

# *The Divine Cool Breeze*

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Innately, within us, resides the Spirit which wants to enlighten you, to give peace, the bliss and the joy of our being.

Her Holiness Mataji Shri Nirmala Devi

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## Prayer

O Mother Divine ! When incarnated as Lord Krishna, you said:-

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।  
अभ्युत्थानमर्धर्मस्य तदात्मानं सृजाम्यहम् ॥

O Arjuna! When negative forces take over virtuousness and subjugate the positivity, I incarnate on this earth in Human Form (Sakar) to re-establish virtue (Dharma) at its proper place.

Our Lord Jesus Christ spoke of Thy Advent;

“And Jesus spoke again unto the eleven and said ‘Grieve not because I go away, for it is best that I should go away. If I do not go, the Comforter will not come to you. These things I speak while with you in the flesh, but when the Holy Breath shall come in power, Lo! she will teach you more and more, and bring to your remembrance all the words I have said to you. There are a multitude of things yet to be said; things that this age cannot receive because it cannot comprehend. But, lo, I say, before the great day of the Lord shall come, the Holy Breath will make all mysteries known.

The mysteries of the soul, of life,

of death, of immortality; the oneness of a man with every other man and with his God. Then will the world be led to truth, and man will be the truth. When she has come, the Comforter, she will convince the world of sin, and of the truth of what I speak, and of the rightness of the judgement of the just; and then the prince of carnal life will be cast out. And when the Comforter shall come I need not intercede for you; for you will stand approved, and God will know you then as he knows me.”

To keep up your promise and to uphold the Dharma, O Mother Divine, very kindly you have incarnated once again in this Kaliyuga and have been kind enough to take up the gigantic task of awakening the Kundalini of all the seekers of the Globe.

With Sri Adi Shankaracharya we all pray:-

Nityanada kari Varabhaya kari  
Sundarya Ratnakari!

Nirdhootakhila- ghora- papa-Nikari  
pratyksha Maheshwari!!

Praleya - chala - vansha - pavanakari  
Kashipuradhishwari!

Bhikshamdehi kripavalambanakari

Matanna purneshwari!!

O Mother Anna-purneshwari! you are the bestower of eternal bliss, you give boon with one hand and fearlessness with other, you are the ocean of beauty and the destroyer of all sins. You are verily the supreme goddess. You have purified the clan of Himalaya (parvati was the daughter of king Himalaya or Himavan). Kindly be pleased and give us the alms.

Celebrating your 77th Birthday, in

this Yoga Bhoomi, we all, Sahajayogi children pray to Thee, O Devi.

Kindly grant us faith absolute,

To Thyself and to Thy Cause Devoted we all be

Pray! Establish Thy Lotus Feet in our hearts firmly

Show the boon of perfect attention,  
The state of absolute Thoughtless -  
Awareness

Inviolable Meditation

We are blessed with ultimately,

Your children.



# **BIRTHDAY PUJA**

## **NIRMAL DHAM (DELHI) 21-03-2000**

*Talk by Her Holiness Mataji Shri Nirmala Devi*

I am so very filled with joy and my heart is so full of gratitude for all the Sahaja Yogis who have been able to create this beautiful place. I can't imagine how much they must have worked hard in such a place to create such a beautiful area, such a peaceful place. How in Sahaja Yoga people work together with tremendous respect and love for each other and produce something that is unbelievable. This was just a wilderness and you have brought so much of life and light in this place. You wanted to celebrate my birthday. I don't know what is so significant about it? But the way you have really shown your understanding and respect, I am just enamoured. I can't understand what have I done for you that you should do so much for Sahaja Yoga? As it is, today is also a very auspicious day which we call as the Holi. We play Holi on this day and show our love and oneness among ourselves.

This is the time when we have to

really understand the value of love, of respect for others, because so far we have based all our theories and all our ideas on the principle that human beings can't love each other. They are always trying to overpower others or to hate others or to grab things from others. Such a wrong idea we had all these days and that's why all the organisations that were created to obstruct it also got contaminated with it. The only way one can really understand what we are is by knowing yourself. **When you know yourself you are surprised that the greatest thing for you is to love and to be loved. You enjoy that collective love so much when you have absolutely overcome your baser self.** In Sahaja Yoga it is so simple; it works in a very simple manner. It is very Sahaja but to grow into it is very important and I am so very happy to see so many of you from all over the world, from Delhi and also from all over India, enjoying that love among yourself and understanding among yourself. I never expected that in my lifetime I

would be able to see all this beautiful world of love, trust and peace. But today really I must say it shows what we are capable of doing. We human beings, are very selfish, self-centered and only worried about ourselves. That is what is said but it is surprising that with self-realisation, with self knowledge, with knowing yourself, you understand how rich you are within, how great you are within, and how capable you are! This understanding comes to you and then that is expressed in such a beautiful manner.

Sahaja Yoga took time to grow slowly, slowly and that you all are slowly and slowly grown ups. But today, I must say that, it has reached such a height that it is difficult for people to get out of it. When you know yourself, when you know what is reality and what is absolute truth, you just get dissolved into that knowledge. Of course you are not knowledgeable in the way people are. You are knowledgeable in the real sense of knowledge because you realise what is within you, is a big power of love. There is a big power of understanding, a big power of oneness, of collective. This collectivity works wonders and gives a joy that we are all one, we have no enemies, we have no problems. You

are all one together. This joy that was expressed by you is like the waves that go to the shores, touch the shores and come back creating beautiful patterns. And I see that happening now that these beautiful patterns are showing in your own life, in your life style, in your behavior. There is a very special type of human race sitting before me. I am so much thankful to you, absolutely, that you should take to this knowledge of yourself and enjoy it with others. It is something remarkable that you know about yourself, that only human beings can do. There can be a diamond, very expensive, but it does not know its value. There could be some dog or some animal which must be something, but it does not know what it is. Something happens with human beings till they get their self-realisation and after realisation they suddenly become aware of what they are. And then suddenly they become very humble. They become very loving. Now supposing if somebody knows that he is a king or he discovers he is some great musician or Prime Minister or something. He feels very aloof and he thinks no end of himself. But by this knowledge, that you have, you become one with rest of Sahaja Yogis and enjoy it. It is very remarkable. How it works out that

you enjoy each other so much and to do something for this collective work, you can dedicate yourself to it.

Now my experience of 77 years, as you can say, has been really chequered with all kinds of incidents, all kinds of people, all kinds of incidents and its a good vision to see before your eyes that despite all that, so many beautiful lotuses have come out. They are so fragrant, so beautiful, so colourful, so attractive. All this is because we have an innate value system. Because we have inborn within us a great sense of love and compassion. This compassion has to be really understood, and enjoyed and we have to jump in the ocean of compassion. So beautiful, and you will be amazed to see that automatically you will swim, automatically you will meet other people also in the same ocean,

without any problems, without any troubles, all enjoying the bliss of this love, this compassion, this Divine Love.

I must really congratulate Delhi people for coming up so well with this beautiful arrangement and this beautiful Pandal and all the beautiful arrangement they have made outside, for your stay. I mean really its something, I have done nothing for it. Nothing, I should say. How these people have worked together! There have been no quarrels, fighting, back biting, nothing like that. Its very surprising that such a beautiful thing has been created by them! It shows their maturity in Sahaja Yoga. I must congratulate them again and again for doing this great work in such a short time.

May God Bless You.



# **77th BIRTHDAY PUJA**

*NIRMAL DHAM - DELHI (21-03-2000)*

*(Pravachana of Her Holiness Mataji Shri Nirmala Devi)  
(Translated from Hindi)*

First I talked in English because many Sahaja Yogis have come from abroad and, moreover, you have no objection to English language. There is no doubt that Delhi Collectively has worked wonders and Sahaja Yogis from Uttar Pradesh, Rajasthan and Haryana have also joined hands and helped them. With great love and devotion they have created this beautiful temple like auditorium. I was really surprised to see it. There are such expert artisans here! I was not aware of it. From where all this artistry came and decorated this place! I am not able to understand. I was not aware that such beautiful art exists in the Country - The Art of Love, The power of Love, The expertise of Love! Only those blessed with the Art of Love could create such artistic piece. This should be learnt as to how with our mind, speech and action (मनसा, वाचा, कर्मणा) we could become artists. So that we could become artists of love. What should we talk to give comfort and joy to others? What lovely things we could

say with our tongue? With our mind we could think how to express our love to other people, how to open out our hearts to others and give them place in it. We should know that if there is no love in the heart then such a person does not deserve any thing, because whatever he may achieve he will not get contentment, he will not be contented. But when the ocean of contentment is there in your heart then every thing will grant you satisfaction. When you have these achievements within and the feeling of contentment dawns in you then no one could know its limits, no one could understand this contentment business. It is so sweet, so beautiful that you are enchanted. One cannot understand what he is doing and what others are doing; what I am saying and what others are saying! How they are showering their love on me and how I am pouring my love on them. Day and night one keeps on thinking that today I have to meet such and such person, what lovely things shall I say to him? What benevolent things are



to be talked about, because, unnecessary worldly things have always done harm and no good at all. Anger has done enormous harm to human beings. So there is no need to teach you non violence. There is no need to teach you that 'do not misbehave with others or do not destroy others, do not misappropriate other's money'. There is no need to teach all this. Spontaneously all of you have become, so beautiful, like lotuses. **You know to emit fragrance and nothing else and the joy of giving is a unique experience. Only people with Divine nature could do it.** Now you have become masters of it, you have fully utilized the treasure that was lying within you. Secrets have been opened out. Now you have to enjoy them. There are different kinds of people in this world. But none could harm you, no one could touch you. The only thing that they could do is become one with you, part and parcel of you. Your lives should make them keen to be transformed. I do not guarantee to transform the whole world but you people could do that. If you are able to transform this world and create virtuous people in it, then the whole work will be done. The only thing is that you have to get into it and work it out. Find out how many people you could transform.

There is no doubt ordinary people are full of shortcomings. But you can make them know themselves. After knowing Thyself you are convinced that other people should also have this Divine knowledge. They are lost in the wilderness. They do not know how much Divine treasure you have within. So it must be given to them and they should also receive it. Once you realize it than you will take upon yourself the responsibility to give this Divine treasure to others. You have got the key of it and if somehow you could give this key to them then see how they respect you and become grateful to you. **The most significant task before you is to bring more and more people in Sahaja State.** Give this treasure to them. And when it happens then you will be so happy that your joy could not be expressed in words. You have to do it.

Today, you have celebrated my birthday. Thank you very much that you have done it with such enthusiasm. As far as I am concerned every year Sahaja Yoga is spreading in such a way that I myself am unable to understand its limitations. **But you have to resolve that from today onward we shall all endeavour to transform others. You are transformed, now other should also**

**CELEBRATIONS ON THE OCCASSION OF THE SEVENTY-  
SEVENTH BIRTHDAY OF HER HOLINESS MATAJI SHRI  
NIRMALA DEVI AT NIRMAL DHAM-DELHI  
ON MARCH 21-2000**

**(A Report)**

Delhi, the capital city of India, with a metropolitan area population of around 13 million, situated on the banks of the river Yamuna was a witness to the joyous celebrations of the seventy seventh birthday of Her Holiness Shri Mataji Nirmala Devi on March 21, 2000 by Her followers from all over the world. To be precise, 725 followers of

Sahaja Yoga from regions of Europe, North America, Latin America, Africa, Australia, East Asia, Russia etc. joined hands with 2500 followers from the different states of India at *Nirmal Dham*-near Chhawla village - on the joyous occasion of their holy Mother's birthday as though to add colour to the Holi merriment.

*"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.*

The Vice President of the United States of America, Governors of various State 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 had sent their greetings to Her Holiness Mataji Shri Nirmala Devi on the occasion had the special mention of her role in positive transformation of the individual and in the process the society, to which do they all belong, through the Sahaja Yoga meditation. 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 differences of race and religion. From various other assemblies, sufi saints etc were read out, in brief, by the convener of the felicitation programme - Mr. Nalgirkar

Speaking on the occasion, Mr. Balram Jhakhar, 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 continues to celebrate Her birthday till the mission is achieved. He did not forget to seek Her Holiness Mataji Shri Nirmala Devi's blessings to achieve positive results in his proposed difficult mission in Kashmir.

The Minister of Home Affairs, Shri 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 Hardinge Hospital, presented to Her Holiness Nirmala Devi 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 to.

Sir C. P. Srivastava, who has several citations and awards to his credit



during his tenure with the International Maritime Organization and Indian civil service, spoke of his transition through the three stages 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 angels (Sahaja Yogis/Yoginis) whose object is to express the pure innocent love for each other that goes beyond differences in religions, races and 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 "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 abode till every man/woman is transformed. Yogi Mahajan in his capacity as the representative of the "assembly" passed both

*"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.*

the "resolutions".

Shri Mataji in her address mentioned that she holds in esteem persons with strong patriotic feelings for such persons, once they are self-realised, can improve the conditions of the society/country through their attention, in the process utilising effectively the potential of Sahaja Yoga. Once enlightened, destructive thoughts/activities are automatically dropped - she referred to the instance of the head of Mafia in Taliyati who after embracing Sahaja Yoga transformed himself to serve the local population. To buttress the point, She said that in the 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 people's attitude.

“ O n c e 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?

*I am overwhelmed that you have brought light and life to wilderness (referring to Nirmal Dham which was prior to setting up of the camp represented 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*

She spoke of the separate religious identity accorded to Vishwa Nirmala Dharma 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.

## RANDOM NOTES FROM FOREIGN SAHAJA YOGIS/YOGINIS AT NIRMAL DHAM

*R. Venkatesan - March 23, 2000*

I asked Sona Alexander - Sahaja Yogini from Newzealand - on factors that prompted her to undertake the long route to Delhi from Australia. Her reply was spontaneous "Because, Shri Mataji cancelled her scheduled trip to Australia; I had to come all the way!" I was bewildered at her answer for she was one of

the seven hundred and odd foreign yogis/yoginis who had decended on Delhi just to have a "darshan" of Shri Mataji and probably to express their love and affection to Her alongwith thousands of other yogis/yoginis. Sona who works as a receptionist was a seeker from her young age-she had tried alternative life paths such as Tiichi (Chinese), Reiki (India), Naturopathy, Hatha Yoga (India),

Visualisation (meditation of probably Buddhist origin) etc. until she found the "real thing" in Sahaja Yoga. It took

three months of introspection - during 1993 - to accept Shri Mataji but then there has been no looking back despite her catholic background. Despite the taunting she received from her close

relatives that she has been brain washed for according to her the vibratory awareness gained through Sahaja Yoga is too precious to forego. Such is the love of Sahaja Yogini who travels thousands of miles only to express her love for Shri Mataji, silently!

Mr. Lev - 34 years old Sahaja Yogi replied without batting an eyelid, "Turkish" when asked about his

*Nearly 725 Sahaja Yogis/Yoginis from 40 countries had assembled at Nirmal Dham. Italy had the largest collectivity of 127 yogis & yoginis; Australia came a close second with 116 Other Countries with major representation at Nirmal Dham were: United Kingdom (62), Austria (58), Russia (57), Switzerland (47), Germany (41), France (30), Malaysia (24), USA (24), South Africa (15) and Turkey (10).*



nationality. He explained his entry into Sahaja Yoga vividly "It was seven years ago I felt the inner urge to meditate. I saw Shri Mataji's photograph in Russian newspapers. I was attracted by the radiance that glowed out of the face. I attended the public programme. Ever since I am a Sahaja Yogi except that now I am a Turkish national as I am married to a Sahaja Yogini from Turkey". For Mr. Lev even his nationality is a natural choice arising out of Sahaja Yoga networking. How does he plan to use Sahaja Yoga in his life? I may not use Sahaja Yoga to enhance the quality of my life ... I would web my life around Sahaja Yoga .... I only wish that I had the necessary depth in interpreting signals in the realm of vibratory awareness. For the rest I will be in Turkey and accept whatever comes my way of life. Right now I am busy learning Indian classical vocal and Instrumental (Dholak).

Surprises never seemed to cease at Nirmal Dham. My next encounter was with Dr Toure from Ivory Coast. While pursuing the doctoral programme in Management with the specialisation on Small Business development from the University of Paris in 1992, he learnt about the Sahaja Yoga and was able to attend

the public programme in 1993. Finally, he met Shri Mataji in 1994 who asked him to "go back and serve Africa". In August, 1994, he set about setting the first collectivity in Abidjan; as a professor who taught at the university he had a social standing. "Besides, I could explain various traditions followed by our African brothers. For instance, we believe earth is a living thing and that it represents the divinity for if you don't respect the earth you cannot have a good meal. When Sahaja Yoga refers to the Ganesha Principle of the Mother Earth, so many qualities of the Mother Earth are so summarily explained. In our traditions a male with the white beard represents the God... We have the concept of goddess too... My desire to speak to the "Goddess" was fulfilled when I spoke to Shri Mataji....What are his ambitions? Well, to spread Sahaja Yoga in neighbouring countries.... I have already finalised plan for the programme in Senegal... May be I would write a book on the Sahaja Yoga.... the theme would be Why it is not a Foreign Philosophy?

For Ms Galina, an engineer from Estonia, who runs her own furniture business and for her daughter who has specialised in Finance, Sahaja Yoga

is the way of life; although they initially took to it to protect themselves from the negativity, the thoughtless awareness and the paramchaitanya dominate their day to day Sahaja practice.

Mr. Nitish Mandal, a software engineer currently based in the United States of America dreads those pre-sahaja days when he used to swallow 6 to 7 tablets a day - he was told that, that was to be the pattern of his life as there was no cure for the acute arthritis problem he had. In 1988 he learnt that he could tackle the whole problem armed with lemon, hot water and a little quantity of kerosene to rub those joints. Ever since I said goodbye to those tablets. Now I am happily married to a German girl (Sahaja Yogini). My three years old son speaks German, English and Hindi... I might teach him Punjabi.... Don't get mistaken by my surname... I am a Punjabi from Dehradoon.

For Ms. Tatiana, a chemical engineer working at a research institute in the area of "pharmacy" in Moscow during the "office time", seeking truth through the Sahaja Yoga had been an important goal in her life for the last ten years. For Ms. Jelly Brown, a British national who sells hats in London, Sahaja Yoga was the only

way she could get deaddicted to hard drugs... Ever since 1987 I overcame my serious problems.... I had tried every other route including a five-year stay at the Tibetan monastery.... nothing helped me get rid of my 25 years old problem until I discovered Sahaja Yoga... Her son could not stabilize in the Sahaja Yoga as in the western society you have so much of distraction and meditation is the only stabilizing factor... you need to meditate regularly to grow...

Mr. Richard a retired IBM employee based in Malaysia mentioned that he was attracted to the Sahaja Yoga when he came across a paper insertion on the "free meditation". His first reaction was why not try it - there is no expense to it. Richard, adept at the Chikong, a breathing exercise, was to evolve into an expert Sahaja Yogi. He has stayed on for eight years getting younger and younger much to the consternation of his wife and children... Earlier I used to strongly believe on the superiority of the Chinese race... No more. When Kundalini is raised, every one's potential increases ... only you have to be smart to try it through Sahaja Yoga.

For Mr. Ansen More, a Network Engineer (Hardware Communica-



tions) from the University of Canberra, yoga, meditation, martial arts-all were subjects of interest... Now I know that meditation refers to the state of "thoughtless awareness"... may be even the higher state of "doubtless awareness". For him Sahaja Yoga is such an important element guiding him to correct path (vibratory awareness), enhancing life, stress free situations.... so much so his life centers on Sahaja Yoga... He is happily married to an Indian girl from Pune.

Mr. Ezio, a professional photographer from Italy had been a Sahaja Yogi for the last six years. He was attracted to Sahaja Yoga through his friend, a Sahaja Yogi, who seemed so composed - in poise - all the time. Mr. Ezio was hungry, thirsty for the experience... knowledge and his friend obliged him. Ever since the "incident" there had been a dramatic change in his life.... He was to give up smoking... give up alcohol... His priority was to change from money-recognition to sharing the blessings of Sahaja Yoga with others... so much so that he had undertaken the long journey to express solidarity, brotherhood with around 7000 Sahaja

Yogis in Delhi... It is a splendid feeling.

He feels that every majority started as a minority.... "Wasn't Gandhi a minority? He feels that although Sahaja Yogis represent a minority at the moment, the minority is capable of providing the global vision and the pursuit of right purpose in life... he lamented on the tendency of Indians to adopt more and more westernized ways .... I see Hindi films while flying to India by Air India.... I see urban Indian getting more westernized when the enlightened elite of Europe is taking to self-realisation...."

After listening to the cross section of views of Sahaja Yogis/Yoginis of North America, Europe, Africa, East Asia I was overwhelmed that the "Goddess", "Adi Shakti", "Guru" took her birth in India... the yoga bhoomi of the world... May be we Indian Sahaja Yogis have a daunting and important task of forming the informed "minority" to restore the spiritual glory by firmly establishing Sahaja Yoga in every nook and corner of India.

Jai Shri Mataji.



## 77<sup>th</sup> Birthday Celebrations Programme

### Nirmal Dham, Delhi, 22-3-2000

#### Speech of Shri Balram Jhakhad - the Former Speaker of Lok Sabha

Worthy of our obeisance in the mornings, O affectionate Adi Shakti Shri Mataji, elder brother Shri Advaniji, Sir C.P., respected ladies, gentlemen and Sahaja Yogis.

Mother, we celebrated your birthday last year, we are celebrating it this year and we shall continue to celebrate your birthday year after year. There is nothing to think about it. Birth and death are meant for the body and not for the spirit. But you yourself are the living spirit. Your name represents your virtues-pure speech, pure love, pure message, the message of love, the message of solace and goodwill, the message of friendship, the message to understand oneself and have collective progress in life, the message to attain Yoga with the Divine. O, Mother let Thy blessings nourish our spirit as the water of Ganga nourishes the Bharat Bhumi. Human beings are born and they have to live, but living for oneself has absolutely no meaning. One should live for others, one should live for

everyone else. But the Divine Mother lives for the whole world. Shri Mataji, the spirit yearns for love and the message of love. Mother! man-kind needs your message, needs your Sahaja Yoga to understand humanity, to understand oneself and to think of the well being of all. This spirit is vanishing in human beings. Shri Mataji my heart aches that despite your message of love and truth, the message that this world is a single nest ('यत्र विश्व भवति एक नीडम्'), the message that the world is a Single family 'वसुधैव कुटुम्बकम्', the world the family is divided; spirits are divided. The world is assuming a monstrous form. Shri Mataji you know that tomorrow I am going to Kashmir. I am not going there for a pleasure trip. There is blood shed. Humanity there has assumed in-human form. Man has become inhuman. They have committed abnormal deeds. I wish to take your blessings, your love, your coolness, your affection to them. I wish to give it to them and tell them to learn how to live. Lord Krishna has said ('यदा यदा ही धर्मस्य ग्लानिर्भवति भारतः) as

and when there is fall of Dharma and wickedness assumes power, I incarnate to re-establish the Dharma. Shri Mataji you have incarnated on this earth to fulfill this promise to re-establish Dharma on this earth.

The word 'Mother' is such that it moves the heart. Mother showers affection on children. Mother's love is the nourishment of Spirit and with that purpose I have come in your Holy presence. Shri Mataji people from Eighty Countries have sent greetings to you. It could not be just a showing off. Your love is truth, your message is truth, Thou art the embodiment of love and goodwill, which is rarity now a days. Man has become selfish and greedy and this selfishness pushes them to the lowest ebb. Mother! nothing will go with us but your blessings. The blessing of your love will uplift our souls and teach us to live and let others live, love other human beings. Mother let your light enlighten the whole world. There is dawn and sunset everyday, but you, Mother, continue to be with us every breath of our lives. So Mother, we are assured. Shri Mataji I will not speak much and bore the Sahaja Yogis but Shri Mataji the present conditions of the country make my heart revolt and with the edge of your love I feel like

transforming the people. I wish your love transforms the world into universal brotherhood. Shri Mataji, pray grant us this blessing.

Thank you very much  
Jai Hind

**Offering his Obeisance and Praying for Her long life, the Hon'ble Home Minister of India Shri L. K. Advani said:**

Respected Shrivastava ji, my colleagues like Shri Balram Jhakhad and others who have come from different parts of the country and Sahaja Yogis/Yoginis of this great Institution. I am grateful to Shri Rajesh Shah who has given me the opportunity to have the Darshan of Shri Mataji and all of you. I came with the purpose to listen to Shri Mataji's discourse (pravachan), be with Her for some time and receive Divine knowledge. But it happens to be Her birthday today. So, along with you all, I and my wife offer our obeisance and good wishes and pray to the Divine for her longevity. We also pray that she should continue to spread Chaitanya the way she has been doing for a number of years.

There is lot of talk these days of environment. But when we speak of



environment we have generally only the physical environment in mind. But the kind of pollution there is there in the mind of human society, it is tremendous, its enormous. The way we ask the polluting industries to install depolluters, to check the pollution, similarly the responsibility to depollute the moral pollution that exists in the society has come on the divine personalities like Shri Mataji. Therefore when one participates in an event of this kind, a function of this kind, one feels, elevated; one feels that the pollution within has been reduced to some extent if not completely obliterated. One feels happy. Joyous. I admit that I am not blessed as you people are. I have to move in pollution, you are much above it, you are fortunate, but whatever opportunities I get to participate I consider myself blessed. On behalf of myself, my wife and my relatives, who are here with me, once again I offer my obeisance again and again and pray to the God almighty that your blessings remain on us for ever.

**Answering Shri L.K. Advani Shri Yogi Mahajan said:**

Shri Advaniji the pollution that you have been talking about, we assure you that through Sahaja Yoga it will

be completely eradicated and with your continuing support in the coming millennium we will be able to save this country from what you have been saying. Shri Balram Jhakhadji is leaving shortly and we wish him all the best for his trip to Kashmir and we hope that he will be able to, with Shri Mataji's blessings, accomplish his mission.

**Felicitating Shri Mataji, Sir C.P. Srivastava expressed himself as under:-**

Hon. Shri Advaniji, Smt. Advaniji, distinguished VIPs, honoured guests and my dear Sahaja Yogis and Sahaja Yoginis.

We have heard so much today that I wonder what more can I say, but I do want to say that I have lived a long life, 80 years today or yesterday. I would have regarded my life as completely fulfilled if I had only one experience that of being present here this evening to celebrate the Birthday of your Holy Mother. I have been a witness to the development of Sahaja Yoga from one or two to a few, to a larger number to many and **I have seen the miracles happening. Initially I was bewildered how could it happen? How can any one addicted to drugs get away from it**



**overnight! So my first experience was that of being bewildered.** Then I saw many number of cases where people got transformed because of her blessings. And then I felt, what you can call, the sense of splendour, bewildered to splendoured, and now in my 80th year I have come to the stage of Surrender. This assembly cannot be described in words. This is a very unique assembly. This is an assembly presided over by the Divine Incarnation and comprises what I called angels. Shri Advaniji has referred to pollution. I want to assure him that in this gathering there is total purity. They are bound by pure, innocent love for each other. This is a gathering which includes people from all religions, all countries, all races and have forgotten their differences. They belong to one single Sahaja Yoga family and what a pride it is! You go anywhere in the world, you meet brothers and sisters. It is a creation which is, normally to senses, unbelievable, but it has happened. Now who has created this assembly. In my view this is the most important assembly of the world, even more important than the general

assembly of United Nations. This is the moral assembly of the world. This is the ethical assembly of the world, this is the spiritual assembly of the world. The vision of your beloved Mother is that similar assemblies should be there all over the world to create a new humanity.

Now it is to the creator of this new assembly, it is to the creator of the new vision that I bow down with all respect.

I have two proposals and I have no doubt that you would agree to it full heartedly. The first is that, apart from felicitation to the Holy Mother, each one of us should rededicate himself or herself to the advancement of Sahaja Yoga throughout the world.

And the second proposal which I am sure you will endorse more enthusiastically is that your Holy Mother should continue to maintain her holy abode, her divine abode on this earth until every single human being, every man, every woman, every child has been transformed.

Thank you all very much.  
Thank you.

## 77TH BIRTHDAY FELICITATION

**Nirmal Dham, Chhawla, Delhi-22-3-2000**  
**Pravachana of Her Holiness Mataji Shri Nirmala Devi**

Our honoured guests, our respected Home Affairs Minister Mr Advani, who has been always a very great Deshbhakta, I admire him because he loved his country. He is very patriotic. And as you know, both my father and mother, were very patriotic. They sacrificed everything for the country and I also was always condemned by everyone as being a very patriotic person. We must love the country in which we are born. There is some connection, very great connection between yourself and your country. I have seen that after Sahaja Yoga all those who have been transformed into new visions and new ideas always know what's wrong in their own country and so conscious of it. I am surprised that everyone of them have been able to tell me what's wrong in their country and what should be done.

They never identified with the wrongs or the misdeeds of their country. Its very surprising. On the contrary they said, Mother all these countries

require your attention, so that they should be corrected. Their politicians should be corrected. Their citizens should be corrected and that people should really evolve into a new consciousness. All of them have been working it out. Now we have here very few Sahaja Yogis from abroad, but its surprising how these Sahaja Yogis have enlightened thousands and thousands of Sahaja Yogis all over the world. They are the ones who are working. I am not working like them. They work very hard. You can see the way we have got these felicitations from all these people, all because they approach these people, told them all about Sahaja Yoga, they might have given them self realisation. And that's how they have worked it out.

So we have to worry about our own country and its problems. Why these problems are there? And I know your wishes and your efforts will definitely improve the conditions of your own country. Its happening everywhere, also should happen in India. Once we

are realized souls, it is our most important duty to, first of all, look after our own societies, look after our own country. If you cannot do that, what's the use of getting self-realization? Because self-realisation stands on one's power, the power of love and one's art, art-of selfless love. That is there, immediately you start seeing the people who are surrounding you, who are in your village, who are also in the neighbourhood, or also who are in your city and in your country. Immediately you start understanding what is the problem in your own society. I have seen, after coming to Sahaja Yoga people have tried to improve so many things in their own society. Now we have many Hindus, many Muslims, many Christians, all kinds of people, but I was amazed at one thing. Once they got realization they never identify with the wrong things of their society, of their religions. On the contrary they wanted to improve it and work it out.

There is very simple way of doing it. You don't have to go out of the way to change people or to make any sacrifices, nothing of the kind. Everybody today is suffering from some sort of anxiety, some sort of problems, some sort of worries. Also they are suffering from other

problems. Now if you can tell them that you can be transformed, transformed into a being which is absolutely above all these worries, above all these problems. How can that be? One can ask. Actually what happens that when you get self-realization, your attention gets enlightened by the self, means the spirit and automatically you start dropping your destructive habits, destructive thoughts and destructive activities. You suddenly become so constructive. Now I tell you one thing. I was amazed when I was in Talyati in Russia, a news came to me that the head of the mafia has become Sahaja Yogi. I was so touched by it and he came to me and said I was doing all nonsensical things. I never got any satisfaction, no joy, but this is something. I really can feel joy and satisfaction within myself. Mother whatever was my past, will you forgive me? I said, "Forgiven."

What is important is the present and now you have become a Sahaja Yogi. It is such a credit to your spiritual growth, the way you have achieved. He said, "Now I have that peace, I have the joy and I want to share it with others. I could never share my money with others. I used to grab money from others. I said I don't want to



have any confessions, finished. Now as you have become a 'Sahaja Yogi' what will you do? Surprisingly, he was very sweet. He said I will send some onions to India. I said 'Why?' He said, 'because there is problem about onions.' I thought, look at this man, "how genuine he has become, how humane! I said there is no such problem, you don't worry, and then you see his way of looking at things and working out things was so tremendous that the same fellow who was a big mafia leader has become such a great, honourable person. Then he wanted to be elected in some municipal election. I said "Go ahead", you will be elected and if you are not elected, does not matter. But he got elected also.

So you see how things work out for a person who wants to be the spirit. Shivaji has said "स्वधर्म जागवावा" this is the only message he gave for the future. Svadharm Jagwawa, 'Sva' means the spirit. You awaken your spirit. That is what we have to achieve. Because he himself was a realized soul, so he said, this is what you have to do, to make your spirit awaken. Now with that light of the spirit what happens? You just see clearly, very clearly, you say what's wrong with you? What's wrong with your society? What's wrong with your

country? Everything you see very clearly and you also have power to correct it. If you are aware of your power and if you have mastered it then you can do it. You can do it not only for yourself but for your family, for your society for everyone. My husband used to say you are a socialist because you can't adjust yourself alone. You must share with others, you are so collective. But we have to understand that we are collective. We can't exist alone anywhere, we are all collective. We are not aware of it.

But when you are aware of it, are you so surprised that you are part and parcel of the whole. You don't have to look for company in your own society, in your own samaj. Nothing. What you want is just to have the company of all the Sahaja Yogis and this has been proved beyond doubt that if you are spiritually awakened, you have no quarrels with others, no hatred, no competition. I have not seen anybody doing that in Sahaja Yoga. And that is how things have become so much better for all of you together and also outside. One of the ambassadors, she told me, that Mother we are very happy because we are not competitive. I said, why? So everybody is happy with us. This is what it is, that you realize that you don't have to worry about getting

something higher position, getting something very rich, in say properties, No. Because the satisfaction part is within you, you are so satisfied within yourself that you don't run after things, like in Economics. Modern economics, as it is, is based on one simple factor that human beings are never satisfied. Today they want something, they will run for it, do all sorts of things, spend money and get it. Then they are not satisfied. They want to have something else. This is the basis of economics, I mean modern economics. But Sahaja Yoga is different, **Sahaja Yoga economics is that I have got realization, alright, I must share with others.** If I have got the satisfaction I must share it with others.

The sharing part is so important in Sahaja Yoga and people are doing with such beauty. As I told you the other day, we have to learn the art of loving. Its very simple if you know how to say few sweet things, how to give something sweetly, how to share with others very sweetly. It is not difficult for you at all because you have got your spirit to give you the joy. I know Sahaja Yoga has done wonders. People have given up drugs over night. Now in America they have a proposal for us that we should start

a drug de-addiction organization. And that's why Sahaja Yogis said that we have one million dollars. Can we do with that. They said, No No we will give you 21 million dollars. What will you do with 21 million dollars, I said, If you want to do something for drug addiction? You only need them to come there. Overnight they will give up their drugs. I have seen that and there are some sitting here. Such a power your spirit has. Such a beauty it has and such love and peace it has. Only it is to be brought into your attention which is going hither, thither-thither. **Only if your attention is enlightened by the spirit you become such a wonderful person.** All these things as they had described in Sanskrit, Kam, Krodh, Mada, Lobh, Moha, all of them drop by themselves. All the anger, all the stupid things we do, and all the aggressive things we do, drop out. I have asked some Sahaja Yogis to go to Kashmir and make them Sahaja Yogis. If you can make them Sahaja Yogis this problem will be over. And there are some willing to go there. Some foreign Sahaja Yogis specially have offered their services to go and change the people's lives. Now we have changed people, like we have now in a place called Benin, there are 7000 Muslims who were very



fundamentalists, they all have become Sahaja Yogis. In Turkey we have already 2000 Sahaja Yogis. So even fanaticism of any kind among Hindus, among Muslims, among Christians can be easily changed because they will see the beauty of their spirit and their religion itself will get enlightened. They will see the beauty of their religion. They will see the oneness of their religion and like that a global religion can be accepted where all religions will be understood properly. There have been deviation in every religion and that's why there are problems.

Can you fight in the name of religion, when there is only one God?

They do because they are ignorant; I don't blame them, because they have no light. But once they have the light, they will understand what is the global nature of religion. Now you will be surprised that Sahaja Yoga or we can call the Vishwa Nirmala Dharma has been accepted in Russia as a religious identity. But it is not religion like other religions are. It is not at all of that kind. Its a religion where we believe only in love and compassion and also in our own power that nobody can touch you. Nobody can kill you. You will be amazed that there was such a big earthquake in Turkey

but Sahaja Yogis, none of them, were touched. Even their houses were completely alright while the rest were all destroyed. So many places, it has happened. We had a hurricane, there the same thing. All of them are sending me reports that Mother all the Sahaja Yogis are saved. How they are perfectly alright? Because you are protected by the divine power. We have to believe in the divine power which all the religions have believed. Then the problem comes whether you should believe in the form or formless? Then you will realize that with the formless only you can understand the form. Very simple thing it is to look at, but it is really extremely surprising. For example once I said that Mecca is Meccashwara Shiva, written down in our scriptures. But I didn't know that I just said it. Now I read an article that they were all worshippers of Shiva and this is really surprising that Mohammad Sahib never talked about any religion. Nobody has read even that, we can say the Koran. Nobody has read. We have a very good book written on Koran, which of course I guided, and it so clearly says what Mohammad Sahib has said. I mean also this brings discredit to people. Christ never said things which Christians are saying. Same with the



Hindus, they are doing things which are never written in any Shastra. It is very surprising that these people, who are in charge of religion, they are the ones who are spoiling the image of religions and creating this problem. I don't know why they want to do it? What is the use?

Now regarding Sakara and Nirakar it is very simple to be understood. After getting realization you can feel the spund (स्पर्श) or you can call it vibratory awareness is there. With that you can feel what is truth what is not. **I would say that there is no truth in worshipping a statue which is created by a drunkard or a person who is using it for money. But even in the Bible it is said that whatever created by the sky or by the mother-earth should not be disrespected. This is what we call as the Swayambhus.** But Swayambhus for people who are not realized souls is just a sort of a ritual, a Karmakand. They don't understand whether it is a Swayambhu or not. You being a Sahaja Yogi can go and see Swayambhus and accept it. I know, at Tukarama's place, you were jumping and enjoying because you could feel the Chaitanya, you could feel the vibrations. So first you should know about Nirakar and then you can find out about Sakara. There is no

quarrel about it. But if you are not a realized soul, how can you say which place is Swayambhu and which isn't? So the whole problem is solved but first you must have the knowledge, knowledge of vibrations. Now if you ask me a very serious question that we are having in our country, which I have right to tell you about, is about Shri Rama's Mandir. Was Rama born there or not? He was. You can feel it on your hands. You can feel it. All of you can feel it. He was born there. No doubt. For that what is there to fight? Whether its a masjid or anything Shri Rama was born there. Vibrations are there, whatever it is. But to glorify him you must have a temple, doesn't matter. Whether you have masjid or a temple is the same and if you want to have a temple you must do it after realization not before that, and also you should put there only realized soul who will be in charge of the Puja. Then only you will do real credit to that great soul of Shri Rama. All of them here, from whatever country they come, they know Shri Rama. Not only that, but they know where he is within us and they know how to worship Him. They also know about Mohammed Saheb, they also know about Jesus Christ. They know the truth about them. Within their own body, within

themselves. Once that is the knowledge, the true knowledge, the absolute knowledge then what is the quarrel about? Everybody will feel the same way. What will you quarrel for. If I say my country India is a Yogabhumi, alright, you ask all of them whether they came from this country or that country, also will say the same thing. So when they come from abroad, they bow to this country, while you Indians may not. Because they know this is Yogabhumi and the Kundalini of the whole universe is inside this Yogabhumi. So all these great things about our country are to be understood through the vibrations which Adi Shankaracharya called as Spunda. Actually most of their poetry could not, because they were so closed, could not explain to normal people what it was. But I think, if you go deep into these matters and understand absolute knowledge through your spunda, through your vibrations, you will know what is the truth. What's the use of fighting for falsehood? Its like fighting the darkness. Why not have light and see for yourself?

Today I have taken some liberty with you, Sir, because I wanted to tell you that in this country of ours we have the greatest knowledge about the spirit. Whole Sahaja Yoga is based,

whatever I know, is mostly from our shastras. It is not the ritualism. It is the deeper knowledge. All saints, whether you take Kabir, whether you take Nanaka, or Mohammed Saheb anyone, all of them have said, 'Seek Yourself Within'. Why did they say so, why did they say so because inside is the truth, absolute truth, and with that absolute truth all these stupid stupid things will drop off and you become an affectionate personality. As it is, the time has come for the whole world to change and transform, you know that. I now request you all to do lot of work for me. I have done that was possible for me to work it out and it has worked, no doubt. But you all can do it and change first of all your own society, change your own countrymen, change also, then, globally. You can go. You can help each other. For example some people can come to India and help here and from India some could go and help there. So now you are well equipped with that knowledge. You should come and work it out. I must thank people from Australia who went to Orissa. They have formed nine centres of Sahaja Yoga. This is happening and you know, you could do it. You are quite capable of giving realization to people. I request all of you to try this gift, that you have, to

be shared with others.

**Emphasizing the need to learn Hindi Language Shri Mataji said:-**

I talked in English language because sitting here are many people from abroad. I hope you might have also understood, what I said, yet I will say that one must know one's national language. I know there are people from South, Nepal and various other places, who are present here, but the knowledge of national language is necessary. My Mother Tongue is Marathi. It is wonderful for spiritual ascent. But my father used to say that without the knowledge of Hindi language you are useless. So you should learn Hindi. By learning Hindi you could read about your culture and

spiritualism. A lot has been written in Hindi language, you will wonder, what is written in Sahaja Yoga is written in these scriptures. Do not remain confined to English language only. It has its own limitations. The meaning of 'Spirit' word is soul and also wine. It stands for ghost also. How could you write about the deep knowledge in this language? So you all must learn Hindi language. I am teaching it to foreign Sahaja Yogis also. The treasure of knowledge is stored in Hindi or Sanskrit language. So the knowledge of Hindi is compulsory.

May God Bless You.



## **HER HOLINESS MATAJI SHRI NIRMALA DEVI'S ADVICE TO BRIDE GROOMS**

**Chhawla, Delhi-23-3-2000**

I am very happy to see you all here and you should know that you are going to have a little different life, that you are getting married in Sahaja Yoga.

There is a difference between other marriages and Sahaja Yoga marriages in which we understand that marriage has to be a special type of holy alliance in which you have to lead a very Sahaja life with your wife and to understand her. She is also a Sahaja Yogini, so you must respect her and you must love her and she should really understand that you are her caring, loving, gentle husband. You must show all concern about her because she is a Sahaja Yogini. She is not an ordinary woman and with that respect I am sure you are going to lead a very happy married Sahaja life.

As it is, in Sahaja Yoga, as you know, we don't criticize each other. We see the good points of another person and we have a great capacity to forgive. So to forgive is not to tolerate or to

suffer but you forgive because you are very noble, you are a Sahaja Yogi. So don't try to find faults with your wife all the time. Also do not give her, all the time, orders, do this, do that, but join hands with her. Because in Sahaja Yoga we don't believe in an individual's rights to dominate another person. So what you should see is to help her, to understand her and to share all the problems. Not to put problems on to her but to give her all the helping hand that is needed. She is your companion. She is not your slave. She is not your servant, neither you are a boss of her. So all these qualities are not be seen in a Sahaja Yogi and understanding is the best part. You should try to understand her side also. Sometimes they are coming from another country and are of a different culture. So try to understand. This is how you will understand what is the culture of that country from which she comes. Also it is good for children that you must always respect your wife. You should not have some sort of idea about your

wife. Forget about all the conditioning you have had or you have seen in the society. You are very different people. You are absolutely chosen people for the work of Sahaja Yoga. So once you start understanding this point that you are here going to marry a girl who is Sahaja Yogini and who will look after you, then it will work out. I will also tell them what they have to do. But I would request you not to have domination of man or thinking that you are the head of the family to trouble the wife. Share with her.

Please understand that and once you start doing that, you will enjoy helping her and understanding her.

I hope your marriages are very, very successful and that you get very beautiful, sweet children who are born realized souls. I am sure you will have a very happy life ahead of you. So go for that, go for a happy life by making her happy, by making every one happy and looking after every thing in a Sahaja way.

May God Bless You All.

## HER HOLINESS MATAJI SHRI NIRMALA DEVI'S ADVICE TO BRIDES

Chhawla, Delhi-23-3-2000

It is very nice to see all of you so beautifully dressed and looking so nice. I want to tell you one thing that you are marrying in Sahaja Yoga to Sahaja Yogis. Always remember this point. As it is, we see there are so many marriages breaking and all kinds of things happening in Sahaja Yoga. Also we get sometimes 1% failures. Only 1%, and that is because they understand the responsibility as Sahaja Yogis. So I want all of you to remember that you are getting married to a Sahaja Yogi and you must always remember this point. You must respect him, you must look after him and care for him. Sometimes he may lose little bit of his balance. It is you who has to bring him back to balance with very gentle ways. It is your duty to preserve the society of Sahaja Yogis. People will come to your house, Sahaja Yogis, their wives, their children. You must look after them because you are the incharge of the society of Sahaja Yogis. You may be earning a lot, you may be very well equipped, must be

that, but you must always be humble and understand that you have to carry out the work of Sahaja Yoga through your marriage. This is a very big responsibility. In your case it is the preservation of the society that is of the Sahaja Yoga people.

So you have to love all of them. You must care for them. Never think this is your own house and you are the queen of the house. But you are the mother, you are the sister, you are the complete relation of these people who are Sahaja Yogis. So when they come to your house you must show all respect and regard.

Never complain about them to your husband. He won't like. Also you must remember that your patience, your love and your guidance will definitely help to build your married life. If you want to be happy, you must know how to make others happy also. If you do not know how to make others happy, you can never be happy. You should not think about your own demands, your own needs, your own,



you can say, ideas. Whatever is there you have to do in a very gentle manner because you are the women, you are ladies.

So your style should be gentle, you should not shout, you should not get angry, you should not treat anybody shabbily. I will immediately know who is an unkind hostess. People will tell me that Mother she is a funny woman, she does not know how to behave. I don't want to hear that. I want to hear that you are very sweet, nice wife who will look after the husband, who will look after the family of Sahaja Yogis. That's your job. There is nothing to feel degraded in that.

That's what you have to do in Sahaja Yoga. That's why you are so important. You don't know that the role of woman is so important, so very important that she can change the whole family into a beautiful Garden. It is her sweetness, her own creative mind of love that can work it out. Must find out the art of love and work it out on anybody who is disturbed or who is unhappy or who is crossed. You can do it. You should know how to pacify that person and how to impress.

First quality you must have is the generosity of character. You should

not mind giving up anything to anyone if they want. You will enjoy your generosity now and in that you should be generous when you forgive others. Forgiveness is very important and then you will never feel the weight of your married life.

Forgive. Also you have to forgive yourself. Not to feel guilty, not to feel guilty at all about anything because after all you are also Sahaja Yogis and if you have done anything wrong, it's alright, it doesn't matter. But you should have the sweetness. The sweetness of a wife who will emit love and peace to others. You should not be a dominating personality or a person who is aggressive, not at all. On the contrary you are the one who can bear lots of things and make fun out of every nonsense that you see. Nothing is so serious to fight it but to make a fun out of all that and make a fun for every one. That's what you have to be, always smiling and happy. You will be amazed, you can make beautiful marriages for yourself; for your husband and for all Sahaja Yogis. I am also very sure, if you will make a successful marriage, you will have very very good children who will be born realized. So you should be good mothers, mothers who can really do good to their children and to other children also. All that is

stored for you in future. I know you all will be enjoying very much your future life and make it so beautiful that everybody should talk, that 'look at these Sahaja Yoginis?' How great they are! Their lives are happy. It is very very important that we should pay attention to our own mistakes than to the mistakes of others and try to correct them. See, they are themselves capable of looking after themselves. Only you should care for them and also you should in every way be very kind and gentle. I am sure you all can make very good families

which now a days are not available. You don't see people who are happy in the family. So no complaints about the husband, no complaints about anybody to the husband but you make yourself so sweet that everybody wants to take your love, your guidance and they will come to you. I am sure that you can work it out. There are so many Sahaja Yoginis who brought such credit to me and have done such good work. I accept the same from you.

May God Bless You.

## HOW REALISATION SHOULD BE ALLOWED TO DEVELOP

London - 15-10-1979

Now those who have got realisation, those who have felt the vibrations must know that they are now-developing into another being. The germination has started, and you must allow the germination to work out in its own way. But normally when we get realisation also, we don't realise that it is a tremendous thing that has happened within us. That this triggering, which is an impossibility, has taken place within us and it has to work out slowly. It has to develop and evolve us into that and because we don't feel it, we don't take it that seriously, as we should, our realisation does not grow. Moreover, we are surrounded by people who have not felt the vibrations. They don't know this area, they have never seen it. As Guru Nanaka has called it, it is अलख. They have not seen it, they don't know about it, they don't know that there is a power of God that exists, which understands, coordinates, cooperates with you, which is working in the collective being, which makes you aware of that

collective being and of others also. This is अलख or we can call it अपरोक्ष, which is not seen by any one, which no one knows about. They talk about it, they talked about the kingdom of god. They talked about God's powers, divine powers. It's all talk, talk, talk. But once you are triggered into it, you have to grow into it. **Unless and until you grow into it you will be dropped,** specially the people who have come from fake Gurus and from false things that they have been following. They don't know how terrible these things are? Like you are on a crocodile and suddenly you discover it's a crocodile, how fast you would run from that? But even the understanding that it is a crocodile and it is going to eat you up, doesn't come up so easily. So this one doesn't realise also, as you don't realise that triggering, which is the most difficult thing, has happened to you. It is difficult, but it has happened to you. Know why it has happened. You take that one for granted and also you take the devils for granted. At least don't take the



devils for granted, run away from them as soon as possible, meditate, meditate and try to establish yourself in the realm of Divine Love. I say it is Divine Love. You can't understand what is Divine Love. You can't understand any human being who loves you only for love's sake, just because that person loves you. He goes on loving because he enjoys that loving. In संस्कृत it is called अव्याज, that there is no interest, अव्याज, just flowing. Even when it corrects you, it corrects you in love and the protection of Divine Love is the only way you are germinating. That Love gives you that warmth needed, that strength needed, that confidence needed. Everything is given to you by that Divine Love.

So one has to realise that it is love, and love is the basis of all this creation. God has created this world this universe only because He loves you and He wants to bestow His blessings on you because He loves you. But how far you love yourself is the problem. How far you understand yourself is the problem. You don't evaluate yourself and that is the reason why, though the Kundalini has risen and you have got realisation, your vibrations are flowing, the growth is very slow. Because attention has been outside and even

after realisation it is outside. Sometimes it is sucked in and again it goes outside. **Then we don't change our old habits at all.** We go on sticking to these old habits. Our structure of life, our styles of thinking, continue to be the same. Again we find ourselves lost into the same shambles.

**Now Sahaja Yoga gives you realisation, all right, but also it gives you a long rope to hang yourself.** If you don't pay heed to yourself and to your being and if you don't love yourself and understand that you are the instruments of God by which for the first time you are going to give realisation to people. You are going to save people from getting drowned and this is the first time you are made like that. This capability you never had and no human beings have, which you have got now today. Very few people had this capability, very very few people. But now you have got that capacity and you don't want to evaluate yourself! How important it is? If you could realise then you would work it out? Allow the blossoming to come up. On the contrary I find, today because you are Sahaja Yogis and I can talk to you like this, normally it is about Kundalini and all that, **but I find that you don't see the movements of your**

**Kundalini. If you try to understand that she is the one who loves you the most, because she is your individual mother, if you try to follow her, you will see that She is suggesting where is the problem within you? What you have to correct, what you have to do. Because She wants to perfect you, She wants to help you. So if you start watching it carefully, with love, with understanding, She is very playful, extremely sweet, full of beautiful play like a little child. She is tickling here and there, call for your attention. She doesn't trouble you. You have to be just alert about Her and She really matures you. You have seen people, with time how they have matured? But you have to pay attention to Her and yourself, otherwise what is your value without enlightenment? What is the value of a human being without enlightenment?**

What is the use of having human beings if they are not enlightened? What is the use of this instrument if it is not put to the mains? The rest is all useless, isn't it? It is you who have to raise the people; you have to enlighten the people as we have some gas lights. A man runs up to the gas lights to lighten them. He only has the capacity and power to do it, so he runs up to the street, lighting all the

gas lights. It is he who has to do it, he is appointed for that.

Sahaja Yogis must realise what is their value. What have you made out of Sahaja Yoga? How many people have you saved, how many people you have helped? Your own problems are so many and you are creating problems for others by talking, by discussing, by arguing. You can't discuss it out. You must know, you can't argue it out. It has to work by itself. By arguing, discussing, fussing, judging, confusing yourself, you create a problem for your Kundalini to work it out. Are you not seeking your spirit? Are you not worried about the salvation of your own spirit? If so, what are you doing about it? That's the most important thing. I think everybody realises this that only achieving self realisation is not the end of it. Because it is just the sprouting that has started. You have to go further, you have to have compassion for others who haven't got it as yet. You have to think about them, you have to give it to them, work it out, put all your minds to it. **But still I find people are busy with other things.** They go back into the same circle. You should be busy, I don't say that you shouldn't do something for your living, you have to do it. This is one thing very



important for us to know that we have to work it out, we have to allow it to grow within ourselves. But if you say that Mother we have all faith in you, that's all. Its not sufficient, what faith do you have? What do you mean by faith? It is such a vague term. What is faith after all? Have you ever analysed the word 'faith'? Some people think that we have all faith in Mother if we sing her praise, finished. For that one has to reach a certain stage like Adi Shankaracharya had reached. **Have you got faith in yourself is the point? Who is having faith in me is the one who has no faith in oneself? You have to have faith in yourself and in all your fellow beings, all the other Sahaja Yogis. I have already told you that Sahaja Yoga is not going to work out individually. Anybody who is thinking that I am something greater than the others is a gone case.** Nobody should work Sahaja Yoga for oneself in that way. You have to work collectively, for everyone of them. Any one of you who thinks that he has something higher than the others have, then you are sadly mistaken. Its like one eye saying that I am higher than the other or one nose saying that I am higher than the eyes. **Everything has its own place in the body of Virata and every**

**body is so important as well as dispensable.** You know what happens in Sahaja Yoga, very common in India, not so much here, Indians do this way. They have very good points like whenever I go I find they are very much matured and very much developed, because they are not thinkers as you are. You are great thinkers, visionaries and intellectuals. I was thinking all intellectuals developing horns here, like this, and when you see them you will know that they are intellectuals, who were denouncing God and denouncing all His ways.

They are not intellectuals, I would say, to that extent, but they fail in certain things, while you fail in certain things. They always had this kind of thing that somebody came up like one man who said, no I am the great, I am this, I am that. He goes on this kind of harping and he shows down other people. And then suddenly such a person is brought down and the people are shocked. Mother what happened? You cannot, If you have to pull a spread carpet like that, you can't pull one side of it, you have to carry the whole. Only one person can't shoot off in the whole game. Now you take my position. Yes I know I have all the powers, every



thing is there of course, I am supposed to be much higher and all that, supposed to be, I say. But confronting you I have to come down, I have to fight the way with you up the hill. Every step we have to go together hand in hand. You know that. Somebody's some chakras are catching. Alright. So, I put my Chakra into play, it works out that way but you know how much I have to struggle? How much I have to work hard? Its a task, giving realisation. My Kundalini doesn't need anything. You know that but still she has to carry your heavy Kundalini on herself and raise it. Its a very heavy thing, only a person of real love can do that. Thats the only criteria. The one who doesn't have love can't do it. It is too much a thing to do. The whole body, if I break into, every centre vibrating, its not easy. But its just the love and the compassion between you and me, which suits me, which covers all the task and the labour and thing that I have to put in and sometimes it is such a wasteful thing, I feel about some people. It is such a waste with them but still the love that has brought us together gives that soothing feeling and you feel so cheerful. Every morning you get up, with a new fragrance within yourself and you feel so happy about it.

**So be careful, in dealing with people you have to deal with love, not with criticism or in anyway showing them down in any way.** When you are not in anyway higher than anyone then there is a reason it should be done like that. If you are getting any way higher, you are helping the collective being but in that if you are feeling that you are anyway higher than others, you are again coming down because you are pulling down the collectivity. If you put down anyone, or condemn anyone like that, then you are putting down that person. You should not also correct because I am there to correct. Its not easy to correct others. You may hurt them. You don't know even the ways of correcting people. Unless and until you have those powerful vibrations which are emitting from your being just love. Then you can do it. Because of an ego oriented society you are very good at hurting others. You dominate others; you don't even know that you are dominating others. So many ways, I have learnt in this country we have, by which we dominate in a very subtle way. We talk to people in such a way that we are dominating them. Do we ever think, sit down, how are we going to talk to others, suggesting our love to them?

I will tell you again and again that

Sahaja Yoga is nothing but love, love, love. How much you love others is the main point. Despising, criticising is not good. Yesterday you were just the same, today you are better off, you are going to be better off still. Suppose some people who are very heavy or very troublesome, you should tell them clearly that sorry sir, you are very negative, we can't bear you. There are some cunning people also who may come in and try to trouble you. To a point it is alright, then you have to tell them off that we are sorry. But even to judge whether a person is negative and what sort of things he is doing, you are just thinking about him, you are rationalising. Not through rationality but through vibrations. Because through rationality a person may appear to be a very nice person, may be, or a lady coming in, here could be a terrible stuff. So how much you meditate means how much you love. When you think of others, think how much you love them, just try to think how beautiful it is! If it is not love, it is hatred. Its like a scorching heat, you see, which will completely take away all the beauty, all the smoothness of your heart.

Only through love Sahaja Yoga is going to spread. All these years you have seen the powers of hatred. You

have seen how people hate. How they treat each other, how they talk about each other? There is no tenderness about them, no kindness about them. How sharp they are with each other? You have to change all that now. You have to create a world of people who love each other for nothing. Not for money, not for positions, not for beauty, not for sex. Only for love's sake. Only because you have been blessed by love.

From next time we will be advertising and many more new people will come into Sahaja Yoga. But all of you must find out how many people you can bring along and work out. Put your mind to something like that. All the time we are thinking about jobs this and that. This is a very precious time that should not be lost. All our lives we have done jobs, made money, marrying, having children and dying. **This life time let us do something special, for which this whole universe was created. Open the gates of Heaven for the rest of the people.** You have to be assiduous. There is no compulsion in Sahaja Yoga, you know that very well. There is no timing for it, there is no forcing for it because I say it is love. If you don't want to do it, nobody is going to force you.



**But as I said, Sahaja Yoga gives a very long rope to hang yourself. Till you go into illusions completely and you would not even know that you have lost your vibrations. It is to that extent. *If we have entered into something which was unprecedented, we have to take the ways which are unprecedented.*** You can't go the way that you have had before. You have to change your methods, judge every action of yours through love. How much sacrifice you can make for others? What can you sacrifice for others? What service can you do for others, Sahaja Yogis I am saying. There is no sacrifice in it. If you see, there is no sacrifice, it is love.

If you love some one and you want to take say a rose for a person and you go to the market. With great difficulty you get the rose. When you get it you feel happy. But then you get the thorn in the finger, still you don't mind, its bleeding, doesn't matter. You are just waiting to see the person there and when you see the person, you forget all that had gone in between and you give that rose just to express yourself symbolically. And how happy you feel that you have been able to give that rose to that person! This we do every day in our life. But in Sahaja Yoga you do it

without even knowing it. Its happening. You are transmitters. Every where you are sitting in meditation you are transmitting vibrations. Do you know that? At that time if you are thinking about your jobs and other things which you have been thinking before, then transmission is poorer. Think of love. Think of the whole country, think of the whole world at that time. You are transmitters of these waves of love, and love will flow from you.

I told you once that you are made in the form of Ganesha and thats what you have to do. You know that vibrations from you are coming out. You are sending vibrations out, you know that. That means you are like any deity which is thrown out of the mother earth's womb and a big temple is raised and thousands of people go to worship that. They say that it is the temple of a Jagrut Devta, means enlightened, awakened and that's just a stone, a stone that comes out and people build a temple on top of that and go there and worship that. While there are so many already sitting here, so many Jagrut, realised souls. These are living and moving, these are understanding. They manoeuvre. The stones only emit vibrations to clear the atmosphere but you can raise the Kundalini. They can't raise the



Kundalini, you can. And what are you doing about it. Such a precious thing you have got. What are you doing about it? Is it because there is no business in it, that we are taking it so slowly? Supposing its an enterprise, then every body would be up and doing, Isn't it? We have to change our ways and methods of understanding. **The reward of God is thousand fold than any enterprise can bestow upon you. When He blesses you, you wouldn't even have words to thank Him. To that extent He goes.** Are we depending on him or on our own old ways? We have to change very much, we have to transform ourself into a new style of thinking. It is very very important. I hope you will think about it, what I have talked to you today. Don't take to a life which has not

brought any happiness to you. You have your friends who are Sahaja Yogis. Change your friends. Change your methods of life. You will enjoy much more. This is for you to understand about yourself and about the importance of Sahaja Yoga. Unless and until it is an enterprise, nobody takes it seriously. This is the style of western thinking. It has to be, whether it is hocus-pocus or real enterprise? Does not matter. As long as money exchanges, everybody is up-and doing it. But when it comes to Sahaja Yoga, they have no time, even to meditate. Because we have not yet loved we have not felt that love within ourselves. I wish you could all feel that depth of love. Then you would go all out to work it out for yourself and for others.

May God Bless You

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**be transformed.** Still your joy is limited, but when you share it with others and when it resounds in others and when you see them in this joyful state, then a unique state of joy will dawn in you.

I saw the Yuva Shakti boys and girls dancing out of happiness and joy. To bring people in the state of joy Lord Krishna asked them to celebrate Holi. The propriety of conduct of Shri

Rama made people very serious and sober. The gaiety of life had vanished. So Shri Krishna started this type of celebration. Only Sahaja Yogis could celebrate that way now and play Holi with love; not to trouble any one but to express one's joy and also to give joy to others.

My Blessings to you all.