

Volume: XIII Issue: 3 & 4
March-April, 2001



The Divine Cool Breeze



O Mother Divine

Thou art residing in secrecy with Thy Lord (the spirit) in the thousand petalled lotus, having pierced through the Earth situated in the Mooladhara, the Water in the Manipur, the Fire abiding in the Swadisthana, the Air in the Heart (Anahata), the Ether above (the Vishuddhi), and Manas between the eyebrows (Aganya) and thus broken through the entire Kula path.

(Saundarya Lahari p50)

In this issue :

Editorial	1
Diwali Puja, 1999 - A Report	2
Shri Adi Shakti Puja, 2000	4
Navratri Puja, 2000	12
Diwali Puja, 2000	25
Sahaja Yoga in Tihar Jail	38
Shri Ganesha Puja	41

Published by : V.J. Nalgirkar
162, Munirka Vihar
New Delhi - 110067

EDITORIAL

On 21st April 2000, Shri Mataji blessed the Dubai collectivity. She was pleased to see how they had overcome the obstacles to establish a home away from home. She said, "the way you have become collective, in the same way you will build many dwellings because you have recognized Sahaja Yoga from your heart. You have gained the depth of ocean. You appear like sparkling diamonds. To understand Sahaja Yoga you need a large heart. By seeing your depth, others will come to Sahaja Yoga. It will penetrate the environment. This is the last judgement. Either you will be saved or you will perish."

These precious pearls of wisdom flowed from Shri Mataji on board a cruise around Dubai on a full moon night. All the yogis were singing very sweet bhajans. The Goddess was immensely "prasanna" and showered a thousand blessings upon all her children.

The Goddess is "prasanna" when we worship her from our hearts and not by empty rituals or mental planning. When She is in our heart, She guides everything, removes all obstacles and also fills us with joy. We don't even feel that we are doing anything, yet everything works out spontaneously, in the most unexpected way. Things happen which we never ever dreamt of. Such is Divine benediction, such are her many wonders, such is the flavour of Sahaja. The one who has tasted it, even once, becomes forever drenched in Her joy. There is so much love.

Jai Shri Mataji

Lord Ganesha *Lighting The Road for Shri Mataji's Car*

Diwali Puja, 7 Nov. 1999

By the blessings of our divine mother, we had Diwali Puja in Greece. Shri Mataji visited Greece after 5 long years. All of us were very anxious to welcome Her in Athens.

Mother allowed us to organize the Puja at Delphi, which is very significant as Delphi is at the exact center point (Nabhi) of the world and all Greece is Devaloka (देवलोक), i.e. Shri Vishnu's abode. This was an opportunity to worship Shri Lakshmi at her own home.

Delphi is located on a mountain about 3¹/₂ hours of drive from Athens. Shri Mataji had discovered Shri Ganesha's Swayambhu here when She had visited Delphi for the first time. The word Delphi is derived from Dolphin, which is the vehicle of Shri Vishnu. Two weeks before the Puja day, we started organizing the camp at the venue. The same day we saw a big Shri Ganesha's face in the sky and felt He was showering vibrations to start this auspicious event. This gave us a lot of joy and energy. Again, one week before the Puja, we saw two huge circles of a cloud encircling the sun, the whole day. This gave us a feeling that something tremendous was going to happen. When I mentioned this to

Mother, She said it was an announcement of her arrival. Though it was the first time that an international Puja was being held in Greece, and we were a small collectivity, yet by the blessings of Shri Mataji, everything worked out beautifully and effortlessly.

Shri Mataji arrived in Athens on Thursday and we came to Delphi. We had booked an old villa for Shri Mataji's stay, which was located on the top of a mountain. Though it was old, the whole collectivity worked hard to decorate it so well that Mother was happy to stay there. The view from there was beautiful. One could see the sea, different mountains and green fields of olive trees. When we arrived there with Mother, the whole place was so silent and meditative that it was like being in a different world altogether.

We had very nice music programmes on Friday and Saturday, organized by our brothers from South Africa, France Switzerland and Greece. South Africans with their simplicity and innocence filled everyone's heart with joy and sweetness. Especially their dance was so nice, that everybody tried to copy their style after the Puja. Welcoming of Shri Mataji was

done by offering her a silver crown made in the form of leaves of olive tree which is a symbol of peace. A small ship with a veil was also offered. We wanted to welcome Mother in a traditional way because we felt that Shri Athena, sakshaat Shri Mataji, had started enlightening the world from here and now we had the opportunity of welcoming her back home after her great victory. All the programmes and Puja took place very nicely. About 700 yogis from all over the world attended the programmes. Mother talked about Shri Athena, Devloka (देवलोक) and the relationship between India and Greece. One of the interesting things She told was that Shri Athena is the Mother of Shri Lakshmi.

After the Puja, tremendous miracles took place. It rained so heavily that the statisticians told us it was the first time in the last 10 years it had rained so heavily. On Monday we wanted to leave Athens early but it was raining so heavy that we could leave only at night. It was still raining. As soon as we left the village at Delphi, we saw two beams of light coming from the mountain. One shone on Shri Mataji's car while another went in the sky. Exactly on this mountain, there is Shri Ganesha's swayambhu as well as a temple of Appolo, who is Shri Rama, from where the beams must have been coming. Whenever we encountered a turn in our path, there was a big silent lightening which lasted only as long as the curve. The lightening

appeared at each and every turn guiding us silently. The whole scenario appeared as if we were passing through the land of Gods. **Mother told us that this lightening will continue 108 times and will stop when we reach the highway. We witnessed the divine orchestration exactly as Mother had said.** As soon as we reached the highway, the whole atmosphere changed, with everything dry and no lightening. Mother told us sweetly that the lightening was to compensate for the little fireworks we had, as Diwali is the festival of lights.

We came to Athens and had a Public programme. The next day we went for shopping with Mother before the public programme. Shri Mataji bought Greek pottery. Shri Athena had taught this great art to Greeks and I feel She wanted to spread this art again all over the world. About 1000 seekers got their Self-Realization at the public programme. This kind of large response was unprecedented. On the day after the public programme, Wednesday, Mother rested before leaving for Cabela, the next day. During all Her stay, She gave us so much love and blessings which cannot be described in mere words. She changed the whole atmosphere and has given us a much better place to live.

Humble Namaskar
Jai Shri Mataji
Vaibhav Khopade
Greek Collectivity

Shri Adi Shakti Puja

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

—Cana Joharie

2.7.2000

I have already told you about the Adi-Shakti, how She helped you, worked out so many things in this world, first to create and then to create human beings through evolutionary process. After that to comfort them, then to counsel them. So many people came on this earth just to do the counselling. They told what was wrong and what was right, what should we do and what we should not do. What is self-respect and what is the duty of a human being as the superior most creature. So many of them came on this earth, one after another, in every country they came and their counselling formed religions. Of course you see them in all religions and that's how their life was wasted, that they formed religions after religions by which only human beings were divided. Divided to such an extent that they hate each other. If somebody is born in an X-religion, he hates the person who follows the Y-religion. Why those who came as counsellors talked about complete unity, complete oneness of human race? Despite that human brain in its freedom did all kinds of wrong things and create a country or we can say the whole world, full of lots of

problems, arising out of religion. How can it be that religion makes you hate somebody? The religion is there to understand love, to imbibe that and compassion. So the third thing one had to do is the Adi-Shakti's job. That is the one, kundalini, within us and by Her awakening, we got 'Pure Knowledge', absolute knowledge. Pure knowledge that it can not be challenged. Absolute it is. Whatever you know after realisation is absolute. If you know that then what you have to understand that everything has to be united. You cannot have fights and you can not hate anyone. If that thing starts happening, all the problems of the world will be finished.

So the first thing Redemption, that is the quality of the Adi-Shakti, was to redeem people of their all wrong ideas about others. Firstly, as we know that there are six enemies we have got. And unless and until we can conquer those six enemies we cannot be a religious person. That's what is said. But actually all the religions are based on prospering those six enemies that we have within us. When you see this clearly, you start

seeking, seeking earnestly the truth. And the revelation of truth, absolute truth can only come through your evolution, through your reformation, that you become person who knows everything. For that Adi-Shakti's ascent is important within you, which is your Kundalini.

And when this thing takes place, automatically you drop all those six enemies that you have. You become a beautiful human being, like lotus when it is in the very germinating stage. It looks like all other small animals or you can say very-very small dirty things that are in the pond. And then when it starts coming out, coming out of that horrible water it becomes such a beautiful flower, rises up and opens out. In the same way a Sahaja Yogi, though lives along with all these horrible things, that are going on, but flowers like a lotus. It does not have all these insects, all this dirt and filth of that water in which it lives. It sucks only the pure water and the remnants remain there as it is. So what is left within you is nothing but purity, beauty and fragrance, just like a lotus. Then there is no more problem of getting attacked by all these small-small creatures in the water and all the dirty things that are in the water. And this state that you have achieved now, I am very happy to see so many people in America have achieved it, is a very great blessing because America is a leading country in so many ways, one can say that it has

made lots of money. That is not the criteria of becoming a very good Sahaja-yogi. What is great is the satisfaction. Satisfaction that you enjoy whatever you have. And the second thing that happens to you, you become absolutely collective. This has to happen. But I find, still people have not understood the meaning of collectivity. For example family is very-very weak here. Family that is based, created by natural relationship is not so much respected as it should have been. This is all because it is based on money. So people start quarreling, fighting and even killing each others. Now the basis of family is love and compassion. Those who do not have this cannot have good family. I have seen even among Sahaja yogis sometimes, some people who are working for money, who are educated, sometimes look down upon people who are not so well off or may be the house wives working in the house, looking after the children, building up the families are not treated with respect as some secretaries working in some organisation. I do not know why this kind of manliness comes into the women? Why should they think they are something higher than the women who are working hard in the household, cooking, looking after children, bearing all the brunt of the society. This is something, I feel, a part which is lacking very much— in America and also in Western countries. When money becomes important, then the Lakshmi

Principle is not respected. Very surprising! Money is the part of the blessing of the Lakshmi. But the Grah - Lakshmi is the one who is a householder is not respected. And with this, I tell you, very-very wrong things can happen. You can work, you can be educated but you should be able to look after your family and look after their comfort and look after their unity. Instead of that educated women, I call them manly women, educated women think that they are something higher than the domestic ones. They are sadly mistaken. In no way a man is higher than a woman. So this kind of disparity that exists and one starts thinking that we are earning, we are educated, are really manly women, I must say. But the woman who work very hard in the house hold with love, look after their children, look after the family, are in no way less than these people, who are working in the office. So such women must be respected by their husbands, by the males of the family. Not only that but all the Sahaja yogis must respect such women who are doing such a difficult task. I have been a housewife and I know what it is, to run the house, to look after the children, to look after the complete organisation and looking after the expenditure of the money if that is limited. This ego has to go.

The other day, one lady came in for my interview and asked me that how is it in this world of men, you are so much

respected? World of men? I was really laughing. What makes think that this is the world of men, I can't understand. Can they exist without women? I was amazed at her question because she said that even in the jail, criminals have so much respect for you. How is it possible? How can they have so much respect for a woman. I said, I cannot understand. One thing that criminals have got mothers or not? All males, don't they have mothers? They all have a mother. And they respect the mother. That is the point one should know that a woman is much more important thing than a man is, as far as children are concerned. But I have seen some ladies who think that they are very capable, try to control everyone, and create problems. Mother's job is not to control. Her job is to love, to give compassion. And this is the quality of women, which is lost in these Western, so called advanced countries. This is a very dangerous thing, I personally think that if such a thing happens, families will be destroyed. Nobody will have respect for the lady who looks after the family. And she is more than a Prime Minister, I would say, in the family, and she is to be respected and to be understood.

Today I think it is important to say that all of you should understand the value of women who are housewives. It is a tremendous job, to be a housewife. I have gone through it, and I know what it is. The respect to the housewife if its not

given, she wouldn't also look after the children. Children are tomorrow's citizens. Who will groom them, who will bring them up.? All these manly women do not have children sometimes. So they do not know what is the problem of children. Atleast those who are solving the problem of children, must understand their responsibility. This is a very-very crucial point, I think, on which all the Western societies are collapsing because in their culture, there is no place for the mother.

So the women should not feel in anyway less if they are mothers and looking after the household. They should not feel inferior to anybody who think that they are something great. Basically, the family have to be together. This collectivity must first come in the family. The children are to be groomed properly. They are to be brought up in a proper way. As it is, in these days, you know what is happening to the children. When I read about it I am really shocked that the children are just treated as if they are some unwanted stuff. They are not given any attention. Ultimately the children become drug addict, they become vagabonds. They can become anything because there is so much neglect and so much of hatred for children.

So one has to first remember that for collectivity you must look after your children. Not only that, with love and

compassion, not as somebody who is trying to become a despot, but as a person who is a source, source of joy and compassion. **In one of my lectures I have talked to you about the emotional intelligence. That is what we should try to imbibe-Emotional Intelligence. That means the intelligence, that is based on emotions. Unless and until we become emotionally intelligent our society cannot improve.** In the emotional intelligence, you care and enjoy care. You do everything for others with a great emotional understanding. Not for one child, not for one son, but for everyone. You have to be emotionally intelligent. Some children are born like this but some are to be made like that, that they should be emotionally intelligent. Because, if their mother and father are money oriented, very selfish, they would not allow their child to give any thing to others. So such a child will grow into a very funny type of a person and will never do anything to any body, not even for his own country. Why should he do? Every thing for selfishness. Then such people indulge into corruption, indulge in all kind of things which are only selfish in attitude.

Now we are talking of collectivity. In collectivity we do for others. We enjoy doing for others. We love giving things to others. Not for ourselves, because your children will also become the same kind and they will only bother about

themselves. This Emotional Intelligence has to be brought in our lives, in our pattern that we have. Are we emotionally intelligent or we are just intelligent or emotional? Both things are not there. If you are just intelligent you can become very dry person. You may just have few friends, may be or you may not have and you will always try to preserve yourself away from the collectivity. If you are emotional, you will be attached to only one person, attached to one child, may be attached to one person, even in the society. For no rhyme and reason. Why you are attached to one person? Why to bother about one person only? All such people fall prey to it. In the politics you have seen how, people try to help their own sons, daughters, this and that. We Indians have suffered a lot with this kind of an emotional attachment.

So according to ethics Emotional Intelligence is the highest quality by which you give to others. You care for others, for everyone and you become very-very collective. Now exclusiveness is another fashion that is very much there, to exclusive, because you do not want to be one of the multitudes. Want to be exclusive. You should be exclusive in Emotional Intelligence, not in other things. That is the best thing you can have. As I agree, I am just a woman and just a mother. But what I have is really the Emotional Intelligence. Ocean of that. And from that I know about everyone. I

understand about everyone. And all this work has been done because of that quality in my hand. I am not attached to one person or to one style.

Whatever you say I can understand because I am at a level where I can understand everything that you are doing. To achieve that you try to develop emotional intelligence. Here the children won't even give a toy to somebody to play. Even the mother is like that, the father is like that. Extremely selfish. And we must have our own, everything should be of our own. This has to go. This has to go from Americans specially because they are the leading nation in this kind of selfishness. What selfishness they have I did not count but you know that. You go and ask people of Canada, Mexico, Peru. They will tell. Being selfish they are not ashamed. They are exploiters, they are not ashamed. Nobody can even tell them because they think they are very rich people. But all this riches will not give them the joy of life. Joy of life is only in the Emotional Intelligence. If you do not have that, it becomes very dry. Life becomes very unbearable, horrible and even the family gets broken. If there is no Emotional Intelligence then the families will be broken up. I know so many women who have had three marriages, five marriages, I do not know how they can do, but they have done because of this lack of Emotional Intelligence. You

should do something with a sense of giving. It is not that you are sacrificing anything. No. That's also another idea that we have to bear this. Nothing of that kind. Look at the life of Christ. He gave his life, why? What was the need for Him to do that. Behind it was the Truth. When you have Truth with you, the light of the truth, the force of the Truth the strength of the Truth, you become Emotionally Intelligent. You understand that if you really love something then you have to undergo every kind of problem. You have to tolerate lot of nonsense. I know its too much to say but I thought that for this special Puja, I should say something about the family life. In our Ashrams or in our programmes or wherever we are, we should remember this point that are we having that Emotional Intelligence, when we are trying to talk about Sahaja-Yoga? Why do I need to be at every place to tell them, what is the need. You can tell them. If you have that Emotional Intelligence, everybody will listen to you, why not? Not necessarily I should go everywhere, talk to them. In how many countries I can go. And the reaction to it is so beautiful and so nice. It is very surprising. In a country like Benin, all are Muslims there, all black people. They all have become Sahaja-yogis, nine thousand people. How could I capture that. Just think of that. Nine thousand means something. Also other countries I have seen. This is the power of Emotional Intelligence that captures the

heart of the people.

You may have any amount of property, money every thing, people will abhor you. So you may say what is wrong. What is wrong with this that you are harming the greatest thing, is that human being. As politicians they are horrible. Why? Because they have no Emotional Intelligence. Also as administrators they are very much difficult because they have no Emotional Intelligence. All these people are devoid of that great quality of Emotional Intelligence. If your country is very progressive, I must say, you must progress in emotional intelligence. That way they are philanthropist, I know, Americans are known to be philanthropists. But behind that they want to have power. They want to rule people with that money. Is that the Emotional Intelligence if they just want to rule, if they start some sort of a charity? that is just to have a big name on the T.V. or to have a very big advertisement. And then he moves like a tycoon all over. Be a part their vision, be a part of their property, work it out. And make such a fuss about it because they want to cash everything.

You are Sahaja-Yogis. You have to send waves of Emotional Intelligence. you have to send love all over the world, you have to show how you can, with love, win over. It is also possible if you are not so attached. If you are attached, say, to

your country only, (now this is a bigger issue), then you will try to exploit other countries. Take advantage of them. Try to run them down. But if you are emotionally attached to your country then you will bring good name to your country by doing real good work. I don't know why people do not know how to discriminate. Why are they so selfish, trying to do all the good things for themselves. There is a very great chance for all of you to get this within your reach because you are all Sahaja-yogis. You have become like lotuses. And the lotus has the fragrance, which spreads all over. And for days together it stays in water, in that dirty water and it spreads the fragrance. And with that fragrance also, you can do a lot of things. That the bees come there and sleep in that beautiful house of the lotus and in the night it closes down very carefully. All kinds of things come from the flower, to make the beauty of that flower. We can say because we can extract also the essence of that which has fragrance, you can also get some honey out of that. Whatever is possible, everybody comes to that flower. That doesn't mean that flower is in any way weak but that is its quality. That's its strength. That's its understanding. That's what you are. You are all made into lotuses. You are not made into some sort of creepers or some sort of stupid donkeys. No.

You are the people who are to give

fragrance of your love, fragrance of your compassion to others, and you should feel happy about it. It does not mean that you give up this, you give up that, nothing of that kind, but it means that whatever you have, whatever is your possibility, capability you must try to do for others. Give it to them. And the more you do it, this collectivity, that is what it is very important, at least for America. Because every body is trying to follow America-money making business, this business, that business. But you are Sahaja-Yogis. So what you have to do is to take advantage of your achievement and give this to others. Give realisation to others. Many people who get realisation do not even bother about it. They just don't go and spread Sahaja-Yoga. They are not bothered about it, which is sometimes very shocking to me. Because what was the need for me to go round the whole world with all the mad people living and talking to them about Sahaja Yoga? In the same way you should also feel now that we have to do. We have to change this. We have to get them in Sahaja-Yoga. Why can't we? We are so many people. Christ had only 12 disciples and how much he spread Christianity? What about you people? You are so well equipped, you have so much of knowledge, absolute knowledge and experience. So if you have the experience and knowledge, you can capture the people. But there is some sort of a lurking ambition which goes against

the culture of Sahaja-Yoga. **You want to be leader or you want to put down somebody or you think no end of yourself, that's no good. And also they do Sahaja-Yoga and spread Sahaja-Yoga, because they want to enhance themselves. This is not the way.**

The way is complete surrender, complete surrender to the work of Sahaj-yoga. It is possible. It is not difficult at all, as I am telling you. It is very-very simple. Only thing you should understand that you have a special place in the whole universe today. You are not to rot. You are not to waste your life. We have started marriages. And in America, also they said, I said, alright we will also have marriages. But these marriages what is the outcome? If they are like all other ordinary marriages, what is the use? What are they doing for others? What sort of children they are producing? You have to see to it that when you become married couples, in Sahaja Yoga. Your family should be a different type, your love for your family should be of a different type. The whole family of Sahaja Yoga is also your family. So for every one you must have compassion and love. I know some people grow very fast but some don't because they lack this balance between Emotion and Intelligence. This balance has to be

completely established, and I know one day this America will lead so many people, so many people, thousands in Sahaja-yoga. So far whatever was wrong was adopted. Drug addiction, then another thing starts. All kinds of nonsensical things started in this country. Now, the new lotuses that are there, they have to change the atmosphere of this place where all kinds of dirty things are coming up, immoral things are coming up ruining the whole world. So in our general attitude also we should try to see, are we really growing? Are we really doing what is to be done? What are we doing for morality? That is a very important point in Sahaja yoga. How you dress, how you walk, how you talk, everything is very important. And all other things that you have you should try. How to create and all these things of different-different chakras, you should try to concentrate on them. See for your self, what are you doing. What are you making out of your life? You are Sahaja Yogis. You are special people. You are not ordinary. I want to tell you that you should have – self esteem.

Try to understand, what is your quality, what are you.

Thank you very much.

May God bless you.

Navratri Puja

Cabella, 8-10-2000

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today we are going to worship the Devi. We call her 'Amba' and by many other names. She is the last, you should say the residual power. When She has done everything She becomes the Kundalini and settles in the triangular bone of yours. This is the Mooladhara chakra. But actually She is expressed more on the left side because that time She is purely 'The Amba'.

This left side is a very-very important thing for all the human beings. If you have no left side, you can't balance yourself, to begin with. And it is said that She gives you a real personality of a Sahaja Yogi. That is, your left side, if it is weak, then you have to worship Her and request Her that "please enrich our left side". By enriching your left side, what She does, She is a comforter. So what does She give you, first of all She makes you rest. That is, She makes you sleep. If you are too much thinking about future, and you are too much indulging into the futuristic planning, you have some problems. But the best thing is if you can sleep, then its a great comfort.

Its a very great comfort to you, that you can sleep and that you can take some rest. Without Her you can't sleep. Absence of Her, you can't sleep. So sleeping is a very important function of the body which is brought forth by the left side. That's why we worship Her because She should give us rest.

She is the one who gives you peace. She is the one who gives you also illusions, called as 'Bhranti.' She gives you all the artistic talents. She protects you. But this part, that is, She is creating illusions for you, that's very-very important. Because those people who are against the divine, who are trying to be away from the reality, She creates illusions for them. So she separates you from those people, while you know the reality, and all such people who are troubling or trying to destroy her work, She is the one who creates illusions. She is the one who resides as the Kundalini. So we can say that part of her is the Kundalini but another part that She has is the one which resides in the left side.

Now there are seven levels on which She resides. Once you start enjoying Her on the first level then She has all these qualities described to you that She is peace, She is the one who gives you, love. She is the one who creates all the beautiful things for you. She is the Mother and what She expects from you is to enjoy Her protection, enjoy Her love and be always under Her complete protection. So this is a very important part of Her work, and the second one is that She is the Kundalini.

So she also acts on the seven levels. Seven levels She moves, we can say horizontally, and seven levels She moves upwards. And all these seven levels, on both the sides, She does tremendous work for us. How She protects us through these seven levels is like this that, when you start going towards the left side, there are seven deities which try to throw you back into normalcy, they are 'shankhini', Dakini..... these are the names. And by that you try to come to normal conditions. Now for example many psychosomatic diseases which come to us, like cancer and so many others; psychosomatic means it is physical as well as it is emotional, so these psychosomatic troubles start coming from the left side. Sometimes you are too much on the right side, then suddenly you are thrown to the left side, and then the movement like

a pendulum you can go any far. But there are seven powers on the left- hand side which protect you from getting into these diseases, also reducing their intensity.

So at one time She is the one who is peace giving, She is the one who looks after you, protects you and She is the one who saves you from psychosomatic diseases. Its a very powerful entity. If She was not there I don't know what would have happened! So we should worship Her within ourselves. We should respect Her and understand Her. She is your Mother. As Kundalini, She is your particular Mother, She is the one, Amba, who gives you your second birth and as the left side Goddess She gives you a very good support in your ascent. Without her, you could not balance your self.

This goes too far sometimes, when people are too much on the right side. Then they get diseases which are very funny. They can get heart attack, they can get paralysis. They also get the right side completely paralysed. They cannot walk. They can't lift themselves. This is too much of right side movement. So then She is the one who makes you feel bad about it. She is the one who suggests that you give up your right side and take more to your left side. So that does not mean that right side if it is cured by the left side is very good. For example, a person who is very arrogant, egoistical,

may become a absolutely docile, and people might think he is cured. No. He is on the left side. Though he has become docile, still he is not normal. Still he is very much wrong because he is on the left side. On the left side one starts getting many diseases like Schizophrenia (स्कीजोफ्रेनिया). In the upper level of this side these same seven centres act to give you very serious troubles. One of them is that people become Schizophrenic . It can be cured. It can be cured if you can move that person to the centre and by Kundalini awakening you can do it. Then people also become mad, lunatic. But all the troubles of the right side disappear. Such people, who have moved to the left side won't have liver problems. They might have enlarged livers, but over active livers they won't have. They won't have other symptoms like asthma, heart attack. They can't have heart attack. They will give heart attack to others. But they themselves don't get heart attacks.

So this sudden movement of your attention to the left side is all the time guarded by these seven entities or Goddesses who look after you. But still if you go on with it, for example if you go to the false Gurus then what do these false Gurus do? They put you to the left side, they will give you some name, could be the name of the servant or anyone whom they have captured and whom

they are looking after as a kind of a possession for others. Tantrik people possess the spirits of these dead people and use them to entice you.

So when you start getting into the left side by any means; you can get it by worrying too much, you can get it by feeling very sorry for something or crying, weeping anything; then your right side problems disappear. That's why you do it. But it goes too far. The right side problems, if they are cured, you get the left side problems which are much more dangerous. I told you, all kinds of psychosomatic diseases, I don't want to give the list to frighten you, but they all come from the left side. Now, because the right side is completely cured, as they say, people think it is a very good idea to get possessed by some spirits. So these false gurus, what they do, they master these dead spirits. How? I mean they know how to do it. I need not tell you, because you are not going to do it. They master it and they tell you, that you take this name. You start taking the name of some sort of a, God knows what. They don't tell that you take the name of some incarnation. But they will tell you take the name of, say Ram. Ram's name is not to be taken as is it. It has to be Shri Ram, Shri Krishna, Shri Mataji. So they never put 'Shri'. They just tell you take these names and by these names what happens that you go to the

left side because these dead spirits, they capture you. There are dead spirits on the left side and there are dead spirits on the right side. If they are on the right side they are very ambitious people and they try to capture you. Its a very frightening explanation of the whole thing. Once they capture you and you go to right side, you get all right side qualities. You are not normal. Sometimes you feel, you are going in the air, some where. You have seen some things which you would normally not see. Like two Americans came to see me and they were journalists. I asked them why are you here? They said, Mother you make us like Harishchandra. There was one fellow called Harish-Chandra who was a journalist. Because he used to travel in the air and he used to get news like he would tell about what is happening in some part of Bombay - like we have a Juhu Beach. So one day, in the newspaper it came out what happened at Juhu Beach, and his name was there, the one who was a correspondent, his name was Harishchandra. So how did Harishchandra tell you my name. I cured him. Why you want to get into his trouble. They said, we want to have this astral travel. For what? Because we are journalists and we know so much about everything, and we want to travel all over. I said, this I don't do. If you are doing astral travel, of course I can reduce it.

So all these Gurus had mastered this art of astral travel, controlling some dead spirits who were right sided. So right sided spirits are very ambitious, and they do all kinds of healings, and all kinds of predictions because they are futuristic. Some times they know, sometimes they don't know. But its all coming from a wrong source. So getting into that trap is not a very good thing. If somebody is possessed like that, then such a person starts doing all kinds of wrong things. Like he will try to grab your house, to grab your money, to deceive you, run away with your wife. All kinds of things which are absolutely wrong. Because the influence of the right side increases very much.

Also there are some drugs when you take them, like LSD and all that, you go to the right side and you start seeing colours and people think that its a very great thing to see colours because normally you don't see colours. They don't know basically what's wrong with them. Basically wrong with them is that there is a bhoot, there is some sort of a ghost which is very right sided, which has entered into their being and trying to work it out. But the left side bhoots are of different type. They are sly and they teach you peevish things. They may also try to entice you to such an extent that a person can tell lies to any limit. He tells lies and then he tries to secretly take

away your money and take away whatever you have. All kinds of plannings, secretive takes place. Nothing is open and you do it without even understanding it. But all these people are more interested in achieving some sort of a material advancement, whether it is on the right side or on the left side. Many things happen like fundamentalism. If you are a fundamentalist then these bhoots take over and they try to overpower. They try to teach you how to kill people who do not belong to your religion or to your sect. They give ideas and they fight and they quarrel and they kill. But the Mother Earth or the sea, anyone of these elements can work out their destruction. In such places you will find big earthquakes taking place and destroying them, or there could be a hurricane that will come and destroy them. Of course some innocent people are also killed with them. It could be anything that you do wrong, it is corrected by all these five elements.

In India, we had a place called as 'Latur', where people used to drink and drink and drink. Once they went for drinking when they had immersed the statue of Shri Ganesha. That we do on Ganesh Chaturthi when we put it into the sea, may be after three days, may be seven days or 10 days and they came back from there and they had gone for drinking after that and they were

completely drunk and still they were singing the praise of Shri Ganesha and saying all kinds of filthy things, unholy things, dirty things, we can call them or lots of abuses they were using, fulfilling that desire to be nasty, to be bad. And suddenly earthquake came there. They were all dancing, they all went inside the Mother Earth, and were finished. We had a centre there. Surprisingly that centre was not touched. About 100 yards away there was a round circle created. So nobody could go out. And they were amazed how is it that this centre has not been touched at all. That's the power of the Goddess. At the same time, when She sees these negative people are coming to torture or to trouble, the Goddess saves the right type of people. As you know, normally always if there is one good person, there will be 100 bad people getting after him and that person feels so lost. But then the Goddess helps that man and saves that one or that human being from the troubles from the negative forces. **So this Mother of yours fights all kinds of negative forces.** They can be as I told you drunkards who drink, so She starts destroying. At lower level She destroys their liver, at even greater level She destroys their family, She destroys their money. I have not heard of anywhere a statue erected of a drunkard. Nowhere. Where drinking is a fashion, where

drinking is daily worshiped, in a way, but I have never seen anywhere. How is it that nobody erected any statue of a man who was drunk. Would be nice to show that, but no, because the wisdom prevails, and people understand what is the destructive force. So one can get possessed by any such idea, like Hitler. He got the idea that he is the monarch of everything and he has every right to destroy the Jews and he was destroying. He destroyed so many people but what happened at the end? He was using 'Swastika' which was the symbol of Shri Ganesha, and with that he was fighting, but luckily it so happened that the Mother entered into his mind. By that he was lost into bhranti, illusions. He lost, the power of Ganesha, how to use it. He was using stencil and because of the stencil the second printing of Swastika was the other way round which was for destruction. So he printed the other kind of a Swastika. As a result he got destroyed. So this is the 'bhranti' part that she enters into your mind and puts you into a bhranti, means into an illusion. You commit mistakes. If it had not happened, so many people would have been finished by now. So she enters into the mind of such people who are trying to destroy human beings, who are trying to destroy anything and puts ideas in such a manner that they die or get self destruction. That's why it is written that

She is a 'Bhranti' within us. She creates such an illusion within us that a person who tries to be harmful, to be troublesome, to be destructive gets destroyed. All kinds of things she can put and that's how so many people have survived in this world, otherwise so many would have been finished, and there would have been the kingdom of the 'Satan'

But this Goddess is the one who saves us. Symbolically it has been said that she has killed so many demons. Actually She has. It's not that She has killed them in a symbolic way. There were demons and **even today we have demonic people, and all of them will not only be killed but will be finished forever.** I have seen in Russia, I have seen in many countries. Those people, once upon a time, were regarded as Gods, were finished. It happens in every country. Wherever there are wrong type of people, they are exposed and people donot even want to look at their photographs. They have thrown away their statues. All this happens because this Goddess is the one who creates an illusion for them. Now supposing there is a person who is very demanding, who is going to destroy everyone, then the people who are wise will understand but those who are not will take to him and get destroyed with him. Like this thousands of people have been

destroyed because they didn't see the right point, they could not understand what is right, what is wrong. So this idea of right and wrong also is completely confused by Her, so that those who are wrong type can be destroyed. We don't want them on this earth. Those who are troublesome, who are destructive or argumentative will be all destroyed. But by themselves only they will be destroyed. Its not necessary for the Goddess to do that. So this is the one which many people ask me, why it is said that 'Bhranti Rupen Sansthita'. Why does she exist as an illusion? This is the reason that your discriminating power is challenged. But if you are a Sahaja Yogi, real Sahaja Yogi then you can feel on your finger tips that the person whom you are following is a good man or a bad man and then you can tell others also. So many seekers are destroyed like that. Wrong type of Gurus came and they just followed them. Stupid they were, absolutely stupid gurus. And these were stupid people. I do not know, why they followed them. It was so obvious, that they were after some sort of a Rolls Royce or something. And I have seen them so mad, that they can't get out of it.

There are people now, who are following all kinds of wrong Gurus. One of them is now very much liked by the

Indians, all over, when they are abroad, not in India. So they follow that Babaji. Alright, and this Babaji is the one, who takes money, who steals money, who steals ornaments. He does all kinds of things but they don't mind. What ever he is doing is alright, and this Babaji is the one who is to be destroyed. But the advantage of having this Babajis is this that you have all kinds of stupid people on the earth, who have no discrimination and they fall a prey to these Babajis and are finished. They will get heart attacks, they will become blind, they will get cancer. They will get all kinds of troubles and they are destroyed. But it is surprising that the human beings are such that they see a person being destroyed by a Babaji or some Guruji, a lady and still they think that they also go forward! It is something surprising that human beings don't see that a person is destroyed, like I have told you many a times of the people who are going to the pub. They see from the pub people coming out and falling on the ground and they queue up to go inside again to come back and fall Very surprising, isn't it. They have no brains. Why do they want to go to pub if they had seen already somebody falling down? But they do it. Now this is the last judgement, as I have told you, and at this time you have to see what's happening to the person who has gone by wrong methods or by the

hell of some Guruji. Its very clear if you want to see it, very clear. How they are destroying themselves? They say, in any case we have to die; so why not to go to the pub? I mean what's this. This kind of argument they give. So stupid, as if they have no brains, no intelligence to understand a person has gone and he came back from there and has fallen on the ground, and nobody to pick him up and they are doing it! And they say that Christ did it. He gave wine to people. No. He cannot. He is perfect. He did not give wine. He gave them just an ordinary juice of the grapes. How can you make wine in one second, can you? But that's how they explain. All their bad things are explained by their stupid intelligence, and they go for destruction.

And now in Kaliyuga, destruction is working very fast. Why? Because people have lost their discrimination. They are no more discreet and so many people have lost. Not few; and it is a fashion to become indiscreet. I said, why are they doing like this? Mother, this is a fashion. Any stupid thing is a fashion. They take to that stupid thing and then they are in trouble. Now a days of course there is a fashion that women, specially in America, I have seen, they want to just wear straps over their frocks, what ever you may call it. Just straps and both the chakras are left open. They are very important chakras, should not even wear

sleeveless. They should be always covered. All the chakras we cover except Agya which we also cover with the Kumkum. By that how many diseases can come? You can get sinus, you can get eye-trouble, you can get paralysis of both the hands, you can get also parkinson's. All sorts of diseases can come because these are two very important chakras. One is Shri Chakra which is on the right side. Another is the Lalita Chakra which is on the left hand side. You should never never expose these Chakras. Also the knees but it is the fashion now a days to show the knees, I do not know. I can't understand the logic behind that. What is in the knees. Why do people want to see the knees of the women. I mean there is no logic, sense- less. First I never understood it. Now I have understood that they want to attract men. If men are attracted by your knees, what sort of men they must be? I don't understand such men also. Men will be fully dressed while women will expose their both the Nabhis and both the Chakras which are so important and that is the fashion. Tomorrow the fashion will start that you shave your head, so everybody will shave, as if its like a flock of sheep who do not understand. They go by the collective happening. So there is a fashion which is actually collective and that's how it finishes off their sense

completely. You see it everyday and you don't understand. I have seen even Indian women who are abroad. They also try to copy the fashions, and they also expose both of their chakras and then they get into troubles. Its very surprising. Atleast in India its not regarded as a good omen to see a woman like that. But when they have come abroad they have learnt this great knowledge, how to expose your body.

The other side of it could be even more serious; like you cover your face. Mohammed Sahib must have thought about the modern times. He said, cover your face, cover your body, cover yourself completely, so that, you are saved as a woman and men are saved because they are not attracted. I mean this is going to the extremes and it was to be worked out that way. But it does not. I have seen also muslim women are so stupid when they are facing their husbands, the way they behave to attract them and the way the husbands try to dominate! Its too much. So this is the bhranti. The bhranti created by the Mother Amba. She creates this bhranti and with this bhranti, I have seen, people can go amuck and they don't know that they are going amuck, because all of them are going that side. Like there is a story about a father who told his son that whichever way people go, you must

follow them. So he saw many people going, he followed them. Where does he go, to a funeral. That does not mean you don't use your brains.

Also you will see what they do is this, say, many people are going to something wrong, they have no brains of their own, no individuality, nothing. They just follow them. They don't see, what they have achieved, what they have got, what is the use, nothing. Even when you buy something, you want to find out, what is the quality, how the person who has purchased is using it, everything you want to find out. But when it comes to follow a fashion, nobody thinks about it and the fashion is created to befool people, I think so. It is something very funny creation of the evil force, so that human being should be destroyed. It is, they say the designer's. I say, its nothing designer's or anything but is their aggressive force, the negative force which works on you and who saves you, is the Mother on the left side. She has got seven curtains, seven boundaries. She doesn't want you to cross over, but human beings say, why not, why not me? If they have gone to hell, I will also go to hell. Alright, that's being made for you, go ahead. So that's why she creates the bhranti because some people have to go out, out of this creation. Out of this evolution process, let them go out. It's

the last judgement, alright, that's how you will be judged.

By your own stupidity you will be judged. I have told so many Sahaja Yogis, something small, that you must put some oil in the night and in the morning time you wash. They don't do it. By doing that what happens is that you sooth your self. You sleep well, oiling is a very good thing. We need it, all of us, specially in this cold weather, we need it. But they won't put. They neglect themselves. Because they think they are Sahaja Yogis, they are protected. Mother can oil them. It's not so. You have to look after yourself as far as your body is concerned, mind is concerned. You are responsible for your body. With Sahaja Yoga you will understand what's wrong with you, what you are doing wrong. I mean I tell you some things which are very important. To you may not be but you should try that. As it is you are realized souls, your spirit is there, you can feel the vibrations, and you can understand what's wrong with the person. Mostly what I have seen, now its much less, that people only inform me about people who are possessed. Mother such and such person is possessed, Mother this person has got this possession. **I said, throw them out. That's all. Why do you want me to bother about that.** Just throw them out.

Then after going out of Sahaja Yoga they will realize and say that Mother we don't want to be out of Sahaja Yoga, Why? Because they know that now they are completely away from reality, and from safety. So they want to come back. Those who can come back, can come back. But those who should never come back should not come back. Because they are so mad that they will create a fashion of madness and people can get influenced by that. **So to get influenced by others is not a sign of a Sahaja Yogi.** He can influence others but how does he get influenced by others, but for Sahaja Yoga. Sahaja Yoga gives you the discriminating power, and who has given you this, is the Kundalini. So this Kundalini, which is your Mother, the one which is in your triangular bone, also gives you all the qualities and all the beauties of your being. Of course I have told you so many things about Kundalini that I need not tell you. But she also can correct the left side.

Some people have a habit of all the time crying and weeping. Every time you meet them, they are is tears. What has happened? Mother, this has happened, that has happened. They will write letters after letters to me-telling about their woes, their troubles, and this and that. You are Sahaja Yogis now. Now you are in the garden of Eden. You are in the heavens. Why are you thinking about all

hellish things which are not important, why? Because you have not got your individuality as yet. Now as Sahaja Yogis you have to develop your discrimination of understanding what others are, also about yourself. Why do you hanker after things? Try to understand. What is so great about it. Why do you want to do it? Question your self. Is it some possession or is it some fashion or is it your individual feeling? So I am trying to tell you that this left side of your's is so protective. At the same time if you are very aggressive about your left side, you are thrown from one to another to another and into hell and then you suffer. So you must understand. Your wisdom should be there which you can develop very much, with the help of left side. Wisdom can be very well developed. Now there is somebody, say, a Sahaja Yogi, so called, and he is absolutely aggressive, money oriented deceitful, and you get into his trap. In Hindi we call it 'Chakkar, into his chakkar and once you get involved into that you go on drifting. Still your left side will protect you, up to a point. But if you are too much of it, then it throws you out. Now the time has come for all of us to understand that you are all Sahaja Yogis and you have a very big responsibility; very very big responsibility that you should do what your enlightened conscience tells you. Take to your enlightenment, live under that light, don't

jump in the darkness, and by that you will also understand who is the right person and who is not the right person. **Even in Sahaja Yoga this negativity can work. It works. One should not get involved into any negative thoughts of others or negative doings of others. Its a warning today I wanted to give you all.** Because you people are very much there to enjoy. **Look after your attention, where does it go.** There are so many beautiful things. See the flowers are made so beautiful. See these things, they are so beautiful. It makes my heart jump with joy-while some people don't even notice. The other day I asked somebody who had made these flower arrangement. Which flowers? I said, the one that was there. Which one? So I told the names of the flowers. We never saw. Where were you looking that you could not see the flowers? Because your eyes are so stupid that they can't see the beauty. They are engulfed with all kinds of negative things.

So the goddess has to kill all the Rakshas. I don't know how many She has killed and again they are back and again people are being trapped. This is going on. So these Rakshasas are there and you have to pin-point them. And tell people where are you going? He is a Rakshas. What he has done? What has he achieved? Now you should talk like that, openly. So you can save many

people who are going to these Rakshasas, who are coming in such clothes that you can't make them out. They will be destroyed, one by one. But when they are in the hearts of so many people how can you destroy them?

So it is for you people to tell them what these Rakshasas are doing. I know their tricks but the worst part is that the human beings fall into their tricks. So you have to be very self understanding. Ask always the question, Why? why am I attracted to this? What is the gain? Ask yourself this question. You will find that after coming to Sahaja-Yoga, you have gained so much. So now why have this false idea? Why go after false things, negative things? That's what Sahaja Yogis have to do. Because not that they are responsible for others, they are responsible for themselves also.

Now the sweetest thing said about Her is that She gives you Shradha (श्रद्धा). Shradha, we can translate it as 'faith'. You have faith rightly not wrongly. People take full advantage if you have wrong faith. But faith is very important that she gives also and that's very joy giving. The faith is very joy giving. But when the incarnations lived, nobody believed in them. They had no faith in them. Christ, they crucified. Nobody stood up to say-why are you crucifying him. All of them. Nobody could have that faith to stand up. They may fight for their

own country, they may fight for their religion or nonsense. But this man is really the truth, He is the one who is really an incarnation. Nobody will say so.

Yesterday I was stunned to see the drama, they have shown. I mean, I could not face my self, I should say, though its a truth. Of course I agree. But I could not face my self. I am too humble to accept such a thing, and its very ingenious, its very great to create such a drama and of all the things, first of all, I should say, that English have such a sense of drama. They had people like Shakespeare and all that. And the way they could produce the drama I could not understand. But this one was the last word of perfection, so much so that I could not say a word about it. I was just stunned. The truth that they have propounded. But in my life time you will have no doubts, if you have some sense in you. Because so many miracles are taking place.

Today only somebody told me that somebody had cancer, ulcer and all kinds of things and after Sahaja Yoga she went to the hospital, she had nothing. All such miracles are taking place. It never have happened like this. There are photographs of mine which are just remarkable. Even the scientists are surprised about it. How these photographs are coming? Actually there

was Shri Ganesha standing behind me. Actually, Only in one camera it came, just for you people to have faith. Because when the person is not there, like Christ is no more, now every body is going to church, Shri Rama is not there so they are all singing his praise. Shri Krishna is not there so there are Hare Rama, Hare Krishna. **So when there is Sakshat, when that is before you, you do not accept!** Because perhaps you don't believe that you can deserve it, perhaps. Or may be, I don't know, **human beings are very difficult to understand. When you are standing before them they don't believe, when you are no more then they will believe.** Its a very funny thing, isn't it.

All throughout, if you see the history of spirituality, this has been going on. **Gyanadeva showed some miracles. Still only the wise, only the sensible could understand and believe it.** They are so few that as a result such people were crucified, killed or murdered. They have tried that with me. **But you know in this life I have come in all forms and nobody can destroy me unless and untill I want to finish myself, no one can.** The powers are of love, affection and compassion but also there is a power which completely corrects others. So to you people not to have faith in Sahaja Yoga shows complete blankness. You have seen the

photographs, you have seen everything, you have known the miracles, it has happend to you, you have the experience of Sahaja Yoga. Despite that your faith is so weak. She is the one who gives you faith. So you have to praise Her, you have to fall at Her Feet, you have to worship Her and ask Her, **"Oh Mother give us that faith. And with this faith, you will be amazed, any person who has this kind of faith, he tells me, Mother please do this, it happens, it just happens. Such right they have got to ask for anything, it works out. But first your faith should be solid, it should be real. If it's real and if it is deep, you can achieve whatever you want, not wrong but good things. So try to develop that faith and faith gives you such joy and happiness, you get committed, you get involved and don't want to get out of it. So the greatest thing, the blessing of the left side is the faith, faith which is pure. Faith can be translated as Shradha. Shradha means something that is within and which has no doubts, which has no doing, as such. It's just there. So you should now develop faith about yourself and about Sahaja Yoga.** If your faith is strong you will see many miracles also. But with miracles, with every thing still if you do not understand, then it is your discretion.

May God bless you.

DIWALI PUJA

LOS ANGELES, 29-10-2000

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

It's a great day today for the whole world that we are celebrating this Diwali Puja in America. It's very important. Here people have been able to earn money, to have lots of money sometimes and are also people who are ruined completely because of money. When we talk of Diwali, we should understand that why on a Diwali day we have all these lights! What is the combination of lights and the Lakshmi who was born in the water, who stands in the water? Why this combination is there? She was standing in the water, as we know -a symbol of prosperity. That is built in the human awareness that he can prosper. Animals don't prosper. They all have their maryadaas, trees have their maryadaas. Only the human beings can prosper but if they have no sense of their own maryadaas then this is very ruinous, and ruinous for the whole world.

So the lights are there that all the people who have Lakshmi's blessings must enlighten themselves, must have lights and they should enlighten others also. But actually as soon as they get the Lakshmi, so called, they become

absolutely blind and they forget what is behind the blessings of the Lakshmi. First of all, as we see how the symbol of Lakshmi represents. I have told you before also that a **person who has Lakshmi, should be very generous.** One hand she is giving to others; a person who is miserly with Lakshmi is absolutely against the principles of Lakshmi, and such a miserly person, never, can enjoy the blessings and gradually he starts becoming poorer and poorer. When you start giving with the left hand that means you have opened the door for your Lakshmi to come in. Then comes the grace of Lakshmi, and this grace of Lakshmi also has another aspect that you must give protection. Those who are people with money should protect like this. Protect whom? Protect the people who are in trouble, people who are having lots of cruelty on them, orphan children who need your help. All this should be looked into and protection to the people who are dependant on you should be given. So, this has to be done with the right hand. That's the symbol of Lakshmi. And there are two hands up there, which you have

seen, with the pink coloured lotus. Pink coloured lotus suggests that you must have love in your heart. Pink is the symbol of love and compassion. As I have told you before also, a person who has Lakshmi should have a house, where everybody is invited, like the lotus invites all the insects, even the beetles who have got lots of thorns and the beetle comes and sleeps the whole night very comfortably and the lotus closes its petals so that the beetle has no trouble, be comfortable. So, these houses must accept guests, any kind they are, and they should be treated very well-just like as if the Gods have come into your house. I have seen, people who are poor are much more hospitable than the people who are rich. Same way about the the countries, countries which are poor are much more hospitable than the countries which are rich. Its very surprising that rich countries have their immigrations, they have all problems of avoiding people, guests in their own countries. So, they are going really in the wrong way, as far as the Lakshmi's symbols are concerned.

The another very important symbol is that She stands on a lotus. This is all glorified, all beautiful lotuses carrying her but lotus suggests that she throws no pressures, no imbalances, no power around, but in these countries where people have money they try to throw power all around. One who has money

becomes the more powerful person. Everything becomes power, money is power, love is power. This power has no divinity in it, but a power of oppression and aggression and self importance. All these symbols of the Lakshmi are very convincing, like today when we say that somebody has got money or some country or nation they are just the opposite of what they should have been. The reason is, they are not enlightened. They have to have lights in their hearts as we see that on Diwali there has to be lights and without enlightenment these rich people, so called Lakshmi-patis become nonsensical. That's why there has to be the light because with Lakshmi, one can become absolutely blind. So called Lakshmi doesn't give you proper understanding as to what it means that you have got money, that you are rich. What does, that mean? That's why one has to have the lights; unless and until you have light of divinity within you, you will not understand the great symbol of Lakshmi.

But in Sahaja yoga we believe that the Lakshmi must become Mahalakshmi. A man has to become a greater man 'Mahamaanav'. What does that mean? That she has to become the Mahalakshmi. Mahalakshmi is a deity which makes you absolutely satisfied with whatever you have, complete satisfaction. Not only that but you start thinking that whatever I have is not

sufficient. I have to have something else, not money, not more cars, not more televisions and things but I have to have something else that will give me real satisfaction. You know the law of economics - that you are never satisfied, desires are not satiable. So you go on buying from one to another, to another, to another. But when the Mahalakshmi principle shines in you, then you do not want any more, you want to give it to others and you want to enjoy your generosity, that is the first sign that you are moving now from Lakshmi to Mahalakshmi. Till the Lakshmi principle, you were blind and whatever it was you were asking for more things, and more things and more things. After this is over, then you have the light, the enlightenment.

When you have done all the four things properly that is generosity, protection, hospitality and compassion, then you get into another mood of movement because you know nothing is satisfying, nothing is satiable, running from one thing to another, from that to another, that to another. And when such people get collective, they start ways and methods of attracting people how they could extract money. There are so many ways, like in our Italy when I was there, I wanted to buy shoes. I went to the shop and they had only one type of shoes. That kind I don't wear. So says, No, only this year this kind. Only this kind.

Everyshop will have this. I said, people have no sense. They have no light within them. So, next year we will have another style. Whatever is produced is always new and these shoes that were made last year or before that, are put into some sort of a junk. It's a very big business. So, it is the big business that starts in this manner and many people become bankrupt, many people completely lose their dignity and fall into the trap of immorality.

So, this Lakshmi principle if you forget, in a proper way you cannot go to the Mahalakshmi principle. And in the Mahalakshmi way you can find another kind of personality. Because if you have the light in your heart then you start seeing that this money business is of no satisfaction. You go on changing from one to another. So, then you think what should we do? With this light in your heart you find out that you have to follow, now the principle of Mahalakshmi, otherwise, you would be lost. So, when you think of Mahalakshmi you start seeking, seeking the way by which you can really have a real satisfaction of life. I mean, a country like America where people have so much money and every thing, they have also the maximum number of seekers, maximum number. When I first came to America, I was shocked that though there was Mahalakshmi principle, they did not know what to seek and they all followed all kinds of false gurus. They

had become mad, I think, because they couldn't understand what is to be followed. For that they started following all kinds of false gurus who were themselves slaves of Lakshmi tatva, slaves in the sense who were against Lakshmi tatva and that's how they all were lost. So many of them were lost in this country. And I was shocked the way they were following wrong type of people. I just thought there's something really needed to be done to this country. For nine years I never came to America, I am sorry for that because the seekers were moving in the opposite direction. They were not in the understanding, as to what the seeking is for? What are you seeking? Somebody came saying that I am sixteen year old and I can make you all realised souls, and I am told that he put some vermilion - kumkum in a gun and blasted it and people felt they have already gone to heavens. Such idiotic behaviour! How it came into their heads, I don't know! How did they become so idiotic, I can't imagine. So, I went back and I said, I can't help these people much. Then a kind of another fashion started like if you went into any party or anything they would say, now see, another guru has come, he is much cheaper and also there is a sale on. And I would say look at these women and men who are supposed to be the leaders of the world and how can they talk like this. It was a very common thing among the rich people to talk like that. This

country has been blessed with very-very great people, as you know, very great people. Abraham Lincoln, what sort of a man he was or even say George Washington! All these people showed the quality of Mahalakshmi but they didn't think much of them and they started working out a new method of capturing the whole world. Because then the idea of power came into their heads. That with money we can purchase every thing, we can make everybody dance to our tunes, if we have money.

All this attitude towards money and human beings was absolutely satanic to such an extent that their own country started getting ruined. What happened to the family system? What has happened? Why the family got ruined because of the wrong ideas about the Lakshmi principle. The women got lots of money out of divorce. I met one lady. She had divorced her husband eight times from this country and now I am told she has divorced the ninth time. She has become very rich. But she has no shame and she is telling everybody that get a divorce. That's the best way, that's the advantage of coming to America. So, what is the problem that human beings don't have enlightenment. And if they get money, if they are hankering after things they have to go to hell, no doubt about it and do all kinds of things which was never done in the history of this world. I need not tell you all the absurd nonsensical things they do.

Then started a negative force of drugs, drinking and all kinds of things. I mean such blindness, such stupidity that you can't understand, as if their brains were completely curtailed by the activity of money making. I have seen people choosing their suits and clothes, that when they will die, what they are going to wear. It sounds funny. Even their dog dies, they make such elaborate arrangements. They choose even their coffin, which one they would like to use for burial. So, with the money a new problem started which was the choice. What choice you have? And people played with that choice. They can befool you and tell you what is the best. I don't know why but moneyed people are mostly idiotic, if not very immoral, idiotic-absolutely idiotic. Anybody can befool them. So, God knows what is the speciality that people who are very rich, can be very cunning, can be very immoral, can be self destroying but mostly they are idiotic people. Because the way they talk, you don't know where to look, what they say about things you don't understand. So, then it becomes the country of idiots and stupids and you don't know how to deal with them and how to talk to them about the higher life. This Lakshmi tatva has to become a much bigger principle which we call as the emancipated personality or we can say person endowed with Mahalakshmi principle. Such a person may be cheated by others, may be troubled by others but

such a person has his own inner powers to overcome all such hurdles. So this Mahalakshmi principle should be established but one would say, why? What is the advantage of having Mahalakshmi principle?

When the Mahalakshmi principle comes then there are nine Lakshmis which are described - navadha, nine which get completely manifested in a human being. One of them as we call as Grahalakshmi. Grahalakshmi means the family, the wife becomes a very wonderful person. She doesn't object to things, She doesn't react but she is very sensible and she builds up all her children in a beautiful manner. On the contrary, where she is not a Grahalakshmi, she takes pride in working out something like men. Means, to her, her job is important, her bank balance is important. But the real bank balance of a Grahalakshmi is her family and her children. If she doesn't have that she will be just thinking that she is very great, she can compete with this man or that man. Women don't understand that their greatest capacity is to love. How is it that Lakshmi is a woman and all the goddesses are women? What is the quality of these goddesses is to bestow blessings on people, of their own nature, of their own qualities. So, to think that we are better off than men because we have more money is the greatest idiocy. You may have money but your children

will be ruined, your family will be ruined. When you make a good family then you create a beautiful, very beautiful universe around, and universes after universes, like this can create a beautiful universe in the whole world. There's nothing to sacrifice but to enjoy everything. As I said, you enjoy your hospitality, you enjoy your generosity which you do not feel is a misery or a trouble but you just enjoy. At least I enjoy. If I can give something to someone, that's the greatest blessing for me.

So, the idiotic people believe that generosity is stupidity but they are the real stupid people. So to create a proper home for your children is a very great work today and it has to be done. Again their selfishness comes. Human being have so many such hurdles in life because, I don't know why, he doesn't enjoy everything. So, the selfishness comes in and they will only love their own children, they will only love their own husbands or they will love only their own wives. This doesn't create a good family. I am talking about the global family. For us everybody is a realised soul and their family and our family is one. But then they will create problems, talking, gossips.

I am surprised even in Sahaja-Yoga we have many women who will just go on gossiping. Their style was gossiping. Because I am talking about Lakshmi and Mahalakshmi, I have to

warn the women because they are the ones who will create the great principles, the great symbols of Lakshmi and Mahalakshmi. **So, the gossiping is a very common disease, even today, in Sahaja Yoga.** I have seen that where five-six Sahajayoginis meet, they go on talking, talking, talking. I do not know what do they talk. Never about Sahaja Yoga, never. What they talk is what's wrong with another person? Who is a wrong type of a person? This is all gossip. This gossip has created big problems for us in the collective. So best thing I would advise is to be quiet. Even when they come to my house, they talk. They have no sense that we should keep quiet. Without quietude you cannot enjoy the cool vibrations of the Divine. Just go on gossiping and talking is not a sign of very developed people in Sahaja yoga. That's why the first thing is that women should become much more compassionate, much more tolerant and enjoyable. Because if you meet somebody they will start immediately telling you that is wrong with this person, this is wrong with that person. There's no need. But they will only come and will give you bad news, all kinds of. They enjoy giving the bad news. They think they are very important and when they think they are important, they can be very dangerous to you, very dangerous. Because, I think, it is the women who have to work it out much more than men to understand the value of Sahaja Yoga

because their own children are concerned, their family is one of the units of Sahaja Yoga. I am saying this because now I have been noticing it very often that the women in Sahaja Yoga are not upto the point as they should have been. They gossip too much, so they should take to 'mauna' I think, take to complete silence, not to talk. Those who are really very much effective, who are doing the great work are always quiet, they don't talk. I have seen they don't even come and see me, just recede back, while the women who think they are something special, they are the ones, most dangerous.

So, the power of Lakshmi that actually first falls on the shoulders of women should be Mahalakshmis and this is a challenge to all the Sahajayoginis to behave themselves and to become greater women than all the rest of the women of the world. We have some very very good, very great sahaja yoginis, no doubt, but their style is different, and they are working out things in such a manner that it's absolutely adorable. They are just working for Sahaja Yoga, they do not bother about their personal relationships or their personal eminence, they just want to help Sahaja Yoga in every way.

Then there is another Lakshmi called as Gajalakshmi, actually Gaja means elephant. What is the quality of an elephant is that the elephant walks with

a certain gait which is the movement on both the sides. As I have said, I have seen people, specially women, who walk like horses, really just walk like horses. Once a dance teacher told me, should I start, Mother, a dance school? I said, better start a dance school, doesn't matter. Are you sure you can teach them to dance or they would be just galloping! She said, why? Because what I have seen of women here that they walk like horses, I must say. How can these women who walk like horses can do dance, Indian dance specially, it's very difficult.

So, now we have to see what is the gait, how you walk? Do you walk like an elephant or you walk like a horse, specially for men. Men should not walk like elephant but should walk like horses, it's alright. But the worst thing that has happened is that men dress up like women and women dress up like men. Now, what to do? Why this kind of a mad transformation has taken place? Why do they take to such things? What is the advantage of becoming a woman when he is a man and a woman becoming a man? That is the reason which shows that they want to have some change. Some change is important, would like to change your dress, like to change your houses, even your sexes you want to change but why not change your complete being through Self Realisation. That is very important to understand that we are transformed and we must have

our own dignity of Sahaja Yoga. The way we behave, the way we move about and work out. My experience is that once they come to Sahaja Yoga, mostly, they become very-very beautiful people and they gradually start growing like flowers, fragrant with their compassion and love but also there are people those who do not understand how to grow. They have their own small circle into which they move and they get just stagnant, they become dwarf and then such Sahajayogis have to leave Sahaja Yoga. So, it is the responsibility of all the Sahaja Yogis to watch and see how far their mind will go? Where are they going. What are they doing? How are they achieving their status as Sahaja Yogis?

So these Lakshmis I would say and also the Lakshmipatis in Sahaja Yoga have to be very different than the other people who have the money. Mahalakshmi principle should give you a very sober, balanced, affectionate and loving temperament. If it doesn't give you, then you should know there's something missing. After all you have come to Sahaja Yoga, not for anything else but for your growth and to keep that growth on, you have to acquire a sense of understanding as to what should be your personality relative to others, relative to other people who are still seeking, who are still blind.

We have to achieve a global emancipation. I know that's my vision. And the other day we were counting how

many projects I have started. So, we stopped at thirty five, already thirty five projects have started in India, also in other countries. And they are only for emancipating human beings. But firstly, as I told you, to do a work in Sahaja Yoga, you have to be a detached person. That is the quality of Mahalakshmi principle. That such a person is detached. He is not attached to things which are worthless but that doesn't mean that you take a sanyasa and run away from the family, run away from your household. That's not detachment, that's running away. But detachment is that when you have everything, still you are detached in the sense you do not feel concerned about your own gain out of this.

Such things can happen very easily if you really introspect, and introspection is the best way of meditation. First introspect and then meditate. Then you will grow and the real joy of yourself, of your spirit will really give you such enjoyment that you will not take to stupid insignificant things, but you will become very significant people in Sahaja Yoga who will do such wonderful work that everybody will be amazed that an ordinary human being- how can he achieve such a thing! How can he work it out? As I have told you before, that after realisation you become extremely creative, creative in everything, specially in giving realisation to others and also creative in your life of art, music, poetry,

drama, writing, all kinds of things. We have seen so many cases who have never been on the stage even, have given very great inspiring lectures. So the creativity comes like an inspiration for others. They see you and they feel inspired. You are not the one who goes into the shadow and sits back but openly you come out with no pride, or no sort of an aggression, but complete humility, and you give such beautiful feelings to others, such understanding about yourself and about the others through your collective consciousness. About collective consciousness and other things so many people have talked, as the other day you saw it, there were so many people like you, also there were other scientists and also other philosophers who have talked about it. But you have got it, you have the experience of collective consciousness. Despite that if you are lacking behind in your progress in Sahaja Yoga, that means there's something wrong, some sort of a load you are carrying on your head. **If you have attachments, there would be loads on your head. In Sahaja Yoga you are involved with everything, and you are detached and such a miracle happens to you which you know very well I don't have to describe.** So, a new personality with a Mahalakshmi principle comes in. Mahalakshmi principle is the one which takes you to your seeking and when you have found out the reality, the truth, then

you progress. With Mahalakshmi principle only you get your realisation. You know that very well that through the Mahalakshmi channel only, you rise and you get your realisation. So, to become a great Sahaja Yogi, you have to look after your Mahalakshmi principle.

Now there are people, I have seen, who care for cheap popularity; I have known people who will do everything for others, do this, do that but only for popularity. They have not understood that whatever you are doing, is for cheap popularity? You don't have to fight an election in Sahaja Yoga, you don't have to cast your votes in Sahaja Yoga, but what happens really the person who has that dynamism of Sahaja Yoga just comes up, everybody knows. Not talking, not impressing, not showing off, not going after cheap popularity but growing within. For that I cannot say what you have to do. How does a tree grow, by itself? **You are living examples of Sahaja Yoga. So how will you grow by yourself? By yourself you will grow, is a promise, that is given to you by the Divine but allow it to grow through introspection and meditation and what we call complete dedication and devotion.**

The other day I told you about the word - 'Shradha'; it's not just praying, it's not just having faith but 'Shradha' is that

you have it in your heart, the enjoyment of achievement through your devotion and dedication that should be called as 'Shradha'. With that thing only, it will work out. You have to have faith in yourself and faith in Sahaja Yoga. You know you have got it; those people were talking about it but you have got it. You know what is collective consciousness. You know that you are in the collective consciousness. But how far you have grown into it, is to be seen. It's very important. For that I need not, in this short time, describe to you all the qualities of the Lakshmi, but try to understand that a person who has Lakshmi principle has to have all these special qualities otherwise he is not the worshipper of Lakshmi. That's how today I would bless you all with the proper wisdom and a proper understanding of the Lakshmi principle through the lights which are enlightened within your heart.

May God bless you all.

As I have suggested to you, you all have to work it out and understand the importance of Mahalakshmi principle. In your lives if people will see that you are very peaceful, good and full collective people, then only Sahaja Yoga will spread, not what I am saying or what I am spreading or what am I working out. It's a fact that I always had a feeling that Sahaja Yogis should take to social work. I have been a social worker

all my life and I am socialistic today. But all these things that I did, you may call it secretly or anything, whatever it is but some people knew about it and this was to be done and practically most of these places were ready to be donated. The reason I did not donate it in the beginning because I wanted to see there one people who are honest and who will do the work honestly because in the name of social work people just want to exploit. This is the reason I waited for so many days and though I have given, some of these already like Ganapatipule, the Hospital, also Dharamshala school; all have been given but now I want to give even more. Like I didn't know that they have bought a land in Cana Joharie is in my name and when I heard about it I was surprised because there's no income from it, nothing of the kind and I decided there and then that it has to be given to the collective of Life Eternal Trust of America.

It's all my desire that things should work out, but according to Sahaja unless and until you have your Ganapati, Ganesha-Mother lands where you start your work, it doesn't do anything. Even in Italy I have got a very good land and also a house which also I want to donate plus another one called Dalio which I want to donate to the collective of Italy. Italians, I have found them to be very good, honest and dedicated. I know they will not exploit it. In the same way everywhere I have purchased, any land or built anything I

would like to donate most of it, but let me see if the things are working out in honest way. So, this is for you now to take interest and I was happy to know that one Sahaja yogini has gone to Madras to start an orphanage. It's a very good idea, because think of the orphan children, think of the women who are destitutes, think of the people who are suffering from horrible diseases like cancer, others also which we can cure. So, I started a hospital. Now I have another hospital in Delhi. Also good news for you that I have bought a land at the foothills of Himalayas, very big, I think fifty five-fifty six acres of land. Plus I got another land where you can grow or where you get also very rare vegetables so that we can make medicines at a very cheap price for the use of people who are suffering and who can get cured very easily. So many projects have been done and they have all come up. The thing is that I have seen, that Sahaja yogis do not donate money except in the seminars. And all this is achieved through that money that you have given in the seminar. The rest of the expenses of course comes from my books and other things. So, it is important for all of you to understand that whatever money you are giving in the seminar is being used absolutely - absolutely for the betterment of humanity which may not come to Sahaja yoga but which can be benefitted through Sahaja Yogis.

So I would request you not to be

miserly. You may not give me the money but you shouldn't have a miserly temperament because what's the use of having money without any advantage? So, you all must learn how to donate, not to me but to this new idea they have - they want to make a foundation. Alright! Once I find proper people to run it, I don't mind making the foundation because we shouldn't do what all the rest of the stupid people have done. And so I would request all of you, to be little generous. The generosity should be towards social side of our world which is very important to be attended to. I hope you understand that I have not changed the way, is the path which is going now in a smooth way. We had to first climb a very hazardous mountain and now we have come to a place where we understand. With this understanding, I just want to tell you, collect some money with you which you can donate at the time when we need for this kind of work which is not the Kundalini awakening but then we can also do kundalini awakening. We have to show the results of kundalini awakening. It's not only for you, it's not only for you people who are realised, it's for the whole world. That's my vision and according to that vision, I have been doing my work and now as you know I leave this responsibility to you all.

I hope you will understand that it's important that you should think of other things than your own problems, your own

stupid questions that you have because all the time what I find even the leaders will bring some sort of a nonsense from people who have done something, you need not tell, if somebody is sick. Why can't you cure, why should you bring that to me? it's a common practice with leaders. So, I would request you not to bring any such problems, and you solve your own problems, try to solve them. Once you solve your problem, you will be amazed, you will know what you have got. But everytime refer to me, is not necessary, reference to me is not necessary because I have so many other things to be done, and everytime if somebody is sick they must refer me, if something happens they must refer me; even after referring all of you will still say - this person has cancer, this one is sick, that one is sick. I don't want to tell you but there must be some mistake about that person. I don't want to tell about anybody like that, But must be something, must have happened that that person is sick or something has gone wrong with them. Because normally Sahaja Yoga should help, Sahaja yoga meditation should help. It should work out, it has worked out with so many. Even some people, who were very sick, once came to cabella. I was not there, they got alright. So it's the faith within, which should be so strong that it will be done. So, some people have a habit of pestering me, like all the time this one is not alright, that one is not, in my centre

this is happening that is happening. Why can't you solve your problems, all of you put together. It will be very kind of you if you understand that all these problems can be solved by you, I don't have to be there. I am there with you all the time, I am one with you all the time. **So there is no need for you to come to me for all these things which are absolutely under your control. If not, you give up your leadership, so called. Because leadership means that you should be able to execute Sahaja Yoga. you have powers, you can do it, all of you can do it, you don't have to get to me all the time** because so many things are to be done and so many things have to be worked out which I am doing relentlessly. But you should also try to solve your problems of your country, of your region. But if you are not grown up then it happens. I have seen it. You will tell, I think they are very important because you can tell, that's not the way, you should do it yourself. You should find out yourself, what you can do, how you can help it out and how you can help others.

Also we are not here all the time just to look after people who are no good in Sahaja Yoga and mostly I have seen it is only the people who are little bit very ambitious about their own positions, try to rule. So, I have to again and again request you please, please even if you are leaders or anything don't

telephone to me, don't write to me because I have seen everyday, I have such a lot of papers, envelops - everyday and I don't know what to do. How to tell you that there is no need to write to me. If you cannot solve the problem, it's finished. Take up something that you can handle. You need not take to something that is difficult which you cannot handle, it's wisdom behind it. If you have wisdom you will solve your own problems together specially with your leader and if the leaders are sensible, then you will never-trouble me. I must tell you about some people who are leaders never even once told me that this is wrong, that is

wrong, nothing. They have solved their problems-out and out, they should be your ideals and that's how you should work it out. That will be very joy giving thing for your Mother because now you are made, you are the ones who have the powers. **Feel your powers, understand your powers, understand your responsibilities and you will be amazed how things will work out.** First of all I wish you again and again very Happy Diwali, very happy, prosperous life for next year and all your life.

**May God bless you
Thank you very much.**

With the Blessings of The Mother Divine

The Maha Yoga enlightens the inmates of Tihar Jail

By the grace of Her Holiness Mataji Shri Nirmala Devi, efforts of Shri B.R. Rawal, a Sahaja Yogi and kind co-operation of Shri R.S. Gupta the then D.G. of Tihar Jail the programme of Sahaja yoga was started for the benefit of inmates and staff of Tihar Jail on 7th February 1998. A Sahaja yogi was talking about Sahaja yoga to all the officers of the jail in the conference Hall. The shoes of all the officers were outside the hall and Constable Shri Rajiv Singh was put on duty to take care of shoes. His attention however shifted to what the speaker was telling about Sahaja Yoga and some prisoner took away the shoes of the D.G. in the mean time. The poor constable was very upset because this dereliction of duty could get him severe punishment from such a senior officer. Some Sahaja yogis however assured him that The Divine Mother will protect him and nothing will happen. When the programme was over, the D.G. came out and was told about his shoes. To the surprise of the constable the D.G. ordered a new pair of chappal from the market and went out very peacefully. The incident established his

faith in the Adi Shakti and he became a sincere Sahaja Yogi there after. The constable was a chronic patient of Migraine but to his surprise, immediately, after experiencing realization the disease subsided miraculously. Now he is always in the forefront in all the Sahaja programmes.

Sahaja Yoga programmes were held in all the jails (jail No. 1 to 5), and also in residential complex of the staff. Both, ladies and gents inmates of the prisons, and also the staff members are now meditating regularly and receiving the blessings of Parama Chaitanya. Shri Ajay Kumar Singh, superintendent, Jail No. 5, and Shri Daljeet Singh, Deputy Superintendent Jail No. 5 were very cooperative and they arranged a well furnished big room for Sahaja Yoga meditation in the administrative block of the jail.

In may 1998, 20 young prisoners between the age of 16 to 21 years were sent to the meditation room for Self-Realization. Most of them experienced the bliss of the Divine on their system. Ten of them became very regular and

attended all the Sahaja Yoga programmes during their stay in the prison.

Since then Sahaja Yoga meditation programme is being conducted in almost all the jails of Tihar, and hard core criminals are benefitting from it. Delhi Sahaja Yoga centre provided introductory books and bound issues of Chaitanya Lehri to the jail library. Seeking prisoners are meditating regularly and deriving peace and good health as the blessings of the Divine. Some of them wrote letters to us narrating their experiences and benefits occurring to them. Four of these letters are being reproduced herein.

A team of ardent Sahaja Yogis consisting of Dr. Narender Gupta, Mr. Ilam Singh Bansal, Col. K.K. Dutt and others have been regularly conducting Sahaja Yoga meditation programmes for the inmates since then. In recognition of their services for the transformation of the hard core criminals the jail authorities awarded them with 'Certificate of Recognition' on 30th November 2000. Dr. Narender Gupta was honoured with a shawl by the D.G. (Director General).

We pray to the Divine Mother that Her light keep enlightening the path of all the Sahaja Yogis to bring about the empire of love, peace and joy on this earth and we all become Her Divine instruments.

Yogendra Kumar

s/o Sh. Gyan Chand Upadhyay,
U/S 302

मैं जेल में लगभग दो वर्ष (जब से जेल में 'सहजयोग' प्रारम्भ हुआ है) से नियमित रूप से 'सहजयोग' कर रहा हूँ। मुझे इससे क्या क्या फायदे हुए हैं अब तक यह तो गिनती कर पाना मुमकिन नहीं है। लेकिन जो भी याद है वो इस प्रकार है: महोदय 'सहजयोग' से मेरा मन शांत है। मुझे समाधान (संतोष करना) आ गया है। कभी किसी वस्तु पर मन नहीं चिपकता, जो जैसा भी हो रहा है ठीक है। अगर कोई बात गलत होती है या समाज के लाभ के लिए नहीं होती है तो वो समस्या भी मैं ध्यान के समय में श्री माताजी निर्मला देवी जी के फोटो के आगे बैठकर वो समस्या दोहरा लेता हूँ, की आपसे विनती है कि कृपया आप ही हम लोगों के लिए कुछ करें और फिर सब ठीक हो जाता है। इसमें जो कार्य सबके लाभ के लिए होता है वो अति शीघ्र पूरा हो जाता है। जो कार्य केवल अपने लाभ के लिए होता है उस कार्य में थोड़ा सा समय लगता है। मैं पूर्ण रूप से 'सहजयोग' पर ही आधारित हूँ। जब तक मैं सुबह शाम सहजयोग नहीं कर लेता तब तक ऐसा महसूस होता है जैसे मेरा कुछ खाँ गया है। और 'सहजयोग' में बैठने के बाद सब ठीक हो जाता है। मैं शारीरिक और मानसिक रूप से पूर्ण सन्तुष्ट हूँ। और अब जेल न. 5 के कैदियों को 'सहजयोग' करने में मदद करता हूँ। महोदय हम सभी 'सहजयोगियों' का 'सहजयोग' करने में सहायता और उचित प्रबंध करने का कष्ट करें।

धन्यवाद.

सहज योग महायोग

आरिफ

गुरु जी आपका सहजयोग मुझे बहुत अच्छा लगा। दिल से करे तो यह सहजयोग ऐसा महायोग है जो हर किसी की समझ में नहीं आता। हर देवी माँ होती है और माँ से माँगें तो इससे अच्छा क्या है और दूसरी बात है हमारा जो ध्यान इधर-उधर भटकता था अब थोड़ा बहुत अच्छा हो गया है। यह हकीकत बात है सहजयोग अपने सही मन से करें और उसका ध्यान स्थिर रखते हुए करें। इधर-उधर भटकने ना दें तो कामयाब हो सकता है और दूसरी बात है आपका जो ये सहजयोग है इसमें आप अगर ध्यान लगाकर बैठें तो जिन्दगी में आप हर चीज देख सकते हैं।

फिरोज

पिता का नाम श्री जलील अन्सारी

U/S 454, 380, 411

(मुस्लिम)

सहज योग करने से हमें मन का शांति मिली है और मन अपने आप को सब कुछ महसूस हुआ। जो भी मन में सोचा था वह भी पूरा हुआ है और जो भी मांगा वह भी हमें मिला है।

जय श्री माता जी

सहजयोग एक महायोग

कृष्ण (सन्नी) S/o हवा सिंह

FIR No. 14/99, U.S. -307,

P.S- प्रशान्त विहार

मेरा नाम कृष्ण S/o हवा सिंह है। मुझे सहजयोग बैरक में सहजयोग करते हुए एक महीना हुआ है। मैं सहजयोग करके बहुत खुश हूँ। सहजयोग करने से मुझे अनेक लाभ हुए हैं। उनमें से कुछ लाभ मैं लिख रहा हूँ।

1. सहजयोग करने से मुझे व मेरी आत्मा को बहुत शान्ति मिली है। एक अन्दरूनी खुशी मुझे महसूस हुई है।
2. सहजयोग करने से पहले मेरे अन्दर चिड़चिड़ा स्वभाव था जो अब नहीं है।
3. सहजयोग करने से पहले मुझे गुस्सा बहुत आता था, लेकिन अब मैं अपने गुस्से पर सरलता से काबू पा लेता हूँ।
4. सहजयोग करने से पहले मेरा शरीर बहुत आलसी और दर्द करता था लेकिन अब नहीं होता।
5. सहजयोग करने से पहले मेरे केस (case) में कोई कारवाई नहीं हो रही थी लेकिन अब मेरे केस गवाईयाँ चल पड़ी हैं। सहजयोग करने से पहले मेरे गवाह नहीं आ रहे थे लेकिन अब गवाह आने लगे हैं।

जय श्री माता जी

Shri Ganesha Puja

U.S.A-7.9.86

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today in the land of Shri Krishna we are celebrating the birthday of Shri Ganesha. It's something very unprecedented and of a very significant value that you should be celebrating the birthday of Shri Krishna's son in his own land. You know that Shri Ganesha incarnated on this earth as Mahavishnu and he was the son of Radha who incarnated as Lord Jesus Christ. So by celebrating this birthday today you are recognising the greatest truth that Lord Jesus Christ was the son of Shri Krishna. There is a story about it. If you read in the Devi Mahatmaya how this primordial child took a form of an egg and half of it remained as Shri Ganesha and half of it became Mahavishnu. In the evolutionary process all these happenings of the antiquities have been recorded but today I feel so gratified that on the human level, people have understood.

Christ is the incarnation of lord Ganesha. He is the eternal child but in the form when he came as Christ, he came as the son of shri Krishna, but when Parvati made Shri Ganesha he was the son of Parvati alone. There was no father. Parvati herself wanted to have

a child of Her own. There were Angels who were dedicated either to Vishnu or to Shiva. Like ganas were dedicated to Shiva alone. So She wanted to have Her own son, who can permeate Her powers on this earth.

So to begin with when the Shakti created this universe and Sadashiva was watching Her creation, the first thing she created on this earth was innocence. And the embodiment of that innocence was Shri Ganesha. The whole universe was covered with innocence which we call as Onkara. This innocence protected all the creation of the world and penetrated into all that is matter. Matter is innocent. If you hit the matter, it will hit you back because it is built like that. It doesn't want to harm you by any method except that if you try to hit it, hits you back it in its own nature. So it was called as 'Jada', the one that acts according to the built in nature. Innocence in the animals is of another kind where the animals do not know that they are committing crimes. Animals, when they kill another animal or trespass your properties, create nuisance all over, they don't know they are committing a sin or they are

disobeying some laws. They live with the laws that are built within them. That's why they are called as 'Pashus' means bondage 'the Pasha'. 'Pasha' means the bondage. They are under the bondage of the laws of Shri Shiva. Shri Shiva is called as Pashupati.

Upto that stage the innocence remains intact because there is no development of ego in them. So they are innocent. A tiger may eat a cow, still he is innocent or an elephant may trample over a human body, still he is innocent. But when going to a higher state, the Mother Shakti, the Primordial Mother thought of creating a personality, who will protect the innocence of human beings. Above the matter, above the animals. She created Shri Ganesha and you know the story of Shri Ganesha, how He got the head of an elephant, symbolising that Shri Ganesha, though He is a human being, He is like an animal as far as His head is concerned that too of Shri Gajajana, in the sense that he has got the head of an elephant, which is the wisest animal in the animal kingdom. So in such a head, which is innocent, ego cannot develop. There is no ego. It is an egoless state. But human beings were created in a different manner and when carbon was placed to create the amino acids, it also set in them in motion a new type of evolution in human beings that at the Vishuddhi level. Human beings raised their heads like this.

Animals' heads are on the ground. So the energy flows downward into Mother Earth. But when man raised his head above, against the energy of gravity, then a new complication started in the energy flow. And that is how at the Vishuddhi, a problem started where kundalini could not nourish or look after that problematic Vishuddhi. The reason is when you raise your head from the Mother Earth, you remove yourself away, from the natural power of Mother Earth. When you take your Vishuddhi upward like that, you see the result of that in this country, which is the country of Vishuddhi chakra. That you started going to machines which are against nature, extracting the nature, disturbing the nature by creating atomic bombs, by changing the atom, breaking it. That means you went against the nature itself by raising your head. But if it was done in complete surrender to God, with your bent head towards the Mother Earth, it would not have harmed you. But when you completely cut off yourself from that nature which is so bountiful, which is so gracious, yesterday you saw the beautiful pictures of the nature that surrounds you in this country. Such a rich country like America without any gratitude towards its creator raised its head upwards! That's how the Vishuddhi problem started coming up. In every walk of life, the whole social structure was built up to fight the nature, not to go along with the nature. So the first attack came on the innocence itself,

on the Mooladhara itself. So the natural ways of Mooladhara were given up. Marriage system has been here much before Christ, much before Abraham, much before Moses and a sanctified marriage which was blessed by the society, was acceptable since long. But man in his arrogance raised his voice against marriage, against natural way of leading a life of sanity. If it was natural to be the way people lead their private life, why do they get all kinds of diseases? If you are a natural person you don't get any diseases. Because you are anti-nature, that's why you get diseases. In this country how many men and women were murdered for jealousy? If it was natural to be in love with ten men and ten women then why jealousy. You should be happy, it's very natural. Because the head was raised at Vishuddhi chakra, without surrendering to Shri Krishna, anti-life, anti-biotic atmosphere started growing and this kind of life has taken this great country now to the brink of complete destruction.

The attack of innocence is the greatest weakness of this country. Not to value its power. Then you get drifted into anything stupid, anything new that comes up. So much so that a person like Freud was worshipped and they forgot Christ, who said, 'Thou shall not have adulterous eyes'. Ganesha to that level that even the eyes have to be innocent. There should be no lust in your eyes. But arrogance made them feel 'what's

wrong, what's wrong in this, what's wrong in this'? Now the whole country is facing a great crisis because of arrogant enterprises. Still they make a martyrdom out of all that is destructive. It's a very great responsibility on the Sahaja Yogis who live on the land of Shri Ganesha. But for the people who live in the land of Shri Krishna, the responsibility is absolutely on your neck and you can't get out of it. Unless and until you understand the importance of innocence in your life, you cannot save this country whatever I may try to do for you. It's only you who are going to save it. It's only you who are going to make it.

When the Kundalini rises, Shri Ganesha is awakened in you. The Ganesha whom you never respected, slowly comes up from his slumber out of the hurt and the injuries inflicted on him. Still he stands up, but still weak. How are we going to nourish it, how are we going to look after it's growth? The responsibility of Sahaja Yogis of America is very great. They cannot cheat themselves anymore. They cannot be satisfied with their arrogance. The mistakes have been grievous. So you have to take it up as a crusade against those mistakes and to establish your Shri Ganesha in a full form, so that he gives you the necessary balance and the roots to nourish yourself. It is shocking first, I mean you just can't understand. It is impossible to see how you could accept such absurd ideas. How you could take

to such funny things which are obviously horrid. Are we not aware of certain words like prostitution and all other dirty words which I don't want to say just now or they have lost their meanings? We were all aware of it. We all knew about it. Have we lost all wisdom from our minds that we cannot see? What we have done to ourselves? We have no self respect. Arrogance to that limit is very dangerous, extremely unpredictable. God knows what can come through with all these ventures we have gone into. I would say for Sahaja yogis I have given some instructions, how they should respect their privacy of lives, especially the women of America. If they have to be the Shaktis, they have to respect themselves, their chastity. What's so surprising that when we see outside all these things happening, even after coming to Sahaja Yoga, some of us try to be one of them, who are going to hell. If you have to save them then try to fix your positions properly.

Shri Ganesha has four hands and the hand that carries the destructive weapon of Parsha is the one you have to be careful about. That is his job and if you neglect him, that force will act, and act so vehemently that despite your realisation you may not be able to save yourself. Do not take your realisation for granted. Unless and until your Ganesha is settled, your realisation has no meaning at all. Watch yourself. Have you got adulterous eyes? Have you got an

adulterous mind? What is your expectation about Sahaja Yoga? So many things, that in Sahaja Yoga, God blesses you, you must get a good amount of health, money and position, power. The first thing you must ask for is the pure Ganesha, Nirmal Ganesha within you. O Mother please give us the blessings of establishment of purity in our Ganesha principle, in relationships, in attitudes, in behaviour.

Try to judge yourself, are you innocent? **Christ has said, anything against him may be tolerated but nothing against the Adi Shakti. But I must tell you as your Mother, it's not true. May be against me, some things may be tolerated but nothing against Christ, The Lord, nothing against Lord Ganesha. Everything that is done against him after realisation will tell upon you and you will be thrown out of the realm of God as absolutely degraded people.** That is one thing that will not be tolerated, will not be forgiven, will never be accepted. Whatever you have done in the past is finished now, because you are a new bird. But after becoming this if you try to take to these wrong ideas, or to indulge in them, I cannot help you at all. After all, Shri Ganesha is my son because he is pure. Now he is not the only son I have, as so many sons and daughters, and I have made you in the same way as Shri Ganesha, without the father, on my own. To your Mother nothing but purity of heart

and purity of your body, is going to please. Anything that is impure has to be thrown away. My name itself means purity. You can do it. You are empowered to do it. You have a kundalini to do it, but the first thing you have to do is to cleanse that and the rest you don't have to worry, Shri Ganesha will look after that. One chakra you keep clear, the rest is looked after. All your incurable diseases, right from all muscular troubles like melitis and all that; all incurable diseases right from Cancer onwards, all your psycho-somatic problems right from Schizophrenia and everything, come because of the disturbance in Mooladhara. When the roots are not all-right, how can you cure the tree. If the roots are all right, any medicine can reach any centre, any area, any fruit. But if the roots are not all right how can you work it out?

Today you have called me here to worship Shri Ganesha within me. Shri Ganesha within me is a powerful identity. While worshipping him, you have to know that such a powerful thing you have to establish within yourself and by that establishment, you have to manifest the powers of Shri Ganesha. And the power of Shri Ganesha's greatness is auspiciousness. It's a coefficient, it's a formula, we can say, in scientific language, that emits auspiciousness. It's a magnet in the Mother earth. The same magnet is within you, which is Shri Ganesha. You leave me alone and I can tell you which is the North, South, East

and West. Close my eyes, still I will tell you. You know there are so many birds who fly out all the way to Australia, to Siberia because they have that magnet with them, they have that innocence with them. There are so many fishes which have got actual magnet placed in them. Scientists should find out. In the same way, Shri Ganesha within us is magnetic. So a person who has Shri Ganesha awakened within himself becomes magnetic and magnet attracts the steel, not dried leaves. And steel is like the Guru tattwa, a man with the steel, say, man of steel. A person who has character, conviction and who cannot be dominated by temptations, is a man of steel. So this magnet attracts the steel. Steel has only one bad thing about it, that it is not pliable, its rather dry. But the magnet attracts, means it creates that special quality in the steel that it moves towards the magnet. In the same way when this magnet is awakened within you, you will be amazed, instead of people running away from your ashrams, they will be running towards you. I find it impossible. I go to any house, if they come to know I am there, God save me, any where, anyplace. So what is this magnet? Its pure love, it is pure love and the concept of pure love is that it doesn't depend on anything whatsoever, but on itself. It is the support of itself. It's like light that spreads just by its own nature. Doesn't want anything, doesn't expect anything. Just spreads all

over and enlightens other people's hearts. That's why they get attracted. Those who have not even seen me, those who have not even known me, just with my name they come. I have seen, places like Calcutta, we had such a problem, such crowds! They said we will have to call the police. I said, there is no need to call the police, we will manage some how. In Puna we had such crowds that the fellow who gave us the hall got a fright. He said, Mother I will give you very big area where you can sit down, in a big open place but I am sorry my hall, all will be finished. I said, you don't worry. Everything will be in proper place. We had such crowds that people were sitting on the ground, on the staircase, everywhere and till I spoke nobody moved an inch, see, like a picture. And I spoke for one and a half hour. Just like a picture, no movement of hand, feet, eyes, nothing! Just sitting like a picture! And the gentleman, who owned that hall, had never seen such a thing before. Throughout for one and half hour, no movement of any kind. What is it that worked is the magnet. Even if you are the steel it will attract you. But if you are a magnet then it will attract in such a way that it will never leave this magnet.

So for Yoga, it is important that you fix up your magnets of Shri Ganesha who is the childlike personality. If there is a child, every body is attracted towards the child. One child gets stuck up some where in the air, whether you are a

Russian, American or an Arab, everybody would be worried about the child, what's happening to the child. They will not think it's an Arab child or an American child. No, unless and until it's a devil. Why this attraction for children? Because their magnets are intact. Their ego has not yet developed. Our ego developed, had to develop because we had to decide in our own freedom what is right and what is wrong. So the ego developed was alright. Upto a point we should have developed our ego but we overdeveloped it and over developed it, over lapped the superego also. No conditioning, nothing. We will do whatever we like. Today we are wearing a half pant, tomorrow we will wear a long pant, all right. Then we will cut our hair or we will do this or we will do that. No conditioning of any kind. All superego was also covered. This ego would have been all right if you had kept your Ganesha tattwa, and what is that, is the wisdom power of Ganesha. The second power of Ganesha is that he gives you wisdom. If you see a farmer and a big professor or a very well educated man and talk to both of them, you will find the farmer has much more wisdom than this MAD PHD. Why? Because he deals with Mother earth everyday. He knows the living process. He knows about the innocence of the Mother Earth.

So an innocent person is the wisest among all. A child who is innocent is much wiser than ten ego oriented people.

So the second capacity of Shri Ganesha is that you become a wise person. When you speak, people start looking at you. You speak like Kabira, you speak like Naraka, you speak like something that makes people feel their spirit. This is what I call is a Sahaja Yogi. A Sahaja Yogi who does not have wisdom is good for nothing. He comes to Sahaja Yoga and he is like a bull in a china shop. Goes on hitting this person, hitting that person & hitting that person and when you ask these three wounded persons they say that bull, the same bull. Everybody reports about the same bull. Oh, that's the one, all right. So it grants you wisdom.

When you have the power of Shri Ganesha, your eyes are radiant. You get a spark in you eyes, a light in your eyes. When he is enlightened in you then you cannot look at anyone with lust and greed but this glance is so powerful that even one glance is sufficient to purify thousands of people. Just the opening of the eyes are necessary and you find whole thing changes into a beautiful morning, from a complete dark night. Glance can awaken the Kundalini. The Mother Kundalini cannot move unless and until Shri Ganesha gives the permission. He is like the Vice Chancellor sitting on all the chakras. He has to certify, all right, pass, move. On every chakra. And when the Kundalini rises, Shri Ganesha is awakened, otherwise

Kundalini cannot rise. But then when it sleeps out, Kundalini is sucked by him.

Now we think we have lost our innocence. That's not easy to be lost. It is not destructible. Only thing what you have done, is to cover it with something that cannot allow Shri Ganesha's principle to manifest in us. You have pushed it down. You have brought pressure on it. You have brought loads and loads of nonsense on it. That's all, but it never dies. It is an eternal principle of the whole universe. The another quality of a person who is endowed with Shri Ganesha's powers is that he removes all the hurdles. If one person of this nature is in some place, all the rest of the people who are nearby will be saved if there is an accident, or if there is any problem which is destructive, all of them will be saved. You will find this happening too. He being the Ganapati, he is now the master of all the ganas. He guides you. Sahaja Yoga cannot work out without Shri Ganesha. He is the one who is Sahaja. He is the one who creates all spontaniety of the world. He is the one who takes you to the right path. He is the one who gives you everything easily. He is the one who creates all the chamatkaras, all the magic, all the miracles of the world. He is the ganapati, he is the one who is sitting on ganas, in the sense that he is like the king of all the ganas. The one who has pleased Shri Ganesha has pleased all the Gods and Godesses because all the Gods and

Godesses are pleasing Shri Ganasha so what is the need? Shri Ganesha is very clever. He knows pleasing his Mother is the only simple thing he has to do. To have all the powers of the world, just keep the Mother pleased.

There are so many qualities of Shri Ganesha which can be described. He is the one, who gives us the joy of eating. If you eat something, you may like it, you may not like it. But He is the one who will tell you, it is made by Sahaja Yogis, is made by your Mother. That means, He gives you the tast of love in the food, that is cooked for you, because He is love. He gives you the ideas, how to express your love. Once they asked me to sing a song. I used to sing very well once upon a time but then after lecturing so many times, you see, I lost my voice. I couldn't sing well, I thought so. One day they asked me to sing a song, and thought of some song, and sang to them, and after a year or so in a programme they said Mother we want to sing you a song. This was a song unknown to everyone. I don't know from where they got it, from where they made the tune, they started singing the same song, and such joy, I mean it all became waves of tears in my eyes. I couldn't control my joy. Now all these feeling of joy comes from the devices produced by Shri Ganesha. He is busy creating relationships beautiful. How? In a birthday, a child's birthday, what do we say? All right, tommorrow morning a bird,

is going to drop a present for you and then the child gets up and sees there is no bird. It's only Ganesha who has given the idea. We can say he is the Santa Claus. He gives you ways and methods and he tells you how to delicately build up relationships, pure relationships. How you hide, how you wrap a little present. Just put it there, and a person who has to take it says, 'O God', and then you see that flowers which you suddenly bring out and put there. It is all Shri Ganesha's efforts, his ways, his suggestions. Among the creation, flowers are expressing Shri Ganesha's essence and the essence of Shri Ganesha comes from the Mother Earth. His essence is the fragrance. So a person who is endowed with Shri Ganesha's blessings has fragrance, sometimes chandan, sometimes roses sometimes this gardenia. You just don't know from where this fragrance is coming! The fragrance is coming from Shri Ganesha and that is what is the magnet within you. Such a person is fragrant, absolutely fragrant all the time. Shri Ganesha emits all kinds of fragrance from such a person, and that you can feel only when your Shri Ganesha is all right. He just settles down there. He is all the time there waiting to be clensed for him to raise his head out like a lotus in the mud. You just help it out by respecting it and he will be there fragrant within you. So important for this country where we have raised our head without

surrendering it to Virata, to the collectivity, to Shri Krishna. We have raised our head. With Shri Ganesh we bow down our head. For all the bounties that God has bestowed upon us. All arrogance will disappear at the lotus feet of Shri Ganesh. He will give us wisdom. He will give us sense to understand. He will give us power to overcome our arrogance that is within us. He is the one who is the giver of knowledge. He is the one who gives us light. Many people in India also worship Shri Ganesh. They go on, Shri Ganesh, Shri Ganesh....., and do all kinds of funny things. That's like cheating yourself unnecessarily. It's

so simple to establish Shri Ganesh within you. But understand that it is vital that you people who are Sahaja Yogis should establish Shri Ganesh which is a silent power within you. Doesn't talk. It is a silent power which acts, just a power that is dynamic, without any noise, without any show and that is what I would say that today, when I have said all these things from my heart, you the Sahaja Yogis should establish Shri Ganesh within you, and from you, you will emit such powers that others will be able to establish their Shri Ganesh in this country.

May God bless you all.

First of all you have to become wise enough to understand that you are a part and parcel of Paramchaitanya. Everything will work out by that.. and it works out so beautifully. Ofcourse some people have a hard time, I don't say they don't have. But it is not hard because if you are one with Paramchaitanya and you know that it is doing the job, you are not feeling that hardness, or that sickness. All the people who write to me about their problems, I don't know what to say. I have to just say that.

Do you believe in Paramchaitanya? Alright, It knows. It knows what has to be done, it knows what has to be corrected, it knows what has to be said. See it can create poetry, it can create music, it can create everything.

But do you leave everything to the Paramchaitanya? This is the second point of wisdom. Do you have wisdom to leave everything to Paramchaitnya?.....

