

# *The Divine Cool Breeze*

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You can be both alert and relaxed because you are Sahaja Yogis. Magnanimity of mind is very pleasing and it attracts others. This magnanimity lies within human beings and is awakened by Kundalini.

Her Holiness Mataji Shri Nirmala Devi

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## **GURU STUTI**

### **PRAISE TO SHRI MATAJI**

*Based on Guru Stuti in Chapter 12 to 18 of Shri Jnaneshwari*

- 1) Salutations to you O Guru Mauli (Mother Guru). You are famous as the one who generously showers on Her children the immaculate and eternal joy, Nirananda.
- 2) O Guru Mauli, the compassionate one, when the snake of sensuality takes a grip on us and stings us, the poison, which is difficult to be removed takes away our awareness. But O Mother, with just one of your glance, that poison vanishes and awareness, once again, dawns on us.
- 3) Shri Mataji, our most beloved Guru, when we have the ocean of your ambrosia, how can the heat of mundane life torment us or the grief overcome us?
- 4) O most loving Guru, it is by your grace that we, your children, are eternally enjoying the bliss of yoga and it is you who most lovingly bestow upon us the enlightenment of "SO HAM", "I AM THAT".
- 5) O Mother, you bring up your children with love, in the lap of your supporting shakti and in the cradle of your heart put them to the yoga-nidra.
- 6) You bless us with the "Aarti" where flame is the spirit, and give us two toys of Manah Shakti and Prana Shakti to play with. Also, Mother, you adore us with the ornaments of spiritual bliss.
- 7) O Guru Mauli, you give us the food of your ambrosia, sing to us the lullaby of Anahad Sound, "SO HAM" : HAM SAH" and put us in the meditative sleep with the enlightenment of spirit.
- 8) O Shri Mataji our Guru, you are the mother of all the seekers. All "Vidyas" (knowledge), originate from your lotus feet. Kindly allow us to be always in the refuge of your lotus feet.
- 9) Shri Mataji, when you grant to us your shelter of compassion, we become experts in Divine

Knowledge, "Shuddha Vidya".

- 10) Salutations to you, O our Guru Shri Mataji, the Shuddha Vidya grows in the shelter of your lotus feet. Shri Mataji your lotus feet are verily our Spirit.
- 11) Salutations to you, Shri Mataji, your mere remembrance bestows command over the universe of words, i.e. we get the power of effective expression of subtle feelings, and the Divine Knowledge (Shuddha Vidya) comes on the tip of the tongue.
- 12) Salutations to you, Shri Mataji, your mere remembrance makes ones speech so sweet that it would surpass even the nectar in its sweetness and all moods (Rasas) would become so submissive that they would readily become manifest through words.
- 13) Salutations to you, Shri Mataji, by your grace such words come to your children as that can properly express deeper experience, and subtle revelations coming from spirit.
- 14) Salutations to you, Shri Mataji, when our hearts are at your lotus feet, we are blessed with great luck, Divine Knowledge and the

realisation.

- 15) Salutations to you, Shri Mataji, you are the greatest of all gods, you are the Sun that gives the light of the enlightened knowledge (Prajna). It is by your grace that the joyous life of Nirananda has dawned upon your children.
- 16) Salutations to you, Shri Mataji, you are the shelter where all your children feel safe and relaxed. You manifest subtle revelations of "SO HAM" in the hearts of your children. You are like the ocean within whom rise and recede all the "LOKAS".
- 17) Salutations to you, Shri Mataji, you are prompt to rescue your children when they are in trouble. You are the eternal ocean of compassion. All the Divine knowledge is your inalienable companion.
- 18) Salutations to you, Shri Mataji, when we are involved in the play of your Maya, we feel as if mundane world is real, but when you manifest your Brahma Roopa, i.e., your true form of Supreme God Almighty, we realise that Mother, you are omnipresent.

- 19) Salutations to you, Shri Mataji, when a magician casts the spell of his magic, his spectators become oblivious to the rest of the world. But the magician cannot hide himself. But Shri Mataji, in the spell of your Maya, the awareness of the truth about you is lost and the illusory mundane world is taken as reality.
- 20) Salutations to you, Shri Mataji, you alone are present in everything in the world. To Sahaja Yogis and realised souls, you reveal yourself in your Brahma Roopa and give them the enlightenment, while those engrossed in Maya are ignorant about you. Shri Mataji, this Leela of yours, in relation to yourself is wonderful!
- 21) Salutations to you, Shri Mataji, it is your Shakti which has given to water its liquid nature and to mother earth her forgiving nature.
- 22) Salutations to you, Shri Mataji, it is your Shakti that shines through the Sun and the Moon in three worlds. But for your Shakti they would have been merely like shells of Mother Pearl.
- 23) Salutations to you, Shri Mataji, the wind blows freely anywhere because of your power and the sky which is seen to be all encompassing, is only but a small part of your cosmic being and has to be searched as in a hide and seek game.
- 24) Not just this Shri Mataji, the Maya is also a small constituent of your Virata form and the enlightenment is due to your power. Your form could not be understood even by the Shrutis (Vedas) who made futile efforts to describe you.
- 25) Salutations to you, Shri Mataji, the Vedas were said to be experts in describing the form of god, but it was so only till such time they did not behold your Brahma Roopa, When they start describing your pure form, they become silent as we are in our meditation.
- 26) Salutations to you, Shri Mataji, we your children have cleaned our hearts. May your lotus feet be placed in our hearts. Shri Mataji, we wish to offer puja to your lotus feet in our hearts.
- 27) Shri Mataji, the feeling of oneness, is as the cup of our two hands, from which we offer at your lotus feet, flower buds which

- are our Nadis and Chakras and organs.
- 28) We wash your lotus feet with Ananya Bhaava, i.e., the feeling of total surrender and apply the sandalwood paste of dedication to your lotus feet, with our ring finger.
- 29) Shri Mataji, our love for you is like gold. Let us purify that gold and make anklets from it and tie them around your ankles.
- 30) Shri Mataji, with the same gold which is our love, we make toe ornaments and put them in your toes.
- 31) Shri Mataji, we offer at your lotus feet flowers of Sattwa Guna which have the fragrance of joy.
- 32) We burn the incense of our ego and perform the Aarti to your lotus feet with the flame of the feeling "I AM NOT", "NAHAM".
- 33) Shri Mataji, our body and prana are two sandals (Padukas). Kindly wear them in your lotus feet.
- 34) Shri Mataji may this Puja which your children are offering be complete at your lotus feet and accepted by you, howsoever inadequate it is.
- 35) Shri Mataji, we your children are eternally grateful to have been given this opportunity to offer this puja. Grief has vanished from our lives, we have forgotten what is sin, and poverty no more exists anywhere. As we have your Holy Darshan, we have the joy of fulfillment of our lives.
- 36) Salutations to you, Shri Mataji. You are the Sun with whose rising has bloomed to full glory, the lotus of non-duality and has faded away the spell of illusion in which the mundane world is held as reality.
- 37) Salutations to you, Shri Mataji. You are the Sun that has devoured the night of Avidya of twinkling stars of worldly knowledge, and has brought for seekers the auspicious day of self-realisation.
- 38) Salutations to you Shri Mataji. You are the Sun who has brought auspicious morning hours, wherein birds of our souls having got their vision of enlightenment, have discarded their nests of identification with bodies.
- 39) Salutations to you Shri Mataji. Our souls were beetles trapped inside the lotuses of our causal bodies, enjoying the worldly

pleasures, during a dark spell of MAYA. Shri Mataji, you are the Sun who has liberated those beetles.

40) Salutations to you Shri Mataji. Our intellect and enlightenment are like a pair of legendary Chakrawada birds who were crying to be united having been separated in dark hours of discussion and controversies. Shri Mataji, you are the Sun whose light has enlightened the sky of our intellect and has united the two birds.

41) Salutations to you Shri Mataji. You are the Sun with whose advent has vanished from the world inauspicious spells of Agurus and has opened the avenues of ascent to all seekers after getting their self-realisation.

42) Salutations to you Shri Mataji. You are the Sun and the rays of your grace kindle the sparks of divine knowledge in your children like the legendry Suryakant gem giving out sparks when touched by the Sun rays. Shri Mataji, the sparks of that Divine knowledge burn attachments to worldly pleasures.

43) Salutations to you Shri Mataji.

You are the Sun and as the rays of your grace grow strong, they make a number of miracles and bestow numerous blessings of prosperity. Shri Mataji, these are but reminders to us that if our attention is not at your lotus feet, the same prosperity can become a mirage and mislead us away from spirit and your lotus feet.

44) Salutations to you Shri Mataji. You are the Sun that shines at the meridian in full glory, with rays of your grace conferring upon your children the experience of SO-HAM (I am that) reducing thereby their Bhranti (illusion), like shadows that disappear under our feet in the midday Sun.

45) Salutations to you Shri Mataji. You are the Sun. When, by your grace the night of the spell of Mayaa ceases to exist, it also vanishes the sleep in the form of Bhranti of intellect accepting this world as reality. Infact this world is like a dream.

46) Salutations to you Shri Mataji. You are the Sun which is beyond the day and night of knowledge and ignorance. Also you are the enlightenment, because you are the light itself. Who can have a

glimpse of you, the resplendent Sun of knowledge?

- 47) Salutations to you Shri Mataji. You are the Sun by whose grace the auspicious day of liberation from all bondages and of self realisation has dawned upon your children.
- 48) Salutations to you Shri Mataji. You are the Sun who always shines in the realm of self-realisation. Your grace removes the spell of Bhranti (illusion) over your children and confers upon them the enlightenment of absolute knowledge, transcending above all relative knowledge.
- 49) Salutations to you Shri Mataji. The praise to you in words has its limitations and is therefore, inadequate. We can really praise you only in the state of oneness with your lotus feet, wherein the intellect who praises and the words of praise, become one with your lotus feet which is the object of praise.
- 50) Salutations to you Shri Mataji. It is really not possible to praise you through words, because knowing you is to know all unknown, and it can be achieved only in silence, when the spirit manifests itself.

Shri Mataji, you are our spirit. In that state, Shri Mataji, three forms of speeches, Vaikhari, Madhyama and Paschyantee merge into the subtlest form Para-Vani and even the Para-Vani recedes into absolute silence.

- 51) Salutations to you O, Guru Mauli Shri Mataji, you are the Chief of Ganas, Shri Ganesha, from whose Yoga Maya comes forth this fully developed universe.
- 52) Salutations to you O, Guru Mauli Shri Mataji, you are Shri Ganesha. By remembering you Shri Shiva liberated the Spirit trapped inside the fort of soul hood, surrounded by three cities of three Gunas.
- 53) Hence O, Guru Shri Mataji, when compared with Shri Shiva, being the Guru you are superior, because, gently you are taking your children across the ocean of illusion.
- 54) Salutations to you O, Guru Mauli Shri Mataji, you are beyond the understanding of those who are ignorant, whereas, the Knowledgeable ones (self-realised) can understand you.
- 55) Salutations to you O, Shri Guru



Mauli Shri Mataji, as Shri Ganesha your eyes may be small but you play, the Leela of Creation and Destruction of the universe just with opening and closing of your eyes.

56) Salutations to you O, Guru Mauli Shri Mataji, to those who are dear to you, separate identity does not exist and hence there is no relationship left, because they become one with you.

57) Salutations to you Shri Guru Shri Mataji, because you sever the bondages of this world, those people who joyfully surrender to you, you unite them with thyself in such a way that their bodies exist only for the names sake.

58) Salutations to you Shri Mataji you are elusive to those people who, thinking themselves to be different from you, struggle to reach you by following the various spiritual practices, like meditation on your form. But Shri Mataji, you are pleased with those who in devotion surrender themselves to your lotus feet and forget their own separate identity.

59) Salutations to you Shri Mataji, those erudite scholars, who do not realise that you are absolute, try

to mentally understand you through their relative knowledge. But they remain ignorant. After all, even the omniscient "Shabda Bramha" Vedas, are unable to describe you.

60) Salutations to you Shri Mataji, even when we want to be your servants, duality, of the servant and the served, still remains. So, it is better that we do not keep any identity to ourselves.

61) Salutations to you Shri Mataji, the Goddess and the Guru, When we attain that state in which there is no identity left whatsoever, then only we will be able to be one with your lotus feet, which is Puja to you.

62) Salutations to you Shri Adishakti, our Guru Mauli, it is the desire of our hearts, to be one with your lotus feet and offer the Puja to your lotus feet, like salt dissolved in the sea would offer Puja to the Sea.

63) Salutations to you Shri Mataji. As an empty pitcher, when dipped into the sea, gets filled in and comes to the surface, as the wick of lamp when lit, becomes the lamp itself, so we, by offering the Puja to your lotus feet, shall have

the joy of fulfillment and shall thereafter become ideal media for you to work out your will.

- 64) Salutations to you Shri Mataji, the Supreme Goddess, our Guru, You bestow all auspiciousness on the people, whom you grant shelter at your lotus feet. You are like strong wind that drives away the clouds of birth and old age.
- 65) Salutations to you Shri Mataji, our most beloved Guru, Shri Adishakti the most powerful. You destroy all the inauspicious and unholy from its very roots. Your incarnation is the reward of the prayers of the Vedas and the Upanishadas and you also bestow the reward of the Vedas and the Upanishadas.
- 66) Salutations to you Shri Mataji, our Guru Mauli. You have condescended to incarnate in the world in your complete form and occupied the thrones of your children's hearts. You are most loving mother to all your children. Easily you restrain the activities of the God of death, Yama.
- 67) Salutations to you Shri Mataji, our most powerful Mother Guru and Supreme Goddess! You stand by your children like a rock, protecting and correcting them and even restraining their attentions. O Mother, this is just a Leela for you. You enjoy it the most.
- 68) Salutations to you O Guru Shri Mataji, your immaculate form is extremely soothing and with just a glimpse of your form fills our hearts with Nirananda. O Shri Adi Shakti, the cause of creation of this universe, just one of your glance destroys all sins.
- 69) Salutations to you our Guru Mauli Shri Mataji, the self luminous one, you have enlightened your children. As the sky holds within itself the clouds, so you hold this universe within yourself. Shri Mataji, when we have self realization, this universe does not remain a reality to us.
- 70) Salutations to you Shri Mataji. As the primordial Mother, you are the Guru to even all gods and ganas, and the whole universe, O, the Purest one, with just one glance of yours, your children realise the illusory nature of this sense-pleasing world. O Mother, the ocean of compassion, your children are eternally grateful to you to have been given the

powers to overcome temptations of the illusory world.

71) Salutations to you O All Pervading God Almighty and our most loving Mother-Guru, You are the lamp in the hearts of your children. It is your light that enlightens their inner beings, and manifests in them as Divine Vibrations, protects them from the tormenting heat of mundane life and relieves them of all evil.

72) Salutations to you Shri Mataji, you are 'Advitiya'. There is none like you. You are unique. You have great love for all those who are humble, detached, having discretion and are surrendered to you, so much so that you are alert and prompt, to protect them, look after their benevolence and meet all their pure desires.

73) Salutations to you Shri Mataji. O Primordial Guru, you are like the celestial Kalpataru which fulfills all the desires, We your children are eternally grateful to have been bestowed upon, the Param Chaitanya. It is the greatest and beyond expression and imagination.

74) Salutations to you Shri Mataji the Primordial Guru! No smile no

metaphors, no adjectives, or words are adequate to praise you, because you are beyond everything. So we feel short of words and hence incompetent to praise you. All that we know is; to praise you we have to meditate and work for Sahaja Yoga.

75) Salutations to you Shri Mataji, O Spirit of the Universe, the Supreme One, the All Pervading God Almighty, the Mother Guru to Gods, Ganas and Sahaja Yogis, May you be pleased with this universe. Your children are grateful to you to have been given the Divine knowledge of the Spirit.

76) Salutations to you Shri Mataji, May by your grace the wickeds give up their wickedness and take to noble deeds, and may there be friendship of hearts, among all human beings.

77) Salutations to you Shri Mataji, We your children are indeed eternally grateful to have been given the enlightenment of Self-Realization. May by your grace, the darkness of ignorance go away from the world. May the world see the Sun shine of Dharma, of Spirit and may all

human beings enjoy the fulfillment of their pure desire.

78) Salutations to you Shri Mataji, We your children are grateful that you shower upon us Divine Bliss and the most auspicious Param Chaitanya. May by your grace, multitudes of devotees of God Almighty, that is Yourself Shri Mataji, in the shower of auspiciousness meet all human beings with overwhelming love.

79) Salutations to you Shri Mataji, we your children are grateful to You, that You have given us the collectivity of realized souls. May, by your grace, there be the union of hearts among all who are like unblemished moons, heatless suns, and whose congregations are, like moving forests of

celestial Kalpatarus, like townships of celestial Chintamani gems of awareness, like talking ocean of ambrosia.

80) Salutations to you Shri Mataji, we your children are grateful to you, that you have taken us within your being and are cleansing us with your love and compassion. Shri Mataji, by your grace May all human beings of the world have the Divine Joy to their heart's content and be engrossed in devotion to you, the Primordial Being, the Supreme Spirit, Sakshat Shri Para Brahma. Salutations to you O Divine Mother, again and again,

OM NAMAHA, OM NAMAHA,  
OM NAMAHA.

# **GURU PUJA**

**Cabella, 23-07-2000**

**Pravachana by Her Holiness Mataji Shri Nirmala Devi**

Today we are here to know about Guru principle. What does a Guru do? Whatever you have, all the precious things within you, he discovers them for your knowledge. Actually it is all there, everything, all the knowledge, all the spirituality, all the joy is there. It's all contained within you. Only thing the Guru does, makes you knowledgeable about your knowledge, about your own spirit. Everyone has the spirit within himself, everyone has the spirituality within himself. There is nothing that you get from outside. But before getting this knowledge you are delinked or you are living in ignorance. In that ignorance you do not know what treasure you have got within yourself. So the Guru's job is to make you know what you are. That is the first step that it starts that awakening within you by which you know that you have not this outside world, this is all an illusion and you start getting enlightened within yourself.

Some people get full light and some get it gradually. The essence of all the religions is that you should know yourself. Those people who are fighting in the name of religion, you have to go and ask them, you have to enquire from them - 'Did your religion make you know yourself?' If all the religions have said one thing, you have to do all these things just to know yourself. But people get into rituals. They think that by doing all these rituals they are near God. They live in ignorance absolutely about themselves and day in and day out work out something which has nothing to do with yourself. Lots of acrobats, prayers, pujas, these things go on. Because it is all ignorance. People go on paying them money and they become very rich and their interest is only the money. They want to take all your money absolutely, and make a fool out of you. They pamper your ego, with pampering of that ego you just start drifting into the ocean of illusion and you are drowned into that illusion thinking that you are very

religious and you are just in connection with God, which you are not. To know God you should know yourself first, without knowing that you cannot know God. That's essential that you should know yourself. But when you know yourself you know partly. The experience is not sufficient, the knowledge has to come and the Guru gives the knowledge about your self. Now you have to tally it, you should find out whatever your Guru has told, is it true or not? Is it correct or not? Or is it just another illusion?

Now, in this ascent people get into lots of problems. First and foremost is the ego problem specially in the West. Ego stands up and you start thinking you are great, you are better than others and there's something special about you. This ignorance is more dangerous than the worldly ignorance, because in the worldly ignorance you do feel the consequences of wrong things. But when you are half way, when your ignorance is that about yourself, when you are going to a higher realm then one should always understand that you cannot have ego.

Then what starts is introspection. You start looking at yourself... What's wrong with you? When you

understand that you have ego, you start looking at yourself or when you find there's something missing or something wrong then also you start introspecting. This should be a very, very honest, very honest effort. Some people in Sahaja Yoga, at a very early stage, start thinking that they are very great and they don't need any introspection and they rise again into the clouds of ignorance without achieving Self or I can call Self-Realization. So you have to introspect and see for yourself... What I have been doing? What are you? How for you have come? Now, the style of such a person changes gradually. How? First of all a person who is extremely aggressive, hot tempered and full of ego starts becoming very gentle and mild. Another type which is frightened and afraid and very cautious starts becoming fearless, at that stage you will have no fear, you are sure that you are on the right path and you are moving on the right lines. You are not easily disturbed there but still you have to rise higher and higher where when you meditate you understand that there's something wrong within yourself.

You have achieved your self realisation, you have got the blessings of self-realisation, your health is

good, you have got all kinds of blessings which you cannot count. All that is there but still you have to go further and that is to understand all the knowledge about Sahaja Yoga. You have to understand through your mental capacities first, to begin with, and then you have to verify how far it is correct? How far you have understood it? How far you have worked out? How far you know. When you start seeing yourself you start entering into the realm of bhakti. You become a mild person, a sweet person. You don't talk too much, you don't harrass anyone. You are a very pleasant person, very gentle, very understanding. This person has to verify how he is behaving towards others. Now the attention starts moving from one self to another and you start seeing how you behave? How you love? What is the quality of your compassion? When you love somebody without any expectations, just love, then you are absolutely dedicated to that person, absolutely. You just obey, you will do anything for that person. If there is this love which you call as surrender, this is just the love.

Surrender is nothing but the love and that love which is extremely joy giving. This bhakti starts, this

dedication starts and you are cleansed by that bhakti. All the bad qualities that you have, I call them, all the deficiencies that you have, all the problems you have, you understand and you get over it. Now if you see somebody with the same qualities, with the same problems, you in the love of that person try to tolerate. Such a person just tolerates, there is no aggression and these people forgive. Realised souls go on forgiving, their capacity to forgive is tremendous. They do not bear any malice against anyone, they don't have any anger about anyone. They just go on tolerating and forgiving. This forgiveness is just a music, I should say, of your bhakti. The amount of forgiveness these masters could have received from the life of Christ. They are tortured, crucified, most of the saints were tortured. People never liked them. But as you know that they never resented, they never take a revenge, they never did anything which was not compassionate. They had compassion and compassion for such people, they felt that O God! Please forgive them. They do not know what they are doing. Extremely compassionate and they are that that becomes their nature. When it becomes their nature they become people with complete peace.

They are not disturbed. They are never disturbed with whatever is happening and they think it's God's will because nothing can disturb them, nothing can upset them. They just enjoy their devotion. Devotion to their Guru, may be devotion to God. In that devotion they may write beautiful poetry, they may go on dancing, they may go on singing because the peace is within and they are enjoying themselves. When they are alone they are never alone, they enjoy themselves. They know that we are one with the Divine and the blessings of the Divine they enjoy. Another thing is they never take to artificialities, they are never worried, never upset, they are neither futuristic nor they think of the past but they are in the present. When they are in the present, they are absolutely silent. If there's any problem or anything happens to them they immediately go into thoughtless awareness. That is what their capacity is.

To become a Guru you have to develop that personality, not to be bound by anything. I will tell you my own example. I never hurry, I am never bothered about time, because if you are sure that Divine has plans for you, you are not bothered. The Divine is looking after you so, why

to bother? I was going to America and one child fell down, (I was just about to get up and go) and broke her arm and when I saw the child I said alright I will put the child right. They said, you are going to America. I said, I will go in any case. So I cured the child, it took about half an hour and then I came out. Alright, let's go to the airport. They said, Mother you are very late. I said, I am never late, let's go. We went to the airport and the plane by which I was going was out of order. So there was another plane going to Washington not to New York and I wanted to go to Washington only. So, just imagine how things work out and we call them Sahaja. It has worked out Sahaja, that means its effortless, but first of all your personality should be such that your devotion is so great that Divine is compelled to look after you, compelled to look after you.

You have to understand that Divine force is around and this Divine force is absolute guarantee for your safety, for everything that you want to do. You can say that Mother, you are very powerful. You can become, also, very powerful if you get completely dedicated to the Divine work. You will also have all the powers and the Divine will provide



all the necessary work that you want to do, necessary time that you want to have. Everything is provided by the Divine. But the compassion when it extends from other people to God or to Divine person or to your Guru then it becomes very easy to live, very simple to live, no complications, everything is sorted out and you are not bothered about anything... just close your eyes and things work out. Everything works out as if that's your will, but you don't have to will it, don't have to think about it, it just works out. The Divine looks after everything, looks after your comfort, looks after your health, everything. And this Divine help you do not seek, you do not ask for, but you are a personality for which the Divine is responsible. You are a special responsibility of the Divine and it knows what is good for you and what is not.

There's an example, I can give you many, where supposing, I thought that somebody is coming to meet me and people told me Mother, he is very negative, he will never come. All positive things will happen and if negative thing takes place then you use your compassion. If it is negative you use your compassion and you solve the problem. You can solve the

problems of your own, of your surroundings, of your community.

So, now you have got your self-realisation. How far you have gone in that, I don't know. I have a complaint about women. They don't meditate, that they are not looking after themselves, they are not realised souls and that's why many men want to divorce them because they think that these women are good for nothing and some men also are like that. To solve this problem you have to have compassion and you have to some how or other, with compassion you should win over the partner of your life. After all men are much more busy than women are, but women indulge into so many other things. They have to look after their family, their children, everything and their mind is involved into all such mundane things that they have no time to meditate. Without meditation you cannot rise. You have to meditate. People think that now we have got realisation, so it's alright. No! Everyday you must meditate because that is the cleansing that takes place. With the cleansing you understand what is needed. What is not needed and you are cleansed out. That is done by the Divine but you must religiously meditate. Gradually you will find that

your meditation will become very deep. You will become very-very deep and your powers will start showing. When you are anywhere the negativity will run away. All sorts of problems can be solved. Whatever you want to do is available to you, whatever is your desire to help others or give to someone you just get it. It's my own experience I am telling you. You have to meditate at least ten minutes every evening and morning about five minutes with complete devotion, with complete admiration. I have seen some people here who have such bhakti, such devotion which is Shradha. It is higher than bhakti, that it becomes part and parcel of your being, it just envelopes you completely. When you have that Shradha, it's very miraculous. It works so many miracles. It's true some people were cured only thinking of me - it's a fact but that doesn't mean that they had the Shradha of that level but that means that they have to develop Shradha.

Now, how to develop Shradha which is the natural light of the spirit. People are trying very hard to develop Shradha but Shradha cannot be developed by mental activity, by any activity but meditation of self. If you do the meditation, I have always told

you to do the meditation. **I immediately know a person who has been meditating and who has not been. They will come to my puja, alright, and they will talk about Sahaja Yoga, they will go out and do it for popularity. Many people are like that, they go out and for popularity, they work it out but inside they have not yet traced their own self.** So at this development stage you should be encouraged and understand that you can reach that stage very easily through meditation and introspection. With introspection you will develop a new quality of understanding that you will find solutions to things. That is another quality of a person who is a realised soul. He can find solutions to all your problems, he can suggest what is the way you can be helped. Then a kind of brotherhood out of the Shradha develops. You may be giving lectures on Sahaja Yoga, you may be doing all kinds of things but unless and until you have Shradha, you cannot rise and this Shradha is a kind of a love within you, I should say, which spreads like gentle fire which doesn't burn, which doesn't give heat but cold beautiful breeze like feeling within, which makes you understand. You will never talk ill about a Sahaja Yogi never. I never listen to anybody who

tells me something against Sahaja Yogi, upto a point. When it is a collective complaint then I am a little bit bothered and I talk about it to the leader. But otherwise if one person comes and tells me this and this I just tell that person to introspect himself, it's not so. Finding faults with others is a common game all human beings play, they never see their own faults. What's the use of finding faults with others. By finding faults with others you are not going to be helped. Try to find faults within you which you can cure, which you can help, which you can work it out. It's a responsibility you have, you must know, to yourself, that you better find out your defects and get them corrected. But some people are very proud of their fondness. They talk like this - I like this - I like that. What about the spirit? You like this - you like that but what about your spirit? Does it like? Does it enjoy? They will go on saying I like this, I don't like this. I don't like this. It's very common in the West.

Now see some ladies have made these beautiful carpets. They are so thick that when I walk on them I little bit lose balance but the love with which they have made, makes me so joyous, so happy that you can't

imagine what I feel about them. This joy, this ocean of joy is within you and when it starts stirring up, it doesn't torment you. It gives you so beautiful joy that I don't know how to use words to express. It is like a drizzle on your being, it's like a grace on your being. The love of other people enralls you. You don't ask for it but if you see a person who is very loving and kind there is real friendship in that kind of relationship.

But talking ill about Sahaja Yogis is very wrong and then talking to everyone that this is wrong with this person... he has done this... he has done that, is very-very wrong and creating a collective feeling against a person instead of helping that person. Always people are in trouble then collectively you must help that person, not talk ill of that person, may be some mistakes but if you start talking against that person and saying that this is wrong with him that is wrong with him, then you are not a Sahaja Yogi. **You are a Sahaja Yogi as long as you can see your own defects through introspection.**

Now most of you, I should say, have got your realisation. You have the experience but some of you don't have the knowledge. That knowledge you should acquire and verify

whether that knowledge is really there or not. Like in America in the NIH, which is the institute for health, they wanted to test Sahaja Yogis. There were doctors and one doctor came forward and said, alright, tell me on your vibrations - what's wrong with me? So, the girls said, sir, something wrong with your heart. He said, it's correct, because he had a by-pass only one month back and he was out of hospital. Absolutely correct, and this surprised them that diagnosis you see kills the patient half way. So, this is a very easy way to diagnose a person just by feeling the vibrations and they have given us such a good attention. They want to develop Sahaja Yoga in their hospitals.

So, you should also testify yourself, examine yourself and find out about yourself what are you. Say, there is a husband and wife. Now the wife meditates. She knows everything, she knows about her husband, what's wrong with him and she doesn't tell. She tolerates, she doesn't complain, she doesn't ask him. She just tolerates and this tolerance convinces the husband that she is a higher personality than himself. He may be anything but he can understand that this is what she has achieved - a great personality. We

have so many imperfections, specially morally, in the West. People are really, I tell you, like a snake has bitten them. The things that people do here never come to the minds of people who are not developed. So, development has meant all kinds of abandonment, all kinds of vegabond temperament and they think they are very free, they can go about and enjoy. This style is very common but you just judge yourself. Are you one of these types or are you one of the people who are higher than you in their ascent? It's a process I must confess, it is not just you get to that point. Sometimes even very new Sahaja Yogis are better than very old Sahaja Yogis because they had a very strong desire. What are we seeking? You should understand, why are we seeking? Because we wanted to know ourself. Somehow we knew that we have to know ourself so we seek, we seek. We do all kinds of things, I mean all wrong things also in the name of seeking. But it is this seeking that brings you to Sahaja Yoga. Then You have to get your self-realisation which is very easy through Kundalini. Kundalini works out most of the things, like somebody told me, overnight she gave up drinking and smoking, overnight! I mean I don't tell that, I never say that, but just

overnight she gave up and she said I was very particular about my hair dress and I used to make my hair dress in a different manner, I was going to the hair-dresser, spending so much time with the beautician this-that. She said, I gave it up. Also she said, I used to wear dresses which were not very moral. Then, I started respecting my body and I started wearing proper dresses. All this knowledge comes to you spontaneously. It is within you because it is all your own. Also if your Guru tells you, you are guided. Guru's job is to guide you.

So, at this juncture what is lacking. What is lacking in Sahaja Yoga that I have to tell you. There are so many collective disasters we have, all kinds. We have many earth quakes, we had many floods, rain, then the mud came down like a river and so many disasters in the world, and Sahaja Yogis are saved from them. All the Sahaja Yogis are saved from them, no doubt. But after being saved what is your understanding, what do you know? Why these disasters are happening? Because Sahaja Yoga is not very collective. It has to become very collective, it has to spread much more, all over, it has to go to many people which we don't do. We are at a standstill or little bit we do it. But

you have to go all out. Look at Christ's twelve disciples! Of course those people did many wrong things, but how they worked and how intensively they did it! **That intensity if you don't have and if you do not completely dedicate to the spreading of Sahaja Yoga, then collective problems cannot be solved.** You are busy with your only daily mundane things and your other jobs and everything. It's alright in Sahaja Yoga, no objection. But you should have your attention more on to this side of life that what are we doing for the collective? Are we talking about it? Are we spreading Sahaja Yoga? Are we making people know about it?

I was surprised, once I was coming by plane and a lady sat next to me and she had very bad vibrations. I put myself into bandhan and I asked her what is she doing for her spirituality? She gave the name of Bahai people. My God! I said, if these people are spread out, they are so spread out, they are so many, so, what will happen - disasters. They are such negative people, it's impossible that they can do any good to the world and like that you see you see any false guru. How people are driven to them, how they take to them and how they

spread their message. I have seen people singing on the road, singing the praise of their guru and also wearing funny dresses. We don't want that kind of thing but of course, you have got the knowledge, of course you are realised souls, but what have you done for Sahaja Yoga is the point. You have to spread Sahaja Yoga every where. For example, you wear a badge, then they will ask what is this supposed to be? Then you have to tell them what is it. Something you start talking about Sahaja Yoga, talk nothing else but Sahaja Yoga. Now go on talking about Sahaja Yoga, spreading Sahaja Yoga. Unless and until you do it, it won't become collective and all the disasters which are due to collective nonsense, you get it. You are saved from so many things. Say, even if there is pollution, for Sahaja Yogi it won't matter. Even if there is disaster of an earthquake the Sahaja Yogis will be saved but why not save the whole world? Calamities after calamities are coming and if you have compassion, you must think of the people who can get into any calamity or into any trouble. Of course, I can cure many people, no doubt, but I don't know how to make Sahaja Yoga very collective.

**Now, you are so many people here. You all can start giving realisation to at least hundred people. Go every where, talk about Sahaja Yoga, sing the praise of the Divine and you will save the whole world.** It's not by saving a few people you can have the great Satya-Yuga but you also have to save this Mother Earth, you have to save the people who are in it, I mean the way these people are.

I have seen so many of them on the television. Shamelessly they are talking about something which they don't know and they have thousands and thousands of people behind them. Not that the people are stupid, not that they want to go on a wrong path but these people who are false or who are wrong know how to entice them, how to capture them, how to talk to them. But Sahaja Yogi, if he sees somebody with negative vibrations will run away, he will escape such persons, will not go near them and say you have got very bad vibrations. **So, you have to be courageous and get into these places, talk to people and make it collective, otherwise you cannot save this world from the wrath of God.** God is wrathful no doubt. For you, He will save you, but what's the use? We have to save this Mother

Earth and for that you have to be prepared, you have to work it out and wherever you get a chance you must spread Sahaja Yoga. Some people told me Mother, if you come then it will be alright. Why? You can be also like me. You can talk about it to people. I started Sahaja Yoga with one person and that time it was complete darkness everywhere. No seekers nothing and horrible people but it worked. So, one person can get so many Sahaja Yogis. Why not you people do the same and talk about it. Your behaviour, your style, everything will definitely impress them. One has to work it out in such a manner that you achieve our goal of collective consciousness. It's not only for Sahaja Yogis, it's for every one so that all these calamities that are happening, horrible things that are happening, stop, completely stop. I assure you, it can be stopped. Because you are always saved, so all the people who will be getting realisation will be saved.. Why not talk openly

about it, telling people that if we do wrong, if we are immoral, if we are cheats, if we try to oppress others and we become so much a power of destruction then these collective disasters will be there and I think we will be responsible for it. Everything you take, any subject you take up, you don't have to start an organisation to fight it up but only your power of convincing people and bringing them to Sahaja Yoga will make such a difference. I hope you will understand, as a Guru, what you have to do. As a Guru you have so many things. Yesterday, as they told, how Lao tse has written about the masters, how they were above everything, above turmoil, above jealousies, above talking loose! They are so great, they are the masters and they will be the masters and you will be the Gurus, if you try to do that. This is what you have to achieve. I know some of you have achieved it but most of you have to achieve with compassion and love

May God Bless You

# **EASTER PUJA**

**TURKEY, 23-04-2000**

## *Pravachana by Her Holiness Mataji Shri Nirmala Devi*

Today we are celebrating the great event of the resurrection of Christ. On the same pattern is your resurrection, that you have risen to the new life of Divine love. You were all in the knowledge that there is something higher that has to happen, that you have to be born again. But, nobody knew how it works? The subtle side of your being was never told to you. The saints only talked as to how you should behave. They only said how you should try to keep a very pure life, sincere life but they didn't tell you how it will work out. Of course, people knew in India about it, very few of them, very-very few. But, now it's a world wide knowledge through you people.

Now when your Kundalini rises, she is your Mother, she is your individual Mother and she gives you the second birth. That's how you get connected to the Divine paradise. All this, if it is told without realisation has no meaning but people are given great ideas about it and also were promised

that one day your resurrection will come. It is the greatest happening for you. It is the greatest event of your life and one must consider it very fortunate that you have been able to achieve it. All this because you desired for it. In many of your lives you have been desiring for the heavenly paradise. People have been going down in the hills and valleys, seeking, doing all kinds of things. That's already done by you. You don't have to give up anything, no need to give up anything. It's a wrong idea, I should say, it's an untimely idea.

This is the time when you have to get your Sahaja resurrection, spontaneous resurrection. You don't have to do anything about it, it's just so simple as that, has worked out so well. I was really very much overjoyed to see that so many people, specially Muslims, about whom I have been so much worried that how can you save these people! They are so much lost in the mess of wrong things. One has to understand that this 'Koran' was



written forty years after the death of Mohamed Saheb. So, may be, there might be some words which are being just being shifted, may be, and the meaning might be little bit ambiguous. Also, there was another book called 'Sunna'-came out about the same time and was managed by a person who was not such a great soul I should say, because he was not a realised soul. I can't understand how can you resligiously understand poetry and in the poetry whatever is written, how can you interpret it correctly? I am a poet also. I could have written a poetry about it but I said, No. Poetry can twist, can be twisted and also people can misuse it, that's the problem with the poetry.

In India we had the same problem. For example, Kabira wrote such beautiful poetry and the way they interpreted was so nonsensical and so much different from the spirit of Kabira's songs. About everything they can twist the words according to their own need, I found out if I wrote poetry about Divinity. This is exactly what has happened. In all the religions I have seen, when it comes to poetry people can twist it. Also, like in Bible, it was so much accepted that Paul is the one who is going to organise the publication about Christ and he didn't

want to write also about resurrection, he didn't want to write about Imaculate Conception. All these things were in his mind and so Thomas has to run away to India and John refused to write anything. Because all such people take charge. They become incharge, they think they are responsible for it, while they are not at all capable, they don't have the right to do it. As a result of that, Christianity took a very wrong attitude towards the inner growth of human beings. You see the result of that today, when you see what's happening with the Catholic Church, you are amazed. How can such an organisation be a religious organisation where all kinds of nonsensical things are going on?

I was also born in a Christian family and I was shocked the way they interpreted Christ's life and the way they talked about it with great authority. Books and books were written, they give big-big sermons! I thought there's no truth in it what they are talking. Even my father felt the same way, because all these books came much after, the authors of these books. Secondly, those who tried to write it were not authorised to do that. They were not spiritual people. They all wanted to have power, they wanted

to have power in religion. The power in religion is inside and that should be awakened. I must say, thanks to the Sufis of this country and other countries that people still think that there is something beyond all these words and talks and books.

This is something, such a blessing that we have, that in every country we had someone who talked about the reality, about the truth, though they were condemned, they were tortured and so many of them were killed. This is happening even today. I find, that people don't want to listen to reality, to the truth. But I was so happy yesterday, really overjoyed, to see even the people who were Muslims, were Islamic, are now coming together, understanding that they have a higher life than these rituals of everyday. All this ritualistic life that they have led, the way they have worked so hard, this forty days starvation, going for Haj, doing all kinds of things. But there was no unity among themselves. Even among themselves there was no unity and some places I was surprised that they were killing each other! How can that be? Because these so called practices did not make them collective. They were not collective. They were all separate identities, separate sects

guided by absolutely ignorant people.

So, we have to really celebrate the unity of these people, the collective nature of these people, who had lost to the truth. They had no idea as to what truth is but still, a seeker can never find consolation with whatever exists. He is seeking, he is seeking, seeking and seeking till he finds the truth. But also there are many seekers who lose their way. In seeking they get lost. It's very difficult to convince them that you have lost your way. They should see from their own lives. They should see from their own attainment. What have they achieved? Have they got any experience? To be convinced of what you have got, you must try to verify it. You can verify on people, you can verify on yourself. Whatever you are, you know on your fingertips as this is.

There are two things-Qayamat and Kiyama. Two things. Many people don't understand the difference. One is when the resurrection time comes and the other is when your destruction comes. For the resurrection of the human beings is the Kiyama in which it is said that your hands will speak, that you should feel the vibrations on your fingertips. I would say, those who are really Muslims, who are

surrendered and those who have been selected to be higher people belonging to the God's realm must have hands that can speak. Otherwise they are not Muslims, I would not call them Muslims. They may be human beings but not Muslims. So, it's compulsory that for every Muslim, who thinks himself a Muslim, he should have vibrations in his hands. He should feel the vibrations. His hands must speak at the time of resurrection which is the Kiyama, not Qayamat. These two words are confused in the minds of the people. So those people who can verify about their achievements themselves through their vibrations on their hands and also about others through their fingertips are the Muslims, according to 'Koran'. But nobody has told them this, they don't know. To them its alright if you go to Mecca and come back from there. You become a Haji, finished.

There's another question one should ask, which is very important, that why Mohamed Saheb was so much against stone worshipping, clearly? Why did He ask people to go round that black square stone? What was the purpose of that? Why was that stone so important? If you ask this question to any, so called Muslim, he will say

that was the order. But you can ask the question, after all why? That's also just the stone. So, why did Mohamed Saheb asked that you should go round that stone? So many statues were there, made of stone and people started worshipping all kinds of statues as they do in India also. But this stone was a swayambhu and it is mentioned in the Indian scriptures that there is Meccashwar Shiva. We have Shivas everywhere in India. There are twelve Jyotirlingas. Now, if I tell you, you need not believe me but you can go and verify on your vibrations if it is a Shiva or not. Same with this black stone. So, Mohamed Saheb found out that this is a Meccashwar Shiva and so the people have to go round to achieve Shiva's blessings. But, it became a ritual. The whole thing became like a ritual and nobody could go further from that ritual.

Same thing with the Christianity. Today is a day they are talking so big about repentance and about feeling guilty about what they have done. But why did they do it? They are supposed to be incharge of goodness, of virtues. So why did they do it? Why did they do wrong things? And now asking forgiveness from God! Because they were not realised souls, they were not Sahaja Yogis. If the

Sahaja Yogis try to do something wrong then they know that they are doing wrong, on their fingertips or we can ask them to get out of Sahaja Yoga. But that seems to be the worst punishment for Sahaja Yogis. If I tell them to get out of Sahaja Yoga, they don't like it. Why? Because they feel we are separated from reality. All the blessings of the reality are lost to them, they think that way. The punishment is nothing because we just ask them to get out of Sahaja Yoga. To look at, its nothing. **But Sahaja yoga is complete freedom, Sahaja Yoga is complete blessing, Sahaja Yoga is complete peace and joy.** Surprisingly, if you read Koran you will be amazed that Mohammed Saheb wanted to bring peace but it's not so. I met one man from Kashmir. He said that, where is the peace? They are all fighting-fighting. We want peace. But, surprisingly he said, in India you find just peace. But this Kashmir is a mad place where everybody is all the time challenged and everything attacked under the name of Islam itself! So, I said, it's not Islam. Islam means surrender. And he said, if you surrender they will kill you. We have no protection. It's very surprising, very, very surprising how now the Muslims themselves are realising that this cannot be Divine

life because in Divine life people are just the same with each other. You see we had sufis all over the world. I have read them. I have read the Sufis of Turkey and also other places. Even in India we had Sufis, though they don't call themselves Sufis. Sufi means, I don't know what ever you may think about it but according to Indian understanding, Sufi means 'saaf' and 'saaf' means clean, means pure. Those who are pure people are Sufis. In the purity they see nothing but Divine grace, Divine love, Divine peace. They talked of peace only, they could not talk of war. Anybody who talks of war cannot be a person who has got any right to do that.

War is absolutely like madness. Even animals won't fight like that. We are even worse than animals when we think of war and killing each other. This should not be done and it has to be stopped completely. Nobody has the right to kill anybody unless and until he is attacked. So, what we hear about our resurrection is this that we are above so many things. We have lost all those destructive qualities. In Sanskrit they call it 'shudripu' we have six enemies - kaam, krodh, mada (मद), matsar, lobh, moha. Kaam means sexual perversion, Krodh means anger, moha means attraction,

mada means the pride, matsar means jealousy, sixth one is the greed. All these six things that we had in our mind out of our ignorance, out of our upbringing, out of our reading, whatever it is, whatever we had developed just drops out when your Kundalini rises and you become one with the divine. Then you are on sound grounds. You realise that you have found the truth and you no more can enjoy all these destructive habits. They just drop out.

So, you go into a new realm of Divine resurrection within you. This is the real resurrection of human beings. Now, you know that certain subtle things still remain despite the fact that people try to destroy the books, to spoil the meaning of things. Despite that subtle things remain there. For example we offer eggs during Easter. What's the meaning of offering eggs? Why should we offer an egg? First of all we offer egg because an egg can go into a transformation. It can become a small chick, it can be born again. The egg has the capacity to be born again. So, when you get this egg as a symbol of Easter it means you can become a different person, a reformed person and a great spiritual person. You can become, it means that. Why do we give eggs? People

don't know. I asked so many people. I asked even some priests who think they are great authorities of Christianity. They didn't know why they give eggs! Secondly, if you read the story about the birth of Shri Ganesha and then you proceed on, you will be surprised, it is written down that it was called as Brahmmand, means the egg of Brahma. That came into existence and half of it became Mahavishnu means the Christ and half of it remained as Shri Ganesha. And then it is said that when Mahavishnu came out He started crying for his father. Just think of it, He was asking for His father. Now, if you see Christ, he always uses his two fingers. No other incarnation has used these two fingers. This means you know this is the Vishuddhi and this is the Nabhi. That means He is talking of his father who was Nabhi king. Who's that? You know that very well. He is the Vishnu and he incarnated as Shri Krishna. So, what He is indicating is this that they are my father. How clearly He has done that. Why not have some other Mudras, other style of holding the fingers? But, He held always these two fingers, meaning my father is one who was Vishnu and who was Shri Krishna. Then in the lives of Shri Krishna they

say Mahavishnu will be your son. All these things are not put together, as I am telling you, separately, but if you have proper understanding, you can understand the connection between them. That Christ was the son of Shri Vishnu and Shri Krishna and that he was blessed that you will be the support of the whole universe. Clearly, it is said that you will be supporting the whole universe.

Now, the one half is Shri Ganesha, who is the support in a way. It supports the Kundalini. It looks after the Kundalini, it looks after the chastity of the Mother. And the other one which is expressed is Jesus Christ who is the support of the whole universe. So naturally it has to be the moral basis as He is a part and parcel of Shri Ganesha, it's the moral basis of human beings. On the moral basis only you will be supported not all other nonsense that they have but a moral basis which is missing in the lives of Christians. Everything is allowed, very surprising! You can do whatever you like as long as you don't take a divorce in the Catholic Church and also in the other Church which you can call non-Catholic Churches. Even if you are married you can do whatever you like. Even the Vatican, I was told, has all these problems.

How can that be if you are the people who think are baptised? I mean there's a big celebration of baptism by these priests. Where is the Sahasrara and where is the Kundalini and how do you have your second birth? There's no second birth, just some priest puts his hand on your head. Actually it makes problem for realised souls, to put hand of the priest who is not a realised soul and that creates a problem for children. I have seen many children, they start crying loudly when they are being blessed by these priests because they are realised souls and the priests are not. It's very interesting. But they say, after all you see it's the priests that are bad but not Christ. But how are they related to each other? Christ stood for morality. And about Him also, in these modern times, they are saying all kinds of filthy things. They cannot understand a character which is moral. To this extent we have gone. Morality is out of question. You do whatever you like as long as you go to church and confess, it's alright.

These are the absurdities of modern religions. Every religion has problems and the worst, I feel, when you have the support of the world, as your leader. How can you allow people to have such an immoral life? How can

you tolerate immorality, when you follow the example of Christ? Out of question! He is the embodiment of morality. He is Shri Ganesha and how can you allow people to come to Churches, to the temples and allow them to have immoral life? What is the atonement for such people? **The basis of Christ's life, the whole being of Christ, is morality, to establish purity.**

Now, it was Shri Ganesha who was created first by the Adishakti because She wanted purity around. She wanted human beings to enjoy their purity and their personality which was emitting light to others. If there is impurity, say for example, on a glass and if you use that glass on top of the light, how can the light pass? **The impure life cannot give light to others and cannot show your inner light also. Both things are absolutely true about impurity.** But people say that we have to accept because if you have to have more people for your religion you should accept many things. One of them is impurity. Just think of it! Now, at the Agnya where Christ resides, if your eyes are impure, full of lust and greed, then you are against Christ, you are an antichrist. If your eyes are clean and pure, then only you can enjoy love of

God, otherwise you cannot. And also the love of another Sahaja Yogi or Yogini you can only enjoy in completeness if your eyes are clean. Just imagine! But, if you have roving eyes and all sorts of things, I don't know how can you call yourself Christians? You cannot. Whatever certificate you may carry, you are not, because those who follow Christ have to have absolutely a moral life. That's a compulsion of the inner being on you that you enjoy your morality and you enjoy, above all, your clean eyes. This is what I have come to know about the Western life that the eyes are not clean. They will go to the church and their eyes will be moving here and there! How can that be? How can you do that? If you think Christ is the one who was resurrected and you are to be resurrected, first of all, see that you have pure love in your eyes. Now, pure love is not relative, cannot be contaminated, cannot have lust and greed in it. These two things have to drop out from your mind completely. These are the days of people having greed, lots of greed they have. I just don't know what sort of things they have because I haven't studied so much the immorality of human beings. Whatever I see are beautiful people like you. But when I try to understand the so called

Western culture, I am surprised. Shakespeare was according to me, Avadhoota, means a person who has gone beyond all human destructive habits. Avadhoota is a very high quality yogi and they show him as a stupid man running after a woman. They cannot conceive of human beings who could be morally perfect, who will have moral sense. They cannot conceive because those who do this kind of thing are not realised souls. They are not Sahaja Yogis. So, the conception about morality doesn't come to their head. They think as we are like that the others are also. Actually mostly they do it to justify themselves. So ugly and so horrifying is the depiction of the character of such great people, who talk such great things, shows that human beings are really degraded in their value system. They cannot conceive of somebody who is an ideal personality. They think by saying so they are talking of something beyond reality, they don't know reality.

Yesterday, Sufi thing, I was so impressed when they said about the four stages that you have. Out of that the Hakikat-means the reality, you have to get into the reality. **Reality is what is not a perception. It's not seeing something but its being**

**something.** If you start seeing, you might see something white, red, yellow but you are not that. When you are, you are the reality. Then you emit reality, you see reality, enjoy reality, you live in reality. This is real life and you don't indulge into something which is unreal, imaginary or below Divinity. Now, you don't do. You are the reality, is the Hakikat, as they say. You are the reality and you are emitting reality in your behaviour, in your talks, in your lives, in everything. All this brings forth the greatest force of spirituality. **Whatever is falsehood, whatever is wrong, whatever is destructive, will run away from a man who stands in reality.** It is automatic. It is absolutely part and parcel of the same personality who is supposed to be a realised soul.

**So, the resurrection has taken place, no doubt. Your hands are speaking, alright. I don't want to give you any command or any kind of a fixed road that you have to follow. Now, you are free, because you are the light. When you are the light why should I tell you which way to go.** You know yourself that you have the light. So you follow yourself in a way that is an enlightened path, with your own



light, not that somebody has to tell you-don't do this, don't do that, nothing of the kind. You will just weigh, if something is wrong, you will not do it! If you are doing it then know that you have to still rise above all this. You are the Nabhis that are described in the 'Koran'. You are the ones who are going to resurrect the whole world, you are the ones who are going to help the downtrodden people in the filth of immorality. Look at few of these people who were Sufis, who were very clean people, how have they been able to channalise other people into a better life. That is what you are. You have to channalise their lives, that's your job. Don't think about what is happening, how the people are stupid, immoral, forget it. What you have to know what you are.

You have to be aware of yourself and of your responsibility as being the purest of pure. **As my name indicates, you are my children and that indicates the children of Nirmal, means purity. Purity is the basis of your existence.** You should try to see very clearly, that there is no mistake in appreciating the art, appreciating all that is beautiful, appreciating all that is created out of beautiful minds but there should be no lust and greed in that appreciation.

**Pure appreciation, purity is the message and once you have the purity within yourself you will love yourself.** As I love you, you will love all. And then you will understand this word 'love' which comes out of the purity. The blossoming of your purity, the fragrance of your purity, you enjoy all the time and the love that you have flows, flows towards all those who are to be loved, who are to be looked after.

Don't worry about the people who are destructive. That's the only word that I can use, because there are so many things one can say about. Let them be destructive because they are destroying themselves. Why should we worry about them? They think they are destroying others but they are not, they are destroying themselves. Forget about them, just forget. You think yourself to be responsible for the construction of the whole world, it's not only few. You are very intelligent, knowledgeable and understanding. You are not like the disciples of Christ who were not educated, who didn't understand so much and who did get realisation but were not of your level. Whatever they could do, reach to a point where this kind of a mess of christianity has

come but you can't create that kind. You will create a new vibrant religion which is global.

I was very happy to see that now we have people from all over the world. It is a global movement all over. It has nothing to do with the limited ideas of so called religions. That have ruined every religion, Islam is ruined, Christianity is ruined and Hinduism is ruined and Buddhism is the worst. In Buddhism you give up everything-all your belongings, all your property, give to the guru, imagine! And the guru, you see, is so greedy, horrible fellow. How can he give resurrection? Himself is a greedy fellow, misleading others just taking away everything! Then same thing about Christianity, that you all become Nuns, you become Fathers, you become Brothers and all nonsense! But there's no change within. Somebody came to me and I said, why did you become a priest? He said, because I was jobless, I had no job so, I took up the job of a priest, can you imagine? He could not fit into any job, so the minimum of minimum he took this job. Then what did you do? They told me what I have to preach and first I had to practice and remember it by heart and then I don't know, I started talking this, talking

that. I said, he must be a big possessed man. He had no mind of his own, he didn't know what he was talking. He would take out one sentence from Bible and go on talking, boring everybody! I was surprised that within fifteen minutes people wanted to get out of the church. As soon as the sermon was over they would run out and breathe, thank God! Is that what religion gives you? Is that what should happen to you? No! it's not that. What happens to you that you enjoy yourself, you enjoy the collectivity, you enjoy the goodness, the morality. The whole thing is like the nectar of life. So, that changes the whole creature.

The ritualism is so much. In the Hindu religion there is too much of ritualism. You sit on the right or you sit on the left or you do this at this time and lots of it. That when your sister dies how many days you should starve yourself, if your husband dies then how many days? Died is died, finished, the body is finished now. So, you fast for so many days is very wrong because by fasting the bhoot might come in to you. But still, all these ritualisms and all that are created by human beings who were claiming to be something great. They are not, by

no means they are people in charge of morality, incharge of higher life. They lead such a mundane useless life! I went to a temple of Shri Ganesha, which is supposed to be swayambhu-one of the eight temples, it is one of them. I was surprised the man who was worshipping, was supposed to be the priest, he was suffering from paralysis and his brother died of paralysis and his son was also paralysed. He said, what is this Ganesha doing to us, Mother? I said, what are you doing to Ganesha? How much money you earn out of it? He said, quite a lot. And what do you do with this money? Do you do anything for the society? Do you try to improve their lives? Have you any attention on the society or you are just looking after yourself? As a result he got paralysed. His brother got paralysis, his son got paralysis. And he was blaming Ganesha for that! He said, is it a real Ganesha? I said, yes, it is but you are not. You don't deserve his blessings. He said, alright you may say whatever you like but you cure me. I said first promise that whatever money you get out of this temple you will spend it for the betterment of people. But, how can they? They are not realised souls. Such a lot of priests I see walking about in all these funny dresses. These are like dead bodies,

walking around with all kinds of bad vibrations. I can't understand! And the other people are very simple, they say oh my Goodness! see now he is a priest, so they must respect him. But, they don't see, they do not ascertain what is the spiritual value of that person who calls himself as a priest! That is your job. You don't have to fight with them, you don't have to denounce them, you don't have to describe them, no need but understand that you are different. You have the right, you have the authority. So with that authority and confidence you have to go about and save people. **You are realised souls, you have got your resurrection, you are yogis, I agree but, what is your job? Why, why this has happened? Why this light has come in to you is to take the blind in your hands and take them towards the light. This is what is your resurrection for.** It's not only for your seeking but also is the grace of the Divine for you to make the whole world Divine, as far as possible. How many people have you given realisation? How many people have you talked to? I tell you I was surprised, once I was travelling by plane and there was some lady travelling with me and she started talking to me about her cult, about her nonsensical Guru. Shamelessly she

was talking! I was listening to her, I said, Sahaja Yogis won't, they won't talk about Sahaja Yoga. **Every person who is a Sahaja Yogi has to talk about Sahaja Yoga, may not be with the wrong type but with the right type of people. That's a thing you have to do. That's why you are enlightened. You are not enlightened to be put somewhere in the forest or to be lost to the whole world. You are enlightened, you are resurrected to enlighten other people.** That's what you are there for and you can do it. Many have done it. So many of you have done it and I would say all of you whether you are a man or a woman, you have to do it and that's

the request of your Mother that make use of your realisation. And the attention should be only on realisation. How many people you are going to give realisation? How many people you are going to save? This is a very simple job for you. You have to just raise the Kundalini, you can, you should see how just with your hand you can raise the Kundalini of others and give them their resurrection. You don't have to do anything and the life is not that difficult for you. Your job is the easiest thing. You have just to raise your hand, in your hand you have the power, just to raise your hand and give them realisation. Instead of feeling diffident. That's why I would say you are all resurrected, you are all realised souls and you have to create the Divine paradise on this earth.

May God Bless You.

## ***I.R.S. OFFICER'S MEET***

### ***17-04-2000, DELHI***

#### ***Pravachana of Her Holiness Mataji Shri Nirmala Devi***

I bow to all the seekers of truth. Just now you have been told about the beneficial effects of Sahaja Yoga. But it has much deeper, much more effects on us. The thing is we are not aware of ourselves, we don't know ourselves and we have to know-what are we and then we will know why all these problems-physical, mental, emotional are caused, also the spiritual problems that people have. It is important to see that we are made beautifully. This human body is made very beautifully and if you study medicine you will know it even more, that it's a body which is so much well looked after. You take heart, you take anything, but we are the ones who spoil it sometimes. May be because we are ignorant or we don't know what to do about ourselves.

Specially, when I am today addressing such an august gathering of you people, I think it's important to tell you what is the problem with our lives? Specially, I have been a wife of a government servant and I do know what the problems of the government servants are, which no

one can understand unless and until you are in the service. The first and foremost thing that causes us this anxiety is we are all the time worried that how are we to be sustained in the job? What should we do our level best to be a good member of this organisation? Whatever you may do, whatever you may try, you will find it at different steps that it is not rewarded, it is not understood, nor people give you encouragement. Then it is very disappointing that we feel we are working so hard, we are so honest. Actually, government servants due to their honesty suffer a lot. I know those sufferings and how much one has to cope-with. Despite that when you have to suffer some sort of insult, indignation or anything, one feels very desperate, sometimes absolutely degenerated.

Now we have to see what are we? Once we know what are we, we will not feel all that. We are not only ordinary human beings, no! We are not animals, we are not the nature. We are special people who have been given a very special work to be done.

So counteract it, first thing I would say is the love for your country. As they have told you about my parents, I have seen Deshbhakti, (Patriotism). How they sacrificed everything for the country. We are in a much better state now, we are free. We are free now to enjoy, while these people, my mother went to jail five times, my father went to jail sometimes for two and half years and we were a big family, still we enjoyed. We enjoyed all that because we knew we were soldiers, soldiers fighting for the freedom of our country. Now that purpose is lost, in a way-we don't have to fight for the freedom but what I feel that we have to understand that the time is so important that we have to build this country. The other day before the IAS officers, I told them that my husband was selected to the Indian Foreign Services to begin with. I told him (my husband) very frankly that I am not going with you to foreign country. Just now we have got independence and you want to go to foreign countries. Moreover, we don't drink, how are we going to manage the parties? I have nothing to do with the foreign service. I am going to stay here and if you want you can go. He was quite surprised at my reaction so, he said, "I will try if I can get into IAS" and luckily he got it. Of course,

in that he lost his pay or whatever it was. But I was so very happy that this is the time we have to build up our country. Of course, I couldn't do anything because he was in the government service. But, through him I could see that we can work out many things and I need not work, I need not sort of, put in my ideas but he can do that. And it was so interesting how things were worked out by him and how he was so much engrossed into his work. He never took leave for, I think all the time when we were there, not even one day. It's very surprising and Shastriji always felt that he is sacrificing his family life and all that but no! not at all. I never felt that way, I felt that it is our duty now, as Indians, to build this country to be the most excellent performing nation. We can, we are very intelligent people.

You can see now how people are doing so well in this new era of Internet, softwares? I feel that now the Saraswati has joined hands with Lakshmi and people are really showing results of this combination. The time has come for our country to really develop into a new financial status. But that's not the end of it. Even if you have lots of financial advantages, even if you become a very technologically developed

country, still if you go to such countries where they are so developed, they are not happy, they have no peace, there is no love. It's a very funny situation that money could not buy anything for them.

So now, what is the problem is that we should know what do we want, really? For that, the creator who first created us has really made all the arrangements. Only one step towards the evolutionary process, towards our evolution, towards our resurrection can solve that problem. That capacity we have, that actually we are chosen ones, we are chosen ones, especially this country. This is such a great country, it is a yogabhumi, it is full of vibrations, full of divinity but we have become so much alienated from that and that is why we don't know what do we have in this Motherland of ours and what we can achieve. A day will come when all the world will come and worship this Yogabhumi.

Now, I have to tell you about our own things as it has been told that what you have within is these powers. You will be amazed all this was known long time back in our country but all that knowledge was finished because of the British rule you can say or the other rules that came in, that they didn't care for all this. But, there were

group of people called as "Nathpanthis". They knew this, that Kundalini awakening is the only way you can get your self realisation but idea about self-realisation was so limited and was so absurd that people didn't want to do it. They said you have to give up your families, you have to give your everything, your property, everything. You have to become absolutely single, you should have nothing to do with your relations. All these funny ideas came into the heads of so many people who wanted to propagate their way of thinking. All such thinking has ruined actually, the reality that exists within us, absolutely, because to say that you give up that, you give up this and all this kind of nonsensical ideas doesn't have to be. You don't give up, it's all there. You just have a outward feeling that you have given it say, to your guru or to someone and that's how all kinds of fraudulent things have started with this kind of things. You don't have to give up anything, is the point that just now as you are this Kundalini exists within you. She is your Mother. She is your individual Mother. You are the only child she has and you don't have to give up anything as such because she is the one who looks after you. She is going to give you your second birth and

when your mother gave you the birth, did she trouble you? She took up all the trouble upon herself and she managed that you are born on this earth. In the same way for the second birth as you call 'Dvija', born twice. To be born again there's Mother already placed within you. She exists within you and she is the one who can give you self-realisation. This is not told only by me, I tell you. It is told by all the saints of the world. Long time back Gyandeva in the twelfth century and all others who lived there but even before that Markandeya, talked about it. We don't know anything about these people. Then in the sixteenth century, we should say, Guru Nanaka was there, Kabira was there. All of them have talked about it. As Kabira has said, "Ida, Pingla, Sukhman Nadi re, Shoonya shikhar par anahad baaje re." Nobody understood what they were saying and only reading, reading, reading, where will you reach? Adishankaracharya also asked, O Mother! Please remove, please somehow or other remove from my mind this kind of Ignorance that I have, that I read words - the Shabdajalam. Please remove this shabdajalam, all of them have said. Kabira has said, "Padhi-padhi-pandit

moorakh bhaye". So even if you go on reading, it doesn't work out. So, then scientifically or may be intellectually. You may say it is all nonsense. Nobody has gone to find out if there is some truth in what these people have been saying! **All these saints even today are respected but no body wants to see what they are saying within the lines.** Guru Nanaka has said, "Sahaja samadhi laago" He has said clearly, you get it Sahaja-spontaneously. People should understand that all these rituals and all these aadambar are of no value, which they themselves had denounced.

There have been so many saints during the sixteenth century and they have tried to talk about Kundalini. But they used to write it in poetry. The reason is poetry is the safest way otherwise people would have threatened them, beaten them, crucified them. So they thought better is not to talk in prose but talk in poetry and that is being is misunderstood. **You see its such a misunderstanding coming out of reading without knowledge. So you have to have knowledge first. Sahaja Yoga is a Gyan Marg, where you get the knowledge, the absolute knowledge,**



not just reading knowledge or some sort of a thing. How? When your Kundalini rises she pierces through your fontanelle bone area. "Shoonya shikhar par anahad baajey rey", has been said. And then when it becomes one with the subtle, that is, the Divine power of love of God, you can call it anything. They call it is Paramchaitanya. When it becomes one with that what happens to you that all these things like Kaam, Krodh, mud (मद), matsar, lobh (लोभ), moha (मोह), all of these things drop by itself. Because now you are in the new arena or area of knowledge where I would say, even Eienstein has written about it.

He said, "I was very tired trying to find out the words to express the theory of relativity and he didn't understand that. So, he said, I got so fed up in the laboratory, I came home and I started playing with the soap bubbles and suddenly from somewhere unknown, the whole theory dawned upon". This unknown what he called "Torsion area" and that is the area which is beyond us, beyond our mental-self. What we do normally is all the time with our mind, we go on reacting. You say something, you react. Sometimes we react to also things which are very ugly, may be,

sometimes aggressive things, all kinds of things we go on reacting. Now here, for example I see three flowers put here. It is such a beautiful thing for me. But now many people would say, Oh My God! how much they have spent? God knows, from where they have got it, they should not have done this, have they paid their income tax or not! They might start like this and say things which have nothing to with the beauty and the joy that these flowers have. The whole reaction of the mind goes on like that and that's how we get into tension. Why we cannot enjoy, we cannot enjoy? The reason is we are still not connected with the mains. Now supposing this instrument is not connected, what is the use of this instrument? In the same way we are all the time thinking and putting our attention in a way that it reacts. Anything, that they see, one feels we must react and if they cannot react then they think that it's a lost case and they have not understood the point.

For this, this happening of self-realisation is called as aatma-Saakshaatkaar (आत्मसाक्षात्कार). Even Christ has said, "know thyself", said it clearly. Every one has said that. It's not I am saying, but how to do it

is the point. Because you can't enter inside yourself, we can not go into this subtle things. For that the divine has placed the Kundalini in the triangular bone. It is so important. She rises through six centres. Now these centres are for physical, mental and emotional being and also for spiritual and she passes through them. Firstly, she integrates, then secondly, she enlightens them. She also nourishes them. That's how it completely balances you and makes you a very healthy person. I would like to tell you because the kind of work you do, morning till evening, you are very hardworking and all your attention is on your work and you are going out of the way to work out whatever your plans are, whatever it is. In that doing so what happens to you, let us see.

The first thing that happens to you is that the right side Nadi which we call as Pingla, this Pingla Nadi gets over excited, also tired. All the time using that for your thinking, for your futuristic plans! All futuristic people suffer from this. Now this Nadi is a very important Nadi which is that force. I mean, medical science doesn't know about it but we can call it, it is the right side sympathetic nervous system. This sympathetic goes in to

action so much, so that it can really spoil all the working of all the centres which are connected with it. First and foremost is the liver. The liver goes out absolutely. Now what is the sign of liver is that -you can't eat, you get constipation. All these things when this is on a very lower level but when it starts rising, the function of the liver is to eliminate the heat from your body into the blood circulation. So if your liver is out, it doesn't do. So, this heat goes on passing. It goes from liver to the heart or before that to the lungs. So, such a person can suffer from Asthma of a very serious type. In Sahaja Yoga Asthma is absolutely curable, no doubt. But you have to first become a realised soul. Secondly, when it rises even on the left hand side then supposing there is a boy and who is about 21 years of age and he plays tennis, with that also he drinks. So, he is out for a fatal life because then the same heat attacks the heart and the child gets heart attack. But this heart attack can come even to much older people. Those who are working very hard and all that, then they are neglecting themselves. When they are neglecting themselves suddenly they get a heart attack. It is a common disease with all the government servants because they are

not bothered to find out how much energy they are putting in, how much energy they are using. Now, the energy for our brain goes through one centre which also looks after the liver. So, if you think too much, all the time then this liver is even much worse. Such a person who thinks too much gets the problem of the liver but it doesn't end there. From the heart it might even go to the pancreas, one can get diabetes. Just imagine! Diabetes can be easily cured if you stop thinking. But, how to stop thinking is the problem which I will tell you later and then it goes down, it can attack the spleen and one can get blood cancer. It's very serious but then it can also affect your kidneys and your kidneys can stop working. After that you get constipated, very badly constipated because of the lower intestines not acting. All this heat we generate, all the time by our over work, by our futuristic life. To stop it there's no way out. You are also government servants, conscientious people. You want to work very hard and want to think how to improve the situation and work for your country. But, at the same time we have to know what imbalances we are getting into? We are just going to the right side, not to the left but cancer can also be

caused by the same. I will explain to you, how? I am sorry it's turning out to be little medical but this is say, these are two chakras from the left and right sympathetic, they join together to form one chakra. Now, what happens, you are working too much on right and goes on like that draining out your right like that. Suddenly some shock may take place, something may happen on the left side and it breaks. So, your relationship with the whole is lost. When that relationship with the whole is lost, your right side becomes on its own and the left side becomes on its own, like they become what they call - malignant and also the cells start behaving like that. Also, you can cure cancer. It's not very difficult. If you want to work out you can do but the best thing for you is to get your self-realisation and to establish, that is the best thing for all the men and all the women.

Now, I have seen that this is only one part of it. I have said about right side but the worst thing is that your right side can get paralysed. Recently we have one very good doctor working for us. I told him, Sir, now you are old, you must take rest in the day time, there's no harm, must take some rest in the day time and sleep early and

don't exert too much. You are there, is more than sufficient. He wouldn't listen to me, I mean, he would listen but he wouldn't do what I am saying. So, what happened to him that he got a parapligia as they call it, his right hand and his left hand completely paralysed. Now he is cured, that's different, he is cured now but the nature takes its own respite. And that's how this fellow got his right side completely. Now, the people who work like this completely mad can have effect on the left side of his head and his body, can get paralysed on the right side. It is the nature that is trying to correct because you are over doing.

So, now how to work out, how to balance it out is the point. But if your Kundalini rises, she nourishes all the centres, she integrates them, she puts them right, enlightens them and ultimately connects you to the source itself, to the ocean of energy. Then what can happen to you? Nothing. It's a life which is tireless, you are never tired, you are full of energy and the energy is flowing from you but not only energy but also the knowledge, absolute knowledge because your fingers start feeling the Chakras, you start getting the chaitanya on your finger tips. So, you can make out what

chakras are catching? If you know how to correct those chakras you can correct them and also if you know how to correct for others you can also do that. The other thing happens to you that your personality evolves into a collective being, you become a collective being. As these days you have seen we have so many graduates and now the new softwares and all that has come that we can connect to anyone but that system is within us also. We can find out of anyone, what's wrong with that person and we can cure that person sitting down. Can be done but you have to evolve to that state and you don't require too much time. Once the Kundalini is awakened it's like a small little seed, 'ankur', has to develop and if it develops into a tree you just are amazed. You become transformed because all these nonsensical things that have been within us which I have already told you as six 'Shad ripus' that we have, they just drop, they just drop and you become so confident about yourself. You do not aggress, you do not try to find faults with others but you become like a witness. You start witnessing everything, see everything, not to react. You go beyond your mind

because this reaction is the one that causes most of the troubles.

Now, you get the real Gyana. There is no need to have all these reactions. You actually know what is wrong? What is to be corrected? What is the solution? Because you are connected with the mains, you are one with that. Without that your personality is not complete. Once it happens, you will be amazed that all these people have talked about it. Mohammed Saheb has said that at the time of resurrection your hands will speak. Now, what is that? That's the proof of, that you have got realisation.

Now, the situation is so simple and it's working out. I don't know, may be it's such a ghor kaliyuga (घोर कलियुग) that it has started working in this time. There are thousands and thousands of people who are getting self realisation! Even if I am not there. Sahaja Yogis can give realisation to so many people. It is very remarkable that is happening in this world and it's meant for you. You can't pay for it. You can't do anything, it's just there! The God Almighty has put it there, the Kundalini. Only thing is that somebody who is a realised soul can only awaken it, like one candle which is enlightened can enlighten another candle. That's the only thing but if

you have enlightened another candle and that also can do the same. That's how it has spread. I didn't go to all these countries. I have been hardly to the twenty countries, at the most. But how it has worked out! It has worked out so beautifully and this is the science of our country, this was from our country. Of course, others also talked about it. William Blake has talked about it, but still, I would say, that basically this knowledge is from India. Indians had all this knowledge but somehow they didn't give realisation, collective realisation and so I only wanted to develop a method by which or by understanding the permutations and combinations of human beings, I could manage this collective thing, because any discovery which is just on an individual level has really no meaning and it worked. It is working and by all your kindness and goodness. Some people do not experience because of their sense of guilt. They start saying oh! I have done this wrong, that wrong! But whatever is done is done, finished! Now why are you bothered all your life? That's one thing. That is a very bad thing for this kind of a, I should say, love but it is actually very bad for the centre, the left side centre

which we call Vishuddhi. And that's how the Kundalini doesn't rise. So, you should not feel guilty. There's no need to have confessions and all that. You just think you are a human being and you all can get your realisation. I must tell you this is the power of love, it's not the power of any intellectual capacity but the power of love and with the power of love, if you should believe in it, then also must love yourself. You must forgive yourself and not to have any guilt.

Then after forgiving yourself you have to forgive others also because others are also ignorant. They also are not yet well equipped to understand you. So forgive, forgive all of them, just forgive. Logically, whether you forgive, or don't forgive, you don't do anything. Nothing is done, only you are harming yourself and playing into the hands of people who have troubled you. So best thing is to forgive them. It just helps a lot to open this centre of forgiveness. These two centres are the real hurdles in the ascending power of the Kundalini. So, what you have to do is to forgive yourself and forgive others. That's all. Just to say in your heart, that I forgive myself and I forgive others. That's the only thing you have to be convinced that you

should not blame yourself for anything. You have done nothing wrong. What have you done? After all if you have done anything wrong you would have been in jail but you are not. So what is there to feel guilty?

This, we also have to understand that some people think that unless and until we are very dharmic or we are very much in the rituals we will not be saved. It's not so, it's not so. We are lost into these things, so forget about it. The Kundalini rises whether you are Hindu, Muslim, Christian or you have done so many pujas doesn't matter. Only thing that keeps you cleaner than other things because your attention is on God. But, it won't work out unless and until the Kundalini rises.

I must tell you something I always felt about the women and recently as they said I have started an organisation to help women who are in distress and also little girls and also young girls because I feel in our country women don't have properties. Whatever they have it's all due to law and it is very, very cursed state where women are definitely helped by law but they go on asking for divorces, the family

life is ruined. So, it's for men, they should develop real respect for women. They are I don't know how many percentage but, definitely much more than men and if you do not respect the women you are really finishing the whole culture of our country. We have to definitely respect women. There is one thing I would request you, the Income Tax people, that the way you have a law. I don't know, I have talked to the Finance Minister but he doesn't heed that you are after the 'Stri-dhan' (स्त्री धन). To touch the stridhan is a 'paap' (पाप), it is sinful thing but it is done in such a bad manner! I have seen it because you are all big people. We had a neighbour who was a jeweller and I was there when these people came in and you see this was the last story so they had put an artificial this thing, they got it completely torn, completely. They opened all the sofa sets, did all kind of things. I couldn't understand how could they do! And in that house there was no man, only the women living and then they went into the cupboard and did all the things.

I mean somehow or other it's like a Hitlerish type of an attitude and they found nothing and they told them if you report it we will confiscate much

more, we will come again. You have a law but the way it is asserted you should look into it. I think why should you take also the ornaments of a woman? I can't understand because the poor ladies don't understand any banking. I don't understand myself any banking. Then somebody told me that they will be using black money. I said which husband will give all his money for buying ornaments? And now the black money is already in the market, they don't want to keep it in the ornaments. But women they have only that much support. Everytime I meet some lady like that I feel like crying?

We had a neighbour in Bombay. There were three ladies who came up and they told us that there was a raid in their house for ornaments, they took away all our ornaments. I said, why didn't you register it? Our husbands won't register, they are all drunkards, so they wanted to sell those ornaments and use it for their own drinking. So, we have lost all that but I said, why did you keep them? You should have given it to bank. Whenever we are in need we can sell it and we can get something for our living, this is our bank. So, it is this side of Indian life we should

understand, we are not Western women, we are Indian women but surprisingly nowhere in the world, nowhere, even in Russia there is no tax on the ornaments. Then our country is the industry of making ornaments, is so beautiful, such artists, such creative people. Let women have their own ornaments. Why do have income tax on that? It's not a easy thing. You know you have to register I know. I know what it is. You have to register, you have to tell them and if you want to gift some ornament to your daughter, you have to go to the commissioner to do this, to do that. Who has the time? So, a humble request I wanted to make that you can really think of it that this is one thing where you allow little money to help.

I will tell you one thing when Mahatma Gandhi had his freedom struggle, my mother, gave away, except for those which were for us, she gave away all her ornaments to Gandhiji. It's your sampadaa, it's your property. All the time it is available but why should you not allow women to exist because in the villages also women have no concept of a bank or anything. I wanted to tell you, I thought whether I should talk about it or not, but you people are so much

accepting, I have to tell you that this is one dharm karya you can do. Please do not bother women about it. There is so much of botheration to them, the way they are treated just like criminals! Moreover in this country, you know that women have to wear, they can't do without it. This is a country where we honour the powers of women and that's why they have it. This can relieve you from lots of worries and troubles I can tell you. Because I have seen, when they go in the night harass others. Then the report comes to you people and you feel so distressed. If something could be done I will be very thankful. It is worth talking to you about the pains and troubles of women of India who are already down trodden, already being oppressed, already being tortured. This is alright but now the Kundalini awakening part of it. Once your Kundalini is awakened, you will understand, you will have that love and affection for all the people of the world.

I know there are so many problems in this world. I don't know how to patch them up! For example, another school I have started in Maharashtra, I have seven schemes already started there. But worst of all I feel for



women. They are so helpless and there is no way of really getting them redressal. They are in such a trouble while they are the Shakti of this country. Kundalini is a lady. She is not a man you can say. You have all the avtaras and everything but Kundalini is what they call, the reflection of the Adishakti. She is the Shakti. We are the Shakti worshippers but the way we are treating our women is very surprising! We have to understand that these women, if they are awakened, what powers you have! In any country where they have had powers, it is through their women. You read about anyone, even Mahatma Gandhi all of them, even Shastriji. I thought how much they loved their wives and how much they cared for them! I tell you it is very remarkable how we miss out on the most important and such a big part of our population. Now, I have started this organisation and I am going to give realisation to all of them and I am going to see that after realisation they all learn things very well and stand on their legs.

Your administrative capacity, your thinking capacity I should say, your understanding a subject increases so much that you are amazed.

Sometimes my husband says, how do you manage. I say, I don't know, just I know. You will know how to manage things and the main thing behind is the love that you have for others. It will work out so beautifully. Your life will become so beautiful and you will enjoy it and all the greed, all nonsense will just drop out. In these modern times it is very important that you all should take your realisation because after all we are Indians. Our culture is such that we are in for self-realisation. We are so different from others and here in this country the women have saved the culture of India.

So, by this you can also look after the women, give them realisation, give them understanding and also help them but not to harrass them. That's not the way. I have to request you to absolutely ban it, to harass women. Already they are harrassed. They don't know what to do and this law doesn't help them at all. Because the men are the controlling power. It's for men to understand the value of women, men to understand their power of love and then it will work out. I am not saying because I am a woman but I am saying this what I have seen, such injustice we have

done to our womanhood.

Now, for Kundalini I would say we will take hardly ten minutes and you will get your realisation. Now, about this whole theory and all that and everything you see the people have written Granthas but that you can read and can find out but just now I think the best thing is that you all get your realisation, if you permit.

One thing you can not force on anyone, you have to ask for it from your heart because Kundalini is the power of 'Shudh ichha' (pure desire). That's the real because other 'ichhas' are useless. Today we want to buy a car, after buying the car you are not satisfied, you want to build a house. After building the house I don't know, you want to have an aeroplane, it goes on. It is actually the economics. The modern economics is based on this that you

are never satisfied, go on from one to another. But after this you are absolutely satisfied with whatever you have. You are not at all on the run but you are absolutely in the realm of peace and joy. This happens to you and this should happen to all of you.

Firstly, I always say that service people, government service people are like the spinal cord of my country. They are the ones, who look after. Without them nothing could have happened. If the British gave anything nice, is this idea of service. Of course all the kings had, everybody had, but the systems they have started have helped and you are the spinal cord.. You should never get sick, you should not have any problems and that's why I am very happy and thankful to your organisation and to Commissioner Saheb who has invited me for this.

May God Bless You

