

# *The Divine Cool Breeze*

Volume : XII Issue : 5 & 6

May - June 2000



" The Spirit is the most precious thing we have within ourselves. The preciousness of the spirit is immeasurable and that is why it is called the thing of eternal value. Because it is infinite, we can not measure."

"Our goal is to be the Spirit - nothing but the Spirit."

Her Holiness Mataji Shri Nirmala Devi

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

# Editorial

## *Ganapatipule 1999-2000*

**T**he great Poet Rabindranath Tagore had a Vision that on the shores of Bharat, men of all races shall meet to anoint the "Mother."

Sahaja world meet at Ganapatipule is the fulfillment of his prophecy. Over ten thousand devotees of all colour and race from all over the world congregated on the eve of the new millennium to anoint the Lotus Feet of Shri Adi Shakti Mataji Shri Nirmala Devi.

Every heart opened to offer its petals at the Lotus Feet of the Divine Mother. The compassionate Mother poured Her love in every heart and the ten thousand petals merged into a single lotus of Her love. Tranquil peace from the Divine Mother permeated the inner most recess of every being and calmed it. In the eternal silence nothing remained but the callings of the Ocean, leaping closer to wash Her Lotus Feet.

The chattering mind subsided before Her awesome Majesty; Not

"Mine" but Her power of love reigned supreme; The waves of Her love carried us across wonderous shores where we forget who we were, where we came from or what our body's complaints are?

Each night was a celestial feast, where we drank deeply the sweet wine of Divine melodies and even laid awake in our dreams to enjoy their resonance. Each dawn brought promise of a new gift of love, a love which we had never known before; a love that had no bounds but a love that brought delightful surprises. So amazed, so joyous, where were we lost before? But having found ourselves again, let us be lost no more.

Yes, we have returned from those wonderous shores, but Her fragrance still lingers in our heart. We see Her on our alters, we see Her in our dreams, we see Her in our hearts, we see Her in the smile of innocence, we see Her in each other and in which ever direction our head turns, let us see Her there.



## EASTER PUJA - 99 (25-4-99 ISTANBUL)

*(We have to establish our Meditation)*

**T**oday we all have assembled here in Turkey in Istanbul to celebrate the resurrection of Christ and with that also celebration of your resurrection. Christ's resurrection was a great message for us. He won over the death and came out of that dead body with another body which was living body. The body was the same but one was the dead body and another was a body which was living.. Its not only symbolic. It actually happened with Him. After all He was a Divine child. He was a Divine person. So, actually it has happened with Him. It is not just a symbolic thing that he died and he resurrected into another person or, you can say, into a living person. For him what is death? For eternal beings there are no deaths. There is no death for a person who is eternal. He may, for the time being, look as if he is dead but he can never die. Christ was like that, very very special incarnation which came on this earth to be reborn out of the dead. Now, we are also, when we are not yet realized souls, when we are not yet enlightened, we are also dead in the sense, our

awareness is very very, I should say, absolutely dull and dead. We can see flowers, we can see faces, we can see buildings, we can see cities, we can see all those things. All these things we see and we feel we are quite aware which we are not. **Actual awareness comes to us when we cross the limit of our mind, go beyond the mind and this was only possible because of the resurrection of Christ.**

He resurrected himself because he was a divine person but also we are resurrected because we are blessed by divinity. Now this mind of ours, which is in between, is controlled by Shri Jesus Christ. He controls through your Agnya, both the sides. He controls your conditioning and he controls your ego and brings balance in you. But when this Agnya chakra starts spindling all kinds of ideas, some times reacting, some times accepting conditioning, it is a slave. It is not a free thing because it is working under the influence of your Ego or your Super Ego. For that is the death for our awareness, that we cannot, we cannot understand

something beyond, that there exists a life. Beyond this we cannot see. This is we have seen now that we were all in a condition that if one were dead, we were feeling bad, we were feeling anxious, we were fighting and we were thinking that there is something wrong with our present life. There is nothing definitely which makes us slave, by which we are slavish. That we realised, no doubt, and we started seeking the truth. We started seeking the truth in so many ways. I know, so many went astray and they lost their balance and have fallen into a complete demise. But so many of you have been salvaged, have been saved by the great example of the Christ's resurrection. He had to venture. He had to do it and he worked it out. Without him our agnya would not have been that flexible. As it is, human beings in the olden times were conditioned very much and when they have become modern, they are full of Ego nothing in between. With these two influences, we are imprisoned. We are absolutely dead people. We have no sensitivity for anything. I have seen now, even today you can see what things are happening across? If people are very anxious to kill each other, human beings want to kill human beings! Can you imagine such a stupid thing that we should kill

our kith and kin! Then there are children who are killing, parents that are killing. No relationship is there. It is a sign of a person whose awareness is completely dead. In our awareness at least we should have feelings of compassion and love.

But that one is lost. Its not there, we don't have it. The whole world is aflame. When you read about all the wars that are going on, the way they are killing children, the way they are destroying human beings! It is a wrong attitude. That by the destruction of human beings things will improve. It is a very very wrong concept that by destroying them one can achieve something.

Our work in Sahaja Yoga is doing well, I must say, but it has to stop this horrible attitude of human beings to destroy. So you might ask that what to do Mother? What to do to stop this destruction? **Answer is in the life of Christ. You resurrect people, resurrect them, enlighten them, bring them to a state where they understand what is right and what is wrong. Let them feel, let them feel the compassion and love that is within you.** When that starts, that 3rd force within us starts acting, our ego also comes down. Our conditioning also comes down. For example if we

think we are Muslims, we have right to kill others, if we think we are Jews we have right to kill others. All these differentiations and this kind of discriminations, that we have, is so stupid because you are human beings, they are human beings. You are killing human beings! Not that they have committed any sin or they have done anything wrong, except that in their foolishness they believe that they are this and they are that. They are not. You are just human beings. In every human being, as you know very well, there is Kundalini. There is no discrimination, every one, whether you are a Hindu, Muslim, Jew or Christian, Sikh, Parsi anyone. You may call by any name. Now just look at how we accept a certain denomination for ourself. You are born say to a Christian family, or you are born to a Hindu family, immediately you start thinking that you are there to uphold all the flags of that religion in which you are born. You are born in that religion without your knowledge, without your permission, without any understanding. So how can you belong to that religion. You have got Kundalini, everybody has got Kundalini. So you can only belong to the religion of humanity, every human being has got Kundalini. So

you are nothing but human beings. All these false ideas that we are Hindus, we are Muslims, we are Christians is all man created. I mean man can create anything. And human beings have no brains to understand that these are all man created.

For example, you see, in America they create associations and big organisations and all based on absolute falsehood, absolute wrong ideas, absolute destructiveness, but they form it. They form, they have groups, this, that and they are prospering. But it has a repurcursion, they don't know, if you start doing such false things against human beings who are created by God and nobody can destroy them. Then there are repurcursions. Many many countries who were once upon a time rulers, were known as great things, have come down.

And all such countries who now think they are very rich and all that will have to come down. All of them have to come down is just an ultimate result of this stupidity to believe that you are higher than others, that you can kill others. So a non-violent method started which is of another absurdity, I think, because then they start saving mosquitoes and also the bugs. While mosquitoes and bugs,



you must know, are the greatest blood suckers. They live only on human blood. Such things, what's the use of saving them? So, human beings take to something that is absurd, stupid, foolish. I don't know what is the reason. The way they accept things is absolutely unbelievable. I think it is a kind of a slavish mentality which doesn't give them freedom to think what is right, what is wrong. For this we have Christ. We have Christ, a person who was absolutely free, free from all kinds of prejudices, all kinds of temptations, all kinds of nonsense that human beings follow.

But one may say that Mother after all He was divine. He was divine and now you are made divine also. So how can we now join together to make a full effort to tell people that what are you doing? Why are you doing it? What is the need to do such things? On one side is, we can say, mass destruction through stupidity, another side is your own self destruction. Take to drinking. Take to other self-destructive things which are immoral. That's very easily available and people like it very much and they don't like when you talk that it is destructive. So either we destroy others or destroy ourselves.

Christ was destroyed by others and

He resurrected himself. So we are also in the same position now. I know many a times Sahaja Yoga was challenged. Now it's much better. Not so bad. It was challenged and there were so many problems, but now it's smoothing down, because that's the truth, that's the reality. That's what is divinity. So you should not be afraid. All these funny ideas about Sahaja Yoga also will die out. It's a resurrection not only of you people but also of our ideologies. Now the ideologies change that our awareness should be enlightened. We should have light in our awareness. This has come suddenly through Sahaja Yoga to people, that if you don't have the light then how can you go further to the right path. It's not easy to describe Christ's life, how went through that, He died so young, and brutally he was killed. But still he resurrected himself. He came out of all that, came out of that ordeal. So for us also **when we have problems in Sahaja Yoga, we should know we have a power to resurrect ourselves. No one can destroy us. No one can finish us off because we have power to resurrect ourselves. This special power that we have to resurrect, you should all the time understand and feel it and meditate on it.** I hear from people from every country that the

Government is doing like this, the Government is doing like this or they are having same trouble or they call you a sect or they call you this and that. Alright, it does not matter. Your duty is to believe that you are following the foot steps of Christ and no one can destroy you. This is the message of Christ's life that Divine Life cannot be destroyed.

When his body could not be destroyed then how can you destroy the Divine Light in Him. So many Sahaja Yogis are here who have been since long in Sahaja Yoga and they have had problems and they went through lot of troubles, I agree. But all these things have subsided and now you are in such a resurrected position that after some time, you will be amazed, Sahaja Yoga will take over all over the world. All over the world people will take to Sahaja Yoga and we will have such a lot of Sahaja Yogis all over the world that all these minority of some stupid people will disappear.

For that what have you to do? Sometime people ask me what do we have to do? You must have also read in the bible that Christ prayed and he was praying. **In the same way we can say we have to meditate. Through meditation we will grow in our**

**awareness, in our new personality, in our strengthened personality. Meditation is the only way we can grow and then no one can destroy you because you are all protected by the Divine Love.** You don't have to worry as to who will destroy you. What will happen? Of course in the beginning there is a little agitation. People feel little bad about it. This is alright. But actually no one can destroy you. Have this faith in you. Christ had no organization. He had no Adi Shakti to support him. In no way but only through his divine personality he managed to get out of all the problems, of all the tortures, of all the atrocities on him. So now you have better advantage, because you are enlightened. Firstly he was a Divine Person and he could go through all that. You don't have to. No body will torture you, nobody will put you in jail, nobody will crucify you. No body will. That's not possible. But mentally if you are upset, sometimes you get upset I know. In certain countries people get upset because they think they are oppressed because they are in Sahaja Yoga. I assure you no one can do that. You must know that all the time you are protected. Christ is there as your eldest brother. I have always said that. But also you have your Mother and



you have all the Ganas and all the angels around you. When I see this I just thought look at this. In every country they have shown angels and Ganas are there. Such pure forms of protection you have. So there is nothing to worry about your destruction or your impediments or what ever you may call it, a kind of a destructive force is acting on.

From the life of Christ we have to know that no one can destroy a realized soul in these modern times. As it is, they never destroyed. We had so many saints who were killed, who were tortured, but see they still exist as poetry, as poems. Also as their blessings, every where. They are not finished. They are not dead. Though it seems that they are no more but even to take their names and even to call them, they work out. They are there in their spirit and they help you. Assured by Christ's life, by His resurrection we are resurrected people. Of course our body has also changed. After resurrection you know that your chakras work out all the curing and all the blessings. Our attitude, our mental attitude also changes and also our ego subsides. Not only that also our conditionings go out. Specially I was so happy that those people, who are born in a particular religion, immediately see

what's wrong with that religion, as if they turn round and see the image of their society and know what's wrong with them. And when they start meditating on those corrections, it works. Societies are improving. You see so called religious ideas are falling into their our traps and they will all fall because that's falsehood. That's not real religion. **Religion is within ourselves and this pure religion is the one which is a global religion.** The solution comes like this that supposing you have wars. Wars in the name of religion, in the name of God specially and in the name of religion, they have wars. So now what happens? **All such wars that take place cannot destroy the reality, cannot destroy the truth. This is another message of Christ's resurrection.** You cannot. You may think that today you have destroyed these people but they are there. All the saints, all the great people who have been resurrected in life are all the time there. Their protections are there. Their guidance is there. You can see them in a way that they are there.

**So one should have no fear. The fear of death has to go away. So many of them have said the same that what is the death after all? The death dies itself when you are resurrected.** So one should not be

afraid of death. Now how many of you have been afraid of death before your resurrection, but not now, you are not bothered as to when the death comes? What happens? Or which way you are going to be, so called, destroyed. You know you cannot be destroyed. In your heart of heart you all know this very well that you cannot be destroyed. The fear of our destruction goes away, no doubt. But one thing remains, that is the compassion. When you see all these bad things are happening and people are being tortured, your mind cannot take it for granted. It starts responding to that and it feels the pain of others. Tremendous, but as a result of that your will power, your thinking on those lines, your tears even are powerful and they can bring solace to those people who are suffering unnecessarily. You have to experiment with it. Just have a feeling of compassion and love. Things will improve. Now as it is, you meditate but meditate with such compassion and such love that your tears can also have an effect on these people who are stupid, cruel, and killing each other. But it is important for you to know that now you are not an individual but you have become a global personality. You are not an individual. You are a global

personality and sitting down here you are working out the global problems. You are not a small person now, who is only worried about his own children, about his family and this or that. This mind of yours has expanded, expanded like this that it works automatically for all the problems of the world.

For a women, I read the newspapers. Specially women seldom read newspapers. They think it is stupidity to read the newspapers. But I read and I read those where any attention is needed. I have seen-it works. **But all of you put together, if you understand it is your responsibility to correct all the destructive forces, to put them right, you just have to collectively meditate on the points where you find, there is a big problem.**

Now, the problem mainly is because of religions, mainly. If they all can jump into a new religion, global religion, they all are one. They cannot then fight because there is one religion. But they don't want to have one religion because they want to fight, they are fighting cocks. But if they came to Sahaj, if they become enlightened, then they will only enjoy love of each other and not killing of



each other, destruction of others. This is what we have to learn from the life of Christ who was alone, who was single. He did not have collective behind Him. But how powerful he was that he fought the death and came out of it so clearly at the stage of Agnya. Without him we could not have worked out Sahaja Yoga. Kundalini would not have gone through, unless and until he had sacrificed his life. And he readily sacrificed. He accepted the task of sacrificing His life and then resurrecting. He passed through, I should say, a very constricted channel of Agnya to put you people right by saying "you forgive everyone". If forgiving were such a powerful thing that you can even fight your death then why not forgive? Many people say that Mother we cannot forgive and I have told them hundred times that what are you doing if not forgiving? So the message of Christ's life is that He forgot, forgave all the people who troubled him. Even he said "Oh God, please forgive them because they don't know what are they doing."

On the cross he says those things, when he was tortured, insulted. He says Oh God, forgive them, have pity, have sympathy for them because they don't know what are they doing. They are killing the son of God and what

will happen to them? Where will they go? What will be their situation? This one is a big message for us that even on the cross he said, 'forgive'. Oh God, Oh Father, forgive them. In the same way we have to also forgive people. It is very important from the life of Christ that we have to forgive. This forgiveness was of the greatest importance for the world to understand. You must forgive. If we learn how to forgive, you will be amazed that half of the wars of this world will be finished. Now something happened thousands of years back, still people are fighting. Still they are fighting, thinking this thing happened so many years back, so there are wars. If we can really forgive those people who happened before we were even born, why should we form a group of such people? Why? Because there is something called hatred in human beings. They have hatred. Hatred for this, hatred for that. Even in small things they say, I don't like this. I like this. It is very common, now a days specially. When we were young we were not supposed to say such things. I don't like it, I like it, we were not supposed to say. But now a days freedom is given to them to talk like this. I don't like them, I don't like that, I don't like that person. Who are you?



What do you think yourself to judge others? You don't know how to appreciate. You don't know how to enjoy, and only what you want to say is 'I don't like it'. And supposing you like it then what will you do? Whether you like or don't like is just the same. But just to show off your Ego. You say I don't like this way. I don't like. Because there is no love. If there is love then you can enjoy everything. We will never say, 'I don't like it,' 'I like it.' You will definitely enjoy if you really say that I enjoy. I enjoy everything.

You are closing down yourself by saying I don't like it, I don't like it, I don't like it, as if you were a great commander or a person, a judge to say this thing. It is very remarkable that in the West it is even more prominent that they will say 'I don't like it. I don't like it.' Of course in the East, I would say, in India if somebody says like that, people will say he is just trying to show off, on the face. But showing off is not regarded as bad manners. This is not regarded as bad manners in the West. To feel shy of anything is regarded as bad manners but to boast of something, no body feels that it is bad manners.

Did Christ boast of anything? No,

never. He never boasted of anything, but when He saw people were selling things in the Holy places, what did he do? He started beating them with hunters, because that was wrong, absolutely wrong against the holiness of that place. Why He didn't say, "I don't like this?" No, he just showed his complete disapproval of the whole system of selling things in the temple or in the holy place. People go there to worship. They need a mind which is devoid of money orientation. There should be no money orientation when you are meditating. This is the biggest problem of today. Every thing is money orientation. You like a car which is very expensive. So you want to have. By hook or crook you will get that car and sit in that. You might be a thief but you buy an expensive car to show off. Perhaps, may be because you are a thief, that's why you want to hide your personality. So there is no truthful life. Its all just showing off and thinking no end of yourself. But when death will come at your door steps, what will you do? At that time you will be trembling. With all your so called achievements and so called showing off, you will just jumble before death. But a Sajaja Yogi cannot. He will like if the death has to come, it has to come. He will not tremble that the death is

something dangerous, but it is a place where he can go and rest. He won't mind, he won't mind anything because he is above death, he is above destruction. So he would not mind anything, whatever comes his way, and he will surrender to it easily. We have Kabir-Kabir has written so many poems, mostly about death. He said when death came, I didn't say a single word. I didn't fight but what I did is that I took a sheet on top of me and went off to sleep. How sweetly he describes death! Kabir, reminds me of Christ sometimes. How sweetly Christ also went through all these things and when we died, the whole elements shook. **He was the master of elements. They shook. There was earthquake and all kinds of things that happened. They felt his death, not he. They felt that such a great divinity which is the essence of existence has been killed like that. They also didn't know that he is going to come back to his life.** They also were not aware of it. But he did, he did come out of that, deadening thing for which everybody was so much shocked.

His death itself gives us strength. We have no death. We have resurrected and resurrection is with us. But we have to establish. We have to establish our Sahaja Yoga, our

meditation. That's very important. The other day I met one lady. She told me of several miracles in her life, how she was saved. She was about to die, she came across an accident, all kind. But how she was saved? While her husband, he succumbed to all kinds of things. So I said, "what do you mean? How it has happened."

**He said, "Mother its nothing but Shradha, Shradha is dedication, surrendering. Surrendering, because I am surrendered. I said how? That I don't know, I am just surrendered, I feel so comfortable, so lively and so much out of fear when I know I am surrendered, completely surrendered to my spirit. This is what is that we have to learn when we meditate-that we have to surrender.**

Mohammed Sahib has called Islam. Islam means surrender, though they don't surrender otherwise, you see. But what he said that you must surrender to your global nature, to your higher nature. You must not die out. You must not fizzle out into these worldly turmoils and worldly things. It is a very strength giving example of Christ and He is with us. He will always guide us. He will look after us, not only but also he will give us strength. He will destroy all those



who will be against eternal life. He will destroy non-sensical things and you are seeing now that how in Kaliyuga all these institutions who talk of religion and fight are getting destroyed. Automatically, we have done nothing. On their own only, by their own doings they are finishing. Because there is no reality. There is no spirit in them and without the spirit what is left is nothing but a dead body. **The whole understanding should be for Sahaja Yogis that we have to be spirit oriented, not money oriented, body oriented, emotions oriented but spirit oriented, which is a joy giving thing-and you will be surprised, with that orientation you will be the most happy, most loving, most beautiful person.** Immediately people will know around that there is something about this man, some spark about this lady, some sort of a spark that she is or he is so much different from others. It can be recognised in no time. Now at the time of Christ, very few people could recognise him, because they were not enlightened. Because they were very much below the level of human beings, I should say. But you are not. You are quite aware. You are born in modern times. And at this time when we think of Christ, we should know, what a life it was! What a grand

personality it was! It was subjected to this kind of torture. He could have destroyed all of them in no time. He was so powerful, such a powerful personality, but he did not. He forgave them. He gave you the message of forgiveness, the greatest force that can work out. **Now also you should surrender yourself to this idea of forgiveness and really try to forgive. You will be amazed, you will feel very much peaceful, very happy and the person who have tortured you will come down.** What we have to do now, is to transform people. **That's our job. We have to transform them. We are transformed, we are at a point, we can call we are resurrected. We have to resurrect the whole world. That's our job.** All these fights, all these quarrels, all these falsehood will just be finished.

For us Christ is our leader, who has done this for us. He came as an ordinary human being, lived as an ordinary human being, with all his powers within him. He never used them to destroy. In the same way, we can also, with love and affection, we can also really come out of our death, come out of our misgivings, come out of our destructive nature. This destructive nature is the most



dangerous thing for the Sahaja Yogis. That's the only hope we have that Sahaja Yogis are resurrected. Only thing I know that if we have so many Sahaja Yogis, this world will change. This world has to change. But your progress should go on. You should progress more and more and you should not retrace back.

For small things here and there you do not worry. You have a very great responsibility and that responsibility is to transform the human beings. That's your due, how may have you transformed? How many have you changed. It is alright for men or women. You have to change people. This is your job and this is the power you have got from Christ that you have to change them, transform them into the new world of happiness and joy. Which we call as the Sahaja Nirmal Dharama. If it works out, if it really works out, think of the world, how beautiful it will became for us. **It's the duty of every Sahaja Yogi to go into this kind of a new venture**

**and try to find out how many people he can convert and how many people he can bring round.** I hope next time we will have double the number of people that are here from all these eight countries who are hosting now.

All my love to you all. Great days are waiting us. We have to now understand only our responsibility. Main thing is, how many people we have converted? How many people we have resurrected? That is the record, not how many Pujas you have attended and all that. That's not so important. Pujas are just to give you strength and to give you power. But they are not your work, that's not your work, for your work you can take from Pujas all the strength that you need, but if you don't use this power then what's the use? So now I leave it to you to remember that you are resurrected and you have to resurrect others. It's a very very important job at this time of complete turmoil and destruction.

May God Bless You.

*Celebrations on the Auspicious Occasion of the  
Seventy-seventh Birthday of Her Holiness  
Mataji Shri Nirmala Devi at Nirmal Dham-  
Delhi, March 21-2000*

(A Report)

Delhi, the capital of India, with a metropolitan area population of around 13 million, situated on the bank of the river Yamuna with its per capita income at about double the national average was a witness to the joyous celebrations of the seventy seventh birthday of Her Holiness Mataji Shri Nirmala Devi on March 21, 2000 by her followers from all over the world. 725 Sahaja Yogis from regions of Europe, North America, Latin America, Africa Australia, East Asia, Russia etc. joined hands with 2500 Yogis from the different states of India at Nirmal Dham – near Chhawla village on the memorable occasion of their Holy

Mother's birthday as though to add colour to the Holi merriment.

The Vice President of the United State of America, governors of

various states in the USA, 10 mayors from main cities based in the USA, the Prime Minister of Canada, Members of Parliament from Canada, Australia, the President of Medical Association (folk medicines) – Russia, ten mayors of major cities in Canada, the president of Ivory Coast etc. who sent in their greetings to Shri Mataji on the occasion had special mention of Her role in p o s i t i v e transformation of the individual and in the

*"All organisations are obsessed with the theory that human beings are guided by the lust for power and that they cannot get to love one another. The collectivity of Sahaja Yogis are special human beings, having taken to the simple knowledge of self, they are rich within, capable within, they are aware of absolute truth. They know how to share love, overcome baser instincts, disproving the conventional organisational theory."*

*Her Holiness Mataji Shri Nirmala Devi - March 21, 2000- Nirmal Dham Delhi*

process the society to which do they belong. Special mentions of the



resolution of the New York State Assembly to the two-time nominee for the World Peace Prize on Her role in promoting peace, health and well being of 80 countries through the Sahaja Yoga meditation, laudatory references to Her work on adding the new vision in the new millennium that of promoting an enabling environment where people could live in peace dissolving difference of race and region from various other assemblies, sufi saints etc were read out, in brief, by the convenor of the felicitations programme from Delhi-Mr. V.J. Nalgirkar.

Speaking on the occasion, Mr. Balram Jakhar, former speaker of Lok Sabha, mentioned that the true global village will come out of the spread of Sahaja Yoga throughout the world and wished that She continued to celebrate Her birthday till the mission is achieved. He did not forget to seek Shri Mataji's blessings to achieve positive results in his proposed difficult mission in Kashmir.

The Minister of Home Affairs, L.K. Advani cited his desire to have a darshan and an occasion to listen to the discourses of Shri Mataji as the prime reason for his travel to Nirmal Dham. He chose the occasion to speak on Pollution and Environment,

not the physical pollution but on the prevailing pollution in the moral fabric of the society. It is well known that Delhi, given its vast and rapidly increasing motor vehicle population, faces an acute air pollution problem associated with the use of energy in the transport sector (Delhi is among the 12 megacities mentioned by WHO/UNEP as having serious particulate pollution and it is estimated that 67% of air Pollution is caused by motor vehicles). L. K. Advani's prescription to do away with the "internal" pollution was to spiritually elevate oneself through the Sahaja Yoga meditation. Mr. Sunderlal Patwa, former Chief Minister of Madhya Pradesh, mentioned that he was overwhelmed that he was able to surrender at the Lotus Feet of the Holy Mother. Dr. Shoba Das, Head, Department of Physiology, Lady Harding Hospital, presented to Shri Mataji two theses recognised and accepted by the Delhi University on the **Role of Sahaja Yoga in Stress Management**; the third ongoing research on the effect of Sahaja Yoga on Lipid Peroxidation was also briefly referred.

Sir C.P. Srivastava, who received several citations and awards during his tenure with the International and Indian civil service, husband of Shri



Mataji Nirmala Devi, spoke of his transition through the three stage of "bewilderment", "splendour" and the final stage of "surrender". Initially the stage of bewilderment, when he witnessed people getting transformed soon transcended to that of splendour when he witnessed transformation of societies where Sahaja Yogis/Yoginis had a positive role to play. In the eightieth year of his birth, he has reached the stage of "surrender" – a surrender to the Divine Power which has produced the unique assembly of Angles (Sahaja Yogis/Yoginis) whose object is to express the pure innocent love for each other that go beyond differences in religions, races, in forging a single Sahaja Yoga family. **According to him, this assembly was even more important than the General Assembly of the United Nations for this represented the moral/ethical/spiritual assembly of the world.** He referred to the vision of the Holy Mother in creating similar assemblies all over the world and creating a new humanity. Sir C.P. Srivastava had two proposals to the

*"The diamond does not know its value; so is the human being, until he acquires self-knowledge... Armed with the self-knowledge, self-realised souls represent lotuses-they emit divine fragrance, are so colourful, attractive due to their innate value system."*

*Her Holiness Mataji Shri Nirmala Devi, March 21, 2000 – Nirmal Dham, Delhi*

"assembly" – one to dedicate to the cause of advancement of Sahaja Yoga throughout the world and the other to have the Holy Mother continue the Divine Form till every man/woman is transformed. Yogi Mahajan in his capacity as the representative of the "assembly" passed both the "resolutions."

Shri Mataji in Her address mentioned that She holds in esteem, persons with strong patriotic feelings. Once they are self-realised, they can improve the condition of the society/country through their attention in the process utilising effectively the potential of Sahaja Yoga. Once enlightened, She mentioned, destructive thoughts/activities are automatically dropped. She transformed them to serve the local population. She said that in light of the spirit one could perceive what is wrong with the society, country and have the power to correct them. She referred to the offer of some Sahaja Yogis to travel to Kashmir to change the attitude of the Kashmiries.

“Once enlightened, you can witness the beauty of the religion. Oneness of the religion will be understood. How can you fight in the name of the religion if there is only one God?”

She spoke of the separate religious identity accorded to Vishwa Nirmala Dharm in Russia as this religion believes only in compassion without any trace of hatred. She said that any visualisation of the “Form” can only begin with the understanding of Formless, a process that is feasible only when one is self-realised. Armed

with the “true knowledge”, realised souls would be able to intervene effectively inter-religious hostilities. She likened the Yoga Bhoomi-India

to the Kundalini of the whole world. She said absolute knowledge could be gained only through vibratory awareness. She also mentioned that equipped with the true

knowledge, sahaja yogis could change the society/country. As an instance She referred to the recent work of Australian Sahaja Yogis in setting up nine centres of Sahaja Yoga in Orissa.

The occasion was also a witness to sanctification of thirty three “international” marriages amongst Sahaja Yogis and Yoginis from over eighty countries- a pointer to the firm

establishment of Vishwa Nirmal Dharma which champions the concept of Universal Brotherhood.

*I am overwhelmed that you have brought light and life to wastelands (referring to Nirmal Dham which was prior to setting up of the camp, a wilderness). I am happy that people worked together with love and respect for each other. I am very happy that the Delhi collectivity with the help from Yogis/yoginis of Uttar Pradesh, Rajasthan, Haryana was able to achieve so much within such a short period..*

*Her Holiness Mataji Shri Nirmala Devi – March 21, 2000- Nirmal Dham, Delhi.*

## DIWALI PUJA - 7-11-99 (GREECE)

*(You have to be very Meditative to Mature)*

It is very fortunate and auspicious that we are celebrating the Diwali in Greece, specially in Delfi. It has a very ancient history and as you know Athena resided here. She was the Primordial Mother. 'Atha' in Sanskrit means primordial. So this place has been described even in the Puranas as 'Manipur Dweep'. Manipur is the Nabhi. Also in Sanskrit Manipur means the Nabhi Chakra. So it is described as Manipur Dweep. It is written 'Manipur-E-Dweepe'. Just imagine these puranas, these ancient time books and guess how old they are? Must be at least 8000 or may be more and they have described the Manipur Dweep as the place of Nabhi, where resides the Adishakti, that's the Athena. So, I mean, how it was known to them? May be through torsion area, I would say. But it is written very clearly and same we find here is the place of Athena, which is in the Nabhi. Also Athena the Primordial Mother, they say, expressed herself first in the sea on the Nabhi itself. From there She did all her work. Now we can say that in her movement, when She came

down as existence, She created Shri Ganesha and then She went to the right side and created Maha-Saraswati, we can say, the whole Universe, all creation She created. And then She came down; came down and settled as Kundalini but coming down She created Maha Laxmi principle which is for our ascent. This was her movement but it is said that She incarnated in the Nabhi because may be after doing all this She incarnated in the Nabhi and also we see that Ganesha's Kundalini is in the Nabhi. She incarnated in the Nabhi, they say because the first pure desire of a person, or an animal or anybody is hunger. That is in the Nabhi. And this hunger She wanted to satisfy or to direct or to handle and that might be the reason She might have first come to the Nabhi. Now this Primordial Mother that we have as Athena also has in her hand a Kundalini; also She has one trident. All this is sign that when She was born She knew that She has to fight the evil forces in the Nabhi chakra. All this history is really shown very clearly in the Greek Mythology, but later on



this Mythology took a very-very wrong path through human beings as they know how to spoil everything. So what they did is to make all the gods and goddesses look like human beings and so we have here many gods which are in India. They are represented even in the Greek mythology. But the Indian gods are kept very pure and very godly and saintly, but here it was brought down to the level of human beings and so many gods who were there were shown to be little different from Indian gods. Because they made it human. It's very surprising how it was deviated gradually from one to another? Even in India, its done but it does not stay, because we have Puranas. So every time people try to ruin and spoil it, it goes back to the normal state because we have Puranas. But Puranas are not worshipped like Bible or like Koran, like any other such religious book but they are just relating the history of the ancient times and one has to just see it that it is intelligible, this can be explained, people can know about it. But the way they have described Manipur Dweep, was really very great. Even at the time of Alexander, Greece was a very prosperous and extremely beautiful State. It is described by Chanderavardai, one of

the poet who came with him here and he has described into all details what things are. He has also described that there is a temple of Primordial Mother, very clearly, of the Adi Shakti and there is the Ganesha also sitting there. He described it in all details. Also the steps going to the temple are three and a half pieces. Three are big ones and last one is half one. If you may extend them to the whole world, it can make three and a half coils. Also very clearly it is said that there are Swayambhu, Swayambhu of Shri Ganesha, and also about the oracle of Delfi they say that in the Nabhi chakra the Gods will live. All this is described in India much before, much much before Alexander came to India and from that we can understand that there might have been much more rapport. May be, may be many people were going abroad or many be coming here or may be from the torsion area all the Puranas were written down.

So its absolutely an ancient place we are in, which is truthful in its description and everything, no doubt, but later on the deterioration came to this place. Also here we have question of Kundalini was there and the chakras were painted also. But when Christianity came, they said, it is all bogus, forget it. They didn't want to see the other side and that is how it

became just a kind of history also that was not so clean and clear. The faith in Athena subsided, faith in all the Gods and Goddesses also subsided and it started becoming absolute and they said it was disappearing nicely. This was the situation of this Greece. Now again we are back. In the Manipur-E-Dweepe we are sitting down nicely and for Laxmi Puja, which is in the Nabhi. Laxmi came out of water, no doubt, but Athena is the Mother of Laxmi. She is the one who is all pervading and She created Laxmi and this Laxmi is the one that ruled here and She was very much manifesting and She created beautiful things because they were very rich people. Greeks were very rich and they were indulging into all kinds of things, specially in business, then in shipping.

Shipping is their one of the most important business and I came with my husband here because he was a shipping man. I was surprised that at the airport we had the Minister's wife another Minister's wife, Prime Minister's wife. I was surprised. Normally they never go to receive any lady visitor who comes. No, no they said you see what happened that our husbands told us if you really want to see a lady who is absolutely, immaculately feminine and very auspicious and very serene then it is

Mrs. Srivastava. So they came to see me. Imagine them. The idea of serenity does not exist now for women in the world. But these ladies came to see me that who is this serene lady who has come. And they looked after me very well and then afterwards there was an election coming also. But I don't forget the way they told me, and very respectfully, they said, how did you develop this serenity. I said I did not develop. This is just existing and I did not do anything to look serene or in any way work it out. There is no beauty parlour for that but it is something innate in me what you think to be serenity. She said, no no all the men praise you that She is a person who is, even in these horrible days, extremely serene.

Now Diwali is very significant because today is the darkest day. Darkest night and longest night, and to end it up they put lights. Now in the atmosphere its all very dark black, the sun is gone. So they put on all these lights. In the same way it is Kaliyuga. Now Kaliyuga, even consider as one day it is very dark, horrible, it has lots of problems which made our life miserable and we don't know how to move with love. At this moment what is necessary is to enlighten oneself. Kaliyuga is at its worst now. The kind of things people



are doing even in the name of God is shocking. But that is Kaliyuga, where we have lost all sense of direction. We don't know which way we are going.

All kinds of wrong things we are doing and we think its alright. After all what's wrong in it. Everything you tell them, they say what's wrong? You tell them don't do it, they say what's wrong? That's how every human being has become very individualistic. In a way he is not, because they follow a fashion, they follow a style. I mean they are not. They are slavish. But they believe that they are very independent. They are free people. They can do whatever they like. As a result of this freedom, in this Kaliyuga, what has happened with them is that they have become extremely ugly. The kind of things they are doing in Kaliyuga is unbelievable. Even when they are preached, they are in the Churchs, this thing, that thing. They become so horribly immoral that you can not believe how come that be in the name of God, under the roof of God. But it has started, that is Kaliyuga. And this Kaliyuga has to be finished.

So what do we do to remove the darkness of the night, is to put light. In the same way people should be

enlightened. There should be light in the hearts of people. Once they are enlightened, this darkness, from which we are suffering because of our ignorance, will be finished and we will have the absolute knowledge. So this is a new age that we are talking about here, right now here, that it is going to work out in such a manner that there will be all enlightened personalities together and they will know what is right, what is real knowledge, Gyana.

So ours is the path of knowledge. Knowledge that is love. Knowledge that is compassion. This is what we have to understand that we have come into another area, arena where all the skirmishes and the troubles of Kaliyuga cannot interfere. Its reigning outside, nothing inside. Its like that that we are now not only free but whatever we are doing is nothing but freedom.

Today we are not attached to anything that can debase us, make us lose grip over truth. When such a personality is brought in, then what happens? That all these ideas of Kaliyuga will disappear. **But I must say it is the last judgement at the same time. Those who accept the truth and reside in truth and grow in truth will remain, and all other**

**will be perished.** It is said already. Like you see a garden in which there are some trees, which are nourished well, which get lot of water and love and which give also so much to people. They exist. The others are burnt down and finished. In the same way we have to first accept the love, take the love, nourish yourself with that love and then you give to others. This is a simple way you can overcome the Kaliyuga's curses. Kaliyuga is so much full of darkness that we start hitting each other. For example you are all sitting here. Suddenly it becomes dark, you don't know how to move, whether you are hitting others or not, with whom are you sitting, nothing. It's the same, with the darkness in the heart, darkness in the mind, you don't know where are you, what are you doing and what you should be doing? Just like going amuck you go on hitting each other. **This is what is Kaliyuga and the one who recognises it and gets out of it is the Sahaja Yogi. Otherwise they are just like other people, if you are still in the same periphery, in the same circles of imbalance.**

Now another thing in Kaliyuga is this that even if you are hit, even if you are destroyed, they just don't blame themselves. Thus another

horrible temperament can develop that you blame others, never yourself that it is your mistake that you hit yourself. It was you who did wrong and that's what it is.

This is what we call the illusion, the 'Bhram'. And this illusion has to go away. For Kaliyuga it is said it is the Era of illusions and this illusion, if you fall into it you are finished. But if you see the illusions then you try to seek the truth. That's why today the seeking is very strong because they can feel it is an illusion. It is not the truth they know and once they know it is not the truth, what do they do? They want to know what is the truth, where is the truth? And they try to find it. That's how also in this Kaliyuga the seeking has started.

The story about Kaliyuga is also told in another Puranas, Damayanti Purana. Where Damayanti, the wife of Nala was separated from him because of the same illusions created by Kali. So one day it happened that Nala got hold of this horrible Kali and he said that now I am going to strangle you and finish you up. So Kali said, you can do it, but first listen to my importance, my Mahatmaya, what importance I have, why I am here? So he waited. He said now agree, if you listen to me I will tell you. When



I will come and I will rule the world, means when there will be Kaliyuga, people will get into Bhranti, mean illusions. They will not know whether this is truth or not and they will then try to seek the truth. But not only the people those who go to jungles and those who renounce every thing, but there will be another type, the same people who are doing this kind of seeking will, in the Kaliyuga, take birth and will be normal house holders and they will get into these illusions. At that time when they will get into this illusions then only they will start seeking, realising that it is untruth and they will seek the truth at that time. At that time only they will get their self-realization. He told it very clearly, thousands of years back. So Kaliyuga is the time where people can get their self-realization. They will know their self. They will know the truth. This is said long time back and you can see now itself. So this was the time meant for that because if you are alright like in Satyayuga and all that, so you don't seek. You just accept, you are obedient, you are good people. But in Kaliyuga you really start seeking the absolute truth and that is why these lights depict that character or you can say that soul which are being enlightened. **So you are all enlightened souls. For me**

**that's the Diwali. If the people are enlightened that's the Diwali.** That they remove all the darkness of Kaliyuga and you all enjoy the beauty and joy of Kaliyuga. Its very very symbolic, I should say, that Diwali has already started. We have many lights and we have to get more lights. Not because it is short of light. Why are we taking more lights? Why do we want? Because all must be saved. Our effort is to save everyone of them. It is difficult, very difficult.

But you can see now, how like seeds, realize souls go and plant themselves in very far-fetched places and there they prosper, become very beautiful trees, fragrant and which are giving shade to others. That's why you see people from all sorts of places are being awakened and they become realized souls and they awaken others. Its all the process. It's so well built in. It looks like that and it is working out well. **The only thing which is doubtful is that how many will come to Sahaja Yoga and how many we can salvage and save? This is the only problem and for that you should be prepared that every one of you should decide that I am going to save atleast one soul every day. One person every day.** Supposing we have some people who are getting drowned in a river or in a sea. What

do you do? You all rush together to save. You go all out to save their lives. In the same way we have to understand that we have to save the lives of all the people and for that we have to work very hard.

Now in this rising from illusion to truth also we have certain problems which must be faced in a proper way. One of the problems that arises out of this is the hunger. Hunger could be for money, could be for food, could be for anything. Now if there is a hunger for money it is going to settle you permanently. Because it is never satiable. It can never be satisfied, but in the modern times people are just going mad, really mad. They do not care whether others have it or not, others have this convenience or not but just like to show off. They want to show off. They are very rich, they are very good and do all kinds of things with all their ego. They think nothing is wrong, what's wrong, what's wrong. This is one of the biggest hurdles you have that your mind which is ego dictates and you try to do it without even verifying what is this, what is that. Mind is under Bhranti, illusion and then you have many ways to understand. So I have said that in Sahaja Yoga if they want they should get their realization

and also they can go about anywhere they feel like, specially on the day they get realization. It has worked wonders because that day you are in a stronger mood and you avoid all wrong things. Now so many of you have grown up in Sahaja Yoga and are transformed completely. So, very happy to see that. I have not done much, I don't think. I have just enlightened in a way that is very far fetched. But I don't do anything, without doing anything if you get enlightened and say, you have done it, I cannot believe it. How can that be. I did not do anything, just you got your realisation. But now when I see and I reflect and find how beautifully you people sing, how beautifully you have become sweet and how beautifully you have become friendly to each other, I am convinced and feel that it won't take much time for you to establish Sahaja Yoga. It is very high time that we should understand that we have to expose ourselves to Sahaja Yoga much more often than otherwise. And, you see the other problems are there also, like they have some problems, they are saying Mother there should be some written laws. I said, no. It is through your experience also you can work. For example the other day I said there is the Laxmi principle. Now let us see



how the Laxmi principle goes out. Very simple, very easy if you want to know, it's very simple. Because this Laxmi is very volatile, 'chanchal'. Once you give Rs. 100/- to a servant, immediately he will go to the pub and drink. The Laxmi is there. As soon as he gets Laxmi, he tries to go to the pub and drink. So you can imagine what is the situation with this Laxmi.

She is very good but she tempts. She tempts you. So you have to watch. Whatever money you have you put in the bank or do whatever you like but just don't spend the whole. Just don't do it. Secondly, you must know also that if all the doors are closed and you get Laxmi from one door, she will stay. No doubt, she will stay, if you are miserly she will stay but she will rot because there is no outlet. But if you open the other door, you will be amazed that not only this Laxmi can go out but also can get much more air; much more freedom from out side, because you have opened the other door. With one door, you just experiment, nothing comes in. Open one door, no air will come, nothing will come. But you open the second door then you will find that there is gushing of currents inside. In the same way a person who wants to have money should first learn to spend whatever money he

has. In this Kaliyuga this is one of the blessings, because the job of Kaliyuga is to create doubts, to create illusions "Bhram" (भ्रम). So it will go on creating. But you should stick on to the truth, then it won't work out. It won't work out. So it is important to understand that all the time we are under testing ground. It is a thing just to be witnessed. Its very interesting to see how this Laxmi works. One should run away from the house of a man, who is only interested in cheating, interested in grabbing and telling lies. So this Laxmi does not stay with him. She goes away. All these things are happening around us. I am not saying this of mine, its all there.

You see, you have to see clearly the movement of your mind. Where is it going, what is it thinking?. Laxmi is the one, she make you think about something which you should not think. As I told you people will start drinking, they will go to races. They will drink a lot. I mean they will do everything. Why? Because they have money and they spend it somewhere. But they put it into things which have no investment in the real good, in the real achievement and that's how we have now people who are spending so much money, so much on wasteful things. So wastefulness can never

never achieve the goal that is yours and the goal that is yours, is the fulfillment of your being, to become the spirit. It is very very subtle to understand. You say I am doing this. What is wrong? What is there? After all if I am doing so many things wrong or something serious, the body should react, No, nothing will react, neither your mind nor your body. **You see all these years my experience has been very simple. That there are some Sahaja Yogis still involved in the Laxmi principle. Like they want to cheat me, they want to make money out of Sahaja Yoga. Then there are some people who want to do business among themselves. All of them have failed very badly. Failed so badly that they are like bankrupts or they are in jail and all that. So never do business with Sahaja Yogis. For Sahaja Yogis it is very important not to do any business with the Sahaja Yogis.** If you understand this principle you will not do business in Sahaja Yoga. Of course you cannot do business with me also. So this is a very very simple thing which people start doing. For example, there are two Sahaja Yogis one from, say, from Japan another from, say, America. And they start saying, "oh you are a Sahaja Yogi, I am also a Sahaja Yogi" Can you give me some false papers

or can you give me some report. They go on asking you questions. But why? We don't want, we don't want to do that. They are not interested, they are not interested in what you have. This is something one has to learn very favourably and intelligently when people start communicating to you about the business part. In Sahaja Yoga there is no business among themselves except they have business with self-realization. If you understand this small point, the money part of it which is quite illusive, will disappear. It all works out beautifully if you are surrendered but otherwise also it can be worked out. Even if you are not surrendered because you see the result and you are hurt, you are troubled and so you will give it up. So whatever happens, it's our watching system, I should say, one of the Chakras. You can see clearly by watching, clearly you can see, how much you have gone into trouble. So you give it up. But before doing that we have a very good way of seeing through our vibrations. You just feel the vibrations and see for yourself. If the vibrations are good? If they are not alright you should know that there is something wrong. You can judge any human being like, you can judge any pastor or you want to see any one of these millionaires and all those



things but first you must find out that one is a perfect Sahaja Yogi or not. This happens with the individuals. It can happen in collective also. I have seen in the collective, people are so much misled and one negative person immediately knows who is the other negative, and then, he gets hold of that negative and they start working together. So you have to be extremely cautious that you have got your self-realization. You got everything, you have got also lot of money in Sahaja Yoga. With all that you should know it's a very very good sign for thieves to walk in. So you should be very careful and don't get charmed by all these non-sensical things. That's what is the protection from your Mother, that She wants to protect you in this way. **Our whole attitude towards life has to be that of a witness.** You see everything clearly. Gradually this scene will become so very sharp, so clear, so understanding that you will be amazed. Then you will be using something, anything you have. Then you don't have to think, only you have to know the vibrations. What the vibrations are? What do the vibrations say, because they are there to guide you.

Those who are not yet very good at vibrations should try to establish themselves. If you are not good at

vibrations that means you will not judge people rightly, nor will you have knowledge properly. So first you must get all your vibrations corrected and also you chakras corrected. After that you can see what are your associates? Who are they? See actually, your mind now is so enlightened that you can straight forward see everything before you. But if you don't use that enlightened mind, you will be amazed, there are some forces of negativity and once these forces start, you see, actually we are at a juncture now that these things won't happen anymore. When I started Sahaja Yoga, it was very bad. It was very bad situation and we had half baked, quarter baked, 1/16 baked, people. And I just didn't know, how to tell them because if I tell them anything, they would just run away. They would not come to Sahaja Yoga. While in the other places like Gurus, what they do, they take money and that's all. People think now we have given money to the Guru, how can we leave? They go on giving money and sticking on.

But in Sahaja Yoga there is no money involved. So they come and then disappear. It is common, very, very common that they come for a short time to Sahaja Yoga. But if they are really special people, they just

stick and start seeing everything from the right angle because they are enlightened, they are grown up and they are mature. So this is how we have to come back to this horrible night of Kaliyuga through Diwali. This is what we have to do, to be humble and to find whether you are alright or not, whether you are going in the right direction or not. **It is you only who can decide. With vibrations you can immediately know that you are catching or you will know you are right. Whatever decision has to be taken you have to use your hands fully.** Its not talking that is going to help, it is not giving lectures that is going to help. It is through experiment, through understanding, through the feeling or the deep, I should say, the deep impact of everything will communicate to you what sort of people they are, what they are talking about, what you should do. It could be little mental but later on it becomes absolutely beyond the mental activity.

Now, as it is, I said that Kaliyuga is over, is about to finish. But still there may be people who will try to go back to this kind of normalcy, so called. But there is a way out for all. This is simple meditation. With meditation you will achieve, whatever is to be achieved and then you will

be surprised that we have been given very very important thing to be done. **And the most important thing is to be watchful about yourself. That I hope you are not falling into the trap of Laxmi. The same Lxmi that decorates you can also disfigure you.** So we have to do everything to keep this beautiful Laxmi, this decorated Laxmi as our ideal and it works out. Our aim is this, our ideal is this and we have to do this. So we can establish the new Government, very beautiful Govt. Our whole attitude should be such that we have to be alert because you become meditative. As soon as you start thinking about something you become meditative. Your thinking will go away. You won't be able to think and then if not meditative you can be lost. When you are meditative you cannot be lost. Why? Because then you have given your life in the hands of truth. You have given your hand into the hand of reality and that guides you, that protects you around; that watches, that watches, that helps you, you can never go wrong. Even if you are meditative, you don't worry, nothing will happen to you. But if you are never meditative then it is impossible to save. It is impossible to save. It is impossible to mature. You have to be very meditative to mature. That's very



important. I would say that all the Sahaja Yogis here today are doing this Puja and then there will be also another Puja of enlightenment, I have called. But you have to be very very careful not to denounce your meditative mood. No. What you can do is to watch, how far you have gone? How far you have solved your problems? As soon as you see that immediately you become a complete realized soul.

**So the guideline is such that we should know that we are realized souls. What is so important? Why are we realized souls? Not only for our desires, for our pure desires but also for others. And in that understanding that we are not only for ourselves but for others, you become collectively conscious and you start helping others.** You stand very well, otherwise are lost and the others are also lost. This is the way we have to really go ahead; go ahead towards the truth and bring that truth for other people and save them. This is how you can express your love to them, all your caring.

It is a subject, which is very difficult to handle, I think, because, I should say, to talk about this subject is much easier than to assimilate this within ourselves. **So now when you**

**are listening to me please try that you have to meditate afterwards. In meditation you will assimilate and the same power that you think is within you, of discrimination, of giving vibrations, of doing all kinds of things out of Sahaja Yoga, will be completely, continuously be acting. But if you do not meditate, if you are somewhere else, it will not work out. Won't work out.** So today is the day to celebrate and to be happy that we have so many Sahaja Yogis all over. There is hope for the whole world and we can save all people who are lost in the wilderness. That's perfect. No doubt. But after that celebration and everything we should sit on the asan or anywhere and watch, what is happening and you will be amazed that in meditation all the beauties you have achieved will be revealed to you. All kinds of things that you have achieved. And all the botherations and worries of things will disappear. This should happen to you all and this is what I request you all to have this special capacity to understand yourself. My own hope is fulfilled. To see you sitting down here I feel over joyed and **same way you will also feel when you all will try to raise the Kundalini of others. Establish them in Sahaja Yoga.** You will be amazed, what will happen to

you. Its so joyous to give realization to others. For that you don't have to do anything. You don't have to pay anything. Nothing of the kind. This power you have; which is awakened, that's all. Wherever you go what you have to do is to just awaken the Kundalini of the person and give realization. Nothing is to be done. And that's so joy giving. You feel so happy about it.

So today I bless you all with this special power that you give

realization to people and look after the Nabhi of the people. Whatever it is, it is very very important to understand how far you can go. **We have to change the world. We have to save the world. Its your responsibility. You have got realization, not the others. So don't try to find faults with others. Think about you that you have got realization and it is expected that you should spread Sahaja Yoga.** Thank you very much.

May God Bless you.



## GURU NANAK BIRTHDAY PUJA – 1999

(Noida House)

*Pravachan by Her Holiness Mataji Shri Nirmala Devi*

**T**oday is the birthday of Shri Guru Nanaka. It is being celebrated through-out the world with so much of zeal that I have not seen in India. For the first time it has been advertised in so many papers and by different means.

Guru Nanaka always talked of Sahaja Yoga. Everything else, he said, is just showing off. About religion he said that observing fasts, going on pilgrimage, etc., are just meant to show off. Now you have to discover the power that is within you and establish it. Guru Nanaka kept on repeating the same thing again and again. He never talked of rituals. But when Guru Teg-Bahadur came, war with Mohammadan Rulers was being fought. So he prescribed Kada (iron bangle), sword (kripan) to keep them in the state of preparedness. But Guru Nanaka always talked of the spirit. He explained it very clearly, but no one heeded what he wrote. They will just put a finger on the couplet and read it out. Could we understand him this way? If we go through his writings properly and absorb it, then the whole

Shabad-Jalam (confusion), in which most of the people are caught, will come to an end. See the condition of Sikhs!

Without looking within and experiencing the innate energy, how could one follow Sikh religion? Only this is the teaching of Guru Nanaka, this is what is called 'Sikh' (learning). All the saints of that age had the discretion to know who is a saint and who is not. All the Gurus incorporated their poems and experiences in Guru Grantha and that is why Guru Grantha is revered so much. Only the renowned Gurus contributed to it. They were so spiritual that they did churning of all the religious scriptures and put the substance in Guru Grantha.

That is what we do in Sahaja Yoga. We do not follow any particular saint or incarnation; we respect all of them and strike a balance. But all this was lost in words. People did not go deeper in them. That is why Kabira has written 'even the scholars went on reading and reading like fools,

without absorbing any thing (पढ़ि - पढ़ि पण्डित मूर्ख भए). That is how a race of fools was created. Now there is no war being fought but they are so conditioned that they will wear Turbans, keep swords and combs etc. But they have no objection in consuming Alcohol. All the Gurus warned the disciples about the evil effects of alcohol. Any one talking of consciousness could never support wine. On the one side they will consume alcohol, on the other they wear turbans, keep swords and combs! Any way they wish to be part of that clane. This has affected their internal growth. They have taken to this kind of situation and as a result have become material beings. On material level they look to everything.

To transform these people, should not be difficult because we (Sahaja Yogis) are going by what the Gurus preached. Gurus could not give realization to people but we are giving realization. They talked of achieving 'Sahaja Smadhi', but did not tell how. Who will raise the Kundalini? Guru Nanaka gave realisation to only two of his disciples. One Guru giving realisation to only two of his disciples! What could be the effect on the society? So people started worshipping him at external level.

Huge Gurudwaras were built. But there is no use. There are very few evolved beings, the remaining is just a race of Sardars. How could truth be told to them? But now Sikhs have started coming to Sahaja Yoga. I have seen many of them with turbans on. May be some of them are coming without turbans. One is Namdhari Sikh. There are many Namdhari Sikhs in Bankok. As many as fifty-sixty of them come to the Programme. They wear white turbans. I do not know what is their speciality, but they follow what Guru Nanak has said. That is how diversions are created and people start fighting amongst themselves. Guru Nanaka said that I am prophet of Mohammedans and Guru of Hindus. Until one is realized one cannot understand this. But it was necessary to prepare us for this day. Now it is our duty to work-out what they said. Things, however, went in opposite direction and many seekers were lost, no-one knows where!

I was talking about Gyan Deva.. He belongs to Nath cult. He wrote about Kundalini but his disciples call themselves varkaris (वारकरी). They take two heavy cymbals (मंजीरे) in their hands, wear jute clothes and go to Pandhari Nath, Pandhar Pur. It takes them one month to reach there. They



travel on foot and thus consider themselves to be very sacrificing. All the way they chew tobacco. These Varkari people have created this cult. They take procession of Gyan Deva on a palanquin. Gyan Deva never afforded shoes when he was alive, but people place his slipper, in the palanquin and take the procession from one village to another. Wherever they reach the villagers offer them food and refreshment. It is a new method of beggary. At the birth place of Gyan Deva and places like Pune and Niwase women grow Tulsi in heavy earthen pots, lift it on their heads and walk in procession to Anandi. This I have seen myself. People have made lot of money in the name of Gyna Deva. But I do not know what to do to stop it. All his purpose has forfeited. One fellow gives big big lecture on Gyan Deva, speaks whatever he feels like and there are people who listen to him with blind faith!

Same is the case with Guru Nanaka. No one knows what he actually said. People have made Chandigarh, Guru Nanaka talked of Chandi. He talked of my incarnation on the earth. He explained every thing. But no one cares for it. Most of the prophets and Gurus have been treated like that. Of course you people

have experienced the truth. So you cannot accept the falsehood. Falsehood gets finished in Sahaja Yoga. So many people have got their self-realization in the world. No one could spread falsehood now. Whatever I have told in Sahaja Yoga is taped and recorded. No one could change it. People could listen to tapes, but they go on reading books without understanding. This is the reason I told them to have more tapes and get the books printed. Listening to the tapes will definitely have impact on their minds. People take book reading as a means of entertainment. What is the use of it? But now Sahaja Yogis have reached a level from where they cannot go astray. They will not have to adopt wrong things. That is what we have to learn from Guru Nanaka. Guru Nanaka said 'know thyself? (आपा चीन्हो). But what people are doing! However, in Sahaja Yoga such things will not happen since I have convinced all of them. They cannot change now. No harm could be done now; what has happened has happened. Reading scriptures and Church Book will have no beneficial effect. To awaken one's energy is the lesson that we have to take from Guru Nanaka. We, Realized beings understand Sahaja Yoga so deeply that now there is no need to draw any

other meaning of it. **Still there are people suggesting rituals. It is all useless. I have never said so, yet people are doing what I have never said.** So now when they listen to tapes of my lectures and understand that Mother has not said it, why should we do that? But because of old Sanskara (conditioning) we keep on observing certain rituals.

**So long as we do not get rid of our conditionings, we shall not understand real Sahaja Yoga.** I have made you very special people. You know the real meaning of religion. You know every thing, you know about yourself and about others. You could give realisation to people. So now you have become perfect (सम्पूर्ण). So what is there to go astray now? You cannot fall.

So today I thought of the pains of Guru Nanaka. How much he tolerated! His wife was not cooperative at all. What people have

made of his achievements? These people are misusing Lord Christ, Mohammad Sahib and, above all, Guru Nanaka because he was the last incarnation. Shirdi Sainath incarnated after him. Sai Nath was against all the rituals and conditioning because these are misleading. After awakening, things change of course. Realized people become knowledgeable. Without realization it is not possible. So Sai Nath did not organize. We have not organized too. We have no organization. People automatically get organized after awakening, the way different organs of the body are organized. So without any organization everything is going on immaculately in Sahaja Yoga.

I bless you all. You have to keep in mind that we have not to pervert what we have achieved. It is most sacrilegious. We don't have to pervert it, perversion should not be allowed.

May God Bless You.



## PUBLIC PROGRAMME AT RAM LILA MAIDAN NEW DELHI - MARCH 25, 2000

### (A Report)

"All roads lead to Ramlila Maidan" would have been the appropriate proverb on March 25, the day the public programme had been organised at the main Ramlila Maidan. Numerous buses chartered from neighbouring places such as Meerut, Gurgaon, Faridabad, Ghaziabad etc., not to mention of their counterparts from East, West, North, South and Central Delhi, all made a beeline towards the Ramlila Maidan. The sea of humanity estimated anywhere between forty to sixty thousand had assembled at the Maidan well before the schedule start time of 6.45 P.M. Hundreds of hoardings, thousands of lamppost hangings and the numerous wall posters announcing the public programme did have their impact - judging by the long queue of cars and other personal vehicles which were trying to earn a parking slot in the vicinity. Roughly 50% of the seekers had traveled all the way from Meerut, Noida, Ghaziabad, Gurgaon, Faridabad, Haridwar etc. While the remainder were from the Delhi metro region (for details refer to the news

item captioned "Survey Report"). Seekers of truth from all castes and social groupings had assembled to have a "darshan" of Shri Mataji and were eager to receive the "Spiritual Experience".

The huge crowd stood up to welcome Shri Mata Ji when She arrived. The Chief Minister of Delhi, Mrs Shiela Dixit was present there. She presented a bouquet to Her Holiness Mataji Shri Nirmala Devi at the dais. Seekers of the spiritual bliss listened spell bound when Shri Mataji suggested to them that the path of self-knowledge was easy to access - it required no penance, no renunciation. All it required was a yearning for the great spiritual happening and a maintenance of an internal harmony and external balance of the seeker in his day-to-day life. Shri Mataji was pained to see that such genuine seekers were being taken for a ride by numerous fake gurus.

Shri Mataji mentioned that the Sahaja Yoga, at once, appeals to the productive entrepreneurship of an

individual. To buttress the point, She referred to the incident where the chief of a mafia of Talyati region in Russia sought Her permission to embrace the Sahaja Yoga . On transformation, he wanted Shri Mataji's permission to export onions to Delhi where onion prices reigned sky-high for a brief period due to an adverse demand-supply gap situation.

The accepted hypothesis in economic literature is that entrepreneurs are always with us in the society. The private entrepreneurship has a bias toward profit. The productive contribution of the society's entrepreneurial activities depends on the relative payoffs society offers to productive activities such as innovation in contrast to

unproductive activities to achieve super normal profits. A central point in the economic literature is that a reallocation of entrepreneurship can be achieved through changes in rules that determine relative rewards than via modification of goals of entrepreneurs and prospective entrepreneurs themselves. Shri Mataji through her illustration was mentioning that the transformation of an individual is possible on self-realisation even when the incentive structure is not right!

Then the great moment arrived; seekers had the unique first encounter with the reality just by extending their hands towards Her Holiness Mataji Shri Nirmala Devi.



HOW THE SEEKERS RECEIVED THE MESSAGE OF THE PUBLIC PROGRAMME  
Survey of Seekers at Ramlila Ground on March 25, 2000  
(Survey Report)

*(Prepared by the core team consisting of R. Venkatesan (Team Leader), Nitin Jindal, Devender Kumar, Sowmiya Venkatesan and Sujata Srivastava. More than 35 volunteers administered the schedule)*

### **Introduction**

The purpose of the survey was to identify the main source of information on the public programme, geographical spread of seekers across Delhi and neighbouring cities and the major demographical details on seekers especially age and educational background. Care was taken to ensure that there was no bias in the estimation process through adoption of the Open Random Method of Sampling. Thirty-five volunteers

participated in the survey and respondents were around 930 in number.

### **Major Findings**

#### **1) Source of Information on the Public Programme**

Friends and family was the main source of information on the public programme; roughly two-thirds of seekers came to know of the programme through their friends and family members while one-fourth became aware through hoarding and wall posters. Newspaper advertisements were the medium of information for hardly 4% of seekers who attended. Result indicates that the Delhi collectivity is both active and effective.

**Table : Source of Information on the Public Programme**

<i>Source of Information</i>	<i>Percent of seekers</i>
<i>Newspaper Advertisements</i>	3.6%
<i>Hoarding</i>	12.6%
<i>Wall Posters</i>	13.6%
<i>Family</i>	19.7%
<i>Friends</i>	45.7%
<i>T.V. Advertisements</i>	1.8%
<i>Cable T.V.</i>	0.6%
<i>Bus Hoarding</i>	0.8%
<i>Articles -Magazines /Newspaper</i>	1%
<i>Others</i>	0.6%

## 2) Geographical Spread of Seekers Across Delhi and Neighbouring States

Sahaja Yoga is evenly spread across all regions of the Delhi metro. The East Delhi collectivity has been more active in spreading the information on the public programme while the Central Delhi collectivity lagged

behind in the dissemination activity. Roughly 45% of seekers traveled from neighbouring cities to the Ramlila grounds; Ghaziabad collectivity had been the most active in disseminating information through meetings, organising buses etc. Meerut; Noida are distant second in this aspect while Faridabad and Gurgaon are laggards.

**Table 2 Locationwise Distribution of Seekers**

<b>Location</b>	<b>Percent Respondents</b>
<i>South Delhi</i>	12.4%
<i>North Delhi</i>	12.4%
<i>West Delhi</i>	12.8%
<i>East Delhi</i>	18.6%
<i>Central Delhi</i>	7.3%
<i>Ghaziabad &amp; Areas looked after by Ghaziabad Centre</i>	20.3%
<i>Noida</i>	8.3%
<i>Gurgaon</i>	2.8%
<i>Faridabad</i>	1.5%
<i>Meerut</i>	3.6%



### 3) Educational background of Seekers

Interest on Sahaja Yoga cuts across educational barriers; nearly 43% of

seekers did not have a high school level qualification. This is a pointer to the cultural richness of the Yoga Bhoomi.

<b>Educational Background</b>	<b>Percent Respondents</b>
<i>More Than High School Level Education</i>	57%
<i>Less Than High School Level Education But literate</i>	34%
<i>Illiterate</i>	9%

### 4) Agewise Distribution of Spiritual Seekers

Yet pointer to the fact that India is a Yoga Bhoomi is that roughly two-thirds of seekers belonged to the

active age group of 20 to 40 years. The popular myth that the spiritual seeking is the last resort of the retired personnel is demystified in this survey.

<b>Age Group</b>	<b>Percent Respondents</b>
15 to 20 years	6%
21 to 30 years	32%
31 to 40 years	25%
41 to 50 years	25%
Older than 50 years	12%

