of wife or worries for her or any other family member. In addition your vulnerability at that point brings about Diabetes. Clear it by cleaning your Agnya chakra. Don't think so much. Go into Thoughtless Awareness. Put left side to right side. Take more salt so that it neutralises the action of sugar excretion because it has got water of crystallisation. Use ice on right Swadhishtana and Nabhi. Avoid sugar after proper tests if necessary.

HEART ATTACKS:

Over active and inactive or lethargic heart. Overactive heart is of right sided people. In such cases the heart can collapse. Especially it can happen in very young age. This is because their attention is too much outside. Due to this their Atma departs. The atma gets no attention due to their extreme materialistic nature. Overactivity can also come from too much worry about the family, thinking too much of the future. The heart starts to pump more blood and over works itself. It gets tired. In addition the attention is not on the spirit. For Lethargic hearts- this people take all kinds of mantra's and first spoil their Left Vishuddhi. They take Tobacco and cigarette, creating a problem on Left Vishuddhi. This makes the

pumping of the heart difficult, so it becomes tired because it cannot pump. Due to extreme left Vishuddhi, the lethargic heart gives you Angina. These are the two types of Heart attacks. The first type can be cured by putting ice on the stomach and on the heart on the right side. Also move from left to right. Sit in water. Do not use light at all. Sleep in darkness, stay more indoors. Take full rest. And repeat that "I am the Spirit". "O Lord, please forgive me". The second type can be cured by asking him to say — "Mother you are my heei mantra. You are the Mantrika. Also "I am not guilty". and say "I forgive everybody Lord". So that all the hurts disappear. Use lightened fire to clear the left side.

Asthma is mostly a left sided psychosomatic disease. It can sometimes be right sides with persons who are very dry and have always tried to dominate others — The dryness of the Peritorium is too much. Mostly it also comes from the right heart — For those whose father is dead or that, you are not a good father or that you happen to trouble your child or that you are unhappy about your ownself. It can be a combination of any *Intake*. For left side — if people eat the fat it is bad. Because the fat is stored and it is not available for circulation. For thin people their fat is available for circulation, so they can eat fat. But for fat people, they should only put fat in their nose, oil

in the ears etc. For fat people oil massage on the head is very good. Thin people can massage with Golden Amla hair oil. It cools them down.

Articaria is also psychosomatic. When your liver is lethargic, it becomes vulnerable.

Cure: Use gerru-rub it on some stone and give it to your child in Honey (very little) — Also for grown ups. For very old people it is also very good for it has soluble calcium. Any soluble calcium is good. It is good for application and then cover it with something black. The source of its problem is left Nabhi. You see when the live is lethargic, the left Nabhi becomes lethargic. The person is not using much of his energies. So it is a lethargic liver, excited by the left Nabhi.

Treatment: is again left side. Best is to cover the body with something black, so that the heat is given to it. You see it is a form of an allergy. Most allergies are caused from cold to hot, i.e. taking bath in cold water and then hot water. To take coffee and immediately take cold water. This sudden change, the system cannot adjust to. In the left Nabhi area is the spleen. The spleen is a speedometer and also an adjuster. When it adjusts and it is not properly done due to sudden change, it causes problem. So it has to suddenly provide its energies to either increase or

decrease the flow of the RBC's. That's how the spleen goes crazy. This is also the root cause of Blood Cancer for people who are hectic.

When you have the Back Agnya working, you become lethargic and when you have the front Agnya working you become overactive. The balance of chemicals in the body comes from the Agnya. That is why you should always be in thoughtless Awareness. Left sided people are ones who have troubles themselves and Right Sided people trouble others. So those who are left sided, their bodies will pain and they will suffer. The right side people, who inflict pains on others will not notice it. These right sided people can therefore develop diseases like sorosis of the liver or a problem on the eyes.

Shakti is the guna of the left. Shradha is of the centre. The left side is very pleasant till you start getting the pangs and then you start getting drifted away — this is happening in Bhakti with some people.

When I speak, every word is a mantra. As I speak people start getting alright.

Now all types of people are coming up. Some are coming up very fast now. As far as I am concerned they have put me aside as a Devi and that I cannot be reached. Now, it will be one of you only who will stand up and people will see you

and come into Sahaja. This is the best way — to let some people just come up. This is the game.

Lots of people have personalised it. They want to know what is happening about it in my family, then to others, then to people of Bombay etc. Sahaja Yogi's are very honest, compassionate and diligent, good natured and have lesser tempers.

Their character has assumed a new dimension in this process of building up. Each one of you must work hard towards it and not bother too much about the other. Sthiti is tested only when you are exposed to it. That is the time of paristhiti. Sthiti must be clubbed with complete Discrimination.

There are Deities who are in the Chakras. When the Kundalini rises, she awakens them just like seeds. Once they are awakened, they start working it out. They know what is their job, what to work out — like they have been appointed. These Deities you have achieved through your evolution at different points. So where ever they are settled, they do the job. Take a seed. It is gross. It has potential to become a tree and this has the potential to become numerous trees. So this potential is subtle to subtler to subtlest. Its appearance is gross. The causal of mother earth is fragrance so when it awakens the Kundalini, it touches the causal also just like you get the fragrance.

The Causal of realisation is the Shuddha Iccha. Man is made of 3 potentials i.e. the gross, the subtle and causal. This causal of realisation, i.e Shuddha Iccha enlightens the subtle and the gross bodies. Just like you put a seed into mother earth. The mother earth enlightens the seed and gives its potential to it — In the same way, the Kundalini is the mother Earth in you. She rises and gives this potential dimension to your seed. Every things has a different causal and so every chakra acts according to its own causal. The problem is, we do not understand even at the grosser level. Now take a very gross level — you reach a point where to take an atom. This atom has Nucleus which as protons, Neutrons and Mesotons. Now, if you cool down this atom such as Helium gas, the atoms become collective. So also the mesotons act on their own, and even they become collective when cooled to a certain point. So even to the grosser and grosser, this potential exists. Scientifically it can be proved.

When we take a human being, we are talking about a living process. The human being has most manifested one on the grosser level. Now, the inner growth has to come. On the grosser level he is now fully manifested. Just take a seed which has reached its grosser level and is now living and pulsating and it is then put inside the mother Earth then what is to happen?

Thus, the subtle and the subtlest is replicated in our whole being as such. The potential is the Kundalini. The Kundalini is representing the causal of the mother Earth. The causal of the Virat is collectivity.

The representatives of Sadashiva and Adi Shakti in us are the Atma and the Kundalini (These are beyond the causal, in fact they excite the causal).

Take an Example: Light a candle. Put your hand before it. It is awakened before my photograph. The potential of the candle has come in. That is, my photograph has awakened its potential. And with it, it can now burn the negativity. You have seen a wall getting black out of such an effect.

Everything has a causal which keeps all the potential. From causal to the gross you move through the subtle. Now what happens, just as fragrance is the causal of the mother Earth, through that causal all flowers and trees come out. Also for human being it is the carbon. How the mother earth burns within herself, creates this carbon within herself with the heat and that carbon becomes a part and parcel within you to create Amino Acids. So the mother knows, at the causal level, she knows what you are. The causal is the Nirakar in the Shakti form while the Deities are in the Sakaar to use it. They

know how to use it. The exhibition of its comes on the gross through the central Nervous system.

The Sakaar is the Doer or the 'Karata'. The causal is the power of a particular Deity — the unmanifested power. But as soon as the Deities are awakened, their powers are also awakened. This is a living process and how it works out you cannot explain. Now see the foetus, how does it take its form, who guides it, there must be some Intelligence — who does it, who manages it — who plans it out?

Now I will question a Gynae: Anything foreign in the body is thrown out of the system, then why not the foetus? Answer me.

Something nourishes it, looks after it and then throws it out at the right point of time. It is growing within and it does not trouble the mother, but in fact the mother's face changes while the whole energy of the being is transformed. Now where does this beauty on the mother come from? — See the nourishing and looking after. It is so amazing to see its perfection, isn't it?

We think no end of our intelligence. But living in the presence of God, a small seed came and at the end of each a small cell came out. The intelligence which this cell has, if it is to come to man then Sahaja Yoga would be fully established. It

straight away, see its own direction. It see a stone, it does not fight with it, it just goes around it and binds it so that later when it is to become a tree it will help in its foundation. Then slowly, and easily it reaches out towards the water. It has no premonition about where it will find the level of water.

I once experimented with a bumble bee. I applied some colour on to it as it used to make its own house at my place. Now somehow that colour came to its wings. One fine day I went to a place which was very far away, I saw the same bumble bee there. Then she was seen again at my house. How did she take on all these routes. She must be having some magnet.

Also how do birds find their homes from Australia to Siberia?

You see they all are in collective and absolutely Homogeneous. And they all move together. This is all for the 'Pashu' state of the Pashus (animals).

But we humans are no longer pashus, we

are free. Now it is in this freedom, when lots and lots is lost and gone, then human beings settle down. This freedom was given at Adam and Eve level. If they were sensible, there would have been no problem. Now one has to pay too much for this freedom. Now just see what is happening to me in the midst of this freedom. But Now-a-days it is all working out. This living process cannot be explained to Science. The Scientists will not accept the Deities. So don't worry about them. If we don't have Scientists what is the harm, we will not miss them.

The greatest thing for all Scientists is to see for themselves. Nothing can be explained to them. Say Sulphur di-oxide has got vibrations that are electromagnetic - Symmetric and Iso-Symmetric. They just state what they see. They will see in Sahaja Yoga what it is, you give them the facts and let them experience it. How can you show them anything Scientifically?

