

The Divine Cool Breeze

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Talking with love costs nothing. By loving others you will imbibe the good qualities of others', but by hating them, you will absorb their evil qualities.

Her Holiness Mataji Shri Nirmala Devi

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Editorial

“HOW TO IGNITE A FLAME”

With the blessings of our divine mother the impossible has happened. What could not have occurred in a lifetime has happened in the course of one afternoon. We have been able to cross our agnya, that is we have been able to jump our ego. It does not mean that our ego has vanished but it means that our consciousness has come out of the grip of the ego. Earlier whatever we did was directed by the ego. We did not know any better, there was no other way to gauge it. After self realisation, the Kundalini pierces the Sahasrara and connects us with a new consciousness. Through the new consciousness we are able see our own ego. Not only see it but the new consciousness has the power to avert it.

We can use the new consciousness to correct our thinking process because this consciousness has the power to act. For instance, one can think anything. One can think one is superior to others. One can think others are bad. One can think like a fundamentalist. One can think one is never wrong. The light of new consciousness exposes the error in our thinking. Like a wise man detects the fault in the telephone

and then corrects it. There is nothing to feel bad or mind the correction. Supposing a person was negative. After self-realisation he could see the negativity and with the power of new consciousness he could remove the negativity. In this way the new consciousness changes our attitude and also overcomes our negative fruits. However, it is upto us to use it. If we don't apply it then it is like we got new clothes but we do not wear them. We have riches but we do not take them out to enjoy them. The fish is in the water but it is thirsty.

Before we treat others with the new consciousness, we have to treat ourselves. The treatment should change our attitude and consequently our personality. Then we assume the personality of a true Sahaja Yogi. Now we can help others to change their personality. For instance if we do not treat ourselves first, we will not know how to treat others. We learn its working from self experience. There is an interesting story of a woman who went to Gandhiji and complained that her son does not keep a fast on Full Moon, please tell him to keep a fast. Gandhiji remained silent. The woman was unhappy at his silence. Gandhiji asked her to return after

a week. Gandhiji, first wanted to make an experiment on himself of keeping a fast before ordering her son. After observing the fast Gandhiji called her son and instructed him how to keep a fast.

Sahaja Yoga is a living force. It does not

touch others by lip service. It communicates to others through our kundalini. But first we must obey our own kundalini, only then its love can ignite another Flame.

DHYANA, DHAARNA AND SAMADHI

By Mataji Shri Nirmala Devi (January — 1984)

I will tell you a few things about meditation. It is my immense joy to see all of you here from various parts of the world. When your heart is so full, the words are too poor to carry the intensity. I wish you could understand that intensity through your heart. It's all been arranged, I think, by the Divine, that we should meet here all of us in such a wonderful surrounding, in the Nature, that something great should happen to all of us. That we should achieve something really great this time. Now as time is short, I will tell you first of all a few things about meditation now.

Meditation is a very general word. It is not a word that explains all the three steps one has to take for meditating. But in Sanskrit language they have very clearly said, how you have to move in your meditation.

First is called as Dhyana, and second is called as Dhaarna, and the third is called Samadhi.

Luckily Sahaja Yoga is such a thing that you get everything in a bundle. You avoided everything else and you got the Samadhi part. That's the beauty of it.

The first part of meditation is the Dhyana. First when you have seeking, you put your attention towards the object of your worship. That is called as Dhyana. And the Dhaarna is the one in which you put all your effort. Concentrate all your effort. But this is all drama for people who are not realised. For them it's just a sort of an acting that they do. But for a realised soul it is a reality. So the first, the Dhyana, you have to do. Some do it of the Form, another of the Formless. But you are so fortunate that the Formless has become a Form for you. No problem, you don't have to go from Form to Formless, from Formless to form; it's all there, in a bundle. So you concentrate, or think of some Deity, or some point for Nirakar, for the Formless, or of Nirakar itself. It's all a mental projection as long as you are not a realised soul. But, once you are realised, you have just to think of Dhyana, whom you are going to concentrate, or you can say meditate on. But once you start meditating on a person your attention starts moving. That is also possible after realisation, though it is in a bundle; but some people have it-'part of it,' 'part of it', like that.

So when you meditate, still your attention

can get disturbed every moment.

It can happen, depending on the intensity of your concentration. So, there are some Sahaja Yogis, I've seen, they are cooking, and there's another one is meditating. The meditating one will say: "Oh, I can smell it is burning".

So there is no Dhaarna. Dhyana is there but not Dhaarna. The second part of it is very important, that you have to put your attention continuously on to your deity. Then you develop a state which is called as Dhaarna in which your attention becomes one, with the Deity. But when these mature, the third stage, of Samadhi, comes in.

Now for people who think that without realization they can reach Samadhi, I think they are absolutely mistaken. **But after realization also, when the Dhaarna is established you have to get to the position where you become Samadhi.** Now, what is that state? When that state comes into your mind, then whatever you do, the Deity that you worship, you see that Deity in your work; whatever you see, you see the Deity giving you the show; you can put it like that.

Whatever you hear, you find the Deity telling you the truth, Whatever you read, you find there what the Deity would tell you. So, in that state, whatever you do

with your eyes, nose, and all these organs, all that, becomes a kind of manifestation of the Deity whom you worship, automatically.

You don't have to think-now I must concentrate, alright, I will not have these thoughts, I have to now think about this. It becomes, automatically there; you read a book, in that book immediately you find what is good for Sahaja Yoga. If there is a book which is anti-God you discard it, the state that is awakened within you is a new state of mind, in Sanskrit language it has a very beautiful name, Ritambhara Pragnya, which is a very difficult name. Ritambhara is the name of the Nature, and that the whole Nature one feels is enlightened.

I'll give an example; when a child is to be born, the mothers start lactating, automatically. The nature itself works out for the birth of the child.

In the same way, when this Ritambhara Pragnya starts expressing itself, only for Sahaja Yoga, nobody else, you are amazed how things work out suddenly.

So the Ritambhara Pragnya has started working in your favour. You all tell me this is a miracle, that has happened Mother, and we don't know how it has happened. I'll give you an example; Yesterday, we were doing something with cement and the Italian boy said that we

will need two bags of cement. I said, you carry on, it won't finish.

Even before I was leaving, they were carrying on, still not finished.

Now cement, of all the things, imagine!

So this special thing is your own state where you are feeling one with Nature and the Nature is feeling oneness with you. So the Divine itself is expressing through Nature, through various happenings, through various incidents—the love, the protection, the attention that the Divine is giving. And there's no end to it.

It just happens, and people don't know how it happens. But that is what is the state of Samadhi. But there could be people if I tell them "Will you do this?" "Oh no Mother, the shop will be closed, "Oh, they won't do it, that is not all right". They go on like that.

And there are people who say — (even if we think it is shut) — "No! Let's see, - if Mother has said, may be". I mean there are a thousand and one examples like that. Today like some were trying to push the bed. The three of them were trying, it would not push. I said, "Alright, I'll push. I just put my Nabhi there", just, I didn't push anything, it just got pushed! — because of the Ritambhara Pragnya.

This help is not the Chamatkar or anything. It exists in the Divine, the capacity to manifest it's Love to show that

you are the saints, you are chosen ones of God. But you accept that situation first; but if you behave like all other normal people—Oh God, shops are closed, and that man is so difficult, and I don't think it will happen. It'll never happen. **But you must know you are saints, chosen, and given birth by Me, the Form and the Formless.**

So this Pragnya is going to manifest, is manifesting every moment. Be prepared, be happy, welcome it and accept that you are there. The level is different. Now the time has come—for Sahaja Yoga to change it's level.

We have to change.

We have to go higher.

The level has to come up.

So those who are at the periphery are a problem, definitely, for me, because in my compassion, I cannot throw them out. And we have to help them come out, by really now telling them that they have to rise. How long are we to wait for them? Every-one has to see that the peripheral people are brought in properly, so that they don't go out of Sahaja Yoga. Compassion is alright, But not at the cost of keeping the level of Sahaja Yoga lower, never.

So everybody must try to settle down and come up to minimum standards at least! Otherwise, I'm sorry, many will be seived out.

SAHASRARA PUJA MEDESIMO, ITALY 4-5-1986

Talk by Her Holiness Mataji Shri Nirmala Devi

This lecture is a concern of your Mother. Don't take it as anything ill. I could not have said this even two years back or one year back. Now you are at a stage where I can say these things to you. You can understand it but it has to become your consciousness. The stage has reached to understand, but it should become your consciousness. **Whatever has become should happen** if you keep it there.

Today is a great day for all of us because it is the 16th Sahasrara Day i.e. 16 beats or 16 movements to reach a higher position in the poem. That it is complete. Shri Krishna is called a complete Incarnation because he has 16 petals. This completeness is called as Purana. So now we move into another dimension. The first one was where you got your self realisation. In the evolutionary process, if you see, the animals are not conscious of many things which human beings are conscious of. Like the matter cannot be used by animals for their own purpose. Also they are not conscious of themselves at all. If you show a mirror to animals they do not react to it as if they were in the mirror. Except for I think

chimpanzy. That means you are rather close to them. So when we have become human beings we become aware in our consciousness of many things which were unconscious to the animals. So in their brains they did not understand that they could put matter into their own use.

As human beings you were all unaware of the Chakras that existed within you. So your conscious was still working half way through unconscious working of the Chakras and the conscious working of the mind. You also never felt your autonomous nervous system or your inner organs, how they are working. You did not even feel how you are getting affected by other influences. As a result of that with the freedom that human beings achieved or were granted, they gathered all kind of things into their brains, into their Sahasrara without being aware of it. They used their Sahasrara, their brain for all kinds of purposes which were fruitless. They were not aware again of the warning that Shri Krishna had given that if you use human awareness except for your ascent, you will go downward. They were told, not that they were not

told, they knew about it. **Whether it was East or West, everybody knew that you have to be born again** and it so happened that in the West people thought that by using their brain power they can now master the matter, that they can use matter for their own purpose. If they had done that after their self realisation, it would have been a very different situation because after self realisation you all have become aware of vibrations which is Chaitanya and also of your Chakras. With this new awareness you would have avoided all that was wrong but it is like a greedy person who gets a wee bit of money and he spends it off. Now this problem has complicated your brains. You have certain concepts which are very much away from reality. The way we have started using machines we have become machines ourselves. So we have no feelings and we cannot relate to others in a natural way. In human awareness you had achieved how to relate yourself to others and to the nature. But this ego oriented approach took you away from natural real life, and we became artificial. The whole thing comes from a concept of being artificial. Like they say that its fashionable to be the arrogant, to be snobish.

It is just the opposite of your ascent and the evolutionary process because you have dodged the power to relate to others which you had gained as human beings.

All the organizations which you have formed also on collective understanding are artificial. Then a movement had started that we have to be natural. That is another copying of the artificial. Natural does not mean a primitive personality. Natural is to evolve. The whole purpose of creation is to evolve. So the another concept also, that you accepted very easily because you have brains and you accept everything that comes your way, and is that you became so artificial that you needed all the times some sensations to feel yourself. Now in every walk of life there is a conceptual, artificial understanding. For example you see the sex. It is such a natural, normal thing. There is nothing so great about it. But that also you made so artificial that you have now your sex in your brain. **By that not only you have silenced Ganesha in the Mooladhaara but also Maha Ganesha in your brain.**

In another aspect, say Art. Now the concept is so stupid that it says that art should be according to what is laid down. Like you will call somebody and go rock, condemn it, Oh This That. Condemn every one. And ultimately you reach a conclusion that the most insignificant is art. As if like a sugarcane when you have taken out all the juice whatever remains will become art one day. So the brain which 'does not nourish the heart is absolutely an artificial brain just like

robots. So people have become just like robots. Now this can be handled by anyone who has the master mind because you do not have your own heart and the brain is controlled by somebody who has a greater brain of concepts. All these concepts are destructive.

Hitler got the concept that he is an Aryan and he is of the superior race. I have to establish that he did not mind destroying the whole world. Same is the case in the religion field. There also every religion was put or poured into the cups of concepts.

Now the worst concept that human beings have achieved is that money is everything. First they tried for political domination, thinking that political domination is everything. It affected their system. When I started my life I saw complicated Sahasraras. The more I tried to solve the complications within my own awareness the more it became complicated (more difficult), because if you see my age, in fifty years you can see how much complicated human beings have become. And after opening the Sahasrara when I came to the West, within these 16 years I found that they are now in horrible state. Now the stage for you is laid down to ascend higher. This is the background which I have described to you, and you can see how when you have a programme there will be 500 people for the

programme and within two weeks all will disappear. Because when the ascent takes place, the Kundalini pushes out the ego and brings the person close to reality. But again that ego, which is being built up so fast in a speed, overpowers the speed of the Kundalini and covers the head. Then it suggests that how can you have godly life. You will mix all the alcohol, all the madness, all the fun of life. That they feel they will lose all the freedom to become mad. When you see from this position, the way people react, it is amazing. You have to do something extremely stupid to sell it in the market. The other day I heard that somebody had become rich, selling the empty tins as lamps. All kinds of stupid things which are nowhere near natural beauty or natural joy are accepted as sophisticated.

The other side of it is that the Asuri Vidya, the Black Vidya has taken over. Shri Krishna again had warned that, in the 15th Chapter, that if Asuri Vidya takes over, then the Shudh Vidya cannot compete with the speed of Asuri Vidya. Like in America there had been a big argument amongst Sahaja Yogis, if my photograph should be in the drawing room or not? But if you ask them to paint their names black, their face black and black clothes like witches, they will do that. That even at a stage we are Sahaja Yogis we are shy of our Godly Life. When they became hippies or when they became anything like

that stupid, they gave all their life, all their time, all their money too. They changed their dresses, they changed their life styles, they changed their family life, everything they changed, went all out. And even when Sahaja Yogis are convinced about the Godliness of Sahaja Yoga, still they are shy. And you know your Mother does not take money from you. On the contrary she spends. You all have gained out of it. But when it comes to giving, everybody feels shy.

From that background you are coming to the light of God's grace. But you do not want to dash at it. You want to take your time gradually, so gradually that may be, you may lose your chance. So in the awareness of Sahaja Yogis where you know all your Chakras, you know about vibrations, you know how to relate to others, still all this knowledge is for personal advantages. **So the shadow of the past still lingers on even when you have this new awareness.** Animals can swim automatically. They do not have to learn. But human beings have to learn how to swim. So they have forgotten the techniques which were known to the animals and have taken to the techniques of human beings. But in Sahaja Yoga you have got your realisation in one life time, and in this life time you have to grow, and in this life time you have to achieve the highest. So the time is so very short

and the background is so dark. You are surrounded by people who are pouring out morning till evening destructive concepts. Now you are the people who have to shoot out much faster than all of them. But a kind of a lethargy, though you understand that your awareness is very different from them, a kind of a lethargy which does not accept it the way it should accept Sahaja Yoga.

Everyone of you must think everyday, what have I done for Sahaja Yoga today? But you are all feeling very busy with your jobs, making money, of our relations with, people who do not matter at all in Sahaja Yoga. We have to make an all out effort to rise to that point that whatever we know, we believe in, we act on that and become one with it. You can do that with concepts but not with reality. This is the problem. I will explain this point. Like supposing a fanatic believes that he can do such and such thing in his own religion, he will do it. But the concept is not reality. It has given no benefit to anyone, had shown no performance of any substance. Still people do it! I see in my own country when they were fighting for freedom, my father himself gave up all his property, gave up his practice with 11 children in the family, we were living in palaces, started living in huts, for days together, for years together. For the gross freedom, we do everything. But for the secular freedom

the Sahaja Yogis have to do everything that is possible.

So the first thing is to realise, to be aware, to be in your conscious mind all the time, that you are Yogis. You are the ones who are very much higher than the rest of the humanity. That the salvation of the whole of the humanity depends on you. The purpose of creation will be served by you. So first of all you have to be conscious in your consciousness that you are so important and that is why you were given realisation. How can you be living with your conditionings and with your ego? The conditionings are like this - Supposing you are coming from a Christian religion, then you must bring that little bit of that religion into Sahajayoga or if you are from Hindu religion you want to bring some out of that. **We have all the essences of peace in Sahaja Yoga, the pure essences but we cannot have the gross nonsense. All these things are like dirt over our Sahasrara which must be shaken off. Though now you are aware and conscious of your Chakras you do not keep them clean. Ordinary human beings, if they have clothes, they have houses, they try to keep it clean. But you do not feel ashamed of them also when they are bad, because after sometime you also lose the awareness of them. That means you have become**

subtler but in your consciousness, you are not yet subtle. There are so many things you know more than the people who are not realised, as absolutely realised. For example we do not even use vibrations. Whenever it is needed we do not use them or sometimes mechanically, just like a machine, we start giving Bandhan. **So you are still unconscious about your Chakras.** Slightly conscious when you put your mind to it otherwise in your central nervous system you are not yet so conscious. This is the reason why you do not know, why you have to do a thing at a particular time. Unless and until you raise yourself and try to achieve Nirvikalpa stage, you cannot go further. For example I know everything that I do. I can handle any power whenever I want. I can absorb any negativity I want to and need not absorb any negativity I do not want to. **You may be thousands of miles away from me, I know about every one of you. I may not know your worldly names but I know you as part and parcel in my being.** I also can behave like a human being, absolutely like you, aging like you, wearing, using spectacles, doing all the things that will make me a complete human being, and I have accepted this growth consciously, not unconsciously. To me nothing is unconscious.

So if you have to be conscious of what

you are doing you have to be alert about it. The first thing that you have achieved is the peace. But even now I find that peace which should become joy becomes a quarrel. Truth is one. You cannot argue about truth. It is a whole genius. It does not quarrel with each other. We are unconscious about our fields but when we have to hold something, all of them come together to work it out. So the point of the brain which is working this out, the unconscious part of it, is to be made conscious. **That is what evolution is. So now adherence to any concept is against evolution. You must learn to face the reality, to accept the reality and act in real way.** Now you may say, Mother this is a miracle, something happens this is a miracle. May be for the human beings, may be for Sahajayogis also, but not for me. I know what it is. So, to rise above this half-baked consciousness, one has to see how one is working it out. The whole system of relating to each other must change completely. That is very important at least for Western people, because atleast in India people know that human efforts lead you nowhere and you have to take to your ascent. I mean the real Indians. Some of them do take advantage of Sahajayoga and then disappear. But most of them know that you have to be conscious of what you have got. **So we can say that**

we have got self knowledge but we have not got self consciousness. Now for example you take somebody's name, say, of some great saint, you feel the vibrations also. Also you know why, because he is a saint. But why not you the Sahajayogis, if your names are taken why not the vibrations flow? And in this you have taken advantages because Adi Shakti herself is before you. They did not have anybody to tell them all these things. But the disadvantage of that is this that you take it for granted.

Now in expression when we say something, when we express, are we natural? Are we doing it from our heart? **The consciousness that I am doing it from my heart is what I want you to achieve.** Like there are people who work very hard in Sahajayoga. Others will just take it for granted. They don't want to help. They want everything to be ready made. That shows that they are not conscious of their own powers of enjoyment. If they do it from their heart then they will never feel what effort they have put in. They will only feel what they have been blessed with or what they have achieved. **The sense of fulfilment and satisfaction will overcome all your problems especially of your left Vishudhi.**

Now the second stage would be where you will be conscious of whatever you

are doing, where there will be no mistakes. **Whatever you will do may appear to be mistake will turn out to be alright.** Nobody is so far like that, I want to tell you because some people do feel whatever I say of praising, I am saying it to them. Now for example, today I had my watch, I wanted to set my watch, so I pulled the screw out, simple thing. Now this I did, I would say, in a way unconsciously but quite consciously because watch stopped. As I knew what time I have to be there. So consciously I have put myself against myself. If the watch had not stopped I would have come earlier, but that was not the time I had to come. So I had to pull the screw to keep it stopped. So whatever mischief you play you know and you can play it against yourself, and then you can make a drama, Oh I made a mistake and things like that, for nothing at all. But such a stage is far off, I must tell you. Just now the stage is fixed. We are still making lots of mistakes because we are not self conscious. In a gross way we understand self consciousness like this—that a person has to go for interview, he has to select a suit properly, he combs his hair properly before going, he clears his throat. But when it is the question of your ascent, are we alert? Or we take it for granted that Mother is just now going to give us a nice bath, put us in the cradle and take us there? This is being cherished.

You have to mature in your ascent. Now you may say what should we do? Face yourself everyday. In reality, see how much time you spend about mundane worries and how much about your ascent. Have you left everything, all your worries to God Almighty? Have you completely jumped out of your background? Have your come out all the way leaving everything that was nonsensical? And how do I relate to others? How do I talk to others, who are Sahaja Yogis? I am surprised sometimes, if one Sahaja Yogi is attacked by a non-Sahaja Yogi, that a Sahaja Yogi group should support a non-Sahaja Yogi! Or a Sahaja Yogi who has to come up pays more attention to the negative people than to the positive! He relates better to the people who are negative than to the people who are positive. He is more friendly and open with negative persons than with the positive. You have to cling on to the positive but it is always the other way round because, it is very subtle ego in that. All this subtle understanding, I have told you many a times. But with your complicated brain, which is like a machine, like a spoiled computer, you can reach some conclusion out of what I have said which is just contrary. Like supposing I said, you forget the past. That means you forget everything that is good of the past? That is, as if I wish you should not understand why you are behaving like

this? Forget the past, means do not allow the past to overpower.

A brain which is simple, which is straight forward, which has got love in it, can understand what I am saying straight forward. This complicated brain is to be put right and the best way is to stop thinking, just stop thinking. That is what you have to do. Now when you stop thinking you feel that nothing can be done but by thinking only you do not do it. Now for example I have to give you a speech now if I start thinking about it, what will you hear? Can you hear my thinking? You have to, say, enlighten these lamps. Alright, then you just start thinking about it, I have to enlighten. Will it get enlightened? **This is to be understood that by thinking you do not do it. Thinking is lazy man's guard, as is used to avoid work.** Once I asked a lady, I had in the house, that we are going out, will you be cooking something for us. When we came back, she had not cooked anything. She used to cook everyday but that day she did not cook anything. I said "Why did not you cook something for us?" She said, "I thought you may eat outside." She was a Western lady. So my husband said, alright we are going to eat outside, you stay at home. I said it does not look nice. He said, "No, let her know what she thought is meant for herself." So this is the escape which you have learnt

before, a cleverness.

So you don't argue about it. Don't argue about Sahajayoga. You don't argue with your leaders. You may be his wife but don't argue. We are having a very bad time from some of the wives of the leaders because they try to influence the husbands. As far as Sahajayoga is concerned they have nothing to do with that. Supposing you are working in an office and the husband is some great official and you are a clerk, will you correct the husband? In this case the women have to nourish the organization, nourish the husband with love, from their heart and not from their brain. I think it is so great to her, being born as a woman myself, because I can enjoy the heart, the emotions, the emotions of my love; the working and the play of my love. It is so great that no incarnation can enjoy that as I can. So the women should not feel degraded if they have to look after the heart. But they are in a way in a higher aspect. **You can do without thinking but you can't do without the heart. So the ladies should not argue with their husbands if they are leaders** and also one should not argue otherwise also. Because I have seen if the women are very argumentative, the men become deaf. They just do not listen what women are talking. If they are very aggressive then the men become absolutely shut up. **So in relationship with each other, you**

must behave in a natural way that you are a man and you are a woman. You should become more a woman and more a man and then you will see the fun. Imagine in this world if there were only men and if there were only women, what would have happened. So we have to know that in our awareness we have to be conscious, how far we have achieved the consciousness for our relationship with each other. That is the collective consciousness of Virat, of the brain, i.e. of Sahasrara

So, in principle Sahasrara is Vishnu Tatva. But the deity is Mataji Shri Nirmala Devi. So you can see how the beautiful integration has taken place. The only powers of Shri Vishnu have to act according to the deity, surrendered at the Lotus feet of the deity. So the consciousness of Shri Vishnu is absolutely in the hands of the deity. I do not want to talk about this tremendous deity. It is too much, because it may fill you up with awe. So whatever is working out, allow it to work out. **They say surrender your Sahasrara to the deity and it is so simple for you because you have the deity, you have your own Sahasrara and it is only you, the people who are the Sahajayogis today, in modern times, who have seen the deity.**

They say that you have to ask for three things for Salokya, Samipya and

Sanidhya from God, Salokya meaning to see God, Samipya closeness to God and Sanidhya is the companionship of God. But you have got Tadatmaya—the oneness with Him. It is not in the concept of any one of the Yogis and the saints and the seers who have been. This Tadatmaya you have when you are outside my body, while they have this tadatmaya when they are inside my body, they are no more. So you should understand the time limit, you must understand your greatness, and you must understand how you people are chosen for the highest work in this creation.

So now there is no time for lethargy. Now you have to rise and awake. Today is the day when I hope you have to jump into Nirvikalpa. But only by effort you will stay there otherwise you will slip down. So go through this lecture again and again and do not think about it. Don't think that it is for somebody else. It is for you, for all of you, each one of you, and you must know yourself, how far you are going every day. Today is a special day of Sahasrara. Actually if you see, according to the Sun Calendar, Sahasrara would have been tomorrow. It is Monday which is a Sahasrara. Just imagine that we are having it one day earlier. So one has to know that a Calendar of God has nothing to do with the human calendar. According

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GURU PUJA

(Internet Message)

Sunday 30th July 1999

Shri Mataji began by saying this was the tenth anniversary of Sahaja Yogis coming to Cabella to worship Her as their Guru. Through Sahaja Yoga we have achieved absolute knowledge but we are yet to reach the stage where this absolute knowledge can be assimilated. We are yet to go deep into this knowledge.

Shri Mataji defined one of the reasons that we have been unable to assimilate this knowledge as due to a heritage we share with the animal kingdom which lingers within us still — aggressiveness, peevishness and fear are all part of our inheritance.

Shri Mataji added to this the ability to think, to react, and to rationalise which creates additional problems such as jealousy. This creates problems which are not seen in the animal kingdom. Thinking further perverts these inherited tendencies, which lead to expanded reactions.

Shri Mataji said that as Gurus we should not react nor try to suppress others, adding that rather than getting angry, our methods should be of love and compassion. If we avoid anger, this will prevent others also getting angry and

seeking revenge against that anger.

She said that love is the only way to solve problems.

Shri Mataji then said that to be good Gurus we must keep a close watch over our animal inheritance and develop a peaceful, loving, compassionate temperament. Then when we try to help another person they may feel our love and improve.

As Sahaja Gurus we should also forgive which means to forget completely the misdeeds of others.

Shri Mataji defined our first problem as being our animal inheritance, the second, which is worse, develops from thinking and ego. With the advent of Sahaja Yoga it is not necessary to physically or emotionally punish anyone, we must know that this will not help a person's spiritual ascent.

Shri Mataji said that we must be kind and understanding which will help everyone's spiritual ascent.

After receiving our realisation we have also received the power of love and compassion; it was because of our love

that we received our realisation.

Shri Mataji explained that in all things we must be detached, which is more than just mere words, it is a state of mind that must be achieved. When it comes to helping someone then we must go all out.

Thinking and worrying about people is attached attention, when we leave everything to the Divine then this is detached attention. As Sahaja Yogis we should realise the extent of our problems, then slowly these should be dissolved: this does not happen by argument or discussion, but through love and compassion.

Shri Mataji described how the majority of people the world over value love: this is the third quality of human beings. First is our animal inheritance, second is thinking, and the third is that we value love.

Only Sahaja Yogis can achieve this state of mind and are capable of detached love, where one is absolutely detached, and absolutely attached. If we know through vibrations that someone is alright then there is no need to worry about them. If the vibrations indicate that there is a problem then we can apply full attention to that person, not through attached attention, but through detached attention.

Shri Mataji remarked that if we are always

worrying about a person, speaking to them, putting our attention to that person because we feel attached to them, then our attention will not work out. Being attached to a few people means that our attention becomes bound and useless and cannot be useful, there is so much to do, there are so many people who want their realisation. Our attention has to be absolutely free so when we put our attention it remains absolutely free, this is spiritual attention; which is the same as love.

Shri Mataji said that She is not talking about this mundane world, but another world, one which is higher, and where our attention works beautifully and is not bound by our attachments.

This can all be achieved through introspection whereby we can face ourselves and all problems may be left to the Param-Chaitanya. Our problems cannot be solved by worrying and thinking, they must be left to this power which can manage everything.

Shri Mataji declared that Love is Truth and Truth is Love. In all our dealings we should endeavour to be extremely truthful, and to have pure love which is not directed towards some personal gain or reward.

She remarked that the subject of pure love could go on forever and forever. As

Gurus we need to know the extent of our duties which requires of us to be meditative in order to improve our vision and to enable us to be clear of all negativities.

Shri Mataji ended her discourse by explaining the meditative state that emits vibrations which bestows upon us the powers to do our work. There, then remains no need to fight or struggle. We attain a state where we are completely surrounded with love and compassion.

Following the conclusion of the Puja the International gifts were presented to Shri Mataji. Many of the gifts had been purchased in America during the celebration of Adi Shakti Puja. Shri Mataji had explained how the Param-Chaitanya had worked it all out- a liquidation sale was being conducted in a warehouse near to the site for the Puja where She had found enough gifts for two Pujas.

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to certain Calendars, I should have come two thousand years later, and some say I should have come atleast two thousand years back, in this form. So the calendar is alright, timing is alright, everything is alright.

You are not robots. You are not machines. You are evolved through evolutionary process, and through evolutionary process only you have to achieve the higher state. So whatever we may do and whatever may be alright, it is you who have to show the results. We may take your Sahasrara to a great enlightenment, but again it will collapse. So you have to

know, that whatever heights you are brought to, it is you who have to maintain it with full with power and action. May God Bless You.

This lecture is a concern of your Mother. Don't take it as anything ill. I could not have said this even two years back or one year back. Now you are at a stage where I can say these things to you. You can understand it but it has to become your consciousness. The stage has reached to understand, but it should become your consciousness. Whatever has become should happen if you keep it there.

Again May God Bless You.

SHIV PUJA, DELHI 14-2-99

Talk by Her Holiness Mataji Shri Nirmala Devi

Today we have assembled here to do the puja of Shri Maha Deva — Shri Shiv Shankara. Because of Adi Shankaracharya's emphasis people have taken up the Puja of Shiva in a big way. In Southern India two sects have come up: one is Shaivites and the other is Vaishnavites. Shaivites are the worshippers of Lord Shiva and the Vaishnavites are those who worship Lord Vishnu. In our country we are very expert in dividing ourselves. We divide Deities as well, and when we try to reunite them then things take a very bad (Vidrup) Shape. 'Ayyappa' cult in the Southern India is an example. According to them when Lord Vishnu assumed the form of 'Mohini' then from Lord Shiva she got a child. Is it possible? Such nonsensical beliefs are generally spread in our country? Then they form different groups and find out excuses to fight with each other? If Indians have nothing to fight over, then they create something from their own imaginations.

So these two things are connected with each other as Sun is with sun light, Moon with Moon light and word with its meaning. I mean to say that the 'Sopan Marga', which is Sushumna path — The

central path—is the path of Lord Vishnu. Through this path we attain the Shiva Tattva. So Shiv Tattva is the destination and the path is made by Lord Vishnu. This central path is the creation of Lord Vishnu and the Adi Shakti; Lord Shiva has no role in it: He sits comfortably in his Seat, without bothering for any body; if someone wishes to come, may come. To attain Shiv Tattva we should go through this Vishnu Path (Sushumna Path) and correct all the centres that are created on it. When the centres are cleansed, the Vishnu path opens up and our ascent begins. Many a times I have told about all these centres. There is a centre in Heart, which we call 'Left Heart'. This is not the centre of the heart, In a way it is the reflection of Shri Maha Deva in the heart. The abode of Shiva is above our Minds and Thoughts.

To attain Shiv Tattva we have to see how pure our heart is? We give place to many evil thoughts in our hearts. e.g. jealousy. There is no use of becoming jealous: we should not feel jealous of any one. They might have harassed us or done harm to us, jealousy does no good to you. If your heart is pure then the mirror in which the reflection of Lord Shiva has to come will

remain pure. But if you are full of jealousy then the mirror will not remain clean and as such the reflection of Lord Shiva will also not be perfect. Enmity and ill feelings for others are not to be fostered in the heart. That is why Christ has said to forgive every one. Forgiving is very important. Many Saints, before and after Christ, have said the same thing, that 'Forgive everyone'. The moment you forgive your enemy, immediately Lord Shiva takes over. The power of Shri Mahadeva is the Subtlest and it punishes the evil doer in a nice way. This is the work of Lord Shiva, its not your work. Therefore jealousy for any one is very bad.

But I find that there is lot of jealousy even in Sahaja Yoga. Sahaja Yogis are jealous of each other. If one person is made trustee, the other one will feel jealous. This trusteeship etc. have absolutely no meaning in Sahaja Yoga. It is all false; Drama of your Mother. Your mother has spread a web of Maya (Maya jalam). Even then it disturbs the people; one person gets disturbed and the others feel bad about it! I do not understand what to do! Such a big work of Sahaja Yoga is going on in different countries all over the world. I need some one who could be a link between me and Sahaja Yogis. Of course things are getting sorted out now. But you will be surprised that even now there is lot of discussion about who is the

leader and who is what?

The Second thing with Indians is that they feel jealous in money matters. Even in Sahaja Yoga people have jealousy on account of money matters. Someone has got more money and some less. While doing Sahaja work people see how much money one earns and how much he gives for Sahaja Yoga. **The person whose heart is obsessed with money is useless for Sahaja Yoga because materialism has caught his heart. If you are caught in the clutches of materialism then your ascent is very difficult.** This is the speciality of our country only. I have not seen it in foreign countries. In Russia and Eastern Block countries there is very little of wealth but they are not much bothered about money. Their heart is so much pure—very pure. **Bhakti (Devotion) is possible only with the pure heart. Before meditation, we wash our hands and take bath. It will be better if we purify our heart and pray to the Divine to remove all the negativities that are there within us.**

The third thing is the six enemies (Shad Ripus). Out of these Shri Krishna has laid emphasis on Krodha —The Anger (krodha) is the worst of all the enemies; all other negativities emanate from Krodha. Anger brings to us attachment and then the person repents over what he has said. But in the fit of anger he goes

out of self-control and blurts-out all the dirt that was hidden in his heart since long. That comes out of his mouth. We have to be beware of this *krodha* (Anger). Why do we get angry, we have to think over it.

There are people who are angry with a particular person. There are others who are angry with some society. So people get angry for different causes. But we should think as to why we get angry. Some people said to me that *Shri Mataji*, "If some one speaks against you, we feel very angry." But if some one speaks against me then I really feel like laughing at him, because there is no meaning at all in speaking against me. I am going to love all, even then if they speak against me then what could I do! But some people are insensible enough. They are to be pitied upon. We have to think that such a person is a big fool and we should look very compassionately at him. This outlook will pacify his anger. In our country there are different kinds of people and organisations who get angry. They will be angry with some one, beat others and kill some others. This is becoming a social evil. This violence is very dangerous and for this they recruit army of their own. It is very dangerous. If some one does so for his own protection then it is justified to some extent, but if a person is a seeker (A *Bhakta*) then why does he need

protection at all? A seeker is always protected. Who could touch a person in whose hearts resides *Shri Maha Deva*? Who could destroy such a person? Whatever is done against them, no amount of troubles could destroy such seekers, but those who harass them will get destroyed themselves. You should have full faith in it. Keep your heart absolutely pure. Only in a pure heart it could work out because the reflection of *Shiva* falls in our heart and for that the heart should be pure.

It is said that *Shiva* gets angry only once. But I have seen him getting angry many a times. It is his right. If some one works against *Adi Shakti*, then he has the right and he has very long hands. He finishes up such people because he knows that *Adi Shakti* will not do anything herself. She will not punish anyone. She will forgive all those who commit sins against Her. The powers of *Shiva* are limitless. When He wants to punish then no one can stop Him. Who is there to check Him? He has got his own protocols, which could not be changed. So in their individual lives *Sahaja Yogis* have to follow Lord *Shiva*. If you do not follow Him then first thing will be that you will have heart problem. This is the first punishment. It works out in two ways. Firstly with excessive anger your heart catches and secondly as after effect of the

anger when a person repents he gets the disease of 'Angina'. Both, Anger and repentance are harmful. But one can not get rid of anger because like drinking anger also becomes a habit. Once one starts enjoying it the face of an angry person gets distorted and he goes in the state of delirium. No one can control such a person. So, as a solution, I thought that if you sit before the mirror and get angry on yourself, rebuke yourself and say, 'I am the most stupid fellow', then, may be, you get rid of your anger. I am saying that it is possible to get rid of anger.

But the problems are so complicated that it is difficult to find out solutions. Further it is seen that the more attention we pay to some thing, the more we react. There is reaction to everything and this reaction is much more in foreign countries. Here there is a carpet, immediately they will say, "I don't like it, I like it." Who are they to say all this? But it has become a fashion to say 'I like it, I don't like it', as if everyone were a renowned doctor who says 'I like it', 'I don't like it'. This should not be said. This is the indication of your bad Agnya. What do you think about yourself that you say, 'I like it, I don't like it' You have no right to do that. Someone offers you a beautiful flower and you immediately say, "I don't like this flower." You are unable to understand the feeling of love of that person because Shiv

Tattva is absent in you. You are unable to understand the feelings of love with which the poor fellow had given you that present.

In India we have the example of Sudama. Sudama went to meet Shri Krishna and took along roasted rice to be presented to Shri Krishna. Shri Krishna ate those rice with great respect and love. Anything presented with the feelings of love is just like 'paras' chemical which when put behind the glass, makes it a mirror. Similarly, if you have feelings of love for someone, but for want of money you offer some small present then it should be received by him with the same love and respect. This feeling of love gives a subtle sight to the person. It is artistic, Art emanates from it. So how much artistic is this art of love! By this you could see, how much love is there in this person? How much loving is he! How gentle and nice is he? When you start seeing this quality in others then you will look within yourself also and think, 'What am I?' 'Do I have that much of love?' 'Am I so gentle?' 'Do I have all this goodness in me or am I rendering lip service only and thus confusing the people?' Matter-of-fact by our misdeeds we confuse ourselves and none else. By our wrongful thoughts and styles of life we can give comforts to none and to ourselves, not at all. So from the point of view of 'Swartha'

(Selfishness) — The word Swartha is very beautiful. 'Swa' means 'self' (Atma). You must know the meaning of Self. For this purpose people do the puja of Lord Shiva. But I have seen that the worshippers of Shiva are hot tempered, miserly and what not! No deity is as generous and as loving as Lord Shiva. He is the source of love. The love that is flowing today is emanating from His Holy feet. It is because of Him that human beings are bathing in the ocean of love and all this work is getting done. After self realization when you attain that state — The state of say Jeev Atma, then your attention gets established in the Holy feet of Lord Shiva and the qualities of five elements (Pancha Tattva) become very subtle and manifest.

Already I have told you about the four elements but the fifth one, 'Ether', I didn't touch. In Hindi we call it 'Aakash Tattva' (Sky Element). When a seeker ascends, he attains subtle Aakasha, the Subtlety of Ether element. There is no need to activate this element. If a seeker has some problem, this element is omnipresent. It is present every where. Your attention immediately reaches where it is required. It is just wonderful? It is like that; people may call it miracle, but it is not. In Sahaja Yoga if your Shiva Tattva is awakened then all subtle — The subtlest-qualities and the subtlest state that is within you, gets awakened. Therefore first of all we

should purify our heart.

So far I have talked to you, about three enemies. The fourth enemy present within us is 'Ego'. Ego-centric ladies behave like men. They start walking like men, like ladies they can not walk. Ego comes to them for many reasons — because of money, beauty, High Education etc. Whatever the cause, under the impact of ego, ladies start walking like men and ego-effected men start behaving like women. I mean such a man makes himself up, for hours sits before the mirror, combs his hair again and again and all sort of stupidity. Such a person behaves like women. Its for the women to do the make up. He cannot walk straight. From behind, if you see him walking you will feel that it were some lady in male dress, moving ahead with ego. They get intoxicated like elephants. In all their activities, ego is apparent. It is difficult to understand the cause of their ego. What for do they consider themselves something special? All these things are stupid and meaningless. In Sahaja they have no meaning at all. **So if you consider yourself something special, you are finished, there is nothing left in you.** So its not wise to imagine yourself to be a rich person (Raeszada) or some thing great. Now even the poor people suffer from ego element; dalits (Down Trodden) also suffer from it. Its beyond

understanding. People talk in such a way and think themselves to be something very great. What are you as an individual? Thinking of oneself like that is going away from the state of joy (Ananda), because the power of Shiva takes the seeker to the state of joy. The seeker does the bhakti of Shiva, to have this bliss of joy. But I have seen that most of the Shiv bhaktas are short tempered type. No one could talk to them, what is the use? Natraj Sakshat, from whom emanates all art and joy, who is joy incarnate, how could these so called pseudo devotees be called His bhaktas? They hang such a big linga in their neck that it could give heart attack. What is the need of it? you are yourself the sakshat ling-swarupa. Without becoming that they say that they are Shiva bhaktas! On one side they will do Shiva bhakti and on the other, fight with each other. They have different marks, Shiv bhaktas have different style to put Sandal on their foreheads and Vishnu bhaktas have different style. What is the meaning of it? Vertical application of Sandal on the forehead means that we are ascending. Alright, if you are ascending then you should be peaceful. It should be applied both ways — Vertically and Horizontally, otherwise do not apply it. It should have some meaning. It is the central path leading to the goal. By passing through it you leave behind all the negativities. Before criticizing others criticise yourself.

I am like this, I am like that, say it to yourself, and when you start doing that, then all the bhoots (evil spirits) will run away because by our continuous thought process, by our Agnya, we have gathered all these negativities. The excessive use of Agnya creates all the problems, every thing becomes mental projection and such a person becomes very troublesome.

He himself is always in fixes. By troubling others one could not be happy. It will have its impact on you even if you are a stone. It will have its impact and the person becomes miserable. Mother thinks of your comforts. She desires you to be comfortable, contented and peaceful. She wishes you to be loved. So that you become gentle. This is the method of the Mother. But Lord Shiva's method is quite different. He tolerates to a limit and then deals so severely that I get terrified about that person. What will happen to this man? Where shall he reach? What is He doing? But Lord Shiva doesn't think all these things. He doesn't forgive evil doers. He forgives only those who are worthy of His forgiveness. He blesses those who meditate upon Him continuously. But the person who does not basically want to get improved, Lord Shiva sets him right. Its true. That's why we should be scared of Him. "Bhayankara" (fearful, terrifying) is one of His name. Because in anger he forgives none. But the worst of his anger

(Kopa) is at the time of pralaya, in the night of doom. At that time He destroys everything with his anger. I told you that it is the last judgement: which path you take to, where you go, whatever you do, it is fully recorded in you. According to your deeds, you go to hell or to heaven. It is Lord Shiva who sends people to hell; I do not do that. I have nothing to do with (Narka) Hell. But Shiva will take the person from his legs and throw him in the hell. You may keep on saying that I am the worshipper of the Mother, I am her follower, Why am I being punished? I am not instrumental in it. Once some one calls me Mother then I can not think ill of him. If I am the protocols (Maryadas) for Shiva then He is my protocols too. But we both have altogether different natures. So you have to be very careful.

Lord Shiva is the eleven Rudras of Jesus Christ. These Rudras are the form of Lord Shiva. So you have to be very careful. **I have to warn you because even in Sahaja Yoga people come to earn money, to do ill of others and to be unjust. Such persons are sieved out. But as soon as they are out, they get in to the orbit of Lord Shiva. Then I am told that they have gone bankrupt, they have this problem and that problem. I said please don't tell it to me now.** He himself ran out of his

protection, now who could save him? So you should try to seek your protection in Lord Shiva. **Of course, you are protected by the Mother, yet you should seek protection in Lord Shiva, and for that I have told you about five elements. You have to attain the subtlety of these elements. To achieve that State its necessary to meditate regularly.** Those who meditate could be distinguished from those who do not. There is no doubt about it. Now **those who meditate but whose attention is not there in meditation, those who do not have understanding or expertise for meditation, who are lazy about meditation, their meditation also could not be successful.** They can not get benefited by meditation. Meditation should be so deep that each of your cell gets filled with joy, and joy pours out of them.

The first and foremost blessing of Lord Shiva is that he gives you Joy, fills your being with joy. Only the chanting of his name makes one joyful, but people behave opposite to it. They do not behave in the expected manner. I am very surprised that the people whom we think to be Shiva bhaktas (devotees), how could they be so dry? They could not be. There could also be one more reason for it. Those who keep over busy all the time, they become right sided. Such people get disconnected

from Lord Shiva and then He shows His powers. You know it already that goddess Saraswati is the sister of Lord Shiva. The worshippers of Saraswati, the people who are busy in acquiring knowledge, those who are keen seekers of art, should know that she is the sister of Lord Shiva, that Sister's relationship is very important. If you try to go against her, create impure literature or bad books and thus misuse your knowledge, then Lord Shiva punishes you with heavy hand. His sister is very important to Him and going against her is a terrible sin. For Adishakti too, Lord Shiva has very rigid rules and protocols.

Now Sahaja Yogis have to pay attention towards themselves first of all. I do not mean to say that they should sit before the mirror for hours together. Not at all, sitting before the mirror is considered to be a disease. What I mean to say is that you should have attention towards your 'self' and see 'what is the problem in me?' "What wrong things I do?" The straight path, that is told in Indian culture, should be taken. Nowadays people think it appropriate to live as you like, 'Whats wrong'? But it is not proper. In India, one has to live according to Indian culture. Your life style should remain connected to Indian culture because in it great importance is given to Shiv Tattva. Shiv Tattva has created all our maryadas. The

moment we stop following these maryadas, we are finished. All these maryadas are because of the grace of Lord Shiva. Whatever has been told to us so far, do not do this, do not do that, Shiva has created all these 'Maryadas'. He is so much concerned about His maryadas. The moment you disobey them, you get affected.

People have created so many wrong ideas in the name of Shiva Tattva. Many of them think that by taking Bhang (An intoxicating Herb) Shiv Tattva is awakened. Some others are of the opinion that drinking of Alcohol submerges you in Shiva Tattva! We have created such wrong ideas. Lord Shiva drank poison, would you also drink it? He drank poison to make the world free of it. He ate the poisonous Dhatura. So that people don't have to eat these poisons. Similarly you might have heard that Sai Nath smoked tobacco, because in Maharashtra most of the people are addicted to take tobacco, so Sai Nath thought that why not consume the whole tobacco of Maharashtra? But people have taken it the other way. They say Sai Nath used to smoke Chilam (चिलम) so why not we? Shri Sai Nath wanted them to get rid of this bad habit and that's why he wanted to finish up the whole tobacco. Now the goddess eats up the Bhoots of the whole world, would you also eat Bhoot? Devi

takes up all the diseases that are there in you. Would you also absorb the diseases of others? Its not your work. So, what all these sadhus are doing? You have neither the powers to do that nor is it your duty. Your duty is to cleanse yourself, correct yourself. First you attain that state then everything will be alright. Without achieving that state its useless.

There is absolutely no use of doing all these rituals. Many things could be justified in wrong manners, but if we go in the right direction, in right manner, then first of all we should cleanse and purify our hearts. All these habits, we are addicted to, affect our heart. In the olden times disciples were made to live in jungles, amidst snakes, scorpions, other animals and insects, so that they were not addicted to luxurious life. At the most they could live in huts done with cowdung. They were made to sleep there and lead a very simple life. Very few simple clothes were given to them so that they could not be crazy about clothes, shoes and special type of food. It is unnecessary to say all these things to Sahaja Yogis. You know that your Mother could live anywhere, could sleep anywhere, could eat any food. Indians are very fond of tasty food. Sahaja Yogis invite each other for dinner and lunch. Ladies, specially, ask me to come to their houses to eat. I say, its difficult for me to

go and eat anywhere. Even in my own house I eat without salt and sugar. Right from my childhood I have made my self insensitive to the tastes of tongue. Whatever is available I enjoy myself of it. But our tongue is used to different tastes. All Indians — whether from U.P., Punjab or South—all are very expert in this regard. With tasty food they befool people. My husband likes this, my husband likes that. What to do? Women will be slaves to their husbands and day and night keep pleasing them. **The one who talks about food all the times is not a Sahaja Yogi.**

In Milan, at the time of Guru Puja, I myself had to cook. What to do? For four years I myself had been cooking because no one else could prepare tasty food. Sahaja Yogis (Indians Specially) would say Mother, it is just like plastic. Indians who come their for Puja would like to see me. They have a special right on me. Also they are very critical of the food offered to them. Now one more thing has begun. Indian Sahaja Yogis need attached bathrooms! How their parents used to live? Now they want British style attached bath rooms. I am mentioning because I am tired of it. In Ganapatipule I provided Western bathrooms for the foreigners and Indian for Indians. I thought Indian Sahaja Yogis would like the Indian style. But Indian Sahaja Yogis demanded western

bathrooms. I said, take tumblers and go to jungle, that is how you will improve. They have been going for years like that. But now they have become big Sahibs! Then the poor foreigner Sahaja Yogis said, Shri Mataji we like Indian style bathrooms. There are very clean, please give these bathrooms to us. Then I changed the arrangement and Hindustanis were very happy that they have got attached bathrooms. You should be ashamed of it. Sahaja Yogis talking about such things should be ashamed. Your forefathers used to go to jungle with tumblers and now what are you demanding? Have you got some disease or any other problem? Unnecessarily they put me in trouble. But some how it struck me and things were managed. You will be surprised, Indians who come to Cabella, do not like to live together. Western Sahaja Yogis are very rich, they have got cars and other facilities, but they sleep in Hanger. But Indians need a special place; they will stay in hotels. They cannot sacrifice their comforts. They have not learnt that this modernism is beyond me to understand. These foreigners have no servants. So they have only one bath.oom in their houses because they themselves have to clean it. Since you can afford to have servants, you keep many bathrooms but **all these habits will take you away from your power. Your attention will fritter away. Frittering**

away of the attention in absurdities will make you just an ordinary person.

Its a fashion, nowadays the ladies will go to beauty parlour, the face will remain the same but they will throw away their money. Brahmin ladies of Pune wear sleeveless, black goggles and drive mopeds. I could not understand! Pune is 'punaya patnam', but what is this punyai (good deeds)? Thus we have adopted western system without even thinking of Shiv Tattva. Look at Shiva. He is not bothered about clothes. Even in His marriage procession He sat upon Nandi, the 'Ox'. Why Nandi? Because Nandi is His disciple. He obeys His commands, and that is the reason that Nandi is Lord Shiva's most beloved disciple. Shiva sat upon Nandi and reached the place of Parvati. Of course Parvati had no objection but her brother, Lord Vishnu, was surprised to see this strange bridegroom. I do not mean to say that you should dress up shabbily at the time of marriage. To accept every thing, all sort of foods is nice. Wisdom is your ornament. But these people will keep on criticizing their hosts for the food that they offer. What food did they prepare? If the food was good then they will ask their wives to prepare like that. So this taste of the tongue is in abundance in India. It should be reduced. These foreigner Sahaja Yogis eat your Indian food, I have never heard any complaint. But none of you could

take their Western food. Till you are caught in this temptation, you cannot have this deep joy. In olden days seekers were asked to renounce every thing to achieve the joy of Lord Shiva. First renounce, go to Himalyas, stand on one leg. You should not wear any clothes. Take a dip in the river and then meditate with wet clothes. They used to torture the body. Even these days Gurus beat their disciples. They do not give realization so easily. After lot of torture and hard work a few seekers get it but such seekers get established in it.

Sahaja Yogis are given realization without undergoing such penance. Their previous Sanskaras (habits) still linger on in them. What to do with that? These sanskaras are to be pushed away, to be finished. There is no need to get in to extremities. No need to renounce home and everything: There is no need to do. Dravidi Pranyamas (controlling the breath). But one thing is a must, **you have to reduce this temptation of taste.** Temptations for the taste are to be gotten rid off. It is very necessary. Freedom from taste is a big achievement. People get enraged if they do not get food of their own choice. They throw away their plates, beat their servants and so on. If you make yourself insensitive to taste, then I think, many sweet shops will close down. However, what I mean to say is that the body should not be given much

importance. If you sleep on the bed, then for ten days you should sleep on the earth. Without enslaving your body, you cannot achieve your ascent. Many people can not walk at all because they have the habit to travel by car. They keep on borrowing the cars. None of them will think to go by bus. In olden times there used to be no bus at all. We used to walk five miles every day to reach the school though we had a car and every thing. But we were very fond of walking barefoot. **Walking barefooted on the earth is good to receive vibrations. You should also make the habit of walking without shoes. Its very important.** You will be benefited, Mother earth will have your vibration and you will feel nice.

We have become slaves to the comforts just like Nawabs. What did the Nawabs achieve? Similarly our lives will be wasted if we do not come out of the clutches of the slavery. First we have to reduce the slavery and establish Shiv Tattva in our hearts. Nothing else is much important — beautiful and fashionable dresses etc. Whatever is available, wear it. You will lose nothing. On the contrary you will be happy that you are a contented person. Now a days the price of gas cylinders in India has been increased by Rupees Sixteen. The ladies opposed the price rise and had a procession. I saw their photographs in the news paper. All were

so well decorated that I said that each one of them might have applied powder worth Rupees fifteen. Why are they going on strike now? No one thinks of the increased salary. We used to pay Rupees Twenty-Twenty five to our servant. Today he gets two thousand five hundred, clothes and other facilities, yet he is complaining. When salaries are increased so much, would not the prices increase? Salaries and prices rise with the same speed. There is a story that in Sri Lanka labours were given one gold brick a day. One person received two bricks against one day's work. He went to a barber shop for shave. He asked from the barber, 'What are the charges?' 'Two bricks', came the answer. As the income, so the expenses. Its unwise to keep complaining about price rise. When your salaries are so much increased then why to keep crying about the price rise? Its a very simple thing. **If we learn it then socially also we could achieve Shiv Tattva.**

I was with Gandhiji in his Ashram for some time. People staying in the Ashram used to run away because they were to clean the bathrooms of others. No sweeper was engaged in the Ashram. One had to wash ones own clothes, wash ones own plates. Every one had to take boiled food, at the most a little raw mustard oil put on it. How many Hindustanis eat such a food? Most of the people ran away from the Ashram in two-three days. **You**

people should also learn to be above the tastes of the tongue. It will be better if you take boiled food for a few days. No mother would suggest such a thing to her children, what do I do? It is damaging the Shiv Tattva in you. If you are much absorbed in tasty food then Shiva Tattva will disappear and all the labour will be lost. It is not good to be absorbed in eating all the times. People in olden days used to observe fasts and sacrifice some thing. If you are contented then there is no need to think of food all the time nor to invite people at your place.

Cast system is another big problem in India. Kayasth is separate, Brahmin is separate. Even now it exists. Each one of them forms a separate group. Now you are all Sahaja Yogis, then why should you worry about these castes? If you were to do all these things even now then why did you come to Sahaja Yoga? There is no Caste and creed in Sahaja Yoga. What is the caste of Lord Shiva? People with one eye blind, bare footed and Limb broken were taken in the marriage procession by Lord Shiva. So it is against Shiv Tattva to be concerned about castes and to think that different food should be prepared for different castes. I could never understand as to how the people draw pleasure out of it! Whats the reason Bangalis want Bangali food, Madrasis want South Indian food. Once I asked why there is no standard food in Airlines?

They replied, "Shri Mataji, which is the standard food in our country?" That's right. Every one has liking for the food of his own state. One should have sweet tongue. One feels as if Ravana's are coming out of the smiles of certain person's and when ladies speak, it appears to be like 'Chandika'. Both men and women are very strange. Where is Shiv Tattva in these strange habits? Lord Shiva is the ocean of love, He bestows boons even on Rakshasas. If we have to awaken Shiv Tattva with in us then how could we be caught in such stupidity? How could we do all that? Tell me. The way we criticise each other and call high and low, it is not like Lord Shiva.

The streams of love are flowing in Lord Shiva, While bathing in this ocean of love – you should not say such baseless things. There is no use of it. We should enjoy each others love and understanding. Of course, Sahaja Yogis do not fight with each other. With great love they meet each other. However, their small, small individual likings, eating and moving should be corrected a little bit. If we do that it will be wonderful. Your attention will go towards your heart. It will not remain entangled in these things. Fashion and designing is much more rampant in foreign countries. They create different fashionable dresses and the wearer thinks very great of himself or herself. Italian people are very much affected by these things. But you do not

have to be caught in it. Lead simple life. In our country simple people have attained heights. During pre-independence days Gandhiji asked every one to wear khaddar and thus he set the people right. Now you have to control yourself because you are enlightened beings. **You are in the Holy feet of Lord Shiva. Correct yourself, do not try to correct others, correct yourself and feel blessed that you are a self realized person.** How many realized souls were there in the olden times? Today you are in thousands. So start talking to each other very sweetly, from the depth of the heart. From heart if you talk to people no one takes ill of it. Observe all the protocols (Maryadas) with your children and elders. This way you will make yourself and others happy. But without the blessings of Lord Shiva you cannot do that. **So look within yourself and see that you are an enlightened person. Am I patient enough or not? Do I quarrel with others over small small things and find faults with them? Then definitely there is something wrong with me. Put your attention on that, only then you could be cleansed. Until you know your shortcomings, how could you cleanse them? This cleansing is much needed. Only by this cleansing you could visualise the Divine Father. The God Almighty within you and other people could also have this bliss.**

May God Bless You.

HANUMANA PUJA (PUNE 31-3-99)

Talk by Her Holiness Mataji Shri Nirmala Devi

Today we are celebrating Hanumana's Jayanti. What to say about Hanumana? The more powerful and wise, he was equally devoted and dedicated. Generally such a powerful person becomes right-sided and considers himself so high that he would not listen to anyone else. But Hanumana is a special deity, a typical deity full of qualities. There was a perfect balance between his devotion and power. How could he achieve this balance is a thing to be understood. In Sahaja Yoga, when we are enlightened, we get many powers. Then we have to keep balance. We love others and with the power of the love, we keep on doing our duties.

Shri Hanumana was very powerful. He had many divine powers in him — Navdha, that is Garima, Laghuma etc. He could be as big as he wanted to be and as small as an atom. He had achieved all these powers. Without attaining balance and coming to the central path. Such a powerful person, generally goes crazy. Each cell of Shri Hanumana's body was filled with power and devotion. Because of this speciality today we worship Shri Hanumana all over the world. Small, small foreign children, when they start painting, I am surprised, first of all paint the picture

of Shri Hanumana.

The Second quality of Shri Hanumana is that he is half human and half monkey — A perfect combination of animal and human being. In the process of our evolution, love and emotions that we had left behind, Shri Hanumana had taken up. A guru has many disciples who are supposed to be his slaves. Dogs also have that loyalty. A dog is loyal to his master and for him it could sacrifice its life. Similarly a seeker has to be dedicated to his Guru. The way in evolutionary process a creature, in the company of the human being, learns complete devotion and loyalty, shows that devotion (Bhakti) is innate in us. The seed of Bhakti is already sown in us. In the beginning we were not in human state. With the awakening of Bhakti we came to this level. Let us take the example of an animal. You give it a little of your love and affection, it will come very close to you and will be very loyal. Take the example of a horse. How it sacrifices its life for the sake of its master! The loyalty of the elephant is well known. It will never let the master suffer. If a tiger or any other animal attacks the master the elephant protects him even at the cost of its life. This relation of master and evolved

animal is established in us. We have to awaken it. The elephant has the power to fight and die for the master because it is devoted to him and loves him. We say that Sahaja Yoga is the work of Divine Love. Its right, whether we know it or not, its power is innate. It is divine power. When a human being bows before someone and regards him higher, it is the expression of that divine power. But when a person is respectful to his Guru then he gets blessed with the grace and power of the Guru.

So the devotion and the power (Bhakti and Shakti) are not different things. It is one. We shall say that the right side is the source of power and the left of Bhakti. Shri Hanumana had in Him this harmony of Bhakti and Shakti. In Lanka when he went to Shri Sitaji and requested her to accompany him back, Shri Sitaji said, "You are my son, I will not come with you. My husband has to come and kill this Rakshasa. Only then I will go with him". Shri Hanumana bowed before Shri Sitaji. He was powerful enough to bring Sitaji back to Shri Rama. But he thought that when Mother is saying like that then its all right. After that a big war was fought because it was needed.

Shri Rama has many special qualities. He was very powerful and a perfect archer. You might have heard about what he did in Sita Swayamvara. The same Shri Rama

killed the Ravana when he came to it. Tulsi Dasa has described his bow very very beautifully. Shri Rama was aiming at Ravana's head with his arrow. Out of ten head's of Ravana one will fall down. But again it will assume its place. Lakshmana suggested Shri Rama to shoot an arrow in the heart of Ravana, without which he will not die. Hit him in the heart. Shri Rama was a very humble person. Though he was very powerful yet he said to Lakshmana that Ravana has placed my Sita in his heart, therefore, I cannot hit him in the heart. Again and again when I chop off his heads, his attention will be diverted from the heart. Only then shall I shoot him in the heart. What an example of the love of a husband for his wife! Ocean of power, how he was full of love!

There are many stories about Shri Hanumana which prove that he was also the ocean of love and compassion. But he had no hesitation in killing an evil person who harassed and killed others. Shri Hanumana knew that Ravana is afraid of fire. So he went to Lanka and burnt it with his power. He burnt Lanka but didn't kill anyone. Ravana was not burnt. But he was terrified. Every one in Lanka was afraid that Ravana has committed sins. Before that the people of Lanka accepted whatever Ravana did and bowed before his desire. Nobody dared stop him. But when Lanka was

burnt, the people were terrified. We could have been burnt down! But none was burnt. To make them conscious about Ravana's heinous sins, Shri Hanumana burnt Lanka. How wise and balanced was Bajarangbali? In history we find that the most of the powerful people were full of love. Shivaji is an example. The more power he had, the more wise, systematic and balanced he was. **When you could achieve this balance, only then you are Sahaja Yogis.** Achieving power does not mean that you should say good bye to love and start misbehaving.

The dignity of your power lies in becoming the guardians of poor and down trodden. You have no need to fight with those who harass them and put them to trouble. Only bandhan will do the whole work for you. The power that you have achieved should be used to finish the negativity. But like Hanumana you do not have to take Sword and Gada in your hands. Your power is with in you. By your experiences you could see that anyone harassing you is automatically finished, wheather you take up weapons or not. Thus you are protected and with you other Sahaja Yogis will also be protected. In it Shri Hanumana has an important role. You do not know that he is with you. His nature is as pure and innocent as that of a child. But he is very discreet and full of all the qualities. He was blessed with divine-discretion with which he could

judge and understand everything with love. Shri Ganesha and Shri Hanumana are the incarnations of this divine wisdom. Shri Hanumana was very powerful and fast and Shri Ganesha is cool-natured. But when required, both are very big hitters. They remain with you every moment. Whenever anyone troubles you, your protectors are there. Often you see that security moves with the ministers and V.I.Ps. The security of Sahaja Yogis also moves with them; that is, the security of Ganas. Ganas have many things to do. Ganapati—Shri Ganesha keeps them informed about you as to where is the problem, from where you are getting attacked and troubled. You do not know that if anybody wants to attack you secretly, even then these god's ganas stand by you. When Shri Ganapati informs about it, Shri Hanumana sets them right. So Sahaja Yogis have no need to be frightened. No need at all to be frightened.

I tell you a story which is very surprising. America bombarded certain areas of Africa where they thought terrorists had hideouts. I am telling you the story of a place where some Sahaja Yogis used to live. One of the bombs exploded there and most of the people died. But there was absolutely no damage done to Sahaja Yogis. They were flabbergasted. Even the dust particles did not fall on them. They had never come to Cabella, not even

thought of it. But after this incident they came to Cabella and told, "Shri Mataji we do not know who protected us? But we all Sahaja Yogis were saved. All other people have died. Now this is one incident. **You are protected because you have accepted the God Almighty and Sahaja Yoga made yourself spiritually conscious. By this transformation you have become such devoted and powerful persons.** Now no one dare touch you. I can give you thousands of such examples that once you get your self-realization in Sahaja Yoga then no one could harm you.

In olden times also there used to be saints and Sadhus. All were troubled and cheated. But despite all these troubles and difficulties they stuck firmly to their faith. They were also protected. They said such things that angered the rulers. They didn't hesitate to speak against the rulers and evil doers but because of the power of Shri Hanumana no one could touch them, no one could kill them. There is a beautiful story about Khawaza Nizamuddin Sahib. The emperor ordered him to come and bow before him. Hazarat Nizamuddin flatly refused to do that. The king was furious and warned him that within three days if he doesn't come and bow down before him then his neck will be chopped off. Hazarat Nizamuddin said, 'Do whatever you like, I will not bow down

before you. You are no saint'. Lot of hue and cry was made. On the day the king was to cut the neck of Hazarat Nizamuddin, some one chopped off the neck of the king. No one knew how it was done! If this protection was not there then all the saints and religious people would have been finished. The rulers of the nation were so violent that they would have finished these people. But God is there with these saints and God is made of the power of Shri Ganesha and Shri Hanumana. They look to this protection.

When Maha Rana Pratap, the ruler of Mewar, went to fight with the Mughals, his soldiers requested him to go back because it was difficult to defeat the formidable enemy. Maharana Pratap asked the soldiers to go back. He said that I will not budge and keep fighting because Ganas are with me. He was also a Sahaja Yogi. He told his soldiers to go away if they wished to do so but. "I will fight with the enemy because Ganas are with me." So understand that you are protected from all sides. **What should happen to a Sahaja Yogi when he gets this protection? He should become very patient, discreet and a fearless person.** He will not be afraid of enemy, stick to his place and face the evil people. He need not do anything. Now that age has gone. You just stand boldly and the negative people will run away. Many

Sahaja Yogies write to me their experiences. Otherwise it was not an easy job to spread Sahaja Yoga in Western countries. Now Muslims are also accepting Sahaja Yoga. So you can understand how powerful this Divine Power—The power of love is and how much it could perform! But that doesn't mean that in the name of Shri Hanumana you should create some big institution. Not at all. The way people are doing now a days, they will take the name of Shri Hanumana, or of Shri Ganesha or of Lord Shiva. You need not create such organizations. **You yourself are an organisation. No one could touch you, no one could destroy you. Only you have to know Thy Self.**

Its mentioned in all the scriptures that Self Realization means **Knowing Oneself. What do you mean by 'Knowing ourselves'?** It means that we should be aware of the fact as to **who stand around us, who are our protectors**, and how will you give your love and affection to the people? As some one said yesterday that 'I will comfort every one and fill the whole world with joy', when this feeling comes to you then you think that there is no one to harm you. No one dare do that. For this you have to do nothing at all. You need not take a sword or any other weapon. All these things are already with you. They are innate in you. You have no

need to strengthen your body. You are already strong. There is very interesting Chinese story. Chinese people like cock fighting. Once a Chinese King thought that it would be better if his cock could be trained by some saint. A Saint fights with none yet none touches him. People are afraid of him and bow before him. What is their speciality that they live comfortably in this evil world? He took his cock to the saint who asked him to leave the cock there. After one month the king took away his cock and on the day of cock fighting, he put the cock in the arena. All the cocks were fighting with each other but this one was standing by itself. One after one all these cocks ran away. It was the only one standing in the arena. All the cocks got frightened of it because it stood undaunted.

Today we are worshipping Shri Hanumana. So we should think that He resides within us. He controls our right side — The Pingla channel — and gives us zeal. As a result heat is generated. But his path is such that the heat (power) and devotion should go side by side. So the heat, the energy acts on right side but without the balance of Shri Hanumana this heat gives birth to many diseases in us, such as liver problem, bronchial asthma and heart attacks. When this heat goes downward, Shri Hanumana tries to control it, but when the heat goes out of

his control then many incurable diseases emanate from it. It could cause blood cancer, intestine problem etc. Hot Liver is the cause of many diseases and liver problem comes because we do not follow Shri Hanumana. Sometimes we get angry. There is no need of getting angry. But in the fit of anger we create lot of problems, beat others and so on.

Anger is not the power of Shri Hanumana. **There is absolutely no need to get angry with others. If you respect Shri Hanumana you have no need to get angry.** Shri Hanumana never gets angry with any one. But we human beings are infuriated over silly things. Ego plagues us. Shri Hanumana had no ego at all. Generally right sided people are ego oriented. Human beings have so much of Ego that I can not understand! When I try to see through them, there appears to be no cause for this Ego. Even an ordinary person is full of Ego, whereas many kings have no Ego at all. Ego affects all those who do not follow Shri Hanumana. As you respect Shri Hanumana similarly you regard Shri Rama. Now tell me whether a right sided person should get the disease of asthma or not because Shri Rama is the ruling deity of the right heart. Because you do not respect Shri Hanumana, do not behave like him you are not balanced like him, therefore you fall victim to this disease of asthma. Lord Shiva resides in

your heart. The one who doesn't respect him could get heart attack, or many other diseases even after coming to Sahaja Yoga. You should understand that Shri Hanumana is the ideal before you. Lord Ganesha is also there. He was innocence incarnate. He is as innocent as a small child. But he is very wise and discreet. Shri Hanumana is balanced and full of love and joy. At the same time he is power incarnate.

Sahaja Yogi should understand all these things and his life and character should be well balanced. When angry, you should watch silently. I think I never get angry. Without getting angry every thing works out. But people could not control their anger. In the fit of anger they start abusing. Excessive anger is a serious thing, resulting in a serious disease called Alzheimer. Anger is the cause of Alzheimer — Anger which has no cause at all. Suppose someone slaps your son. Its enough to make you angry. What is in it to get angry? What is in it to get angry? Actually you should think that your child might have made some mistake or you are spoiling him by your love. If this type of balance is not achieved then this disease of Alzheimer is there, which makes madcap of a man. Such a person neither dies himself nor lets anyone else die. He always keeps abusing and shouting. Such a person could be cured in Sahaja Yoga,

but the treatment is very difficult because such mad caps will abuse those who try to cure them. So who will go to such a person? If a patient abuses the Doctor, the doctor will say 'Go to Hell what have I to do'? Same thing happens to such people; no Sahaja yogi likes to go near them.

Drunkards are the worst enemies of Shri Hanumana. He burns up the Lanka of those drunkards. No one likes to mix up with such people. They gather ten Alcohol addicts and drink. There is nothing in the house for the children to eat but the stupid people spend everything on wine! Those who follow Shri Hanumana can not take Alcohol because drinking is disrespect to this deity. He would not allow it. But these days drinking is rampant. I am surprised. Once I went to the house of a friend of my husband who was a big officer. Both, husband and wife were used to drinking. It was winter and they asked me to stay there for the night. I agreed. 'Oh God'! there was only one blanket in the house. I said, does not matter, I will manage. But they were very ashamed and upset. They had only one daughter. She was misled but they won't accept and kept boasting of her. So the girl was ruined of drinking. Of late, She came to me weeping.

The element of love disappears in a drunkard. He is unable to love. That is

the reason drinking is prohibited in all religions. But these Christians find excuses to drink. Hindus and Muslims are also no exception. Christians say that Jesus Christ made wine to be served in a wedding feast. Its false. But people take it as an excuse for drinking. In England, I was surprised, if some one dies people will drink, if a child is born, they will drink! Drinking, has become an addiction. Alcohol has become their culture. They have written books on Alcohol, when to take which Alcohol! On what Occasion a particular type of glasses are to be used for drinking. When I see these drunkards, I think them to be half human. Half of them are absolutely mad. But drinking has become their culture. France is the worst in it. You have nothing to learn from them. When they talk of Jesus Christ they are absolutely wrong. In Hebrew, I have read wine that they drink is the juice of grapes (Draksha). Jesus Christ put his finger in the water and it was converted to juice of grapes. Without fermentation how could one make wines? The more fermented it is, the more costly. Fifty year old wine is valuable and hundred year old is a rarity. These ideas have been formed by the drunkards. Drunkards are the writers and they are the narrators. Many people are being befooled by their lectures. But you might have never seen the statue of some heavy drunkard being put in any country! All such people are

not only against Shri Hanumana, but also they attack him and then Shri Hanumana generates such heat in them that they fall victims to Abdominal Cancer and many other diseases. Yet people go on drinking. This System of drinking, which is rampant, I am afraid of it. No one knows what Shri Hanumana may do! I control him, otherwise who knows, he may throw all the drunkards in the ocean one day! I am really afraid of Him. He is full of compassion and devotion. But he does not spare those who stand against him.

Shri Ganesha also punishes the immoral people. Immorality affects the Muladhar centre of a person. Alcohol damages the consciousness. When Shri Hanumana sees someone drinking, he is displeased. There is disharmony in the family of such person. There will be no peace and equanimity in the house. Husband and wife will quarrel, quarrel with each other. Drunkards generally fight with each other and thus get bad name in the society. So Sahaja Yogis should not go to the houses of the drunkards, nor keep any relation with them. Such relations are very harmful for Sahaja Yogis. On the one side you follow Shri Hanumana and on the other you maintain relations with the drunkards! In Pune, particularly, there are many types of Hanumanas—Maruti, Dulya Maruti and many others. So Pune people should be beware of them. These followers of Hanumana once came to me

and requested me to deliver a lecture. But I refused. They asked the reason for the refusal. I said you get drunk and sing dirty songs before Shri Hanumana. Do you know what this Maruti is? He will strangle such people. Now they have told me that they do not allow drunkards there. See how bold they are! Before Hanumana they will do all that and such people think that they can have more money by drinking! Actually most of such drinking people are bankrupt. People ask the reason for it. Its the concern of Shri Hanumana, what reason could be assigned? You are going against Shri Hanumana. His power flows in you, in the right side. Use it in a balanced manner. On the contrary you take to drinking and damage your liver and the whole system. Naturally He will be annoyed. In a subtle way its the work of Shri Hanumana. He does not care for the external reasons. If one opposes drinking then people will be after his life. Those who do not drink are called stupid and outdated. 'Shri Hanumana is there to protect those who are against drinking. Once he hits, you are finished. But Shri Hanumana generally doesn't harm, otherwise people would not have talked like mads. All the time they talk of drinking, parties, this and that. In wedding parties they drink wine like mads. Human beings are very thoughtful and think of the future. But there is no love left in them

The feelings of love for all are absent in human beings. Shri Hanumana is anguished by such an approach. You can not say about the Hanumana who is devotee of Shri Rama. You may be a great worker, a fine person, everything. But if there is no love for all in your heart then it will not work out.

One should have love for all. Jesus Christ has said, "Forgive everyone." Who are you not to forgive? Over small-small things people get crazy and the joy of love vanishes. Every one should salute and bow before Shri Hanumana, the devotee of Shri Rama. We should understand that powers of Sahaja Yoga, we are blessed with, we should keep them in balance. With love you can handle the most difficult people. I have to face very strange people, but I handle them with love. With love bring them round. Once I went to meet a saint. He was known for his anger. I climbed the mountain to reach his cave. When I reached there, I found him twisting his neck in anger. He had the powers to control rain. But that day it rained heavily and I got drenched. He was in the fit of anger. In his cave he was brought before me'. He asked, 'Mother, why did not you allow me to stop the rain? Did you want to purge me of my Ego?' He was very proud of his powers to stop the rain. I said, "What happened if I am wet?" He said, 'to humble down my ego

you did not allow me to stop the rain?' I said, there is nothing such as that. Actually you are a Sanyasi and you have bought a Sari for me. How could I accept something from a Sanyasi? I thought of getting drenched, so that I could accept sari that you brought for me. Tears started rolling down his eyes and he fell on my feet. I said, what had I to do? To get wet a little! Otherwise How I could accept that sari? So I thought it better to get drenched and have an excuse to accept it. I told him that he has brought an orange coloured Nauwar Sari for me. It's good because my petticoat is also wet and this Nauwar could be worn without it. He was very much pleased. Love is a boon which melts the angriest of the angry persons. Whole night is not enough if I start telling such examples. It's happening every day. **Talking with love costs nothing. By loving others you will imbibe the good qualities of others', but by hating them, you will absorb their evil qualities.** It is a practice with people that if some one comes to their house they will entertain him and keep praising on the face; the moment he goes they will start criticising him. It is very common with ladies. On the face they praise and on the back criticise. This show of love will not do. The recipient also understands that you are just showing off. **You are a Sahaja Yogi and you have the power to love by heart. When you**

imbibe this quality, then the tree of love blossoms, then you will give joy to others and be joyful with its fragrance. Nothing else will attract you but that ocean of love.

What we have to learn from Shri Hanumana is this devotion (Bhakti) and the power that he has given to you. If your devotion (Bhakti) is real, then no one dare touch you. No one could touch. There are thousands of examples in Sahaja Yoga. People call them miracles.

But I say that it is no miracle, it is the blessing of Shri Hanumana. So my blessings and love to you all. Love yourself, also love others. Do not confine your love to 'my son, my this, my that'. No! love means selfless love—Nirvajya Prem— love that expects no return, love that is not confined to relations only. You have been blessed with such unfathomable power of love. Use it.

May God Bless You.

AN INTERVIEW WITH SHRI MATAJI

The following is an interview with Mataji Shri Nirmala Devi that appeared in a magazine called *Ziereus* in May 1983 before a visit by Shri Mataji to the U.S. It is interesting in that the writer gets his self-realization during the interview.

Shri Mataji Nirmala Devi
"And The Cool Breeze"

by Stan Bostock

The aim was to talk to Shri Mataji Nirmala Devi about her forthcoming North American tour. What happened was something that is only now, a week later, starting to make sense.

I telephoned the number Shri Mataji's followers in New York had given me, and found myself, an hour later, knocking on the carved door of a five storied terraced house in London's classy Knights bridge district.

The door was opened by a young Indian who ushered me into a reception room as ornate and rich as a jewel box. Furniture covered with rose silk, tables inlaid with ivory, carved and gilded wooden screens, pale pink crystal chandeliers.

I heard Shri Mataji before I saw her. "How are you? How is America?" Then the lady appeared, short, plump, with long dark hair falling free, and a smile that chips away all defences.

Tea was ordered and I was asked to sit down.

Before I could get the first question into gear Shri Mataji asked, "Do you know what the chakras are?"

I mumbled something about subtle energy centres along the spine "That's right," she said, and tapped the base of her neck with her index finger. "This one is called the Vishuddhi. In the universe the Vishuddhi is North America. Australia is the lower chakra, the mooladhara. India is the kundalini, which can link all the chakras together," she traced a line from the base of the spine to the top of her head, "but America is the Vishuddhi, isn't it? such an important chakra."

Shri Mataji then touched the red spot in her forehead. "This chakra," she said, "is the agnya. It is presided over by Lord Jesus Christ, isn't it? The agnya is forgiveness. It shows that the spirit cannot be destroyed, Just as Christ could not be

destroyed, but rose again, didn't he?"

Shri Mataji quietly contemplated the risen Christ for a moment, then jabbed her fingers towards the base of her neck again.

"The vishuddhi, its presiding deity, you could say, is Lord Krishna. The Vishuddhi stands for diplomacy, sweetness, self-esteem, communication and collectivity – like your Abraham Lincoln. He stood for collectivity. Abraham Lincoln was a saint - did you know that? – a realized soul. You have had many great men. Roosevelt now, he said, '**poverty anywhere is a threat to prosperity everywhere**'. So clear. America is so great. It is protected by Lord Krishna's discus."

Shri mataji held up the index finger of her right hand and twirled it, and I swear I could see a bright glittering disc whirling round.

"As long as that discus is there," she said, "America can never be invaded."

"Could that protection ever be withdrawn?" I asked.

Shri Mataji shrugged expressively, and raised her eyebrows high. "Perhaps," she said. "If the land of diplomacy stopped being diplomatic, the land of communications communicated bad

things, the land of sweetness turned bitter, then yes, perhaps Lord Krishna might withdraw the protection." Suddenly she laughed. "On my tour I shall tell everybody how to stop that from happening."

I asked Shri Mataji if she was visiting North America just to sound such a warning.

"There are seekers of money, seekers after power, seekers of physical gratification," she replied, "and then there are people who have done all those things, and are now seeking the truth, seeking their spirit, seeking God. There are many, many seekers of truth in America. Great, great seekers. Oh so great. I want to meet them. Show them how they can get what they have been looking for probably since ages, lifetimes even. Their self realization."

"What is that exactly?" I hadn't yet asked one question from my carefully prepared list.

Tea arrived. Shri Mataji Nirmala Devi, the spellbinding visionary, turned into Mrs. C.P. Srivastava, the attentive hostess. Did I have the right amount of sugar and milk? Would I have a biscuit? (Which turned out to be a cookie.)

"Self realization," said Shri Mataji, "is the yoga, the union. The joining of the

microcosm to the macrocosm, you could say. The raising of the energy in each of us called kundalini. (There is no English word for it. You should invent one. There is a good job for you, invent a good English word for kundalini.) The linking of that energy with the all-pervading energy of God, that is what self realization is."

"What exactly does it do?" I felt a fool at the naivety of the question.

"It brings about a change in awareness. You feel it as a cool breeze, cool vibrations, you could say, on the top of the head and on the hands. It is an actual happening! Not self-certification. Not saying 'I am born again!' or 'I am this or that!' You actually become! If you desire self realization, and you get it, then you become collectively conscious, truly sweet and truly diplomatic. A true blue American, you could say." And the joyous laughter flowed into every corner of the room.

I asked Shri mataji if she was the only one who could grant this self realization.

"Oh no," came the reply, **"once you have it you can pass it on to others."**

"But it all seems to start from you," I said, "Why you?"

Shri Mataji's face became serious. "As far as I know," she said, [I am the only one who can do it en-masse. Once, in India, 6000 villagers got it at the same time. But if there is someone else who can do it, then I am only too happy to retire. I am sixty years old." (At times she looks half that.) "I am happily married. I have a beautiful house as you can see. It would be good to settle down and stop all this travelling around, all the time. But until I find someone else who can do it, then it is up to me, isn't it, to meet the seekers and let them know how to gain this gift that is their own, their right, this Union with God."

"Could I receive this gift?" I asked,

Shri Mataji's eyes danced, "Put your hand above your head," she said.

I did as I was told. There was a faint, oh so faint coolness on my hand. I looked round to see if there could be a draft coming from anywhere, but there was no air conditioning and the windows were closed.

"You feel it?"

I nodded, tentatively.

"That is the beginning. Perhaps while you were drinking your tea you said to yourself, 'I'd like that experience,' and Shri Mataji snapped her fingers, you got

it. It can only happen if you desire it. Give me your hand."

She took my hand and started tracing a cross over the palm.

"You think too much," she said. "Your mind is busy, busy, busy, thinking away."

From that moment on it wasn't. It was hardly thinking at all.

"Too much thinking can give people diabetes. It is not sugar that causes diabetes, it's thinking. We can cure diabetes. After realization. And this new thing AIDS, after realization we can cure that too. **With realization you become your own guru. You can diagnose your own problems and those of others, and you can cure them.** Anybody with their realization and the desire to develop their spirit, can cure and be cured."

At this point a wave of most pleasant well-being swept over me. It wasn't a trance or a hypnotic state (I've experienced those) - it was a feeling of deep peace.

I regretted my next question. It caused the smile to fade from Shri Mataji's face. "How much are you going to charge Americans for this experience?"

"It is part of evolution," she replied.

"It is a gift of love from God, who is the ocean of love, the ocean of compassion. How can you pay for that? God does not understand money. How can you pay for your evolution? Did you pay to stand up on two legs? Anyway, why would I want money? I come from a wealthy family. My husband is Secretary General of the United Nations International Maritime organization here in London. I do not need money. I do not accept money."

Shri Mataji let go of my hand and smiled.

"Better now?" she asked.

I nodded.

"That is because your brain is not so active. You are more balanced, more centered, more relaxed. Have some more tea?"

I put my hand above my head again. The coolness was still there. Perhaps even stronger.

"There are so many great seekers in North America," she said. "I want to meet them."

Now, almost a week later, when I sit down quietly, that sense of peace and relaxed happiness returns. I am hoping it won't go away!

