

The Divine Cool Breeze

Volume : XII Issue : 3 & 4

March - April 2000



In thoughtless awareness nobody can touch you, that's your fortress. By meditation one must establish thoughtless awareness. That is the sign you are rising higher....

You have to see whether you have achieved your thoughtless awareness? Its the minimum of minimum.

Her Holiness Mataji Shri Nirmala Devi

Ekadash Rudra Puja

In this Issue:

| | |
|-------------------------------------|----|
| Invocation to Shri Adi Shakti | 1 |
| Shri Ganesha Puja 25.9.99 (Cabella) | 2 |
| Navratri Puja | 12 |
| North American Tour 1999 | 21 |
| Shri Mataji's Canadian Tour 1999 | 25 |
| Reclaiming the Swastika | 32 |
| Sahaja Yoga World Centres | 37 |

Edited by : Yogi Mahajan

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

INVOCATION TO SHRI ADI SHAKTI

O Mother Divine

Out of the highest realm of Divinity You have come on this Earth only because of Your infinite love, compassion and benevolence. Your powers, which created all the universes, are insurmountable. Your completeness is such that everything that exists, that has existed, shall exist and also that exists for ever is contained in Your indescribable being. Despite that, O Supreme Mother, out of Your immeasurable love, You have assumed a form which is similar to ours, only to give us guidance, protection, salvation.

In spite of being the Most Powerful, the Most Complete, the One Who contains everything, O Beloved Mother, You have granted to Your children the opportunity of offering Puja at Your Lotus Feet, only for our own benefit.

On this auspicious occasion of your 77th Birthday we all the Sahaja children from the world most humbly and respectfully invite You to Delhi and shower your blessings on us.

Humbly,

Your children from the world.

SHRI GANESHA PUJA 25.9.99 (Cabella)

Discourse by Her Holiness Mataji Shri Nirmala Devi

TODAY we have gathered here to worship Shri Ganesha. You all know what a powerful deity He is. His power comes from his innocence. When we see small children we are automatically compelled towards them and also we want to love them, kiss them and be with them. And very innocent they are, extremely innocent, and when we worship Shri Ganesha we have to know if we have been really innocent or not. These days people have become extremely cunning, and they don't mind any amount of cunning. They play all kinds of cunning games on others who are innocent and simple. They can justify themselves always that whatever they are doing is the right thing in these modern times when everybody is so cunning. This cunningness can take you to the other extreme of right side, which is very much punishable, in the sense that some people develop all kinds of problems, which are physical, you can say. Like their hands can get paralysed or their leg can get paralysed. Also, they can have other troubles with their liver treatments and all that. All this comes up. Then to punish them a disease of psychosomatic nature might set in. At this time, when you have

these problems, all such people, who suffer from the right side, should worship Shri Ganesha. For example these days, life is very much busy with all of you. You are extremely busy with your work and you are doing extra work, I should say, than normal. But you think you are doing a very great job of God. As a result Shri Ganesha is neglected and such a man can become either very dry or very self indulgent. One of the two things come up and he does not know where he is going. The only thing that keeps you in the middle, in Sahaja Yoga, is Shri Ganesha's Puja, Shri Ganesha's worship by which you can always be in the centre. All these diseases of the right side can be cured by Shri Ganesha's Puja.

Now there are various ways people worship Shri Ganesha but there is a simple way to remember him and sit before his photograph and take vibrations from him. That's the best way you can balance yourself. There are so many worries, there are so many struggles you have. All these can be neutralised by Shri Ganesha. Though innocent, He is extremely clever and when he comes to your help you are amazed. How he works

it out and how he removes all the hurdles and all the worries from you. So this is the most important deity we have. Though its a very simple deity. This Mooladhar chakra is very very complicated. It is one of the most complicated, chakras I think, because it has many waves, it has many compartments. We can say which all the time are vibrating and oscillating. So to study down these you should try to be absolutely dedicated to Shri Ganesha.

Shri Ganesha, as I told you, was incarnated as Jesus Christ, and Jesus was also a very innocent person. If he was not innocent, He would not have been crucified, but he was not a cunning fellow to see the cunning of others. His own disciple deceived him and still he knew who it was, he never said who it was. If you see his life, its full of innocent beauty, is such a simple hearted personality, such a good personality and wherever he saw anything wrong done he is to go all out to fight it. Same is Shri Ganesha.

Shri Ganesha's blessings are very important for all the people who are specially prone to some sort of a hurdle or 'Sankata as they call it'. He is called as Sankata Vimochan, the one who takes you out of all the hurdles of life. So many of you have experienced how he has helped you in different troubles and hurdles and also different type of very

very difficult times. It is his style that he manages things so well because he is a Ganpati. Ganpati means the one who is the Lord of the Ganas. As I have told you Ganas exist within us. Very nicely settled down as these bodies, small, small bodies who report if there is any problem. They report to the brain that there is a problem and on the sternum bone is the residence or you can say the throne of the Goddess Durga. So whenever there is any problem we are found into some trouble, sternum bone starts vibrating and these bodies which are Ganas get the information. Antibodies they are called in the medical terminology. Then these Ganas attack. They can target also. They know how to target the troubles and attack it, one may think that only the people who are suffering medically are helped by Ganas is not true. Also the people who are mentally upset, who are mentally suffering are also helped by the Ganas. These Ganas are so good at targeting their problems that sometimes we are surprised how things are worked out. For example say something happens to someone, some child, somewhere. Now his parents start crying for Mother and the Mother is the Durga say, then what happens, that they immediately rush to that place and miraculously they cure the boy, miraculously they say. So many miraculous thing that have happened in your life you cannot explain, but they are

all due to this Ganapati's Ganas. They are also small like him and they are very active and very alert. They never sleep. Anytime there is any trouble these Ganas will go and attack the problem and find out solution for him. It is something unbelievable how they act and how they inform.

I can give you so many examples that have happened like this. For example there was a boy who got drowned in one of our ashrams in America in the swimming pool. They were all jumping in the swimming pool, I didn't like the idea of swimming pool very much because there were children. So one boy fell down into that and was inside for about 15 to 20 minutes. Nobody knew he was there. So then they tried to find out the body of the boy and then they found out he was not there. Where has he gone? Then they discovered that he was in that swimming pool. After that they got so frightened and they said we just prayed to you, Mother to save this boy. Surprisingly, I never telephone to any Ashram, I didn't know even the address, but I asked to telephone to this number, on my own. I don't know anybody's numbers and, when I telephoned, one of the leaders came there and I told him I know the boy has fallen into the water and he will be saved. Nobody had told me anything. "Don't worry he will be perfectly alright." Then

they brought out the boy and he was treated by the doctors also but also with vibrations and today that boy is perfectly alright, while the doctors had said he can never survive. If there is one chance of his surviving, he will be like a dead body, in a coma all the time. This boy, I have met him this time, when I went to America. So, like this, so many things happen and people tell me that Mother its your 'kripa', your blessings that this has happened.

In a way, it is very distantly, I should say, but because of Shri Ganesha. Now Shri Ganesha's another quality is that he is extremely obedient to Mother. He does not recognize even Shiva, Vihnu, any one. To him his Mother is everything. So he can fight with his father, Shiva, he can fight with anyone because to him is complete obedience and absolutely quick 'Tatpar', just quickly understands what is the desire of the Mother and he works it out. His style is otherwise very innocent, simple, child like but His work is tremendous. Now these Ganas are also very innocent people, very innocent but when told that you have to attend to a particular problem, they are extremely quick and they are very fast. The another thing within is that he respects people who are chaste, who have chastity as the prime thing in their life. Chastity is very much worshipped by him. Its not only in women

but also in men, he expects chastity to be present. After getting realisation you should be absolutely chaste people, you shouldn't have your eyes rolling around every where and sort of what you can call a very bad method of communicating with young women and young men and spoiling your chastity. Even your eyes should be cleaned, even your thoughts should be cleaned. For that you should introspect and see for yourself what mistakes you have committed and what kind of an unchaste behaviour you have. You have to correct yourself and ask Shri Ganesha to forgive you. If you ask for forgiveness, he can forgive anything. He is so innocent and beautiful that he forgives you, but that is a very important thing. Our whole morality depends on our idea of chastity. We should be very chaste. So many religions have come and they have talked about chastity. But religions have become so useless now, have become without any basis, without any proper execution, of what is written for them. They do all kinds of things and they call themselves Hindus, Muslims, Christians, all kinds of religions. Actually the religions have failed completely and that's why Shri Ganesha gets after them.

Another thing about Shri Ganesh is that he is created out of the Mother earth. He is absolutely created out of the mother Earth. So if he doesn't like people of some

country, who are doing black magic, or who are doing fundamentalism and where people are also having very bad morals. He creates problems for them. What happens that He tells the Mother earth to create the earthquakes. Earthquake takes place in places where there is no respect of chastity, also where there are fundamentalist and also where there are people who are worshipping the black magic. This kind of people are attacked by him through his Mother. So the Mother earth also understands. Now we have so many earthquakes, one in Turkey you know, one in Taiwan, but not a single Sahaja Yogi has died. So he protects them. He has discrimination and only such people, who are of this kind, he tries to destroy them, and he has destroyed many like this even before. Also, the Mother earth's powers he has got, is that he is magnetic, he attracts people towards himself, people take to him very easily as we take to children very easily. So that is magnetic power that he has got within himself.

Now, you will be surprised this magnet exists also in the birds, also in many animals but specially in the birds. That's how they can follow direction where they have to go. They are flying from, say Siberia, all the way, flying to Australia. How do they fly? And again they come back to the same place. It also is in the

fishes. Fishes also are found say in the waters which are coming from some hills, so they come to the plains for some time and again God knows how, they go back to their own place. So going back to the same place is only possible if there is a way of knowing the direction. But they know the direction, they have a sense of direction, also they are bound by their own qualities. For example a snake will be a snake, a dog will be a dog, and a lion will be a lion. But human beings have perhaps all the animals within them. So they could be anything, you can't say and they are too cunning to admit that they can be anything. And once they become anything like that you are amazed how these people can be of such a low level when they are human beings. But it is so because Ganesha has not been respected in their lives. So they can go to any level, any place.

Another example, I give you a very big earthquake we had in India, in Latur. In Latur this was the fourteenth day of Shri Ganesha where they take Shri Ganesha and put it in the sea or in the water of a river. So there, in Latur, these people have been having a nice statue of Shri Ganasha. Before the statue they dance and they have now started playing very dirty, very bad, music from some very funny films or something. It's so bad that you just can't bear it. Very bad and that upsets Shri

Ganesha. So like that they were doing to this one statue that they had and they were dancing before it. But when they put the statue in the water and they came back home, they got drunk and when they got drunk, they started dancing with that drinking and saying Jai Ganesha, Jai Ganesha. At that time the earth moved and the earthquake took away all of them inside the earth itself. They all disappeared into earth. Apart from that there were many others also who were doing this kind of thing, were taken into the mother earth. And our Ashram was there, a kind of a centre and around the centre there was a very beautiful land but he did not touch that land. Around is about at least quite a long distance, a big gap came in and there was a opening in the mother earth all around the centre and nobody was harmed. They were all at home. They were all right. But this happened, that our Ashram was not at all touched and this is how they saved the Ashram and not a single Sahaja Yogi died. It is really very remarkable how the protection is given by Shri Ganesha and his Ganas.

So we must respect his Ganas, very important is to see that they are all around within us, they are acting within us. They see us what sort of person you are, and in case you try to dislodge Shri Ganesha by your misbehaviour they try to see that you again go back to normal. They give

you a chance many a times. But even then you go on with your cunning and ideas about your ego, you are very badly hit by him and that is the biggest, I should say, calamity for you people. So you must worship Shri Ganesha but I always say don't worship every Shri Ganesha which is being created by those, we can say, artisans. Because God knows what sort of Artisans they are. For money's sake they might be making Ganesha and they might not have got any idea of Chastity. Such people make these Ganesha and then you worship those Ganeshas, so we are not at all helped by this.

That's why Mohammad Saheb has said, don't do any worship of any idol because these idols have been created by human beings who are not authorised to do that. They are not Swayambhus 'स्वयंभू'. They are not created by the mother earth but are copied by people who are just wanting to make money out of them. So that's how any idol you get, say, from the shops need not be worshiped, it is not to be worshiped, any idol whatsoever. So whatever is not there, we should not worship because it is made by somebody who has very bad vibrations, who is a cheat, who is very cunning and thinks no end of himself. With such a person if you buy a Shri Ganesha it is going to harm you, is not going to help you. You can have it for decoration in the house but

not for worship. There is no photograph of real Shri Ganesha, no photograph.

There are eight Shri Ganeshas who came out of mother earth. I have seen them. But in those places the pujaris, the people who are the priest are horrible, horrible people. I went to one of them and he said, "I am getting Asthama", "I am getting paralysis, how is it I am worshipping Shri Ganesha, my forefathers have worshipped Shri Ganesha and how he is doing this to us." I said, you just introspect yourself, what kind of a life you lead, what do you do, are you really worthy of Shri Ganesha's Pujari. And then he realized it. I said, "I will cure you now. Its all right but afterwards you see to it that you become an innocent personality. Try to lead an innocent life, not of outwitting another and being very cunning and clever. Shri Ganesha's troubles, are really, I can't count them even, how much it can hamper, or how much it can give you trouble, how much it can take you nearer to your death. He is so powerful, because all his energy is for the divine work of his Mother, all his energy.

He doesn't do anything, he doesn't want anything. Just all his energy is for that and he is asking for what is simple, what you can call Modaka, a kind of a thing they make out of coconut. That's what he eats. His body is so subtle and so, so powerful

that he can move mountains after mountains. With his simplicity, with his sweetness, and with his innocence he can really change people. People who are very harsh, can be changed. His symbol as we have seen is a Swastika, of the right direction. But if it is the other way round Swastika, then that can destroy. When It was used by Hitler in the beginning, it was the right type and he was successful. But then what happened, they had stencils and they started using it from the otherside. So it was from the left side, they started other way round and then they were all destroyed. How powerful is Shri Ganesha's Swastika, you can say. Also we have proved now that Swastika if you see from left to the right, is actually from the Carbon atom. The carbon atom has got Swastika and the whole of this chakra is made of Carbon atoms, all put in series. Now if you look at it from the left side, you have proved it now, look at it from the left side to right side, what you see is Onkar. If you see it from right side to left side, you see the Swastika, and if you see from down below upward then it looks like a Cross. So it proves that Shri Ganesha incarnated as Christ and he is the one who is worshipped all over the world, is already written in the Devi Mahatmaya if you read it, is all clearly written about him how he became an egg and out of the half of the egg became Christ and half of the egg was Shri

Ganesha.

All these things are there but we cannot understand it because we are confused. We don't want to see it in a proper sense that this is already written there. So those who worship Christ, also worship Shri Ganesha and whatever you say to Christ you are saying it to Shri Ganesha. They are not two, they are one and absolutely one with each other. All the things I have told you about Christ, you can try to find out and you will prove it. Like Christ had these two fingers, this means one finger is for the Vishuddi as we say Shri Krishna and this one is Vishnu's means this is his father's. That means his father was Vishnu or Shri Krishna. Very clearly he used to do, why didn't he use other fingers, only these two fingers why did he use. Pointing out towards his father who was Shri Vishnu and Shri Krishna.

It is easy to understand what I am saying, if you see the vibrations of Shri Ganesha. If you see his vibrations and think of him you will be amazed, that your Agnya will open out, you will become thoughtless, because he is the Jesus and he is on the Agnya. So it all opens out and all the stupid ideas about getting the Agnya, this and that is all neutralized because you see for yourself, just the name of Shri Ganesha can open your Agnya. The cunningness that comes from Agnya is absolutely finished. You are no more

cunning. When you see this innocence on your forehead, you are amazed at yourself and all such ideas just disappear. You cannot think of something very cunning and harmful to others. You are completely changed when the Agnya is absolutely opened out. This one is a very big blessing to us that we all have this Muladhara Chakra now put into proper thing. When you sit on the ground also it helps more because the mother of Shri Ganesha is this Prithvi, is this earth, the mother earth and that's why we should look after the mother earth. We don't look after the mother earth. We don't understand the value of mother earth. Actually in Indian culture it is that when you are getting up in the morning, you must say Namaskar to the Mother earth because saying that I bow to you, O, Mother earth because I am touching you with my feet. Such respect you should have for Mother earth, then you won't exploit it, you won't have today's problems of pollution and this and that.

It all comes out of our ignorance that the Mother earth is the mother of Shri Ganesha who's chakra we have got as Mooladhara. If you understand this you will be able to understand, what is to be done. The mother earth itself we should look after, we can glorify her, we can beautify her, we can do all kinds of things but the way we are exploiting the mother

earth is a wrong idea, is very wrong because it is harming us with pollution. To cut down the trees, to cut down every thing that mother has produced and just to use it for money is a very wrong thing. One should think about it and when you cut one tree also you should put another one there. That is the beauty of the Mother earth, all the greenery, every thing is the beauty of the Mother earth.

Many people have no interest in gardening or in nature, no interest. I don't know how they live but they do without taking any interest in gardening or in the nature. Nature is so beautiful, just look at the nature, it is never smelling, is never dirty, every leaf is so organized that it should get the sunrays. There is no quarrel about it. They are so well organized, everything is so beautiful and it is never destroyed also by any animals. You will be amazed. The animals also don't destroy, at the most they might eat some grass or something, but normally animals do not destroy any tree, do not destroy anything as we destroy the Mother earth for our own use. Whatever may be the cry for this, we have to understand that we have to respect to the Mother earth.

Mother earth is the mother of Shri Ganesha, who is our, you should say the eldest Sahaja Yogi. He never had to take to yoga but he is in Yoga all the time. He is the greatest yogi we have and the way

he is doing right things all the time. He never does anything wrong, never and he is so capable of getting to the position of any great deity that is possible, I would say. He is the greatest deity we have and we should really worship him. Through him all deities are worshiped and are made happy and blissful. So this is today's thing was that I was just thinking that now a days, in modern times how we have become shameless, how we have tried to trouble our chastity, for kind of a honour. If we have any honour you will have the chastity but you are dishonouring yourself and you think you have been very very smart and modern by becoming so sinful. All the sinful act that is going on in these modern times is absolutely wrong and it should be completely, we should abhor it. You should go no way near because that's all wrong and that's how Shri Ganesha gets angry. Decency is very important in understanding, what is our important basis, is our chastity. In India you know thirty two thousand women got themselves burnt for saving their chastity. I come from the same family and you can imagine what courage they must be having, what faith they must be having, in their chastity that if we lose our chastity what's the use of our life. So they cared for their chastity, have done so much sacrifice to show that chastity is the most important thing, we all should have. Its not only for women but also for men, very

much more for men. Shri Ganesha is very important thing because men can develop so many diseases if they do not respect Shri Ganesha.

Our health would be the best if we look after Shri Ganesha because he is all the time repairing our body. He is all the time looking after, protecting us and our Shri Ganesha is in the Mooladhara. He is the one who is looking after our Kundalini, he is protecting our Kundalini. If any thing happens to us the Kundalini comes up but the one who supports her and, keeps her up, awakened and standing is Shri Ganesha. He works it out. He is the one who is the protector of our Kundalini which is also a basis of your self realisation. So how much important is Shri Ganesha you should know, and you should find out about yourself, introspect that are we really dedicated to Shri Ganesha? If we are, what are we doing about it? Then you will develop a real hatred for all these dirty things. You will not like them, will not like such people. That is how a Sahaja Yogi should work it out. The children are the best as we know. Children are so sweet and so kind, they are so loving, so beautiful. In the same way we should know Shri Ganesha is there. He is the one who is really innocent but extremely extremely, protective of you, very much protective, with his innocence.

So we should also try to cherish our

innocence and not to feel hurt because sometime such people are cheated, dominated, every thing happens, doesn't matter. They will all suffer who will dominate innocent people. As the whole world, you see, there is a big uproar about it, people are talking about it that there should not be domination of the innocent simple people. It has happened but it all has to be changed, has to be brought to some last end otherwise people can not exist, like everywhere they went and oppressed so many people. In America, I was surprised to see that there were so many Red Indians, who are called as Indian Americans. They were all oppressed so much that they had to run away to different places and then I went to this place Canajohari. I found the vibrations were so good. That means they were very innocent, simple people and Americans that time, who went there, tried to completely finish them. So they went and hid in places like Canajohari but the Canajohari has such tremendous vibrations that I said look at this, so many years have passed, still the people who live there or worked about and were absolutely enjoying this place were Red Indians, the ones who were Indians, we call them American Indians. But they are so simple and innocent and they were so, I think, spiritual people because they used to worship the Mother. All the time they worship the Mother. Even I have seen in

other countries it has happened but I was happy to see that in Australia they are very secular. They have many Maoris and all those people and they encourage all of them and its so surprising that they have so much talent and they are bringing them to this state to show that they are equal in their rights, political rights, in Australia. Its a very good venture.

Now this Ganesha has appeared in Australia is as Uluru, is a very big mountain which looks like Shri Ganesha. It has also a very big trunk, going down. Vibrations itself will prove that it is Shri Ganesha, from the mother earth. He has appeared in many places, Shri Ganesha not only there. But there I felt really the source, source of vibrations. Thats what it is. And in Australia I thank him that because of him only Sahaja Yoga has worked so well and so easily, and Government also has never troubled us or there has been no problem with them. I don't know what's this helping them but perhaps it is Shri Ganesha as uluru which is protecting Sahaja Yoga there and is growing so much. In the same way every where, where ever you may be Shri Ganesha should be worshipped and you will be helped out and out miraculously. You will be helped, miraculously but first do something about our chastity which is Shri Ganesha.

May God Bless You.

NAVRATRI PUJA

Cabella, 17-10-1999

Discourse by Her Holiness Mataji Shri Nirmala Devi

Tonight we have gathered here to do the Puja, to the Devi, that is, Mahakali we can call her, or Durga. So many types of forms, She has taken to kill the negative forces that are trying to trouble or to obstruct or even to grow, the people who were gentle and good. Her forms are of different types that we know about, that She destroyed so many rakshasas. She destroyed many evil doers. Also, we do not know that in the world wars that we had She was there to protect the right type of people and that's how they all survived the ill plan, the ill gotten plan of very cruel and evil people. The evil people have a capacity to hate and to express their hatred in every way that is possible. They are really born evil and there are also who become evil. When they are born evil you can make them out that their whole style is so aggressive and so vindictive about things, but hatred has no limits, no limits at all because if they hate, someone then just to justify that hatred they will say all kinds of things, just to justify. But sometimes they don't even want to justify, they just feel that they hate and it's a fundamental right they have got

to hate. But these forces join together sometimes to form a giant personality of evil which tries to torture the human beings and trouble them. They might take any name, they might call themselves by anything but they are absolutely hundred percent evil and for such persons there is no pity or compassion from the God Almighty. These are to be destroyed and that is the job of the Goddess, to destroy them, who is a Mother, full of compassion and love.

It's a very contradictory work the Goddess has to do, to kill these people because in the larger interest it is important that all such evil people should be destroyed completely, but they do not. They, like you go to jail for sometimes, like that, they go to hell for sometimes, suffer and again they come back much more stronger and then again try to trouble good, saintly people. It's a common style they are, all over the world. They can come in the form of a very good man, of a very gentle man or of a man who knows a lot about God or they can also say that they can give you realisation.

All kinds of lies they are capable of because they have that power-evil power of doing evil. So, they take to all kind of falsehood and they proclaim that we are this and we are that and we can give you this, all that.

Actually they have come on this earth to ruin people. We have had many of these false people and many stupid people followed them. They never talked against each other. Christ has said, "Devil won't talk against its own house", as if they are in one house and in one house they live and they can not talk, of something that will disturb their collectivity or their fraternity. Their fraternity is so great that wherever they are, they know that they are together. Just imagine, all the evil people should join together and behave in this manner, is very surprising. That's why they are very collective. Supposing, one has taken a particular part of the land. Then he dominates there, another takes up in another way, third one takes, there's no competition as such. Ultimate effort is somehow or other to destroy all the creation of God, all the good people of the world, who will ultimately get their self realisation and who will have the knowledge about reality. This kind of atmosphere is the worst during Kaliyuga, and there are so many, stupid people who may be simple, who may be good natured but they are drawn by the evil doing of

these people. While the good people also sometimes follow suite, they also try to follow them. It's very surprising why should good people not understand what is good and what is bad? But that discrimination many good people also lack and that's why they take to wrong things and then they go on justifying all the time. Whatever they are doing is the right thing, is the best thing, they have the proof of it.

Now, as you know there have been many of them in this Kaliyuga and so many of them have now disappeared from this earth and now they can not trouble us. But, there are still some more who are exposed, people have exposed them so much that no body can expose anybody without any proof. But, they have such courage and they are so full of confidence that they can do what they like and anybody tries to expose them, they will definitely ruin that person. Few things they are doing-first of all, they put wrong ideas into your head. They say that we are very great people, we are this, we are that. God has sent us, all sorts of things they will talk but there is no proof about it and human beings never ask for the proof as to how do you say? What is the proof? So, the solution is Sahaja Yoga. In Sahaja Yoga you have the experience, you have the proof. Then you grow into it, immediately you cannot become a great

Sahaja Yogi, that's a fact. You have to mature, it takes some time for some people, it takes some more time for some people, doesn't matter. But, you do mature. In the meanwhile if you try to go to these wrong people then there is no possibility, there is no way of again bringing you up. Specially those people who rise high in Sahaja Yoga. If they fall, they fall so low then even an ordinary Sahaja Yogi could say Mother, look at him, where has he gone! So, with all these things happening, what is our job, is to worship Mahakali within us because what does She do, perhaps, we are not very aware of.

First and foremost thing She does is to protect us. Wherever you may be, what ever you may be doing, in whatever peril you may be, how-so-ever dangerously you may be placed in life, She protects you. First thing, She protects you. All the people who write to me how they were protected, how they were cured, how they were helped is this thing that they should know that all this has happened because of Mahakali power within you. She exists within you. When you are worshipping Mahakali, you are worshipping the Mahakali within you, with due respect you must know that this Mahakali is a very sensitive personality, She is very sensitive. If you try to do any wrong to anyone, She will guide you, She

will tell you by many ways that this is wrong, why you are doing wrong to some person. But, if you do not repent and come back on to the normal position, She gives you up. Once Mahakali gives you up, you are now exposed and become prone to all kinds of evil things. I would say, when you worship her, what you want? You want her to protect. In your discrimination, in your mistake you might do something wrong, may do something that is not good for you, could be very dangerous for you. But She is the person who guides you, how to avoid all the dangers.

Now, She protects your life. She protects your body, She protects all organs of your body, She is the one who gives you all the security of the life. In Her realm you feel completely secure, you are never afraid of anything. Because you have left her realm, you have come out of it that's why, that is the reason, you are afraid. But, if you are under Her beautiful guidance and Her blessings you will never feel afraid to do anything, you will never do anything wrong also. As soon as you will try to do wrong, She will hold your hand. She is really the guiding person, She is the one who actually gives us our existence. Without Her we cannot exist because She is the one who is the power of Shri Shiva. She gives us so many things. For example, She gives us the

relaxation, the sleep. She gives you the truth, She tells you what is the truth and what is not. Sometimes people so much in their ego, always try to believe that what I think is the truth. Then, She is the one who points it out by creating a maya, a kind of a confusion that you start thinking, what is this? So, She is called also the one who gives us 'Bhranti' means 'illusions'. She puts you to illusions also. She tests you, puts you to illusions and She then ultimately takes you out of the illusions.

She is the one who relaxes you because She take over all your responsibilities, She takes over all your problems. She is the one who solves all the problems. It is we who forget to leave all the problems to Her. If you just leave problems to Her, all your problems are solved. Not only that but you really feel blessed. It's not only physical also it is mental that She makes your mind absolutely free of worries. She doesn't worry and She doesn't want you to worry. If you worry then She tries to show that while you are worrying, you are denying Her, you are not accepting Her. Worrying is something, is very common and people take great pride in it. "O! I was worried." How can you be worried when your Mother is sakshaat Mahakali. She can kill all the demons, She can finish all of them. She knows how to manage things and

when you are like a child before Her, how can you worry about it! So, your worries are finished. She worries about you, you shouldn't worry about yourself. That's the point in it. Her security is so great, She is so secure Herself that She gives you all the security that you need. You can hold on to Her feet, you can hold on to Her image or to anything, you can even pray to Her. Many people are being cured only by praying to Her because She cures you. She can cure your diseases which are very complicated diseases, She can cure.

Now, what she likes-Mahakali likes the light. She is worshipped in the night because then we can put on the lights. She likes enlightened person. Also, She likes the light, She likes the sun, She likes something that will be completely enlightened and brightened. You must have heard about people who are called, I don't know what, but specially in the West they use them, they have big teeth and they are the people, just imagine, they cannot exist before the sun. As soon as there is a sun rise they just want to go off and sleep. They cannot see the sun because the light they can't bear. Now, what has happened here that Mahakali has departed from them and when Mahakali has departed from them and then they are afraid and such people are attacked by these people who know they are afraid. The sun itself is very important to work

out this Mahakali thing. But, as it is, in the West specially, we are very hard working and very much sun oriented and we worship the sun. All this we do-worship the sun and also go right sided very much. Then it is She who gives us the balance. She is the one who gives us the balance by relaxing us completely and protecting us. Sometimes we are competitive and we are really worried and we want to do something which we cannot do then we get upset and we don't know what to do. Then it is She who brings sleep to us. So, when we sleep She looks after us, She soothes us and She takes away our problems. So many things She is doing but what are we doing for Her that we should see. Main thing is that we are ourselves worshipping Her. She likes that Her children should worship Her. That on that level she can be one with them, she can give them Her compassion, love and protection from all the evil. But, it has to be understood those who are not yet settled, those who are not yet absolutely belonging to that land of security of Mahakali can be attacked and once they leave that area, they can be very badly injured, killed, whatever may happen.

So, we are living in this Kaliyuga in a very dangerous times, means anything can happen. So we have to be very careful, we have to watch our mind, to see how it

works, what does it teach you, what does it tell you, try to understand what is the plan of this evil person that you are playing into his hands! How can you play into his hands? And how can you do whatever wrongs he wants you to do?

Secondly, against Her is the ego. The biggest problem is the ego today. Ego shows "no, no I can do," Ego says - I will work it out, ego says - it will be done but the human beings, yield to ego. It is of a great satisfaction for them that their ego is so strong and they don't want to listen to the Mahakali forces.

You have to be like children, really that's a state we have to be in, is to be innocent like children. She loves innocent people, She is innocence Herself, She loves innocent people and She looks after you much more because you are innocent, you are not cunning, you are not very much trying to play your ego on others. If you are innocent, She helps you, She definitely will help you but this ego has to be brought under control because he is the worst enemy She has. She doesn't like your ego, She wants you to be egoless, to be innocent. As you know that it is first She came and She created Shri Ganesha. That's why we worship Shri Ganesha, we have to be innocent, means, we are not planning to do something bad or good or anything but we are without any intentions. It's a timeless, activity. You

just don't bother about what you are going to do, what you are not going to do, what you should do-nothing of the kind. You are just existing in your complete innocence and enjoying yourself and making others enjoy. If there's one child in the house he can make hundred people dance, it's like that. Because these children have the power of innocence and that is what She respects. You sometimes feel that how people are cheats, how they cheat us, how they make all kinds of, I should say, aggressiveness, sometimes how they try to also tell lies, all kinds of things they will do and they expect so much from you also but all this is happening, is happened. You shouldn't bother about these things, you should keep to your innocence and you will be surprised you will be completely protected. How? because Mahakali will stand around you, She will look after you if you are innocent. Innocent person doesn't get angry. What is there to get angry. Innocence has its own, I should say, strength, power. It's extremely powerful. Even a cruel man, if he sees a child he becomes little bit aware of it, there's a child. The whole world is aware that children should not be in any way tortured or troubled, why? Because children are so innocent. So, the quality of innocence is going to really help you very much because She appreciates your quality of innocence.

Then another thing She loves in you is your

compassion, compassion for each other, love for each other, also caring for others. That is something She loves. If you are a Sahaja Yogi, if you are a realised soul She's always with you but she says what are you doing with your compassion? How many people you are giving realisation? How many people you are curing? How many people you are helping? She is quite aware of whatever you are doing. I should say it's such a tremendous power of Mahakali that She knows everything about you, everything. She knows, your mind, She knows your heart, She knows about your health. Everything She knows, actually She is the Mother in every way who cares for the little child. In that way She knows that this child doesn't do anything, is very innocent. So, like when you are very small, your mother looks after you. In the same way, this Mahakali looks after you.

Then the Mahasaraswati power comes in and She educates you, She gives you other ideas of knowledge, this, that but looking after the child in you, looking after your innocence and your compassion is all done by this Mahakali power. So, She is extremely sensitive about her children. No body dare touch Her children. For her everybody is like a child. Those who are realised souls specially, She thinks are Her children and in no way they should be hurt, nothing

should happen to them. She is always following them. One can say if She is a person, how does She follow them, because She is omnipresent. She is present everywhere, everywhere in your life She is there, specially with Sahaja Yogis. She follows them up and down, everywhere, whatever you are doing. You are in an accident She's there to see you, She's like an angel behind you and nothing can happen to you if you really worship her from your full heart, not for any gain, not for any achievement but for Her blessings. Her blessings are very great and they really have enriched human beings, they have enriched this earth, they have enriched everything because of the blessings of Mahakali.

Of course, then there comes the Mahalakshmi. Her thing is that in Mahalakshmi principle you become sort of detached. You start finding that what is this world after all, and a kind of a feeling of detachment comes into you and you start thinking that there must be something better, there must be truth beyond. Specially, people who have been tortured by bad people always think like that that there must be someone who will raise us from this. Here comes the Mahalakshmi principle in you which is the principle of the Goddess, of ascent. She puts the ideas in your head that what is next? What do we have to do? After all, is this

the end of our life! What is the purpose of this life? Why have we come on this earth? What is so special that we should live on this earth? All such fundamental questions start rising and then you just take to the seeking. In that also you have to understand the Mahalakshmi principle is very-very, very different from what people understand. They think if they are seeking it should be intelligible, it should be through their minds or could be rational, all this or scientific. That's how they move seeking the truth. It's not possible. Mahalakshmi's principle is like this, that you should have earnest desire to know the truth and truth and truth and nothing else. When you think like that then you will not take to other things.

So many people took to drugs thinking that by doing that they will achieve their self realisation. It's a wrong idea. How can you get away from your awareness to achieve that. Awareness is the most important thing. If you can go into the realm of awareness then you have to understand the basic awareness is not to be lost. If your basic awareness is lost through drinking or through drugs or all these things that people do. They think that they are seeking that's why they are doing. So, sometimes they take excuse of seeking to do wrong things. It's like a revenge on yourself, I think, that you want to revenge on yourself by thinking that you are now seeking. It's not the real seeking. In a real seeking a person has to

just meditate and should find out what is the right way but that too by not reading some books or listening to some false gurus.

Actually Kundalini awakening is the only way one can know the reality, there's no other way out. But no body tells that it is Kundalini awakening. They will tell you, we will go to this place, then to that place then, move to that place then, this has to be done and ultimately where do you come-where you started. It's just like that moving from places to places, moving from false to another false to another false to falsehood.

Ultimately so many seekers have been lost. So many have been lost because they thought that certain type of seeking is very precious, because you can pay lots of money to the guru. I mean, you can purchase the guru and so all the rich people can become enlightened, that means that. But I don't think the percentage of good people are all only rich. The people who are good are good whether they are rich or not is not the point. But such people try to gather round a person because I think there's a subtle ego of their money that we can afford to buy this, buy that. Once I was in America and there was one lady who came to see me and she didn't know that I was a spiritual person. So, she said, now, there's a very good guru who has come to America. I said, really! what does he do? She said, there's a

sale on, I said, really! You can pay him half the amount, he can give you his blessings, alright. Then next week she said, now the sale has come to one fourth. If you pay the one fourth amount then he will give you the full knowledge. I said, how can he reciprocate, it's not proportionate, I said. When you were giving half, he was giving half, when you are giving one fourth, he is giving full. That's the thing, she said. he is very magnanimous, you see, that's the point. I said, for all such people who think they can purchase truth, they can not achieve it. You can not purchase it, you can not pay for your Kundalini awakening, no, nor you should take any payment for that.

Self realisation is absolutely the divine grace and you can not take money for that. You can not sell it. It's not so cheap to be sold. If you understand that then the Mahalakshmi power works and Mahalakshmi power is really meant for people who are genuine seekers, who are really seeking genuinely. It acts and works so well that they achieve a kind of a very-very spontaneous realisation. This spontaneous realisation you all have got it, you don't have to go to Himalayas, you don't have to do anything like that. All those things are over, you have done it. In your previous lives you must have done it. Now you don't have to do anything. You can get it, you are getting it just

sitting down here. Wherever you are in the whole world you can get it and it is spreading very fast. Now, it's also the duty of Sahaja Yogis to spread Sahaja Yoga.

Now, this one is to be understood that Mahalakshmi and Mahakali both go hand in hand. When Mahakali blesses you and She is with you and you are in her realm the Mahalakshmi comes forward and She definitely helps you to achieve your realisation and also to improve your problems to help you, I mean, the financial side of it, you can call it or in any way other problems also, She solves. The greatest problem She solves that your greatest desire, to achieve self realisation, is granted. So, there's is no competition between them. All these three powers work together and whatever is needed they work it out. But, it is the Mahakali who guides, where what help has to go and that's why the power of Mahakali is very much respected. As it is She has killed so many devils, and so many rakshasas and still there are some more, some of them are existing but I am sure they will be all finished. There will be none of these horrible ones ever existing.

But, still we have to be very careful and alert and try to find out what's wrong with these people. What are they doing? And what they are trying to propagate? You

must mature in such a manner that you should know everything of all these evil doers. You must find out what these false people are doing? It's very easy because you are enlightened and with your enlightened attention you can definitely find out what's wrong with what organisation, with which you will do it. It will be the best way to meditate. Not to be aggressive in any way but just to meditate and ask Mahakali-destroy, destroy him for he is destroying the world, you please destroy him. That's Her job and She would love to do but somebody has to tell Her and ask Her. It's very good because there are so many that unless and until you point it out She may not be able to put Her attention to them possibly. So, best is always ask Her to help you on individual basis, on a national basis, may be on a collective basis or maybe on global basis. That's what. She exists every where, She is globally available. Anywhere, you may be having any colour, any race, any nation, anything. But She exists within you all the time and to worship her and to awaken her is only your duty, that you have to do.

If She is awakened within you will be a humble person. You will see what mistakes you have been committing and you will feel bad about it. You will not feel guilty but you feel bad that I will never do such thing, I have done very great

NORTH AMERICAN TOUR 1999

Sixty-Four Powers of Shri Adi Shakti

On the Occasion of Shri Adi Shakti Puja,
Canajoharie, New York, June 20, 1999

Fifty-four adorations were offered to Shri Mataji by the U.S. collective for Adi Shakti Puja. Shri Mataji reviewed and edited them, and added the last ten Herself.

After each name, say together, "Aum Shri Adi Shakti Namoh Namah."

1. Shri Adi Shakti, You are the Principle that created the fourteen *bhuvanas* of universes; You are beyond our comprehension.
2. The AUM is Your Sound which resonates Your Three Powers throughout the universe.
3. The Joy of Your Attention—*chitvilas*—is expressed in all Your Creation.
4. In the Play of the Divine, God Almighty acts by Your Powers.
5. The Breath and Desire of Shri Sada Shiva are One with You.
6. The Paramchaitanya, which is your power, makes the stars and the heavens ring with joy for the delight of Shri Sada Shiva.
7. Indeed, You are the Source of Cosmic Energy. This Power radiates from You as the Finest Ethers of Divine Love.
8. Beyond matter, beyond consciousness, the Grace of Adi Shakti is where reality can be known.
9. You are the Ineffable, the Immeasurable. We call You *Pneuma*, Divine Breath, the Living Waters, yet You are so much more than this. Only the Deities have the Darshan of Your Greater Powers.
10. God Almighty in His Dance unifies with Your Complete Power as Shri Adi Shakti.
11. You are the Primordial Power of the Holy spirit that mothered Shri Jesus.
12. You are the Creatrix, the Feminine Creative Energy that sustains the

- Peace of God Almighty.
13. Through Your Mahalakshmi Power, we experience the Timeless Peace of the Fourth Dimension.
 14. Shri Adi Shakti, You enable God Almighty to do His Sacred Work. Verily, You are the Most Sublime Power in the cosmos.
 15. God Almighty takes charge in a way swift and surprising if anyone acts against Shri Adi Shakti.
 16. Shri Ganesha, Your first creation, resonates in the carbon atom, the essence of life. May He reawaken innocence and wisdom in the very cells of humankind.
 17. You created the World of the Divine, and the World of Evolving. May our Evolution merge with this Divine Play.
 18. O, Adi Shakti, Evolution is the force that gives rise to Your Divine Play in the lives of humanity.
 19. The Adi Kundalini formed the primordial chakras, and opened the doors to the unfolding of life.
 20. It is You who created the Kundalini of our Mother Earth.
 21. The simplest flower has its fraction for You, the grandest tree has its share as well.
 22. All Nature's Creatures are Yours, From the Beauty of Mother Earth's Green Sari to the Majesty of the Tiger and the Lion.
 23. The Gravity of Mother Earth, and of all Your Heavenly Spheres, is controlled by Your Power Magnificent.
 24. Your Power, the Paramchaitanya, adjusts nature and its elements, and its all-pervading power opens us to Your Benevolence.
 25. Shri Adi Shakti is the Artistic Creator of the Mother Earth and those who respect the Mother Earth are loved by you.
 26. Shri Adi Shakti, the Land of Vishuddhi is one aspect of Your Vast Creation. You will raise the Vibrations to transform the people of this land.
 27. The native peoples of America worshipped Adi Shakti as the Great Mother, and they respected the land as sacred. May this attitude return to all others who live here and enjoy the land's bounty.

28. The mystery of living processes is Yours and Yours alone, and cannot be duplicated by any personality. Let humanity be aware of this.
29. O, Ritambharapragnya, You are One of the Powers of Shri Adi Shakti—You are the Power of all living work.
30. You regulate and organize all life.
31. You came, Shri Adi Shakti, as *Surabhi*, the Divine Cow — emerging from the *Vishnuloka* at Gokul, where Shri Krishna had His childhood.
32. Shri Adi Shakti, let the feminine qualities of the Sahaja Yoginis manifest through the beauty of meditation, surrender and self-esteem.
33. Your Quality of *Sharada Devi* gives authority over the truth, art, music and drama.
34. You give to women the Regal Gentleness of Shaleenata to care for their families and to be the preservers of society.
35. You also came as *Sati Devi*, establishing a Royal Dharma to which we aspire.
36. *O Vag Devi*, Goddess of Language, You give inspiration to the great poets and saints.
37. Shri Adi Shakti, to describe You is the work of poets and saints who awkwardly try to embrace a mystery on the horizon.
38. You are *Para Shakti*, the power beyond all powers.
39. Give us, O Adi Shakti, greater humility so that we can gain some small glimpse of Your Glory.
40. Make us like the Sufis and the Gnostics— adoring You at every moment.
41. Your power of Mahalakshmi bridges over the Void to allow the Kundalini of the seekers to ascend.
42. Thank You, O Adi Shakti, for the seeking which brought us to Sahaja Yoga. You now lift up humanity into the Omega of the Last Judgement.
43. We pray that Adi Shakti's Love continues to protect all the saints and seekers around the world.
44. Shri Adi Shakti, Your Work is greater than any? You created the *pithas*, the chakras, nature and humanity, and its subtle workings. May the complexity of Your Work humble us down completely.
45. Your Love gives power to the Bandhan, which directs the vibrations.

46. Your Power of Kundalini brings freedom that is Divine. It is the only true freedom.
 47. Flow through us freely. Help us give vibrations to all with Your Photograph of Living Vibrations.
 48. Your *Mahamaya Swarupa* allows us to be near You, and it shields us from the Awesome Might that flows from You.
 49. Shri Adi Shakti, please give us deeper powers of introspection so that we become self-cleansing and self-aware.
 50. You are the Mother who desired that human beings be mirrors for God Almighty.
 51. You have crafted Beautiful Mirrors of the Spirit in the Sahaja Yogis to help redeem humanity.
 52. Your Compassion protects us from the anger of God Almighty.
 53. Through maya, humanity forgot the principles of life. Through Sahaja Yoga, humanity now remembers and absorbs the vibrations of Shri Adi Shakti.
 54. May Your Evolutionary Force bring humanity to the inspired existence of the Golden Age.
 55. You have disentangled us from the clutches of false pride, jealousy, attachment, greed, false identification and violence.
 56. You have incarnated on this earth for the Last Judgement.
 57. You are the Source of Cognitive Science and the Torsion Area.
 58. Whatever human beings plan, You dismantle to destroy their egos. With one subtle movement of Your Finger, You destroy people like Hitler.
 59. You give powerful advice with very subtle humour.
 60. You correct Sahaja Yogis, never by harsh words, but with very loving, gentle affection.
 61. You explain the subtle meaning of all the scriptures.
 62. You expose the falsehood in very direct ways.
 63. You do not know any fear and You give complete security to all Sahaja Yogis.
 64. You respect Your children and love them to make them perfect models for the rest of humanity. You have given Sahaja Yogis sinless fun and a life of complete joy.
- Om Twameva Sakshat Shri Adi Shakti
Namoh Namah.*

SHRI MATAJI'S CANADIAN TOUR 1999

Shri Mataji's Visit to Toronto

THE CANADIAN SAHAJA YOGIS were most pleasantly surprised by the news that Shri Mataji would be coming to Toronto before proceeding to the USA. It was a sheer joy to hear that the Adi Shakti would be gracing Canada by Her most auspicious presence! Shri Mataji in Her Divine compassion sent a message to the Toronto collective that though it was 'short notice' to arrange a public program, we should not worry as the results would be unprecedented and we would have more people attending this program than every before!

Posters were printed and put up all over the city of Toronto and adjoining areas, pamphlets distributed at all the prominent public places, newspaper ads placed and important dignitaries in the public and political arena were sent personal invitations via personal telephone calls, fax or e-mail. Most ministers of the Canadian federal government as well as all the provincial Government Ministers were informed and invited to the Toronto program as well as to the forthcoming Vancouver program (June 26th). We were even able to get the hotel booking where we had wanted to for our Divine

Mother. (The hotel manger actually asked the guests occupying the most prestigious suite in the hotel to "move over" in order to make place for their "valued and esteemed" guest!)

Prior to the arrival of Shri Mataji, it rained continuously for three days, not only in Toronto but also over almost the entire province of Ontario. The rains were much needed as the lake levels were going down and the authorities were worried! The atmosphere was thus purified and readied by Shri Vishnumaya to receive the Adi Shakti and we were all eagerly awaiting Her arrival.

Shri Mataji arrived in Toronto in the evening on May 25th, 1999. There were about 150 yogis at the airport to receive Her. While waiting for Her luggage in the immigration area, She gave realization to seven customs officials who were then continuously around Her till She left the airport! Shri Mataji was very happy to see so many yogis at the airport and remarked that the collective here had grown a lot and that Sahaja Yoga was spreading quite rapidly in Canada! She also described the loving way in which

the Sahaja Yogis of Germany had gathered to welcome Her at the Frankfurt airport (Her stopover on Her way to Toronto). She then received flowers from all those assembled, and blessed everyone.

As She sat there in Her chair and smiled, our hearts sang with joy and our spirits danced.

The public program was held at the Convocation Hall of the University



of Toronto. The sequence of events to take place at the public program was clearly outlined by Shri Mataji; no wonder everything went like song! There were approximately 1,000 people present in the auditorium, eagerly waiting for the proceedings to begin. The program started at around 7.30 p.m., thanks to the efforts of the Yuva Shakti, who had the venue ready on time. Steven Dey played raag Yaman on the sarod and charmed

the audience while putting them into a meditative mood. Then a local Sahaja Yogi very effectively, in 10 minutes, introduced Sahaja Yoga along with an explanation of the subtle system and the

chakras. Amazingly enough, just as he concluded his talk, Shri Mataji graced us with Her presence. Everyone stood up to greet Her.

The evening belonged

to Shri Mataji. She was in Her element. She communicated the benefits of Sahaja Yoga in a very easy and simple manner, along with a sense of humour, to which everyone responded with spontaneous laughter. The entire talk was full of compassion and Her voice was overflowing with the love and the concern of a Divine Mother. Indeed She manifested Her form as Sakshat Shri Sandrakaruna. Later in Her hotel room

She said that she was concerned about the direction in which American society was going. The solution to all their problems, She further continued, was only Sahaja Yoga.

Shri Mataji requested the audience to ask Her questions because She felt they were intelligent people. However She requested that they ask relevant questions only. Shri Mataji, once again, with disarming ease and spontaneity answered the questions succinctly with Her own brand of humour. On being asked as to who She was, She answered, "Instead of worrying yourself as to who I am, why don't you try to understand who you are? By knowing yourself, shall you know who I am." Jai Shri Mataji!

After the question and answer session (some other questions and answers appear at the end of this article), Shri Mataji mentioned it was time for everyone to experience their Self Realization. What happened next was an unusual experience for most Yogis. We felt cool breeze in the auditorium and saw the banner behind Shri Mataji moving with the breeze. Shri Mataji did tell the audience She felt the cool breeze coming to Her from the audience. What a blessing! Toronto was really "cool."

Shri Mataji requested the bhajan singers to sing *Jogawa* and explained its meaning

to the audience. She requested them to join us by clapping their hands because it increases the vibrations. The auditorium was full of joy and Shri Mataji joined in the clapping. The bhajan reached a crescendo and our joy through vibrations peaked. Silence prevailed for a minute or two and Shri Mataji thanked and blessed everyone. Everyone stood up on Her departure.

The next day Shri Mataji agreed to meet Tamil TV (an ethnic television network with an extensive reach in North America) and talked to them for an hour and a half. They plan to do a documentary on Shri Mataji. They also covered the public program the day before and had got their Self Realization. They were very respectful to Shri Mataji and sat at Her Lotus Feet during the interview. The interview will be broadcast to all of North America and some countries in the Caribbean where there are pockets of ethnic Tamilians, which is a community from the south Indian state of Tamil Nadu. Shri Mataji then departed for the airport. She had a few brief words and bid Her good-byes for now! With the ever beautiful smile, the Divine Mother continued on Her way to meet Her expectant children waiting for Her in New York, USA!

Approximately 100 people attended the first follow-up program. Their sincerity

and interest was simply amazing. A four-part follow-up program was scheduled, during which we proposed to gently guide our new brothers and sisters to find deeper meaning of their own selves, their kundalinis already awakened by and in the presence of the Divine Spirit itself!

Bolo Jagatmata Shri Nirmala Devi Ki jai!!

—Ashish Pradhan, Toronto

Shri Mataji in Vancouver

There are now 2,500 newly realized souls in the city of Vancouver. After two public programs conducted by Her Holiness Mataji Shri Nirmala Devi, a visit to Her House in suburban Surrey and a hotel room press conference, our city has been thoroughly vibrated and blessed by Her detailed attention, unprecedented in the eighteen years since Her first visit here.

Arriving from Chicago on Saturday, June 26th, Shri Mataji gave a public program at the city's major convention centre built over the water of the inner harbour. In this landmark building first constructed as the Canadian pavilion for Expo 86, Shri Mataji addressed the seekers of our city. As She had done in Toronto, New York and Washington, Shri Mataji invited questions from the audience, satisfying all their mental concerns before the gift of Self Realisation. One man asked, with the directness of a true seeker, "What is the

purpose of life?" "That's simple", Shri Mataji replied, "to become Divine."

Others asked questions revealing their inner anguish and the pains of seeking. Shri Mataji complimented them on their honesty. A young boy in the front row wanted to know how evil comes into us. Another man sought the meaning of the backdrop on the stage behind Shri Mataji. She explained that was only there for decoration. "Everything you see," She cautioned, "but why don't you see the point?" After the public program, Shri Mataji toured the city by car— Stanley Park and the North Shore mountains — to disperse the strong vibrations of the evening.

After very little sleep, Shri Mataji visited on Sunday morning a temple in Burnaby for the second public program. Speaking entirely in Hindi, She told these devotees of Shri Krishna that it should be easy for them to get their Self Realization. The temple's pujari prepared the way by introducing our Mother with great devotion and recognition. From Burnaby, Shri Mataji travelled to Her house in Surrey, a Sahaja Yoga ashram, where She received all the Sahaja Yogis, had lunch and rested.

In the evening, back at the hotel, a small press conference was held for five journalists, including the editor of

Common Ground (the city seeking magazine), a crew from Vision TV (a national religious cable channel) and members of the Vancouver Indian community's press and television. They sat shoeless on the floor before Her. One article was offered to Shri Mataji the following morning for Her approval and correction. It reads as if written by a Sahaja Yogi.

We all feel very blessed by Shri Mataji's great attention upon our city. Every Sahaja Yogi was able to offer Her flowers at the airport at both Her arrival and departure. When She visited the ashram in Surrey, everyone was able to go to Her Feet, offer a gift or discuss a concern. She gave time equally to each of Her Children. She said that Paramchaitanya was so pleased that She just wanted to fill the house with vibrations, to just let it flow. And so we were blessed.

—Richard PAYMENT

QUESTIONS AND ANSWERS

On June 27th, Shri Mataji held a press conference in Her hotel room while visiting Vancouver. Four journalists were present representing Common Ground magazine, U magazine, The Link newspaper and Vision of Fiji television program. Here is a small excerpt.

SHRI MATAJI: You see, what is the trouble with human beings, is that they

have evolved from the animal, so this evolution is not complete, I think, as human beings also. But whatever it is, all these horrible things that are lingering within us and our personality are also coming from our heritage. Then also because we think too much, we acquire lots of things and our orientation also changes from other orientation like food, but we become sort of great greedy people. We become very money-oriented and the whole system changes to a different line, but these lingering things are still there, so with that also, we have jealousy, aggressiveness. All those things are actually our inheritance. So as a result, you become a person who can see things, who can watch things and not react. That's the greatest benefit I think.

QUESTION: Did you do any work with Gandhi?

SHRI MATAJI: I didn't do work, as such. I was a little child of seven years and I stayed with him and he found out about Me. He knew because he was also a realized soul, but very much full of disciplines and things like that. So people never understood that side of Gandhiji. But he was a very spiritual man and he loved children. If I did any work, I used to take out his temper some time, entertain him. But actually, you see, with him, he wanted Me to find out how he should write the different bhajans. In his

bhajanawali they had a book, written down all the hymns, so in what series we should write. So according to different centres, I told him that you have to awaken on the centres.

QUESTION: Are we all one being?

SHRI MATAJI: All are connected, but those who are realized souls can feel the connection. But those who are not, do not feel it, but we are all connected. They're all one person, part and parcel of one spiritual being. We can call it God Almighty. We have to be just aware of it. We have not come into our awareness. Once it comes, you know that... and then you are a different personality.

QUESTION: When will things work out?

SHRI MATAJI: It depends on the wish of the people. My wish, that it should happen tomorrow. Why should we waste our life on the non-sensical? Come to our senses. This is what I want, but I'm now travelling, lecturing, talking, but what I feel that at the helm of affairs one should see the point.

QUESTION: Then how do you reach supreme being, God? In other words, is this the route to reach the supreme God?

SHRI MATAJI: Yes, this is, of course. This is Nirvana.

On Saturday June 26th, Her Holiness

Shri Mataji Nirmala Devi gave a public program in Vancouver. She invited questions from the audience.

QUESTION: What's the purpose of life?

Shri Mataji: To become Divine. Simple. That's a question to be felt within us. What is the purpose of human life? Is to become Divine, part and parcel of the Divinity. Now supposing you are a father, what do you want your son to become? Happy, enjoyable and also a responsible person. You also want that for your children. Then your great Father, what does He want for you? He wants you to be happy joyous people. Out of ignorance, you are not that, so He wants to remove that ignorance. This is the purpose of our life.

QUESTION: If someone is in a stressful situation and they don't have the opportunity to go and meditate or they don't have a chance to align, what is the best, on-the-spot, way to raise their vibration so that they can see it from God's point of view, from the point of view of society, in order to properly deal with the problem?

Shri Mataji: As I have told you already, it is your fundamental right and, if circumstances do not help you, the whole thing works out, automatically it works out. You get all the opportunities. I have seen many people who had these

problems, but they work on it. So believe in this power of love, how beautifully it works it. All right? May God bless you.

QUESTION: [A man from a Vancouver Hindu temple invites Shri Mataji to visit the next day and give a program.]

SHRI MATAJI: Thank you very much. You see, temples, gurudwaras, churches,

all these are meant for introducing spirituality, and that's not the end of it. What is the end? End of it is to know yourself, to become spiritually endowed..... I am saying you have to go beyond your mental personality. For that, you have to have Kundalini awakening.

Continue from page 20

wrong and then you will try to correct it. All this works out very well when you are pure in your heart. The heart should be pure. If your heart is not pure, if you are doing Sahaja Yoga to have some competition with others or with some sort of material achievements, it will not work out. You have to do it in a way that is an innocent act, that you are worshipping your Mother like a little child worships and loves his mother. It's a very simple relationship which all of us have felt. How we should love our Mother and how we should be under her guidance and under her protection. That is something very simple you have known in your childhood

and that childhood has to come back in you, if you really worship the Mother.

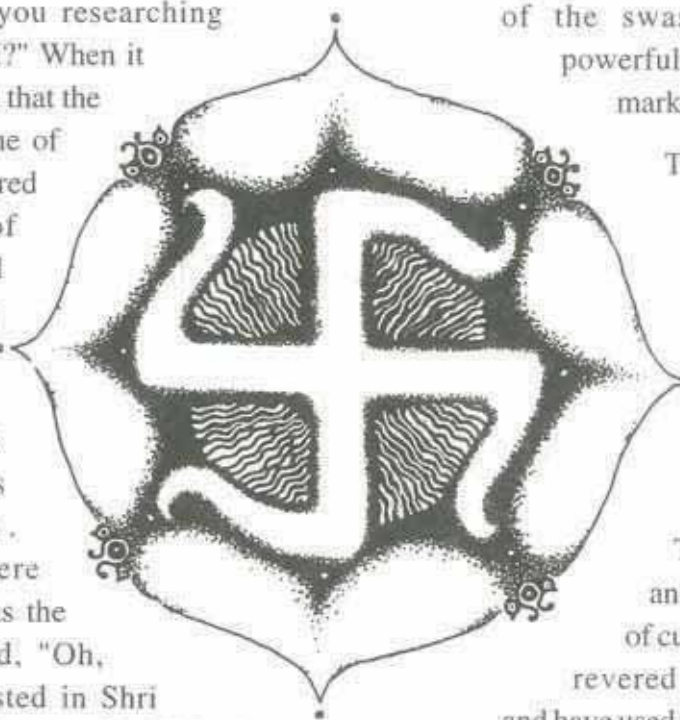
May God Bless You

Reclaiming the Swastika

Have you ever looked up the word, "swastika" at the library? While writing this article, the reference librarian at the New York Public Library was asked about a text about the swastika. Her reply: "Are you researching World War II?" When it was explained that the swastika is one of the most revered symbols of Hinduism and other religious traditions, the writer was sent over to the Fine Arts Division. Things were better there, as the librarian said, "Oh, you're interested in Shri Ganesha and the swastika. He is the son of Shri Shiva and Shri Parvati; here is a reference about it."

As the swastika is such an essential part of life and Sahaja Yoga, understanding its meaning and history is important. The negativity of the Third Reich has affected the awareness in the public conscious-

ness about the swastika — yet the pure truth about the swastika can never be altered. It is the most ancient symbol of humankind and its shape actually imparts the energy of Shri Ganesha. The vibration of the swastika is very powerful and holy, and marks His presence.



The word *swastika* in Sanskrit derives from *svasti*, meaning "well-being" (*su*—good +*asti*—being).

The following is an incomplete list of cultures that have revered the swastika, and have used it extensively to show auspiciousness of favorable circumstances: India; China; The Myceneans (of Greece); The Celts (or Ireland); also, Ancient Britain and Scandinavia; Ancient Christians of the Middle East; Native Americans; Russia; Japan; and Germany.

The presence of the true swastika (in a

clockwise direction) gives miraculous qualities. It acts as the remover of obstacles and as such marked the ships departing from Lanka to insure Shri Ram's victory. In China, stone carvings of Shri Buddha's feet are often marked with swastikas. Its name there is *wantz-te* and it represents a benevolent society, the totality of life, and Buddha's heart.

Actually, the swastika is found virtually everywhere human-kind has wandered. Thousands of swastikas are painted on the walls of ancient Indian caves, and today the Hindu housewife in the villages still marks the doorway and walls of her home with it. Ancient Greek coins, Roman mosaics, and even the sewing bobbins of Old Europe have this mark. As the centuries have gone on, the understanding of the swastika became disconnected from people's lives. Sacredness was separated from the activities of everyday life. Nevertheless, the swastika appeared on household goods, clothings, and building columns as a mark of auspiciousness that was less conscious than in the past.

The vibratory quality of the swastika is in its clockwise direction. The counter-clockwise form is not auspicious and has been used in this form for tantric or evil purposes. In many cultures, the swastika became an ornamental symbol (used in either form) as people became less

vibrationally aware, and their chakras insensitive to the kundalini. It makes one wonder if the repeated (but unintentional) use of the counter-clockwise swastika eventually brought entire societies down by displeasing the Divine.

The ancient Christians identified the swastika with Jesus Christ and the Sun. In the Apocalypse of John in the New Testament, references are made to four angels, each standing on a fiery wheel-like cross, and each facing one of the four directions. This can only be the divine quality of Shri Ganesha interpreted through Western iconography.

Pre-World War I Western philosophers had a positive understanding about the swastika as representing dynamic growth in life, and as a symbol of Christ. They also took it to be a symbol of the four directions, and the evolution from the animal realm to human life and up to the celestial realms. They were unaware that Ganesha and Christ were aspects of the same principle, and associated with the cross of Christ which is not a truth.

Through Sahaja Yoga, we know that the qualities of Shri Ganesha—innocence and wisdom—reside in living cells on a subtle level. The swastika is also reflected in the spiral shape of the DNA molecule, the building block of life. On an atomic level, the swastika itself is visible in the carbon

atom. Shri Mataji has confirmed the findings of Sahaja Yoga scientists who have documented that the swastika (卐), as well as the omkara (ॐ), Alpha (α) and Omega (Ω) can be seen as part of the structure of the carbon atom.

The swastika is not just a representation: it is in itself the presence of life. Before realization, seekers find comfort in messages and symbols. After realization, we feel the blessing of this "symbol" directly on our chakras.

In the land of the Vishuddhi, the Native Americans felt the power of the earth element. The ancestors of the Pueblo people of the American Southwest, the Anazazi, depicted swastika designs on their beautiful pottery.

Today the Hopi, their descendants, still tell stories of an ancient migration covering 10,000 years of history throughout the Southwest. The Hopi believe that they as a people came right out of the earth and that they migrated in the four directions in the shape of a clockwise swastika. They believe this shape gave religious meaning to the journey. Their emergence symbolized to them an entrance into a new world and created a longing to return to the world where the "door to the top of the head" was open, a return to the mother.

In Australia, Shri Ganesha's land, sits the

great Uluru, otherwise known as Ayer's Rock. A massive red rock formation, it is a Ganesha *swayambhu*, a natural geological phenomenon that emits vibrations. Ayer's Rock was a sacred place for the aboriginal tribes who felt the huge stone formation was alive. Scientists have pinpointed this rock as the oldest fossil record of amoebic life and possibly life itself. The rock is red in colour and has magnetic properties.

Shri Mataji speaks about the magnetic and electromagnetic qualities of Shri Ganesha, who is at the core of evolution itself:

"At the level of matter, we might call it electromagnetic, but potentially it is the energy of Shri Ganesha which is electromagnetic at this point. There it starts evolving, growing. That's how we have different growth of the evolution. In a human being it exists, as you know, as auspiciousness, as purity, mainly the innocence."

Shri Ganesha, the four-armed elephant-headed God, mirrors the swastika in form. His flowing arms and hands are reflected in the words of the Shri Ganesha Song. He is praised here as *Shri Vinayaka* (the remover of obstacles). "Four Holy Hands, the blessing, rope and goad, the fourth offers food to your devotees." The goad—spiritual growth; the rope—rescue from harm; the cup-raised hand—bestowing blessings; and the fourth

bearing food — or blessings of *prasad*. All of these combine to represent innocence itself, and gives *pranava*—"that is when electromagnetic force is charged with Ganesha's principle." These symbolic aspects of Shri Ganesha help impart *pranava*, a coefficient that generates vibrations. (Shri Ganesha Puja, Cabella, September 19, 1993).

Then how did the swastika of Shri Ganesha get distorted by the evil of Hitler? Shri Mataji explains that Hitler was influenced by Tibetan Buddhists who were involved with tantric practices. Knowing this symbol had power, he used it to represent a supposed German cultural resurrection and to justify his evil doings. At another point in history, the Roman empire used the swastika as a sign of its domination, and it was carried by Roman standard bearers, but as in the case of the Nazis, such wrongs are always conquered by goodness. As Shri Mataji reminds us, the Romans were responsible for the death of Shri Jesus Christ. Their empire weakened soon after. It is a fact that their mercantile trade with India introduced them to the swastika as a symbol of society, but the Romans used it in reverse.

At the 1998 Shri Hanumana Puja (conducted in Germany), Shri Mataji spoke about Shri Hanumana and the

angelic quality of the right side of Germany. Shri Hanumana acted during World War II to play a trick on Hitler. The Nazi Party originally used the swastika in a clockwise manner on its flag. Shri Hanumana made the stencil go in such a way that the Nazis decided to use the other side. Both Shri Ganesha and Shri Hanumana joined together to stop Hitler from winning the war in this way and so the whole world was saved from evil's attempt to conquer.

New seekers at meetings may have conditioned ideas toward the swastika because of this century's negativity from Nazism. The Western media also perpetrates a fundamental misunderstanding about the meaning of the swastika because of World War II memories. In India, today the swastika represents political elections and the Indian society at large in a positive way. As recently as the 1930s, public buildings around America were built with swastika as a beautiful decorative element representing life and goodwill. It is only in the last fifty years that attention has gone backwards.

Sahaja Yoga is healing these misunderstandings about the meaning and power of this profound sacred mystery, the swastika. The swastika of Shri Ganesha is inviolate, pure and beyond time and history, and through Sahaja Yoga

its public dignity will be completely restored.

Om Twameva Sakshat

Shri Ganesha Sakshat

Shri Adi Shakti Mataji

Shri Nirmala Devi Namoh Namah

– Karen DeNitto, USA

Sahaja Yoga World Centres

Mr. Mohammed Saïd Aït-Chaalal
27 Avenue Pasteur
Alger
Algeria
Telephone: (213) 64 8122
Work: (213) 64 95 23

Mr. Mariano Martinez
Cuyo 937, Martinez
1640 Buenos Aires
Argentina
Tel/Fax: (54-11-4) 798-9378
E-Mail: mmartinez@ciudad.com.ar

Mr. & Mrs. Nikhil & Raani Varde
Palm Apts 11B, Palm Beach 6D
(Dutch Caribbean)
Aruba
Telephone: (297) 839 662
Fax: (297) 839 253
E-Mail: nash@setarnet.aw

Mr. Michael Fogarty
20 Holly Street
Castle Cove NSW 2069
Australia
Tel/Fax: (61 2) 9417 5572
E-Mail: esis@tpgi.com.au (John Dobbie)

Dr. Engelbert Oman
Auhofstraße 231/3/1
1130 Vienna
Austria
Telephone: (43-1) 877 7411

Dr. Wolfgang Hackl
Schöbrunner Allee 113
2331 Vösendorf
Austria
Tel/Fax: (43-1) 609 1131
Cell telephone: (66-4) 422 5686
E-Mail: wolfganghackl@aon.at

Shri K. Madhusudan Pillai
C.C. 85, ALBA
Post Box 570
Bahrain
Telephone: (973) 702 148

Belarus
Minsk, Ul. Ilinskaya
Dom 1 kv 56
Korotky Oleg
Telephone (7 0172) 62 68 27
Work: (7 0172) 66 02 13

Mr. Roger Akigbe
B.P. 362, Porto-Novo
Benin
Tel/Fax: (229) 21-25-25

Mr. Bernard Cuvellier
Rue Piervenne 58
B 5590 Ciney
Belgium
Tel/ Fax: 32 55) 428 265
E-Mail: cuv@skynet.be

Mr. Javier Valderrama
Los Pinos Bloque 7 Apartamento 102
San Miguel, LaPaz
Bolivia
Telephone: (591 2) 790 870
Fax: (591 2) 391782
E-Mail: jvalderr@entelsa.entelnet.bo

Mr. Edson Almeida
Cond. Rural Vivendas da Serra
Modulo C, Casa 4
Rod. DF-150, km 2,5 (Sobradinho)
Brasilia DF 730 70-014
Brazil
Telephone: (55 61) 501-0834
Cell telephone: (55 61) 983-9821
E-Mail: marino@if.ufrj.br

Mrs. Rosa Alexieva
Complex Hippodroma
Block 122, Entrance A, Floor 5
Sofia 1612
Bulgaria
Tel/Fax: (35 92) 599 360

Mr. Daniel Oyoro
B.P. 11771 Yaounde
Cameroon
Telephone: (237) 2273 97 (Joseph Tsala)

Mr. Jay Chudasama
390 Dixon Road # 612
Etobicoke ON
Canada M9R 1T4
Telephone: (1-416) 614-7338
Fax: (1-416) 614-9521 (ashram)

Nadjilem Tolasse Moudjingar
c/o Ndoubalengar Mdgaou
S.A.C. - N. P. 185
N'djamena, Chad

Mr. Gerardo Bell
Valenzuela Puelma
7511-Casa C
Santiago
Chile
Telephone: (56-2) 275-1131
Cell: (56-2) 9-342-9115
E-mail: gbell@bdachile.cl

Mrs. Marie-Laure Cernay
Diag 110-Nr 19-15
Bogota, Colombia
Telephone: (571) 214-3971
Fax: (571) 629-8402
E-Mail: sycolomb@colomsay.net.com

Mr. Michel Bikindou
33 rue Owando-Ouenze
Brazzaville
Congo

Mr. Radim Ryska
Koziskova 511
250 82 Uvaly
Czech Republic
Tel/Fax: (420 2) 997 23 10
Work: (420 2) 519 33 94
E-Mail: ryska@msmt.cz

Inna Angelidou
Cyprus
Telephone: (3572) 489596
E-Mail: loukis@rai.com.cy

Mr. Rasmus Heltberg
Hammelstrupvej 40, 2. tv
2450 Copenhagen SV
Denmark
Telephone: (45) 36 45 60 15
Work: (45) 32 32 44 00
E-Mail: rasmus.heltberg@econ.ku.dk

Aleksei & Galina Kotlov
Rohu 109-14
EE-80040 Parnu, **Estonia**
Telephone: (372 44) 36 043
E-Mail: galina@viisnurk.ee

Mr. Raine Salo
Kuuskallionkuja 3B 27
02210 Espoo
Finland
Telephone : (358 9) 855 0934
Fax: (358 9) 621 4262
E-Mail: tuomas@cute.fi (Tuomas Kantelinen)

Majid Golpour
47 rue de Verneuil
75007 Paris
France
Telephone: (33-145)483 373

Mr. Patrick Desire Akouma Nze
B.P. 146
Libreville
Gabon

Georgia
380094 Tbilisi
Ul.N. Nikoladze10
Peter Jijeishvili
Telephone : (995 8832) 934-911
E-Mail: ella@geonet.ge

Mr. Phillip Zeiss
Kastanienstrasse 19
D 14624 Dallgow
Germany
Telephone: (493322) 20 8870
Work: (4930) 315 25 66
Fax: (49 3322) 20 24 73
E-Mail: ganasha1@cs.tu-berlin.de
(Karsten Radatz)

Mr. Vaibhav Khopade & Thodoreos
Proussis-11
104-40 Athens
Greece
Tel/Fax: (30-1) 884 1489

Mr. Michael Roussin
9 rue Auguste Boudinot
97300 Cayenne
Guyane Francaise
Tel/Fax : (594) 30 4614
Work: (594) 29 99 24
E-Mail: domaint@nplus.gf

Mr. Alex Henshaw
Flat D, 6/F, Lei Shun Court
116 Leighton Rd.
Causeway Bay
Hong Kong
Telephone: (852) 2504-5260
Work : (852) 2504-4779
Fax: (852) 2504-4965
E-Mail: smtech@hkstar.com

Mr. Gyorgy Pohl
Lilom u. 27/A III/8
H-1094 Budapest
Hungary
Telephone : (36-1) 218 0493
Fax : (36-1) 220 0264
E-Mail: pohl.gyorgy@emeryworld.com

Mr. V. J. Nalgirkar
Sahaja Yoga Temple
C-17, Outub Institutional Area
Behind Outub Hotel
New Delhi-110016
Tel.: 91-011-6966652
Work: 91-011-6179421

Prof. Dr. U.C. Rai
International Sahaja Yoga Research &
Health Centre
Plot 1, Sector 8, CBD
Navi Mumbai, India
Telephone: (91 22) 757 6922
Fax : (91 22) 757 6795

John and Gulshan Fisher
Kusumaatmaja
58 Menteng, Jakarta, **Indonesia**
Telephone: (62 21) 720 6613
Mobile: 0811 993 312

Graham & Tamara Donaldson
No.62 Carysfort Avenue
Blackrock, County Dublin, **Ireland**
Telephone: (353 1) 282 5542
Work : (353 1) 278 1242

Mr. Oleg Kotlarsky
c/o Philippe Scheimann
30 A #3 Avoda St.
63821 Tel Aviv, **Israel**
Telephone: (972-3) 507 3911
E-Mail: Philips@weil.com (Philippe Scheimann)

Mr. Guido Lanza
Vocabolo Albereto 10
02046 Magliano Sabina, **Italy**
Telephone: (39-744) 919-851
& : (39-744) 919-122
Fax: (39-744) 919-904
E-Mail : Nirmala@etr.it

Mr. Jean-Claude Laine
01 BP 2887
Bouake 01, **Ivory Coast**
Tel: work: (225) 63 25 14
E-Mail: Amon@AfricaOnline.co.ci(Amon Ettien)

Mr. Philippe Carton
Himonya 6 chome 7-8
Megoru-ku
Tokyo 152, **Japan**
Tel/Fax: (81-3) 3760 4434
E-Mail: pcarton@softlab.co.jp

Kazakhstan
486 008 Chimkent
Ul. Gagarin 38-45
Bondarenko Dima
Telephone: (7 3252) 12 13 68

Didier Gauvin
French School of Nairobi
(College Diderot)
P.O. Box 47525, Nairobi, **Kenya**
Telephone: (254 2) 56 62 59

Ms. Inna Solomenikova
Riga, **Latvia**
Telephone: (0132) 25 93 42

Gertruda Sargautiene
Stanevicius 66-64
Vilnius 2029, **Lithuania**
Telephone: (37 02) 4781 43
E-Mail: jvkos@pub.osf.lt (sub: "to Gertruda")

Goitchoo Stevkovski
Partenie Zografski 77A
91000 Skopje, **Macedonia**
Telephone: (389 91) 22 62 75

Mr. Ivan Tan
17, Jalan 14/52
46100 Petaling Jaya
Selangor, **Malaysia**
Telephone: (60 3) 774 4750
Fax: (60 3) 718 7128
E-Mail: rbertan@pc.jaring.my

Graciela Vazquez-Diaz
Tejocoles 56-201
Col. del Valle
Mexico D.F. 03100, **Mexico**
Tel/Fax: (52 5) 575 1949
E-Mail: indoamci@rn.net.mx

Mr. Peter Koretzki
Maracesti Str. 13/1
Chisinau, **Moldova**
Telephone: (373-2) 73 0212
Fax: (373-2) 73 86 69

Mr. Herbert Wiehart
Gourmet Vienna
Chha 1-705
Thamel, Kathmandu
Nepal
Tel/Fax: (977 1) 415488

Mr. Henno de Graaf
Kersegaarde 16
3436 GD Nieuwegein
Netherlands
Telephone: (31 30) 630 1270
Fax: (31 30) 630 1700
E-Mail: h.degraaf@inter.nl.net

Mr. Geoff Platford
24 Pukenui Road
Epsom, Auckland
New Zealand
Telephone: (64-9) 624 1788
Fax: (64-9) 625 8888
E-Mail: sahaj-nz@ihug.co.nz

Sidsel Mugford
Myrlia 31
1453 Bjornemyr, **Norway**
Tel/Fax: (47) 66 91 56 08
E-Mail: mugford@online.no

Marina Traversa
Av. Golf Los Incas 440/13
Lima 33, **Peru**
Telephone: (51) 436 5152
E-Mail: mtravers@staff.sansil.edu.pe

Dr. Rajiv Kumar
29, V Madrigal Street, Corinthian
Gardens
Quezon City 1100, Metro Manila
Philippines
Telephone: (632) 633 5633
Fax: (632) 632 2381
Work: (632) 632 5709
E-Mail: rkumar@mail.asiandevbank.org

Mr. Tomasz Kornacki
ul. Baczynskiego 20 m. 17
05-092 Lomianki /nr.Warsaw/
Poland
Tel/Fax: (48 22) 7513520

Catarina de Castro Freire
R. Garcia de Orta, 70-1°C
Lisboa-1200, **Portugal**
Telephone: (351-1) 396-3149

Christian Fontaine
58, Grand Fond Exterieur
97414 Entre Deux **Réunion**
Tel/Fax: (262) 39 62 32
E-Mail: tgauvin@guetali

Mr. Dan Costian
Str. Constantin Nacu No. 8
70219 Bucharest, **Romania**
Telephone: (40-1) 313-58-82
Fax: (40-1) 211-57-87
E-Mail: dcostian@syrom.sfos.ro

Russia
119146 Moscow
Ul. 1 Frunzenskaya 6, kv 5
Telephone: (7 095) 245 25 50
E-Mail: union@sahaja.msk.su (collective)

Mr. Aziz Gueye
S/c de Sengue M'Baye Gueye
Direction CFAO-BP 2631
Dakar
Senegal

Mr. Eric Sopholas
Belonie, Mahe
Seychelles
Telephone: (248) 24 400 ext. 545

Mr. Patrick B. Sheriff
c/o Sierra Rutile Limited
P.O. Box 59
Freetown
Sierra Leone
Telephone: (232) 25316
Telex: 3259

Mr. Jozef Skurla
Zochova 16/IX
Bratislava 811 03, **Slovakia**
Tel/Fax: (421 7) 5441 5493
E-Mail: trans-eu@internet.sk

Mr. Dusan Rados
Voljceva 6
SI-1380 Vrhnika
Slovenia
Telephone: (386) 61 755369
E-Mail: bostjan.troha@siol.net

Dr. Siva Govender
P.O. Box 729
Laxmi 3207
Natal, **South Africa**
Telephone: (27-331) 424484
Fax: (27-331) 425685
E-Mail:/G=Deena/S-Govender/OU-
=1751PMFS/0=TMZA.UNI/
@LANGATE.gb.sprint.com

Mr. Eduardo Marino
Rua Aperana, 99 Ap. 201
22450-190 Rio de Janeiro RJ Brazil
South America
Telephone (55-21) 274-1753
Fax : (55-21) 239-2705
E-Mail: marino@if.urf.br

Mr. José-Antonio Salgado
Santa Virgilia 16
Zou33 Madrid, **Spain**
Telephone : (34-91) 764 3767
Fax : (34-91) 564 4457

Mr. Rolf Carlsson
Valhallanvagen 18
S-11422 Stockholm, **Sweden**
Telephone: (46-8) 16 77 17
E-Mail: rolf.carlsson@stockholm.
mail.telia.com

Mr. Arneau de Kalbermatten
2 bis, Chemin Sous-Voie
1295 Mies, **Switzerland**
Tele/Fax: (41 22) 779.20.37

Mr. Wen-Cheng Liu
2F, No. 13, Alley 3, Lane 106
Sec 3, Ming Chuan East Rd.
Sung-Shan District
Taipei Cit. **Taiwan** (R.o.C.)
Tel: home: (886 2) 715 5208

Mr. Pascal Sreshthaputra
84 Sukhumvit Soi 40
Bangkok 10110, **Thailand**
Telephone: (66 2) 712 1418
Fax: (66 2) 391 2373
or: (662) 382 1109
E-Mail: pascal@loxinfo.co.th

Mrs. Clarie Skinner
Cumana Postal Agency
Cumana Via Toco, Toco
Trinidad

Tunisia
c/o Mr. Youcef Brahimi
Roggegasse 40
1210 Wien, Austria
Telephone: (43 1) 2929 956

Mrs. Nese Algan
Atiye Sok Ak Apt. No. 7/7
Tesvikiye - Istanbul, **Turkey**
Telephone: (90) 212 248 3122
Work: (90) 212 241 3487
Fax: (90) 212 231 3524
E-Mail: naigan@domi.com.tr

Ukraine
252 190, Kyiv - 190
Vul. Estoska, 5, kv. 80
Galina Sabirova
Telephone: (380 44) 442 6871
Fax: (380 44) 412 9806
E-Mail: dobro@ppadam.kiev.ua

Pravin Saxena/Suresh Ananthnarayan
PO Box 25450
Sharjah
United Arab Emirates
Telephone: (971 6) 519012
Fax: (971 6) 518894
Work: (971 67) 571797
Work Fax: (971 67) 571773
Mobile: 050-631 3504
E-Mail: pharmae@emirates.net.ae

Mr. Derek Lee
c/o 44 Chelsham Road
London, England SW4 6NP
United Kingdom
Telephone: (44 1223) 420 855
Fax: (44 1223) 423 278
E-Mail: ealing@dircon.co.uk(attention:
Derek Lee)

Mr. Manoj Kumar
270 Overpeck Avenue
Ridgefield Park NJ 07660-1239
USA
Telephone: (1-201) 384-5034
Fax: (1-201) 384-0820
E-Mail: manoj-kumar@merck.com

Monia Almensa
Carlos Albo W47
Paysandú
Uruguay
Telephone: (59) 72 35831
E-Mail: anona@adinet.com.uy

Mrs. Rani Lavu
P.O. Box 50180
Lusaka, **Zambia**
Telephone: (260) 1 291 378
Cell telephone: (260) 757 550

